



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



This week has been a strong reflection of our shared sense of community and purpose across the school. It has been particularly encouraging to see the quality of student leadership in action. From the Sixth Form House Quiz to recent leadership training, students are showing maturity, collaboration and a clear understanding that leadership is about responsibility and contribution to others.

Our International Women's Day activities were also a positive moment, with students engaging thoughtfully in themes of equality and respect, aligned with our wider commitment to Catholic Social Teaching.

As we move towards the end of term, I would encourage families to attend our upcoming Passion Play, Born For This, which will be an important moment of reflection as we approach Easter.

Thank you, as always, for your continued support. Serviam.


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 – 19 March 2026

We thank the Lord for families who, despite difficulties and challenges, live 'the spirituality of family love made up of thousands of small but real gestures' (Amoris Laetitia, 315).

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

March: Vigilance

20th March: Do your duty, correcting them with love and charity.

21st March: Receive my every thought, word and deed, finally, everything of mine, interior as well as exterior.

22nd March: Above all, be on your guard not to want to get anything done by force.

23rd March: In these pestilential times, you will find no other recourse that at the feet of Jesus Christ.

24th March: My Lord, I beg you to accept my free will, all of my own will, which of itself does not know how to discern good from evil.

25th March: Kindly be attentive, with great and longing heart.

26th March: Let charity always burn in our hearts!





Chaplaincy News

Mass for 10C and 10J

On Thursday this week, students in 10C and 10J gathered in our school chapel for a Mass celebrated by Fr David, our priest governor.

As it happened to be the solemnity of St Joseph, we reflected on Joseph as a man of faith, courage, and quiet strength, who trusted in God even in moments of uncertainty.

During the Mass, we also prayed all those affected by the ongoing conflict in the Middle East, reflecting our Ursuline commitment to justice, peace, and solidarity with those in need.



Stations of the Cross in Lent

Our Key Stage 3 and Key Stage 4 students continue to pray the Stations of the Cross during their RE lessons, exploring this tradition in a meaningful and active way. They journey around the school grounds, stopping at designated "stations" to pause, reflect, and pray. The beautiful paintings enhance this experience, offering powerful visual moments for reflection and contemplation.



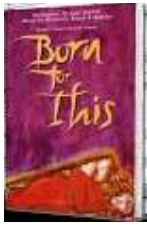
Ursuline Links

We had a really good session on Wednesday, focusing on balancing our time. 7 students attended; their contribution was excellent and we heard numerous quality discussions.

Attendees were: **Tazmina, Zaynab, Nana, Suhani, Zoya, Preththika,** and **Aksyaya**. They have all been notified of which volunteering project they will take on in the summer...watch this space! #Serviam!

Mr Ravi, School Chaplain





Born for This!

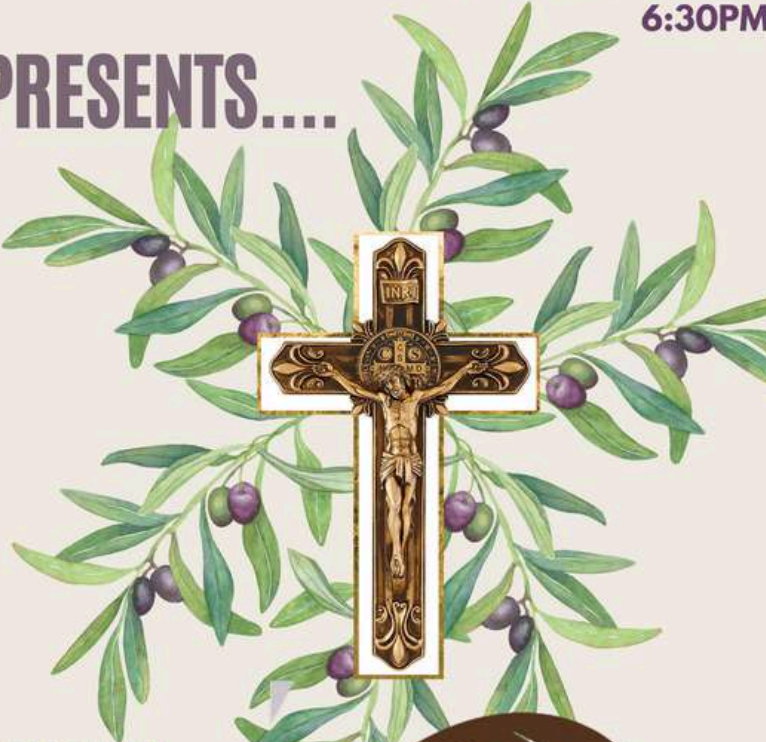
Born For This! is a spectacular and deeply moving performance telling the story of Jesus' Passion and death through powerful music and drama. Perfect for Lent as we prepare our hearts for Easter, this unforgettable evening is the result of our pupils' tireless dedication and hard work. Join governors,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



