



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 33
6th June 2025



Upcoming Events

Mass of Thanksgiving for Dr Osei-Owusu & Mr Clare

Friday 20 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 2025

5.00 – 6.00p.m.

Year 11 Prom

Thursday 10 July 2025

7.00 – 11.00p.m.

End of Year Trips

Tuesday 15 July 2025

Sports Day

Friday 18 July 2025



Headteacher's Headlines



This weekend, we celebrate Pentecost Sunday—one of the most significant feasts in the Church's year. Pentecost marks the coming of the Holy Spirit to the disciples, empowering them to go out and proclaim the Gospel with courage and conviction. For us, as a Catholic school community, it is a powerful reminder of the Spirit's presence in our shared mission: to inspire, nurture, and guide every young person entrusted to our care. It calls us to be courageous in our leadership, compassionate in our relationships, and united in faith as we build a community where all can flourish.

We were privileged this week to witness an extraordinary example of student leadership through the Head Girl hustings. Every candidate spoke with passion, conviction, and a deep sense of responsibility to serve our community. Their speeches, delivered with poise and authenticity to the entire school, reflected the best of what we hope to foster in our young people. The event captured the essence of our school's mission—Belonging, Believing, Becoming—as each candidate demonstrated a strong sense of belonging to our shared values, belief in their potential and that of others, and the aspiration to become a leader who uplifts and inspires. We are incredibly proud of all who took part and know that our student leadership is in safe hands.

We also extend warm Eid Mubarak wishes to all those in our community celebrating Eid this week. And finally, a special mention to our Year 12 students who begin their UCAS journey with the Discovery event—a key milestone as they begin shaping their futures with purpose and ambition.

Fiona Stone,
SERVIAM



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Pope Leo XIV @ Pontifex – 4 June 2025

Even when it seems we are able to do little in life, it is always worthwhile. There is always the possibility to find meaning, because God loves our life.

GeneralAudience

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

June: Ask

6th June: I am continually among them with Jesus Christ, the Lover of us all.

7th June: Blessed are those into whose hearts God has infused the light of truth.

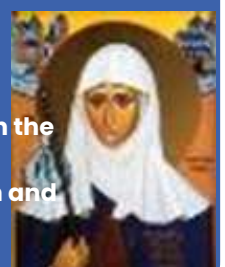
8th June: Through prayer one beseeches from God the grace of the spiritual life.

9th June: If they want to pray longer, let them go into their rooms, and enclosed there, pray in the way and as much as the Spirit and conscience will dictate.

10th June: My Lord, I beg you to receive this heart of mine and to transform its every affection and passion through your divine love.

11th June: My Lord, light up the darkness of my heart.

12th June: I beg you to accept my free will, all of my own will, which of itself does not know how to discern good from evil.





Chaplaincy News

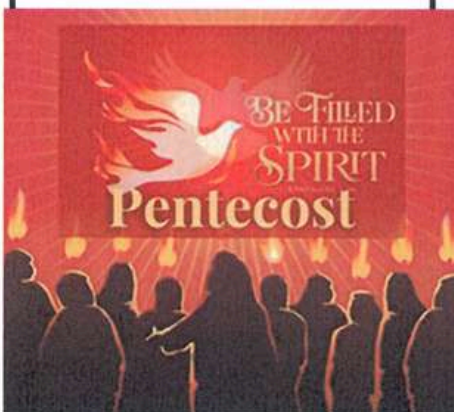
June 8: Pentecost Day 2025.

Pentecost is a Christian holiday that commemorates the descent of the Holy Spirit upon the apostles of Jesus, 50 days after Easter. It's considered the birthday of the Christian Church and the beginning of its mission to the world.

Pentecost celebrates the gift of the Holy Spirit, which the disciples received after Jesus' Ascension. It's seen as the moment the Christian Church was born and empowered to spread the message of Jesus.

The event is described in the Bible in Acts 2, where a sound like a rushing wind filled the room where the disciples were gathered and they were seen with tongues of fire resting on them. The Holy Spirit empowered the disciples to speak in different languages and to preach Jesus's message, marking the start of the Church's missionary work.

The liturgical colour for Pentecost is red, symbolizing the "tongues of fire" and also the blood of martyrs. Pentecost is celebrated in all Christian denominations. Because the holiday's liturgical colour is red, sometimes Christians will dress in red or decorate churches with red. Many churches hold baptisms and confirmations on that day, as well.



The Ursuline Academy Ilford
CHAPLAINCY NOTICES: JUNE



During June, the 6th Month of the year we celebrate the beginning of Summer. Catholics also welcome the coming of the Holy Spirit.



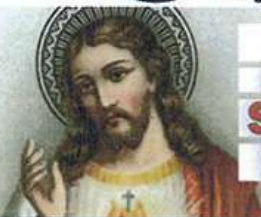
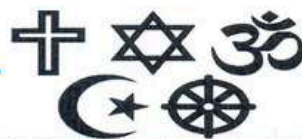
June days of Religious Significance

June 6 -7 – Eid al-Adha:

A holiday in the Islamic faith that ends the Hajj pilgrimage.

June 8 – Race Unity Day:

A holiday in the Baha'i faith that promotes racial harmony and understanding.



JUNE IS FOR THE SACRED HEART

June is the Month of the Sacred Heart, in recognition of Jesus' apparitions starting in 1673 to St. Margaret Mary Alacoque (1647-1690), a member of the Visitation Sisters, through whom He asked for devotion to His Sacred Heart.

