



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 32
22nd 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



One of the things that continues to make me proud of our school community is the number of students who choose to do the right thing, even when it is not always easy. At Ursuline, we speak often about our virtues of being truthful, courageous, compassionate and attentive to others. Living these values means **standing up for what is right**, reporting concerns when something is wrong, and refusing to accept behaviour that harms others or undermines our community. This reflects the principles of Catholic Social Teaching, particularly the dignity of every person and our shared responsibility to care for one another.

Like all schools, there are occasionally incidents where students make poor choices. Thankfully, these remain rare at the Academy. What matters most is that the overwhelming majority of our students do not condone anti-social or unjust behaviour and are prepared to speak up when needed. This helps us to maintain a calm, safe and respectful environment where everyone can flourish. It also supports those who sometimes get things wrong to reflect, learn and grow into the people God intends them to be.

We also recognise the growing pressures young people face through smartphones and social media. There can be a strong temptation to use phones inappropriately, to share content or become drawn into unkind or impulsive behaviour online. Students must follow the school rules at all times, including around mobile phone use, both to protect themselves and others. We are grateful to the many students and families who support us in reinforcing these expectations and helping to build a community rooted in respect, responsibility and service.

As we reach the half term break, I would also like to thank students, staff and families for their continued support this term. I wish everyone a peaceful and restful break and look forward to welcoming students back refreshed and ready for the final half term of this academic year.

SERVIAM





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.





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 – 21 May 2026

No nation, no society, and no international order can call itself just and humane if it measures its success solely by power or prosperity while neglecting those who live at the margins. Indeed, Christ's love for the least and the forgotten compels us to reject every form of selfishness that leaves the poor and the vulnerable invisible.

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

May: Prudence

22nd May: Every type of evil must be resisted.

23rd May: You must make a sound and firm resolution.

24th May: May God give you knowledge and capacity.

25th May: Let interaction with one's neighbour be prudent.

26th May: Strive to act solely out of the sole love of God.

27th May: Put all your zeal and strength into carrying out your duty.

28th May: One must be careful and prudent.





AI Online Parent Information Session

Thank you to those parents/guardians who attended the AI online parent information meeting on Wednesday. I hope you found the session informative and reassuring. For those parents/guardians who were not able to attend please see the PowerPoint below. The link to our AI policy is on our website if you would like to get more information about our approach to AI at Ursuline Academy.

A Parent Information Evening –
Understanding Artificial Intelligence



AI & Your Child: What Every Parent Needs to Know



What you told us: Parent Survey Findings



- **72 parents/carers** responded to our survey — thank you!
- **51% were NOT aware** that AI tools have age restrictions (13+ or 18+)
- **22% feel not confident** understanding the ethical issues around students using AI
- **79% were already aware** of potential mental health and wellbeing risks of AI
- **This session is for you** to give you the knowledge and confidence to guide your child with using AI.



BELONGING, BELIEVING, BECOMING

Age Restrictions & Apps to Know About



Key AI Tools & Age Limits:

- **ChatGPT (OpenAI):** 13+ with parental consent, 18+ to use independently – NOT suitable for children under 13
- **Snapchat My AI:** 13+ (embedded in Snapchat) – this is on your child's phone and very easy to access
- **Microsoft Copilot:** 18+ for personal accounts (available in school Microsoft 365 under supervised settings)
- **Safer alternatives for students:** Khanmigo (13+, education-focused), Quizlet AI (13+), Grammarly (13+), Quizlet AI, Seneca Learning.



Using AI Effectively: The RIGHT Way



- **Revise smarter:** ask AI to quiz you, explain concepts, or create practice questions
- **Create flashcards:** "Make me 10 flashcards on the causes of World War 1"
- **Understand difficult ideas:** "Explain photosynthesis to me like I'm 12"
- **Check and improve your own work:** get feedback on an essay YOU wrote, then rewrite it yourself
- **Plan your revision:** AI can help organise your time and suggest what to focus on
- **Always verify AI answers:** use it as a starting point, not a final answer



BELONGING, BELIEVING, BECOMING

How are students using AI the WRONG Way



- **Submitting AI-written work as their own**
- **Using AI during tests, exams or controlled assessments**
- **Copying AI answers for homework**
- **Sharing personal information with AI**
- **Using AI as an emotional counsellor**
- **Believing everything AI says**

However, at UAI inappropriate AI use is low - this has been helped by teachers having AI training, an AI policy and students having PSHE lessons about AI.



