



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 29
2nd May 2025



Upcoming Events

Year 11 Study Leave Commences

Monday 12th May 2025

Year 13 Study Leave Commences

Monday 19th May 2025

Art Exhibition

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



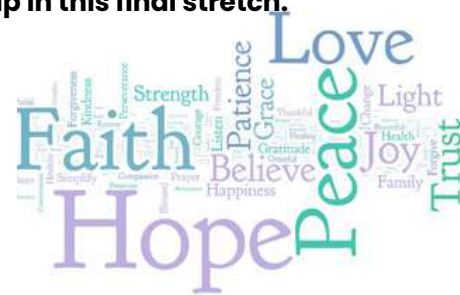
As we enter this important season in the school year, we hold in prayer our Year 11 and Year 13 students, for their final examinations. Year 11 will begin study leave on Friday 9th May and Year 13 on Friday 16th May.

Today, we gathered as a community with Year 13 for a beautiful leavers' Mass, celebrated by Fr Andrew in our newly refurbished chapel. It was a joyful and moving occasion, and we look forward to sharing photos and reflections in next week's newsletter.

May is the month of the Rosary, a special time in the Church's year to reflect on the life of Mary and draw strength from her example of love and perseverance. Please see the chaplaincy articles below for more details.

Above all, this is a season of service, indeed our Ursuline focus for this term is our school motto of SERVIAM. As staff and families, we are called to walk alongside our Year 11 and 13 students, offering calm, encouragement and unwavering belief in them. In assemblies this week, I spoke to them about faith, trust, hope and peace – and reminded them that they are not alone. They have been taught with care and skill, and they are ready. I extend my heartfelt thanks to all parents and carers for your vital partnership in this final stretch.

Fiona Stone,
SERVIAM





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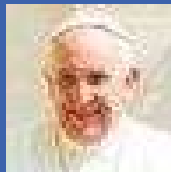
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Chaplaincy News

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/1584844444444444444)

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

May: Prudence

2nd May: Blessed are those into whose hearts God has infused the light of Truth.

3rd May: God will never fail to provide for all their needs, so long as nothing is lacking on your part.

4th May: I have undaunted and firm faith and hope in the infinite divine goodness.

5th May: From everywhere comes dangers and various traps and diabolic snares.

6th May: Consider each one as good but be prudent for your own good.

7th May: You will achieve more with kindness and gentleness than with harshness and sharp rebukes.

8th May: Act in such a way that they may always follow your example.





Chaplaincy News

May 29: Ascension Day 2025.

Ascension Day is one of the earliest Christian festivals dating back to the year 68 CE. According to the New Testament in the Bible, Jesus Christ met several times with his disciples during the 40 days after his resurrection to instruct them on how to carry out his teachings. It is believed that on the 40th day he took them to the Mount of Olives, where they watched as he ascended to heaven.

Ascension Day marks the end of the Easter season and occurs ten days before Pentecost. Depending upon the phases of the Moon in a particular year, Ascension Day is usually celebrated on a Thursday. However, some churches may choose to celebrate it on the following Sunday. Many Eastern Orthodox churches calculate the date of Pascha (Easter) according to the Julian lunar calendar, rather than the Gregorian calendar used by many western churches, so their Ascension Day usually occurs after the western observance.

The Feast of the Ascension of Jesus Christ commemorates the Christian belief of the bodily Ascension of Jesus into Heaven. It is one of the ecumenical feasts of Christian churches, ranking with the feasts of the Passion and Pentecost

The Ursuline Academy Ilford
CHAPLAINCY NOTICES: MAY



During May, the 5th Month of the year we celebrate Spring. Catholics also dedicate May to Our Lady, Mary and the Holy Rosary.



May days of Religious Significance

May 5: Buddhism

Celebrates the Birth of Siddhartha Gautama, the founder of Buddhism.

May 12 – Buddhist: Vesak

Commemorates the birth, enlightenment, and death of Buddha.

May 16: Jewish: Lag BaOmer*

A festive day marking the end of a plague during Rabbi Akiva's lifetime.

May 28: Baha'i: Ascension of Baha'u'llah

Commemorates the passing of Baha'u'llah, the founder of the Baha'i Faith.

May, the Month of our Lady

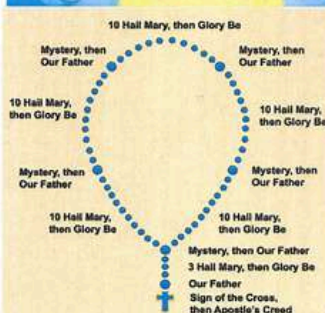
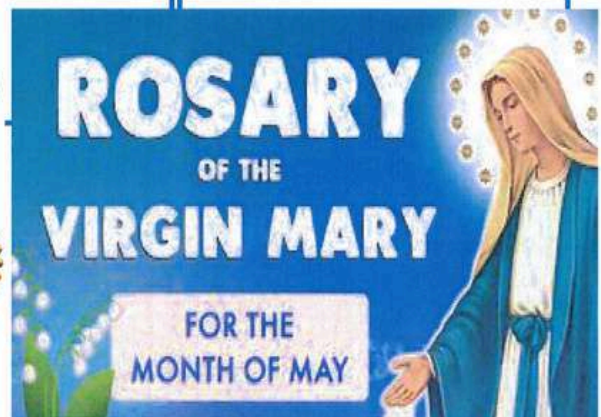
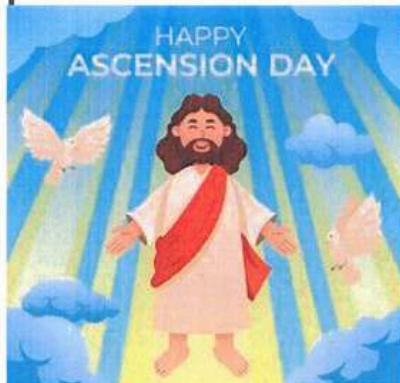
May 13th: Our Lady of Fatima

