



Ursuline Academy Ilford



Ursuline
Academy
Sixth

Weekly News – 2026/2027 Issue 2
17th September 2026

Upcoming Events

Open Evening
Thursday 1 October
5.00 – 7.00p.m.

Late Start after Open Evening
Friday 2 October
Student to be registered at 10.40a.m.

Half Term
Friday 23 October –
Monday 2 November

Term begins Tuesday 3
November, 8.40a.m.

Year 7 Parents Meeting
with Form Tutors
Thursday 12 November
4.00 – 5.30p.m.



Headteacher's Headlines



It has been another wonderful week at the Ursuline Academy. A particular highlight for me was our Masses of New Beginnings yesterday, when our whole school community came together to place the year ahead into God's hands. I was immensely proud of our students. Across both Masses, they were exceptionally well behaved, reverent and respectful, participating with a maturity that reflected the very best of our Ursuline community. My thanks also go to our students for the exemplary way in which they walked to and from St Peter and Paul and represented our school in the local community. I must thank you as parents for your support for the Catholic life of our school!

Our Masses reminded us of this year's call from John's Gospel to "go and bear fruit", and there are already so many signs of that fruit across school. From Year 12 developing teamwork and independence through their London Scavenger Hunt, to the many clubs, sporting, creative and enrichment opportunities now getting underway, it has been wonderful to see students embracing school life with such enthusiasm. As we approach the end of another busy week, I thank our students and staff for the purposeful, positive and joyful start they have made to this new academic year.

Finally, we are very much looking forward to our Sports Day tomorrow, rearranged after the exceptionally high temperatures during the summer term. I would like to thank our fantastic PE team for showing such courage and resilience in responding to that disappointment and working hard to put alternative plans in place, and our students for their patience and understanding. I hope everyone embraces the opportunity to participate, support one another and enjoy the day. Good luck to all our competitors, and I hope the whole school community has a wonderful Sports Day!

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



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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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Pope Leo XIV @ Pontifex – 13 September 2026

In the **#GospelOfTheDay** (cf.Mt 18:21-35) Jesus reminds us that gift and forgiveness are the foundation of our existence. All things are given to us by God out of pure love, and none of us can claim to be perfect in responding to such goodness. For this reason, gratuitousness – which is the source of our existence – is also the best rule for our life together.

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

September: Live

17th September: We will cross through this momentary life with consolation.

18th September: God will never fail to provide for their needs, so long as nothing is lacking on your part.

19th September: Let them hold this as most certain: that they will never be abandoned in their needs.

20th September: The little ones, poor as they are, will find consolation and comfort.

21st September: In times of great need, true friendship is recognised.

22nd September: I shall always be in your midst, helping your prayers.

23rd September; Jesus Christ will enlighten you about what you have to do.





Chaplaincy News

Mass of New Beginnings

On Wednesday this week, our school community gathered to celebrate our Mass of New Beginnings, placing all that lies ahead into God's hands. Students in Years 7, 10 and UA6 celebrated Mass in school with Canon Maurice, while Years 8, 9 and 11 walked together to our local parish church of St Peter and Paul.

The Gospel of John 15:9–17 provided a powerful theme for this new beginning: "I chose you and appointed you that you should go and bear fruit." These words remind us that each young person is known and called by God, with unique gifts to develop and use in the service of others.

Students brought forward symbolic gifts reflecting our Ursuline ethos and charism. A musical instrument and a book of music represented the unique gifts that together create harmony; an icon of St Angela Merici and the Book of Ursuline Education represented our shared identity and heritage; and a globe reminded us that we belong to a global family, called to uphold human dignity, seek justice and peace, and care for God's creation.

As we begin this new academic year, we carry Christ's simple but profound message to go out and bear fruit.



