



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 37
4th July 2025



Upcoming Events

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



This week, I had the great joy of returning to face-to-face assemblies with our students, following the examination season. Marking the Feast of Saints Peter and Paul, our reflection focused on their steadfast faith, their courage in leadership, and the call to live lives rooted in SERVIAM. As a community, we revisited the enduring power of faith, hope and love, values that continue to shape our character and actions each day.

In that same spirit of devotion and service, today we also celebrated the Feast of St Rose of Lima, the patron yellow Rose House. Their afternoon assembly, led beautifully by Ms Posnikidou, was a prayerful and thoughtful tribute to a saint who embodied deep love for the poor and the courage to live counter-culturally in her own time.

It has also been a week filled with witness to students using their gifts in service to our school and wider community. From the energy and commitment of our newly appointed Student Leadership Team, whose selection process truly demonstrated their dedication to SERVIAM, to the courage and maturity shown by Year 9 in the Solutions Not Sides workshop, I am proud of how our students continue to reflect Gospel values in action. The workshop reminded us all that respectful dialogue and empathy are powerful acts of love in a fractured world.

A special mention also to all those involved in last week's Arts Bestival, a stunning celebration of creativity and collaboration. The performances and exhibitions captured so much of the spirit of hope that the arts offer: the hope to express, to connect, and to transform. As always, thank you for your support as we head towards the final weeks of term, continuing to walk together in faith, in service, and in love.

Fiona Stone,
SERVIAM



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Pope Leo XIV @ Pontifex - 1 July 2025

Although the earth can produce enough food for all humanity, many of the world's poor still lack their daily bread. This makes the tragedy of hunger and malnutrition more lamentable and shameful.

vatican.va/content/leo-xl...

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

July: Encouragement

4th July: God will never fail to provide for their needs, so long as nothing is lacking on your part.

5th July: Put all your zeal and strength into carrying out your duty.

6th July: Do not be afraid of not knowing and not being able to do what is required in such a unique responsibility.

7th July: be happy, and always full of charity and faith and hope in God.

8th July: Charity directs everything to the honour of God and the good of souls.

9th July: The suffering of this world is nothing in comparison with the blessings which are in Paradise.

10th July: Live a new life.





Chaplaincy News

July: The Precious blood of Jesus

The month of July is dedicated to the Precious Blood. The feast of the Precious Blood of our Lord was instituted in 1849 by Pius IX, but the devotion is as old as Christianity. The early Fathers say that the Church was born from the pierced side of Christ, and that the sacraments were brought forth through His Blood.

"The Precious Blood which we worship is the Blood which the Savior shed for us on Calvary and reassumed at His glorious Resurrection; it is the Blood which courses through the veins of His risen, glorified, living body at the right hand of God the Father in heaven; it is the Blood made present on our altars by the words of Consecration; it is the Blood which merited sanctifying grace for us and through it washes and beautifies our soul and inaugurates the beginning of eternal life in it."

Precious Blood Prayer: Almighty, and everlasting God, who hast appointed Thine only-begotten Son to be the Redeemer of the world, and hast been pleased to be reconciled unto us by His Blood, grant us, we beseech Thee, so to venerate with solemn worship the price of our salvation, that the power thereof may here on earth keep us from all things hurtful, and the fruit of the same may gladden us for ever hereafter in heaven. Through the same Christ our Lord. Amen.



The Month of July
is dedicated to the Most Precious Blood of our Lord Jesus Christ.

May the Blood of Jesus protect us!



The Ursuline Academy Ilford
CHAPLAINCY NOTICES: JULY



During July, the 7th Month of the year we celebrate the joy of Summer. Catholics also reflect on Jesus' precious blood.



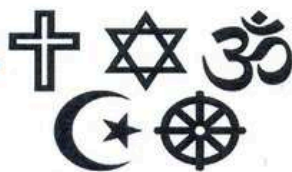
July days of Religious Significance

July 15 – Ashura

Marks the martyrdom of Husayn ibn Ali and is observed with mourning.

July 9 – Baha'i: Martyrdom of the Bab*

Commemorates the execution of the Baha'i co-founder.



There are a number of saints whose feast days are celebrated in July.

July 3: St. Thomas the Apostle, one of the twelve apostles.

July 11: St. Benedict of Nursia, founder of Western monasticism.

July 14: St. Kateri Tekakwitha, the first Native American saint.

July 15: St. Bonaventure, a Franciscan friar, bishop, and Doctor of the Church.

July 22: St. Mary Magdalene, a close companion of Jesus.

July 23: St. Bridget of Sweden, a mystic and founder of the Bridgettine order.

July 25: St. James the Apostle, one of the Twelve Apostles.

ST. KATERI
TEKAKWITHA

July 14th



July 16th: Our Lady of Mount Carmel .

