



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 24
13th March 2026

Upcoming Events

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

As you will see from this week's edition, it has been a very busy week at the Academy even by our normal standards. In addition to the fantastic effort made by staff and students for World Book Day last Friday, this week saw us all 'drop everything and read' for 10 minutes to raise the profile of reading for pleasure. This week has also been National Science Week, and the Science Department have been busy putting on lots of different break and lunchtime activities, to unlock our student's curiosity, some more 'gruesome' than others!

As we journey together through Lent and approach Easter, we remain focused on our position as a community of faith who continue to develop spiritually together. The Annual Iftar organised by the Islamic Society was another fantastic success and was enjoyed by all who attended. In RE, students have been led by our Chaplain through the Stations of the Cross and the programme of Year 8 retreats has continued.

Amongst all this activity, some of our Drama students managed to find time to take part in a trip to see the fantastic Les Misérables. As always, we are grateful for the efforts of all our staff who go above and beyond to make these fantastic experiences possible for our students.

Finally this week, may I draw your attention to the notice regarding our search for a parent governor. This is an important role of service that we encourage parents to consider if they think they can contribute to our community in this way

SERVIAM

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

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

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

What Each Grade Means for Parents

Expected Standard

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

Strong Standard

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

Exceptional

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

Needs Attention

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

Urgent Improvement

Used when more serious issues require immediate action.

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

Ms. Stone, Headteacher



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Pope Leo XIV @ Pontifex – 11 March 2026

Let us continue to pray for peace in [#Iran](#) and throughout the [#Middle East](#), especially for the many civilian victims, including many innocent children. may our prayer offer comfort to those who suffer and a seed of hope for the future.

[#PrayTogether](#)

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

March: Vigilance

13th March: Strive to be faithful and devoted.

14th March: Merely beginning is not enough if you do not carry through.

15th March: Every type of evil must be resisted.

16th March: Consider that we live in the midst of snares and dangers.

17th March: Greater labors and dangers may be involved when the undertaking is of greater value.

18th March: My Lord, keep my affections and my senses safe.

19th March: Watch over them as most vigilant shepherds and good servants.





Chaplaincy News

8J Retreat Day

On Thursday, 8J had their class retreat. It was a joyful and reflective day filled with meditation, prayer, drama, discussion, and teambuilding activities that helped students get to know one another better. The retreat centered on the theme: "You are special – you are God's work of art," a reminder of each student's unique vocation as a beloved child of God.

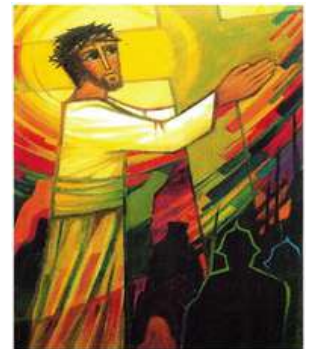
Rooted in the Ursuline tradition, the retreat emphasized the call to honour and nurture the unique gifts of every member of the community. Students were encouraged to see themselves and their peers as cherished in God's eyes, created with intention and purpose.



Reflecting on the Stations of the Cross during Lent

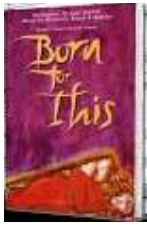
During Lent, our students have been exploring the Stations of the Cross, a Catholic tradition that retraces the journey of Jesus from Jerusalem to Calvary, reflecting on his courage, sacrifice, and compassion. This devotion dates back centuries helping people meditate on Jesus' final hours, even if they could not visit Jerusalem themselves.

At school, we are fortunate to have the beautiful paintings of the Stations, and students had the opportunity to walk around them to pray and reflect, experiencing the journey in a physical and meaningful way.



Mr Ravi, School Chaplain





Born for This!

