



# Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 27  
4th April 2025



## Upcoming Events

**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.

**Year 6/7 New Entrants Meeting**  
Monday 30 June  
5.00 – 6.00p.m.



## Headteacher's Headlines



This term has been filled with achievement, pride and deep joy. In March, we were delighted to be judged Outstanding as a Catholic school following our Section 48 inspection. This recognition is a testament to the strength of our mission, the commitment of our staff, and the lived faith of our students each day.

We were also thrilled to receive official certification from the SSAT, confirming that we are in the top 10% of schools nationally for both attainment and progress—a reflection of the hard work and ambition that drives our community forward.

As we now look ahead to the Easter holidays, we are reminded of the powerful message of hope and renewal that Easter brings. The joy of the Risen Christ reminds us that even in times of challenge, light triumphs over darkness, and love overcomes fear. May this Easter bring peace and blessing to all our families.

We are very sad to be saying goodbye to Mr Fan, who is leaving the Academy at the end of this term. He has made a tremendous contribution to our community and will be deeply missed.

After Easter, we look forward to welcoming two new members of staff:

- Ms Hurst, who joins us as our new Subject Leader for Music, and
- Ms Begum, who will be joining the Mathematics department as a Teacher of Mathematics.

We wish you all a restful and joyful Easter break.

Fiona Stone,  
Headteacher **SERVIAM**





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### Chaplaincy News

Pope Francis@Pontifex – 1st April 2025

Let us [#PrayTogether](#) that the use of new technologies will not replace human relationships. may it respect the dignity of the person, and help us face the crises of our times.

[#PrayIntention@clicktopray\\_en](#)[#ClickToPray@coronationmedia@vaticanihd](#)

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

April: Charity

4th April: Strive to act solely out of the sole love of God.

5th April: Bear with them all equally, for it is not up to you to judge.

6th April: Living all united in heart, you will be like a mighty fortress.

7th April: Let them have Jesus Christ for their only treasure, for there also will be love.

8th April: Obey God and each creature for love of God, as nothing is commanded against the honour of God and of one's own integrity.

9th April: Let all their deeds and words flow from charity.

10th April: Be gentle and compassionate.





# Chaplaincy News

April is the month of the Patron saint of England; St George

**April 23: St Georges Day.**

St. George was born in what is present-day Turkey. Following in his father's steps, he became a soldier and quickly rose in the ranks of the Roman army, ending up as a personal guard to Emperor Diocletian. When the emperor ordered the persecution of Christians, St. George refused to follow his orders and participate in this. He was tortured and executed in 303 A.D. in Palestine, where he is now buried.

The legend of St. George slaying a dragon is well-known. The town of Silene was captured by a dragon. The locals would offer a human sacrifice to the dragon every day. When St. George was visiting the town, a princess was chosen to be sacrificed. So he killed the dragon and saved the people of Silene. To express their gratitude, the locals converted to Christianity. **St. George is also the patron saint of other countries like Greece, Portugal, Bulgaria,**



**Orthodox Churches:** Greek Orthodox Easter always falls between April 4 and May 8. Orthodox believers' religious holidays are dictated by the Julian calendar, not the Gregorian (secular) calendar. This year the Orthodox Easter will fall on **20<sup>th</sup> April**, the same day as the Catholic Easter.

The Ursuline Academy Ilford  
**CHAPLAINCY NOTICES: APRIL**



**During April, the 4th Month of the year we celebrate Spring and the most glorious festival in the Christian calendar.**



**April days of Religious Significance**

**April 12-20: Passover**

Eight-day celebration marking the deliverance of the Jews from slavery in Egypt; Seder ceremonies emphasize the concept of freedom. The first two days and the last two days are observed as holy days.

**April 14: Vaisakhi**

Sikh New Year and spring harvest festival.

**April 20: Ridvan**

Commemorates the declaration of Bahá'ullah to his followers in 1863. The first, ninth and twelfth days of Ridvan are major Baha'i holy days.



**Holy Week 2025**

**Sunday 13th April Palm Sunday**

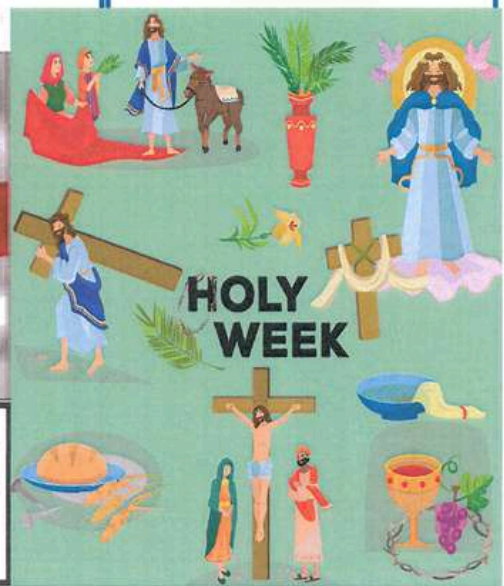
The events of Holy Week recount the so-called 'passion narratives' in the New Testament Gospels that relate to the suffering (passio in Latin), death and burial of Jesus Christ. Thus, Holy Week marks **the last week of the Christian season of Lent – the week leading up to Easter.** Here's a rundown of what it all means.

Holy Week commemorates the last week of Jesus' life; the triumphant entry into Jerusalem on **Palm Sunday**, his crucifixion on **Good Friday** (a form of cruel capital punishment where a person is nailed to a cross). Holy Week leads up to the celebration of **Easter Sunday** – the day Christians celebrate Jesus rising from the dead.

For many Christians, Holy Week is the most important spiritual time of the Year in which they can reflect on **Lent** and their faith before celebrating **Easter**. They can think about the sacrifices that they believe Jesus Christ made for humans in the lead-up to celebrating **Jesus' resurrection**.

