



# Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 36  
27th June 2025



## Upcoming Events

### Year 6/7 New Entrants Meeting

Monday 30 June 2025  
5.00 – 6.00p.m.

### Staff INSET DAY

Friday 4 July  
School closed to Students

### 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

### End of Term

Tuesday 22 July 2025  
School ends at 12.40p.m.



## Headteacher's Headlines



Last week, I wrote about the Mass of Thanksgiving we were about to celebrate to give thanks for the service of Dr Osei-Owusu & Mr Clare. This was a wonderful event, and it was lovely to welcome past colleagues (including 2 former Headteachers) and students back to the school. I'd like to give particular thanks to our musicians and members of the choir who performed so well and helped to make this such a special event.



You will see in PE news that several students went to one of our local primary schools and assisted with the running of their Sports day. Year 10 PE students have also recently visited primary schools to deliver exciting PE experiences to Year 5 students. This is a great and enjoyable opportunity for our students to go out into the wider community, develop their leadership skills and live out our Ursuline virtue of Serviam. Well done to all the girls who have taken part.

On Thursday, we held a wonderful Arts event after school with Music, Drama and Art at the forefront. It was lovely to see the girls supported by their families and celebrating their hard work and creativity together. There are some beautiful examples of students' artwork in the Art News section below.

Among many other activities next week, we will have the first of 2 days where we will welcome a professional photographer into school to capture updated images for our school website and other marketing materials. This first day will be on Wednesday 2nd July and it is important that all students are at their absolute smartest and in full school uniform.

Finally, a reminder that next Friday (4th July) School is closed to students due to a staff INSET day.

Fiona Stone,  
SERVIAM



## Newsletter Contents this week:

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### **Pope Leo XIV @ Pontifex - 26 June 2025**

**How can we believe, after centuries of history, that acts of war bring peace and do not turn against those who wage them? How can we hope to lay the foundations of tomorrow without cohesion and a shared vision inspired by the common good?**

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

**June: Ask**

**27<sup>th</sup> June: Be consoled, and have a lively faith and hope.**

**28<sup>th</sup> June: Blessed are they who preserve within themselves this noble yearning.**

**29<sup>th</sup> June: I beg God to bless you. In nomine Patris, et Filii, et Spiritus Sancti.**

**30<sup>th</sup> June: Charity directs everything to the honour of God.**

**July: Encouragement**

**1<sup>st</sup> July: May the strength and true consolation of the Holy Spirit be in you all.**

**2<sup>nd</sup> July: God will give you the necessary strength, provided you do what you can.**

**3<sup>rd</sup> July: I am continually among them provided they believe and do not lose heart.**





## Chaplaincy News

### Weekly Mass: 8 Catherine and 8 Josephine

Weekly mass resumed in the Chapel on Thursday during lunchtime with Forms 8 Catherine and 8 Josephine. The Gospel reading of the day was from Matthew 7: 21-29

Jesus said to his disciples: "Not everyone who says to me, 'Lord, Lord,' will enter the Kingdom of heaven, but only the one who does the will of my Father in heaven.

This gospel passage is the final teaching from Jesus' most famous teachings in what is now called; 'The Sermon on the Mount'; These teachings are found in the Gospel of Matthew in Chapters 5, 6 and 7.

Jesus is warning; to live a Christian life only on the surface, that is, only with words and externally conforming behaviour, is like building a house on sand. Once we come under attack, we will collapse because we have no deep foundation inside. We must demonstrate our faith not only with words, but with action.

A message for all people of faith to remember.



**Ms G Semambo, Teacher of R E**





## Art News

### A Farewell Message – Celebrating Our Young Artists

There will be no Artist of the Month this time, as this will be my final post before retiring. Instead, I wanted to take a moment to celebrate the incredible talent of our students, all of whom deserve that title.



Our Year 7 students have been exploring the bold colours and emotional power of Fauvism, with some truly expressive work on display. A special mention must go to **Natalia Masahi**, whose piece perfectly captured the spirit of the movement.

