



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 33
5th June 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



This week in assembly we reflected on two great celebrations in the Church: Pentecost Sunday and Trinity Sunday. At Pentecost, we remember the coming of the Holy Spirit, who gave the disciples the courage and wisdom to go out and share the Good News. Trinity Sunday reminds us of the mystery of God as Father, Son and Holy Spirit, united in perfect love. These celebrations link beautifully to our Ursuline virtues for this half term: being Faith-filled and Hopeful. As a community, we are called to trust in God's presence, to be guided by the Holy Spirit in our daily lives, and to remain hopeful even when challenges arise. Through faith, prayer and service to others, we continue to grow into the people God calls us to be.

Trinity Sunday has always held a special significance for me. Many of us will be familiar with the story of St Patrick using the shamrock to explain the mystery of the Holy Trinity: three leaves, yet one plant, just as God is Father, Son and Holy Spirit. It is a simple but powerful symbol that remains closely connected to Irish faith and culture.

It also reminds us of something important about our own Ursuline community. Each of us brings our own heritage, culture, experiences and talents, and these differences enrich our school. We are strongest when we take pride in who we are while respecting and valuing others. Just as the three leaves of the shamrock remain distinct yet united, our community is strengthened by both our similarities and our differences. By celebrating one another and recognising the dignity of every person, we continue to build a school where everyone belongs and can flourish.

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

Company No: 07737159

Registered Address: Morland Road, Ilford, Essex, IG1 4JU

Tel: 020 8554 1995

Email: enquiries@uai.org.uk

Website: www.uai.org.uk



Newsletter Contents this week:

Chaplaincy News, Pages 5 - 7

**Curriculum Enrichment Day,
Page 8**

Library News, Page 9

Rome Trip, Pages 10 - 13

Student Leadership News, Page 14

Year 11 Promt, Page 15

**Free School Meals,
Pages 16 - 18**

Lunch Menus, Pages 19 - 20

Clubs Timetable, Page 21

Redbridge News, Page 22 - 24



Pope Leo XIV @ Pontifex - 4 June 2026

The Eucharist opens us to justice and sharing, with a preferential concern for those who are burdened by poverty or marginalization.

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

June: Ask

5th June: In these pestilential times, you will find no other recourse than at the feet of Jesus Christ.

6th June: I am continually among them with Jesus Christ, the Lover of us all.

7th June: Blessed are those into whose hearts God has infused the light of truth.

8th June: Through prayer one beseeches from God the grace of the spiritual life.

9th June: If they want to pray longer, let them go into their rooms, and enclosed there, pray in the way and as much as the Spirit and conscience will dictate.

10th June: My Lord, I beg you to receive this heart of mine and to transform its every affection and passion through your divine love.

11th June: My Lord, light up the darkness of my heart.





Chaplaincy News

9R and 9T Mass

Students from 9R and 9T gathered on Thursday to celebrate Mass in our school chapel, reflecting on Jesus' teaching in St Mark's Gospel that the greatest commandments are to love God with all our heart, soul, mind and strength, and to love our neighbour as ourselves.

The Gospel invited us to consider how we live out this message in our daily lives. This theme was further reflected in our Prayers of the Faithful, as we prayed for peace throughout the world, for students undertaking examinations, for an end to all forms of violence, and for harmony within our communities. In recognition of World Environment Day, we also prayed for the wisdom and commitment to care for God's creation and to protect it for future generations.