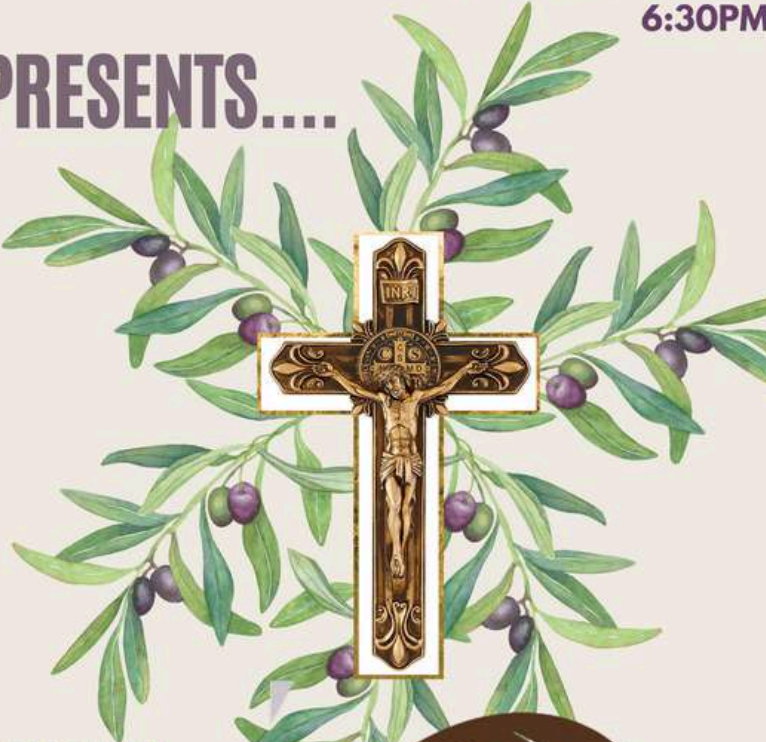
Born For This! is a spectacular and deeply moving performance telling the story of Jesus' Passion and death through powerful music and drama. Perfect for Lent as we prepare our hearts for Easter, this unforgettable evening is the result of our pupils' tireless dedication and hard work. Join governors, 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.



Drama News

On Thursday the 12th March Year 11 Drama students went to view the matinee production of Les Miserables.

This incredible show is the longest running west end musical and is simply magnificent in every aspect.

The music and singing, the acting and design production values all worked together to create an unforgettable theatrical experience. Set against the backdrop of 19th century French political upheaval, Les Miserable tells the story of justice, redemption, love and forgiveness.

Our Year 11 students loved it and are looking forward to discussing it in Drama lessons ahead of the GCSE Drama written exam.





Iftar Event



Ramadan Iftar

UAI and UA6 recently came together for a special Iftar Dinner gathering during the holy month of Ramadan. The evening was filled with thoughtful presentations about Ramadan as well as reflections, reminding us of the importance of some of our core values we teach at UAI loving & compassionate, kindness, gratitude and community.

Students, teachers and governors enjoyed sharing this meaningful moment together. The event was made even more special with the delicious food, fruit platters and drinks that everyone enjoyed. Some of our Alumni students who are at university now also attended to show their support.

A heartfelt thank you goes to all our student helpers, teachers who supported and attended the event as well as our generous sponsors who kindly donated cakes, bakes, water and drinks. Thank you to our local businesses Desert Junction, Chocoberry and Candy floss.

As the last week of Ramadan continues, well done to all the students who took part this year - your patience and resilience was incredible to see.

We would also like to wish everyone who is celebrating a joyful Eid Mubarak and enjoy the delicious feasts!

Islamic Society







Library News



It was wonderful to see all our students and staff participate in the 'Drop Everything and Read' challenge yesterday morning. When the school bell rang at 11:15, every member of UAI instantly stopped what they were doing and picked up a book of their choice to read for ten minutes. The pictures speak for themselves at how well-received this event was; our girls thoroughly enjoyed the challenge and were able to find the fun in reading. A special shoutout is in order for 7T, who stopped mid-jump to grab their books when the bell rang during their trampolining session! I can rest easy this weekend knowing every UAI student has opened a book this week!



Ms Jones, Librarian



Spanish/French Easter activities

This year, the MFL Department and its ambassadors are organising a scavenger hunt. Students will learn about Spanish/French Easter traditions, and everyone will get a prize!

Tickets are limited so first come first served. Please see us for tickets!

Date: 18/03/26 at 12: 40 pm in G5/6.

