



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 31
15th May 2026

Upcoming Events

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

Curriculum Enrichment Day
Wednesday 24 June

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

Art, Music & Drama Exhibition 'Bestival'
Thursday 2 July
4.00 – 6.00p.m.



Headteacher's Headlines



Yesterday we celebrated the Feast of the Ascension. In this important date in the Church's calendar, we reflect on Christ's return to the Father and the hope and mission He leaves with His followers. The Ascension reminds us that we are called not simply to keep faith for ourselves, but to go out into the world with courage, compassion and a commitment to serving others. In our prayers and reflections yesterday, we gave thanks for the many gifts within our community and asked for God's guidance as we continue through this busy term together.

You can see below and from the letter I sent you earlier this week that our Ofsted report has been published. If you would like to ask any questions or make comments on the report please use this form (QR below too):

<https://forms.office.com/e/iSekVxQw9e>

On page 3, you will find a letter regarding voluntary family contributions of £25 per term. I would like to express my sincere gratitude to the many families who already support the Academy in this way. These contributions make a genuine difference and help us to continue providing the rich opportunities, resources and wider experiences that benefit all of our students. Your ongoing support and generosity are deeply appreciated.

SERVIAM

Ofsted 2026





THE URSULINE ACADEMY ILFORD

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

Headteacher: Fiona Stone BSc (Hons) MA NPQH

Belonging · Believing · Becoming



CELEBRATING OUR OFSTED REPORT 2026

Message from Ms Stone, Headteacher

I am delighted to share the highlights of our Ofsted Inspection, which took place in February 2026. I want to share the highlights from the report which recognise us a **very strong school** with **excellent** outcomes at Key Stage 4. The recent & rapid developments in our post-16 provision were also recognised as was our ongoing work to transform our ambitious Sixth Form, UA6.

As you may know, Ofsted inspections are now presented in a new report-style and we are delighted that inspectors have identified strong standards in key areas - achievement and the personal development and wellbeing of our students. We have also received grades of expected standards in attendance and behaviour, curriculum and teaching, inclusion and leadership and governance.

Below are the highlights with direct quotations from the report.

INSPECTORS NOTED:

"Leaders have created a kind and ambitious school community where pupils work hard and feel valued."

- Pupils feel safe, supported and valued
- Staff know pupils well and respond with care
- Pupils truly embody the "Ursuline" virtues"
- Pupils enjoy their learning and take pride in their work
- Pupils behave extremely well
- Career education is of high quality
- Pupils show high levels of respect for each other
- Pupils grow as confident, respectful and responsible young people who understand the world around them and are well prepared for life beyond school.



ACADEMIC EXCELLENCE



"By the end of Key Stage 4, pupils gain results in public examinations that are well above national averages."

Pupils achieve very well across the length of subjects
Strong knowledge and skills built over time
Pupils, regardless of their individual needs, gain the skills they need to be successful



LEADERSHIP – PUPILS & STAFF



"Leaders have a clear view of the school's strengths and the areas that need to improve."

- Leaders show the strengths of the curriculum and where it needs to improve
- Pupils develop their character and confidence very well
- Pupils take on leadership roles with parents and guardians, mentors and student leaders



PUPIL EXPERIENCE



"Pupils benefit from a rich and comprehensive personal development programme."

Wide range of clubs, trips and expertise
Pupils enjoy sports, creative clubs, reading programmes and charity work
Pupils take pride in contributing to the community and understand the impact of their actions on others



PREPARING OUR PUPILS FOR THE FUTURE

"Pupils grow as confident, respectful and responsible young people who are well prepared for life beyond school."

High-quality careers education and destination tracking
Learning how to stay safe online and in the local area
Understanding mental health, healthy relationships and the role of technology
Pupils ready to make a positive impact in the world

Ursuline Academy Sixth Pathways



SIXTH FORM DEVELOPMENT (UA6)

Transformation change to our Sixth Form provision includes:

- Revised entry criteria
- Subject alignment
- Academic mentoring
- Enhanced student experience
- Expanded career provision



Ofsted recognised and praised the work to date and are aware that the full impact of this work is ongoing.

To read the full report, please visit: www.uai.org.uk

The Ursuline Academy Ilford – Find an Inspection Report • Ofsted

We look forward to sharing and celebrating our pupils' achievements and our exciting plans for the future.

Thank you for your continued support.





