



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 30
9th 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



This week has been filled with celebration, reflection, and community spirit. We were delighted to mark a historic moment in the Catholic Church with the appointment of our new Holy Father, Pope Leo XIV. His election brings with it a renewed sense of hope and unity for Catholics around the world.

During the year 11 assembly, Mr Burt led a beautiful reflection on the theme of Love, reminding us all of the enduring power of compassion, forgiveness, and connection. Our students offered bidding prayers, written in their own words, centred on faith, hope, love, and trust. Their sincerity and depth were inspiring, a true testament to the values we nurture in our community.

Mr Challis read from St Paul's First Letter to the Corinthians – "And now these three remain: faith, hope and love. But the greatest of these is love" (1 Corinthians 13:13) – and reflected on what this means for us as Ursulines: that above all, our call is to love one another in our words, our actions, and in our service to others. SERVIAM



Fiona Stone,
SERVIAM



Newsletter Contents this week:

Chaplaincy News, Pages 3 - 5

Art News, Page 4

Clubs News, Pages 5 - 6

Exam Infographic, Page 7

Library News, Page 8

MFL News, Page 9

P E News, Page 10

Year 11 News, Pages 11 - 12

Year 13 News, Page 13

Careers News, Page 14

Free School Meals, Page 15

Lunch Menus, Pages 16 - 17

What Parents &
Educators need to know about Fostering a
Sense of Belonging, Page 18

Extra Curricular Activities,
Pages 19 - 20



Vatican News

I announce to you a great joy; we have a Pope: The Most Eminent and Most Reverend Lord, Lord Robert Francis Cardinal of the Holy Roman Church Prevost who has taken the name Leo XIV.

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

May: Prudence

9th May: First of all, strive, with the help of God.

10th May: Merely beginning is not enough if you do not carry through.

11th May: Have patience!

12th May: It is better to follow what is certain, without danger, than what is uncertain, with danger.

13th May: Indiscreetly hurting one's body would be sacrificing stolen goods.

14th May: Do everything with discernment and maturity of judgement.

15th May: Let their prudence be evident to all.





Chaplaincy News

Year 13 celebrated a very happy and dignified leavers mass last week in the newly refurbished chapel.

Waania, Head Girl welcomed students, teachers and Fr Andrew by saying, 'It is with nothing but pride in my heart that I say that this will be my last time greeting you at mass.' and later, 'I thank you for giving me the chance to make a difference. This experience was truly unforgettable.'

The first reading highlighted to our leavers the virtue of courage in Joshua, 'Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.'

You may be able to see in the pictures the new church benches and it was extremely appropriate for Fr Andrew Headon (Parish Priest of Saints Peter and Paul, Ilford) to celebrate with us as it was through his generous donation we were able to take ownership of the benches and other items.

The gospel reading from Matthew focused on the story of the sons of Zebedee, where Jesus says to his followers, 'the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.'

Fr Andrew in his homily preached on the theme of service and care for others, which ties in nicely with our motto of **SERVIAM**. We remember all our Year 13 students fondly and I'm sure many will stay in touch through our alumnae association.

#Once an Ursuline, always an Ursuline!





Art News

Artist of the Month: *Brunelle Ndongala*

Brunelle Ndongala is this month's featured artist— her recent paintings shows spiritual sensitivity. "Art has always been my way of seeing the world a bit differently.."

There is both emotional depth and a vibrant, expressive style. From her stirring Pietà-inspired composition to the compelling portrayal of Christ and Peter. "...I explore ideas, emotions and perspective in ways words sometimes can't"

Her serene self-portrait is underpainted in dark purple with red highlights and it evokes both introspection and quiet strength.

It is clear that Brunelle paints with both technical care and emotional intelligence, creating a portrait that honours its subject with elegance and quiet power.

"...I'm excited to keep learning through the process and create more art"

Well done, Brunelle!



Mr Butler, Head of Art



Clubs News



Debate Club

This week students were debating the hot political topic of tariffs and whether they are beneficial for the USA in protecting jobs or if the increased costs outweigh the benefits. A good range of arguments was had, including on politics, economics and America's place in the world!

Next week we will start researching our next hot topic of whether Tik Tok is a social good or a social evil!

Thank you to the students who articulated their arguments beautifully and in a reasoned and logical manner.

In no particular order thank you to **Maya, Chloe, Zayna, Gabriela, Ayesha, Claire, Ridda, Hannah, Mariam** and **Milly**.

If you are interested in current affairs and argument and are in Year 8+ please come along every Thursday lunchtime 12:40-1:10 to F19.



Mr Donovan

Science Club

Egg in a bottle

This week we managed to squeeze an egg into a flask!



The egg in a flask practical involved the use of pressure to squeeze the egg through a narrow opening of a flask. We lit a piece of paper and dropped it inside to increase the pressure and then covered the top with a boiled egg. This caused the pressure to change because, when lit, the pressure inside the flask increased and when covered, it dropped with the outside air pressure becoming higher, which ultimately pushed the egg inside. It took the egg into the flask without us having to push it as the air pressure was greater outside at that time.

The pictures show how well it worked...