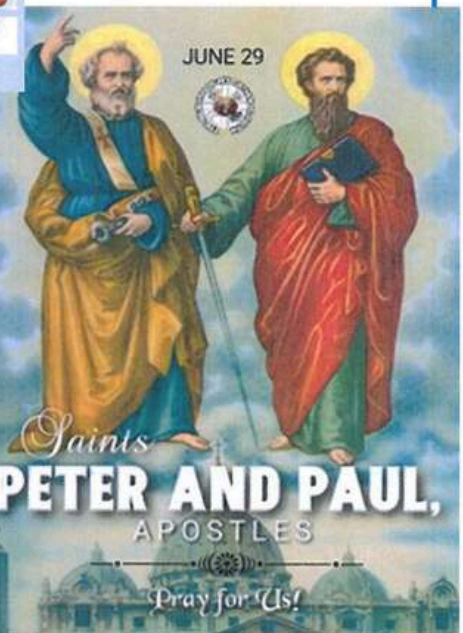
The prayer of the Sacred Heart: O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins, I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, good Jesus, that I may live in you and for you.

June 29th: Feast of St Peter and St Paul

June 29th is the Solemnity of Saints Peter and Paul in the Catholic Church, a feast day honouring the martyrdom of the two apostles. This day is a holy day of obligation, celebrating their pivotal roles in establishing the early Church, particularly in Rome.

Key aspects of the Solemnity of Saints Peter and Paul: Both Peter and Paul were martyred in Rome during the persecution of Christians by Emperor Nero. Peter is considered the first pope and is seen as the "rock" upon which Christ built his Church. Paul was a key figure in spreading Christianity to the Gentiles, through his missionary journeys and writings. Their lives inspire Christians to live boldly for Christ and to proclaim the Gospel message.

The Solemnity is particularly significant in Rome, where they were martyred and where their tombs are located. Churches around the world hold masses and other celebrations to commemorate the feast.





Chaplaincy News



During her lifetime St Angela Merici left a number of sayings or Counsels below is the 8th one, termed Pruning in Hope.

As we reflect on our virtue of SERVIAM this term, please use these wise words to guide your hearts, minds and prayers as we strive to become the people God wants us to be.

1. Love your dear daughters equally; and do not prefer one more than another,
2. Because they are all creatures of God. And you do not know what he wants to make of them.
3. For how do you know, you, that those who seem to you to be the least and lowest are not to become the most generous and most pleasing to his Majesty?
4. And then, who can judge the heart and the innermost secret thoughts of any creature?
5. And so, hold them all in your love and bear with them all equally, for it is not up to you to judge the handmaids of God; he well knows what he wants to make of them,
6. Who (as Scripture says) can turn stones into children of heaven.
7. As for you, do your duty, correcting them with love and charity if you see them fall into some fault through human frailty,
8. And thus you will not cease to prune this vine which has been entrusted to you.
9. And after that, leave it to God; he will do marvelous things in his own time, and when it pleases him.





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

23rd 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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Science Club

Making Non-Newtonian fluid!

This week for science club our little scientists made some non-Newtonian fluid using this recipe:

- 1) Add 60g corn starch to a bowl
- 2) Add water slowly until all the powder is wet
- 3) Continue until the corn starch acts like a liquid when slowly stirred, but becomes hard when tapped
- 4) Scoop the mixture into your hand and work into a ball and then apply pressure to become a liquid again

Newtonian fluids, such as water, maintain a constant viscosity (the measure of a fluid's resistance to flow) unless the temperature or pressure changes. Non-Newtonian fluids are affected by other forces. So when left alone it acts like a liquid and flows but when moved around and impacted it acts like a solid.





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

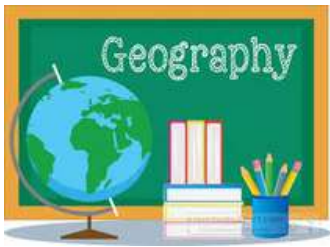
GOOD LUCK FOR YOUR EXAMS

- 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

The Geo Debrief

STARMER'S BREXIT BREAKTHROUGH: NEW UK-EU DEAL HOOKS TRADE AND REELS IN GROWTH
British Prime Minister, Sir Keir Starmer, struck a new deal with the European Union on the 19th May 2025, after he created deals with India and the USA. The deal concerned itself with issues related to trade, fishing and defence, but this article will focus on trade and fishing only.



Figure 1 Press Conference at the UK-EU Summit

After Brexit formally began in 2020, UK-EU relations deteriorated after new trade barriers disrupted the free movement of the 'four freedoms' – goods, services, capital and labour. But this new agreement marks a pragmatic shift in UK-EU relations for potential greater economic cooperation, removal of trade barriers and discussions around future fishing agreements. Though it threatens the stability of marine environments through an increase in overfishing.

Firstly, the UK-EU deal promises to improve the efficiency of supply chains for imports through less administration of animal and plant products. This will lower the costs for consumers in supermarkets, increasing the affordability for most ordinary people. This is coming at a time where UK consumers have faced rampant inflation and a cost-of-living crisis.

The deal also allows for deregulation for certain UK industries that export produce to the EU, like Scottish Salmon, which valued £844 million in 2024. With less red tape it will allow industries to receive export revenue from a larger EU consumer base. This will help to create certainty in trade between the UK-EU which leads to future investment and job creation. Supporting Keir Starmer's claim that it will be *"good for jobs, good for bills and good for our borders"*.

