



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 28
24th 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

Year 7 Progress Evening
Monday 8 June
4.00 – 6.30p.m.



Headteacher's Headlines

Loving & Compassionate

It has been another full and purposeful week at the Academy. Our Chaplaincy work continues to be a central part of school life, with students gathering for Mass and reflecting on what it means to live as disciples, drawing inspiration from the courage and faith of St George. Thank you to Mr. Ravi for leading and organising our students in faith & formation.

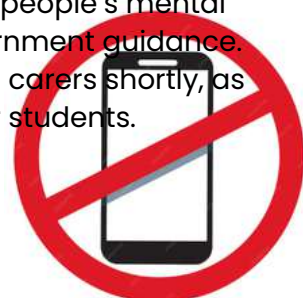
Alongside this, there have been a wide range of opportunities for students to engage beyond the classroom. Our clubs and wider enrichment offer continue to grow, including the launch of the Classical Curiosity Club, while our Earth Day activities demonstrated strong student commitment to environmental responsibility through creativity, teamwork and action.

For our Year 11 and Year 13 students, the examination period is now beginning, with some practical assessments already underway. This is an important time, and we are proud of the focus and commitment students are showing. We wish them every success in the weeks ahead and keep them in our prayers, asking that they have the strength and calm to do their very best.

Finally, we will be updating our mobile phone policy in the coming weeks. This reflects our ongoing concerns about the impact of smartphone use and social media on young people's mental health and wellbeing, alongside recent government guidance. We will share further details with parents and carers shortly, as we continue to act in the best interests of our students.

Have a blessed weekend!

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 – 22 April 2026

Entrusting ourselves to God's will brings joy and profound serenity. A life given to God is a happy life, but its offering must be renewed each day through prayer, the sacraments, and time spent with the brothers and sisters whom the Lord places along our path.

[#ApostolicJourney](#)

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

April: Charity

24th April: Where there is discord, without doubt there is ruin.

25th April: God has granted you the grace of choosing you to serve his divine Majesty.

26th April: Take care especially that they are united and one in will.

27th April: Be bound to one another by the bond of charity.

28th April: Rejoice together.

29th April: I am continually among them with Jesus Christ, the Lover of us all.

30th April: May you be motivated solely by the love of God.





Chaplaincy News

On Thursday this week, students from Year **7C** and **7J** gathered in the chapel to celebrate their Class Mass, which coincided with the feast of St George, the patron saint of England. The Mass was celebrated by Fr Henry, parish priest at St Bede, Chadwell Heath. The Gospel reading from the Gospel of Luke (9:23–26) invited us into a deeper understanding of discipleship. In this passage, Jesus calls each of us to “deny ourselves, take up our cross daily, and follow Him just like St George. As an Ursuline school, inspired by the values of St Angela Merici, we are called to nurture young people who are reflective, compassionate, and courageous in their faith. May we all be inspired by the words of the Gospel, the courage of St George, and the guiding light of St Angela Merici as we continue our journey of faith together.



Mr Ravi, School Chaplain



Careers News

Careers Week: Leadership & Social Care Careers

We were delighted to welcome School Governor, Sarah Barber, who delivered an engaging and insightful careers workshop focused on leadership, alongside an inspiring talk on careers in social care.

Throughout the sessions, students in Year 8 took part in a range of hands-on activities designed to build confidence, communication, and teamwork. Working collaboratively, they explored real-life scenarios and developed key leadership skills such as decision-making, problem-solving, and effective communication.

Sarah also introduced students to the wide range of opportunities within social care, highlighting the importance of empathy, resilience, and a genuine desire to support others. She emphasised that social care is a rewarding and impactful career path, offering the chance to make a real difference in people's lives every day.

One of the key messages from the workshop was the importance of teamwork in the workplace. Students learned that strong collaboration, respect for others' ideas, and clear communication are essential skills in any career – not just in leadership roles.

The sessions were interactive, thought-provoking, and highly valuable. Students left with a greater understanding of both leadership and social care careers, as well as the skills needed to succeed in the world of work.

A huge thank you to Sarah Barber for delivering such an engaging and meaningful experience for our students.





Clubs News

We are excited to announce the launch of **the Classical Curiosity Club**—a new space for inquisitive minds eager to explore the foundations of the world we live in today.

Open primarily to Year 12 and Year 10 students, the club also warmly welcomes anyone with a passion for discovery. Together, we will delve into the rich and fascinating world of Ancient Greece—the birthplace of democracy, philosophy, drama, and medicine.

