



Ursuline Academy Ilford



Ursuline
Academy
Sixth

Weekly News – 2025/2026 Issue 27
17th April 2026

Upcoming Events

**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



On Tuesday 14th April, we were proud to see our Curriculum Enrichment Day come to life across every year group. It was a genuinely joyful day of learning, with students engaging in a wide range of experiences that brought the curriculum beyond the classroom.

From visits to the Science Museum, Globe Theatre and Tate Modern, to workshops in STEM, careers and academic preparation, students were able to explore new ideas, develop confidence and see the relevance of their learning in the wider world. The quality of participation, curiosity and conduct was excellent throughout the day.

What stood out most was the enthusiasm of our students and the commitment of staff in creating such rich opportunities. Days like this remind us of the importance of a broad and ambitious curriculum; one that not only supports academic success but also develops confidence, aspiration and a love of learning.

Thank you to all colleagues who contributed to making the day such a success.

As we continue through this important term, may we carry forward that same spirit of engagement and curiosity in all that we do.

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 – 16 April 2026

#Peace is not something we must invent: it is something we must embrace by accepting our neighbor as a brother or sister. We do not choose our brothers and sisters: we must simply accept one another! We are one family, inhabiting the same home: this wonderful planet that ancient cultures have cared for over millennia. **#ApostolicJourney #Cameroon**

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

April: Charity

17th April: Let charity always burn our hearts!

18th April: Take care not to lose your fervour.

19th April: God will be in your midst.

20th April: Spiritual love is beyond comparison much more powerful than natural love.

21st April: Strive to lead them with love and with a mild and kindly hand.

22nd April: They should place their hope and love in God alone, and not in any living person.

23rd April: Loving each other and living in harmony together are a sure sign that we are walking the good path.





Chaplaincy News

April is the month of the Patron saint of England; St George

April 23: St Georges Day.

St. George was born in what is present-day Turkey. Following in his father's steps, he became a soldier and quickly rose in the ranks of the Roman army, ending up as a personal guard to Emperor Diocletian. When the emperor ordered the persecution of Christians, St. George refused to follow his orders and participate in this. He was tortured and executed in 303 A.D. in Palestine, where he is now buried.

The legend of St. George slaying a dragon is well-known. The town of Silene was captured by a dragon. The locals would offer a human sacrifice to the dragon every day. When St. George was visiting the town, a princess was chosen to be sacrificed. So he killed the dragon and saved the people of Silene. To express their gratitude, the locals converted to Christianity. **St. George is also the patron saint of other countries like Greece, Portugal, Bulgaria, Ethiopia, and Russia.**



ENGLAND'S NATIONAL DAY
Saint George's Day
23rd April

Patron Saint of England
 British Patronage Society



Orthodox Churches: Greek Orthodox Easter always falls between April 4 and May 8. Orthodox believers' religious holidays are dictated by the Julian calendar, not the Gregorian (secular) calendar. This year the Orthodox Easter will fall on **12th April**, the Sunday after the Catholic Easter.

The Ursuline Academy Ilford
 CHAPLAINCY NOTICES: **APRIL**



During April, the 4th Month of the year we celebrate Spring and the most glorious festival in the Christian calendar.

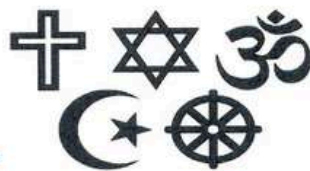


April days of Religious Significance

April 1-9: Passover
 Eight-day celebration marking the deliverance of the Jews from slavery in Egypt; Seder ceremonies emphasize the concept of freedom. The first two days and the last two days are observed as holy days.

April 14: Vaisakhi
 Sikh New Year and spring harvest festival.

April 20: Ridvan
 Commemorates the declaration of Bahá'ullah to his followers in 1863. The first, ninth and twelfth days of Ridvan are major Baha'i holy days.