Secondly, the deal aims to continue the existing agreement which provides access to UK and EU waters for both parties. This could provide stability and certainty for the UK's fishing sector which is responsible for 0.03% of the UK economy.

Though this is a small portion it is extremely important for communities in the UK that depend on the fishing industry for a sustainable economic livelihood. However, some UK fishing regions aren't favourable to the extension as they wanted more control over their own waters.

The deal continues the potential for destabilisation of marine environments due to overfishing. This could result in the 'tragedy of the commons' where countries act out of self-interest, having devastating impacts on the entire marine ecosystem. Causing uncertainty for long-term investment in fishing, which will disadvantage the regions economically concentrated around fishing.

After a recent trip to Vigo in Spain, I spoke to the Head of the European Fisheries Control Agency (EFCA), about the importance of marine conservation when fishing. Their role is to inspect and monitor the level of species in international waters. Recently, EFCA have been ensuring that fishing vessels comply with the regulations surrounding the endangered bluefin tuna.



Figure 2 Port in Vigo, Spain

From this conversation, I understood how the EU is sustainably managing their waters by protecting the environment whilst maintaining fish stocks. The UK also sustainably manages its own waters, and some members of the UK fishing industry had hoped to have more control going forward.

Overall, the new EU-UK deal marks a strong improvement in relations post Brexit, which may be necessary due to the current uncertain geopolitical climate. Though it is important that both the UK and EU balance political and economic growth with environmental protection of our marine environments to avoid over-fishing.

Lily Power, 12.1

Lily is the Geography department's Student Ambassador, and she brings genuine passion and curiosity to her role. Deeply interested in current affairs and the complex challenges facing both people and the natural world, Lily is committed to expanding her understanding through regular reading and independent research.

Each month, she explores a pressing global issue linked to the A-level Geography curriculum, producing a well-researched article that reflects both the importance of staying informed and the value of academic inquiry beyond the classroom. Her work highlights the essential role that ongoing research and engagement with real-world issues play in deepening geographical understanding.

Last month, Lily explored the issue of Arctic greening, while this month she has turned her attention to Sir Keir Starmer's post-Brexit trade proposals. We're excited to see what topic she tackles next as she continues to connect classroom learning with the wider world!

Ms Colder, Head of Humanities



PE News

PE Stars of the Week!

Veronica-Michelle Mbula 10T

Veronica approaches every PE lesson with enthusiasm, focus, and a determination to give her best. She consistently demonstrates a strong work ethic and is always willing to step out of her comfort zone to try new activities. Veronica's positive attitude and energy are infectious, helping to create a motivating and supportive atmosphere for everyone around her. She encourages her classmates with kind words and helpful advice, always uplifting those around her. Her readiness to embrace challenges, along with her respectful and collaborative nature, makes her an excellent role model.



Noor-Ul-Aain Janat 8T

Noor is a fantastic sports personality who remains engaged and focused every PE lesson. However, not only is she a determined spirit but Noor is also a formidable competitor. Her dedication and enthusiasm extend well beyond the classroom, particularly through her involvement in after-school clubs. On the football pitch, Noor displays excellent positional awareness and is always alert and ready to take the game to the next level – an ability that led her to score 2 impressive goals in the most recent tournament. Beyond her technical skills, Noor shines through her communication and natural ability to encourage those around her.

Keep up the fantastic work, girls!