Our GCSE students have also risen to the challenge this year with exceptional submissions by all and especially **Anisa Hasa**, **Ibtida Khan**, and **Aksiga Sivarubavel**





## Art News Continued...



Each piece a reflection of their hard work, creativity, and growth as young artists.

And of course, our A Level students continue to shine.



**Qudsia Khalid's** still life painting demonstrate an extraordinary level of skill and sensitivity, showing the maturity of a true emerging artist.

Every one of these students—and so many more—could be named Artist of the Month. They are a testament to the vibrant and supportive creative community we've built together.

As I step away, I leave with great peace, knowing the Art Department will be in the very capable and caring hands of **Mr Selley**.

Thank you all for the years of inspiration, dedication, and joy. It's been a privilege to share in your creativity.

**Mr Butler, Head of Art**





**Celebrating International Women in Engineering Day  
2025**

**#TogetherWeEngineer**

**Ursuline Academy Ilford visit London South Bank  
University (LSBU) for INWED'25**



On 19th June 2025, 12 selected students from The Ursuline Academy Ilford took part in an inspiring event at The **London South Bank University** to mark **International Women in Engineering Day, 2025**. The event was organised by **SheCanEngineer**, a charity working to close the gender gap in engineering industries to showcase the accomplishments of female Engineers, raising awareness around issues relating to Diversity, Equity & Inclusion and promoting Engineering to students with an ethos of inclusion at its core. This year's theme, **#TogetherWeEngineer**, highlighted the importance of collaboration, diversity and inclusion within the field of Engineering. The event was sponsored by a host of companies and Institutions.



The day began with a **mini lecture**, offering students an overview of the many exciting and varied career paths within engineering.

This was followed by a **speed networking session**, where students had the unique opportunity to meet and ask questions of professionals and academics from a wide range of Engineering disciplines. These conversations gave our students real insight into what it means to work in Engineering today - and what's possible for them in the future.



In the afternoon session, students took part in an engaging **hands-on workshop** led by **SheCanEngineer** team of enthusiastic volunteers from diverse professional engineering backgrounds. The workshop focused on design thinking and teamwork; encouraging students to collaborate, take on different roles within their groups to develop solutions that showcased core Engineering skills such as **problem-solving, creativity, negotiation, budgeting, forecasting and communication.**



**Below are some of the shared experiences of our students from the day**

The trip overall was very fun, exciting and interesting. We got to learn about the different types of Engineering and what they do. For example, one of the things I found out was from Rosa Holt who is a graduate Engineer and an engineering role model during the networking session. Rosa designs what buildings look like from the outside and looks at materials that would be best suited for specific buildings taking into account their environmental impact. She had models to show us which looked very nice. For our next session, we designed a space station it was very exciting as we used a lot of teamwork, motivation and hard work. Unfortunately, we did not win the competition however we still got a bag with a few things and a certificate. It was amazing, thanks to all the teachers for their time! – **Ammarah Mater – 7T**

On the 19th of June, I had the amazing experience of going to London South bank University (LSBU) with 11 other students. The journey which began at Ilford station, saw us taking the train to get to Elephant and Castle station and walking a short distance to the LSBU Hub. Once we arrived, we were ushered into the lecture room, while the SheCanEngineer team introduced themselves. Rozhin Naeemae, an Acoustic Consultant Architect, delivered an engaging lecture about her journey and how we can help change the world for better. We then were split into groups and sent off to our first session.

We went around to network with people from different Engineering backgrounds to learn about their jobs and different types of Architecture. After a lovely lunch, we took part in a spaceship design contest where we designed a space station. My team shared roles and all worked hard on our design concept. All the teams presented our designs and then made our way back to the

theatre room for awards and closing, where they announced the winners for the competition. We were all given goody bags, and we made our way home.

