



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 23
6th March 2026

Upcoming Events

Year 6 Friendship Afternoon

Wednesday 11th March
4.00 – 5.00p.m.

Year 9 Progress Evening & Options Fayre

Monday 23rd March
4.00 – 7.00p.m

Faculty of Faith & Performance Passion Play

Thursday 26th March
5.00 – 6.30p.m

End of Term

Friday 27th March
12.40p.m



Headteacher's Headlines

Listening & attentive

Over the past few weeks we have once again been reminded of the very real challenges that social media can pose for young people, particularly for teenage girls. Platforms designed for entertainment can quickly become spaces where anonymity, poor judgement and peer pressure lead to behaviour that harms others and, ultimately, harms the young people involved themselves. As educators and parents, we share a responsibility to help our daughters navigate this world wisely. I would once again encourage families to reflect on the growing body of research advocating for a more smartphone-free childhood, delaying access to smartphones and social media for as long as possible, and maintaining close parental oversight when devices are used.

[Click Here](https://www.smartphonefreechildhood.org/raise-the-age-manifesto) - <https://www.smartphonefreechildhood.org/raise-the-age-manifesto>

Our approach as a school is guided not only by safeguarding responsibilities but also by the principles of Catholic Social Teaching. Every person is created with inherent dignity, and our online behaviour must reflect that same respect, truth and responsibility that we expect in person. Social media can easily erode this sense of dignity when people hide behind screens. I ask all parents to continue working closely with us by regularly checking devices at home and speaking openly with your daughters about how they use technology. Together, we can help them grow into young women who use their voices, both online and offline, with integrity, compassion and wisdom.

SERVIAM

**SMARTPHONE
FREE CHILDHOOD**

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 March 2026

Let us **#PrayTogether** that nations move towards effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence. **#PrayerIntention**

And

Would you imagine what a world without wars would be like? **#PrayTogether**

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

March: Vigilance

6th March: May you sustain and carry out vigorously and faithfully the charge laid upon you.

7th March: Be careful and vigilant!

8th March: What you want them to do, do it yourself first.

9th March: Have patience!

10th March: Don't stay angry.

11th March: If you see one faint-hearted, encourage her.

12th March: Be very careful never to complain, or grumble, or speak ill of others.





Chaplaincy News

8T Retreat

On Monday 2nd March, students from 8T had their day of retreat. Through a variety of team-building and fun activities, students strengthened their sense of community and learned the value of cooperation and support. The day also included moments of quiet meditation and prayer, giving them space to reflect on their relationship with God and their personal gifts.



Praying the Stations of the Cross

As part of our learning during the season of Lent, 7T prayed the Stations of the Cross together during their RE lesson. The Stations of the Cross are a solemn Christian devotional practice that commemorates the final journey of Jesus from his condemnation to his burial. There are fourteen stations, each focusing on an important moment along this journey.





Chaplaincy News



Justice and Peace Group Assembly

Students from the school's Justice and Peace Group this week led the year assemblies focused on the work of CAFOD and the importance of social justice around the world. The assembly gave the opportunity to learn more about global issues such as hunger, poverty, and inequality, while encouraging everyone to reflect on how small actions can make a big difference.

The Justice and Peace Group meets every other week to discuss important social justice issues and to explore ways the school community can respond. During their meetings, students talk about topics such as hunger, access to clean water, fairness in trade, and the challenges faced by communities in different parts of the world. These discussions help students deepen their understanding of global responsibility and the values of compassion, respect, and solidarity.



**Mr Ravi,
School Chaplain**



Chaplaincy News

March is a month of feast day for one of the most well-known Saints

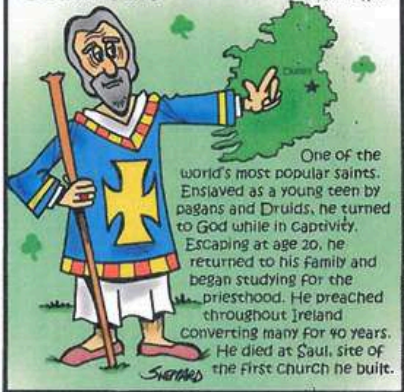
March 17: St Patrick's Day.

'the Day of the Festival of Patrick', is a religious and cultural holiday for many people of Irish decent. 17 March is the traditional death date of St Patrick (c. 385 – c. 461), the foremost patron saint of Ireland.

It is believed that Patrick was born in Roman Britain in the 4th century, into a wealthy Roman-British family. His father was a deacon in the Christian church. At the age of sixteen, he was kidnapped by Irish raiders and taken as a slave to Ireland. He spent six years in Ireland working as a shepherd and that during this time he found God. The *Declaration* says that God told Patrick to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick went on to become a priest. According to tradition, Patrick returned to Ireland to convert the pagan Irish to Christianity. The *Declaration* says that Patrick spent many years evangelising in the northern half of Ireland and converted thousands.

SAINTS FUN FACTS

by John Sheppard



St. Patrick



The Annunciation of the Lord March 25 This festival commemorates the Angel Gabriel's Announcement to the Virgin Mary that she would conceive and bear Jesus, the Son of God. This feast marks **the incarnation**; the movement that Christ was conceived in Mary's womb.

The Ursuline Academy Ilford

CHAPLAINCY NOTICES: MARCH



During March, the 3rd Month of the year we celebrate Spring and the most glorious festival in the Christian calendar.



March days of Religious Significance

March 2-3: Purim: Judaism

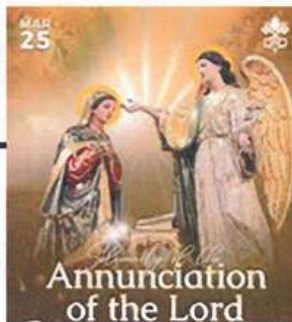
This festival celebrates the saving of the Jewish people from Haman during the Persian empire.

