



# Ursuline Academy Ilford



Ursuline Academy  
Sixth

Weekly News – 2025/2026 Issue 16  
9<sup>th</sup> January 2026

## Upcoming Events

### Year 8 Progress Evening

Monday 19 January  
4.00 – 6.30p.m.

### Year 11 Progress Evening

Monday 26 January  
4.00 – 6.30p.m.

### St Angela Merici Day

School Closes at  
12.40p.m.

### Year 12 & 13 Progress Evening

Monday 9 February  
4.00 – 7.00p.m.



## Headteacher's Headlines



As we begin a new term, I would like to wish all our families a very happy New Year and to thank parents and carers for their continued support and partnership with the Academy.

This week I led assemblies celebrating the Feast of the Epiphany, reflecting with students on its message of light, hope and revelation, and how these themes connect deeply with Catholic Social Teaching.

Our Year 11 and Year 13 students are receiving their mock examination results. This is an important moment for reflection, and staff are supporting students to use feedback constructively to refine their approach to learning and to propel them forward towards the summer examinations.

As we move into an intensive revision period, I would also like to remind parents and carers of the importance of conducting appropriate checks on anyone they employ to provide private tuition. In schools, we operate robust recruitment and safeguarding processes to ensure the safety and wellbeing of all young people, and the same care should be taken with any private arrangements. If parents would like advice or guidance in this area, please do not hesitate to contact me.

This half term, we are focusing on the Ursuline virtues of Grateful and Generous. Gratitude invites us to notice and appreciate the many gifts in our lives while generosity calls us to respond with open hearts, kindness, and a willingness to give of our time, talents, and compassion.

SERVIAM

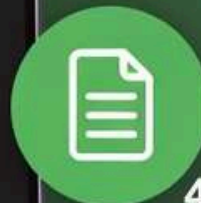
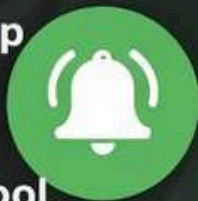


**MyChildAtSchool  
(MCAS) App  
Now available!**



# MyChildAtSchool Parent App

1. Go to your app store
2. Search MyChildAtSchool
3. Download the app



4. Click Activate
- Enter IG1 4JU
5. Sign up with your email

## Key features



Notifications



School Calendar



Attendance



Reports &  
Behavior



**We would encourage all parents to sign up...please see guide/instructions below!**

## MCAS (MyChildAtSchool) - Parent Guide

MCAS is your school's parent portal. You can view your child's timetable, attendance, behaviour, homework, and messages

### Access

- **Website:** [www.mychildatschool.com](http://www.mychildatschool.com)
- **App:** Search "MyChildAtSchool" in the App Store or Google Play
- **You Need:** Your **registered email address + password**

### First Time? Create Your Account

#### Self Sign-Up Steps

1. Visit [www.mychildatschool.com](http://www.mychildatschool.com)
2. Click "**Sign Up**"
3. Enter the school postcode **IG1 4JU** or School ID **16724**
4. Select your school
5. Enter your email address
6. Click "**Sign Up**"
7. Check your email and click the **verification link**
8. Create your password
9. ✓ **Account created**

### How to Log In

#### On a Computer (Website)


1. Go to [www.mychildatschool.com](http://www.mychildatschool.com)
2. Enter your **email address**
3. Enter your **password**
4. Click **Login**
5. ✓ **Done**

## On the App (Phone/Tablet)

### First Time Setup

1. Download the **"MyChildAtSchool"** app
2. Allow notifications
3. Create a **5-digit PIN**
4. (Optional) Set up **fingerprint/face recognition**
5. Enter school details (School ID, email, password)
6.  **Done**

### Every Other Time

1. Open the app
2. Enter your **PIN** (or use fingerprint/face recognition)
3.  **Done**

## Daily Use - What You Can See

Feature	What You Get
 <b>Timetable</b>	Your child's class schedule
 <b>Attendance</b>	Attendance % and absence details
 <b>Behaviour</b>	Positive/negative conduct points
 <b>Reports</b>	School progress reports
 <b>Homework</b>	Homework set by teachers
 <b>Messages</b>	Communicate with teachers and the school
 <b>Announcements</b>	Important school updates

## Multiple Children?

If you have more than one child at the school using the same email, MCAS will automatically link your children to your account.





