



# Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 32  
23rd May 2025



## Upcoming Events

**Mass of Thanksgiving for Dr Osei-Owusu & Mr Clare**

Friday 20<sup>th</sup> June 2025

**School will close at 1.40p.m.**

### 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.

### Year 11 Prom

Thursday 10<sup>th</sup> July

7.00 – 11.00p.m.

### End of Year Trips

Tuesday 15 July

### Sports Day

Friday 18<sup>th</sup> July



## Headteacher's Headlines



As we come to the end of a short but very busy half term, I want to thank students, staff, and families for the energy and commitment shown throughout these weeks. It has been a time filled with purpose, celebration, and community spirit.

We are especially looking forward to our Mass of Thanksgiving on 20th June to honour two exceptional colleagues—Mr Clare and Dr Osei-Owusu—who have each served the Academy for 25 years. Their dedication and service to our students and school community is truly inspiring, and we are delighted to celebrate this remarkable milestone with them.

This half term has also included a number of other joyful events and moments of celebration across the Academy. As always, our students continue to show us what is possible when potential meets opportunity. We keep in our prayers all students currently sitting exams. It has been an excellent start to the exam season, and we continue to support them in giving of their very best.

Wishing all members of our community a safe and happy half term break. We look forward to returning for a final half term filled with many more wonderful events and opportunities.

Fiona Stone,  
SERVIAM



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### 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

23<sup>rd</sup> May: You must make a sound and firm resolution.

24<sup>th</sup> May: May God give you knowledge and capacity.

25<sup>th</sup> May: Let interaction with one's neighbour be prudent.

26<sup>th</sup> May: Strive to act solely out of the sole love of God.

27<sup>th</sup> May: Put all your zeal and strength into carrying out your duty.

28<sup>th</sup> May: One must be careful and prudent.

29<sup>th</sup> May: Jesus Christ will enlighten you about what you have to do.





## Chaplaincy News

### Weekly Mass: 7 Catherine and 7 Josephine

Weekly mass resumed in the Chapel on Thursday during lunchtime with Forms 7 Catherine and 7 Josephine. The Gospel reading of the day was from John 15: 9-11 Jesus said to his disciples: "As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love." "I have told you this so that my joy might be in you and your joy might be complete."

The theme of this Gospel reading is love and Obedience. Those who love the Lord will obey the Lord. In loving and serving the Lord they will find true joy.

A wonderful message to see us into Half Term. Fr David complimented the excellent behaviour and attentiveness of the students. Please see below a write up from 7C...

*On 22/05/25, our entire 7 Catherine form had the special opportunity to celebrate Mass with Fr. David during lunchtime in the newly refurbished school chapel.*

*The celebration allowed the tutor group to come together in prayer and reflection, strengthening their sense of community and faith in a renewed and beautiful setting.*

*We are thankful for the support and organisation of the mass by Ms. Semambo, our School Chaplain, Ms. Posnakidou, our RE teacher and attended by Ms. Stone & Ms Herbert. **7 Catherine***



**Ms Semambo, Teacher of R E**





## Important Information

Dear Parent/ Carers,

We have been fortunate to receive a large number of sample period pants to distribute amongst our pupils. After half term, we will start to hand these out to girls in their PE lessons, initially within key stage 3, then we will distribute to our older girls, if we have enough left. It will be up to girls whether they accept the products or not but we thought it was useful to share such products which are still relatively new to the market.



On another note, we have a number of new skirts within the school that are either a small or larger size (22" or 36" to 40" waist). These skirts are surplus to requirements. If you would like one of these skirts for your daughter please contact Miss Khondoker via [TKhondoker@uai.org.uk](mailto:TKhondoker@uai.org.uk) and we can make arrangements.

Lastly, we are very open to donations of uniform which is now too small for pupils or belongs to pupils in Year 11 (Once they finish their exams!). This applies to PE kit as well. This annual request helps us keep our spare stock replenished.

Thank you.



**Julia Gardiner, SENCO**



# THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 - 19 in the Diocese of Brentwood

Headteacher: Fiona Stone BSc (Hons) MA NPQH



Ursuline  
Academy  
Sixth

23<sup>rd</sup> May 2026

Dear Parents and Carers,

I am writing to inform you that on **Friday 20th June**, the school day will finish earlier than usual to allow staff and students to attend a special Mass of Thanksgiving.

Students will have their lunch as normal and will be **dismissed at 1.40pm**.

This special occasion is being held in honour of **two of our longest-serving members of staff: Mr Clare**, MFL teacher, and **Dr Osei-Owusu**, Subject Lead for Chemistry and Student Voice Lead. Both are marking **25 years of service** at The Ursuline Academy.

Over the past quarter-century, Mr Clare and Dr Osei-Owusu have seen our school evolve and grow in many ways. Yet throughout every change, they have remained constant pillars of excellence, commitment, and compassion. Their love for teaching and their care for our students remain as strong today as when they first arrived. Generations of Ursuline students have benefitted from their dedication, wisdom, and the example they set in living out our motto of **Serviam**.

We are proud to celebrate this milestone with them and grateful for their extraordinary contribution to our community.

Thank you for your understanding and support in enabling us to come together as a school to mark this joyful occasion.