BELONGING, BELIEVING, BECOMING

Consequences of inappropriate use:



- **GCSE & A-Level coursework:** Ofqual, AQA, Edexcel and OCR all have AI detection policies and tools and using AI to complete controlled assessments can result in the entire qualification being cancelled
- **Internal school consequences:** detention, parental contact, formal warning on record.
- **Habitual AI reliance:** students lose the ability to think independently.
- **Your child's future:** universities and employers value original thinking, problem-solving and authentic work
- **Prevention is key:** talk to your child about integrity and the long-term value of genuine learning



BELONGING, BELIEVING, BECOMING



What is AI?

- AI stands for artificial intelligence and using it is like having a computer that thinks.
- AI tools like ChatGPT or Snapchat My AI can write text, make art and create music by learning from data from the internet, but watch out - they can also make things up and be biased.

How can AI be misused in assessments?

AI misuse is when you take something made using AI and say it's your own work.

THIS IS CHEATING!

How do I make sure I don't misuse AI?

- Know the rules**
 - You're **not** allowed to use AI tools when you're at an exam.
 - Your teachers will tell you if you're allowed to use AI tools when doing your coursework - the rules will depend on your questions on.
 - Even if you're allowed to use AI tools, you can't get marks for content just generated by AI - your marks come from showing your own understanding and producing your own work.
- Reference reference reference!**
 - If you're allowed to use AI tools, you must reference them clearly.
 - Name the AI tool you used.
 - Add the date you generated the content.
 - Explain how you used it.
 - Save a screenshot of the questions you asked and the answers you got.
- Declare it's all your own work!**
 - When you hand in your assessment, you have to sign a declaration. Anything without a reference must be all your own work. If you've used an AI tool, don't sign the declaration until you're sure you've added all the references.

REMEMBER

Misusing AI is cheating!
Know the rules
Talk to your teachers
Reference clearly

What happens if I misuse AI?

If you've misused AI, you could lose your marks for the assessment - you could even be disqualified from the subject.

DON'T RISK IT!



Unfortunately, some children have started to rely on AI for personal advice such as friendship issues and mental health support and at times this advice can be harmful.

It is important you are aware of this and talk to your child about the risks in relying on AI and that they should talk to real people such as their parents/guardians at home or at school their head of year, or anyone from the DSL team.

How You Can Support Your Child at Home

- Have open conversations:** ask your child what AI tools they use, and how they use them.
- Set boundaries at home:** agree rules about when and how AI can be used for schoolwork
- Check homework:** if work seems unusually polished or uses vocabulary they wouldn't normally use, ask about it
- Encourage struggle:** working through hard problems builds real skills that AI cannot replace
- Explore safe AI tools together:** Khanmigo (Khan Academy) and Quizlet AI are designed safely for students
- Remind them of school values:** honesty, effort and integrity matter more than a perfect answer from a machine



THE URSLINE ACADEMY ILFORD

Designated Safeguarding Team

<p>Mr Gary Challis DSL</p> <p>EXT:118 gchallis@uai.org.uk</p>	<p>Mrs Julia Gardiner Deputy DSL</p> <p>EXT:105 jgardiner@uai.org.uk</p>
<p>Ms Stone EXT:102 fstone@uai.org.uk</p>	<p>Ms Eakins EXT: 227 deakins@uai.org.uk</p>

DSL Support

Miss H Colder

Head of Humanities & Lead Practitioner



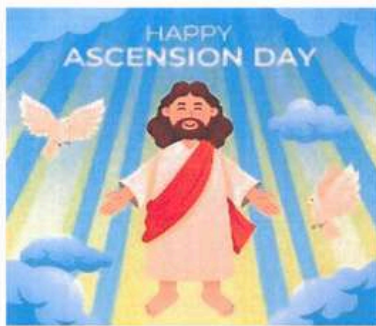
Chaplaincy News

May 14: Ascension Day 2026.

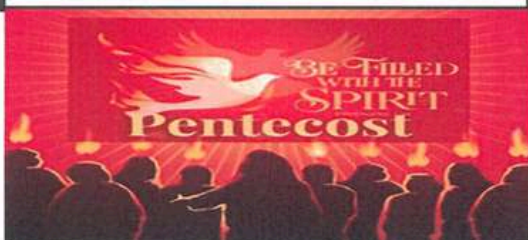
Ascension Day is one of the earliest Christian festivals dating back to the year 68 CE. According to the New Testament in the Bible, Jesus Christ met several times with his disciples during the 40 days after his resurrection to instruct them on how to carry out his teachings. It is believed that on the 40th day he took them to the Mount of Olives, where they watched as he ascended to heaven.