## Newsletter Contents this week:

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### Pope Leo XIV @ Pontifex – 6 January 2026

The Jubilee reminds us that we can start anew, indeed, that we are still at the beginning and that the Lord wants his presence to grow among us as God-with-us. Thus, dear brothers and sisters, it is wonderful to become pilgrims of hope. It is wonderful for us to continue to be pilgrims together! The faithfulness of God continues to amaze us.

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

January: Trust

9<sup>th</sup> January: Pray, and get others to pray, that God may reform his Church.

10<sup>th</sup> January: Have hope and firm faith in God, who will help you in everything.

11<sup>th</sup> January: Hold this for certain: that Jesus Christ will never abandon this Company as long as the world lasts.

12<sup>th</sup> January: God will never fail to provide for their needs, so long as nothing is lacking on your part.

13<sup>th</sup> January: In times of great need, true friendship is recognised.

14<sup>th</sup> January: I have undaunted and firm faith and hope in the infinite divine goodness.

15<sup>th</sup> January: God alone knows what you need, and can and wants to provide for you.





# Chaplaincy News

## January

It's a brand new Year!!

**January** is the first month of the year in both the **Gregorian**; **Western Church**, and **Julian**; **Eastern Church** calendars. January is traditionally the coldest month in the Northern Hemisphere and the warmest month in the Southern Hemisphere.

Historically **January** (In Latin, **Januarius**) is name after **Janus**, the god of **beginnings and transitions** in Roman mythology. Janus is portrayed with two faces—**one facing the past, and one facing the future**.

Traditionally, the original Roman calendar consisted of 10 months totalling 304 days, winter being considered a month-less period.

**January 1** is celebrated worldwide as **New Years Day**.

The Roman Catholic Church celebrates the **Solemnity of Mary, Mother of God** on this day. In some Western Churches the **Feast of the Naming and Circumcision of Jesus Christ**; the **eighth day of Christmas-tide**.



The Ursuline Academy Ilford

## CHAPLAINCY NOTICES: JANUARY



**January, the first month of the year, is filled with Positive aspiration and anticipation of the year ahead.**



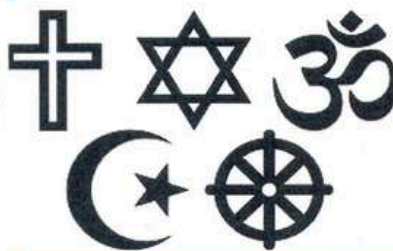
### January days of Religious Significance

**6 January: Feast of the Epiphany.**

The day marks the end of Christmas-tide in the Western Church and the visit of the Magi to baby Jesus.

**5 January: Sikh: Guru Gobind Singh Gurbpurab** Celebrates the birth of Guru Gobind Singh, the Sikhs' 10th master and teacher.

**15– 18 January: Hindu: Pongal** A harvest festival thanking the Sun God for the agricultural abundance.



## 6th January:

### Feast of the Epiphany

**Epiphany**, also known as Three Kings' Day, "**Theophany**" in the Eastern church is a Christian feast Day commemorating the visit of the Magi, the baptism of Jesus and the wedding at Cana.

It is a Christian feast day which falls on 6 January. It is a holy day of Obligation in the Church.

For many Christians it's when a star led the Magi—also known as the Three Kings, or the Wise men, to visit the baby Jesus after he had been born.

This date also marks the end of the **Christmas-tide season**; the 12 days of Christmas. It is customary for Christians in the Western Christian traditions to remove all their Christmas decorations on **Epiphany Eve**; **The Twelfth Night**.

Popular Epiphany customs include Epiphany singing, chalking the door, having one's house blessed, consuming Three Kings Cake, winter swimming, as well as attending Church services.

## The Feast of Epiphany of the Lord



## SOLEMNITY OF MARY, MOTHER OF GOD

January 1st



### Orthodox Christians:

**Why do they celebrate Christmas on a different day?**

The Orthodox Churches make up about 12% of Christians worldwide. These Churches are based mainly in Greece, Russia, Eastern Europe, Northern Africa and the Middle East.

