



Ursuline Academy Ilford



Ursuline
Academy
Sixth

Weekly News – 2025/2026 Issue 5
3rd October 2025

Upcoming Events

BROMCOM INSET DAY

Thursday 23 October
School closed to Students

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.

UA6 Open Evening

Thursday 27 November
5.00 – 7.00p.m.



Headteacher's Headlines



As October begins, our school community is alive with faith, creativity and service. The celebration of St Teresa of Calcutta reminded us of the power of kindness and compassion, and our Chaplaincy has led us beautifully into the Month of the Rosary – a time for prayer and reflection that grounds us as one family of faith.

This week also shows the many ways our students live out our theme of Belonging, Believing, Becoming. In RE, younger students created their “United in Harmony” hands. Our sixth formers explored Plato’s vision of a just society, challenging themselves to think about leadership, fairness, and the common good, vital skills for the leaders they are becoming.

Beyond the classroom, the energy of our clubs, from Pontic dancing to badminton and European Languages celebrations, highlights the joy of belonging and the friendships forged across year groups. We were also thrilled to see such talent and enthusiasm at the auditions for Born for This, which promises to be a moving and inspiring production at Easter.

Our Open evening yesterday was a HUGE success. I feel so proud & privileged to be the headteacher of this amazing school. We received so many compliments from prospective parents saying how impressive our girls are! They’re the best!

Fiona Stone,
SERVIAM



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 - 19 in the Diocese of Brentwood

Headteacher: Fiona Stone BSc (Hons) MA NPOH



Ursuline
Academy
Sixth

3rd October 2025

Dear Parents and Carers,

I am writing to inform you of an important update to the school calendar.

The Academy will be migrating to a new Management Information System (MIS) on Monday 4th November, immediately after the half-term break.

To ensure this transition is as smooth as possible, I have decided to add an additional **INSET Day, Thursday 23rd October**, just before the half-term break. This will allow us to provide staff with the necessary training and support to use the new system effectively, which in turn will benefit our students and families.

I appreciate your understanding and continued support, and I hope this extension to the half-term break will be welcomed by families.

Thank you as always for working in partnership with us.

Yours sincerely

Ms Fiona Stone
Headteacher



success in learning for all



Newsletter Contents this week:

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Pope Leo XIV @ Pontifex – 1 October 2025

We are one family, with the same Father, who makes the sun to rise and sends rain on everyone (Mt 5:45). We live on the same planet, and must care for it together. I renew my heartfelt appeal for unity around integral ecology and for peace! [#LaudatoSi](#)[#SeasonOfCreation](#)

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

October: Be Shepherds

3rd October: You will achieve more with kindness and gentleness than with harshness and sharp rebukes.

4th October: Spread peace and concord wherever you are.

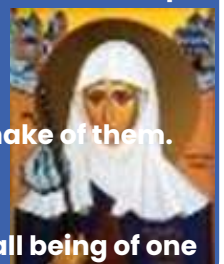
5th October: What you want them to do, do it yourself first.

6th October: They are all creatures of God. And you do not know what he wants to make of them.

7th October: As far as possible, you yourselves provide.

8th October: Charity directs everything to the honour of God and the good of souls.

9th October: Tell them that they should want to be united and in concord together, all being of one will.





Chaplaincy News



Teresa House Assembly – Celebrating St Teresa of Calcutta

On Friday 26th September, the Teresa House gathered in the school hall for a special assembly to celebrate and reflect on the life of St Teresa of Calcutta. It was a prayerful and reverent occasion, where students were reminded of her powerful example of love and service to others.

As part of the liturgy, some of St Teresa's inspiring words were shared in different languages, reflecting her universal message of compassion and faith. The students were encouraged to consider how they might follow her example in their own daily lives – through small but meaningful acts of kindness at home, in school, and within the wider community.

The liturgy concluded with a time of prayer, asking for St Teresa's intercession so that we may learn to live with love, humility, and generous hearts, just as she did.



