



# Ursuline Academy Ilford



Ursuline Academy  
Sixth

Weekly News – 2025/2026 Issue 7  
17th 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



Dear parents & carers,

As we approach the end of what is the longest half term, I want to thank our students, families, and staff for the energy, commitment, and care you bring to our community each day. This stretch of the school year can often feel demanding, but it also offers countless moments of growth, perseverance, and shared joy.

Yesterday's Diwali celebrations were a wonderful reminder of the richness and diversity of our school community, celebrating the triumph of light over darkness and hope over despair. To all those celebrating Diwali on Monday and Tuesday next week, I wish you and your families joy, peace, and new beginnings.

Throughout October, I have had the pleasure of leading our Year 6 family tours around the school. I have been so proud of our students, who have spoken with confidence and warmth as they welcomed families and answered the question, "Why do you love being an Ursuline?" Their responses have been fantastic; from our academic excellence and the inclusivity of our community to the wide range of clubs on offer and the strong friendships they build here. They truly capture the spirit of what makes our school so special.

Finally an important message:

We have been advised by Redbridge that all Free School Meals Vouchers issued to parents are valid for a period of 2 months. After that time they will expire and will not be resent.

**SERVIAM**





# School Fund Letter

## THE URSULINE ACADEMY ILFORD

A Catholic Academy for Gir<sup>o</sup>ls 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](mailto: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](mailto: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,

A handwritten signature in black ink that reads 'F Stone'.

Fiona Stone  
Headteacher



success in learning for all



## Newsletter Contents this week:

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**Pope Leo XIV @ Pontifex – 15 October 2025**

**Christ's Resurrection pours forth the hope that gives us a foretaste of deep and joyful calm, despite the fatigue of daily life. Only Christ can give us this everlasting peace. #GeneralAudience**

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

**October: Be Shepherds**

**17<sup>th</sup> October: I do not say, however, that it will not be necessary occasionally to use reproaches and severity, at the right place and time.**

**18<sup>th</sup> October: One must be careful and prudent.**

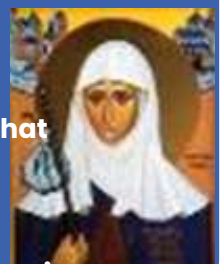
**19<sup>th</sup> October: Bear with them all equally, for it is not up to you to judge.**

**20<sup>th</sup> October: There will be no other sign that you are in the grace of the Lord than that you love one another and are united together.**

**21<sup>st</sup> October: Watch over them as most vigilant shepherds and good servants.**

**22<sup>nd</sup> October: Act in such a way that they may always follow your example.**

**23<sup>rd</sup> October: If you see one timid and inclined to despondency, promise her the blessing of the mercy of God.**





## Chaplaincy News

### Good News!

The 2025 Nobel Peace prize has just been awarded to a former Ursuline school student. **Maria Corina Machado** graduated from the Academia Merici, the Ursuline school in Caracas, Venezuela in 1985.

She was given the award for 'her tireless work promoting democratic rights for the people of Venezuela and for her struggle to achieve a just and peaceful transition from dictatorship to democracy.'

What a wonderful example of SERVIAM and the Catholic Social Teaching of working for justice alongside the dignity of the poor



JA Worldwide nominated  
for the 2025 Nobel Peace Prize



## Chaplaincy News

### Year 7 Retreat – “Let Your Light Shine”

This week, 7J and 7R students took part in a retreat centred around the theme “Let Your Light Shine.” It was a wonderful opportunity for them to pause from everyday routines and reflect on their unique gifts, strengths, and the positive impact they can have on others. Through a series of activities, group discussions, and moments of quiet reflection and meditation, students explored what it means to shine their inner light—showing kindness, courage, and confidence in their daily lives. They worked together in team-building exercises and shared thoughtful insights. The retreat encouraged students to recognise that each of them has something special to contribute. We hope this experience will continue to guide them as they navigate the year ahead.

### Class Mass – “United in Harmony”

On Thursday 16th October, 8C and 8J gathered to celebrate a beautiful Mass in the school chapel centred on the theme “United in Harmony,” inspired by the Gospel of John (15:1–12), where Jesus reminds us, “I am the vine, you are the branches.” It was a powerful moment of reflection on how our unity is not simply belonging to one another, but being rooted together in Christ’s love. It was a special moment of prayer and reflection, reminding us that although we are all unique, we are called to walk together in faith, kindness, and understanding.

