



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 9
7th November 2025

Upcoming Events

Year 10 Progress Evening
Monday 17 November
4.00 – 6.30p.m.

UA6 Open Evening
Thursday 27 November
5.00 – 7.00p.m.

Carol Service
Thursday 18 December
5.00 – 7.00p.m.

End of Term
Friday 19 December
12.40p.m.



Headteacher's Headlines

United in
harmony

Dear Parents & Carers,

This week, I had the privilege of leading our All Saints assembly. In the rhythm of November, when the days darken early and our thoughts turn gently toward remembrance, the feast of All Saints offers us a bright and steady light. It is a reminder that holiness is not reserved for the extraordinary few. It grows from ordinary people who made daily choices to bring love into the world, even when it was costly, even when it was quiet, even when they felt small.

The saints were people who stepped into places of need, lifted others up, spoke truth when it mattered, and lived with courage even in the shadows. Their lives remind us that faith is not a decoration or a slogan. It is a way of moving through the world that draws others toward hope. The saints show us that transformation is slow and steady, often starting with a simple act of kindness, a moment of forgiveness, or a choice to stand with someone who feels alone.

You can see this spirit reflected everywhere at UAI: in the compassion at our Year 9 Class Mass, in the creativity of our Eco Club preparing for Sustainable Style Day, in our students embracing new challenges at the MOTIVEZ STEM Fair, and in the many ways our young people show leadership, curiosity, and generosity each day. As we continue through November, a month held gently between remembrance and hope, may we follow the example of the saints by choosing light, choosing community, and choosing to become the people God is calling us to be.

SERVIAM





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Pope Leo XIV @ Pontifex – 5 November 2025

During the month of November, we pray in particular for the eternal repose of the faithful departed. May the Risen Lord show them His mercy, and may the hope brought by our faith in the Resurrection keep our eyes and our hearts turned towards the joy of Heaven. [#GeneralAudience](#)

Forward in Joy – 366 Days with St Angela Merici – Daily Words of Wisdom from our Patron Saint

November: Community

7th November: There will be no other sign that you are in the grace of the Lord that that you love one another and are united together.

8th November: Rejoice together.

9th November: God has so ordained from all eternity that those who are united in doing good enjoy every prosperity.

10th November: Strive, each one for her part, to be faithful and devoted.

11th November: Act in such a way that they may always follow your example.

12th November: Consider that we live in the midst of snares and dangers.

13th November: Learn from Our Lord who, while he was in this world, was a servant.





Careers News

Career fair by MOTIVEZ Helping young people level up and secure STEM jobs

UA6 students recently had the exciting opportunity to attend the MOTIVEZ STEM Fair, an event designed to inspire the next generation of scientists, engineers, and innovators. MOTIVEZ is a charity that connects young people with industry professionals through mentoring and hands-on learning experiences.

During the fair, students met George Imafidon, CEO of MOTIVEZ, who shared the inspiring story behind the organisation and its mission to make STEM more accessible to all. He also spoke about the charity's proud sponsorship by Lewis Hamilton, which aims to promote diversity and opportunity within science and engineering.

A highlight of the event was hearing about the link between MOTIVEZ and the world of engineering—something that felt particularly meaningful after my previous visit to the Williams F1 Headquarters in Oxfordshire. It was fascinating to see how innovation and teamwork play such an important role both in motorsport and in broader STEM careers. Throughout the day, students took part in a variety of interactive workshops and stalls, exploring different pathways within the STEM industry. These sessions provided valuable insights into how networking and collaboration can open doors to future opportunities. Even better all students got treated to unlimited pizza!

This is what students had to say :

Jasmine Kaur

The MOTIVEZ STEM Fair was not only educational and inspiring, but also a true celebration of creativity, innovation, and connection.

Anisha Khan

Meeting so many passionate students and professionals made the experience unforgettable and encouraged us all to think more deeply about my future career paths.

Thank you to **Miss Kodi-Pecku** who attended in her own time to support the school's Stem pathway.



Ms Tallat, Careers Lead

Companies Motivez works with:



If you would like to get involved with Motivez click on the below and find out more :
<https://www.motivez.co.uk/>



Chaplaincy News

November 1st: All Saints Day.

