



# Ursuline Academy Ilford



Ursuline Academy  
Sixth

Weekly News – 2025/2026 Issue 22  
27th February 2026

## Upcoming Events

### Year 6 Friendship Afternoon

Wednesday 11<sup>th</sup> March  
4.00 – 5.00p.m.

### Year 9 Progress Evening & Options Fayre

Monday 23<sup>rd</sup> March  
4.00 – 7.00p.m

### Faculty of Faith & Performance Passion Play

Thursday 26<sup>th</sup> March  
5.00 – 6.30p.m

### End of Term

Friday 27<sup>th</sup> March  
12.40p.m



## Headteacher's Headlines

Listening & attentive

I have been deeply humbled by the strength and generosity of the feedback shared by parents and carers during the ofsted visit. Your comments were thoughtful, affirming and incredibly complimentary about the quality of education, the pastoral care and the commitment of our staff. It means a great deal to know how much you value what our colleagues do each day for your daughters.

We will share the draft report with you as soon as it is received and finalised. Thank you, sincerely, for standing with us and for the trust you place in our school.

In this week's newsletter on page 3, I have included the letter I sent you today, regarding the ongoing investigation into the anonymous TikTok account that shared AI-generated and discriminatory images of staff. Our investigation is progressing swiftly and we are working closely with the police where appropriate. I ask all parents and carers to check their daughter's devices carefully and to reinforce at home the seriousness of holding or sharing harmful content. Thank you for your continued support in helping us safeguard the dignity of every member of our school community.

This half term, our Ursuline Virtues focus is Listening and Attentive. We will be encouraging our students to listen deeply – to one another, to their teachers and to God – and to be fully present in their learning and relationships. In a busy world full of noise and distraction, choosing to be attentive is a powerful act of respect, empathy and growth.

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](mailto:fstone@uai.org.uk)

**Ms. Stone, Headteacher**



# THE URSULINE ACADEMY ILFORD

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

Headteacher: Fiona Stone BSc (Hons) MA NPQH



Ursuline  
Academy  
Sixth

27<sup>th</sup> February 2026

Dear Parents and Carers,

I am writing to provide a further update regarding the TikTok account I alerted you to over half term via Satchel.

As you know, this anonymous account used AI-generated images of members of staff from the Academy and included discriminatory and sexualised content. Our investigation is progressing swiftly, and we are gathering substantial information. I want to reassure you that all those found to be involved will face serious consequences in line with our behaviour policy and, where appropriate, external agencies.

I am asking all parents and carers to take time this weekend to check your daughter's phone and any other devices she may use. Please look carefully for any downloaded videos, screenshots or saved images connected to this account. Even where content has been removed online, downloaded material can remain stored on devices.

Where a parent or carer's name is on the contract for a mobile phone, there is a clear responsibility to ensure that nothing is held on that device which may constitute discriminatory or unlawful material under the Equality Act 2010. I hope that many of you have already had these conversations at home, but I felt it important to reiterate this message.

We are also aware of TikTok posts circulating across a number of London boroughs under the title "school wars." At present, this appears to be a social media scaremongering trend rather than a credible threat. We are working closely with Redbridge Police and will continue to monitor any developments. Please ensure your daughters understand clearly that they must not engage with, repost, comment on or promote any such content.

I would also like to take this opportunity to thank you sincerely for your support during our Ofsted inspection this week. The volume and tone of responses from parents and carers to the survey were deeply encouraging. We will share the outcome of the inspection with you in due course.

Finally, I want to express my gratitude to our staff. They work tirelessly every day to provide a high-quality education and a safe, respectful environment for your daughters. It is a privilege to lead such a committed team and such a strong community.

Thank you, as always, for your partnership and support.

