



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 26
28th March 2025



Upcoming Events

Curriculum Enrichment Day
Thursday 3 April

Year 8 Progress Evening
Monday 28 April 2025
4.00 – 6.30p.m.

Year 11 Study Leave Commences
Monday 12th May 2025

Year 13 Study Leave Commences
Monday 19th May 2025

Arts Festival: Art, Music & Drama
Thursday 26 June 2025
4.30 – 6.30p.m.



Headteacher's Headlines



On Thursday 3rd April, we are excited to host our Curriculum Enrichment Day, offering a diverse range of activities designed to deepen students' learning experiences beyond the classroom.

From educational trips that bring subjects to life, to careers events that inspire future aspirations, the day will provide valuable opportunities for personal and academic growth. Year 11 students will take part in tailored sessions to help them transition smoothly into UA6, while others will engage in spiritual retreats, allowing time for reflection and development. This enriching day reflects our commitment to providing a holistic education that supports every student's journey.

Year 7: Maths trip to the Science Museum

Year 8: Humanities trip to the Docklands

Year 9: Retreat onsite or to Abbotswick

Year 10: Wicks Careers Challenge

Year 11: Stepping up to 6th Form

Year 12: Wicks Senior Careers Challenge

Year 13: Independent Study Day

Fiona Stone,
Headteacher **SERVIAM**



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Chaplaincy News

Pope Francis@Pontifex – 26th March 2025

Even if our past is burdensome, complicated, and perhaps even ruined, we can always give it to God and set out anew on our journey. God is merciful, and He always waits for us!

vatican.va/content.france...

Forward in Joy – 366 days with Angela Merici – Daily words of wisdom from our patron saint

March: Vigilance

28th March: You must make a sound and firm resolution.

29th March: Do not cease to prune this vine which has been entrusted to you.

30th March: If, according to times and circumstances, the need arises to make new rules or do something differently, do it prudently and with good advice.

31st March: Provide for everything as the Holy Spirit inspires you.

April: Charity

1st April: Charity teaches discretion and moves the heart.

2nd April: All your works, being rooted in twofold charity, can bear nothing but good and salutary fruits.

3rd April: God has ordained from all eternity that those who are united in doing good enjoy every prosperity.





Chaplaincy News



**PAX
CHRISTI**

International Catholic Movement for Peace

Year 12 General RE Talk: Pax Christi

We were delighted to welcome a representative from the Catholic Charity Pax Christi to give a Year 12 General RE talk on Monday afternoon.

Pax Christi International is an international Catholic peace movement that was founded by a French School teacher after the second World War to bring about personal, community and international peace. The Pax Christi International website declares its mission is "to transform a world shaken by violence, terrorism, deepening inequalities, and global insecurity".

The talk began with an outlining of the history of the Charity and its international mission; the areas of the world where the charity works, and its mission to bring about Justice in war torn regions of the world. This was followed by a reflection on the meaning of one of Jesus' most famous sermons; 'The Sermon on the Mount' in Matthews Gospel, and the much-debated teaching of 'Turning the other Cheek'.

Destiny, form 12.3 assisted speaker Aisling with a visual demonstration of the meaning of this often mis-understood teaching.

For more information about Pax Christi, or to make a donation please click on the link <https://paxchristi.org.uk/about-us/support-us/donation/>



Ms Semambo, Teacher of R E



Art News

Artist of the Month: *Amani Rahman*

This month, we are pleased to announce that Amani Rahman, (Year 12 student) is the Artist of the Month. Amani's outstanding still life painting has attracted the admiration of peers and teachers alike.

The meticulous attention to detail is evident in every aspect of the composition, the reflective surface of the copper jug displays distorted yet recognisable shapes of the surrounding objects, demonstrating advanced technical skills.

The use of light on the grapes and the polished metal set against the dark background uses the centuries old technique of chiaroscuro, showcasing Amani's exceptional skill in traditional fine art.

The natural folds and gentle shadows suggest a well-observed understanding of fabric, helps to complete the scene. Her next still life with oranges and grapes is looking amazing too!

Congratulations, Amani, on this well-deserved recognition!



Mr Butler, Head of Art



Empowering the Next Generation: Young Women in STEM at Williams Racing

More Than Just Racing

This visit to Williams Racing was more than just a trip—it was a catalyst for change, proving that with the right support, guidance, and opportunities, the next generation of women in STEM and motorsports is unstoppable.

For a group of young women passionate about STEM, this message came to life during an unforgettable visit to Williams Racing. More than just an exploration of Formula 1, the experience was a deep dive into the world of engineering, teamwork, and innovation

A Hands-On STEM Experience

From the moment the student arrived, the students were immersed in hands-on STEM activities that brought engineering concepts to life. They designed and tested crumple zone prototypes, explored advanced materials like carbon fibre, and competed in high-tech race simulators. Each task mirrored real-world engineering challenges, offering a dynamic application of maths and physics.

One of the most exciting parts of the day was the STEM challenge, where students worked in teams to solve engineering problems under time constraints. This challenge tested their technical skills while fostering teamwork, decision-making, communication, project management, and time management—all crucial qualities for real-world engineers in the motorsport industry.



Beyond the Track: Career Insights and Inspiration

Beyond hands-on activities, the visit provided valuable career guidance. Students gained insight into various career pathways within engineering and motorsports, including degree apprenticeships, work experience, and traditional academic routes.

Meeting professionals who have built successful careers in the field helped them see the possibilities that lie ahead. A special thank you to James Dornor, an exceptional F1 engineer and CEO of Driven By Us, whose dedication to inspiring young women in STEM and motorsports is truly transformative.

Additionally, this experience would not have been possible without the dedication of our incredible staff members: Mr Bernard Fan, Miss Aliena Ali and Miss Nuree Koyes, whose enthusiasm kept students engaged and excited throughout the trip.



"I have never thought of F1 for me as more than just a hobby until people have shown me that this interest is more than I could have ever imagined. I'm fortunate enough to go to a school where the opportunities are endless, and the staff will always be looking for opportunities for us.

I even got see Lia Block, a 17-year-old F1 academy and not to mention holding Mercedes-AMG PETRONAS formula one Team George Russel's steering wheel.