House Tee Shirt Day!

The House T-Shirt Spectacular was a vibrant celebration of our school spirit, perfectly capturing our theme of belonging at UAI. Students proudly represented their houses through bold colours and teamwork, showcasing a strong sense of identity, unity, and pride within our school community. #SERVIAM



Ms Nas with her 'lovely bunch of 7R Roses'!



House T-Shirt Spectacular Results

A huge well done to everyone who wore their House T-shirt! Your House spirit really shone through. Here are the final scores and House points awarded:

House	No.Students	House Points
Teresa	111	111
Rose	101	101
Josephine	91	91
Catherine	69	69

Congratulations to **Teresa House** for taking the top spot! Every T-shirt worn helped make the day a brilliant celebration of belonging.





House Quiz

House	House Points awarded	Position
Teresa	90	1st
Rose	70	2nd
Catherine	50	3rd
Josephine	40	4th

UA6 Inter-House Competition

The KS5 Inter-House Quiz Competition took place at lunchtime on 13th March in the Main Hall and was organised by Sixth Form School Council representatives. The event was a great success, bringing together students from across the school to take part in a fun yet competitive quiz. The quiz featured a range of rounds covering general knowledge, sciences, humanities and more, creating an engaging and inclusive atmosphere for both participants and spectators. Students worked collaboratively within their house teams, demonstrating enthusiasm, teamwork, and strong subject knowledge throughout. The competition was closely contested, adding excitement and energy to the event, with students showing great sportsmanship and house spirit.

The final results were extremely close, with Teresa House winning with 35 points, followed closely by Rose House with 34 points. Catherine House placed third with 30 points, while Josephine House finished with 29 points. Congratulations to all participants for their effort and enthusiasm.

A huge thank you goes to Dr Osei-Owusu for leading and supporting the organisation of the event, as well as to the School Council representatives for helping to promote and run the quiz. Special thanks also to Ms Filipe for being an engaging and entertaining Quiz mistress, keeping the event lively throughout. We are also very grateful to the Premises team and IT technicians for their support in setting up the hall and equipment, including arranging tables and ensuring everything ran smoothly on the day. **Hiru Maheswaran**

12.3



Finally, I would like to extend my sincere thanks to Hiru for writing this report and for her contribution to the event, along with Heather, Samia and Alisha for their hard work and commitment in helping to organise another successful House Quiz. **Dr Osei-Owusu**



International Women's Day

International Women's Day UAI celebrations 2026

Once again this year, UAI marked International Women's Day on Monday 9th March, with students and staff invited to wear a purple item to show their ongoing support for the feminist movement and to celebrate the many impressive achievements of women across the world. All students and staff were also presented with a feminist sticker in the morning to wear throughout the day and it has been lovely to see students wearing these with such pride, both on the day and continuing throughout the week!

In line with the United Nations' theme for 2026, **Rights. Justice. Action. For ALL Women and Girls**, students were also invited to the courtyard to take part in our now annual chalking of feminist slogans and messages of female strength and support. We had a fantastic turnout for this activity once again this year and the end result was a brilliantly colourful and inspirational focal point we have all been able to enjoy throughout the week!

