



Ursuline Academy Ilford



Ursuline Academy Sixth

Weekly News – 2025/2026 Issue 21
13th February 2026

Upcoming Events

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



As we come to the end of another productive half term, I would like to thank our whole school community for the care, commitment and integrity shown each day. After the break, we will turn our attention to the Ursuline virtues of being Listening and Attentive. These virtues call us to be fully present to one another. In a busy world, choosing to listen deeply is an act of respect, compassion and leadership. It strengthens our relationships and ensures that every person feels known, valued and understood.

During the half term break, two significant holy periods will begin. Ramadan will commence for our Muslim students and families, and Lent will begin with Ash Wednesday. These sacred times share a profound common focus on fasting, almsgiving and prayer. As a Catholic Ursuline community, we recognise the shared spiritual purpose of these traditions and the unity they bring in encouraging us all to live with greater humility, compassion and service to others.

I would also like to express how proud I am of our Ursuline students. This has been another fantastic half term, and the many articles below reflect their excellence in academic achievement, leadership, service and enrichment. It is a privilege to witness their growth each day and to see them embody the virtues that define our community. They continue to live out our mission with quiet strength and dignity, and they are a credit to our school.

SERVIAM



February 18, 2026

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 – 11 February 2026

May [#OurLadyOfLourdes](#), whom we celebrate today, accompany you with a mother's care, intercede for you before God, and obtain graces to sustain you on your journey. We entrust to her all those who are ill, whom we remember with particular affection on this World day of the Sick. [#PrayTogether](#)

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

February: Esteem

13th February: Tell them that they should want to be united and in concord together, all being of one will.

14th February: Above all keep your heart pure and your conscience clean of every discord and evil suspicion.

15th February: Where there is discord, without any doubt there is ruin.

16th February: Love all equally, because they are all creatures of God.

17th February: In everything, willingly be gentle.

18th February: Spread peace and concord wherever you are.

19th February: Let all their behaviour flow from charity and be accompanied by





Chaplaincy News

Mass for 9C and 9J

Classes 9C and 9J gathered for a Mass on Thursday celebrated by Fr David, our school's Priest Governor. The liturgy was centred on the Gospel from Mark 7:24-30, which tells the moving story of the Syrophenician woman who shows great faith and courage when she asks Jesus to heal her daughter.



Mr John Ravi, School Chaplain

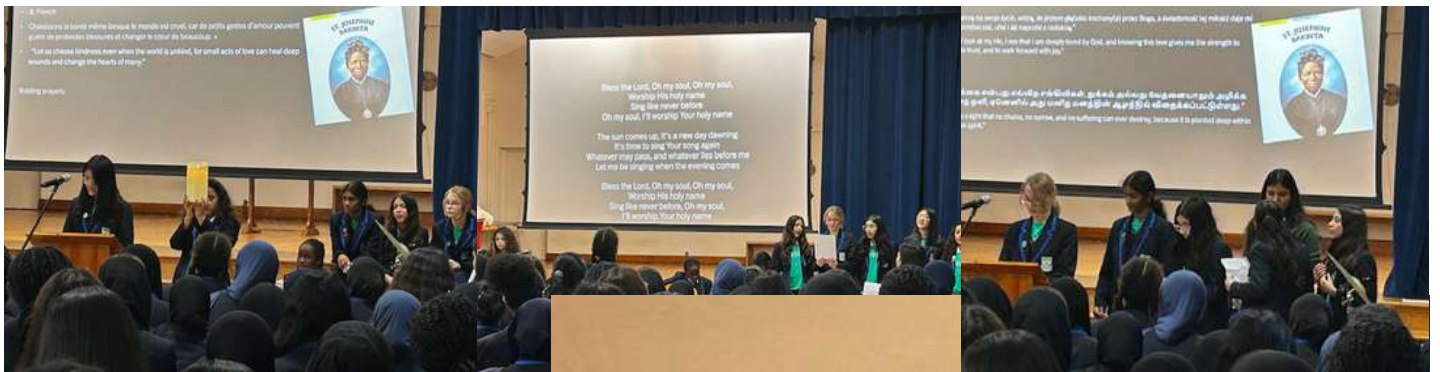


Chaplaincy News Continued...