Mr Ravi, School Chaplain

COME ALONG TO

FEMINISM CLUB

- Learn about powerful and influential women
- Discuss challenges still facing women in the UK and around the world
- Meet like minded people from all year groups

Ms Mackie
Monday lunchtime
F18

First meeting: Monday 28th September



Library News

National Poetry Day

Every October, National Poetry Day is celebrated in the UK. Though less known than some other literary and book-themed occasions, National Poetry Day is a valuable event that shouldn't be overlooked. Instead, it should be embraced as a chance to discover new poets, appreciate the art form, and maybe even give writing your own a go.

To celebrate National Poetry Day at UAI, our library is running a poetry competition for students in Years 7, 8 and 9. This exciting competition gives younger students a chance to explore this year's national theme of "wonder", and win merits, certificates and other brilliant prizes. Our poets need to hand in their entries to Ms Jones by October 1st (the date of National Poetry Day!)

Please see the poster for full details.

KS3 POETRY COMPETITION

To celebrate National Poetry Day 2026, the library is running a poetry competition open to students in Years 7, 8 & 9.

HOW TO ENTER:

- Write a poem inspired by the theme "wonder".
- Poems can be any style but must be no longer than 20 lines.
- Entries must be handwritten and handed in to Ms Jones by 4:30pm Thursday October 1st
- No AI – all poems will be put through an AI detector, and any students suspected of using AI will be disqualified.
- Only one entry per student.

PRIZES FOR TOP 3

- Merits (1st – 5 merits, 2nd – 4 merits, 3rd – 3 merits)
- Personalised certificates
- Your poem featured in the school Newsletter
- Bookish stickers
- All students who enter will receive a merit for participating





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UAI SPORTS DAY 2026

 **CRICKLEFIELDS ATHLETICS STADIUM,
HIGH ROAD, ILFORD IG1 1UE**



PACKED LUNCH



LOTS OF FLUIDS



**HOUSE TSHIRTS
NEED TO BE WORN**



**SUITABLE PE BOTTOMS
AND TRAINERS**



**PREPARE FOR
ALL WEATHER TYPES**



**8:45
REGISTER**



**2:30
APPROX FINISH**

FRIDAY 18TH SEPTEMBER



**REARRANGED FROM
SUMMER TERM**



**FORM DECLARATION FORMS
WILL BE REUSED FROM
LAST YEAR**



**WE CAN'T WAIT!
THE PE TEAM** 





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UA6 News

Welcome to UA6 Presentation

Starting your learning journey at UA6 is an exciting new chapter, bringing new opportunities, greater independence and the chance to develop both academically and personally. To help our new Year 12 students and their parents feel confident about this next step, we have prepared a presentation outlining the key information you need to know about life in our Sixth Form.

The presentation covers important areas such as expectations, academic study, enrichment opportunities, support available to students, and what students can expect during their time with us. It is designed to provide a clear overview of Sixth Form and help students and parents understand how we can work together to make the transition into Year 12 a positive and successful experience. Please follow the link > [Click Here](#). The link will be valid for 3 months from the date of this Newsletter.



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Welcome to UA6 Head of Year – Ms Eakins

Belonging, Believing, Becoming



UA6 Scavenger Hunt!

Year 12 took part in an exciting London Scavenger Hunt, working in teams to explore some of the city's most famous museums and landmarks. Groups followed different routes, visiting places such as the British Museum, Covent Garden, the Science Museum, the V&A and the Royal Albert Hall. Along the way, they searched for clues, recorded interesting facts and completed challenges together.

The trip was a great opportunity to develop teamwork and problem-solving skills. The students discovered fascinating things about London's history, art, science and culture, while also enjoying the challenge of finding their way between locations. The day was filled with interesting sights, new facts and unexpected discoveries. It was a memorable way to experience London and learn more about the city beyond the classroom



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!

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

DAILY ALLOWANCES

Lunch = £3.00



If you are entitled to a Free School Meal you can choose from...

ANY HOT OR COLD MAIN & DESSERT!

*Excluding baguettes and Metro sandwiches, see examples of what you can buy on the overleaf.



