

Ursuline Academy Ilford

Weekly News – 2026/2027 Issue 9
12th November 2026

Upcoming Events

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.

End of Term
Friday 18 December
12.40p.m.



Headteacher's Headlines

Discerning & joyful

I really do enjoy this weekly opportunity to write to parents and carers, sharing news and updates from across our school community! Our staff are truly excellent, not only in planning and delivering the many wonderful opportunities available to your daughters, but also in taking the time to share these good news stories each week. It is equally lovely to see so many of our students contributing articles and sharing their own experiences.

However, we are always keen to reflect on how effectively we communicate with our school community and whether our newsletter continues to meet your needs. With this in mind, we would really value your views and feedback.
I would be very grateful if you could spare just five minutes to complete our short newsletter survey. Your feedback will help us celebrate what works well and identify where we can make improvements.

I will send the link out to you via email too!

Yesterday, on Remembrance Day, our Academy community came together at 11.11am to observe a two-minute silence, remembering those who gave their lives in service to others and all those affected by war and conflict. Our collective silence was a powerful reminder of the importance of peace, reconciliation and our shared responsibility to build a more just and compassionate world. We will remember them.

SERVIAM



Newsletter Contents this week:

Careers News, Page 3

Chaplaincy News, Page 4

Drama News, Page 5

Japan Trip 2026, Pages 6 -8

Library News, Pages 9 - 10

Music News, Page 11

R E News, Page 12

Clubs Timetable, Page 13

Free School Meals Information, Pages 14 - 15

Lunch Menus, Pages 16 - 17

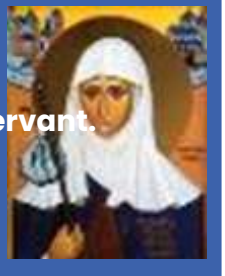
Redbridge News, Pages 18 - 19



Pope Leo XIV @ Pontifex - 11 November 2026

Today idols arise and demand our worship: success at any cost, money, an obsession with appearance, popularity, or the unrestrained persuit of pleasure. Sometimes, in order to win the approval of others, we may go so far as to lie, betray, or humiliate someone on social media. Do not bow down before anything that cannot give you life. And if you have ever fallen, get back up. Do not allow anything or anyone to take away the freedom God has given you. #ApostolicJourney

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



November: Community
12th November: Consider that we live in the midst of snares and dangers.
13th November: Learn from Our Lord who, while he was in this world, was a servant.
14th November: Let interaction with one's neighbour be prudent.
15th November: Charity teaches discretion and moves the heart.
16th November: If you see one faint-hearted, encourage her.
17th November: In everything, willingly be gentle.
18th November: take care especially that they are united and one in will.

Careers News

The UA6 Aspiring Medic Society

This week, we held our third MedSoc Session, where we explored further into the topic of Medical Ethics through a series of debates and discussions surrounding some of the key predicaments in modern healthcare.

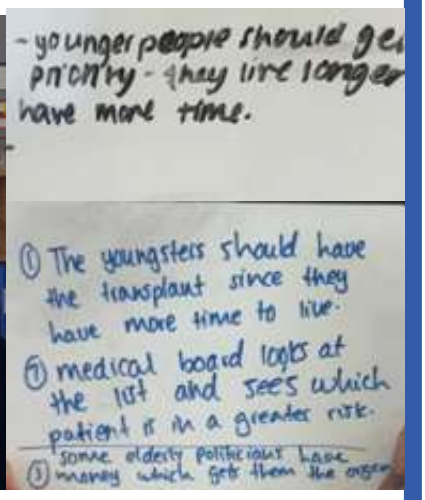
We explored some of the ethical dilemmas within healthcare, including the challenges of maintaining confidentiality when providing contraception to young people and the ongoing shortage of organ donors. Throughout the session, we collectively presented different perspectives and developed arguments on these topics and applied what we have learnt so far about the four pillars of Medical Ethics, alongside the principles of confidentiality and consent.

