

Ursuline Academy Ilford

Weekly News – 2026/2027 Issue 6
15th October 2026

Upcoming Events

Half Term
Friday 23 October - Monday 2 November

Staff INSET Day
Tuesday 3 November
No students in school

Term begins
Wednesday 4 November, 8.40a.m.

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

UA6 Open Evening
Thursday 26 November
5.00 - 7.00p.m.



Headteacher's Headlines

Courageous & resilient

We were saddened to hear this week of Pope Leo XIV's diagnosis of lung cancer. We are thankful that his surgery has been successful and that he is recovering well. As an Ursuline community, we join Catholics across the world in praying for our Holy Father, asking God to grant him strength, comfort and healing in the days ahead. We also remember in our prayers all those in our own families and communities who are facing cancer or supporting loved ones through illness.

There is so much to celebrate in this week's newsletter, which reflects the wonderful breadth of opportunities our girls enjoy. From our Year 7 retreat and the thoughtful, empowering messages created in English, to our Year 12 philosophers exploring what makes a just society, it is lovely to see our students developing in so many different ways. I was also delighted to hear that 70 students auditioned for our forthcoming production of The Wizard of Oz, and to see our UA6 students inspiring Year 11 as they begin to consider their next steps. My sincere thanks to all the staff who make these opportunities possible and to our girls for embracing them with such enthusiasm.

As we continue through October, the month dedicated to the Holy Rosary, we remember the power of prayer in bringing us closer to Christ through reflection on the mysteries of His life. Throughout this month, we encourage our school community to pray the Rosary, offering our prayers for the intentions we hold close to our hearts, particularly for those who are ill, facing difficulties or in need of God's comfort and strength.

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

6th October 2026

Dear Parents and Carers,

I am writing to inform you of a change to the previously published date for students to return following the half-term break.

Students will now return to school on Wednesday 4th November rather than Tuesday 3rd as previously advised.

Tuesday 3rd will be an additional INSET day, providing staff with important time for planning and preparation as we continue to develop provision across the Academy.

This comes at an exciting time for our school. I am delighted to share that we have recently been successful in acquiring an additional playground and building from the trustees of the neighbouring Ursuline Preparatory School. We hope to undertake some initial work during the half-term break to begin making these additional facilities fit for purpose. As the Academy continues to grow and develop, it is vital that we create sufficient time to plan carefully for both our immediate priorities and the longer-term needs of our students.

I appreciate that a change to an already published term date may require families to alter arrangements, and I am very grateful for your understanding.

We have made an excellent start to the new school year. Our staff and students have worked tirelessly since September, and there is a real sense of purpose and positivity across the Academy.

As always, my sincere thanks go to you, our parents and carers. Your continued support, encouragement and partnership are enormously valued and make an important contribution to the strength of our school community.

Thank you for your understanding and continued support.

Yours sincerely,

F Stone

Ms Fiona Stone
Headteacher

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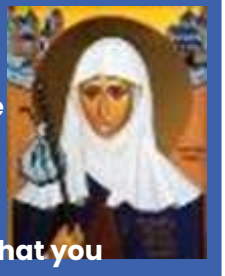


Pope Leo XIV @ Pontifex – 12 October 2026

Prayer becomes effective when it reaches out to others. The charity born of the Holy Spirit is God's love poured into our hearts: a love that takes shape in a commitment to life and service. This love must become the goal, the way, and the meaning of our lives.

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

October: Be Shepherd



15th October: Do your duty, correcting them with love and charity.
16th October: Comfort them, so that they may go forward willingly.
17th October: I do not say, however, that it will not be necessary occasionally to use reproaches and severity, at the right place and time.
18th October: One must be careful and prudent.
19th October: Bear with them all equally, for it is not up to you to judge.
20th October: There will be no other sign that you are in the grace of the Lord than that you love one another and are united together.
21st October: Watch over them as most vigilant shepherds and good servants.

