



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 38
11th July 2025



Upcoming Events

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.

Staff INSET Day

Monday 1 September

No Students in School

Staff INSET Day

Tuesday 2 September

No Students in School

Year 7 & 12 Induction Day

Wednesday 3 September

Term Begins 8.40a.m.

Thursday 4 September

All Students in School



Headteacher's Headlines



As we approach the final days of term, I want to acknowledge the compassion and generosity of our school community. This afternoon, our students organised a fundraiser in support of the Red Cross Gaza Appeal. The event was a great success, a moving example of how young people can come together in solidarity to make a difference. Photos will be included in next week's newsletter, but I want to extend my sincere thanks to everyone who contributed time, energy, and donations.

Solidarity is one of the key principles of Catholic Social Teaching. It reminds us that we are all part of one human family, whatever our national, racial, ethnic, economic, or ideological differences. This principle calls us to take action when others suffer, and today's event powerfully demonstrated our students' commitment to this value. Their sense of justice, empathy, and global responsibility was evident in every aspect of the fundraiser.

These final weeks of the school year are always filled with both reflection and celebration. Our end-of-year trips and upcoming Sports Day will give students a chance to relax and enjoy the fruits of their hard work, while the final assemblies will provide opportunities to give thanks and look ahead with hope.

Fiona Stone,
SERVIAM





Newsletter Contents this week:

Chaplaincy News, Pages 3 - 4

Clubs News, Page 5

Music News, Page 6

P E News, Pages 7 - 9

Results Days News, Page 10

Year 5 Visit from St Augustines, Page 11

Free School Meals, Pages 12 - 13

Lunch Menus, Pages 14 - 15

Redbridge News, Pages 16 - 17

What Parents &
Educators need to know about AI-
ENABLED SCAMS
Page 18

Clubs Timetable, Page 19



Pope Leo XIV @ Pontifex - 9 July 2025

The Lord has entrusted us with the mission to care for creation and to bring it peace and reconciliation. We hear the cry of the earth and the poor, for that cry has reached the heart of God. Our indignation is His indignation; our work is His work.

[#LaudatoSi](#)

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

July: Encouragement

11th July: Be attentive, with a great and longing heart.

12th July: Act, move, believe, strive, hope, cry out to him with all your heart.

13th July: Consider that we live in the midst of snares and dangers.

14th July: If you see one timid and inclined to despondency, comfort her.

15th July: Encourage them to then go forward willingly.

16th July: God has given free will to everyone, and wants to force no one, but only proposes, invites and counsels.

17th July: We will hear god's voice all the more clearly the more purifies and clean our conscience.





Chaplaincy News

St. Rose Drama Assembly – A Beautiful Tribute by Year 7

Last week, our Year 7 Rose class had the special opportunity to present their very first drama assembly – a heartfelt tribute to St. Rose of Lima, created with the support and guidance of their Form Tutor Ms. Posnakidou and Mrs. Milne. Pupils worked together to bring her inspiring story to life on stage, combining acting, teamwork, and creativity to honour their class's patron saint.

The assembly highlighted the remarkable life of St. Rose of Lima, the first saint of the Americas, known for her deep faith, humility, and dedication to helping the poor. Born in Peru in 1586, Rose chose a life of simplicity and prayer, turning away from comfort and recognition to serve others and stay close to God. Her compassion and quiet strength continue to inspire people around the world today.

The pupils were full of enthusiasm and joy as they prepared and performed the assembly. They put great effort into their roles and truly enjoyed the experience, creating a performance that was both meaningful and memorable.

As one Year 7 pupil shared, "It felt really special to learn about St. Rose and act out her story. We were proud to show everyone what she stood for."

Another added, "Working together on the assembly helped us understand how important kindness and faith were in her life."

A big well done to Year 7 Rose for such a thoughtful and moving celebration of St. Rose's life!

Ms. Posnakidou, 7R Form Tutor





Chaplaincy News Continued...