Holy Week & Easter tide 2026

5th April : Easter Sunday

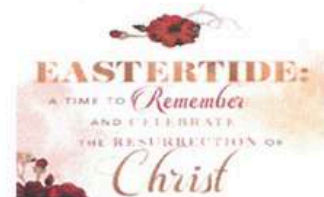
Holy Week commemorates the last week of Jesus' life; the triumphant entry into Jerusalem on **Palm Sunday**, his crucifixion on **Good Friday** (a form of cruel capital punishment where a person is nailed to a cross). Holy Week leads up to the celebration of **Easter Sunday** – the day Christians celebrate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

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



Easter-tide 2026:
Easter Sunday; 5th April to Pentecost Sunday; 24th May

Easter-tide, or the Easter season, is the 50-day liturgical period in Christianity celebrating the Resurrection of Jesus, lasting from **Easter Sunday** to **Pentecost**.



Sunday 12th April 2026:

Feast of Divine Mercy

Divine Mercy Sunday Divine Mercy Sunday is a feast day celebrated on the Second Sunday of Easter. The feast of Divine Mercy receives the biggest promises of grace from Jesus. This grace is similar to the grace received at Baptism.





Careers News

Careers Focus: Medicine

What do Formula One pit stops and life-saving surgery have in common? As our students discovered, both rely on precision, teamwork, and clear communication.

We were delighted to welcome Professor Martin Elliott, a leading children's cardiothoracic surgeon, who delivered an inspiring talk on careers in medicine.

He explained how the field has evolved into a "precision era," where advanced technology such as robotic surgery and digital systems play a vital role.

A standout moment was his story of being inspired by Ferrari's Formula One pit stops. This led to collaborations with teams like McLaren and Ferrari, helping redesign operating theatre practices to improve teamwork, efficiency, and patient safety. These ideas have even been applied in emergency ICU settings.

For students, the talk highlighted that medicine is not just about science – it also involves teamwork, innovation, and learning from other industries. It reinforced the importance of STEM subjects, alongside skills like communication and problem-solving.

The session was an eye-opener, showing students the wide range of careers within medicine and how they can start preparing now. We are incredibly grateful to Professor Elliott for such an engaging and inspiring talk.





Careers News



International Women's Day: Inspiring Future Women in Tech

As part of Careers Week and International Women's Day, our Year 12 students had the incredible opportunity to visit Dell HQ for a bespoke, hands-on careers workshop focused on technology and innovation.



The day centred around a powerful "give to gain" theme, with AI-powered social enterprises taking the spotlight. Students worked closely with Dell experts, receiving 1:1 guidance while exploring key transferable skills essential for future careers in technology. In teams, students designed their own AI-driven solutions to real-world problems. Their ideas were both creative and socially impactful – from tackling loneliness among the elderly, to developing smart bins, reducing screen time, and encouraging workplace wellbeing through walking challenges.

The experience culminated in a "Dragon's Den" style pitch, where students confidently presented their ideas. Their professionalism, teamwork, and creativity were outstanding, and it was fantastic to see them thinking like future innovators and entrepreneurs.

A huge thank you to Ihab El Ghazzawi, Daniel Merritt, Maria Georgiana Matei, Natasha Davies, Aimee Burns, and the wider Dell team for mentoring and inspiring our students. Your support and insights made a lasting impact.

We also extend our thanks to Sean Mitchell and Radhika Aggarwal from The Talent Foundry for organising and leading such a meaningful experience.

We are incredibly proud of how our students engaged throughout the day. They not only gained a real insight into the tech industry, but many left feeling inspired and able to see themselves pursuing careers in this field.

As Dell shared: "The session went really well and students were amazing – well behaved, asked really good questions, engaged, and professional. They really made their school proud."

An inspiring day, celebrating the future of women in tech.

Ms Tallat, Careers Leader



Curriculum Enrichment Day

We were delighted to see so many engaged and excited students during our wonderful Curriculum Enrichment Day on Tuesday. This gave students the opportunity to explore learning beyond the classroom. Activities included a Mathematics trip to the Science Museum, alongside inspiring English and Art visits to the Globe and Tate Modern. On-site, students took part in a “Girls in Data” STEM workshop, Explored Careers as automotive engineers and a “Stepping Up to Sixth Form” session with Year 11 focused on the transition to UA6 in particular developing a positive mindset. Other highlights included a live debate “From Marbles to Mind: Civilisation, Democracy and Society” and a visit to the British Museum

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

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

Year 9 students focused 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 participated 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 attended workshops centred around “**Stepping up to UA6**” in the English classrooms, supporting them in preparing for the next stage of their academic journey.