Exam Infographic



Information for candidates Using social media and examinations/assessments

While we like to share our experiences online, when it comes to exams and other assessments, we have to be careful.

- Sharing ideas online can be helpful when you're studying or revising
- However, sharing certain information (see information on the right) can break the rules and could affect your results
- If you're not sure what you can and can't discuss online, check with your teacher
- If you receive exam content on social media, you must tell your teacher
- Don't be caught out by scammers selling fake exam papers



Things to do on social media:

- Have fun
- Be responsible
- Report any exam or assessment content you see to your teacher

Things not to do on social media:

- Buy/ask for/share exam or assessment content
- Pass on rumours of what's in exams or assessments
- Share your work
- Work with others so that your assessment is not your own independent work

If you do any of the above activities, you may:

- Receive a written warning
- Lose marks
- Be disqualified from a part of or all of your qualifications
- Be banned from taking exams and assessments for a number of years

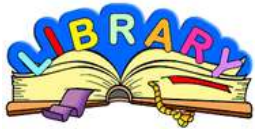
Please take the time to familiarise yourself with the JCQ rules:
jq.org.uk/exams-office/information-for-candidates-documents

GOOD LUCK FOR YOUR EXAMS

- ALWAYS STAY CALM, TAKE EVEN DEEP BREATHS
- READ THE EXAM PAPER COMPLETELY BEFORE YOU START
- PLAN YOUR TIME, SIP FRESH WATER THROUGHOUT THE EXAM
- READ THE QUESTIONS CAREFULLY AND MAKE SURE YOU ANSWER EACH ONE PROPERLY

**Please Note:
A Level Results Day,
Thursday 14th August**

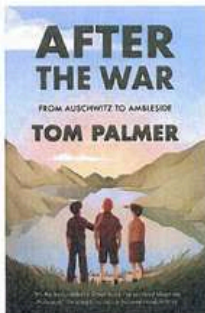
**GCSE Results Day,
Thursday 21st August**



Library News

Books for the VE Day 80th Anniversary

After the War by Tom Palmer

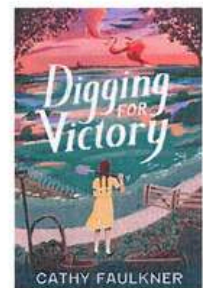


The story begins in the summer of 1945, as a plane descends into the Yorkshire hills, carrying Jewish child survivors of the Holocaust. Yossi, 15, is traumatised, anxious, untrusting, and always alert to danger. Through flashbacks, we gradually learn Yossi's story, from the day war suddenly arrived in his sleepy Polish village in the form of a German bomber, through being interned in a Jewish ghetto and being forced to work in a clothing factory to his eventual destination, the concentration camps of Auschwitz and Theresienstadt. Balancing between the flashbacks to the horrors of the past and the hope of the future is the present, where the boys gradually settle into Yorkshire life, a place where they learn food is not scarce, uniformed men can have kind eyes, and boys can ride bicycles again.

Digging for Victory by Cathy Faulkner

The setting is Devon in 1941. Like her brother Ralph, Bonnie wants to help in the war effort rather than tend the home vegetable patch. She is frustrated that she can't have the same chance to become a victorious war hero. So when the mysterious Mr Fisher is billeted at their family home, Bonnie's mission to uncover his secrets begins. Why is he here? Is he a shirker? Or worse ... a German spy?

Cathy Faulkner weaves themes through the story so that young reader will emerge with more insight into life – it tackles self-esteem, intrinsic versus extrinsic influences on identity, fitting in, bullying, rejecting stereotypes, grief and family



The Diary of Anne Frank by Anne Frank



She's just so lovely and writes about everything that happened so clearly. She was born in Frankfurt in 1929, but moved to Holland with her family when she was five, because things had already gotten so bad for Jews in Germany. Later on, as Holland too became unsafe for Jews, her father Otto tried to move the family to America, but was unable to get a visa. They survived two whole years in hiding but were discovered nine months before the end of the war.

Maus by Art Spiegelman

By addressing the horror of the Holocaust through graphics, the author captures the everyday reality of fear and is able to explore the guilt, relief and extraordinary sensation of survival - and how the children of survivors are in their own way affected by the trials of their parents.

A contemporary classic of immeasurable significance.





MFL News

Easter Cake competition results – Main-Maim!

Thank you to all 20 students who created and brought their amazing cakes!

Bravo to our top 5 winners 😊

Maira Shah 7R

Izma Asif 7C

Haleemah Kosoko 7J

Maariyah Munshi 7C

Laiba Rayhan 7T

*European
Easter
cake competition
for CAFOD*

Bake and Decorate a cake at home and bring it to G6 on 23rd April. Your cake will be then sold at a BAKE sale for CAFOD on 25th April

PRIZES :Hello Kitty items ,Roblox voucher, Chocolates and Sweets

Hosts : Miss Grassi and the French ambassadors



The runner ups were
Emma Gabriel 8J, Mya Affendi Samsudin 8J, Yusra Sheikh 7T, Anaya Mohammed 7T, Johti Jalil and Afia Sadaf 7C



Ms Stone and Ms Grassi giving out amazing prizes amongst which a Roblox gift card, a Beauty set, Hello Kitty items etc...

