



Ursuline Academy Ilford



Ursuline
Academy
Sixth

Weekly News – 2025/2026 Issue 3
19th September 2025

Upcoming Events

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.

Half Term

Monday 27 October – Friday
31 October

Year 7 Parents Meeting with Form Tutors

Wednesday 6 November
4.00 – 6.00p.m.



Headteacher's Headlines

United in
harmony

This week has been all about celebrating our great school community and really valuing what it means to be an Ursuline!

On Wednesday we were delighted to welcome Fr. Andrew & Fr. Bartholomew to the school to celebrate our annual Academic mass to begin the school year. As always, our girls were very reverent and observant during mass and listened to reflections by the priests on how to strive to achieve their best.

Yesterday we held two beautiful ceremonies. In the afternoon, the Year 12 badge commissioning and in the evening we welcomed Year 7s and their parents/carers for their badge commissioning. I spoke with them about what a privilege it is to be the headteacher of this school and to lead this inspiring and supportive team of adults & young people. What joy I had this afternoon during lunch time when these five lovely Year 7s approached me to tell me how happy they are to be part of the Ursuline community.

Thank you as always for being such a dedicated & invested team of parents and carers.

Fiona Stone,
SERVIAM





Newsletter Contents this week:

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Pope Leo XIV @ Pontifex – 17 September 2025

**At times we seek quick answers, immediate solutions. But God works in depth.
In the slow time of trust. #General Audience**

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

September: Live

19th September: Let them hold this as most certain: that they will never be abandoned in their needs.

20th September: The little ones, poor as they are, will find consolation and comfort.

21st September: In times of great need, true friendship is recognised.

22nd September: I shall always be in your midst, helping your prayers.

23rd September; Jesus Christ will enlighten you about what you have to do.

24th September: Strive to seek out the means and ways to advance.

**25th September: And always let your principal recourse be at the feet of Jesus Christ and there, all of
you, with all your daughters, offer most fervent prayers.**





Chaplaincy News

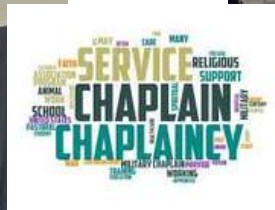
Mass of New Beginnings – Wednesday, 17th September

On Wednesday, 17th September, our school community gathered together for the Mass of New Beginnings, marking the start of another school year and asking for God's guidance and blessing on the journey ahead.

The theme of this year's Mass, "Your light must shine before others" (Matthew 5:16), served as a powerful reminder of each person's call to be a source of light in the world. In their homilies, the priests encouraged everyone to use their gifts and talents not only for personal success but also in the service of others. Each member of the school was invited to share kindness, compassion, and excellence so that God's love may be reflected in daily life.

During the celebration, special prayers were also offered for the repose of the soul of Suzanne Riley, a much-loved past member of staff who served the school faithfully for 33 years as Head of Mathematics.

The Mass concluded with a spirit of hope and renewal, inspiring the whole community to begin the school year with faith, courage, and joy. Truly, the Mass of New Beginnings was not only a tradition but also an inspiration—a call for us all to let our light shine brightly before others in the months ahead.



Mr Ravi, School Chaplain

**Year
7**

Year 7 Badge Commissioning Service

On Thursday evening we welcomed the Year 7 students and their families for the Badge Commissioning Service. We sang together, celebrated the success of their first few weeks and took time to reflect. At the end the girls all received their badges to put a stamp on their position as Ursuline girls, and remember 'Once an Ursuline...Always an Ursuline.'





Ms Burt, Head of Year 7

12

Year 12 Welcome Assembly

The Year 12 Welcome Assembly on Thursday was an excellent way to start the new school year and set the tone for life at UA6. Ms Stone, Headteacher, and Mr Challis, Senior Deputy Headteacher, presented Year 12 students with their school badges, welcomed them to UA6, and spoke about our school motto, SERVIAM, meaning "I will serve." The assembly created a positive and motivating atmosphere, helping everyone feel prepared to take on the challenges and opportunities of UA6 study. We look forward to supporting our learners and celebrating all the great achievements that lie ahead for them in the years to come.

Ms Basi, Head of Year 12 and 13

During the assembly we listened and reflected on two readings: St Paul's 'Hymn of Love' from chapter 13 of his first letter to the Corinthians and the Parable of the Talents from the Holy Gospel according to Matthew.

St Paul's famous and beautiful writing on love reminds us very clearly of the people that God calls us to be. Above all other virtues and talents we may develop, approaching all with love remains the most important. In the context of UA6, it reminds us that we are not merely training for exams or the world of work but, more importantly, to be the loving people that God calls us to be.

The parable of the talents provides a timely reflection on the fact that we all come to school with different gifts and talents. What unites us is the duty to work hard and strive to make the very most of these and reach our full potential. It is through such hard work, dedication, and discernment that we will come to understand the important work that God has assigned to us.

We pray for all our new Year 12 students that their journey will be one of faith, dedication, commitment, joy, and love.