March 3-4: Holi: Hinduism

A Hindu Holy day celebrating the arrival of spring and new life. This lasts for a night and a day, starting on the evening of the Full Moon Day.

March 19-20: Eid-al-Fitr: Islam

Festival marking the end of Ramadan.



Holy Week 2026

Sunday 29th March Palm Sunday

The events of Holy Week recount the so-called 'passion narratives' in the New Testament Gospels that relate to the suffering (passio in Latin), death and burial of Jesus Christ.

Thus, Holy Week marks the last week of the Christian season of Lent – the week leading up to Easter. Here's a rundown of what it all means.

Holy Week commemorates the last week of Jesus' life; the triumphant entry into Jerusalem on **Palm Sunday**, his crucifixion on **Good Friday** (a form of cruel capital punishment where a person is nailed to a cross). Holy Week leads up to the celebration of **Easter Sunday** – the day Christians celebrate Jesus rising from the dead.

For many Christians, Holy Week is the most important spiritual time of the Year in which they can reflect on Lent and their faith before celebrating **Easter**. They can think about the sacrifices that they believe Jesus Christ made for humans in the lead-up to celebrating **Jesus' resurrection**.

Holy Week Events:

Palm Sunday (Sixth Sunday of Lent)

Holy Monday and Holy Tuesday.

Holy Wednesday: Spy Wednesday

Maundy Thursday: The Last Supper

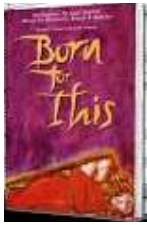
Good Friday: The Crucifixion

Holy Saturday

Easter Day: The Resurrection

He is Risen!





Born for This!

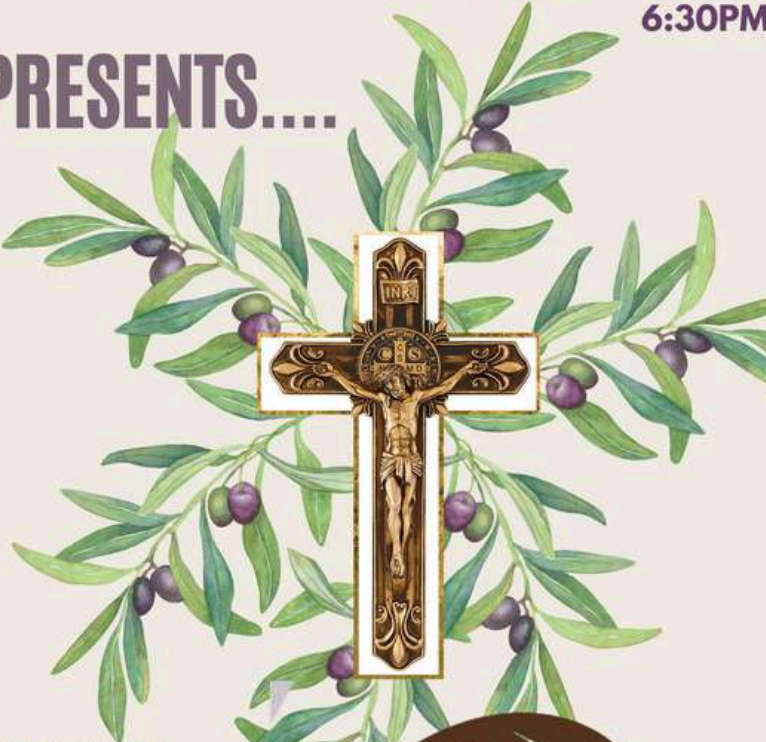
Born For This! is a spectacular and deeply moving performance telling the story of Jesus' Passion and death through powerful music and drama. Perfect for Lent as we prepare our hearts for Easter, this unforgettable evening is the result of our pupils' tireless dedication and hard work. Join governors, the Headteacher, staff and students for what promises to be an inspiring and uplifting experience. **Tickets are now on sale via the link below** – places are limited, so be sure to book quickly!

***The Easter production of Born For This will take place on Thursday 26th March at 5pm!
Tickets are available on ParentPay.***

BORN FOR THIS !! Ticket application form – Fill out form


MARCH 26TH, 5:00 - 6:30PM

UAI PRESENTS....



IN THE MAIN HALL
STUDENTS: £2
ADULTS: £3
Tickets on ParentPay

BORN FOR THIS
The Musical



Ms Milne, Subject Lead- Drama.

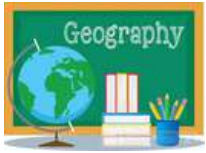


English News

On Wednesday 4th March, A Level English Literature students attended a performance of *'The Tempest'* at The Sam Wanamaker Playhouse. *'The Tempest'* is one of the set drama texts at A Level and being able to see an adaptation of this text will certainly help to inform further discussions and deepen understanding of the play. Students enjoyed the experience of live theatre and had the opportunity to spend some time exploring the building before and after the performance.



Ms Riste, Teacher of English



Geography News

In Geography the Year 8 students have been learning about 'Brilliant Brazil.' In this topic they have learnt about the importance of the Amazon rainforest and how it is under threat from deforestation. For their mid-topic assessment, the students wrote persuasive letters addressed to the previous president of Brazil Jair Bolsonaro, to explain the impacts of deforestation on this crucial biome. The letters were excellent, with many students achieving the KS3 'Advanced' and 'Mastered' grade. **Varnavi Nanthakumar in 8.J** wrote a particularly strong letter where she draws on values of Catholic Social Teaching by discussing the importance of responsible Stewardship for our common home. Well done Vanaravi!

