



Ursuline Academy Ilford

Weekly News – 2024/2025 Issue 39
18th July 2025



Upcoming Events

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

This time of year is filled with so much joy as we celebrate and enjoy all the wonderful activities at the Academy for the end of year. However, it is always a little bittersweet as we say goodbye to much loved colleagues, the adults here at UAI. I would like to extend sincere thanks to all my colleagues who are leaving the Academy and thank them for their hard work, dedication and commitment.

Ms Finlay – Librarian & Careers

Mrs Beatham – History teacher

Mr Butler – Head of the Art Dept

Miss Agudelo – LSA

Miss Khondoker – Admin Assistant

Miss Ramzan – Pupil support Assistant

Ms Robertshaw – PE teacher maternity cover

Ms Bano – English teacher maternity cover

Natalie Cooper – Visiting music vocal teacher

There are so many wonderful articles I can't mention them all, please do enjoy reading. We will have one final newsletter on Tuesday when we break for the summer holidays.

Fiona Stone,
SERVIAM





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Pope Leo XIV @ Pontifex – 13 July 2025

In order to live eternally, we do not need to cheat death, but to serve life by caring for others in this, our time together.

[#vatican.va/content/leo-xi...](https://www.vatican.va/content/leo-xi...)

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

July: Encouragement

18th July: Armed with God's sacred precepts, let us conduct ourselves courageously.

19th July: I beg you with all my heart, be like watchful and most vigilant shepherdesses.

20th July: Provide for everything as the holy Spirit inspires you.

21st July: Consider each one as good, but be prudent for your own good.

22nd July: First of all, strive, with the help of God.

23rd July: They should want to be united.

24th July: Go forward willingly. See, a great reward will be prepared for you.





Chaplaincy News

Brentwood Diocesan Citizenship Award

Two of our Year 11 Junior Leaders, **Raheema** and **Annabel** were awarded a Brentwood Diocesan Citizenship Award at a ceremony for all Brentwood Diocesan schools, held in Brentwood Cathedral and hosted by Bishop Alan.

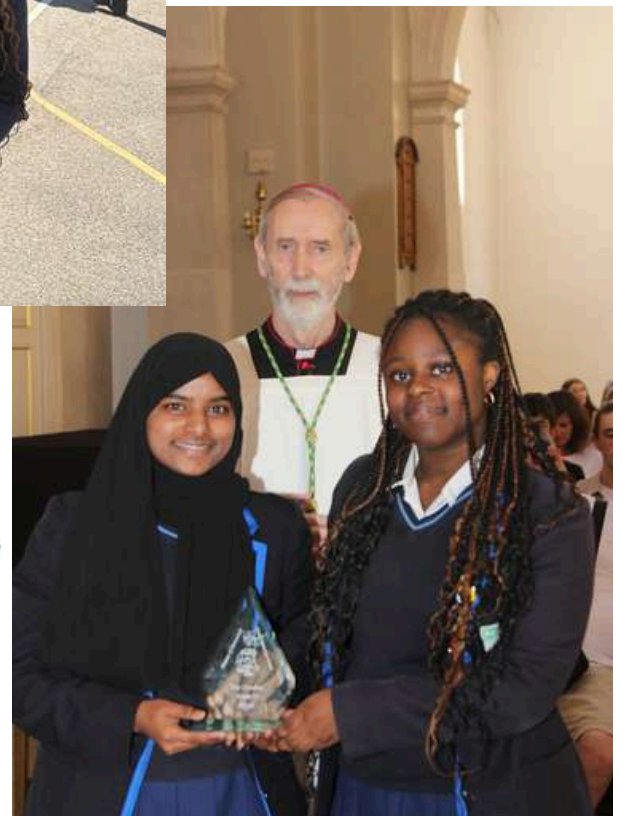
There were many moving stories of students who had overcome adversity in their lives, or had collected money for charity or who has been great examples of citizenship in their school communities.

