



Ursuline Academy Ilford



Ursuline
Academy
Sixth

Weekly News – 2026/2027 Issue 4
1st October 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



Tonight we open our doors for our annual Open Evening, and I could not be prouder to welcome prospective students and their families to Ursuline Academy Ilford. Of course, they will see our classrooms, facilities and the many opportunities available to our students, but what I hope they experience most strongly is the community behind them, the warmth, ambition, kindness and sense of belonging that make our school such a special place.

#BelongingBelievingBecoming.

This week's newsletter provides a wonderful snapshot of that community in action. From the tremendous spirit and participation at our rescheduled Sports Day, to students raising over £500 for the St Teresa Missionaries, our Jack Petchey winners being recognised for their kindness and service to others, Year 8 learning the ukulele, Year 7 demonstrating their creativity in languages, and our UA6 students exploring future careers in medicine, there is so much to celebrate.

These are the things that make me most proud as Headteacher. A school is so much more than its examination results: it is the people, relationships, experiences and values that shape young people every day. Our students demonstrate that wonderfully, and tonight many of them will give their time to welcome visitors, speak about their school and help prospective families imagine becoming part of our community.

Today we also celebrate the Feast of St Thérèse of Lisieux, whose 'Little Way' reminds us of the power of doing small things with great love. May her example inspire us to show kindness, generosity and Serviam in the everyday moments of school life

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

1st October 2026

Dear Parents and Carers,

We are writing to inform you of a new school policy regarding students' essential equipment.

From now on, **all students at UAI & UA6 are required to have a black whiteboard marker in their pencil case each day.** Whiteboard markers will be used regularly in lessons on mini-whiteboards for a range of activities, including answering questions, completing practice tasks and demonstrating understanding.

We ask that you please ensure your child has a **working, erasable, black whiteboard marker** in their pencil case and that they bring it to school each day.

Having the correct equipment readily available will help students to participate fully in lessons and ensure that learning time is effective. Please ensure your daughter has a whiteboard marker in her pencil case no later than **Friday 9th October 2026.**

Thank you for your support in helping us to maintain high expectations and provide students with the equipment they need to succeed.

Yours sincerely,

G Irwin

Mr G. Irwin (Lead Practitioner)



Belonging, Believing, Becoming

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Pope Leo XIV @ Pontifex – 28 September 2026

Invoking the name of God to legitimise violence or oppression constitutes a profanation of His name. Nothing that violates human dignity can claim authentic divine inspiration. Religious discourse must constantly call for hearts and words to be disarmed. [#ApostolicJourney](#) [#France](#)

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

October: Be Shepherds

1st October: I beg you with all my heart, be like watchful and most vigilant shepherdesses.

2nd October: May God give you knowledge and capacity.

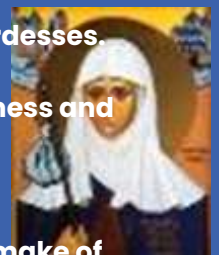
3rd October: You will achieve more with kindness and gentleness than with harshness and sharp rebukes.

4th October: Spread peace and concord wherever you are.

5th October: What you want them to do, do it yourself first.

6th October: They are all creatures of God. And you do not know what he wants to make of them.

7th October: As far as possible, you yourselves provide.





Careers News

Medicine support at UA6



On Saturday 26th September 2026, we travelled to South Kensington to attend the 20th Anniversary of Imperial College's Muslim Medics Society's PotMed Conference, arriving bright and early for an 8am start. It was first established in 2006 by two doctors, who have since become consultants in their respective specialties, PotMed was created to support aspiring medics in navigating the medical school application process and preparing for the demanding yet rewarding journey into medicine.

Our day began with an engaging Panel Q&A session featuring medical students and an Imperial alumnus who shared his personal journey into medicine. Hearing about their experiences, challenges and achievements offered us a valuable insight into life as a medical student and the realities of pursuing a career in medicine. One message that particularly resonated with us was his reminder that "if you have the desire to do Medicine, you will get in one way or another".