**Holy Week Events:**

- Palm Sunday (Sixth Sunday of Lent)**
- Holy Monday and Holy Tuesday.**
- Holy Wednesday: Spy Wednesday**
- Maundy Thursday: The Last Supper**
- Good Friday: The Crucifixion**
- Holy Saturday**
- Easter Day: The Resurrection**  
**He is Risen!**





## Chaplaincy News

**Flame 2025: Saturday 15 March Unstoppable! Fan the flame of Hope!**



I was delighted and honoured along with Mr Mc Ghee to accompany 9 of our students to this year's Flame conference at Wembley Ovo Arena on 15th March. Flame is the largest Catholic youth event in the UK. Over 10, 000 young people filled the arena for a day of prayer, adoration, catechesis, reflection along with celebration and joyful song and praise.



The event was full of inspiring speakers from all around the world, representatives from a number of organisations, award winning musicians and so much more.

The event was hosted by Fr Michael Barwick, a parish priest who was brought up in our very own diocese of Brentwood and runs a parish in Walthamstow, East London.



The event was opened with a Liturgy led by Fr Michael along with a rousing rendition of 'Unstoppable' by former Greenwich Ursuline alumni Adenike Adewale who was accompanied by Tamil drummers from the one Hope Project. As well as being a fully qualified lawyer Adenike is also a talented singer, currently touring the country as Whitney Houston in the Bodyguard

This was followed by a powerful drama based on Jesus' temptation in the desert and an interview with Bear Grylls; the world renowned Emmy and BAFTA winning explorer. Bear talked eloquently about his faith and has just written a book based on the last week of Christ's life; **'The Greatest story ever told'**



Other inspiring performances were given by Rapper 'Guvna B'. Isaac Borquaye, more commonly known as Guvna B, is a double MOBO award-winning rapper, author and broadcaster from East London known for his faith-based music.



We also saw The World Youth Dance Crew, a Catholic based evangelising dance movement that was formed at the Catholic World Youth Day in Panama 2019. They are made up of dancers and musicians from all over the world. In their own words, 'The World Youth Dance Crew (WYDC), are a group of dancers dedicated to offering their talents to the Glory of the Lord and His Church. We do this by sharing His Good News to the youth across the world through various expressions of dance'.



More inspiring talks were given by Brother Chris Patiño FSC, a De La Salle Christian Brother from San Francisco and Brian Maeba a representative from CAFOD who talked about the inspiring charity and environmental work that the charity is doing in Kenya.

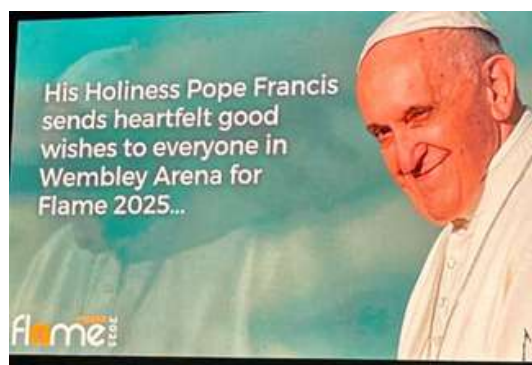
There was also a short but great talk from Bryan Enriquez who created the prayer app Hallow.

One of the most inspiring talks was given by Isaac Harvey MBE, a world-renowned disability advocate who spoke about over coming social and physical expectations.



Heartfelt Prayers were said for his holiness Pope Francis throughout the day. We left faithfully inspired and full of joy

View some of this year's speakers and performers on the following link:  
<https://cymfed.org.uk/flame/>



#### **Student reviews:**

Going to FLAME 2025 was an amazing experience, I never thought in my life I would have the opportunity to go to anything like this. As we walk into Wembley Arena, we were told over 10,800 kids around our age are there to enjoy the event, which was all about God, I felt like I truly belonged and know we are all singing for the same reasons. FLAME also had an interviewing segment of the day where people who are inspirational like Bear Grylls, Bryan Enriquez, Isaac Harvey and more came and gave us a talk about how they are here today and their journeys with Christ. Not did I just have fun, but I also knew that WE ARE UNSTOPPABLE! **Skyrah 9J**

As a whole it was an awesome experience, the people and the energy was a vibe. Not only did it give me a new view on people's walk through their Christian faith. The atmosphere of the stadium was uplifting. One thing I will always remember that this taught me, is that hope never disappoints. **Fola, 9R**

The experience was so colourful and enjoyable, it was interesting to see how faith connected so many people together, including people not part of the same faith, such as me. The music and interview of Bear Grylls was probably the best part of the entire experience as a whole, it was really nice to just jump around with my friends and listen to good music!! FLAME is genuinely an experience I recommend going to with friends, regardless of your faith!! I seriously had so much fun, hopefully I can go next year too!!! **Shraddha, 10T**

I really enjoyed the flame event at Wembley Park on Saturday. I really loved the drumming and dancing as it was very energetic. I also liked the man from Kenya as he was trying to raise money for his country. I loved the event it was so fun and energetic. **Semilore 10T**

**Ms Semambo, Teacher of R E**



### Art Club

By participating in the art club, students not only advance their artistic skills but also contribute to a vibrant, supportive community that values creativity and personal growth. The club's inclusive nature ensures that every student, regardless of skill level, has the opportunity to explore their artistic potential in a nurturing environment.

The art club serves as a hub of creativity and camaraderie. Students from different year groups come together, sharing ideas and techniques, which not only enhances their artistic abilities but also builds a strong sense of community.

Open to all year groups on Thursdays (except during exam preparation months) and dedicated to GCSE and A Level students on Fridays.



