



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 20
6th February 2026

Upcoming Events

Year 12 & 13 Progress Evening

Monday 9th February
4.00 – 7.00p.m.

End of Term

Friday 13th February
3.20p.m.

Half Term

Monday 16th February –
Friday 20th February

Term Begins

Monday 23rd February
8.40a.m.



Headteacher's Headlines



This week's newsletter offers a rich snapshot of the life of our school and once again reminds me what a privilege it is to serve as Headteacher of the Ursuline Academy Ilford.

Our chaplaincy provision continues to be a central part of school life. From class Masses and retreats to our reflections for World Cancer Day, students have engaged with faith in a thoughtful and mature way. I am very moved by the courage and honesty shown by one of our Year 9 students in sharing her personal journey during the World Cancer Day assembly. The respect, empathy and care shown by her peers was a powerful example of the community we strive to be.

There is also much to celebrate in the wider life of the school. Our Justice and Peace group's bake sale for CAFOD, the work of the Islamic Society Club in learning about Ramadan, and the preparations for our upcoming Iftar event all reflect a community committed to service, generosity and mutual respect.

This edition also highlights the richness of learning across subjects and experiences; from creative writing and reading for pleasure in the library, to language learning brought to life in MFL and the deeply reflective Poland trip. Our students were exemplary ambassadors throughout this visit, engaging with history with maturity, sensitivity and curiosity.

Taken together, this newsletter captures what makes this school such a special place: young people who are reflective, generous, resilient and engaged with the world around them. I remain immensely proud of our students, deeply grateful to our staff, and continually aware of the privilege it is to lead this remarkable community.

SERVIAM

Ofsted has introduced a new grading system for schools, moving away from the previous four-grade model. Instead of giving one overall judgement, inspectors now provide a multi-area report card, offering a more rounded picture of how a school is performing across several key areas.

Schools are now graded using the following categories: Exceptional, Strong Standard, Expected Standard, Needs Attention, Urgent Improvement.

These categories are not comparable with the old grades because the inspection approach has changed significantly.

What Each Grade Means for Parents

Expected Standard

This is the national benchmark. A school meeting the expected standard is doing everything it should to ensure children receive a high-quality education. This is a strong and positive judgement, shown in green on the Ofsted report card.

Strong Standard

A grade showing that the school is consistently delivering excellent practice that is making a clear difference for children and learners.

Exceptional

This is a higher bar than the former 'outstanding' grade. It is only awarded when inspectors see practice that is among the very best in the country—approaches that should be shared nationally to help other schools improve.

Needs Attention

This is not a negative judgement. Instead, it signals that certain areas need focused development so the school can reach the expected standard. It is a constructive signal that targeted work is needed and is not the same as the previously used grade of 'requires improvement'.

Urgent Improvement

Used when more serious issues require immediate action.

If any parents would like to talk about or have more information on how Ofsted now inspect schools, please do contact me directly fstone@uai.org.uk

Ms. Stone, Headteacher



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Pope Leo XIV @ Pontifex – 5 February 2026

It is a tragedy that the children and youth of our world, the ones Jesus wanted to come to Him, are so often deprived of care and access to the basic necessities of life. One must question whether global commitments for sustainable development have been cast aside when we see that so many children still live in extreme poverty, suffer abuse and are forcibly displaced, not to mention that they lack proper education and are isolated or separated from their families.

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

February: Esteem

6th February: As far as possible, you yourselves provide.

7th February: And always let your principal recourse be at the feet of Jesus Christ.

8th February: God has given free will to everyone, and wants to force no one, but only proposes, invites and counsels.

9th February: Bear with them all equally, for it is not up to you to judge.

10th February: Have patience!

11th February: You will achieve more with kindness and gentleness than with harshness and sharp rebukes.

12th February: Be gentle and compassionate towards your daughters.





Chaplaincy News

Class Mass for 8R & 8T

On Thursday, students from 8R and 8T attended a Class Mass celebrated by Fr Mariusz of St Cedd's Parish, Goodmayes, Ilford. The liturgy was centred on the Gospel from Mark 6:7-13, in which Jesus commissions the Twelve, calling them to place their trust in God, to proclaim His message, and to serve others with compassion.