Although Christmas celebrations are over in many western countries, for millions of Orthodox Christians the **7th of January** marks the biggest day of celebration. The reason why these dates are different is **because of the calendars used to calculate the dates of the birth of Jesus**. Catholic Christians use the **Gregorian Calendar**. Eastern Christians use the **Julian Calendar**.



## Clubs News

### Badminton Club

We're back with a bang at badminton, and what a great way to warm up in this bitterly cold weather! It was fantastic to see some new faces today too. Perhaps a few New Year's resolutions in action? As always, everyone is welcome to join us every Thursday at lunch at 12:40pm. Just bring yourselves and a song request of course!



**Ms Eakins, Head of Year 11**

**Ilford Arrivals: Year 10 Students help Shape Future Spaces in the Borough**

We were delighted to welcome the Design team for a follow-up session on the Ilford Arrivals project, this time working with our Year 10 DT students here at The Ursuline Academy, Ilford. Building on earlier conversations, the session had an energetic and creative feel as students took a hands-on role in shaping ideas about how young people, particularly teenage girls like to sit, relax and socialise.



The session led by **Kuljeet Sibia, Director of Diverse Dialogues**, shared progress on the project and guided students to reflect on how public spaces make them feel welcome, comfortable and confident. The focus on seating, materials and everyday comfort sparked lively discussions and helped students think and re-imagine why certain spaces invite people to stay & connect.



Students worked alongside an expert team including **William Pattison** – Architect and **Indigo Leveson-Gower** – Architectural assistant from **Periscope**, as well as **Tasneem Choudhury** a Project Support Officer, from Redbridge Council. Together, they explored with students on how thoughtful design can support safety, belonging and social connection.



One of the many highlights of the session was seeing how much students enjoyed turning their ideas into **physical models**. Drawing on their own experiences at home, at school and in public places, students experimented with shapes, layouts and materials - imagining spaces to lounge, perch, chat and hang out together in different ways.



Their ideas and creativity will help inform future pocket park designs in Ilford, ensuring that young people's voices are at the heart of shaping welcoming spaces for everyone. Looking ahead to the next engagement session, students were encouraged to keep noticing the spaces they love and why.

**DT Team**



## D T News Continued...

**The next session will see young people at the heart of shaping Ilford's future.**

The Mayor of London's team, alongside Redbridge Council, have invited young people aged 17–27 from our school and the wider borough community to take part in a focused engagement workshop this **Saturday, 10th January 2026, at the Ilford Town Centre from 10.30 am–1.00 pm.**

The workshop will explore what it's like for young people to live in Ilford today and what opportunities are needed to ensure Ilford is a place where young people can stay, study, work and socialise. Discussions will cover key themes including housing, future career pathways, skills development, social spaces and building connections. Insights gathered from the session will help inform future guidance and policy for Ilford Town Centre, ensuring that young people's voices are central to upcoming plans, opportunities and long-term growth.

# Help shape the Future of Ilford for Young People

We need you! Ilford is changing,  
and we need Young People  
aged 17 -27 to help shape its  
future.

We are hosting a workshop on  
Saturday 10<sup>th</sup> January 2026,  
paying you for your time,  
and ready to listen!

Find out more and secure your  
spot [HERE](#).

In collaboration with:

London Borough of  
**Redbridge**

Diverse Dialogues

GREATER  
**LONDON**  
AUTHORITY





## English News

# Jack Petchey's "SPEAK OUT" Challenge!

On Thursday 8th January, our Year 10 cohort took part in the Speak Out workshops delivered by facilitators from the Jack Petchey Foundation.

Students spent the day working towards becoming stronger communicators, feeling empowered, growing in confidence and developing their oracy skills. The students had a brilliant day and there were two winners from each class on the day, see their names below. These girls will go on to deliver their speeches to the year group, and our overall winner will then compete in the regional competition against other schools in Redbridge.

Well done to Year 10! Thank you to Mr Challis for helping us organising the day and thank you to our Premises team for helping us set up the workshop spaces.

