

Ursuline Academy Ilford

Weekly News – 2026/2027 Issue 10
19th November 2026

Upcoming Events

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.

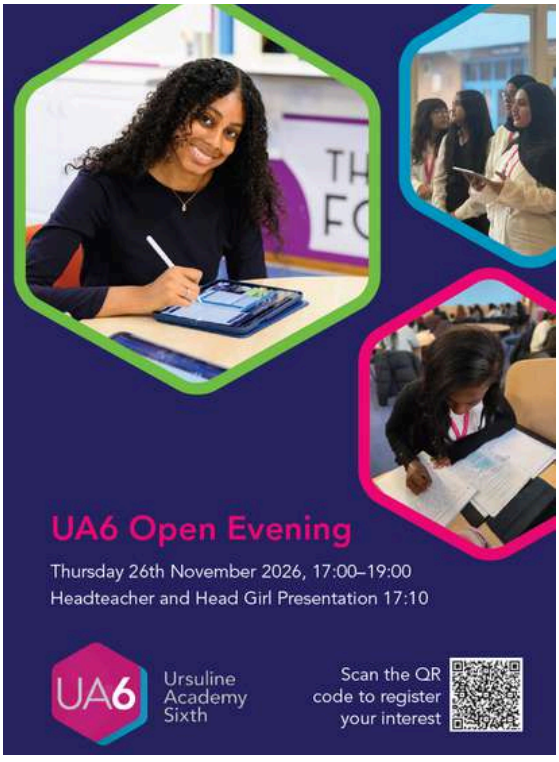


Headteacher's Headlines

Discerning & joyful

I am so grateful for the many responses I received, to the survey I sent out last week regarding your views on this newsletter. The SLT have begun analysing your responses alongside other information to support us in deciding how we can improve our communication even further. Thank you!

I am very excited about our upcoming Open evening for UA6. We have truly been transforming our 6th form over the last 3 years and are very proud of the strong academic community we have establised. Ms. Eakins & I are so proud of all the UA6 students, they are busy preparing for their upcoming mocks, preparing UCAS applications and contributing to school life in such a meaningful way! Well done girls.



SERVIAM



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Pope Leo XIV @ Pontifex - 16 November 2026

Doing good requires combating violence with charity and responding to corruption with honesty. Where people are healed, the earth flourishes, and the culture of charity alleviates moral pollution - which is the cause of every wound inflicted on creation, our common home. #ApostolicJourney

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

November: Community

19th November: The more you are united, the more Jesus Christ will be in your midst as a father and good shepherd.

20th November: Among the good and necessary means that God has granted me, you are the one of the most important.

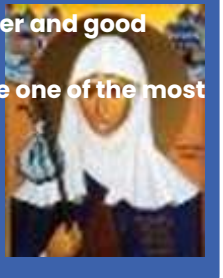
21st November: I am continually among them with Jesus Christ, the Lover of us all.

22nd November: Living all united in heart, you will be like a mighty fortress.

23rd November: Persevere faithfully and joyfully in the work you have begun.

24th November: Provide for everything as the Holy spirit inspires you.

25th November: Be bound to one another by the bond of charity, esteeming each other, helping each other, bearing with each other in Jesus Christ.



Chaplaincy News

Class Mass- 7T

On Thursday this week students from 7T came together for a class Mass celebrated by Fr Mariusz from St Cedd's parish, Ilford. The Gospel reading (Luke 19:41–44), in which Jesus weeps over Jerusalem, offered a powerful reminder of His longing for peace and His call for us to become instruments of love, forgiveness and reconciliation in our world. Students reflected on the importance of caring for one another and bringing hope to those in need. As we observe November, the Month of Holy Souls, we remembered in prayer all those who have died, while also honouring the courage and sacrifice of those who gave their lives in the service of peace.

Looking ahead to World Children's Day on 20th November, we prayed for children across the world, especially those affected by poverty, conflict and injustice, recognising that every child deserves to feel safe, loved and valued. Above all, the celebration encouraged our young people to recognise that peace begins in our own hearts and that even the smallest acts of kindness can make a lasting difference.







Mr Ravi, School Chaplain



Mr Ravi, School Chaplain

A Celebration of Light, Love and Togetherness – Diwali at Ursuline! 🪔✨

What a wonderful celebration of Diwali at Ursuline!