Kind regards

Ms Fiona Stone  
Headteacher



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### CaligraphyClub

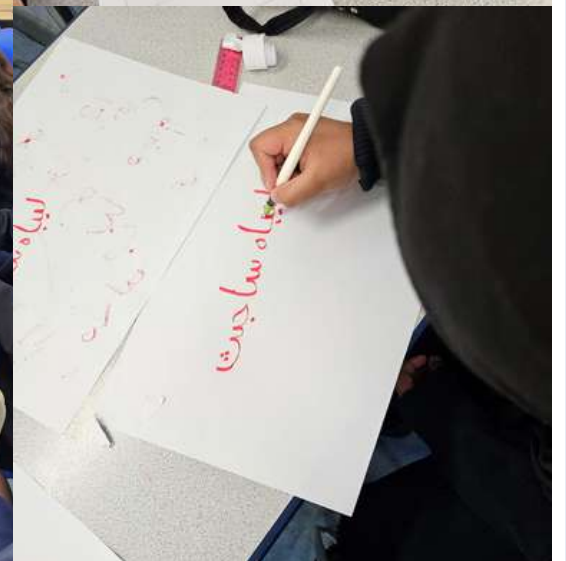
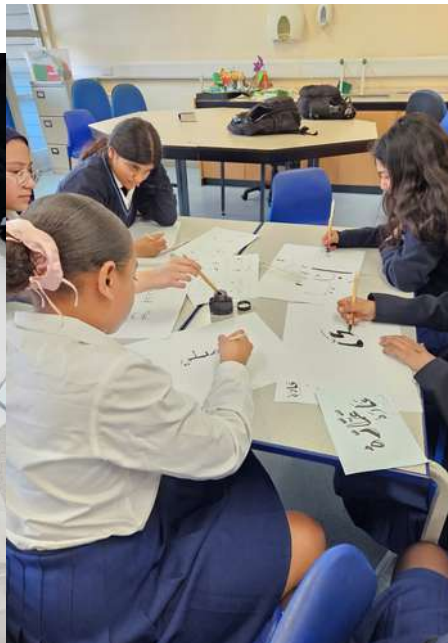
#### Islamic Art & Calligraphy Session

Last week, we explored Islamic geometry and the stunning artwork found in mosques around the world. We focused on the intricate patterns and how many art forms such as geometric design were introduced by Muslim artists and mathematicians. One example we looked at was the Sultan Ahmed Mosque (Blue Mosque) in Istanbul, known for its breathtaking tile work and symmetrical patterns.

We also learned how art plays a significant role in Islamic culture, often reflecting on everything being in the center. The girls designed and drew their own geometric tile patterns reflected the traditional styles seen in Islamic architecture and decor.

Building on this **Mr Uddin** and **Ms Akram** led a calligraphy session this week, where the Islamic Society girls explored the beauty of Islamic script. Using traditional bamboo pens and ink pots, they practiced writing their names, carefully managing ink flow and technique. They then experimented with modern parallel pens, comparing the feel and function of ancient and contemporary tools. It was a fun and eye-opening experience, and many are looking forward to continuing their calligraphy practice next week!

Great work girls! Serviam!



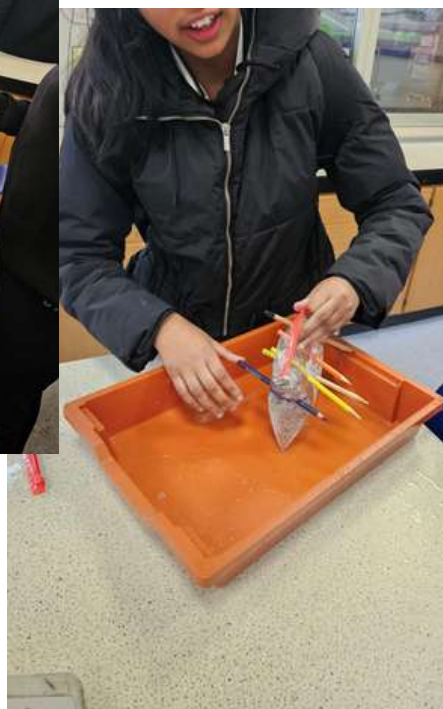
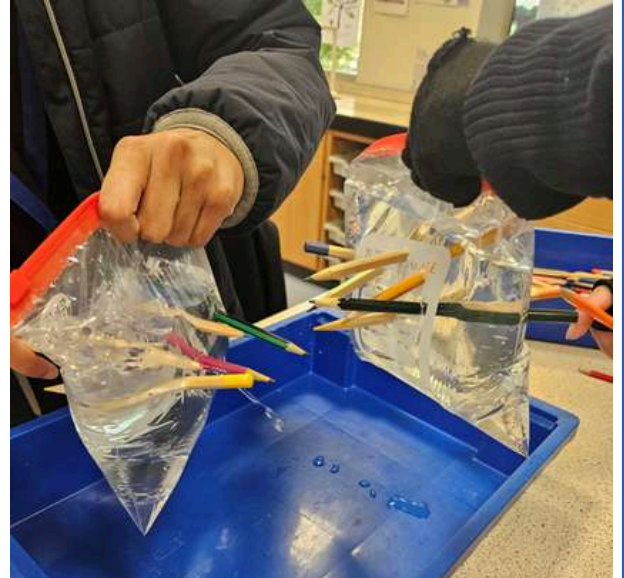
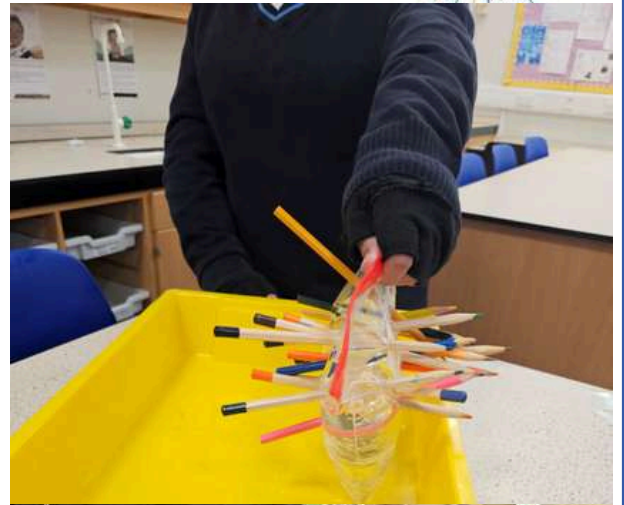
### Science Club