+



ALLERGIES

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



LUNCH

£3.00

CHOOSE ONE HOT OR COLD ITEM

- Any Hot Main Meal
- Hot Pasta Pot with Sauce
- Street Food
- Sandwich, Wrap or Roll *excluding baguettes
- Cold Salad Pasta Pot

PLUS: CHOOSE ONE DESSERT ITEM

- Hot Dessert of the Day
- Jelly
- Whole Fresh Fruit
- Home Made Tray Bake



MAINS

FROM £2.75

MON	TUE	WED	THU	FRI
TEX-MEX Creamy Cajun Chicken Black Beans & Roasted Peppers Cheesy Bean & Pepper Quesadilla Steamed White & Wholegrain Rice Roasted Corn Tortilla Chips	TASTE OF MOROCCO Merguez Lamb Smothered Pitta with Spicy Yoghurt Harissa Feta & Squash Borek with Black Onion Seeds Grilled Vegetable Couscous Sumac Red Onion & Tomato Salad Chilli Dusted Fries	TRADITIONAL Butchers Sausages with Caramelised Onion Gravy Grilled Veggie Sausages with Caramelised Onion Gravy Creamy Mashed Potatoes Roasted Broccoli Yorkshire Pudding	KOREAN Crispy Korean Chicken Burger Crispy Korean Sweet Potato Burger Nori Seasoned Potato Wedges Asian Slaw Sriracha Corn on the Cob	FISH & CHIP SHOP Battered Fish Fillet OR Baked Sausage Roll Crispy Vegetable Spring Rolls with Curry Sauce Chips Peas Baked Beans Curry Sauce



HOT DELI/GLOBAL EATS

FROM £2.75

MON
TUE
WED
THU
FRI

Crispy Chicken Baguette with Katsu Mayo & Slaw
 Chilli Loaded Fries with Cheddar & Crispy Onions
 Tex Mex Chicken with Sour Cream & Nachos
 Jamaican Jerk Chicken with Rice & Beans
 Crunchy Fish Finger Wrap with Tartare Sauce

DESSERTS

FROM £1.45

Belgian Waffles with Berry Sauce
 Key Lime Glazed Cake
 Autumn Pear & Berry Crumble with Custard
 Biscoff Frosted Carrot Cake
 Chocolate Brownie

W/C: 07/09/26, 28/11/26, 19/10/26, 09/11/26, 30/11/26

ALLERGEN INFORMATION

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



PASTA/JACKETS STATION AND SALAD BAR AVAILABLE EVERYDAY!



LOOK OUT FOR OUR MEAL DEALS AND GRAB & GO!



MAINS

FROM £2.75

MON	TUE	WED	THU	FRI
MEDITERRANEAN Caponata Chicken & Chickpea Tray Bake Caponata Vegetable & Chickpea Tray Bake Penne Pasta Garden Salad Garlic Bread	TASTE OF THE U.S Cheesy Tater Tots Topped Beef Chilli Pie Kale & Polenta Hush Puppies with Cajun Aioli Corn Ribs Texan Slaw Cheesy Fire Cornbread	MOST OF ROAST Roast Turkey with Stuffing & Herb Gravy Seasonal Vegetable & Lentil Wellington with Stuffing & Herb Gravy Skin on Roast Potatoes Roasted Carrots & Parsnips Yorkshire Pudding	INDO-MEX Lamb Eat Curious Keema Burrito Bowl with Salsa Eat Curious Veggie Keema Burrito Bowl with Salsa Zesty Lime & Coriander Rice Roasted Cumin Cauliflower Masala Nachos	FISH & CHIP SHOP Battered Fish Fillet OR Crispy Chicken Tenders Crispy Vegetable Samosa with Mango Chutney Chips Peas Baked Beans Curry Sauce