St Josephine House Feast Assembly

Our Josephine House came together on Thursday for their House Feast Assembly, where students reflected on the inspiring life of St Josephine Bakhita. Through drama, reading out her inspirational quotes in eight different languages, and four meaningful symbols—the chain, stone, heart, and candle—her life story was brought to life during the assembly. The chain reminded us of the suffering and injustice she endured and called us to notice the “chains” others face today; the stone represented the heavy hardships she overcame with courage; the heart symbolised her deep forgiveness and love; and the candle shone as a sign of hope and God’s light.



Mr John Ravi, School Chaplain



Chaplaincy News Continued...

Bake Sale – Supporting CAFOD’s Lent Appeal

Our Justice and Peace Team hosted a bake sale on 11th February in support of CAFOD’s Lent Appeal. CAFOD works in some of the world’s most vulnerable and remote regions of the world to provide clean and safe water, improve access to education and healthcare, support families in building sustainable livelihoods, and respond quickly to emergencies and natural disasters.

It was a wonderful success, raising just over £500, and attracted many generous students and staff with this cause in mind who donated and purchased treats to support this life-changing work.



CAFOD
Just one world



CAFOD
Catholic Agency for
Overseas Development

Mr John Ravi, School Chaplain



Drama News

Year 9 and Year 7 Drama students have been working on Set and stage designs this term. Year 9 have been creating stage concepts for their own devised performances while Year 7's have created designs for our set text study of *Numerical Man* by Bryony Lavery.

I have been so impressed with these brilliant design concepts – well done girls, for your confident creativity! They have also shown great curriculum links with Art and DT.