Price: £1



**EASTER
LANGUAGE
FUN**

**CALLING ALL KS3
STUDENTS!
JOIN US FOR A FUN
EASTER-THEMED
SCAVENGER HUNT.**

- ✦ LEARN FUN FACTS ABOUT FRENCH/ SPANISH EASTER TRADITIONS.
- ✦ PLAY WITH FRIENDS
- ✦ WIN PRIZES!

DATE: 18/03/26
LOCATION: G5/G6
TIME: 12:45 PM

**DON'T MISS OUT – HOP
ALONG AND JOIN THE FUN!
TICKETS ARE £1. THEY WILL
BE SOLD DURING FORM OR
LESSON TIME.**





Music News

Visiting Music Teacher – UAI Vocal Tutor

Hello my name is Issey, I am a vocalist and vocal tutor, and I have been teaching at the Ursuline Academy since September.

To give some background on my musical journey, I have been singing for as long as I can remember and have been performing professionally for ten years now. I have a first-class honours degree in Jazz from Leeds Conservatoire and since finishing my studies back in 2022 I have been embarking on my “portfolio” career.

As a vocalist I perform regularly in jazz ensembles of all sizes (from duos to big bands), as well as leading my own projects, composing and arranging music. Recent venues I have performed at include – Ronnie Scott’s Jazz Club, Pizza Express Soho, Le Duc des Lombards (Paris), as well as a performance live on BBC Radio 3.

Aside performing live, I have been able to gain valuable experience in the recording studio, and have been featured on multiple released albums, with various other music to be released later this year, including my first release under my own name.

Alongside performing I am a passionate vocal coach, working with singers of all age groups and abilities to discover their own unique voice, build confidence and delve into all aspects of singing (including technique, creative skills and performance). As a singing tutor, I work to put students at ease, as I understand that singing can make us feel quite vulnerable, and work to ensure that I am supporting each student’s personal goals, whether it be preparing for a performance, an exam, or building vocal and musical skills purely as a hobby.

If singing lessons are of interest to you, please contact Ms Hurst for an application form.





Rome Trip

All Roads lead to Rome! May 2026



ROME TRIP: PARENTS' INFORMATION POWERPOINT

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

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.

If you have not already done so please complete the Google Form from the link below.
This is essential for confirming vital travel information.

📄 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_s5FdPuu2TxPhyVoXune4xIURVdaN0IZUIY5MVI2MzQ3VkvQSlpSRUtiWi4u

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





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 20th March**

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

Ms Fiona Stone
Headteacher





Science Week News



This week UAI has delved into the BSW theme of 'curiosity'.

In year group assemblies we have discussed the nature of curious scientists such as Marie Curie, Rosalind Franklin and Katherine Johnson. We considered how these inspiring women dared to push boundaries and seek the answers to questions that had befuddled those before them (A special thanks to **Hiru, Heather, Alisha** and **Raheema Y12**).

In science lessons across the key stages, we tried to answer high concept scientific questions and considered how the future may look for the human species. KS3 groups have been tasked with researching questions for a class project - I look forward to seeing the results!

Various lunchtime activities have taken place that have certainly inspired our young people's curiosity! Sessions such as 'What does the brain look like?' or 'what does the eye look like?' inspired many budding scientists to ask many questions (take a look at the pics!).

Our girls have once again shown that they are courageous, attentive and joyful. I have been overwhelmed by the expression of gratitude for the sessions that the Science faculty has organised for them.

I hope it was a week to remember!!

Monday

Y7-8 session 'What does DNA look like?' - pupils made DNA models out of sweets and learnt about the work of Rosalind Franklin



Tuesday

Ice Melting Investigation

Students investigated how long it took ice cubes to melt on different materials: salt, sugar, sand, aluminium foil and plastic. Their results showed that salt melted the ice the fastest, while plastic was the slowest.

Salt melts ice quickly because it lowers the freezing point of water to below 0°C , causing the ice to melt faster.

Aluminium foil was the next fastest because metal is a good conductor of heat. This means it transfers heat from the surroundings to the ice cube quickly.

Sand melted the ice more slowly than salt and foil, as it transfers heat less efficiently.

