



Ursuline Academy Ilford



Ursuline
Academy
Sixth

Weekly News – 2025/2026 Issue 2
12th September 2025

Upcoming Events

Year 7 Badge Commissioning Service

Thursday 18 September
5.00p.m. in the Hall

Open Evening

Thursday 2 October
5.00 – 7.00p.m.

Late Start after Open Evening

Friday 3 October
Students to be registered at
10.40a.m.

Year 7 Parents Meeting with Form Tutors

Wednesday 6 November
4.00 – 6.00p.m.



Headteacher's Headlines

United in
harmony

We have had another excellent week at the Academy, with our students engaging in learning and enrichment opportunities across the school. In this edition you will find news from our wide range of clubs which include everything from Greek dancing to music ensembles.

Our curriculum features are particularly strong this week, with fascinating contributions from DT, Geography and Maths, including a thought-provoking article by Lily Power on the impact of capitalism on the environment. It has also been inspiring to see student leadership in action as Year 9 "Passion Projects" begin, giving pupils the chance to develop confidence in public speaking and presentation. We also share details of music tuition and bursaries available this year, ensuring that every student has the opportunity to develop her musical talents.

I would like to remind parents that we are also inviting applications for a **Parent Governor**, an important opportunity to help shape the strategic direction of the school and contribute to its continued success.

Finally, this evening we are hosting a meeting for parents and carers of Year 12 students, which will provide support and guidance as their daughters step up to the challenges and opportunities of sixth form life at UA6.

Fiona Stone,
SERVIAM



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Deputy Headteacher Headlines...

Wellbeing and Safeguarding Notice for Parents

Our colleagues at the NHS have made us aware of an online 'challenge' that may place young people at risk of injury. The challenge is referred to as the 'Salt and Ice Challenge' and involves putting salt and ice on the skin.

The resulting chemical reaction rapidly lowers the temperature and can lead to cold burns similar to frostbite. Young people may underestimate the damage as, initially, their skin is numbed by the cold. Whilst we have no reason to believe that anyone at our school has attempted this, the NHS in North East London have treated several cases with young people presenting with significant burns as a result of the challenge.

We wanted to make parents aware of the existence of this challenge so that you are able to be vigilant and, where appropriate, warn your children of the risks of such behaviour.





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Pope Leo XIV @ Pontifex – 10 September 2025

Let us **#PrayTogether** for the children of Ukraine, Gaza and other regions of the world affected by war. may we entrust children suffering today to the protection of Mary, Queen of Peace.

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

September: Live

12th September: Pray always with spirit and mind on account of the constant need for God's help.

13th September: Comfort them, so that they may go forward willingly.

14th September: They should want to be united.

15th September: Be happy, and always full of charity and faith and hope in God.

16th September: If you see one timid and inclined to despondency, promise her the blessing of the mercy of God.

17th September: We will cross through this momentary life with consolation.

18th September: God will never fail to provide for their needs, so long as nothing is lacking on your part.





Chaplaincy News

September: Our Lady of Sorrows

The month of September is dedicated to **Our Lady of Sorrows**, a title given to Mary as she suffered alongside Christ during his passion.

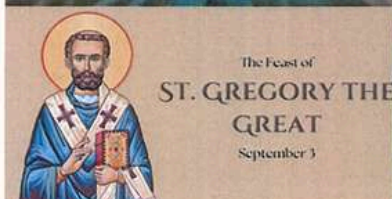
Our Lady of Sorrows is one of many titles bestowed upon Mary. This title is derived from Simeon's prophecy during Jesus' presentation at the Temple in the **Gospel of Luke, Chapter 2:**

"The child's father and mother were amazed at what was said about him; and Simeon blessed them and said to Mary his mother, 'Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed.'"

Luke 2:33-35

The Church celebrates the feast of Our Lady of Sorrows on Sept. 15, calling on the faithful to reflect on the seven sorrows of Mary. These seven sorrows include:

1. the prophecy of Simeon Luke 2:25-35
2. the flight into Egypt Matthew 2:13-15
3. loss of the Child Jesus for three days Luke 2:41-50
4. Mary meets Jesus on his way to Calvary Luke 23:27-31; John 19:17
5. Crucifixion and Death of Jesus John 19:25-30
6. the body of Jesus being taken from the Cross Psalm 130; Luke 23:50-54; John 19:31-37
7. the burial of Jesus Isaiah 53:8; Luke 23:50-56; John 19:38-42; Mark 15:40-47



The Ursuline Academy Ilford
CHAPLAINCY NOTICES: SEPTEMBER



In September, the 9th Month of the year Summer comes to a close, the harvests are welcomed as people get back to work and School.



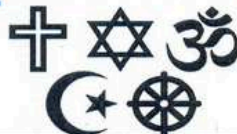
September Religious Festivals

Islamic: Mawlid al-Nabi, the Prophet Muhammad's birthday, is observed on September 5.

Coptic Orthodox Christian: Nayrouz, the Coptic New Year, is on September 11.

