

Ursuline Academy Ilford

Weekly News – 2026/2027 Issue 8
5th November 2026

Upcoming Events

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

Year 10 Progress Evening
Tuesday 17 November
4.00 - 6.30p.m.

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

Carol Service
Thursday 17 December
5.00 - 7.00p.m.



Headteacher's Headlines

Discerning & joyful

I would like to thank all our parents and carers for their continued support in ensuring that our girls attend school regularly, arrive ready to learn and uphold the high standards of behaviour & uniform we expect at UAI. We are very proud of the positive culture across the Academy, and it is wonderful to celebrate the more than 200 students who achieved 100% attendance last half term.

One of the events I am particularly looking forward to is our UA6 Open Evening on **Thursday 26 November at 5pm.** We are excited to welcome our Year 11 students and their families to explore everything our sixth form has to offer, to meet staff and students, and to learn more about the opportunities and pathways available to them. It is also an exciting time for the development of UA6, as plans continue to take shape for our new building, which will provide additional accommodation and a dedicated space exclusively for our sixth form students.

This week's newsletter also brings the first photographs and reports from our students' wonderful adventure in Japan over half term. My thanks to the colleagues who made this memorable experience possible.
November is also a special month in the life of the Church, when we remember and pray for those who have died. We marked All Souls' Day on 2 November, remembering with love and gratitude those who have gone before us. Throughout this month, our Book of Remembrance will be available in the Academy chapel, offering students and staff an opportunity to remember loved ones who have died and to hold them in prayer. May they rest in peace, and may we find comfort in the words of Jesus from the Beatitudes: "Blessed are those who mourn, for they shall be comforted" (Matthew 5:4). May this promise bring hope and consolation to all who are grieving the loss of loved ones.

SERVIAM





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Pope Leo XIV @ Pontifex - 4 November 2026

Through work, one develops as a person, provides for family needs, expresses one's own talent, participates in social life, and builds a better worls by collaboriating in God's creative work. The real challenge is to offer everyone opportunities to make the most of their abilities. Unemployment, exploitation, and working conditions that endanger health and life itself are unacceptable. (Gaudium et Spes, 67) #General Audience

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

November: Community

5th November: may you sustain and carry out vigorously and faithfully the charge laid upon you.

6th November: God will give you the necessary strength, provided you do not fail for your part.

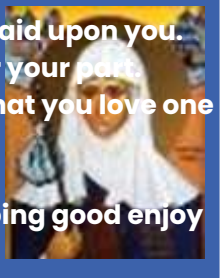
7th November: There will be no other sign that you are in the grace of the Lord that that you love one another and are united together.

8th November: Rejoice together.

9th November: God has so ordained from all eternity that those who are united in doing good enjoy every prosperity.

10th November: Strive, each one for her part, to be faithful and devoted.

11th November: Act in such a way that they may always follow your example.





School Notices...

Attendance

I was pleased to see that well over 200 students attended all sessions last half term. Heads of Year and Form Tutors will be congratulating the girls on their dedication. I hope that even more students will be able to achieve 100% attendance for this half term.