In our discussion about organ donation, we considered how religious, cultural, and ethical beliefs can influence people's decisions to donate organs. We also explored potential solutions to organ shortages, discussing challenges such as immune responses and organ rejection, as well as the advantages and limitations of artificial organs in improving and saving lives. We also debated the provision of contraception to young people, considering the circumstances in which confidentiality should be maintained. By applying the Fraser guidelines and Gilick competence, we explored how doctors can assess a young person's understanding and capacity to make decisions, while taking a holistic, patient-centered approach. We particularly considered how maintaining confidentiality can help establish trust between doctors and patients, supporting the principle of beneficence: by acting in the patient's best interests.

Our next session will be on Tuesday 24th of November, where we will be continuing our Medical Ethics debates with further challenging scenarios, as well as exploring the increasingly important role of Artificial Intelligence (AI) in healthcare. We will discuss its potential benefits, limitations, and ethical implications, considering how AI could shape the future of medicine.

Stay tuned for more from the UA6 Aspiring Medic Society!




younger people should ge
priority - they live longer
have more time.

① The youngsters should have the transplant since they have more time to live.
② medical board looks at the list and sees which patient is in a greater risk.
③ some elderly politicians have money which gets them the organ

Sajia and Salwa Husain, 12.1 and 12.2

Chaplaincy News



Mass of Remembrance

On Thursday, 12th November, Class 7R gathered in our school chapel for a reflective Mass of Remembrance, celebrated by Fr Mariusz, Parish Priest of St Cedd's Church, Ilford, to honour the memory of all those who have died. During this special month of Remembrance, following Remembrance Sunday and Armistice Day, students offered prayers for the Holy Souls and the brave men and women of the Armed Forces who served and sacrificed their lives for our peace and freedom.

The Scripture readings brought a comforting message of faith and hope, reminding us that "the souls of the virtuous are in the hands of God". The colour purple, symbolising mourning, reflection and hope, added special significance to our celebration. Our Book of Remembrance, displayed in the chapel, offers students and staff a meaningful opportunity to remember their loved ones and keep them in their thoughts and prayers. This moving celebration reminded us that remembrance is not simply about honouring the past, but also about embracing our responsibility to build a future filled with peace, kindness and compassion.





Charity Bake Sale on Friday, 20th November, by our Justice and Peace Group

Our enthusiastic Year 12 Justice and Peace Group is taking the lead in supporting St Francis Leprosy Guild, a Catholic charity dedicated to helping people affected by leprosy around the world. Although leprosy is curable, many people, including children, continue to face challenges such as disability, poverty and discrimination.

To support this worthy cause, our Justice and Peace Group students are organising a charity bake sale on Friday, 20th November, at lunchtime, offering a delicious selection of items. It is wonderful to see their enthusiasm, generosity and leadership as they put their faith into action. I warmly encourage all students to support this fantastic initiative and invite parents and carers to encourage their children to participate. Every contribution, however small, can help bring hope, healing and dignity to those affected by leprosy. Thank you

Mr Ravi, School Chaplain



Drama News

GCSE Drama Trip

On Thursday 5th November the Year 11 drama GCSE students went to see the matinee production of **Into the Woods at the Noel Coward Theatre in London's West End**. This was a wonderful cultural experience for the students and the production was breathtaking with amazing talent and stunning design values.

The students thoroughly enjoyed the performance and we are looking forward to studying it in depth ahead of the upcoming GCSE Drama examination.

Thank you to Miss Jones and Miss Keane for accompanying the event.