Chaplaincy News

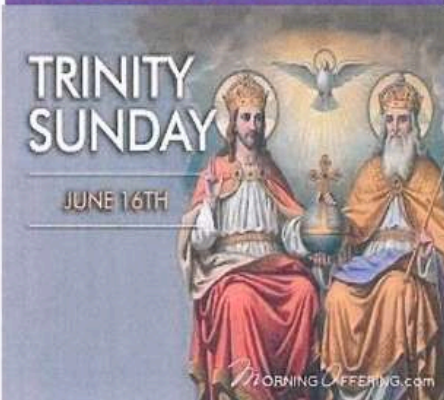
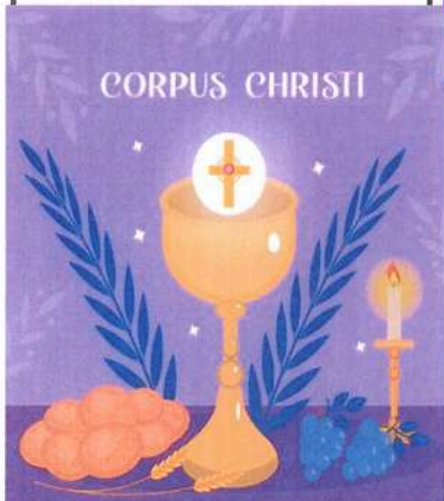
June 19: Corpus Christi 2026.

The Most Holy Body and Blood of Christ (Corpus Christi) celebrates the Eucharist and the real presence of Jesus in the sacrament. In the UK and some other regions, it is celebrated 60 days after Easter, typically on the Thursday after Trinity Sunday.

Key Observances & Details

Theological Meaning: The feast commemorates the institution of the Holy Eucharist during the Last Supper and highlights the Catholic belief in transubstantiation (the bread and wine becoming the actual body and blood of Christ).

Traditional Practices: Celebrations are often marked by special church masses, periods of Eucharistic adoration, and public processions where the Host is carried through the streets in a monstration.



The Ursuline Academy Ilford

CHAPLAINCY NOTICES: JUNE



During June, the 6th Month of the year we celebrate the beginning of Summer. Catholics also welcome the coming of the Holy Spirit.



June days of Religious Significance

June 25 – Eid al-Adha:

The new year commemorates the Hijrah, the migration of the Prophet Muhammad and his early followers from Mecca to Medina in 622 CE .

June 8 – Race Unity Day:

A holiday in the Baha'i faith that promotes racial harmony and understanding.



June is the Month of the Sacred Heart, in recognition of Jesus' apparitions starting in 1673 to St. Margaret Mary Alacoque (1647-1690), a member of the Visitation Sisters, through whom He asked for devotion to His Sacred Heart.

The prayer of the Sacred Heart: O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins, I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, good Jesus, that I may live in you and for you.



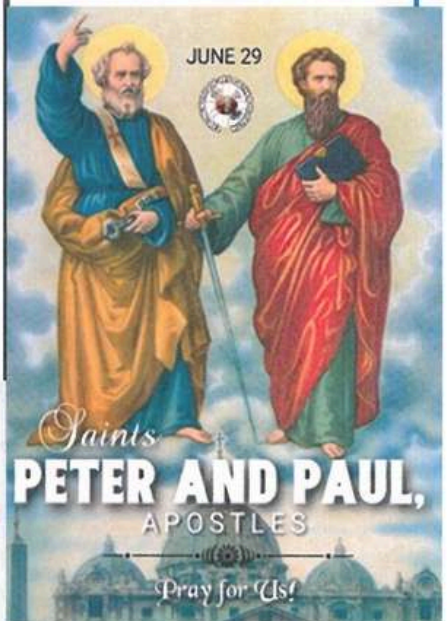
June 29th: Feast of St Peter and St Paul

June 29th is the Solemnity of Saints Peter and Paul in the Catholic Church, a feast day honouring the martyrdom of the two apostles. This day is a holy day of obligation, celebrating their pivotal roles in establishing the early Church, particularly in Rome.

Key aspects of the Solemnity of Saints Peter and Paul:

Both Peter and Paul were martyred in Rome during the persecution of Christians by Emperor Nero. Peter is considered the first pope and is seen as the "rock" upon which Christ built his Church. Paul was a key figure in spreading Christianity to the Gentiles, through his missionary journeys and writings. Their lives inspire Christians to live boldly for Christ and to proclaim the Gospel message.

The Solemnity is particularly significant in Rome, where they were martyred and where their tombs are located. Churches around the world hold masses and other celebrations to commemorate the feast.





