



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 37
3rd July 2026

Upcoming Events

Year 11 Prom
Tuesday 7 July
7.00 – 11.00p.m.

Sports Day
Friday 10 July

Annual Prizegiving
Monday 13 July
6.00 – 7.00p.m.

End of Year Trips
Tuesday 14 July



Headteacher's Headlines

Faith-filled
& hopeful

As many of you will have noticed, this week's newsletter is reaching you a little later than usual following our staff INSET day on Friday. Thank you for your understanding. Our colleagues spent the day at Abbotswick focusing on the vocation of the form tutor, reflecting on how we can accompany our young people with compassion, wisdom and hope, ensuring that every student is supported to flourish academically, personally and spiritually.

You'll see a number of great articles in the newsletter this week. From our Year 6 Transition Day, where we welcomed the newest members of our Ursuline family with warmth and joy, to our Year 10 residential at Thriftwood, where students demonstrated resilience, teamwork and independence, there are countless examples of our young people living out our values of Belonging, Believing and Becoming. I was equally proud to read about our students representing the academy at Imperial College, engaging with engineering and STEM opportunities, and the many acts of service shown through our Religious Education department, including supporting the local foodbank and learning alongside members of our wider faith communities.

Tomorrow evening we look forward to celebrating our wonderful Year 11 students at their Prom, a significant milestone as they mark the end of one chapter and prepare to begin another. We continue to pray for all of our students as they await examination results and discern the exciting pathways ahead.

I am incredibly grateful to the Ursuline Academy staff who have gone over and above to deliver all the wonderful and varied events above.

If you would like to give feedback to me on any aspect of school life, please use this link. I wanted to provide you with an opportunity to share your feedback before the year ends. You can also use this QR code.

<https://forms.office.com/e/HfPUCHSq5E>

 **SERVIAM**





THE URSULINE ACADEMY ILFORD
A CATHOLIC ACADEMY FOR GIRLS



Ursuline
Academy
Sixth

HELP US CREATE MORE **WORK EXPERIENCE** OPPORTUNITIES

We are looking to expand the range of work experience opportunities available for our **Year 10** and **Year 12** students.

If you are a **parent, carer**, local employer, or know of a business or organisation that could offer a placement, we would love to hear from you.

Work experience plays a vital role in helping young people develop confidence, gain valuable workplace skills, and explore future career pathways.

Placements can be **in person or virtual**, and even offering an opportunity to one student can make a real difference.



SCAN THE
QR CODE

to complete our short
Work Experience
Provider Registration
Form.

OR



USE THE **LINK**

<https://forms.office.com/e/250pzRKEky>



A member of our Careers Team will then be in touch to discuss potential opportunities.



*Thank you for helping us
inspire the next generation.*



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

Dear Parent/Carer,

Re: Change to School Rules Regarding Mobile Phones (Effective September 2026)

I am writing to inform you of an important update to the school's behaviour policy which will come into effect from September 2026.

As part of our ongoing commitment to maintaining a calm, safe and focused learning environment for all students, the school will implement a **mobile phone-free policy** for students in Years 7-11.

From September 2026:

Students in Years 7-11 will not be permitted to bring smartphones or smart watches onto the school site.

Smartphones and smart watches are now classified as prohibited items and may be searched for and confiscated if a student is found to be in possession of one.

Where communication is needed for the journey to and from school, we recommend that students bring a non-smart (basic) mobile phone. For clarity, a non-smart phone is defined as one that does not run apps and is not capable of accessing the internet.

Any non-smart phone brought into school must be switched off and kept in the student's bag at all times and must not be used at any point during the school day.

This change reflects the school's determination to minimise distractions, safeguard students, and promote positive behaviour and wellbeing. Evidence shows that reducing access to smartphones during the school day supports improved focus, reduces incidents of cyber-related issues, and contributes to a more positive school culture.

Where a student is found with a smartphone, it will be confiscated in line with the school behaviour policy. The first confiscation will be for 3 school days and will increase if there are further incidents.

We ask for your full support in ensuring that your child complies with this new expectation from September. By working together, we can ensure the best possible environment for learning and personal development.

If you have any questions or would like to discuss this change further, please do not hesitate to contact the school.