During the Mass, students offered prayers for all those affected by cancer as we marked World Cancer Day.



8C Retreat

This week, students from 8C participated in their class retreat, a meaningful and enriching experience that forms an integral part of our school's spiritual and personal development program. The retreat offered students a valuable opportunity to pause from their daily routines, reflect on their values, and deepen their understanding of themselves, their faith, and their relationships with others.

Mr John Ravi, School Chaplain





Chaplaincy News

February

The month of Love

St Valentines Day

February is the second month of the year in both the **Gregorian**; **Western Church**, and **Julian**; **Eastern Church** calendars.

February is associated with Romantic love.

Valentine's Day, also called **Saint Valentine's Day** or the **Feast of Saint Valentine**, is celebrated annually on February 14. It originated as a Christian feast day honouring a martyr named Valentine, and through later folk traditions it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world. There are a number of martyrdom stories associated with various Saint Valentines connected to February 14. One describes the Imprisonment of St Valentine of Rome for ministering to Christians persecutor under the Roman Empire in the 3rd century. According to an early tradition, St Valentine restored sight to the blind daughter of his Jailer.

Numerous later additions to the legend have better related it to the theme of love: some traditions maintain that St Valentine performed weddings for Christian soldiers who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "**Your Valentine**" as a farewell before his execution.

The day became associated with romantic love in the 14th and 15th centuries, when notions of courtly love flourished, apparently by association with the "lovebirds" of early spring.

In 18th-century England, it grew into an occasion for couples to express their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "**valentines**").



The Ursuline Academy Ilford

CHAPLAINCY NOTICES: FEBRUARY



February, the second month of the year, is the last month of Winter in the Northern Hemisphere.

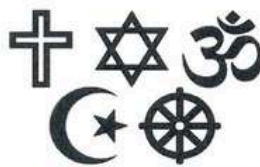


February days of Religious Significance

2 February: Candlemas.
The Presentation of Christ in the Temple. Occurs 40 days after the feast of Christmas.

February 1* and February 2: Tu Bishvat: This Jewish holiday is celebrated as an ancient Earth Day, where trees are planted annually.

February 15: Parinirvana: In Mahāyāna Buddhism, this date is also known as Nirvana Day. It commemorates Buddha's death and attainment of final Nirvana.



February 17: Ramadan begins:

This marks the start of the holy month of fasting



St Josephine Bakhita

Feast Day: 8th February

Saint Josephine Margaret Bakhita was born around 1869 in the Darfur region of Sudan. In 1877, Josephine was kidnapped by Arab slave traders. Over the next 12 years, she would be bought, sold and given away over a dozen times.

Her experiences as a slave varied from fair treatment to cruel. She was a maid for her first owner. After offending her owner's son, she was severely beaten and sold. She then had a Turkish general for an owner. His wife and mother-in-law beat her daily. She suffered 114 scars from this abuse. In 1883, the Turkish general sold her to the Italian Vice Consul, Callisto Legani. He was a kind master. When he returned to Italy, she begged him to take her and he agreed. While there, she served another family as a nanny. When her new mistress went on a trip, Josephine was placed in custody of the Canossian Sisters in Venice. She was deeply moved by her time there and discerned a call to follow Christ. When her mistress returned, Josephine refused to leave. Josephine was declared free. She was baptized in 1890 and took the name Josephine Margaret and Fortunata.


Josephine became a novice with the Canossian Daughters of Charity religious order in 1893 and took her final vows in 1896. She was gentle and charismatic, and often referred to honorably as "black mother."

On February 8, 1947, Josephine spoke her last words, "Our Lady, Our Lady!" Her body lay on display for three days after her death. St. Josephine Bakhita was beatified in 1992 and canonized in 2000 by Pope John Paul II. She is the patron saint of Sudan and her feast day is celebrated on February 8.



SAINT of the MONTH

St. Valentine,
While in prison, fell in love with a jailer's daughter and when he was being taken to be killed on the 14th February, he wrote a love letter to her and signed it "From your Valentine". Thus the name 'Valentine' was born.