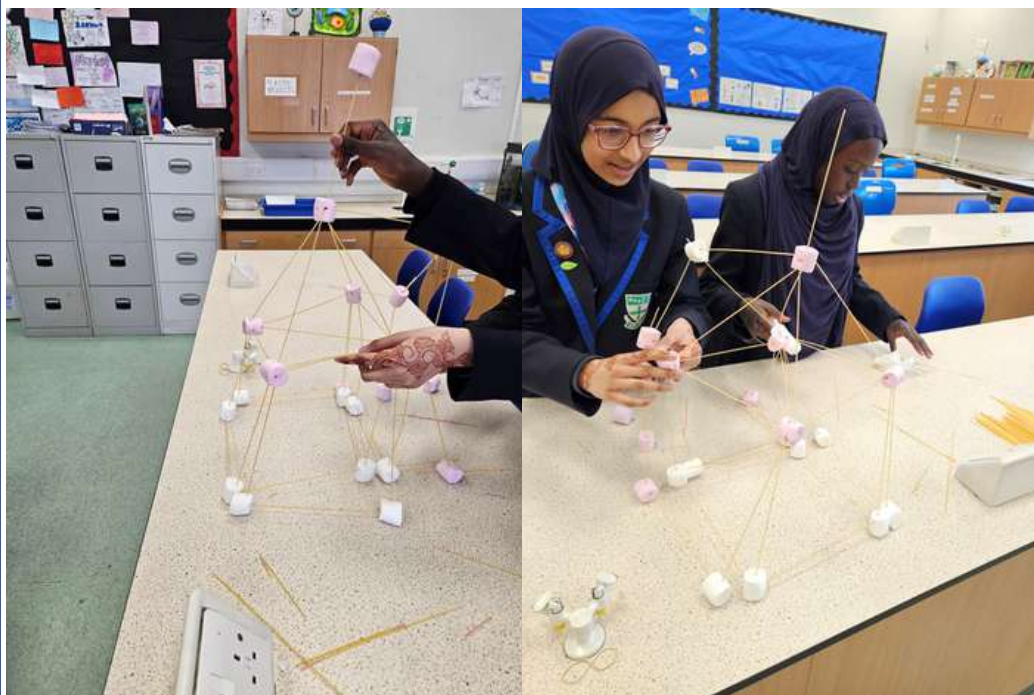
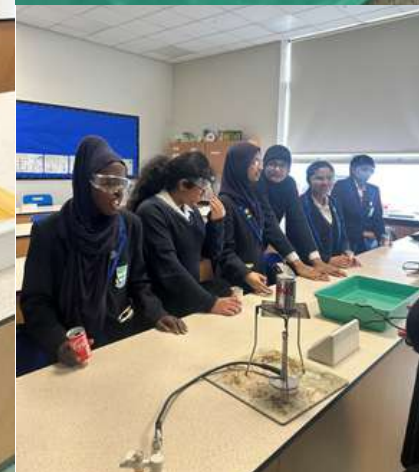
### Science Club

#### Crushing Cans and Spaghetti Marshmallows Towers

Two in one for this edition as last week we did the crushing cans and this week we built spaghetti towers using marshmallows as connectors.

Using the wonders of gas pressure we crushed a can without touching it with our hands. Firstly we placed a small amount of water inside an empty drink can and heated it up using a Bunsen burner until the water boiled and steam was coming out the top of the can. This increased the pressure inside drastically more than the pressure outside the can. We then carefully using tongs and picked up the can and placed it upside down in a bowl of cold water which drastically reduced the pressure. The interaction of can with the water at the time of the pressure difference caused the pressure inside to drop and as a result the outside air pressure was high enough to crush the can. We all got to crush the cans as the practical worked for us all even though sometimes it can be a hit and miss activity.

Finally for the Spaghetti towers we used marshmallows as the connections to build the tallest tower. This shows that engineering is all about how we can use leverage and location to make something stronger. The tallest tower got to 51cm before it came tumbling down. Good and messy fun!





# Curriculum Enrichment Day

## *Enrichment*

Year 9 girls had a fantastic enrichment day yesterday filled with teamwork, creativity, and fun! They tackled exciting challenges, from crossing fiery "lava" and energetic relays to mastering hula hoops. The day continued with Salsa and traditional Irish dancing where the girls really showed that they were United in Harmony! To finish, they embraced their artistic side, creating beautiful nature-inspired artwork, reflecting Art in Nature. It was a day of laughter, learning, and lasting memories!





## Curriculum Enrichment Day



### Year 10 & 12 Shine in the Well-being Challenge by Wicks

This week, our Year 10 and Year 12 students took part in the **Well-Being Challenge** by Wicks, an exciting opportunity to apply their creativity, teamwork, and problem-solving skills. Working in groups, students were tasked with transforming a space within a set budget to create a **positive social impact**.

The challenge saw students **brainstorm ideas, design posters, and present their pitches in a "Dragon's Den"-style format**. Their innovative concepts tackled key social issues, including **mental health, loneliness, and crime prevention**, while also incorporating hands-on tasks to benefit the wider school community.

The students' enthusiasm and dedication were truly inspiring, as they **demonstrated strong teamwork, communication, and leadership skills**, all while embodying the Ursuline values. After an impressive round of presentations, the judges selected **one winning team from Year 10 and another from Year 12** to represent our school at the national finals in **London this July**.

With the competition heating up, the selected teams will now focus on refining their pitches and perfecting their ideas. **Opportunities like this provide students with invaluable real-world experience**, mirroring workplace dynamics where problem-solving, collaboration, and project management are key.

A huge well done to all our Year 10 and 12 students for their hard work and creativity—it was truly an inspiring day!