Pagan and Wiccan: Mabon, the Autumnal Equinox, is on September 22.

Jewish: Rosh Hashanah, the Jewish New Year, begins at sunset on September 22 and continues through September 24.

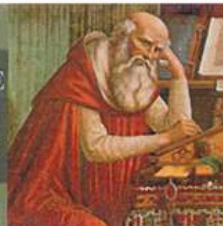


There are a number of saints whose feast days are celebrated in September.

September 3: St. Gregory the Great, also known as Pope Gregory I, was a prominent figure in the Catholic Church, serving as Pope from 590 to 604 AD. He was a significant reformer and administrator, known for his emphasis on missionary work, liturgical reforms, and charitable actions.

September 30: St. Jerome of Stridon, was an early Christian priest, confessor, theologian, translator, and historian; he is best known for his translation of the Bible into Latin and his commentaries on the whole Bible. Died 30th September AD 420

SAINT JEROME
Pray For Us



St Teresa of Calcutta.

Feast Day: 5th September.

Mother Teresa was born in Macedonia and was of Albanian heritage. Her father died when she was young, and she was brought up by her devoutly religious mother. She entered religious life in 1928 in Ireland and was sent by her order to India. It was there, while reflecting on the immense love that Jesus has for all of humanity, that she received the call to set up the Missionaries of Charity.

Thanks to God, through her effort, the Missionaries of Charity spread throughout India, Europe and Africa, eventually opening houses in Australia, the Middle East and America. By 1997, the year of her death, her sisters had established foundations in 123 countries. While Mother Teresa is famous for caring for the poor and marginalised, her Catholic witness goes much deeper.

St Teresa is important as she offers a model of how to live an authentic Catholic life. The Apostle John wrote, **"let us not love with word or with tongue, but in deed and truth."** In terms of racial justice, Mother Teresa embodied this so well.

Mother Teresa was able to avoid the traps of tokenism, positive discrimination or tribal mentalities. She recognised the image of Christ in each person she encountered and appreciated that we not just connected as one human species, but that we are truly brothers and sisters and can love each other as sisters and brothers.

Mother Teresa's faith and Catholic formation meant that she understood that each person had not just dignity, but infinite dignity. She was able to care for the whole person – their physical needs, their mental health and their spiritual health.

Catholicreadings.org

"Not all of us can do great things. But we can do small things with great love."

Saint Mother Teresa of Calcutta



Badminton Club – KS4 & KS5

Every Thursday, 12:40pm –
13:10pm, in the gym

What to bring: Yourself, energy and a song request!



Eco Club

Are you interested in...

1. The natural environment?
2. Stopping climate change?
3. Being sustainable?

If so, the Eco Club might be for you!

We are trying to make UAI as **green** as possible



ECO CLUB

Every Wednesday
1:10pm in Room G3



🎉 Join the Greek Dancing Club! 🎉

Love music? Enjoy dancing?

Want to have fun and learn something new?

Come and try traditional Greek dancing!

Open to all pupils – no experience needed!

📅 **Fridays – First Half of Lunch**

🕒 **12:40 PM – 13:05 PM**

📍 **Dance Studio**

- ☀️ Make new friends
- ☀️ Learn cool dances
- ☀️ Perform at school events!

