



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2025/2026 Issue 38
10th July 2026

Upcoming Events

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

End of Year Trips
Tuesday 14 July

End of Term
Friday 17 July
12.40p.m.

Staff Training Day
Wednesday 2 September
No students in School

Staff Training Day
Thursday 3 September
No Students in School

Year 7 & 12 Induction Day
Friday 4 September

Term Begins
Monday 7th September,
8.40a.m.
All Students in School



Headteacher's Headlines



As we enter the final week of the academic year, there is a real sense of celebration across our school community. This edition of the newsletter captures so much of what makes The Ursuline Academy Ilford such a special place. From the creativity on display at our wonderful 'Bestival' of the Arts, to the entrepreneurial thinking demonstrated by our Year 10 Business students, the enthusiasm of our Eco Club, the vibrant celebration of languages and culture in Modern Foreign Languages, and the joy of our Year 11 Prom, this week's edition showcases the breadth of opportunities through which our students learn, grow and flourish.

This week our Chaplaincy pages remind us that everything we do is rooted in faith. Whether celebrating the Feast of St Rose of Lima, gathering together for Mass, or supporting one another through prayer and worship, we continue to nurture not only academic excellence but also the spiritual formation of every young person entrusted to our care. It was fitting, therefore, that our staff spent Friday's INSET day at Abbotswick reflecting on the vocation of the form tutor and the unique opportunity each tutor has to accompany our students throughout their journey at UAI.

As Headteacher, one of my greatest privileges is seeing the extraordinary breadth of opportunities our students experience. Education is, of course, about examination success, but it is equally about discovering talents, building confidence, serving others, embracing new experiences and learning to contribute positively to the world around us. This week's newsletter is a wonderful reminder that our students do all of these things with generosity, enthusiasm and joy.

I would also like to take this opportunity to thank our families for their patience, understanding and support during last week's exceptionally hot weather. Throughout the week, every decision we made was guided by one overriding priority: the safety and wellbeing of our students and staff. We greatly appreciate the understanding shown by our community as we adapted our arrangements in response to the changing conditions.

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



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



THE URSULINE ACADEMY ILFORD

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

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Ursuline
Academy
Sixth

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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Newsletter Contents this week:

'Bestival', Page 5

Burt-lympics!, Page 6

Business News, Page 7

Chaplaincy News, Pages 8 – 9

Eco Club News, Page 10

Library News Page 11

MFL News, Page 12

Year 11 Prom, Pages 13– 16

**Weekly Wellbeing for Staff,
Page 17**

**Free School Meals,
Pages 18 – 19**

Lunch Menus, Pages 19 – 20

Clubs Timetable, Page 21

Redbridge News, Pages 22 – 23



Pope Leo XIV @ Pontifex – 9 July 2026

Lord of life, today we ask for the grace to recognise and protect the unique and unrepeatable value of every human being. May we learn to welcome life unconditionally, to tenderly care for fragility, to accompany each stage with respect, and to bravely defend those who have no voice. Let's [#PrayTogether](https://popesprayer.va/praywiththe pope) at popesprayer.va/praywiththe pope

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

July: Encouragement

10th July: Live a new life.

11th July: Be attentive, with a great and longing heart.

12th July: Act, move, believe, strive, hope, cry out to him with all your heart.

13th July: Consider that we live in the midst of snares and dangers.

14th July: If you see one timid and inclined to despondency, comfort her.

15th July: Encourage them to then go forward willingly.

16th July: God has given free will to everyone, and wants to force no one, but only proposes, invites and counsels.





'Bestival'



On Thursday 2nd July our school community held our annual Festival of the Arts.

This was a joyous occasion that celebrated Art Music and Drama. The main hall became a creative space as audience members were invited to peruse the art exhibition of amazing GCSE and A-Level exam work. Key Stage 3 Drama students performed a bold interpretation of the fairytale Hansel and Gretel and our talented Year 7 Vocal Group performed the songs 'How Far I'll Go' and 'This is Me.' These performances tied in with the GCSE and A-level art themes of this year - 'Found' and 'Origins'.

The evening was completed by powerful performances from Year 10 GCSE Drama students who performed monologues and duologues that were inspired by select pieces of the art work.

Thank you to Art and the Faculty of Faith and Performance for collaborating together in order to create this wonderful evening.





'Burt-lympics'!