In the spirit of St. Angela, the readings were about listening with the heart, encouraging one another, and standing together especially when it is hardest. True harmony grows when we choose kindness, when we include others, and when we act with courage and integrity, even in silence.

During the Mass, we also prayed for peace in the world, for refugees and migrants, for the environment, and for all who have recently passed away, especially the family members of our school community.



**Mr Ravi, School Chaplain**



## Chaplaincy News

### Final call for Rome!

Thank you for your over-whelming and amazing response for the Rome Trip May 2026. We have a few places left. Please sign-up on the link below if you are interested

**\*\*No need to sign up if you have already done so!**

The first meeting and distribution of letters will be on Wednesday 5th November at lunchtime in Room F3

Ciao bene!!

**Departure: Tuesday 12th May 2026**

**Return: Friday 15th May 2026**

Parental sign-up link below. The link is also on Satchel

[https://forms.office.com/pages/responsepage.aspx?id=7Shk6uy2i0SSVSBb0XQo\\_IRn7sPA-7dGkH6VUDew9ZZUMEdSQLpMWEFWNkJJV0JIWUxQT0tRVkFPTY4u&route=shorturl](https://forms.office.com/pages/responsepage.aspx?id=7Shk6uy2i0SSVSBb0XQo_IRn7sPA-7dGkH6VUDew9ZZUMEdSQLpMWEFWNkJJV0JIWUxQT0tRVkFPTY4u&route=shorturl)

Travel to  
**ROME**  
Explore the...

Trevi Fountain      The Vatican and the Sistine Chapel      The Colosseum

40 places Open to students in Years 8, 9, 10 and 12  
(Older students will have priority)

**What's Included:**

- Flights & transfers
- Hotel accommodation
- Meals, Guided tours & entry fees

"All roads lead to Rome... especially in 2026!"

**Ms Semambo, Teacher of R E**



## Diwali Celebrations at Ursuline!

On Thursday 16th October, we celebrated Diwali – the festival of light celebrated in both Hinduism and Sikhism – at our school! This celebration consisted of a variety of workshops and activities such as: diya decorating, rangoli and lantern designing and a henna workshop. Decorations and led candles adorned the hallways as fellow students were seen enjoying taking part in the workshops and eating snacks such as samosas. Overall, it was a delightful experience in which people could learn and feel included in celebrations in different religions!

**'I enjoyed the different workshops and music' – Jasmine 12.2**

**'We thought the food was amazing, the whole event was a huge success! The diya decorations were really unique and creative!' – Hiru and Alisha 12.3**

**'It was a lovely event, vibrant and colourful, students were enjoying themselves. Good work girls!' Mr Donovan**

The South Asian Society would like to thank all the staff and students who celebrated with us and a special mention goes to the Sixth Form and Year 11 students who helped organise the event and were incredibly helpful behind the scenes.





# Diwali Celebrations at Ursuline!



**Ms Sivachandran and Mrs Verma**



## Art News

### Year 10 Art Trip to King's College London

On Thursday 9th October, our Year 10 Art students visited the Life Sciences Museum at King's College London. During the trip, the museum curator, **Gillian Sales**, spoke to the students about the fascinating connections between **art and science**, highlighting how creativity and observation play a vital role in both fields.

As part of their **GCSE Art course**, the students completed a series of **observational drawings** inspired by the museum's exhibits. Their engagement and enthusiasm throughout the visit were fantastic - Well done, girls!



**Ms Nas Teacher of Art**

## Islamic Society Celebrates Black History Month

In celebration of Black History Month, the Islamic Society hosted a special event highlighting Black Islamic history. The presentation, led by UA6 **Aasiyah Naeem (12)**, explored the contributions of Black Muslims throughout history, showcasing inspiring figures and their lasting impact.

A heartfelt thank you goes to **Ms Kodu-Peku** for sharing artefacts & stories, **Ms Osei-Owusu** and **Ms Ofosu**, who shared fascinating traditions from their own countries, helping students appreciate the beauty of cultural diversity within our community. Also, **Mr Okyere**, **Ms Herbert** and **Ms Eakins** for coming to support.