#### Piercing a plastic bag with Pencils

This week we looked at the properties of water and plastic to help us pierce holes through a plastic bag. No water spilled out of the holes as the bags are made of a polymer. Polymers have a long chain of molecules that are flexible. When we poked the sharp pencils through the polymer it slid between the chain of molecules and made a seal around the hole.

Water consists of molecules that attract to each other strongly and creates surface tension where the water droplets hold together and at the surface forms a barrier that requires some force to break it.

Some of us managed to get a lot of pencils in without causing a leak so well done for that, 14 was the highest!



# DESIGN & TECHNOLOGY News

## Farewell DT Class of 2025

At the end of our final DT lesson with the wonderful GCSE cohort of 2025, we gathered in the workshop G12 to celebrate their journey and say a fond farewell. Each of our amazing girls was celebrated with a personalised trolley coin engraved with their name – a small token to remember their time with us and the creativity & buzz they brought to every task & project with some snacks! We were also grateful for the lovely words, presents, flowers, cards, words and cake they showered us with.

Below are some photos from the celebration...



How it all started; students finding their personalised trolley coin – specially lasercut by **Ms. Koyes**, our Art & DT Technician. Then filling individual bags with goodies pre-packed with last revision sheets. And then the shirt signing, hugs, well wishes, pictures and goodbyes...





And finally, to our amazing Class of 2025 in the words of **Maya Angelou**

“You can’t use up Creativity. The more you use, the more you Have”

We wish you every success on the journey ahead and hope you always carry with you, the spirit of the Ursuline community, **SERVIAM!** Remember, ‘Once an Ursuline, always an

Ursuline’ – **DT Team.**





## 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:  
[jcq.org.uk/exams-office/information-for-candidates-documents](http://jcq.org.uk/exams-office/information-for-candidates-documents)

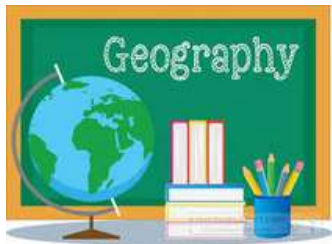
**GOOD LUCK FOR YOUR EXAMS**

- 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**

# EXAM RESULTS

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

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



## Geography News



### Celebrating Student Success in Redbridge Climate Competition

You may remember from last week's newsletter that several of our students recently won a competition organised by Redbridge Local Authority. The challenge was to write an essay in response to the question: How can we reduce emissions in Redbridge?

The winning students:

- **Suzana Jahan (12.T)**
- **Amira Hossain (9.J)**
- **Fola Oludoyi (9.R)**

On Thursday 21st, the winners attended an awards ceremony at the City Hall and had the incredible opportunity to meet with Mete Coban MBE, Deputy Mayor of London, and Cllr Jo Blackman, Redbridge Cabinet Member for Environment and Sustainability. They took part in discussions around reducing emissions and shared some powerful ideas on topics such as improving air quality, encouraging cycling to school, boosting recycling efforts, and transitioning away from fossil fuels.

The Deputy Mayor was so impressed with the students' work that some of their ideas will be considered for inclusion in future environmental policies – a truly exciting outcome! During their visit, students also toured City Hall and observed a session where the Deputy Mayor for Policing and Crime was being questioned. Reflecting on the day, our students shared how rewarding it was to feel their voices were being heard. They emphasised how urgent and important it is for young people to take action in the fight against climate change.

We are so proud of their initiative, creativity, and passion, well done!