I really enjoyed the experience of learning about different types of architectural courses and spaceship designs (now I know that it takes a lot of time to design). My favourite engineer was the Fire engineer because his job sounded interesting and I liked the model he brought in. I would say this was a good experience going to the LSBU. The whole day was fantastic. – **Maira Mahmud, 7T**

My experience at this year's **SheCanEngineer** event was really good—I had a lot of fun, and everything was well organized and easy to understand. One of the highlights was the speed networking session, where we got to talk to different engineers. It was exciting to learn about a variety of jobs and what engineers actually do in the real world.

We also took part in a design activity that helped us build our teamwork and problem-solving skills. It was a fun challenge, and I enjoyed working with others to come up with creative solutions. The best part of the day was having ice cream at the end – it made the whole experience even more special! I'm really glad I had the chance to go, and I learned a lot about engineering careers that I didn't know before. – **Thyyaba Noor 7T**

On this trip I really liked how I got to speak to many different engineers and learn about what they do. My favourite part of this trip was when we got involved in designing our own space station and presenting it. I learned that engineering isn't just about building, it has many different strands and disciplines like Chemical and Computer Engineering. – **Janae Kelly 8E**

This experience was very eye-opening, and it unlocked a lot of career paths that I didn't know much about. The best part was talking to different people in different careers and fields of Engineering, as they gave us an insightful talk of what their job entails. – **Amna Ansar 9C**

During the **SheCanEngineer** workshop I really enjoyed how we were able to talk to different Engineers about their work, insight to their roles, information and their study courses: it really helped me understand how to become successful in life. The best part was when we had to create a spaceship for a target customer. We were able to work together to satisfy our customers' needs on a given budget. – **Chloe Banting 9C**

I absolutely loved the **SheCanEngineer** workshop experience. I really enjoyed talking to the range of Engineers present and learning from their experiences. Many of them have inspired me to become something like them in the future. I have learnt a lot, and I hope that I will continue my journey in STEM. – **Zayna Hussain 9C**

I enjoyed talking and networking with all the Engineers present at the event as it gave me a broader outlook on the Engineering world.

The best part was challenging myself while working on the spacecraft because working with others and adding my own ideas was fun. I also liked that we had ice cream at the end. I'll be diving deeper to explore more the field of engineering and have become more open to possible job opportunities for the future. - **Dia Saini 8C**

At London Southbank University, I had a great time learning about Engineering, talking and designing a sustainable spaceship with different students in my group. The best part was talking to different types of Engineers and learning what their work life entailed and how I can aspire to become a women Engineer of the future! The day was topped with receiving a goody bag and enjoying some ice-cream. Overall, it was an amazing experience. Thank you! - **Sara Sohail 8C**

Our students represented Ursuline Academy with pride, enthusiasm, and curiosity throughout the day. The experience made a strong and lasting impression, opening up new possibilities and aspirations for many of them.

We extend our sincere thanks to **SheCanEngineer** team, the event organisers and all their sponsor companies for the invitation and for creating such an impactful and empowering experience. Opportunities like this are vital in **steering our students** toward future careers in the Creative, Built Environment and Engineering, while also supporting the continued growth of **STEM and careers initiatives at UAI**.



**SheCan Engineer**



**INWED STEM EVENT 2025**  
19th June, 2025

**SheCanEngineer**  
at  
**London South Bank University**

Join SheCanEngineer for a full day of exciting and engaging STEM activities.



INTERNATIONAL WOMEN  
IN ENGINEERING DAY  
23 JUNE 2025



**DT Team**



## ECO Club News

Last Friday, Ms Agudelo and I took 10 members of the Eco Club to the Greenwich Peninsula Ecology Park. The day was led by the park warden, Tony.

We started the day with a bug hunt. Tony took us on a walk around the park, in which he pointed out various insects, as well as the clues they leave behind. He caught some insects using a net, and trapped them in jars, which the students had the chance to examine.

After that, the students got the chance to hold three different creatures: a millipede, a lesser stag beetle and a newt. They were very eager to hold them (even the lesser stag beetle which had scary looking jaws), and handled them all with care.