As part of the celebration students also created African inspired decorative necklaces. The display of artefacts and jewellery added a vibrant touch to the event helping everyone connect with the creativity and heritage of African and Caribbean cultures. Well done to all the girls who took part!

Thank you to Year 10s **Liba** and **Dania** for helping set up the artefacts.

We are grateful to **Ms Afnan**, **Ms Nas**, **Ms Noor**, **Ms Adam**, **Ms Choudhry** & **Ms Ahmed** for bringing the event together for our UAI girls.

#blackhistorymonth #unitedtogetherinharmony #serviam #UAI #UA6





**Islamic Society Team**



## Careers News

Parent/ Guardian Career pathway  
links



### Career guidance- Parents and Carers

Parents and guardians play a vital role in supporting students on their career journeys. By providing encouragement, helping explore options, and offering practical guidance, you can help your child discover their strengths and interests, make informed decisions, and build confidence for the future.

One excellent resource to explore together is Unifrog ([www.unifrog.org](http://www.unifrog.org)). This platform offers a comprehensive way to research career paths, university courses, and apprenticeships—all in one place.

If you would like to support the school with the career's curriculum for your child and others, please scan the QR code above and get involved

### Upcoming online talk for parents and Carers Hosted by Trinity College, Oxford University Access Team

These sessions are designed especially for parents and carers of students in Years 10, 11, and 12, offering valuable information about university options and application processes.

#### Session 1: For Families – A Guide to University

Date: Monday 3 November, 6:00 pm – 7:30 pm

Ideal for families unfamiliar with university or who want updated general guidance about higher education.

#### Session 2: For Families – A Guide to the University of Oxford

Date: Thursday 6 November, 6:00 pm – 7:30 pm

Focused specifically on the University of Oxford and its application process.

#### What You'll Gain

Practical ways to support your child if they decide to apply to university or Oxford.  
Confidence and clarity about the role parents and carers play in university applications.  
Understanding of the benefits and costs of university education.  
Live Q&A session with current Oxford undergraduates.

#### Who Should Attend?

Parents, carers, and supporters of young people in state secondary schools considering university.

#### How to Join

Both sessions are online. Register your attendance via the Registration Form (registration closes 48 hours before each session).

Stay involved. Stay informed. Support your child's future.

**Ms Tallat, Careers Lead**



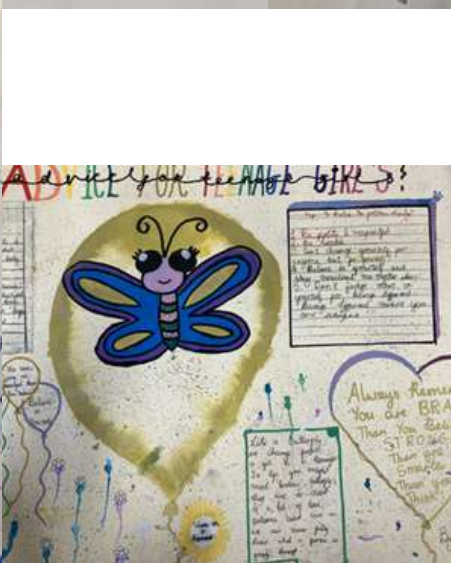
## English News

This half term our Year 7 students have been completing a poetry unit. Last week, 7J explored the poem 'Advice To A Teenage Daughter'.

As well as completing some excellent analysis of the poem, 7J students also had to create their own empowering advice posters to girls their age.

The students had to come up with positive messages and encouragement for fellow year 7 students. Here are some of the wonderful posters they created.

Well done 7J!



Ms Riste, teacher of English

# JAPAN TRIP 2026

Technology, STEM, Culture, and Fun – Our Biggest Trip Ever! 🌍

We're thrilled to announce an unforgettable opportunity for UA6 students: our most exciting and ambitious school trip to date — a 9-day cultural and educational adventure to Japan!



## Trip Dates:

14th – 22nd October 2026


## Important:

- **Students should NOT fill out this form.**
- Places are **first-come, first-served** and very limited. Once they're gone, they're gone!
- Open to students in **Years 7, 8, 9, 10, and 12** — many have already signed up, so you'll likely be going with friends in your year group!