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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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Newsletter Contents this week:

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Pope Leo XIV @ Pontifex - 13 May 2026

Today, on the liturgical feast of [#OurLadyOfFatima](#), we turn our gaze to the Shrine, where the Virgin Mary entrusted three shepherd children with a message of [#Peace](#). Let us entrust to the Immaculate Heart of Mary our cry for peace and harmony, which rises from every part of the world, especially from people afflicted by war. [#PrayTogether](#)

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

May: Prudence

15th May: Let their prudence be evident to all.

16th May: If, according to times and circumstances, the need arises to make new rules or do something differently, do it prudently and with good advice.

17th May: God has ordained from all eternity that those who are united in doing good enjoy every prosperity.

18th May: Strive with all your might to keep yourselves as you have been called by God.

19th May: Strive to be faithful and devoted.

20th May: Above all, be on your guard not to want to get anything done by force.

21st May: I do not say, however, that it will not be necessary occasionally to use reproaches and severity, at the right place and time.





Chaplaincy News

8T & 8R Form Mass

The Mass of the Ascension was a meaningful and reflective celebration for our school community. Students from 8T and 8R reverently led the prayers, helping everyone to think about the importance of Jesus' Ascension and the message of hope and faith it brings. Their confident reading and respectful participation contributed greatly to the special atmosphere of the service and we are grateful to Fr Henry from Chadwell Heath celebrating with us.



Mr Ravi, School Chaplain



Year 9 Retreat

This week, the first two groups of our Year 9 students took part in a meaningful and inspiring retreat based on the theme “You Were Made for Greatness.” The retreat took place at Walsingham House, the diocesan retreat centre in Brentwood.

The day formed a series of engaging activities that helped build confidence, teamwork, and community spirit. Throughout the retreat, students explored what greatness truly means – not simply popularity or success, but recognising the unique gifts, talents, and qualities each person possesses and how these can positively impact the world around them.

Students shared their thoughts about the experience:

“It was a delightful experience; there was a lot of teamwork involved.”

– Prisha and Simrah

“It felt great exploring the 14 acres of land at lunchtime!”

– Nithya

The retreat provided students with valuable opportunities for reflection and personal growth in a peaceful and uplifting environment. As always, we are proud of the enthusiasm, and participation shown by all students.



Mr Ravi, School Chaplain



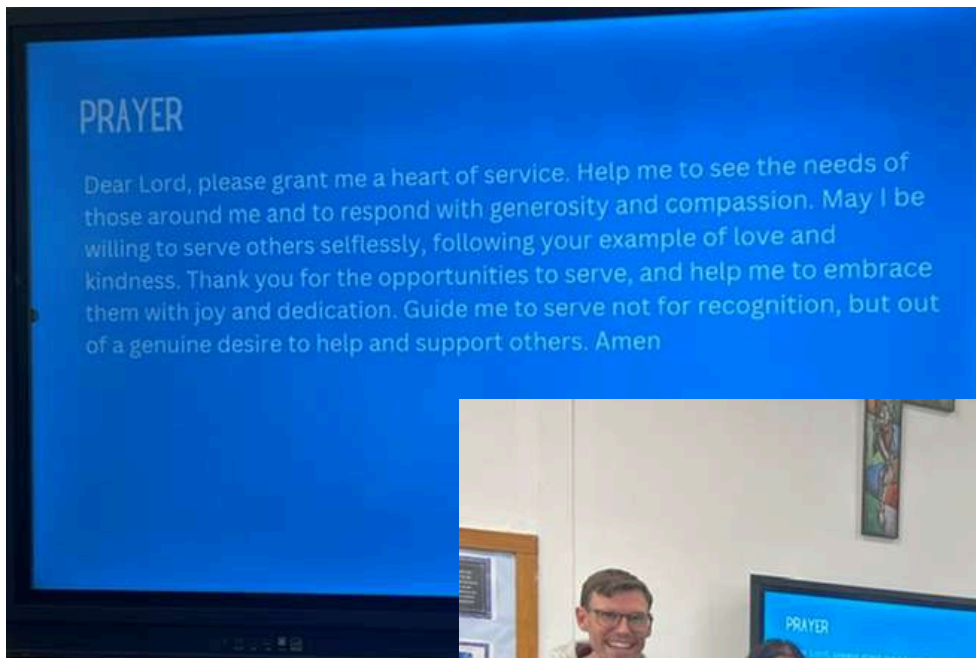
Ursuline Links

On Wednesday we had our last in school Ursuline Links session, where important information was discussed about the projects and the events that will take place in the next few months.