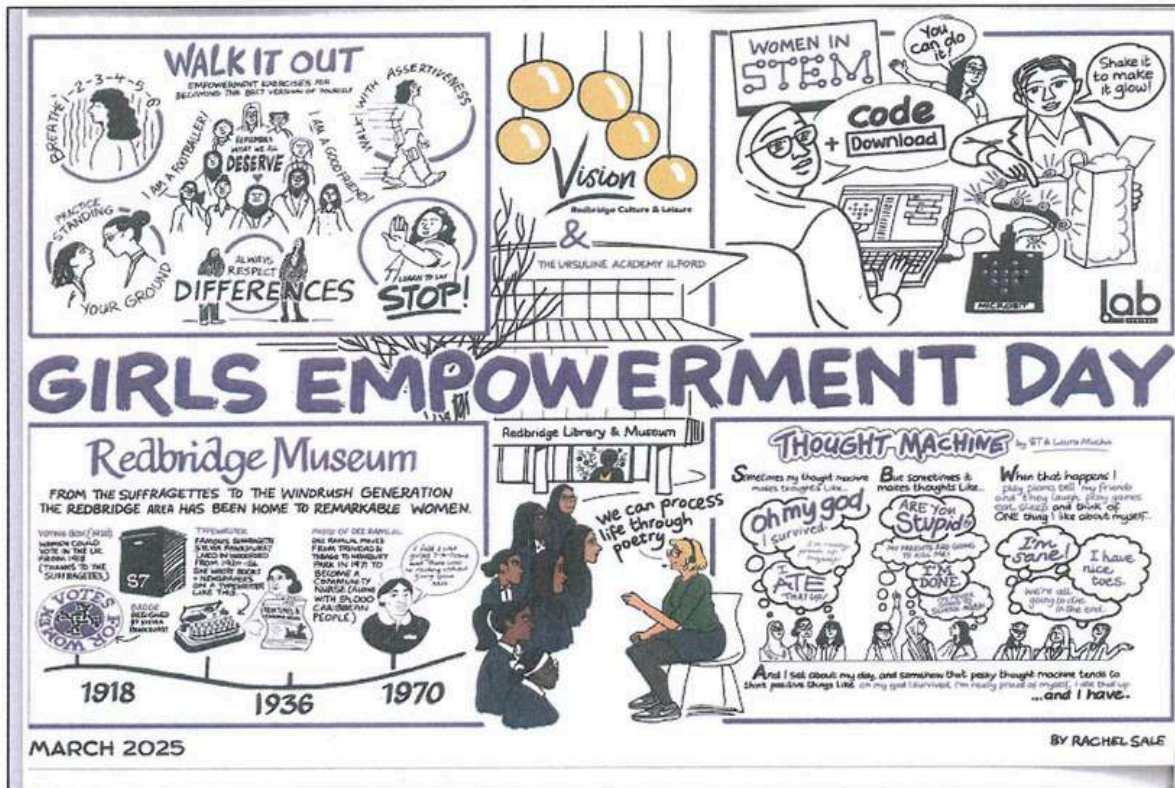
Later on, we did some microscopy. Tony put some of the creatures we handled, as well as some he found in the pond, under a microscope for us to look at. He projected the image from the microscope onto a TV screen, so everyone had a chance to look at them together.

Finally, we went to the bird hide where we used binoculars to get a closer look at some of the birds on the lake. The park is currently home to several common terns and their chicks. These birds migrate to the park every year, mainly from Ghana in West Africa, to raise their young. They will make the journey back, once the chicks are fully grown, in August-September.

I was very impressed with every member of the Eco Club. They all learnt a lot about nature and asked some excellent questions throughout the day.



**Mr McCarthy, Teacher of Geography**



Thank you to the Redbridge Library who provided a beautiful and original keepsake of the 'Girls' Empowerment Day' which they enjoyed earlier this year. The activities included an assertiveness workshop, a coding workshop, a tour of the museum and history talk on the role of women through the decades and a talk from author and motivational speaker, Laura Mucha.

### Volunteer at Redbridge Library this summer



Are you 14 years and over?