All Saints' Day – also known as All Hallows' Day or Hallowmas, "hallow" meaning "holy" – is observed by **Roman Catholics**, and most **Protestant denominations** on 1 November and prompts Christians around the world to reflect on the lives of saints and martyrs throughout the ages.

The faithful should consider how the faith and sacrifice of saints can influence our own lives.

"We celebrate today the solemnity of All Saints. This invites us to turn our gaze to the immense multitude of those who have already reached the blessed land and points us on the path that will lead us to that destination,"
Pope John Paul II reminded Catholics in 2003.

All Saints day is a Holy day of Obligation for Catholics which means we should make the effort to attend Mass.



Book of remembrance.

There will be a book of remembrance in the chapel for anyone that wishes to write a message commemorating a loved one that has died. **May God grant them all eternal rest.**

The Ursuline Academy Ilford

CHAPLAINCY NOTICES: NOVEMBER



November, the 11 Month of the year is filled with days of Religious, Spiritual and National significance.

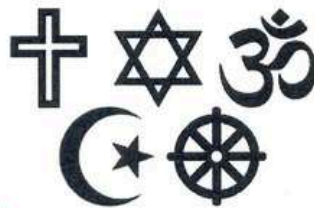


November days of Religious Significance

November 12 – Diwali: A 5-day festival celebrated by Hindus, Sikhs, and Jains. Known as the festival of light it honours gods, goddesses, harvests, New Years.

November 27 – Jain New Year: A day celebrated on the first day after the month of Kartika.

November 30 – St. Andrew's Feast Day: St. Andrew is the patron saint of Scotland, Greece, Russia, Ukraine, Barbados, and Romania. This day honours him, his good works, and his canonization in the Catholic Church.



November 2nd: All Souls Day.

All Souls' Day, also called The Commemoration of All the Faithful Departed, is a day of prayer and remembrance for honouring the dead, the faithful departed. The day is primarily celebrated in the **Roman Catholic Church**, but it is also celebrated in the **Eastern Orthodox Church** and a few other denominations of Christianity. Through prayer, intercessions, alms and visits to cemeteries, people commemorate the poor souls in purgatory.

The tradition of offering prayers for the deceased has its roots in old writings, particularly in 2 Maccabees 12:42-46;

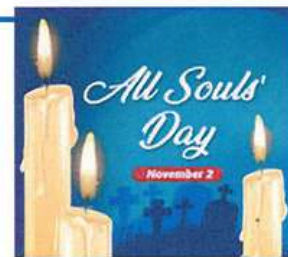
⁴⁶ *It is therefore a holy and wholesome thought to pray for the dead, that they may be loosed from sins.*

During this month Christians will make an extra effort to remember those they have lost.

Prayer for the faithful departed;

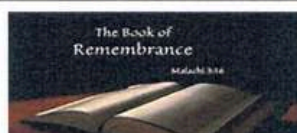
Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

May the souls of all the faithful departed, through the mercy of God, rest in peace.
~Amen~



British Values: Remembrance Day is a memorial day observed in the UK and Commonwealth member states since the end of the First World War. The day honours armed forces members who have died in the line of duty. **Remembrance Sunday** is also marked each year, and usually falls on the second Sunday in November. A 2 minute silence is observed. Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.

Many wear poppies as a sign of remembrance, appreciation, and hope.





Chaplaincy News

Class Mass for 9C and 9J

On Thursday, 6th November, we celebrated a Class Mass for 9C and 9J. The Gospel reading was taken from Luke 15:1–10, The Parables of the Lost Sheep.

In this Gospel, we are given a beautiful image of God's heart – a heart that always seeks, always welcomes, and always rejoices when even one person returns to love. Jesus reminds us that there is more joy in heaven over one sinner who repents than over ninety-nine who have no need of repentance. His message is clear: no one is ever beyond God's mercy.

God's love is not reserved for the perfect; it reaches out especially to those who are lost, lonely, or struggling. The shepherd's joy at finding the lost sheep reminds us that each of us is precious in God's eyes.