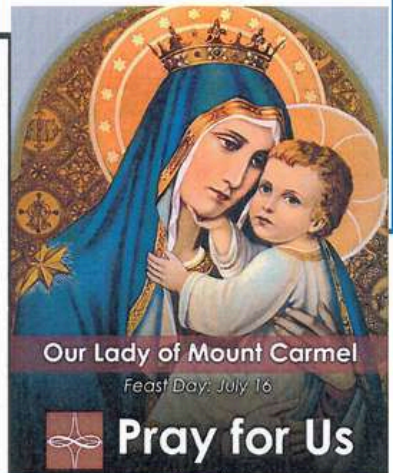
July 16th is the Feast of Our Lady of Mount Carmel, a significant date for Catholics, particularly those within the Carmelite Order. It commemorates Mary, the Mother of God, under the title of Our Lady of Mount Carmel, and is celebrated as a solemnity within the Carmelite tradition.

The Carmelite Order traces its origins back to hermits who lived on Mount Carmel in the Holy Land. They dedicated a chapel to the Virgin Mary, and she became their patroness.

According to tradition, in 1251, Mary appeared to Saint Simon Stock, a leader of the Carmelites, and presented him with the scapular, a small devotional garment.

The scapular is seen as a symbol of Mary's protection and a reminder of her maternal care for those who follow Christ. Wearing the scapular is a practice encouraged within the Carmelite tradition.

The Feast of Our Lady of Mount Carmel is celebrated with Masses, prayers, and processions. In some places, it is a major feast day, with vibrant celebrations, including music, dancing, and communal meals.



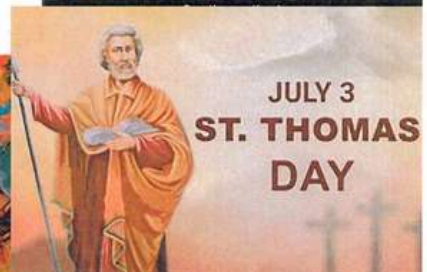
Our Lady of Mount Carmel

Feast Day: July 16



Pray for Us

JULY 3
ST. THOMAS
DAY





Art, Drama & Music Festival

On Thursday 26th June we held our first Festival event here at UAI.

The stunning art work by GCSE and A-Level Art students was exhibited in the Art studios. Music was played by talented Music students in the foyer as audience members entered the school. GCSE Drama students performed three performance pieces in the Hall that was inspired by the art work on display in the art rooms.

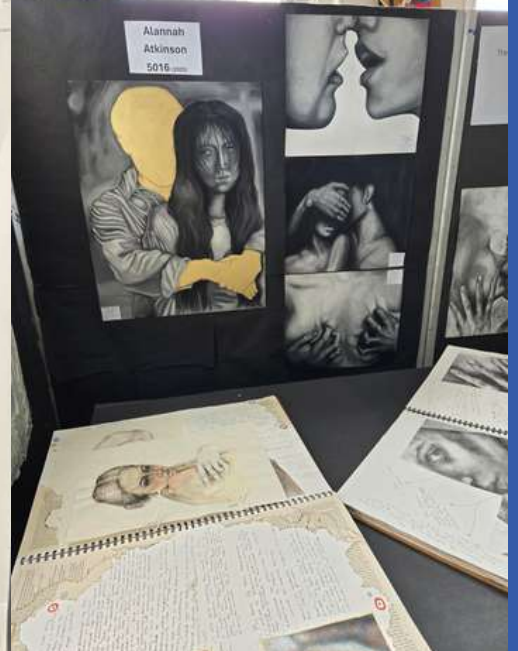
The evening was a great success and a true collaboration of the Arts.

Thank you to all who supported the evening and came along to celebrate the creativity!



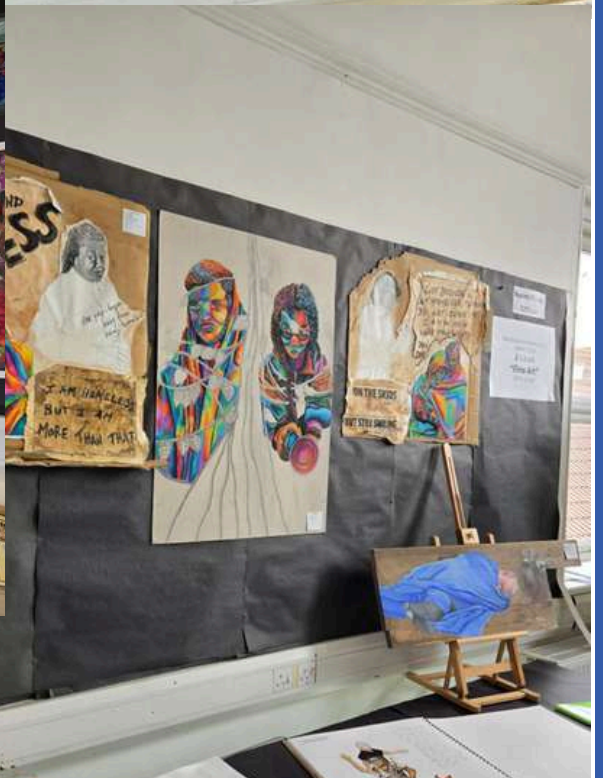


Art, Drama & Music Festival Continued...

