



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 18
23rd January 2026

Upcoming Events

St Angela Merici Day
Friday 23 January
School Closes at 12.40p.m.

Year 11 Progress Evening
Monday 26 January
4.00 – 6.30p.m.

Year 12 & 13 Progress Evening
Monday 9 February
4.00 – 7.00p.m.



Headteacher's Headlines



Today we were blessed to celebrate two beautiful Masses in honour of the feast of St Angela Merici, whose feast day we mark on 27 January. It was a joyful and prayerful way to pause, reflect and give thanks for the inspiration of St Angela, whose vision continues to shape who we are as an Ursuline community.

We were especially grateful to Bishop Alan, who celebrated Mass with us and spoke so powerfully about St Angela, our call to Serviam – I will serve, and what this means in the lived experience of our students each day. His words reminded us that faith is not abstract, but something we practise through how we care for one another, seek justice, and use our gifts in service of others.

Following Mass, Bishop Alan also blessed our newly refurbished chapel. It was a special moment as guests gathered together in prayer for all members of our school community, as well as for our families and friends. The chapel will continue to be a sacred and reflective space at the heart of our school, supporting prayer, stillness and spiritual growth.

As we break a little earlier today, I hope everyone enjoys the extended weekend ahead – a well-earned opportunity to rest and spend time with those who matter most.

SERVIAM

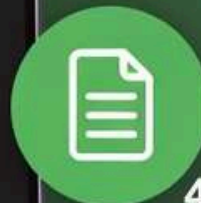
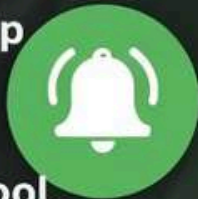


**MyChildAtSchool
(MCAS) App
Now available!**



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
- **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
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
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
 Timetable	Your child's class schedule
 Attendance	Attendance % and absence details
 Behaviour	Positive/negative conduct points
 Reports	School progress reports
 Homework	Homework set by teachers
 Messages	Communicate with teachers and the school
 Announcements	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:

Chaplaincy News, Page 6

Drama News, Page 7

Flu Vaccination Clinics, Page 8

History News, Pages 9 - 10

Library News, Page 11

MFL News, Pages 12 - 13

P E News, Page 14

Year 8 News Page 15

Year 10 News, Page 16

Free School Meals, Page 17

Lunch Menus, Pages 18 - 19

Clubs Timetable, Page 20

Redbridge News, Page 21



Pope Leo XIV @ Pontifex - 20 January 2026

Compassion and mercy towards those in need are not just a mere individual effort, but are realised in relationship, with a brother or sister in need and with those who care for them. Their foundation is found in relationship with God, who gives us His love.

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

January: Trust

23rd January: They should place their hope and love in God alone, and not in any living person.

24th January: Jesus Christ will enlighten you.

25th January: Living all united in heart, you will be like a mighty fortress.

26th January: We will find thorny and rocky roads becoming flower-strewn for us.

27th January: I shall always be in your midst, helping your prayers.

28th January: Be bound to one another by the bond of charity.

29th January: Be happy, and always full of charity and faith and hope in God.





Chaplaincy News



THE URSULINE ACADEMY ILFORD

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

Headteacher: Fiona Stone BSc (Hons) MA NPOH



Ursuline
Academy
Sixth

January 2026

Dear Parents and Carers,

SUBJECT: **Year 8 Retreat Programme**

As part of our commitment to the holistic development of every student at The Ursuline Academy Ilford, we are pleased to inform you of the forthcoming Year 8 Retreat programme.

This special day is a valued part of our Ursuline tradition, offering students the opportunity to step away from the busyness of daily life, to reflect, to pray, and to grow in their relationship with God and with one another.

The retreat will take place during periods 1-4 in both the school hall and the chapel and will be led by the school chaplain. The day will include a series of group activities designed to foster teamwork, encourage creativity, and provide space for personal reflection.

The dates for each form group are as follows:

- **8:C - 3/2/2026**
- **8J - 11/02/2026**
- **8R - 25/02/2026**
- **8T - 2/03/2026**

The retreat is an important part of our school's spiritual and personal development programme, and mandatory participation from all students is expected.

Students should only bring the books and equipment needed for their afternoon lessons.

Students should wear their coloured Serviam 'House Tee Shirt' over their usual school uniform.