Yours faithfully,

G Challis

Mr G Challis
Deputy Headteacher, Designated Safeguarding Lead



Belonging, Believing, Becoming



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

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Dear Parents and Carers,

At Ursuline Academy Ilford, we are committed to providing the highest quality education and the very best environment in which our students can learn, grow and flourish. However, like many schools across the country, we are facing increasing financial pressures, making it more difficult to fund important improvements and enhancements to our facilities.

For many years, we have relied on voluntary contributions from parents and carers to help support projects that directly benefit our students. We are incredibly grateful for the generosity of those families who have contributed in the past, and thanks to previous donations we have been able to complete a number of meaningful projects. However, the number of families making voluntary donations has declined, limiting our ability to invest in future improvements.

To enable us to continue enhancing our learning environment and facilities, we are suggesting families to consider making a voluntary contribution of £25 per term. While entirely optional, this contribution would make a significant difference and help us provide the resources, opportunities and facilities that our students deserve.

We would also be delighted to discuss larger donations with individuals or organisations wishing to make a more substantial contribution to the school. Significant gifts may be recognised through appropriate acknowledgements, commemorative plaques or dedications. If you would like to discuss this further, please contact me directly at fstone@uai.org.uk.

We are committed to being transparent about how these funds are used and will provide regular updates on the projects supported through parental contributions. Every donation, regardless of size, helps us to improve the educational experience of our students and demonstrates our shared commitment to their success.

If you would like to support the school, donations can be made via ParentPay, where options for voluntary contributions are available. Alternatively, please contact finance@uai.org.uk for further information.

Free School Meals and Additional Funding:

If your daughter is eligible for Free School Meals, we strongly encourage you to register her, even if she chooses not to take a school meal. Registering for Free School Meals enables the school to receive additional government funding, known as Pupil Premium, which helps us provide extra support and opportunities for eligible students.

In addition, registered students may be entitled to assistance with educational visits, enrichment activities and other school-related costs. As we operate a cashless catering system, eligibility remains confidential and will not affect any other benefits you may receive.

Thank you for your continued support and generosity. By working together, we can ensure that Ursuline Academy Ilford continues to provide outstanding opportunities for our young women and remains a place where every student can thrive and achieve her full potential.

Yours sincerely

Ms Fiona Stone, Headteacher



Belonging, Believing, Becoming

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Pope Leo XIV @ Pontifex – 30 June 2026

The need for greater cooperation amongst Christians in the face of today's challenges – peace, the proper use of new technologies and care for creation – stems from the Gospel of Jesus Christ itself. Our responsibility for the life and dignity of every human being, especially the youngest and most needy, is the criterion that will determine our present and eternal destiny (Mt25: 31-46). [#ChristianUnity](#)

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

July: Encouragement

3rd July: I am continually among them provided they believe and do not lose heart.

4th July: God will never fail to provide for their needs, so long as nothing is lacking on your part.

5th July: Put all your zeal and strength into carrying out your duty.

6th July: Do not be afraid of not knowing and not being able to do what is required in such a unique responsibility.

7th July: be happy, and always full of charity and faith and hope in God.

8th July: Charity directs everything to the honour of God and the good of souls.

9th July: The suffering of this world is nothing in comparison with the blessings which are in Paradise.





Chaplaincy News

July: The Precious blood of Jesus

The month of July is dedicated to the Precious Blood. The feast of the Precious Blood of our Lord was instituted in 1849 by Pius IX, but the devotion is as old as Christianity. The early Fathers say that the Church was born from the pierced side of Christ, and that the sacraments were brought forth through His Blood.

"The Precious Blood which we worship is the Blood which the Savior shed for us on Calvary and reassumed at His glorious Resurrection; it is the Blood which courses through the veins of His risen, glorified, living body at the right hand of God the Father in heaven; it is the Blood made present on our altars by the words of Consecration; it is the Blood which merited sanctifying grace for us and through it washes and beautifies our soul and inaugurates the beginning of eternal life in it."

Precious Blood Prayer: Almighty, and everlasting God, who hast appointed Thine only-begotten Son to be the Redeemer of the world, and hast been pleased to be reconciled unto us by His Blood, grant us, we beseech Thee, so to venerate with solemn worship the price of our salvation, that the power thereof may here on earth keep us from all things hurtful, and the fruit of the same may gladden us for ever hereafter in heaven. Through the same Christ our Lord. Amen.