Labiba Mannan – Year 10



"It was one of the best trips I have been to as I got to learn so much about car design, crumple zones and saw the application of maths and Physics in motor sports-" — **Duaa Akbar, Year 12**

"It has made me interested in the engineering side of motorsports, not just racing." — **Sophia Latona, Year 9**

"It was so much fun racing on the race simulators and seeing so many amazing cars in one space!" — **Kyaira Ali, Year 9**

Well, done to all the teams who participated in the Crumple Zone Challenge! A huge congratulations to the winning team for designing the best crumple zone and delivering an outstanding presentation!

Experiences like these ignite passion and break down barriers, showing young women that STEM and motorsports are fields where they can thrive. Here's to empowering young women in STEM and pushing the boundaries of learning!



Miss Hira Tallat
Lead Practitioner
Careers and Sixth Form
Enhancement Leader



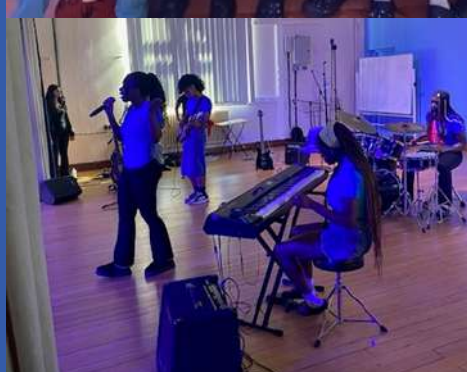
African Caribbean Society

Thank you to all the students and staff who supported The Congo Fundraising Event, which took place on Thursday 27th March - the event was a huge success!

The donations are currently being counted, and all proceeds will go to the registered charity: **Congo's Children's Trust**. Thank you to all who donated and to those who bought raffle tickets. A shout-out to the raffle ticket winners: **Maryam Rahman** (Year 10) and **Ms Whates**.

A special shout-out to our very own band **Safe Haven**, for not only their musical talent, but also for initiating this fundraiser event and for their hard work and dedication throughout. Also a special shout-out to all the **ACS members** who took part in the event and helped on the day, **Mr Okyere** for his hard work in ensuring everything ran smoothly and working with the ACS in organising the event, **Dr Osei-Owusu** for her support and for supplying the ACS members with their beautiful African print, **Mr Vijay** for his support on the decks, **Mr Goellnitz** for his technical support, and **Ms Kayode, Mr Morris** and **Ms Eakins** for supporting on the day. You are all appreciated!

The event was a success, and we are grateful that we were given the space and time to make a difference. Our thoughts and prayers remain with Congo.



Ms Akinsoji



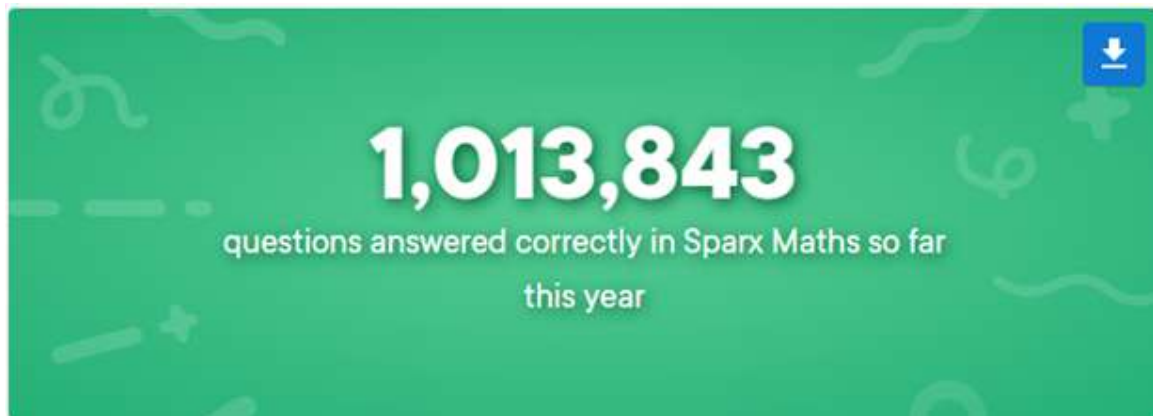
Clubs News



Maths Club and SPARXs Homework Club

Maths club continues to be a success with many students attending on Monday, Tuesday or Wednesday lunch time.

Below are the latest statistics from SPARXs



These figures show how much is being done by the girls!

Well done to all the students who are doing their homework each week, this will ultimately have a positive impact on progress in mathematics.

What to do if you need help in mathematics

Maths club runs every Monday and Tuesday for the whole of the lunch time in room F13. On Wednesday it runs from 1.10pm to 1.40pm.

If you are struggling with any aspect of your homework or would like some additional help, please come along. This is a drop-in club so students can stay as long or as little time as they need, once they have done what they need they can go.

Mr Deen, Head of Mathematics



Iftar Event

On Thursday 20th March, UAI proudly hosted its second annual Iftar event a celebration of community, faith, and togetherness. The evening was incredibly well attended, with staff, members of the Governing Body, sixth form students, and students from the Islamic Society all coming together to break their fast and to reflect on the values of Ramadan.

The event was a joyful and meaningful gathering, filled with the aroma of delicious traditional food and the vibrant colours of beautifully arranged fruit platters and desserts. Guests enjoyed the chance to sit together, share a meal, and engage in conversation, creating a warm and welcoming atmosphere that truly embodied the spirit of the holy month. A new and highly popular addition to this year's event was the photo 'booth' – staff and students alike enjoyed commemorating the evening by taking memorable pictures together.

A highlight of the evening was the insightful and moving presentations delivered by Year 13 students. They spoke with confidence and sincerity about the significance of Ramadan for Muslims around the world – its spiritual meaning, the role of discipline and patience, and how the month helps to prepare individuals for the challenges and responsibilities of the year ahead. Their words inspired all those present and reminded us of the strength found in reflection, compassion, and community.