Chaplaincy News

Year 7 Retreat – "We Are Many Parts, One Body"

7R and 7T recently took part in their Year 7 retreat, reflecting on the theme "We are many parts, but one body." Through prayer, reflection and shared activities, they celebrated the different gifts, backgrounds and experiences that each person brings to our community. The retreat beautifully reflected our **Ursuline mission**: embracing diversity and growing together in unity.











Mr Ravi, School Chaplain

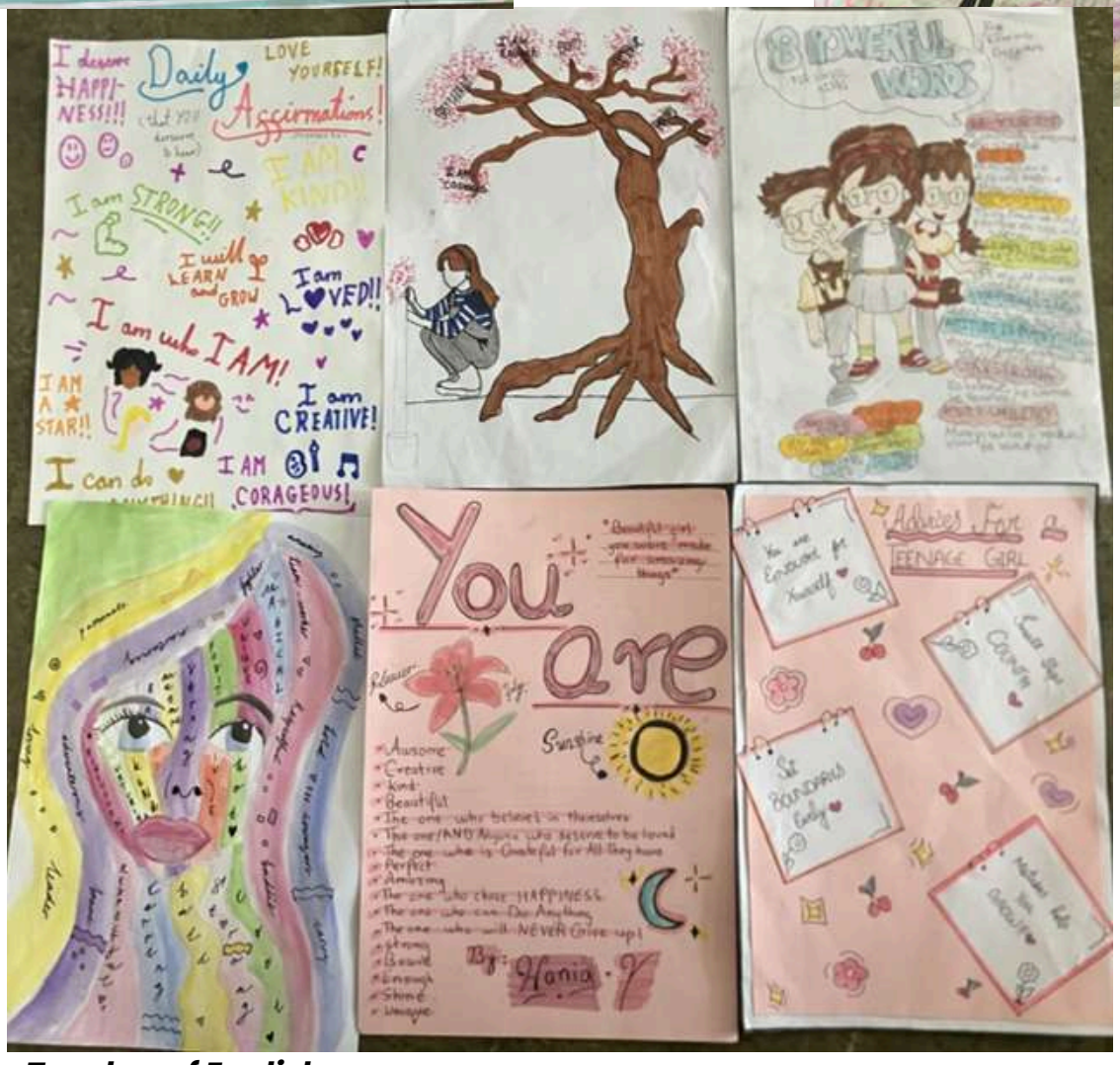


English News

This half term our Year 7 students have been completing a poetry unit.
Last week, 7C explored the poem 'Advice To A Teenage Daughter'. As well as completing some excellent analysis work on the poem, 7C students also had to create their own empowering advice posters to girls their own age. The students had to come up with positive messages and encouragement for fellow year 7 students. Here are some of the wonderful posters they created.
Well done 7C!







Ms Riste, Teacher of English

Library News

Black History Season

As we continue to celebrate the joys of Black History Season, we're happy to see so many of our students embracing the occasion by reading meaningful books. Whether it's a compelling nonfiction about the lives of inspirational icons or a fiction book that draws on rich and wonderful cultures, this is the perfect time for every student to pick up a worthwhile read.

See below our top picks for this week.



Ms Jones, Library Assistant

R E News
A Level Philosophy

The Young Platos: Imagining the Ideal Society