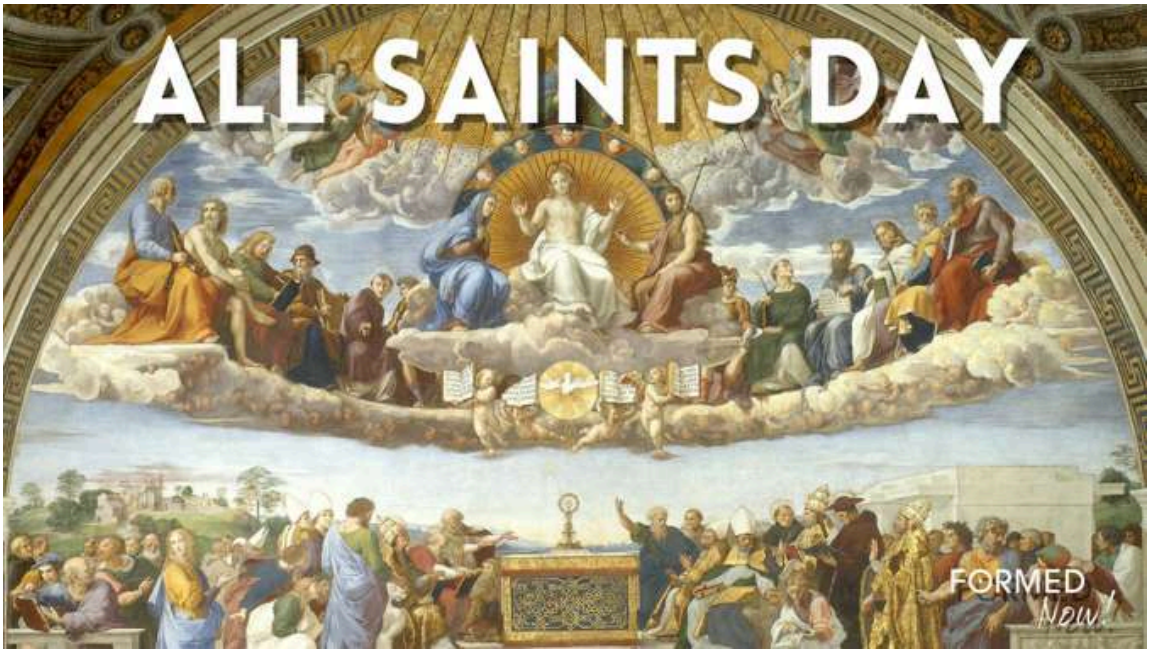
As we move into the winter months it is crucial that we all encourage and support students to attend every day. Students should only be absent from school if they really are too ill to attend. Students who just feel a bit under the weather must be resilient and come to school. We are very grateful for parental support in ensuring all students have excellent attendance to school.

Mr Challis, Deputy Headteacher





Becoming the people God calls us to be



It has been such a joy to welcome our girls back to the Academy after the half-term break. One of the greatest privileges of being Headteacher is the opportunity to work with our students as they grow into confident, authentic and values-driven young women, always striving to become the very best versions of themselves.

In my assemblies with all year groups this week, we reflected on the feast of All Saints. The lives of the saints offer us examples of what it means to live good, true and honourable lives. They remind us that holiness is not simply something to admire from a distance: each of us is called to endeavour to become the person God intended us to be.

