



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 30
8th May 2026

Upcoming Events

Year 13 Study Leave begins
Monday 11 May

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

Curriculum Enrichment
Day
Wednesday 24 June

Art, Music & Drama
Exhibition
Thursday 25 June
4.00 – 6.00p.m.

Year 6 New Entrants
Meeting
Thursday 25 June
5.00 – 6.00p.m.



Headteacher's Headlines



This week, both our Year 11 and Year 13 students gathered for their end of year assemblies; important moments of reflection and celebration as they prepare for the next stage of their journeys. For our Year 13 students, this was their final assembly at Ursuline Academy Ilford.

Many joined us in Year 7 as children and now leave as young women ready to move on to university, apprenticeships, employment and other pathways. In assembly today, I reflected on the fact that many of them will have voted for the first time yesterday; a reminder of just how much they have grown during their time with us. Catholic Social Teaching reminds us of the dignity of every person and the importance of using our gifts in service of others and the common good. We are proud of all they have achieved and know they will always remain part of the Ursuline family.

For Year 11, whilst we hope to welcome many students back to UA6 in September, this assembly also marked the end of an era, particularly for those leaving the Academy this summer. It was an opportunity to reflect on friendships, achievements and the contribution this year group has made to our community over the past five years.

As examinations continue, we keep all of our Year 11 and Year 13 students in our prayers and wish them every success in the weeks ahead.

"Once an Ursuline, Always an Ursuline"

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



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 - 19 in the Diocese of Brentwood

Headteacher: Fiona Stone BSc (Hons) MA NPQH



Ursuline
Academy
Sixth

May 2026

Dear Parents and Carers,

As we continue into the summer term, I would like to thank you for your continued support of the Academy and of our wider school community.

Like many schools across the country, we continue to face significant financial pressures as school funding decreases in real terms while costs continue to rise. Despite this, we remain fully committed to investing in the things that matter most for our students: high-quality teaching and learning resources, IT infrastructure, curriculum opportunities and wider personal development experiences.

In recent years, voluntary contributions from parents and carers have helped us to improve facilities and provide additional resources that directly benefit students. We are very grateful to those families who have supported us in this way.

To help us continue this work, we are inviting families, where possible, to make a **voluntary contribution of £25 per term, per family**. Any contribution, no matter the amount, will help us to continue investing in resources and opportunities that support students both academically and personally.

We are committed to being transparent about how funds are used and will continue to provide updates on projects and improvements supported through parental contributions.

If you would like to support us, please use **ParentPay**, where you will find the options for voluntary contributions for each term or contact finance@uai.org.uk for more information on how to donate.

Thank you again for your ongoing support of Ursuline Academy Ilford and for the part you play in helping us provide the very best for our young people.

With best wishes,

Ms Fiona Stone
Headteacher
The Ursuline Academy Ilford



Belonging, Believing, Becoming

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Pope Leo XIV @ Pontifex - 6 May 2026

The church interprets history through the lens of the Gospel and speaks decisively against evil, as the Pilgrim of God. At the same time, she acknowledges the need for continual conversation so she may properly fulfil her mission. As members of the same Body, we are called to renewal. [#GeneralAudience](#)

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

May: Prudence

8th May: Act in such a way that they may always follow your example.

9th May: First of all, strive, with the help of God.

10th May: Merely beginning is not enough if you do not carry through.

11th May: Have patience!

12th May: It is better to follow what is certain, without danger, than what is uncertain, with danger.

13th May: Indiscreetly hurting one's body would be sacrificing stolen goods.

14th May: Do everything with discernment and maturity of judgement.





AI Parent Information Session

Dear Parents and Carers,

Following the feedback from our recent AI survey, we are pleased to invite you to an online information session focused on Artificial Intelligence and its use in education.

The session will provide an overview of how AI is being used in school, the opportunities it presents for learning, and guidance on how students can use it safely and effectively.

Date: Wednesday 20th May 2026

Time: 4:30pm

Platform: Microsoft Teams

Please join the session using the link below:

[Microsoft Teams Meeting Link](#)

We look forward to sharing this important and evolving area of education with you and answering any questions you may have.

Kind regards,

Miss H Colder

Head of Humanities & Lead Practitioner





Chaplaincy News

Class Mass for 8C and 8J

On Thursday, classes 8C and 8J celebrated Mass in our school chapel with Fr Mariusz Fura, Parish Priest at St Cedd's, Ilford.

During the Mass, we prayed especially for those preparing for exams, and for peace throughout our world, remembering all those affected by war and conflict.

The Gospel reading was taken from Gospel of John 15:9–11, in which Jesus reminds us to remain in His love. Fr Mariusz encouraged us to reflect upon what it truly means to remain in the love of Christ through acts of kindness, compassion, and forgiveness in our daily lives.

This celebration of Mass in our school is always a meaningful calling each of us to grow in faith, lead with compassion, and bring Christ's love and joy to our school community and the wider world.