Bring your energy, and let's dance! Opa! 🎵

Ms Posnakidou





Music Clubs

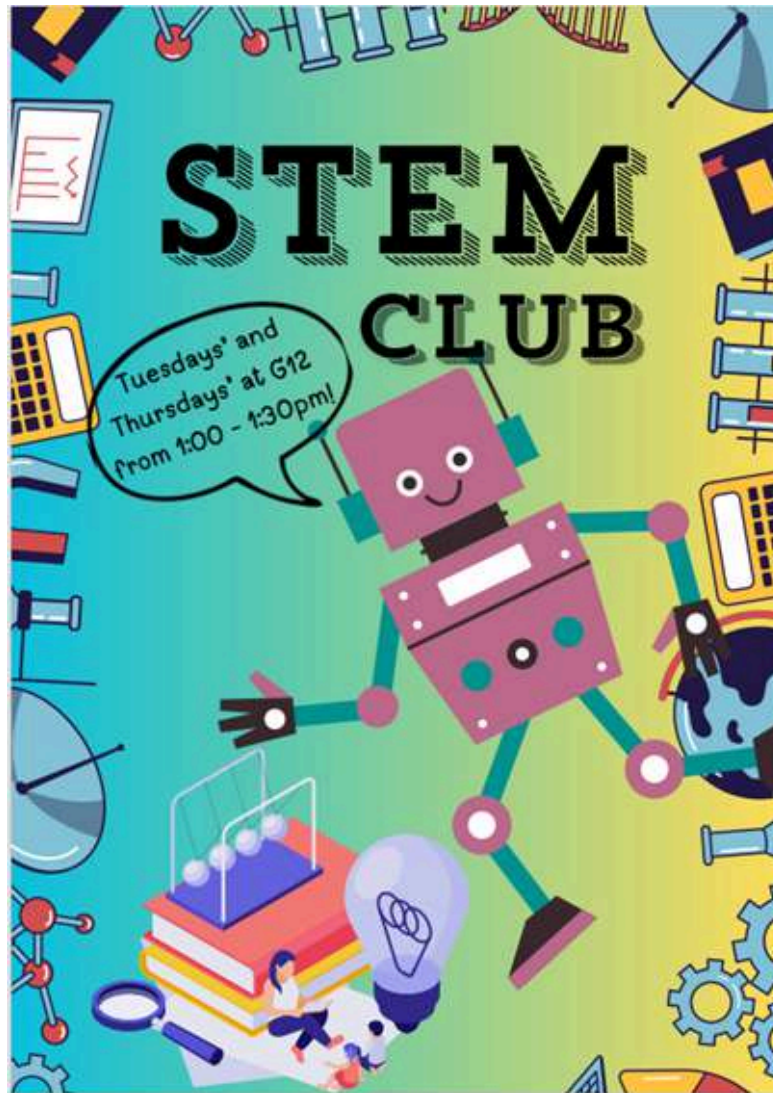
Weekly Timetable

	Before School	Breaktime	Lunchtime	After School
Monday	8:25 am Worship Band Main Hall	x	x	x
Tuesday	8:25 am Worship Band Main Hall	x	Guitar Club Recording Room String Group - S5	x
Wednesday	8:25 am Worship Band Main Hall	KS4 Practice Room Access	Ukuleles - S5 Year 9 Practice Room Access 1.10pm - Year 11 Coursework 1.10pm - Carnatic Club (RR)	x
Thursday	x	Year 7 Practice Room Access	KS4 Practice Room Access KS3 Choir, S5	Worship Band S5
Friday	x	x	Year 8 Practice Room Access	KS4 Coursework



P E Clubs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Basketball Year 8,9,10 12:40 – 1:10 GYM Miss Whates, Mr Okyere	Volleyball All Years 12:40 – 1:10 GYM Miss Whates	GCSE Revision Mrs Mansell	Badminton Year 9,10,11 12:40 – 1:10 GYM Miss Eakins	GCSE Badminton 12:40 – 1:10 GYM Mrs Gardiner
Meeting		Football Year 7,8,9,10 3:20-4:20 GYM Mr Burt, Mr Okyere, Miss Whates Netball Year 7,8 3:20-4:20 Mrs Mansell	Netball Year 9, 10, 11 3:20-4:20 Miss Whates	Athletics All Years 3:20-4:20 Mrs Mansell



Year 7 & 8 Ukulele Lessons

Every Monday at Breaktime in S5

**What to bring:
Yourselves and a willingness to learn
and progress!**

**Ukuleles are provided but limited. If
you have your own ukulele, you may
bring it to school.**

Lessons start Monday 15th September

**If you have any questions, speak with
Ms Eakins in F2 or Head of Year Office.**



"Shaping Tomorrow's Architects: Student Experience with Adjaye Associates"

At the end of last term, one of our talented outgoing Year 13 student's **Aaminah Malji**, secured an incredible work experience placement with the world-renowned Architectural practice, **Adjaye Associates** for the summer. We are grateful for this once-in-a-lifetime opportunity that came through the **Royal Institute of British Architects (RIBA)**, with special thanks to the dedication and support of **Sophie Draper**, RIBA's Learning Manager.

Aaminah's story of this remarkable experience is shared below, in her own words. Aaminah has secured a place at Westminster University to study Interior Architecture. We wish her every success for the future, #Serviam. DT Team.

*I had the incredible opportunity to spend a week with the talented team at **Adjaye Associates**, and it was truly a memorable experience. Being immersed in such a creative and dynamic environment gave me valuable insight into the design process at one of the world's leading Architectural studios. From the thoughtful conversations to the attention to detail in every project, I've come away feeling even more motivated and inspired. Thank you to everyone at the office for the warm welcome and for sharing your knowledge so generously. I'm looking forward to carrying this experience with me as I grow and learn in my architectural journey".*



Views from my workspace and the office at **The Edison 223–231 Old Marylebone Road**

Many thanks to my school, The Ursuline Academy Ilford & DT-STEM lead, for organising this work experience and to the entire team at Adjaye Associates & RIBA for the opportunity and support. I am grateful also to the wonderful Sophie Draper & RIBA for making this happen! Looking forward to carrying this experience with me as I grow and learn in my architectural journey!

Below is a post by the practice of my time with another intern, Charlotte. Credit – Adjaye Associates

STUDIO CULTURE



Meet Charlotte and Aminah; Two interns at the London Studio

Charlotte (on the left), currently studying for her A-Levels, has a strong interest in architecture. She enjoys drawing, 3D modelling, ceramics, coding, and fencing. Passionate about travel and culture, she spent 12 years in Nigeria before moving to the UK. Charlotte spent 2 weeks under the mentorship of Tonderai Maboreke.