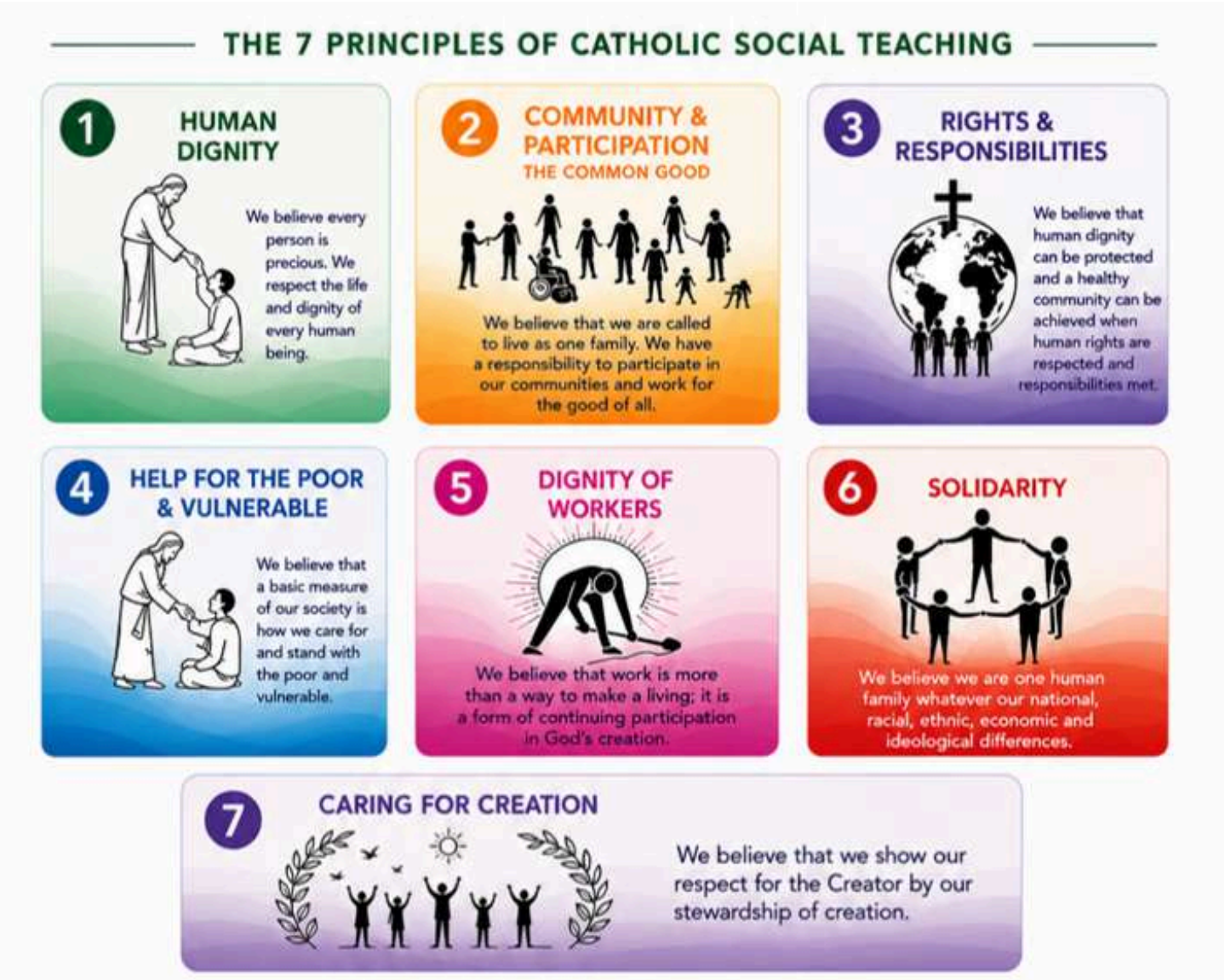
We turned to the Sermon on the Mount and, in particular, the Beatitudes. In these teachings, Jesus invites us to recognise the qualities that truly matter: mercy, humility, purity of heart, a hunger for justice and the courage to be peacemakers. These are not always the qualities the world rewards most readily, but they are at the heart of the life to which we are called.

Catholic Social Teaching is the lens through which we view all that we do at The Ursuline Academy Ilford. It informs our values, guides our decisions and encourages us to act with wisdom, compassion and sound judgement. During the assembly, I reflected on Pope Leo XIV's recent work, Magnifica Humanitas – On Safeguarding the Human Person in the Time of Artificial Intelligence, which reminds us of the importance of protecting human dignity in a rapidly changing world. As technology continues to shape our lives, we must remain discerning, ensuring that our decisions and actions are always rooted in what is good, true and just. This is at the very heart of our Ursuline education: forming young women who can think critically, act with integrity and remain steadfast in their values.

Our Ursuline virtues help us translate these beliefs into the choices we make each day. This half term, our focus is on being discerning and joyful: thinking carefully about what is right, making principled decisions and finding joy in learning, relationships, overcoming setbacks and contributing to our community. These virtues help us to become true Ursulines, not simply in name, but in the way we live.

We ended our assemblies by praying together our school prayer, asking God to help us remain united in love: respecting each other, helping each other and bearing with each other. These simple words are a powerful reminder of the kind of community we are striving to build.

As we begin this new half term, my hope for every one of our girls is that she continues to grow in wisdom, kindness, courage and joy. It is a privilege to accompany them on that journey, as together we live out our commitment to **Belonging, Believing, Becoming.**





F. Stone Headteacher

Chaplaincy News

On Thursday this week, students from 8J had their retreat which was a wonderful opportunity to step away from their usual routines and reflect on knowing God, knowing themselves and getting to know one another. Rooted in our Catholic faith and Ursuline ethos, the retreat centred on the message: "Your choices matter." Through thoughtful activities, students explored their unique gifts, happiest memories, personal achievements, friendships and hopes for the future.

We explored Jesus' commandment, "Love one another as I have loved you" (John 15:12), reminding them that knowing God is not simply about religious knowledge but allowing His love to shape how we treat others.





Mr Ravi, School Chaplain

Chaplaincy News

The Ursuline Academy Ilford

CHAPLAINCY NOTICES: NOVEMBER

November 1st: All Saints Day.