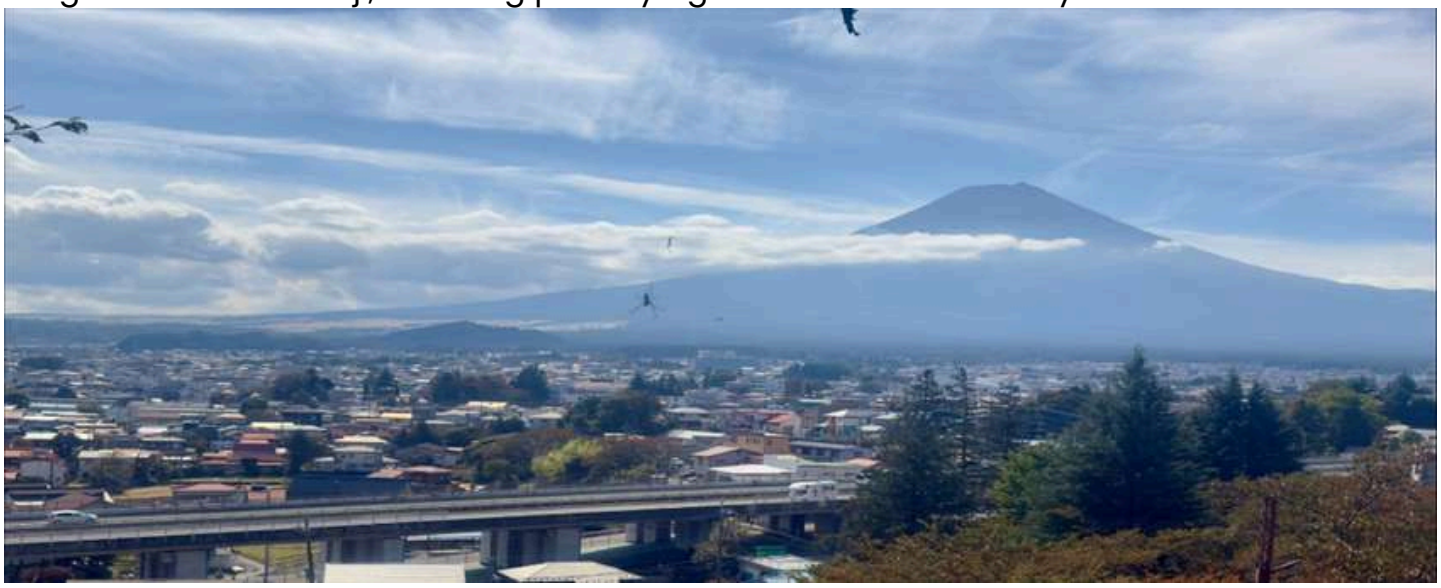
Ms Milne, Subject Lead, Drama

Japan Trip 2026

Japan Trip: Exploring the Wonders of Mount Fuji

Our Japanese adventure continued as we made our way to the breathtaking Mount Fuji region, where students enjoyed a fantastic day filled with spectacular scenery, cutting-edge technology and fascinating cultural discoveries.

400 Steps to a Spectacular View! Our first stop involved a climb of 400 steps, but the effort was certainly worth it! Students were rewarded with stunning panoramic views of the magnificent Mount Fuji, standing proudly against the clear blue sky.



Mount Fuji, *Fujisan, Fuji no Yama*, is an active stratovolcano located on the Japanese island of Honshu, with a summit elevation of 3,776.24 m (12,389 ft 3 in). It is the highest mountain in Japan, the second highest volcano on any Asian island, and the seventh-highest peak of an island on Earth. Mount Fuji last erupted from 1707 to 1708.



We were told that Mount Fuji is often hidden behind clouds, so seeing it so clearly was a real treat. How lucky were we! Students took the opportunity to admire the beautiful surroundings, capture some memorable photographs and enjoy a well-deserved ice cream while taking in the scenery.

The Future of Travel Maglev Museum





Next, we travelled to the Maglev Exhibition centre, where students explored Japan's groundbreaking magnetic levitation technology and the fascinating physics behind the future of high-speed rail travel. A particular highlight was discovering superconductivity, a phenomenon in which certain materials, when cooled to extremely low temperatures, lose all electrical resistance, allowing powerful electric currents to flow without energy loss through resistance.

Students learned how superconducting electromagnets generate strong magnetic fields that interact with coils along the guideway to produce the forces needed to lift, guide and propel the train. By reducing contact friction, these remarkable trains can reach speeds exceeding 500 km/h!

Discovering the History and Culture of Mount Fuji UNSECO Heritage Centre

Our final stop took us to the Mt. Fuji World Heritage Centre, where students explored the rich history and cultural significance of Japan's most iconic mountain.

Through a range of fascinating exhibits, students discovered how Mount Fuji has influenced Japanese history, traditions, art and literature for centuries. It was wonderful to explore the different sections of the museum and gain a deeper appreciation of why this extraordinary mountain holds such a special place in Japanese culture.









