



Ursuline Academy Ilford



Ursuline Academy
Sixth

Weekly News – 2026/2027 Issue 3
24th 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

Courageous & resilient

On Thursday 1st October, we will be opening our doors to prospective parents and carers of primary school girls who are interested in attending UAI for secondary school. If your daughter is required to support us on the evening you will receive a letter. We are very grateful to all those who give their service to the school community. If you know of any families in the community whose daughter is in years 4-6, please encourage them to come along and do tell them of your experience!

Last week, our Year 7 and Year 12 students took part in their Badge Commissioning Services. With a particular focus on belonging, the services reminded our students that they are valued members of our school community and called to play their part in making others feel that same sense of welcome and connection. It was wonderful to see them receive their badges with such pride. Thank you, as always, to our parents and carers for the encouragement and support you give our young people as they continue to grow in confidence and in their sense of belonging within our Ursuline family.

Ursuline Academy
OPEN EVENT
SEASON 2026

THURSDAY 1 OCTOBER 2026
5.00PM - 7.00PM
THE URSULINE ACADEMY ILFORD
Morland Road, Ilford, Essex IG1 4JU

OPEN MORNING TOURS will be run throughout October starting at 9.00am

Headteacher and Student Presentation: 5.15pm followed by tours of the school

To book a place at one of our events, please scan the QR code or visit our website
www.uai.org.uk

020 8554 1995 | enquiries@uai.org.uk | [ursulineacademyilford](https://www.ursulineacademyilford.org.uk)

I am delighted that Ms Jones, our librarian, is running a KS3 Poetry Writing Competition. I would encourage all our budding poets in Years 7, 8 and 9 to get involved, be creative and have a go. I look forward to reading some of the wonderful entries!

SERVIAM



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Pope Leo XIV @ Pontifex – 20 September 2026

God has different ways and fresh ideas even for those who consider themselves to be first and believe they have earned what they have, that they deserved the results they have achieved. Instead, we all gain joy, wisdom and a better future when the law of love interrupts that of calculation, when the experience of mercy broadens that of merit, and when the gift of peace suspends rivalries and brings us closer together in gratitude. [#GospelOfTheDay](#) (Mt 20:1-6)

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

September: Live

24th September: Strive to seek out the means and ways to advance.

25th September: And always let your principal recourse be at the feet of Jesus Christ and there, all of you, with all your daughters, offer most fervent prayers.

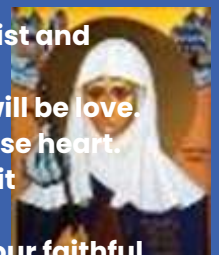
26th September: Let them have Jesus Christ for their only treasure, for there also will be love.

27th September: I am continually among them provided they believe and do not lose heart.

28th September: Above all, obey the counsels and inspirations which the Holy Spirit continually sends into the heart.

29th September: Believe firmly that then, especially, you will recognise me to be your faithful friend.

30th September: Let God work; he will do marvellous things.





Chaplaincy News

7C Retreat Day – Belonging to Our Ursuline Community

On Tuesday this week, 7C took part in their Retreat Day, reflecting on the theme of Belonging and what it means to be part of our Catholic Ursuline community.

Through prayer, reflection, team-building and shared activities, students explored the importance of recognising the dignity and gifts of every person, remembering that each of us is known and loved by God. Students reflected on how we are called to welcome, encourage and care for one another.





Chaplaincy News

8C Class Mass

On Thursday at lunchtime, 8C came together to celebrate their Class Mass with Fr David, our Priest Governor, on the Feast of Our Lady of Walsingham. In his homily, Fr David explained the important role of Mary who is honoured by Catholics and encouraged us to reflect on her example of faith, courage and trust in God.

In our prayers, we reflected on the International Day of Peace, marked on 21 September, praying for peace in our world and especially for all those affected by war, violence and conflict. The Mass also gave 8C an opportunity to come together as a class and to pray for our school, our families and our world.



Mr Ravi, School Chaplain



Library News

A happy reminder that our school poetry competition is still open for younger years to enter! To celebrate National Poetry Day, students in Years 7, 8 and 9 are invited to put pen to paper and write a poem inspired by this year's theme: **wonder**.

Ms Jones has already received several marvellous poems and would love to have lots more entries before the **deadline (Thursday October 1st)**. Whether you're a seasoned poet or fancy trying something new, enter now and make this National Poetry Day one to remember!

Thank you!!

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

Our wonderful Year 7s have been working hard in Religious Studies since we started back only a few weeks ago. They have been learning all about the Bible and have been showing off their knowledge on our mini whiteboards, which has been really fun, engaging and a great way of checking their understanding.

We are incredibly proud of the effort they have shown so far and are looking forward to seeing what they achieve as we continue our learning journey together!

Well done 7 Josephine!





Student Leadership News

Student Leader Training: Communication and Confidence

Our 2026/27 Student Leaders began their training programme with an engaging session on Communication and Confidence through Drama. Students explored public speaking, confidence and creative self-expression through a range of drama-based activities, with plenty of opportunities to practise and develop their skills.

A big thank you to **Mrs Milne** for leading such an enjoyable and valuable session and for sharing practical tips that our student leaders can use in their roles.



Dr Osei-Owusu, Enrichment & Student Lead Coordinator



Year 7 Badge Commissioning Service

Last Thursday was a lovely evening for our new Year 7 students. The badge commissioning service marks their entry into the Ursuline family of schools and welcomes them into the proud traditions of the school. We had an evening of singing the school song "Standing on the Shoulders", which was performed with gusto by our students, they promised to follow the school rules and embrace school life. There were lots of opportunities for pictures with their form tutors and the senior leadership team. The girls conducted themselves beautifully and their behaviour was excellent. As their Head of Year it was a real joy and a privilege to see them welcomed into the school like this and I know they will keep this up throughout their time with us at the Ursuline Academy.



Mr Donovan Head of Year 7

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.



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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 Dust 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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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

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**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**



Ursuline
Academy
Sixth

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