Both Raheema and Annabel lived out the Ursuline virtues in their time as Junior leaders, being involved with a variety of fund raising charity events, public speaking opportunities as ambassadors for the school and both gained a Silver award from the SSAT in recognition of their leadership work. Well Done!



Diocese of
Brentwood

Mr McGhee, Assistant Headteacher, Head of R E





Chaplaincy News Continued...

Weekly Mass: 9 Catherine and 9 Josephine

Weekly mass was celebrated in the Chapel this Thursday during lunchtime with Forms 9 Catherine and 9 Josephine. The Gospel reading of the day was from Matthew 11: 28-30 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Jesus's invitation is to all who are "weary and heavy-laden," suggesting those who are burdened by life's struggles, religious legalism, or their own sin. The "yoke" symbolizes discipleship, commitment, and following Jesus. It's a call to submit to His guidance and learn from Him. Unlike the burdensome religious rules and expectations of the time, Jesus's yoke is characterized as easy and light, offering true rest and freedom. The ultimate promise is rest for the soul, a sense of peace, and relief from the burdens that weigh us down.

The passage also emphasizes the importance of learning from Jesus, implying a process of spiritual growth and transformation as we follow Him.



Ms G Semambo, Teacher of R E



Careers News

As part of our continued drive to encourage all girls to pursue their passions and interests, last week **Bonnie McGhee** gave an illuminating assembly to Year 10 and Year 12.

Bonnie outlined her journey from humanities A levels and a Philosophy degree at UCL to writing and producing a new web series called 'Grammar Girls Grind', (part filmed in our school). She is currently working for a large media company, Banijay.

She gave the girls this advice:

Put yourself out there!

Be realistic!

Expect rejection but be resilient!

Find a community of like minded people!

Student feedback...

Zaina said, 'I learned so much without it feeling like a lesson, super inspiring, super hands on!'

Tharaniya said, 'Bonnie showed me that the humanities can lead to really exciting careers and gave me great insight to the things I could do after my A levels.'

Manisha said, 'I learned so much about career choices and that the media industry is really open to people of all sorts of backgrounds.'



Mr McGhee, Assistant Headteacher



Careers News Continued...

Careers Spotlight: So... Why Do You Want to Study Medicine?

Last week, we had the pleasure of welcoming **Arisha Saifuddin**, a trainee doctor from **St George's, University of London**, who delivered an inspiring and insightful talk to our students about her journey into medicine.

Arisha shared her personal experiences navigating medical school, offering practical advice on the **UCAS application process**, preparing for the **UCAT**, and how to stand out in a competitive field. She emphasised that the answer to “Why medicine?” must come from a place of **deep personal passion** – not simply the desire to “save lives,” as many professions, from firefighters to soldiers, do the same. What truly sets future doctors apart, she explained, is a commitment to care, science, and the constant pursuit of knowledge.

Students were captivated by Arisha’s honesty about the challenges and rewards of life in medicine. She encouraged them to research different **medical specialties**, understand the demands of the profession, and cultivate a genuine interest in **medical research**.

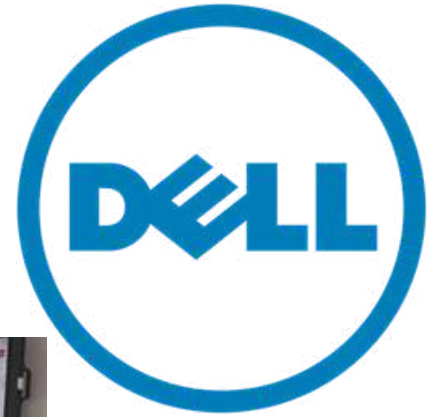
We’re especially grateful for Arisha’s generous offer to **mentor some of our aspiring medics** next academic year – a fantastic opportunity for our students to gain continued support and guidance.

Thank you, Arisha, for sharing your wisdom, experience, and enthusiasm with the next generation of future doctors!