Weekly Mass: 9 Rose and 9 Teresa

Weekly mass was celebrated in the Chapel this Thursday during lunchtime with Forms 9 Rose and 9 Teresa. The Gospel reading of the day was from **Matthew 10: 7-15**

Jesus said to his Apostles: "As you go, make this proclamation: 'The Kingdom of heaven is at hand.' Cure the sick, raise the dead, cleanse the lepers, drive out demons. Without cost you have received; without cost you are to give. Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. Whatever town or village you enter, look for a worthy person in it, and stay there until you leave."

In essence, this gospel passage from Matthew emphasizes the apostles' mission to spread the good news of God's kingdom, the importance of trusting in God's provision, and the consequences of rejecting the gospel. It also calls for believers to be alert and generous in sharing the gifts and graces they receive.



Ms G Semambo, Teacher of R E



Clubs News

Greek Mythology Club Presentations – A Journey Through Myths and Musicals!

Last week, our Greek Mythology Club proudly launched its end-of-year presentations, showcasing the creativity and deep understanding our members have developed over the past months.

Last Thursday's sessions featured an exciting dive into the myth of Jason and the Argonauts, exploring themes of heroism, betrayal, and adventure. Students brought the ancient tale to life, connecting the timeless myth to modern ideas and perspectives.

Another fascinating topic was the parallel between Greek mythology and musicals – an imaginative exploration of how mythological stories are reinterpreted through theatre. One standout example was *Hadestown*, a Tony Award-winning Broadway musical by Anaïs Mitchell. It reimagines the myth of Orpheus and Eurydice, blending folk and jazz music to tell a powerful story of love, loss, and trust in a world that feels both ancient and modern. Students explored how characters like Hades and Persephone are portrayed in new ways, highlighting the creative freedom directors and writers take when adapting these myths.

As one student put it, "It's amazing to see how the same myth can be told in so many different ways – a director can make Medea a villain or a victim, and that completely changes how we see the story."

The presentations will continue this week and the next, and we're looking forward to more insightful and thought-provoking journeys into the world of Greek mythology!

Ms Posnakidou, Teacher of R E





Music News

Music Bursary Update

An important update on the UAI Bursary for Instrumental Lessons. We are pleased to offer an annual bursary for students who require support to participate in Music tuition at the Academy. Please note that the Bursary is awarded on a yearly basis and as such, any student currently in receipt of a Bursary will be required to reapply for September 2025. The current bursary ends this term and in order to continue lessons next term, families will need to make payments for lessons directly to instrumental teachers. Details of the programme and fees will be available from Miss Hurst, next week. jhurst@uai.org.uk.

Instrumental Lessons for 2025-26

Lessons are offered by our team of Visiting Music Teachers in the following disciplines: Violin, Piano, Keyboard, Electric Guitar, Acoustic Guitar, Bass Guitar, Drum Kit, Trumpet, Trombone, French Horn, Flute, Clarinet, Saxophone, Recorder, Oboe, Bassoon & Voice.

Fees for September 2025 are outlined below:

30-minute lesson: Individual lessons cost £216 per term (£18 per lesson)

20-minute lesson: Individual lessons cost £144 per term (£12 per lesson)

20-minute lesson: Shared lessons cost £72 per term (£6 per lesson, based upon 2 students sharing a lesson)

Extra-Curricular Clubs

Thank you to all of our UAI students who have participated in our rich extra-curricular music programme this year. Activities have included: Guitar Club, Ukulele Club, String Group, Glee Club, Academy Choir, Mass Choir, Worship Band, Carnatic Music Club and Practice Club.

Activities continue next year at no additional cost to families.

Students should contact Miss Hurst in S5 or via email to register an interest in joining any of the music clubs on offer!

Music Performance as part of the Year 10 Harmony in Unity Workshops

We were delighted to welcome emerging artist Tee Peters and his Band to provide uplifting entertainment and encouragement during this week's Year 10 Harmony in Unity Workshops. Student engagement was excellent during the session and our guest was well-received. Thank you also, to our **special guest artist, 'Wolf' aka Mr Okyere from the Science Team!**

Well done to the following students who volunteered to collaborate and represent Ursuline Academy Ilford so positively during the afternoon session: **Christine, Dania, Fatima** and **Semilore**.