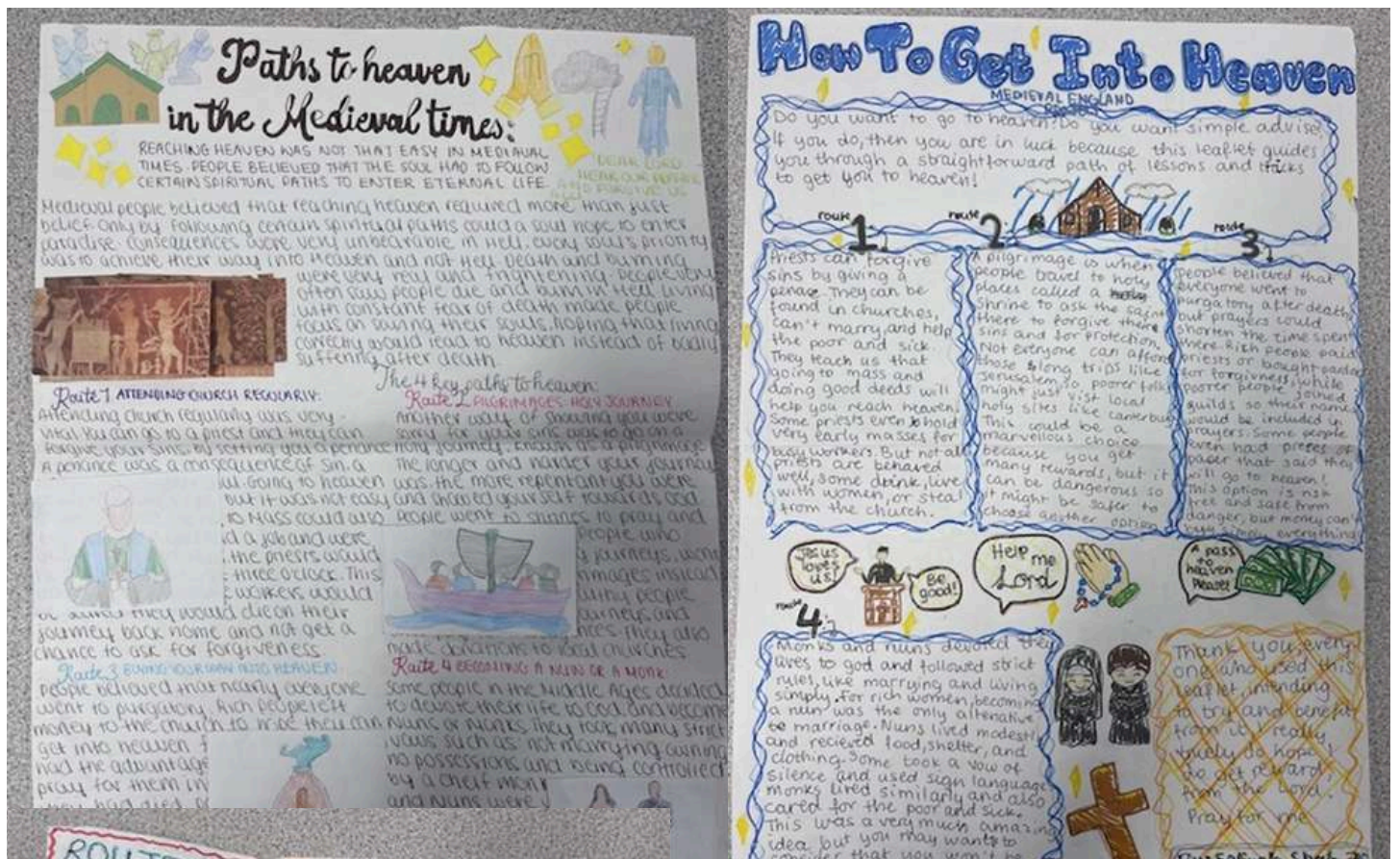


Ms Milne, Subject Leader, Drama



History News

Year 7 History students have been learning about the importance of religion for people living during the Medieval period. This links to our CST principles of solidarity, as students learnt the similarities between themselves and people in the past. Sometimes the past can feel like a very alien place, but through learning about people's everyday lives, including their hopes and fears, we can bring the past closer and see the people then as more familiar. Students were asked to produce a guide for a Medieval European, designed to help them 'get into heaven'. They produced some beautiful work and made a huge amount of effort, as shown by the examples below.



Ms Mackie, Subject Leader, History



Library News

We were overjoyed to see so many of our students embrace National Storytelling Week last week in school. In library lessons, Year 7s took on (and skilfully excelled) the challenge of creating a short story in just 10 sentences. They were encouraged to discuss the essential components of the short story form, and then be ruthless editors – showcasing creativity, structure, and the ability to captivate an audience within a tight wordcount. A task that seemed impossible at the start of the lesson produced some truly beautiful work and demonstrated the versatility of storytelling.

Outside of lessons, many students took on our school 500-word short story competition. We are happy to share we had a total of 41 entries – a figure that is so encouraging considering research shows the number of young people who freely engage in creative writing is at an all-time low. I had such an enjoyable time reading through the masterpieces these young writers produced, displaying the array of talent we are blessed to have at UAI. While I originally planned to award just a first, second and third prize, there was such an exhibition of talent that I chose to give out numerous awards that acknowledge all the hard work and effort that was put in. After all (as Year 7s will now tell you) there's many different aspects that make up a good short story.

Short Story Awards

1st Prize KS3: Hafsa Ali (8C)

2nd Prize KS3: Jisha Nirmalkumar (8C)

3rd Prize KS3: Shyaana Muralitharan (7T)

1st Prize KS4/5: Aniyah Azim (10R)

2nd Prize KS4/5: Nancy Rola (10C)

3rd Prize KS5/5: Rameesha Dar (12.2)

Best Opening Line: Nirvani Yadav (7T)

Best Ending: Maira Shah (8R)

Best Title: Shreya Vijay (9R)

Best Plot Twist: Maariyah Munshi (8C)