May 31st: Feast of the Visitation

The month of May is a special time for Catholics to honour our Blessed Mother Mary. During this month Christians, both in church and in the privacy of the home, offer up to Mary from their hearts prayer and veneration. It's the month we honour Blessed Mary as the Mother of Jesus and our Heavenly Mother. Mary has an unique role in salvation history as the Mother of God, conceived without Sin, who by her own free will agreed to bring the "Word made flesh", (John 1:14) our Lord and Saviour Jesus Christ into the world.

It's a Catholic tradition to honour Mary during the month of May by crowning her statue with flowers. The reason why we crown Mary is best summed up by Pope Paul VI who wrote in 1965 that May is an occasion for a "moving tribute of faith and love which Catholics in every part of the world pay to the Queen of Heaven."

The crown symbol is attributed to Mary because she is the Mother of the Son of God, who is our Heavenly King. Many Catholics will say a decade of the Rosary at least one day a week during May.



The Rosary is a popular Christian prayer practice, particularly in the Catholic Church, that involves reciting prayers while meditating on specific events from the lives of Jesus Christ and Mary. It's a devotional practice using a string of beads to count the prayers, with each bead corresponding to a prayer like the Hail Mary. It's common for families to pray the Rosary together in May, reinforcing faith and devotion within the home. The late Pope Francis has encouraged people to rediscover the beauty of praying the Rosary, particularly at home, during the month of May.





Month of Mary:
Dedicated to our Mother
Mary

Come and say a decade of the
Rosary at Lunchtime.

When we pray the Rosary, we
join our voices in praying for
peace and goodness in our
world.

We reflect on the life of Jesus
through the eyes of his mother
Mary.

Join us on Monday,
Tuesday, Wednesday
and Thursday
Lunchtime at 12.50 in
the chapel.





Chaplaincy News

St Catherine of Sienna was a deeply inspiring woman and all those students in St Catherines House gathered for an amazing assembly last Tuesday, led by Ms Kodi-Peku and her talented form 7C.

Through readings, drama and pictures we learned about St Catherine's life, legacy and relevance for us today. Her spirit continues to inspire us all the students in St Catherines House. She left us with may words of wisdom especially, **"Be who God meant you to be and you will set the world on fire"**.

Feast Day: 29th April



St. Catherine
"Be who God meant you to be and you will set the world on fire"



Mr McGhee, Assistant Head Faculty of Faith and Performance



Clubs News



Islamic Society

A Heartfelt Tribute to Our Incredible UA6 Islamic Society Leaders

UA6 Islamic society girls have embodied unity, service and dedication throughout the two years.

As they prepare to leave, we reflect with deep gratitude on the contributions they have made in shaping our society and strengthening our school community.

These students have worked hard to support in making the Islamic Society a thriving, welcoming, and inspiring space for all. With their commitment and compassion, they worked closely alongside Mrs Ahmed and the wider team, leading the way in planning and delivering impactful events and initiatives that brought students together in faith, dialogue, and celebration.

From helping to organise the vibrant and inclusive Iftar event, to leading sessions during Islamophobia Awareness Month, to their powerful contributions in Ramadan assemblies, the UA6 girls have consistently gone above and beyond. They've played key roles in our charity bake sale, which raised vital funds for those in need, and helped orchestrate joyous Eid celebrations.

Their commitment to Serviam "I will serve" has shone brightly in all they have done. They've been more than just members of the Islamic Society; they've been mentors, organisers, sisters and role models. The bonds they have built within the society and across year groups have left a lasting legacy. They truly stood as pillars of strength, not only for the Islamic Society but for UA6, the library with Ms Finlay, and Ursuline Ilford as a whole.

To celebrate their contributions, we held a heartfelt tea party send-off, filled with warm memories, laughter, and expressions of gratitude. Teachers and peers came together to reflect on the many successes of the past year, and to personally thank the girls.

With a heavy heart, as they leave us on new journeys beyond Ursuline, we wish each of them every success in the world. May they continue to carry forward the values they have so passionately lived by here. We hope they stay in touch through our **alumni network**, they will always have a home in the Islamic Society, UAI and in our hearts.

With love and prayers,

Ursuline Ilford Islamic Society





Islamic Society



Following on from the above article, please see below an email we received from one of our Governors, **Montaz Muquith**, after attending the recent Iftar event held at UAI...

On 20 March, it was an honour for myself and the Governing Body to attend the annual Iftar hosted by the Ursuline Academy Islamic Club. The UA6 students organised a wonderful evening, beginning with a beautiful Quran recitation and insightful reflections on the significance of Ramadan, as well as the themes of 'gratitude' and 'God's mercy'. Ms Stone also shared her personal thoughts on Ramadan, adding a meaningful touch to the event. The evening culminated in a delicious, shared meal as we broke the fast together.