Year 12 students **Hana, Tazmina, Zaynab, Nana** and **Suhani** discussed various scenarios regarding student placements in their summer projects which include food banks, care homes, refugee centres, homelessness day projects and a summer camp for disadvantaged children in East London.

We now have **Ursuline Links Retreat Day**: Saturday 6th June: 10:30am – 3:30pm at the Jesuit Centre, 114 Mount Street, London, W1K 3AH and **Ursuline Links Training Day**: Saturday 11th July at Ursuline Academy Ilford, before our week of volunteering at the end of July.

#Serviam girls!



Mr Ravi, School Chaplain



Curriculum Enrichment Day

Enrichment

'Belonging, Believing and Becoming' – Curriculum Enrichment Day – Tuesday 24th June

We are excited to share the plans for our upcoming Curriculum Enrichment Day on Tuesday 24th June. A great deal of time, care, and preparation has gone into organising a range of valuable and memorable opportunities for all year groups.

Year 10 students will be joined by pupils from other Ursuline schools for a special day of engaging workshops and inspirational speakers. Students will hear powerful talks focusing on themes of tragedy and forgiveness, enjoy dance competitions, and take part in joyful singing sessions led by special guest, Adenike!

Year 9 students will travel to Frenford, where they will participate in a variety of outdoor activities and friendly competitions, including five-a-side football, table tennis, netball/basketball, and orienteering challenges.

Year 8 students will visit Kew Gardens for a Science-focused educational trip. We are also delighted that some of our Year 12 Biology students will join them to support and enrich the experience.

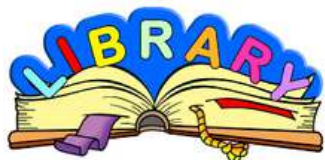
Year 7 students will travel to Thriftwood Scout Outdoor Centre, where they will enjoy a wide range of outdoor games and team-building activities.

As the Enrichment Day falls during the middle of the Year 12 examination period, **UA6 students** will be advised to use the day for independent study. The library will remain available for those students who wish to come into school to revise.

We are very much looking forward to this exciting day and are grateful to all staff involved in planning and organising these wonderful opportunities for our students.