What would an ideal society look like, and how could we make our world a fairer, more just and more balanced place? These are the questions that have inspired philosophers for centuries, including the Ancient Greek philosopher Plato, whose ideas about justice, leadership, education and society remain relevant today.

This year, our Year 12 students have stepped into the role of the Young Platos, exploring Plato's philosophical theories and developing their own visions of an ideal society.

Drawing inspiration from Plato's famous work The Republic, students have examined what makes a society successful, how power should be used, and what responsibilities individuals have towards one another. Plato imagined a society in which everyone contributed according to their abilities; education helped people develop wisdom, and leaders were chosen for their knowledge and understanding of justice rather than their wealth or popularity. His ideal society was divided into three main groups: the rulers, who governed with wisdom; the guardians, who protected the community; and the producers, who provided essential goods and services.

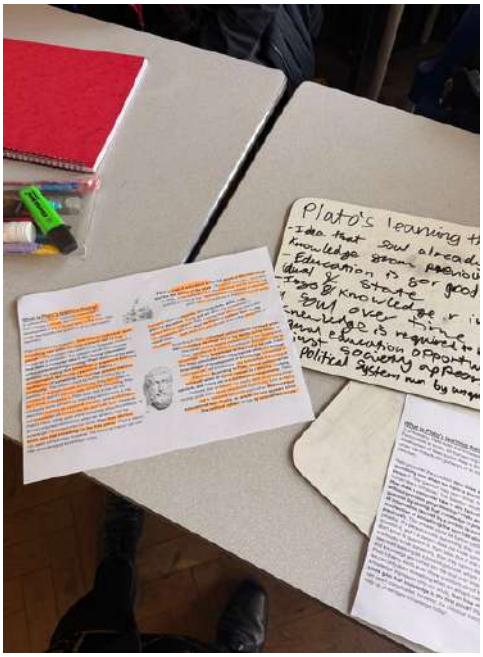
But how realistic are Plato's ideas in the modern world? Can his vision of a fair and harmonious society help us address today's challenges, such as inequality, access to education, environmental responsibility, and the role of leadership? Our Year 12 students have explored these questions by presenting their own ideal societies, sharing their perspectives, and considering how their ideas could be implemented in contemporary life.