Winners from each workshop: **Victoria O 10a, Fatima 10a, Amira 10b, Zahra 10b, Saeeda 10d, Victoria Stelmach 10c, Anaiah 10e, Fola 10e.**



# Jack Petchey's "SPEAK OUT" Challenge!

Warmest congratulations to **Safaa-Khadeejah Patel** on receiving the Jack Petchey Award - a truly well-deserved honour. Safaa consistently embodies the very best of the Ursuline virtues, living them out each day through her kindness, integrity, and commitment to others. As a valued member of 9C, she leads not by seeking attention, but by example through her positive attitude, thoughtful actions, and unwavering respect for those around her. Her willingness to support her peers, her enthusiasm for learning, and her quiet confidence inspires everyone she works with.





## MFL News

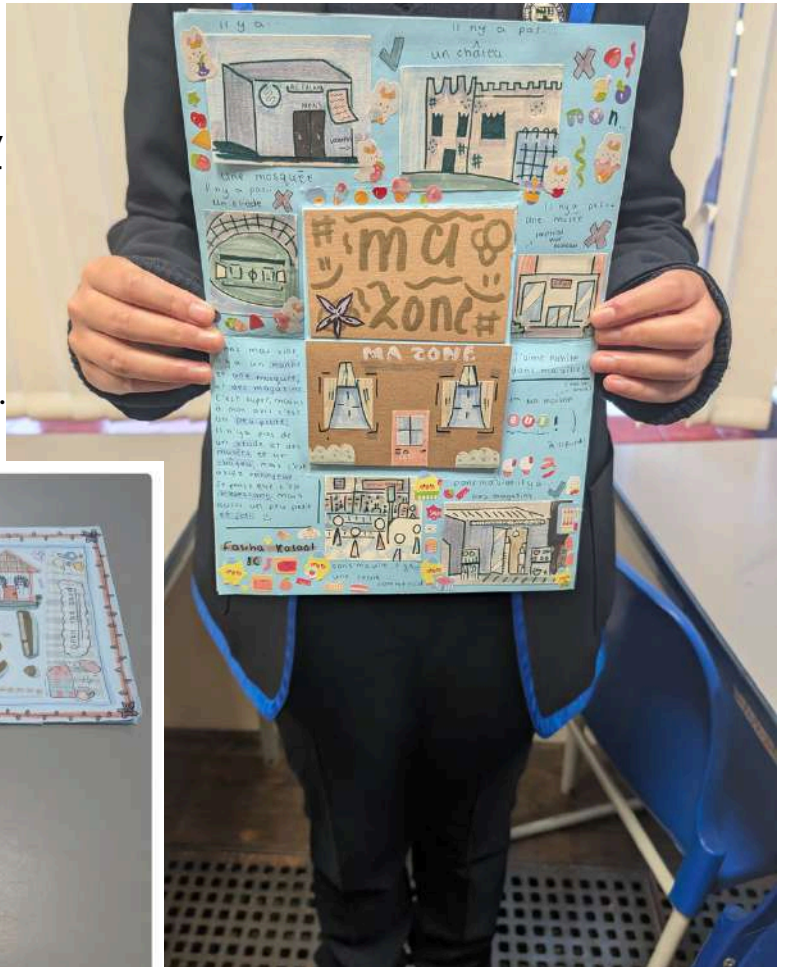
### Describing my area

Last term, Year 8 French students explored the theme “Describing My Area,” developing key vocabulary and sentence structures in an engaging and creative way. They produced a range of eye-catching leaflets to present their local area, showcasing both their language skills and artistic talents.

The project also linked with Design and Technology, as students incorporated pop-up features into their leaflets. This cross-curricular approach made the learning especially enjoyable and helped bring their ideas to life.

Through this work, students were encouraged to reflect on the Catholic Social Teaching principle of **Stewardship**, recognising their responsibility to care for and value their local environment and community.

We are delighted to share some of the fantastic leaflets created by our students. Bravo!