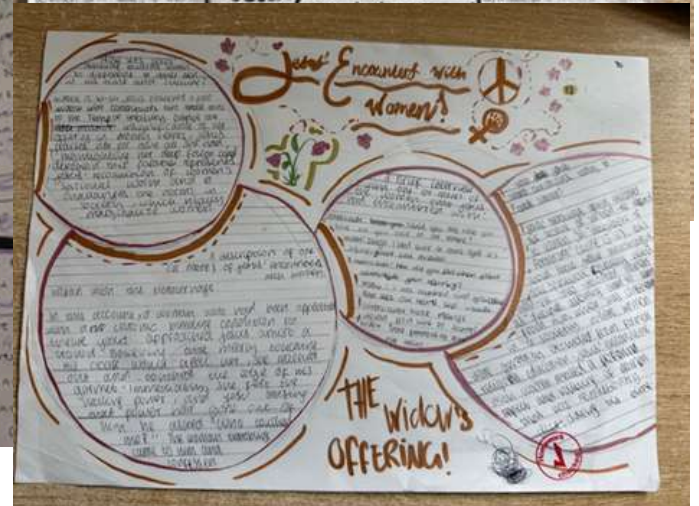
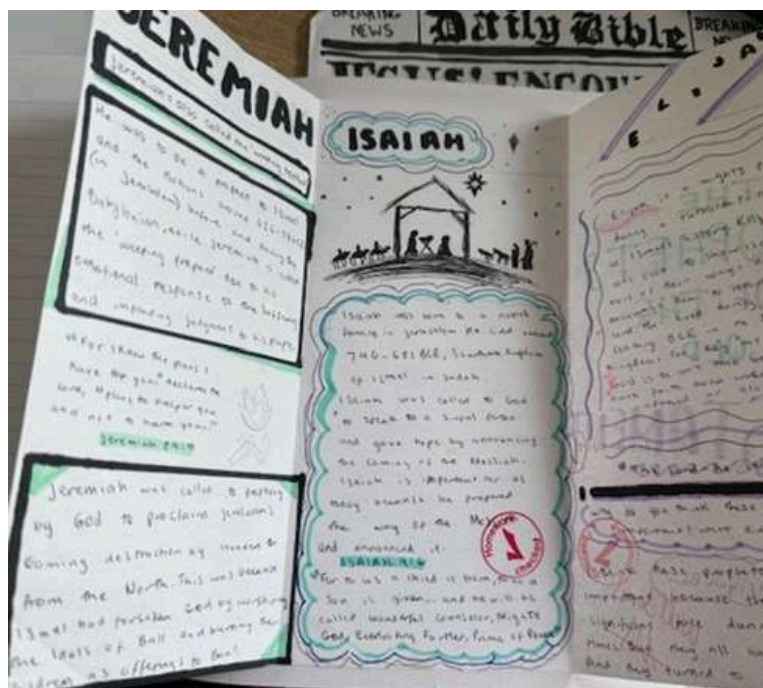
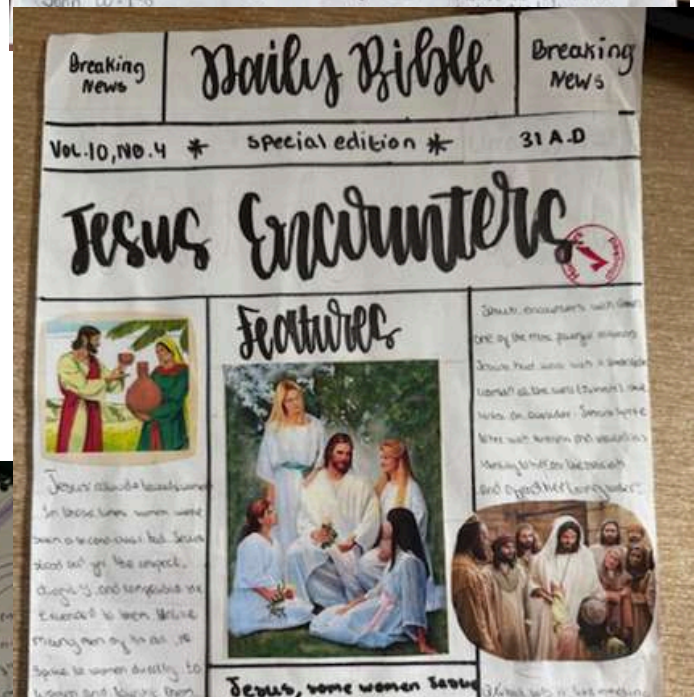
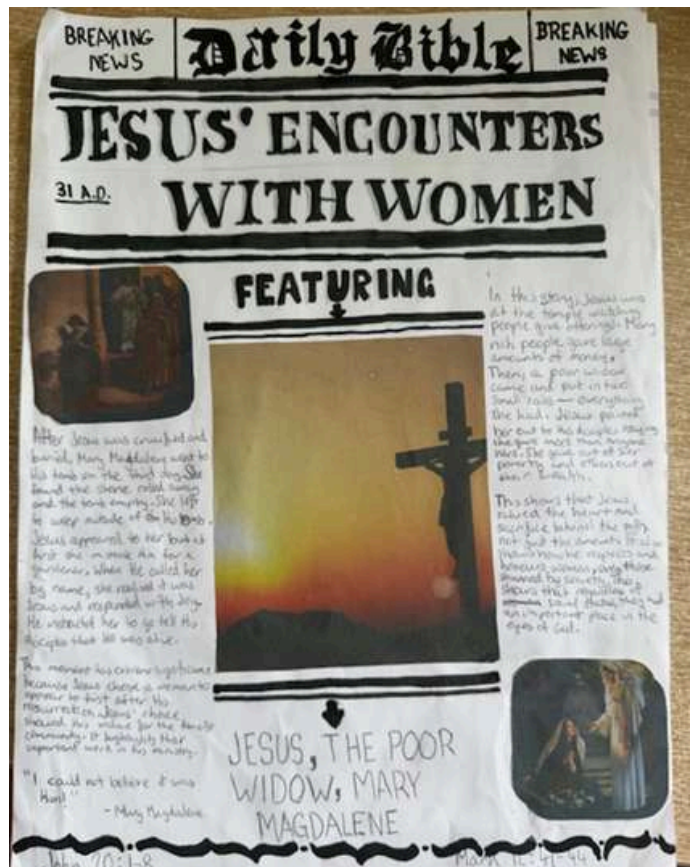
Ms Whates, Teacher of PE

Celebrating Creativity, Voice, and Empowerment in Year 8

This term, our amazing Year 8C and 8R pupils have been exploring the powerful encounters between Jesus and women in the Gospels. As part of their learning journey, they created beautiful and thought-provoking posters that highlight the compassion, dignity, and respect shown in these stories.

Through this project, pupils not only deepened their understanding of scripture but also reflected on the importance of voice and representation. Many expressed how empowered they felt by these narratives—recognising that, just like the women in the Gospels, their own voices matter too. For many of our girls, this was a moment to say proudly: 'We are proud to be women, and our voices are heard.'

And I am incredibly proud of the insight, creativity, and confidence shown by our students. Their posters are a testament to the power of learning, expression, and faith.



