



**THE URSULINE ACADEMY ILFORD**

**A Catholic Academy for Girls**

**Weekly News – Issue 39**

**21<sup>st</sup> July 2023**



Dear Parents/Guardians

We have come to the end of the academic year. We are all ready for a well-earned rest and I hope that you all have a safe, enjoyable and relaxing summer. We should all look back over the year that has been and feel proud of what we've achieved and if there have been challenges or trials along the way, look forward to next year with hope and renewal.

It is that time of year when we say goodbye to colleagues who are moving on from the Academy. I am very grateful for all their service to the academy and hope they will take the spirit of Serviam with them throughout their lives. Thank you and farewell to: **Mrs Connaghan, Ms Ahmed, Ms Scallan, Ms Halfyard, Ms Catungal, Ms Harrington and Ms Jivraj**. I would also like to extend warm thanks and best wishes to temporary members of staff who are leaving us: **Mr Ahmed, Mr Lawani and Ms Yousef**.

In September I will introduce to you the new colleagues we are welcoming to the Academy!

I want to ensure that you are all aware of who your daughters' Heads of Year are in September. If you have any enquiries over the summer please send to [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk). Please however, be mindful this address will not be monitored throughout the six weeks holidays due to limited staffing but we will endeavour to address all concerns or issues when we return in September.

Year 7	Mrs C Wood	cwood@uai.org.uk
Year 8	Mr J McCarthy (Ms Keogh maternity leave)	jmcarthy@uai.org.uk
Year 9	Ms D Eakins	deakins@uai.org.uk
Year 10	Ms S Francis	sfrancis@uai.org.uk
Year 11	Ms T Kayode	tkayode@uai.org.uk
Year 12	Ms N Kankam	nkankam@uai.org.uk
Year 13	Ms R Basi	rbasi.uai.org.uk

Thank you so much for all the support and well wishes I have received throughout my first year as Headteacher at the Academy. It has been a truly wonderful year!

Fiona Stone

[headteacher@uai.org.uk](mailto:headteacher@uai.org.uk)



## Newsletter Contents this week:

**Important Information for Parents, Page 2**

**Chaplaincy News Pages 2 - 3**

**Jump Back Up July, Page 3**

**BCCS News, Pages 3 - 4**

**Books to Ghana, Page 4**

**Drama News, Page 5**

**Jack Petchey News, Page 6**

**Maths News, Pages 6 - 8**

**MFL News, Page 9**

**Music News, Pages 10 - 12**

**PE News, Page 13**

**Results Day, Pages 13 - 15**

**Science News, Pages 15 - 18**

**Sixth Form News, Pages 18 - 19**

**STEM News, Pages 20 - 24**

**Year End Trips, Pages 24 - 26**

**Redbridge News, Pages 27 - 28**

**The Word, Pages 29 - 30**

## **Important Information for Parents**



### Meal Deal

With effect from September the price of a 'Meal Deal' (main meal + dessert) in our canteen will increase to £2.65.



### Medication

Any medication brought into the school must be in their original container, as dispensed by a pharmacist, clearly labelled with your child's name.

All medication must be in date.

It is the parent/carer's responsibility to collect any leftover medication that your child no longer needs, or medicine that has passed their expiry date, from the school.

Should you need to replace or remove your child's medication, please can you do so on Thursday 7<sup>th</sup> September.



### Chaplaincy News

**Pope Francis@Pontifex – 16<sup>th</sup> July 2023**



Let us imagine a seed: it is tiny, barely visible, but it makes plants grow that bear fruit. The Word of God is thus: think of the Gospel, a small book, simple and within reach of all, that produces new life in those who receive it. #GospelOfToday (Mt 13:1-23)