February 18: Lent begins:
The season preparing Christians for the Holy festival of Lent






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

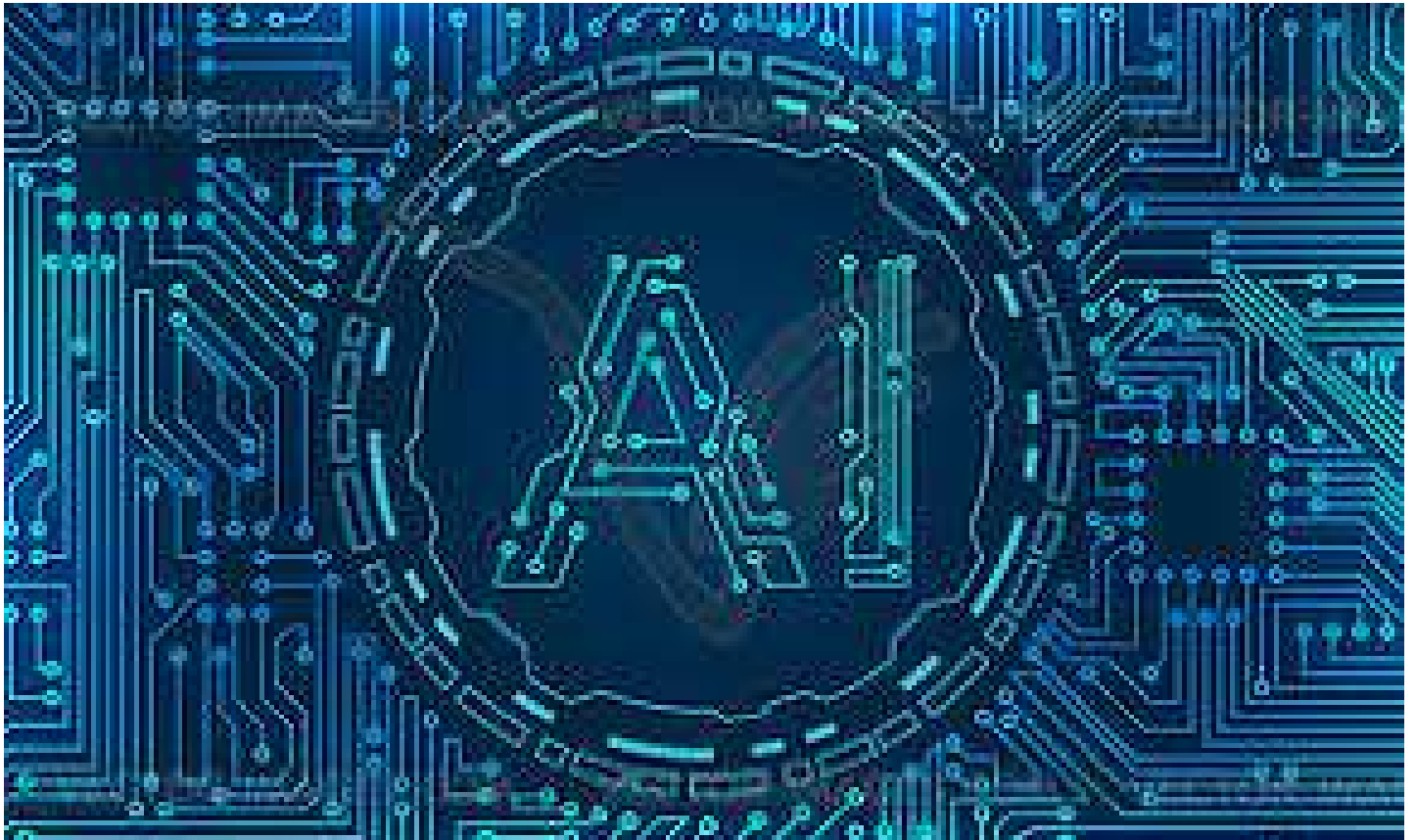


AI Parent/Carers Survey

Artificial Intelligence (AI) is a technology that is being used by young people, both in and out of school. While AI can offer exciting opportunities for learning, it also brings important issues around safety, wellbeing, and academic integrity. We are gathering parents' views and levels of awareness so we can provide the right guidance, share our school policy clearly, and offer support in helping students use these technologies safely and responsibly.