Mr McGhee, Assistant Headteacher

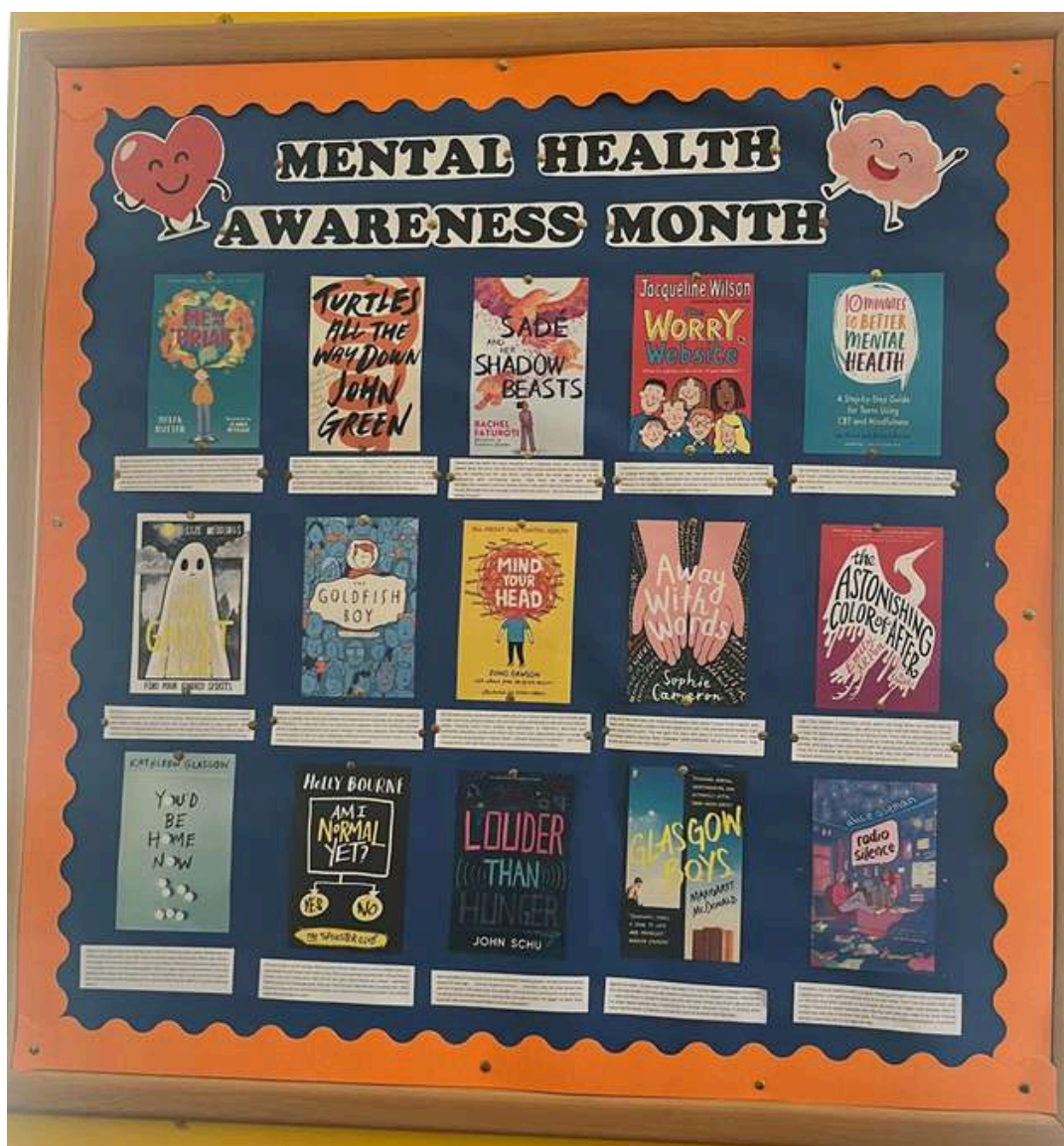


Library News

With **Mental Health Awareness Week** taking place from May 11th – 17th, our latest library display focuses on poignant books that explore this important topic.

The display showcases just some of the many books found in our school library that deal with pivotal representations of mental health. At UAI, we know just how vital it is for students to see a variety of different people and experiences depicted on paper – not only for students themselves to feel seen and understood, but so that they develop their empathy and are more open-minded to the lives of others. We also understand that mental health is just as important as physical health, and so for the rest of this month we encourage our students to pick up one of these moving stories.

We hope that through reading stories such as these, there will be more frequent conversations started around mental health. These are books that do not simply capture a singular experience, but instead encourage readers to open up, be vulnerable and reach out for whatever support they seek.



HOUSE NETBALL COMPETITION

WEEK BEGINNING:
1ST JUNE




Come and represent your **HOUSE** in our Netball Competition!

All matches will take place at **lunchtime**.

| | | |
|---|----------------|------------------|
|  | YEAR 9 | TUESDAY |
|  | YEAR 8 | WEDNESDAY |
|  | YEAR 7 | THURSDAY |
|  | YEAR 10 | FRIDAY |



IMPORTANT INFORMATION

| | | |
|---|--|---|
|  WEAR TRAINERS AND SUITABLE PE KIT |  MEET ON THE NETBALL COURTS AT THE START OF LUNCH |  HOUSE POINTS AVAILABLE FOR PARTICIPATION AND WINNING! |
|---|--|---|



LET'S SEE WHICH HOUSE IS THE **NETBALL CHAMPIONS!**

GET INVOLVED – SUPPORT YOUR HOUSE!

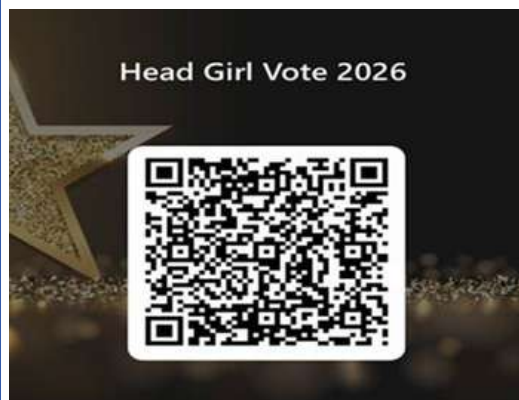


Head Girl Election Speeches

This week, students gathered to hear from the Head Girl candidates **Samia, Athishaiya, Hiru** and **Vedika**, as they shared their ideas, experiences, and vision for the school. The speeches were confident, thoughtful, and demonstrated a strong commitment to student voice and community.