Do you enjoy working with children and young people?

All our libraries run a number of fun and exciting activities for children in the school holidays. We are looking for people to be involved with assisting to deliver our holiday programme of events.

Volunteers may help with listening to children reading and talking about the books they have enjoyed for the Fabula Reading Challenge, board games sessions, craft and recycling workshops as well as general assistance and support for our events.

You will assist in delivering activities which help children learn, have fun and to fully enjoy and participate in all that Redbridge Libraries have to offer.

<https://visionrcl.org.uk/wp-content/uploads/2023/05/Volunteer-Role-Description-Holiday-Fabula-Reading-Challenge-Volunteer.pdf>



## PE News

### PE Stars of the Week!

This Monday, 8 of our Year 10 students had the fantastic opportunity to help at St Winefride's Catholic Primary School's annual Sports Day. It was a lively, energetic event filled with classic races and activities from the ever-popular egg and spoon race and sack race to the shot put and hula hoop race.

Our students took on the role of leaders and mentors, running different activity stations and guiding the younger pupils through each event. They were responsible for explaining the rules, demonstrating the activities, and cheering on the children as they competed. They engaged brilliantly with the younger students, encouraging them to do their best and helping to create a fun atmosphere.

All the girls did an excellent job showing great leadership, enthusiasm, and patience throughout the day.

Well done to **Veronica-Michelle Tenzapa, Salwa Husain, Aaliyah Khan, Uchechi Okpala, Ania Khan, Zionee Quansah, Sarina Da Costa** and **Izza Ahmed**



**Ms Whates, Teacher of P E**



# THE URSULINE ACADEMY ILFORD

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

Headteacher: Fiona Stone BSc (Hons) MA NPQH



Dear Parents/Carers

## Sports Day – Friday 18th July 2025

### Location

Cricklefields Stadium, Ilford (IG1 1FY) Preparations are complete! Students should arrive by 9:00 a.m. and will be dismissed at approximately 2:30 p.m. after the presentation ceremony. Please ensure your daughter is picked up on time. Students should come prepared for warm weather with sunscreen, a hat, and plenty of water.

### Uniform & House Colours

As part of our house system, each student has received a house-coloured T-shirt. This must be worn on the day. Matching accessories may also be worn.

**Catherine** – Blue

**Josephine** – Green

**Teresa** – Red

**Rose** – Yellow

### Lunch & Drinks

The school will provide packed lunches to those entitled. Please indicate on the slip below if you'd like a school-provided lunch. Return by Friday 27th June. Others must bring their own packed lunch. Please bring extra water. An ice cream van will also be on-site, so students should bring a small amount of money to cover the cost of an ice-cream if they require one.

### Directions

Cricklefields Stadium is off High Road Ilford (IG1 1FY), near Isaac Newton Academy. Buses: 68 (stops outside), 150, 145, 128 If using 150, 145 or 128: Get off at Tesco Express, Green Lane Walk up Highbury Gardens, turn left the track is behind Isaac Newton Academy.

Entrance is via High Road, **not** Green Lane

We look forward to a fantastic day with students and staff. Parents are welcome to attend.

Please feel free to contact us with any queries – [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk)

Kind regards

**PE Department Staff**

**(To be returned to Form Tutor by Friday 27th June 2025)**

Student Name: \_\_\_\_\_ Form: \_\_\_\_\_

- I will provide my daughter with a packed lunch
- My daughter is entitled to a school-provided packed lunch
- My daughter will make her own way home from Cricklefields
- My daughter will be collected from Cricklefields

Signature of Parent/Carer: \_\_\_\_\_ Date: \_\_\_\_\_



success in learning for all

Company No: 07737159

Registered Address: Market Road, Ilford, Essex, IG1 1AH

**Ms Whates, Teacher of P 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

### 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.

It is divided into sections. These include researching options, attending events, financing studies, applying, and preparing for university life.