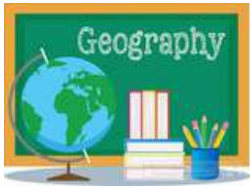




Art, Drama & Music Festival Continued...



**Mr Butler, Head of Art,
Ms Milne Head of Drama,
Ms Hurst, Head of Music**



Geography News

June was a busy and productive month for Geography fieldwork. Year 10 students completed their physical geography investigation in Epping Forest, where they explored the impact of human activity on biodiversity. They used a variety of data collection methods, including soil sampling, tree surveys, and biodiversity counts. For their human geography fieldwork, the students visited Stratford to examine the effects of urban regeneration. Across four different locations, they carried out an Environmental Quality Index (EQI), pedestrian counts, and field sketches. We were fortunate to have excellent weather, and students are now using their findings in class to analyse data and draw conclusions.

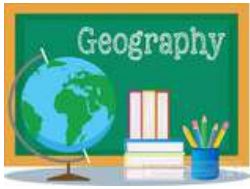


Y10 students completing field sketches in Olympic park and East Village.



Students completing a biodiversity count





Geography News Continued...

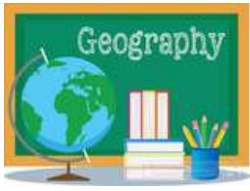


Year 12 students conducted their physical geography fieldwork at Walton-on-the-Naze, investigating coastal processes such as mass movement, erosion, and longshore drift. They also assessed the effectiveness of coastal management strategies, observing a range of hard engineering techniques including sea walls, rock armour, and groyne. In addition, students interviewed residents, collecting a valuable set of qualitative data which is now being analysed in lessons.

Y12 students measuring the beach profile and completing a sediment survey.



**Ms Colder,
Head of
Humanities**



The Geo Debrief

Each month, our brilliant Geography Ambassador Lily writes an article for the Geo-Debrief, linking Geography with current affairs through fresh and exciting topics.

This month's article is my favourite so far, it's all about Swift Economics: the impact Taylor Swift is having on the economy, society, and the environment. From hotel booms to increased transit use and carbon footprints. In fact, during her Eras tour, it was reported there was seismic activity recorded on seismometers from the amount of fans cheering and dancing!

Give it a read and discover how geography and pop culture collide.

Ms Colder, Head of Humanities

'The Swift Effect' – economic growth, feminism, and Climate Change

Taylor Swift is a legendary pop icon who has published 252 songs with 82.6 million monthly listeners. Swift has changed the course of history within the music industry as she has boosted economies around the world whilst having profound social benefits. Though, Swift has been criticised in recent years for her environmental impact. The Eras Tour is a 3-hour concert which explores all 11 of her albums as themes, like 'Folklore'. It has had a huge and lasting impact around the world as she performed across the globe, with her first concert in Arizona March 2023 and finishing in Vancouver in December 2024.

The Tour has had economic benefits, coining the phrase 'Swiftenomics'. By August 2024 Taylor finished her concerts in the UK which boosted the UK economy by £1 billion, this is £0.2 billion less than the entire UK governments spending in 2023! This has been achieved as fans spend on hotels, bars and restaurants which has increased profit for local businesses.

Though, Taylor indirectly caused demand pull inflation as hotel prices rose by 834%, which limits her economic success which worsens inequality.



But to blame this on Swift is an oversimplification of a deep-rooted free market economy that is responsive to excess demand, rather than Taylor Swift, who is not in control of the 'invisible hand' which changes the equilibrium level of price.



More positively, Taylor's music career has forged an unforgettable impact on the fight for female and LGBTQ+ rights globally. Her song 'The Man' criticises the double standards enforced through the patriarchy where she states 'I'm so sick of running as fast as I can, wonder if I would get there quicker if I was a man'. Likewise, 'You need to calm down' unapologetically calls out discrimination against members of the LGBTQ+ community because 'shade never made anybody less gay'. She has this ability to connect people across the globe regardless of geographical barriers.

Taylor has also spoken up about her sufferance from an eating disorder using this to champion body positivity. In a society which fosters unrealistic beauty standards, Taylor is breaking through social barriers, which have been upheld for centuries, to reclaim love towards your appearance.

However, Taylor's carbon footprint emissions have drawn criticism for her contribution to global anthropogenic Climate Change. Taylor's private jet emissions and use of plastics in her merchandise has consequently led to environmental degradation. But what position are we to criticise Taylor when our own governments are failing to reduce carbon emissions?

