



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 10
14th 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

This week our community paused to remember the war dead as we marked Armistice Day. Mr Robertson led assemblies for all students, helping us hold in our minds the sacrifice of so many and the responsibility we carry to work for peace in our own time.

This morning, Ms Tallat and I led a special assembly for Year 11 about our upcoming UA6 Open Evening. You'll find all the information – and the all-important QR code – on page 16 below.

We are strongly encouraging every Year 11 student to attend. UA6 is a place where you are known, supported, and pushed to be your best. Our students benefit from small class sizes, expert teaching, a culture of ambition, and a pastoral system rooted in care. I reminded the year group that choosing where to study post-16 is one of the biggest decisions they will make, and UA6 is an exceptional choice.

Year 7 retreats also continued this week, led beautifully by our Chaplain, Mr Ravi. 7T had an enriching day away from the normal routine, reflecting on faith, belonging, and the values that bind our community together.

Finally, we are very excited for our upcoming Politics Conference on 20 November, exploring the question "Is global democracy in crisis?" We will be welcoming ten schools to what promises to be a truly enriching and thought-provoking event. My thanks go to Mr Irwin for his leadership and to Mr Donovan for supporting the planning.

As always, thank you for your continued support of our school and the opportunities we create for our young people.


SERVIAM



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Pope Leo XIV @ Pontifex - 13 November 2025

Catholic Social Teaching is neither an abstract theory nor an unattainable utopia. Rather, it offers a path to transform the lives of people and institutions by placing Christ at the center of every human activity.

[#vatican.va/roman_curia/po...](https://vatican.va/roman_curia/po...)

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

November: Community

14th November: Let interaction with one's neighbour be prudent.

15th November: Charity teaches discretion and moves the heart.

16th November: If you see one faint-hearted, encourage her.

17th November: In everything, willingly be gentle.

18th November: take care especially that they are united and one in will.

19th November: The more you are united, the more Jesus Christ will be in your midst as a father and good shepherd.

20th November: Among the good and necessary means that God has granted me, you are the one of the most important.





UA6 Politics Conference

We are so excited to be hosting our first conference...see details below...

"This year's theme "Democracy in Crisis?" could hardly be more timely. Around the world, established assumptions about how democratic systems work are being stress-tested. From polarisation and populism, to collapsing trust in institutions, to new technologies reshaping political communication, the debate is no longer just academic — it is immediate, urgent and real.

Our aim today is simple: to bring all of us post-16 politics students from different schools, sixth forms and colleges into the conversation as active participants, not passive observers. Politics is not something that happens "out there". It is something we all shape. We would like to warmly thank all our invited guest speakers and panellists for giving their time, expertise and intellectual generosity. Their insights, lived experience and challenge are the reason that an event like this has genuine educational value rather than just spectacle." Fiona Stone, Head Teacher

Schools taking part...

- The Palmer Catholic Academy
- The Ursuline High School Wimbledon
- Seven Kings School
- Trinity Catholic High School
- Caterham High School
- Ilford County High School
- Oaks Park High School
- Woodford County High School
- Valentine High School
- Islington Collegiate Sixth Form

Agenda

Welcome from Conference Chair Amy Zambon, Associate Vice Principal at Islington Collegiate Sixth Form, City of London Academy	09:40 - 10:00
Panel Discussion Jas Athwal MP, Baroness Uddin, Mirinada Stone (MA Politics), Sam Griffiths (Just Stop Oil), Daniel Freeman (IEA)	10:00 - 11:30
Coffee Break	11:30 - 11:45
U.S. Perspective on the State of Democracy Professor Iwan Morgan (UCL)	11:45 - 12:25
European Perspective on the State of Democracy Quentin Peel (Financial Times)	12:25 - 13:05
Lunch	13:05 - 13:45
The Role of the UK Parliament Damien Arness Dalton (UK Parliament)	13:45 - 14:25
UK Perspective on the State of Democracy Dr David Jeffery (University of Liverpool)	14:25 - 15:05
Break	15:05 - 15:15
Debate: This House Believes Democracy Will Survive Irina Cristache & Abhijith Subramanian	15:15 - 16:00
End	16:00 - 16:15



UA6 Open Evening

Thursday 27th November 2025, 5pm-7pm
Headteacher and Head Girl Presentation 5:15pm