Students outside City Hall with their certificates



Amria and Fola talking to the Deputy Mayor – Mete Coban



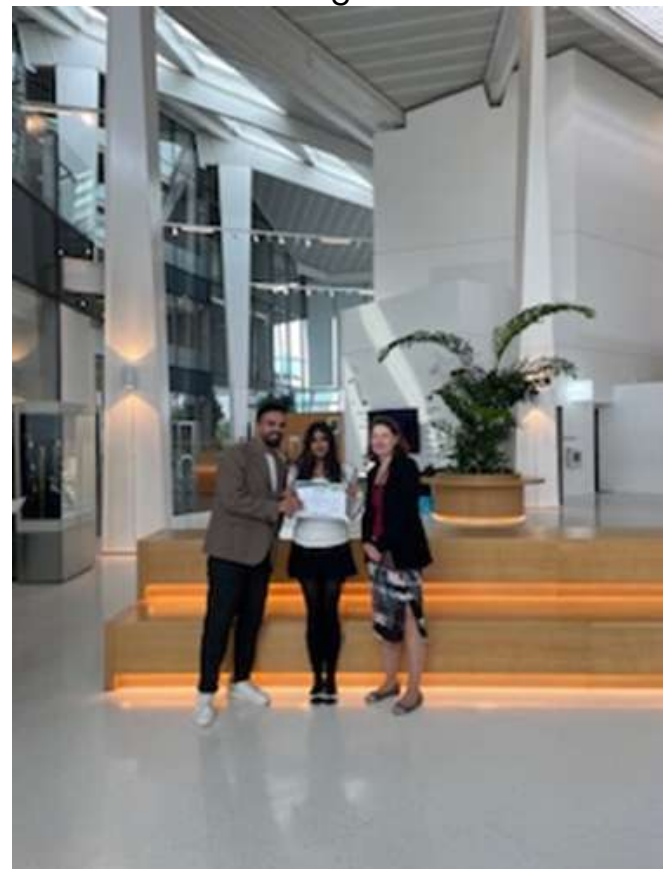
Taking part in a panel discussion about reducing emissions in Redbridge



**Amria** receiving her certificate from Deputy Mayor and Redbridge Councillor



**Fola** receiving her certificate from Deputy Mayor and Redbridge Councillor



**Suzana** receiving her certificate from Deputy Mayor and Redbridge Councillor

**Ms Colder, Head of Humanities**



## M F L News



### **Bonjour Boulogne-Sur-Mer!**

The Languages Department took Year 8 and 9 on a memorable day trip to France. It was an unforgettable opportunity for students to boost their language skills and to immerse them in the French culture by participating in various fun activities. During the trip, we visited a traditional French bakery led by the baker in French and English. Students had a go at making the bread and croissant and they got to take some home with them. We walked around the pretty old town, where everyone enjoyed lunch and a little shopping in the sun. Later in the afternoon, we walked along the beach and finally stopped at Auchan Hypermarket on the outskirts of Boulogne for more purchases!

### ***Mercy Akinlolu 8J***

'The trip was very fun and it challenged my ability to speak French especially when ordering food or to ask for directions'

### ***Liyana Imran 8J***

'It was so fun! My favourite part was when we learnt how to make bread and croissant as well as the baking process'

### ***Ayleen Henao Maldonado 9C***

'The France trip was fabulous and interesting. The bakery was beautiful and looked amazing. I think it was a wonderful experience'

### ***Aisha Vakil 9C***

'It was really good and I would go again. It was fun and definitely worth the money. I saw and learnt so much there in one day!'



Please see more pictures below...



**Ms Grassi, MFL Subject Lead**



## PE News

### PE Stars of the Week!

#### **Zoya Hanif 7R**

Zoya is an outstanding student who approaches every lesson with dedication and focus. She brings a positive energy to the classroom and is always ready to support her peers. As a committed member of the KS3 football team, she attends every training session with enthusiasm and a strong desire to improve. On the field, Zoya is a tenacious and skilled defender, consistently stopping opponents with confidence and precision.



#### **Vira Hibliak 10T**

Vira is a dedicated and enthusiastic student who engages in every lesson with focus and determination. Her infectious positivity motivates those around her, and she approaches new challenges with confidence and curiosity. Vira has a genuine passion for exploring a range of sports and makes a consistently positive contribution to the class. She is always willing to help others, demonstrating empathy, teamwork, and natural leadership.

Keep up the fantastic work, girls!