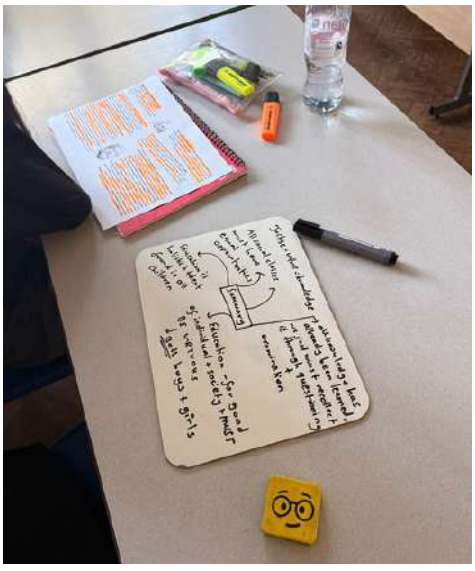
Through their presentations, students have been encouraged not only to understand Plato's theories but also to challenge them, reflect critically, and develop original solutions to modern problems. By connecting ancient philosophy with present-day issues, the Young Platos demonstrate that philosophy is far more than an abstract academic subject: it is an opportunity to question the world around us and imagine how it could be improved.

Join us as we discover the societies our students have envisioned, explore the values behind their ideas and consider one important question: **if we could redesign society today, what would we change, and how would we make our vision a reality?**

Ms Posnakidou, Teacher of R E







UA6 News

Supporting Future Career Pathways - Step Into UA6!



As our Year 11 students begin to think about their next steps beyond GCSEs, we are excited to launch the next stage of our UA6 journey supporting students to explore their post-16 options, future career pathways and the opportunities available at Ursuline Academy Sixth Form.

This week, four of our wonderful UA6 students, ***Sabiha, Maleeha, Zainab*** and ***Semi***, took the opportunity to share their personal journeys from Year 11 into sixth form. They spoke openly about their experiences, from receiving GCSE results and attending induction to choosing their A-level subjects, settling into sixth form life and embracing new opportunities.

What began as a simple reflection quickly developed into an engaging and enthusiastic discussion. Our Year 11 students were full of curiosity, asking thoughtful questions and showing a genuine interest in what life at UA6 could look like for them.
It was particularly encouraging to see how valuable these conversations were. Hearing directly from students who have recently made the same transition helped our Year 11s begin to picture themselves taking that next step.

Supporting Post-16 Choices and Future Career Pathways

Over the next couple of months, our Year 11 students will receive continued support and guidance as they explore their post-16 choices, subject options and future career aspirations.

Our aim is to ensure that every student feels informed, confident and supported in making decisions that reflect their individual strengths, interests and ambitions.
Through careers guidance, sixth form conversations and opportunities to engage with our UA6 students and staff, Year 11 students will be encouraged to consider how their subject choices can support their longer-term goals, including university, apprenticeships and future career pathways.

Students and their parents and guardians will also have opportunities to find out more about UA6 entry requirements, scholarship opportunities, A-level subject choices and our exciting new sixth form building!

Our upcoming UA6 Open Evening on 26th November 1700-1900 will be another important opportunity for students and families to discover what UA6 has to offer, meet staff, explore the available pathways and ask questions about the next stage of their educational journey. Further details will be shared in due course.



Believe, Aspire, Achieve: The UA6 Journey

We are currently at the 'Believing' stage of our post-16 choices. This is about helping our Year 11 students recognise their potential, explore what is possible and begin to see themselves thriving as sixth form students.

Choosing the right post-16 pathway is an important decision, and we want students to know that they are not making it alone. By working together with parents, guardians, teachers, careers staff and our sixth form community, we hope to make the transition into post-16 education a positive and exciting experience.

A huge well done to ***UA6 students, Ms Khan and Ms Eakins*** for helping to kick-start our UA6 support.

We look forward to supporting our Year 11 students as they explore their ambitions, discover their pathways and take their next steps towards the future.

UA6 Ursuline Academy Sixth

Miss Tallat, Careers Leader



Wizard of Oz Auditions

On Thursday 8th October, auditions were held for our exciting upcoming production The Wizard of Oz.