Aminah (on the right) has just finished her A-Levels and will start studying Interior Architecture at university in September. Passionate about fashion, interior design, and marketing, she hopes to combine these interests in her future career. Aminah has also participated in the prestigious Duke of Edinburgh programme, where she gained essential life and work skills. Aminah was mentored by Nic Stamford for this past week.

ILFORD DESIGN FESTIVAL

Saturday 13th September 2025
Highlands Primary School

Join our FREE event and come and discover how we are reconnecting the River Roding to Ilford's Town Centre and help us develop new designs for public spaces.

We will be hosting fun design activities and conversations about a more collaborative vision for Ilford's future.

Come and meet the project team:

London Borough of
Redbridge 

Diverse Dialogues

periscope

GIL

momentum 



How To Join In

10am – 12.30pm

Young People and Families

Fun and interactive activities to get children and young people (aged 2-16 years old) and parents thinking about how public spaces in Ilford can better engage future generations.

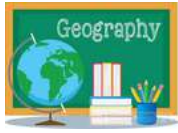
2pm – 4.30pm

An Ilford for Everyone

We will be hosting workshops to get you exploring our current thinking for a new pocket park, street furniture, a new pedestrian bridge, urban room, River Roding path, cycle infrastructure and much more.

Scan to find out more and secure your FREE TICKETS:





Geography News

For those of you that don't know, **Lily Power** is the geography subject ambassador and writes a monthly Geo-debrief article for the UAI Newsletter. This month she has written a fascinating article about impact of capitalism has on the environment... and as you can imagine, it is not good! She uses multiple examples such as the Enbridge pipeline in the Alberta Tar and Shell Oil drilling to make a compelling read! Well done Lily!

Capitalism VS Doughnut Economics

Capitalism is a term many of us are familiar with, it is the economic system in which we live, and our ancestors have lived in. It is where 'production is privately owned and distributed through the market' (Heilbroner, 2025) to produce endless growth through the prioritisation of profit and extraction of natural resources, on a level which cannot be replenished. Fundamentally, capitalism thrives on radical climate destabilisation.

Take the multinational pipeline and energy company Enbridge, that transports crude oil and natural gas across North America. (Enbridge, 2025) Under neoliberalism, regulation and taxes are minimal allowing energy companies, like Enbridge, to have rapid access to the Earth's finite resources to maximise profit. In 2009, this greed resulted in ecocide as an Enbridge pipeline in the Alberta Tar Sands burst, contaminating over 55km of waterways with crude oil and spilling 1 million gallons of oil into wetlands. (Klein, 2014) This was devastating for the local turtles and swans, whose habitat had been degraded in pursuit of economic growth.

For so long our economic system has been comprised of infinite growth from finite resources, however, after Ms Stone lent me her book I researched Kate Raworth's doughnut model. This provides a framework which guides our economy. The hole of the doughnut represents an inadequate quality of life where many fall short of necessities and the outer ring is the ecological ceiling, which if we cross causes climate change, oceanic acidification and ozone depletion (to name a few). It creates this doughnut shape which is where all economies should aim to operate within to thrive and succeed, which requires leaving capitalism in the past.

Though, humanity has transgressed our ecological ceiling. Our summers are getting warmer, with 2025 being the hottest on record (Office, 2025) and from 1970, the number of mammals, birds, reptiles and fish has fallen by a half. (Raworth, 2017) For humans to thrive, our planet needs to thrive.

Capitalism allows the market to set norms which activates our extrinsic values and erodes our intrinsic values. Raworth explains that farmers in Chiapas, Mexico were paid to not hunt or cut trees to restore the ecosystem. The paid farmers reported their motivation was driven by monetary incentives and in the long term they would only carry out conservation methods if a payment was involved. Whereas the farmers that weren't paid were more consistent with conservation and their motivation was centred around intrinsic benefits. This is a small-scale example which represents ideologies fostered by capitalism.

Some argue that without the incentivisation of profit, generated under the free-market economy, companies lack the motivation required to decarbonise. Take Shell Oil, their high profit margins contribute to the implementation of renewables which is successful in reducing carbon emissions. Nevertheless, this can often be an example of greenwashing, the exaggeration of environmental practices, continuing the exacerbation of anthropogenic climate change.

If we have a chance of mitigating climate change, we need to understand that growth will not clear up the ecological crisis and growth derived from non-renewable resources is not permanent.

What needs to change is our economic system!

Resources need to be distributed equally to increase social equality, which is the cause of both environmental and economic stability. This would regenerate collective action to enforce environmental legislation, offering hope for future sustainability.

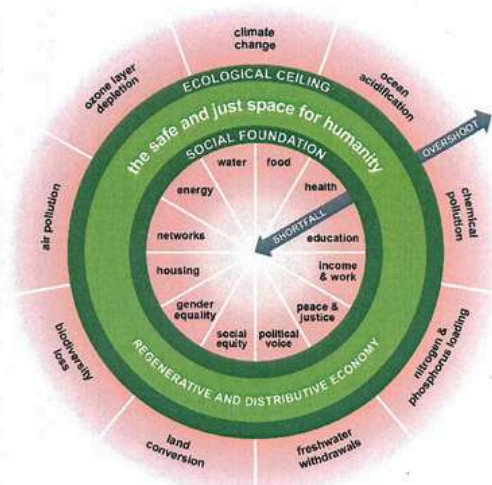


Figure 1 The Doughnut Model



Governor Required...