Ms Colder, Head of Humanities

Dear Mr Bolsonaro,

I am writing to you today not merely as a student of geography but as a global citizen deeply concerned about the future of the Amazon rainforest, an ecosystem critical for Brazil and the entire world. The Amazon, often referred to as "the lungs of the world", is a vast, vital, natural resource, and its continued destruction is an urgent crisis that demands decisive action and committed stewardship.

The Amazon (located in the northern and central part of South America) is being destroyed primarily for economic gain, with vast areas cleared for commercial purposes. This is largely driven by cattle-ranching, which is the largest factor of deforestation, accounting for approximately 80% of forest loss in the Brazilian Amazon.

Other significant causes include the expansion of agricultural land for crops like soy, activities related to infrastructure development, and mining for valuable resources like gold.

The impacts of this destruction are severe and far-reaching, affecting both local communities and the global climate. Deforestation transforms the Amazon from a carbon sink into a carbon source, with the release of billions of tonnes of stored carbon exacerbating global warming and disrupting global weather patterns. The Amazon is also home to 30% of all known species on Earth and has plants that could cure our most fatal diseases, meaning that deforestation will lead us to a massive loss of biodiversity and threatens countless species with extinction. Locally, indigenous communities who call the Amazon "home" are directly impacted, facing the loss of ancestral lands, sources of food, and exposure to diseases.

We can manage the rainforest sustainably to meet human needs. Viable strategies include selective logging and replanting, promoting ecotourism, and empowering indigenous land rights.

The protection of the Amazon is not just an environmental issue; it is a moral and economic imperative. By embracing sustainable management, Brazil can lead the world in a demonstration of responsible stewardship. I urge you to take the necessary steps to protect the global treasure for the current and future generations.

Yours Sincerely,

Varnavi Nanthakumar.

HISTORY History News

Year 11 History:

On Monday 23rd February Year 11 History GCSE students travelled into central London to visit the Old Operating Theatre Museum and the Golden Hinde. The Old Operating Theatre Museum contains the oldest surviving operating theatre in Europe, and was the site of a lecture delivered by one of the curators of the museum, on the topic of Victorian surgery. It was fascinating and gory in equal measure, and gave students some helpful revision for their Health and People topic.

After lunch, we headed to the Golden Hinde, a replica of the ship captained by Francis Drake in his famous circumnavigation. Students tried out Tudor weapons, experienced loading Tudor cannon and had a taste of what it might have been like as a Tudor sailor during the Spanish Armada, which mostly involved crawling around on very low ceilinged decks! This was followed by a lecture about the defeat of the Armada in 1588. This provided useful pre-learning for the topic Year 11 are currently studying, and everyone was well prepared for their lesson on the Armada on Friday afternoon!

Students were as always, a pleasure to take out. They proved themselves to be trustworthy and mature when allowed free time at lunch, and engaged fully with the staff in the OOTM and on the Golden Hinde.



Ms Mackie, Subject Lead - History



House Tee Shirt Day

Ursuline Academy House T-Shirt Spectacular!



All Students are to wear their House Tee Shirts Over their blouse and under their blazer on Friday 13th March!!

Get ready for our House T-Shirt Spectacular next Friday, 13th March, a brilliant way to celebrate **belonging** here at Ursuline Academy!

Wear your House T-shirt with pride and help your team earn points for having the most students in colours on the day.

At lunchtime, 12.40 – 1.25p.m. in the Hall, don't miss what promises to be our most competitive UA6 Quiz yet, organised by our incredible Dr Osei-Owusu and led by the irrepressible Mr Burt and the talented Ms Filipe. It's set to be loud, lively and full of House spirit – make sure you're part of it!



<p>Feast Day: 29th April</p>  <p>St. Catherine</p> <p><i>"Be who God meant you to be and you will set the world on fire"</i></p>	<p>Feast Day: 8th February</p>  <p>St. Josephine</p> <p><i>"I am definitely loved and whatever happens to me – I am awaited by this love and so my life is good"</i></p>
<p>Feast Day: 5th September</p>  <p>St. Teresa</p> <p><i>"Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile"</i></p>	<p>Feast Day: 3rd July</p>  <p>St. Rose</p> <p><i>"The gift of grace increases as the struggle increases"</i></p>





Humanities News

Humanities Department: Women's History Month Celebration

To celebrate Women's History Month, the Humanities Department is inviting all Year 8 students to take part in a special family history project!

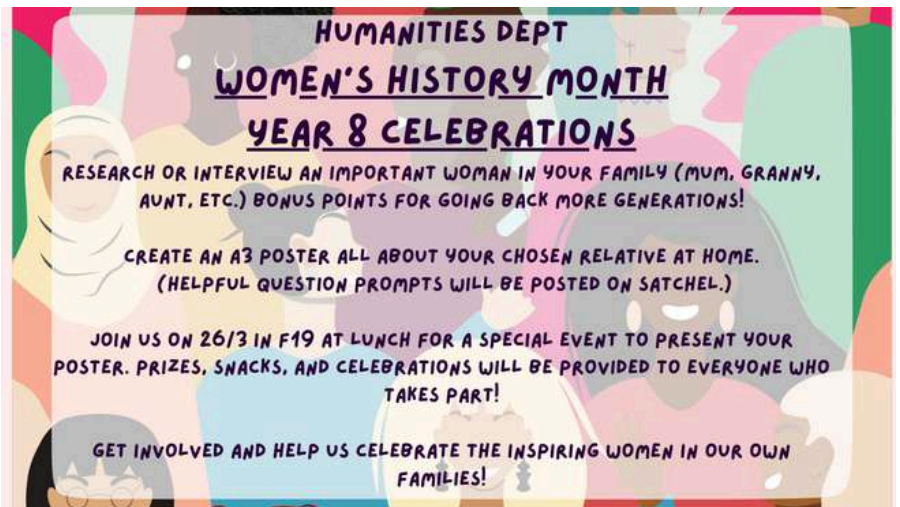
What You Need to Do at Home:

🔍 Research or interview an important woman in your family. This could be your mum, granny, aunt, older sister, or another inspiring woman in your life.