Yours sincerely,

Mr J Ravi
School Chaplain



success in learning for all



Drama News

Rehearsals for our school production *Born For This* are well under way with students from Years 7, 9 and 10 working collaboratively and creatively on learning lines, learning songs and blocking scenes.

Publicity for our production of the Easter Story will be popping up soon so keep your eyes out for the posters and clear your diaries for **26th March 5pm - showtime!**

Thank you to Miss Eakins, our Musical Director, and all the Faculty of Faith and Performance for the support of the production rehearsals.



Ms Milne, Subject Lead, Drama



Flu Vaccination Clinics

Subject: Flu Vaccination Clinics – 24th January 2026

Dear Parent/Guardian,

The flu vaccine will be offered at two clinics on 24th January 2026 in Barking and Dagenham.

Please ensure you complete the online consent form prior to attending the clinic so that we can record your wishes.

To give consent for your child to receive the flu vaccine, please click the link below:

<https://london.schoolvaccination.uk/flu/2025/redbridge>

Even if you do not wish for your child to receive the vaccine, it is still important that you complete the online form so we can record your decision.

The Nasal Flu Vaccine

- The nasal flu vaccine:
- Protects your child from flu
- Helps protect family members and others, especially elderly relatives, young babies, and those with serious health conditions
- Is free, painless, quick, and effective at reducing the spread of flu

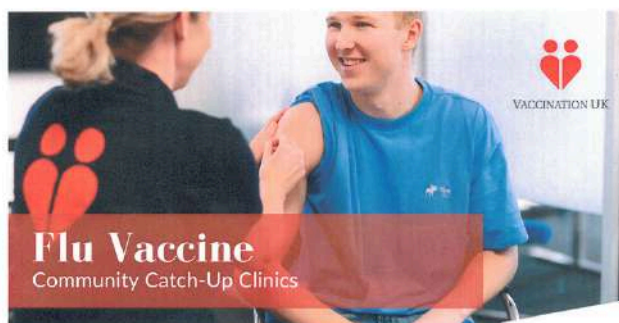
We also offer the flu vaccine as an injection, which is gelatine-free, for children who are unable to have the nasal spray.

If you have any questions, please do not hesitate to contact us.

Kind Regards,

Redbridge School Immunisation Team

T: 0203 343 2400



If your child missed their vaccination at school, you can book an appointment at one of our local community clinics

Protect your child, your loved ones, and your community by getting your flu jab today. The flu vaccine is your best defence against severe illness, hospitalisation, and missed work or school. Let's work together to keep everyone healthy this winter.

Catch up Clinic
24 Jan 2026,
10:00 - 14:00
Dagenham Library Centre,
1 Church Elm Lane,
Dagenham
RM10 9QS

Catch up Clinic
24 Jan 2026,
10:00 - 14:00
Barking Learning Centre,
2 Town Square,
Barking
IG11 7NB



For our clinic locations and contact details please visit www.schoolvaccination.uk or scan the QR code