Careers News Continued...



Women in Tech: Workshop with Dell Technologies



We had the fantastic opportunity to meet the Dell team virtually, who introduced our students to the exciting and ever-evolving world of Technology.

The session was engaging and inspiring, with students showing a real enthusiasm for learning more about careers in tech. Feedback was overwhelmingly positive – many of our girls shared how the flexibility and variety in tech careers really appealed to them.

Students shared their views :

“ I can see myself doing this one day “

“ tech is the present and the future”

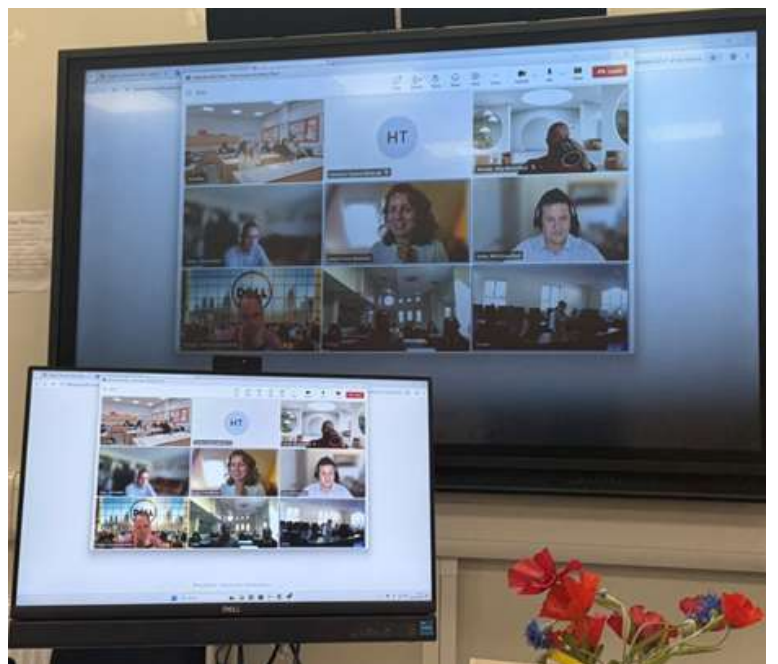
“I like the flexibility of this job, I can work from anywhere in my own space”

“ I am interested in cybersecurity, and this experience was relevant to me”

A key takeaway for students was that tech is multidisciplinary – you don't need to be a “computer geek” to succeed in the field. There's a place for everyone, and a wide range of skills are valued!

Overall, we were incredibly pleased with the workshop and grateful to Dell for helping our students see the many exciting paths available in tech.

Thank you to the team at Dell , I look forward to working together to make Tech industry more accessible to girls.



Ms Hira Tallat, Careers & Sixth Form Enhancement Leader



Charity Fundraiser

Whole School Fundraising for British Red Cross Gaza Appeal

On Friday 11th July, our entire school community came together in solidarity to raise funds for the British Red Cross Gaza Appeal.

Back in April, School Council representatives and their deputies across all three Key Stages consulted with their forms to identify charitable causes close to students' hearts. Following thoughtful discussions and a democratic vote, students overwhelmingly chose to support humanitarian efforts in Gaza.

From there, the Student Council then worked diligently with their forms to plan, organise, and lead an array of fundraising activities. Their creativity, teamwork, and leadership were evident throughout every stage of the event

The afternoon was filled with energy and generosity, with an exciting variety of stalls offering:

Cakes, cookies, candy floss, drinks, crisps, doughnuts, waffles, ice cream, pancakes, face painting, slime, slushies, jollof rice, chicken, pizza, a photo booth, bracelet making, games, tattoos, henna, and a "Guess the Teacher Baby Photo" challenge.

Adding to the excitement, two Year 9 groups, 9J and 9R, treated us to a captivating fashion walk and a beautiful musical performance. From the stalls, activities, and the non-uniform day an incredible total of £2542.15 was raised. A huge well done to everyone involved!