In the words of Gloria Steinem, *"The best way for us to cultivate fearlessness in our daughters and other young women is by example. If they see their mothers and other women in their lives going forward despite fear, they'll know it's possible."*



Ms Cooper, Head of English

Angel in Year 10 is our latest Jack Petchey Award winner for her outstanding contributions to the performing arts. Angel is a very kind student who not only works incredibly hard but has stepped into roles when needed, going above and beyond to support her peers and teachers. She is a role model who embodies our Ursuline values daily!



Ms Eakins, Jack Petchey Coordinator

Angel with Ms Milne, Subject Lead, Drama



Year 9 Discover the Fallas Festival

Year 9 students have recently been learning about the colourful Fallas festival from Valencia in Spain. They explored the history of the celebration and discovered how huge sculptures, called fallas, are created and displayed around the city before being burned at the end of the festival.

Students also learned about some of the festival’s exciting traditions, including *La Mascletà* – a daily midday fireworks display famous for its powerful sounds and rhythms rather than colourful lights. They also discovered that the final night of the festival, known as *La Cremà*, ends with the fallas being set on fire in a spectacular celebration.

To present their learning, students worked in groups to create Canva presentations about the festival’s traditions and celebrations. They also designed bright and informative posters inspired by the festival.

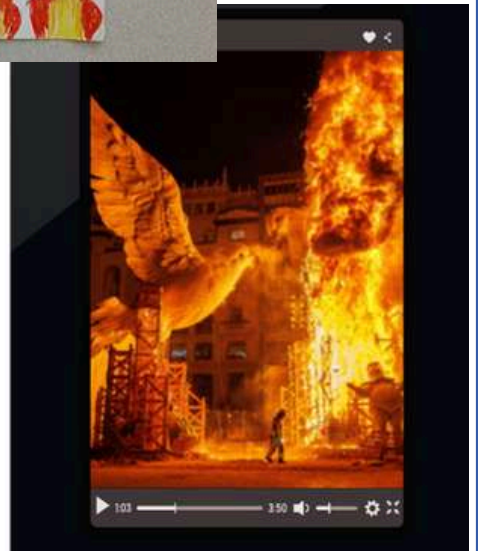
This topic also links in with our Catholic Social Teaching, particularly the importance of **Family and Community**. The Fallas festival shows how people come together to celebrate their traditions, work as a community to create the sculptures, and share in a sense of belonging and local pride.

Well done to Year 9 for their creative work and excellent presentations!



La Cremà

La Cremà is the final and culminating act of the Fallas of Valencia, celebrated on the night of March 19 (San José), where all the Fallas monuments are artistically burned. It symbolizes purification, the end of winter and the welcome to spring, closing the festivities and giving way to the next fallero exercise.



Mr Clare, Teacher of Spanish



MFL News

French Themed Easter Scavenger Hunt

Students enjoyed a fantastic French-themed Easter scavenger hunt this week, combining language learning with festive fun. Following clues in French, they solved puzzles while discovering how Easter is celebrated in France, including the tradition of “les cloches de Pâques” (Easter bells) delivering treats. The event was full of teamwork, laughter, and friendly competition, with students supporting one another as they practised their language skills. Prizes, including chocolate treats, added to the excitement and sense of achievement.

The activity also reflected Catholic Social Teaching principles such as community and participation, as students worked together and encouraged each other throughout. Learn more here: <https://cafod.org.uk/Pray/Catholic-social-teaching>
A fun and memorable way to celebrate Easter while learning about French culture!



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.



Ms Grassi, MFL Subject Lead



INSPIRE
INSPIRE
EXCELLENCE
ACADEMY

WOODFORD TRAMPOLINE CLASSES

📍 Location: Woodbridge High School,
IG8 7DQ



AGE: 6 - 16 YEARS
DAYS:
TUESDAYS
WEDNESDAYS
TIMES:
4:10PM-5:05PM
5PM-5:55PM

WHAT WE PROVIDE:

- Qualified coaches
- British Gymnastics affiliated
- Fun & engaging sessions

<https://inspire-excellence-woodford.classforkids.io>



@InspireX_gymnastics_trampoline

INSPIRE
EXCELLENCE
ACADEMY
Healthy. Ambitious. Learning. Together.