## Trip Highlights

 [Ursuline Academy Japan Trip - Educating Adventures](https://trips.easchooltours.com/t/educating-adventures/japan-stem-art-culture-trip-ursuline-oct26#itinerary) on satchel notice.

<https://trips.easchooltours.com/t/educating-adventures/japan-stem-art-culture-trip-ursuline-oct26#itinerary>

 **Estimated Cost:** £2,700 (for the full 9-day experience) To be paid in monthly instalments over 10 months with a £600 deposit due to confirm space on the trip.

**Once your child has been offered a place, you will receive:**

- A confirmation letter
- A payment plan
- A request for a **£600 deposit via ParentPay**

## What's Included:

- ✓ International return flights (including all departure taxes)
- ✓ All in-country transport (including train tickets to/from Kyoto)
- ✓ Quality accommodation with breakfast
- ✓ Entry to all museums and attractions
- ✓ Breakfast and evening meals daily
- ✓ Full travel insurance

Possibility of adding Tokyo Disney Sea - subject to number to students on the trip.

### 🚨 Important Notes:

- The trip is **non-refundable**, except in exceptional circumstances or if the school cancels.
- All places are subject to **Senior Leadership Team (SLT) approval**.
- Spaces are limited and in high demand.

### 📄 Before Signing Up:

Please ensure you have read the itinerary and payment details carefully. Only sign up if you are confident you can financially commit to the trip.

### 👤 Eligibility:

- Year 13 students are **not eligible** (they will no longer be part of UA6 in 2026).
- Year 11 students must be **continuing into UA6** to attend. If you're in Year 11 and keen to go, please sign up! Miss Tallat will contact you to discuss the process.
- Scholarship funds for UA6 may be available to help with the cost.

### ✉ Questions

Contact Miss Htallat (Trip Leader) at: [Htallat@uai.org.uk](mailto:Htallat@uai.org.uk)

Sign up here: <https://forms.office.com/e/D2HHuhakmy> or use the the QR code.





## P E News

### P E Stars of the Week!

#### Manasha Sivaharan 9T

Manasha is a dedicated and enthusiastic student who consistently gives her best in every PE lesson. On the football pitch, she demonstrates excellent awareness and positions herself effectively to support her team. Despite not being a regular member of the school football team, Manasha stepped in at short notice for the recent tournament and performed exceptionally well. She adapted quickly, showing great determination, awareness, and skill throughout the matches. Her positive attitude and willingness to support her teammates made a real difference, and she truly stood out for her effort, teamwork, and composure under pressure



#### Saima Numan 7J

Saima is an exceptional student who consistently puts maximum effort into every lesson. Her passion for sport is evident both in the classroom and at football club, where she approaches every session with enthusiasm and determination. Saima attends every training session eager to learn and develop new skills and techniques to apply during matches. On the football pitch, she is outstanding in defense, showing excellent awareness of when to drop back and position herself to support the goalkeeper. Saima is also a supportive and encouraging teammate, always motivating others and contributing to a positive, hardworking, and team-focused environment.