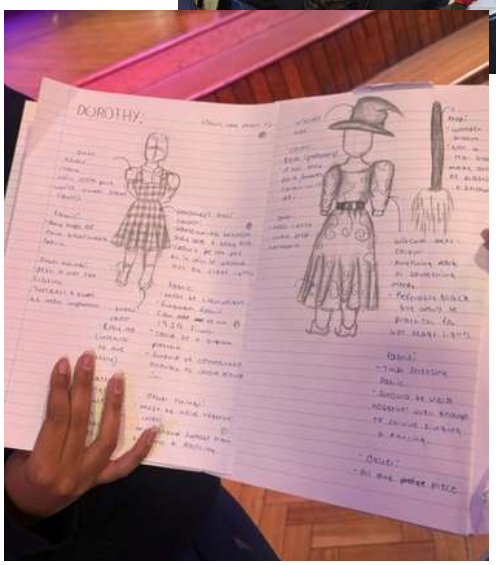
70 students attended the audition ranging from all year groups from Year 7 to 12.

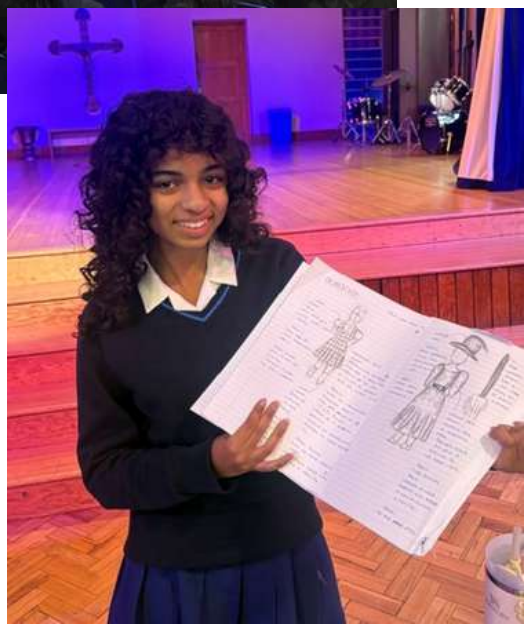
Well done to ***Aila in Year 10*** for presenting her beautiful costume designs with the view to become our chief wardrobe mistress for the show!

The final cast will be announced via Satchel by the end of term!

We are excited to get started with rehearsals!







Ms Milne and Miss Hurst

Before School | Breaktime | Lunchtime | After school

Clubs Timetable

Ursuline Academy Sixth













Monday

	Time	Club - Year Groups	Teacher/Location
Lunch	12.40pm (30mins)	History Club 7-8	ANA F19
Lunch	12.40pm (30mins)	Fornightly Feminism Club 7-13	HMA F18
Lunch	12:40pm (30mins)	Netball 11	LWH Playground
Lunch	12:40pm (30mins)	Athetics 7-10	JMA GYM
Lunch	12.40pm (30mins)	Coding & Digital Skills Club 7-9	MHA F6
PM	3:20pm (1hr)	Homework Club 7-13	AJO Library

Tuesday

	Time	Club - Year Groups	Teacher/Location
Lunch	12.40pm (30mins)	Netball 9-10	KKE&LWH Playground
Lunch	1:10pm (30mins)	Music Practice Rooms - Access 7-13	JHU Practice Rooms
PM	3:20pm (1hr)	Homework Club 7-13	AJO Library

Wednesday

	Time	Club - Year Groups	Teacher/Location
Lunch	12:40pm (30mins)	Netball 7-8	JMA Playground
Lunch	12:40pm (1hr)	GCSE Art Club 10-11	RNA F11
Lunch	12.40pm (30mins)	Coding & Digital Skills Club 10-11	MHA F6
Lunch	1.00pm (30mins)	Islamic Society	HAF F10
Lunch	1.10pm (30mins)	Puzzle Club 7-13	LFI G7
Lunch	1.00pm (30mins)	Visualize STEM (7-13)	AKO G12
Lunch	1:00pm (30mins)	Justice and Peace Group (Week A)	JRA Chapel
	1.10pm (30mins)	Chaplaincy Reps (Week B)	JRA Chapel
PM	3:20pm (1hr)	Football Club 7-11	DOK & LWH Playground
PM	3.20pm (1hr)	Athetics 9-11	JMA GYM
PM	3:20pm (1hr)	Homework Club 7-13	AJO Library