On behalf of the Governing Body, I would like to extend our deepest gratitude to the students and dedicated staff members who made this event so special. It was a privilege to join the Islamic Club for such a memorable occasion, and a powerful reminder of the Ursuline community's inclusivity and vibrant diversity.



Science Club

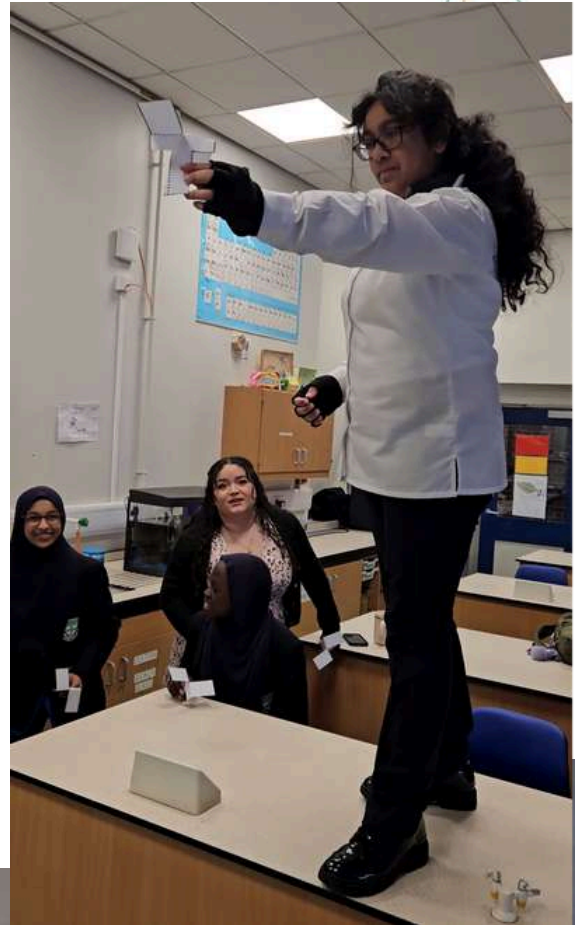
Paper Helicopters

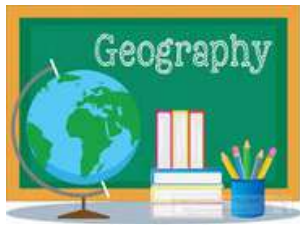
This week we made paper helicopters and tested them afterwards. The shapes were cut out from a template, we then folded them as required and then paper clipped them together. The paper clip allowed them to have a bit of weight to them allowing the top part which we folded in a blade shape to spin leaving us with a flying helicopter.

The air resistance in this situation helped them stay in the air for a bit longer and spin all the way down.

As the pictures show they actually did spin from when they were dropped till they hit the floor.

Satisfying to make and watch, just very difficult to get pictures of as they were moving!





Geography News

The Geo Debrief

Each month I will be exploring our world's most pressing current affairs and geopolitical debates through the lens of a Geography student. Hoping to understand issues ranging from our current climate crisis to international governance which influences our world as we know it.

This month I explore 'how the Greening of the Tundra is worsening Climate Change'.

How the Greening of the Tundra is worsening Climate Change

Tundra's are vast geographical regions in the Northern Hemisphere that extend from North America to Siberia. They have low vegetation growth during the Winter, but wildflowers sprout as the temperature warms during Summer. The most common is the Arctic Tundra where the average temperature is '-34 to -6 degrees Celsius' (NationalGeographic, 2025). It has a diverse ecosystem which supports a variety of species like 'Arctic Foxes and Polar Bears'. Here, the winter season lasts for most of the year, whilst summer lasts '50 to 60 days, when the sun shines up to 24 hours a day' which supports distinct types of vegetation.

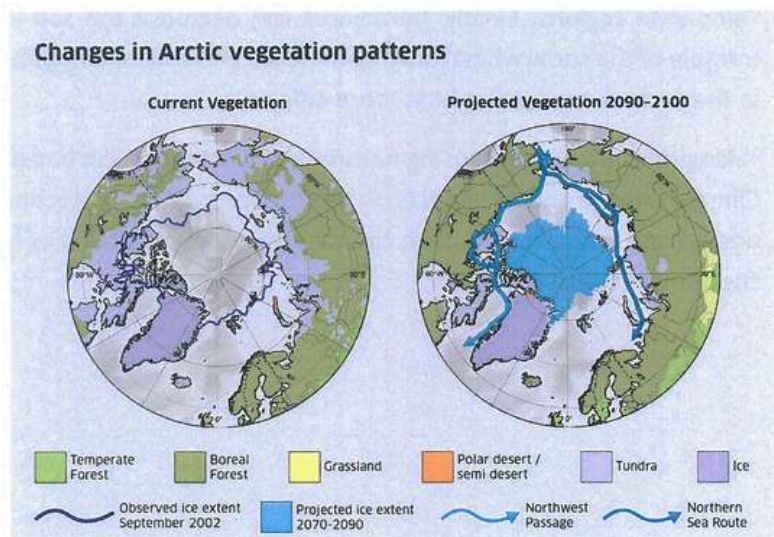
However, the Tundra's are under threat from the phenomenon 'greening of the Tundra' – where there have been higher rates of vegetation growth all year round. 'Between 1984-2012 30% of Canada and Alaska became greener' (Zona, 2022). Instead of the Tundra's being a barren treeless region, it is now supporting unusual species of plants due to warmer temperatures, caused by Climate Change.