This year, mindful of the cost-of-living crisis, 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. [The Parents Guide to University](#)

### Barking, Havering and Redbridge University Hospitals NHS Trust Summer School Programme 2025: 5-day work experience

This exciting 5-day work experience opportunity is open to **Year 11, 12, and 13** students who live or study in **Barking & Dagenham, Redbridge, or Havering**, and are considering a future career in health or social care.

The Summer School offers practical experience and valuable insight to students who have specific interest in **Nursing, Midwifery**, the Allied Health Professions (AHP), such as **physiotherapy, occupational therapy, or radiography**. At the end of each placement week, students will attend an online celebration and employability session to learn about access routes to the NHS.

[BHR Hospitals Work Experience Programme Summer 2025 Application Form](#)

### Your Guide to the Screen Industries



Do you dream about contributing to epic films, shows and games? Escape Studios' Careers Guide unpacks the careers behind the scenes. From Storyboard Artist through to Games Designer, and everything in between, this handy free resource is designed to level up your knowledge of the creative teams that build your favourite media.

With extra roles and new insight in the brand new 2025 edition, you don't want to miss it. Get the [free guide](#) today to discover your dream role.



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

Headteacher: Fiona Stone BSc (Hons) MA NPQH



Ursuline  
Academy  
Sixth

June 2025

Dear Parent/Carer,

I am writing to remind families that, if you are eligible, applying for Free School Meals (FSM) can bring real advantages—not only for your child, but for the whole school community. Every successful application brings additional funding to the school through the Government's Pupil Premium, which allows us to provide more targeted support, resources, and opportunities for all our students.

I want to reassure you that our cashless fingerprint system ensures complete privacy—no student or staff member is aware of who is or isn't receiving Free School Meals. Your child's experience in the canteen will be exactly the same as everyone else's.

Even if your child prefers a packed lunch or doesn't use the meal allowance every day, registering still benefits the school. The funding we receive helps support learning, wellbeing, enrichment, and extracurricular activities across the school.

If you're unsure whether you qualify, I encourage you to check—it only takes a few minutes and could make a meaningful difference. The application process is simple and confidential.

Please have a quick look at the website [www.redbridge.gov.uk/schools/free-school-meals/](http://www.redbridge.gov.uk/schools/free-school-meals/)  
Or alternatively you can click on the link [Redbridge - Free school meals](#)

Please don't hesitate to contact us if you need help with the application or would like to speak to someone in confidence.

With thanks for your continued support,

Ms Fiona Stone  
Headteacher



success in learning for all

Company No: 07737159

Registered Address: Morland Road, Ilford, Essex, IG1 4JU

Tel: 020 8554 1995

Email: [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk)

Website: [www.uai.org.uk](http://www.uai.org.uk)

## 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	Mo = Molluscs
Cr = Crustacean	Mu = Mustard
E = Eggs	N = Nuts
F = Fish	P = Peanuts
G = Cereals containing Gluten	Se = Sesame Seeds
L = Lupin	So = Soya
Mk = Milk	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	Mo = Molluscs
Cr = Crustacean	Mu = Mustard
E = Eggs	N = Nuts
F = Fish	P = Peanuts
G = Cereals containing Gluten	Se = Sesame Seeds
L = Lupin	So = Soya
Mk = Milk	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!*

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

*Speak to one of our chefs if you have any allergies.*



# School Lunch



Funded by



Department  
for Education

London Borough of

**Redbridge**



Holiday Activities and Food  
London Borough of Redbridge  
Gearies Children's Centre  
Waremead Road, Gants Hill,  
Ilford, Essex, IG2 6TF

June 2025

Dear Parent/Carer

**Summer Holiday FUN: Monday 28<sup>th</sup> July – Thursday 21<sup>st</sup> August 2025** *(some clubs may offer alternative dates).*

Good News! We are offering your child a free programme of fun and food this Summer.

**Your invitation**

You are receiving this letter as your child is in a year group from Reception to Year 11 and eligible for benefits-related Free School Meals.