All Saints' Day – also known as All Hallows' Day or Hallowmas, "hallow" meaning "holy" – is observed by **Roman Catholics**, and **most Protestant denominations** on 1 November and prompts Christians around the world to reflect on the lives of saints and martyrs throughout the ages.

The faithful should consider how the faith and sacrifice of saints can Influence our own lives.

"We celebrate today the solemnity of All Saints. This invites us to turn our gaze to the immense multitude of those who have already reached the blessed land and points us on the path that will lead us to that destination," Pope John Paul II reminded Catholics in 2003.

All Saints day is a Holy day of Obligation for Catholics which means we should make the effort to attend Mass.



November, the 11 Month of the year is filled with days of Religious, Spiritual and National significance.



November days of Religious Significance

November 8 – Diwali: A 5-day festival celebrated by Hindus, Sikhs, and Jains. Known as the festival of life it honours gods, goddesses, harvests, New Years.

November 9– Jain New Year: A day celebrated on the first day after the month of Kartika.

November 30 – St. Andrew's Feast Day: St. Andrew is the patron saint of Scotland, Greece, Russia, Ukraine, Barbados, and Romania. This day honours him, his good works, and his canonization in the Catholic Church.

November 2nd: All Souls Day.

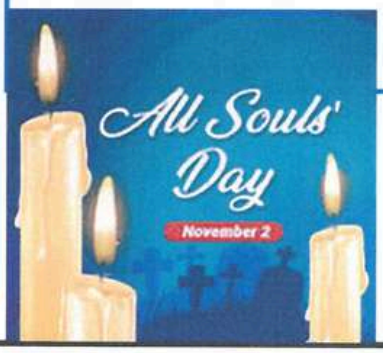
All Souls' Day, also called The Commemoration of All the Faithful Departed, is a day of prayer and remembrance for honouring the dead, the faithful departed.
The day is primarily celebrated in the **Roman Catholic Church**, but it is also celebrated in the **Eastern Orthodox Church** and a few other denominations of Christianity.
Through prayer, intercessions, alms and visits to cemeteries, people commemorate the poor souls in purgatory.

The tradition of offering prayers for the deceased has its roots in old writings, particularly in 2 Maccabees 12:42–46;
[46] It is therefore a holy and wholesome thought to pray for the dead, that they may be loosed from sins.

During this month Christians will make an extra effort to remember those they have lost.

Prayer for the faithful departed;

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.
May the souls of all the faithful departed,
through the mercy of God, rest in

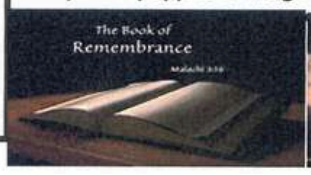




British Values: **Remembrance Day** is a memorial day observed in the UK and Commonwealth member states since the end of the First World War. The day honours armed forces members who have died in the line of duty. ***Remembrance Sunday*** is also marked each year, and usually falls on the second Sunday in November. A 2 minute silence is observed . Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.
Many wear poppies as a sign of remembrance, appreciation, and hope.

Book of remembrance.

There will be a book of remembrance in the chapel for anyone that wishes to write a message commemorating a loved one that has died. **May God grant them all eternal rest.**





Ms Semambo, Teacher of R E

Parents & Carers Reminder: Dry-Wipe Markers

Thank you to the significant majority of parents and carers who have equipped students with a dry wipe whiteboard marker. I have provided the letter sent out in September as a further reminder that all UAI & UA6 students should have a working dry wipe whiteboard marker in their pencil case to use in all lessons in order to support student learning.

THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls aged 11 - 19 in the Diocese of Brentwood
Headteacher: Fiona Stone BSc (Hons) MA NPQH

September 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 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 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.