St. Angela Merici shared this same spirit of compassion and care. She taught that every person is worthy of being guided with gentleness and hope. God rejoices in each of us—not because we are perfect, but because we belong to Him.

During this Mass, we also prayed for peace, for the care of our environment, and especially for all those who have died, as November is the month dedicated to the Holy Souls and remembrance. Thank you.



Mr Ravi, School Chaplain

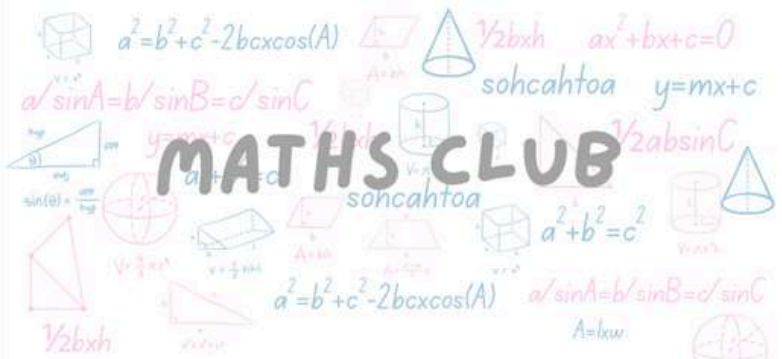
BOXING CLUB



EVERY TUESDAY
12:40 – 1:10
YEAR 9s
DANCE STUDIO



MATHS CLUBS



MATHS CLUB

MONDAY & FRIDAY

All years are welcome in F13

TUESDAY

Year 10 & 11 are welcome in F13

WHAT TIME? 1:00-1:30

MATHS CIRCLE!!!

A maths circle is a time to engage in an interactive group where you can explore challenging mathematical ideas, puzzles and problem solving through **discussion** and **collaboration**, developing **deeper understanding** and **creativity** outside of lessons!

Maths circle will help in the future if you want to do the UK maths challenge UKMT. You could be entered into a maths competition where you compete with others your age.

WHAT WE OFFER:

- HELP WITH HOMEWORK
- TABLETS TO DO SPARX
- 1 TO 1 HELP FROM A-LEVEL MATHS STUDENTS





Eco Club News

ECO CLUB

Sustainable Style Day

On Friday the 14th November, the Eco-Club is hosting the Ursuline Academy's first ever Sustainable Style Day. It will be a chance for everyone to **wear sustainable, or green clothing**, such as clothes from **charity shops, clothes you have repaired, clothes made from recycled materials, hand-me-downs from parents or older siblings**, as well as **clothes from sustainable companies**.

We are doing this to raise money for a solar panel, which will be installed in courtyard, to inform students of the benefits of sustainable energy, and to generate some emission-free electricity for the benefit of everyone.

If you wish to take part, we are asking for a £1 donation to fund this project. We hope you take part and feel inspired to dress more sustainably in your everyday life!



SUSTAINABLE STYLE DAY



Friday 14th November

Hosted by Eco-Warriors

What to wear:

Wear sustainable clothes

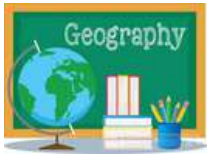
e.g clothes from charity shops, repaired clothes, hand-me-downs

- **Sustainable companies (e.g. Patagonia)**

Bring £1 for charity



Don't forget to attend the Sustainable fashion runway



Geography News

Geo-Debrief

This term, Lily, our Geography Ambassador, has written another important article on the shocking environmental impacts of the fast fashion industry. This should prompt everyone to reflect on their own actions as consumers and encourage us all to become more sustainable when buying clothes, this is why the brilliant Eco-club want to introduce our first Sustainable Style Day. See article above on Page 6.

Ms Colder, Head of Humanities

A Fashion Trade-Off Between Utility and Sustainability

Fast fashion is defined as the 'rapid production of inexpensive, low-quality clothing' that creates a trade-off between meeting consumer demand and worsening environmental issues.