**Activities on offer**

We have a fun-filled programme across Redbridge ranging from multi sports, discos, rocket padel club, creative arts, archery, cooking lessons, and much more! It is a great opportunity for your child to develop new skills and make new friends. Free lunch is also provided at every session.

All activities are delivered by approved providers with a focus on physical fun, nutritional education and learning new skills. Providers also have experience with special educational needs and disabilities.

**How to Book**

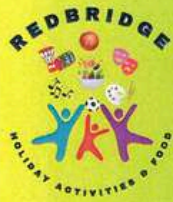
To find out what's on offer please book here: <https://eequ.org/redbridgehaf> or visit: <https://find.redbridge.gov.uk/haf>

Alternatively, for quick and easy access to our HAF booking page on your device please scan the QR code below.



Kind Regards,

*Redbridge Holiday Activity and Food (HAF) Programme*



# REDBRIDGE YOUTH

**AGES  
11-16**

# HAF CLUBS & TRIPS

July 28<sup>th</sup> - Aug 21<sup>st</sup> 2025

**DON'T BE BORED THIS HOLIDAY...**

**ENJOY:**

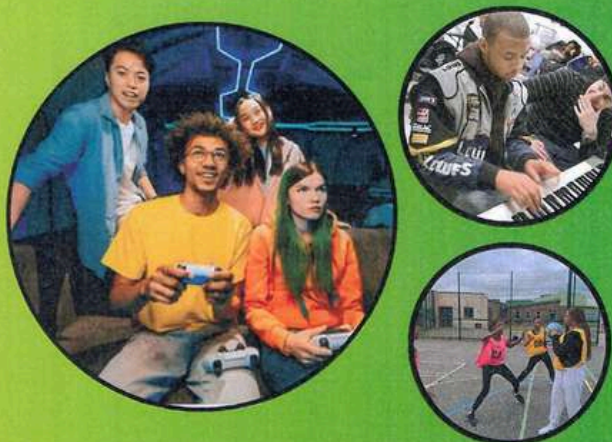
**NEW SPORTS**

**FREE FOOD**

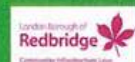
**NEW SKILLS**

**ARE YOU IN YEAR 6-YEAR 11, GET FSM AT SCHOOL & LIKE TO MAKE NEW FRIENDS? SIGN UP TO OUR FREE CLUBS FILLED WITH FUN LIKE DJ'ING, GAMING, COOKING SESSIONS AND ARTS & DESIGN!**

**SCAN ME  
TO BOOK**



**FOR MORE INFORMATION CONTACT:  
HAF@REDBRIDGE.GOV.UK OR VISIT  
FIND.REDBRIDGE.GOV.UK/HAF**



London Borough of

**Redbridge**



# What Parents & Educators Need to Know about NINTENDO SWITCH 2

Nintendo launched its Switch 2 games console in early June 2025 – its first new console in eight years. While it builds on the original's success by remaining compatible with certain existing games, it also adds powerful hardware and new features like GameChat and a USB-C camera. As more children look to upgrade, it's important to understand how this new console might affect their play and safety.

## WHAT ARE THE RISKS?

### EASIER TO ACCESS MATURE CONTENT



Despite Nintendo's reputation for family-friendly titles, mature games like *Cyberpunk 2077* and *Hitman* have been released onto the platform. With the Switch 2's improved performance, developers will be able to port even more mature-rated games. These may appeal to children due to their popularity, but they contain content that is highly unsuitable for young audiences.

### IN-APP & GAME STORE PURCHASES

The Nintendo eShop enables purchases with just a few taps. If payment details are saved and PIN protection is disabled, children may unknowingly make costly purchases – including game add-ons, cosmetic items or entire new releases – without parental approval.

### UNRESTRICTED ONLINE PLAY IN SOME GAMES

While GameChat is one feature, Switch 2 also connects to the broader Nintendo Switch Online service. Many free-to-play titles like *Fortnite* or *Splatoon 4* allow voice or text chat with strangers unless chat settings are adjusted, meaning children could encounter inappropriate language or unwanted contact.