Ms Posnakidou, Teacher of R E

✨ Pupil Achievement Spotlight ✨

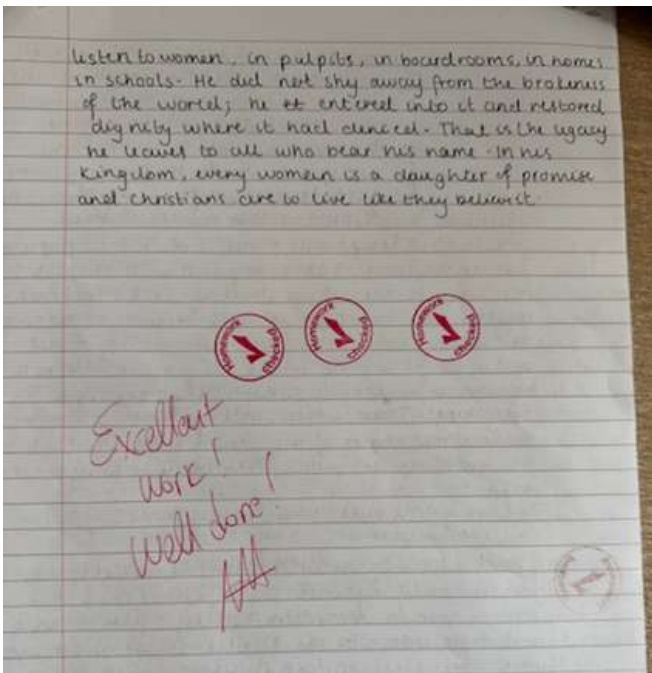
A huge well done and special shout-out to **Alizay Syed** (8R), **Zainab Kayani** (8R), and **Mashfia Ahsan** (8R), who have completed an exceptional extended essay exploring Jesus' encounters with women in the Gospels.

Their work offers a powerful and insightful look at how Jesus treated women—with dignity, compassion, and radical equality for his time. They explored the miracles Jesus performed for women and reflected on how these moments reveal his challenge to social norms and his deep care for those often overlooked.

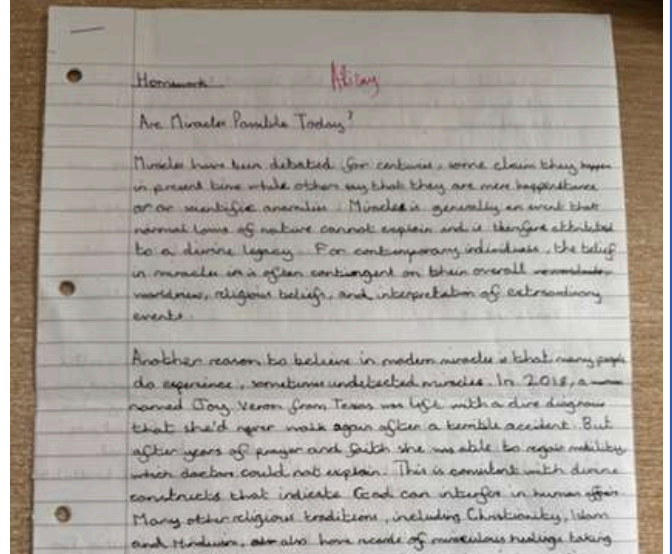
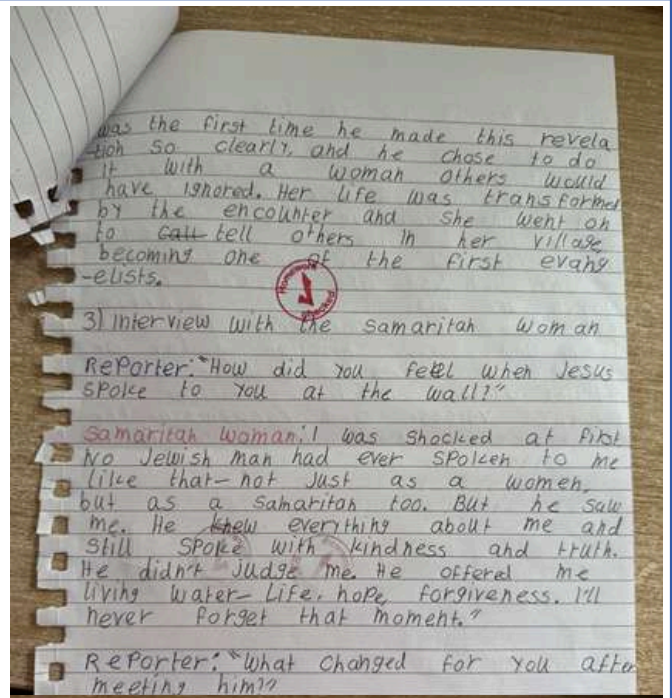
Their research not only highlights key moments of compassion, challenge, and transformation, but also reflects on the wider significance of these encounters for understanding dignity, equality, and the role of women in faith.

This is thoughtful, mature, and theologically rich work—a brilliant achievement from all three pupils. Well done!

Here is some of their work:



Ms Posnakidou, Teacher of RE





A Celebration of Creativity, Courage, and Community

This year marked an exciting first for our school as we proudly participated in the Redbridge Social Enterprise Challenge – and what an unforgettable experience it turned out to be!

After weeks of planning, rehearsing, and researching, our students showcased their brilliant social enterprise ideas in front of a panel of “dragons,” alongside groups from eight other local schools. With poise, passion, and purpose, they rose to the occasion and made us all incredibly proud.

