



Ursuline Academy Ilford



Ursuline Academy Sixth



Weekly News – 2025/2026 Issue 4
26th 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.

INSET DAY

Friday 24 October
School closed to Students

Half Term

Monday 27 October –
Friday 31 October

INSET DAY

Monday 3 November
School closed to Students

Year 7 Parents Meeting with Form Tutors

Wednesday 6 November
4.00 – 6.00p.m.



Headteacher's Headlines



As we approach the end of September, it has been wonderful to see our students settling so positively into the rhythm of the new academic year, the care shown for one another continue to reflect our Ursuline values in action.

I want to thank you, our parents and carers, for your support with uniform standards. We have seen a noticeable improvement in recent weeks, with students arriving at school looking very smart, tidy, and wearing their uniform correctly. This sends such a powerful message about pride, belonging, and respect. Your partnership in this is much appreciated.

Today we celebrated the life and witness of St. Teresa of Calcutta. Our students in 11T led a thoughtful and inspiring assembly, reminding us of her example of compassion, humility, and service. They did a great job and committed themselves to supporting the fundraising efforts for the St. Teresa Foundation. A sincere thank you to all who contributed—you truly embodied our motto *Serviam*.

Looking ahead, we are excited to welcome families to our Open Evening on Thursday 2 October. This is always a highlight of the year as we showcase our school to prospective students and their families. Thank you in advance to all staff and students who are preparing to make the evening a great success.

Fiona Stone,
SERVIAM

"Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile"



'Belonging, Believing, Becoming'

Ursuline Academy Open Event Season 2025



Thursday 2nd October

OPEN EVENING

5.00–7.00pm

Headteacher and Student Presentation: 5.15pm,
followed by tours of the school

Open Morning Tours
will be run throughout
October
starting at 9.00am

To book a place
at one of our events,
please scan the QR code
or visit our website





Newsletter Contents this week:

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Pope Leo XIV @ Pontifex – 24 September 2025

When it seems we have hit rock bottom, let us remember that this is the very place from which God is able to begin a new creation. This creation is made of people raised up, with hearts forgiven and tears wiped away. #General Audience

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

September: Live

26th September: Let them have Jesus Christ for their only treasure, for there also will be love.

27th September: I am continually among them provided they believe and do not lose heart.

28th September: Above all, obey the counsels and inspirations which the Holy Spirit continually sends into the heart.

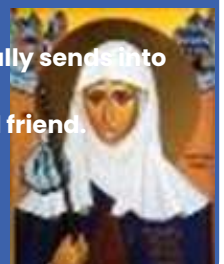
29th September: Believe firmly that then, especially, you will recognise me to be your faithful friend.

30th September: Let God work; he will do marvellous things.

October: Be Shepherds

1st October: I beg you with all my heart, be like watchful and most vigilant shepherdesses.