## Curriculum Enrichment Day

### Enrichment



Ursuline  
Academy  
Sixth

### Year 11 'Stepping Up to Sixth Form' Day – A Glimpse Into Life at UA6

As part of our Curriculum Enrichment Day, Year 11 students took part in a dedicated 'Stepping Up to Sixth Form' experience, designed to prepare and inspire them as they consider the exciting transition to Key Stage 5.

The day began with insightful presentations from five of our current Year 12 students: **Christina Bradbeer, Sara Khan, Klari Sibley, Sumayyah Noor, and Lily Power**. They shared honest reflections on their journeys so far, covering everything from adjusting to A-level study and managing workload to seizing leadership opportunities, work experience, careers events, and getting involved in the rich range of clubs and enrichment activities available at **UA6**. Their passion and honesty really resonated with our Year 11s.

Students then rotated through four engaging workshops led by members of the senior leadership team, all underpinned by the **UA6 mindset** and the **VESPA framework** – Vision, Effort, Systems, Practice, and Attitude:

- **Ms Stone** guided students through a session on *setting a vision for the future*, encouraging them to consider their goals and aspirations.
- **Mr Challis** introduced the *UCAS process*, helping students begin to understand the pathway to university and other post-18 options.
- **Mr Robertson** focused on the *effort and discipline* required to develop effective study habits and succeed at sixth form.
- **Mrs Gardiner** delivered a thoughtful session on *attitude*, exploring how mindset can impact progress, resilience, and growth.

Feedback from students was overwhelmingly positive, with many describing the day as *inspiring and motivating*. It gave them a real sense of what life is like at **UA6** and the opportunities that lie ahead.

With interviews and conditional offers now sent out to students who applied to join **UA6**, we are very much looking forward to **Sixth Form Transfer Day on 8th July**, when applicants from outside the Academy will also be welcomed in.

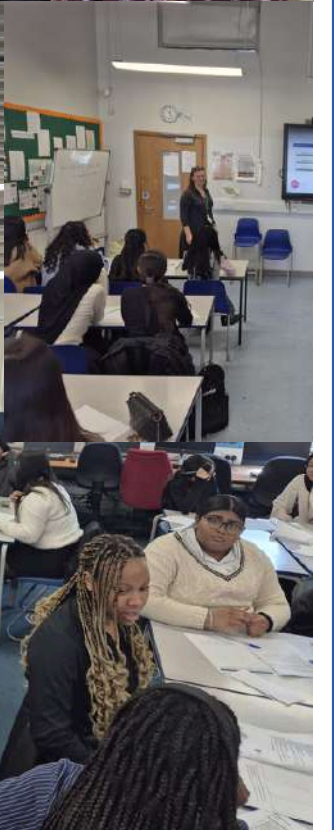
**UA6** has undergone a remarkable transformation over the past two years. Following our best results in many years in summer 2024 – and with this year's results set to be even stronger – we are proud of the vibrant, ambitious and supportive sixth form community we are building.

We can't wait to welcome the next generation of students to be part of this inspirational journey...see photos below!



# Curriculum Enrichment Day

## Enrichment





## MFL News

This week a professional foreign language theatre company came into our school to show the students studying Spanish a play – **Primera Cita**. It was performed all in Spanish. By seeing the language being used in context, the students were able to enjoy the performance as well as follow what was happening. The language and vocabulary used also matched what is taught in school. Here are some reviews from the Year 10 students

We watched a really nice Spanish play about a boy and a girl getting ready to go on a first date. It was quite funny and the actors were very interactive with the audience. It helped with understanding Spanish when spoken very quickly which gave me confidence. **SNEGA VEERAJEYARAJAN 10.R**

I thought the play was quite comical and also helpful with my Spanish learning. It also gave me motivation to keep trying hard in my Spanish lessons so that I can become fluent in it. I was definitely something I wouldn't want to miss. **HAARSHINI SARALADEVI 10.R**

The play was a lovely opportunity to challenge our understanding of the Spanish language as the whole play was in Spanish. It was easy to understand as many words were used from our Spanish lessons. **CARLA MENDES 10.C**



**Mr Clare, Teacher of Spanish**



## P E News

### P E Stars of the Week!

#### ***Eunice Ngoie 11C***

Eunice is an amazing student who consistently gives her all in both theory and practical lessons. Her commitment and enthusiasm, both in class and at after-school clubs, are truly inspiring. She is highly adaptable, seamlessly taking on different roles on and off the netball court while demonstrating exceptional teamwork. Eunice's collaborative spirit shines through in everything she does, and she is always eager to support her peers, offering help whenever they struggle.



#### ***Sofia Kaliuzhna 8C***

Sofia is a wonderful student who consistently puts her best effort into every PE lesson. She is dedicated, hardworking, and always eager to take on new challenges. Her enthusiasm for learning and active participation make her a standout role model for her peers. Sofia embraces new sports with a positive attitude, inspiring those around her and creating an uplifting atmosphere in every lesson.

Keep up the fantastic work, girls!

***Ms Whates, Teacher of P E***

# RELIGIOUS EDUCATION

## RE News

Our students have created beautiful work that highlights the events of Holy Week, and the great sacrifice Jesus made with His life for mankind. Through their reflections, they've deepened their understanding of Jesus' journey to the cross. We are also reminded of key Catholic Social Teaching principles such as solidarity, human dignity, and justice, which call us to live out His example of love and compassion for all.

# HOLY WEEK

- Palm Sunday
- Spy Wednesday
- Holy Thursday
- Good Friday
- Easter Sunday

**Palm Sunday:** Palm Sunday is the day Jesus was welcomed into Jerusalem with palm leaves while on a donkey.

**Holy Thursday:** Holy Thursday was the day the last supper was held on.

**SPY WEDNESDAY:** Spy Wednesday was the day Judas betrayed Jesus for only a couple of silver coins.

**Good Friday:** Good Friday is the day Jesus got crucified and died on the cross after immense pain and torture for multiple hours.