Chaplaincy News

Workshop by St Francis Leprosy Guild

On Monday, we were delighted to welcome Katharine Jones, Director of the St Francis Leprosy Guild, who delivered an engaging and thought-provoking presentation to our Year 12 students during Core RE. Katharine provided valuable insight into the five Franciscan values and the realities of leprosy in the modern world, highlighting both the challenges faced by those affected by the disease and the inspiring work undertaken by the Guild to support individuals and communities across the globe.

Her presentation encouraged students to reflect on issues of social justice, dignity, and compassion, while gaining a deeper understanding of the Guild's mission.

Our Justice and Peace Group will be raising awareness of the charity's work within the school community and organising a bake sale to support this cause.



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.

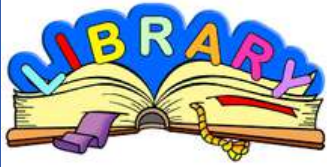
Year 7 students will travel to Thriftwood Scout Outdoor Centre, where they will enjoy a wide range of outdoor games and team-building activities.

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

This week we've had a special delivery of over thirty new books to add to our flourishing library! These are all books which have been recommended by students and showcase the range of reading tastes at Ursuline. From spooky short stories to fast-paced fantasies, these are all fantastic narratives that have found a forever home on our shelves, sure to be enjoyed by students for years to come.

See below a full list of all the brand-new books our students can now enjoy. A printed catalogue with each book's synopsis can be found in the library for students to browse.

NEW BOOKS

- *The Seriously Epic Holiday of Lottie Brookes* by Katie Kirby
- *The Game I will Never Forget* by Onjali Q Rauf
- *The Bewitching of Aveline Jones* by Phil Hickes
- *The Vanishing of Aveline Jones* by Phil Hickes
- *Skandar (4 book series)* by A.F. Steadman
- *Loki: A Bad God's Guide to Taking the Blame* by Louie Stowell
- *Loki: A Bad God's Guide to Ruling the World* by Louie Stowell
- *Whispering Hollow* by Rachel Burge
- *The Light Hunters* by Dan Walker
- *Allegiant* by Veronica Roth
- *Nothing Like the Movies* by Lynn Painter
- *The Do-Over* by Lynn Painter
- *Betting on You* by Lynn Painter
- *You've Found Oliver* by Dustin Thao
- *The Scorpio Races* by Maggie Stiefvater
- *The Raven Cycle (4 book series)* by Maggie Stiefvater
- *Picking Daisies on Sundays* by Liana Cincotti
- *Win Lose Kill Die* by Cynthia Murphy
- *Queen of Gods* by Katharine Corr
- *Defend the Dawn* by Bridgid Kemmerer
- *Destroy the Day* by Brigid Kemmerer
- *Cursed Crowns* by Catherine Doyle
- *Burning Crowns* by Catherine Doyle
- *If You Could See the Sun* by Ann Liang
- *A Taste of Darkness* by Amy McCaw



Ms Jones, Librarian



Rome Trip 2026

Our recent trip to Rome was an unforgettable experience that brought history, culture, art, and adventure to life in one of the world's most remarkable cities. From the moment we arrived, pupils were captivated by the beauty and grandeur that surrounded us. As many commented throughout the visit, Rome truly feels like a living museum, with extraordinary landmarks and stories waiting around every corner.

One of the highlights of the trip was undoubtedly the magnificent Colosseum. Standing inside this iconic symbol of the Roman Empire allowed pupils to imagine the spectacles and events that took place there nearly two thousand years ago.

A particularly powerful part of the visit was our time at the Vatican, where we explored the extraordinary Vatican Museums and then continued into St Peter's Basilica. Pupils were amazed by the scale and beauty of both sites, especially the masterpieces associated with Michelangelo. **A very special moment for the group was coming together to pray inside St Peter's Basilica, where we said the school prayer in such a meaningful and historic setting, creating a calm and reflective atmosphere that everyone will remember.**



Our exploration of ancient Rome continued at the Roman Forum. Walking through the ruins of what was once the centre of Roman public life, pupils learned how this area served as a bustling marketplace and a place where important political, social, and legal decisions were made in the Roman Empire. Surrounded by temples, arches, and ancient stone pathways, it was easy to imagine the scale and influence of Roman civilisation at its height.