The Month of July
is dedicated to the Most Precious Blood of our Lord Jesus Christ.

May the Blood of Jesus protect us!



The Ursuline Academy Ilford

CHAPLAINCY NOTICES: JULY



During July, the 7th Month of the year we celebrate the joy of Summer. Catholics also reflect on Jesus' precious blood.

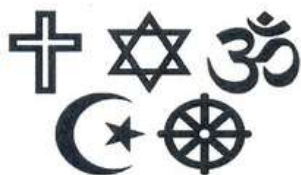


July days of Religious Significance

July 23 – Haile Selassie Birthday
Rastafarianism; A joyous date honouring the birthday of the Ethiopian Emperor Haile Selassie.

July 9– Baha'i: Martyrdom of the Bab*

Commemorates the execution of the Baha'i co-founder.



There are a number of saints whose feast days are celebrated in July.

July 3: St. Thomas the Apostle, one of the twelve apostles.

July 11: St. Benedict of Nursia, founder of Western monasticism.

July 14: St. Kateri Tekakwitha, the first Native American saint.

July 15: St. Bonaventure, a Franciscan friar, bishop, and Doctor of the Church.

July 22: St. Mary Magdalene, a close companion of Jesus.

July 23: St. Bridget of Sweden, a mystic and founder of the Bridgettine order.

July 25: St. James the Apostle, one of the Twelve Apostles.

ST. KATERI
TEKAKWITHA

July 14th



July 16th: Our Lady of Mount Carmel .

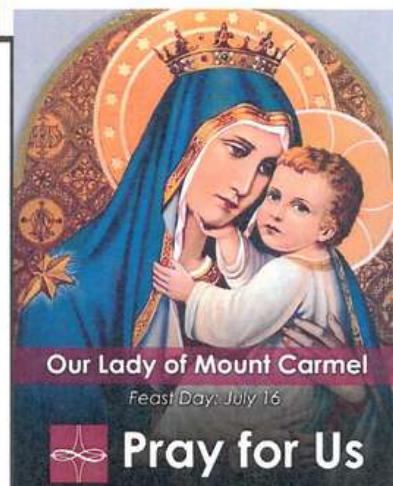
July 16th is the Feast of Our Lady of Mount Carmel, a significant date for Catholics, particularly those within the Carmelite Order. It commemorates Mary, the Mother of God, under the title of Our Lady of Mount Carmel, and is celebrated as a solemnity within the Carmelite tradition.

The Carmelite Order traces its origins back to hermits who lived on Mount Carmel in the Holy Land. They dedicated a chapel to the Virgin Mary, and she became their patroness.

According to tradition, in 1251, Mary appeared to Saint Simon Stock, a leader of the Carmelites, and presented him with the scapular, a small devotional garment.

The scapular is seen as a symbol of Mary's protection and a reminder of her maternal care for those who follow Christ. Wearing the scapular is a practice encouraged within the Carmelite tradition.

The Feast of Our Lady of Mount Carmel is celebrated with Masses, prayers, and processions. In some places, it is a major feast day, with vibrant celebrations, including music, dancing, and communal meals.

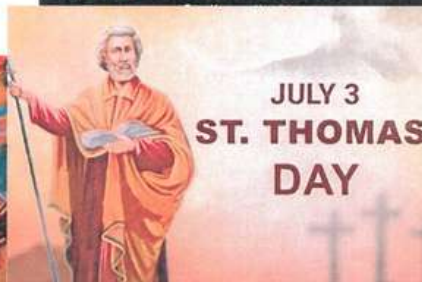


Our Lady of Mount Carmel

Feast Day: July 16

Pray for Us

JULY 3
ST. THOMAS
DAY





Chaplaincy News

On Monday this week, we gathered for a School Mass of Thanksgiving, a deeply enriching occasion to give thanks to God for another successful year. Years 7 and 9 attended Mass at the local parish of Sts Peter and Paul, while Years 8 and 10 participated in the school hall, celebrated by Fr David, our priest governor. The liturgy drew upon a profound reflection on the Gospel—the Parable of the Talents—which offered a powerful call to recognise, nurture, and faithfully use the gifts bestowed upon us by God. Bidding Prayers were offered in five languages—French, Tamil, Urdu, Spanish and English—beautifully expressing the universality of the Church and our unity in diversity.