**Forward in Joy – 366 days with Angela Merici – Daily words of wisdom from our patron saint**

**July: Encouragement**

**21<sup>st</sup> July:** Consider each one as good, but be prudent for your own good.

**22<sup>nd</sup> July:** First of all, strive, with the help of God.

**23<sup>rd</sup> July:** They should want to be united.

**24<sup>th</sup> July:** Go forward willingly. See, a great reward will be prepared for you.

**25<sup>th</sup> July:** keep to the ancient way. And live a new life.

**26<sup>th</sup> July:** May the eternal benediction be on you all.

**27<sup>th</sup> July:** We are called to a life of glory.

**Jump Back Up July!**

**Jump Back Up July 2023**

**SATURDAY**

**1** Take a small step to help overcome a problem or worry

**8** Avoid saying "must" or "should" to yourself today

**15** Set yourself an achievable goal and take the first step

**22** Find 3 things you feel hopeful about and write them down

**29** Be a realistic optimist. Focus on what could go right

**SUNDAY**

**2** Adopt a growth mindset. Change "I can't" into "I can't...yet"

**9** Put a problem in perspective by seeing the bigger picture

**16** Find fun ways to distract yourself from unhelpful thoughts

**23** Remember that all feelings and situations pass in time

**30** Reach out to a friend, family member or colleague for support

**MONDAY**

**3** Be willing to ask for help when you need it

**10** Reach out to someone you trust and share your feelings with them

**17** Use one of your strengths to overcome a challenge today

**24** Choose to see something good about what has gone wrong

**31** Remember we all struggle at times - it's part of being human

**TUESDAY**

**4** Find something to look forward to today

**11** Look for something positive in a difficult situation

**18** Let go of the small stuff and focus on the things that matter

**25** Notice when you are feeling judgmental and be kind instead

**WEDNESDAY**

**5** Get the basics right: eat well, exercise and go to bed on time

**12** Write your worries down and save them for a specific 'worry time'

**19** If you can't change it, change the way you think about it

**26** Catch yourself over-reacting and take a deep breath

**THURSDAY**

**6** Pause, breathe and feel your feet firmly on the ground

**13** Challenge negative thoughts. Find an alternative interpretation

**20** When things go wrong, pause and be kind to yourself

**27** Write down 3 things you're grateful for (even if today was hard)

**FRIDAY**

**7** Shift your mood by doing something you really enjoy

**14** Get outside and move to help clear your head

**21** Identify what helped you get through a tough time in your life

**28** Think about what you can learn from a recent problem



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**



**BCCS News**

**London Marathon 2024**

Brentwood Catholic Children's Society has a number of Gold Bond Charity places for runners in the LONDON MARATHON taking place on SUNDAY 21st April 2024. If you are an experienced runner or someone who would value the opportunity to participate in this renowned event please contact Damian Dillon for further details on 07912 308000 / [ddillon@bccs.org.uk](mailto:ddillon@bccs.org.uk). The closing date for completed applications is Friday 28<sup>th</sup> July and please note that there is a minimum sponsorship requirement of £1800

(excluding Gift Aid). If you have been lucky enough to secure your own running place through the ballot, we would invite you to join us and run for Brentwood Catholic Children's Society. The London Marathon is a unique opportunity to raise much needed funds for the Diocesan Children's Society and perhaps achieve a lifetime ambition at the same time.

**Damian Dillon**

Community Engagement Officer

BCCS - Brentwood Catholic Children's Society

[ddillon@bccs.org.uk](mailto:ddillon@bccs.org.uk)

07912 308000

[www.bccs.org.uk](http://www.bccs.org.uk)



### **Books to Ghana**

Last Wednesday, 12.2 raised funds to send books to St Louis Senior High School in Ghana. The fundraising activities included a bake sale, raffle, guess the number of sweets and chocolates and guess the teacher from their baby picture. Well-done to 12.2 and their friends for their hard work and SERVIAM spirit. We raised £180 which will allow us to send three boxes of our preloved textbooks.

A massive thank you to the Library, Languages, Maths and RE departments and all the staff and students for supporting this course.

**Dr Osei-Owusu, Acting Head of Science**





## Drama News

On Wednesday 19<sup>th</sup> July, the Year 10 GCSE Drama students went to watch the evening production of *Heathers The Musical* at The Other Palace Theatre.

The production was great – from the flexible set, the fantastic performances from the talented cast and the crowd-pleasing song and dance numbers. The Year 10 students enjoyed the show and will have the option to evaluate it in preparation for their written examination for the Drama GCSE.



On Monday 17<sup>th</sup> July, Year 9 took part in the annual Guild Play Drama festival. There were many successful plays presented and the girl's talent shone as we watched funny, entertaining, sometimes serious versions of the stories from the old testament – Adam and Eve in the Garden of Eden, The Story of Queen Esther, Jonah and the Whale, to name a few.

Well done Year 9 cohort of 2023!

Well done also to the Year 9 stage crew who helped keep the day running smoothly.

A huge thank you also goes out to Miss Agudelo for her help with the organisation of the day.



**Ms Milne, Head of Drama**



**Semilore Ogunbajo** in 8T won a well-deserved Jack Petchey award this year and was very generous in providing her year group with vouchers for ice cream at sports day last Friday. The Year 8 students were extremely grateful and had a fantastic day of celebrations!

And...

**Hana Asghar** in 9U very kindly treated her form to a new book each with the help of her Jack Petchey Prize.

Thank you, Hana, and thank you Ms Finley for helping 9U with choosing their books. They were absolutely delighted and very grateful!