The election process began with written applications, followed by shortlisting and candidate speeches, all designed to ensure a fair and well-structured process for everyone involved.

Thank you to Ms Stone for her support, the Premises and IT teams for their assistance, and the election team. We are grateful to Ms Eakins for supporting the shortlisting process, Ms Tallat for creating the Google voting link and QR code and overseeing the voting, and Mr Irwin for acting as adjudicator and ensuring the process is fair. We also acknowledge Mr McGhee for his oversight of the process.



Students can vote using this link:

<https://forms.cloud.microsoft/e/wC5hQRw6rW>

Shortlisted candidates will progress to the interview stage. We wish all candidates the very best of luck.



13 Year 13 News



Last week, we proudly celebrated our Year 13 students on their Leavers' Day and reflected on just how far they have come during their time with us.

For some, their journey began in Year 7, while others joined our Ursuline family in Year 12 and quickly became such valued members of our wonderful community. Throughout the years, they have shown resilience, kindness and determination, leaving a lasting impact on our school through their achievements, friendships and contributions to school life.

As they move on to the next chapter, we want them to know how proud we are of everything they have achieved and the amazing young people they have become. We wish them every success and happiness for the future and look forward to hearing about all that they go on to achieve.

We have included Lily Power's Head Girl Speech below as we thought it deserved a wider audience!...

Once an Ursuline, Always an Ursuline!





**Hi everyone,
Happy Leavers Day!**

It's hard to believe that for most of us after 7 years we are finally here, on our last day at Ursuline. Even for those that joined us in Year 12 the two years have flown by.

For many of us, it feels like yesterday that we walked through the gates as Year 7s, unsure of what to expect and scared to start a new journey. In a way it is similar to what we are feeling now – anticipation for our exams to start, excitement for our A Level summer and also nerves for what will come in September.

Being part of a small school at Ursuline has meant that we have had the chance to get to know each other really well. We have spent so much of our time in this building, in our lessons, lunches and exams. But through it all we have all supported one another, we laughed, stressed over exams and celebrated our wins, big or small.

That's the things about an all girls small school – we aren't just students passing through, we are a sisterhood.

Even the spirit of SERVIAM has shaped us, teaching us lessons about leadership, kindness and stepping up for others, lessons we will carry later on.

As we leave today, we will go our different ways – heading off to university, apprenticeships or work. Yes, the future may feel uncertain but that is an opportunity in itself. It's a chance to discover who we are and shape our own paths.

As Taylor Swift said – the scary news is you're on your own now. But the cool news is your on your own now.

So, thank you, Ursuline, for the last seven years. Thank you to the teachers who believed in us, challenged us and inspired us. And thank you to my fellow leavers, it's been an honour to grow, learn, and laugh alongside you.

So here's to us, the class of 2026!

And as always, Once an Ursuline, Always an Ursuline.

Thanks

Your favourite Head Girl!

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.

hellofod

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 |
|-------------------------------------|--|-------------------------------|-------------------------------|--------------------|

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 |
|-------------------------------|------------------------------------|----------------------------|---|-----------------------------|

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 |
|--------------------------------------|---------------------------|-------------------|--------------|--------------------|

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 7-9 | 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 | 🏃 Fitness/Plyometrics 7-12 | Mrs Mansell | |
| | 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) | 🥊 Boxing 9-10 | Dance Studio Ms Keogh |
| | | 12:40pm (30mins) | 🎼 Classical Curiosity Club 12 | Ms Posnakidou |
| | | 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 | |
| PM | 12.40 (30mins) | Gymnastics | Ms Keogh | |
| | 1:10pm (30mins) | 🎸 Guitar Club 7-13 | S5 Mr McCarthy & Mr Okyere | |
| | 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) | 📖 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 | |
| PM | 1:00pm (30mins) | 🌱 Eco Club 7-13 | G3 Mr McCarthy | |
| | 1.10pm (30mins) | 🎵 Music Year 11 Course Work | S5 Ms Hurst | |
| | 3:20pm (1hr) | 🏃 Athletics 7-10 | Playground Mrs Mansell | |
| | 3:20pm (1hr) | ⚽ Football 7-9 | Gym/Mr Okyere Ms 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 |
| PM | 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 | |
| | 3:30pm (1hr) | 🎵🎸 Worship Band 9-10 | S5 Ms Hurst | |
| | 3:30pm (1hr) | ⚽ Rounders 7-9 | 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) | 🏃 Dance GCSE 10 | Gym Ms Keogh |
| | | 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 7-10 | | Gym 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)

WORRIED?