Best Narrative Voice: Laiba Rayhan (8T)

Best Standalone Line: Milly Jones (9T)

Best Use of Dialogue:

Sharika Ungaranahalli Sathiyamoorthy (8R)

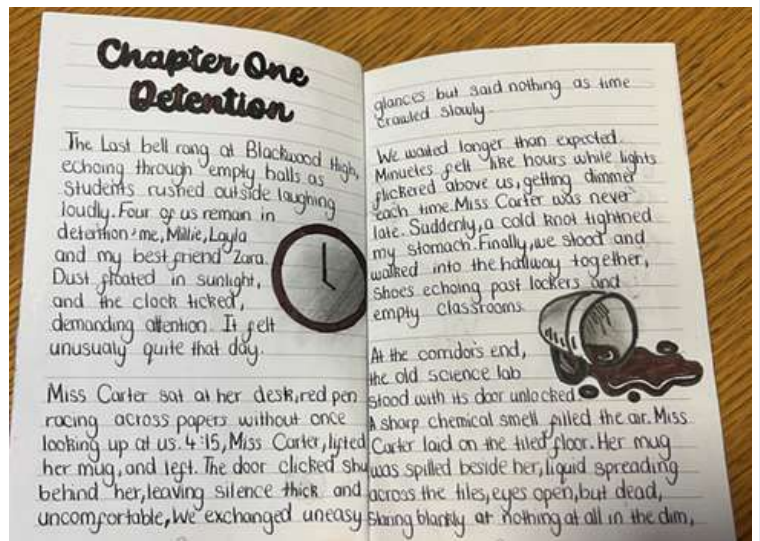
Best Pacing: Anousha Ali (9C)

Best Presentation: Hana Sultana (7T)

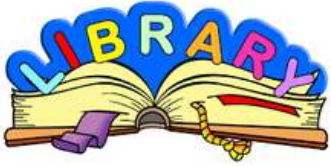
Best Descriptive Writing: Isabella Masih (7C)

Most Poetic Writing: Naomi Soares (12.2)

Most Emotive Writing: Syeda Khalil (10J)



Ms Jones, Librarian



Library News Continued...



Maariyah Munshi, Hafsa Ali, Jisha Nirmalkumar Hana Sultana, Shyaana Muralitharan, Nirvani Yadav

Please see the two 1st prize winning stories on pages...

In other news, our staff are also embracing the National Year of Reading. Every classroom is now home to a 'What I am Reading...' display piece that showcases what staff members are currently reading. Our hope is that seeing this small token reminds students that reading is an important part of everyday life and will promote positive discussions around reading for pleasure.



Ms Jones, Librarian



Library News

The Warm Glass – Winning KS3 Entry, Hafsa Ali (8C)

The murder of Mr Alden shocked the quiet town of Briarwood. He was found one early morning in his study, slumped over his desk, with no signs of struggle and no obvious weapon. The door had been locked from the inside, and the windows were sealed tight. To most people, it looked an impossible crime.

Detective Marla Lewis was not convinced.

She stood in the study, observing without touching a thing. The shelves were neatly arranged, the rug unwrinkled, and the desk carefully organised. Except one detail: a glass. Half full. The water was clear. The glass itself was warm.

“Strange. Why warm?” Marla muttered.

The medical examiner confirmed Mr Alden had not been injured. Instead, he had been poisoned. The poison worked slowly, giving him time to lock the door and sit down at his desk before collapsing. That explained the locked room, but not who done it.

Marla began questioning the suspects.

First was Clara, Mr Alden’s assistant. She said she brought him water every evening.

Next was his nephew, James, who stood to inherit his large fortune. He claimed he hadn’t seen his uncle in days.

Finally, there was Mrs Greene, the housekeeper who prepared all the meals and drinks.

At first, all their stories seemed solid. Then Marla noticed something: Mr Adlen was extremely careful about his health. According to Clara, he only drank bottled water, never tap water, and always checked the seal himself. Yet the water on the desk was not from a bottle – it was from the tap. That meant Mr Alden trusted the person who gave him the drink.