**Ms Eakins, Jack Petchey Coordinator**



**Maths News**

We are excited to celebrate the outstanding achievements of our KS3 students in their end-of-year projects, where they unleashed their creativity and inspired us with their innovative ideas. From designing

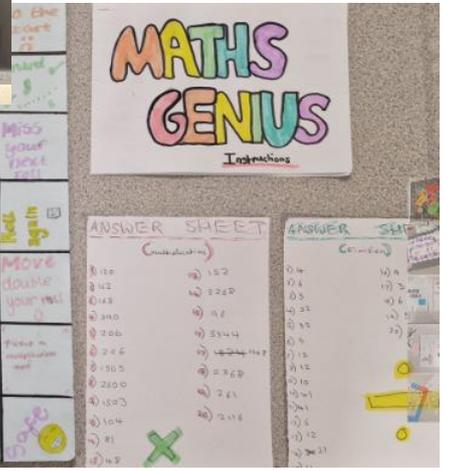
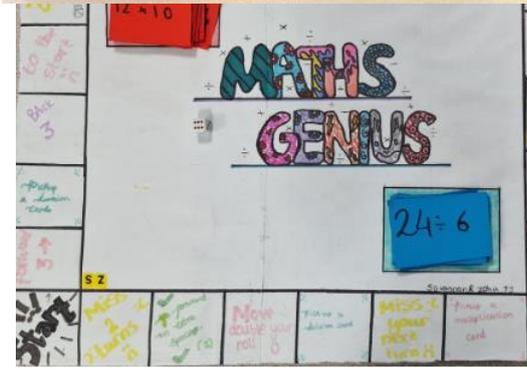
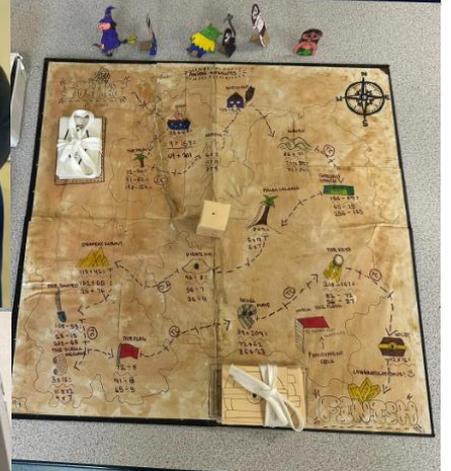
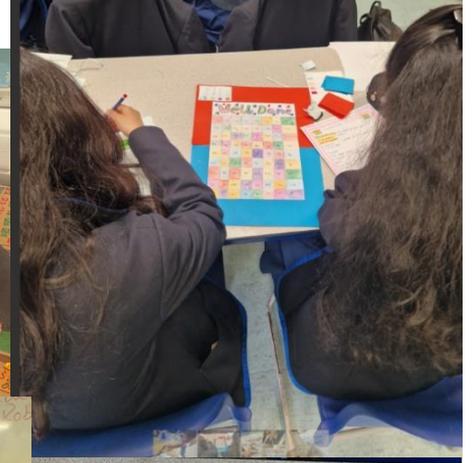
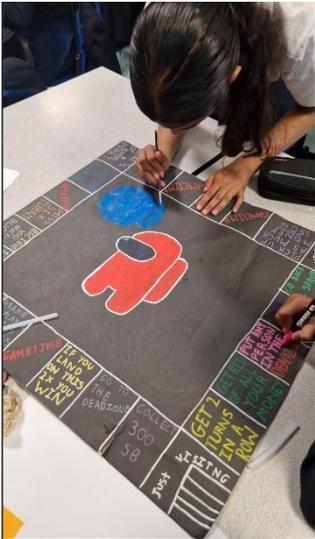


their own Maths board games to envisioning dream office spaces and creating captivating theme parks, the girls' projects displayed remarkable talents and ingenuity. Their enthusiasm and passion throughout the process were truly inspiring. We extend our heartfelt appreciation to our dedicated Maths department for their guidance and support in nurturing our students' creativity and fostering a love for learning. These projects have showcased the girls' ability to think outside the box and their dedication to bring their ideas to life. Congratulations to all our KS3 students on a successful year of imaginative projects.

Wishing you a wonderful summer break, filled with continued inspiration and creative exploration.

**Ms Ahmed**







### Year 9 celebrating Bastille Day.

Our Year 9 students spent their last few lessons leaning and researching about Bastille Day, which is a very important day in the French culture. Here is what some girls created for display.

**Bastille Day** is the common name given in English-speaking countries to the [national day of France](#), which is celebrated on 14 July each year.

The French National Day is the anniversary of the [Storming of the Bastille](#) on 14 July 1789, a major event of the [French Revolution](#). Celebrations are held throughout France. One that has been reported as "the oldest and largest [military parade](#) in Europe" is held on 14 July on the [Champs-Élysées](#) in Paris in front of the [President of France](#), along with other French officials and foreign guests. <sup>1</sup>



Ms Grassi, Head of MFL



## Music News

### Year 9 Decades Project

Our Year 9's have been researching music of the decades from the last 70 years to find out about how music has changed and influenced new music. Here are some of the examples of their work.



### Increase in Music Tuition Fees – starting September 2023

Please be aware that there will be an increase in the fees for music tuition at The Ursuline Academy Ilford starting from September 2023. The Musician's Union has recommended new rates and so we have adjusted our fees accordingly. The increased fees will help us maintain the high standard of teaching and resources necessary for your daughter's musical growth.

The new fees for music tuition starting from September 2023 will be as follows:

- Individual lessons: £12 per 20-minute lesson / £18 per 30-minute lesson;
- Shared lessons (2 students): £6 per 20-minute lesson.