★ Bonus points if you go back even more generations!

🎨 Create an A3 poster all about your chosen relative. Your poster could include:

- Her background and childhood
- Her achievements
- Challenges she has overcome
- Why she inspires you
- Photos or drawings
- Interesting facts or quotes
- Helpful question prompts will be posted on Satchel to guide you.



🎉 Celebration Event

Join us on 26th March in F19 at lunchtime for a special presentation event!

There will be:

🏆 Prizes

🍪 Snacks

🎉 Celebrations for everyone who takes part

This is a wonderful opportunity to learn more about your own family history and celebrate the inspiring women around us.

Ms Nankivell, Teacher of Humanities



International Women's Day

UAI International Women's Day Celebrations – Monday 9th March

“Young feminists are a thrilling phenomenon: smart, bold, funny defenders of rights and claimers of space—and changers of the conversation.” – Rebecca Solnit

On **Monday 9th March** we will be celebrating International Women's Day at UAI. As an all-girls school committed to the education of young women, we believe strongly in the importance of advocating for female empowerment and equity for all, and thus International Women's Day has become an important celebration day in our annual school calendar.

To help celebrate, we are inviting all students and staff to **wear a purple item of clothing or accessory** (a symbolic colour of the Suffragette movement signifying justice and dignity, and being loyal to the cause).

On the day there will also be a range of celebratory events that will be taking place which we encourage all pupils and staff to get involved in, including the ever-popular chalking of the courtyard at breaktime with slogans of female empowerment and messages of support and having pledge photos taken showing support of this year's International Women's Day campaign theme, **#GivetoGain**.

Let's make this year even bigger and better than last year!



HERE'S
TO STRONG WOMEN.
MAY WE KNOW THEM.
MAY WE BE THEM.
MAY WE RAISE THEM.



March is Women's History Month!

As the month of March is also **Women's History Month**, we would also like to encourage students to explore some of the brilliant women and movements that have shaped our current society by challenging themselves to complete the Women's History Month challenge, where each day they can complete a new task from the activity grid to develop their knowledge and appreciation of the many brilliant achievements of the women that came before them.



MARCH 2026 – WOMEN'S HISTORY MONTH ACTIVITY GRID



1. Read about the history of International Women's Day IWD: History of International Women's Day	2. Watch a documentary by a female historian.	3. Read a poem by a female poet e.g. Amy Levy or Maya Angelou	4. Find out about Elizabeth Blackwell, the first female doctor. Elizabeth Blackwell Biography & Facts Britannica	5. World Book Day- read a book by a female author or find out 5 interesting facts about them e.g. Mary Shelley or Elle McNicoll	6. Find out about Elizabeth I, a Tudor queen. 10 Facts About Elizabeth I History Hit	7. Watch a film with a female lead or find out more about the life of a famous actress e.g. Audrey Hepburn. Audrey Hepburn Biography, Movies, Sabrina, Breakfast at Tiffany's, & Facts Britannica
8. Educate someone about International Women's Day using social media. Happy International women's day!	9. Find out about women in politics- find out the names of from any country in the world what was the name of the first female MP and first female prime minister .	10. Find out about Noor Inayat Khan, a British agent during WW2. Noor Inayat Khan Biography, World War II, SOE, French Resistance, & Facts Britannica	11. Watch a TED talk by a woman.	12. Listen to some music by a female artist/ band or find out more about their life e.g. Pauline Black Black History Month 2025 Highlight: Pauline Black Dorset Race Equality Council	13. Read a book with a female main character.	14. Visit a museum or exhibition to find out more about women in history https://newcastlecathedral.org.uk/celebrating-resilience-newcastles-historic-women-prisoners-remembered-in-cathedral-exhibition/
15. Mother's Day- make a card for a mother figure in your life.	16. Watch a film by a female director or find out more about some.	17. Design a stamp for a woman you believe should be on a stamp who doesn't have her own yet.	18. Find out about the history of women's rights. A Timeline of Women's Rights UK - Local Histories	19. Look into women in STEM- e.g. Rosalind Franklin or Katherine Johnson. Katherine Johnson Biography - NASA	20. International Day of Happiness- compliment a woman you know.	21. Choose a female leader from history and find out 5 facts about her life.
22. Find out about Rosa May Billinghurst. Sisters of Frida » Rosa May Billinghurst, disabled woman suffragette Sisters of Frida	23. Colour in a page about women. IWD: Color your world with inspirational women	24. Find out about palaeontologist, Mary Anning. Mary Anning Biography, Accomplishments, Fossils, & Facts Britannica	25. Watch a historical film about an inspirational woman from history e.g. Hidden Figures	26. Find out about Elizabeth Magie, the inventor of monopoly. Monopoly's Lost Female Inventor National Women's History Museum	27. Find out about women in sport e.g. Junko Tabei or Emma Clarke Timeline - Women in Exploration	28. Find out about women in journalism e.g. Nellie Bly. Nellie Bly Biography & Around the World in Seventy-two Days Britannica
29. Find out about Mary Seacole. Mary Seacole: The Mother of the Battlefield - Black History Month 2026	30. Listen to a podcast by a woman.	31. Find out about a female artist e.g. Frida Kahlo. Frida Kahlo MoMA	<p>Whether you do all 31 activities or just a few we want to thank you for making a positive difference to your own life and those around you.</p> 			

Maria Teresa in 11R was recently awarded the Jack Petchey Award in recognition of her outstanding kindness and compassion towards others. During the busy and often stressful exam period, Maria Teresa showed great awareness and empathy towards her fellow students. She recognised when others were feeling worried or overwhelmed and made a real effort to support them.