We would like to extend our heartfelt thanks to all staff who attended and supported the event, and a special thank you to Ms Stone for enabling this important evening to take place. We are also extremely grateful to the members of the Staff Governing Body and teachers who joined in for their presence and support. also our Islamic society club girls and to the incredible Year 12 and Year 13 students who gave up so much of their time to organise the event and prepare such thoughtful and informative presentations.

Finally, a huge thank you goes to the dedicated staff members of the Islamic Society, whose efforts were instrumental in bringing everything together. The commitment, planning, and care helped create an evening that was not only enjoyable but deeply meaningful for all involved.

We look forward to continuing this beautiful tradition in the years to come.

Wishing all the UAI community Eid Mubarak (Happy Eid) and a well-deserved celebration.

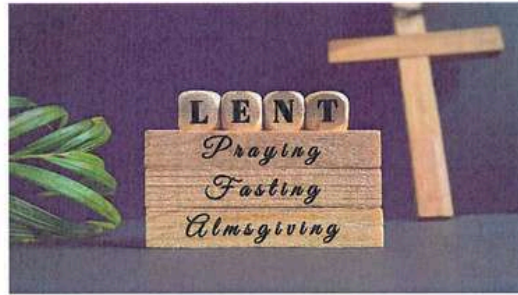




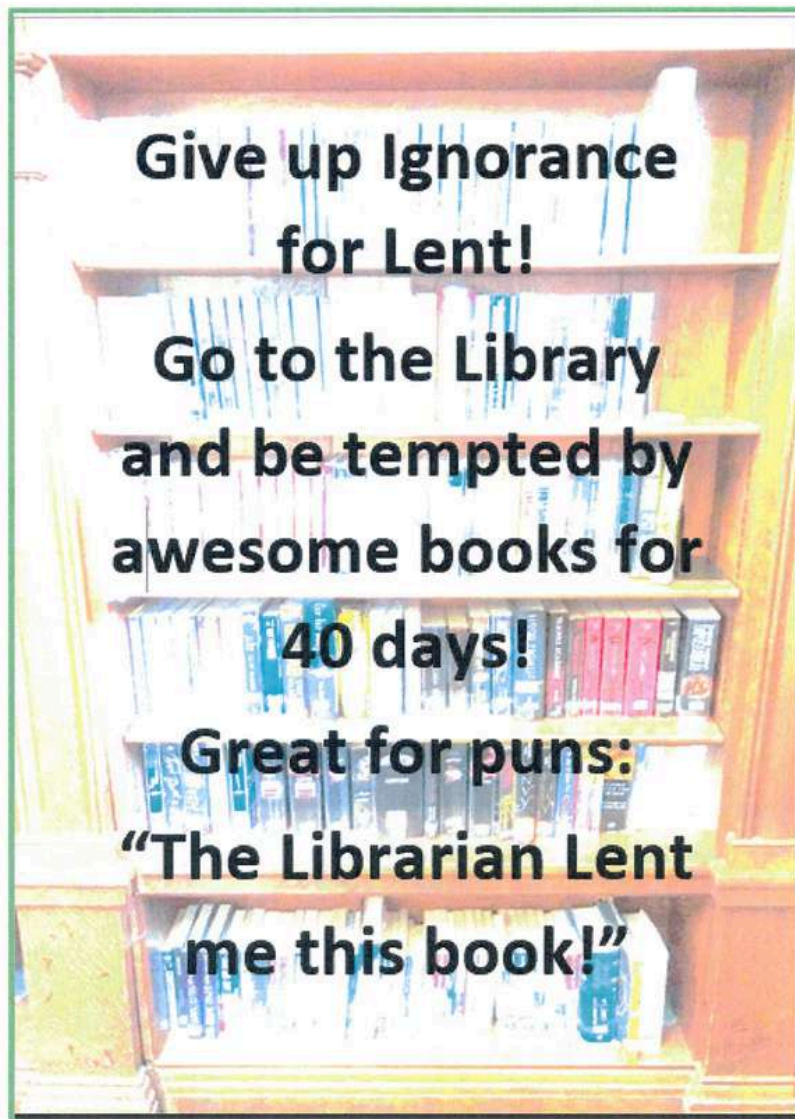
Islamic Society (Mrs Ahmed, Miss Choudhury, Mrs Adam, Mrs Bano, Ms Akram, Mrs Khan, Ms AbassiFreeman and Mr Uddin)



Library News



There's still time to do something for Lent. I came across the poster below recently and it made me smile!





MFL News

Joyeuses Pâques! ¡Feliz Pascua!

The MFL and its Ambassadors love celebrating catholic holidays in style!

This year, we have organised the following activities:

1. Raffle for Palm Sunday. Prize: Provence inspired palm branch (Filled with lots of treats). Tickets are £0.50 for 1/ £1 for 3.



The Palm tree branch being filled by the ambassadors.

2. Easter cupcake decoration workshop. Tickets are £0.50. Very limited places!



3. Cake competition. Bake and decorate your cake European Easter style and enter a competition. Prizes include Hello Kitty items and a Roblox gift card!



4. Charity cake sale for CAFOD*. All cakes, BOTH cupcakes from the workshop and from the competition will be sold then. Donations are welcome!

PLEASE NOTE IF YOU ARE DONATING, WE ARE A 'NUT FREE' SCHOOL!



CAFOD
Catholic Agency for
Overseas Development

*The Catholic Agency for Overseas Development, commonly known as CAFOD, is an international development and relief charity. It is the official aid agency of the Catholic Church in England and Wales.

We would like to wish you Joyeuses Pâques! ¡Feliz Pascua! Happy Easter!

Some of our Ambassadors on
House T-shirt day!



Ms Grassi, Subject Lead MFL



P E News

P E Stars of the Week!

Christabel Nicholes Ameyaw 8R

Christabel is an outstanding student who consistently gives her all in every lesson. Her commitment and enthusiasm in class are truly remarkable. She is always ready to participate with a positive attitude, uplifting and inspiring those around her. In PE, Christabel is both encouraging and motivating, always eager to support her classmates and put in maximum effort. Her passion for dance is undeniable she never misses an opportunity to ask if she can start dancing before everyone has even left the changing rooms!