Yours sincerely

Fiona Stone  
Headteacher



success in learning for all

Company No: 07737159

Registered Address: Morland Road, Ilford, Essex, IG1 4JU

Tel: 020 8554 1995

Email: [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk)

Website: [www.uai.org.uk](http://www.uai.org.uk)



## Newsletter Contents this week:

Chaplaincy News, Page 4

Clubs News, Page 5

Eating Disorders Awareness  
Week, Page 6

Jack Petchey News, Page 7

Library News, Pages 8 – 10

Music News, Page 11

Ramadan Assemblies, Pages 12

Rome Trip, Page 13

Science Week, Page 14

Free School Meals, Page 15

Lunch Menus, Pages 16 – 17

Clubs Timetable, Page 18

Redbridge News, Page 19



### Pope Leo XIV @ Pontifex – 22 February 2026

The **#GospelOfTheDay** (Mt4: 1-11) invites us to view Lent as a luminous path. Through prayer, fasting and almsgiving, we can renew our cooperation with the Lord, so He can craft our lives as unique masterpieces.

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

February: Esteem

27<sup>th</sup> February: If you see one faint-hearted, lift her heart.

28<sup>th</sup> February: Loving each other and living in harmony together are a sure sign that we are walking the good path.

March: Vigilance

1<sup>st</sup> March: Keep to the ancient way confirmed by so many Saints. And live a new life.

2<sup>nd</sup> March: I beg you with all my heart, be like watchful and most vigilant shepherdesses.

3<sup>rd</sup> March: Do not be afraid!

4<sup>th</sup> March: Charity teaches discretion and moves the heart.

5<sup>th</sup> March: Our life and well-being are at stake.





## Chaplaincy News

### 9R & 9T Form Mass

On Thursday this week, classes 9R and 9T gathered for a Mass in our chapel celebrated by Fr David, our Priest Governor. The Gospel reading from the Gospel of Matthew invited us to reflect deeply on trust and action in faith. We prayed for you all during this special season of Lent and Ramadan.



**Mr John Ravi, School Chaplain**

### ECO Club

As it was such a nice day, the Eco Club had a look around the courtyard trying to find signs that winter is ending and spring is on the way. They set themselves a target of 10, which I thought was a tall order, but they ended up finding 11 signs, including insects waking up from hibernation, daffodils flowering and a wood pigeon nesting.

Signs of Spring

Target: 10

- ① flowers appearing
- ② berries
- ③ insects appearing from hibernating
- ④ warmer weather
- ⑤ plants speed up growth.
- ⑥ daffodils
- ⑦ Seeds
- ⑧ Shield bug
- ⑨ ants
- ⑩ sun is higher in the sky
- ⑪ Nesting wood pigeon



**Mr. McCarthy & The Eco Club**





## Eating Disorders Awareness Week

Eating Disorders Awareness Week Mon 23rd Feb – Sun 1st Mar

This week we experience Eating Disorders Awareness Week. Eating disorder is a serious mental health condition where someone develops unhealthy thoughts, feelings and behaviours around food, eating, and their body. Eating disorders are invisible battles that can impact people of all ages, gender and backgrounds.

There is a mix of different factors that are causing eating disorders such as emotional difficulties, academic and social pressure, low self-esteem and life changes or trauma. Eating Disorders Awareness Week is run by Beat – the UK's eating disorder charity. The theme for Eating Disorder Week 2026 is celebrating the power of community. BEAT Eating Disorders charity recognises the impact of eating disorders physically and emotionally as they can increase social isolation and make everyday life difficult. Right now, in the UK at least 1 in 50 people have an eating disorder – and it affects not only them, but also their loved ones.

It is important that Ursuline is supportive of BEAT in order to raise awareness about a mental health illness which is often dismissed and widely misunderstood. That is why the theme of community is integral in the fight against eating disorders, to make people feel supported and understood and never alone on their journey to recovery.

There are many support bodies out there if you or someone you know is struggling from an eating disorder.

Family and friends

Teachers

BEAT Helpline: 08088010677

BEAT Email support [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

NHS GP's

Follow BEAT charity link here for more details:

<https://www.beateatingdisorders.org.uk>

Open conversations, compassion and awareness are the first steps towards ensuring the wellbeing of students and that no one struggles in silence.