Maria Teresa's positive attitude and willingness to help others truly reflect the values of kindness and community within our school. We are very proud of her achievement and the example she sets for others.

For World Book Day Maria Teresa dressed up as bear from the classic book by Michael Rosen "We're Going on a Bear Hunt"





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 12TH 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

My name is **Jiayi Chen** and I am a young Chinese pianist based in the UK. My performances have been featured by Global Musician's League, Artron, Malvern Gazette, Worcester News, Visit the Malvern, Elgar Festival 2025, and St Wulstan's Catholic Church. In April 2022, I performed Francis Poulenc's Piano Concerto with the Royal Birmingham Conservatoire Symphony Orchestra, earning high praise from Graham Scott, Head of Keyboard at the Royal Northern College of Music, as well as from the public. In 2023, I was invited to the 1st Nanjing Youth Music Festival, where I gave concerts, masterclasses, and lectures. The festival, supported by the Culture and Tourism Bureau of Jianye District, Nanjing, was widely reported by Xinhua Net, Sohu, China Jiangsu Net, CRI Online, Litchi News, and China.com. In 2024, I was granted the UK Global Talent Visa in recognition of her artistic achievements.

Currently I am pursuing the Artist Diploma (the highest performance qualification) at the Royal College of Music, London, previously earning my Master of Music and Honours Bachelor of Music degrees at the Royal Birmingham Conservatoire, where I was awarded a high scholarship, and before that studied at the Middle School Affiliated to Xinghai Conservatory of Music.

I really enjoy working with my students at Ursuline and love to see them make progress at what ever level they are at.

If you would like to take up piano lessons I would love to teach you! Please see Ms Hurst for an application form.

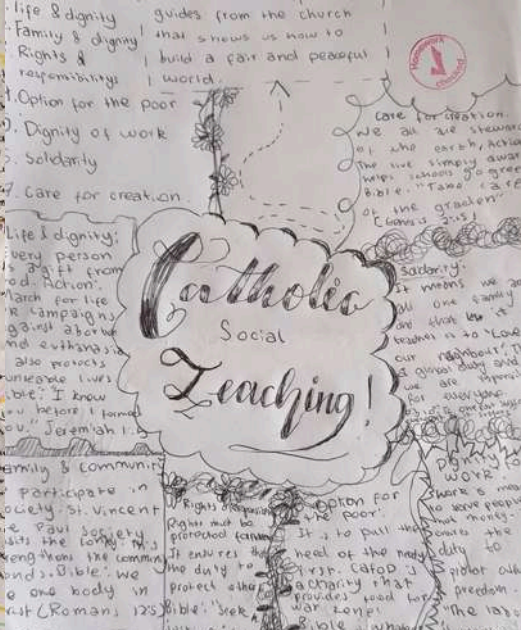
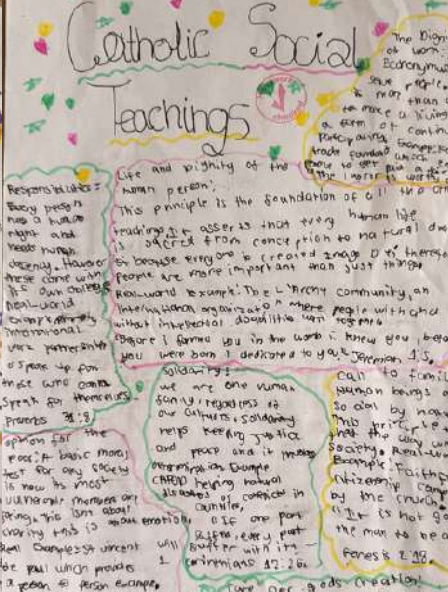
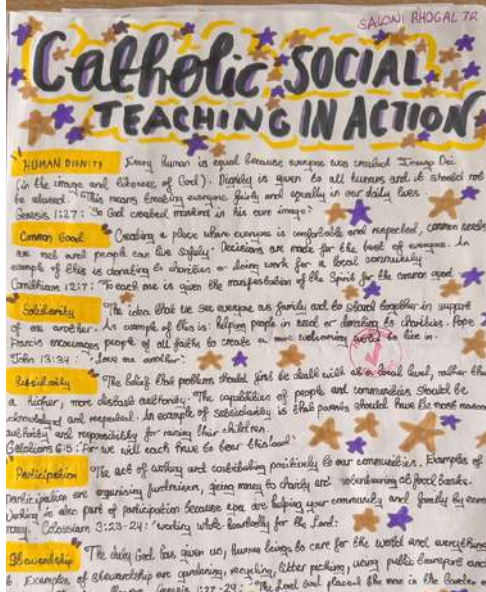
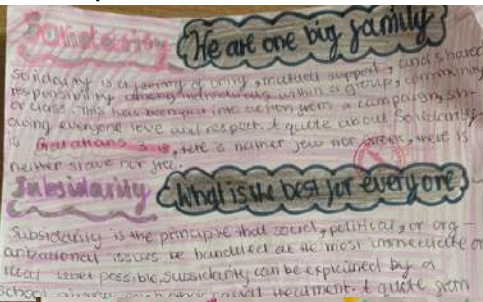