The 29th of June is also the Feast of Sts Peter and Paul in the universal Church, though it is moved to the previous Sunday in England and Wales. Sts Peter and Paul are known as the two Princes of the Apostles: Peter, the Rock upon whom the Church was founded, and Paul, the great missionary. They were very different in character, yet each was crucial to the life and mission of the Church. Peter was down to earth—a fisherman—yet was chosen by Jesus to be the leader, the first among the Twelve.



Mr Ravi, School Chaplain



Chaplaincy News

Weekly Mass: 7 Rose and 7 Teresa

Weekly Mass resumed in the Chapel on Thursday during lunchtime with Forms 7 Rose and 7 Teresa celebrated by Fr David. The Gospel reading of the day was from **Matthew 9: 1-8**. The Mass also coincided with the Feast of the Visitation of the Blessed Virgin Mary.

Jesus said to his disciples: "Get up and walk" To prove to you that the Son of Man has the authority on earth to forgive sins....

This powerful miracle recounts Jesus healing a paralyzed man, emphasizing that He has divine authority not only to cure physical afflictions but also to forgive sins. By healing the man, Jesus provided visible proof of His invisible power as the Son of God, declaring spiritual restoration to be our ultimate need.

A message for all people of faith to remember. We must always put our faith in God alone.



Ms G Semambo, Teacher of R E

Our Year 8 students have been exploring what it means to be faith-filled and hopeful as part of our Ursuline Student Values. This is important because faith helps us to trust in God, while hope gives us the strength to face challenges with courage and optimism.

The Bible teaches us to live out our faith through our actions. Jesus reminds us to "Love one another as I have loved you" (John 13:34), encouraging us to show kindness, forgiveness, and compassion every day. In Hebrews 11:1, we learn that "Faith is confidence in what we hope for," reminding us to trust in God even when life is difficult.

By being faith-filled and hopeful, we can support others, make positive choices, and help create a caring and welcoming school community.

Thank you 8T for sharing your words of wisdom this half term!



Two weeks ago, our Year 8R class delivered an inspiring assembly based on the life and legacy of Michael Jackson. While he is remembered around the world as the "King of Pop," we chose to focus on another important part of his life—his kindness, generosity, and commitment to helping others. Through his charitable work, Michael supported children's hospitals, donated millions to charities, and used his platform to raise awareness of those in need, reminding us that even small acts of kindness can make a big difference.

Our assembly was linked to the principles of Catholic Social Teaching (CST), particularly the Preferential Option for the Poor and Vulnerable and the Dignity of the Human Person. These principles remind us that every person deserves love, respect, and support, especially those facing hardship. Inspired by Michael Jackson's example, we reflected on how we can put our faith into action by serving our local community.

This week, Year 8R put these values into practice by delivering donations of food to the Redbridge Foodbank. Our pupils also worked alongside the foodbank team, helping to sort and organise the donated food so that it could be distributed efficiently to local families in need. We are proud to play our part in supporting our community and showing that compassion, generosity, and service are not just values we talk about—they are values we choose to live every day.

A huge thank you to all of the Year 7 students and the rest of Year 8 who generously contributed to our foodbank collection. Your kindness and generosity have made a real difference to local families in need. Together, we have shown the importance of living through compassion, service, and care for others.