The issue of climate change is complicated and controversial with everybody refusing to take accountability for their actions because shifting the blame onto someone else is easier.

Taylor Swift has acknowledged her environmental impact and tried to mitigate her emissions by purchasing carbon credits, recycling waste from her tour and using sustainable materials for her merchandise.

When considering her economic influence, social advocacy and environmental changes, Taylor Swift stands as a strong female whose positivity transcends geographical barriers, gender, and age. This will only grow, allowing Swift to emerge as one of the best song writers of the 21st century.

Lily Power, Year 12





Krakow Trip

Krakow, January 2026

We are excited to announce that the Humanities department are leading a trip to Krakow, Poland from 28th–30th January 2026. The trip is open to all UA6 and KS4 students, with UA6 and KS4 History students taking priority.

Krakow is a beautiful city, and students will have time to explore the city centre.

Students will also spend a day visiting Auschwitz–Birkenau, the Nazi death camp, which whilst harrowing, is an experience that will never be forgotten.

Students will also visit the Jewish quarter of the city to learn about Jewish life in Krakow during Nazi occupation, and Schindler’s factory museum, to learn about Poland under Nazi occupation. Krakow is a beautiful city, rich in history and culture and the visit promises to be enormously enriching for everyone involved.



The cost of the visit is £655 per student, and an initial £300 deposit is due on Monday 14th July to secure a place for your daughter. Students will fly from Stansted airport on the morning on the 28th and return to Stansted on the evening of the 30th, meaning they will spend 3 days and two nights in Krakow. Students will be staying in Hotel Wyspianksi, which is less than a five minute walk from the city centre.

Please see Ms Mackie or Satchel for a letter containing further information.





Guacamole Day!

This week the year 7 in 7R rolled up their sleeves and left the grammar for another day. They learned about food from a Spanish speaking country and had fun making Guacamole which is a popular and nutritional Mexican dip. Many students were surprised at how easy and quick it is to make a healthy snack at home – and even more surprised by how tasty their guacamole turned out!



Guacamole dip is a delicious Mexican snack made mainly of avocados. This dip has a spicy tang and includes diced tomato and coriander to give it a little extra zing.

Guacamole

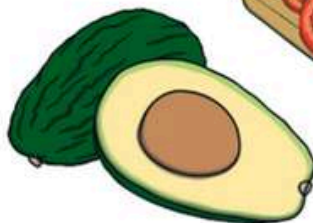


Ingredients

- 2 avocados
- $\frac{1}{2}$ red onion, finely diced (if you're using a large onion, only use $\frac{1}{4}$)
- Juice of one lime
- 1 tomato, cut into quarters, seed removed and diced small
- $\frac{1}{4}$ cup coriander, roughly chopped stem and leaves

Method

1. Cut avocados in half and remove seed and skin.
2. Dice avocado roughly and then crush with the bottom of a fork.
3. Add all ingredients and stir until well combined.
4. Check for seasoning and season to taste with salt and pepper.





Music News

Academy Choir & Worship Band

Students from Years 7 – 10 participated in the Academy Choir, performing favourite hymns at our recent special Mass to celebrate our long-standing staff members Mr Clare and Dr Osei-Owusu.

Many thanks to all who participated in the Worship Band and Choir. The student performance work was to a very high standard and students we appreciate the commitment shown by students to Music clubs and events at the Academy.



Year 10 Music Performances for Arts Festival

Congratulations to our Year 10 GCSE musicians for excellent performances at the Arts Festival. Students provided a pop-up Music performance to welcome guests arriving for the Drama and Art presentations. Thank you to **Aaliyah, Charis, Christine, Shruthi** and **Zionee** for playing to our guests.



Ms Hurst, Subject Lead Music



P E News



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

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

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: Millers Road, Ilford, Essex, IG1 4JH



Results Days 2025

Results Days 2025

GCE - Thursday 14th August 2025

GCSEs - Thursday 21st August 2025

You will be able to collect your results between 9:00am and 10.30am, in the Hall.

On 14th August the library will be available for students to use computers and have internet access for UCAS and university places. Careers advice will also be available at this time.

Year 13 students can request a priority remark and an electronic script if a university place depends on the mark changing.

Review of Marking and Script Request forms can be collected from the school Reception or Exams Officer. Once the form has been completed, returned and the payment received via **ParentPay** the request will be processed. Please note that marks can go down, stay the same or go up; the new mark will be your final mark.