Please fill out the survey, click on the link below:

[Artificial Intelligence \(AI\) Parent/Carers Survey – Fill out form](#)





Bake Sale

Our Justice and Peace Group are running the event below...

Bake Sale

We are doing a bake sale for CAFOD
on Wednesday 11th February!
Make sure you bring your money!

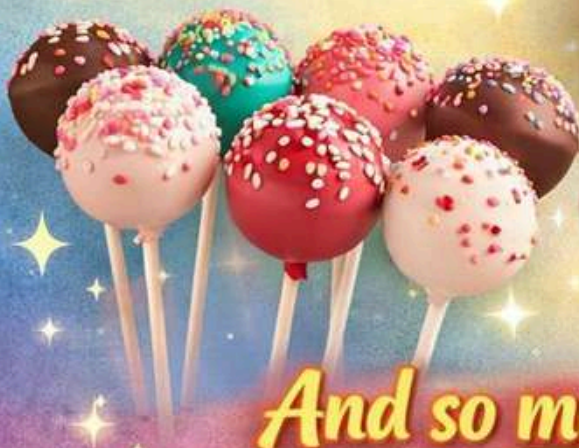


Strawberry
Kunafa Cups



Brownies
(chocolate and caramel)

Sweet Cones



Cake Pops

And so much more!



Islamic Society Club: Learning about the spiritual month of Ramadan (Fasting)

This week in Islamic Society Club UAI and UA6 girls explored the holy month of Ramadan, learning about its significance in Islam and the values it promotes, such as compassion, self-discipline, generosity, and care for others. Through discussion and reflection, students considered how these values connect closely with Catholic Social Teaching, particularly the importance of human dignity, solidarity, and living as a caring community.

The session highlighted how people of different faiths can live, learn and grow together with mutual respect and understanding. Students reflected on what it means to support one another as a school community, especially during important religious seasons. We are grateful to all our students at UAI and UA6 who always go above and beyond to support their fellow peers throughout Ramadan and fasting traditions.

To bring the learning to life the students took part in a range of fun and creative activities set up by **Ms Afnan, Ms Adam**, some of our Year 11s and UA6 girls including making Ramadan lanterns, designing bookmarks and completing word searches related to key themes from the session.

We would like to thank some of our year 7s especially, for being so enthusiastic and coming on time to enjoy the sessions. **Ms Ahmed** will be giving out merits for their dedication.



Islamic Society Teachers



Iftar Event

Please see below a lovely email we received this week from a parent regarding our Iftar Event...

I just wanted to say a very big thank you for setting up the the Iftar evening for the students this coming Ramadan 2026. It is such a lovely and thoughtful gesture, and as parents we truly appreciate it.

What makes it even more special was seeing this come from a Roman Catholic school. It really speaks volumes about your leadership and the values of Ursuline Academy – an approach that genuinely embraces inclusivity, respect, and understanding of all religions and faiths.

It is reassuring and uplifting to know that our children are part of a school community that celebrates diversity and makes every student feel seen and valued. Please pass on our thanks to all the staff involved for their time, effort, and kindness in setting up the evening.

Thank you once again for all that you do for the students and the wider school community.

Notice from Islamic society:

We are looking forward to the UAI and UA6 Iftar event 2026 on Thursday 5th March! See flyer.

We are grateful to all the students who purchased their tickets so promptly, they are now sold out!!

If your child missed out, there will be plenty of other opportunities throughout the year to take part in fun activities during the club, including our Eid bake sale, fundraising events, and more.

Ms Ahmed



"Celebrate The Spirit of Ramadan"

UA6 & UAI Iftar Event

Join us this Ramadan for our Annual Iftar dinner event hosted by UA6 & UAI
Open to ALL YEARS 7-13 & ALL FAITHS
Thursday 5th March 2026
5pm - 7pm
(Doors open from 4:45pm)
Dress code: Modest wear

£7
Purchase limited tickets via Parentpay
(Includes: Biryani, Pizza, Chips, hot wings, dessert table, drinks, bubble tea, mositos & fruit platters!)