Warmer temperatures in the Tundra's are driven by positive feedback loops. For example, warmer temperatures melt ice sheets. This reduces the albedo effect where the suns energy would normally be reflected to space. This increases temperatures because the suns energy is absorbed, contributing to more melting of ice sheets. Positive feedback loops accelerate the growth of vegetation, known as shrubification, by enabling higher temperatures. As a result, the 'Arctic is warming 2-4 times faster than the planets average' (Fauria, 2025).

Another reason for the greening of the Tundra's is through shrubification. This is the expansion of shrubs across the Arctic. It is assumed that the growth of new shrubs would sequester carbon dioxide emissions and curtail the Climate crisis, but this is having the reversed impact in the Arctic. Shrubification is increasing soil insulation as plants absorb the suns energy for photosynthesis. The warming of the soil allows for higher vegetation growth which accelerates the melting of the ice sheets through a reduction in the albedo affect and the melting of permafrost.

This figure presents current shrubification in the Arctic and the predicted growth of vegetation in the years 2090-2100.

It demonstrates a growth of boreal forests in the Northeast and Northwest. And a growth of temperate forests and grassland in the Southeast.



Permafrost is ground in the Arctic that remains frozen for 2 consecutive years, they are useful for mitigating Climate Change as they store '1½ times the amount of carbon already in the atmosphere today' (NationalGeographic, 2025). However, as the permafrost is thawing, carbon dioxide emissions are transferred from the lithosphere to the atmosphere which exacerbates global warming. Also, thawing of permafrost results in decomposition of plant litter being sped up, which releases more carbon dioxide during the reaction. This creates the product humus (nutrient rich soil) which helps the growth of more vegetation. Consequently, moving the system of the Arctic Tundra further away from dynamic equilibrium and worsening the Climate Crisis.



Furthermore, the greening of the Tundra is not helping to mitigate carbon dioxide emissions as it has been studied that the earlier growth of vegetation results in the 'growing season ending sooner' (Zona, 2022). It is not having any direct benefit on the sequestration of carbon dioxide. But it is impacting food and water security for native communities that depend on snow and ice for hunting and fishing. Making the conditions in the Arctic Tundra difficult to adapt their lifestyle to, which could eradicate their culture.

In summary, we have understood that the greening of the Tundra, like the Arctic, is not mitigating carbon dioxide emissions, in fact it is proven to do the contrary. Vegetation is growing earlier and sequestering the same level of carbon dioxide. And vegetation is correlated to higher soil insulation and melting of the permafrost which is exacerbating climate change.

So, how can we prevent the greening of the Tundra's?

The answer is rooted in historical evidence and is that of introducing more herbivores like reindeers into these ecosystems. Herbivores will help to reduce shrubification as they eat plants. During the last Ice Age, herbivores like the Mammoths in the Northern Hemisphere helped to curtail the growth of vegetation, as they ate grasses and trees. This will speed up the decline of vegetation in the Arctic, which will increase the albedo effect as ice sheets recover and allow the growth of vegetation that is specific to Tundra's, not Temperate regions. Finally, herbivores can decrease the soil insulation properties in the Tundra as they trample of the snow whilst foraging for food. This causes air bubbles within the snow to be removed, resulting in the surface conducting heat more efficiently.

Taking this into account, using nature-based solutions like boosting herbivore numbers will help to mitigate Climate Change and its impacts on the Tundra's, whilst protecting the biodiversity and population that live in this diverse ecosystem. But we cannot just rely on rewilding or introducing herbivores into Tundra's to solve the Climate Crisis.

*Geography Subject Ambassador, **Lily Power**, in Year 12 is very passionate about geography and has asked if she could write a monthly Geography article for the Newsletter. This will include her researching contemporary Geography articles in the news which she will review and write an essay on. We thought this would be nice for younger students and parents to read about and hopefully raise the profile of Geography at A-level!*

Ms Colder, Head of Humanities

Our three latest Jack Petchey Aware winners are:

Mercy Akinlolu 8J
Zainab Kayani 8R
Katherine Lynn 11T

We received an overwhelming number of nominations for these three students, who truly embody the Ursuline spirit in everything they do! They are widely recognized for demonstrating truth and integrity, even in the most challenging situations, and for being incredibly supportive of others. They also actively participate in both football and our school Gospel Choir. Well done girls!