Mr Ravi, School Chaplain

Feast of the Guardian Angels

The feast day for the Holy Guardian Angels in the Catholic Church is celebrated annually on **October 2nd**. This day is dedicated to reflecting on the guardian angels God assigns to each person for guidance and protection throughout their life.

Historical Background

Local celebrations of this feast day began as early as the 11th century. Pope Paul V first authorized a feast in honour of guardian angels in 1608. In 1670, Pope Clement X extended the feast to the universal Church, setting the date to October 2nd. Pope Leo XIII later upgraded the date to a double major feast in 1883.

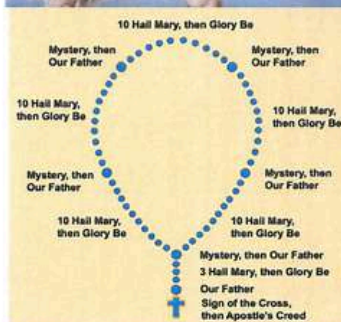
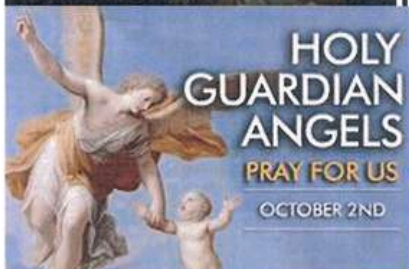
Traditions

The feast is a time for the faithful to express gratitude to God for their guardian angels. It's an opportunity to foster reverence for one's guardian angel and to invoke their protection during times of difficulty or temptation. The day can also be celebrated with thematic food, such as angel hair pasta or angel food cake, as well as crafts and other family-friendly activities

PRAYER TO YOUR Guardian Angel

Angel of God,
my guardian dear,
To whom God's love
commits me here,
Ever this day,
be at my side,
To light and guard,
Rule and guide.

Amen.



The Ursuline Academy Ilford

CHAPLAINCY NOTICES: OCTOBER



During October, the 10th Month of the year we welcome Autumn. Catholics also dedicate October to Our Lady, Mary and the Holy Rosary.

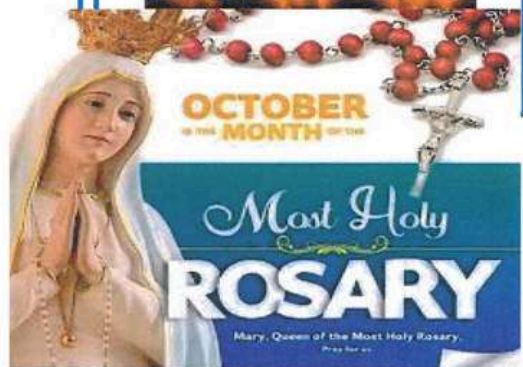
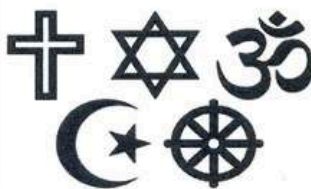


October days of Religious Significance

12 October Dussehra – Hinduism
Dussehra, a major Indian festival, concludes Navratri and falls on the tenth day of the Hindu calendar month. It celebrates Rama's victory, symbolising good over evil.

3-4 October Rosh Hashana; Jewish New Year
Rosh Hashanah marks Jewish New Year with a period of prayer and reflection.

11-12 October Yom Kippur - Judaism
Yom Kippur is an important day in Jewish tradition, centred on fasting, reflection, and seeking forgiveness, marking the conclusion of the High Holy Days.



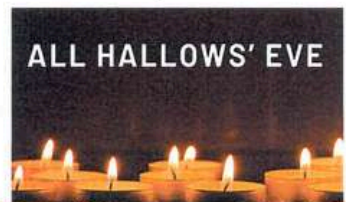
All Hallows' Eve: Halloween

All Hallows' Eve, now known as **Halloween**, is the name for the evening of **October 31st**, the night before **All Saints Day** (also called **All Hallows' Day**). The name comes from the Old English word *hallowe*, meaning holy or sanctified. All Hallows' Eve marks the beginning of **All Hallowtide**, a period of three days in the Christian liturgical year dedicated to remembering the dead. While it began as a religious observance, it has evolved into the modern cultural celebration of **Halloween**, known for traditions like trick-or-treating, costume parties, and jack-o'-lanterns.