UA6 Open Evening

Scan the QR code to register your interest





Art News

As the new Year 7 Art group learn about POP ART. **Mr Selley** has enjoyed looking at last years efforts. They created these wonderful **Claes Oldenburg** inspired **POP ART sculptures**



BCCS News

Dear Parent/ Carers,

With the support from the Brentwood Catholic Children's Society, we have been able to organise a parental workshop with **Calley Dickinson (Child and Adolescent Counsellor)** as our guest speaker. The focus of the workshop is **'Tune in with your Teen.'**

Below is an outline from Calley of what will be covered in the workshop:

Adolescence can be an incredibly difficult time, not just for teenagers but also for their parents and carers.

It is a period of enormous change, presenting multiple challenges and pressures as well as offering many opportunities. For parents, it can feel like you are entering uncharted territory; your child's behaviour can seem unpredictable, distant and uncommunicative one minute, demanding and "needy" the next. It can be a confusing, worrying and somewhat lonely time, leaving you struggling to know how to support your child.

This 1-hour workshop will inform, encourage and support you in exploring:

- What goes on in our child's brain during adolescence, and how this affects behaviour.
- How acknowledging the challenges this presents can help you to understand and be attentive to your teen's needs.
- Effective strategies you can use to improve communication with your teen as you negotiate your changing relationship.

The workshop will take place on **Thursday 27th November from 9.30-10.40am**. If you would like to attend, please use the form below to sign up.

[Parental workshop - 'Tune in with your teen' - Thursday 27th November 9.40-10.40am - Fill in form](#)

A parental workshop of this type is a new venture for us here at UAI. I would welcome feedback in regard to timing, if not appropriate for you personally. As you can imagine, it is difficult to find a suitable time for all parents.

If you have any questions, please do not hesitate to contact me on my email address JGardiner@uai.org.uk

I look forward to seeing as many of you as possible on the 27th November.

Julia Gardiner, Assistant Headteacher



Chaplaincy News

Class Mass for 9R & 9T

On Thursday this week, our 9R and 9T classes came together to celebrate a class Mass. The readings and prayers focused on the theme of Remembrance. Together, we prayed especially for all who have suffered through war and conflict, and for those who continue to serve in the cause of justice and peace.

During the month of November, a Book of Remembrance is placed in the school chapel. This holds special significance as we pray for all who have died—particularly members of our school community and our loved ones.



Year 7 Retreat

On Wednesday this week, 7T had their retreat day. Our retreat program provides a valuable opportunity for students to step away from the usual school routine, reflect on their journey so far, and consider the qualities they wish to cultivate in the year ahead. Through engaging activities, group discussions, and moments of quiet reflection and meditation, students explored how to live out kindness, courage, and confidence in their daily lives, guided by the Ursuline values of service, respect, and faith.



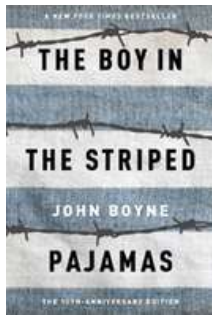
**Mr Ravi,
School Chaplain**



Library News

Our school librarian has collated a Remembrance Recommended Reading List that showcases a diverse selection of junior and senior fiction, graphic novels, poetry, and non-fiction titles that are available to borrow from the school library. 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. The following pages are just an example of the books that are on offer, the full list can be obtained from the Library.

Junior Books



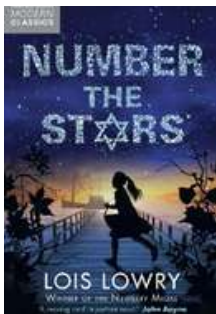
The Boy in the Striped Pyjamas by John Boyne

When Bruno's Nazi commandant father receives a promotion, the family is forced to move far away to a new house where there's no one to play with and nothing to do. In the distance, a tall fence stretches high and wide. When Bruno decides to explore the fence, he quickly strikes up a powerful and devastating friendship with a boy on the other side.



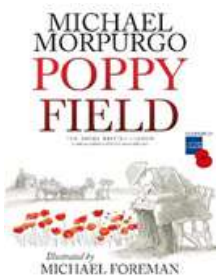
The Skylark's War by Hilary McKay

Clarry and her older brother Peter live for their summers in Cornwall, staying with their grandparents and running free with their cousin, Rupert. But normal life resumes each September - boarding school for Peter and Rupert, and a boring life for Clarry at home with her absent father, as the shadow of a terrible war looms ever closer. When Rupert goes off to fight at the front, Clarry feels their skylark summers are finally slipping away from them. Can their family survive this fearful war?