**Ms Whates, Teacher of PE**

# RELIGIOUS EDUCATION

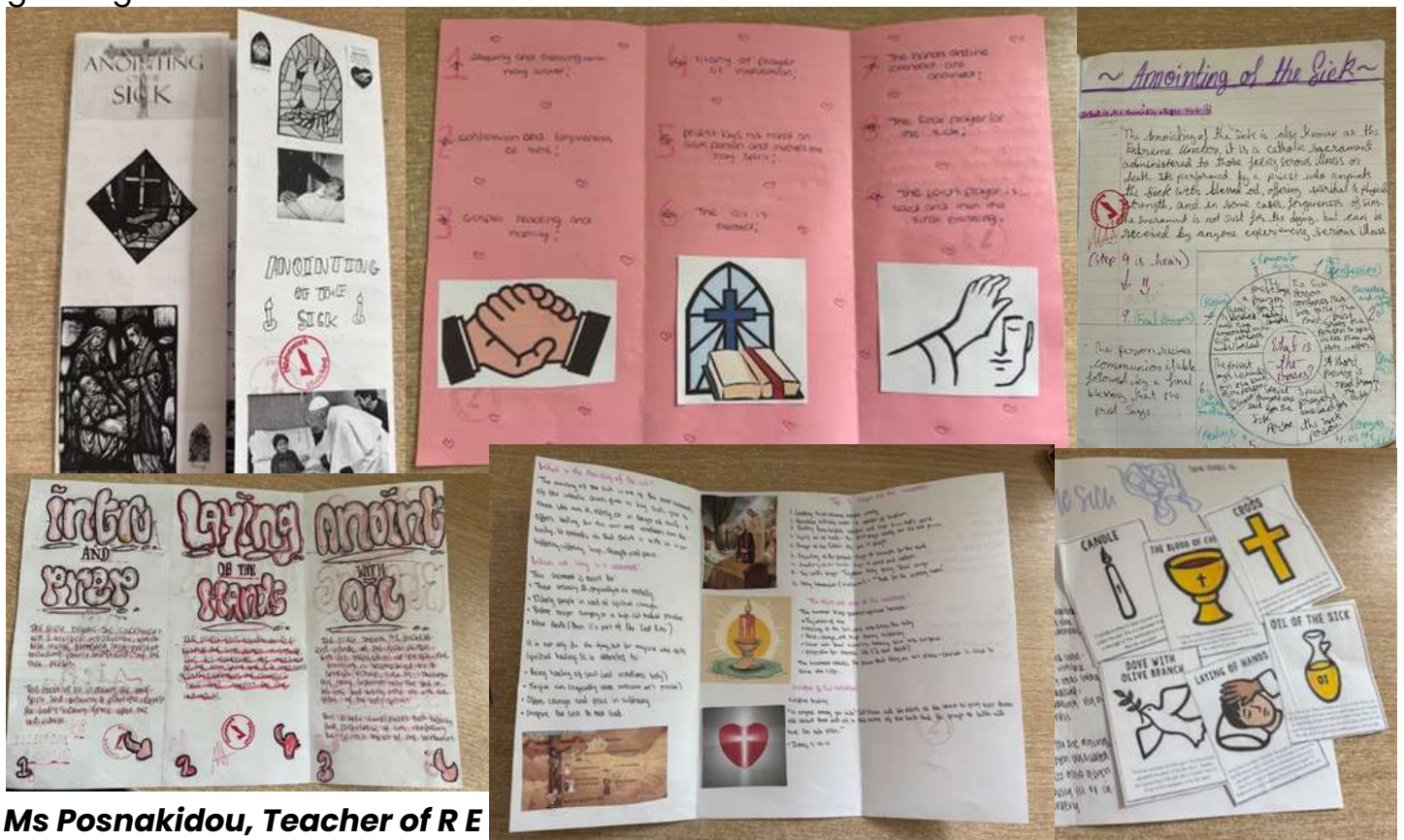
## RE News

This term, our enthusiastic Year 8 students from classes 8C and 8R have been exploring the rich and meaningful world of the sacraments in their Religious Education lessons. As part of their learning, they created an engaging and informative leaflet about the Anointing of the Sick—a sacrament that brings comfort, healing, and hope to those who are ill or facing serious health challenges.

In their studies, the students also gained a broader understanding of the seven sacraments of the Catholic Church, which are special signs of God's grace and presence in our lives:

- **Baptism** – the first sacrament of initiation, welcoming us into the Christian community.
- **Eucharist** – receiving the Body and Blood of Christ to nourish our faith.
- **Confirmation** – strengthening the gifts of the Holy Spirit received at Baptism.
- **Reconciliation (Confession)** – offering forgiveness and healing through God's mercy.
- **Anointing of the Sick** – bringing spiritual and sometimes physical healing to the sick or elderly.
- **Holy Orders** – dedicating one's life to service in the Church as a deacon, priest, or bishop.
- **Matrimony** – uniting a couple in a sacred covenant of love and service.

Through their creative work and thoughtful discussions, 8C and 8R showed a deepening understanding of how these sacraments support and guide us throughout our lives. Their leaflet on the Anointing of the Sick is a testament to their compassion, insight, and growing faith. Well done to all involved!



Ms Posnakidou, Teacher of R E



## 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**

Last chance: InvestIN's 2025 summer work experience programmes

InvestIN, a London-based organisation that delivers work experience summer schools for ages 15-18, will start to close registration for their 2025 programmes from the 2nd June. If you are still interested in joining one of their programmes this July or August, they are offering a final enrolment offer of 15% off programme fees, in order to fill the last remaining places.

Programmes are available in 15 different careers (medicine, law, engineering, entrepreneurship, computing, architecture...), with optional accommodation packages available, should you be interested in experiencing university halls of residence on UCL campus.

You can explore all programme timetables and register your place here, and don't forget to insert the code FINAL15 at checkout. Some programmes are already sold out, so registering over the half term holidays is highly recommended!

**INVESTIN** THE ULTIMATE WORK EXPERIENCE

# Still looking for work experience this summer?

**FINAL PLACES REMAINING - DON'T MISS OUT**

### 1 and 2-week programmes for students aged 15-18 in London



Work with top professionals and explore real workplaces



Experience university life on-campus at UCL



Gain a qualification in work experience to boost your university application

#### Choose from 15 different careers

- Art • Architecture • Computer Science • Dentistry • Engineering • Entrepreneurship • Fashion Design • Filmmaking • Forensic Science • International Politics • Investment Banking • Law • Medicine • Psychology • Veterinary Science

Get 15% off the last remaining places with code FINAL15. Ends midnight 1st June!