Origins and Significance:

Religious roots: The name "*All Hallows' Eve*" literally means the evening before the feast day of "all holy ones" or **saints**. **Allhallowtide:** The holiday is the start of Allhallowtide, which includes **All Saints' Day** on **November 1st** and **All Souls' Day** on **November 2nd**. This period is dedicated to remembering saints, martyrs, and all the faithful departed.

Cultural evolution: Over centuries, the customs of this Christian observance have blended with older harvest festival traditions and secular elements to create the modern holiday of Halloween.



The Rosary is a popular Christian prayer practice, particularly in the Catholic Church, that involves reciting prayers while meditating on specific events from the lives of Jesus Christ and Mary. It's a devotional practice using a string of beads to count the prayers, with each bead corresponding to a prayer like the Hail Mary. It's common for families to pray the Rosary together in October, reinforcing faith and devotion within the home. The late Pope Francis has encouraged people to rediscover the beauty of praying the Rosary, particularly at home, during the month of October.

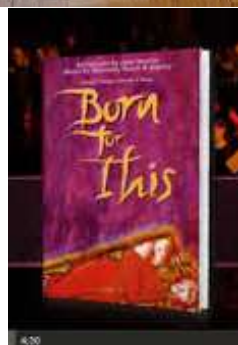


Born for This Auditions

On Wednesday 24th September we held auditions for our school production Born for This. This powerful and moving musical tells the story of the Passion of the Christ and will be performed at Easter.

We were very impressed by the quality of acting and singing we witnessed at the auditions and are excited to get started with rehearsals!

The cast list will be posted on the Drama noticeboard by Monday and our first rehearsal call will take place after school on Wednesday 8th October.



Step into Greek Culture with Our Pontic Dancing Club!

Our Greek Pontic dancing club is alive with energy, rhythm, and tradition! Pupils come together each Friday lunchtime not just to dance, but to celebrate the rich heritage of Pontic Greece. From mastering intricate steps to learning about the history and stories behind each dance, students are discovering a vibrant culture while having a fantastic time. The laughter, music, and shared passion make every session a joyful journey into the heart of Greek tradition. Come and join us!!

Please click on the links below to see videos of the girls in action!

[Click Here - Practice](#)

[Click Here - Dance](#)



Badminton Club

Our wonderful badminton club is up and running every Thursday at lunch (12:40pm) in the gym! We have had a real mix of year groups in this week which is really nice to see and a great way to make friends across all year groups.

We are always keen to welcome new members, so do join and don't forget to bring a song request!





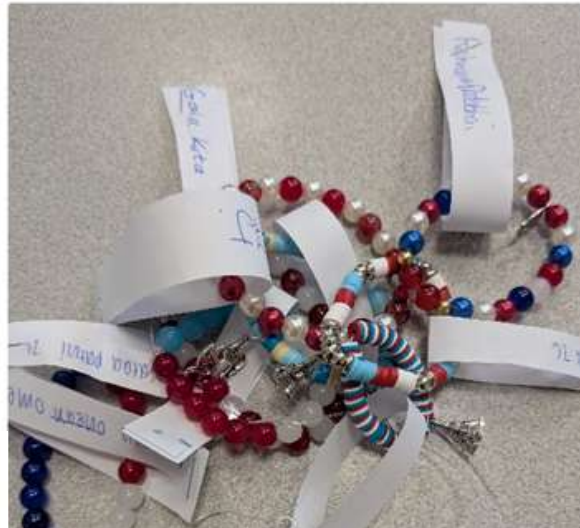
MFL News



Please see below some photos of our day of celebrations...