Ms Grassi, MFL Subject Lead



PE News

PE Stars of the Week!

Fareesha Khan 7R

Fareesha is an exceptional student who consistently puts in maximum effort in every lesson. Her passion is evident both in the classroom and at netball club. During rounders lessons, Fareesha stands out as a positive and supportive presence always cheering on her classmates and helping them understand the rules of the game. She remains fully engaged throughout, motivating and uplifting those around her with her positive attitude and strong team spirit.



Aoife Burke 11J

Aoife is an outstanding student who consistently puts maximum effort into every theory and practical lesson. She is always eager to support others when they struggle and maintains a positive, encouraging attitude. Beyond the classroom, Aoife's confidence and expertise shine through in her ability to umpire or referee matches with precision. She also worked incredibly hard in preparation for her PE moderation, which led to her achieving a new personal best in the 1500m.

Keep up the fantastic work, girls!

Ms Whates, Teacher of PE

11

Year 11 News

Today, the Year 11s left to go on their study leave and we wish them all the best in their exams.

Many of our girls will be staying and attending UA6 where they will be narrowing their studies and pursuing new interests. Some of our girls will be exploring new pastures and we wish them all the best in these too. Once an Ursuline, always an Ursuline.

Personally, I would like to thank the girls and the wider community who have helped them for making this year as successful as it could be, and hopefully setting the girls up for excellent results.

Thank you to their teachers, parents and other supporting figures for us all pulling in the same direction and helping these wonderful girls. I look forward to seeing them over the next few weeks as they complete these exams; on results day where we can celebrate their successes and next year where we can lift them even higher to even more successes on our A Level and BTEC courses.



11

Year 11 News



Mr Burt, Head of Year 11

13

Year 13 News

Last Friday, 2nd May, we came together as a community to celebrate our incredible Year 13 students –and their 'Day of Becoming'. This special day was a chance to celebrate the journey of an exceptional year group.

At lunchtime, students gathered for an informal party, supported by Ms Parmar and her colleagues, where laughter and memories were shared. The students delivered a series of speeches, each one a touching tribute to their time at the Academy and the many staff who have supported them throughout.

I want to express my deep gratitude to the students for their words, their presence, and their unwavering spirit. It has been a privilege to watch them grow into confident, compassionate young women, ready to step into the world beyond UA6. I will miss each and every one of them.

God bless all the girls and good luck to them in their exams—and remember, Once an Ursuline, always an Ursuline.





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

Exciting Virtual Work Experience with Experian - May 2025

Virtual work experience opportunities with **Experian**, taking place in May for students in year groups 7-9 (First Step) and 10-13 (Next Step). Our events take place outside of school hours, making them easily accessible for all students.

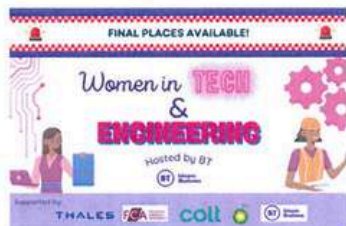
Student year groups 7-9, Tuesday 13th May at 4.30pm (virtual session hosted on Teams)

- A 45-minute briefing with the Experian team
- Complete the career challenge at their own pace
- Certification awarded on completion
- [Register now!](#) (students)

Student year groups 10-13, Wednesday 14th May at 5pm (virtual session on Teams)

- A 45-minute virtual briefing with the Experian team
- Complete the career challenge at their own pace
- Certification awarded on completion
- [Register now!](#) (students)

Women in Tech & Engineering



Part of our **Empower Me Series**, for Year 12 & 13 girls and all those who identify with womanhood. Get inspired by networking and learning from Tech & Engineering professionals working across a variety of roles & employers!
16th May, BT Office, Central London

Specsavers Bright Stars University Scholarship

Thinking about a medical career? Take a look at this. Optometry is more than just glasses. It's detecting and diagnosing abnormalities and diseases using the latest technology. It's identifying problems with health – think high blood pressure and diabetes.

Our exclusive university scholarship offers future Optometry students the chance to receive £10,000 (or €10,000 in the Republic of Ireland) over four years, towards the cost of their university experience. It's aimed at STEM students, with only 40 spots across the UK.

[Register your interest](#)

UCAT 2025: Registration Opens Next Week

- Visit the [UCAT website](#) for everything they need to know
- Free [official preparation materials](#)
- Use their UCAT result to inform their university choices

We are running **FREE Webinars** in June aimed at 2025 UCAT candidates. [Sign up links](#).

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!



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
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

ALLERGENS
we're always glad!

Ce = Celery Mu = Molluscs
 Cr = Crustacean Nu = Nuts
 E = Eggs P = Peanuts
 F = Fish Se = Sesame Seeds
 G = Cereals containing Gluten So = Soya
 L = Lupin Su = Sulphur
 Mk = Milk Di = 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!



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
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

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we're always glad!

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 Mk = Milk Di = 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!

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

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School Lunch

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/fostering-a-sense-of-belonging

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 KS4/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