Ms Hurst, Subject Lead Music



P E News

Ursuline Athletics Season 2025

We have had a very busy few weeks with the athletics clubs as students prepared for the Redbridge Schools Athletics Championships.

The Year 7 and 8 event was on Thursday the 12th of June and Years 9 and 10 on the 17th of June. As in previous years the fixtures took place at Ashtons in Woodford Bridge.

A smaller squad of students were selected this year which meant a lot of students had to do multiple events. During both fixtures the Ursuline teams had excellent attitude and behaviour throughout and were a credit to the school.

Our team competed against all the other schools within Redbridge, with up to 17 competitors in each event. The top performers are listed below:

Gold Medalists

Habiba - Y10 100m

Azzurra - Y10 300m

Fola - Y9 200m

Mercy - Y8 Discus

Yr 10 Relay (**Azzurra, Shyheima, Habiba & Veronica**)





P E News Continued...

Silver Medalists

Precious - Y8 300m

Habiba - Y10 Long Jump

Fola - Y9 Long Jump

Bronze Medalist

Christabel - Yr 8 100m

4th Place

Christabel - Y8 High Jump



Year 9 and 10 Athletics Team 2025

The Essex Schools Track and Field Championships took place at Chelmsford Athletics Centre on Saturday 14th June. This year we had a record 5 students selected to represent Redbridge Schools at this event. This is a high standard of competition as Essex are a very strong county within England. In the junior girl age group Year 8 student **Mercy** was selected in the discus and Year 9 student **Fola** competed in the 200m. In the inter girls' Year 10 students **Habiba** and **Azzurra** were selected for the Inter girls, but only Habiba competed on the day finishing just out of the medals in 4th place running a massive personal best time. Year 11 student **Gabriella** also competed in the same age group in Shot put.



Gabriella - Shot IG



Habiba - 100m IG



Mercy - Discus JG



Fola - 200m JG

If anyone would be interested in taking athletics further please see Mrs Mansell for details of local clubs.

Congratulations to all our students who have represented the school over the last couple of weeks!

Mrs Mansell, Teacher of P E



PE News Continued...



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: Millard 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



Year 5 Transition Visit from St Augustine's

Year 5 Students from St Augustine's get creative at Ursuline Academy Ilford

On a recent visit to the Ursuline Academy Ilford, 30 enthusiastic Year 5 pupils from Saint Augustine Primary School had the opportunity to experience life as young artists during two engaging taster sessions in art.

The students took part in two 50-minute lessons that explored the use of complementary colours and the famous painting *Girl with a Pearl Earring* by Johannes Vermeer. These sessions were not only educational but also inspiring, offering the young visitors a chance to expand their creativity and learn new artistic techniques.

The sessions were expertly delivered by six dedicated Year 12 A-Level Art students – (**Qudsia, Cameron, Brunelle, Rida, Amani** and **Alina**) – who had planned and organised the lessons themselves. Demonstrating impressive leadership and initiative, they developed extension tasks, interactive quizzes, and even ran a Q&A at the end.

Both staff and students were impressed by the confident delivery and creativity shown by the A-Level students, and the Year 5 pupils left feeling inspired and excited about the possibilities of art at UAI. The visit was a wonderful example of student-led learning and collaboration between schools.

