



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 28
25th 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



As a school community, we are united in mourning following the death of our Holy Father, Pope Francis. His life of service, compassion, and deep faith touched countless lives. Please see the Chaplaincy article below for further reflection. Thank you for the many kind messages of consolation shared with our Catholic community during this time.

Last Sunday, we celebrated the joy of the risen Christ on Easter Sunday—a time of hope, renewal and light. The Easter season continues for 50 days until Pentecost Sunday. I wish everyone the peace, joy and hope that Easter brings.

Year 11 and Year 13 students are preparing for their final examinations and will begin formal study leave on 9th and 16th May respectively. They have worked with determination and have been taught with dedication. Please keep them in your prayers as we continue to support them to give of their very best.

**Fiona Stone,
Headteacher SERVIAM**

Pope Francis 1936 – 2025 RIP





Newsletter Contents this week:

Chaplaincy News, Pages 3 – 5

Clubs News, Page 6

Earth Day at UAI 2025, Pages 7 – 10

Maths News, Pages 11 – 12

M F L News, Page 13

Careers News, Pages 14 – 15

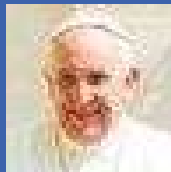
Free School Meals, Page 16

Lunch Menus, Pages 17 – 18

Redbridge News, Pages 19 – 20

**What Parents &
Educators need to know about
MAKING FRIENDS ONLINE, Page 21**

**Extra Curricular Activities,
Pages 22 – 23**



Chaplaincy News

Pope Francis@Pontifex – 20th April 2025 4.45p.m.

The Pope's last tweet...

Christ is risen! These words capture the entire meaning of our existence, for we were not made for death but for life. [#Easter vatican.va/content/france...](https://twitter.com/Pontifex/status/1574444444444444444)

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

April: Charity

25th April: God has granted you the grace of choosing you to serve his divine Majesty.

26th April: Take care especially that they are united and one in will.

27th April: Be bound to one another by the bond of charity.

28th April: Rejoice together.

29th April: I am continually among them with Jesus Christ, the Lover of us all.

30th April: May you be motivated solely by the love of God.