Mr Gary Challis, Senior Deputy Headteacher





Art News

Support your local gallery!

If you're lost for an activity this weekend, the Art department can highly recommend a visit to the SPACE gallery in Ilford. They have an excellent (FREE!) exhibition of incredible paper sculptures by the artist Andy Singleton.

Those students studying Natural Forms in Year 10 would benefit greatly from a visit!

Andy Singleton
NATURAL CONNECTIONS

Exhibition 2 April – 1 October 2025
Free and all welcome

spacestudios.org.uk @space_studios_london

COCHAYNE
ARTS COUNCIL
ENGLAND
London Borough of
Redbridge

Mr Selley, Subject Lead, Art



Bible Competition 2025 Winners

This June the RS department entered pupils from the Ilford Ursuline Academy into the Christian Projects Bible competition. Pupils were invited to imagine themselves present at a major event in the life of Christ.

There are always a large number of entries from schools across Britain.

Prizes (Gospels and Novels) have been awarded to pupils from our school for their outstanding entries. To have pupils from Ilford Ursuline Academy selected for prizes reflects their tremendous hard work and commitment to their studies. Congratulations to you all!

Varnavi Nanthakumar, 8 Josephine, has jointly won over-all fourth prize in the competition. She, along with a parent and a representative from the school will be invited to a ceremony in London at which the main prizes will be presented.

Well done, Varnavi!!



Well done to all our winners selected from thousands of entries across the Country

Year 8

Noorah Shaikh 8R
Jannat Qadir 8R
Alisha Faisal 8R
Meera Dhir 8R
Aysha Rani 8R
Sharika Ungaranahalli 8R
Hadia Hadia 8R
Nabeela Quayyum 8R
Lamar Sayed 8R
Yusra Sheikh 8T
Varsha Ramesh 8J
Jisha Nirmalkumar 8C
Riyah Nujurally 8J

Year 9

Liyana Hossain 9J
Mercy Akinlolu 9J
Fatima Ghani 9J
Aaminah Hussain 9J
Claire Yung 9J

Year 10

Amina Azhar 10J
Savannah Thompson 10J
Tiahna Bascoe 10J
Amira Hossain 10J
Mysha Ali 10J
Shrilakshana Anbarasu 10J
Angel Bamgbopa 10J
Anisha Howlader 10J



**Ms Semambo,
Teacher of R E**

BORN FOR THIS AUDITIONS!

Calling all budding performance stars in Years 7-10 and UA6 students!

There is a mix of acting, singing and ensemble parts in this amazing musical production about the Passion of the Christ.

Please collect a short script from Ms Milne in the Drama Studio from Monday to read and prepare.

Singers are also very welcome to attend audition for solely singing parts.

AUDITIONS WILL BE HELD IN THE MAIN HALL AFTER SCHOOL ON WEDNESDAY 24TH SEPTEMBER.

Break a leg everyone!

BORN FOR THIS





Careers News



At UA6, we are delighted to offer a specialist mentoring programme to support students aspiring to apply to the University of Oxford, the University of Cambridge, and other Russell Group universities.

Our dedicated team of trained teachers will help raise attainment, build confidence, and provide tailored guidance for high-achieving students.

Our Mentoring Team

We are extremely proud of our teachers for achieving this training and offering the mentoring programme at UA6:

Mr S. Deen

Mr S. Vijay

Ms A. Ahmed

Ms Kodi-Pecku

Mr G. Irwin

Miss Y. Verma

Dr J. Osei-Owusu

Miss H. Tallat



What Our Students Said ★

The feedback from students says it all:

“I learnt how carbon fibre is used and engineered to be virtually indestructible.”

“I now understand the different engineering pathways available to me.”

“Team working is everything!”

“We explored how skills can be transferred, and the physics behind F1 design.”

“I learnt the importance of communication, teamwork, and refining our ideas.”

“Crumple zones finally make sense in physics class!”

“We talked about driver safety, budgeting, meeting deadlines – I’d recommend this experience to everyone!”

★★★★★ – 5 stars across the board!

Thank you to Mr Robertson, Mr Uddin, Mr Ahmed and Mr McGee for accompany and supporting us to this incredible opportunity, and to everyone at Williams Racing team who made the day so special.

If we weren’t fans of Williams Racing before – we certainly are now. Here’s to seeing the team on the podium soon!