Ascension Day marks the end of the Easter season and occurs ten days before Pentecost. Depending upon the phases of the Moon in a particular year, Ascension Day is usually celebrated on a Thursday. However, some churches may choose to celebrate it on the following Sunday. Many Eastern Orthodox churches [calculate the date](#) of Pascha (Easter) according to the Julian lunar calendar, rather than the Gregorian calendar used by many western churches, so their Ascension Day usually occurs after the western observance.

The Feast of the Ascension of Jesus Christ commemorates the Christian belief of the bodily Ascension of Jesus into Heaven. It is one of the ecumenical feasts of Christian churches, ranking with the feasts of the Passion and Pentecost



Sunday 24 May: Pentecost. Also known as Whitsunday or Whit Sunday, is celebrated 50 days after Easter Sunday to commemorate the descent of the Holy Spirit on the disciples. The Birth of the Church.



The Ursuline Academy Ilford

CHAPLAINCY NOTICES: MAY



During May, the 5th Month of the year we celebrate Spring. Catholics also dedicate May to Our Lady, Mary and the Holy Rosary.



May days of Religious Significance

May 24: Buddhism

Celebrates the Birth of Siddhartha Gautama, the founder of Buddhism.

May 1 – Buddhist: Vesak

Commemorates the birth, enlightenment, and death of Buddha.

May 4: Jewish: Lag BaOmer*

A festive day marking the end of a plague during Rabbi Akiva's lifetime.

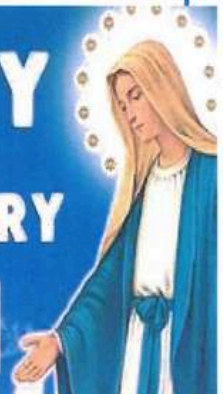
May 29: Baha'i: Ascension of Baha'u'llah

Commemorates the passing of Baha'u'llah, the founder of the Baha'i Faith.



ROSARY OF THE VIRGIN MARY

FOR THE MONTH OF MAY



The Rosary is a popular Christian prayer practice, particularly in the Catholic Church, that involves reciting prayers while meditating on specific events from the lives of Jesus Christ and Mary. It's a devotional practice using a string of beads to count the prayers, with each bead corresponding to a prayer like the Hail Mary. It's common for families to pray the Rosary together in May, reinforcing faith and devotion within the home. The late Pope Francis has encouraged people to rediscover the beauty of praying the Rosary, particularly at home, during the month of May.

May, the Month of our Lady

May 13th: Our Lady of Fatima

May 31st: Feast of the Visitation

The month of May is a special time for Catholics to honour our Blessed Mother Mary. During this month Christians, both in church and in the privacy of the home, offer up to Mary from their hearts prayer and veneration. It's the month we honour Blessed Mary as the Mother of Jesus and our Heavenly Mother. Mary has an unique role in salvation history as the Mother of God, conceived without Sin, who by her own free will agreed to bring the "Word made flesh", (John 1:14) our Lord and Saviour Jesus Christ into the world.

It's a Catholic tradition to honour Mary during the month of May by crowning her statue with flowers. The reason why we crown Mary is best summed up by Pope Paul VI who wrote in 1965 that May is an occasion for a "moving tribute of faith and love which Catholics in every part of the world pay to the Queen of Heaven."

The crown symbol is attributed to Mary because she is the Mother of the Son of God, who is our Heavenly King. Many Catholics will say a decade of the Rosary at least one day a week during May.



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

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!





Student Leadership News

Introducing our Head Girl and Deputy Head Girls for 2026/27

We are proud to introduce our new Head Girl and Deputy Head Girls, who will represent the student body and help lead our school community throughout the year.

The team demonstrated confidence, leadership, and commitment during a highly competitive selection process, which included applications, hustings, student voting, and interviews. We would like to thank all students who applied for their enthusiasm and effort.

The successful students are:

Head Girl: **Hiru Maheswaran**

Deputy Head Girls: **Samia Baichoo**
Raheema Mohamed Yousuf
Vedika Purushothaman

The Head Girl Team will play an important role in supporting students, organising events, promoting student voice, and acting as positive role models across the school. We congratulate the successful candidates and look forward to the positive contribution they will make to the school community over the coming year.

Further student leadership appointments for Charity, Enrichment, Equality, Student Voice, and Wellbeing will be announced shortly.



Dr Osei-Owusu, Enrichment & Student Leadership Coordinator



Year 9 Retreat

Year 9 Retreat at Walsingham House

On Thursday this week the final group of Year 9 students participated in the retreat at Walsingham House. The experience provided them with a valuable opportunity to reflect on their individual gifts and potential in a peaceful and uplifting environment centred around the theme, **“You Were Made for Greatness.”**

Students shared very positive reflections on their experience:

“The retreat was very fun and it gave us the opportunity to work together and talk with people we wouldn’t usually talk to.”