Number the Stars by Lois Lowry

Ten-year-old Annemarie Johansen and her best friend Ellen Rosen often think of life before the war. It's now 1943 and their life in Copenhagen is filled with school, food shortages, and the Nazi soldiers marching through town. When the Jews of Denmark are "relocated," Ellen moves in with the Johansens and pretends to be one of the family. Soon Annemarie is asked to go on a dangerous mission to save Ellen's life.



Poppy Field by Michael Morpurgo

A beautifully illustrated story that explores the meaning behind the poppy. Poppy Field is about the lasting experiences of a young soldier sent to fight in World War 1, and how on the battlefield he was able to show both courage and humanity.



Wave Me Goodbye by Jacqueline Wilson

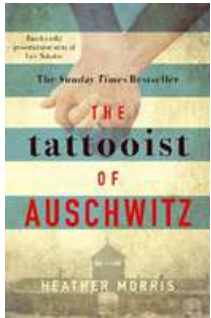
As the Second World War begins, ten-year-old Shirley is sent away on a train with her schoolmates. She doesn't know where she's going, or what's going to happen to her when she gets there. All she has been told is that she's going on 'a little holiday'. Shirley is billeted in the country, with two boys from East End London, Kevin and Archie -and their experiences living in the strange, half-empty Red House, with the mysterious and reclusive Mrs Waverley, will change their lives for ever.

Senior Books



The Red Ribbon by Lucy Adlington

As 14-year-old Ella begins her first day as a dressmaker for the seamstresses of Birkenau-Auschwitz she knows every dress she makes could mean the difference between life and death. And this place is all about survival. As Ella gets lost in the world of fashion and fabrics, she is faced with questions: is her love of clothes and creativity nothing more than collaboration with her captors, or is it a means of staying alive?



The Tattooist of Auschwitz by Heather Morris

Lale Sokolov, a Slovakian Jew imprisoned in Auschwitz is assigned the job of tattooing numbers on his fellow prisoners. Imprisoned for nearly three years, this book recounts the barbaric experiences he endured, and how, in spite of it all, he retained courage, resilience and love. One day, in July 1942, Lale tattoos Prisoner 34902. Her name is Gita, and Lale vows he will survive the camp and someday marry her.



The Silent Stars Go by Sally Nicholls

Three years ago, Margot's life was turned upside down when her fiancé, Harry, went missing in action on the Western Front. Worse, she was left with a devastating secret which threatened to ruin her. As a respectable vicar's daughter, Margot has had to guard that secret with, no matter how much pain it causes her. Now it's Christmas 1919, and Margot's family is gathering back home in the vicarage for the first time since the end of the Great War. And miraculously Harry has returned, hoping to see Margot and rekindle their romance. Can Margot ever reveal the shocking truth to the only man she has ever loved?



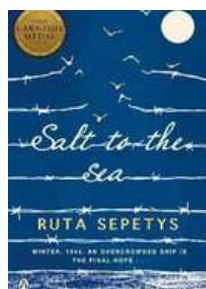
A Berlin Love Song by Sarah Matthias

Max is 17, a German schoolboy, when he meets Lili, a trapeze artist from a travelling circus that performs every year in Berlin. Lili is from a Romani gypsy family whose life and customs are very different from those of Max and his family. Their friendship turns into love - but love between a member of the Hitler youth and a gypsy is forbidden. As events tear them apart can their love survive?



The Book Thief by Markus Zusak

Death narrates the story of Liesel Meminger, a young foster girl living outside in Nazi Germany with a habit of books. She steals books from Nazi book burnings, the mayor's wife's library, wherever they are to be found. With the help of her accordion-playing foster father, Liesel learns to read and write, sharing her most heartfelt stories with the Jewish man hiding in their basement.



Salt to the Sea by Ruta Sepetys

Inspired by the true sinking of the Wilhelm Gustloff - a German cruise liner supposed to carry 10,000 to safety - Salt to the Sea tells story of its fictionalised passengers. Joana, a Lithuanian with nursing experience; Florian, a Prussian soldier fleeing the Nazis with stolen treasure; Emilia, a Polish girl close to the end of her pregnancy; and Albert, a Nazi peon assigned to the decks.