GCE A LEVEL / Level 3 VOCATIONAL FEES 2025

	AQA	EDEXCEL	OCR	WJEC
PRIORITY REVIEW	£60	£68	£81	£58
REVIEW OF MARKING	£51	£57	£66	£49
E-COPY OF SCRIPT	£5	£5	£5	£5

GCSE / Level 2 FEES 2025

	AQA	EDEXCEL	OCR	WJEC
PRIORITY REVIEW	-	£60	-	-
REVIEW OF MARKING	£44	£50	£66	£43
E-COPY OF SCRIPT	£5	£5	£5	£5

Remark Deadlines

Priority GCE	Thursday 21st August
Priority GCSE Remark	Friday 22nd August – 11am
A LEVEL/VOCATIONAL Remark	Monday 22nd September
GCSE Remark	Monday 22nd September
Electronic Script	Monday 22nd September

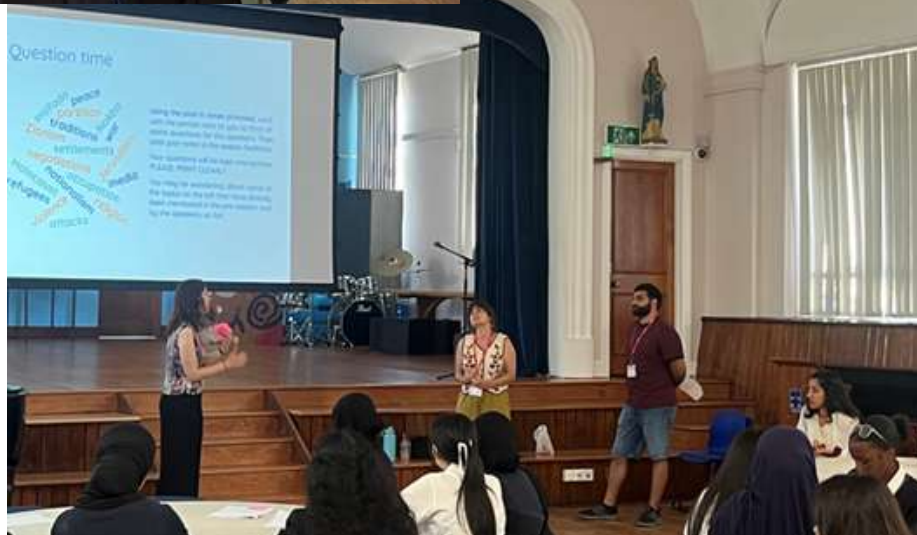


Solutions not Sides

On Monday 30th June 2025, our Year 9 students took part in a powerful and thought-provoking workshop delivered by Solutions Not Sides, an educational charity dedicated to promoting critical thinking, empathy, and constructive dialogue around the Israel-Palestine conflict.

The workshop created a safe and respectful space for students to meet and hear directly from individuals with lived experiences from both Israeli and Palestinian backgrounds. This unique opportunity allowed the students to develop a more nuanced understanding of complex historical and cultural narratives, while encouraging them to reflect on their own views and ask meaningful questions.

Representatives from the Mayor of London's Office, who fund this important initiative, were also present to observe the session. They were impressed by how engaged, focused, and emotionally intelligent our students were. The girls showed great courage and resilience when tackling challenging topics, asking educated, thoughtful questions that demonstrated their maturity and willingness to explore different perspectives. The participants shared, "Hearing from real people who have lived through the conflict opened my mind to think differently and see things in a more human way."



This workshop beautifully aligned with our Catholic Social Teaching values, reminding students that “Let all that you do be done in love.” – 1 Corinthians 16:14. Through respectful dialogue and empathy, our students demonstrated their commitment to the dignity of every human person, solidarity, and the pursuit of peace – core principles that guide our faith and community.

The Year 9 team is thankful to Ms Stone for providing this opportunity to open minds and enhance our love, respect, and empathy towards others while embodying a sense of unity and harmony, showing our beautifully diverse community at its very best.

As Head of year 9, I am incredibly proud and stand tall for the respect and compassion they showed throughout the event, and I look forward to further opportunities to build on these vital skills of understanding and critical thinking.



Ms S Khan, Science Teacher and Head of Year 9



Student Leadership News

Introducing the 2025/26 Student Leadership Team

We are delighted to present our newly appointed Student Leadership Team for the 2025/26 academic year, made up of both Senior and Junior student leaders (pictured below). These students will serve as ambassadors and role models within the school, working collaboratively with both peers and staff to help lead and inspire our community.

Our Year 12 Senior Leaders were selected through a thorough three-stage process that began over a month ago. Candidates first submitted written applications, followed by a two-minute speech delivered to the wider school, and then participated in a vote involving both students and staff. The final stage was a panel interview with Ms Stone, Mr McGhee and Dr Oseo-Owusu.

Junior Leadership candidates submitted letters of application and were shortlisted for interviews. The standard of applications was exceptionally high, and the interview panel was so impressed by the creativity and passion on display that we've expanded the team to include even more student leaders than originally planned.

We're excited to see the energy and dedication this team will bring to their roles, and we extend our warmest congratulations to all our new Student Leaders!

A massive thank you to **Waania, Miethursha, Mahrukh** and **Raheema** who came in especially from their study leave to share their experiences and 'hand over' to the new team. SERVIAM!