Part of the NHS School Aged Immunisation Service

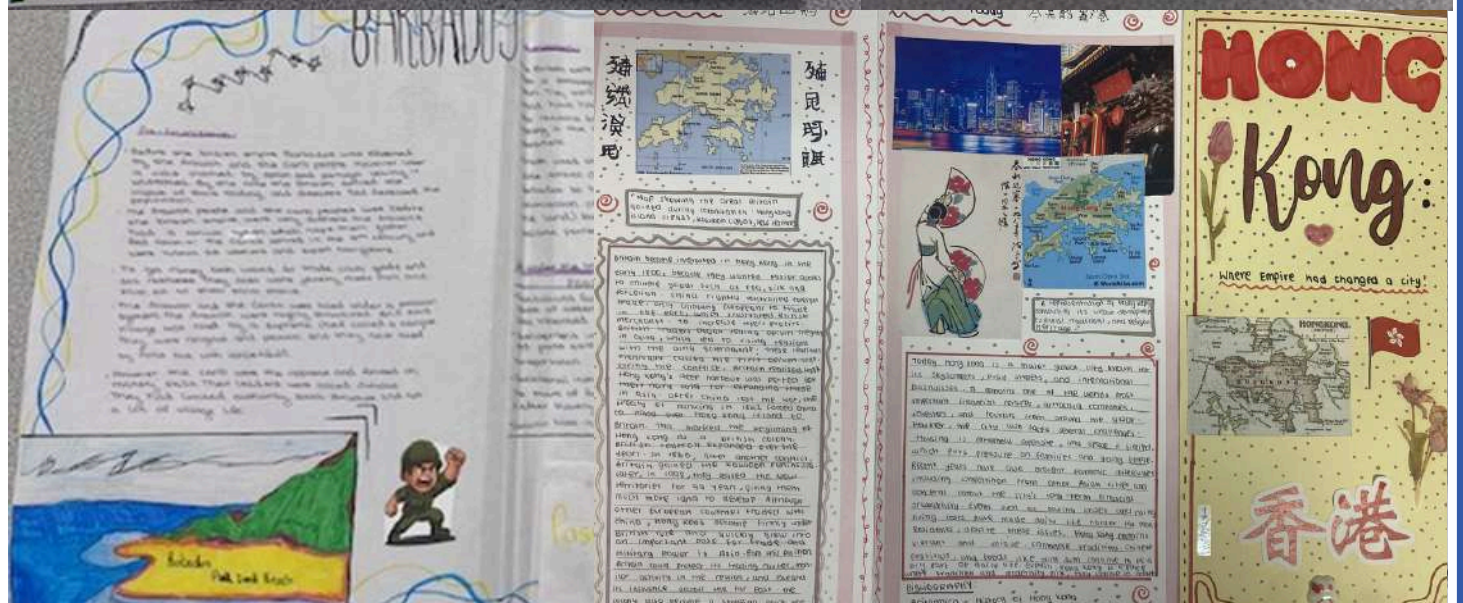
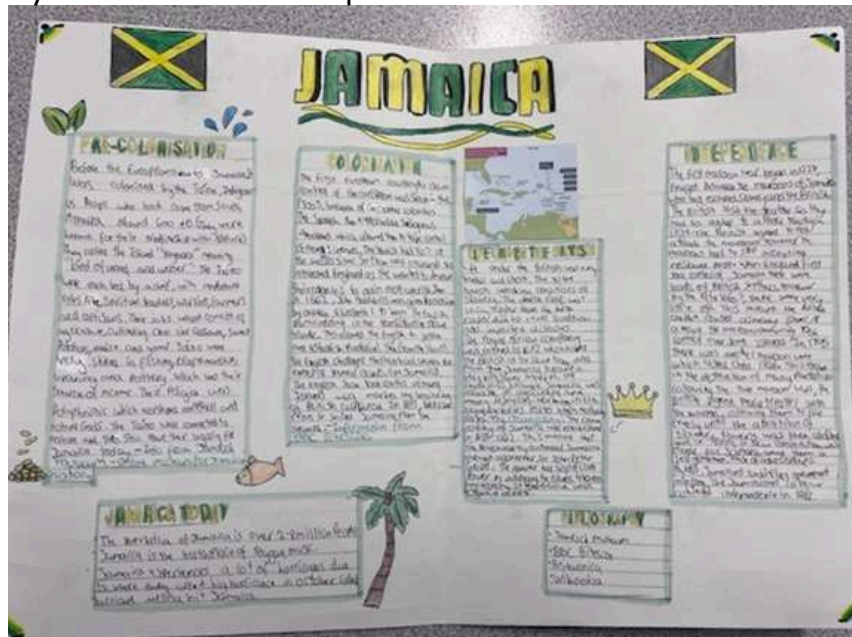