We extend our heartfelt thanks to all students and their families, Heads of Year, Form Tutors, the Premises Team, Finance Team, student leaders, SLT, and every single person who played a part in making the day such a huge success.

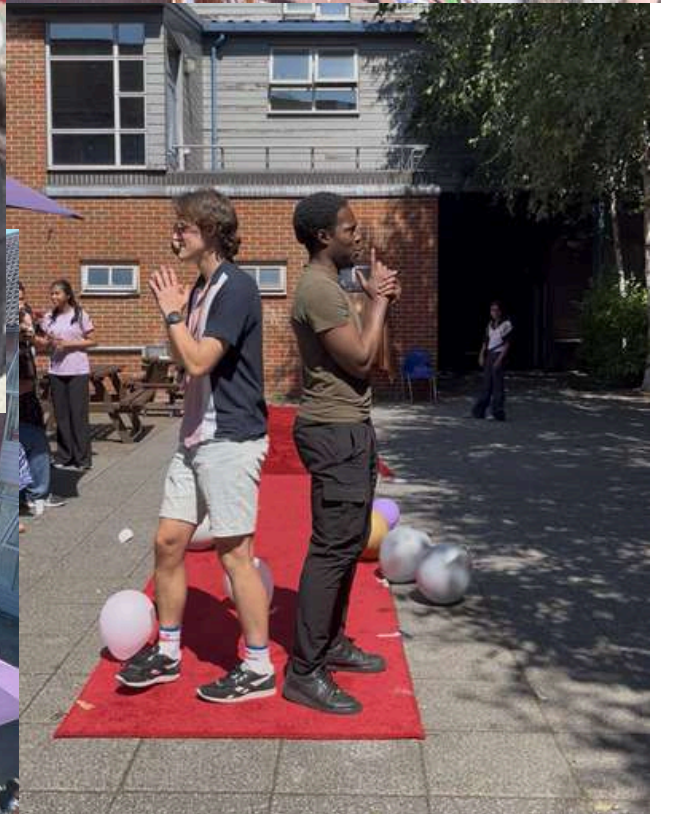
In the spirit of last week's Gospel, 'Who is my neighbour?' this initiative truly brought that message to life. Though we may never meet those we are supporting, our actions have shown that we care deeply, we give what we can to those in need and that we are willing to act in service of others.

SERVIAM!

Dr Osei-Owusu



Let's get fundraising! Charity Fundraiser Photos







Drama News

On Monday the 14th July, two Year 9 classes took part in the second round of the annual Guild Play Drama festival. There were many successful plays presented and the girl's talent shone as we watched funny, entertaining, sometimes serious versions of the stories from the old testament – Adam and Eve in the Garden of Eden, Joseph and his Colourful Coat and The day of Judgement to name a few.

Well done Year 9 cohort of 2025!

Guild Play voting will take place next term with the UAFTA awards assembly to follow in September.



Ms Milne, Subject Lead, Drama



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



School Trips...Year 7



This was the first end of year trip for my lovely Year 7 group, and they were so excited and couldn't wait to get to the Adventure Island in Southend. The excitement started from the train ride and then the short walk to the park, once in the park, the adventure began.

The day was filled with excitement as students braved the rollercoasters, explored the funfair attractions, and shared plenty of laughs with friends. With sunshine and a touch of rain, seaside snacks, and plenty of thrilling rides, it was a wonderful way to have fun, round off the school year with a smile and celebrate all their hard work this year. The students were on their best behaviour throughout the day. A big thank you to the staff and students for making it such a memorable day!