Mercy, 9J

“It was a really fun experience and I am so grateful. Everyone was nice and I want to experience it again.”

Raina, 9T

“Everyone was so lovely and all the activities were very creative. Definitely a memorable trip.”

Faiza, 9J

Throughout the retreat, students took part in a range of inspiring team-building activities, moments of prayer and reflection, and meaningful discussions that encouraged them to recognise their unique strengths and the positive impact they can have on others. Thank you to all parents and carers for your continued support.



Mr Ravi, School Chaplain

Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
 - Income Support
 - Income-based Jobseeker's Allowance
 - Income-related Employment and Support Allowance
 - Support under Part VI of the Immigration and Asylum Act 1999
 - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the Redbridge.gov.uk website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school.

Thank you for your co-operation.



FREE SCHOOL MEALS

DON'T MISS OUT!

Our discrete till systems ensure that any transactions are processed confidentially and all our lunch time meal deals are aligned to the FSM allowance every day, ensuring great choices for you!



IF YOU ARE ENTITLED TO A
FREE SCHOOL MEAL YOU CAN CHOOSE FROM
**ANY HOT/COLD
MAIN & DESSERT!**



&



**DAILY
ALLOWANCE
£2.80**

For examples of what you can buy, please see overleaf.

hellof  **d**

We provide a range of delicious, healthy and nutritional hot and cold meals that fully comply with the National School Food Guidelines.

Allergies

If you have any dietary requirements, please speak to the Chef Manager who will be happy to provide a suitable meal.

Accent



EXAMPLE OPTIONS:

CHOOSE ONE HOT OR COLD ITEM FROM BELOW

Any Hot
Main Meal

Hot Pasta
Pot with
Sauce

Grab and
Go offer

Sandwich,
Wrap or Roll
(Excluding Premium
range)

Cold Salad
Pasta Pot

**PLUS
ONE DESSERT ITEM FROM BELOW**

Hot Dessert
of the Day

Jelly

Traybake of
the day

Cookie

**ALL FOR
£2.80**

MAIN MEALS

From £2.60

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

SUMMER MENU
WEEK ONE



MEXICAN MOMENTS

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

TASTE OF ASIA

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

BRITISH CLASSICS

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

FUSION

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

CHIP SHOP

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

Meal-Deal
Only £2.85

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



GLOBAL EATS

From £2.60

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

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

PASTA & JACKETS STATION

MONDAY
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata
TUESDAY
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata
WEDNESDAY
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata
THURSDAY
Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata
FRIDAY
Pizza Mac & Cheese with Garlic Bread
From £2.60

ALLERGENS

we're allergy guru!



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

MAIN MEALS

From £2.60

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

SUMMER MENU
WEEK TWO



SUNSHINE FAVOURITES

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

TASTE OF ITALY

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

BUILD A BURRITO

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

TASTE OF INDIA

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

CHIP SHOP

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

Meal-Deal
Only £2.85

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



GLOBAL EATS

From £2.60

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

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

PASTA & JACKETS STATION

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

ALLERGENS

we're allergy guru!



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

MAIN MEALS

From £2.60

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

SUMMER MENU
WEEK THREE



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



PASTA & JACKETS
STATION

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

Meal Deal
Only £2.85

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



GLOBAL EATS

From £2.60

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

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

- 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			
	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			
	Lunch	10:40am	🎸 Ukulele Club 7-8	S5 Ms Eakins
		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	
12:40 (30mins)		🤸 Gymnastics	Ms Keogh	
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			
	Lunch	10:40am (20mins)	🎵 Music Y10-13 Practice Room Access	Practice rooms Ms Hurst
		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	
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)	🏃 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
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	
PM	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

CALLING ALL PARENTS AND CARERS IN REDBRIDGE - WE NEED YOUR SUPPORT!

Mental Health Support Teams (MHSTs) are a government funded service providing additional support to families and young people in schools with mental well being.

In Redbridge, we provide low intensity Cognitive Behavioural Therapy (LI-CBT) for mild to moderate difficulties such as anxiety or worries, exam stress and friendship issues. Our service started in 2021 here in Redbridge and we currently work into 42 schools with plans to expand.

We want to hear the views of parents and carers in the borough about what support you would like to see. Be part of our development by sharing your views in our short survey.

YOUR VIEWS MATTER

Click the link below or scan the QR code to take part.

This survey is 10 questions and won't take more than 5 minutes of your time



Survey.



FOR MORE INFORMATION & TO SIGN UP TO OUR LATEST WEBINARS

[CLICK HERE](#)

VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'

OR GO TO LINKTR.EE/REDBRIDGEMHST





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)