Student Leadership News

Celebrating Student Leadership Success 2024–25!

We are incredibly proud to share that **Raheema, Annabel, Naga, Mahrukh,** and **Miethursha** have achieved national recognition for their outstanding contributions to student leadership. In April, the students submitted their evidence portfolios to the SSAT (The Schools, Students and Teachers Network) for accreditation. Their hard work and commitment were rewarded with two Silver and three Gold Leadership certificates, a fantastic achievement!

The SSAT moderator praised the high standard of their submissions, offering the following feedback:

"The portfolios successfully demonstrated high standards of student leadership. We commended their contribution as student leaders to fostering a vibrant, inclusive, and compassionate school community through their dedication to service, academic achievements, and peer support. From leading cultural celebrations and mentoring younger students to organising charitable initiatives and advocating for social justice, the students demonstrated initiative, empathy, and resilience. Also, their ability to balance their academic pursuits with impactful extracurricular involvement highlights their time management skills and commitment to making a difference. Whether through public speaking, enrichment leadership, or collaborative teamwork, they have shown how they have inspired their peers, encouraged unity, and active student leadership within their school." – SSAT

This is a wonderful reflection of the wealth of opportunities offered to our students at UAI, and a shining example of the leadership, compassion, and initiative we strive to foster every day. We are looking forward to preparing the new student leaders for this exciting journey.



Dr Osei-Owusu, Head of Chemistry, Enrichment & Student Leadership Coordinator



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

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/
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

Website: 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 website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

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

Thank you for your co-operation.





Lunch Menus

MAINS *Only £2.50*

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

MON	TUE	WED	THU	FRI
★ PORTUGUESE PLATES ★ Peri-Peri Chicken with Lemon & Herb Sauce (G,Su,E,Ce) Vegan Peri-Peri Squash with Lemon & Herb Sauce (G,Su,E,Ce) Spicy Wedges (Mu) Crushed Minty Peas Extras: Toasted Pitta Bread (G) Grilled Haloumi (M)	★ HOME COMFORTS ★ Beef Cottage Pie (G,So,Mk,Ce) Vegan Cottage Pie (G,So,Mk,Ce) Roasted Root Vegetables Garden Peas Extras: Crusty Baguette (G)	★ ROAST ★ Roast Chicken Dinner with Stuffing & Chicken Gravy (G) Roasted Winter Root Vegetable Wellington with Stuffing & Vegetable Gravy (So,E,G) Crunchy Roast Potatoes Carrots & Kale Extras: Yorkshire Pudding (G,E,Mk)	★ ASIAN FLAVOURS ★ Sticky Turkey Chow Mein with Crunchy Toasted Seeds (G,So,Mu,E,Ce) Sticky Vegetable Chow-Mein with Crispy Tofu (G,So,Mu,E,Ce) Vegetable Stir Fry with Crunchy Beansprouts (So,G) Extras: Prawn Crackers (Su,Cr) Spring Rolls (G,So,Mk,E,Ce)	★ FISH & CHIP SHOP ★ Battered Fish Fillet (G,F) Jumbo Sausage (G,Su) Vegan Homemade Pea & Potato Samosa with Raitha (G) Chips Peas Baked Beans Extras: Chip Shop Gravy Curry Sauce (Mk,So)

THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR

Meal Deal
Only £2.70

Check out what's on offer today, available for free school meals!



Daily Pasta Bar
Slow Cooked Beef Bolognese (G) Tomato and Basil (G) Mac 'n' Cheese (G,Mk)

Served with
Home baked Garlic Bread (G,So,Mk) Pesto (Mk) & Cheese (Mk)
Med £2.20 / Large £2.50

GLOBAL EATS

From £2.50



MON	TUE	WED	THU	FRI
Sliced Tomato and Cheese Panini (G,Mk)	Chicken Beyti Flatbread (G,Mk,So)	Pepperoni and Mozzarella Panini (G,Mk)	Fully Loaded Cheeseburger with Crispy Pickles (G,Se,Mk)	Mozzarella Panini (Mk,G)

DESSERTS

- MONDAY**
Lemon Blondie (G,E)
- TUESDAY**
Sticky Baked Jam Doughnut (G,Su)
- WEDNESDAY**
Oaty Pear Crumble & Custard (G,E,Mk,So)
- THURSDAY**
Chocolate Sponge Pudding (G,E,Mk,So)
- FRIDAY**
Somerset Apple & Cinnamon Cake (Mk,E,G)

£1.40

ALLERGENS

we're allergy good!

- Ce = Celery
- Cr = Crustacean
- E = Eggs
- F = Fish
- G = Cereals containing Gluten
- L = Lupin
- Mk = Milk
- Ma = 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

- MONDAY**
Raspberry and Coconut Sponge (G,E,Mk,Su,So)
- TUESDAY**
Pineapple Cupcakes (G,E,Mk)
- WEDNESDAY**
Apple Crumble & Custard (G,E,Mk,So)
- THURSDAY**
Banana & Toffee Cake (G,E,Mk,So)
- FRIDAY**
Chocolate & Beetroot Brownie (G,E)

£1.40

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Lunch Menus Continued...