Marla returned to the kitchen and examined the kettle. It had been used recently, even though the weather had been warm. Heating water would dissolve certain poisons more easily – and explain why the glass was still warm, hours later.

Ms Greene hesitated when asked about the kettle. She had prepared tea that night, but claimed it was for herself. However, a search revealed a small vial hidden in a cupboard. The label had been scratched off, but its contents matched the poison found in Mr Alden’s system.

Still, motive mattered.

Marla uncovered the truth the next day. Mr Alden had recently changed his will, removing Mrs Greene’s son from a promised scholarship after discovering that the boy had cheated. Angry and desperate, Mrs Greene had decided to take revenge.

When confronted, Mrs Greene broke down and confessed. The case was closed, not because of force but because of observation, patience and logic. Detective Marla Lewis knew that solving a murder wasn’t about chasing shadows – it was about noticing the smallest details others overlook.

In Briarwood, justice was quiet, careful and finally complete.



Library News

A Perfect Home – Winning KS4/5 Entry, Aniyah Azim (10R)

I glided along the long hallway of my new house, my footsteps sinking into the plush carpet. I felt at ease, at home. I had worked hard to obtain such a glorious place and now it was mine. My treasure. I adored the fluorescent pink carpet in my bedroom, and the beautiful, draping curtains that fell elegantly against the tall windows. Everything felt warm. Welcoming. Safe.

Still new to the house, I explored eagerly. Peeking in every room and poking around each corner, hungry for its secrets. That curiosity led me to the attic.

The air shifted the moment I climbed the narrow stairs. Dust floated thickly and the light dimmed. That is when I saw it, a small door tucked behind stacked boxes. Hidden.

Forgotten. I pushed, but it would not budge.

“Dad?” I called out, my voice echoing faintly. No response.

I pressed harder, straining until the door finally creaked open. The sound was long and hollow, like a groan. Cold air rushed past me. An eerie feeling settled in my chest. Then I heard it: soft laughter. Children’s laughter, echoing from nowhere and everywhere at once.

My breath caught.

Inside the room sat shelves upon shelves of dolls.

They were old, Victorian style, with cracked porcelain skin, fraying lace dresses, and glassy eyes that reflected the dim light. My skin crawled as I stepped closer. Something felt wrong. Familiar.

One doll had frizzy brown hair and rosy cheeks.

Another had my mother’s gentle smile.

Another had my sister’s dimples.

My stomach dropped as realisation struck me. Each doll resembled a member of my family. Every detail was perfect. Too perfect.

I stumbled back, my heart racing, and ran from the attic. Down the stairs, through the hallway I once admired, panic replacing comfort.

“Sis?”

“Mum?”

“Dad?”

Silence.

The house felt different now, empty and hollow. The walls seemed closer, watching. My breath trembled as I returned to the long hallway.

At the end of it, a door stood slightly open.

Inside, on a small table, sat one final doll.

It wore my clothes.

It was still warm.



P E News



We are beyond proud of **Azzurra** and **Habiba** and of their achievements last weekend in Sheffield. They were both selected to run in the National Indoor Athletics Championships and then they were both placed within the top 20 of the United Kingdom. This is out of this world!

Both students deserve this recognition and praise. They are outstanding athletes, hard workers but also fabulous role models to their peers and younger students at the Ursuline.

Azzurra and Habiba will both go on to do wonders and I am sure will be Olympic athletes one day. Please see pictures on page 14.

Well done girls! **Ms Keogh**

Last weekend, I had the marvellous opportunity of competing at the England National Indoor Championships in Sheffield, racing in the 60 meters. I ran a personal best (pb) of 7.82 in the heats, then finished off as a semi-finalist with a massive pb 7.79 seconds, placing me 18th fastest in the United Kingdom and 10th fastest in London. It was such an amazing experience to be on television again and follow my aspirations. I'm looking forward to the Essex and Eastern Indoor Championships in two weeks!