**Easter Sunday:** Easter Sunday was the day Jesus came back from the dead, after being crucified on the cross.

# GOOD FRIDAY

Jesus Christ, out in a loud voice, "Father! In your hands I place my spirit!" He said this and died.

- Chapter 23: 45-47  
Lukas 23:39

What is Good Friday? It is the passion Jesus took: He suffered, crucified, and buried.

One of the criminals hanging there turned to him and said, "Jesus, remember me when you come into your kingdom!" Jesus answered him, "I tell you, today you will be with me in Paradise."

Jesus said to him, "I promise you that today you will be with me in Paradise."

23: 39-43

Jesus is sentenced to death. Jesus was put in front of all the people to get chosen if he is free or if he should be crucified. The people chose Jesus to be crucified and for Pontius to be free.

Jesus is Crucified. When he was sentenced to death by Crucifixion Jesus, had by the people. He had to carry his cross for a long time up the hill while getting weaker. When crucified he did not get buried/hidden a stone to hide. The third day came he would rise.

Who is Pontius? Pontius is a criminal that was placed next to Jesus to lead him to his death and he had a bad reputation. He was the ruler of the region of Judea.

Amelia Khan 8  
Lena Och 8

# HOLY WEEK!

**good friday:** Judas betrays Jesus and the people get him and drag him. He gets forced to hold his own cross to the place of death, where he is nailed on the cross and pinned on his hands and feet. After crucifixion he is taken to live in a tomb.

**Easter Sunday:** The Women went to go anoint Jesus in his tomb. However to their surprise Jesus was not there. This was because he was being resurrected. "A few hours later..." Jesus is risen into the heaven with his disciples in Jerusalem.

# the last supper

## HOLY THURSDAY

When the hour came Jesus took his place at the table and said to them, "I have wanted so much to eat this paschal meal with you before I suffer. I tell you, I will never eat it until it is given to me again in the Kingdom of God." Then Jesus gave thanks.

This was Jesus' Last Supper with all his disciples before he would be arrested. Moments before this meal Judas had spoken to the chief priests saying he would betray Jesus to them. They offered him money and Judas was pleased.

"This cup of God's new covenant sealed with my blood, which is poured out for you."

"This is my body given to you."

# Happy Easter

**Visit to Parliament – Living out our Catholic Social Teaching Values**

On Monday, three of our students, alongside Sixth Form students from St Bonaventure’s School, attended an important meeting at Portcullis House in Westminster, where they had the opportunity to meet Sir Stephen Timms MP. Sir Stephen, the Labour MP for East Ham, has served in Parliament since 1994 and currently holds the Government position of Minister of State for Social Security and Disability.

With the support of SVP, our students presented their campaign to Sir Stephen, urging him to raise with the government the issue of the 56-day "move on" period for refugees. This policy, set to expire in June, provides refugees with crucial time to secure housing and employment. Previously, they were given just 28 days, which proved insufficient and contributed to rising homelessness. Our students asked whether the 56-day period could be made permanent.

During the discussion, the students also reflected on the significance of the Jubilee Year as "A Time for Hope." Our Year 9 students shared the ways in which our school actively promotes Catholic Social Teaching (CST), emphasizing the principle of the preferential option for the poor—reminding us of our duty to support those most in need.

Sir Stephen was incredibly supportive of our mission and even had an email drafted on the spot to send to the government. It was truly inspiring to witness democracy in action. All the students left feeling empowered, knowing they had contributed to meaningful change.

We are all very grateful for this opportunity!

Some notes from our students on their experience below:

*"I really enjoyed meeting all the people that were there, they were very compassionate and thoughtful. It brings a smile to my face knowing that I made a significant change to people's lives and that I helped to contribute in bringing hope to people's lives" Fola 9R*

*"I really enjoyed the trip to Westminster yesterday. It was fun memorable, and I felt that I made a real difference at the same time" – Savannah 9J*

*"I really enjoyed being with my fellow students and students from St Bonaventure’s. I contributed to a change in society which makes me proud. Moreover, I gained a lot of insight from Sir Stephen Timms MP and felt that our school values were at the core of this amazing experience" – Naga 13.1*



**Ms Eakins, Teacher of R E**

This month, our Year 7C and Year 9C and 9T students have been diving into the principles of Catholic Social Teaching, exploring its core values such as human dignity, solidarity, and the common good. To bring these ideas to life, they created vibrant and thought-provoking posters that reflect their understanding of these teachings in today's world. Through creativity and discussion, they have demonstrated how these values can inspire positive change in our communities. We are proud of their work and excited to share their insights with you!

As you explore the wonderful posters created by our Year 7 and Year 9 students, you'll notice themes of justice, kindness, and community. These ideas come from Catholic Social Teaching (CST), which encourages us to care for others and build a fairer world. Some key values in CST include human dignity, solidarity, the common good, and caring for those in need. Through their artwork, our students have creatively expressed how these values apply to our everyday lives. We're excited for you to see their thoughtful work and the messages they hope to share!