Through engaging discussions and activities, we will uncover the lives and ideas of influential figures from the ancient world, whose legacies continue to shape modern society and broaden our understanding of the world around us.

Our first session set the tone by exploring women who challenged expectations and carved out their own paths in a male-dominated world. We looked at Sappho, the renowned lyric poet from Lesbos whose deeply personal poetry celebrated emotion and identity; Antigone, the courageous heroine of Sophocles' tragedy who defied authority in the name of moral conviction; and Aspasia, an influential intellectual in Classical Athens, known for her association with Pericles and her role in shaping political and philosophical discourse.

Join us as we continue to explore, question, and uncover the classical world—one idea at a time.

THE CLASSICAL CURIOSITY CLUB
Agora: Ideas in Action - Greek Ideas that Shaped the World

TRIP TO THE BRITISH MUSEUM

WHO: A-level students (RS / Classics) and Year 10
WHEN: Tuesdays (12.40-1:10)
10 sessions (Trip - 30/6/26)
WHAT: To explore how ancient Greek civilisation shaped modern ideas about politics, identity, philosophy, culture, and knowledge.
FIRST SESSION: (Tuesday 21st April 2026)

Can a civilisation be brilliant and unjust at the same time? Ω Are we free — or controlled by fate?

Who deserves a voice — and who gets forgotten? Σ π

THIS OPPORTUNITY WILL ALSO BE VERY BENEFICIAL FOR YOUR UCAS APPLICATION, AS IT DEMONSTRATES INITIATIVE, INDEPENDENT RESEARCH, AND ENGAGEMENT WITH ACADEMIC IDEAS BEYOND THE CLASSROOM.



Ms Posnakidou, Teacher of R E



Earth Day



Year 7 took part in an exciting and meaningful two-week project to celebrate Earth Day this year, showing fantastic enthusiasm and teamwork throughout.

Last week, all Year 7 students were invited to bring in recyclable materials as part of a year-wide inter-form competition. The response was excellent, with students collecting and contributing a wide range of items. In total, Year 7 brought in 12 bags of recycling—an impressive achievement that highlights their growing awareness of environmental issues and commitment to making a difference.

A special congratulations goes to forms **7J** and **7R**, who were crowned joint winners of the competition. Together, these two forms contributed an outstanding 10kg of recycling, demonstrating real dedication and effort. Their success reflects not only teamwork but also a strong sense of responsibility towards protecting the environment. Well done to both forms for their brilliant contributions.

This week, the project continued with a creative and hands-on element. The top contributors from each form were invited to attend lunchtime workshops held on Tuesday, Wednesday, and Thursday. During these sessions, students used the recycled materials they had collected to design and create sea creatures, helping to raise awareness about the growing problem of plastic pollution in our oceans.

Students showed great creativity and imagination, producing a range of eye-catching models including orcas, fish, and jellyfish. These were carefully crafted using plastic bottles, plastic bags, and cardboard—materials that might otherwise have ended up as waste. The finished creations not only looked fantastic but also carried an important message about sustainability and environmental responsibility.

The project also helped students understand the scale of the issue. Every year, around 8 million tonnes of plastic enter the world's oceans, causing serious harm to marine life and ecosystems. By linking their artwork to this statistic, students were able to reflect on the real-world impact of plastic waste and consider how small actions, like recycling, can contribute to larger change.

Overall, this has been a highly successful project that combined competition, creativity, and environmental education. Well done to all students who took part for their effort, enthusiasm, and thoughtful contributions—and happy Earth Day 2026!

[Please see photos below...](#)