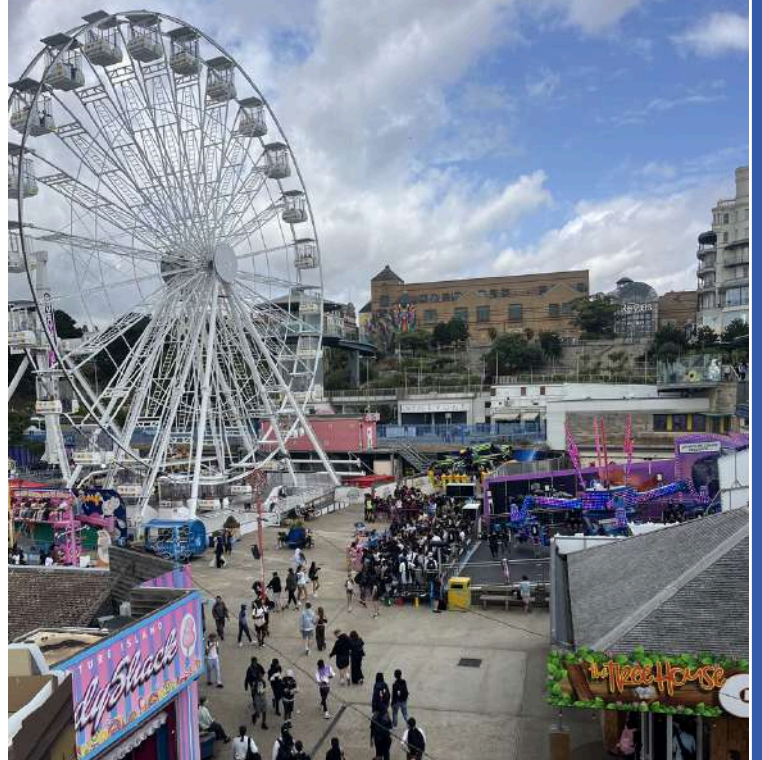
Ms Kayode, Head of Year 7



School Trips...Year 8

The students had an unforgettable day at Adventure Island, filled with laughter, excitement, and genuine joy. From the adrenaline-pumping Rage rollercoaster to the splashing fun of Tidal Wave, the dizzying spins of Scorpion, and the thrilling swings of Axis, there was no shortage of excitement. Whether they were screaming with laughter on the high-speed rides or enjoying the gentler attractions like The Big Wheel and Archelon, every student found something to love. The energy was high, the smiles were constant, and the entire day was a perfect mix of fun, friendship, and adventure. The students were an absolute delight throughout the trip, not only during the day itself but also during the travel to and from the park. Their excellent behaviour, enthusiasm, and warm nature made the experience smooth and memorable. It was especially lovely to catch up with them on the journey and hear all about their passions, hobbies, and activities outside of school – from creative interests to sporting achievements. It's always a joy to see students shine in and out of the classroom. A very special shoutout to the members of my group: **Nhyira Aidoo** (8C), **Suwarsha Suman** (8T), **Carmen Eding Elenda** (8T), **Yuna Khan** (8C), **Mathurena Uthayatheepan** (8C), **Yasmina Achhodi** (8C), **Caoimhe Burke** (8J), **Safaa-Khadeejah Patel** (8C), **Christabel Ameyaw** (8R), **Taybah Ahmed** (8R), and **Noor-Ul-Aain Janat** (8T). Your kindness, energy, and team spirit truly stood out. Thank you for making the Adventure Island trip so memorable – you were an absolute pleasure to spend the day with!

Ms Selvachandran, Head of Year 8





School Trips...Year 9



On Tuesday we took on Adventure Island Park in Southend – and what a day it was! Sunshine, rollercoasters, and seaside vibes all the way. From scenic train rides to screaming (with joy!) on the rides, and of course, the essential treats – donuts, ice cream, candy floss, popcorn and fish and chips – it was a perfect day of celebration and well-earned fun. The smiles, the laughter, and the way you supported each other made it truly special.

I am so proud to be your Head of Year. You've shown heart, humour, and so much character this term. Here's to more adventures in Year 10!