# RELIGIOUS EDUCATION

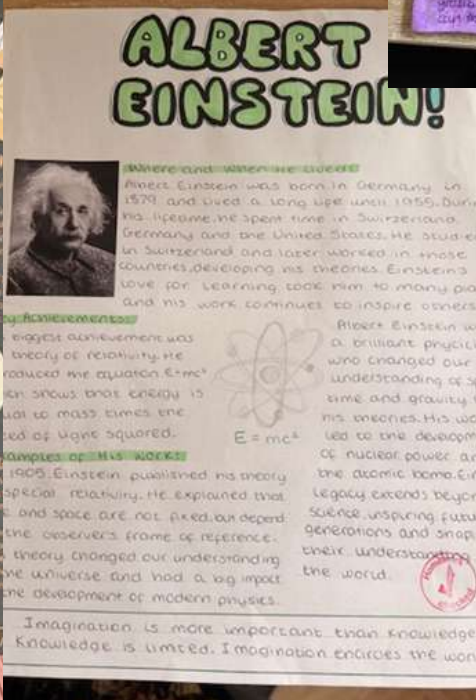
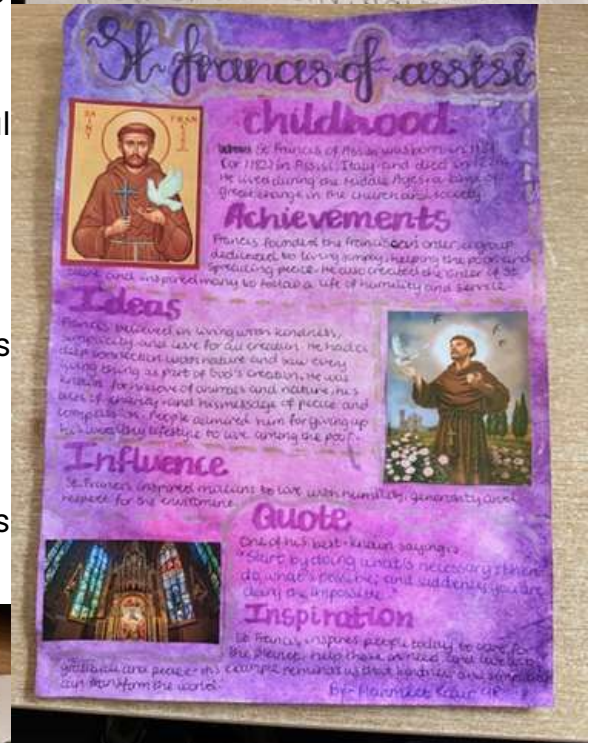
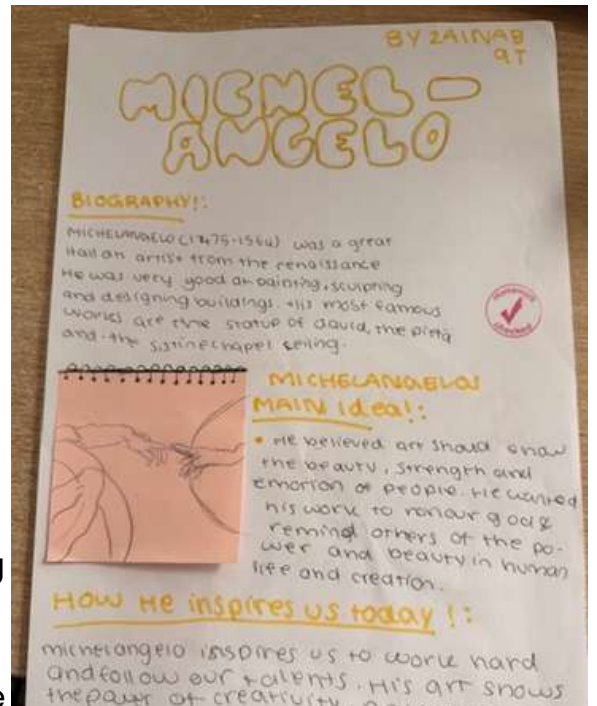
## RE News

### Year 9 Interdisciplinary Project

Our talented Year 9 students in classes 9R and 9T have been busy exploring the lives and achievements of some of the most remarkable figures in History, Philosophy, RE, Music, and Science. From the inventive genius of Leonardo da Vinci and the timeless wisdom of Plato, to the poetic brilliance of William Shakespeare, to the inspiring music of Ludwig van Beethoven, and the compassion and faith of St Francis of Assisi, students have discovered how each of these individuals helped shape the way we see the world today.

To celebrate their learning, students created colourful and informative posters highlighting the key contributions, values, and lasting influence of these historical icons. This creative project encouraged teamwork, research skills, and critical thinking—bringing together ideas from across multiple subjects in a fun and meaningful way.

We're so proud of the enthusiasm, imagination, and hard work that **9R** and **9T** have shown throughout this project!





# 10

## Year 10 News



In September, I competed in the BIKC Local Finals at Team Sport Edmonton.

For anyone unfamiliar, BIKC (the British Indoor Karting Championship) is a nationwide competition run at Team Sport tracks across the UK. It's recognised by Motorsport UK and gives drivers the chance to progress from local heats all the way to the National Finals, where the best indoor karters in the country race for the title.

The local final was something I'd been preparing for and looking forward to for months. Walking into the venue that day, the atmosphere was buzzing with energy, drivers fine-tuning their lines, supporters cheering, and that intense mix of excitement and nerves you only feel before a big race. I knew I'd be going head-to-head with some of the strongest drivers in the area, and that gave me both pressure and motivation.