Maths News

Imperial College Mathematics Outreach Visit

On Saturday 8th November, a group of Year 10 girls took part in the Mathematics Outreach event organised by **Imperial College London's Department of Mathematics**. The day provided an exceptional opportunity for girls to experience how mathematics connects with real-world scientific thinking and higher-level problem solving. The event began with an individual problem-solving test, designed to challenge mathematical reasoning beyond the classroom syllabus. Girls were encouraged to think creatively, justify their solutions, and apply logic under timed conditions. Girls then attended a talk by a physicist Claudia De Rham, who explored the idea of gravity through the lens of space and time. The speaker explained that to meaningfully discuss gravity, you must always have two points – a starting point and another point in time or space to compare against. This simple but powerful concept helped the girls appreciate how physicists build models of the universe from fundamental mathematical ideas.

Afterwards, the girls participated in a group problem-solving test, where collaboration, communication, and shared reasoning were essential. Many commented that this was their favourite part of the day, as it allowed them to test their ideas collectively and see different approaches to the same challenge.

The final session was led by a mathematics professor Dr Charlotte Kestner, who introduced students to the paradox of infinity. Using engaging examples, she demonstrated how infinity behaves in ways that defy intuition – showing that some infinite sets can be the “same size” as much smaller ones, while others grow in surprising and unpredictable ways. The talk left students curious and excited about the deeper structures of mathematics.

Student Feedback

“I really enjoyed taking part in the Junior Maths Competition at Imperial. The questions were challenging but it was fun working through them, discussing strategies and learning new approaches with my teammates. It was a great experience being on a university campus too. Overall, it was a motivating experience and I'm glad I had the chance to take part, it definitely made me more excited about studying maths in the future.” –

Saaeda Ishak

“The competition was hard but overall, it was an amazing opportunity and gave me an insight on one of the best universities.” – **Aniyah Imran**



Mr Deen and Ms Verma





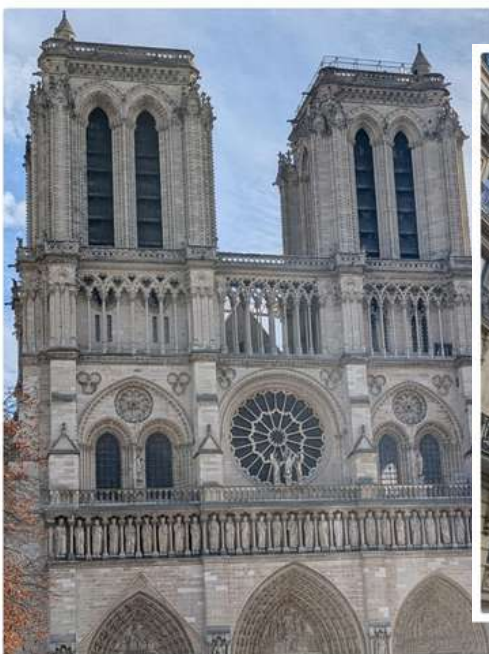
A Paris!

Year 8 students have been learning how to talk about the area where they live, focusing on how to describe what there is in their town. To build on this topic—and to connect it with my recent trip to Paris—we explored À Paris, a lively song by French artist Riff Cohen, in which she describes the sights and atmosphere of the city. Students really enjoyed discovering new French vocabulary through music and discussing how Paris compares to their own town.

For homework, their task was to create an artwork for how they interpreted the songs. Here are some amazing examples. Bravo!

You can also see some pictures I took in Paris 😊

You can also see some pictures I took in Paris 😊





P E News

The Year 7 and 8 girls have made an excellent start to their football season!

They have shown great teamwork, communicating effectively both on and off the field and motivating one another throughout every match. Across all three games so far, the girls have demonstrated determination, skill, and a strong work ethic, putting maximum effort into every play and goal attempt. Their passing, positioning, and sportsmanship have been outstanding, reflecting their commitment to improving as a team each week.

With such a positive start to the season, the team should be very proud of their achievements. The coaches have been particularly impressed with the girls' enthusiasm and willingness to learn, as well as the way they support each other during training and matches. With this attitude and continued hard work, the team is set for a successful and enjoyable season ahead.