***Lily Power and Vira Hiblak***

IN SUPPORT OF  
**Beat**  
Eating disorders

# Jack Petchey's "SPEAK OUT" Challenge!

On Wednesday 25th February, **Amira Hossain in 10J** took part in the Regional Finals of the Jack Petchey Speak Out Challenge at Ark Isaac Newton Academy. She represented The Ursuline Academy Ilford and competed against 10 other schools from Redbridge and Epping Forest. Her speech titled "Our Roots" highlighted Amira's passion and creativity and she delivered her speech with confidence. We are all very proud of Amira! Well done!

**Veronica-Michelle Mbula in 11T** was also invited back to be a judge at this year's final – Veronica was our runner up this time last year. Both students represented UAI wonderfully and it was lovely to see some of their friends who had also come along to support!





## Library News

This week, all students in Y7-Y11 received a £1 National Book Token in preparation for our World Book Day celebrations next Friday. Students have from now until March 15th to spend their tokens at participating retailers, either swapping their token for any selected 2026 World Book Day book or using the token to take £1 off any full price book. Please see the slides below for more detail.

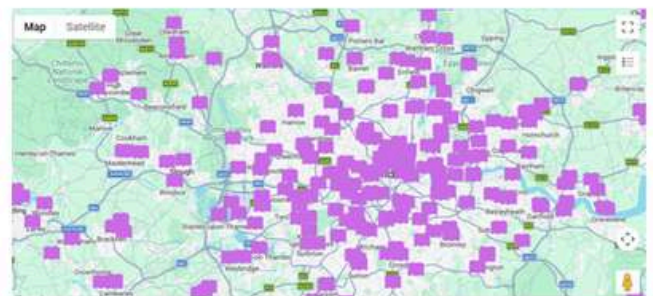
# HOW TO SPEND THE £1 TOKENS

- Every Y7-Y11 student at UAI will each receive a £1 book token to spend
- Students can either swap their token for any of the World Book Day £1 books (see slides 5-8)...
- OR they can use their token to get £1 off any full price book or audiobook at participating booksellers
- Students have from now until March 15<sup>th</sup> to use these tokens

# WHERE TO SPEND THE TOKENS

World Book Day works with a variety of retailers and bookstores. You can redeem your token at any of the following stores:

- |                                      |                             |
|--------------------------------------|-----------------------------|
| - Argos                              | - Tesco                     |
| - Asda                               | - TG Jones                  |
| - Blackwell's (selected stores only) | - The Works                 |
| - <u>Easons</u>                      | - Waterstones               |
| - Foyles                             | - WHSmith (selected stores) |
| - Sainsburys                         |                             |



Click on this link to see a map of your nearest bookseller participating in the token scheme → [Where to Redeem World Book Day Tokens - World Book Day](#)



# World Book Day

Celebrate World Book Day – Friday 6<sup>th</sup> March 2026

On **Friday 6<sup>th</sup> March** UAI will be celebrating **World Book Day 2026!**

All students and staff are encouraged to come dressed as their **book** character from one of their favourite books on the day!

As 2026 is the 'National Year of Reading', this year's theme is reading for pleasure so think about what books you enjoy most that you want to share with others!



On the day there will be a number of different activities taking place that you can take part in, and prizes to be won!