This term, Year 7R have been exploring the rich and inspiring principles of **Catholic Social Teaching (CST)** and discovering how these values connect deeply with our own school virtues. Through discussion, reflection, and collaborative activities, students have been thinking carefully about what it means to live out these teachings in everyday school life. Catholic Social Teaching is rooted in the belief that every person is made in the image and likeness of God and deserves dignity, respect, and love. The key CST values we explored include:

- **Human Dignity** – recognising the worth of every person
- **The Common Good** – working together so everyone can flourish
- **Solidarity** – standing with others, especially those in need
- **Subsidiarity** – empowering people to take responsibility
- **Preferential Option for the Poor** – prioritising the most vulnerable
- **Stewardship of Creation** – caring for our world
- **Participation** – everyone having a voice
- **Promoting Peace** – building harmony and justice

Year 7R reflected on how these powerful principles align beautifully with our school virtues. When we are **attentive and listening**, we show respect for human dignity and participation. When we **lead justice**, we promote peace and work for the common good. When we are **loving and compassionate**, we live out solidarity and the preferential option for the poor.

From the work shown below, you will see how Year 7R have engaged thoughtfully with these ideas – not only learning about them but beginning to live them out in practical ways within our school community.

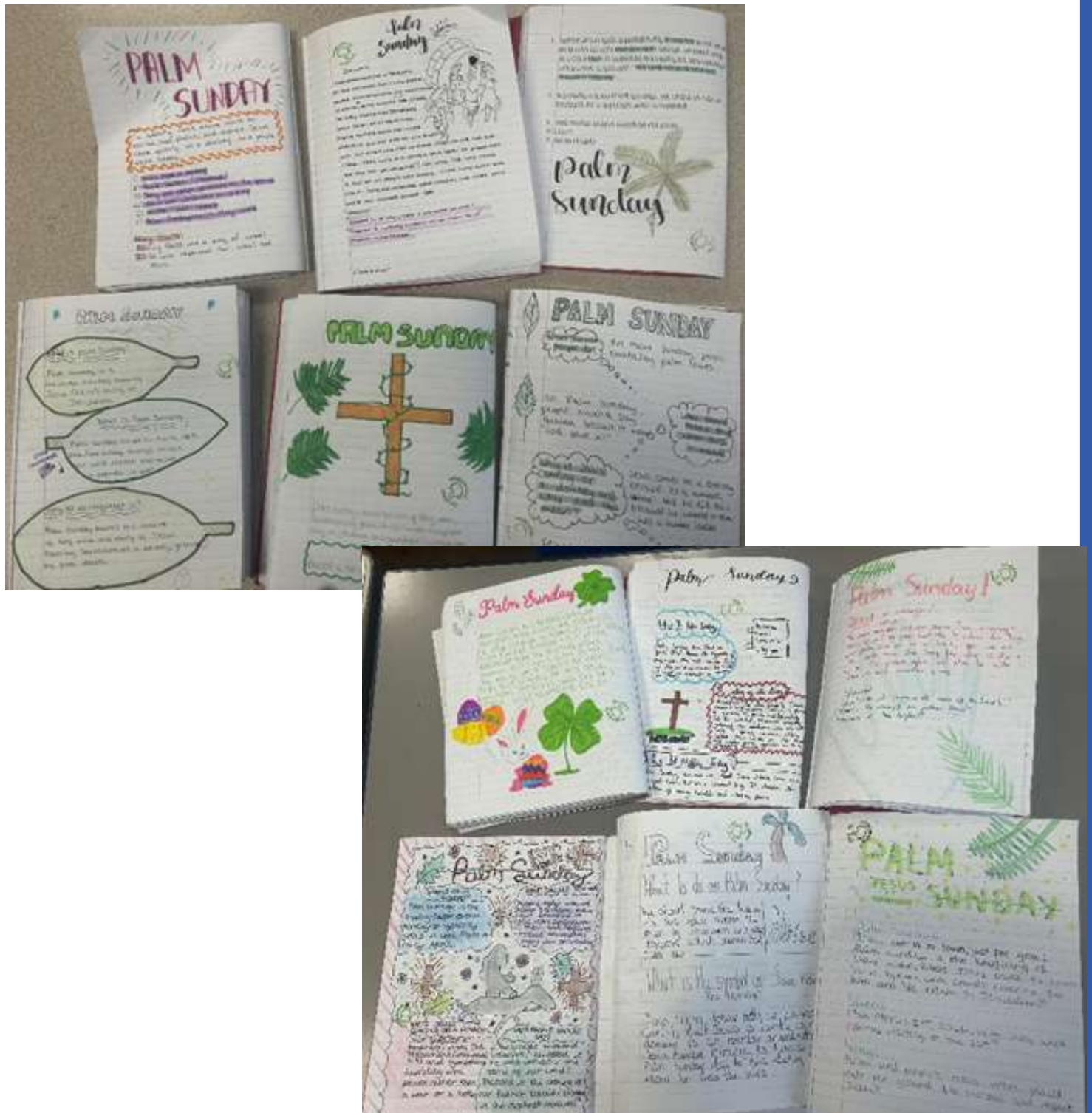


Year 7: Holy Week Study Palm Sunday

The Year 7 students have been studying the events of Holy week, the divine events of the last week of Jesus' life. As part of their study the students created Stunning Posters commemorating Palm Sunday when Jesus was welcomed into Jerusalem on a donkey fulfilling the words of the Old Testament Prophet Zechariah;