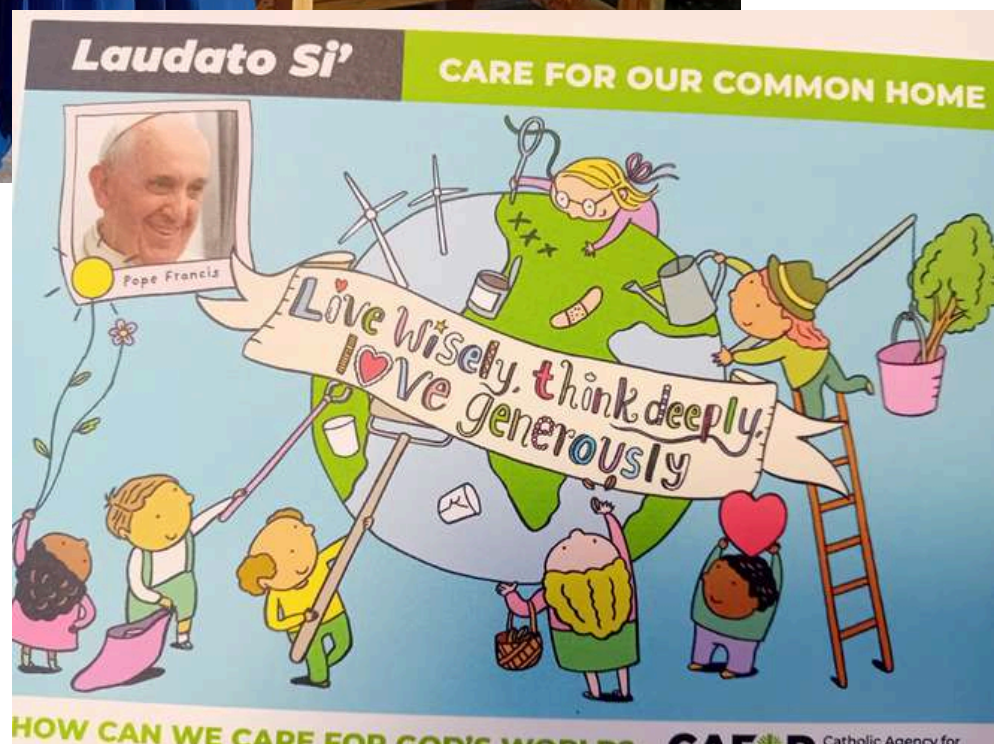


**Ms Eakins, Jack
Petchey Coordinator**



Laudato si' Laudato SI News

Our Laudato Si' Committee is always on hand each week to help care for our green spaces. Today, **Sofia** and **Bella** received two certificates as a token of appreciation for their dedication and hard work. This moment also served as a meaningful reminder of Pope Francis's deep care for the environment and our common home. May he rest in eternal peace.





1st May: Le Muguet et La Fête du Travail
(Lily of the Valley and May Day)

What is it about?

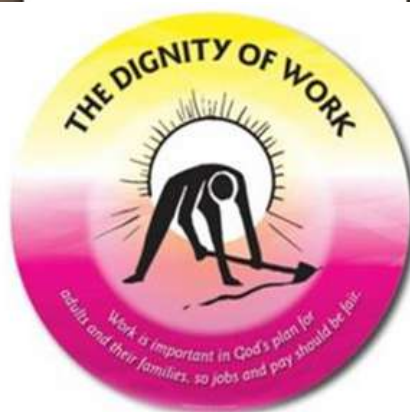
The **Day of Struggle for Workers' Rights** is an annual holiday celebrating the social gains of workers that originated in the struggles for the eight-hour day. It is synonymous with **International Workers' Day** in most countries. In France, it is celebrated on May 1st.

Why lily of the valley?

There are many symbols related to this woodland plant with sweetly scented bell-shaped white flowers. They grow in late spring, around the end of April and the beginning of May, in shady locations. The Catholics dedicate it to the Blessed Virgin Mary, who also symbolises purity, sweetness, humility, virtue, femininity, motherhood, beauty and the return of happiness.

At the beginning of the 20th century, In France, it became customary on that day to buy and give a bunch of lilies of the valley to relatives, friends or work colleagues. The flowers are a more general token of appreciation between people. A school pupil might offer a bunch of lilies to his/her favourite teacher.

Year 7J watched an informative video about the 1st May and created some beautiful cards with a lovely message for their loved ones. Here are some examples.

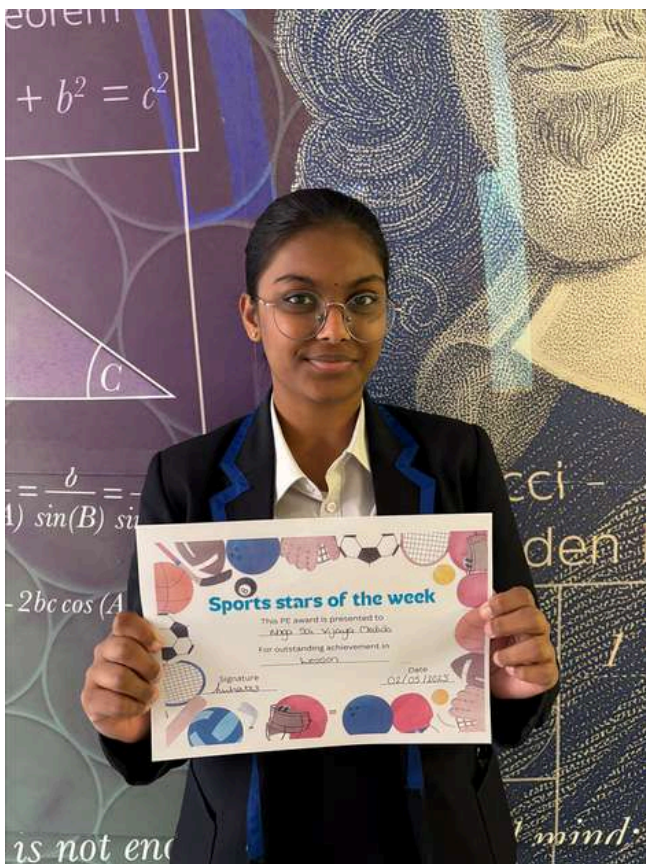




PE Stars of the Week!

Divine Okafor 7R

Divine is a remarkable student who is consistently engaged in every lesson. Her dedication and enthusiasm extend beyond the classroom and are clearly evident in after-school clubs. On the football pitch, Divine excels in defence, showing great awareness of when to drop back and position herself to support the goalkeeper. She is exceptional both on and off the pitch, always encouraging her teammates and offering support from the sidelines.