We also visited the fascinating Leonardo da Vinci Experience Museum, where pupils discovered the genius of one of history's greatest inventors and artists through interactive exhibits and working models of his inventions. The beauty of the Trevi Fountain enchanted us all, while the elegant Piazza di Spagna and its famous Spanish Steps provided another memorable stop, offering wonderful views and a vibrant atmosphere.

Beyond the historical and cultural sites, pupils thoroughly enjoyed experiencing modern Roman life. Shopping along the prestigious Via Condotti gave everyone the opportunity to explore some of Italy's most famous stores, while our walking tour through the historic city centre revealed countless hidden treasures. Among the most memorable locations was the mesmerising Piazza Navona, whose stunning fountains, lively atmosphere, and beautiful Baroque architecture made it a favourite for many.



Of course, no trip to Italy would be complete without enjoying the food. The delicious gelato quickly became a daily treat, while the variety and quality of food available in the food hall were simply outstanding. From authentic Italian pizza and pasta to local specialities, every meal became part of the experience.

The trip was also surprisingly active! Most of us are not accustomed to walking close to 20 kilometres a day, but Rome encouraged us to keep exploring. Despite the tired feet at the end of each day, the exercise was more than worthwhile, as every street seemed to reveal another incredible church, monument, piazza, or ancient ruin.

The Rome trip was much more than a visit to famous landmarks; it was an opportunity to immerse ourselves in history, art, culture, and everyday Italian life. It created memories that will last a lifetime and inspired a deeper appreciation for one of the world's greatest cities.



Please see below some pupils' feedback from the trip:

Nyah (10R)

"The Rome trip was a great experience. I had the opportunity to visit many beautiful historical landmarks, especially the Vatican Museums, where I saw many impressive works of art and creative artistic styles. The trip was also a great way to bond with the other people on the trip and to explore Italian food, culture, and different places. I especially enjoyed the warm Italian weather and spending time with my friends. Overall, it was a memorable and enjoyable trip."

Kosi (10T)

"The trip to Rome was fantastic! The streets were lively, and the architecture was breathtaking. My highlight was definitely St Peter's Basilica and the Colosseum. I enjoyed it very much and would love to go back one day. The weather and the food were brilliant."

Kaveena (10R)

"My trip to Rome was very enjoyable. I liked our hotel room, although the breakfast was not very good. We visited many tourist attractions and had plenty of free time, which I really enjoyed. One thing I would suggest is taking more frequent breaks while walking between tourist sites. For example, stopping for at least five minutes and sitting down occasionally would have helped, as my feet became quite sore. The airport and flight experience were good, and everything went smoothly. For future trips, I hope teachers can recommend some authentic Italian restaurants so that students can enjoy traditional Italian food."

Ava (10J)

"I really enjoyed the trip to Rome. I think it was an amazing experience. The different landmarks we visited made me feel grateful for the opportunity to see such beautiful and historic places. It was so much fun and definitely an unforgettable experience."



Student Leadership News

Congratulations to our student leaders for 2026/27

We are delighted to announce that the Student Leader interviews have now been successfully completed. The standard of applications and interviews was exceptionally high, and we are incredibly proud of all students who put themselves forward. After careful consideration, we are pleased to share the names of the students selected to take on leadership roles for the coming year. We congratulate them on this achievement and look forward to seeing the positive impact they will make within our school community.

A sincere thank you to Mr Irwin and Ms Tallat for their support during the election process. We are also grateful to the Head Teacher, Ms Stone, Ms Eakins and Mrs Khan for giving up their time to be part of the interview panel, alongside Mr McGhee and myself.