We were then split into different rotations, beginning with a lecture simulation in one of Imperial's lecture theatres, giving us a taste of what it would be like to study medicine at university. This was followed by a thought-provoking session on medical ethics, exploring how doctors navigate complex decisions while prioritising their patients' wellbeing. We delved into the four pillars of medical ethics: autonomy, respecting a patient's right to make their own decisions; beneficence, acting in the patient's best interests; non-maleficence, avoiding harm; and justice, ensuring fairness and equality in healthcare. Through a series of realistic scenarios, we explored the ethical dilemmas doctors may encounter in their everyday practice, while also considering the types of questions we could face in medical school interviews. These discussions challenged us to think critically, consider different perspectives, and appreciate the responsibility that comes with making decisions that can profoundly affect a patient's life.

Our journey continued through Imperial's historic buildings, where we discovered the incredible breadth of medical careers and the 350 different specialties within the NHS. Learning about the sheer diversity of opportunities within medicine opened our eyes to just how many pathways there are to explore, each offering its own unique challenges and opportunities to make a difference. After lunch, our day ended with a session on the UCAT and the different question types and some tips and tricks to save time and to get the most marks; we even tried a few question types ourselves!

We thank Ms Tallat and Imperial College London for giving us the opportunity to attend such an inspiring and insightful conference. It not only strengthened our understanding of the journey into medicine and experienced a glimpse of life at Imperial.

Sajia and Salwa Husain 12.1 and 12.2



Chaplaincy News



St Teresa House Assembly

St Teresa's Feast Day is celebrated on 3rd September. As we were not in school on this date, we came together on 25th September to celebrate her life and legacy.

Last Friday, 7T delivered a wonderful assembly celebrating St Teresa. The students shared some of her teachings and well-known sayings, as well as a poem that they had written together especially for the occasion.

The assembly focused on the value of kindness and the importance of doing the right thing, even when it is not always easy. The students shared these important messages with confidence and enthusiasm.

Well done to 7T on a fantastic assembly! We are especially proud of the way the girls worked so collaboratively and supported one another, particularly as they have only been a form for a short time. They were a wonderful example of teamwork, kindness and community spirit! Serviam!!

Saint Teresa by 7T

She walked among the poor and weak,
With gentle hands and love to speak,
Saint Teresa, humble and kind,
A light of hope for hearts she'd find.

She gave her life to those in need,
With faith, compassion, word and deed,
She saw each person as deserving of all,
And taught us that no act of kindness is ever too small.

She embodied service, faith, and grace,
Bringing love to every single place,
A servant of peace, with courage strong,
Reminding us where we all belong.





Chaplaincy News

7J Retreat Day – Celebrating our gifts

On Wednesday this week, 7J came together for their Retreat Day, with a special focus on recognising and celebrating the unique gifts that each person brings to our community. The day provided an opportunity to step away from the usual routine and spend time in prayer, reflection, team- building and bonding. Through shared activities, students strengthened friendships and reflected on how we can create a community where everyone feels valued and appreciated. A particularly meaningful part of the day was the opportunity for students to affirm one another's gifts. They took time to recognise the strengths, talents and positive qualities they see in their classmates and to share these affirmations with one another.



8J Class Mass

On Thursday at lunchtime, 8J came together to celebrate their Class Mass as we marked the Feast of St Thérèse of Lisieux. Known for her "Little Way," St Thérèse reminds us that we do not always need to do extraordinary things to make a difference. Instead, we can show our love for God and for one another through the small choices we make each day – offering kindness, showing patience, helping others and treating everyone with compassion.



We are delighted to announce our first Jack Petchey Award winner for this year: **Year 13 student, Suhani Bhoopalan.**

Suhani was voted for by her peers and teachers in recognition of her kindness, good nature, and the positive impact she has on those around her. She was also recognised for her amazing charitable work and commitment to helping others.

This weekend, Suhani will be taking on another challenge as she walks an incredible 10 miles to raise money for diabetes.

Well done, Suhani! We are incredibly proud of you and all that you do. What an amazing achievement!



Well done to **Ashley Casimiro in Year 11** who is our Year 11 Jack Petchey award winner.

Ashley has gone above and beyond to support her peers, consistently showing kindness, compassion and a genuine willingness to help others. She is always ready to offer encouragement, lend a helping hand and make a positive difference to those around her.

Her caring attitude, positive approach and commitment to supporting others make her a fantastic role model within our school community!



