



Ursuline Academy Ilford



Ursuline Academy Sixth



Weekly News – 2025/2026 Issue 26
27th March 2026

Upcoming Events

Term Begins
Monday 13 April
8.40a.m.

Curriculum Enrichment
Day
Tuesday 14 April

Year 13 Mass of Becoming
& Celebration
Friday 1 May

Year 11 Study Leave begins
Friday 8 May

Year 13 Leavers
Celebration
Friday 8 May

Year 13 Study Leave begins
Monday 11 May



Headteacher's Headlines



As we approach Palm Sunday, we enter the most important week in the life of the Church. Holy Week invites us to pause, to reflect, and to walk more closely with Christ, through the humility of His entry into Jerusalem, the sacrifice of the Cross, and ultimately the joy of the Resurrection. I wish all members of our community every blessing in this sacred time, and pray that it brings peace, hope, and renewal to you and your families.

This week has been a strong reminder of what it means to live out our mission of Serviam. From the energy and talent seen in our Culture Day performances and Passion play; Born for This, to the generosity shown in fundraising and community activities, our students continue to demonstrate commitment, compassion and pride in their school. It is encouraging to see such a strong sense of belonging across the academy.

Now that we are at the end of term I want to thank you for your continued support. We look forward to welcoming students back for the summer term, ready for the important weeks ahead. May the joy of the risen Lord be with you all this Easter.



Palm Sunday celebrates Jesus' triumphal entry into Jerusalem and marks the start of Holy Week, the final days of his earthly ministry.

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 - 25 March 2026

God dwells in our hearts. Every #Vocation requires us to dialogue intimately with God, with true joy and generosity. He is the One who calls and invites us to respond, despite the deafening noise of the world.

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

March: Vigilance

27th March: Do everything with discernment and maturity of judgement.

28th March: You must make a sound and firm resolution.

29th March: Do not cease to prune this vine which has been entrusted to you.

30th March: If, according to times and circumstances, the need arises to make new rules or do something differently, do it prudently and with good advice.

31st March: Provide for everything as the Holy Spirit inspires you.

April: Charity

1st April: Charity teaches discretion and moves the heart.

2nd April: All your works, being rooted in twofold charity, can bear nothing but good and salutary fruits.





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

UAI PRESENTS....

BORN FOR THIS

The Musical



Born for This!

Our recent student production of Born for This was a truly uplifting and memorable experience for all involved. The performance showcased not only the impressive talents of our students, but also their commitment, teamwork, and growing confidence on stage. With powerful storytelling and a real sense of energy and purpose, the cast brought the production to life in a way that was both engaging and inspiring, meaningful and entertaining. As we prepare for our Easter celebrations, the themes of faith, courage, and calling resonated deeply, reminding us of our shared mission and the importance of living out our school motto, Serviam – “I will serve.” We are incredibly proud of all the students and staff who contributed to such a high-quality production; it was a wonderful celebration of creativity, community, and faith in action.





Careers News

Women in Gaming – Changing the Game

Rika Paderes, Professor of Concept Art and Games at Staffordshire university

The gaming industry has grown into the largest entertainment sector in the world, with over 3.2 billion players globally. What may surprise many is that almost 46% of gamers are women. Yet, despite this significant presence, many women still hesitate to identify themselves as “gamers.” This highlights an ongoing cultural shift – one where representation, inclusion, and confidence are still evolving.

It was a real pleasure this year to welcome **Professor Rika Paderes, one of our esteemed alumni** and now Professor of Concept Art and Games at the University of Staffordshire. She joined us not once, but twice, delivering inspiring and insightful sessions to our students.

During her engaging careers talk, Professor Rika explored the wide-ranging opportunities within the gaming industry. She shared how women are increasingly shaping the way female characters are designed in games today. Encouragingly, characters are beginning to reflect real women more authentically, moving away from the exaggerated and unrealistic stereotypes that once dominated the industry. While this marks real progress, she emphasised that there is still more work to be done.

A key takeaway from her talk was how transferable gaming skills are across other industries. From storytelling and design thinking to digital modelling and user experience, the skills developed in gaming can lead to careers in fields such as architecture, healthcare, and marketing. This opened many students’ eyes to possibilities they may not have previously considered.

The sessions were met with great enthusiasm. Students found them highly relevant, engaging, and inspiring – particularly as they were able to see first-hand how creative and technical skills come together in real-world careers.

The experience was brought to life further through a live drawing workshop with Year 11 students. Watching the creative process unfold in real time gave students a deeper appreciation of concept art and design. Meanwhile, Year 12 students have already taken the next step, applying to visit the University of Staffordshire’s open day to explore courses in more detail.