# IT'S WORLD BOOK DAY!

**Form time book quiz**  
Complete as a form, using your teacher too!

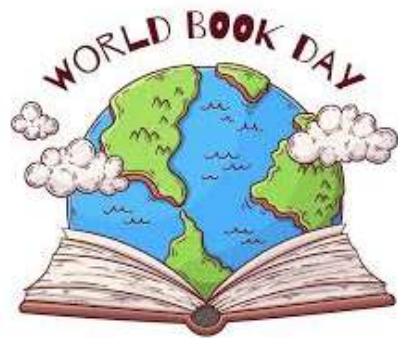
**Break / Lunchtime teacher character scavenger hunt**  
Find out which teachers are dressed as which characters and hand in your completed sheet to Ms Cooper.  
*Prizes for fastest to hand this in!*

**Battle of the Books**  
RS3 English students will write and present a 1-minute speech on why their favourite book is the best of them all.  
*Classes to vote on winners and send to Ms Cooper.*

**Staff book recommendations**  
Visit the display in the English corridor outside F10 to see what books your teachers recommend all students should read

**Period 1-6 whole school reading relay**  
At the start of each period your teacher will read one section of the story until you have read the whole thing by the end of the day.

**Lunchtime lucky dip wrapped book swap!**  
Bring in a pre-loved book that you have wrapped and choose another in its place.





## Library News

In other news, **Thursday March 12th** will see another exciting school activity to celebrate the National Year of Reading. On this date, between 11:00am – 12:40pm, UAI will be taking on the 'Drop Everything and Read' challenge. During Period 3 and Period 4, the school bell will ring at a random time and students and staff must stop what they're doing and read for 10 minutes. This fun, unconventional activity should help our girls get excited about the idea of reading and embrace it as a collective. Students are expected to have a book with them on the day – either from home, or borrowed from the school library.

# THURSDAY MARCH 12TH DROP EVERYTHING AND READ



### What to know:

- **THURSDAY MARCH 12<sup>TH</sup> ALL UAI STUDENTS WILL TAKE PART IN THE CHALLENGE**
- **TAKES PLACE DURING LESSON TIME (PERIOD 3 & PERIOD 4)**
- **IN EACH OF THESE PERIODS, THE SCHOOL BELL WILL RING AT A RANDOM TIME. STUDENTS AND STAFF ARE EXPECTED TO DROP WHAT THEY'RE DOING AND READ FOR 10 MINUTES**
- **ALL STUDENTS ARE EXPECTED TO HAVE A BOOK WITH THEM ON THE DAY (EITHER FROM HOME OR BORROWED FROM THE SCHOOL LIBRARY)**



## Music News

### Visiting Music Teacher- UAI : Guitar/ Bass Tutor:

Hello, my name is **Connor**, and I've spent the last four years completing my undergraduate degree at the Royal Northern College of Music while also working as a guitar teacher and touring session musician.

In my playing career so far, I've been fortunate enough to gig a couple of times most weeks, tour across the UK and Europe, and have a busy festival season every year since turning 18. Recently, I had the privilege of taking the band I've been in since secondary school to record in Maida Vale's Studio 3 for BBC Introducing.

Because of my experience, I try to make lessons as engaging and rewarding as possible. When I was growing up, I remember feeling put off lessons because I didn't feel like I was progressing and was mainly being prepared for grade exams. Because of that, my focus now is on helping students develop real, practical skills that you would actually use on a gig and that help you feel confident on the guitar, not just preparing for exams.

If this is something you're interested to pursue please contact Ms Hurst for an application form!



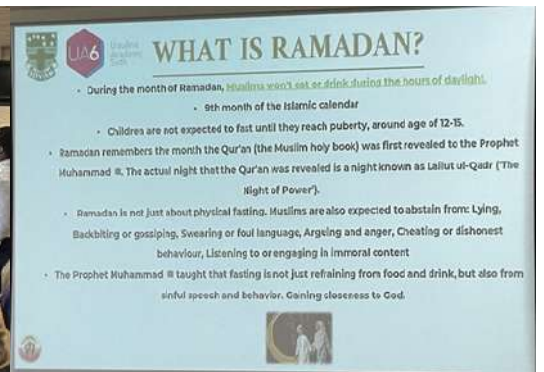


## Ramadan Assemblies

This week's Ramadan Assembly was delivered to all year groups and was a wonderful way to come together as a school community. It helped us welcome and support those who are fasting during Ramadan and Lent, highlighting the shared values of sacrifice, prayer and compassion.