With pride and big summer vibes,
Your (very proud!) Head of Year 🌞🎉🎊🎆



Ms Khan, Head of Year 9



School Trips...Year 10



The Year 10 camping trip to Thriftwood Campsite in Brentwood on Monday and Tuesday, 14th and 15th July, was an unforgettable experience for all involved. The girls described it as "exactly what they needed" before heading into Year 11 - a perfect opportunity to relax, reconnect, and build lasting friendships. Many said they felt they truly bonded during their time away which was so lovely to hear! It was also just really lovely to get out into nature for a while. A special thank you goes to our wonderful musicians who serenaded us around the campfire on Monday evening which was magic followed by some "bat watch" with the help of our bat detector. Tuesday was packed with exciting activities also. A big well done to everyone for throwing themselves into the fun and getting out of their comfort zones. It was a fantastic teambuilding adventure and lot of memories made to last a lifetime. A huge thanks to the staff who accompanied the girls and made the trip so enjoyable and memorable for them!



Ms Eakins, Head of Year 10

10

Year 10 Drop Down Day

Last Thursday we hosted the annual Year 10 drop down day, themed '**United in Harmony**', The girls were able to listen to both moving speakers like **Maragret Mizen** and hear joyful performances from emerging artists such as **Tee Peters** (as well as our own **Mr D Okyere**!) and throughout the morning engage in a wide variety of workshops from meditation or drama, Philosophical discussion, to Sala and Bachata dance.

Khadija said, 'Margret's harrowing story really taught me not to hold grudges and the power of forgiveness'

Uchechi reflected, the salsa workshop was so much fun! The team building and sense of community with my year group was amazing!

Haarshini said 'There was so much joyful enthusiasm throughout the day, I learned lots of new things'

Tahlia commented, 'I never knew Mr Okyere had such hidden talents and it made me want to discover my own!'





Zero Demerits!

Congratulations to the following students for achieving zero demerits this academic year – a truly commendable accomplishment.

At UAI, we place great value on exemplary behaviour, and it is important to us that students who consistently demonstrate kindness, integrity, and responsibility are recognised and celebrated. At UAI, we are determined not to let good behaviour go unnoticed. We congratulate these students for setting an excellent example to their peers and helping us to maintain a warm, respectful, and purposeful school community.

To mark this achievement, we invited all students who have received no demerits this year to a special celebration in the school hall during break time on Wednesday. Each student was presented with a certificate and a small treat as a token of our appreciation.

Year 7:

Sumayyah Ali 7C, Amira Lodi 7C, Jisha Nirmalkumar 7C, Adrianna Poon 7C, Violet Power 7C, Eiliyah Saiyed 7C, Riyah Nujurally 7J, Varsha Ramesh 7J, Meera Dhir 7R, Alisha Faisal 7R, Nabeela Quayyum 7R, Afrida Rahman 7R, Fatima Shah 7R, Sharika Ungaranahalli Sathiyamoorthy 7R, Nazaaha Ahmad 7T, Safiyya Dudhia 7T, Maira Mahmud 7T, Shrita Shetty 7T.

Year 8:

Anousha Ali 8C, Aleeza Ansari 8C, Durva Kore 8C, Harleen Sagoo 8C, Sara Sohail 8C, Evani Patel 8J, Claire Yung 8J, Mariam Baig 8R, Nithyasree Jannappagaari 8R, Zainab Kayani 8R, Amna Bilal 8T, Nithila Mathiventhan 8T.

Year 9:

Zayna Hussain 9C, Jannat Mehadi 9C, Nancy Rola 9C, Skyrah Kurien 9J, Sophia Latona 9J, Daniella Asante 9R, Aniyah Azim 9R, Bristy Roy 9R, Rithika Sivasuthan 9R, Aroba Umar 9R, Safa Ahmed 9T, Akisha Elangovan 9T, Maryam Ilyas 9T, Aishwarya Kumar 9T, Alexandra Kyriakidu 9T, Kaosisochi Oguchi 9T.