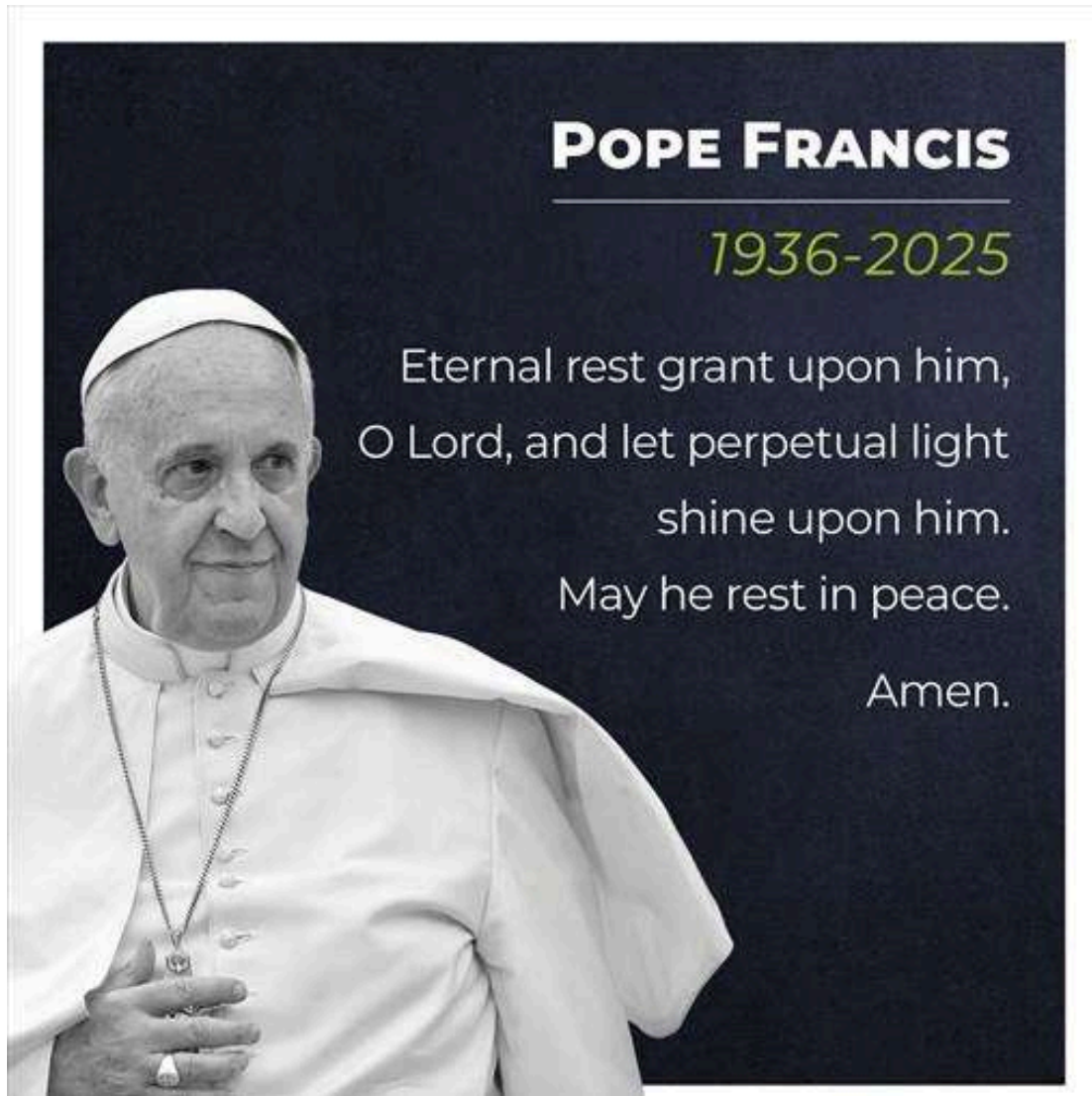
May: Prudence

1st May: Do what you do in obedience, and not as following your own judgement.





Chaplaincy News



Pope Francis

We give thanks for the life of Pope Francis — a humble, courageous leader who inspired the world with his call to justice, compassion, and care for creation. He reminded us to live the Gospel with integrity, to uplift the poor and forgotten, and to protect our common home.

As we journey through this Jubilee Year of Hope, we honour his legacy with action, faith, and love.

A Book of Condolences is available in the chapel for prayers and reflections. May he rest in eternal peace and rise in glory.



Chaplaincy News

These are the words we shared with students and those staff in attendance at the special assemblies we held on Tuesday morning.

A book of remembrance is now available in the chapel. If parents would like to include a message, please email enquiries@uai.org.uk

We give thanks for the life of Pope Francis, a humble servant of God and a powerful voice for justice, peace, and compassion in our world. As the first pope from Latin America and the first Jesuit pope, he brought a new energy and authenticity to the Church, calling us all to return to the heart of the Gospel.

Pope Francis lived out the values we hold dear as an Ursuline community. His words and actions reflected the Ursuline virtues of compassion, integrity, and humility. He encouraged us to be people of courage, reaching out to the poor, the forgotten, and the excluded, and to live with hearts open to love and truth.

He was a tireless advocate for the principles of Catholic Social Teaching, urging us to live out the preferential option for the poor, to uphold human dignity, and to work together for the common good. He spoke often of the sacredness of the Earth, our shared home, and through his landmark encyclical *Laudato Si'*, he challenged the world to take real action to protect creation. His message on care for our common home continues to shape how we as a school and a Church care for our environment and for future generations. On this Earth Day we celebrate his commitment in inspiring us to look after our common home

Pope Francis opened the Jubilee Year of Hope on Christmas Eve—inviting us all to become pilgrims of hope, to walk together in faith, and to carry the light of Christ into a world that deeply needs healing and reconciliation. His passing, just hours after Catholics around the world celebrated the joy of Christ's Resurrection on Easter Sunday, feels profoundly symbolic. In the light of the Resurrection, we now entrust his soul to the mercy of God, with hope in the promise of eternal life.