On Thursday morning, as a Sports Day replacement, instead of their regular PSHE session, Year 7 took part the inaugural Burt Games: a multi-disciplinary tournament where all the girls would compete in different tasks. We had paper plane creation; balloon rallies; hop races; still images; Geography quizzes; drawing competitions and more. 7C were the eventual winners, showing prowess and adaptability to whatever tasks came their way.

Competition brings us together and helps motivate us, even when doing silly tasks, and it was great to see the girls so engaged and passionate about victory. As well as this, it was a nice time to get the whole year together as part of the continued celebration of their success this academic year. We're very proud of how far Year 7 have come this year, here's to many more days of activities and competition over the next few years.

Since Sports Day we cancelled due to hot weather, Mr Burt arranged 'The Burt Games'. The Burt Games is an adventure where we each got a card with a number and Mr Burt would randomly say one and whoever was called would play, whether it was naming as many states of America as you could, throwing paper airplanes or building newspaper towers. Overall it was very fun and I hope to play again!

Angelica Arthur 7C



Mr Burt, Head of Year 7



Business News

Year 10 – Business UAI Build a Brand Project

Alongside their GCSE Business course and as part of a super-curricular learning, Year 10 Business students have been taking part in the UAI Build a Brand Project this year, created by Mrs Ahmed. The project has given students the chance to go beyond what we learn in lessons and experience what it is really like to develop a business idea from scratch.

Students were challenged to come up with their own business concept, create a brand, design a logo, work out costs, create questionnaires and use data and develop a marketing strategy before presenting their ideas in a Dragons Den style pitch.

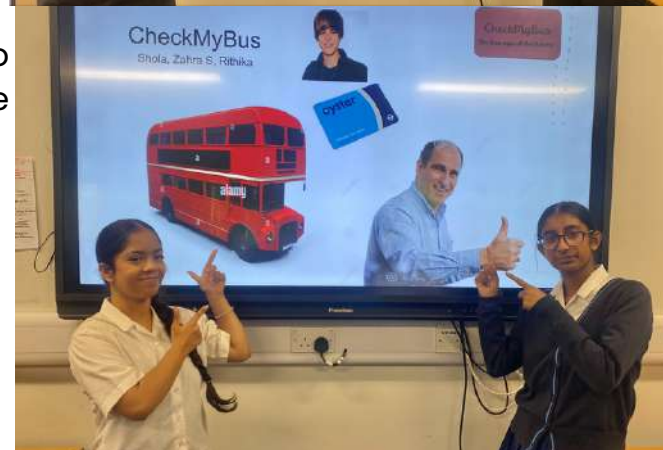
We have been very impressed by the creativity, effort and confidence shown by our students. One group even created an organic cat food brand an idea so convincing that even teachers at UAI said we would happily buy the product for our cats if it ever hit the shelves!

Most students have already presented a range of ideas, including **Whiskers Lounge**, **A&A Nails**, **Outfitted**, **Voxly**, **Forever Fragments**, **Check My Bus**, **Highlight & Erase** and **Blossom Hijabs**, with many more exciting presentations still to come next week.

Students have grown throughout the process, developing entrepreneurial thinking, creativity and presentation skills, while also learning how to listen to feedback, adapt their ideas and improve their work. These are valuable skills that will benefit them far beyond the Business classroom.

This project has also provided an excellent super-curricular experience that students can use in future applications, personal statements and CVs.

Ms Ahmed, Teacher of Business





Chaplaincy News

Rose of Lima Assembly

My lovely Form 7 Rose presented their assembly on Monday 6th July to celebrate the Feast Day of Saint Rose of Lima. They worked so hard practising and their assembly was an amazing success! From the drama performance and Gospel reading to the beautiful singing of the hymn, every part was outstanding.

A huge well done to our wonderful drama team: **Sharanjit** (Saint Rose of Lima), **Shivani** (Saint Rose's grandmother, Isabel), **Ashpreet** (Saint Rose's mother, Maria), **Eshal** (Narrator), **Umamah** (Mariana, the nurse who cared for Saint Rose), and **Hafiza** (Saint Rose's father, Gaspar). Your performances were fantastic! Well done also to **Saloni** for reading the Gospel so confidently.

I am so happy and proud of my bunch of Roses. You should all be proud of yourselves for making our Saint Rose Feast Day celebration so special!

Feast Day: 3rd July



"The gift of grace increases as the struggle increases"



Prayer

Dear God,

Thank You for the example of Saint Rose of Lima. Through her prayers, help me to trust You, serve others with love, and stay strong in faith through every challenge.

Amen.