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

Year 13 had a dedicated study day in preparation for their upcoming examinations.

BELONG: BELIEVE: BECOME #SERVIAM !

Please see below a selection of articles and photos of the day...

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



Curriculum Enrichment Day

Year 7

This year, for Enrichment Day, our Year 7 students enjoyed an exciting Maths-focused trip to the Science Museum. During the visit, they explored the Winton Gallery, where they discovered fascinating inventions linked to mathematics and took part in engaging activities that brought these ideas to life.

In the Power Up exhibition, our girls had the chance to experience the evolution of gaming, from classic 1980s consoles to modern virtual reality. It was wonderful to see them having so much fun trying out a wide range of games. Our teachers joined in too, with plenty of laughter and a few nostalgic moments as they revisited games from their own childhoods!

A special thank you goes to our Year 7 students for their excellent behaviour throughout the trip, they were truly amazing and represented the school brilliantly. I would also like to thank all the staff who supported the visit, their efforts made the day such a success.

Overall, it was a fantastic experience for everyone involved.



Ms. Adam, Maths Department



Curriculum Enrichment Day



Year 8

Year 8 English and Art Curriculum Enrichment Day

On Tuesday this week Year 8s had the opportunity to expand their English and Art knowledge through a visit to the Southbank, where they both explored Shakespeare's Globe Theatre and the Tate Modern. It was wonderful day out and pupils and staff alike had a wonderful day exploring both important sites.

In the morning, at the Globe, pupils were given a tour of the world-renowned theatre, learning both about its historical importance and interesting facts about the original Globe theatre, where Shakespeare would have performed his plays in the 16th Century. Following this, students took part in a drama workshop led by one of the Globe theatre actors, learning from a professional how they get into and shape characters in rehearsal through completing a range of drama activities, before preparing their own mini presentations of key scenes from Shakespeare's 'Much Ado About Nothing', focusing on the characters of Beatrice and Benedick, who they will be exploring in their English classes as part of their Shakespeare Love and Relationships unit this year.

Following their active morning, we then enjoyed lunchtime along the Thames, enjoying the beauty of London and the wonderfully sunny weather, before heading to the Tate Modern, where pupils were tasked with exploring the gallery to find pieces of art which spoke to them and using these as inspiration to create their own pieces of artwork. Following a lively and dramatic morning, this was a lovely contrast where pupils had the opportunity to sit and really take in the art around them in quiet contemplation, discussing how they responded to each piece, what they liked or disliked and how the ideas they saw reflected ideas they had learnt about in Art classes.

All in all it was a great day enjoyed by all and it was so lovely to see pupils getting an opportunity to explore some of the spectacular Arts offerings available on their doorstep in London - and even more wonderful to hear so many students at the end of the day saying how they can't wait to visit again!

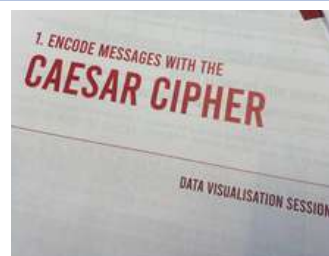


Ms Cooper, Head of English



Curriculum Enrichment Day

Year 9



This week, Year 9 students took part in an exciting careers enrichment day delivered by Virgin Media and O2. The visiting team led a series of interactive activities designed to introduce students to opportunities in technology, media, and telecommunications. Students worked collaboratively to analyse data and decipher codes, developing their problem-solving, teamwork, and critical thinking skills. Throughout the day, they were supported by industry professionals who shared insights into their own career journeys and the wide range of roles available within the sector.

As part of the programme, students also received dedicated careers guidance. They completed the Unifrog Interests Quiz, which helps match individual strengths and preferences to potential career pathways, while also linking these to current labour market information. Following this, students researched careers best suited to their interests and discussed the skills and qualifications required.