MAINS *Only £2.50* *Week Three: 20/01/2025, 10/02/2025, 10/03/2025, 31/03/2025*

MON	TUE	WED	THU	FRI
AMERICAN DINER Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su) Veggie Hot Dogs with Yellow Mustard Crispy Onions & Jalapenos (G,Mu,Se,Su,E) Baked Potato Wedges Southern Style Coleslaw (Su,Mu,E) Extras: Onion Rings (G)	SOUTH AFRICA Cape Malay Chicken Curry (G) Vegan Chakalaka (Soweto Chilli) Fragrant Yellow Rice Tangy Bean Salad Extras: Mealie Bread (G,E,Mk,So)	ROAST Slow Roast Turkey with Stuffing & Roast Gravy (G) Vegan Winter Root Vegetable & Kale Filo Parcel (G) Crispy Roast Potatoes Baked Carrots & Parsnips Extras: Yorkshire Pudding (G,E,MK)	WRAP STATION BBQ Pulled Pork Wrap (G,Ce) Vegan BBQ Vegetable Wrap (G,Mu) Spicy Rice (Ce) Roasted Corn & Pepper Salad Extras: Tortilla Chips	FISH & CHIP SHOP Battered Fish Fillet (G,F) Roast Chicken Cheese & Onion Turnover (G,F,E) Chips Peas Baked Beans Extras: Chip Shop Gravy Curry Sauce (Mk,So)



THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR

Meal Deal
Only £2.70

Check out what's on offer today, available for free school meals!



Daily Pasta Bar
 Slow Cooked Beef Bolognese (G)
 Tomato and Basil (G)
 Mac 'n' Cheese (G,Mk)
Served with
 Home baked Garlic Bread (G,So,Mk)
 Pesto (Mk) & Cheese (Mk)
Med £2.20 / Large £2.50

GLOBAL EATS *From £2.50*



MON	TUE	WED	THU	FRI
Teriyaki Chicken Noodles (G,E,So,Su)	Cajun Beef & Rice Burrito (G,Mu)	Pepperoni and Mozzarella Panini (G,Mk)	Beef Meatball & Mozzarella Sub (G,Mk)	Cheese and Tomato Panini (G,Mk)

DESSERTS

MONDAY
Chocolate Marble Cake (G,Mk,E)
TUESDAY
Banana & Choc chip Sponge (G,E,Mk,So)
WEDNESDAY
Lemon Curd Cake (G,E,Mk,So)
THURSDAY
Sticky Toffee Pudding (G,E,Mk,So)
FRIDAY
Coconut & Lime Shortbread (G,Su)
£1.40

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School Lunch



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 28th July – Thursday 21st 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

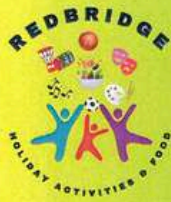
To find out what's on offer please book here: <https://eequ.org/redbridgehaf> or visit: <https://find.redbridge.gov.uk/haf>

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 28th - Aug 21st 2025

DON'T BE BORED THIS HOLIDAY...

ENJOY:

NEW SPORTS

FREE FOOD

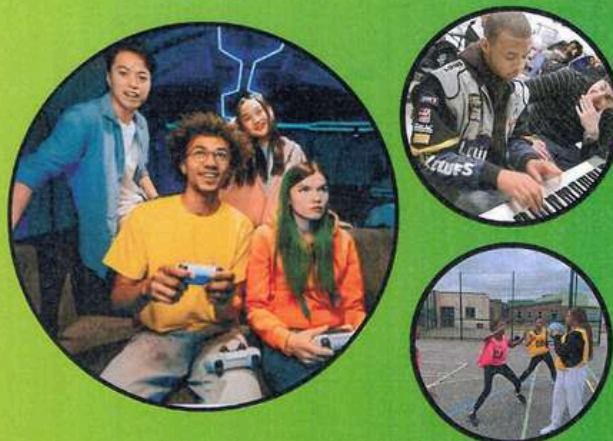
NEW SKILLS

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**



SUMMER
CAMP



**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 APPLE IPADS

WHAT ARE THE RISKS?

Tablets remain a staple of children's digital lives – and Apple's iPad is by far the most popular model. According to Ofcom, over half of younger children regularly use a tablet to play games, watch online content or access apps. With their broad functionality, iPads can be helpful tools, but without supervision, they may expose children to risks ranging from inappropriate content to screen overuse.

COSTLY TO REPAIR

Unlike some child-friendly tablets, the iPad is not built for rough handling, its slim design and high cost mean that a drop or spill can result in a costly repair. If a child is using the device regularly, a sturdy case and screen protector are strongly recommended to help prevent accidental damage.