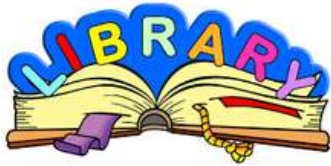
Main Hall
Morland Road Ilford Essex
IG1 4JU
Further info see:
Ms Ahmed, Ms Adam, Ms Choudhury, Ms Afnan

Quizzes, prizes, Vouchers, nasheeds, presentations, prayer area & more!
Welcome to bring a NUT FREE item with ingredients listed for the desert table!

Desserts & drinks sponsored by these awesome local viral businesses...

THE DESSERT JUNCTION | Candy Floss | UODLES | Chocoberry





Library News

A reminder to all students and parents that in celebration of National Storytelling Week we are currently running a 500-word short story competition! Our aspiring authors need to hand in their masterpieces to Ms Jones by Monday 9th February.

In other news: as we enter the new month, our library has undergone a Valentines-inspired makeover. A joyful display and a booklet of recommended reads can be found in the library, suggesting books that celebrate all the different types of love we have in our lives. From classic romances, to books that reflect the value of family and friendship, our students are being encouraged to read books that capture one of our core Ursuline values: being loving and compassionate.

THE URSULINE ACADEMY ILFORD PRESENTS

SHORT STORY COMPETITION

In celebration of National Storytelling Week (February 2nd – February 8th), the library is running a 500-word short story competition for students to enter!

Entries must be given to Ms Jones by 4:30pm Mon Feb 9th

COMPETITION DETAILS:

- Tell a story in no more than 500 words
- Open theme (stories can be about anything at all, let your imagination run wild!)
- Stories should be complete (no first chapters of books please)
- Stories can be handwritten, or typed/printed
- Remember to include a title for your story, your name and form
- Merits, certificates and bragging rights to be won!

1st PRIZE (8 MERITS), 2nd PRIZE (5 MERITS), 3rd PRIZE (3 MERITS)

All students will receive 3 merits for taking part





Bonjour les crêpes!

This week, our French students have been celebrating Chandeleur* (Candlemas) in style and have taken part in 'crêpes' making and sampling activities. Miam Miam!

*

La Chandeleur (Candlemas or Crêpe Day) is celebrated in France on 2 February, 40 days after Christmas Day, and sees people young and old tuck into delicious pancakes. The origins of the celebration date from ancient times, but over the centuries many French regions have created their own traditions to ward off evil spirits or guarantee prosperity for the coming year.





En el restaurante

In Spanish lessons, Year 9 have been learning how to order in a Spanish restaurant. We learned useful phrases for things like asking for food and how to order your starter, main and dessert when speaking to a waiter

To practice this, we carried out role plays where some of us were customers and others were waiters. This helped us feel more confident speaking Spanish and made the lessons more fun. The role plays were a good way to practice real-life Spanish and improve our speaking skills.

Take a look at our menu, what would your order be? And don't forget to ask for La Cuenta at the end...that's the bill!

<i>Menú</i>		
<i>Pan</i>	2,00€	
<i>Primer plato</i>		
<i>Sopa</i>	4,70€	
<i>Ensalada mixta</i>	4,50€	
<i>Huevos fritos con patatas fritas</i>	7,60€	
<i>Segundo plato</i>		
<i>Pollo con pimientos</i>	9,50€	
<i>Tortilla española (V)</i>	7,50€	
<i>Chuletas de cerdo</i>	10,50€	
<i>Filete</i>	12,00€	
<i>Postre</i>		
<i>Helado de chocolate/ fresa/vainilla</i>	3,70€	
<i>Tarta de queso</i>	3,75€	



Mr Clare, Teacher of Spanish



Music News



Redbridge Music Service **Clubs** Clubs Tryout Week 2026

Monday 23rd - Saturday 28th February 2026
John Savage Centre, Hainault, IG6 2NB

**Exciting musical opportunities for young
musicians in Redbridge (Beginner - Grade 3)**

Sign up to our clubs using the website or QR code
below to attend a range of taster sessions during
our Clubs Tryout week!