Ms Naz, 7R Form Tutor



Chaplaincy News

Lunchtime Mass for Classes 8C and 8J

On Thursday, we celebrated a lunchtime Mass for students in Classes 8C and 8J, led by Rev. Jean-Laurent Marie from Holy Family Church, Dagenham. In the First Reading from the Prophet Hosea, we were reminded of God's faithful and unwavering love—a love that is patient, compassionate, and constant. Through the image of a parent gently guiding a child, we are assured that God walks alongside us, leading us with mercy, hope, and grace.

As we come to the end of another successful academic year, this message beautifully reflects the Ursuline ethos of faith, service, and respect for the dignity of every person. It is an opportunity to give thanks for the many blessings, achievements, and acts of kindness that have enriched our school community throughout the year.



Mr Ravi, School Chaplain



ECO Club News

ECO CLUB

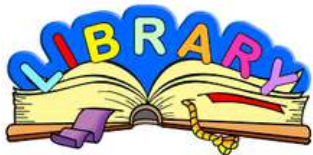
Last week, I took five member of the Eco Club to the Redbridge YES (Youth Eco Skills) Festival at the Redbridge Central Library. This is the third year in a row the Eco Club has represented our school at YES Festival, and just like in other years, our students got stuck in and made the most out of the day.

They did three workshops; the first one was on climate literacy, and helped our students understand what a carbon footprint is and how it can be reduced. The second focused on increasing awareness of the importance of biodiversity in Redbridge by creating flowers out of cardboard. These will be on display in the Ilford Exchange starting from the 8th of August, so keep a look out! Finally, they did a repair workshop from a company that is aiming to reduce the amount of electronic waste going to landfill. They built, and then repaired, a handheld video game console with nothing more than an instruction sheet to help them.

Here are a few photos from the day



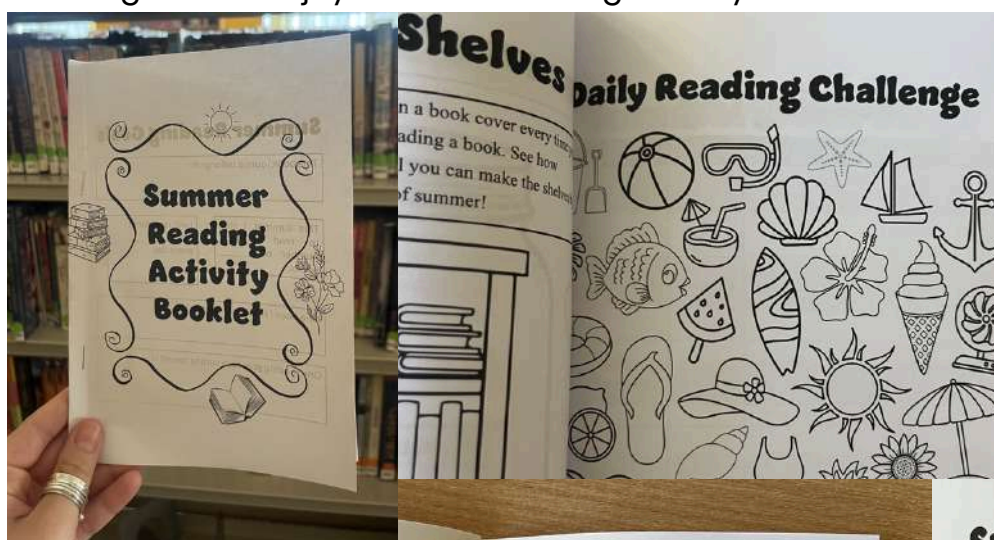
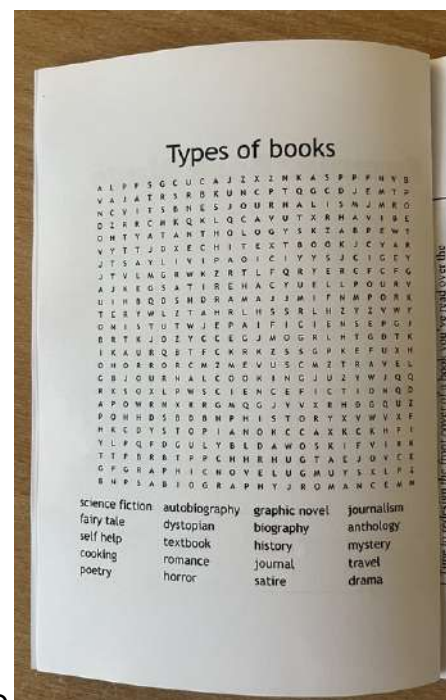
Mr McCarthy, Teacher of Geography