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

Yours sincerely,

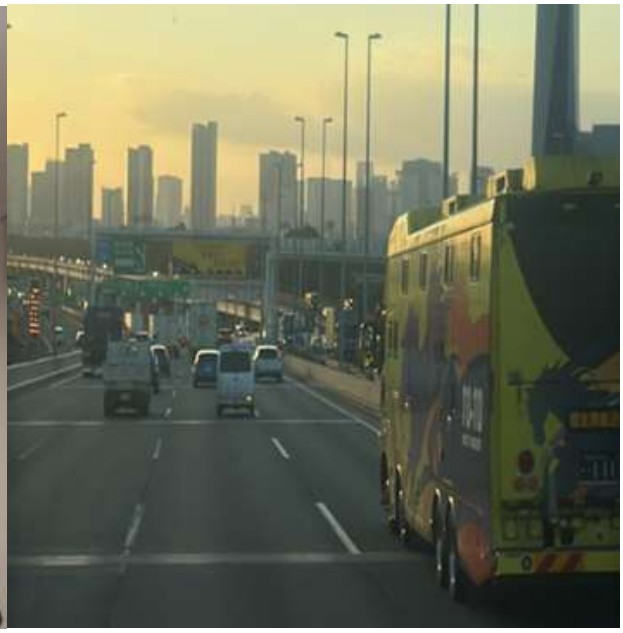
G Irwin

Mr G. Irwin (Lead Practitioner)

Japan Trip 2026

Our Japanese Adventure Begins...





October marked the start of our Japan trip, and after a long journey, we finally arrived in Tokyo! Despite the jet lag, students were up bright and early, ready for a busy first day. Everyone was in good spirits and looking forward to exploring the city.

A Mesmerising Start : teamLab





Our first stop was teamLab, an immersive art experience that certainly didn't disappoint. Students explored rooms filled with lights, crystals, mirrors and interactive water features. Some of the displays were quite mesmerising, and it was great to see students enjoying themselves and trying to work out how the different illusions were created.

As Science and Maths teachers, we were particularly interested in the physics and mathematics behind the displays. It was a lovely example of how science, technology and art can come together in such a creative way.



Earthquake Education Centre

Next, we headed off to see Tokyo's iconic skyline, where we had an unexpected surprise when an earthquake warning sounded! Thankfully, it was only a test, but it gave students a real insight into the early-warning systems used across Japan.

This was particularly fitting as our next stop was the Earthquake Education Centre. Students learned about seismic activity, earthquake safety and the importance of being prepared for emergencies. They discovered why Japanese emergency guidance recommends having enough essential supplies to last at least 72 hours.





Students moved between different activity stations, learning how earthquakes affect buildings, how emergency services respond and what to do in different situations. The earthquake simulations were a particular highlight and helped bring their Geography lessons on tectonic activity and natural hazards to life.

Some of our students shared their thoughts afterwards:

"It was really scary to see what actually happens during an earthquake if you're in a lift."

"It was really interesting to see how emergency services respond."

"It has made me more aware of the actions required during an earthquake."
"I really enjoyed learning about the different earthquake magnitudes and seeing the simulation."

"I really enjoyed learning about the different earthquake magnitudes and seeing the simulation."



Kawasaki Robostage : The Future of Robotics



Our next stop was Kawasaki Robostage, where students had the opportunity to see how Japan is using robotics in manufacturing and industry.

Although it was a relatively short visit, there was plenty to see. Students learned how robots are used in factories to carry out tasks that require accuracy, speed and precision. It was interesting to see just how much technology is involved in modern manufacturing.

One of the highlights was a robot that could respond to students' questions, which certainly caught their attention! The visit gave students a better understanding of how robotics is being used in Japan and how subjects such as Science, Maths and Engineering are connected to the world of work.



Exploring Odaiba

After a packed day, students had some free time to explore Odaiba and take in the sights. It was a nice opportunity for them to enjoy their surroundings, spend time with friends and experience a little more of Tokyo.

Overall, it was a very busy but enjoyable first day. We were really pleased with how well students managed the long journey and full schedule. Their behaviour was excellent, and they showed plenty of interest in everything we visited.

From teamLab and earthquake simulations to seeing robots in action, it was a great start to the trip, with lots of opportunities to see what they have been learning in school put into practice.

And this was only the beginning of our Japanese adventure. Stay tuned for more updates!

Music News

Christmas Carol Service

UAI Choir Auditions

Date: Wednesday 11th November 2026
Time: 3:30 – 4:30 pm
Venue: Main Hall

All students are invited to come along and audition for the UAI Christmas Carol Service Choir!

Sign-up sheet is on the Heads of Year Notice Board.