French Breakfast



European inspired bracelet making and Beauty salon



Photo booth

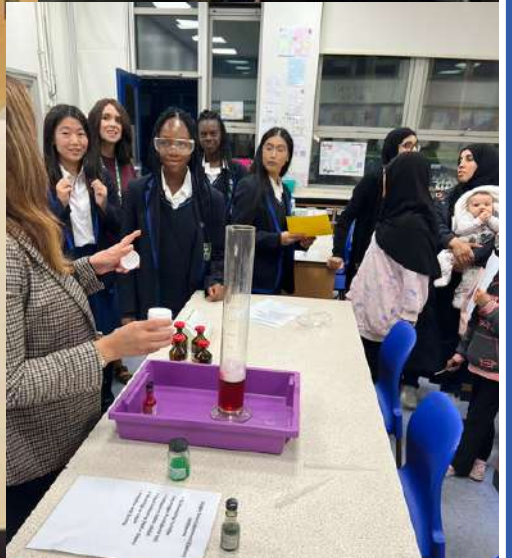
Bravo to all participants and the Language Ambassadors who worked very hard to organise our fabuleux events!

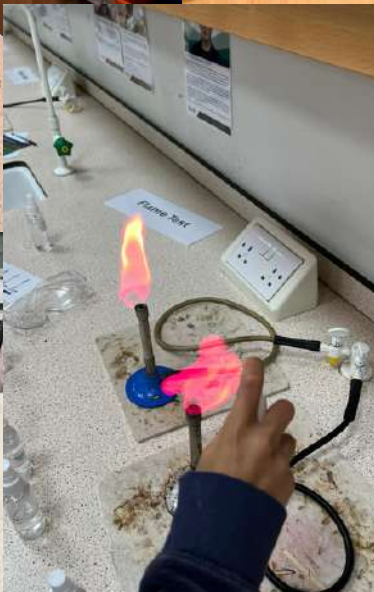
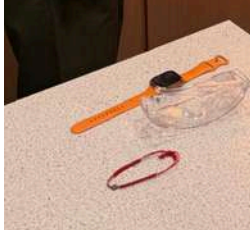
Ms Grassi, Subject Lead MFL



Open Evening Photos!