From the very beginning, it was clear that Redbridge is bursting with exceptional young talent. The creativity, entrepreneurial energy, and confidence on display were truly inspiring. What made the day even more special was the spirit of inclusivity that ran throughout the event. A group of students with special educational needs took home the Best Product Award for their stunning resin coasters – a moving reminder of the power of diverse perspectives and talents.

Our school’s entry focused on tackling plastic pollution, transforming recycled materials into useful, everyday products. The team presented their project with clarity and charisma, demonstrating outstanding teamwork, organisation, and commitment. Their hard work paid off as they were honoured with Best Branding and the prestigious Global Ambassador Award – achievements that resonate deeply with our school’s values of Serviam and stewardship.

We’re also proud to say that other groups within The Ursuline Academy Ilford came up with some fantastic ideas too, each showcasing thoughtful innovation and a deep commitment to social change. Their enthusiasm and creativity added so much to the experience.

This initiative has been a fantastic celebration of student voice, enterprise, and social responsibility. We’re already looking forward to next year!



Ms Tallat, Careers and Sixth form Enhancement Leader



Student Leadership News

Student Leadership Team Applications & Head Girl Speeches

We are incredibly impressed with the outstanding quality of applications received for both the Senior and Junior Leadership Team positions. It has been inspiring to see so many students step forward with such enthusiasm and commitment to leadership.

A particular highlight was the Head Girl candidate speeches today, delivered in person and by video link. The whole school community came together in support, with a live audience of Year 10 and Year 12 students listening attentively. Each candidate shared their aspirations, core values, and vision for the role with remarkable confidence and clarity. The standard of presentations was truly exceptional. We have a very difficult choice to make. Following an Academy wide vote, selected students will be invited for an interview. Keep an eye out for more stories when we will be able to announce the new Head Girl and UA6 Leadership Team for 2025-2026.

A heartfelt thank you to all the candidates for their hard work, thoughtful preparation, and willingness to step up as leaders. They delivered very inspiring speeches highlighting their dedication to serve their peers. We also extend our thanks to the IT and premises teams, as well as all staff who supported this process.



Mr McGhee & Dr Osei-Owusu

UCAS
DISCOVERY **UCAS Discovery Event**
UK TOUR

Our Year 12 UA6 students recently attended the UCAS Discovery event held at the University of East London. This event is designed to support students as they begin to explore and plan their next steps after Year 13, whether that involves university, apprenticeships, or entering the world of work.

Throughout the day, students had the opportunity to speak directly with representatives from universities and colleges to learn more about different courses and what life is like on campus. They also met with a range of employers and apprenticeship providers, gaining valuable insight into career pathways and real-world opportunities beyond school.

They also received personalised advice and guidance from qualified careers advisers and UCAS experts, helping them to make informed choices about their futures. The event proved to be a highly informative and inspiring experience for our students, providing them with the knowledge and confidence they need as they begin making important decisions about life after sixth form.

It was a great start to the UCAS process



Ms Basi, Head of Year 12 & 13



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

The Parents' Guide to University 2025



The Parents' Guide to University 2025 will help you support the young people in your life to make an informed choice about university. It includes articles to guide them in deciding whether university is right for them, what they should study, and where they should study it.

Contributions have been provided by over 75 university representatives from across the UK, along with expert voices from outside the sector, including Martin Lewis from [MoneySavingExpert.com](https://www.moneysavingexpert.com). The guide is supported by HELOA, a membership group for university advisers.

It is divided into sections to support you and your young person through every stage of the university journey. These include researching options, attending events, financing

studies, applying, and preparing for university life.

This year, mindful of the cost-of-living crisis, several articles are designed to help your young people overcome financial difficulty. You'll learn how to explore universities on a budget, secure "free money" to fund their student experience, manage finances at university, secure a part-time job, and consider more affordable options like studying online.

[Download now](#)(PDF 9MB)

Work Experience Season

How world-class performances are made

During this placement with the iconic [Royal Opera House](#), your students will meet industry professionals working behind the scenes and take on a series of challenges to test their skills in a fun, interactive environment.



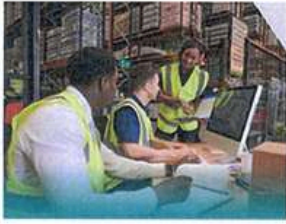
Explore careers in care

Are your students eager to explore a rewarding career in the care sector? [Care UK](#) is offering a unique opportunity to dive deeper into the world of care and discover what working in this vital sector involves.

Explore the future of logistics

Get your students thinking differently about careers in transport and tech with [Generation Logistics](#)! From digital innovation to sustainability in supply chains, this immersive experience introduces real-world challenges and exciting career pathways.





Explore careers in logistics

In this virtual session with the [Road Haulage Association](#), students will hear from businesses that support music tours, transport goods, and play a crucial role in keeping the country moving.

Upcoming talks

[My Career in the NHS & what it takes to work in National Health](#)

[My Creative Career Path - Do I Look Like A Gamer?](#)

[History Books to Foreign Affairs: The Power of Languages](#)

Interested in a career in Law?



Created in partnership with Ashurst, Clyde & Co and Shoosmiths, this competition is an opportunity for students to explore a career in law.

Your Future in Law closes at **12pm on Friday 20th June**
Click for more details. [RMP_Asset_01](#)

Women in Science



DATE TBC, Central London

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 Science professionals working across a variety of roles & employers!