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visionrcl.org.uk/music/

REDBRIDGE
MUSIC
SERVICE

London Borough of
Redbridge



Clubs Tryout Week **Schedule**

Monday 23rd - Saturday 28th February 2026

Open access clubs:

Singing Club	Yr. 2+ (No experience needed)	Monday 4:30pm - 5:30pm
Percussion Club	Yr. 3+ (No experience needed)	Thursday 5:00pm - 6:00pm
Gamelan Club	Yr. 3+ (No experience needed)	Tuesday 5:00pm - 6:00pm
Recorder Club	Yr. 2+ (No experience needed)	Thursday 4:00pm - 4:30pm OR Thursday 5:00pm - 5:30pm

The clubs below are open to students who are already having lessons on an instrument they own/hire. Standards are listed below:

Mini Brass	Yr. 3+ (Play 5 notes)	Saturday 9:30am - 10:30am
Brass Club	Yr. 4+ (Grade 1+)	Tuesday 5:00pm - 6:00pm
Mini Strings	Yr. 2+ (Beginners with lessons in school and an instrument)	Friday 4:30pm - 5:15pm
Midi Strings	Yr. 3+ (Pre-Grade 1)	Friday 4:30pm - 5:15pm
Maxi Strings	Yr. 3+ (Grade 1+)	Tuesday 5:00pm - 6:00pm
String Club	Yr. 3+ (Grade 2+)	Tuesday 5:00pm - 6:00pm
Mini Winds	Yr. 3+ (Play 5 notes)	Tuesday 5:00pm - 6:00pm
Guitar Club	Yr. 3+ (Grade 1+)	Monday 5:30pm - 6:30pm

For more information, please contact us at:

E: admin.musicservice@visionrcl.org.uk

T: 020 87082828

John Savage Centre, Hainault, IG6 2NB

visionrcl.org.uk/music/



Music News



Redbridge Music Service Social Media

**Follow us on Instagram
@RedbridgeMusicService**

Follow us on Instagram using the QR code for
more exciting news about our activities,
events and concerts!



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Redbridge



Poland Trip

Krakow – Poland

On Wednesday 25th January 25 students and three staff set off the Krakow, Poland for an amazing three days in a beautiful city. We had a very early start on Wednesday – meeting at school at 3.00am, only for our coach to be 45 minutes late, so a dash through Stansted airport was necessary. Once boarded, it was announced that our flight was delayed one hour, but luckily spirits remained (relatively) high. On arrival in Krakow an Italian restaurant saved the day and managed to seat and feed 28 people delicious pasta and enormous pizzas! Refueled, we set off for a two hour waking tour, which helped us to get our bearings and let us see the beautiful **Wawel Castle**. We then had some free time for shopping and donut eating, before heading back to the hotel for dinner and an early night.





Poland Trip

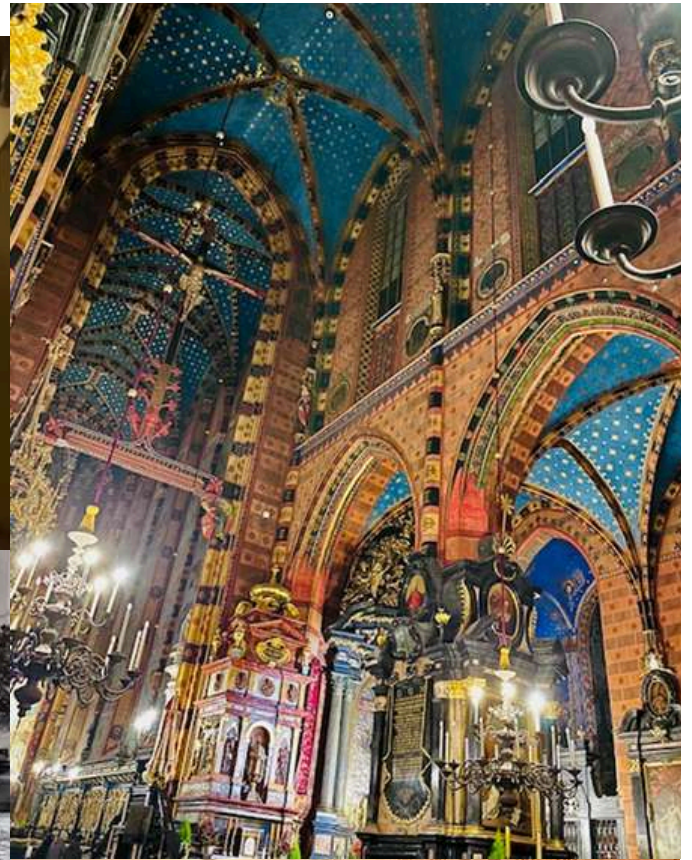
Day two was an early start for our visit to **Auschwitz-Birkenau**. Students and staff were unanimous in their verdict that it was an extremely profound and moving experience. It is hard to articulate a visit to Auschwitz, it is a site of memorial, education and reflection. The collections and the physical remains of the camp are at times upsetting, but extremely important in the collective human experience. The quote '**Those who do not know History, are doomed to repeat it**' could be seen as a part of the collections, and seems very appropriate. After returning to Krakow, students had some more free time to explore, souvenir shop and grab some snacks/a late lunch, before visiting **St Mary's Basilica**, the interior of which is particularly beautiful. In the evening, we had dinner together at another pizza restaurant, which we had to ourselves (plus one slightly bewildered couple trying to enjoy a quiet meal!)