The environmental impacts of fast fashion do not solely stem from the volume of clothing consumed. It begins with the acquiring of natural resources. Cotton is derived from extensive energy and water treatments whilst 2/3 of polyester uses unsustainable amounts of oil. To produce one tonne of polyester over five tonnes of carbon dioxide is released. (David, 2024)

The production of clothing wields social costs for factory workers. This is because working conditions are jeopardised to expand profit margins. Over 1,138 workers were killed in the collapse of the Bangladesh Rana Plaza factory due to the negligence of safe infrastructure. (Campaign, Clean Clothes, 2024)



Moving onto shipping. Transportation, by road or sea, accounts for 3% of clothing carbon emissions. This is enough to drive anthropogenic climate change and make buying unnecessary items of clothing more accessible for the average consumer.

Now comes the sheer volume that is purchased, predominately by consumers in HDE's. The average European buys 5 times more than they did 40 years ago because of loyalty schemes and consumer heuristics. The low-quality clothing makes it liable to tearing which leads to more purchases and 36% of clothing ending up in landfill sites. (Conversation, 2022)



However, there have been changes to consumer purchases and governmental policies in the fashion industry.

In 2023, the EU strengthened the 'Waste Framework Directive' to encourage the fashion industry to adopt a circular economy, helping to promote second-hand clothing and firms to use sustainable materials. Like lyocell which is made from wood pulp and uses less land and dyes. (David, 2024)

Love Island have introduced the use of second-hand clothing through Ebay, acting as a behavioural nudge to influence economic decisions. However, after the show the contestants engage with and promote fashion brands, accelerating consumer society. (Conversation, 2022)

This demonstrates the requirement for more intense government control like taxing clothing if synthetics or virgin plastics make up less than 50% of the garment. This deters consumers from making impulsive buys if they must pay higher prices. Within a mixed economy the price mechanism will allocate a proportion of resources, thus, fashion titans are responsive to consumer demand as they pursue profit. We need to take accountability for our spontaneous and thoughtless purchases.

That is why Eco-club have decided to challenge wasteful consumption by inviting you to wear sustainable clothing on the 14th of November 2025!



SUSTAINABLE STYLE DAY



Friday 14th November

Hosted by Eco-Warriors

What to wear:

Wear sustainable clothes

e.g clothes from charity shops, repaired clothes, hand-me-downs

- **Sustainable companies (e.g. Patagonia)**



Don't forget to attend the Sustainable fashion runway

On Wednesday 5th November, our Jack Petchey Award winners were recognised for their outstanding achievements in front of family and friends.

It was a truly joyous evening as always, with schools from across the borough represented at this prestigious event.

A huge congratulations to all of our winners and thank you for all that you do for our school and the wider community. We are incredibly proud of you!