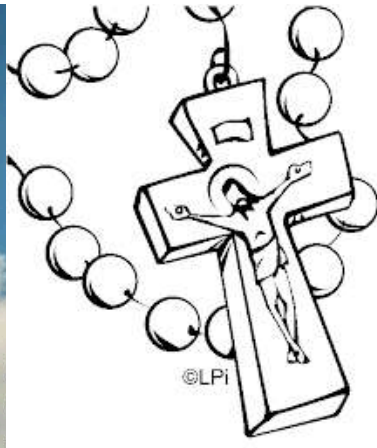
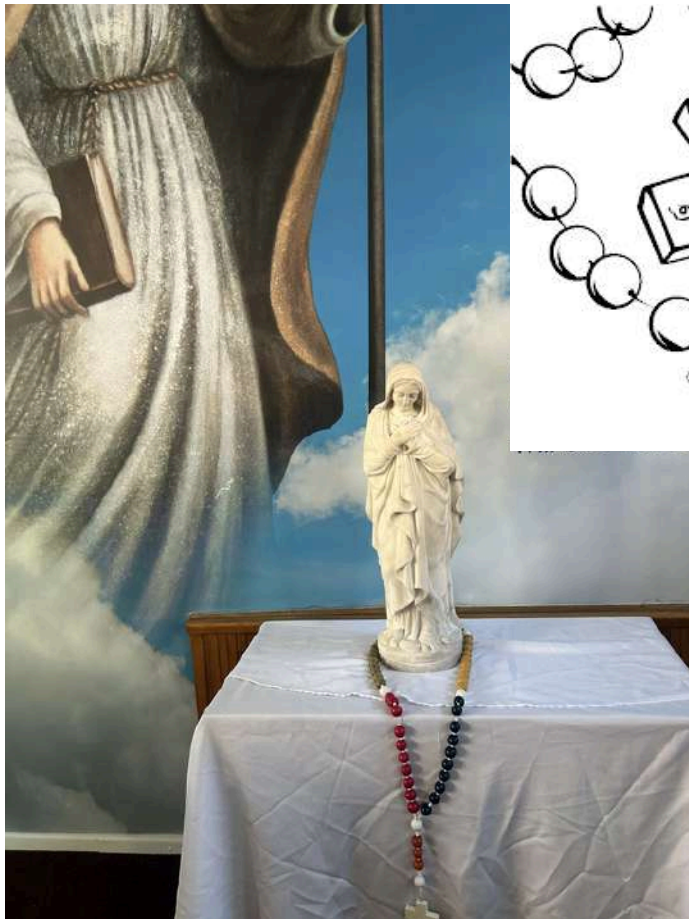
2nd October: May God give you knowledge and capacity.



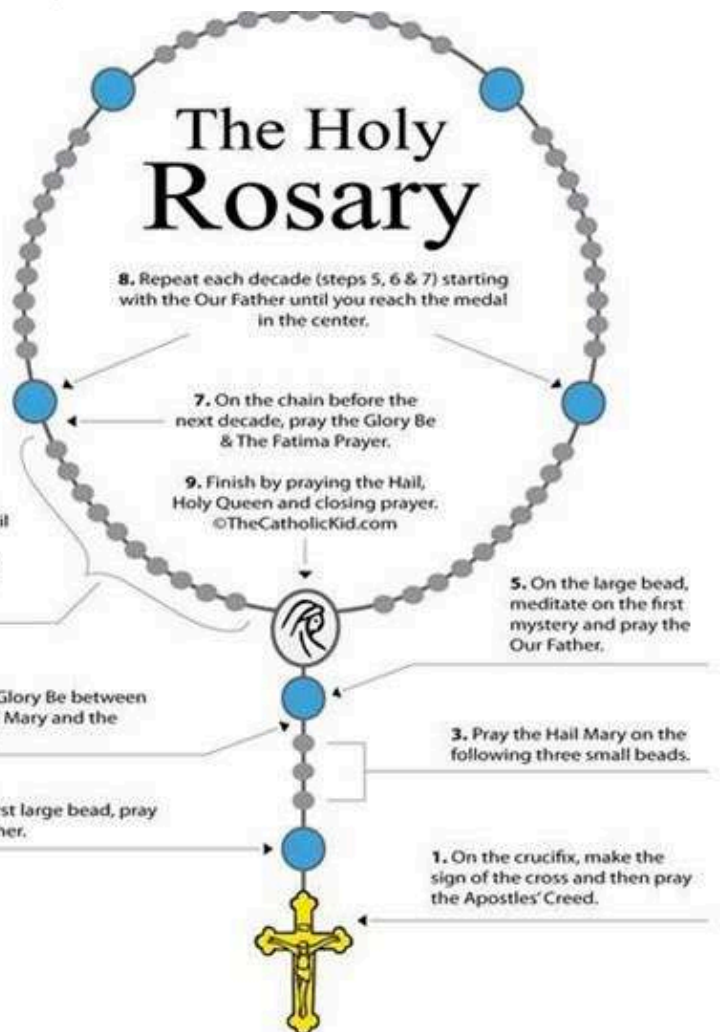


October: The Month of the Rosary

October is celebrated in the Catholic Church as the Month of the Rosary. This devotion invites us to honour Mary, the Mother of God, through the prayerful rhythm of the Rosary. Students will be learning and praying about its significance, reflecting on the mysteries, and deepening their understanding of Mary's role in the life of the Church. This sacred practice helps them grow in faith while appreciating the importance of prayer as a school community in daily life.