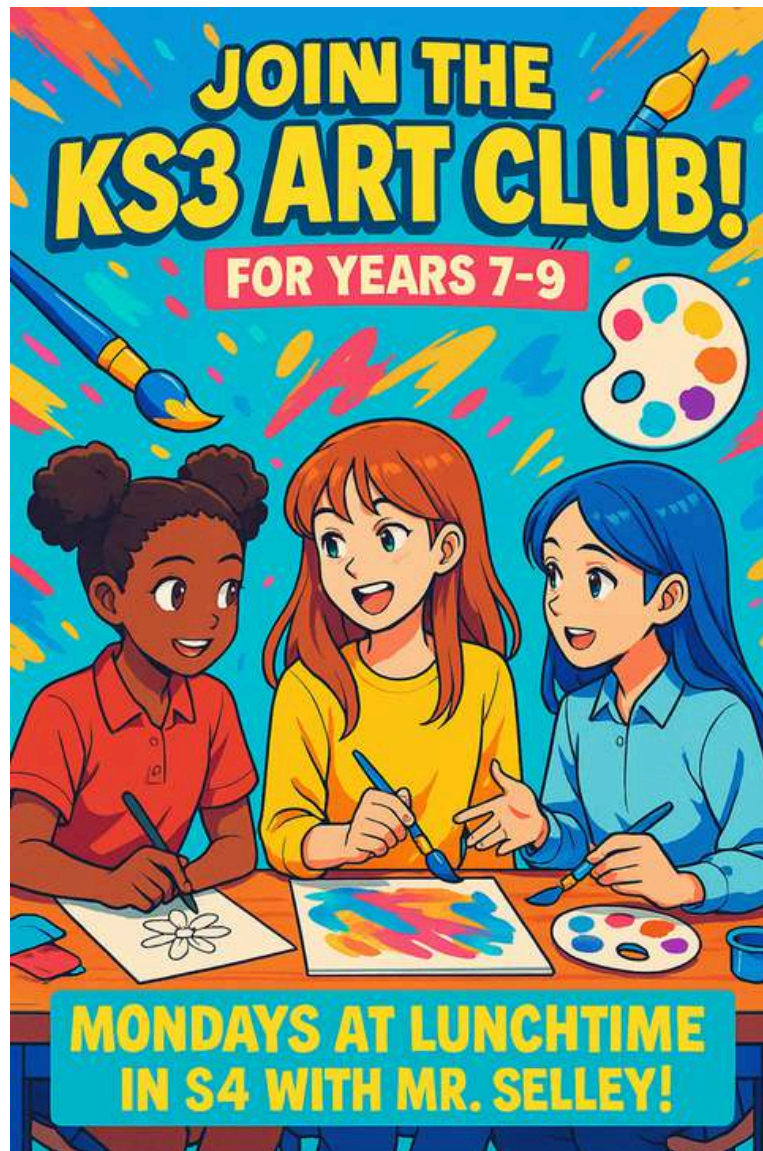


CRUMPLE ZONE TASK

1. You must create a crumple zone out of two A4 pieces of paper.
2. The crumple zone should measure no more than 150mm
3. You can fold or tear the paper but can't use glue or tape
4. You will place a plasticine ball at the bottom of plastic testing tubes with your paper above and drop the weight onto the top.

ATLASIAN





Gardening Club Every Friday at 12:40pm

Meet Ms Eakins in F2 or Head of Year Office



***Garden
Club***



Guitar Club

with Mr. McCarthy & Mr. Okyere

Every Tuesday at 1:10pm in
the music room



UAI Theatre Appreciation Society

Love theatre? Want to see a top West End show?

Every half-term one evening theatre performance will be booked for a new show, with tickets available to all students in Years 10 to 13.

Please see the English display for details of current shows available to book or speak to Ms Cooper (English office / F8)



MFL News



What is European Day of Languages?

The Council of Europe declared a European Day of Languages to be celebrated on 26th of September each year. The general objectives of the European Day of Languages are:

- Alerting the public to the importance of language learning and diversifying the range of languages learnt in order to increase plurilingualism and intercultural understanding
- Promoting the rich linguistic and cultural diversity of Europe, which must be preserved and fostered.
- Encouraging lifelong language learning in and out of school, whether for study purposes, for professional needs, for purposes of mobility or for pleasure and exchanges.

This year, we are running some Language related events on **30th September**.

French Breakfast: 8:00 am in G6/5.

French/ Spanish inspired bracelet making: 12:40–1:30 pm in G5

Beauty salon: Face painting/ temporary tattoos 12:40–1:30 pm in G6.

All events are £1.50. Tickets are being sold by the student ambassadors or myself at break time.

Please encourage your daughters to take part!

Ms Grassi, Subject Lead MFL



Nut Free School

The slide below will be shared with all pupils in assembly next week. We are sharing this with parents/carers as a reminder that we are a nut free school.

Thank you for your support with this.

THIS SCHOOL IS
NUT FREE



THANK YOU
for keeping our school safe!

Some members of our school community are allergic to nuts with potentially dangerous reactions if they come into contact or eat them.



We all need to remember:

- Remember not to bring snacks into school or food in your packed lunch, that include nuts. Be careful particularly with certain cereal bars, sandwiches with peanut butter/ Nutella.
- Do not bring in chocolate bars which contain nuts.
- Be aware of the ingredients of cakes/ cookies which you may bring in, including birthday cakes.

If you have any questions, please ask a staff member.

Thank you!!



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

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



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

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

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

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



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

ALLERGENS

Speak to one of our chefs if

Ce = Celery

F = Fish

L = Lupin

Mu = Mustard

So = Sesame Seeds

School Menus

What's for Lunch?