As a school, we will enter a period of mourning, and a Book of Condolences will be available in the chapel for anyone who wishes to write a message or prayer in his memory. May we honour Pope Francis not only with our words, but with our actions—by continuing his mission of mercy, justice, and love.

May he rest in peace and rise in glory.

Ms Stone



Chaplaincy News



“Each of you should use whatever gifts you have received to serve others as faithful stewards of God’s grace” (1 Peter 4:10)

Serviam is the foundation of what makes us an Ursuline. This virtue will be our focus throughout the summer term, it is bound from deep within us, from when we begin our journey here at the Ursuline Academy Ilford and will continue to shape our future for the rest of our lives.

St Angela Merici was the pivotal role model for Serviam. Angela dedicated her life to the service of others, fighting tirelessly for young women to have an education and more importantly, a voice.

We all must remember Angela, her work, her vision and her legacy, because without her, the Ursuline order would not exist and we would not be where we all are now. God had a plan for Angela – for her to share her passion, her gifts and talents with those she cared most about and as Ursulines we are called to continue this legacy. True service brings joy and it is beautiful. It is an active deed and love. Service moves the hearts of others and offers comfort.

The Bible tells us to **“serve one another humbly” (Galatians 5:13)** God remembers our acts of service towards others and we will be rewarded. Each act, no matter how big or small, is helping to grow the Kingdom of God on earth.

As Disciples of Christ, we should continue to use our God-given talents to serve others as faithful stewards of creation. It isn't always easy to serve – we have our own commitments, time isn't always on our side and sometimes our fear overpowers us, when we convince ourselves that we won't be able to make a difference.

What we are reminded of in the scriptures is that no word, deed or action is unnoticed. We are all capable of achieving extra-ordinary things.



*I am an Ursuline.
Today, tomorrow, always.*



*YOUR TALENT IS GOD'S GIFT TO YOU. WHAT YOU DO WITH IT IS YOUR GIFT BACK TO GOD.
- LEO BUSCAGLIA*

Mr McGhee, Assistant Headteacher. Faculty of Faith and Performance.

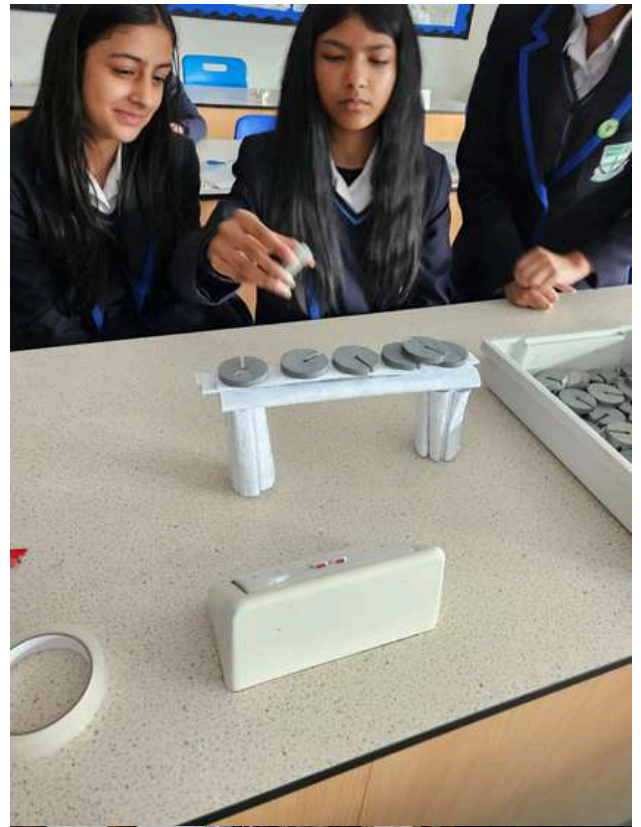
Science Club

Paper bridge challenge

Continuing on from the engineering theme from the last week before the holidays where we made spaghetti marshmallow towers, this week we challenged ourselves to build the strongest paper bridge