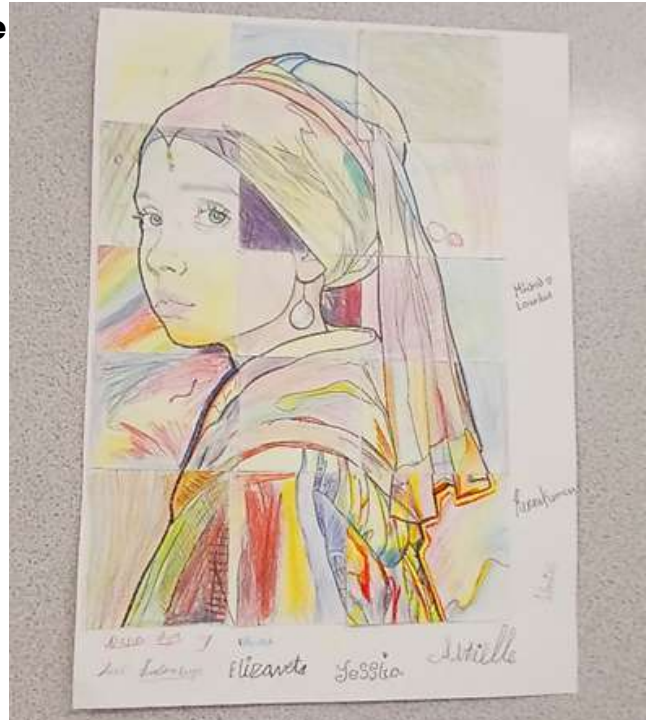
Jessica: I learnt to mix colours & how to shade. I also learnt about a painting called 'Girl with a Pearl Earring'

Diana: I like that everyone is friendly. I learnt that art is for everyone.

Ayra: We did a range of activities, and I had fun in all of it.

Michal: 99% fun 1% Tricky. Loved it so much! Thank you!

Well done to all involved including **Mr Selley** and **Ms Khondoker**
Mr Butler, Subject Lead Art





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	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
★ 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

ALLERGENS
we're allergy good!

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
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)



Meal Deal
Only £2.70

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

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

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

ALLERGENS

we're allergy aware!

Ce = Celery	Mo = Molluscs
Cr = Crustacean	Mu = Mustard
E = Eggs	N = Nuts
P = Fish	Pe = 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.



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

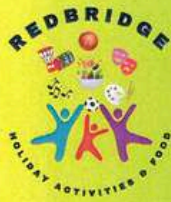
To find out what's on offer please book here: <https://eequ.org/redbridgehaf> or visit: <https://find.redbridge.gov.uk/haf>

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

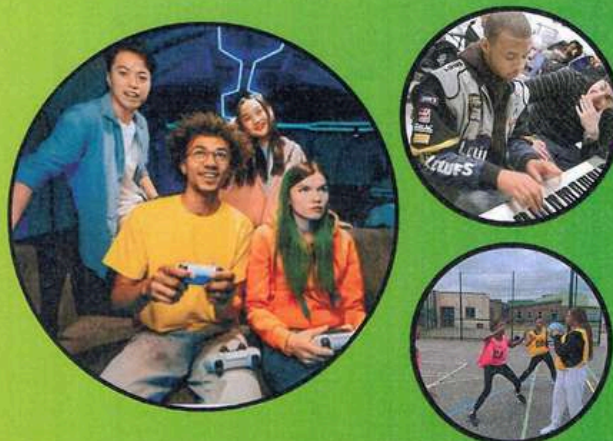
NEW SKILLS

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 AI-ENABLED SCAMS

WHAT ARE THE RISKS?

Artificial intelligence (AI) is quickly becoming a widely used tool, with lots of positive applications being discussed and developed. Sadly, however, as with most technology tools, there are those who will seek to use it for malicious and dishonest practices, with children and other vulnerable groups particularly at risk.

PHISHING EMAILS: BETTER & QUICKER

Phishing scams – emails designed to trick people into handing over login details or money – are not new, and do not rely on AI; however, AI has made them far more dangerous. Criminals can now generate highly convincing emails at speed, mimicking an organisation's tone, branding and language with ease. This makes phishing attempts harder to spot, especially for young people who may not yet know what to look out for.

ONLINE MARKETPLACE FRAUD

Online marketplaces are now a common way to buy and sell everything, from second-hand clothes to cars. Criminals are exploiting this by using AI to enhance or completely fake product photos and videos, and pressure buyers into paying deposits or full amounts upfront. These tactics are becoming more advanced, making it vital to pause, check, and verify the sale before parting with any money.