We understand the importance of financial accessibility, and we will continue to offer bursaries to students who receive Free School Meals. If your daughter is eligible and you would like to apply for a music bursary to help cover the increased fees, please contact me for more information ([sdeller@uai.org.uk](mailto:sdeller@uai.org.uk)).

Thank you for your understanding and support in providing your daughter with a comprehensive music education. If you have any questions or concerns, please feel free to contact me.

## Instrumental/Singing Tuition Application Form

**Based on 20 minutes: Individual lessons cost £144 per term (£12 per lesson);  
Shared lessons (2 students) cost £72 per term (£6 per lesson).**

**Individual tuition at The Ursuline Academy is available for the following instruments:**

Piano	Guitar	Violin	Clarinet	Flute
Singing	Bass Guitar	Drum Kit	Saxophone	

**Shared Instrumental tuition at The Ursuline Academy is available for the following instruments (please note there must be 2 students in a class for this to take place):**

Guitar	Singing	Clarinet	Saxophone	Flute
--------	---------	----------	-----------	-------

Please complete the following questions and provide all information requested:

<b>Full Name of Student:</b>		<b>Year/Form:</b>	
Name of Parent/Guardian:		Contact Number:	
Email address:			
Is your child eligible for Free School meals?	YES / NO		
Do you have this instrument at home on which to practice?	YES/NO		
If 'NO', and a school instrument is not available, are you willing to hire or buy one?	YES/ NO		
Have you previously had lessons on this instrument?	YES / NO		
If 'yes', have you completed any exams? To which level?	YES / NO		
SEND information:			
Medical information:			

**Please be aware that payments need to be made directly to the instrumental/singing tutor prior to your daughter's first lesson. The tutor will notify you of the deadline for payments.**

In signing this application, you are acknowledging the amount payable for lessons and when it needs to be paid. Your daughter will receive approx. 12 lessons of 20 minutes per term. **Please note this is on a rolling contract.** Student's applications that are received after the first week of term will be considered (subject to availability of instrumental/singing tutor) and will only be charged for lessons that are received for the remainder of the term. If a tutor is absent, the lesson will be postponed or parents/carers can request a refund.

**Organisation and commitment:**

It is in the best interest of the student, parent/guardian, and music tutor that students are on time to lessons and practice in between each lesson. Practice is very important in acquiring a new skill, and master the skill, and will ensure students get the most out of their lessons. Please discuss the commitment and responsibility that your daughter is undertaking in learning an instrument. We expect that you will support the school as we encourage all young musicians to regularly attend ensemble rehearsals and contribute to our cultural life by participating in extra-curricular performances and liturgical events.

**Cancellations:**

**At least one week's notice should be given to the tutor if a student is unable to attend a lesson** which has already been paid for, although this is down to the discretion of the tutor. If a student is absent through illness and has not given the appropriate notice (*as above*), the lesson will still be charged.

**Notice of proposed termination of lessons must be sent in writing by parent/guardian to the music tutor and Head of Music, Ms Deller. You must give 6 weeks' notice to terminate lessons.**

Please also be aware that in signing this form, you are aware that individual instrumental/voice lessons are during classroom lessons and that your daughter will be on a rotating timetable. **The onus will be on your daughter to liaise with her subject teacher to catch up with missed work and to be punctual for her tuition.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return applications to the Head of Music, Ms Deller. Please note that contact will be via email in the first instance by Ms Deller who will assign your daughter to a tutor. Parents/Guardians should then contact the tutor directly to organise their daughter's lessons and payment. If there is not availability, your daughter will be placed on a waiting list. For any queries, please contact Ms Deller via email: [sdeller@uai.org.uk](mailto:sdeller@uai.org.uk).**

**Below is a slip that will be returned to you via your daughter once a place has become available for her chosen instrument/voice. Please inform Ms Deller of any changes or cancellations.**

**A place has become available for your daughter's chosen instrument \_\_\_\_\_**

**Her lessons will be on \_\_\_\_\_ with \_\_\_\_\_.**

**Please pay the invoiced amount direct to the music tutor. Payment is always due in the first week of each term to ensure your daughter's position on the timetable.**

**Extra Music Tuition**  
**Frequently Asked Questions/Terms and Conditions**

**Who teaches the lessons?**

The lessons are taught by Visiting Music Teachers (VMT) who are freelance musicians, selected by the music department at The Ursuline Academy Ilford. All tutors have been DBS checked.

**What if my daughter misses a lesson due to illness or school trips?**

Lessons will not be rescheduled unless a parent/carer/student informs the VMT **at least a week in advance**. In this case, the lesson will be made up at a later date.

**Should your daughter fail to attend a lesson due to forgetfulness or internal/external exclusion, they will not be able to make up that lesson.**

**Does my daughter need to provide their own instrument? We don't have room/finances to purchase a drumkit/piano/etc.**

It is necessary for your daughter to be able to practice at home.