Armed with only paper and tape, the challenge was to engineer a free-standing bridge that would hold the most masses before collapsing. The rules were simple, the bridge could only be made from used paper and tape, had to be free standing and the last one standing wins

As the pictures show they managed to hold some serious weight with the winning bridge although a very simplistic design held 5.5kg before falling. The strength being based on the specific folding of the paper





Earth Day at UAI 2025

This year the theme for Earth Day is "It's Our Power, It's Our Planet". We had lots of activities to celebrate Earth Day at UAI, including a form quiz (winners announced next week) a film showing and a Year 7 "Serving Our Planet" homework where students took action to help protect our planet and reflect on how this links to our school value for this term SERVIAM (I will serve). The students did an amazing job – please see some examples below – well done YEAR 7!

What I did to help the environment:

I rode my bike in front of my house.

A photo of me/my siblings riding our bike:



This action helps the environment by:

1. **Less air pollution**
Cars and trucks emit pollutants like nitrogen oxides and particulate matter, which can harm human health and the environment. Bikes don't produce any of that.
2. **Reduced noise pollution**
Bicycle are super quiet compared to cars and buses, which helps make cities and neighbourhoods more peaceful.
3. **Less traffic congestion**
More people biking means fewer cars on the road, which helps reduce traffic jams—and that, in turn, reduces fuel use and pollution from idling vehicles.
4. **Lower resource use**
Bikes take far fewer materials and energy to make than cars. They also require less infrastructure—like roads and parking lots—which helps reduce land use and habitat destruction.
5. **Preservation of green space**
Cities that support biking often invest in bike lanes and greenways instead of more roads and highways, helping to preserve nature and urban greenery.

Aysha Rani

Year 7 Earth Day Homework: "Serving Our Planet"



For Earth Day, I planted 3 flowers in my garden. By planting these flowers, I'm helping create a space for pollinators, which is important for the ecosystem. Flowers also help improve air quality and make our surroundings more peaceful and beautiful.

We need Earth Day because it is a way of reminding us to take care of our planet and we must think about our actions towards nature.

This action links to Serviam because by planting flowers, I am helping both people and nature. The flowers support bees that help grow food, and they also make the garden a nicer place for others to enjoy.

Nabeela Quayyum

This earth day, I watered some plants. I did this because, if you don't care for plants or water them, they will eventually die. This action helps the environment as if you keep plants alive, then the air that we breathe in will be clean and fresh.

There are also many other actions that us humans can do that can help the environment, such as going for walks and not using cars, or using public transport (i.e. buses/trains). Earth Day is a very important day for the world that needs to be celebrated and recognised by many people as it helps us to reflect on our choices about pollution, deforestation, plants and wildlife. It also helps the world, and its problems such as climate change.

If we did not have this day, today the world could have completely changed, at least with this day, we know what we are doing wrong. My action links to our school motto, SERVIAM as I am serving plants and flowers by watering them and feeding them sunlight. This also gives the idea of serving others as we could feed the poor or help them stay alive by giving them food, this is similarly related to the action I did.