Senior Leader Position	Name	Form
Head Girl	Hiru Maheswaran	12.3
Deputy Head Girl	Samia Baichoo	12.1
Deputy Head Girl	Vedika Purushothaman	12.1
Deputy Head Girl	Raheema Mohammed Yousuf	12.3
Charity & Fundraising	Rameesha Dar	12.2
	Imaan Butt	12.3
Enrichment	Zoya Khan	12.3
	Shalome Sutharsan	12.3
Equality	Akshaya Raveendran	12.1
	Alia Hamid	12.1
Student voice	Naomi Soares	12.2
	<u>Athishayah Kajansivakumaran</u>	12.1
Wellbeing	Tracey Eze	12.3
	<u>Suhani Bhoopalon</u>	12.2

Junior Leader Position	Name	Form
Charity & Fundraising	Anaiah Anthony	10J
Enrichment	<u>Kaosi Oguchi</u>	10T
Equality	Zahra Ali	10T
Student voice	Fola <u>Oludoyi</u>	10R
Wellbeing	Phoebe Billy Giwa	10T

CLASS OF

2026

Year 11 Prom



URSULINE ACADEMY
ILFORD

PRESENTS

BELONGING • BELIEVING • BECOMING

YEAR 11
PROM
Paris Nights

ONE NIGHT IN PARIS,
A LIFETIME OF MEMORIES

TONIGHT'S
HIGHLIGHTS

- DJ & DANCING
- PHOTOBOOTH
- SPECTACULAR FIREWORKS
- FOOD & DRINKS
- SPARKLING ATMOSPHERE



TUESDAY
JULY
7TH
2026



7PM -
11PM

PHOTOBOOTH

STRIKE
A POSE.
MAKE A
MEMORY!

CELEBRATE YOUR JOURNEY.
EMBRACE YOUR FUTURE.

You belong here.



BELONG TO A
SUPPORTIVE FAMILY



BELIEVE IN
YOUR POTENTIAL



BECOME YOUR
BEST SELF

ONE NIGHT. ENDLESS MEMORIES. A FUTURE WITHOUT LIMITS.

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.

hellofood

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



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



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

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

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



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



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

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

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 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	





PKA - SEaTSS

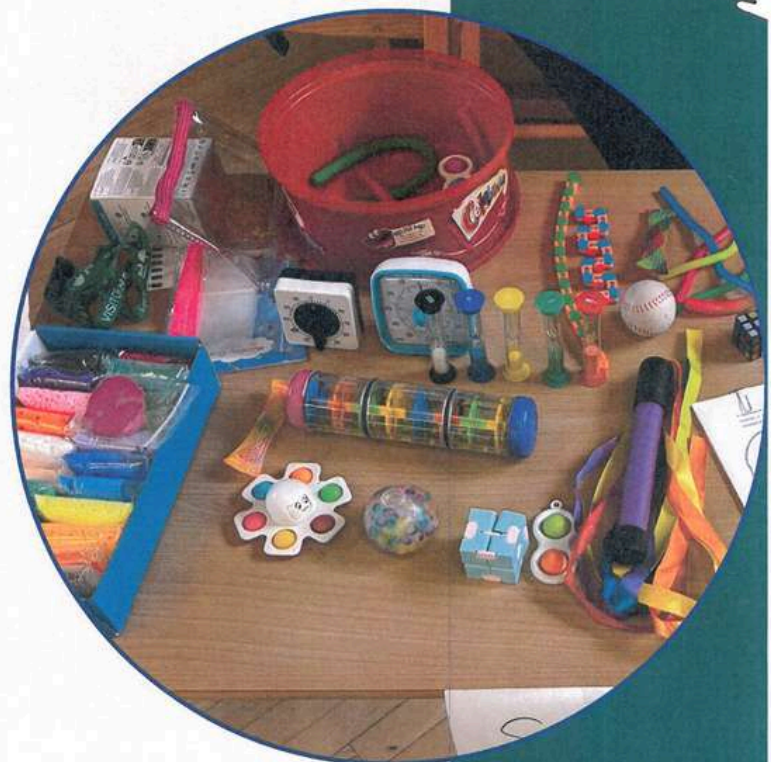
SENDATS Virtual Training

Spotlight on:
SEMH and supporting
your child at home.



Scan or Click Here

Monday 8th June
7.30 pm



@SpecialEducationTraining



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



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)