Ms Posnakidou, Teacher of R E

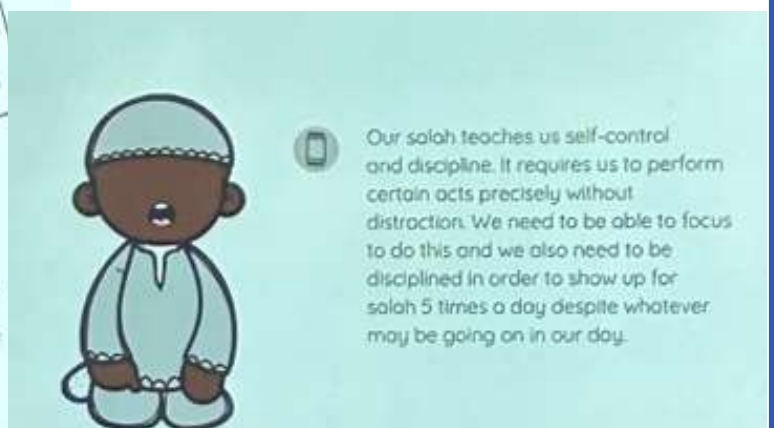
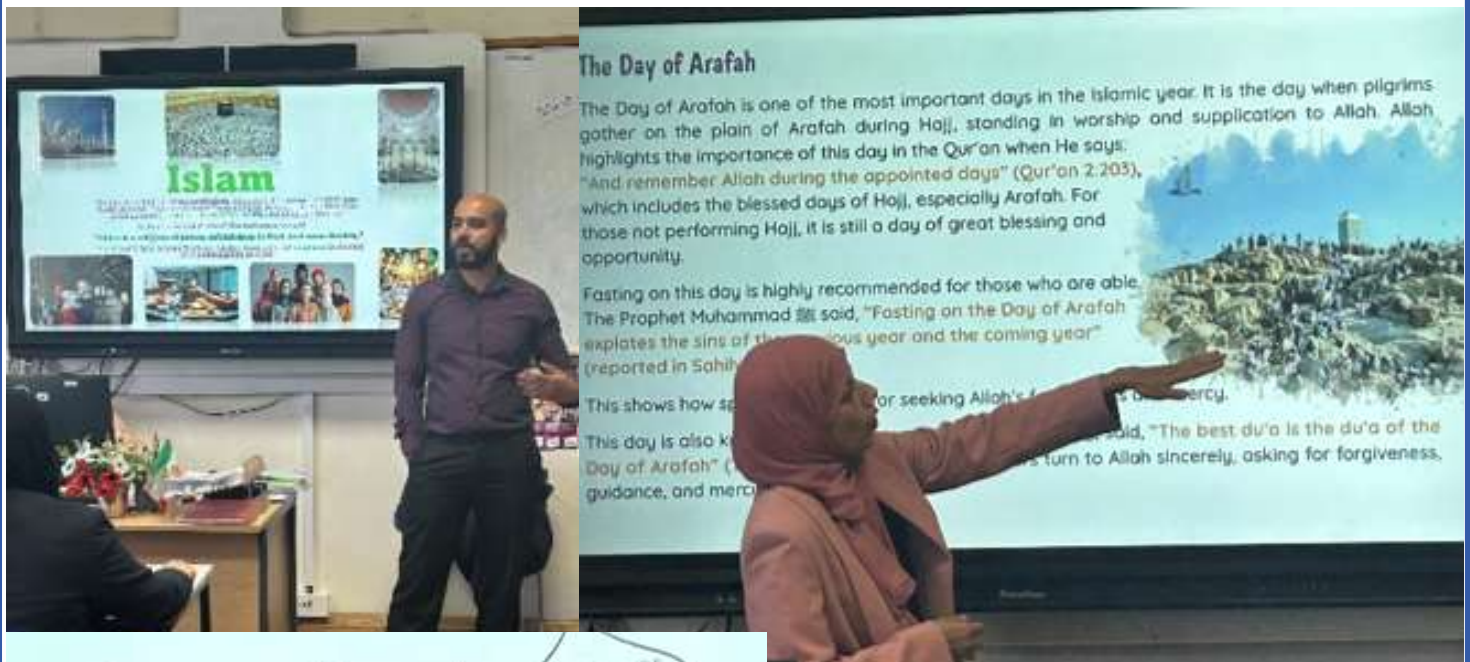
Year 8 Religious Studies: Islamic Society Talk

To begin their study of Islam and class projects The Religious Studies Department was delighted to welcome teachers from the Islamic Society, who delivered engaging and informative talks to Year 8 students about the importance of their faith practices and beliefs.

The sessions explored the meaning and purpose of the Five Pillars of Islam, the significance of daily prayer, and the importance of the Hajj pilgrimage.

Students gained a valuable insight into how these key aspects of Islam shape the lives, beliefs, and practices of Muslims today.

After the talks students were able to ask questions about the history of the faith and clear up any misconceptions they may have had. The Religious Studies Department is grateful to our visitors; **Mr Uddin**, **Mrs Adam**, **Mrs Ahmed** and **Mrs Hanifi** for sharing their knowledge and personal experiences, preparing resources and bringing along religious aids to prayer helping to deepen students' understanding of Islam while encouraging respect, curiosity, meaningful discussion and community cohesion.