Please prepare the first verse of the Christmas Carol, 'Silent Night' (in the key of A major).



Ms Hurst, Subject Lead, Music

STEM News

Beyond the Classroom:

*Students exploring Architecture and shaping their futures - **Ana** and* Tahlia *take their passion for Architecture beyond the classroom through inspiring half-term work experience placements. Enjoy their reflections below,*

Ana's story - During the October half-term, I had the incredible opportunity to spend a week gaining first-hand experience of the world of architecture through a work experience placement with **Orms Architects in Central London**, supported by the **Royal Institute of British Architects (RIBA).**

As someone passionate about Architecture and design, this was an exciting opportunity to step beyond the classroom and discover what working in an architectural practice is really like.

Throughout the week, I gained valuable insights into the different stages of architectural projects and discovered that architecture involves much more than simply designing buildings. I learnt how Architects balance creativity with practical considerations, including sustainability, the surrounding environment and the needs of the people who use these spaces.



One of the most fascinating aspects of my experience was seeing how creativity and problem-solving work hand in hand. I was particularly interested in the relationship between historical architectural styles and contemporary design, and how architects draw inspiration from the past while responding to modern challenges. The placement also helped me appreciate the importance of collaboration, critical thinking and attention to detail, and how architecture can shape the way people live and interact within their communities.

Overall, this experience has strengthened my passion for Architecture and given me a clearer understanding of the opportunities available within the built environment. It has inspired me to continue exploring how thoughtful and sustainable design can positively impact people's lives. I am extremely grateful to **Orms Architects and RIBA** for this wonderful opportunity, and to the entire school team for their encouragement and support in making this experience possible.

This has been more than just a week of work experience; it's been an inspiring glimpse into a future career and an opportunity to see how my passion for Architecture could become a reality - ***Ana Desta, 12.1, UA6***





Tahlia's story - During the October half-term, I had the exciting opportunity to spend a week gaining first-hand experience of the world of Architecture at **GRID Architects in Central London**. Throughout the week, together with students from other schools, we were given an interesting design challenge to redesign an existing house to accommodate an additional, unexpected occupant. This encouraged me to think creatively, consider different people's needs and explore how architects develop practical and innovative design solutions.

The experience taught me so much about Architecture that I had not previously been aware of, while also helping me develop valuable personal skills, particularly **confidence**, **communication and public speaking**. At the end of the week, we had the opportunity to present our design proposals to professional architects, which was both exciting and rewarding.

One of the highlights of my placement was visiting a residential building designed by GRID Architects. This was my favourite part of the week because I was able to see how architectural drawings and ideas had been brought to life. I also learnt how architects overcome unexpected challenges during construction and find creative solutions to ensure their designs become a reality.

Overall, my week at GRID Architects was an incredibly enjoyable and valuable experience. It gave me a greater understanding of the architectural profession and will help me develop further both academically and personally and strengthen my interest in Architecture and the built environment.







I am extremely grateful to **GRID Architects** for welcoming me and providing such an inspiring opportunity through RIBA, and to the Team at school for making this placement possible. This experience has shown me that Architecture is not just about designing buildings, but about solving problems, embracing creativity and turning ideas into spaces that people can enjoy and use - ***Tahlia Blake, 12.2, UA6***

At The Ursuline Academy Ilford (UAI), through our STEM Club and wider enrichment programmes, we are committed to **extending learning beyond the classroom, inspiring ambition and empowering our young women to realise their potential**.

Ana and Tahlia's experiences beautifully reflect our school ethos of "**Belong, Believe, Become**", demonstrating how meaningful industry partnerships can build confidence, broaden horizons and nurture future aspirations.

Our heartfelt thanks to the **Royal Institute of British Architects (RIBA), Orms Architects** and **GRID Architects** for generously sharing their time, expertise and encouragement, and for helping to inspire the next generation of female architects, designers and innovators.

For us, we believe that 'When we open doors to new possibilities, we empower our young women not only to envision their futures, but to shape them. **#WhenWeBelieveWeCan**

Ms Kodi-Pecku, Subject Lead DT

UA6 News



Some of our wonderful students at UA6 recently attended the Brentwood Catholic Schools Student Leadership Conference. It was a great opportunity for them to meet students from other schools, share ideas and think about what makes a good Catholic leader. The students explored how they can play an active role in the Catholic life of our school and the wider community, helping to promote a culture where faith, kindness, respect and service to others are at the heart of all that we do.