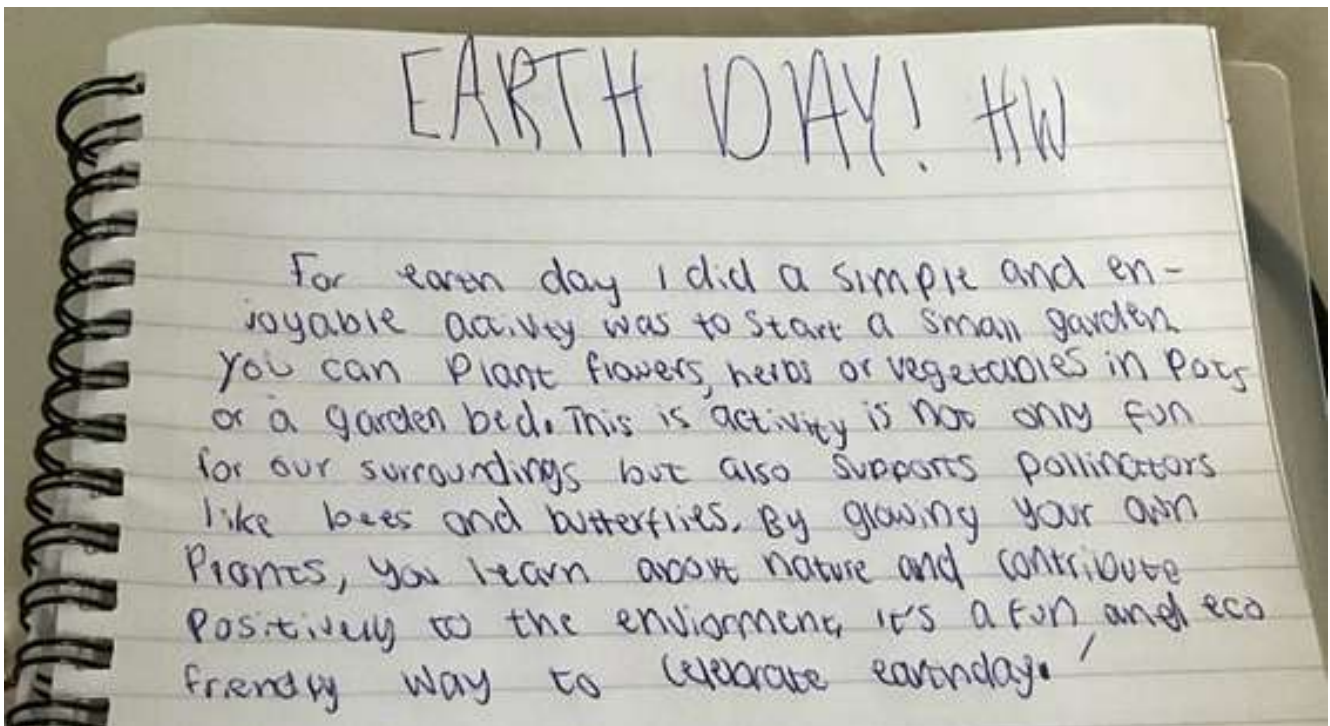
Fatimah Shah

Fatimah Abid – walking rather than driving



Hadia:

For my Earth Day action, I chose to walk instead of getting a lift in the car. I walked to school and also to the shops with my family, even though it took a bit longer. It was a nice day, and I enjoyed being outside and noticing things I don't usually see from a car. Walking helps the environment because it reduces pollution and greenhouse gas emissions. Cars release harmful gases that damage the air and contribute to climate change. By walking, I helped cut down on this pollution, even if just a little bit. Earth Day is important because it reminds us how our everyday choices affect the planet. It encourages people to make changes that protect the Earth for the future. This links to SERVIAM because I chose to do something that helps others – cleaner air helps everyone, and caring for the planet is a way of serving the whole community.



Fareesha Khan

For Earth Day, I farmed by engaging in sustainable practices such as planting native plants, composting, and using organic methods to care for the soil and crops. This action helps the environment by reducing the use of harmful chemicals, improving soil health, and supporting local biodiversity. By growing food in an eco-friendly way, I contribute to a healthier planet and reduce my carbon footprint. Celebrating Earth Day is important because it raises awareness about the need to protect and preserve the environment for future generations. My farming efforts align with the idea of SERVIAM, as they reflect a commitment to serving others and the earth. By taking care of the land, I am helping to ensure that communities can access healthy food while also preserving the natural world for the future.

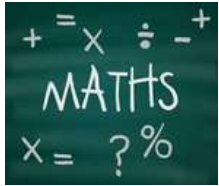
Sharika



Today me and my family went to the park, and we decided not to go by car but to walk. This is helping our planet by reducing carbon emissions and improving our health because it's reducing all the bad air particles'. Choosing to walk instead of driving means individuals minimize their carbon footprint contributing to climate change mitigation. Also, I walk to school and back home as well and it's not only doing what I mentioned before but it's also reducing waste petrol. Me and my family also really like walk anyways because we can have a nice chat, and we are also doing exercise, and I definitely encourage people to walk as well!!! And if me or any of my family members had to go somewhere far, we would most likely go by train or by bus to save gas and the World!!!