Ms Grassi, Subject Lead MFL



## PE News

All the girls in Key Stage 3 and GCSE PE classes are going to be fundraising to raise some money for the PE department equipment. The girls will be completing a mile walk within their PE lessons starting on Friday 16th January. The girls will be with a member of staff at all times.

We are hoping to raise some funds to buy some specialist equipment that needs replacing and GCSE PE materials. The girls should have all brought home a letter and a sponsor sheet. We appreciate all your support with this!

Any issues please email [kkeogh@uai.org.uk](mailto:kkeogh@uai.org.uk)

**Sponsored  
winter walk**

All of the money raised will go towards new equipment for the PE department

It will also be happening in their physical education lessons starting on the 16th of January.  
The walk will take place at Valentines Park.

The student who raises the most money will get a prize.

The poster features a light blue background with decorative elements including holly leaves, red berries, and snowflakes. The title 'Sponsored winter walk' is written in a large, red, cursive font. Below the title, the text is centered and reads: 'All of the money raised will go towards new equipment for the PE department'. In the center of the poster is an illustration of two patterned winter mittens, one green and one red, with white and red patterns. Below the mittens, the text reads: 'It will also be happening in their physical education lessons starting on the 16th of January. The walk will take place at Valentines Park.' At the bottom of the poster, it says: 'The student who raises the most money will get a prize.'

**Ms Keogh, Head of PE**



## Rome Trip

All Roads lead to Rome! ..... May 2026



For all students signed up to the Rome trip the 2nd payment of £200 is due on Monday 12<sup>th</sup> January 2026

Thank you to all parents and carers that have already made payments.

There will be meeting on Wednesday 14<sup>th</sup> January in Room F3 at 12.45pm for all students on the Rome Trip.

A form will be sent out shortly for parents and carers to include all relevant travel information such as passport details as well as any dietary and medical requirements.

***\*\*Please ensure that you have a passport, begin the application process if required. Note, if you do not have a British passport you will need to apply for a visa.***



Ms G Semambo and Miss M Posnakidou





## Sri Lanka Flood Crisis Fundraiser

Please see below a letter we received from the Hindu Buddhist Cultural Association regarding the fundraiser we did before Christmas. We actually raised £677.66, and the extra has now been sent to the charity.

According to our Finance Team, this is the highest amount ever raised by a group of students!

I am extremely proud of the girls involved in making this such a success

**Mr Vijay, 2i/c Maths**



HINDU - BUDDHIST CULTURAL ASSOCIATION  
ஹிந்து - பௌத்த கலாச்சார சேரணி  
හින්දු බුද්ධ සංස්කෘතික සංගමය

25 Wellingborough Road, Olney, MK46 4BJ

Email: hindubuddhistcultural@gmail.com Website: www.hindubuddhistculturalassociation.org

Ilford Ursuline Academy  
Morland Road  
Ilford  
Essex  
IG1 4AG  
United Kingdom

8<sup>th</sup> January 2026

To the Students and Teachers of Ilford Ursuline Academy,

### Re: Appreciation and thanks for Cyclone Ditwah relief fundraising

On behalf of the Hindu Buddhist Cultural Association, I would like to express our sincere appreciation and heartfelt thanks to the students and teachers of Ilford Ursuline Academy for the hard work and dedication you have shown in raising funds to support relief efforts following Cyclone Ditwah, which triggered devastating floods and landslides in Sri Lanka.

We are deeply grateful for your generous donation of £620.11, which has been received and will be used to provide essential support for those affected by this disaster. Your kindness and compassion will make a real difference to families who are facing extremely difficult circumstances. It is truly encouraging to see so many young people taking an active interest in what is happening around the world, and taking the necessary steps to help—through action, teamwork, and commitment. We also greatly value the support and guidance provided by your teachers in encouraging such meaningful initiatives and nurturing a sense of global responsibility and community care.

We will be pleased to update you in due course with the number of families who have been supported through your contribution. Once again, thank you very much for your generosity and for standing in solidarity with those affected in Sri Lanka.