The assembly encouraged understanding and kindness, reminding us to be attentive and supportive to one another. By listening and showing empathy we at UAI and UA6 show our commitment to the common good and ensure everyone feels respected and included.

Well done to **Asiya, Ruqqayyah and Dua in UA6 and Liba, Mazzia and Laiba in Year 10** for supporting teachers during the assembly. Thank you also to the OFSTED Inspector who visited one of the assemblies, she was very impressed!



**Ms Ahmed & The Islamic Society**



## Rome Trip

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



### ROME TRIP: PARENTS' INFORMATION MEETING

Thank you to all Parents and Carers of students on the trip that attended the meeting this week.

The Meeting PowerPoint will be linked to the school newsletter next week. If you have not already done so please complete the Google Form from the link below. This is essential for confirming vital travel information.

If you were unable to attend the meeting and have any urgent queries, please send your daughter to see a member of the Faith and Faculty department as soon as possible.

 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\\_s5FdPuu2TxPhyVoXune4x1URVdaN0IZUIY5MVI2MzQ3VkvQSlpSRUtIW4u](https://forms.office.com/Pages/ResponsePage.aspx?id=7Shk6uy2i0SSVSBb0XQo_s5FdPuu2TxPhyVoXune4x1URVdaN0IZUIY5MVI2MzQ3VkvQSlpSRUtIW4u)

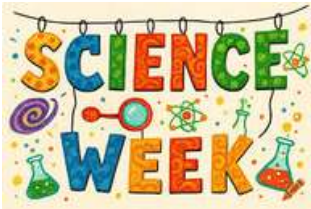
Please note that the final £200 payment of £680 was due on Monday 9th February.

\*\*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.

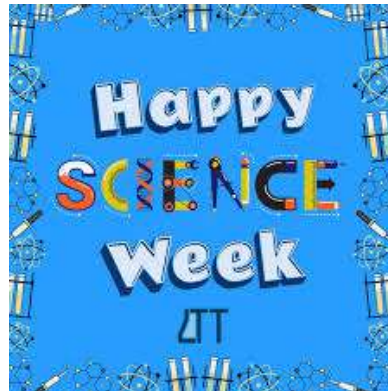


**Ms G Semambo and Miss M Posnakidou**





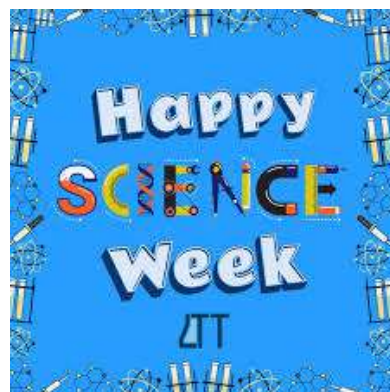
## Science News



Celebrate Science Week at UAI with the Science department.



We can't wait to show you what we have planned...



## Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
  - Income Support
  - Income-based Jobseeker's Allowance
  - Income-related Employment and Support Allowance
  - Support under Part VI of the Immigration and Asylum Act 1999
  - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the [Redbridge.gov.uk](http://Redbridge.gov.uk) website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school.

Thank you for your co-operation.



# MAINS MEALS

From £2.60

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

SPRING MENU  
WEEK ONE



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

Meal Deal  
Only £2.85

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



# GLOBAL EATS

From £0.00

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

# DESSERTS

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

From £1.40

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

From £2.60

## ALLERGENS

we're allergy aware!