One thing is clear: the industry still needs more women. Not just as players, but as designers, coders, researchers, and innovators – breaking barriers and shaping the future of gaming.

Game on!

**Ms Tallat,
Careers and
Sixth Form
Enhancement
Leader**



Now that we're finally getting some sun, the Eco Club decided to set up out their very own solar panel. After performing some tests, they left in in direct sunlight for a while in order to power some rechargeable batteries. The plan is to use those rechargeable batteries to power a weather station for the school. This will help teach our students about the local climate, as well as showing the benefits of emission-free, renewable energy. A special thanks to Miss Tallat and Mr Uddin for helping set up the solar panel





Culture Day

On Wednesday the 25th of March, **Ms Whates, Ms Afnan, Ms Sivachandran, Ms Verma, Mr Vijay** and **Mr Okyere** coordinated our school's annual Culture Day Performance. The air was oozing with a tremendous amount of talent, witnessing creative acts from the likes of Kathak dancing, spoken word, Bharathanatyam dancing, band performances, a heartfelt poem, a hair-raising song and an amazing AfroCaribbean-SouthAsian fusion. Here are some words from the coordinating team:

Culture Day is one of the best events we have at UAI. And that is because no one here is afraid to express what Culture truly means to them, whether it's by the clothes they wear, the art they display, or the delicious delicacies they share from home. I think that's what makes UAI such a sensational school and what pushes the bar for these Performances, year after year - from strength to strength! So, we would like to say a big thank you to everyone: the professionals, the pupils and the parents for making UAI Culture so strong.

Please see links for a one minute snapshot, and the full performance if you wish to see it!
[Promo Video](#) & [Full Video](#) - Password for the full video - [Ursuline2026!](#)





Culture Day Continued...





Culture Day Performance...





Culture Day Performance Continued...





Culture Day and Eid Fundraising Food Sale



The UAI & UA6 Islamic society celebrated culture day and Eid by doing what UAI do best and fundraising for charity. Students were able to purchase savoury foods, desert junction sweet treats, cakes, pizza, pop corn, drinks, face painting and henna all during lunchtime. It was a fantastic team effort from the girls and teachers, and we would like to express our gratitude to the students especially from years 7-12 who helped make this such a huge success.

A whopping £448.38 was raised for charity!
Keep up the great work!





Curriculum Enrichment Day

We are delighted to be offering a wide range of exciting opportunities for all year groups as part of our Curriculum Enrichment Day on **Tuesday 14th April**. This day is designed to broaden students' experiences beyond the classroom and inspire curiosity, ambition, and engagement across a variety of subjects.

Year 7 students will enjoy an educational visit to the **Science Museum**, providing a hands-on opportunity to explore scientific ideas in a dynamic and engaging environment.

Year 8 will take part in a cultural visit to both the **Globe Theatre** and **Tate Modern**, enriching their understanding of literature, art, and performance.

Year 9 students will focus on a "**Girls in DATA**" programme, based in the Maths classrooms, aimed at encouraging confidence and interest in science, technology, engineering, and mathematics.

Year 10 will participate in an exciting **STEM event** in the main hall, working with engineers from the **Williams Formula 1 Driven By Us division**, offering a unique insight into real-world applications of engineering, the challenges facing female engineers and the support available for them.

Year 11 will attend workshops centred around "**Stepping up to UA6**" in the English classrooms, supporting them in preparing for the next stage of their academic journey. Students in Year 11 are asked to wear a UA6-style uniform of smart clothing on the day. They will also be permitted to leave the school site at lunchtime to purchase food locally. If any parent does not wish their daughter to go off-site at lunchtime, please inform Ms Eakins HOY 11 via email, deakins@uai.org.uk.

Year 12 students will engage with a thought-provoking programme exploring the complex question of whether Britain should return the Elgin Marbles to Greece. This will include consideration of wider themes such as colonialism and the role of museums in the modern world. Students will observe a debate in the morning, then travel to the **British Museum** to see the artefacts, encouraging them to form and express their own informed views on this important issue.

Year 13 will have a dedicated study day in preparation for their upcoming examinations. Students are not required to attend school; however, those who choose to do so must arrive on time and will be expected to work independently in the library, where they will be registered.