Ms Whates, Teacher of P E



Rome Trip

Ciao tutti!

Last week, the RE Department officially launched our exciting Trip to Rome!

We kicked things off in true Italian style – with delicious pizza, lively Italian music, and even a mini-Italian language lesson to get everyone in the spirit! 🍕🎵

We're getting ready to explore history, faith, and culture... all in one incredible trip!

Arrivederci e a presto

Ms Posnakidou, Teacher of R E



STEM News



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)

REGSITER: [HTTPS://BOOMBEHINDTHEBANGSINSTEM.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.



Ms Kodi Pecku,
Subject Lead, D & T



Student Leadership & School Council News

This term the Student Leaders will be starting a series of training programmes on different aspects of leadership. So far, they have led assemblies and taken part in the Big Sister Programme. Both the Student Leaders and the School Council are in the process of planning activities for the term. Watch this space.....

This term, a group of us have been taking part in the Big Sister Mentoring Programme, meeting weekly with Year 8 students to offer guidance, encouragement, and support with their studies and wellbeing. Alongside this, I've also been involved as the Wellbeing Lead, helping to promote a positive and caring school environment. Both roles have given me the chance to support others and contribute to our school community in a meaningful way. - **Sumayyah Noor 13.3**

As part of our ongoing effort to represent student voices, the Student Council has been addressing concerns about uniform, the environment and littering issues, and overall academic experiences for all students. We hope to organise more school-wide activities, and create a cleaner, more welcoming environment for everyone. We are grateful for all the feedback we have received and would like to receive more in the future to make sure every student's voice is heard and represented. We would love to receive more feedback, suggestions or concerns to improve the school, a little at a time. - **Ayesha Imtiaz 9R**

This term has been really busy but exciting! I've helped run several School Council sessions, where we've been discussing ways to make school life more engaging and enjoyable for everyone – from improving student voice to planning new activities that bring people together. I also presented an assembly, which was a great experience that really helped me build my confidence speaking in front of a large audience.

I've been helping out with the STEM Club on Tuesdays, supporting students with their science and engineering projects and encouraging them to explore creative problem-solving.

Recently, I've also been talking with Miss Tallat about ways we can present our Sixth Form to younger students, showing them the wide range of opportunities, leadership roles, and experiences available. It's been great to be part of a team that's working hard to make our school a more inspiring and inclusive place for everyone. - **Duaa Akbar, Deputy Head Girl**



Dr Osei-Owusu, Enrichment Coordinator



The King's Trust

The school has introduced a new and exciting award that some of our Year 10 pupils are working towards: The King's Trust Achieve Award. The KT Achieve Award is a personal development programme designed to help pupils to gain essential skills and qualifications for future success. It provides a flexible personal development curriculum that is tailored to the needs of learners. The programme focuses on building confidence, self-esteem, and essential life skills through various activities and learning experiences.

Our Healthy Eating Game: In the King's Trust I have been working with Bristy and Ashiwine on a project called the Healthy eating game, and it took some lessons. My role was the colouring, and Mrs Guy did the bubble writing for me, and I drew my on-game board. Mrs Guy made the question cards. When we played the game, we had to answer questions. When the counter landed on a healthy food or unhealthy food you had to move forwards or backwards. We also had to describe words for others to guess. I really enjoyed playing the game. It made me feel happy playing it.
(Khaira Mahdiya, 10C)



In our lessons we have learnt about healthy foods. We made it fun and made our own game. Each turn we answer questions and move on the board. I enjoy answering questions. We coloured the board and cut out question cards. Games make learning more fun.
(Bristy Roy, 10R)

In the King Trust we been working on heathy eating. We had a project to make a game We have drawn a game board. we use a question card counters and dice to play it. I like playing the game because it is colourful and we like the questions. I like rolling the dice and moving across the board. It is a fun way of learning.
(Ashiwine Arumanayagam, 10R)



Mrs Guy, Assistant SENCO



Ursuline
Academy
Sixth

UA6 Alumni News

At UAI and UA6, we treasure the ongoing relationships we build with our alumni. Their journeys beyond our gates inspire our current students and remind us of what's possible when hard work meets opportunity. We love welcoming former students back to share their stories, offer guidance, and act as role models for the next generation.