Mr Ravi, School Chaplain



Badminton Club



Every Thursday Lunchtime 12:40 – 1:10 in the Gym

All welcome!



Our wonderful Year 12 student **Hiruthayani Maheswaran** is our latest Jack Petchey Award winner.

Hiruthayani has been described by both staff and peers as an incredibly kind, thoughtful, and hardworking student who consistently goes above and beyond to support others. Whether helping classmates, encouraging friends, or contributing positively to the school community, Hiruthayani always demonstrates compassion, maturity, and generosity.

Staff have praised Hiruthayani for their positive attitude, dedication, and willingness to help, while fellow students admire the way Hiru makes others feel included, supported, and valued.

We are extremely proud of Hiruthayani and delighted to celebrate this well-deserved achievement.





Just a polite reminder regarding our PE kit expectations. I have attached photos for examples of our uniform that is expected within PE and have also listed out our requirements:

Must haves:

- School PE T-shirt
- School tracksuit zipped jumper
- Trainers that support their feet not fashion trainers like Vans or dunks
- Hair needs to be tied back for health and safety
- No Jewellery at all within lessons. This included religious necklaces. Ears need to be pierced during the first week of the summer holidays.
- Hijabs that fit over the head not long scarves that they have to hold onto whilst performing, this can be quite dangerous in a PE lesson. PE Hijabs can be purchased online on amazon or from the uniform shop
- Socks white/navy blue sports socks NO TIGHTS

One of the following:

- School tracksuit bottoms
- School Skort
- School shorts
- Navy blue or black performance leggings
- Plain navy blue or black shorts

GCSE PE

All as above but also GCSE PE Sweatshirts



Ms Keogh, Head of P E

Student leader –SSAT Accreditation

Congratulations to **Vira** and **Maryam** for achieving a Gold level after submitting their portfolio for assessment:

This is what the moderators had to say:

The students demonstrated great examples of leadership through their sustained involvement in student voice, charitable initiatives, and wider community engagement, consistently showing maturity, responsibility, and compassion. We commended their active roles in planning and leading fundraising events, representing their peers with confidence, and contributing thoughtfully to school and external forums. They exhibited brilliant leadership skills in their portfolios – strong communication, effective teamwork, and a clear commitment to promoting fairness, service, and social responsibility.



**Dr Osei-Owusu,
Enrichment &
Student Leadership
Coordinator**

11

Year 11 News



Yesterday, our Year 11 students gathered for their final assembly before beginning their GCSE examinations.

It was a special moment to reflect on how far they have come throughout their journey at school and to celebrate the achievements, friendships, and memories they have made along the way.

This wonderful group of young ladies have brought so much positivity to our school community. They have been joyful, kind, polite, and consistently generous in the way they have treated one another during their time here. It has been a privilege to watch each and every one of these students grow into the remarkable young people they are today. We are immensely proud of all that they have achieved so far, and we know that each of them has a bright future ahead.

Year 11s, no matter where life takes you next, we hope you always remember the strength, resilience, and compassion you have shown throughout your time here. Be proud of what you have already achieved and excited for what you are capable of achieving next. Embrace every opportunity with open arms, and never be afraid of failure, because failure often teaches us the greatest lessons in life.

This is not goodbye, and we look forward to welcoming many of you back into UA6 and seeing all that you continue to accomplish in the next stage of your journey. For those moving on to new opportunities, we wish you all the luck and success in the world. Most importantly, please remember that you will always be part of this community, and you will always be welcome here!

As you move forward into this next chapter, remember the words from 1 Corinthians 16:14: "Let all that you do be done in love." May you continue to lead with kindness, care for one another, and carry that love into every path you choose.

Please see photos from the day below...

Ms Eakins, Head of Year 11







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	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 summer webinar offer continues with three popular topics

REGISTER NOW!

ENCOURAGING POSITIVE BEHAVIOUR WITH YOUR PRIMARY AGED CHILDREN

In this webinar, we look at behaviour as a form of communication and how testing boundaries is a normal part of child development. Learn to enhance your child's emotional regulation and promote positive behaviour through play, boundary setting and clear expectations

WED 20.05.26 7-8PM

TALKING WHEN IT MATTERS: STRATEGIES FOR SUPPORTING YOUR CHILD'S IDENTITY

Join this webinar exploring how identity develops through an LGBTQIA+ perspective and the impact of minority stress. The session includes practical tips and strategies to help you navigate challenging conversations with confidence, supporting you and your child to feel emotionally safe

TUES 16.06.26 7-8PM

DEVELOPING BETTER RELATIONSHIPS WITH TEENAGERS

In this webinar, we focus on working together with your teenagers to support positive communication. We will look at the development of the teenage brain and implications for emotional regulation. You can learn strategies for giving effective instructions using a "connection before correction" approach

THURS 16.07.26 7-8PM

SCAN ME!



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)