Thursday

	Time	Club - Year Groups	Teacher/Location
Break	10.40am	Music Practice Rooms - Access 7-13	JHU Practice Rooms
Lunch	12.40 (30mins)	Badminton 9-11	DEA GYM
Lunch	12.40pm (30mins)	Boxing 8-10	KKE Dance Studio
Lunch	1:00pm (30mins)	Visualize STEM Club 7-13	AKO G12
Lunch	1.10pm (30mins)	UAI Choir 7-13	JHU S5
Lunch	1.10pm (30mins)	Music Practice Rooms - Access 7-13	JHU Practice Rooms
PM	3:30pm (1hr)	UAI Musical Rehearsals Music & Drama 7-12	IMI & JHU Main Hall/ S5
	3:20pm (1hr)	Homework Club 7-13	AJO Library

Friday

	Time	Club - Year Groups	Teacher/Location
	12.40pm (30mins)	Fortnightly AfroCaribbean Club 7-13	DOK G10
	1.10pm (30mins)	Worship Band Rehearsal 7-13	JHU S5
	1.10pm (30mins)	GCSE Music Coursework Drop-in 11	JHU S5
	1.10 pm (30mins)	Music Practice Rooms - Access 7-13	Practice Rooms / JHU
PM	3:30pm (1hr)	Homework Club 7-13	AJO Library

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
Are you entitled?

Free School Meals MATTER



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!

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.

FREE SCHOOL MEALS

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

FREE SCHOOL MEALS

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



	HOT DELI/GLOBAL EATS FROM £2.75	DESSERTS FROM £1.45
MON	Crispy Chicken Baguette with Katsu Mayo & Slaw	Belgian Waffles with Berry Sauce
TUE	Chilli Loaded Fries with Cheddar & Crispy Onions	Key Lime Glazed Cake
WED	Tex Mex Chicken with Sour Cream & Nachos	Autumn Pear & Berry Crumble with Custard
THU	Jamaican Jerk Chicken with Rice & Beans	Biscoff Frosted Carrot Cake
FRI	Crunchy Fish Finger Wrap with Tartare Sauce	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	TASTE OF THE U.S	MOST OF ROAST	INDO-MEX	FISH & CHIP SHOP
Caponata Chicken & Chickpea Tray Bake	Cheesy Tater Tots Topped Beef Chilli Pie	Roast Turkey with Stuffing & Herb Gravy	Lamb Eat Curious Keema Burrito Bowl with Salsa	Battered Fish Fillet OR Crispy Chicken Tenders
Caponata Vegetable & Chickpea Tray Bake	Kale & Polenta Hush Puppies with Cajun Aioli	Seasonal Vegetable & Lentil Wellington with Stuffing & Herb Gravy	Eat Curious Veggie Keema Burrito Bowl with Salsa	Crispy Vegetable Samosa with Mango Chutney
Penne Pasta Garden Salad Garlic Bread	Corn Ribs Texan Slaw Cheesy Fire Cornbread	Skin on Roast Potatoes Roasted Carrots & Parsnips Yorkshire Pudding	Zesty Lime & Coriander Rice Roasted Cumin Cauliflower Masala Nachos	Chips Peas Baked Beans Curry Sauce



	HOT DELI/GLOBAL EATS FROM £2.75	DESSERTS FROM £1.45
MON	Plant Burger with Coleslaw & Wedges	Lemon & White Chocolate Drizzle Cake
TUE	Korean Chicken Bibimbap with Hot Chilli Sauce	American Apple Streusel
WED	Indonesian Chicken Stir-Fried Rice	Toffee & Banana Cake
THU	Lamb Kofta with Raitha, Flatbread and Salad	Baked Coconut Rice Pudding with Mango Compote
FRI	Crispy Korean Chicken Burger	Cookies & Cream Shortbread Biscuit

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

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!