The visiting team commented on how engaged and focused students were throughout the day, particularly praising the enthusiasm, collaboration, and strong participation shown by the girls. Students were well behaved, motivated, and demonstrated excellent teamwork during all activities.

At the end of the session, all participants were awarded certificates of participation from Virgin Media and O2 in recognition of their effort and involvement.

This was a fantastic day filled with enrichment, energy, and meaningful career exploration, helping students to better understand the opportunities available to them in the fast-growing technology and telecommunications industries.

Well done year 9s!



Ms Tallat, Careers Leader



Curriculum Enrichment Day

Year 10



From Inspiration to Innovation: STEM Enrichment Day

Students in Year 10 took part in an exciting and inspiring Enrichment Day centred around sustainability, teamwork, and careers in STEM, all linked to the world of motor sports. The day began with four inspiring women who shared their personal career journeys, highlighting how they broke stereotypes and pursued what they genuinely enjoy. From engineering and marketing to the fast-paced environment of Formula 1, their stories encouraged students to think broadly about their own futures and the opportunities available to them.

Following the talks, students worked in teams to take on a sustainability challenge connected to Formula 1. The room quickly filled with energy as ideas developed, roles were assigned, and teams collaborated to design innovative solutions. Students demonstrated creativity, problem-solving skills, and strong teamwork throughout the challenge.

The day concluded with Dragon's Den-style pitches, where each team presented their ideas to the panel. Students spoke with confidence and enthusiasm, showcasing the impressive work they had produced in a short amount of time. The atmosphere was buzzing, and three teams were awarded top prizes for their outstanding solutions.

We would like to extend a huge thank you to Driven By Us and James for organising such a fantastic event. Special thanks also go to our guest speakers for leading the day and inspiring our students:

Gerren – Upcoming Graduate Engineer

Kim – Engineering Professional

Maia – Ingenuity

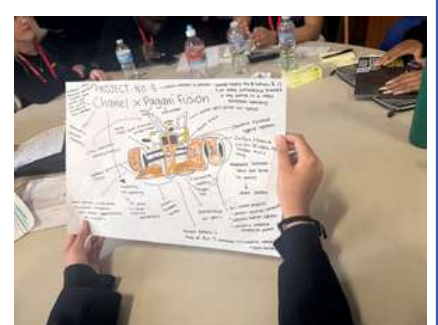
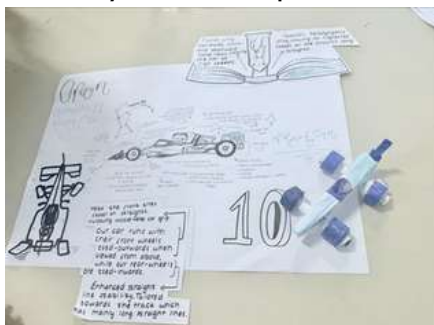
Thandie – Freelance Creative / Marketing



A huge well done to the winning team, who demonstrated outstanding creativity alongside strong engineering thinking: **Daniella, Mariam, Kaveena, Zarah, Khulsum, Henna, Renee, Jessy and Aniyah.**

It was a fantastic day, and we were incredibly impressed by the quality of work students produced. The enthusiasm, creativity, and teamwork on display made this a truly memorable enrichment experience, with students leaving inspired and smiling.

Thank you to our partner **Driven By Us** for leading the session.



Ms Tallat, Careers Leader



Curriculum Enrichment Day

Year 11

The Year 11 students had a wonderful day on Tuesday during their Curriculum Enrichment Day, which focused on preparing them for the transition to Sixth Form.

Throughout the day, students worked on developing clear visions for their futures and explored the importance of adopting a growth mindset. This will help them remain open to new challenges and build resilience as they progress in their education.

They also learned more about how to apply themselves effectively as they move on to the next academic stage, including developing independent study skills and understanding how to carry out effective research.



Ms Eakins, Head of Year 11



Curriculum Enrichment Day

Year 12

On Tuesday the Year 12's witnessed and contributed to a discussion on a controversial historical issue- whether or not to return the Elgin Marbles from the British Museum to Greece.