Tharisha Suthakaran 7J

Tharisha is a remarkable student who consistently puts forth her best effort in every lesson. She is always eager to support others and maintains a positive attitude, both in class and as a dedicated member of the KS3 football team. Tharisha attends every training session with enthusiasm, always ready to learn new skills and techniques to apply during matches. She is an exceptional defender, demonstrating great determination and skill rarely letting a ball get past her!

Keep up the fantastic work, girls!

Ms Whates, Teacher of P E

Our Key Stage 3 pupils have been diving into the inspiring story of Angela Merici, the founder of our school's guiding principles. Year 7C, 8R, 8C, 9C, and 9T have been creating thoughtful posters and engaging written pieces to explore the life and legacy of this remarkable woman. Through their work, they are discovering how her vision and dedication continue to shape our school community today. We look forward to sharing their fantastic efforts with you!

Here are some key facts of her life and her mission.

Born: March 21, 1474, in Desenzano del Garda, Italy.

Early Life: She was orphaned at a young age and later joined the Third Order of St. Francis, dedicating her life to prayer and service.

Vision for Education: She believed in the importance of educating young girls, especially those from poor backgrounds, to strengthen families and society.

Founded the Ursulines: In 1535, she established the Company of St. Ursula, the first teaching order for women, focused on education and spiritual development.

Innovative Approach: Unlike traditional religious orders, the Ursulines did not live in convents but remained active in their communities.

Canonization: She was canonized as a saint by Pope Pius VII in 1807.

Feast Day: Celebrated on January 27 each year.

Legacy: Her teachings and educational model influenced many Catholic schools worldwide, including the one your students are learning about today!

Angela Merici was a visionary who championed the power of education, faith, and community—values that still resonate in schools that follow her mission.

Ms Posnakidou, Teacher of RE

Pupil's feedback:

'When I was doing the homework about Saint Angela Merici I felt inspired for what she did for the people around her, especially women. One part that stood out to me is how she saw that women were being uneducated and acted on it. So, one thing that I've learnt is that everyone should aspire to do the same, meaning act on the problems you see in the world'

Cailyn, 8C

'When doing my Angela Merici poster, it helped me realise how much Angela Merici had done (and still her legacy carries on) for the society and how much she has shaped our society today. For example, Angela Merici founded the Ursuline Schools, giving girls a chance to educate themselves. And she did this all while facing her own problems, her parents and siblings died when she was very young. Her story shows that even if you have problems or setbacks in life, you can still do great things – the only thing that you need is determination!'

Safaa Patel, 8C

St Angela Merici: a life of faith

Biography Section:

Birth: 1474, Desenzano del Garda, Italy
 Death: January 27th 1540, Brescia, Italy
 * Declared 'st' in 1807
 * Began the 'ursuline schools' (named after st ursula) in order to provide education for girls back when it was not prioritized in society.
 * Lost Mother, Father, Uncle, both sisters yet she still remained incredibly faithful.

"We have to develop our learning" - st Angela Merici

* St Angela is to this day recognized as a spiritual role model and a patron saint to sickness, Disability and the loss of parents.



"Beware of trying to accomplish anything by force"
 "Strive to be faithful to that which G..."
 "Consider doesn't st... ruin in a..."

Angela Merici
 A life of faith and service ~♡~

She is the **FOUNDER** of the **URSULINE ORDER** dedicating to **EDUCATING** young girls.
 She was born in 1474, Desenzano del Garda, and died in January 1540.

"Beware of trying to accomplish anything by force, for God has given every single person free will and desires to constrain none; he merely shows them the way, invites them and counsels them."

St. Angela Merici

"Take care to keep your hearts free from the burdens of the world."
 - St. Angela Merici

EARLY LIFE

St. Angela Merici was born around 1474 in Desenzano del Garda, Italy, into a Christian family. When she was young, both of her parents died, leaving her to be raised by her uncle. She turned to prayer for comfort, especially when her sister also died.



HER VISION



Angela Merici was deeply affected by the death of her sister, especially because she died without receiving the Sacraments. This caused Angela to pray for her sister's soul. In answer to her prayers, Angela received a vision in which she saw her sister in heaven, surrounded by angels. This gave her the inspiration to found the Ursuline Order.

FOUNDING OF URSULINE ORDER

St. Angela Merici founded the Ursuline Order in 1535 to address the lack of education for women and girls. She believed education would strengthen the society. She traveled throughout Italy using her methods to teach girls everywhere.



LEGACY AND CANONISATION

St. Angela was canonised in 1807.

St Angela Merici

St Angela Merici

DATE OF BIRTH: November 27, 1474
BIRTHPLACE: Desenzano del Garda, Italy
DEATH: January 27, 1540
CANONISATION: Declared Catholic saint in 1807

RELIGION: Catholicism

ACHIEVEMENTS & LEGACY:

- Founder of the Ursuline Order, a religious order of women who dedicated themselves to education and social work.
- She established the first Ursuline school in Brescia, Italy, in 1535.
- Her order spread throughout Europe, Africa, and Asia.
- She is recognized as a patron saint of educators and young women.

1474, Desenzano del Garda, Italy. She passed away on January 27th 1540 and was canonised in 1807.

Inspirational Quote:
 "Do not be afraid; I am with you." reflecting her commitment to guiding and supporting others throughout their journeys.



ST Angela Merici is recognised as the patron saint of educators due to her pioneering work in formal education for women.

ST ANGELA MERICI:

Who was she?
 St. Angela Merici was an Italian saint born in 1474 in Desenzano del Garda. She is known for being the founder of the Ursuline Order, a religious order of women who dedicated themselves to education and social work. She was declared a saint in 1807.

DO NOT WAIT FOR LEADERS; DO IT ALONE, PERSON TO PERSON.
 - ST. ANGELA MERICI
 This quote highlights her beliefs in the power of individual action and the importance of personal connection and making a difference.

Why is Saint Angela Merici considered the patron saint of educators and how her influence is seen today?

St. Angela Merici is considered the patron saint of educators because of her pioneering work in the field of education for girls. She founded the Ursuline Order when the opportunities were limited. Her influence is seen today in various ways. The Ursuline Order has expanded globally with schools and educational institutions dedicated to her mission. These schools continue to prioritize the education of girls as young women creating an environment of personal growth. Also, her teaching emphasizes the value of compassion, service. Her legacy inspires educators to focus on academic success and the values of students.