One of the highlights was visiting the rooftop observation area, which offered another spectacular viewpoint of Mount Fuji. However, by this point, the mountain had decided to become a little shy, hiding itself behind a blanket of clouds! This made us appreciate just how fortunate we had been to see it so clearly earlier in the day.

A Day to Remember!

From climbing hundreds of steps to exploring futuristic trains and discovering Japan's rich cultural heritage, it was another unforgettable day of learning, adventure and discovery.

Our students embraced every experience with enthusiasm and curiosity, creating wonderful memories along the way. Mount Fuji certainly gave us a day to remember!

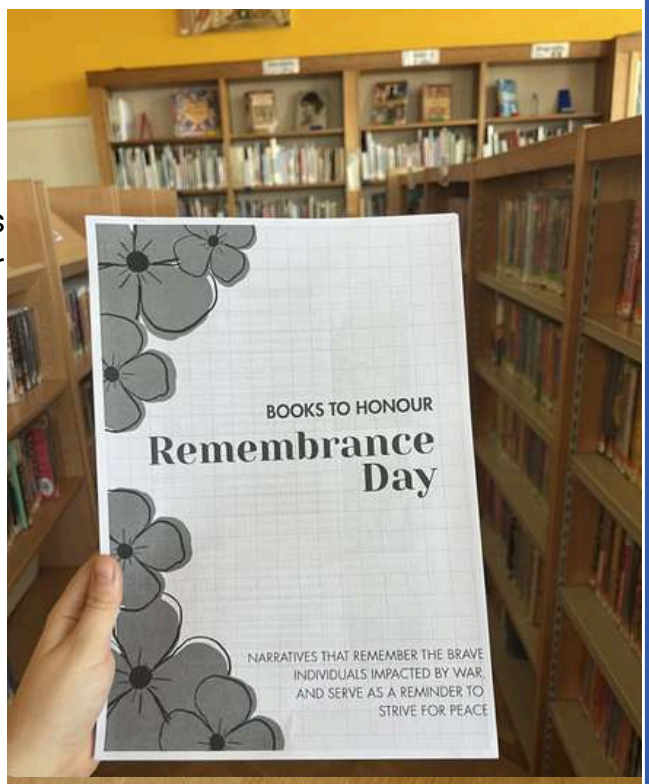


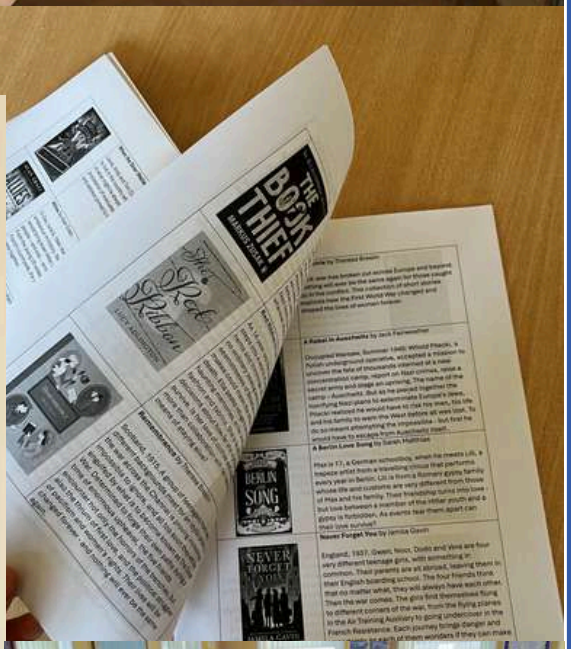
More Japan news coming next week...watch this space!