A vacancy has arisen for a Parent Governor at our school. Our current Parent Governor's term of office has come to an end. While she is happy to continue for a further four years, she is also willing to step aside should another parent wish to put themselves forward.

This is a valuable opportunity for a parent to gain deeper insight into the life of the school and contribute meaningfully to its development. Governors play a vital role in shaping the direction of the school. They give their time generously, without payment or the need for recognition, and their dedication is deeply appreciated. At Ursuline, our governors demonstrate unwavering support, and we are truly grateful for their commitment.

The Governing Body's core responsibilities include:

- Ensuring the school has a clear vision, ethos and strategic direction;
- Setting school policies;
- Holding the Headteacher to account for the educational performance of the school and its pupils;
- Overseeing the financial performance of the school and ensuring funds are used effectively.

No formal qualifications are required to become a governor, but we would particularly welcome interest from parents with experience in law, education or finance. The role involves a time commitment of approximately 10–15 hours per term. All parents and carers of registered students at the school are eligible to stand for election.

If you feel you could commit the time and want to make a significant contribution to our community, please provide a short personal statement (perhaps 200–250 words) saying why you wish to be a governor to my P A, Mrs Kerry Herbert, kherbert@uai.org.uk by Friday 19th September.

Should there be more nominations than vacancies to fill, a secret ballot will take place.

Should there be no nomination then our existing parent governor will be elected unopposed.





Maths News

We are writing to tell you about the exciting free Maths Circles starting in September 2025 for Year 7–11 students.

The registered charity We Solve Problems invites pupils to attend the weekly Maths Circle at UCL, KCL, or LSE.

Maths Circles are free training sessions for maths lovers that promote the art of problem-solving and structured thinking. Students in years 7–11 who love puzzle-solving will enjoy the sessions regardless of their proficiency in the school curriculum. Maths students and professional mathematicians from each university run Maths Circles.

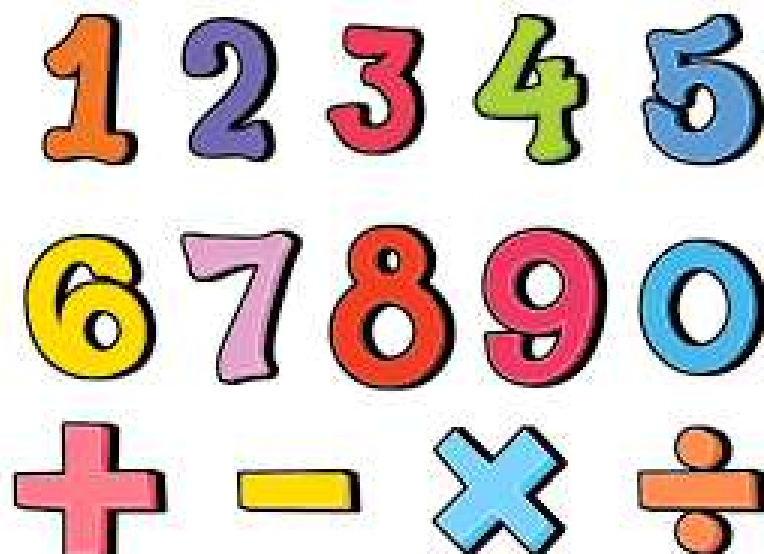
To secure an invitation to the Circles, all students are welcome to participate in the London Verbal Maths Challenge, a fun oral-style Olympiad free of charge. Students in years 7–10 are invited to join, provided they enjoy problem-solving and math-based reasoning.

The Challenge will take place on the 5th of October.

<https://forms.gle/Lvi4zYvMpmhAFIEH6>

To find out more information about Maths Circles, please visit

<https://wesolveproblems.org.uk/maths-circles/>





Music News

Dear Parent / Carer

Music Tuition: fees and bursaries – from September 2025

Music is central to the life of Ursuline, and we have a long and rich tradition of our students expressing themselves through many different forms of music. I am writing to inform you of the current fees and bursaries available for your daughter at the Ursuline Academy. These have been set in conjunction with our specialist, peripatetic teachers and will help us maintain the highest standard of teaching, tuition and resources necessary for your daughter to progress with her musical talents.

Fees from September will be as follows:

Individual lesson: £12 per 20-minute session

Individual lesson: £18 per 30-minute session

Shared lesson (2 students): £6 per 20-minute lesson

We will try to meet every request from parents for tuition and will try and ensure that where students miss a subject lesson this will not be the same subject each half term. Fees are due a term in advance (10 lessons per term), the commitment is for one year of tuition unless there are extenuating circumstances that may arise in a family's financial affairs, in which case the parent / carer should contact the subject leader of music, Miss J Hurst.