Back Row: ***Maryam Rahman, Nabeel Quayyum***

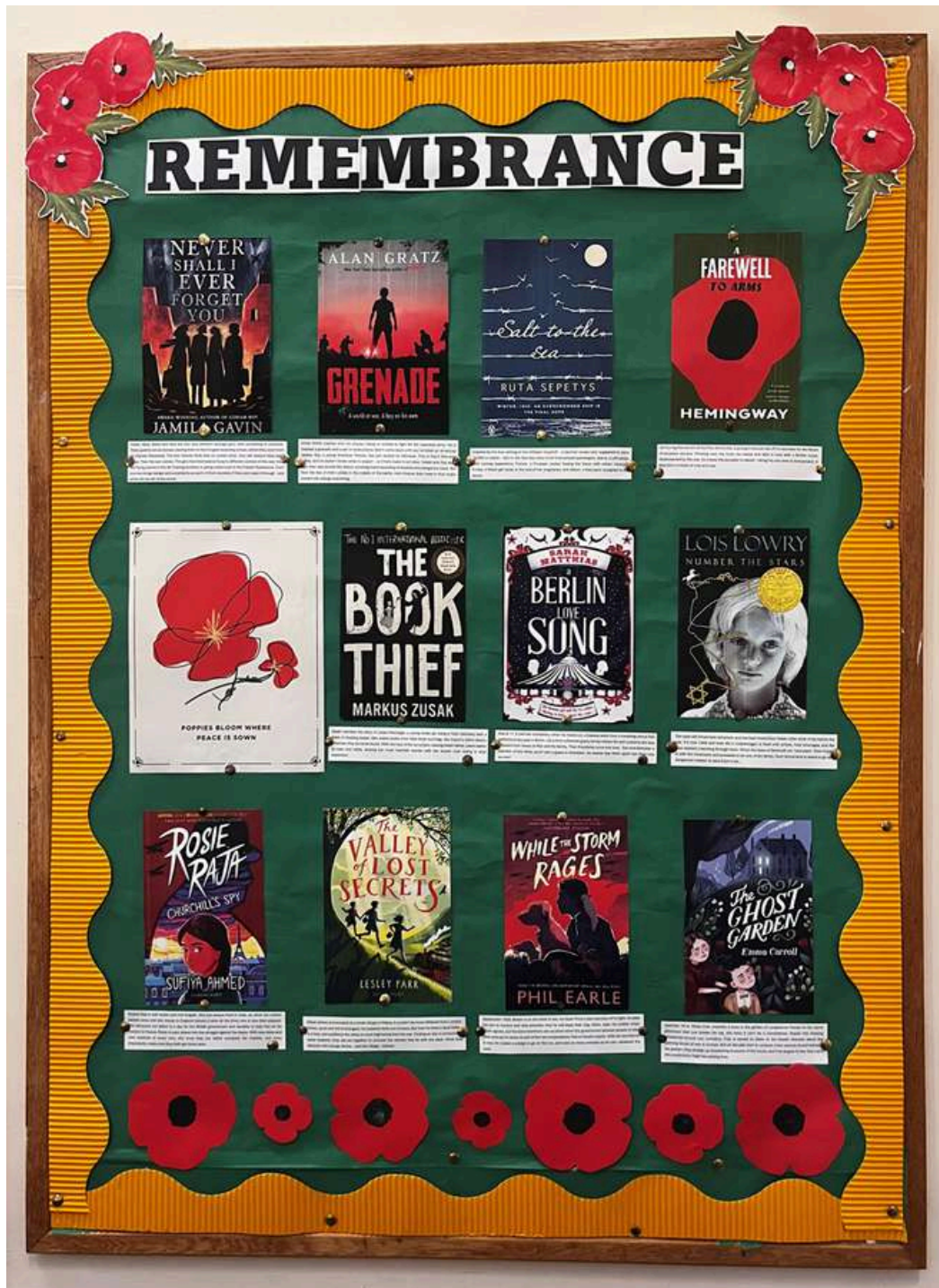
Front Row: ***Zaibam Kayani, Elizabeth Boansi, Amina Syeda, Linh Dinh, Sophia Latona.***





Library News

With Remembrance Day approaching, the library is encouraging students to honour this important occasion through reading. We have created an eye-catching display that exhibits powerful books inspired by the events of WW1 and WW2. In addition, students can access a Remembrance Recommended Reading List that showcases a diverse selection of junior and senior fiction, graphic novels, poetry, and non-fiction titles are available to borrow from the school library. We will publish this list in next week's Newsletter. Through engaging with these stories of courage, sacrifice, and resilience, we hope our students can honour those who served and reflect on how their experiences helped shape our nation.





El Dia de Los Muertos (Day of the Dead) is a colourful, vibrant Mexican celebration that honours deceased loved ones. The roots of the Day of the Dead are said to come from the Aztec ancient civilisation and is celebrated early November in contemporary Mexico and among those of Mexican heritage in the United States and around the world.

This year, our Languages Department and its Ambassadors are organising a competition for the best Dead of the Dead related artwork. It could be a poster, a decorated cookie, a mask... Be creative!

- All entries will receive Merits
- The winners will win points for their Houses.