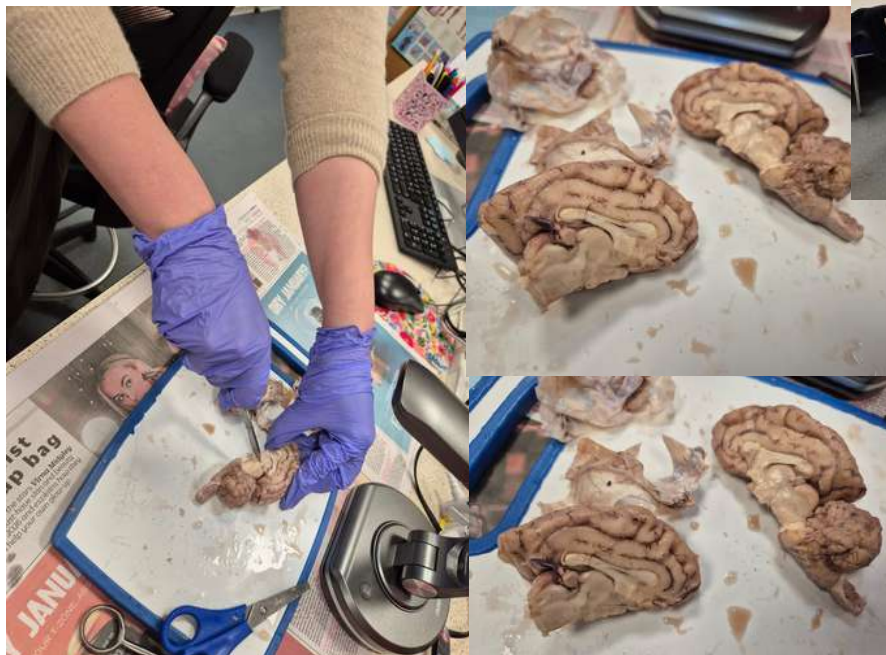
Sugar had very little effect on the melting rate.

Plastic was the slowest because it is a good insulator, meaning it does not transfer heat easily to the ice cube.

This experiment helped students understand how different materials and substances affect the rate at which ice melts.

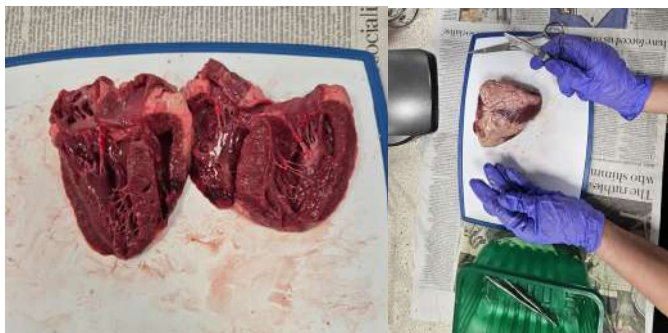
Also on Tuesday

Brain dissection for Y9-13!



Thursday

We continued the 'gore theme' when we dissected a heart!!



Ms Filipe and the Science Faculty

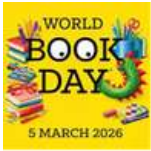


Wednesday

Eye dissection day!!!!!!!!!!!!!!

Below is a pic of Zahra and Phoebe holding a sheep's eye.





World Book Day Celebrations

World Book Day was a fantastic day once again this year, and it was wonderful to see so many students and staff getting involved by coming in costume to celebrate the day! Staff were asked to nominate students for best costume awards and with such a great effort from all involved it was difficult to narrow it down but in the end it was the following students who took the prizes with their creative offers!

Sajia Husain 11C and **Salwa Husain 11J** - Scrooge and The Ghost of Christmas Present from 'A Christmas Carol'

Mariam Baig 9R - The Queen of Hearts from 'Alice's Adventures in Wonderland'



On the day a number of book themed competitions also took place, with forms completing a book quiz during registration and students competing to be first to complete the annual match the teacher to their book costume scavenger hunt. Please see our winners and leaderboard below.