- **Drum Kit:** Drummers are required to bring their own sticks to lessons. Practice pads (not to be confused with electric drum pads!) are suggested for home use as they are a more economical and quieter option than a whole kit. With permission by the Head of Music, Drummers may practice on the music department's drum kit during breaktime/lunchtime when it's available.
- **Piano:** Pianists need to have at minimum a keyboard at home and can use the keyboards in S5 (Music) when the classroom is available (most breaks, and some lunchtimes at the start – 12.40pm).
- **Guitarists/Bass Guitarists:** It is preferable that guitarists bring their own guitars to lessons, although there are guitars available if this is difficult to arrange.
- **Violin:** The music department do have a few spare violins which can be loaned – please contact Ms Deller ([sdeller@uai.org.uk](mailto:sdeller@uai.org.uk)) for more information and to check availability.
- 

**Is there a place for my daughter to store her instrument on lesson days?**

Yes, students who bring their instruments to school may place it in the Music Storage Room. They need to bring it up at 8:30am and collect it themselves at the end of the day. Collecting their instrument at the end of the day is their responsibility.

**Can my daughter do graded examinations?**

Yes. It is encouraged for students to prepare for and complete graded examinations. The VMT will be able to advise you on the exam board as well as the cost and requirements.

**Can my daughter perform on her instrument?**

Yes. It is essential for your daughter's music education to join an extra-curricular group – please ask Ms Deller for more details or check the Music Extra-Curricular timetable in the newsletter. The groups perform at events throughout the year.

Students who study piano and perform confidently are selected to perform as soloists in key events such as assembly and masses.

**What if my daughter decides halfway through the term that she doesn't want to continue with the lessons? Can we be refunded?**

Unfortunately, once lessons have commenced, there are no refunds. Students are required to commit and parents to pay on a termly basis. Please have a discussion with your daughter about the commitment and discipline expected for learning an instrument.



**U.A.I SPORTS DAY RESULTS 2023**

		YR 7		YR 8		YR 9		YR 10	
100M	3	Rithika	17.3	Veronica		Chidinso	14.6	Holly	15.47
	2	Angel	15.7	Habiba		Sarah	13.6	Destiny	15.04
	1	Victoria	14.6	Azzurra		Tola	13.6	Daniella A	14.22
200M	3	Skyrah	36.3	Annabelle	34.3	Valerie	34.9	Cameron	32.4
	2	Amber	32.8	Uchechi	34.0	Naomi	34.5	Emanuela	31.2
	1	Fola	30.4	Azzurra	27.1	Tola	31/6	Daniella A	29.7
300M	3	X	X	=Armeen/ Muskan	62.0	Fatimah	61.3	Syra	55.4
	2	X	X	Malaika	60.0	Valarie	61.2	Cynthia	49.8
	1	x	X	Aaliyah	54.0	Ruth	58.3	Daniella A	49.7
6/800M	3	Romaisa	3.02	Habiba	4.03	Heather	3.47	Lily	3.31
	2	Magisha	2.55	Shyheima	3.53	Benita	3.44	Christina	3.29
	1	Aishwarya	2.44	Angelica	3.41	Zhiyi	3.38	Cynthia	3.12
1500M	3	Jessica	8.30	Nadia	8.01	Zhiyi	8.51	Jessica	9.03
	2	Chloe	8.19	Ania	7.55	Aoife	7.52	Samiyah	7.29
	1	Victoria	7.51	Christine	7.41	Lanna	7.30	Cynthia	6.58
TRIPLE JUMP	3	Phoebe	4.20	Marwah	5.00	Hana	4.95	Holly	5.30
	2	Hidaya	4.60	Christine	6.15	Shalome	5.20	Ehi	5.43
	1	Amber	4.90	Aaliyah K	7.35	Elizabeth	5.45	Emanuela	5.75
LONG JUMP	3	Tiahna	2.00	Shaista	2.10	Nevaeah	2.66	Angelica	3.25
	2	Alexandra	2.72	Emaan	2.59	Eliana	2.87	Jessica	3.33
	1	Fola	3.00	Ana	2.85	Benita	3.10	Destiny	3.82
HIGH JUMP	3	Savannah	1.05	Aaliyah K	1.10	Naomi	1.10	Azaria Angelica	1.10
	2	1= Maya	1.05	Adaoma	1.20	Tolu	1.20	Francesca	1.15
	1	1= Tiahna	1.05	Veronica	1.25	Chelsea	1.25	Eva	1.20
SHOT	3	Amina	4.01	Kirpa	5.08	Annabel	6.53	Brunelle	6.77
	2	Sophia	4.30	Alyssia	5.76	Eunice	7.15	Tahila	7.33
	1	Chloe	5.36	Aishwarya Naindi 8C	5.82	Gabriella	9.93	Karmel	7.41
JAVELIN	3	Kosi	10.5	Alina Faisal 8J	11.5	Heather	9.5	Zainab	14.10
	2	Safa	11.6	Nadia Ndagire 8C	11.9	Anabelle	10.2	Jessica	16.00
	1	Maya	13.6	Habiba Tijani 8J	17.3	Suhani	10.4	Chantelle	17.10
RELAY	3	7T B	72	8T B	67	9C	67.0	10T	64
	2	7J A	67	8U A	62	9J	66.0	10U B	63
	1	7U A	62	8J B	60	9U	64.0	10U A	58
	3	7U		8C		9T		10T	