Poland Trip

Day three was just as action packed, with a morning visit to **Oscar Schindler's enamel factory**, the site where Schindler's actions in WWII saved the lives of 1200 Jewish men and women. The museum is dedicated to life in Krakow under Nazi occupation, and was extremely insightful as to the conditions people were forced to endure at the hands of the Nazis. Lena Och was able to use her Polish language skills to translate a number of the Polish notes on display, often written by starving children at the time of the occupation. We also visited the **Eagle Pharmacy**, a site of resistance in the Jewish ghetto at the time of the war, before passing through the Jewish ghetto memorial and making our way back to the main square for last minute donuts and shopping. Unfortunately our 10pm flight was delayed until 1am, so we had a very late return to school, but students showed great resilience throughout!



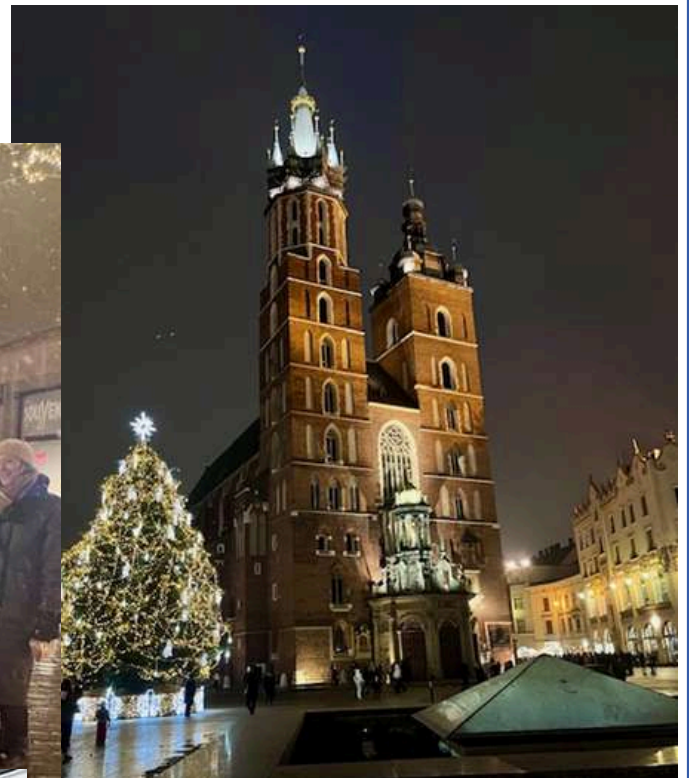


Poland Trip

All 25 students were a pleasure to take away, and model ambassadors for UAI. I speak for myself, Ms Cooper and Mr Donovan when I say we had an brilliant time, and hope you did too, and thank you for being such great company for a few days!

The 3-day residential to Krakow, Poland was a very insightful and fun trip. We got to know the history of Krakow, visit Auschwitz- Birkenau, St. Mary's basilica, Schindler's factory museum and a pharmacy museum. We also had a lot of time to explore the city and try delicious Polish food. My personal favorite was getting to know the city and it's culture which is vibrant and amazing. I loved the doughnuts and the pierogi. I would love to go again!