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

# School Menus

# What's for Lunch?



Ursuline Academy Sixth

# Clubs Timetable



Monday	⌚ Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☺ Breakfast Club 7-13	Canteen Mr Donovan
		8:25am (15mins)	🎵🎸 Worship Band 9-10	Hall Ms Hurst
	Break	10.40am		
	Lunch	12.40pm (30mins)	💻 IT Club 7-13	F6 IT team
		12.40pm (30mins)	🏀 Basketball 8-10	Gym Ms Whates & Mr Okyere
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones
		1.00pm (30mins)	+ Maths Club 7-13	F13 Ms Verma
		1.10pm (30mins)	🧩 Puzzle Club 7-13	G7 Ms Filipe
		1.10pm (30mins)	🇪🇸 Spanish Club 11	G5 Mr Clare
1.10pm (30mins)		🎨 Art Club 7-13	S4 Mr Selley	
PM	3:20pm (1hr)	🏠 Homework Club 7-13	Library Ms Jones	

Tuesday	⌚ Time	Club - Year Groups	Location		
	AM	8:00am (30 mins)	☺ Breakfast Club 7-13	Canteen Mr Donovan	
		8:25am (15mins)	🎵🎸 Worship Band 9-10	Hall Ms Hurst	
	Break	10.40am	🎵 Ukulele Club 7-8	S5 Ms Eakins	
	Lunch	12.40pm (30mins)	💻 IT Club 7-13	F6 IT team	
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones	
		12:40pm (30min)	+ Maths Club 7-13	F13 Mr Deen	
		12.40pm (30mins)	🏊 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	Library Ms Jones

Wednesday	⌚ Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☺ Breakfast Club 7-13	Canteen Mr McCarthy
		8:25am (15mins)	🎵🎸 Worship Band 9-10	Hall Ms Hurst
	Break	10:40am (20mins)	🎵 Music Y10-13 Practice Room Access	Practice rooms Ms Hurst
	Lunch	12:40pm (30mins)	💻 IT Club 7-13	F6 IT team
		12:40pm (30mins)	🗣️ MFL Ambassadors Club 8-9	G6 Ms Grassi
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones
		12.40pm (30mins)	🕌 Islamic Society 7-13	F10 Mrs Ahmed
		12.40pm (30mins)	🎵 Music Year 9 Practice Room Access	Practice rooms Ms Hurst
		12.40pm (30mins)	📖 P E GCSE Revision 10-11	G2 Mrs Mansell
		1.10pm (30mins)	🎵 Choir 7-13	S5 Ms Hurst
		1.00pm (30mins)	⚖️ Justice and Peace 12-13	Chapel Mr Ravi
		1:00pm (30mins)	🌱 Eco Club 7-13	G3 Mr McCarthy
		1.10pm (30mins)	🎵 Music Year 11 Course Work	S5 Ms Hurst
		PM	3:20pm (1hr)	🏐 Netball 7&8
	3.20pm (1hr)		⚽ Football 7-9	Gym Lois Whates
	3.20pm (1hr)		🏏 DT Catch Up Club 11	G12 Mrs Kodi Pecku
3:30pm (45mins)	🗣️ EAL Intervention 7-11		F11 Ms Choudhury	
3:20pm (1hr)	📖 Homework Club 7-13		Library Ms Jones	

Thursday	⌚ Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☺ Breakfast Club 7-13	Canteen Mr McCarthy
	Break	10.40am	🎵 Music Year 7 Practice Room Access	Music Rooms Ms Hurst
	Lunch	12.40 (30mins)	💻 IT Club 7-13	F6 IT team
		12.40pm (30mins)	🏃 GCSE PE Monitoring 10-11	F7 Ms Keogh
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones
		12.40pm (30mins)	🏸 Badminton 9-11	Gym Ms Eakins
		12.40pm (30mins)	🎵 Music 10-11 Practice Room Access	Practice rooms Ms Hurst
		12:40pm (1hr)	🎵 Music 7-13 Choir	S5 Ms Hurst
		1.00pm (30mins)	🔧 STEM Club (Visualise) 7-13	G12 Mrs Kodi-Pecku
		1.00pm (30mins)	📖 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		

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](http://WWW.REDBRIDGE.GOV.UK) AND SEARCH 'MHST'  
OR GO TO [LINKTR.EE/REDBRIDGEMHST](http://LINKTR.EE/REDBRIDGEMHST)