Yours faithfully,

**Mr Kanthaia Ghaajen**  
Chair Person  
Hindu Buddhist Cultural Association

## 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.



# MAINS MEALS

From £2.60

05/01/26, 26/01/26,  
23/02/26, 16/03/26

SPRING MENU  
WEEK ONE

MON	TUE	WED	THU	FRI
★ PORTUGUESE PLATES ★	★ ORIENTAL FLAVOURS ★	★ ROAST ★	★ TASTE OF ITALY ★	★ FISH & CHIP SHOP ★
Portuguese Peri-Peri Chicken Rice	Chicken with Crunchy Vegetable Stir Fry	Herby Roast Chicken With Stuffing & Chicken Gravy	Oven Baked Italian Lasagne	Battered Fish Fillet Crispy Chicken Tenders
Portuguese Peri-Peri Butternut Rice	Sticky Teriyaki Eat Curious with Crunchy Vegetable Stir Fry	Roasted Root Vegetable Wellington with Stuffing & Vegetable Gravy	Oven Roasted Italian Vegetable Lasagne	Cheese & Onion Turnover
Tortilla Wrap Macho Peas	Soy & Ginger Noodles	Crunchy Roast Potatoes Broccoli	House Salad Garlic Bread	Chips Peas Baked Beans

Meal-Deal  
Only £2.85

Check out what's on offer today, available for free school meals!



LOOK OUT FOR DAILY  
★ THEME BARS ★  
& SALAD BAR!



PASTA & JACKETS

STATION

## GLOBAL EATS

From £0.00

MON	TUE	WED	THU	FRI
Tandoori Chicken Tikka Pizza Naan with Masala Fries	Cheeseburger with Salad & Pickles	Hot Honey Beef with Sweet Potato	Crispy Chicken Wrap	Crispy Chicken Tenders with Chips

DESSERTS

MONDAY  
Lemon & Blueberry Sponge

TUESDAY  
Jammie Dodger Muffins

WEDNESDAY  
Pear & Ginger Crunch Crumble & Custard

THURSDAY  
Chocolate Pudding with Chocolate Sauce

FRIDAY  
Warm Cherry Flapjack

From £1.40

ALLERGENS

we're allergy aware!



If you have a food allergy or intolerance, please ask the Allergen Guru or Manager about the ingredients in your meal.

MONDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata

TUESDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata

WEDNESDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata

THURSDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata

FRIDAY  
Pizza Mac & Cheese with Garlic Bread

From £2.60

# MAINS MEALS

From £2.60

12/01/26, 02/02/26,  
02/03/26, 23/03/26

SPRING MENU  
WEEK TWO

MON	TUE	WED	THU	FRI
★ Mumbai Moments ★	★ TASTE OF JAPAN ★	★ HOME COMFORTS ★	★ SLOW COOKED ★	★ FISH & CHIP SHOP ★
Spicy Keema Lamb Curry With Raitha	Crispy Chicken Katsu with Curry Sauce	Butchers Sausages with Onion Gravy	BBQ Pulled Pork and Spicy Rice Wrap with Salsa	Battered Fish Fillet
Spicy Veggie Keema Curry With Raitha	Crispy Tofu Katsu with Curry Sauce	Grilled Veggie Sausages with Onion Gravy	BBQ Eat Curious and Spicy Rice Wrap with Salsa	Vegetable Spring Roll with Curry Sauce
Steamed Basmati Rice Roasted Aromatic Cauliflower	Steamed Rice Asian Salad	Creamy Mashed Potatoes Carrots & Peas	Tortilla Chips	Chips Peas Baked Beans

Meal-Deal  
Only £2.85

Check out what's on offer today, available for free school meals!



LOOK OUT FOR DAILY  
★ THEME BARS ★  
& SALAD BAR!



PASTA & JACKETS

STATION

## GLOBAL EATS

From £0.00

MON	TUE	WED	THU	FRI
Pepperoni Loaded Sub	Smash Burger Panini	Spanish Chicken Paella	Salt & Pepper Chicken Wings with Rice	Chicken Sausage and Chips

DESSERTS

MONDAY  
Warm Cherry & Coconut Flapjack

TUESDAY  
Cookies & Cream Sponge

WEDNESDAY  
Toffee Apple Crumble & Custard

THURSDAY  
Banana & Toffee Cake

FRIDAY  
Chocolate Brownie

From £1.40

ALLERGENS

we're allergy aware!