Naga Sai Vijaya Medida 11J

Naga is an outstanding student who consistently puts maximum effort into every theory and practical lesson. She worked incredibly hard in preparation for her PE moderation, attending every available session to practice and refine her skills. When it came time for assessment, Naga was well-prepared and confident, clearly demonstrating the progress she had made through her dedication and commitment.

Keep up the fantastic work, girls!

Ms Whates, Teacher of P E

RELIGIOUS EDUCATION

R E News

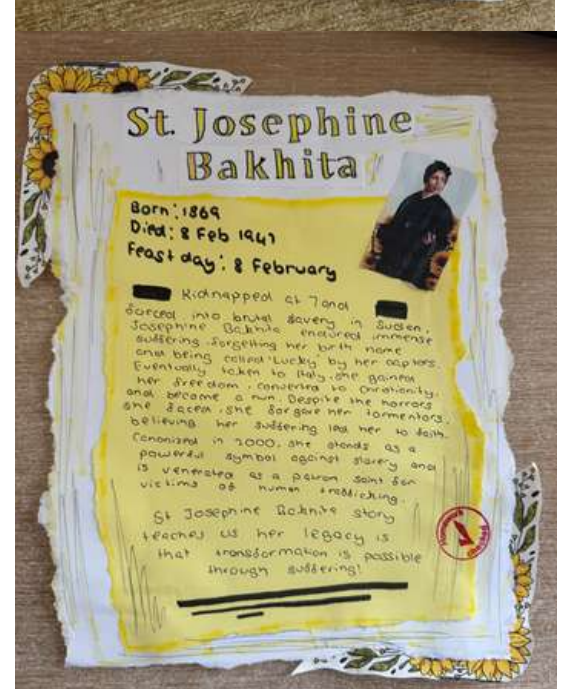
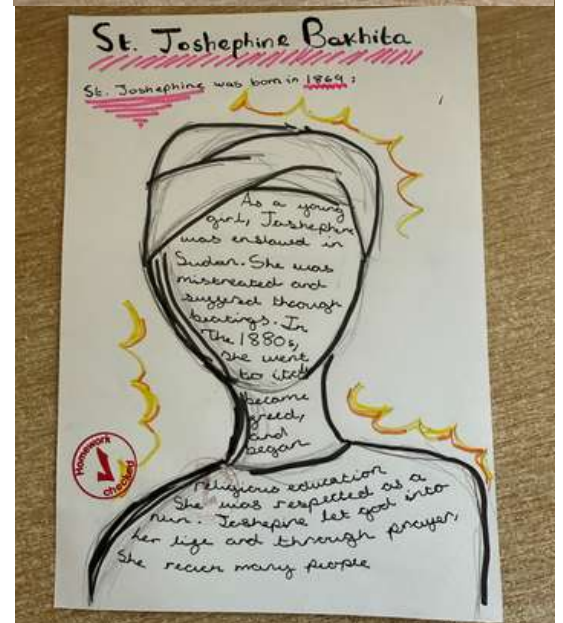
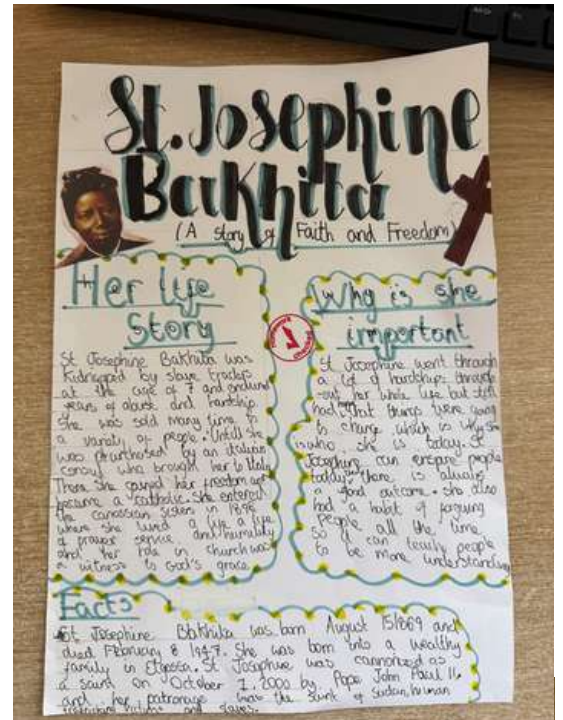
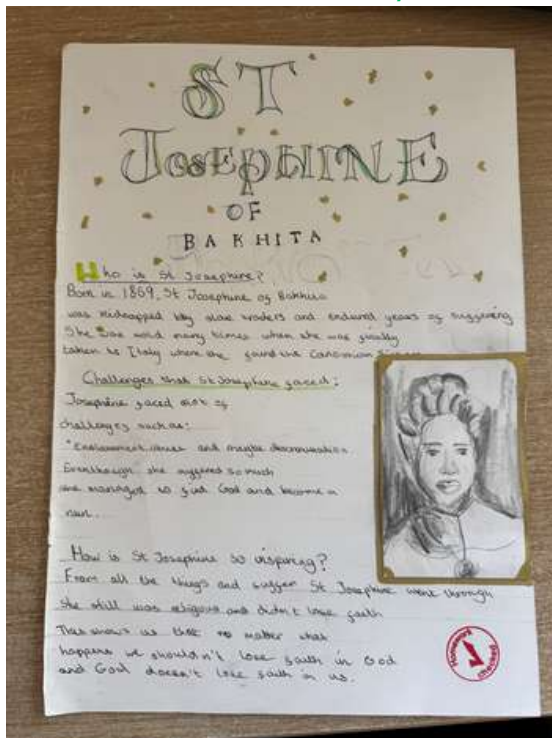
Honouring St. Josephine Bakhita

This week, our Year 7 students (7C) learned about the inspiring life of St. Josephine Bakhita, a symbol of resilience, faith, and forgiveness. After exploring her incredible journey from slavery to sainthood, they reflected on her message of hope and dignity through a beautiful poster display. Their artwork celebrates her legacy and reminds us of the power of compassion and perseverance.