Month of the Rosary



Feast Day: 5th September



St. Teresa

"Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile"

St Teresa Assembly



This morning, IIT filled us with joy through their inspiring assembly on the life of St. Teresa of Calcutta, celebrating the incredible impact she made across the world. Guided by their dedicated form tutor, Mr. Vijay, the students showed true enthusiasm and commitment – they are wonderful role models for our school! We are also excited to support their fundraising event at breaktime today in aid of the St. Teresa of Calcutta Foundation. Well done girls, we are very proud of you! SERVIAM



Ms Eakins and Mr Vijay



Academic Achievement Awards



On the 11th September, Mr Burt and I had the pleasure of attending the Redbridge Youth Academic Achievement Awards at Redbridge Town Hall. The evening was a real celebration of the dedication, hard work and talent of our students at both key stage 4 and 5. The students who received awards were:

Achievement at A-level and BTEC	Achievement at GCSE
Anastasia Pausey	<u>Chinaemezu Oguhi</u>
Naga Karthik	Anisa Hassan
Samia Hussain	Fatimah Yusuf

Progress at A-level and BTEC	Progress at GCSE
Heba Saeed	Hafsa Islam Akther



We all expect great things from these young women in the future!

Mr Roberson, Asistant Headteacher



British Red Cross Gaza Appeal – Cheque Presentation

British RedCross



This week, we were delighted to welcome **Ms Alice Bourg**, a representative from the British Red Cross into school to receive the cheque for the incredible **amount of £2591.44** raised by our community last summer.

At the presentation, members of the Student Council, the Head girl, alongside several students and our Headteacher, Ms Stone, formally handed over the donation on behalf of the whole school. The occasion highlighted the generosity, teamwork, and compassion shown by students, staff, and families throughout the fundraising process. Ms Bourg thanked the school community and emphasised how the donation will directly support humanitarian work in Gaza.

The donation was made up of contributions from each form, and points have been awarded in proportion to the amount of money raised as follows:

House Name	Amount raised	Position	House Points earned
Catherine	£678.58	1	75
Josephine	£530.81	2	50
Rose	£473.21	3	25
Teresa	£460.73	4	10
13.2	£185.92	1	75
13.1	£145.43	2	50
13.3	£116.76	3	25
Grand Total	£2591.44		

Congratulations to all the **Catherines** for raising the highest amount this year! We look forward to seeing which team will rise to the challenge next year.

Well done once again to everyone who contributed to making this fundraising appeal such a success, a true example of our school values in action.



Dr Osei-Owusu, Enrichment & Student Lead Coordinator

WEDNESDAY
1pm – 1:30 pm
ROOM: F10

UA6
Islamic Society Club

What we do:

Fun activities and creative crafts, Games, Relaxation and discussions, Learning about Islamic history, Celebrating Eid & Ramadan, Listening to inspiring Nasheeds, Reciepes, Competitions, Fundraising, Rewards, Building a safe & friendly environment!

What we learn:

Key lessons from Islamic history and traditions
Values of community, kindness and respect!

Come and join us for a welcoming and fun space to connect, make friends, , have fun and celebrate together!

Delivered by: Teachers & UA6 Students

Everyone is welcome!





MFL News



European Day
of Languages

Reminder: Activities for European Day of Languages: 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.