For me, it wasn't just about competing, it was about making history.

I've been working hard to become the first Mauritian British female to stand on the BIKC podium, and I carry that goal with pride. I want to represent not just myself but also bring Mauritius onto the motorsport map, showing what's possible with determination and belief.

The racing was intense.

During qualifying, I pushed hard and was holding the lead right up until the very last lap. Losing it in those final moments was tough, but it didn't shake my resilience, it made me dig deeper. I went into the race determined to stay composed, drive smart, and fight for the best result I could achieve. Every lap demanded precision: braking at just the right points, hitting consistent lines, and managing the pressure of close battles.

When the final results came in, I qualified second overall.

Standing on the podium was an emotional moment. I was the only girl up there, which made it even more special. It was proof that the hours of practice, the sacrifices, and the determination are paying off. It wasn't just a result—it was a milestone, and a step toward the bigger vision I'm chasing.

Now, the journey continues.

That podium finish has secured my place in the Regional Finals on 11th October at Team Sport Harlow, a track that's brand new to all of us. I'll be racing not only against the top six from Edmonton but also against the top six drivers from Brighton, Crawley, and Dunstable. The competition will be fierce, but that's exactly the challenge I'm hungry for.

Looking ahead, I feel proud, motivated, and ready.

This journey isn't just about results, it's about breaking barriers, representing my heritage, and showing that with passion and perseverance, new doors can open. I can't wait to take on the regional finals and push myself even further.

**Sophia Latona**





# 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

3<sup>rd</sup> 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

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Website: [www.uai.org.uk](http://www.uai.org.uk)

## Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
  - Income Support
    - Income-based Jobseeker's Allowance
    - Income-related Employment and Support Allowance
  - Support under Part VI of the Immigration and Asylum Act 1999
    - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the [Redbridge.gov.uk](http://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
<b>MASALA MOMENTS</b>	<b>AMERICAN DINER</b>	<b>ROAST</b>	<b>TASTE OF JAMAICA</b>	<b>FISH &amp; CHIP SHOP</b>
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 = 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
<b>TEX-MEX</b>	<b>TASTE OF BRAZIL</b>	<b>HOME COMFORTS</b>	<b>KATSU KITCHEN</b>	<b>FISH &amp; CHIP SHOP</b>
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 = 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
<b>TASTE OF ITALY</b>	<b>PIZZA NAANS</b>	<b>ROAST</b>	<b>TEX-MEX</b>	<b>FISH &amp; CHIP SHOP</b>
Vegetarian 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

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

From £1.40



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



# PASTA STATION

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

From £2.60

## ALLERGENS

Speak to one of our chefs if

Ce = Celery  
Co = Coconuts

F = Fish  
G = Grains

L = Lupin  
Mk = Milk

Mu = Mustard  
N = Nuts

So = Sesame Seeds  
Su = Sugar

# School Menus

# What's for Lunch?



# Clubs Timetable



Ursuline Academy Sixth



Monday	Time	Club - Year Groups	Location	
	AM	8:00am (30)	☪ Breakfast Club 7-13	Canteen Mr Donovan
		8:25am (15mins)	☪☪ Worship Band 9-10	Hall Ms Hurst
	Break	10:40am	☪ Ukulele Club 7-8	S5 Ms Eakins
	Lunch	12:40pm (30mins)	☪ Art Club 7-9	S4 Mr Selley
			☪ IT Club 7-13	F6 IT team
		☪ Basketball 8,9 & 10	Gym Ms Whates	
		12:40pm (55mins)	☪ Library Lunch Club 7-13	Library Ms Jones
1.00-1.30pm (30mins)		+ Maths Club 7-13	F13 Ms Verma	
PM	3:30pm (1hr)	☪ Spanish Club 11	G5 Mr Clare	
		☪ Homework Club 7-13	Library Ms Jones	