Last Friday, we were delighted to see **Areesha Haque** return to visit Mrs Ahmed and express her thanks for the support, teaching, and encouragement she received during her time at UA6. Areesha spoke warmly about how much she valued her years here—and how much she misses the sense of community that shaped her. Areesha is now thriving at the University of Westminster, where she is studying Accounting & Finance and enjoying every moment of this new chapter. It was a joy to see her on Friday afternoon, and a lovely way to end the week. Well done, Areesha — we are very proud of you.

Ms Stone



Ms Stone, Areesha Haque, Ms Ahmed

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



	Time	Club - Year groups	Location
Monday	AM	8:00am (30 mins)	☪ 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
			☪ Spanish Club 11 G5 Mr Clare
	PM	3:20pm (1hr)	☪ Homework Club 7-13 Library Ms Jones



	Time	Club - Year groups	Location
Tuesday	AM	8:00am (30 mins)	☪ Breakfast Club 7-13 Canteen Mr Donovan
		8:25am (15mins)	☪☪ Worship band 9-10 Hall Ms Hurst
	Lunch	12:40pm (30mins)	☪ IT Club 7-13 F6 IT team
			☪ Library Lunch Club 7-13 Library Ms Jones
			☪ Maths Club 7-13 F13 Mr Deen
		12:40pm (30min)	☪ Volleyball 7-13 Gym Ms Whates
			☪ Boxing 9-10 Dance Studio Ms Keogh
			☪ 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)	☪ Biology Intervention G7 Ms Filipe	
	1:10pm (30mins)	☪ Guitar Club 7-13 G7 Ms Filipe	
	PM	3:20pm (1hr)	☪ Homework Club 7-13 Library Ms Jones

	Time	Club - Year groups	Location
Thursday	AM	8:00am (30 mins)	☪ Breakfast Club 7-13 Canteen Mr McCarthy
		10:40am	☪ Music Year 7 Practice Room Access Music Rooms Ms Hurst
	Lunch	12:40pm (30mins)	☪ IT Club 7-13 F6 IT team
			☪ GCSE PE Monitoring 10-11 F7 Ms Keogh
			☪ Library Lunch Club 7-13 Library Ms Jones
		12:40pm (55mins)	☪ 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 Mrs Kodi-Pecku
		1:00pm (30mins)	☪ South Asian Society Y7-13 Ms Sivachandran & Ms Verma
			3:20pm
PM	3:30pm (1hr)	☪☪ Worship band 9-10 S5 Ms Hurst	
		☪ Netball 9-11 Playground Ms Whates	

	Time	Club - Year groups	Location
Wednesday	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
			☪ Islamic Society 7-13 F10 Mrs Ahmed
		12:40pm (55mins)	☪ Music Year 9 practice Room Access Practice rooms Ms Hurst
			☪ P E GCSE Revision 10-11 Mrs Mansel
		12:40pm	☪ Carnatic Club 1.10pm S5 Ms Hurst
			☪ Maths Club 7-13 F13 Ms Sivachandran
		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)
	3:20pm (1hr)		☪ Football 7-9 Gym Lois Whates
	3:20pm (1hr)		☪ DT Catch Up Club 11 G12 Mrs Kodi Pecku
3:30pm (45mins)	☪ EAL Intervention 7-11 F11 Ms Choudhury		
	3:20pm (1hr)	☪ Homework Club 7-13 Library Ms Jones	

	Time	Club - Year groups	Location
Friday	AM	8:00am (30 mins)	☪ Breakfast Club 7-13 Canteen Ms Donovan
		Break	10:40am (20mins)
	Lunch	12:40pm (30mins)	☪☪ MFL Ambassadors Club 8-9 G6 Ms Grassi
			☪ Greek Dancing 7-13 Ms Posnikidou
			☪ IT Club 7-13 F6 IT team
		12:40pm (1hr)	☪ African Caribbean Society 7-13 G10 Mr Okyere
			☪ Library Lunch Club 7-13 Library Ms Jones
		12:40pm (1hr)	☪ Music Year 8 Practice Room Access Practice rooms Ms Hurst
	1:00pm (30mins)		☪ Maths Club 7-13 F13 Mrs Kayode
	PM	3:20pm (1hr)	☪ Homework Club 7-13 Library Ms Jones
3:30pm (1hr)		☪ Music Y10-11 Coursework S5 Ms Hurst	
		☪ Athletics 7-13 Playground Mrs Mansell	