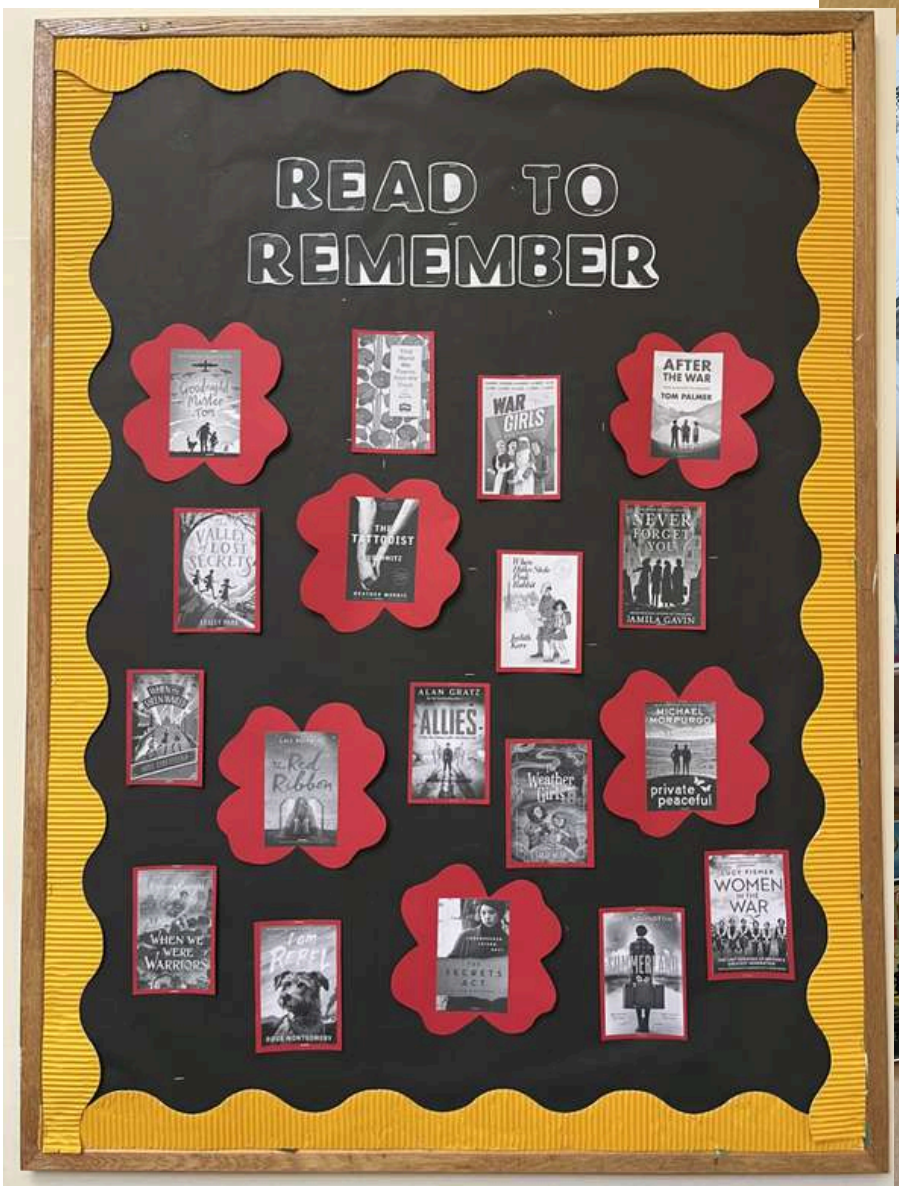
Library News

As we marked **Armistice Day** this Wednesday, we've been paying attention to the different books we can read to honour this significant holiday. Our librarian has put together a display of recommendations of books that historically and fictionally explore each World War, helping us to remember the lives of those impacted by violence. These are books that deal with heavy topics in ways accessible for younger readers, helping them to evoke empathy and pay their respects to the soldiers and civilians that have faced such struggle throughout time; stories that remind us to strive for peace and hope for a brighter future.

A physical catalogue of these book suggestions can be found in the library for students to explore.