Our corridors were transformed with beautiful lights, vibrant marigold garlands and glowing diyas, bringing the warmth and magic of Diwali into our school. It was lovely to see the girls walking in, their faces lighting up with excitement as they experienced the festive atmosphere!

The South Asian Society organised an afternoon full of fun and creativity, with diya decorating, henna art and colourful lantern making. With festive music playing in the background, beautiful decorations all around and delicious samosas for everyone to enjoy, the atmosphere was full of joy, laughter and togetherness.

But beyond the lights and celebrations, Diwali carries a beautiful message: the triumph of light over darkness, good over evil and love over hatred. These values connect closely with our Ursuline ethos, reminding us to be courageous in standing up for what is right and compassionate in the way we treat and support one another.

What made the celebration truly special was seeing girls from different backgrounds coming together, embracing a culture, trying something new and celebrating with such enthusiasm. It was a wonderful reminder of the beauty of our diverse school community.

A huge thank you to the South Asian Society, all the girls who participated and everyone who helped bring this celebration to life.

May we continue to carry the light of Diwali through our courage, compassion and kindness towards others.

Happy Diwali! 🪔✨

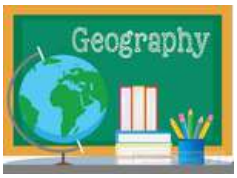












Geography News

Year 13 Geography Fieldwork Trips

Over the past few weeks year 13 geographers have been out and about collecting fieldwork data for the NEAs. We've visited the Olympic Park, Stratford High Street and shopping centre, Spitalfields Market, Brick Lane and Shoreditch.



The students have been working hard to not only carry out their own surveys and questionnaires but support others in the group too. I have been very impressed with their initiative when designing survey sheets and their resilience in collecting data, sometimes when not many passers by wanted to answer our questions!

Well done year 13 for your hard work and supportive approach. I am looking forward to reading some excellent NEAs!



Ms Davey, Head of Humanities

Japan Trip 2026

Kyoto, Japan – A Journey Through Traditional Japan





Our students embarked on an unforgettable journey to Kyoto, travelling by Japan's famous bullet train from the Mount Fuji region. The train ride itself was an incredible experience, offering students a taste of Japan's impressive technology and efficient transport system.

Upon arriving in Kyoto, students had the opportunity to visit the magnificent Kyoto Imperial Palace, surrounded by beautiful gardens and lush green trees. The peaceful surroundings and stunning traditional architecture made it a truly memorable experience.



The students then explored Kyoto's historic streets, taking in the breathtaking views of ancient temples, traditional wooden buildings and charming local shops. The atmosphere was simply magical! Students had the chance to visit artisan shops, wander through picturesque streets and discover the rich cultural heritage that makes Kyoto so special.



One of the highlights was seeing so many people dressed in beautiful **traditional Japanese kimonos**, adding even more colour and charm to the historic surroundings. It really felt like stepping back in time and experiencing the beauty of traditional Japan.

Day Two The Famous Torii Gates of Fushimi Inari Shrine



The following day began with an exciting visit to the world-famous Fushimi Inari Taisha Shrine, one of Kyoto's most iconic attractions.

Famous for its approximately 10,000 vibrant red orange torii gates, the shrine offered students a truly unique experience.

Students thoroughly enjoyed climbing the pathways through the seemingly endless tunnels of torii gates, surrounded by the beautiful, wooded slopes of Mount Inari. Although the shrine was already bustling with visitors early in the morning, the lively atmosphere only added to the excitement and highlighted just how popular and special this sacred site is.

Walking beneath thousands of traditional gates was an incredible experience, giving students the opportunity to appreciate Japan's religious traditions, cultural heritage and natural beauty all in one place.

Kyoto has been a wonderful cultural experience for our students, allowing them to immerse themselves in Japan's fascinating history, explore remarkable landmarks and create unforgettable memories. From the peaceful Imperial Palace and traditional streets to the spectacular torii gates, every moment offered something new to discover!



'We made great memories and became even better friends' Year 11s



And the teachers bonded over Matcha flavored ice cream too!