Ms Semambo, Teacher of R E



STEM News



**SheCan
Engineer**

**UAI STEM Enthusiasts Inspired
at Imperial College London**

**Imperial College
London**

Eight enthusiastic Year 7 students from our STEM Club, Visualize were selected to attend this year's International Women in Engineering Day (INWED) event at Imperial College London organised by SheCanEngineer. SheCanEngineer is a charity that encourages more girls to consider Engineering careers and celebrates the achievements of women in Engineering. Through events such as this, it aims to raise aspirations and show young people the wide range of opportunities available across the Engineering sector.

In the days leading up to the visit, the students' excitement was infectious. They eagerly discussed the activities they might take part in, the challenges they could face and the new skills they hoped to develop. Setting off on the day from Ilford station, that enthusiasm remained just as strong when they arrived at the event hall, ready to learn, create and explore the world of engineering.



One of the highlights of the day was an interactive space-station design challenge. Rather than simply listening to information about different engineering pathways, students explored these pathways through a practical team task. They had to decide which engineers from different disciplines would be needed to design, build and operate a successful space station and went on to present their outcomes and ideas!



The challenge encouraged students to think carefully about how different areas of engineering work together. They considered the station's structure, power, communication, transport, technology and the safety of those living on board. Throughout the activity, they developed teamwork, communication, creativity, problem-solving, negotiation and decision-making skills.



We were treated to lunch and returned for the afternoon session in the computer labs where students learned more about other Engineering careers by taking part in a practical micro workshop designed to inspire creative thinking.

The visit gave students valuable opportunity to experience a higher-education setting and imagine where their interest in STEM might take them.

They represented The Ursuline Academy Ilford with enthusiasm, curiosity and maturity; returning with greater confidence and an even stronger passion for Science, Technology, Engineering and Mathematics.



We are very grateful to SheCanEngineer for inviting our students and for providing such an inspiring and memorable experience!

DT Team



Year 6 Transition Day

On Thursday 2nd July we hosted our annual transition day when we welcomed our new Ursuline pupils to our amazing school. They embraced the day, engaging in taster sessions with enthusiasm and used this opportunity to make new friends. Our teachers did a fantastic job of providing a range of fun lessons and activities including team building games and a treasure hunt. Student leaders from year 10 were great helpers throughout the day which meant the experience ran smoothly.

We will welcome a smaller group of pupils in the last two weeks of term for additional transition sessions. We then look forward to welcoming our new year 7s on their induction day on Friday 4th September.

Well done to all involved!!



Ms Gardiner, Assistant Headteacher, SENCO



Year 10 Camping Trip

Year 10 Thrive at Thriftwood Residential

Our Year 10 **Belonging, Believing, Becoming** Residential at **Thriftwood Scout Campsite** was a fantastic success, providing students with two memorable days of adventure, challenge and personal growth.

After travelling by train to Brentwood and walking to the campsite, students were warmly welcomed by the Thriftwood team before settling into their tents. They quickly embraced camp life, taking responsibility for their belongings, supporting one another and enjoying time together in the beautiful woodland surroundings.

Following an afternoon of settling in, students cooled down with drinks and refreshments before enjoying a delicious evening meal. There was a choice of freshly prepared burgers, with students selecting their preferred meal, providing the perfect opportunity to relax and refuel after a busy day.

As the evening drew in, students took part in a supervised night walk around the campsite, taking in the peaceful woodland surroundings while working together and encouraging one another. Along the way, everyone enjoyed biscuits as a special dessert in the wild, filling the woods with laughter and song adding to the fun and adventure of the experience. Returning to camp, students gathered around the campfire where they sang songs, played instruments, toasted marshmallows and enjoyed each other's company. The evening was filled with laughter, friendship and reflection before students settled into their tents for the night.



After breakfast on Tuesday morning, students packed their belongings before taking part in an exciting programme of outdoor adventure activities. Throughout the day, they challenged themselves with a range of activities including climbing, target sports and team-building challenges. Students demonstrated resilience, determination and excellent teamwork, encouraging one another to step outside their comfort zones and celebrate each other's achievements.