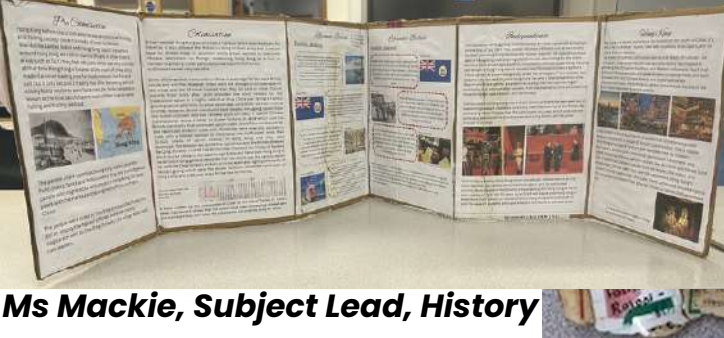
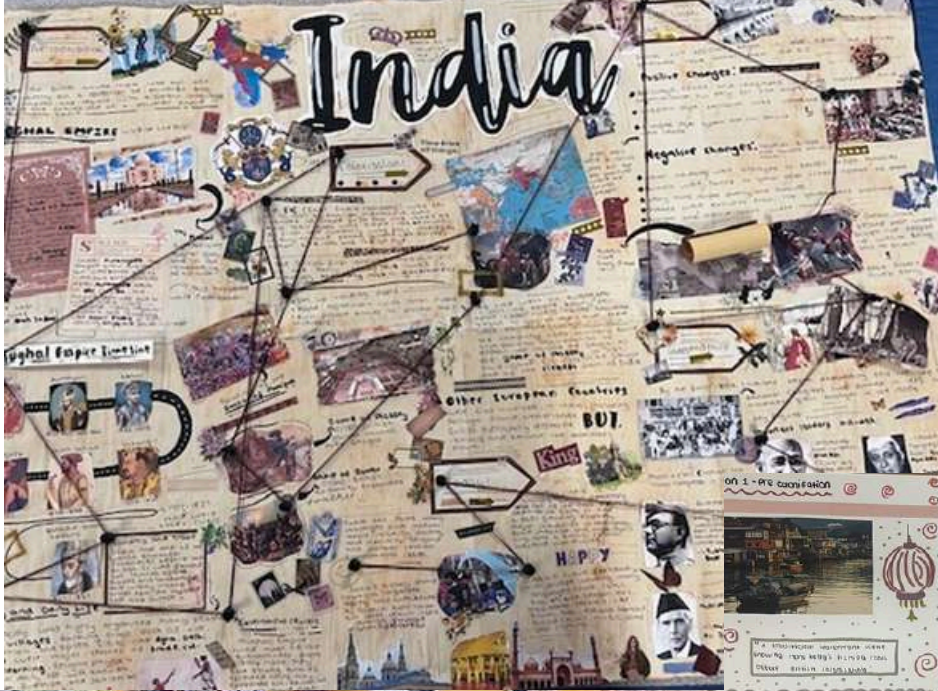
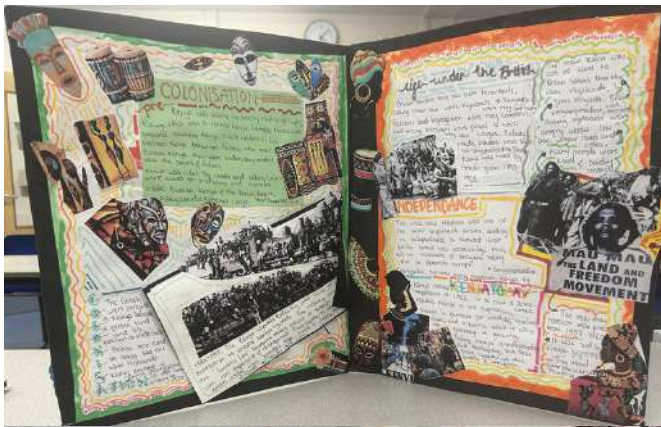


History News

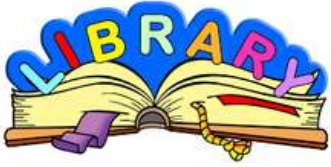
Last half term, Year 8 History students have been learning about the development of the British Empire, and their assessment for this unit was a complete a research project on a country of their choosing that was once a part of the British Empire. Their studies link to the Catholic Social Teaching values of solidarity and the common good, as students learnt how empire exploited the countries under colonial control, and how those countries used their collective voices to gain independence in the 20th century.

Students completed some beautiful work, as seen by some of the examples shown...





Ms Mackie, Subject Lead, History



Library News

Happy faces all around this week as we welcome new books into our library! We've been lucky enough to purchase 31 new books, all of which are either bestselling titles or anticipated reads specifically requested by our students. From reimagined history to eccentric fantasy, chilling dystopias to Manga comics, our ever-growing library continues to cater for all types of readers.