VOICE IMPERSONATION

AI can now realistically impersonate a person's voice when given a small sample of someone's speech patterns. This is especially concerning where voice has been enabled as an alternative to password-based logins. One such example was the use of AI deepfake audio as part of a fake kidnapping scam: the criminals used an AI voice clone of a 15-year-old to convince her parents she had been kidnapped and elicit a ransom.

EMPLOYMENT SCAMS

Using AI, criminals can create fake online profiles that seem completely real. These synthetic identities can chat with young people about fake job offers, asking for money to secure a visa or paperwork. In 2025, The Guardian reported a scam targeting young people with promises of quick cash, posing as TikTok staff.

INFLUENCER & INVESTMENT SCAMS

AI tools now make it easy to manipulate video and audio, with technology available that can generate entirely fake content using the likeness of celebrities or influencers. Criminals are using this to create convincing videos of well-known figures promoting fake products or services, which young people can be particularly susceptible to. Cryptocurrency scams are a common tactic, luring people into investing in schemes that do not exist. Once payment is made, the criminal simply disappears with the money.

ROMANCE SCAMS & SEXTORTION

AI chat bots can now mimic real conversations, often accompanied with realistic fake photos and videos, which makes it easier for criminals to build trust with young people – among other things, this can lead to fraud or sextortion. In 2024, the NCA's CEOP Safety Centre received 380 reports of sextortion. Alarmingly, in the first five months alone, police received an average of 117 monthly reports involving under-18s, showing how serious and targeted this threat has become.

Advice for Parents & Educators

THINK CRITICALLY

The key to addressing the increasing growth of AI-enabled scams is to think critically and show caution. Inform children that if something is too good to be true, then it probably is. Encourage them to stop and carefully consider what they are seeing and reading before taking any action. For example, if a social media post expresses urgency, proceed with caution; if content seems unusual, even from a known person, it may be that their account has been hacked.

USE TRUSTWORTHY SITES AND SERVICES

Online marketplaces are useful when buying and selling items; however, where possible, encourage children to use reputable companies and their online shopping sites. These companies are likely to have more sophisticated cyber-security safeguards in place, underpinned by consumer legislation, enabling them to control how products and services are displayed and traded on their sites.

SEEK TO VERIFY

Criminals may breach an influencer's account or spread misinformation and fake content; however, their approach will generally be limited to a single account, site or service. Where possible, show children how to verify information to check its legitimacy before proceeding. Small actions, such as phoning the person who is the subject of a suspicious email, or checking content via an individual or company website or social media sites can make the difference. The greater the risk, the more effort we should expend to confirm whether the information presented is true or false.

REPORT IT

As the sophistication of scams increases, the likelihood of being tricked by them also increases, especially when not paying attention or acting quickly. It is important that young people know how to report incidents as they happen. Show children how to report their concerns to the social media site, Action Fraud, banks, and other individuals or organisations linked or involved. If you are unsure of the most effective reporting channel, contact Action Fraud.

Meet Our Expert

Gary Henderson is the Director of IT at Millfield, a large independent boarding school in Somerset, as well as a member of the Digital Futures Group, Vice Chair of the ISC Digital Advisory Group and an Association of Network Managers in Education (ANME) Ambassador.



#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
		12:40pm (30mins)	💻 IT Club 7-13 F6 IT team
		12:40pm (30mins)	🧪 Chemistry Club 9-13 (**Fortnightly) G8 Dr. Osei-Owusu
		12:40pm (30mins)	🏀 Basketball 7-13 Gym Ms Whates
		12:40pm (30mins)	📚 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
	PM	1:10pm (30mins)	🎸 Guitar Ensemble 7-13 S5 Mr McCarthy
		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
		12:40pm (30mins)	💻 IT Club 7-13 F6 IT team
		12:40pm (55mins)	📖 Library Lunch Club 7-13 Library Ms Finlay
		12:40pm (1hr)	➕ Maths Club 7-13 F13 Mr Deen & Ms Kayode
		12:40pm (1hr)	🎵 Music Year 7 practice Room Access Practice rooms Ms Hurst
		12:40pm (1hr)	🎵 Music String group 7-10 S5 Ms Hurst
		1:00pm (30mins)	🧪 STEM Club (Visualise) 7-13 G12 Ms Kodi-Pecku
	PM	1:10pm (30mins)	🎭 KS3 Drama Club 7-9 Drama Studio Ms Milne
		1:10pm (30mins)	🎻 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	