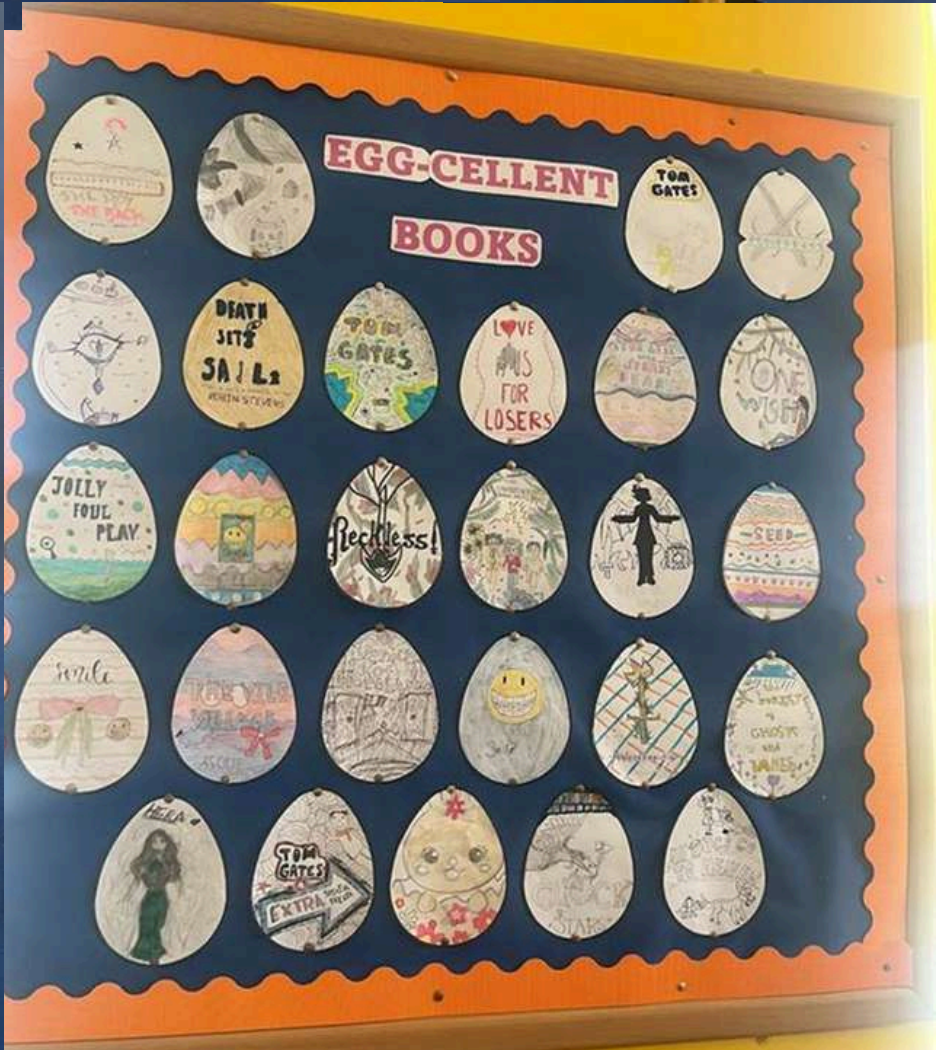
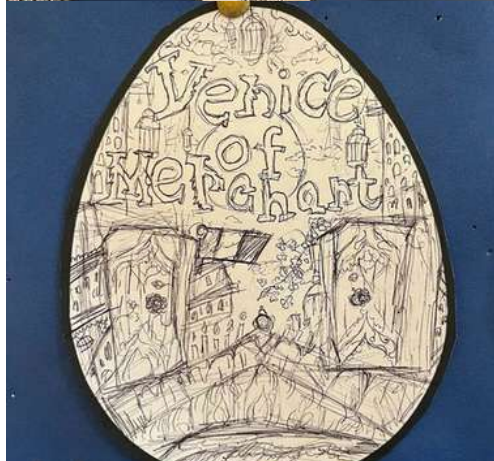
Thank you for your support in advance, we look forward to a rewarding and enriching day for all students. **BELONG: BELIEVE: BECOME #SERVIAM!**

Mr F McGhee. Assistant Headteacher. Faculty of Faith and Performance.



Library News

A big thank you to the Year 7s and Year 8s who have contributed to a CRACKing Easter display in the library. Our budding artists and passionate readers designed beautiful easter eggs inspired by books they've enjoyed this term. I think all our staff and parents would agree their work is truly egg-cellent.



Ms Jones, Librarian

RELIGIOUS EDUCATION

R E News

Religious Studies Work: Year 7 Holy Week

This Half Term, in the lead up to the Easter break, Year 7 Religious Studies classes have focused on the events of Holy week; Palm Sunday, Jesus in Gethsemane, Jesus' Trials, The horror of the Crucifixion and the Glory of the Resurrection on Easter Sunday.