Habiba Tijani 11J



Last weekend I took the journey to the English Institute of Sport in Sheffield to compete in the National Indoor athletics championships in both the 300m and 200m.

It was a long and tiring weekend but I was happy to come away with 2 Personal bests, a 10th place finish in the 200m and 5th place overall, 4th in England for the 300m.

I was disappointed to miss out on a medal but overall had a great time racing and cheering on my friends.

I would like to thank my PE teachers and the school community for their encouragement and support in my athletics journey so far.

Azzurra Cioni 11R



P E News Continued...



VISUALSBYONYEKA

VISUALSBYONYEKA



P E News Continued...

Netball

On Wednesday 11th of February Ursuline hosted Seven Kings for a Year 8 netball match.

In a very closely fought match. The score were drawn at half time at 1-1 then Seven Kings scored twice in the third quarter. The Ursuline team dug in for the final quarter, both teams scored. With just over a minute left before the final whistle the score was 4:4! when Ursuline scored again and managed to hold off Seven Kings until the whistle went. Congratulations to all the team who demonstrated resilience and determination to fight back for the win!

A MASSIVE thank you to Christine (Y11) who is co-coach with Mrs Mansell of the Year 7 and 8 teams. Her commitment and enthusiasm is greatly appreciated by all!

The postponed Year 7 match against Seven Kings will hopefully take place at home on Monday the 2nd of March. Then on Wednesday 4th of March both Years 7 and 8 will have an away match against Loxford.

Thank you to all the girls (and parents/carers who support their child) for their regular attendance at clubs! There has been a reduction in Year 7 attendance recently but hopefully that will improve after half term.



Mrs Mansell, Teacher of P E



KS4 Inter House Quiz

Last Friday, we hosted an exciting KS4 Inter-House Quiz as part of the Student Leadership Team, bringing students together for a friendly competition. We spent time preparing challenging questions, organising the rounds, and promoting the quiz across tutor groups. As student leaders, we took on different roles including refereeing each round, timekeeping, marking answers and announcing the scores to ensure the quiz was fair, organised and ran smoothly throughout.

The quiz consisted of three engaging rounds that tested a wide range of knowledge and skills. Round One focused on Biology, Chemistry and Physics, Round Two covered Maths, English and General Knowledge, and Round Three challenged students with questions on Geography, History and RS. Each round sparked great discussion within teams, with students working together to recall facts and solve problems under time pressure. The scores were very close throughout, which made the final result even more exciting.

After a very close final tally of the scores, **Catherine House** was crowned the overall winners, a huge congratulations to them! Each member of the winning team received a chocolate Easter egg, and the winning forms were rewarded with chocolate boxes to celebrate their success. The event was a fantastic opportunity for students to demonstrate their knowledge, teamwork, and house pride. It was wonderful to see so many KS4 students getting involved. A huge thank you to our **Quiz Masters, Ms Filipe and Mr Burt**, for hosting the quiz and making it engaging and memorable, and to the IT and Premises teams for their help setting up so the event ran smoothly.

"As student leaders, we also really enjoyed taking on responsibility for the quiz and seeing the enthusiasm and house spirit it inspired. Overall, the KS4 Inter-House Quiz was a fantastic experience that brought students and staff together for a fun, challenging, and memorable lunchtime event. We would like to give special thanks to Dr Osei-Owusu, our Enrichment and Student Lead Coordinator, for her support throughout the planning and running of the quiz, which played a huge part in making the event such an enjoyable and successful experience".