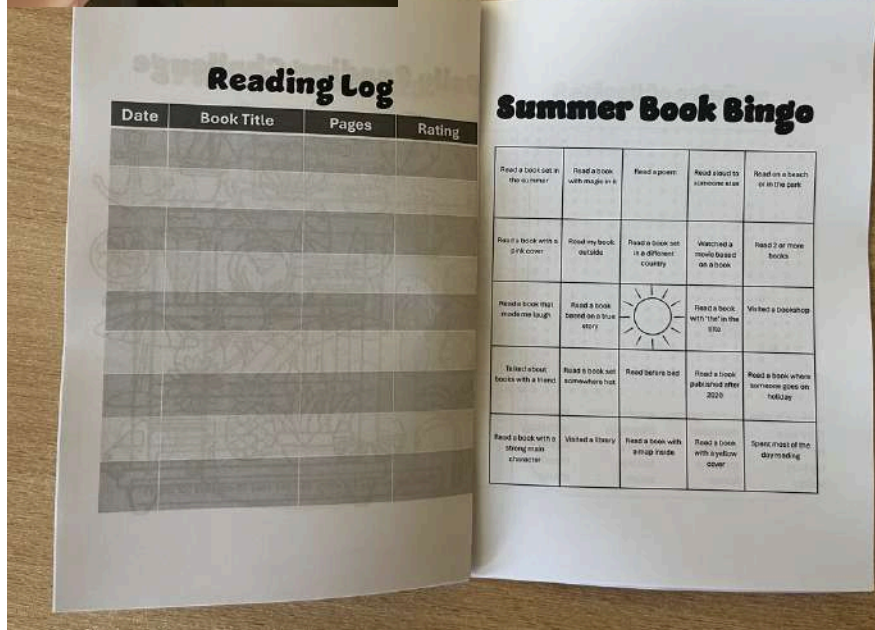
Library News

With the summer holidays fast approaching, we know just how much our students have to look forward to with six glorious weeks off. We're sure they'll spend their free time enjoying the sun, spending time with loved ones, exploring new places, and – our librarian sincerely hopes – continuing to foster a love for reading, even outside of the classroom.

To encourage our students to keep reading throughout the holidays, we've created a Summer Reading Activity Booklet, available for students to pick up in the library. This small booklet is packed with fun, book-related activities, from spitfire reviews to colouring covers. Our girls have the chance to set themselves reading goals, keep track of the books they enjoy, and take on daily challenges that help them to see reading for the enjoyable and fulfilling activity it is.



Fill the Shelves



Summer Reading Goals

This book journal belongs to: _____

This summer, I plan to read a total number of _____ books.

I will read for at least _____ every day.

One book I really want to read is: _____

One reading goal I am setting myself is: _____



MFL House Competition – Celebrating French and Spanish-Speaking Cultures

Our Year 8 students showcased their incredible creativity and talent in this year's Modern Foreign Languages House Competition. The challenge was to create an artwork inspired by the culture, landmarks, traditions, food, or heritage of French and Spanish-speaking countries.

The standard of entries was outstanding, with students using a wonderful variety of materials and techniques. From beautifully painted canvases featuring iconic landmarks such as the Eiffel Tower and the Louvre Pyramid, to detailed clay models of French cheeses, croissants and baguettes, and even creative video submissions, the competition highlighted the imagination and artistic flair of our students.

Congratulations to **Fasiha**, who earned **10 House points for Catherine House**, and **Lamar**, who was awarded **5 House points for Rose House** for their exceptional entries.

The artworks pictured here are our talented runner-up entries, all of which demonstrated tremendous effort, originality and attention to detail. The vibrant paintings captured the charm of Paris through colourful cityscapes, blooming gardens and café scenes, while the clay sculptures celebrated famous French cuisine with impressive craftsmanship.

A huge well done to everyone who took part. Your enthusiasm, creativity and willingness to explore different cultures through art made this competition a fantastic success. We look forward to seeing even more amazing entries next year!





Year 11 Prom



On Tuesday 7th July we celebrated our long-awaited Year 11 Prom here at The Ursuline Academy, and what a wonderful evening it was. It was so lovely to see everyone enjoying themselves, dancing, catching up and making lots of fun memories together. The girls all looked absolutely beautiful and had a lovely time.