St Angela Merici

A life of Faith and Service

Biography:
 Born: 1474 Desenzano del Garda, Italy
 Life & Mission: Founder of Ursuline order dedicated to educating girls & empowering women.
 Died: January 27, 1540, Brescia, Italy.
 Canonized: 1807 by Pope Pius VII
 Feast Day: January 27



ACHIEVEMENTS & LEGACY
 Pioneer of girls' education. The Ursuline Order spreads throughout Europe, North America, Africa, and Asia.
 Advocate for women's leadership and noble women to be active in society and the church.
 Spiritual teacher & guide: her writings on Faith, womanhood and perseverance still inspire people worldwide.
 Global influence: Ursuline schools, colleges and institutes continue to educate students.

KEY EVENTS IN HER LIFE
 Early life & calling: orphaned at a young age, Angela developed a deep faith and a passion for helping others.
 She had a vision of her sister who died at a young age which restored her faith. Her sister was safe in God's care. This pushed her to dedicate her life to God.
 Founding the Ursuline Order: St. Angela Merici formed the first Ursuline order focused on girls' education in Brescia, Italy. Unlike traditional convents, Ursuline sisters worked with communities' needs, often visiting regularly. Her revolutionary approach to education laid the foundation for modern Catholic schooling.

Canonisation
 Her devoted education empowered individuals and transformed society. She emphasized social and spiritual formation alongside academic excellence. Ursuline schools continued her personal faith-based education worldwide.

Death & Canonisation
 Angela passed away in 1540, leaving behind a strong and deep legacy. Her vision of education and service was recognized in 1807, officially recognized as a saint for her contributions to education and faith.

"Have faith and keep up your courage. God will help you in everything."
 - St. Angela Merici



Careers News

Please note, below is just a snapshot of the opportunities and information posted on Satchel this week. For full details and links please check Satchel

Easter Law Work Experience

We have an incredible opportunity landing this Easter break for all students interested in getting into the world of law.

Tuesday 15th April, 10am - 3pm

Magic Circle Law Firm Linklaters, the world's biggest Immigration Law Firm Fragomen and the UK's leading Law University, ULaw are joining us to offer students a whole day of legal knowledge, workshops and insights to the sector for aspiring lawyers. This will be an immersive one-day experience online via Zoom where you will get the chance to learn more about law, what it takes to make your way to the top in a law firm and take part in some legal case workshops to really put your skills to the test as a commercial lawyer.

If you think you've got what it takes to step into the shoes of a corporate lawyer for the day and have a go at some real-world cases then this event is for you!

Application Link:

<https://www.surveymonkey.com/r/YP-GetintoLaw-WEx>

Virtual work experience Medical Schools and Dental Schools Council

Virtual work experience is now recognised by the Medical Schools and Dental Schools Council as a valuable alternative to in-person shadowing

The Virtual Work Experience Programme is brought to you by Birmingham Universities Hospitals Trust in collaboration with Medic Mentor. It is completely free to partake in, and is open to any student across the UK from 14 years old and above.

Students can apply for a placement for free using these links:

- Medicine: <https://medicmentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

- Dentistry: <https://dental-mentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

Taking part in the Virtual Work Experience will provide:

- Comprehensive Insights:
- Flexible Participation:
- Recognised Certification:

This month's spotlight is on Obs & Gynaecology or Paediatric & Dental Surgery. From Monday 7th April, a new rotation will begin for the month, changing to General Practice or Public Health & Oral Pathology.

Students just need to complete the free online application form:

Aspiring Medics: <https://airtable.com/appgXnyzN5ZD9lwk6/shrGJUAtigzZzDwTN>

Aspiring Dentists: <https://airtable.com/appgXnyzN5ZD9lwk6/shr1YAbWctfkXarfQ>

The UniTasterDays Students' Guide to University 2025

The Students' Guide to University 2025 will allow you to make an informed choice about university. It includes articles to help you decide whether university is right for you, what you should study, and where you should study it.

Articles have been provided by over 65 university representatives from across the UK. The guide is supported by HELOA, a membership group for university advisers.

These sections include researching your options, attending events, financing your studies, applying, and getting ready for university. [Download now](#) (PDF 10MB)

The Sixth Formers' Guide to Degree Apprenticeships .

The free 100-page digital guide provides comprehensive information on how degree apprenticeships offer an 'earn as you learn' way to achieve a university degree - and a debt-free route to a guaranteed graduate job in some of the most sought-after careers and professions.

Employer News & Application Closing Dates

The guide is supported by leading UK degree apprenticeship employers, including law firm [White & Case](#), the [BBC](#), accounting firms [Deloitte](#) and [EY](#), and [AWE](#), the nuclear defence organisation.

Full details of each of apprenticeship employers appear in [the link to the guide](#)

Business & Accounting Easter Work Experience - Thursday 17th April

This Easter break, we have teamed up with 5 of the world's biggest accounting and professional services firms to give students an incredible insight to what it's really like working within the industry and becoming a top business professional at a leading international firm.

We have big 4 firm KPMG, BDO, Grant Thornton, S&W and CIMA joining us to run hands on practical workshops with you to show you what it's really like working in the industry and how you could grow your career as a successful accountant, consultant or tax adviser. You will have the opportunity to work on business projects, conduct a profit and loss on a company, work on a consulting project as well as getting the chance to pitch your ideas and work to the professionals across the day.

<https://www.surveymonkey.com/r/Business-Finance-Easter>

Teacher Degree Apprenticeship

The **Teacher Degree Apprenticeship** is a new apprenticeship being launched in England this year, initially focussing on those wishing to teach in secondary school teaching maths, and in primary school (age 5-11).