Library News

The library is very happy to be celebrating Black History Season! In the upcoming weeks, we'll be spotlighting wonderful books that touch on rich histories and beautiful cultures. We hope that each and every student picks up a book that has ties to this valued celebration – whether that's reading a non-fiction book about Black culture, biographies of true and empowering stories, or fictional novels that draw inspiration from real life. We're lucky to have a library full of stories from talented Black writers, sure to inspire young readers.

To help find relevant books, our librarian has put together a recommended reading list, full of the many magnificent stories we have available for students to borrow. Throughout October, suggestions will feature weekly in the Newsletter, but if you want to get your hands on the full list (with over 40 suggestions and insights into each book), a physical copy can be found in the school library.





Creativity Takes Centre Stage in Language Exercise Book Competition

At the start of every academic year, our language students are given the opportunity to showcase their creativity by decorating their exercise book covers with designs inspired by **French-and Spanish-speaking countries and cultures**. What might seem like a simple activity quickly becomes a wonderful opportunity for students to express their personalities, interests and enthusiasm for languages.

For our creative students, it is a chance to **shine!** From colourful designs and imaginative illustrations to carefully chosen words and language-themed artwork, every cover is unique. Students are encouraged to take their time and create something they can be proud of.

The activity also has a valuable purpose beyond creativity. Decorating their exercise book encourages students to **take pride in their belongings and their work**. A personalised cover helps students feel a sense of ownership and can set a positive tone for the year ahead.

And, of course, there is an added incentive... **the competition!** Each year, we select some of the most creative and eye-catching designs, with prizes and recognition for our winners.

We have been particularly impressed by the creativity shown by our **Year 7 students** this year. Their designs demonstrate just how much imagination and effort they can put into their work from the very beginning of their language-learning journey.

Take a look at some of the fantastic examples below, including some of our Year 7 competition winners. **Well done to everyone who took part — your creativity really does make our language classrooms brighter!**





Music News

Year 8 music students have been learning to play Ukulele this academic year to date and are making wonderful progress so far. They have mastered the C and F chords and are giving the G chord a good shot meaning that very soon they will be able to play lots of amazing songs. I think we may have a band in the making so watch this space!

Well done girls!



Ms Eakin, Head of Year 12 & 13, RS Teacher/Jack Petchey Coordinator



UAI Sport Day 2026!

This year's Sports Day was a little different. Due to the hot weather in July, our annual sports day was postponed until September. However, this did not stop our students or our members of staff from making it a fantastic day.

Although the sports day was moved, the PE department worked hard to make sure that the day still offered opportunities for all students to get involved. From the moment the events began, it was fantastic to see girls from Year 7 all the way through to Year 13 taking part and supporting one another.

There was a wide range of events for the students to participate in, including running, throwing, tug of war, obstacle course and target throw. Seeing the students from different Year Groups cheering for their house colour and encouraging each other was wonderful.

The staff took on the Year 11s in the tug of war, but unfortunately the year 11s could not take the win. This was then followed by the highly anticipated staff relay against the Year 11 and Year 12 students. In a very competitive race, the Year 11s showed their speed and managed to beat the teachers! It was also wonderful to see some parents join in this year, thank you.

The day was made even sweeter with a visit from the ice cream van, where the girls were able to grab a sweet treat after a busy day of competition!

A huge well done goes to all the students who took part and represented their forms with such enthusiasm. A massive well done to the following house winners:

7 Teresa

8 Josephine

9 Teresa

10 Josephine

11 Rose

12 Josephine

Overall, Winners:

Josephine

Thank you to all the Year 13 students and staff members involved in making the day run smoothly. After such a fantastic day, we are already looking forward to next year's Sports Day. The question is.....will the staff be able to defend their tug-of-war title, and will they finally get their revenge in the relay? We'll have to wait and see!

Sports Day Comments...

I thoroughly enjoyed my first sports day at UAI. It was such a lively and spirited occasion, enjoyed by students and staff alike.

It was wonderful to see how each and every student got involved – competing in a range of athletics events, crafting colourful signs, and cheering loudly in the stands. I was so impressed by all the sporting talent we have at Ursuline, and how our girls kept in high spirits from the opening parade all the way through to the awards ceremony. I particularly enjoyed taking part in the staff vs student tug of war and getting my face-painted in support of Catherine House (thanks, Mariam!). There was a real sense of community, support and joyousness all day long. I'm already counting down the days until the next one!