TUNNEL BALL	2	7C		8U		9U		10C	
	1	7J		8T		9C		10U	
TUG OF WAR	3	7C		8U		9U		10C	
	2	7J		8T		9J		10J	
	1	7U		8C		9C		10U	
OBSTACLE RELAY	3	7U		8T		9J			
	2	7J		8U		9T		10T, 10U & 10C	
	1	7T		8J		9C		10J	
OVERALL RESULTS	3	7T	127	8T	140	9T	158	10T	146
	2	x	x	8J	167	9J	167	10J	147
	1	1= 7J & 7U	156	8U	170	9U	180	10U	192

Overall champions are Ursula with 703 points, in second place was Josephine with 637 points.



**Results Days 2023**

A level = Thursday 17<sup>h</sup> August 2023

GCSE = Thursday 24<sup>th</sup> August 2023

Results will be available between 8.30am and 10.30am in the school Hall. Students should enter through Reception and go straight to the Hall.

On 17th August the Library will be available for students to use the computers and have internet access for UCAS and university places. Careers advice will also be available at this time.

**Enquiries About Results:**

- Year 13 A level students can request a priority re-mark or an electronic script if a university place depends on the mark changing.
- Re-marks are available for all exam units taken this summer. Please note that marks can go down, stay the same or go up; and the new mark has to be accepted.
- Students can also request a copy of their script.
- Year 11 and Year 13 will receive a grade but will not know their actual mark or grade boundaries. Please see Mr Robertson or Mr Challis when you collect your results as they will have that information.
- All forms are available from Ms Jivraj in the Exams Office. The prices and deadline dates are shown below:

**A LEVEL/VOCATIONAL FEES 2023**

	<b>AQA (per candidate, per paper/unit)</b>	<b>EDEXCEL (per candidate, per paper/unit)</b>	<b>OCR (per candidate, per paper/unit)</b>	<b>WJEC (per candidate, per paper/unit)</b>
PRIORITY REVIEW	£56.60	£58.70	£70.75	£55.00
REVIEW OF MARKING	£46.75	£49.20	£57.50	£46.00
ELECTRONIC COPY OF SCRIPT	N/A	N/A	N/A	N/A
POST REVIEW OF MARKING SCRIPT	NOT AVAILABLE	£13.10	£15.25	£11

**GCSE FEES 2023**

	<b>AQA</b>	<b>EDEXCEL</b>	<b>OCR</b>	<b>WJEC</b>
PRIORITY REVIEW	NA	£48.70	NA	NA
REVIEW OF MARKING	£40.35	£48.70	£57.50	£40.00
ELECTRONIC COPY OF SCRIPT	N/A	N/A	N/A	N/A
POST REVIEW OF MARKING SCRIPT	NOT AVAILABLE	£13.10	NOT AVAILABLE	NOT AVAILABLE

**Deadlines:**

**PRIORITY A LEVEL/VOCATIONAL Re-mark- Tuesday 22<sup>nd</sup> August 2023**

**A LEVEL/VOCATIONAL Re-mark - Monday 25<sup>th</sup> September 2023**

GCSE Re-mark = **Monday 25<sup>th</sup> September 2023**

**PRIORITY A LEVEL/VOCATIONAL Electronic Script – Friday 25<sup>th</sup> August 2023**

**PRIORITY GCSE Electronic Script- Wednesday 6<sup>th</sup> September 2023**

A LEVEL/VOCATIONAL Electronic Script – **Friday 25<sup>th</sup> August 2023**

GCSE ELECTRONIC SCRIPT - **Friday 8<sup>th</sup> September 2023**

**Mrs B Jivraj, Exams Officer**



## Science News

### **Weekly Science Club: Static Electricity!**

Static electricity is an imbalance of electric charges within or on the surface of a material or between materials. The charge remains until it is able to move away by means of an electric current or electrical discharge.

Last week we saw this principle using a Van der graaf generator where the girls felt first-hand the build-up of the static charge.

We even formed a chain of students standing in plastic trays to act as insulators and watched the charge travel through each one to the next until finally discharged to the person on the end. They all felt the shock as it passed on and eventually down to the ground.

As this was the last week for Science club for the academic year the students were given certificates and Science badges for their attendance throughout the year. Those who couldn't unfortunately attend this week were given theirs during PSHE.

It has been a pleasure to be part of this with the girls and I hope they have had fun and learned about how amazing Science can be and we look forward to continuing the club for the next cohort in September.