Photo booth: 12:40-1:30 pm in the Language corridor

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

FRENCH THEMED BRACELETS

Come make some french inspired bracelets in G5 at 12:40

1.50 for a bracelet with a charm and any extra charms will be an extra 20p

Ms Grassi, Subject Lead MFL

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
Gr = Grains

L = Lupin
Mk = Milk

Mu = Mustard
N = Nuts

Se = Sesame Seeds
So = Soy

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
Gr = Grains

L = Lupin
Mk = Milk

Mu = Mustard
N = Nuts

Se = Sesame Seeds
So = Soy

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
Penne Bolognese Pasta Bake (G,Mk) with Garden Salad	Smothered Pizza Naan with Tandoori Chicken & Minty Yoghurt (G,E,Mk)	Chicken with Stuffing & Herb Gravy (G)	Mucho Mexican Chicken Burrito Bowl (G,Mk,So)	Battered Fish Fillet (G,F)
Mediterranean Vegetable Lasagne (G,E,Mk) with Garden Salad	Smothered Pizza Naan with Sweet Chilli Paneer & Minty Yoghurt (G,E,Mk)	Roast Root Vegetable Wellington with Stuffing & Herb Gravy (G,E,So)	Mucho Mexican Eat Curious Vegetable Burrito Bowl (G,Mk,So)	Crispy Vegetable Samosa with Mango Chutney (G,Mu)
Baked Potato Wedges Steamed Seasonal Greens	Masala Fries Spiced Roasted Chick Peas (G)	Crunchy Roast Potatoes Roasted Carrots & Parsnips	Zesty Lime Rice Spicy Pinto Beans (G,So)	Chips Peas Baked Beans
Extras: Garlic Bread (G,Mk,So)	Extras: Mini Samosa (G,So)	Extras: Yorkshire Pudding (G,E,Mk)	Extras: Tortilla Chips (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
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?



FiND

FAMILIES INFO DIRECT

0800 587 7500

An introduction to **FiND**

Families Information Direct (FiND) is a 'one stop' information and advice service for parents, carers, children, young people and people who work with families in Redbridge.

FiND can provide you with information and advice on a wide range of issues that impact on your family's life. We know that children don't come with an instruction manual and that most families need guidance and support (from time to time), as they experience the rewards and challenges of bringing up children.

If you have a question about services for your family or you want to find out more about FiND, please call us on **0800 587 7500** or **020 8708 8920**, email find@redbridge.gov.uk or go to our website: find.redbridge.gov.uk  **Redbridge Find**  **redbridgefind**

EARLY YEARS and CHILDCARE

CHILDREN'S CENTRES

LOCAL OFFER

EDUCATION and SCHOOLS

FINANCIAL SUPPORT

PARENTING and FAMILY SUPPORT

HEALTH and WELLBEING

YOUNG PEOPLE

SAFEGUARDING

LEISURE and ACTIVITIES

When you need info and advice for your family ...

... let FiND point you in the right direction





London Borough of
Redbridge



Redbridge Engagement Hubs Family Information Direct (FiND) Drop-in service

We specialise in providing information and advice on a wide range of issues that impact on family life: from childcare and childcare funding; activities for children and young people, through to care and support services available.

'If we can't help, we'll find someone who can.'



Monday 10am—2.30pm
*Jubilee Gardens,
Ilford Lane, IG1 2HX*

Wednesday 10am—2.30pm
*Redbridge Institute
Gaysham Avenue
Gants Hill, Ilford, IG2 6TD*



**Help
Support
Advice
Information**



When you and your family need information, advice and support let FiND point you in the right direction
find.redbridge.gov.uk **Redbridge Find**
0800 587 7500 or 020 8708 8920



London Borough of
Redbridge



Welfare Benefits Advice

Supporting You Every Step of the Way

Where?

Ilford Engagement Hub
Jubilee Gardens,
Ilford Lane, IG1 2DX

When :

11:00am - 2:00pm

August: 4th & 18th

September: 1st, 15th, & 29th

October: 13th & 27th

November: 10th & 24th

December: 8th & 22nd



Our experienced, friendly team offers free, confidential advice to support you and your family through the welfare system.

No need to book

- ✓ Understanding what benefits you're entitled to
- ✓ Making a claim or filling in forms?



FiND London Borough of Redbridge 