Students are expected to attend each timetabled lesson and where they do not attend, parents will not be refunded. Parents will only be refunded if the peripatetic teacher is absent or the school is not open.

Please complete the tuition application form provided and return it to Miss J Hurst in room S5. If you require a paper copy, please request one from the school. My email is, jhurst@uai.org.uk.

Bursaries

We understand the importance of accessibility in music, would not want any pupil to be financially disadvantaged and have set aside funds to support families. Bursary funds are limited, and students must apply for one before the deadline of Monday 8th September 2025. This should be a letter of application either emailed or a paper copy, stating why your daughter should be considered for the bursary. We then intend to discuss the expectations of the bursary award with all prospective students.

We offer 2 levels of bursary:

Full: this covers all fees for a shared 20-minute lesson for one year

Half: this covers half of all fees for an individual 30-minute lesson for one year

We hope to showcase all students' work with a concert for parents / carers throughout the year and encourage all instrumental students to participate in ensemble music-making at the Academy. A full list of extra-curricular clubs will be available in the weekly Academy Newsletter.

Jenetta Hurst, Subject Leader for Music



Music News Continued

Instrumental/Vocal Tuition Application Form

Based on 30 minutes: Individual lessons cost £216 per term (£18 per lesson).
 Based on 20 minutes: Individual lessons cost £144 per term (£12 per lesson);
 Shared lessons (2 students) cost £72 per term (£6 per lesson).

Individual tuition at The Ursuline Academy is available for the following instruments:

Piano / Keyboard	Acoustic Guitar	Drum Kit	Flute	Clarinet
Voice	Electric Guitar	Trumpet	Saxophone	Recorder
Violin	Bass Guitar	Trombone		

Group Instrumental tuition at The Ursuline Academy is available for the following instruments (please note there must be at least 2 students in a class for this to take place):

Piano / Keyboard	Acoustic Guitar	Trumpet	Flute	Clarinet
Voice	Electric Guitar	Trombone	Saxophone	Recorder
Violin	Bass Guitar			

Please complete the following questions and provide all information requested:

Full Name of Student:		Year/Form:	
Name of Parent/Guardian:	Contact Number:		
Email address:			
Is your child eligible for Free School meals?		YES / NO	
Do you have this instrument at home on which to practice?		YES/NO	
If 'NO', and a school instrument is not available, are you willing to hire or buy one?		YES/ NO	
Have you previously had lessons on this instrument?		YES / NO	
If 'yes', have you completed any exams? To which level?		YES / NO	
Would you like to apply for an Ursuline Academy Music Bursary?		YES / NO	

Please be aware that payments need to be made direct to the instrumental tutor in advance to secure your daughter's place. The teacher will notify you of the deadline for payments. In signing this application, you are acknowledging the amount payable for lessons and when it needs to be paid. Your daughter will receive 12 lessons of 20 / 30 minutes per term. **Please note this is on a rolling contract.** Student's applications that are received after the first week of term will be considered (subject to availability of instrumental/vocal teacher) and will only be charged for lessons that are received for the remainder of the term. If a tutor is absent, the lesson will be postponed or parents/carers can request a refund. **Notice of proposed termination of lessons must be sent in writing by parent/carer to the tutor. You must give 6 weeks' notice to terminate lessons.**

Please also be aware that in signing this form, you are aware that individual instrumental/voice lessons are during classroom lessons and that your daughter will be on a rotating timetable. **The onus will be on your daughter to liaise with her teacher to catch up with missed work and to be punctual for her tuition.** Please discuss the commitment and responsibility that your daughter is undertaking in learning an instrument. We expect that you will support the school as we encourage all young musicians to regularly attend ensemble rehearsals and contribute to our cultural life by participating in extra-curricular performances and liturgical events.

Parent/Guardian Signature: _____ Date: _____

Below is a slip that will be returned to you via your daughter once a place has become available for her chosen instrument/voice.

 Full name of Student: _____ Year/Form: _____

A place has become available for your daughter's chosen instrument _____

Her lessons will be on a rotating basis on _____ with _____. Your daughter will need to check the notice board for the times each week.

Please pay the amount of £_____ for this term direct to the tutor. Payment is always due in the first week of each term to ensure your daughter's position on the timetable.

This year students in Year 9 will be taking turns to present on a 'Passion Project' in form time, in which they have the opportunity to present to their classmates on a topic that is important to them. The aim is to build confidence in public speaking and presentation skills, as well as learning how to be a respectful audience. The first student in 9R to complete her Passion Project was **Christabel Ameyaw I**, who chose to speak about the importance of bees. Christabel delivered a confident, informative and entertaining presentation that not only engaged her peers but also educated them on the importance of bees in our environment. Christabel has set a very high standard for the rest of her classmates, and I am very much looking forward to hearing the many presentations to come.

An extract from Christabel's presentation is below:

why are bees so important?

I've always taken a strange interest in bees. often identified as the fluorescent, yellow buzzing nuisance. Many people don't realise the benefits that bees have towards society.