Tuesday	Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☪ Breakfast Club 7-13	Canteen Mr Donovan
		8:25am (15mins)	☪☪ Worship Band 9-10	Hall Ms Hurst
	Lunch	12.50-1.30	☪ IT Club 7-13	F6 IT team
			☪ Movie Club	Chapel Ms Semambo
		12.40 - 1.40	☪ Art Club	S2 Ms Naz
		12:40pm (55mins)	☪ Library Lunch Club 7-13	Library Ms Jones
		12:40pm (30min)	+ Maths Club 7-13	F13 Mr Deen
			☪ Volleyball 7-13	Gym Ms Whates
		12:40pm (30min)	☪ Music Year 7 Practice Room Access	Practice rooms Ms Hurst
		1:00pm (30min)	☪ STEM Club (Visualise) 7-11	G12 Ms Kodi-Pecku
		1:10pm (30mins)	☪ Guitar Club 7-13	S5 Mr McCarthy & Mr Okyere
PM		3:30pm (1hr)	EAL Homework Club (selected students)	F7 Ms Choudhury
	3:30pm (1hr)	☪ Homework Club 7-13	Library Ms Jones	

Wednesday	Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☪ Breakfast Club 7-13	Canteen Mr McCarthy
		8:25am (15mins)	☪☪ Worship Band 9-10	Hall Ms Hurst
	Break	10:40am (20mins)	☪ Ukulele Group 7-13	S5 Ms Eakins
	Lunch	12:40pm (30mins)	☪ Music Y10-13 Practice Room Access	Practice rooms Ms Hurst
			☪ IT Club 7-13	F6 IT team
		12:40pm (55mins)	☪ Library Lunch Club 7-13	Library Ms Jones
		12.40pm	☪ Islamic Society 7-13	F10 Mrs Ahmed
			☪ Music Year 9 Practice Room Access	Practice rooms Ms Hurst
		1.00pm (30mins)	P E GCSE Revision 10-11	G2 Mrs Mansell
		1.00pm (30mins)	☪ Carnatic Club 1.10pm	S5 Ms Hurst
			+ Maths Club 7-13	F13 Ms Sivachadran
		1:00pm (30mins)	☪ Eco Club 7-13	G3 Mr McCarthy
		1.10pm (30mins)	☪ Music Year 11 Course Work	S5 Ms Hurst
PM		3:20pm (1hr)	☪ Netball 7&8	Playground Mrs Mansell
		3.20 - 4.20pm	☪ Football	Playground Ms Whates/Mr Burt/Mr Okyere
	3:30pm (1hr)	☪ Homework Club 7-13	Library Ms Jones	

Thursday	Time	Club - Year Groups	Location	
	AM	8:00am (30)	☪ Breakfast Club 7-13	Canteen Mr McCarthy
		10:40am	☪ Music Year 7 Practice Room Access	Music Rooms Ms Hurst
	Lunch	12:40pm (55mins)	☪ IT Club 7-13	F6 IT team
			☪ Library Lunch Club 7-13	Library Ms Jones
		12:40pm (1hr)	☪ Badminton 9-11	Gym Ms Eakins
			☪ Music Y10-11 Practice Room Access	Practice rooms Ms Hurst
		1:00pm (30mins)	☪ Music Y7-13 Choir	S5 Ms Hurst
			☪ STEM Club (Visualise) 7-13	G12 Ms Kodi-Peckhu
		1:00pm (30mins)	☪ South Asian Society Y7-13	S8 Ms Sivachandran & Ms Verma
☪ Homework Club 7-13			Library Ms Jones	
PM	3:30pm (1hr)	☪☪ Worship Band 9-10	S5 Ms Hurst	
		☪ Netball 9-11	Playground Ms Whates	

Friday	Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☪ Breakfast Club 7-13	Canteen Ms Donovan
		Lunch	☪ Badminton 10-11	Gym Ms Gardiner
	☪ Gardening Club 7-8		Chapel Ms Eakins	
	☪ Greek Dancing 7-13		Dance Studio Ms Posnakidou	
	☪ IT Club 7-13		F6 IT team	
	12:40pm (1hr)	☪ Library Lunch Club 7-13	Library Ms Jones	
		☪ Music Year 8 Practice Room Access	Practice Rooms Ms Hurst	
		1:00pm (30mins)	☪ Maths Club 7-13	F13 Mrs Kayode
		1:05pm (30mins)	☪ Homework Club 7-13	Library Ms Jones
PM		3:30pm (1hr)	☪ Music Y10-11 Coursework	S5 Ms Hurst
			☪ Athletics 7-13	Playground Mrs Mansell