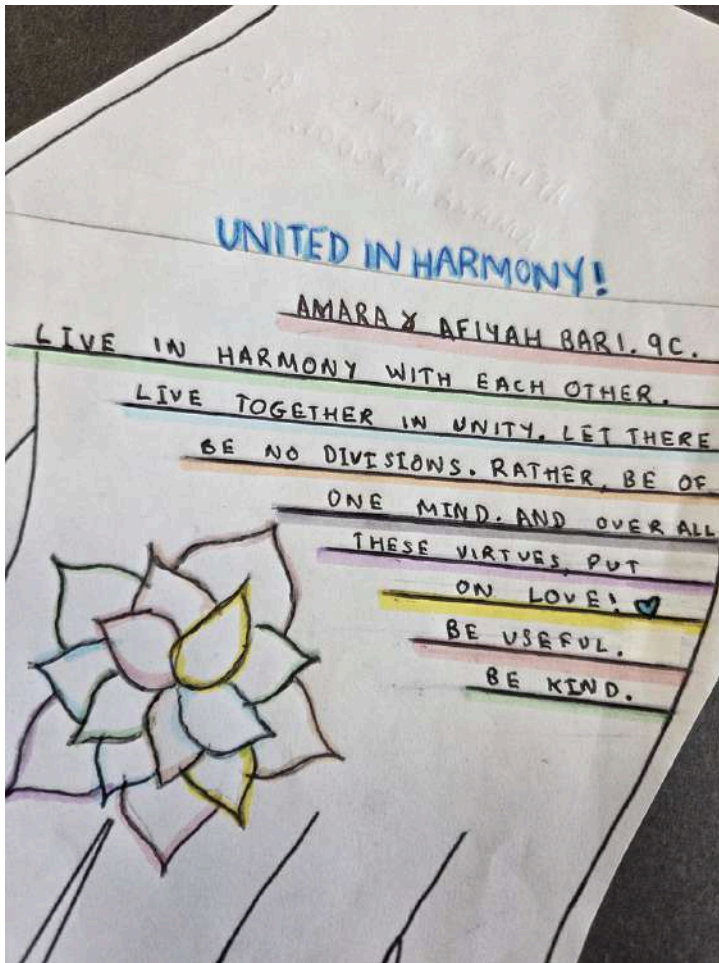






This term, some of our students created these beautiful hands as a powerful reminder of the importance of being "United in Harmony" within our school community. Each hand represents not only the uniqueness of every individual, but also the strength we gain when we come together as one.

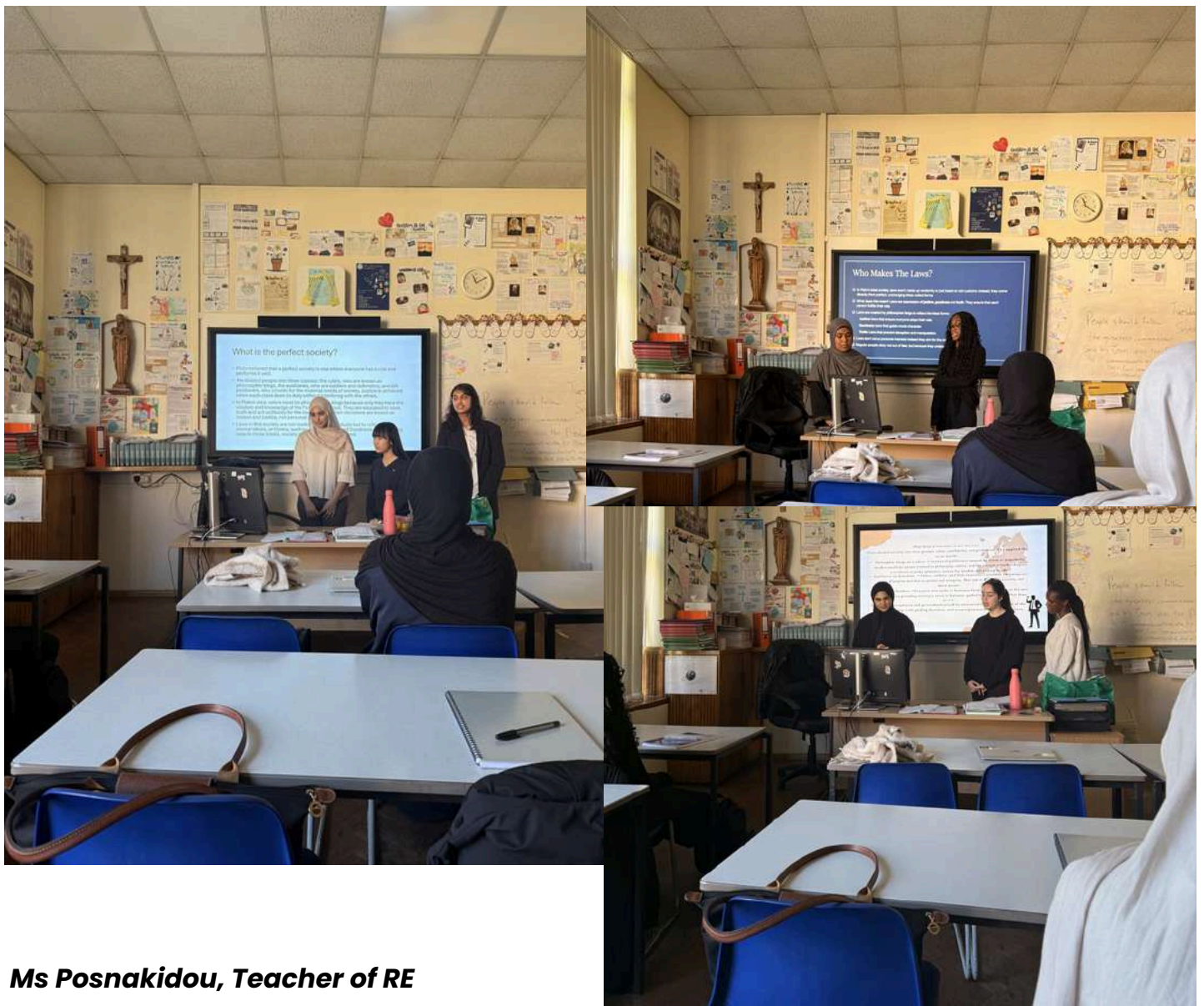
This message connects deeply with the virtues found in Catholic Social Teaching, where we are called to recognise the dignity of every person, to stand in solidarity with one another, and to celebrate the richness that diversity brings!