Ms Jones, Library Assistant

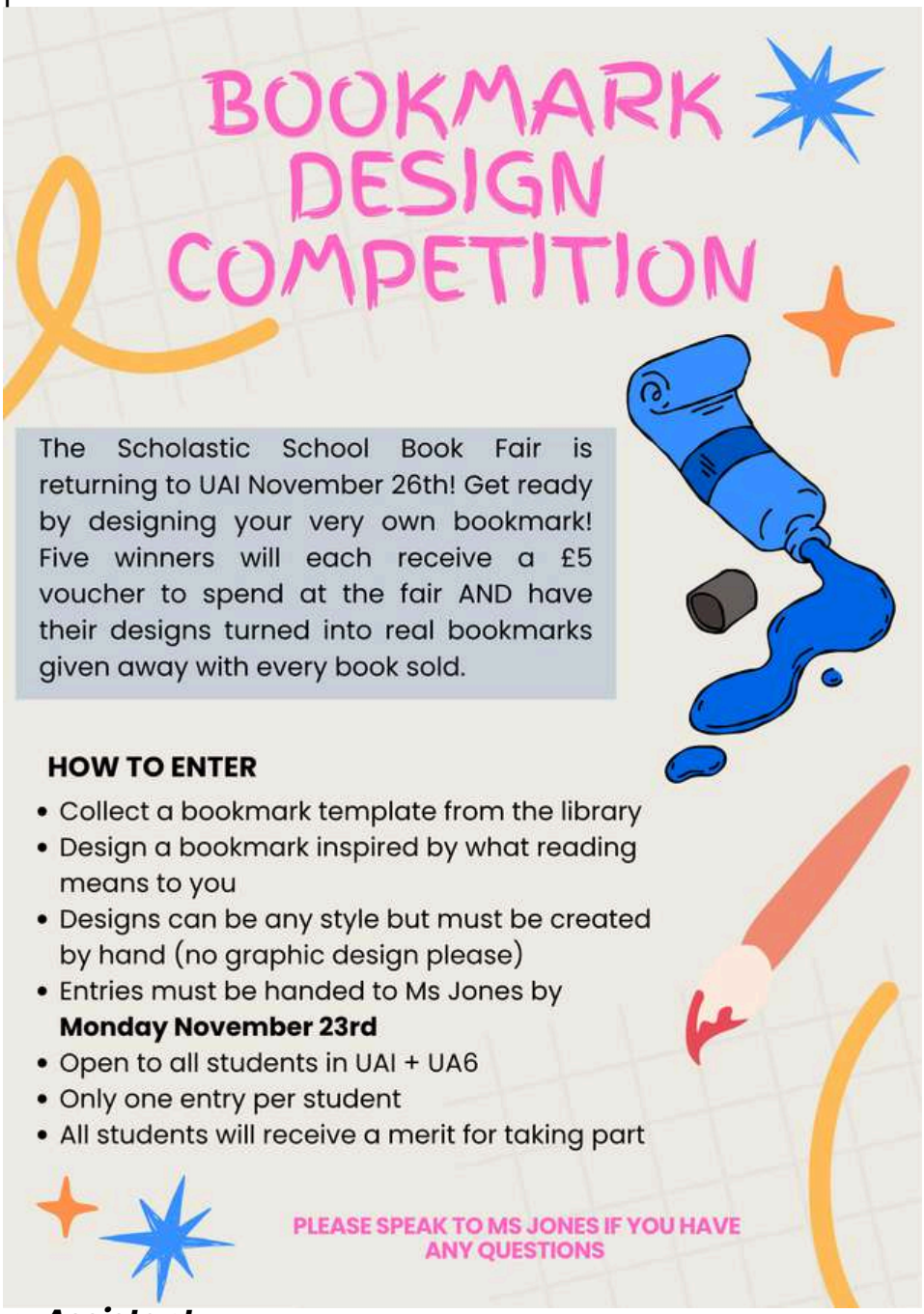


Library News Continued...

Exciting news! **The Scholastic Book Fair** will be returning to UAI at the end of this month! We'll share more details about the fair in the coming weeks, but as we wait in anticipation, we'd like to bring your attention to the fun competition currently running in the library...

We're running a bookmark design competition to give five lucky winners the chance to win vouchers to spend at the fair! Our enthusiastic readers and budding artists must design a bookmark inspired by what reading means to them, and hand in their designs to Ms Jones by Monday November 23rd. Each winner will receive a voucher worth £5 to spend at the fair AND have their artwork turned into laminated bookmarks, to be given away with every book sold!

Please see the poster below for full details.