If you have a food allergy or intolerance, please ask the Allergen Guru or Manager about the ingredients in your meal.

MONDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata

TUESDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata

WEDNESDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata

THURSDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata

FRIDAY  
Mac & Cheese with Smoky Bacon & Crunchy Crust

From £2.60

# MAINS MEALS

From £2.60

19/01/26, 09/02/26,  
09/03/26

SPRING MENU  
WEEK THREE



LOOK OUT  
FOR DAILY  
★ THEME BARS ★  
& SALAD BAR!



PASTA & JACKETS  
STATION

MON	TUE	WED	THU	FRI
★ <b>TEX-MEX</b> ★	★ <b>BURGER BAR</b> ★	★ <b>ROAST</b> ★	★ <b>MASALA MOMENTS</b> ★	★ <b>FISH &amp; CHIP SHOP</b> ★
Texan Chilli Con Carne with Salsa	Classic Beef Burger or Cajun Chicken in a Bun	Roast Chicken with Stuffing & Roast Gravy	Tandoori Chicken Tikka Masala	Battered Fish Fillet
Texan Eat Curious Smokey Veggie Chilli with Salsa	Spicy Bean Burger in a Bun	Winter Root Vegetable & Kale Filo Parcel	Crispy Tandoori Paneer Tikka Masala	Signature Squashage Roll
Chopped Corn Salad Steamed Rice	Seasoned Wedges Chef's Salad	Crispy Roast Potatoes Baked Carrots & Parsnips	Pilau Rice Indian Roasted Cauliflower with Spinach	Chips Peas Baked Beans

Meal Deal  
Only £2.85

Check out what's on offer today,  
available for free school meals!



# GLOBAL EATS

From £0.00

MON	TUE	WED	THU	FRI
Meatball & Mozzarella Melted Sub	Lamb Biryani with Curry Sauce and Naan	Crispy Korean Chicken Baguette	Chicken Quesadilla with Nachos	Chicken Tenders with Chips

# DESSERTS

- MONDAY  
Chocolate Marble Cake
  - TUESDAY  
Carrot Cake Muffins with Frosting
  - WEDNESDAY  
Cookies and Cream Sponge
  - THURSDAY  
Toffee Drizzle Flapjack Traybake
  - FRIDAY  
Pineapple & Cherry Upside Down Cake
- From £1.40

- MONDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata
  - TUESDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata
  - WEDNESDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata
  - THURSDAY  
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata
  - FRIDAY  
Pepperoni Mac & Cheese
- From £2.60

## ALLERGENS

we're allergy aware!



If you have a food allergy or intolerance, please ask the Allergen Guru or Manager about the ingredients in your meal.

# School Menus

# What's for Lunch?



Ursuline Academy Sixth

# Clubs Timetable



Monday	⌚ 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
	Break	10.40am		
	Lunch	12.40pm (30mins)	💻 IT Club 7-13	F6 IT team
		12.40pm (30mins)	🏀 Basketball 8-10	Gym Ms Whates&Mr Okyere
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones
		1.00pm (30mins)	➕ Maths Club 7-13	F13 Ms Verma
		1.10pm (30mins)	🧩 Puzzle Club 7-13	G7 Ms Filipe
		1.10pm (30mins)	🇪🇸 Spanish Club 11	G5 Mr Clare
1.10pm (30mins)		🎨 Art Club 7-13	S4 Mr Selley	
PM	3:20pm (1hr)	📚 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
	Break	10.40am	🎸 Ukulele Club 7-8	S5 Ms Eakins
	Lunch	12.40pm (30mins)	💻 IT Club 7-13	F6 IT team
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones
		12:40pm (30min)	➕ Maths Club 7-13	F13 Mr Deen
		12.40pm (30mins)	🏐 Volleyball 7-13	Gym Ms Whates
		12.40pm (30mins)	🥊 Boxing 9-10	Dance Studio Ms Keogh
		12.40pm (30mins)	🎵🎸 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 10	G7 Ms Filipe	
1:10pm (30mins)		🎸 Guitar Club 7-13	S5 Mr McCarthy & Mr Okyere	
PM	3:20pm (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)	🎵🎸 Music Y10-13 Practice Room Access	Practice rooms Ms Hurst
	Lunch	12:40pm (30mins)	💻 IT Club 7-13	F6 IT team
		12:40pm (30mins)	🗣️🗣️ MFL Ambassadors Club 8-9	G6 Ms Grassi
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones
		12.40pm (30mins)	🕌 Islamic Society 7-13	F10 Mrs Ahmed
		12.40pm (30mins)	🎵🎸 Music Year 9 Practice Room Access	Practice rooms Ms Hurst
		12.40pm (30mins)	🏃 P E GCSE Revision 10-11	G2 Mrs Mansell
1.10pm (30mins)		🎵🎸 Choir 7-13	S5 Ms Hurst	
1.00pm (30mins)		🕊️ Justice and Peace 12-13	Chapel Mr Ravi	
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	
	3.20pm (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	