Pupils feedback:

'Whilst doing my CST H/W, I felt really inspired to follow the principles of CST, as these principles always remind me to do good and to help others and particularly those in need. CST isn't just for Catholics; it's for everyone as CST promotes key principles that guide us on how we should live within our society no matter what faith or what background we have.' **Maariyah, 7C**

'While I was doing my poster about Catholic Social Teaching, I felt so proud because I explored people's amazing ideas of helping the poor and those in need. People should help one another and love one another like Jesus said in his greatest Commandment, 'Love thy neighbour as yourself'. **Jisha, 7C**

'Creating my CST poster was a great experience because it helped me understand the key values of Catholic Social Teaching in a creative way. I enjoyed expressing ideas through art and thinking about how these principles apply to real life. I'm proud of my work and hope it inspires others to reflect on the importance of justice, dignity, and caring for others.' **Aliza, 7C**

'I love how CST helps people all around the world. CAFOD work inspires many people to help the needy and the poor. Their charity really makes an impact to the world.' **Shriya, 7C**

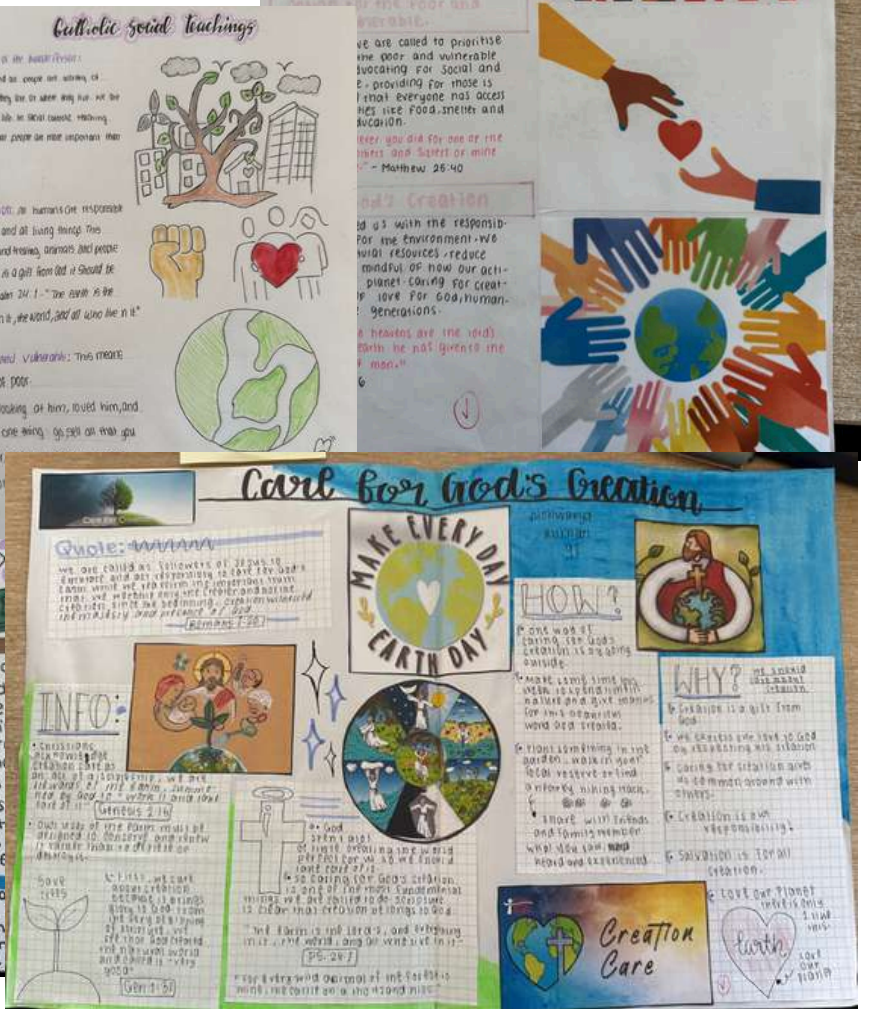
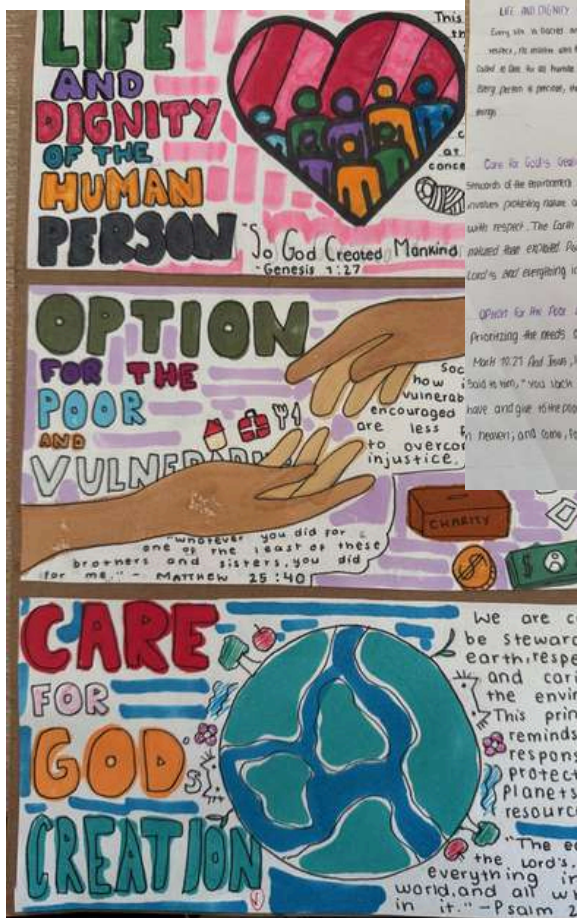
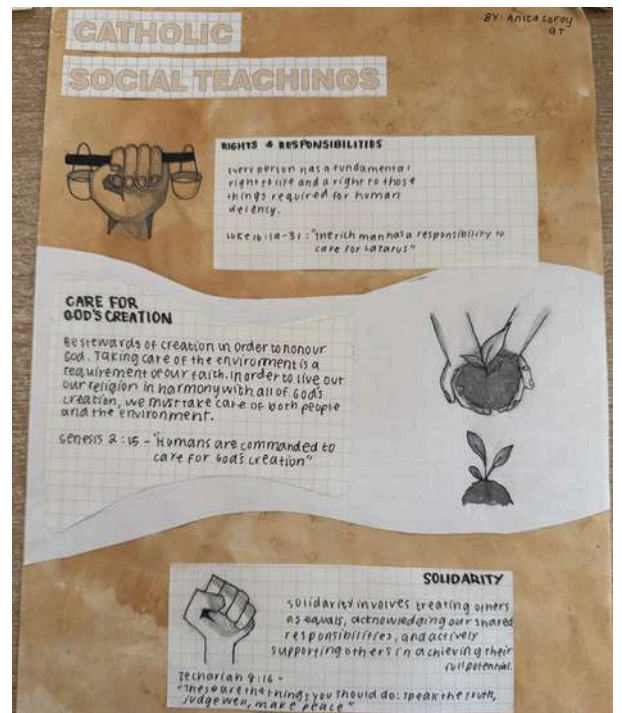
'I felt so good while I was doing this H/W as it helped me learn a lot about Catholic Social Teaching and its core principles. It was really fun!' **Areasha, 9C**