The webinar will be relevant for all schools (primary and secondary) wishing to learn more about the Teacher Degree Apprenticeship. Attendees will hear more about:

Teacher Degree Apprenticeship with University of Brighton

Tuesday 1st April 2025 1-2pm

https://us02web.zoom.us/webinar/register/WN_DI5njt95Qty-3zZXafQRvw

Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
 - Income Support
 - Income-based Jobseeker's Allowance
 - Income-related Employment and Support Allowance
 - Support under Part VI of the Immigration and Asylum Act 1999
 - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the Redbridge.gov.uk website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school.

Thank you for your co-operation.





Lunch Menus

MAINS *Only £2.50*

Week One: 06/01/2025, 27/01/2025, 24/02/2025, 17/03/24

MON	TUE	WED	THU	FRI
PORTUGUESE PLATES Peri-Peri Chicken with Lemon & Herb Sauce (G,Su,E,Ce) Vegan Peri-Peri Squash with Lemon & Herb Sauce (G,Su,E,Ce) Spicy Wedges (Mu) Crushed Minty Peas Extras: Toasted Pitta Bread (G) Grilled Haloumi (M)	HOME COMFORTS Beef Cottage Pie (G,So,Mk,Ce) Vegan Cottage Pie (G,So,Mk,Ce) Roasted Root Vegetables Garden Peas Extras: Crusty Baguette (G)	ROAST Roast Chicken Dinner with Stuffing & Chicken Gravy (G) Roasted Winter Root Vegetable Wellington with Stuffing & Vegetable Gravy (So,E,G) Crunchy Roast Potatoes, Carrots & Kale Extras: Yorkshire Pudding (G,E,Mk)	ASIAN FLAVOURS Sticky Turkey Chow Mein with Crunchy Toasted Seeds (G,So,Mu,E,Ce) Sticky Vegetable Chow-Mein with Crispy Tofu (G,So,Mu,E,Ce) Vegetable Stir Fry with Crunchy Beansprouts (So,G) Extras: Prawn Crackers (Su,Cr) Spring Rolls (G,So,Mk,E,Ce)	FISH & CHIP SHOP Battered Fish Fillet (G,F) Jumbo Sausage (G,Su) Vegan Homemade Pea & Potato Samosa with Raitha (G) Chips Peas Baked Beans Extras: Chip Shop Gravy Curry Sauce (Mk,So)



Meal Deal
Only £2.70

Check out what's on offer today, available for free school meals!

GLOBAL EATS

From £2.50



MON	TUE	WED	THU	FRI
Sliced Tomato and Cheese Panini (G,Mk)	Chicken Beyti Flatbread (G,Mk,So)	Pepperoni and Mozzarella Panini (G,Mk)	Fully Loaded Cheeseburger with Crispy Pickles (G,Se,Mk)	Mozzarella Panini (Mk,G)

DESSERTS

- MONDAY**
Lemon Blondie (G,E)
- TUESDAY**
Sticky Baked Jam Doughnut (G,Su)
- WEDNESDAY**
Oaty Pear Crumble & Custard (G,E,Mk,So)
- THURSDAY**
Chocolate Sponge Pudding (G,E,Mk,So)
- FRIDAY**
Somerset Apple & Cinnamon Cake (Mk,E,G)

£1.40



Daily Pasta Bar

- Slow Cooked Beef Bolognese (G)
- Tomato and Basil (G)
- Mac 'n' Cheese (G,Mk)

Served with

- Home baked Garlic Bread (G,So,Mk)
- Pesto (Mk) & Cheese (Mk)

Med £2.20 / Large £2.50

ALLERGENS

we're always here!

- Ce = Celery
- Cr = Crustacean
- E = Eggs
- F = Fish
- G = Cereals containing Gluten
- L = Lupin
- Mk = Milk
- Mo = Molluscs
- Mu = Mustard
- N = Nuts
- P = Peanuts
- Se = Sesame Seeds containing Gluten
- So = Soya
- Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.

MAINS *Only £2.50*

Week Two: 13/01/2025, 03/02/2025, 03/03/2025, 24/03/2025

MON	TUE	WED	THU	FRI
FIESTA FLAVOURS Smoky Chilli Con Carne with Crushed Tortillas (Mu) Vegan Smoky Veggie Chilli with Crushed Tortillas (Mu,So,Ce) Golden Jewelled Rice BBQ Beans (G,So) Extras: Flour Tortillas (G) Grated Cheese (Mk)	KATSU KITCHEN Panko Chicken Katsu with Curry Sauce (G,E,So) Panko Sweet Potato Katsu with Curry Sauce (G,E,So) Steamed Rice Asian Salad Extras: Prawn Crackers (Su,Cr)	HOME COMFORTS Chicken Sausages with Onion Gravy (G,Su) Grilled Vegan Sausages with Onion Gravy (So) Creamy Mashed Potatoes Green Beans Extras: Yorkshire Pudding (G,E,Mk)	MASALA MOMENTS Chicken Tikka Masala with Mango Chutney Crispy Paneer Tikka Masala with Mango Chutney (Mk) Pilau Rice Onion Salad Extras: Nan Bread (G)	FISH & CHIP SHOP Battered Fish Fillet (G,F) Sausage Roll (G,Mk,So,Su) Vegetable Spring Roll with Sweet & Sour Sauce (G,So) Chips Peas Baked Beans Extras: Chip Shop Gravy Curry Sauce (Mk,So)



Meal Deal
Only £2.70

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GLOBAL EATS

From £2.50



MON	TUE	WED	THU	FRI
Cheese and Tomato Panini (G,Mk)	Fish Finger Bap with Tartare Sauce & Salad (G,E,F,Se)	African Jollof Rice with Chicken	Spicy Turkey Tacos	Cheese and Tomato Panini (G,Mk)

DESSERTS

- MONDAY**
Raspberry and Coconut Sponge (G,E,Mk,Su,So)
- TUESDAY**
Pineapple Cupcakes (G,E,Mk)
- WEDNESDAY**
Apple Crumble & Custard (G,E,Mk,So)
- THURSDAY**
Banana & Toffee Cake (G,E,Mk,So)
- FRIDAY**
Chocolate & Beetroot Brownie (G,E)

£1.40



Daily Pasta Bar

- Slow Cooked Beef Bolognese (G)
- Tomato and Basil (G)
- Mac 'n' Cheese (G,Mk)

Served with

- Home baked Garlic Bread (G,So,Mk)
- Pesto (Mk) & Cheese (Mk)

Med £2.20 / Large £2.50

ALLERGENS

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Lunch Menus Continued...