Ms Jones, Library Assistant

Music News

Auditions for UAI Christmas Carol Service Choir

Well done to students who auditioned for this year's Carol Service Choir. We were delighted to hear students performing as a group and singing solos during the audition with Miss Hurst, Mr Ravi and Mr McGhee. Students participating demonstrated a high level of musical skill, singing with a good tone and effective handling of pitch. We look forward to working with those who were successful in the audition process, in the coming weeks. Rehearsals will take place every Thursday lunch time in S5, up to the Christmas break. Our Carol Service takes place on Thursday 17th December from 5:00 pm in the Main Hall. Tickets will be available during December





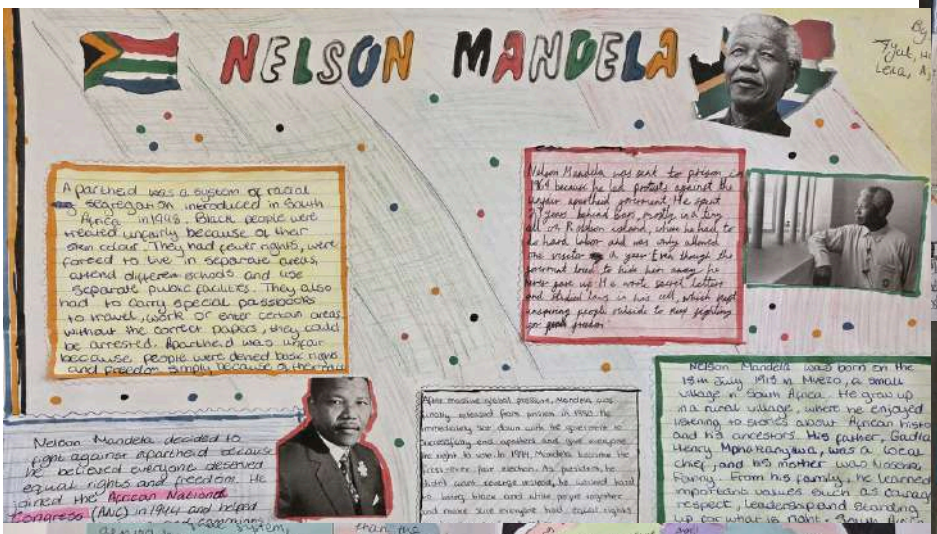
Ms Hurst, Subject Lead, Music

R E News

This term, our Year 8 students have been learning about the remarkable life and legacy of Nelson Mandela in their Religious Studies lessons. Students explored his courageous fight against apartheid, a system of racial segregation and discrimination in South Africa, and how he spent 27 years in prison for his commitment to justice and equality. Despite the hardships he faced, Mandela chose forgiveness and reconciliation over hatred, becoming a powerful symbol of peace, hope and resilience. Through his story, students have been able to make meaningful connections to **Catholic Social Teaching**, particularly the values of human dignity, solidarity, justice and the common good. Learning about inspirational figures like Nelson Mandela encourages our students to reflect on the importance of standing up against injustice, treating others with compassion and respect, and recognising that we all have a responsibility to help create a fairer, more peaceful and inclusive world. Well done Year 8R!











Ms Eakins, Teacher of R E

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

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 News

Redbridge Council are looking for foster carers who would like to care for children who are disabled or have additional needs.

Gloria Samuel, Head of Service for the Children with Disabilities Service in Redbridge Council, previously fostered for 20 years. Many of the children she cared for had physical and learning disabilities. Now retired from fostering, Gloria states “I don’t think potential foster carers realise just how much training and support is available when looking after children who happen to be disabled or have additional needs. There are many different care packages offered to support the child and foster carers fully, additional allowances for the foster carers, and the training involved is outstanding”.

If you are considering fostering and would like to know more, please call us on 020 8708 6068 or visit https://www.redbridge.gov.uk/fosteringschools to book a place at one of our information sessions.

We can’t wait to hear from you!



London Borough of Redbridge

Redbridge News Continued...

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 WEDS 18.11.26 - 7-8PM AND IT IS ON THE TOPIC OF...

NERVOUS TO SPEAK – SUPPORTING CHILDREN WHO FIND TALKING IN SOCIAL SITUATIONS DIFFICULT

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					

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.

SCAN ME!



London Borough of Redbridge
#BREAKTHESTIGMA

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