Waltham Forest College Open Event

Waltham Forest College is rated 'OUTSTANDING' by Ofsted, delivering excellent educational outcomes, with results in the top performing 3% of General Further Education (GFE) colleges nationwide. The College works in close partnership with national employers, offering A Levels, T Levels, Vocational (BTECs) and Apprenticeship courses for school leavers (16-18). Adult courses are also available; these include Access to Higher Education courses, Full-time and Part-time courses, English and maths and ESOL.

Our Open Events provide the perfect opportunity for you to take a tour, talk to tutors, get course, support & career information, take part in fun activities, apply for a course and more.

Wednesday 18 June, 4pm - 7pm [Book your FREE ticket 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 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

MADE FRESH DAILY

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
★ 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

MADE FRESH DAILY

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!

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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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we're allergy aware!

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School Lunch



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



**Redbridge Care
Support Service**

CARERS WEEK

Caring about Equality

Featuring presentations from:

- Talking Therapies
- Ilford Community Grocery
- Citizens Advice Bureau
- Age UK
- RIASS
- Ilford Energy Café
- Community Dental

And **Zumba with Vision!**

Book your place for Zumba here:

vrcl.uk/ABHM

THURSDAY
12 June 2025



TIME
10:00 AM - 1:00 PM



Studios 1&2,
Redbridge Central Library,
Clements Rd, Ilford IG1 2EA



020 8514 6251



office@rcss.org.uk



What Parents & Educators Need to Know about EMOJIS

WHAT ARE THE RISKS?

Emojis are more than playful expressions – they form a fast-evolving digital language that many adults struggle to decode. For young people, this 'secret code' is central to how they communicate identity, humour and emotions. With over 5 billion emojis sent daily on Facebook Messenger alone, understanding these symbols is key to engaging meaningfully with digital youth.

GENERATIONAL MISCOMMUNICATION

An emoji like 👍 (thumbs up emoji) might seem friendly to adults, but teens often interpret it as sarcastic or passive-aggressive. These differing interpretations can create confusion or unintended tension in cross-generational conversations.

SHIELDING BULLYING OR PEER PRESSURE

When embedded in emojis, mean-spirited jokes or exclusionary language can fly under the radar. Terms like 'mid' or 'delulu' may seem harmless, but they can be used to undermine peers in subtle ways.

RAPIDLY SHIFTING MEANINGS

Emoji meanings can change overnight. A person standing emoji (👤) once signified awkwardness but might now be repurposed for something entirely different. This ever-changing lexicon can leave adults in the dark and young people vulnerable to misunderstanding or misuse.

MASKING DISTRESS OR HARM

Some emojis are used to discreetly signal troubling behaviours. For instance, 🍂 (falling leaves emoji) or 💊 (pill emoji) might suggest drug use, while 🍷 (wilted flower emoji) could hint at emotional struggles. Such usage can obscure serious issues, making them harder for trusted adults to detect.

NORMALISING RISKY BEHAVIOURS

Emojis can make harmful actions seem light-hearted or fashionable. Strings like 🔥👉 (fire + 'woozy' face + pill emojis) may appear humorous but can reference partying, intoxication or dangerous challenges, which might otherwise raise red flags.

Advice for Parents & Educators

LEARN THE LINGO

Stay updated with emoji trends and definitions using resources like emojipedia.org or Urban Dictionary. Knowing current meanings builds confidence when engaging with young people and helps spot potential concerns early.



CREATE SAFE SPACES FOR DISCUSSION

Encourage casual chats about emojis, online slang, memes, or social media trends. Showing interest without judgement reassures young people that they can talk about their digital world openly and safely.



ASK, DON'T ASSUME

Approach unfamiliar emojis with curiosity rather than suspicion. A light-hearted "What does 🍷 (juice box emoji) mean these days?" can open conversation and show that you respect their knowledge.



PRIORITISE TRUST OVER SURVEILLANCE

While parental controls and monitoring tools can be useful, emotional safety matters most. Be someone children and young people feel they can come to – not just someone who's watching them.



EMOJI CHEAT SHEET - The following slang terms and emojis are some common examples - please be aware this isn't an exhaustive list.

COMMON EMOJIS:

- | | |
|---|--|
| 🤡 (Clown face) Foolishness or clowning around | 🙏 (Pleading face) Over-affectionate or 'simpling' |
| 😎 (Cool face) Cool, stylish or ruthless | 👁️ (Eyes) Watching drama unfold |
| 🔥 (Hot face) Intense attraction or excitement | 🐐 (Goat) Greatest of all time (G.O.A.T.) |
| 😐 (Mouth) Stone-faced, unbothered | 👉 (Nails) Confidence, sassiness, or indifference |
| 👑 (Crown) 'Slaying', as in doing great | 🚩 (Triangular flag) Red flag; a warning sign about someone's behaviour |

POTENTIALLY CONCERNING EMOJIS

- | | |
|--|---|
| 🍌 (Ear of corn) Slang for pornography (avoids censorship algorithms) | 🍷 (Wilted flower) Often used to convey emotional struggle or sadness |
| ❄️ (Snowflake, snowman, snow cloud) Can symbolise cocaine | 🐍 (Snake) Can represent betrayal or being 'two-faced' |
| 🗝️ (Key, lying face) Related to cocaine use | 🔫 (Water pistol) Sometimes used to reference violence or self-harm |
| 🍃 (Falling leaves, herb, maple leaf) Can symbolise cannabis | ⚠️ (Warning) Used to emphasise drama, threats or emotional turmoil |
| 💊 (Pill) May reference drug use or prescription misuse | 🍜 (Steaming bowl) Refers to nudes ('noods' is an abbreviation of noodles) |

Meet Our Expert

Keith Broni is a globally renowned emoji expert and the Editor in Chief of emojipedia.org, the world's number one emoji resource. He has an MSc in Business Psychology from University College London and an MBA from Quantic School of Business and Technology.