- **Miss Jones**

Sports day was a great experience for all of us. Due to the fact that it was our last ever event, we felt that this year's sports day was more enjoyable it created many memories that we will cherish

- **Kosi, Hannah, Shahra IIT**

We enjoyed Sports Day, where we did many activities such as running, tug of war and more. We also had an ice cream truck as a treat, and it was very tasty. After, the fun really began. We had several races and many flags representing Teresa, Catherine, Josephine and Rose. At the end, there was one winner, and the winner was Teresa. Even when all the other forms lost, they still cheered for them.

- **Aizah and Viyam 7T**

Sports day is such a wonderful event we love the support our school shows no matter what form you're in. We love participating in all the events and cheering on everyone as they showcase their talents. We really will miss sports day at UAI, it's unforgettable!

- **Fola and Victoria IIR**

Sports day was fun and I competed in many events including 100m it was my favourite and I loved it. Also, as a sixth former it's important we do things like this as we don't do compulsory sports.

- **Avril 12.1**





Ms Whates, Teacher of P E



P E News Continued...

Table Tennis

We are excited to announce that at the end of the summer term two new table tennis tables were added to the school!



The tables are available for the students to use during lunchtime, so if you enjoy table tennis or would like to give it a try, you are welcome to get involved. There is no need to bring your own equipment as the bats and balls can be found in the blue box on the table, ready for you to use.

We ask that everyone looks after the table, bats and balls and plays safely and respectfully so if you see anyone sitting on the tables, please ask them to get off. At the end of lunch, some Year 9 students will make sure that all the bats and balls are collected and returned to the blue box, ready for the next day.

We hope lots of you will take the opportunity to enjoy a game of table tennis, have fun with your friends and get active at lunchtime!

Maybe if you're lucky Mr Probert will give you a match!



Ms Whates, Teacher of P E



Year 11 News

My form Group 11T recently organised a successful fundraising event in support of St Teresa Missionaries, a charity dedicated to feeding those living in poverty and supporting people experiencing homelessness.

The girls showed remarkable dedication, enthusiasm and generosity throughout the event, helping the group to exceed expectations by raising over £500 for this important cause.

We would also like to express our sincere thanks to members of staff who volunteered their time, offered their assistance and made generous donations. Their support played an important part in making the event a success.

Thank you to everyone who contributed and helped us support this wonderful cause!

Mr Vijay & 11T

"I was really excited for the fundraiser ever since we were first told about it, and when the day finally came, I don't think it could have been more perfect. It was amazing to see everyone in our form working together towards one meaningful cause. From helping to organise the fundraiser to getting involved on the day, it was a great experience that brought us all closer together as a form."

Humaira Ashraf 11T

"Taking part in the charity event was an incredibly rewarding experience! It was great to work with my classmates, have fun and raise money for such an important cause. I really enjoyed being involved and seeing how our efforts could make a difference. It was a great experience that I would definitely do again!"

Hadiya Izzat 11T





Year 12 Badge Commissioning Service

Last week, we were delighted to officially welcome our Year 12 students into UA6 at their Badge Commissioning Ceremony.

It was such a lovely and meaningful event, providing the perfect opportunity to welcome our students into a community built around **belonging, believing and becoming**. As they begin this exciting new chapter in their journey, we want to wish every one of them the very best as they continue to grow, develop and make their mark within our UA6 community.

A particularly warm welcome goes to all of our students – and, of course, a special welcome back to those who are continuing their journey with us. It has been incredibly positive to see how well everyone has settled into UA6 and how quickly our students have begun to get to know one another, build new friendships and, most importantly, show care and support for each other.

We are incredibly proud of the way our Year 12s have embraced this new chapter. Their enthusiasm, kindness and willingness to support one another have already helped to create such a positive and welcoming community.

We are so excited to see all that they will achieve and become during their time with us.

Welcome to UA6 – we are so pleased to have you with us!



Ms Eakins, Head of Year 12 & 13

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 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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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

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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
Thursday	Lunch	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
		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
	PM	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
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
		3:30pm (1hr)	UAI Musical Rehearsals Music & Drama 7-12	Main Hall /S5 IMI & JHU
		3:30pm (1hr)	Homework Club 7-13	Library AJO