The Marbles were taken from Greece in the early 1800's and have remained in the British Museum ever since. Mr Donovan argued that the museum should keep them- as they were legally acquired at the time and Miss Posnakidou argued that they should be returned to Greece in order to restore them to their cultural homeland. The two teachers battled it out for almost an hour and students and teachers alike asked thoughtful and insightful questions. The result of the debate was a resounding majority for Miss Posnakidou, sadly for Mr Donovan!

Students then got the opportunity to visit the British Museum and see the Elgin Marbles in person, where they have an entire room dedicated to them. They then had the opportunity to look around the museum and see other artefacts from Britain and around the world- telling the history of the entire human race in just one building. The Year 12's were excellently behaved and they were all a real credit both to themselves and to the school for how well they conducted themselves.



Mr Donovan, Teacher of History



Library News

We're excited to announce that on **Thursday April 30th**, Year 7s and Year 8s have the chance to celebrate World Book Night at UAI with an exciting new event. Though lesser known than World Book Day, World Book Night is an annual event that is equally important for celebrating reading and fostering a love for books.

From 3:20pm to 5:00pm, our Main Hall will be transformed into a cosy reading haven, where students have the opportunity to read surrounded by fellow bookworms, and play a series of book-related games designed by our librarian. As this is the National Year of Reading, we encourage students to take part and show their love of literature.

Please see the poster below for more details.

Y7 & Y8

World Book Night

Thurs April 30th

- This exciting event will take place in the Main Hall from 3:20pm-5:00pm on Thursday 30th April
- Read in a cosy reading haven, surrounded by fellow bookworms
- Play a series of fun book-related games and challenges with your friends
- Bring your own "midnight snacks" (as long as they are NUT FREE)
- Bring blankets, pillows and teddies to make your experience extra cosy
- Free to attend and no tickets required
- Please meet in the library at 3:20pm to register with Ms Jones before we head to the Main Hall
- Let's celebrate World Book Night together!

Ms Jones, Librarian



Student Leadership Programme Celebration

On Wednesday 16th April, we celebrated the successful completion of our in-house Student Leadership Programme. This journey has challenged and inspired students to think more deeply about leadership, exploring key areas such as teamwork, communication, decision-making, and leadership through service, rooted in responsibility, compassion and action.

We were honoured to welcome **Ms Allison Moise-Dixon MBE** as our guest speaker. A highly respected educational leader, her inspiring journey and commitment to service strongly reflected the values explored throughout the programme. Students were particularly inspired by her emphasis on finding mentors, reflecting on personal values, and having the courage to stand by what they believe in. Her message that *"serving others is serving God"* resonated deeply.

The event included student reflections, thoughtful questions, and the celebration of all participants. It has been a privilege to see students grow in confidence, work collaboratively, and recognise the positive impact they can have within our school community and beyond.

We are grateful to Ms Moise-Dixon for joining us to celebrate the students. Thank you to all the speakers and facilitators who contributed to the entire programme, as well as to Ms Stone, Mr McGhee, Mrs Herbert, and the Premises and IT teams for their support. Finally, congratulations to all our student leaders!



Dr Osei-Owusu, Enrichment & Student Leadership Coordinator



7R Bake Sale in aid of UNICEF

unicef
for every child

7R has recently shown what it truly means to live out our school values by raising money for UNICEF to support underprivileged children around the world.

Together, they raised a fantastic £267 - an amazing accomplishment! Their efforts included selling freshly made waffles, cupcakes, brownies, and a variety of other delicious treats. Not only that, but they also showcased their creativity by making handmade arts and crafts, including beautiful bracelets crafted from crochet, yarn, and elastic bands.

What a wonderfully creative and compassionate group of girls. Thank you to everyone who contributed, whether by baking, crafting, or supporting the event. (Special thank you to **Tracey Eze, Lilly Patel** and **Ms Nankivell**)

Well done, girls. This is exactly the spirit we hope to see in our Ursuline students - loving, passionate and committed to making a difference. I am so proud of you all 7R!