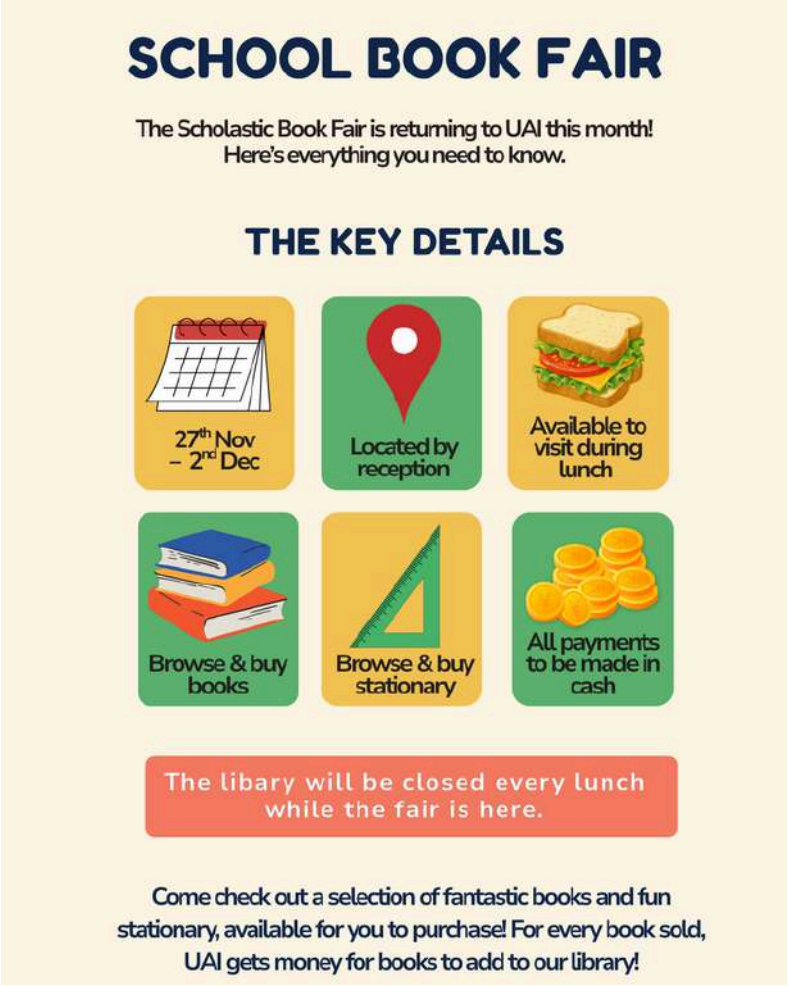




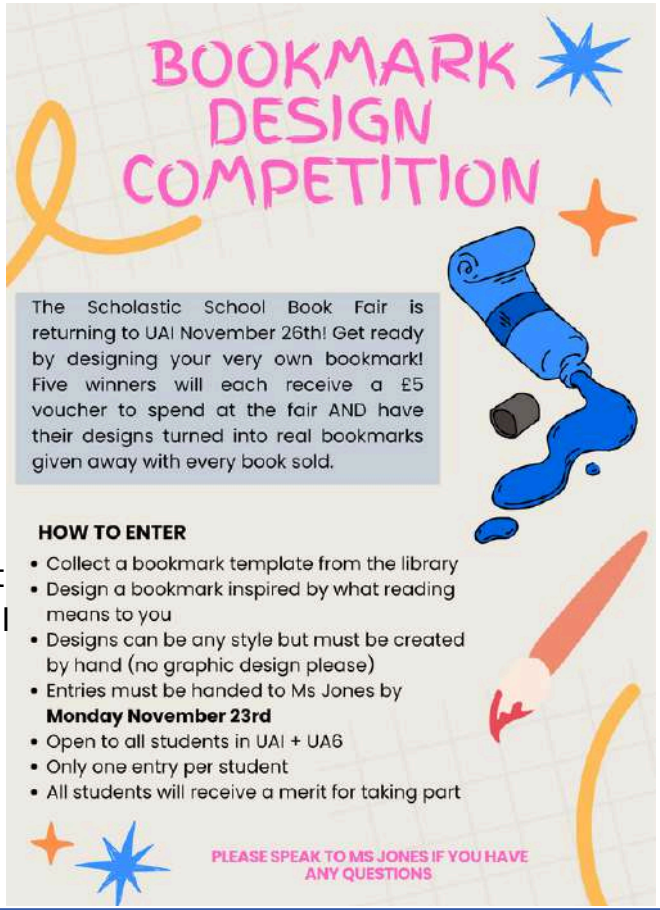
More Japan news coming next week...watch this space!