We're here to listen.

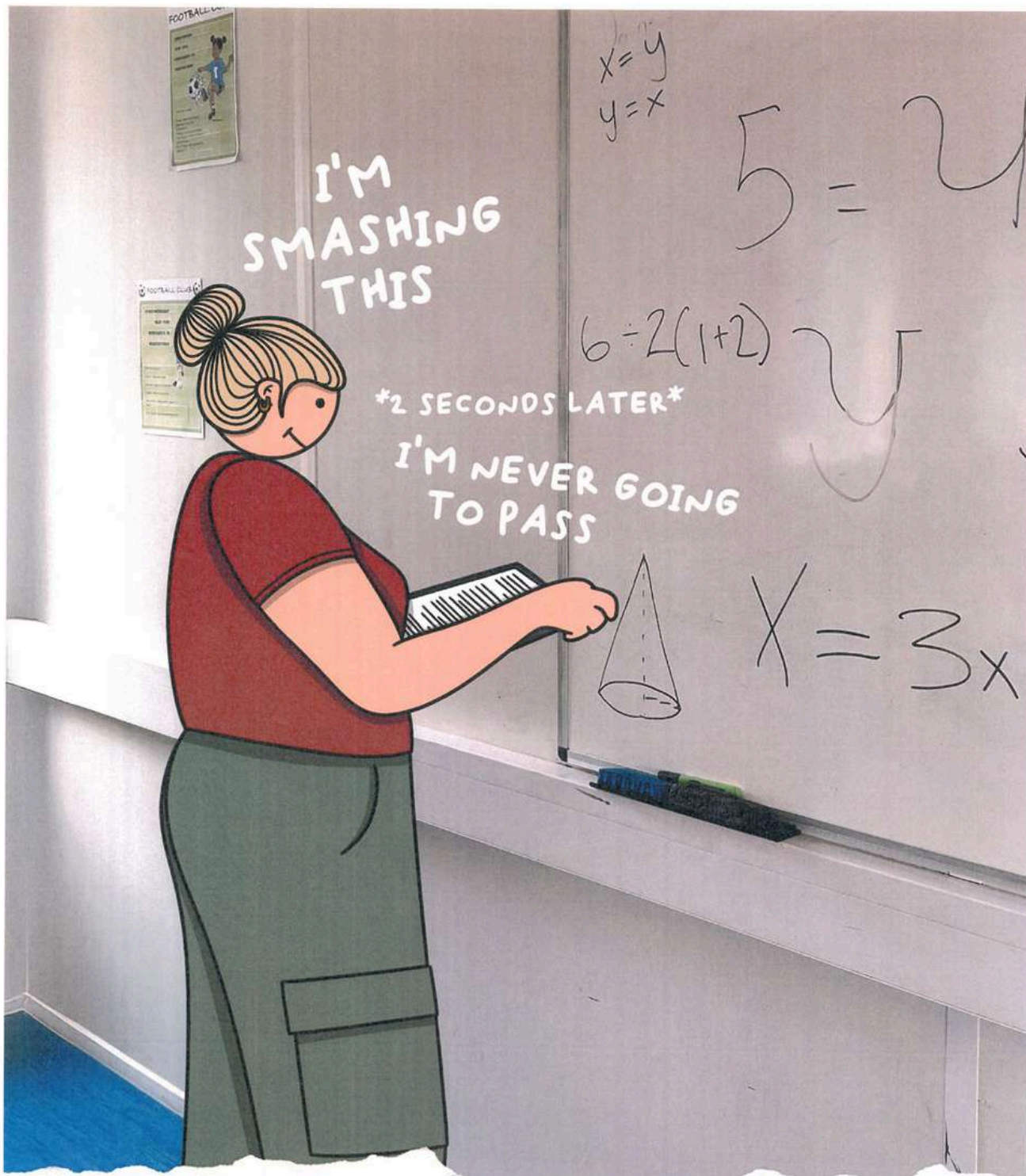


**Call Childline on 0800 1111
or visit [childline.org.uk](https://www.childline.org.uk)**

Whatever it is – we're here to listen. It's free and you don't even need to tell us your name.

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111



**WHATEVER
YOU'RE FEELING,
WE'RE HERE**

childline

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