Throughout the residential, our Year 10 students were exceptional ambassadors for the school. Their behaviour, enthusiasm and positive attitudes were exemplary, and they received praise from the Thriftwood staff for their respect, kindness and willingness to embrace every opportunity.

The residential truly embodied our **Belonging, Believing, Becoming ethos**. Students strengthened existing friendships, formed new ones, developed greater independence, built confidence and resilience and created lasting memories that will stay with them for years to come.

A huge thank you goes to all the staff who generously gave their time, energy and enthusiasm to make the residential such a success. Their care, encouragement and dedication ensured that every student felt safe, supported and able to make the most of this fantastic experience.

We are also incredibly grateful to the staff at Thriftwood Scout Campsite for delivering such a well-organised and enjoyable programme of activities.

We are immensely proud of every student who attended. They represented our school with maturity, respect, enthusiasm and kindness throughout the residential, making this year's Thriftwood Camping Residential an unforgettable experience for everyone involved.

Well done!





Ms S Khan, Head of Year 10

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

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



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

ALLERGENS

are allergy aware!



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

ALLERGENS

we're allergy aware!



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



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

MAIN MEALS

From £2.60

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

SUMMER MENU
WEEK THREE

TASTE OF GREECE

Greek Lamb Pasta Bake
Greek Veggie Mince Pasta Bake
Chefs Seasonal Salad
Extras: Garlic Bread

ORIENT EXPRESS

Chicken Katsu Curry
Sweet Potato Katsu Curry
Steamed Rice
Roasted Soy and Ginger Cabbage
Extras: Prawn Crackers

MOST OF ROAST

Herb Roast Chicken with Stuffing and Herb Gravy
Roast Vegetable Wellington with Stuffing and Herb Gravy
Roast Potatoes
Seasonal Vegetables
Extras: Yorkshire Pudding

MIDDLE EASTERN

Lebanese Chicken Shawarma
Lebanese Eat Curious Shawarma
Lemon & Herb Tabouleh
Pitta Bread
Extras: Seasoned Fries

CHIP SHOP

Battered Fish Fillet
Crispy Vegetable Samosa
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

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

ALLERGENS

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



PASTA & JACKETS STATION

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



Ursuline
Academy
Sixth

Clubs Timetable



Monday	Time	Club - Year Groups	Location
	8:00am (30 mins)	☕ Breakfast Club 7-13	Canteen Mr Donovan
	8:25am (15mins)	🎵 Worship Band 9-10	Hall Ms Hurst
	Break		
	10:40am		
	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
	3:20pm	💪 Fitness/Plyometrics 7-12	Mrs Mansell
	3:20pm (1hr)	📚 Homework Club 7-13	Library Ms Jones

Tuesday	Time	Club - Year Groups	Location
	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
	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

Wednesday	Time	Club - Year Groups	Location
	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
	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

Thursday	Time	Club - Year Groups	Location
	8:00am (30 mins)	☕ Breakfast Club 7-13	Canteen Mr McCarthy
	Break		
	10:40am	🎵 Music Year 7 Practice Room Access	Music Rooms Ms Hurst
	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

Friday	Time	Club - Year Groups	Location
	8:00am (30 mins)	☕ Breakfast Club 7-13	Canteen Ms Donovan
	Break		
	10:40am (20mins)		
	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
	3:30pm (1hr)	🎵 Music Y10-11 Coursework	S5 Ms Hurst
		🏃 Athletics 7-10	Gym Mrs Mansell



**AGES
4-16**

REDBRIDGE SUMMER HAF CLUBS

**July 27th -
20th Aug
2026**

DON'T BE BORED THIS HOLIDAY...

ENJOY:

NEW SPORTS ☒

FREE FOOD ☒

NEW FRIENDS ☒

FREE TRIPS ☒

**ARE YOU IN RECEPTION-YEAR 11 AND GET FSM AT SCHOOL?
SIGN UP TO OUR FREE HOLIDAY CLUBS FILLED WITH FUN ACTIVITIES
LIKE DJ'ING, GAMING, COOKING SESSIONS AND ARTS & DESIGN!**



**SCAN ME
TO BOOK**



**FOR MORE INFORMATION CONTACT:
HAF@REDBRIDGE.GOV.UK OR VISIT
FIND.REDBRIDGE.GOV.UK/HAF**

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