FREE* Easter CAMP

Trampoline - Gymnastics - Games - Arts & crafts
30th March - 10th April 2026
10am-2pm

Oaks Park, High School, IG2 7PQ

*Must be eligible for HAF Camp

Appreciation Strategy Humility
Commitment Responsibility Listening
Leadership Student Leadership
Integrity Honest Communication
Values Purpose Determination
Passion Principles

Last week's Student Leadership Training session focused on community and service leadership. We were joined by **Stephanie Sarpong, a former UAI student**, who shared a different perspective on leadership. Instead of the traditional idea of a leader directing others, the session emphasised that leadership often begins with recognising when support is needed and taking action to improve the well-being of those around you, regardless of whether you hold a formal title.

Several key qualities of this type of leadership were highlighted: awareness, compassion, and action. Awareness helps leaders notice situations that require attention, compassion ensures they care about the impact on others, and action turns these observations into meaningful change. Together, these qualities show that leadership is not about authority, but about contributing positively to a team or community.

In groups, we discussed how these qualities apply in a school setting. Leadership is not limited to prefects or student council members; any student can demonstrate leadership by taking initiative. For example, a student might notice their peers struggling with exam stress and organise study sessions to support them. This approach shows that leadership is measured by responsibility, empathy, and initiative rather than recognition or status. During the session, we also took part in a mini service challenge. Students identified an issue within the school or wider community, considered who it affects, and planned a small action that could be implemented within a week. This exercise highlighted how meaningful leadership often begins with small steps that create a positive impact. The workshop reinforced the idea that leadership is about recognising the needs of others and taking responsibility to support the community. As highlighted by Simon Sinek's quote shared at the end of the session: "Leadership is not about being in charge. It is about taking care of those in your charge."

Salwa Hussain 10J



Dr Osei-Owusu,
Student Enrichment coordinator





Ursuline
Academy
Sixth

UA6 News

Our Year 13 students are entering a crucial phase, and we are maintaining a strong balance of challenge and support.

We are closely monitoring attendance, engagement in lessons, independent study, and completion of homework, alongside providing structured study sessions to help them stay focused and organised.

This week, to boost morale and reinforce our support, students received a revision resource pack; thank you to Mrs. Irons for coordinating and preparing these so thoughtfully. It was encouraging to see students receiving them with such positivity.

They remain very much in our prayers as we continue to support and encourage them to give of their best, which is always enough.

Ms. Stone



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.

hellof  **d**

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 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)	🏊 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

Thursday	⌚ Time	Club - Year Groups	Location	
	AM	8:00am (30 mins)	☺ Breakfast Club 7-13	Canteen Mr McCarthy
	Break	10.40am	🎵 Music Year 7 Practice Room Access	Music Rooms Ms Hurst
	Lunch	12.40 (30mins)	💻 IT Club 7-13	F6 IT team
		12.40pm (30mins)	GCSE PE Monitoring 10-11	F7 Ms Keogh
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones
		12.40pm (30mins)	🏸 Badminton 9-11	Gym Ms Eakins
		12.40pm (30mins)	🎵 Music 10-11 Practice Room Access	Practice rooms Ms Hurst
		12:40pm (1hr)	🎵 Music 7-13 Choir	S5 Ms Hurst
		1.00pm (30mins)	🔧 STEM Club (Visualise) 7-13	G12 Mrs Kodi-Pecku
		1.00pm (30mins)	🧮 Maths Club 7-13	F13 Mrs Kayode
		1:00pm (30mins)	🌏 South Asian Society 7-13	S8 Ms Sivachandran & Ms Verma
		1.10pm (30mins)	GCSE & A level Grade Booster Club 11&13	S4 Mr Selley
		3.20pm (1hr)	📖 Homework Club 7-13	Library Ms Jones
PM	3:30pm (1hr)	🎵🎸 Worship Band 9-10	S5 Ms Hurst	
3:30pm (1hr)	🏐 Netball 9-11	Playground Ms Whates		

Wednesday	⌚ Time	Club - Year 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	

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	





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