Ms Nas, 7R Form Tutor

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**

MAIN MEALS

From £2.60

13/04/26, 04/05/26,
01/06/26, 22/06/26, 13/07/26

SUMMER MENU
WEEK ONE



MEXICAN MOMENTS

Chilli Con Carne with Sour Cream
Eat Curious Chilli Non-Carne with Sour Cream
Zesty Lime & Coriander Rice
Mexican Chopped Salad
Extras: Soft or Crispy Tortilla

TASTE OF ASIA

Singapore Chicken Laksa Curry
Singapore Tofu & Vegetable Laksa Curry
Noodles Asian Salad
Extras: Prawn Crackers

BRITISH CLASSICS

Butchers Chicken Sausages with Onion Gravy
Grilled Veggie Sausages with Onion Gravy
Creamy Mashed Potato Broccoli & Carrots
Extras: Yorkshire Pudding

FUSION

Crispy Panko Chicken Burger with Curry Mayo
Crispy Onion Bhaji Burger with Curry Mayo
Spicy Wedges House Slaw
Extras: Cheese Slices

CHIP SHOP

Battered Fish Fillet
Cheese & Onion Turnover
Chips
Peas
Baked Beans
Extras: Curry Sauce

Meal-Deal
Only £2.85

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



GLOBAL EATS

From £2.60

Portuguese Peri-Peri Chicken & Rice	Halal Pepperoni Quesadilla with Spicy Nachos	Panini of the Day with Nachos	Loaded Wedges with Sour Cream	Flamin Fish Burger
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DESSERTS

MONDAY
German Apple Cake
TUESDAY
Jammie Dodger Muffins
WEDNESDAY
Pear & Ginger Crunch Crumble & Custard
THURSDAY
Chocolate Pudding with Chocolate Sauce
FRIDAY
Biscoff & Buttercream Cake
From £1.40

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

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.

MAIN MEALS

From £2.60

20/04/26, 11/05/26,
8/06/26, 29/06/26

SUMMER MENU
WEEK TWO



SUNSHINE FAVOURITES

Caribbean Chicken with Pineapple Salsa
Caribbean Squash & Sweet Potato with Pineapple Salsa
Spicy Rice
Jamaican Slaw
Extras: Grilled Flatbread

TASTE OF ITALY

Spaghetti and Meatballs
Spaghetti and Veggie Meatballs
Garlic & Herb Slice
Roasted Garlic & Lemon Broccoli
Extras: Grated Cheddar

BUILD A BURRITO

Choose your Chilli: Chicken, Lamb or Beef
Chilli Con Veggie
Flour Tortilla
Steamed Rice
Jalapenos
Sour Cream Salsa
Extras: Grated Cheese

TASTE OF INDIA

Chicken Tikka Biryani
Crispy Paneer Vegetable Biryani
Bombay Potatoes
Indian Chutneys
Extras: Naan Bread

CHIP SHOP

Battered Fish Fillet
Vegetable Spring Roll
Chips
Peas
Baked Beans
Extras: Curry Sauce

Meal-Deal
Only £2.85

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



GLOBAL EATS

From £2.60

Panini of the Day with Nachos	Indonesian Chicken Stir Fried Rice	Lamb Kofta Pitta and Salad	Crispy Korean Chicken Baguette with Asian Salad	Margherita Pizza with Chips
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DESSERTS

MONDAY
Summer Berry Flapjack Bake
TUESDAY
Cookies & Cream Sponge
WEDNESDAY
Apple & Cinnamon Crumble with Ice Cream
THURSDAY
Caramelised Banana Upside Down Cake
FRIDAY
Tiramisu Sponge
From £1.40

PASTA & JACKETS STATION

MONDAY
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata
TUESDAY
Chicken Curry Rice Pot, Chili Sin Carne Rice Pot
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
Crunchy Cauliflower Mac and Cheese with Garlic Bread
From £2.60

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.