'Catholic Social Teaching is a very important topic not only for our school but for our lives as well. It teaches us how to live right with others and how to serve God in our day to day lives. All the H/W and the classwork that we did helped, I think, every single one of us to understand what CST all is about and its core principles.' **Nancy, 9C**

'The Catholic Social Teaching teaches us that we should love and respect one another. Love thy neighbour' #SERVIAM **Aleena, 9T**

'The Catholic Social Teaching teaches us how to be kind and loving to the people around us. It also teaches us how to be good stewards towards our surroundings and how to take care of our planet Earth.' **Aishwarya, 9T**

'The Catholic Social Teachings are important values that everyone should follow and / or respect no matter the religion. It includes values like the dignity of the human person, solidarity, the common good & many more and it calls us to love God and our neighbours (meaning everyone) & promote justice, love and peace.' **Anita, 9T**



**Ms Posnakidou, Teacher of R E**



**Well Done Us!!**

## **SSAT Educational Outcomes Award 2024 Exceptional Student Progress**

Awarded to  
**The Ursuline Academy Ilford**

In recognition for being in the top 10% of schools nationally for student progress in the 2024 end of KS4 exams

Sue Williamson  
Chief Executive

**ssat** the schools, students  
and teachers network



## **SSAT Educational Outcomes Award 2024 Exceptional Student Attainment**

Awarded to  
**The Ursuline Academy Ilford**

In recognition for being in the top 10% of non-selective schools nationally for student attainment in the 2024 end of KS4 exams

Sue Williamson  
Chief Executive

**ssat** the schools, students  
and teachers network





## 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**

### Virtual Work Experience programmes with Lloyds Banking Group

We have two fantastic Virtual Work Experience programmes taking place with Lloyds Banking Group for students in school, college and university looking to up-skill, learn new things about the industry and get a real understanding to what it's like working within the industry.

These are two exciting 2-day events where you will get to spend time with professionals from the Banking & Finance sector, take part in workshops, engage in real world projects and networking with representatives from across the bank. We have two different work experiences for you to choose from, you can of course apply to both. We have Business and Tech / Data.

Please see the key details below for each one and we hope to see you with us for these events.

#### Lloyds Banking Group Business WEX

- Tuesday 8th April & Wednesday 9th April 2025| 10am - 2pm
- Learn practical business skills, take part in projects and learn the art of mastering the corporate application process with a mock assessment centre!
- Application Link: <https://www.surveymonkey.com/r/LBG-Sim-8th>

#### Lloyds Banking Group Technology and Data WEX

- Tuesday 15th & Wednesday 16th April 2025 |10am - 2pm
- Learn the basics of data, how to use it and why it's so important, lots of activities using Excel or Google Sheets to manipulate data and present results as well as getting to grips with analysing complex data sets and case scenarios
- Application Link: <https://www.surveymonkey.com/r/LBG-2day-Data-Tech>

By attending these Work Experience Days, you will gain invaluable knowledge from the industry, be able to put something meaningful on your CVs from an internationally recognised business as well as getting a certificate you can use on your LinkedIn profiles and future job / university applications.

**Ms Finlay, Careers Coordinator**

## 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](http://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 Continued...

## MAINS *Only £2.50* *Week Three: 20/01/2025, 10/02/2025, 10/03/2025, 31/03/2025*

MON	TUE	WED	THU	FRI
<p><b>AMERICAN DINER</b></p> <p>Hot Dogs with Yellow Mustard Crispy Onions &amp; Jalapenos (G,Mu,Se,Su)</p> <p>Veggie Hot Dogs with Yellow Mustard Crispy Onions &amp; 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><b>SOUTH AFRICA</b></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><b>ROAST</b></p> <p>Slow Roast Turkey with Stuffing &amp; Roast Gravy (G)</p> <p>Vegan Winter Root Vegetable &amp; Kale Filo Parcel (G)</p> <p>Crispy Roast Potatoes Baked Carrots &amp; Parsnips</p> <p>Extras: Yorkshire Pudding (G,E,MK)</p>	<p><b>WRAP STATION</b></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 &amp; Pepper Salad</p> <p>Extras: Tortilla Chips</p>	<p><b>FISH &amp; CHIP SHOP</b></p> <p>Battered Fish Fillet (G,F)</p> <p>Roast Chicken</p> <p>Cheese &amp; Onion Turnover (G,F,E)</p> <p>Chips Peas Baked Beans</p> <p>Extras: Chip Shop Gravy Curry Sauce (Mk,So)</p>