HOT DELI/GLOBAL EATS

FROM £2.75

MON
TUE
WED
THU
FRI

Plant Burger with Coleslaw & Wedges
 Korean Chicken Bibimbap with Hot Chilli Sauce
 Indonesian Chicken Stir-Fried Rice
 Lamb Kofta with Raita, Flatbread and Salad
 Crispy Korean Chicken Burger

DESSERTS

FROM £1.45

Lemon & White Chocolate Drizzle Cake
 American Apple Streusel
 Toffee & Banana Cake
 Baked Coconut Rice Pudding with Mango Compote
 Cookies & Cream Shortbread Biscuit

W/C: 14/09/26, 05/10/26, 16/11/26, 07/12/26

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PASTA/JACKETS STATION AND SALAD BAR AVAILABLE EVERYDAY!



LOOK OUT FOR OUR MEAL DEALS AND GRAB & GO!



MAINS

FROM £2.75

MON	TUE	WED	THU	FRI
MASALA MOMENTS	AMERICAN BBQ	MOST OF ROAST	TASTE OF INDONESIA	FISH & CHIP SHOP
Smokey Butter Chicken Masala with Mango Chutney	BBQ Pulled Chicken Slider	Roast Chicken with Stuffing & Herb Gravy	Nut-less Satay Chicken with Lemongrass & Coconut Sauce	Battered Fish Fillet OR Crispy Chicken Tenders
Smokey Tofu Makhani with Mango Chutney	BBQ Mac & Cheese with Garlic Breadcrumbs	Vegan Red Lentil Sage & Onion Sausage Roll with Herb Gravy	Nut-less Satay Tempeh with Lemongrass & Coconut Sauce	Cheese & Tomato Turnover
Pilau Rice Spicy Roasted Cauliflower Pappadums	Ranch Slaw Seasoned Wedges Onion Rings	Crunchy Roast Potatoes Savoy Cabbage & Carrots Yorkshire Pudding	Sticky Ginger Rice Pickled Cucumber Prawn Crackers	Chips Peas Baked Beans Curry Sauce



HOT DELI/GLOBAL EATS

FROM £2.75

MON
TUE
WED
THU
FRI

Hot Dog with Mustard & Crispy Onions
Portuguese Peri-Peri Chicken & Rice
Soy & Ginger Chicken Chow Mein Noodles
Thai Style Chicken With Chilli & Coconut
Chicken Naan with Crispy Onions, Yoghurt & Mint Sauce

DESSERTS

FROM £1.45

Chocolate Streusel Cake
Hummingbird Cake
Caramel Apple Shortbread Crumble & Custard
Lemon & Blueberry Sponge
Carrot & Ginger Flapjack

W/C: 31/08/26, 21/09/26, 12/10/26, 02/11/26, 23/11/26, 14/12/26

ALLERGEN INFORMATION

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



**PASTA/JACKETS
STATION AND SALAD
BAR AVAILABLE
EVERYDAY!**



**LOOK OUT FOR OUR
MEAL DEALS AND
GRAB & GO!**



**CELEBRATING
25
YEARS**

TARIFF

BREAKFAST



Pain au Chocolat £1.55
Croissant £1.55

DRINKS



Pure Juice £0.90
Water £1.10
Radnor Splash £1.45
Radnor Fizz £1.45
Milkshake £1.45

COLD GRAB & GO



Simple Sandwich £1.70
Premium Sandwich £2.10
Baguette £2.65
Cold Pasta Pot £2.75

MID MORNING BREAK

(A selection of two items will be available daily)

From £1.10
Pizza Bagel,
Garlic Bread,
Hash Browns

From £1.65
Margherita Pizza,
Topped Nachos,
Toasties

From £2.10
Meat Topped Pizza,
Katsu Waffle Fries,
Chicken Sausage Rolls,
Sweet Potato Wedges

Plus daily specials

LUNCH



Panini £2.95
Main Meals £2.75
Global Eats £2.75
Jacket Potato
With Topping £2.35
Hot Dessert £1.45
Hot Meal Deal £3.00
Cold Meal Deal £3.00