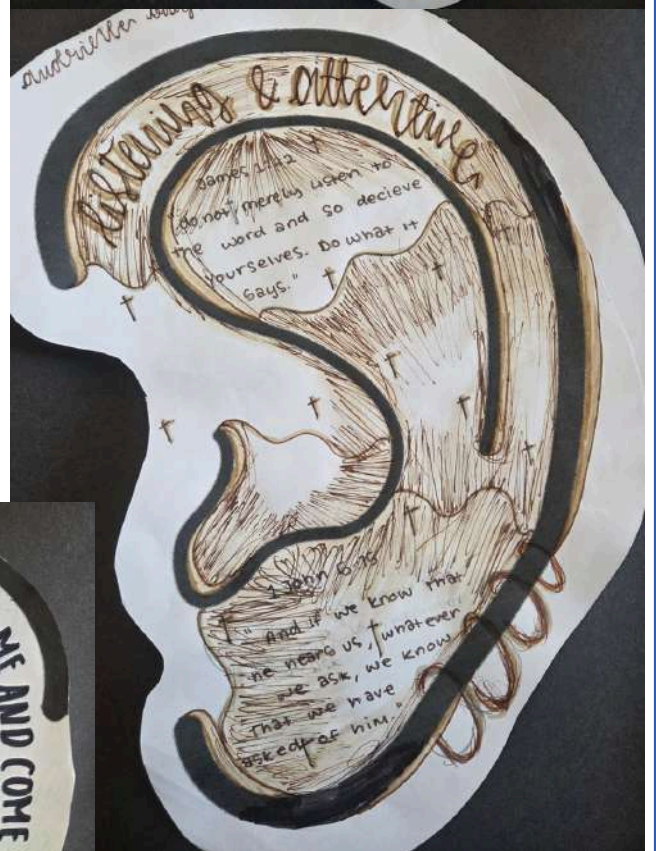
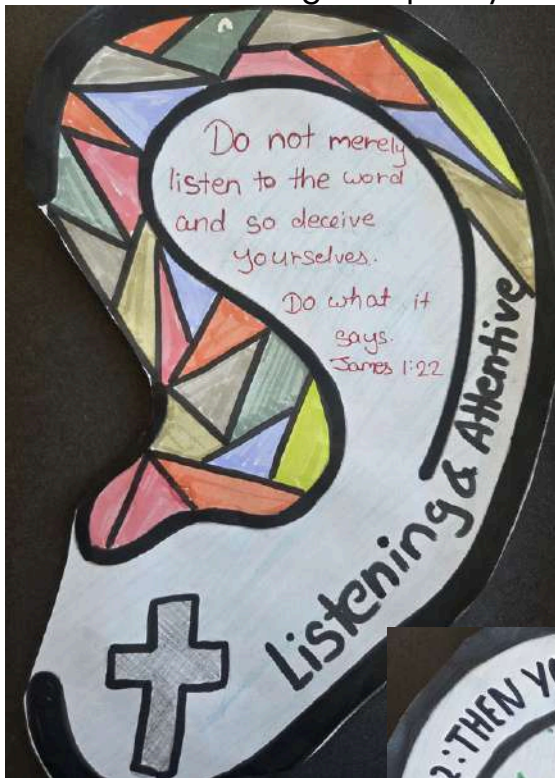
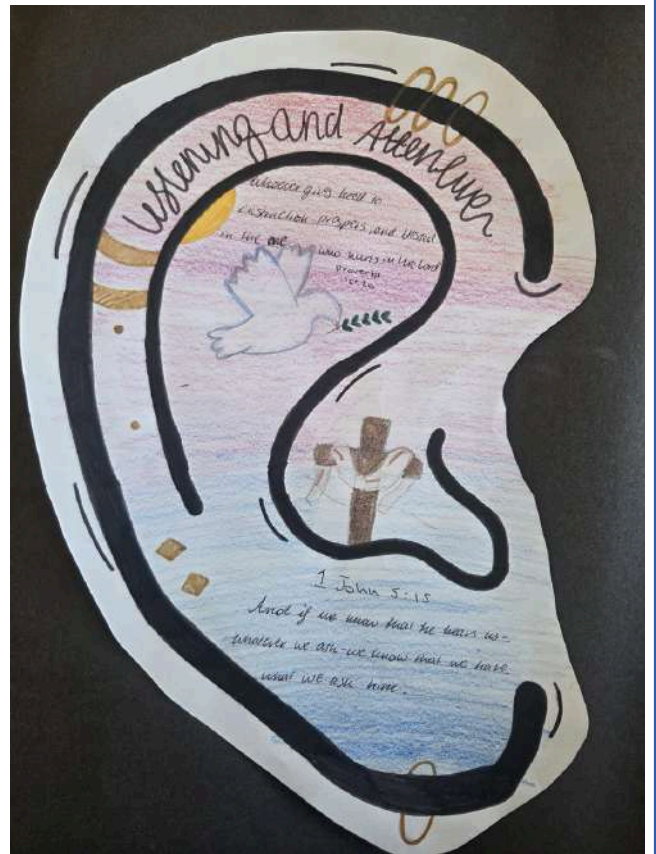
Zechariah 9:9 The Coming of Zion's King

Rejoice greatly, Daughter Zion! Shout, Daughter Jerusalem! See, your king comes to you, righteous and victorious, lowly and riding on a donkey



This term our students have been focusing on the USP virtue of listening and being attentive. In the Bible, listening is shown as a very important skill because it helps people understand God, respect others, and make wise choices. When we truly listen, we show care, patience, and humility.

One well-known Bible verse about listening is **James 1:19**, which says: **“Everyone should be quick to listen, slow to speak and slow to become angry.”** This teaches us that listening carefully helps us respond kindly and thoughtfully rather than reacting too quickly.