Girls, we would like to thank you all for being such a wonderful year group. It has been a pleasure to share this journey with you, and we look forward to welcoming many of you back to UA6 in September.

As the summer holidays begin, we would like to wish you all the very best and hope you enjoy a well-deserved and restful break.

A special thank you goes to the many members of staff who helped make the evening such a success. From those who organised and decorated the venue, prepared the food and drinks, and provided the music, to our premises team who helped set up the tables and stayed late to ensure everything ran smoothly right through to the fireworks at the end of the night. It is greatly appreciated.

The evening seemed to pass by so quickly. As with many special occasions in life, the anticipation and excitement leading up to the event are all part of what makes it so memorable. We hope the prom will remain a treasured memory for all of our Year 11 students for years to come!

Ms Eakins, Head of Year 11

#OnceAnUrsulineAlwaysAnUrsuline



CLASS OF
2026

Year 11 Prom



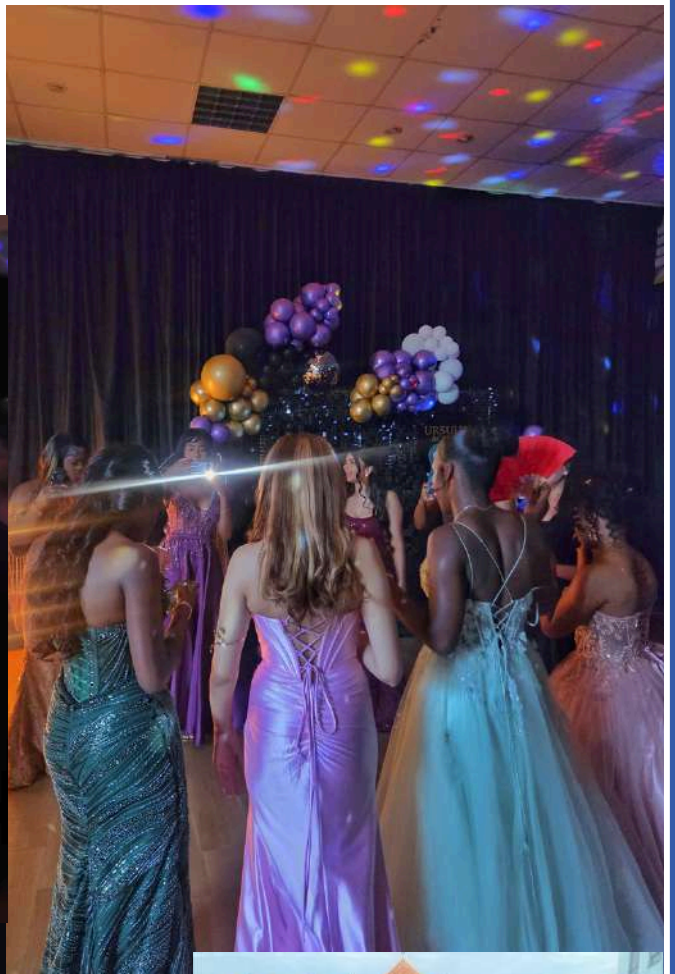
CLASS OF
2026

Year 11 Prom



CLASS OF
2026

Year 11 Prom





Weekly Wellbeing for Staff

Another fantastic season for our Staff Five-a-Side team has come to a close, with plenty of great football, teamwork and laughter along the way. The weekly matches continue to be a brilliant way to promote staff wellbeing, build friendships and enjoy some healthy competition outside the classroom.

This year, we were especially pleased to welcome two new women players to the squad, whose enthusiasm and commitment have been a fantastic addition to the team.

A huge thank you to everyone who has taken part throughout the season. We look forward to welcoming even more players next year as we build on another successful year. Here's to an even bigger and better season in 2026–27!



Mr F McGhee. Assistant Headteacher. Head of Faculty Faith and Performance.

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

See allergen guide



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

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
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



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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

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THURS 16.07.26
7-8PM

AND IT IS ON THE TOPIC OF...

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.

2026

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



FOR MORE INFORMATION & TO SIGN UP
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VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'
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**AGES
4-16**

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20th Aug
2026**

DON'T BE BORED THIS HOLIDAY...

ENJOY:

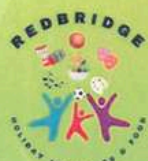
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SIGN UP TO OUR FREE HOLIDAY CLUBS FILLED WITH FUN ACTIVITIES
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