MAINS

Only £2.50

Week Three: 20/01/2025, 10/02/2025, 10/03/2025, 31/03/2025



THEME BARS
-PLUS DAILY-

JACKET
POTATOES
& SALAD BAR



Daily Pasta Bar

Slow Cooked Beef Bolognese (G)
Tomato and Basil (G)
Mac 'n' Cheese (G,Mk)

Served with

Home baked Garlic Bread (G,So,Mk)
Pesto (Mk) & Cheese (Mk)

Med £2.20 / Large £2.50

ALLERGENS

we're allergy aware!

Ce = Celery
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F = Fish
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L = Lupin
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

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DESSERTS

MONDAY
Chocolate Marble Cake (G,Mk,E)
TUESDAY
Banana & Choc chip Sponge (G,E,Mk,So)
WEDNESDAY
Lemon Curd Cake (G,E,Mk,So)
THURSDAY
Sticky Toffee Pudding (G,E,Mk,So)
FRIDAY
Coconut & Lime Shortbread (G,Su)

£1.40

MON	TUE	WED	THU	FRI
<p>AMERICAN DINER</p> <p>Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su)</p> <p>Veggie Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su,E)</p> <p>Baked Potato Wedges Southern Style Coleslaw (Su,Mu,E)</p> <p>Extras: Onion Rings (G)</p>	<p>SOUTH AFRICA</p> <p>Cape Malay Chicken Curry (G)</p> <p>Vegan Chakalaka (Soweto Chilli)</p> <p>Fragrant Yellow Rice Tangy Bean Salad</p> <p>Extras: Mealie Bread (G,E,Mk,So)</p>	<p>ROAST</p> <p>Slow Roast Turkey with Stuffing & Roast Gravy (G)</p> <p>Vegan Winter Root Vegetable & Kale Filo Parcel (G)</p> <p>Crispy Roast Potatoes Baked Carrots & Parsnips</p> <p>Extras: Yorkshire Pudding (G,E,MK)</p>	<p>WRAP STATION</p> <p>BBQ Pulled Pork Wrap (G,Ce)</p> <p>Vegan BBQ Vegetable Wrap (G,Mu)</p> <p>Spicy Rice (Ce)</p> <p>Roasted Corn & Pepper Salad</p> <p>Extras: Tortilla Chips</p>	<p>FISH & CHIP SHOP</p> <p>Battered Fish Fillet (G,F)</p> <p>Roast Chicken</p> <p>Cheese & Onion Turnover (G,F,E)</p> <p>Chips Peas Baked Beans</p> <p>Extras: Chip Shop Gravy Curry Sauce (Mk,So)</p>

Meal Deal
Only £2.70

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available for free school meals!

GLOBAL EATS

From £2.50



MON	TUE	WED	THU	FRI
Teriyaki Chicken Noodles (G,E,So,Su)	Cajun Beef & Rice Burrito (G,Mu)	Pepperoni and Mozzarella Panini (G,Mk)	Beef Meatball & Mozzarella Sub (G,Mk)	Cheese and Tomato Panini (G,Mk)



School Lunch

What Parents & Educators Need to Know about BLUESKY SOCIAL APP

AGE RESTRICTED
13+

With an App Store rating of 17+ & Google Play rating Mature

WHAT ARE THE RISKS?

While Bluesky has been around since 2019, it's suddenly taken off in a big way thanks to a significant exodus from X (formerly Twitter). Indeed, it looks and behaves a lot like Twitter before Elon Musk bought the platform. Bluesky has been touted in recent months as a safer, more open-minded alternative to X – but like any social media site, it still has its share of risks.

NO PRIVATE ACCOUNTS

While most social networks allow accounts to be private, at the time of writing, all Bluesky accounts must be public. The development team has indicated this might change in the future, but the app is built on a public-first protocol. If private accounts are ever introduced, it may only be in a limited way – such as through the implementation of group chats.

INTERACTIONS WITH STRANGERS

Every account being public means that anyone can be contacted by anyone else. While users don't have to respond and can easily block people and move on, it does mean that youngsters are at particular risk of being conned by scammers, messaged by predatory adults or exposed to others with ill intentions. These hazards can be compounded by the fact that Bluesky doesn't require its users to provide their real name.

TROLLING AND BULLYING

While Bluesky currently feels a lot friendlier than X seems to have become, its lack of private accounts means that there's nothing to stop users from trolling and cyberbullying younger people. While accounts can be blocked and reported, a persistent bully could simply create a new profile, potentially making their victims feel unsafe in continuing to use the app.

DANGEROUS MISINFORMATION

Established news organisations have fact-checking and editing processes, but social networks have no such controls and can often serve as breeding grounds for misinformation and disinformation. Bluesky will probably be no different once it reaches a certain size, and children may not have the critical thinking skills to tell fact from fiction – or to discern an informative, honest user from a malicious one.

ADULT TARGET AUDIENCE

Bluesky isn't designed with children in mind, and there aren't many parental controls on the platform. In an interview with the BBC, Bluesky's CEO originally said that the app would only allow users aged 18 and above to sign up, but a spokesperson later clarified its age restriction as 13+. This could imply the app was originally meant for an adult audience and suggests that making the platform more child-friendly might not currently be a priority.

RAPID GROWTH

At the time of writing, Bluesky seems calm in comparison with other social networks where moderation is lax and the atmosphere toxic – but that's due at least in part to its smaller community. The app has recently been adding as many as a million users per day, and if that continues, there'll be more unpleasant users to handle, and moderators could struggle to maintain the pleasant environment Bluesky is currently known for.

Advice for Parents & Educators

USE THE ADULT CONTENT FILTER

Bluesky doesn't have much in the way of parental controls, but there are content filters which can hide sexual and graphic imagery. These are enabled by default for underage accounts but can be manually turned on in the 'Moderation' section of the app's settings. The 'advanced' Bluesky Moderation Service lets you restrict content even further, hiding – for example – self-harm content, extremist rhetoric, and even rude posts.