School Governor Vacancy

A vacancy has arisen for a parent governor at our school.

The governing body's main tasks are:

- To ensure the school has a clear vision, ethos and strategic direction;
- To hold the Headteacher to account for the educational performance of the school and its pupils;
- To oversee the financial performance of the school and making sure money is well spent.

This would be a good opportunity for a parent to get to know the school even better and see the school at work. The work of governors is very important; they give their time so generously, without payment and without seeking recognition or acclaim for the work they do to lead and support the school. Our own governors show strong support for the school, and we are grateful for their commitment to Ursuline.

Whilst there are no formal qualifications needed for governors, we would welcome interest from parents who have a legal, education or financial background.

All parents (including carers) of registered students at the school are eligible to stand for election.

If you feel you could commit the time and want to make a significant contribution to our community, please provide a short personal statement (perhaps 200-250 words) saying why you wish to be a governor to my P A, Mrs Kerry Herbert, kherbert@uai.org.uk by Friday 13th March

Should there be more nominations than vacancies to fill, a secret ballot will take place.

Ms Fiona Stone
Headteacher





Science News



Celebrate Science Week at UAI with the Science department.



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



Science Week- Competition Questions- You could win a £10 Amazon Voucher!

Produce a poster/article/essay looking into the crazy world of Science- You need to answer ONE of the following questions that will test your curiosity to the limits!

Hand in your answers to your science teacher, or post it in the mailbox outside Ms Filipe's office

Prizes available include- stationary, stickers, badges for each Key stage winner and for the overall school winner a £10 Amazon Voucher

KS3 curious questions

Does the size of your ear affect how you hear? (Hints- what about shape, sound waves, discuss the ear and how it works)

What is the best material to muffle a sound? (Hints- absorbing sound waves, discuss what an echo is and how we may use sound waves in everyday life)

How does the distance from the light source affect the shadow? (Hints- Incidence ray, distance, discuss what reflection is how it works)

KS4 curious questions

Who thinks more alike: friends, twins or siblings? (Hints- does environment play more of a role or does genetics, discuss how twins form during fertilisation)

Are there any foods which are zero calories? (Hints- water is a liquid, food labels, discuss how the digestive system breaks down food in the body)

Can you make a sonic boom at home? (Hints-what is the speed of sound, is this fast in comparison to other things, discuss how sound waves are made and transmitted)

KS5 curious questions

How can you make a train without wheels? (Hints- Magnetic levitation, bullet trains, discuss how permanent and induced magnets work and their uses)

Maggots and Murder- how can maggots help solve murders? (Hint- Forensic entomology, insect larvae, developmental stage, discuss what other ways scientists find the time of death for a person)

Why do we dream? (Hint- REM sleep, regulation and consolidation of memory and emotions, discuss how the synapses allow us to learn)

Ms Filipe, Science Head of Faculty



Student Leadership News

Student Leadership Training 4: Responsibility and Decision Making

The Student Leadership Training Programme is well underway, and in the last week of the half term we were honoured to be joined by Floriane Fidgeon, a former student of UAI, who delivered an incredibly informative and thoughtful workshop on responsibility. She explained that being a responsible leader is “not just about having a title, but about the choices we make every day.”

One of the key takeaways from Floriane’s workshop was the importance of knowing what you are good at and confidently projecting this to others. Being a leader means being an example of strength and conviction, and this can be supported by recognising your own strengths and using them consistently, whether this is communication or creative problem-solving. Floriane also highlighted that doing this can lead to greater opportunities in the future, which is something especially important to strive for as women in the workforce.

Floriane also pointed out that leadership can come from any part of life experience. For example, she shared how taking care of her younger siblings as the oldest in her family helped her develop organisational and leadership skills early on, particularly through being responsible for others and making logical decisions.

Another essential aspect of being a responsible leader is delegating. To delegate is to “entrust a task to another person.” I learned that delegating effectively means recognising that we cannot always be the smartest person in the room. When working in a team, everyone has different strengths and weaknesses, and being a responsible leader means understanding how others can contribute in different roles and allowing them to take the lead. Although we may feel the urge to do everything ourselves, recognising other people’s talents allows them to shine and helps ensure the best possible outcome for the whole team.

The biggest piece of advice I will take from this workshop is the importance of being respected rather than liked. As leaders, although it may be uncomfortable, it is our responsibility to have difficult conversations that others may avoid. This could involve telling someone their work is not up to standard or explaining that you are unable to continue working with them. As intimidating as this can feel, taking responsibility in these situations is an important part of leadership.

I thoroughly enjoyed the workshop and found it incredibly helpful, and I will definitely use these skills to improve my leadership style in the future.



Alyssia Baptiste



Voices of the Holocaust Production

On Wednesday 4th March, the theatre company Voices of the Holocaust performed their award winning production of Kindness for Year 9 and Year 10 audiences.

This powerful, award winning performance told the true story of Susan Pollack who was only 13 when she was sent from her Hungarian home to Auschwitz Birkenau. Susan's story was interwoven with the stunning and tragic love story of Mala and Edek, both inmates of the concentration camp whose spirits refused to be diminished by the atrocities they suffered.

This was a remarkable and thought provoking performance.

The production was followed by a highly interesting Q&A session in which the students were able to ask pertinent questions to the writer and director Cate Hollis and the 4 talented actors.

The production company were very impressed with the reception and behaviour of our students and communicated they felt honoured to bring their production Kindness to Ursuline.

Thank you to our premises team and ICT for their brilliant support of the event.





Ms Milne, Subject Lead - Drama

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 aware!



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 aware!



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

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	

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 AND SEARCH 'MHST'
OR GO TO LINKTR.EE/REDBRIDGEMHST