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 Smokey Tofu Makhani with Mango Chutney Pilau Rice Spicy Roasted Cauliflower Pappadums	BBQ Pulled Chicken Slider BBQ Mac & Cheese with Garlic Breadcrumbs Ranch Slaw Seasoned Wedges Onion Rings	Roast Chicken with Stuffing & Herb Gravy Vegan Red Lentil Sage & Onion Sausage Roll with Herb Gravy Crunchy Roast Potatoes Savoy Cabbage & Carrots Yorkshire Pudding	Nut-less Satay Chicken with Lemongrass & Coconut Sauce Nut-less Satay Tempeh with Lemongrass & Coconut Sauce Sticky Ginger Rice Pickled Cucumber Prawn Crackers	Battered Fish Fillet OR Crispy Chicken Tenders Cheese & Tomato Turnover Chips Peas Baked Beans Curry Sauce





PASTA/JACKETS STATION AND SALAD BAR AVAILABLE EVERYDAY!



LOOK OUT FOR OUR MEAL DEALS AND GRAB & GO!



HOT DELI/GLOBAL EATS

FROM £2.75

MON	Hot Dog with Mustard & Crispy Onions
TUE	Portuguese Peri-Peri Chicken & Rice
WED	Soy & Ginger Chicken Chow Mein Noodles
THU	Thai Style Chicken With Chilli & Coconut
FRI	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.

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 Cookie	£1.55
Baked Nachos	£0.85

FREE SCHOOL MEALS AVAILABLE EVERYDAY!
Speak to our team for more details



LOOK OUT FOR OUR TASTY MEAL DEALS!
Available for free school meals



PASTA/JACKETS STATION AND SALAD BAR AVAILABLE EVERYDAY!



Redbridge Mental Health Support Team presents...

PARENT AND CARERS IN MIND: WEBINARS FOR WELLBEING

Hear from mental health professionals about how to promote your child's emotional health and wellbeing. Our Autumn webinar offer is on our website now visit using the code below to see whats coming up

REGISTER NOW!

OUR NEXT WEBINAR IS...TUES 20.10.26 - 7-8PM AND IT IS ON THE TOPIC OF...

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

INTRODUCTION TO THE MENTAL HEALTH SUPPORT TEAM SERVICE

Join this webinar to find out about MHSTs and how they work in schools, what help is on offer and how you access them. Learn what support would look like in Primary Schools and Secondary Schools or Colleges and which schools are involved

SCAN ME!



FOR MORE INFORMATION & TO SIGN UP CLICK HERE,
VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'
OR GO TO LINKTR.EE/REDBRIDGEMHST

London Borough of Redbridge
#BREAKTHESTIGMA

London Borough of Redbridge

Redbridge News Continued...

Redbridge Mental Health Support Team presents...

PARENT AND CARER WEEK: CHILDREN'S WELLBEING WEBINARS

Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and welllbeing.

REGISTER NOW!

INTRODUCTION TO THE MENTAL HEALTH SUPPORT TEAMS

Find out about Mental Health Support Teams in schools, what we do, what help is available, how we work within schools and how to access the service.

TUES 20.10.26 7-8PM

NERVOUS TO SPEAK - TALKING IN SOCIAL SITUATIONS

What can you do to help your child or young person if they find it difficult to speak in social situations? We will be discussing why this might happen and sharing some ideas about what you can do to support your child.

WED 18.11.26 7-8PM

HELPING YOUR CHILD BELIEVE THEY CAN DO IT

What can you do if your child or young person starts to believe they cannot do things? In this webinar we will be looking at ideas from the field of Growth Mindset and sharing tips and tools to help you support your child in how they think about their abilities.

TUES 19.01.27 7-8PM

SCAN ME!



FOR MORE INFORMATION & TO SIGN UP CLICK HERE,
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