**THEME BARS  
-PLUS DAILY-  
JACKET  
POTATOES  
& SALAD BAR**



*Meal Deal*  
**Only £2.70**

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



### 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**

## 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)

## 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**

### ALLERGENS

*we're allergy aware!*

- 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
- So = Soya
- Su = Sulphur Dioxide

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



# School Lunch



# EASTER HOLIDAY CLUB 2025

- **Week 1: April 7th - 10th**  
We are closed for staff training Friday 11th
- **Week 2: April 14th - 17th**  
HAF EASTER clubs at Cranbrook and Nightingale between 10am and 2pm



**REDBRIDGE EASTER HAF CLUBS**  
APRIL 2025

ARE YOU IN RECEPTION-YEAR 11 AND RECEIVE SENIORS RELATED FREE SCHOOL MEALS? ENJOY FREE SPORTS, TRIPS, ARTS & CRAFTS, COOKING & MORE!

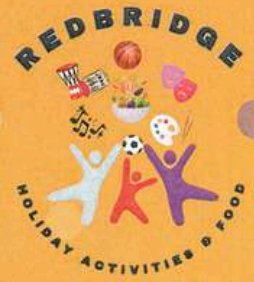
NEW SKILLS  
FREE FOOD  
NEW FRIENDS

FOR MORE INFORMATION CONTACT: [haf@redbridge.gov.uk](mailto:haf@redbridge.gov.uk) OR VISIT [FIND.REDBRIDGE.GOV.UK/HAF](http://find.redbridge.gov.uk/haf)



As you can see we have a number of exciting activities planned and there are so many more to look forward to .  
Please note pictures are for reference only and activities are subject to change and are not site specific !

# REDBRIDGE EASTER HAF CLUBS



APRIL 2025



**ARE YOU IN RECEPTION-YEAR 11 AND RECEIVE  
BENEFITS RELATED FREE SCHOOL MEALS?  
ENJOY FREE SPORTS, TRIPS, ARTS & CRAFTS,  
COOKING & MORE!**

**SCAN ME  
TO BOOK**



- NEW SKILLS**
- FREE FOOD**
- NEW FRIENDS**

**FOR MORE INFORMATION CONTACT:  
HAF@REDBRIDGE.GOV.UK OR VISIT  
FIND.REDBRIDGE.GOV.UK/HAF**







# HOLIDAY ACTIVITY & FOOD CAMP

**FREE** multi-sports activities and engaging workshops for ages 11-16 living or studying in Redbridge, in receipt of benefit-related free school meals.\*

Come along and try new activities, learn new skills, have fun & make friends. **Also, enjoy hot and nutritious meals served every day!**

LOCATION	Loxford Leisure Centre, Loxford Lane, IG1 2UT	
DATE	Monday 14th - Thursday 17th April	
TIME	14:00 - 16:00	
AGE	11-16 years old *In receipt of Free School Meals	11-16 years old *Limited Non-FSM spaces
QR CODE TO REGISTER		
BOOKING LINK	<a href="http://www.eequ.org/experience/4050">www.eequ.org/experience/4050</a>	<a href="http://www.eequ.org/experience/6155">www.eequ.org/experience/6155</a>

London Borough of  
**Redbridge**



working towards  
**child  
friendly  
Redbridge**

# REDBRIDGE SEND STRATEGY

Engagement opportunities

Redbridge Council is reviewing our SEND Strategy, and we need your help.

We want parents from across the Borough to share their thoughts and ideas. Your input will help us set our priorities to make sure children with SEND can achieve their outcomes.

**A reminder about our remaining organised events**

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## Virtual Evening Session:

Thursday 24th April 6:00 - 7:00pm



Scan or Click QR to register

1. To attend this event you must register.
2. The email address used to register will enable you to join.
3. Once full, the event registration will close.

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## Can't make an event?

Complete an online feedback survey.



Scan or click QR

Redbridge Mental Health Support Team presents...

**SCAN  
ME!** 

## PARENTS AND CARERS IN MIND - WEBINAR SESSIONS

**REGISTER  
NOW!**

**ACCESSING THROUGH  
YOUR DEVICE? CLICK ON  
TOP OF THE WEBINAR TO  
REGISTER!**

Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and wellbeing.

### FOSTERING SMOOTH TRANSITIONS FROM PRIMARY TO SECONDARY SCHOOL

A session considering how parents and carers can support children to prepare for school transition

**WED 30.04.25 7-8PM**

### THINKING ABOUT BODY IMAGE

A session focused on understanding body image, it's relevance for children and young people and how parents can support them navigating through it.

**TUE 20.05.25 7-8PM**

### HEALTHY RELATIONSHIPS WITH SOCIAL MEDIA AND TECHNOLOGY

A session focused on understanding the potential risks that children may find online and exploring strategies and tips to nurture online safety.

**THU 19.06.25 7-8PM**

### HELPING YOUR CHILD BECOME A CONFIDENT LEARNER

A session focused on understanding how children's and young people's capacities and talents can be improved through a growth mindset perspective.

**WED 09.07.25 7-8PM**



**FOR MORE INFORMATION & TO SIGN UP**

**CLICK HERE,**

**VISIT [WWW.REDBRIDGE.GOV.UK](http://WWW.REDBRIDGE.GOV.UK) AND SEARCH 'MH'**

London Borough of  
**Redbridge**



## What Parents & Educators Need to Know about

# INSTAGRAM

AGE RESTRICTION  
**13+**

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

### WHAT ARE THE RISKS?

#### EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

#### AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

#### RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

#### THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

#### SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

#### EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

## Advice for Parents & Educators

#### USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

#### OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

#### SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

#### BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

#### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College