Manel Sekher

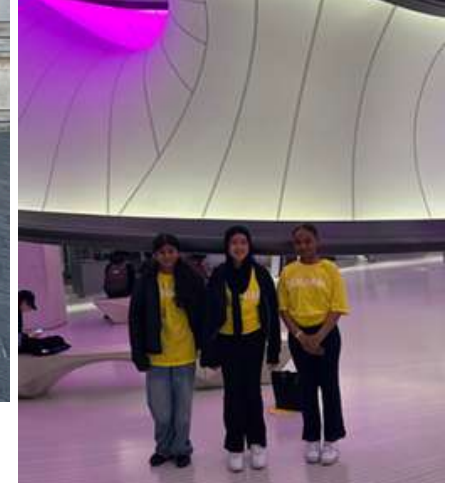




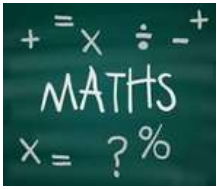
Maths News

Year 7 Trip to the Science Museum

On Thursday 3rd April the Science and Computing Department took year 7 to the Science Museum. We went to see the Mathematics and the Computing exhibitions that are in the Winton Gallery on the second floor. The girls also then had time to see the other parts of the Museum. They were wonderfully behaved and were a credit to the school. Despite doing 15000 steps on the day and having sore feet we all had a great time!



Mr Deen, Head of Mathematics



Maths News Continued...

Mathletes Competition

This week, five of our outstanding Year 10 Maths students – **Khadija Ibrahim, Ema Jahan, Laiba Mannan, Vishmi Surendirathas,** and **Aishwarya Naindi** – participated in the Mathletes event hosted by Sir George Monoux College in Walthamstow. The event kicked off with an A-Level Maths taster session, followed by an exciting group competition.

The staff at Sir George Monoux praised the girls for their professionalism and elegance throughout the event. With a combination of determination, sharp problem-solving skills, and exceptional teamwork, they showcased a deep understanding of mathematical concepts while remaining resilient under pressure. It was truly inspiring to watch them support one another, celebrate their successes, and learn from each experience. **Mr Deen, Ms Verma,** and I were privileged to accompany these talented students.

Although the girls didn't win the competition, they gained invaluable experience and thoroughly enjoyed the event. Their performance has made the school incredibly proud.



Mr Vijay, Deputy Head of Maths



MFL News

Joyeuses Pâques! ¡Feliz Pascua!

Les Rameaux* (Palm Sunday) Provence inspired prize results.



Riya picking the winners

* Six days before the feast of Passover, Jesus comes to Jerusalem. The crowd cheers him as he enters the city. They carpeted the floor with coats and palm leaves, forming a sort of royal path in his honour.

In memory of this day, the catholic tradition is to go to church with a branch in hand to have it blessed (boxwood, olive, laurel or palm, depending on the region). After Palm Sunday, the blessed branches are kept in homes as good luck charms until Ash Wednesday of the following year.

In Provence, after mass, children receive a branch-like stick filled with sweets, stationery or small toys.



Congratulations to **Zara Ali** (7J) who won the first prize (Provence inspired Palm tree branch, filled with sweets, chocolate and stationery)

Ms Grassi, MFL Subject Lead



Thank you, **Riya, Mercy** and **Mokshita**, our MFL Ambassadors to delivered to good news!



The other prizes.



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

Could a legal apprenticeship be for you?

What's a law apprenticeship?

A paralegal or solicitor apprenticeship, for example, combines paid work and training at a law firm with part-time study for professional qualifications. It's an alternative path to going to university that offers the same career destinations but avoids the expensive fees. Some apprenticeships take 18 months to complete, but the more advanced levels provide training over five or six years – around the same amount of time as it would take to qualify through the university route. Aspiring lawyers can start out as a paralegal apprentice before progressing onto a solicitor apprenticeship to qualify as a solicitor.