BAKERY/ SNACKS



Whole Fruit £0.55
Fruit Pot £1.55
Yoghurt Pot £1.40
Jelly £0.90
Cold Dessert £1.45
Cookie £1.45
Home Bake £1.25
Premium Home £1.55
Cookie £1.55
Baked Nachos £0.85

**FREE SCHOOL MEALS
AVAILABLE EVERYDAY!**

Speak to our team for
more details



**PASTA/JACKETS
STATION AND SALAD
BAR AVAILABLE
EVERYDAY!**



**CELEBRATING
25
YEARS**



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Clubs Timetable

Monday	Lunch	Time	Club - Year groups	Location/Teacher
		12.40pm (30mins)	History Club 7-8	F19 ANA
		12.40pm (30mins)	Fornightly Feminism Club 7-13	F18 HMA
		12:40pm (30mins)	Netball 11	Playground LWH
		12:40pm (30mins)	Athletics 7-10	GYM JMA
Tuesday	Lunch	Time	Club - Year groups	Location/Teacher
		12.40pm (30mins)	Netball 9-10	KKE&LWH Playground
		1:10pm (30mins)	Music Practice Rooms - access 7-13	Practice Rooms JHU
Wednesday	Lunch	Time	Club - Year groups	Location/Teacher
		12:40pm (30mins)	Netball 7-8	Playground JMA
		12:40pm (1hr)	GCSE Art Club 10-11	F11 RNA
		1.00pm (30mins)	Islamic Society 7-13	F10 HAF
		1.10pm (30mins)	Puzzle Club 7-13	G7 LFI
Thursday	Lunch	Time	Club - Year groups	Location/Teacher
		1.00pm (30mins)	Visualize STEM 7-13	G12 AKO
		1:00pm (30mins)	Justice and Peace Group(Week A)	Chapel JRA
		1.10pm (30mins)	Chaplaincy Reps (Week B)	Chapel JRA
		3:20pm (1hr)	Football Club 7-11	Playground DOK & LWH
		3.20pm (1hr)	GCSE DT Catchup 10-11	G12 AKO
		3.20pm (1hr)	GCSE Food Catchup 11	G13 AKO
		3.20pm (1hr)	Athletics 9-11	GYM JMA
		3:20pm (1hr)	Homework Club 7-13	Library AJO
		3:20pm (1hr)	Homework Club 7-13	Library AJO
Friday	Lunch	Time	Club - Year groups	Location/Teacher
		10.40am	Music Practice Rooms - access 7-13	Practice Rooms JHU
		12.40 (30mins)	Badminton 9-11	GYM DEA
		12.40pm (30mins)	Boxing 8-10	Dance Studio KKE
		1:00pm (30mins)	Visualize STEM Club 7-13	AKO G12
		1.10pm (30mins)	UAI Choir 7-13	S5 / JHU
		1.10pm (30mins)	Music Practice Rooms - access 7-13	Practice Rooms / JHU
		1.10pm (30mins)	Biology Club- 11	LFI G7
Friday	Lunch	Time	Club - Year groups	Location/Teacher
		3:30pm (1hr)	UAI Musical Rehearsals Music & Drama 7-12	Main Hall /S5 IMI & JHU
		1.05pm (30mins)	Spanish Intervention GCSE 11	G5 SCL
		12.40pm (30mins)	Fortnightly AfroCaribbean Club 7-13	G10/DOK
		1.10pm (30mins)	Worship Band Rehearsal 7-13	S5 JHU
		1.10pm (30mins)	GCSE Music Coursework Drop-in 11	S5 JHU
		1.10 pm (30mins)	Music Practice Rooms - access 7-13	Practice Rooms JHU
		12:40pm (30mins)	GCSE PE Intervention 11	Fitness Suite KKE
		12:40pm (30mins)	GCSE Badminton 11	GYM LWH
		3.20pm/ (1hr)	Homework Club 7-13	Library AJO