### GAMECHAT & REAL-TIME VOICE COMMUNICATION

GameChat enables live chatting with up to 12 people, even across different games, with optional video and screen-sharing. Though children under 16 are restricted to chatting only with approved friends, the sheer interactivity could raise privacy concerns or create pressure to remain online longer.

### CAMERA COMPATIBILITY & PRIVACY CONCERNS

The optional USB-C camera supports video calling and facial overlays in games; however, this also raises the risk of cyberbullying or the unwanted sharing of personal images. The camera can be disabled, removed or covered, and parental controls are essential to manage how and when it is used.

### POWERFUL PULL OF FAMILIAR CHARACTERS

Nintendo's mascot, Mario – along with Pikachu, Donkey Kong and others – remains hugely appealing to younger audiences, especially after the success of the recent film, *'The Super Mario Bros. Movie'* (2023). These beloved icons are central to Nintendo's branding and often feature in merchandising, adverts and in-game promotions, creating strong emotional attachments in children and a sense of urgency to keep up with their peers.

## Advice for Parents & Educators

### CHECK RATINGS & USE PARENTAL CONTROLS

Every Switch and Switch 2 game comes with a PEGI age rating. Before buying one, ensure the content matches your child's age. Use the Nintendo Parental Controls app to monitor gameplay, set screen-time limits and manage friend requests.

### REMOVE OR RESTRICT PAYMENT METHODS

Avoid accidental spending by unlinking credit cards from the device. Instead, consider adding funds via prepaid eShop cards or requiring a PIN for purchases. Some banking apps can also be set to approve transactions manually.

### REVIEW FRIEND LISTS AND CHAT PERMISSIONS

Child profiles are restricted to chatting with approved friends only, but it's good practice to regularly check their friend list and communication settings. Use the Parental Controls app to switch off voice or video chat if necessary.

### ENCOURAGE OPEN CONVERSATIONS

Teach children how to block, report and capture any behaviour or content that makes them uncomfortable. The console's built-in tools allow them to create screenshots and video clips, which can aid in reporting any issues. Keeping an open dialogue helps children feel supported and safe.

### Meet Our Expert

Lloyd Coombes is the Games Editor of Daily Star and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and understands the importance of online safety. He's also a tech and fitness writer and has been published on sites including IGN, TechRadar, and plenty 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)	Trampoline 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
		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
		3:30pm (1hr)	Homework Club 7-13 Library Ms Finlay
		PM	

	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
		12:40pm (55mins)	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 (30mins)	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)
	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	
	Break	10:40am (20mins)	Ukulele Group 7-13 S5 Ms Eakins	
			Music Y10-11 Practice Room Access Practice rooms Ms Hurst	
	Lunch	12:40pm (30mins)	IT Club 7-13 F6 IT team	
			Library Lunch Club 7-13 Library Ms Finlay	
		12:40pm (1hr)	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	
			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			

	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
		12:40pm (55mins)	Library Lunch Club 7-13 Library Ms Finlay
			Art Club 10-13 S2 Mr Butler
		12:40pm (1hr)	Badminton 9-11 Gym Ms Eakins
			Debate Club 8-13 F19 Mr Donovan
		12:40pm (1hr)	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 Ms Sivachadran & Ms Verma
	Medic Mentoring 12-13 G11 Ms Seivachadran		
	PM	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
		Break	10:40am (20mins)
	Lunch		12:40pm (30mins)
		GCSE Computer Science Intervention 10-11 F6 Ms Hanifi	
		12:40pm (30mins)	MFL Ambassadors Club 8-9 G6 Ms Grassi
			Gardening Club 7-8 Chapel Ms Eakins
		12:40pm (55mins)	IT Club 7-13 F6 IT team
			UAI Band 7-13 S5 Peri teacher
		12:40pm (1hr)	Library Lunch Club 7-13 Library Ms Finlay
			Art Club 10-13 S2 Mr Butler
		12:40pm (1hr)	Music Year 8 Practice Room Access Practice rooms Ms Hurst
			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