**REGISTER NOW!**

UCAS

Gain UCAS points for Work Experience



Work towards your Gold Residential DofE Award

info@investin.org

+44 (0) 203 488 5089

www.investin.org

## Be Part of England's Flagship Youth Dance Company

The National Youth Dance Company (NYDC) is searching for the next generation of talented dancers to join us for an unforgettable year of creativity, training, and performance.

We're looking for dancers who are:

- Aged 16–18 (school years 11–13), or up to age 24 for d/Deaf or disabled dancers
- From any dance style and all levels of experience
- Full of energy, dedication, and a love of performance

NYDC works around school schedules, with residential rehearsals during holidays. Scholarships and travel bursaries are available — financial barriers should never hold you back.

The first step to joining is signing up to one of our free recruitment workshops happening across the country. Register for

### London

*Sadler's Wells East, Sunday 6 July, 10:00 - 12:00, 13:00 - 15:00*

[National Youth Dance Company How to Join NYDC - National Youth Dance Company](#)

## Volkswagen Group apprenticeship programme

SERVICE TECHNICIAN

MECHANICAL, ELECTRICAL AND TRIM  
(MET) TECHNICIAN

PAINT TECHNICIAN

PANEL TECHNICIAN

SERVICE ADVISOR

PARTS ADVISOR

PARTS SALES EXECUTIVE

VIEW JOB DESCRIPTIONS HERE!

- ✓ Earn while you learn - Apprentices are paid as they gain valuable experience.
- ✓ Full training provided - No tuition fees; all learning is fully funded by the employer.

- ✓ Clear career progression - Many graduate apprentices progress into long-term careers within the Volkswagen Group retail network.
- ✓ Supportive environment - Apprentices receive guidance from a workplace mentor, academy trainers and an Assessor Coach

[Home - Volkswagen Group Apprentice Programme](#)

### UCL- Media BA Degree Show - You and I Are Earth.

This is an exciting opportunity for those interested in studying Media at Undergraduate level as they will be able to see students work first hand and visit our UCL East Campus

#### When:

- The Opening: 6 - 9pm GMT+1 Friday 23rd May
- The exhibition: Open between Friday 23rd May - Sunday 1st June
- Where: UCL East Marshgate 7 Sidlings Street London E20 2AE

At our Degree Show graduating Media BA students will present films, games, installations and podcasts that examine our evolving relationship with each other and the planet. These projects fuse theory, creative practice and AI-driven experimentation to open new paths toward ecological awareness and connection

Spanning UCL East's galleries and the One Pool Street Cinema the exhibition will feature 42 capstone projects

Register for free - [You and I Are Earth – UCL BA Media Degree Show | School for the Creative and Cultural Industries - UCL – University College London](#)

### UCAT Webinars -2025, for 2026 entry to medicine or dentistry.

Webinar 1: UCAT Webinar and Live Q&A

10th June 2025 4-5PM (BST)

✓ An overview of booking, test day and results

📖 Strategies for preparation

💡 Test format and practice questions

❓ Live Q&A.

**SIGN UP NOW**

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

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

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

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

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

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

It is important to note that:

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

Thank you for your co-operation.





# Lunch Menus

## MAINS *Only £2.50*

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

MON	TUE	WED	THU	FRI
<b>PORTUGUESE PLATES</b> 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)	<b>HOME COMFORTS</b> Beef Cottage Pie (G,So,Mk,Ce) Vegan Cottage Pie (G,So,Mk,Ce) Roasted Root Vegetables Garden Peas Extras: Crusty Baguette (G)	<b>ROAST</b> 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)	<b>ASIAN FLAVOURS</b> 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)	<b>FISH &amp; CHIP SHOP</b> 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
- 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
<b>FIESTA FLAVOURS</b> 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)	<b>KATSU KITCHEN</b> 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)	<b>HOME COMFORTS</b> 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)	<b>MASALA MOMENTS</b> Chicken Tikka Masala with Mango Chutney Crispy Paneer Tikka Masala with Mango Chutney (Mk) Pilau Rice Onion Salad Extras: Nan Bread (G)	<b>FISH &amp; CHIP SHOP</b> 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**

## 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
<b>★ AMERICAN DINER ★</b> 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)	<b>★ SOUTH AFRICA ★</b> Cape Malay Chicken Curry (G)  Vegan Chakalaka (Soweto Chilli)  Fragrant Yellow Rice Tangy Bean Salad  Extras: Mealie Bread (G,E,Mk,So)	<b>★ ROAST ★</b> 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)	<b>★ WRAP STATION ★</b> BBQ Pulled Pork Wrap (G,Ce)  Vegan BBQ Vegetable Wrap (G,Mu)  Spicy Rice (Ce) Roasted Corn & Pepper Salad  Extras: Tortilla Chips	<b>★ FISH &amp; CHIP SHOP ★</b> 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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*Speak to one of our chefs if you have any allergies.*