To conclude students produced these beautiful pictorials based on these spiritual Biblical events.

Wishing all our students a happy and holy Easter break!

Ms Semambo,
Teacher of R E





Rome Trip

All Roads lead to Rome! May 2026

Thank you to all parents and carers, the payments are now complete for the upcoming Rome trip. Please read all of the Important information below:

Important:

Please ensure you have **completed the Google Form (linked below)** if you have not already done so.

This Google link is below and is also on Satchel

[Click Here](#)

Please use the link here to the PowerPoint from the Rome Parents evening held on 26 February: [Rome-Parents evening Feb26.pptx](#)

To all Please come to Room F3 on **Thursday 16th April in Room F3 at 12.45pm with the following Passport information This is required from every student on the trip to be sent to the Travel company by April.

- Passport Nationality
- Passport Expiry Date
- Passport Number
- Date of Birth

There is no need to bring your passport to school. Simply take a picture of the information page and show this on Thursday or email the information page to Ms G Semambo.

Alternatively email a picture of your Passport information to Ms G Semambo.

****You MUST have a valid passport to travel.** If your passport is out of date (less than 2 months from Date of return) please begin the process imminently. Note, if you do not have a British or EU passport you will need to apply for a visa.

****Please also ensure you have applied for a GHIC card if you have not already done so.**

Please also state the colour of hoodie that you would like. These will be ordered very soon. £20 each. If you would like your initials on the front this will be £2 extra There are a variety of colours to choose from including BLACK, GREY, PURPLE, PINK, RED, GREEN, LILAC and ROYAL BLUE. Students can choose their hoodie colour at the meeting on 16th April.



Ms G Semambo and Miss M Posnakidou



Science News

Science week competition: CURIOSITY

KS5 winner:

Asiya Naeem 12.3 with her answer to the curious question 'Why do we dream?'

KS4 winner:

Fola Oludoyi 10 Rose with her answer to the curious question 'Can you make a sonic boom at home?'

KS3 winners:

Raina Farazy 8 Josephine with her answer to the curious question 'what is the best material to muffle sound?'

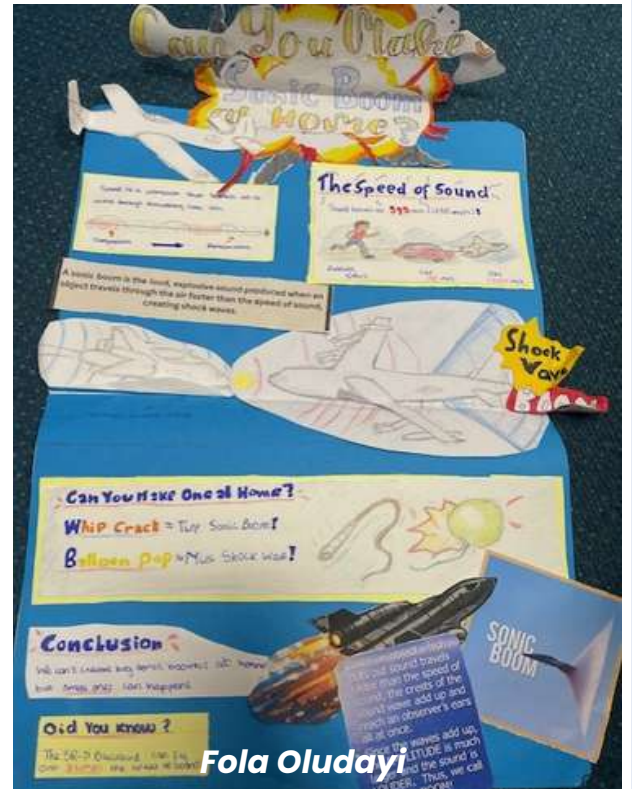
Jisha Nirmalkumar 8 Catherine with her answer to the curious question 'Does the size of your ear affect how you hear?'

Eshal Naz 7 Rose with her answer to the curious question 'Does the size of your ear affect how you hear?'