The conference encouraged them to consider how they can support prayer and liturgy, get involved in charitable activities and help others feel welcome and valued. They returned with fresh ideas and enthusiasm, ready to put what they had learnt into practice and encourage others to live out our school values. We are very proud of them for taking part and look forward to seeing how they continue to contribute to our school and wider parish community! #SERVIAM





Ms Eakins, Head of Year 12 & 13

Before School | Breaktime | Lunchtime | After school

Clubs Timetable

Ursuline Academy Sixth

	Time		Club - Year Groups	Teacher/Location
Monday	Lunch	12.40pm (30mins)	History Club 7-8	ANA F19
		12.40pm (30mins)	Fornightly Feminism Club 7-13	HMA F18
		12:40pm (30mins)	Netball 11	LWH Playground
		12:40pm (30mins)	Athetics 7-10	JMA GYM
		12.40pm (30mins)	Coding & Digital Skills Club 7-9	MHA F6
	PM	3:20pm (1hr)	Homework Club 7-13	AJO Library
	Time		Club - Year Groups	Teacher/Location
Tuesday	Lunch	12.40pm (30mins)	Netball 9-10	KKE&LWH Playground
		1:10pm (30mins)	Music Practice Rooms - Access 7-13	JHU Practice Rooms
	PM	3:20pm (1hr)	Homework Club 7-13	AJO Library
	Time		Club - Year Groups	Teacher/Location
Wednesday	Lunch	12:40pm (30mins)	Netball 7-8	JMA Playground
		12:40pm (1hr)	GCSE Art Club 10-11	RNA F11
		12.40pm (30mins)	Coding & Digital Skills Club 10-11	MHA F6
		1.00pm (30mins)	Islamic Society	HAF F10
		1.10pm (30mins)	Puzzle Club 7-13	LFI G7
		1.00pm (30mins)	Visualize STEM (7-13)	AKO G12
		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
		3.20pm (1hr)	Athetics 9-11	JMA GYM
		3:20pm (1hr)	Homework Club 7-13	AJO Library
	Time		Club - Year Groups	Teacher/Location
Thursday	Break	10.40am	Music Practice Rooms - Access 7-13	JHU Practice Rooms
	Lunch	12.40 (30mins)	Badminton 9-11	DEA GYM
		12.40pm (30mins)	Boxing 8-10	KKE Dance Studio
		1:00pm (30mins)	Visualize STEM Club 7-13	AKO G12
		1.10pm (30mins)	UAI Choir 7-13	JHU S5
		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
	Time		Club - Year Groups	Teacher/Location
Friday		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

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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 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





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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

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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!



London Borough of Redbridge **Redbridge News**

EPT EMPOWERING PARENTS TOGETHER

Working together today, Improving their tomorrows

Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

SEND PARENT CARER COFFEE MORNING WITH THE HEAD OF SERVICE (SEND) IN REDBRIDGE

DATE: FRIDAY 13TH NOVEMBER 2026

TIME: 10AM - 12PM

VENUE: GEARIES CHILDREN'S CENTRE, WAREMEAD ROAD, GANTS HILL, IG2 6TF

Guest Speaker:

- **BRENDA WILE, Head of Service (SEND), will share local SEND updates.**
- **SEND Parent Carers Q & A**

London Borough of Redbridge

FOR REDBRIDGE Parent Carers and their Young People with SEND

Limited spaces available, PLEASE BOOK a place via Eventbrite:
https://EPT131126.eventbrite.co.uk

LIGHT REFRESHMENTS PROVIDED.

PLEASE NOTE: EPT DO NOT ENDORSE ANY SPEAKERS OR SERVICES INVITED.

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk

07486 880 646

FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge

FOLLOW US ON INSTAGRAM: ept_redbridge_send

Department for Education | London Borough of Redbridge | contact For families with disabled children | MAYOR'S COMMUNITY AWARDS 2023

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,
VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'
OR GO TO LINKTR.EE/REDBRIDGEMHST

London Borough of Redbridge
#BREAKTHESTIGMA