# School Lunch

**#FCF25. Foster for Redbridge Council.**

**Redbridge Council foster carers describe what it is like being a foster carer as part of the Foster Care Fortnight campaign, The Power of Relationships**

**[https://www.youtube.com/watch?v=xtYKqp8jXwo&list=PLUj\\_qXdE-ejHw5IZTp8FCKK7VRpzmH5Qk&index=3](https://www.youtube.com/watch?v=xtYKqp8jXwo&list=PLUj_qXdE-ejHw5IZTp8FCKK7VRpzmH5Qk&index=3)**

**If you could care for a child in need of fostering and would like to join our fostering community, please call us on 020 8708 6068 or join us on our next virtual information session. Visit <https://www.redbridge.gov.uk/fosteringschools> to book a place. #FCF25**

**The power of  
relationships**

**#FCF25**

**The  
Fostering  
Network**

London Borough of  
**Redbridge**   
**LOCAL COMMUNITY  
Fostering**  
REDBRIDGE

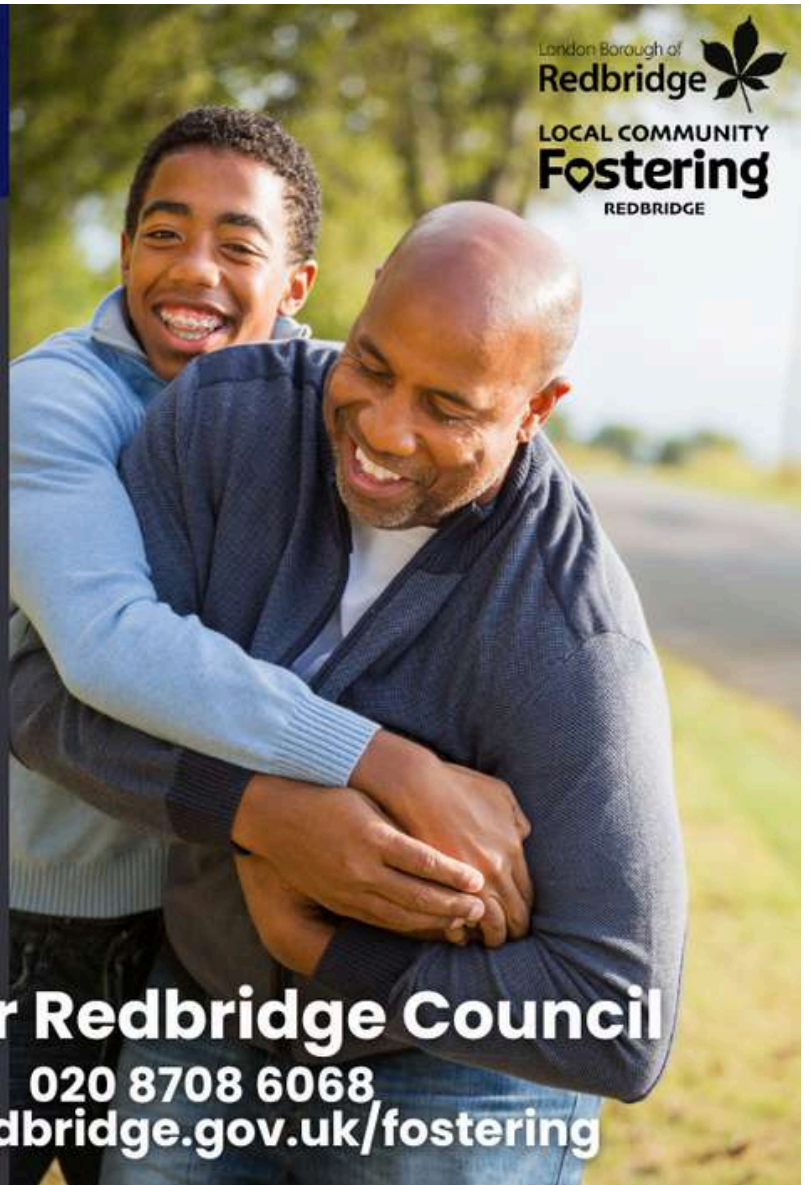
**Join our  
fantastic  
community of  
Foster Carers**



**Foster for Redbridge Council**

**020 8708 6068**

**[www.redbridge.gov.uk/fostering](http://www.redbridge.gov.uk/fostering)**



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](http://nationalcollege.com).

# What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

## WHAT ARE THE RISKS?

### MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

### BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

### ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

### DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

### HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

### DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

## Advice for Parents & Educators

### CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

### KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is [reportharmfulcontent.com](http://reportharmfulcontent.com).

### AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

### UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

### Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit [onlinemedialawuk.com](http://onlinemedialawuk.com) for more.