Library News

We're excited to share that the **Scholastic Book Fair** is returning to UAI next week! **From Friday November 27th until Wednesday December 2nd**, our students can browse and buy a range of brilliant and bestselling books. The Scholastic Book Fair has always been a great success at Ursuline, with students happily welcoming the chance to buy their own books and fun stationary – and now that we're celebrating the National Year of Reading, we're sure they'll be more enthusiastic than ever!
Please see below key details for the fair.



This is a happy reminder that there's still time to win a £5 voucher to spend at the fair! Students in UAI and UA6 are encouraged to design a bookmark inspired by what reading means to them. Five students will earn vouchers to spend at the fair AND have their designs laminated into real bookmarks to be given away to other students. Make sure to enter before Monday November 23rd.



Ms Jones, Library Assistant

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)	Athletics 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) 12-13	JRA Chapel
		1:00pm (30mins)	Chaplaincy Reps (Week B) 7-13	JRA Chapel
		1.10pm (30mins)	Eco Club 7-13	EDA G3
	PM	3:20pm (1hr)	Football Club 7-9	DOK & LWH Playground
		3.20pm (1hr)	Athletics 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)	Netball 9-10	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
		1.10 pm (30mins)	Sport Friday 7-13	JGA GYM
	PM	3:30pm (1hr)	Homework Club 7-13	AJO Library

School CLUBS

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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

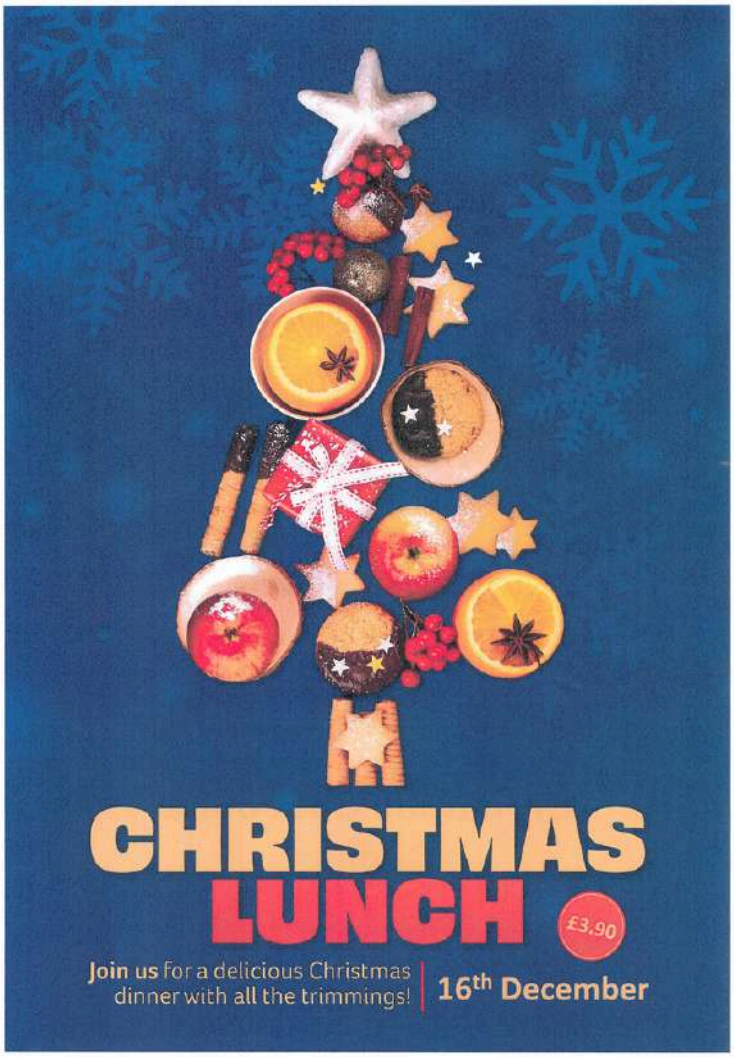
CHOOSE ONE HOT OR COLD ITEM

- 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







CHRISTMAS LUNCH

Roast Chicken Breast

~

Vegetable and Lentil Roast

Served with

Stuffing
Crispy Roast Potatoes
Carrots and Peas
Brussell Sprouts
Gravy
Cranberry Sauce

~

Christmas Chocolate Cookie

Allergens			
Ce = Celery	F = Fish	Mk = Milk	P = Peanuts
Cr = Crustacean	G = Cereals containing Gluten	Mo = Molluscs	Se = Sesame Seeds
E = Eggs	L = Lupin	Mu = Mustard	So = Soya
		N = Nuts	Su = Sulphur Dioxide

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!