Who can become an apprentice?

To become an apprentice, you must be **16 or over**, not in full-time education and a UK citizen/someone who has right of residency in the UK. Most legal apprenticeships require five GCSEs (or equivalent) graded A* to C (9 to 4), while many paralegal apprenticeships also require two to three A levels graded C or above. The solicitor apprenticeship usually requires three A levels graded B or above (or equivalent work experience) – although minimum grade requirements may vary.

The graduate apprenticeship has been designed for, you guessed it, graduates so is open to those who've completed a law [degree](#) or a [Graduate Diploma in Law](#).

[Check out our Apprenticeships hub](#)

Imposter Syndrome & How to Overcome it: Webinar with the Institute and Faculty of Actuaries and APR LLP

Thinking about a career in maths but worried it might be out of reach?

You're not alone! Many people, even those in successful careers, sometimes question whether they truly belong. Maybe you've felt it yourself — like when you're in a top set maths class and worry everyone else understands things faster, or when you've been given a leadership role and think, "Did they pick the right person?"

That feeling is called **imposter syndrome**, and the good news is, it doesn't define your potential.

Join **IFOA** and **APR LLP** for a webinar that will give you practical tools to build confidence and embrace opportunities in technical careers. You'll discover how to turn self-doubt into self-belief and see why you absolutely **do** belong in any career you set your sights on.

In this session, we'll cover:

1. Recognising and challenging imposter syndrome
2. Strategies to boost your confidence

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 glad!

- 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

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

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

we're always glad!

- 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.



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



**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



FiND

FAMILIES INFO DIRECT

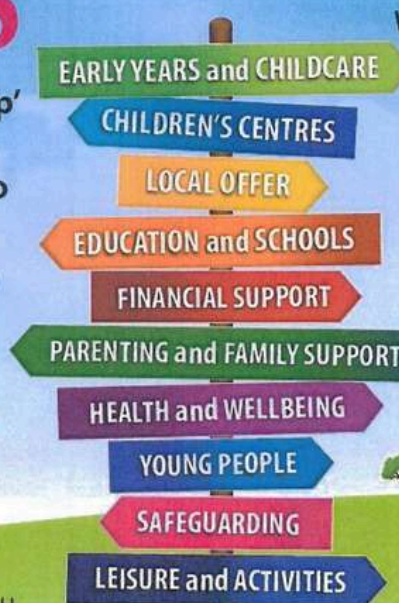
0800 587 7500

An introduction to FiND

Families Information Direct (FiND) is a 'one stop' information and advice service for parents, carers, children, young people and people who work with families in Redbridge.

FiND can provide you with information and advice on a wide range of issues that impact on your family's life. We know that children don't come with an instruction manual and that most families need guidance and support (from time to time), as they experience the rewards and challenges of bringing up children.

If you have a question about services for your family or you want to find out more about FiND, please call us on **0800 587 7500** or **020 8708 8920**, email find@redbridge.gov.uk or go to our website: find.redbridge.gov.uk Redbridge Find redbridgefind



When you need info and advice for your family ...

... let FiND point you in the right direction

RIASS

Redbridge Information, Advice & Support Service
for Special Educational Needs & Disability



FiND

London Borough of

Redbridge



Welfare Benefits Advice

Redbridge Welfare Benefits Team will be joining FiND and RIASS at the Engagement Hubs in 2025.

The team are able to advise on benefit entitlements, how to access these and also help with form filling.

Mondays

11am - 2pm

Ilford Engagement Hub

Jubilee Gardens

Ilford Lane IG1 2DX

14th April

28th April

12th May

9th June

23rd June

7th July

21st July

4th August

Wednesdays

11am - 2pm

Redbridge Institute

Engagement Hub

Gaysham Avenue, IG2 6TD

9th April

23rd April

7th May

21st May

4th June

18th June

2nd July

16th July

No need to book – just pop in!

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://www.thenationalcollege.com). **Trigger Warning:** This guide contains mention of suicide, which may be distressing for some readers.

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



#WakeUpWednesday

The National College

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

School