Riya Deshpande



Ms Mackie, Subject Lead, History



Poland Trip



Ms Mackie, Subject Lead, History

All Roads lead to Rome! May 2026



PARENTS' INFORMATION MEETING

Parents and Carers of students on the trip are warmly invited to attend an after-school meeting to learn more about our upcoming school trip to Rome.

- Location: School Hall
- Time: 4:00 pm
- Date: Tuesday 24th February

What we'll cover:

- Trip itinerary and key dates
- Travel and accommodation details
- Safety, supervision, and expectations
- Questions and answers

Important:

Please ensure you complete the Google Form linked in the letter sent home. This is essential for confirming interest and attendance.

https://forms.office.com/Pages/ResponsePage.aspx?id=7Shk6uy2i0SSVSBb0XQo_s5FdPuu2TxPhyVoXune4x1URVdaN0IZU1Y5MVI2MzQ3VkVQSlpSRUtIW4u

We look forward to seeing you there and sharing more details about this exciting opportunity for our students!

Please note that the final £200 payment of £680 is due on Monday 9th February.

Please ask your daughter to collect a letter from Ms Semambo or Miss Posnakidou outlining the meeting details.

*****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



World Cancer Day

World Cancer Day – 4th February

This week, our school community took time to reflect on World Cancer Day, recognising the impact cancer has on individuals and families around the world. Year 9 students attended a special assembly focused on awareness, resilience, and hope.

During the assembly, one of our students shared her personal experience of overcoming cancer. Having been diagnosed in 2024 and now cancer-free, she spoke with remarkable honesty and courage about her journey. Her words were both moving and inspiring, and she demonstrated exceptional resilience in addressing her peers. Her bravery in speaking so openly about such a personal experience was a powerful moment for the year group. It was equally uplifting to see the empathy and support shown by the Year 9 cohort. Students listened with great maturity and compassion, coming together in a strong sense of community. The assembly served as an important reminder of gratitude, kindness, and the strength we gain from supporting one another through challenges. We are incredibly proud of our students for the respect and care they showed, and for embodying our school values so thoughtfully.

Student's speech:

Hello guys, I feel like most of you know me or have seen me around school where I am very outgoing and bubbly, but around two years ago I nearly lost my spark to cancer.

In the summer of 2024 I was diagnosed with Hodgkin Lymphoma, a type of cancer that affects your lymph nodes. I had a biopsy and during the surgery my heart stopped beating, but thank the Lord I am still here because who else is supposed to bless your ears daily with my singing!

I may have told some of you something different but when I was fighting cancer while in school, cancer made me lose the thing I loved the most about myself - my hair. Since childhood my hair has always been the most important thing about me in my head, so losing it crushed me. Thankfully I have come a long way since then and as you can see, so has my hair!

I was officially cured of cancer last year on the 14th of January 2025. I am so grateful that I am still here, but it was hard and I can tell you that for free.

I am so grateful for all the help I got, but the two people that I want to appreciate are D and A. I honestly wouldn't be the person I am right now if it wasn't for them. I want to stand here and be a voice for anyone who is suffering, whether it is with cancer or anything else. I realised recently that if I don't speak up about my experience you guys may not see how common cancer actually is.

CANCER TRIED TO KILL ME BUT I AM A SURVIVOR!

Ms Selvachandran, Head of Year 9

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



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



PASTA & JACKETS

STATION

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

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!



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 guru!



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

MAINS MEALS

From £2.60

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

SPRING MENU
WEEK TWO



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



PASTA & JACKETS

STATION

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

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!



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

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we're allergy guru!



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

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



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)	🏊 Trampoline 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)	🎸 Guitar Club 7-13	S5 Mr McCarthy & Mr Okyere
		PM	3:20pm (1hr)	📖 Homework Club 7-13

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)	Maths Club 7-13	F13 Mrs Kayode
		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
3:30pm (1hr)	🏐 Netball 9-11	Playground Ms Whates		

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)	PE 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	

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
		3.20pm/ (1hr)	📖 Homework Club 7-13	Library Ms Jones
		PM	3:30pm (1hr)	🎵 Music Y10-11 Coursework
		🏃 Athletics 7-13	Playground Mrs Mansell	