Ursuline
Academy
Sixth

Clubs Timetable



Monday	Time	Club - Year groups	Location	
	AM	8:00am (30 mins)	Breakfast Club 7-13	Canteen Ms Guy
		8:25am (15mins)	Worship band 9-10	Hall Ms Hurst
	Lunch		Trampolining 9-10	Gym Ms Whates
			IT Club 7-13	F6 IT team
		12:40pm (30mins)	Chemistry Club 9-13 (**Fortnightly)	G8 Dr. Osei-Owusu
			Basketball 7-13	Gym Ms Whates
			Science Homework Club 7-8	G9 Ms Akinsoji
		12:40pm (55mins)	Library Lunch Club 7-13	Library Ms Finlay
		12:40pm (1hr)	Maths Club 7-13	F13 Mr Deen & Mr Vijay
	1:10pm (30mins)	Guitar Ensemble 7-13	S5 Mr McCarthy	
PM	3:30pm (1hr)	Homework Club 7-13	Library Ms Finlay	

Tuesday	Time	Club - Year groups	Location	
	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		Python Lab 10	F7 Ms Hanifi
			IT Club 7-13	F6 IT team
		12:40pm (30mins)	Library Lunch Club 7-13	Library Ms Finlay
			Maths Club 7-13	F13 Mr Deen & Ms Kayode
		12:40pm (1hr)	Music Year 7 practice Room Access	Practice rooms Ms Hurst
			Music String group 7-10	S5 Ms Hurst
	1:00pm (30min)	STEM Club (Visualise) 7-13	G12 Ms Kodi-Pekku	
	1:10pm (30mins)	KS3 Drama Club 7-9	Drama Studio Ms Milne	
		Violin Ensemble 7-13	S5 Peri Teacher	
PM	3:20pm (1hr)	Open Netball Session 9-10	Playground / Dance Studio Ms Whates	
	3:30pm (1hr)	Homework Club 7-13	Library Ms Finlay	

Wednesday	Time	Club - Year groups	Location	
	AM	8:00am (30 mins)	Breakfast Club 7-13	Canteen Mr McCarthy
		8:25am (15mins)	Worship band 9-10	Hall Ms Hurst
	Break	10:40am (20mins)	Ukulele Group 7-13	S5 Ms Eakins
	Lunch		Music Y10-11 Practice Room Access	Practice rooms Ms Hurst
		12:40pm (30mins)	IT Club 7-13	F6 IT team
		12:40pm (55mins)	Library Lunch Club 7-13	Library Ms Finlay
			Islamic Society 7-13	F10 Mrs Ahmed
		12:40pm (1hr)	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	
		Sparx Maths Club 7-13	F13 Ms Sivachadran & Ms Verma	
	1:00pm (30mins)	Eco Club 7-13	G3 Ms Colder & Mr McCarthy	
PM	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	

Thursday	Time	Club - Year groups	Location	
	AM	8:00am (30 mins)	Breakfast Club 7-13	Canteen Mr Donovan
		8:15am (25mins)	Choir 7-13	S5 Ms Hurst
	Lunch		Greek Mythology 7-13	F4 Ms Posnikidou
		12:40pm (30mins)	IT Club 7-13	F6 IT team
		12:40pm (55mins)	Library Lunch Club 7-13	Library Ms Finlay
			Art Club 10-13	S2 Mr Butler
			Badminton 9-11	Gym Ms Eakins
		12:40pm (1hr)	Debate Club 8-13	F19 Mr Donovan
			Music Y10-11 Practice Room Access	Practice rooms Ms Hurst
		Music Y7-9 Choir	S5 Ms Hurst	
	1:00pm (30mins)	STEM Club (Visualise) 7-13	G12 Ms Kodi-Pekku	
	1:10pm (30mins)	South Asian Society Y7-13	S8 Ms Sivachadran & Ms Verma	
		Medic Mentoring 12-13	G11 Ms Selvachadran	
PM	3:30pm (1hr)	Homework Club 7-13	Library Ms Finlay	
		Worship band 9-10	S5 Ms Hurst	

Friday	Time	Club - Year groups	Location	
	AM	8:00am (30 mins)	Breakfast Club 7-13	Canteen Ms Guy
	Break	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
		12:40pm (30mins)	MFL Ambassadors Club 8-9	G6 Ms Graasi
			Gardening Club 7-8	Chapel Ms Eakins
			IT Club 7-13	F6 IT team
			UAI Band 7-13	S5 Peri teacher
		12:40pm (55mins)	Library Lunch Club 7-13	Library Ms Finlay
	12:40pm (1hr)	Art Club 10-13	S2 Mr Butler	
		Music Year 8 Practice Room Access	Practice rooms Ms Hurst	
	1:05pm (30mins)	Poetry Club 7-9 **Fortnightly	F3 Ms Abbasi-Freeman	
PM	3:30pm (1hr)	Homework Club 7-13	Library Ms Finlay	
		Music Y10-11 Coursework	S5 Ms Hurst	