ENCOURAGE BLOCKING AND REPORTING

Another tool that Bluesky uses to ensure a decent experience is muting and blocking accounts. The former prevents you from seeing a specific user's content, while the latter stops them from seeing yours. If a child is encountering trolls or bullies on the platform, encourage them to use this function, while also reporting the offenders to help make the platform a nicer place for everyone.

LOOK OUT FOR FAKES

Impersonation is a problem on all social networks. While the consequences are usually benign, imposters sometimes attempt to scam or groom children by pretending to be a popular influencer or online personality. Bluesky is unique in that it can be connected to official domains, with users' handles linking to other sites; while this isn't widely used right now, it could be a reliable way to verify celebrities and public figures in future.

KEEP AN OPEN DIALOGUE

As with all social media platforms, moderation and content filters can only do so much; it's highly likely that a child will eventually face something unsavoury. For that reason, it's important to make sure that young people are aware of the risks and know how to handle the technology if anything they see on the app makes them feel unsafe or uncomfortable.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, The Guardian and The New Statesman.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/bluesky-app>

Extra-Curricular Activities

Day	Activity	Time	Room	Year
MONDAY				
BEFORE SCHOOL	Breakfast Club: DGU	8.00 – 8.30a.m.	Canteen	All Years
LUNCHTIME	Trampolining: LWH	12.40 – 1.40p.m.	Gym	Years 9/10
	Guitar Ensemble: JMC	1.10 – 1.40p.m.	S5	All Years
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Maths Club: SDN/SVI	12.40 – 1.40p.m.	F13	All Years
	Science Homework Club: SAK	12.40 – 1.10p.m.	G9	Years 7/8
Fortnightly	Chemistry Club: JOS	12.40 – 1.10p.m.	G8	Years 9 - 13
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
TUESDAY				
BEFORE SCHOOL	Breakfast Club: JMC	8.00 – 8.30a.m.	Canteen	All Years
	Big Sister Mentoring: HCO	8.45 – 8.55a.m.	Hume House	Years 11 - 13
LUNCHTIME	Dance: GCSE PE Students	12.40 – 1.40p.m.	Dance Studio	Years 10/11
	KS3 Drama Club: IMI	1.10 – 1.40p.m.	Drama Studio	Years 7/8/9
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Maths Club: SDN/TKA	12.40 – 1.40p.m.	F13	All Years
	Maths Intervention: SVI	12.40 – 1.10p.m.	S8	Year 11 Students
	Python Lab: MHA	12.40 – 1.10p.m.	F7	Year 10
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
	Violin Ensemble: Peri Teacher	1.10 – 1.40p.m.	S5	All Years
AFTER SCHOOL	English 5 O' Clock Club: SRI/MCR/FCH/LBU	3.30 – 5.00p.m.	F8	Selected Year 11 & 13 Students
	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
	Open Netball Session: LWH	3.20 – 4.20p.m.	Playground/Dance Studio	Years 9/10/11
WEDNESDAY				
BEFORE SCHOOL	Breakfast Club: JMC	8.00 – 8.30a.m.	Canteen	All Years
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	All Years
LUNCHTIME	Eco Club: HCO/JMC	1.00 – 1.30p.m.	G3	All Years
	French Intervention: LGR	1.10 – 1.40p.m.	G6	Year 11
	Geography Intervention: HCO	12.40 – 1.30p.m.	G3	Year 11
	Islamic Society: AAH	12.40 – 1.40p.m.	F10	All Years
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	SEN Science Club: MUD	12.40 – 1.40p.m.	G11	Years 7/8
	Script Writing Club:	1.00 – 1.40p.m.	S4	Years 9 - 13
	Spanish Speaking Club: SCL	12.40 – 1.10p.m.	G5	Year 11
	Sparx Maths Club: SSI/YVE	12.40 – 1.40p.m.	F13	All Years
AFTER SCHOOL	DT Catch-Up Club: AKO	3.20 – 4.20p.m.	G12	Year 11

	EAL Intervention: FCH	3.30 – 4.15p.m.	F11	Selected Students
	Football: LBU/DOK/LWH	3.20 – 4.20p.m.	Gym	Years 7/8/9
	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
THURSDAY				
BEFORE SCHOOL	Breakfast Club: EDO	8.00 – 8.30a.m.	Canteen	All Years
LUNCHTIME	Art Club: RBU	12.40 – 1.40p.m.	S2	GCSE & A Level Art Students
	Badminton: DEA	12.40 – 1.40p.m.	Gym	Years 9/10/11
	Debate Club: EDO	12.40 – 1.40p.m.	F19	Years 12/13
	Greek Mythology: MPO	12.40 – 1.10p.m.	F4	All Years
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	Medic Mentoring: KSE	1.10 – 1.40p.m.	G11	Year 12/13
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
	Woodwind Ensemble: Peri Teacher	1.10 – 1.40p.m.	S5	All Years
	Worship Band: FST	12.40 – 1.10p.m.	S4	All Years
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
FRIDAY				
BEFORE SCHOOL	Breakfast Club: DGU	8.00 – 8.30a.m.	Canteen	All Years
BREAKTIME	EPQ Club: GIR	10.40 – 11.00a.m.	G19	Year 12/13
LUNCHTIME	African Caribbean Society: SAK/DOK	12.40 – 1.10p.m.	F7	All Years
	Art Club: RBU	12.40 – 1.40p.m.	S2	GCSE & A Level Art Students
	GCSE Computer Science Intervention: MHA	12.40 – 1.10p.m.	F6	GCSE Computer Science Students
	French Ambassadors Club: LGR	12.40 – 1.10p.m.	G6	Years 8/9
	Gardening Club: DEA	12.40 – 1.10p.m.	Chapel	Years 7/8
	I T Club: RGO	12.40 – 1.10p.m.	F6	All Years
	Library Lunch Club: CFI	12.40 – 1.35p.m.	Library	All Years
	UAI Band: Peri Teacher	12.40 – 1.10p.m.	S5	All Years
Fortnightly	Poetry Club: SFN	1.05 – 1.35p.m.	F3	Years 7/8/9
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years