#WakeUpWednesday

The National College



Ursuline Academy Sixth

# Clubs Timetable



	Time	Club - Year groups	Location
Monday	AM	8:00am (30 mins)	Breakfast Club 7-13 Canteen Ms Guy
		8:25am (15mins)	Worship band 9-10 Hall Ms Hurst
	Lunch	12:40pm (30mins)	Trampolining 9-10 Gym Ms Whates
			IT Club 7-13 F6 IT team
			Chemistry Club 9-13 (**Fortnightly) G8 Dr. Osei-Owusu
			Basketball 7-13 Gym Ms Whates
			Science Homework Club 7-8 G9 Ms Akinsoji
			Library Lunch Club 7-13 Library Ms Finlay
			Maths Club 7-13 F13 Mr Deen & Mr Vijay
			Guitar Ensemble 7-13 S5 Mr McCarthy
PM	3:30pm (1hr)	Homework Club 7-13 Library Ms Finlay	

	Time	Club - Year groups	Location
Tuesday	AM	8:00am (30 mins)	Breakfast Club 7-13 Canteen Mr McCarthy
		8:25am (15mins)	Worship band 9-10 Hall Ms Hurst
		8:45am (10 mins)	Big Sister Mentoring 11-13 Hume House Ms Colder
	Lunch	12:40pm (30mins)	Python Lab 10 F7 Ms Hanifi
			IT Club 7-13 F6 IT team
			Library Lunch Club 7-13 Library Ms Finlay
			Maths Club 7-13 F13 Mr Deen & Ms Kayode
			Music Year 7 practice Room Access Practice rooms Ms Hurst
			Music String group 7-10 S5 Ms Hurst
			STEM Club (Visualise) 7-13 G12 Ms Kodi-Pekku
PM	1:00pm (30mins)	KS3 Drama Club 7-9 Drama Studio Ms Milne	
	1:10pm (30mins)	Violin Ensemble 7-13 S5 Peri Teacher	
	3:20pm (1hr)	Open Netball Session 9-10 Playground / Dance Studio Ms Whates	
	3:30pm (1hr)	Homework Club 7-13 Library Ms Finlay	

	Time	Club - Year groups	Location
Wednesday	AM	8:00am (30 mins)	Breakfast Club 7-13 Canteen Mr McCarthy
		8:25am (15mins)	Worship band 9-10 Hall Ms Hurst
	Lunch	10:40am (20mins)	Ukulele Group 7-13 S5 Ms Eakins
			Music Y10-11 Practice Room Access Practice rooms Ms Hurst
			IT Club 7-13 F6 IT team
			Library Lunch Club 7-13 Library Ms Finlay
			Islamic Society 7-13 F10 Mrs Ahmed
			Music Year 9 practice Room Access Practice rooms Ms Hurst
			Music Y10-13 choir S5 Ms Hurst
			SEN Science Club 7-8 G11 Mr Uddin
PM	12:40pm (1hr)	Sparx Maths Club 7-13 F13 Ms Sivachandran & Ms Verma	
	1:00pm (30mins)	Eco Club 7-13 G3 Ms Colder & Mr McCarthy	
	3:20pm (1hr)	Football 7-9 Gym Mr Burt, Mr Okeyere & Ms Whates	
	3:30pm (45mins)	EAL Intervention F11 Ms Choudhury	
	3:30pm (1hr)	Homework Club 7-13 Library Ms Finlay	

	Time	Club - Year groups	Location
Thursday	AM	8:00am (30 mins)	Breakfast Club 7-13 Canteen Mr Donovan
		8:15am (25mins)	Choir 7-13 S5 Ms Hurst
	Lunch	12:40pm (30mins)	Greek Mythology 7-13 F4 Ms Posnikidou
			IT Club 7-13 F6 IT team
			Library Lunch Club 7-13 Library Ms Finlay
			Art Club 10-13 S2 Mr Butler
			Badminton 9-11 Gym Ms Eakins
			Debate Club 8-13 F19 Mr Donovan
			Music Y10-11 Practice Room Access Practice rooms Ms Hurst
			South Asian Society Y7-13 S8 Ms Sivachandran & Ms Verma
PM	1:00pm (30mins)	STEM Club (Visualise) 7-13 G12 Ms Kodi-Pekku	
	1:10pm (30mins)	Medic Mentoring 12-13 G11 Ms Selvachandran	
	3:30pm (1hr)	Homework Club 7-13 Library Ms Finlay	
		Worship band 9-10 S5 Ms Hurst	

	Time	Club - Year groups	Location
Friday	AM	8:00am (30 mins)	Breakfast Club 7-13 Canteen Ms Guy
		10:40am (20mins)	EPQ Club 12-13 G19 Mr Irwin
	Lunch		African Caribbean Society 7-13 F7 Mr Okeyere & Ms Akinsoji
			GCSE Computer Science Intervention 10-11 F6 Ms Hanifi
			MFL Ambassadors Club 8-9 G6 Ms Grassi
			Gardening Club 7-8 Chapel Ms Eakins
			IT Club 7-13 F6 IT team
			UAI Band 7-13 S5 Peri teacher
			Library Lunch Club 7-13 Library Ms Finlay
			Art Club 10-13 S2 Mr Butler
PM	12:40pm (1hr)	Music Year 8 Practice Room Access Practice rooms Ms Hurst	
	1:05pm (30mins)	Poetry Club 7-9 (**Fortnightly) F3 Ms Abbasi-Freeman	
	3:30pm (1hr)	Homework Club 7-13 Library Ms Finlay	
		Music Y10-11 Coursework S5 Ms Hurst	