MAIN MEALS

From £2.60

27/04/26, 18/05/26,
15/06/26, 06/07/26

SUMMER MENU
WEEK THREE



LOOK OUT
FOR DAILY
★ THEME BARS, ★
& SALAD BAR



PASTA & JACKETS
STATION

TASTE OF GREECE	ORIENT EXPRESS	MOST OF ROAST	MIDDLE EASTERN	CHIP SHOP
Greek Lamb Pasta Bake	Chicken Katsu Curry	Herb Roast Chicken with Stuffing and Herb Gravy	Lebanese Chicken Shawarma	Battered Fish Fillet
Greek Veggie Mince Pasta Bake	Sweet Potato Katsu Curry	Roast Vegetable Wellington with Stuffing and Herb Gravy	Lebanese Eat Curious Shawarma	Crispy Vegetable Samosa
Chefs Seasonal Salad	Steamed Rice Roasted Soy and Ginger Cabbage	Roast Potatoes Seasonal Vegetables	Lemon & Herb Tabouleh Pitta Bread	Chips Peas Baked Beans
Extras: Garlic Bread	Extras: Prawn Crackers	Extras: Yorkshire Pudding	Extras: Seasoned Fries	Extras: Curry Sauce

Meal Deal
Only £2.85

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



GLOBAL EATS

From £2.60

Sticky Baked Chinese Wings with Rice	Chilli Beef Loaded Nachos	Chicken Saag Aloo	Meatball Sub	Flamin Fish Burger
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DESSERTS

- MONDAY
Double Chocolate Traybake
 - TUESDAY
Baked Crispy Apple Tart
 - WEDNESDAY
Lemon Drizzle Sponge
 - THURSDAY
Sticky Toffee Pudding
 - FRIDAY
Warm Choc Chip Shortbread Traybake
- From £1.40

ALLERGENS

with allergy symbol

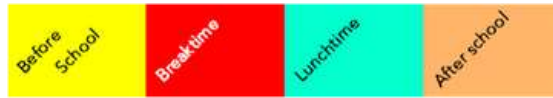


If you have a food allergy or intolerance, please ask the Allergen Guru or Manager about the ingredients in your meal.

FRIDAY
Mac & Cheese with Crushed Nachos and Salsa
From £2.60

School Menus

What's for Lunch?



Ursuline Academy Sixth

Clubs Timetable



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

Tuesday	⌚ Time	Club - Year Groups	Location		
	AM	8:00am (30 mins)	☺ Breakfast Club 7-13	Canteen Mr Donovan	
		8:25am (15mins)	🎵🎸 Worship Band 9-10	Hall Ms Hurst	
	Break	10.40am	🎵 Ukulele Club 7-8	S5 Ms Eakins	
	Lunch	12.40pm (30mins)	💻 IT Club 7-13	F6 IT team	
		12:40pm (55mins)	📖 Library Lunch Club 7-13	Library Ms Jones	
		12:40pm (30min)	+ Maths Club 7-13	F13 Mr Deen	
		12.40pm (30mins)	🏊 Trampoline 7-13	Gym Ms Whates	
		12.40pm (30mins)	🥊 Boxing 9-10	Dance Studio Ms Keogh	
		12.40pm (30mins)	🎵 Music Year 7 Practice Room Access	Practice rooms Ms Hurst	
		1:00pm (30min)	🔧 STEM Club (Visualise) 7-11	G12 Ms Kodi-Pecku	
		1:10pm (30mins)	🎸 Guitar Club 7-13	S5 Mr McCarthy & Mr Okyere	
		PM	3:20pm (1hr)	📖 Homework Club 7-13	Library Ms Jones

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



Redbridge Mental Health Support Team presents...

PARENT AND CARERS IN MIND: WEBINARS FOR WELLBEING

Hear from mental health professionals about how to promote your child's emotional health and wellbeing. Our monthly webinar offer starts with our three most popular topics

REGISTER NOW!

OUR NEXT WEBINAR IS...

**WED 29.04.26
7-8PM**

AND IT IS ON THE TOPIC OF...

TALKING ABOUT BIG FEELINGS

Understanding our emotions can be an important way to help us communicate what we need successfully. In this webinar we look at the relationship between emotions and behaviour, we will be sharing ideas and strategies to help you support children and young people with this valuable knowledge..

2026							APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4							
5	6	7	8	9	10	11							
12	13	14	15	16	17	18							
19	20	21	22	23	24	25							
26	27	28	29	30									



FOR MORE INFORMATION & TO SIGN UP
CLICK HERE,



VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'
OR GO TO LINKTR.EE/REDBRIDGEMHST



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



FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge

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