1st Prize: 10 points

2nd Prize: 5 points

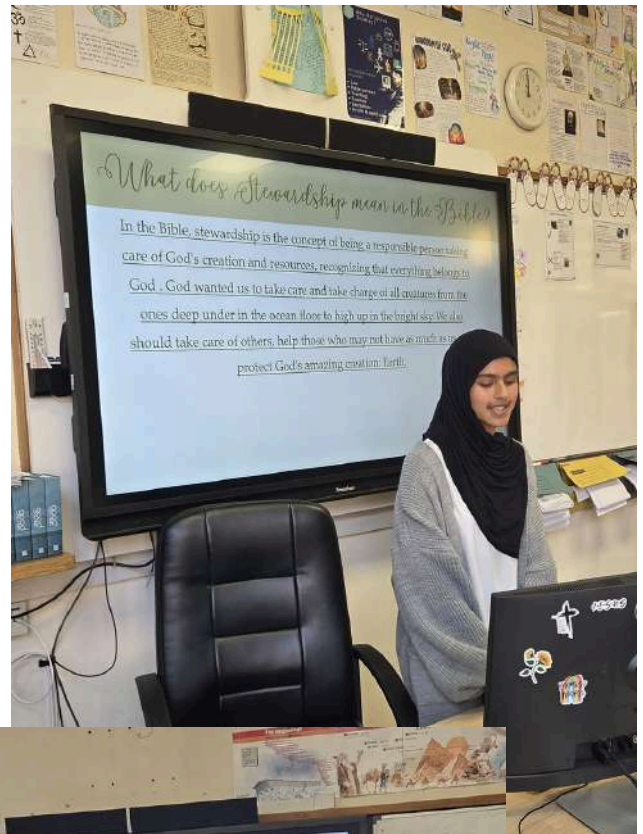
- Bring your entries to G6
- Deadline: Friday 14th November



At the end of last half term, our Year 7 students created wonderful presentations for their class on the theme of stewardship and God's creation.

They highlighted the importance of caring for our common home – one of our key Catholic Social Teaching values.

Well done, girls, and thank you for sharing such thoughtful tips on how we can all look after our planet – including turning off lights when not in use, avoiding food waste, and recycling properly!





nextgen | An AFBE school
outreach programme
STEM TALK SERIES

DECEMBER 6TH 2025




FRAN SCOTT
ENGINEERING PRESENTER, MAKER
AND PYROTECHNICIAN

**BOOM! BEHIND
THE BANGS IN STEM**

TIME: 12:30-1:30PM
LOCATION: ONLINE (ZOOM)
AGES: 8-17 YEARS OLD
(ALL ARE WELCOME)

**REGISTER: [HTTPS://BOOMBEHIND
THEBANGSINSTEM.EVENTBRITE.CO.UK](https://boombehindthebangsinstem.eventbrite.co.uk)**



FROM FIREBALLS TO RACE CARS, FRAN SCOTT'S CAREER LIGHTS UP SCIENCE IN THE COOLEST WAY. SHE'S NOT JUST A PYROTECHNICIAN — SHE'S ALSO A TV PRESENTER, AUTHOR, AND COMPANY DIRECTOR! FRAN SHOWS HOW CREATIVITY, CURIOSITY AND (YES!) EXPLOSIONS CAN ALL BE PART OF A CAREER IN STEM.

IF YOU'VE EVER THOUGHT SCIENCE WAS BORING, GET READY TO CHANGE YOUR MIND.





Consent for Monthly Free School Meal Checks:

During Free School Meal checks, the London Borough of Redbridge use details such as parent/carer full name, date of birth and national insurance number. As a school, we collect the consent from parent/carers and pass this onto the London Borough of Redbridge on your behalf.

Please kindly scan the QR Code below to access the form to complete your preference/s.

Please note: if your daughter is not currently receiving free school meals, you may still wish to opt into the monthly checks.



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
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?