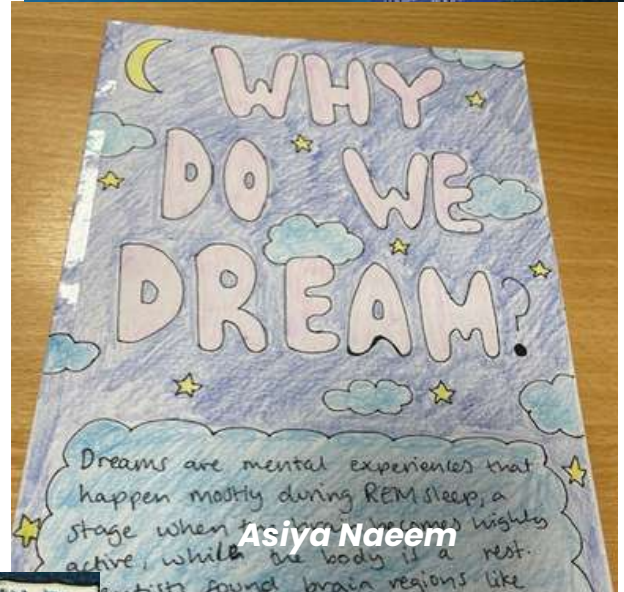
The overall winner, and so the winner of the voucher, is **Raina Farazy 8 Josephine**.

Can all the winners go to Ms Filipe to collect their prizes.

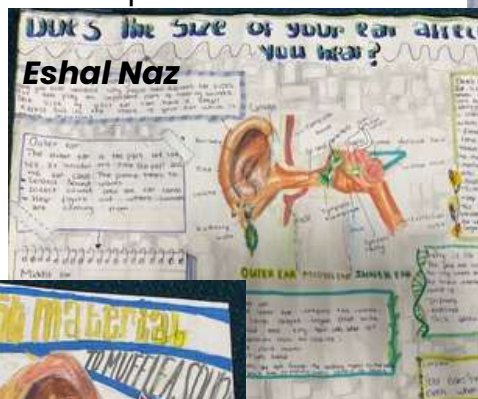
Well done everyone!



Fola Oludoyi



Asiya Naeem



Eshal Naz



Raina Farazy

Ms Filipe, Head of Science



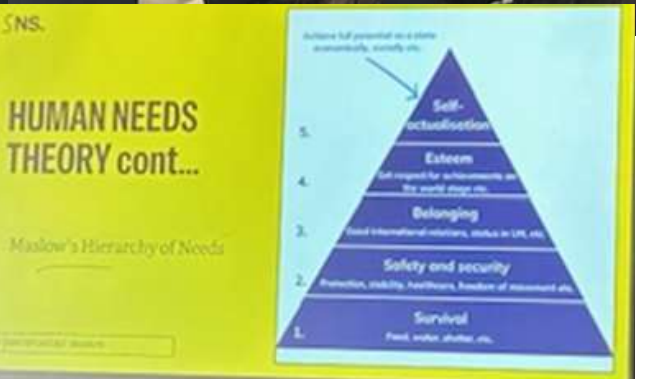
Jisha Nirmalkumar



Solutions Not Sides Presentation to Year 9

Solutions Not Sides is an educational programme that explores the Israeli–Palestinian conflict through a balanced, non-partisan approach, encouraging students to engage critically with multiple perspectives. It aims to equip young people with the knowledge, empathy, and dialogue skills needed to form informed opinions while promoting respect, understanding, and peaceful solutions

The event was a powerful and thought-provoking experience for our students, providing a safe space for open dialogue, reflection, and understanding. The girls were truly grateful for the opportunity, and it has meaningfully supported them in embracing the strong sense of belonging that underpins life at Ursuline Academy.



Ms Selvachandran, Head of Year 9

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

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	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	





**AGES
4-16**

REDBRIDGE EASTER

**30th March
to
10th April
2026**

HAF CLUBS

DON'T BE BORED THIS EASTER...

ENJOY:

NEW SPORTS

FREE FOOD

NEW FRIENDS

**ARE YOU IN RECEPTION TO YEAR 11? ELIGIBLE FOR BENEFITS-RELATED FSM?
JOIN OUR FREE HOLIDAY CLUBS FILLED WITH FUN LIKE CODING, GAMING,
COOKING SESSIONS AND CREATIVE ARTS!**

**SCAN ME
TO BOOK**



**FOR MORE INFORMATION CONTACT:
HAF@REDBRIDGE.GOV.UK OR VISIT
FIND.REDBRIDGE.GOV.UK/HAF**



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 GROVE DROP-IN SESSIONS

TIME: 10AM - 1PM

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

DATES:

WEDNESDAY 25TH MARCH

WEDNESDAY 15TH APRIL

WEDNESDAY 29TH APRIL

WEDNESDAY 13TH MAY

WEDNESDAY 3RD JUNE

WEDNESDAY 1ST JULY

WEDNESDAY 15TH JULY

Our Grove drop-ins are a safe, supportive space for parent carers of children and young people with SEND. Come along to:

- Get advice and practical signposting
- Share experiences with other parents who understand
- Ask questions and talk through concerns
- Hear updates about local SEND services

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



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