It was so encouraging to see many of our girls rush to the library this week to get their hands on the latest titles. We're pleased to say these new books have been welcomed with open arms – just look at those smiles! Happy reading, girls! 😊



Hafsa Hussain, Emily Adetayo and Safaa Patni

Rabia Ghani, Varnavi Nanthakumar, Emily Adetayo and Nabeela Quayyam (and Ms Jones!)

Ms Jones, Librarian



MFL News

Year 8s – Become an MFL Student Ambassador!

Would you like to build confidence, make new friends, and improve your language skills? Then the **MFL Student Ambassador Club** could be just right for you!

The club has been running successfully for over a year, and our Year 9 ambassadors would need your support!

As an MFL Ambassador, you will:

- **Boost your confidence and leadership skills** by helping to lead activities, speaking to visitors, and representing the MFL department
- **Improve your French and Spanish** by researching, participating in language related quizzes and games.
- **Take part in exciting activities** such as language games and quizzes, cultural celebrations, helping at open evenings, creating displays, and supporting younger students.
- **Make new friends** from different classes and year groups and **have the privilege of being part of a fun, exclusive group.**

It's a great opportunity to enjoy languages, take responsibility, and stand out in school.

🌍🌟 **Sign up soon & become a language leader! Come and speak to me or Mr Clare**

Here are some of our ambassadors enjoying 'Barquettes à la fraise' (*French strawberry flavoured biscuits*) during our last meeting.





MFL News Continued...

Here are some photos of the fun we have all been having...





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



8

Year 8 News

On Thursday, the London Ambulance Service London Lifesavers team visited Ursuline Academy to deliver a vital life-saving session to our Year 8 students. The workshop aimed to teach students the simple steps to take if someone is in cardiac arrest and, most importantly, to give them the confidence to act and save a life.

During the session, students learned what a cardiac arrest is and how to recognise the signs. They were shown how to perform CPR and how to use a defibrillator safely and effectively.

Students were also taught the crucial first aid sequence used when responding to a cardiac arrest, known as DRSABC:

- Danger
- Response (checking by shaking shoulders)
- Send for help (calling 999/000)
- Airway (head tilt, chin lift)
- Breathing
- CPR / Defibrillator

The session was informative, practical, and empowering, equipping our students with essential skills that could one day help save a life.



Ms Kayode, Head of Year 8

10 Year 10 News

Another day when our Year 10 students have made me incredibly proud. As part of the Jack Petchey "Speak Out" Challenge, they prepared and delivered speeches across a range of genres on topics that truly resonated with them. The energy, passion and resilience shown today were exceptional. Students spoke with confidence, authenticity and courage, sharing ideas that were both powerful and thought-provoking.

What was equally inspiring was the outstanding support shown across the year group. The encouragement, unity and genuine team spirit in the room were palpable, as students championed and uplifted their peers throughout their deliveries. It was a wonderful example of a year group standing together and celebrating one another's success.

A huge well done to all of Year 10 for embracing the challenge so wholeheartedly, and a special thank you to **Ms Riste** for organising and supporting this fantastic opportunity.



Ms Khan, Head of Year 10

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.



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 good!



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

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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
★ TEX-MEX ★	★ BURGER BAR ★	★ ROAST ★	★ MASALA MOMENTS ★	★ FISH & CHIP SHOP ★
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



	⌚ 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	
	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	

	⌚ 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
	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	

	⌚ 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)	🎵🎸 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	

	⌚ Time	Club - Year Groups	Location
Thursday	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		
3.20pm (1hr)	📖 Homework Club 7-13 Library Ms Jones		
PM	3:30pm (1hr)	🎵🎸 Worship band 9-10 S5 Ms Hurst	
	3:30pm (1hr)	🏐 Netball 9-11 Playground Ms Whates	

	⌚ 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)	🇬🇷 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
3:30pm (1hr)		🏃 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 WITH THE HEAD OF SEND

DATE: FRIDAY 30TH JANUARY 2026

TIME: 10AM - 12.30PM

**VENUE: KENNETH MORE THEATRE FOYER,
OAKFIELD ROAD, ILFORD, IG1 1BT**

GUEST SPEAKER:



Koyer Ahmed, Head of SEND, London Borough of Redbridge, will share about the development of SEND in relation to schools, social care and health.

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
info@empoweringparentstogether.org.uk

 07486 880 646



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FOLLOW US ON INSTAGRAM: [ept_redbridge_send](https://www.instagram.com/ept_redbridge_send)