Pupils' feedback:

'I feel enormously proud of my work as I learnt a lot more about St. Josephine Bakhita through my research and Miss's links to videos on Satchel.'
Mehreen, 7C

'This drawing makes me feel full of remembrance of how St. Josephine committed her life to follow Jesus. Not only was she from Africa, but through her relationship with God, she reached and helped many people. She is the perfect example of a servant of God. My poster highlights her life and the sacrifices she made to support others and eventually becoming a saint.'
Leeya-Anne, 7C





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

JAGUAR LAND ROVER RETAIL APPRENTICESHIPS

Are you considering your next steps after GCSE's? If so a JLR retail apprenticeship could be an incredible opportunity for you to gain valuable experience, earn an income, and start a rewarding career with a premium car brand.

Our apprenticeships are designed to equip young individuals with industry-leading training, real-world experience, and a nationally recognised qualification. Our apprentices:

- Work full-time in a JLR retailer access across UK
- Receive expert training at our state-of-the-art JLR academies
- Gain mentorship from experienced professionals
- Develop sought-after skills in the automotive industry.

Apply now - [Jaguar Land Rover Retailer Apprenticeships](#)

AI Meets Banking Brilliance –Your Future with Lloyds Banking Group

Join us for an exclusive virtual event with **Lloyds Banking Group** – one of the UK's leading financial institutions with a proud history, bold digital ambitions, and a commitment to helping Britain prosper. Whether you're in school, college, or just starting to consider your career options, this is your chance to discover exciting opportunities at the intersection of finance and technology.

Event: Lloyds Banking Group Careers Live: Gen AI

Date: Tuesday, 6th May

Time: 5:00pm – 6:00pm

Location: Online (tune in from anywhere!)

Who Can Attend? All students in school or college

Finance today is about much more than money management – it's about innovation, people, and purpose. In this one-hour session, you'll gain insights into:

- How **AI and large language models (LLMs)** are driving change within Lloyds Banking Group
- The variety of **early careers programmes**, apprenticeships, and training pathways they offer
- **Real-life stories** from current apprentices and professionals who are shaping the future of finance
- The **skills and mindset** LBG look for in the next generation of talent

So, if you're intrigued by the blend of technology and finance or simply want to explore future-fit careers in a trusted, progressive company – this is the event to attend.

 **Register Now:**

<https://www.surveymonkey.com/r/LBG-Gen-AI>

Test-drive creative degrees at Escape Studios

Our taster days are a perfect intro to our degrees in Animation, Games, VFX, Concept Art and Motion Graphics.

Why join an undergraduate taster day?

- Take a seat in our studios and be taught by some of our expert tutors using industry software
- Get a feel of what it's really like to study at Escape Studios
- Meet other students who are interested in the creative industries
- Find out if your chosen discipline is right for you.

Saturday 10th May or Wednesday 9th July

10:00am - 1:00pm BST

6 Mitre Passage, North Greenwich, London, SE10 0ER

[Undergraduate taster days | Escape Studios](#)

YOUR FUTURE IN LAW

Did you know 40% of students considering a legal career say the biggest barrier to applying for an apprenticeship is their lack of knowledge?

RateMyApprenticeship has partnered with three leading law firms to launch [Your Future in Law](#): a competition designed to educate and inspire the next generation of legal professionals.

By taking part students will:

- Learn about the different paths into law
- Get insights from Ashurst, Clyde & Co and Shoosmiths
- Build the confidence to take their first step
- Unlock exclusive job opportunities
- WIN a MacBook Air, £350 office outfit, mentorship opportunities and more!

[Your Future In Law](#)

Build your Confidence for Exams!

Exams are around the corner, and maybe you're second-guessing yourself:

"What if I mess this up?"

"Everyone else seems to get it – maybe I'm just pretending."

"What if I don't get the grades I need?"

Tue, May 13, 6:30 PM - 7:30 PM , Online event [Microsoft Virtual Events Powered by Teams](#)

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)



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!

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)



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!

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

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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*

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

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School Lunch

10 Top Tips for Parents and Educators

SAFETY ON THE ROAD

Traffic-related incidents are a significant risk for young pedestrians and cyclists, so understanding road safety is crucial for children's wellbeing. While all road users share responsibility for keeping one another safe, this guide offers strategies for empowering young people to navigate the roads confidently and responsibly.

1 TAKE PRACTICE JOURNEYS

Making 'practice' journeys with children is a great way to help them stay safe, thereby modelling responsible behaviours and having road safety conversations as they prepare to travel independently. Add hazard perception activities like spotting electric vehicles – which may have a green number plate – and point out how quiet they are. Children learn by watching others; remind them that their peers might not always be the best role models.