Ms Nankivell
Teacher of Humanities

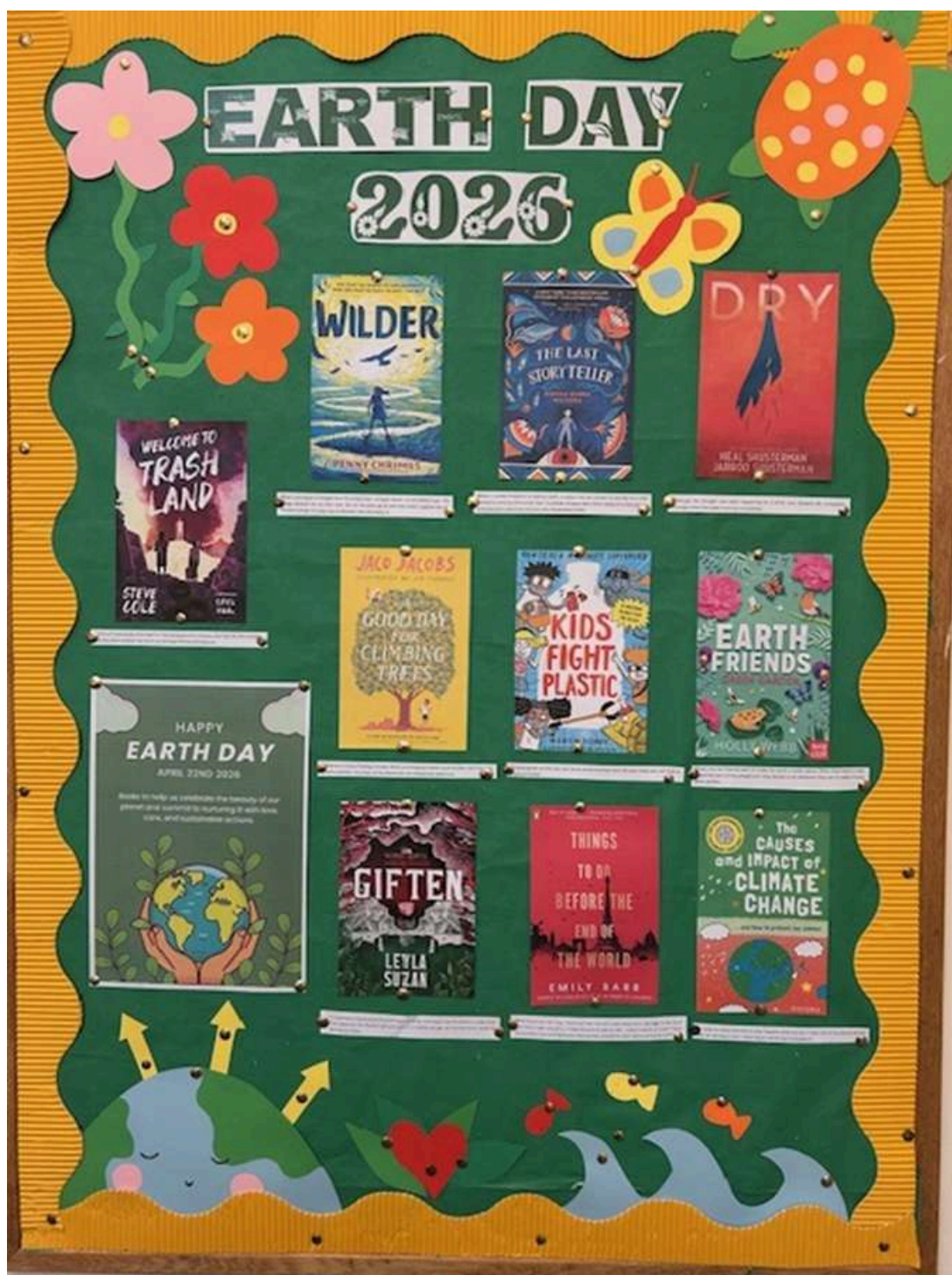




Library News

This week, we've made sure to bring Earth Day celebrations into the library too! Our Librarian created a colourful display and a recommended reading list that showcase books with relevant, earthy topics. These fiction and non-fiction books explore the beauty of nature, themes of environmentalism, and the importance of protecting our planet – a perfect way for readers to continue to embrace this important event!

A reminder that our World Book Night event for Year 7 and Year 8 students will take place next week from 3:30 – 5:00pm on Thursday 30th April. Bring a snack, a blanket and a passion for reading!





Ursuline
Academy
Sixth

UA6 News

Our wonderful **Year 13 students** are coming to the end of their time at the Ursuline Academy. We were delighted to gather this morning to take a photo together, and we look forward to celebrating all their achievements in the coming weeks.

On May 1st, we anticipate their "**Mass of Becoming**" as we reflect on their time here at the Ursuline and look ahead to what lies before them as they step into the next exciting and important chapter of their lives. In the weeks ahead, we pray that God will grant them the strength and guidance they need to navigate what can be a challenging period. We are incredibly proud of you all!



Ursuline
Academy
Sixth

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.

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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

- MONDAY
Panini Bar: Sweet Chilli Chicken, Pizza Melt, and Cheese
 - 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 Crushed Nachos and Salsa
- From £2.60

ALLERGENS

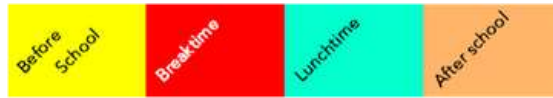
with allergy symbol



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

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
		🏃 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
			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)