Year 10:

Sajja Husain 10C, Uchechi Okpala 10C, Safa Sakhare 10C, Maya Gavagnin 10J, Salwa Husain 10J, Mariya Malik 10J, Adina Alfred 10R, Sabiha Ali 10R, Iqra Asif 10R, Snega Veerajeyarajah 10R, Aditi Dharma 10T, Malghalara Khan 10T, Haniya Musa Mir 10T, Kshaf Naqvi 10T, Maryam Rahman 10T, Vishmi Surendirathas 10T.





Weekly Wellbeing for Staff!

Another successful year for the staff football team playing out of Frenford this season and with new players! We look forward to increasing numbers next year and just getting better! Physical exercise is so important for our mental well being - onwards and upwards (new staff members always welcome...!)

Mr F McGhee, Assistant Headteacher. Faculty of Faith and Performance.





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

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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
- 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.



Lunch Menus Continued...

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

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



THEME BARS -PLUS DAILY- JACKET POTATOES & SALAD BAR

Meal Deal
Only £2.70

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



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

GLOBAL EATS *From £2.50*

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

DESSERTS

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

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we're allergy aware!

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Cr = Crustacean	Mu = Mustard
E = Eggs	N = Nuts
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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

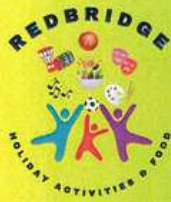
To find out what's on offer please book here: <https://eequ.org/redbridgehaf> or visit: <https://find.redbridge.gov.uk/haf>

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

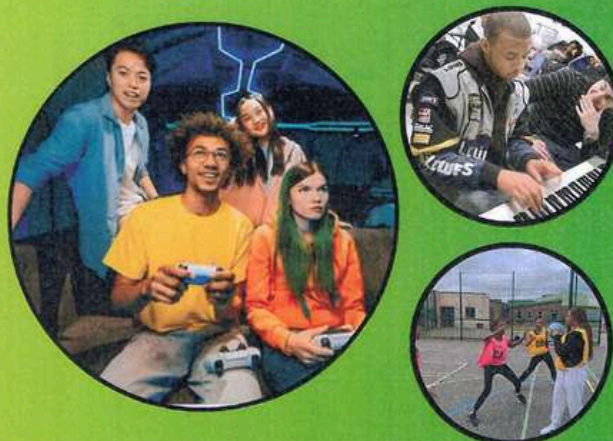
NEW SKILLS

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





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	
		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)
		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
		12:40pm (55mins)	📖 Library Lunch Club 7-13 Library Ms Finlay
			🕌 Islamic Society 7-13 F10 Mrs Ahmed
		12:40pm (1hr)	🎵 Music Year 9 practice Room Access Practice rooms Ms Hurst
			🎵 Music Y10-13 choir S5 Ms Hurst
			🔬 SEN Science Club 7-8 G11 Mr Uddin
		1:00pm (30mins)	🌱 Eco Club 7-13 G3 Ms Colder & Mr McCarthy
		PM	3:20pm (1hr)
	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-Pekhu
		1:10pm (30mins)	🌏 South Asian Society Y7-13 Ms Sivachandran & Ms Verma
	🏥 Medic Mentoring 12-13 G11 Ms Seivachandran		
	PM	3:30pm (1hr)	📖 Homework Club 7-13 Library Ms Finlay
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
		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
		12:40pm (1hr)	🎨 Art Club 10-13 S2 Mr Butler
	🎵 Music Year 8 Practice Room Access Practice rooms Ms Hurst		
	1:05pm (30mins)	📖 Poetry Club 7-9 (**Fortnightly) F3 Ms Abbasi-Freeman	
	PM	3:30pm (1hr)	📖 Homework Club 7-13 Library Ms Finlay
	3:30pm (1hr)	🎵 Music Y10-11 Coursework S5 Ms Hurst	