In this project, UA6 students have been delving into Plato's vision of the perfect society, set out in his famous work *The Republic*. Plato imagined a community—the Kallipolis—where harmony was achieved when each group of people played their proper role: the producers providing for daily needs, the auxiliaries protecting the city, and the philosopher-kings guiding with wisdom and justice. For Plato, true leadership was rooted in the pursuit of truth and the common good, rather than personal gain.

This inspired students to imagine what a “perfect society” might look like from their own perspective. They were challenged to think critically about fairness, leadership, and the responsibilities we all share in shaping the world around us. Using PowerPoint, students brought these philosophical ideas to life, while also reflecting on our own school virtues of living with truth and integrity and leading for justice and united in harmony.

Through this process, students are not just learning about philosophy—they are practicing the art of ethical leadership and preparing to become the leaders of tomorrow.



Ms Posnakidou, Teacher of RE



School Fund Letter

THE URSULINE ACADEMY ILFORD

A Catholic Academy for Gir^ols aged 11 - 19 in the Diocese of Brentwood

Headteacher: Ms Fiona A Stone BSc (Hons) MA NPQH



October 2025

Dear Parents & Carers,

At Ursuline Academy Ilford, we are committed to providing the best possible education and facilities for our students. However, with increasing financial pressures, it has become more challenging to fund much-needed improvements. For many years, we have relied on voluntary contributions from parents to support these projects, but the number of families contributing has declined.

Thanks to past donations, we have recently been able to undertake two meaningful refurbishments. Our chapel now features a stunning new mural of St. Angela Merici, providing an inspiring and reflective space for our students and staff. In addition, we have refurbished a staff restroom adjacent to the school prayer room to better support pupils who practice wudu ablutions, ensuring that all students have access to appropriate facilities that respect and accommodate their faith. These projects are just two examples of how your contributions directly enhance the experience of our students.

To ensure that our students continue to have access to the very best education and facilities possible, we are asking for a voluntary contribution of £25 per term, per family. This small but significant amount will go a long way in enhancing learning environments, upgrading resources, and ensuring that every student has access to the opportunities she deserves. Of course, we would be incredibly grateful for any contributions beyond this amount, and significant donations will be acknowledged through plaques, commemorations, and dedications. If you'd like to make a more significant contribution, you can contact me directly at fstone@uai.org.uk.

We are committed to transparency and will provide regular updates on the funds raised and how they have been used. Every contribution, no matter the size, makes a meaningful difference and is a testament to our shared commitment to providing the best for our young women.

If you would like to support us, please use ParentPay, where you will find the options for voluntary contributions for each term or contact finance@uai.org.uk for more information on how to donate. Thank you for your ongoing support and generosity. Together, we can continue to build a thriving future for Ursuline Academy Ilford and ensure that our students have the best possible opportunities to grow, learn, and succeed.

With gratitude and best wishes,

Fiona Stone
Headteacher



success in learning for all

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)



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



PASTA STATION

**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

- 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
 Co = Coeliac
 F = Fish
 G = Gluten
 L = Lupin
 Mk = Milk
 Mu = Mustard
 N = Nuts
 Se = Sesame Seeds
 So = Soya

School Menus

What's for Lunch?