Written by **Christina Bradbeer, Sara Khan** and **Sumayyah Noor** Year 13

The Scores:

House	Position	Scores	House Points
Teresa and Rose	3rd	28	50
Josephine	2nd	30	70
Catherine	1st	33	90

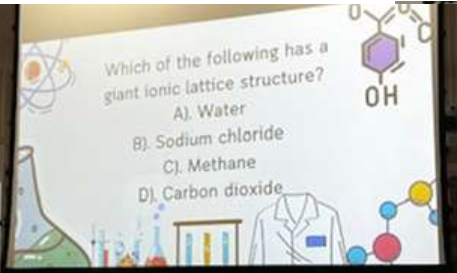
Congratulations to the winning team and well done to all the girls who participated and helped to organise the event. Thank you to the form tutors and the school council representatives for all their support, Ms Grassi and Mr Vijay for giving up their lunch to supervise and Mrs Herbert for the photography (see photos below).

Dr Osei-Owusu, Head of Chemistry, Enrichment & Student Leadership Coordinator

QUIZ TIME

Which of the following has a giant ionic lattice structure?

- A). Water
- B). Sodium chloride
- C). Methane
- D). Carbon dioxide





Year 12 Philosophy Presentations: Exploring the Design and Cosmological Arguments

This term, our Year 12 Philosophy students have demonstrated exceptional intellectual maturity and confidence through their presentations on two of the most influential arguments in the philosophy of religion: the Design Argument and the Cosmological Argument. Pupils explored complex ideas concerning the origin, order, and existence of the universe, engaging thoughtfully with thinkers such as Aquinas, Paley, and modern critics. Their ability to explain sophisticated philosophical reasoning, evaluate strengths and weaknesses, and respond to challenging questions reflects not only their academic progress but also their growing independence as scholars.

Particularly impressive was the confidence with which students presented their ideas. Many demonstrated a clear readiness for university-style learning, articulating arguments with clarity, precision, and critical insight. They showed an ability to move beyond simple description to genuine evaluation—questioning assumptions, weighing evidence, and engaging in meaningful philosophical dialogue with their peers.

These presentations mark an important stage in their academic journey. As they refine their analytical and presentation skills, students are developing the intellectual confidence and resilience essential for success at university and beyond. We are extremely proud of their dedication, curiosity, and enthusiasm, and we look forward to supporting them as they continue to deepen their philosophical understanding in the months ahead.



Ms Posnakidou, Teacher of R E




Rome News


All Roads lead to Rome! May 2026



ROME TRIP: 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 that your child has collected.** This is essential for confirming vital travel information. **The Google link is below and is also on Satchel**

https://forms.office.com/Pages/ResponsePage.aspx?id=7Shk6uy2i0SSVSBb0XQo_s5FdPuu2TxPhyVoXune4x1URVdaN0IZUIY5MVI2MzQ3VkVQSlpSRUtIWi4u

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 was 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

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

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

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)	🏊 Trampolineing 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	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)	🧮 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	S5 Ms Hurst	
3:30pm (1hr)	🏐 Netball 9-11	Playground Ms Whates		

Wednesday	⌚ Time	Club - Year Goups	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		

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	





Redbridge Mental Health Support Team presents...

PARENT AND CARER'S IN MIND: WEBINARS FOR WELLBEING

Hear from mental health professionals about how to promote your child's emotional health and wellbeing. Our monthly webinar offer starts with our three most popular topics

REGISTER NOW!

MANAGING EXAM STRESS

Exams can be stressful times for young people and their families, in this webinar we will be looking at the exam experience through the lens of anxiety. We will be sharing ideas on how you can support children and young people as they navigate this common event in school years.

WED 25.02.26 7-8PM

MOVING UP TO SECONDARY SCHOOL

Moving from primary to secondary school can be a significant milestone, in this webinar we will be looking at ways parents and carers can support children with preparation, help them with any worries and support yourselves to manage the change.

WED 25.03.26 7-8PM

TALKING ABOUT BIG FEELINGS

Understanding our emotions can be an important way to help us communicate what we need successfully. In this webinar we look at the relationship between emotions and behaviour, we will be sharing ideas and strategies to help you support children and young people with this valuable knowledge.

WED 29.04.26 7-8PM

SCAN ME!



FOR MORE INFORMATION & TO SIGN UP

CLICK HERE,

VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'
OR GO TO LINKTR.EE/REDBRIDGEMHST