Thank you to my helpers **Lilly** (Y9), **Laiba** (Y12) and **Miss Agudelo**  
**Mr Uddin**





**The Graduating Class!**

### **Science Projects- Year 7 Eco-friendly House and Year 8 Mars Base**

For the last two weeks the Year 7s and 8s have been working on their Science projects. The theme for the Year 7s was to build an eco-friendly house with specific attention on generating energy and increasing Biodiversity just to name a few.

The Year 8s theme was to build a Mars base with specific focus on how they could grow food, harness energy, and survive as a community.

Both year groups have put in a lot of effort, time and hard work. The pictures below show some of the ones which were selected by the class teachers.

A special mention goes to the overall winners in Year 7 and 8 as selected by the department. These had the most votes from all the Science teachers as following the design brief most accurately and awarded certificates and prizes.

There were also runners up in each year group who also got a certificate and Science Badges.

Well done to everyone for participating!



Year 7 Winners



Year 8 Winners





**Ms Tallat, Mr Uddin, and the Science Team**



## **Sixth Form News**

Important reminders July-Aug 2023 for Year 13 students in preparation for University and results

1: Check emails (including Spam etc) and calls from UF/CF Universities. They may be chasing you on important/essential things like Health Checks, CRC/DBS, final quals and accommodation guarantees. Admissions teams are busy chasing their prospective Nurses, Physiotherapists, Teachers etc this month for example and some will have an accommodation guarantee deadline in August.

2: Have a plan B/C for Clearing and results, keep Insurance choice in mind including the accommodation available. Remember this infographic? Have it ready for results day. Save it, screen shot it or print it out



3: Engage with your chosen Universities. Many will have web-apps and equivalent with induction and prep info already loaded. There is an example below.

<https://my.glos.ac.uk/dashboard/induction>

Best wishes for the break and results day!!

**Ms Basi, Head of Year 13**

## Painting Dreams with Technology Empowering Girls in STEM

On Monday 17<sup>th</sup> June, we had the privilege to welcome the **Royal Academy of Engineering (RAE)** and a multi award-winning robotics engineer **Eneni Bambara-Abban** to our school. Passionate about empowering individuals from underserved communities and promoting diversity in technology, **Eneni** founded **The Techover Foundation** and in partnership with **RAE**, and chose the Ursuline Academy to be part of a larger campaign aimed at encouraging more girls to pursue STEM fields.

The workshop footage will be highlighted on **RAE's** website and social media platforms, further establishing the school's reputation as a progressive institution fostering innovation, diversity and inclusivity in education. The visit to the school followed an earlier one in the year during Careers week in March. This workshop, which is a

new initiative, is aimed at engaging and creating experiences for young people to help them connect their aspirations for the future with hands-on technological innovation with the **Painting with Conductive Paint** workshop. Eneni also seeks to use this opportunity to serve as a platform to showcase young peoples ability to create with technology. The girls used conductive paint to create a sign and by using a touch board and speaker and each girl recorded and spoke about their future aspirations. When the painting was touched, the recorded sound played aloud their unique personalised messages. This project will serve as a source of motivation, showcasing student's ability to be innovative with technology. We would like to extend our sincere thanks to the RAE film crew members and to Eneni for this wonderful opportunity. **DT Team**

**Mariam Patel 8B**, "I really enjoyed how we could bring art to life, the best part was using the electrical paint and was really nice learning all about my voice painting from Eneni".

**Sabiha Ali 8U**, "I liked the fact that everyone's opinions mattered and were included. The best part was painting, although it was hard to spread the conductive paint on the canvas, but overall, it was fun! I learnt that certain paints can conduct electricity, but not easy to use like normal paint".

**Leena Akthar 8T**, "I like saying what my friends and I we wanted to be when we are older. The best part was the designs on the canvas and using the conductive paint, which was thick and hard to spread, but learnt how electricity can go through it.



**Amira Viridi 8J**, “I loved how we found out that you can bring art to life by using technology. It was very interesting to use the conductive paint which is quite thick and much different from using acrylic paint which is quite runny. It was nice meeting **Miss Eneni**. Thank you for this session”.



**Imperial College  
London**

### **Zeiss Imperial College residential engineering summer workshops**



**Maariyah Saumtally 10C and Duaa Akbar 10T** are off to this year’s brand-new summer School run by the Department of Materials at **Imperial College, London** and fully funded by Zeiss, one of the leader industries in microscopy across the world. Maariyah and Duaa will experience activities and lectures exploring the most innovative materials and techniques and how these can be used to tackle the current world’s issues.

The programme is also supported by world-leading scientists and researchers who will also be on hand to engage and support them in learning more about their work and other areas within the fields of science and advances of materials.

This fully funded residential school will see Maariyah and Duaa staying onsite in university halls and provide them with the unique opportunities to experience University life with students from across the globe. They will be away from Monday 21<sup>st</sup> - Friday 25<sup>th</sup> August 2023.

We wish them every success and look forward to having them share their experiences with us at the start of the new school year in September, Serviam! **DT Team.**

## Junior Journalist

A review on behalf of 'First News' the 'Children's Newspaper of the Year' and Young V&A.