Thursday	⌚ Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☺ Breakfast Club 7-13	Canteen Mr McCarthy
	Break	10.40am	🎵🎸 Music Year 7 Practice Room Access	Music Rooms Ms Hurst
	Lunch	12.40 (30mins)	💻 IT Club 7-13	F6 IT team
		12.40pm (30mins)	🏃 GCSE PE Monitoring 10-11	F7 Ms Keogh
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones
		12.40pm (30mins)	🏸 Badminton 9-11	Gym Ms Eakins
		12.40pm (30mins)	🎵🎸 Music 10-11 Practice Room Access	Practice rooms Ms Hurst
		12:40pm (1hr)	🎵🎸 Music 7-13 Choir	S5 Ms Hurst
		1.00pm (30mins)	🔬 STEM Club (Visualise) 7-13	G12 Mrs Kodi-Pecku
1:00pm (30mins)		🌏 South Asian Society 7-13	S8 Ms Sivachandran & Ms Verma	
1.10pm (30mins)		GCSE & A level Grade Booster Club 11&13	S4 Mr Selley	
PM	3:20pm (1hr)	📚 Homework Club 7-13	Library Ms Jones	
	3:30pm (1hr)	🎵🎸 Worship band 9-10	S5 Ms Hurst	
	3:30pm (1hr)	🏐 Netball 9-11	Playground Ms Whates	

Friday	⌚ Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☺ Breakfast Club 7-13	Canteen Ms Donovan
	Break	10:40am (20mins)		
	Lunch	12.40pm (30mins)	🇬🇷 Greek Dancing 7-13	Ms Posnakidou
		12.40pm (30mins)	💻 IT Club 7-13	F6 IT team
		12.40pm (30mins)	🌍 African Caribbean Society 7-13	G10 Mr Okyere
		12.40pm (30mins)	📖 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
		3.20pm/ (1hr)	📚 Homework Club 7-13	Library Ms Jones
PM		3:30pm (1hr)	🎵🎸 Music Y10-11 Coursework	S5 Ms Hurst
		🏃 Athletics 7-13	Playground Mrs Mansell	





*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?**

## **SEND PARENT CARER COFFEE MORNING ON CHILDREN'S SOCIAL CARE**

**DATE: MONDAY 12TH JANUARY 2026**

**TIME: 10AM - 12PM**

**VENUE: GEARIES CHILDREN'S CENTRE,  
WAREMEAD ROAD, GANTS HILL, IG2 6TF**

GUEST SPEAKER:



**Teresa Watts**, Principal Family Support Worker, Redbridge Children with Disabilities Team, will share about Redbridge Children's social care services and answer any questions that parent carers may ask.

**ALL REDBRIDGE SEND PARENT CARERS WELCOME**

LIGHT REFRESHMENTS PROVIDED.

PLEASE NOTE: EPT DO NOT ENDORSE ANY SPEAKERS OR SERVICES INVITED.

### **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](http://www.empoweringparentstogether.org.uk)  
[info@empoweringparentstogether.org.uk](mailto:info@empoweringparentstogether.org.uk)

 07486 880 646



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