Scavenger Hunt Winners

1st - Alisha Faisal 8R

2nd - Nabeela Quayyum 8R, Safaa Ahmed 8R, Meera Dhir 8R & Aisha Rizwan 8R

3rd - Charis Torrance 11R

4th - Lamar Sayed 8R & Elizah Khan 8C

5th - Amelie Burgess 8R



Book Quiz Leaderboard

JOINT 1st - **9J** and **10T** with 19 points

JOINT 2nd - **8C, 9R & 13.3** with 18 points

JOINT 3rd - **8R** and **8J** with 17 points

4th - **12.3** with 16 points

5th - **7C** with 15 points

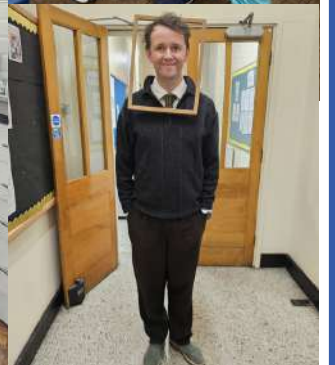
6th - **7T** with 14 points

Joint 7th - **7J & 13.2** with 13 points

8th - **7R** with 11 points

Thank you to everyone who helped to make this World Book Day even bigger and better than the last! See more photos below...

Ms Cooper, Head of English



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.



FREE SCHOOL MEALS

DON'T MISS OUT!

Our discrete till systems ensure that any transactions are processed confidentially and all our lunch time meal deals are aligned to the FSM allowance every day, ensuring great choices for you!



IF YOU ARE ENTITLED TO A
FREE SCHOOL MEAL YOU CAN CHOOSE FROM
**ANY HOT/COLD
MAIN & DESSERT!**



&



**DAILY
ALLOWANCE
£2.80**

For examples of what you can buy, please see overleaf.

hellofod

We provide a range of delicious, healthy and nutritional hot and cold meals that fully comply with the National School Food Guidelines.

Allergies

If you have any dietary requirements, please speak to the Chef Manager who will be happy to provide a suitable meal.

Accent



EXAMPLE OPTIONS:

CHOOSE ONE HOT OR COLD ITEM FROM BELOW

Any Hot
Main Meal

Hot Pasta
Pot with
Sauce

Grab and
Go offer

Sandwich,
Wrap or Roll
(Excluding Premium
range)

Cold Salad
Pasta Pot

**PLUS
ONE DESSERT ITEM FROM BELOW**

Hot Dessert
of the Day

Jelly

Traybake of
the day

Cookie

**ALL FOR
£2.80**

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

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	S5 Ms Hurst
				🏃 Athletics 7-13	Playground Mrs Mansell





Working together today, Improving their tomorrows

Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

**SEND PARENT CARER COFFEE MORNING
WITH COUNCILLOR LLOYD DUDDRIDGE**

DATE: MONDAY 23RD MARCH 2026

TIME: 10am - 12.30pm

**VENUE: GEARIES CHILDREN'S CENTRE,
WAREMEAD ROAD, GANTS HILL, IG2 6TF**

GUEST SPEAKERS:



Cllr Lloyd Duddridge

Cabinet Member for Children, Young People and Education

Meeting Redbridge parent carers following the recent SEND Ofsted/CQC inspection.

A Housing Officer will also be available for housing-related enquiries for SEND families.

LIGHT REFRESHMENTS PROVIDED.

PLEASE NOTE: EPT DO NOT ENDORSE ANY SPEAKERS OR SERVICES INVITED.

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk

 07486 880 646



FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge

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



Working together today, Improving their tomorrows

Are you a parent or carer of a child or young person with special educational needs or disability (SEND) aged 0-25 living in Redbridge?

SEND PARENT CARER DROP IN

TIME: 10AM - 1PM

VENUE: THE GROVE, GROVE ROAD, CHADWELL HEATH, RM6 4XH

DATES:

WEDNESDAY 11TH MARCH

WEDNESDAY 25TH MARCH

WEDNESDAY 15TH APRIL

WEDNESDAY 29TH APRIL

WEDNESDAY 13TH MAY

WEDNESDAY 3RD JUNE

WEDNESDAY 17TH JUNE

WEDNESDAY 1ST JULY

WEDNESDAY 15TH JULY

Come and meet the EPT team as well as other SEND parent carers in Redbridge. It's an opportunity to off-load, be signposted, share what is and is not working.

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Department
for Education

London Borough of
Redbridge



contact For families
with disabled children