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
		1:00pm (30min)	☪ Music Year 7 Practice Room Access	Practice rooms Ms Hurst
			☪ 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
		☪ Music Y10-13 Practice Room Access	Practice rooms Ms Hurst	
	Lunch	12:40pm (30mins)	☪ IT Club 7-13	F6 IT team
			☪ Library Lunch Club 7-13	Library Ms Jones
		12:40pm (55mins)	☪ Islamic Society 7-13	F10 Mrs Ahmed
			☪ Music Year 9 Practice Room Access	Practice rooms Ms Hurst
		12:40pm	☪ P E GCSE Revision 10-11	G2 Mrs Mansell
			☪ Carnatic Club 1.10pm	S5 Ms Hurst
		1:00pm (30mins)	+ Maths Club 7-13	F13 Ms Sivachadran
			☪ 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
PM			3:30pm (1hr)	☪ Homework Club 7-13
	☪ 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	12:40pm (1hr)	☪ Badminton 10-11
	☪ Gardening Club 7-8			Chapel Ms Eakins
	1:00pm (30mins)		☪ Greek Dancing 7-13	Dance Studio Ms Posnakidou
			☪ IT Club 7-13	F6 IT team
	1:05pm (30mins)		☪ Library Lunch Club 7-13	Library Ms Jones
	PM	12:40pm (1hr)	☪ Music Year 8 Practice Room Access	Practice Rooms Ms Hurst
			☪ Maths Club 7-13	F13 Mrs Kayode
		1:00pm (30mins)	☪ Homework Club 7-13	Library Ms Jones
3:30pm (1hr)			☪ Music Y10-11 Coursework	S5 Ms Hurst
				☪ Athletics 7-13



Please see the below email from the Youth Parliament team:

Are you aged between 11 and 17, and live or study in Redbridge? Do you want to make a difference in your community and represent the voices of young people across the borough?

The Redbridge Youth Elections 2026 are now open, and we're inviting passionate, motivated young people to nominate themselves to become the next Member of Youth Parliament (MYP) for Redbridge.

Visit Redbridge youth election 2026 or www.redbridge.gov.uk/young-people/redbridge-youth-council/redbridge-youth-election to apply, **please note the expression of interest form deadline had been extended to Sunday 16th November (image attached still says 10th).**

Need Help or Have Questions?

Email: Youth.Council@redbridge.gov.uk

This is a fantastic opportunity to develop leadership skills, influence local decisions, and be a voice for your peers. We encourage all interested young people to apply and be part of shaping Redbridge's future.



Do you want to represent your Borough nationally?

REDBRIDGE YOUTH ELECTION

>> NOMINATE YOURSELF TO BECOME THE 2026 MEMBER OF YOUTH PARLIAMENT

You need to be aged between 11 and 17 years old and live and/or study in Redbridge.

Deadline for nominations is Monday 10 November

>> To nominate yourself scan the QR code or visit

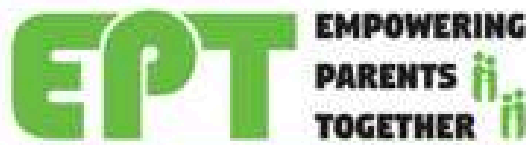
www.redbridge.gov.uk/youthelection



REDBRIDGE YOUTH COUNCIL

Youth Parliament
MAKING OUR MARK

London Borough of
Redbridge



Working together today, Improving their tomorrows

Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

Upcoming NOVEMBER webinars

**SURVIVING THE WINTER WITH SENSORY PROCESSING DIFFICULTIES
WITH OCCUPATIONAL THERAPIST ALISON HART
TUESDAY 4TH NOVEMBER 2025 AT 8PM**

**PATHOLOGICAL DEMAND AVOIDANCE (PDA) IN EDUCATION
WITH RUTH FIDLER, EDUCATION CONSULTANT
TUESDAY 11TH NOVEMBER 2025 AT 8PM**

**ARFID (AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER)
WITH ELIZABETH SHEA, ARFID SPECIALIST
THURSDAY 13TH NOVEMBER 2025 AT 8PM**

**SUCCESSFULLY ADVOCATING FOR AUTISTIC CHILDREN IN SCHOOL
WITH CHRIS BONNELLO, FOUNDER OF "AUTISTIC NOT WEIRD"
MONDAY 24TH NOVEMBER 2025 AT 8PM**

PLEASE JOIN EPT FREE MEMBERSHIP AND BOOK THE WEBINARS BY EMAIL AS SOON AS POSSIBLE BEFORE REGISTRATION TIME CLOSES AT 4PM ON THE DAY.

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk



07486 880 648



FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge

FOLLOW US ON TWITTER: @EPT_Redbridge



Department
for Education



contact

For further
info contact us online