Often being mistaken for wasps, bees are essential for preserving biodiversity and food production. Without bees there would be a significant impact on ecosystems and global food production. Honey bees alone are responsible for around 30 billion crops, which is then turned to the very food we eat each day!



what is happening to the bees?

But what if I told you this may possible become a reality. In certain regions and certain bee species the population is rapidly decreasing . Bumble bee populations are under pressure within london , now we are going to explore why is that ?

Some reasons for this sudden decline depends on climate change, pesticide use and habitat loss. As we continue to get rid of environmental friendly areas and parks, the bees are then forced to adapt to the sudden change.

Unlike humans bees are not given any sudden notice resulting in whole hives just dying because they have not been considered for relocation into other environmental friendly areas. Also the use of harsh pesticides in gardens also deter bees from pollinating flowers within gardens, resulting in them being able to produce any honey.



my solution

In order to preserve and grow the bee population , I believe that is important to educate others on the affects and consequences of a constantly declining bee population. If people are not aware of what will happen once the bees are extinct then there will be no sense of urgency to save the bees.

My own solution for preserving and naturing the bee population within my garden and local community is building beehives.i am currently building langstroth beehives where bees can expand their colonies.

Langstroth beehives encourage honey production and support healthy bee colonies. However wood is very expensive which has me rethinking my decision.

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.



MAIN MEALS

From £2.60

01/09/25, 22/09/25,
13/10/25, 10/11/25,
01/12/25

**AUTUMN MENU
WEEK ONE**

MON	TUE	WED	THU	FRI
MASALA MOMENTS	AMERICAN DINER	ROAST	TASTE OF JAMAICA	FISH & CHIP SHOP
Chicken Tikka Masala with Mango Chutney (Mu)	Buttermilk Chicken Burger with Ranch Slaw (G,E,So,Se,Mk)	Roast Turkey with Stuffing & Herb Gravy (G)	Jamaican Jerk Chicken with Jerk Gravy	Battered Fish Fillet (G,F)
Vegetable Tikka Masala with Mango Chutney (Mu)	Pizza Mac & Cheese with Garlic & Herb Bread (G,Mk,So)	Creamy Butternut & Vegetable Pie With Crunchy Crust (G,Mk)	Jamaican Jerk Eat Curious with Jerk Gravy	Cheese & Onion Pasty (G,Mk)
Pilau Rice Spicy Roasted Cauliflower	Cajun Corn & Peppers Seasoned Fries	Crunchy Roast Potatoes Savoy Cabbage & Carrots	Coconut Rice & Peas Caribbean Coleslaw (E,Mk,So)	Chips Peas Baked Beans
Extras: Naan Bread (G)	Extras: Onion Rings (G)	Extras: Yorkshire Pudding (G,E,Mk)	Extras: Flatbread (G,Mk,So)	Extras: Curry Sauce (Mk,So)

Meal-Deal
Only £2.85

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



GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Chicken Hot Dogs with Mustard & Pickled Red Onions (G,Mu,Se,Su)	Cheesy BBQ Loaded Fries with Crispy Onions (G,Mk)	Korean Chicken Rice Bowl with Hot Chilli Sauce (G,Se,So)	Mexican Chicken Panini with Tortilla Chips (G,Mk,So)	Crispy Chicken Tenders & Chips (G,Ce,Mk,Mu,So)

DESSERTS

MONDAY Double Chocolate Pudding (G,E,Mk,So)
TUESDAY Berry Flapjack Crumble (G)
WEDNESDAY Toffee & Banana Cake (G,E,Mk,So)
THURSDAY Lemon & Blueberry Sponge (G,E)
FRIDAY Sticky Baked Jam Doughnut (G)

From £1.40



LOOK OUT FOR DAILY
★ **THEME BARS,** ★
JACKET POTATOES
& **SALAD BAR**



PASTA STATION

MONDAY Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
TUESDAY Bolognese (G), Basil Pesto (G,E,Mk)
WEDNESDAY Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
THURSDAY Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
FRIDAY Pepperoni Mac & Cheese with Crispy Onions (G,Mk,Mu)