	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
		10:40am (20mins)	🎵 Music Y10-11 Practice Room Access Practice rooms Ms Hurst
	Lunch	12:40pm (30mins)	💻 IT Club 7-13 F6 IT team
		12:40pm (55mins)	📖 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
		12:40pm (1hr)	🎵 Music Y10-13 choir S5 Ms Hurst
		12:40pm (1hr)	🔬 SEN Science Club 7-8 G11 Mr Uddin
		12:40pm (1hr)	➗ Sparx Maths Club 7-13 F13 Ms Sivachadran & Ms Verma
	PM	1:00pm (30mins)	🌱 Eco Club 7-13 G3 Ms Colder & Mr McCarthy
3:20pm (1hr)		⚽ Football 7-9 Gym Mr Burt, Mr Okeyere & Ms Whates	
PM	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
		12:40pm (30mins)	💻 IT Club 7-13 F6 IT team
		12:40pm (55mins)	📖 Library Lunch Club 7-13 Library Ms Finlay
		12:40pm (1hr)	🎨 Art Club 10-13 S2 Mr Butler
			🏸 Badminton 9-11 Gym Ms Eakins
		12:40pm (1hr)	🗨️ Debate Club 8-13 F19 Mr Donovan
		12:40pm (1hr)	🎵 Music Y10-11 Practice Room Access Practice rooms Ms Hurst
	12:40pm (1hr)	🎵 Music Y7-9 Choir S5 Ms Hurst	
	PM	1:00pm (30mins)	🧪 STEM Club (Visualise) 7-13 G12 Ms Kodi-Pekhu
		1:10pm (30mins)	🌏 South Asian Society Y7-13 S8 Ms Sivachadran & Ms Verma
PM	1:10pm (30mins)	🏥 Medic Mentoring 12-13 G11 Ms Seivachadran	
	3:30pm (1hr)	📖 Homework Club 7-13 Library Ms Finlay	
PM	3:30pm (1hr)	🎵 Worship band 9-10 S5 Ms Hurst	

	Time	Club - Year groups	Location
Friday	AM	8:00am (30 mins)	☺ Breakfast Club 7-13 Canteen Ms Guy
		10:40am (20mins)	📖 EPQ Club 12-13 G19 Mr Irwin
	Lunch	12:40pm (30mins)	🌍 African Caribbean Society 7-13 Mr Okeyere & Ms Akinsoji
			💻 GCSE Computer Science Intervention 10-11 F6 Ms Hanifi
		12:40pm (30mins)	🏏 MFL Ambassadors Club 8-9 G6 Ms Grassi
		12:40pm (30mins)	🌱 Gardening Club 7-8 Chapel Ms Eakins
		12:40pm (30mins)	💻 IT Club 7-13 F6 IT team
		12:40pm (30mins)	🎵 UAI Band 7-13 S5 Peri teacher
		12:40pm (55mins)	📖 Library Lunch Club 7-13 Library Ms Finlay
	PM	12:40pm (1hr)	🎨 Art Club 10-13 S2 Mr Butler
		12:40pm (1hr)	🎵 Music Year 8 Practice Room Access Practice rooms Ms Hurst
	PM	1:05pm (30mins)	📖 Poetry Club 7-9 (**Fortnightly) F3 Ms Abbasi-Freeman
3:30pm (1hr)		📖 Homework Club 7-13 Library Ms Finlay	
PM	3:30pm (1hr)	🎵 Music Y10-11 Coursework S5 Ms Hurst	