2 BE BRIGHT, BE SEEN

Visibility is lower during darker winter days, and drivers need to take extra care to look out for pedestrians. Wearing bright and reflective clothing can help make children more visible to drivers near roads. In poor daylight conditions, encourage children to wear light, bright or fluorescent clothing. When it's dark, wear reflective clothing or materials such as a reflective armband or jacket.

3 EYES UP

Encourage children to look up and keep their eyes on the road. Teach them to constantly watch for traffic and practise double-checking the road before crossing – looking right, left and then right again.

4 LIMIT DISTRACTIONS

Where possible, devices like phones should be kept away from children while out and about near roads. If they're carrying devices, these should be put away until they've reached their destination. Children must also avoid playing with toys or being distracted by friends. If a friend wants to show them something funny on their phone, there'll be time for that once they've safely arrived.

5 SLOW DOWN

Discuss the importance of waiting instead of crossing immediately. It can be tricky to judge the speed of traffic and spot obstacles that could cause a trip or a fall. For safety, children must stop and think before they get to the kerb and should always walk – not run – when crossing the road. They should avoid crossing until they're certain they have plenty of time. Even if traffic seems a long way off, it could still be approaching very quickly.

6 STOP BEFORE THE KERB

Teach children to stop before reaching the kerb – not right at the edge of it. Halting before they get to the kerb allows them to see if anything's coming, whereas getting too close to traffic is dangerous. If there's no pavement, children should stand back from the road's edge but ensure they can still see approaching traffic.

7 CROSS SAFELY

Children should always find a safe spot to cross the road, prioritising zebra crossings or pelican crossings, footbridges and subways. Find a place where they can see traffic coming from both directions. Avoid crossing near junctions, bends in the road, or obstacles that block their view, instead moving to somewhere they can see and be seen. Remind them to use their eyes and ears together when checking the road, as sometimes they can hear traffic before they can see it. Looking and listening while crossing helps them quickly spot traffic, including cyclists and motorcyclists driving between other vehicles.

8 PARKED VEHICLES

Crossing between parked vehicles is very dangerous. Teach children to use extra caution if crossing in this way, and, ideally, avoid it altogether. They should use the outside edge of a vehicle as if it were the kerb, waiting and checking for traffic before moving. They should ensure vehicles aren't about to move, by looking for drivers in the vehicles and listening for engines running – but remember that electric vehicles may move off silently. They should always make sure there is a gap between any parked vehicles on the other side, so they can reach the pavement.

9 REVERSING VEHICLES

Children must never cross behind a reversing vehicle – it's extremely dangerous. Remind them to look for white reversing lights and listen out for warning sounds. Can they hear the engine sound or a radio playing inside the vehicle?

10 WAIT FOR THE BUS TO LEAVE

When getting off a bus, children must wait for it to leave before crossing so they can have a clear view of the road in both directions. This also allows them to see and be seen by other road users. Crossing near large vehicles is particularly dangerous and should be avoided.

Meet Our Expert

THINK! is a year-round national campaign that aims to encourage safe road behaviours – whether we're driving, cycling, horse riding or walking – with the aim of reducing the number of people killed and injured on the UK's roads each year. Find out more at: <https://www.think.gov.uk/education-resources/>



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
	Worship Band: JHU	8.25 – 8.40a.m.	Hall	Years 9/10
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
	Worship Band: JHU	8.25 – 8.40a.m.	Hall	Years 9/10
LUNCHTIME	Big Sister Mentoring: HCO	8.45 – 8.55a.m.	Hume House	Years 11 - 13
	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
	Music Year 7 Practice Room Access: JHU	12.40 – 1.40p.m.	Music Rooms	Year 7
	Music String Group: JHU	12.40 – 1.40p.m.	S5	Years 7/8/9/10
	Python Lab: MHA	12.40 – 1.10p.m.	F7	Year 10
AFTER SCHOOL	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
	Violin Ensemble: Peri Teacher	1.10 – 1.40p.m.	S5	All Years
	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
	Worship Band: JHU	8.25 – 8.40a.m.	Hall	Years 9/10
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	All Years
	Music KS4 Practice Room Access: JHU	10.40 – 11.00a.m.	Music Rooms	Years 10/11
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
	Music Year 9 Practice Room Access: JHU	12.40 – 1.40p.m.	Music Rooms	Year 9
	Music KS5/KS5 Choir: JHU	12.40 – 1.40p.m.	S5	Years 10/11/12/13
	SEN Science Club: MUD	12.40 – 1.40p.m.	G11	Years 7/8
	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
	KS3/4/5 Choir: JHU	8.15 – 8.40a.m.	S5	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
	Music KS4 Practice Room Access: JHU	12.40 – 1.40p.m.	Music Rooms	Years 10/11
	Music: KS3 Choir: JHU	12.40 – 1.40p.m.,	S5	Years 7/8/9
	STEM Club (Visualise): AKO	1.00 – 1.30p.m.	G12	All Years
AFTER SCHOOL	Homework Club: CFI	3.30 – 4.30p.m.	Library	All Years
	Music: Worship Band: JHU	3.30 – 4.30p.m.	S5	Years 9/10
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
	Music: Year 8 Practice Room Access: JHU	12.40 – 1.40p.m.	Music Rooms	Year 8
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
	Music: KS4 Coursework: JHU	3.30 – 4.30p.m.	S5	Years 10/11