From £2.60

ALLERGENS

Speak to one of our chefs if

Ce = Celery
Cr = Crustacean

F = Fish
G = Grains

L = Lupin
Mk = Milk

Mu = Mustard
N = Nuts

Se = Sesame Seeds
So = Soya

MAIN MEALS

From £2.60

08/09/25, 29/02/25,
20/10/25, 17/11/25,
08/12/25

**AUTUMN MENU
WEEK TWO**

MON	TUE	WED	THU	FRI
TEX-MEX	TASTE OF BRAZIL	HOME COMFORTS	KATSU KITCHEN	FISH & CHIP SHOP
Smoky Beef Eat Curious Chilli Con Carne with Salsa	Zesty Brazilian Chicken (G)	Chicken Sausages with Caramelised Onion Gravy (G,Su)	Crispy Chicken Katsu (G,E) with Curry Sauce (G,So)	Battered Fish Fillet (G,F)
Eat Curious Smoky Veggie Chilli with Salsa	Butternut & Sweet Potato Moqueca	Grilled Veggie Sausages with Caramelised Onion Gravy (G,Ce)	Crispy Sweet Potato Katsu (G,E) with Curry Sauce (G,So)	Crispy Vegetable Spring Rolls with Curry Sauce (G,Mk,Se,So)
Nachos Roasted Corn & Peppers	Lime & Coriander Rice Creamy Corn (Mk)	Creamy Mashed Potatoes Roasted Broccoli	Steamed Rice Asian Salad	Chips Peas Baked Beans
Extras: Spicy Potato Wedges	Extras: Cheesy Garlic Bread Balls (G,Mk)	Extras: Yorkshire Pudding (G,E,Mk)	Extras: Prawn Crackers (Cr,Su)	Extras: Curry Sauce (Mk,So)

Meal-Deal
Only £2.85

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GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Piri Piri Halloumi Wraps (G,E,Mk,Su)	Beef Burger in a Bun with Salad & Pickles (G,Se,So,Su)	Korean BBQ Chicken Wings & Rice (G,So,Se, Mu,Ce)	Cheesy Pepperoni Panini (G,Mk)	Crispy Chicken Tenders & Chips (G,Ce,Mk,Mu,So)

DESSERTS

MONDAY Pineapple Upside Down Sponge (G,E,Mk,So,Su)
TUESDAY Berry Mess Cup Cakes (G,E)
WEDNESDAY Caramel Apple Shortbread Crumble and Custard (G,E,Mk,So)
THURSDAY Frosted Carrot & Orange Cake (G,E,Mk)
FRIDAY Chocolate Brownie (G,E)

From £1.40



LOOK OUT FOR DAILY
★ **THEME BARS,** ★
JACKET POTATOES
& **SALAD BAR**



PASTA STATION

MONDAY Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)
TUESDAY Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)
WEDNESDAY Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)
THURSDAY Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)
FRIDAY BBQ Mac & Cheese with Garlic Breadcrumbs (G,Mk,So)

From £2.60

ALLERGENS

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Mu = Mustard
N = Nuts

Se = Sesame Seeds
So = Soya

MAIN MEALS

From £2.60

15/09/25, 06/10/25,
03/11/25, 24/11/25,
15/12/25

**AUTUMN MENU
WEEK THREE**

MON	TUE	WED	THU	FRI
TASTE OF ITALY	PIZZA NAANS	ROAST	TEX-MEX	FISH & CHIP SHOP
Venne Bolognese Pasta Bake (G,Mk) with Garden Salad Mediterranean Vegetable Lasagne (G,E,Mk) with Garden Salad Baked Potato Wedges Steamed Seasonal Greens Extras: Garlic Bread (G,Mk,So)	Smothered Pizza Naan with Tandoori Chicken & Minty Yoghurt (G,E,Mk) Smothered Pizza Naan with Sweet Chilli Paneer & Minty Yoghurt (G,E,Mk) Masala Fries Spiced Roasted Chick Peas (G) Extras: Mini Samosa (G,So)	Chicken with Stuffing & Herb Gravy (G) Roast Root Vegetable Wellington with Stuffing & Herb Gravy (G,E,So) Crunchy Roast Potatoes Roasted Carrots & Parsnips Extras: Yorkshire Pudding (G,E,Mk)	Mucho Mexican Chicken Burrito Bowl (G,Mk,So) Mucho Mexican Eat Curious Vegetable Burrito Bowl (G,Mk,So) Zesty Lime Rice Spicy Pinto Beans (G,So) Extras: Tortilla Chips (So)	Battered Fish Fillet (G,F) Crispy Vegetable Samosa with Mango Chutney (G,Mu) Chips Peas Baked Beans Extras: Curry Sauce (Mk,So)

Meal-Deal
Only £2.85

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GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Cajun Haloumi & Red Pepper Burger (G,Mk,E,Se)	Chicken Chow Mein (G,E,So)	Beef Chilli Loaded Waffle Fries (Mk)	Cheesy Pepperoni Panini (G,Mk)	Crispy Chicken Tenders & Chips (G,Ce,Mk,Mu,So)

DESSERTS

MONDAY Autumn Pear & Berry Crumble with Custard (G,E,Mk,So)
TUESDAY Tip to Toe Banana & Chocolate Brownie (G,E,Mk,So)
WEDNESDAY Lemon & White Chocolate Drizzle Cake (G,E,Mk,So)
THURSDAY Sticky Toffee Pudding (G,E,Mk,Su)
FRIDAY Pancakes With Toffee Sauce (G,E,Mk)

From £1.40



**LOOK OUT FOR DAILY
★ THEME BARS, ★
JACKET POTATOES
& SALAD BAR**



PASTA STATION

MONDAY Chicken Balti Rice Pot (G) Vegan Chilli Sin Carne Rice Pot (G,Ce,So)
TUESDAY Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
WEDNESDAY Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
THURSDAY Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
FRIDAY Mac & Cheese with Crushed Nachos & Salsa (G,Mk,So)

From £2.60

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School Menus

What's for Lunch?