DATA PRIVACY

While Apple is known for strong privacy protections, a recent study found that many iOS apps aimed at children still share personal data. Over 40% of the tested apps sent at least one piece of user information to third parties, raising concerns about advertising and analytics being targeted at underage users.

INAPPROPRIATE CONTENT

The App Store and Safari browser provide almost unrestricted access to online material. Children may stumble upon age-inappropriate content, whether through apps, advertisements or online searches. Even recommended content algorithms can surface unsuitable material.

BYPASSING RESTRICTIONS

Siri – Apple's voice assistant – can potentially override restrictions, especially with the newer text-based commands introduced through Apple Intelligence. Without safeguards in place, children may inadvertently access inappropriate topics simply by asking a question, bypassing certain filters previously set by adults.

SCREEN ADDICTION

iPads can be highly immersive, and excessive screen time may affect a child's emotional and behavioural development. Signs of overuse might include mood swings, irritability, and difficulty focusing on non-digital activities.

REDUCED ATTENTION & COGNITIVE IMPACT

Prolonged use of tablets has been linked with reduced memory, slower processing speeds and difficulties in concentrating. Research shows that children who spend excessive time gaming or consuming media on tablets may struggle with language development and executive functioning over time.

Advice for Parents & Educators

ENABLE FAMILY SHARING

Family Sharing allows you to create a dedicated Apple ID for your child and manage their activity. You can approve purchases, control what content they can access, and set time limits – all done remotely from your own device. It's a simple but powerful way to maintain oversight.

FILTER APPS, WEBSITES & IN-APP PURCHASES

Parental controls in iOS let you block explicit content in Safari, restrict app downloads, and manage in-app purchase permissions. You can also filter websites automatically to prevent access to adult material and disable the installation of certain app types completely.

USE SCREEN TIME FEATURES EFFECTIVELY

Tools like Downtime and App Limits can reduce device overuse. Downtime allows you to block access during key times – such as before bed or during homework – while App Limits sets daily time caps on specific games or apps. Alerts help children anticipate when their time is almost up.

PREVENT UNAPPROVED SPENDING

Children can accidentally (or intentionally) make purchases within apps. Activating Ask to Buy under Family Sharing ensures you receive a notification to approve any app or in-app purchase. This stops surprise charges and allows you to discuss purchases together before they're made.

Meet Our Expert

Carly Page is a seasoned technology journalist with over a decade of experience. Formerly a senior cybersecurity reporter at TechCrunch, Carly now writes for publications including WIRED, Forbes, TechRadar, and Tes. With a deep understanding of online safety, she brings a valuable perspective to parenting in the digital age.



#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
		12:40pm (55mins)	🏀 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
	1:10pm (30mins)	🎸 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
		12:40pm (55mins)	📖 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
		12:40pm (1hr)	🎵 Music String group 7-10 S5 Ms Hurst
			1:00pm (30mins)
	PM	1:10pm (30mins)	🎭 KS3 Drama Club 7-9 Drama Studio Ms Milne
		3:20pm (1hr)	🎻 Violin Ensemble 7-13 S5 Peri Teacher
	3:30pm (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
	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 (55mins)	🕌 Islamic Society 7-13 F10 Mrs Ahmed
			🎵 Music Year 9 practice Room Access Practice rooms Ms Hurst
			12:40pm (1hr)
		1:00pm (30mins)	🔬 SEN Science Club 7-8 G11 Mr Uddin
			➕ Sparx Maths Club 7-13 F13 Ms Sivachadran & Ms Verma
	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
			🏸 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
	1:00pm (30mins)	🎵 Music Y7-9 Choir S5 Ms Hurst	
		1:00pm (30mins)	🔬 STEM Club (Visualise) 7-13 G12 Ms Kodi-Pekhu
	PM	1:10pm (30mins)	🌏 South Asian Society Y7-13 S8 Ms Sivachadran & Ms Verma
		3:30pm (1hr)	🗨 Medic Mentoring 12-13 G11 Ms Seivachadran
		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 (55mins)	🏏 MFL Ambassadors Club 8-9 G6 Ms Grassi
			🌿 Gardening Club 7-8 Chapel Ms Eakins
			🎵 UAI Band 7-13 F6 IT team
		12:40pm (1hr)	📖 Library Lunch Club 7-13 Library Ms Finlay
		1:05pm (30mins)	🎨 Art Club 10-13 S2 Mr Butler
	🎵 Music Year 8 Practice Room Access Practice rooms Ms Hurst		
	PM	3:30pm (1hr)	📖 Homework Club 7-13 Library Ms Finlay
			🎵 Poetry Club 7-9 (**Fortnightly) F3 Ms Abbasi-Freeman
			🎵 Music Y10-11 Coursework S5 Ms Hurst