One of the few lucky young people to walk through the doors after its three-year closure in 2020, **Zoya Spence from 8J** was specially chosen to review the Young V&A museum for the newspaper. This occurred during the school's invitation to attend the Press and Influencer Preview event two weeks ago. Zoya reported on many of the exhibits and activities in the galleries. She gave a really thoughtful account of her visit and gave the museum five stars! A really lovely article, well done Zoya! **DT Team.**



HELLO! I'm Milly, the First News FYI News Club leader. These pages are your place in First News to share anything you like with other First News readers. This can include what's going on where you live, what you think about what's happening in the news, as well as sharing your funniest moments, biggest achievements and even your pets!

If you'd like to feature on this page, just get your teacher to set up a First News FYI News Club at your school. You'll also get opportunities to take part in our weekly news show from Sky Kids, FYI! Just head to [first.news/fyinewsclub](https://first.news/fyinewsclub) or scan the QR code below.



# FIVE STARS FOR YOUNG V&A!

FIRST News reader Zoya went to the Young V&A museum to review it for us.



Zoya at Young V&A

by Zoya, Ursuline Academy Ilford

I REALLY like Young V&A because it shows children what design and art is all about, and how your DT skills can be used to make something beautiful, like art.

The building is really cool; everywhere you turn there is something to do and to see. As soon as I went in, I was excited to explore. It's very colourful and has lots of different textures.

I really enjoyed the Play Gallery. I've never seen a spinning

Imagine Gallery because it showed different centuries and different cultures.

I also really liked The Stage because you could dress up and put on shows. There was a big Frankenstein's monster in this room, which was fun and a little scary because when you walked past, it lit up with thunder and lightning.

My school helped to create a display in the Design Gallery. I think that it's a good thing that children have helped to make displays, as if they see things they have created they will want to come

**Young co-curators** – Other highlights from our visit to the Young V&A Museum (formerly V&A Museum of Childhood) on the World's first ever co-curation project of curators and young people. Students worked with designer **Sam Hecht** on the 'Less than a Fiver' exhibition with other renowned curators. This is the result of the project which spanned over the past two years and had students and staff work closely with the V&A team on the partnership programme which will be rolled out to visiting school groups and young people from September 2023. This collection is currently on display.

We hope you can make some time to visit and be inspired by the work of our students, Serviam! DT Team. **Credits - Samia Baichoo 9J, Sakeenah Shaikh 9C, Chidinso Okpala 9U & Josephine Kohu 9J**

## Young curators

In 2022, Year 9 students from the Ursuline Academy in Ilford, east London, helped to co-curate this display by asking questions about the objects from Sam and Kim's collection. What could these objects be used for? What kind of person might they benefit? Would they find them useful?

This display is the result of the group's discoveries.



## Reimagining Croydon with Minecraft: The Design Future London Challenge winners of 2023

On 14<sup>th</sup> July, students from across London, came together to showcase and pitch their **Design Future London (DFL) Challenge** ideas at City Hall to Judges that included architect and TV presenter George Clarke, the CEO of the Ministry of Building Innovation (MOBIE) Mark Southgate, MOBIE's Head of Education Gerry Ruffles, and invited guests drawn from the Capital and Industry at City Hall. The DFL schools challenge collaborated with Minecraft Education, the second in the series which was launched at the start of 2023 with the brief 'To reimagine The Croydon town centre to make it a greener, safer and a more prosperous place for everyone'.

Five Year 10 students, **Sriyannvy Rameedi, Khaira Ali, Nahian Joyeta, Zahra Mujtaba** and **Duaa Akbar**, who formed The **Spazio Verde team** (meaning Green Spaces in Italian) re-designed & re-imagined a new sustainable version of the town centre in Minecraft. They also completed a Design portfolio where they reflected on issues such as greener options for energy generation, a creation of a diverse scene for art, food music and culture and considerations towards a circular economy as part of their brief. Another key feature in their proposal were spaces where the community could work, shop, play and also tackle homelessness in the capital, all under one roof while offering homes with little or no bills.

Reflections from some of the team members

**Zahra Mujtaba 10T**, "Personally, the best part of the day was when we had to social network with other groups and listening to the other schools' presentations. It helped to reinforce my belief and pride in how our team thoroughly investigated the theme and area of Croydon".

**Nahian Joyeta 10T**, "We wanted to move away from the 'we take, we make, we use and we lose' approach that so many communities have, toward a more circular economy, which was well received by the judging panel and even the Chief Planner of Croydon"

**Duaa Akbar 10T**, "The experience we had, going to City Hall was such a memorable one. I enjoyed every bit of it, we were welcomed by everyone and it was an opportunity that I am grateful for. Even though we won two awards I learnt so much more, talking to the industry experts and understanding more about their jobs and roles in trying to make London a better place to live and work".

**The Mayor of London, Sadiq Khan, said:** "We were blown away by the fantastic ideas and designs young Londoners came up with to create the Croydon town centre of the future, from sustainable housing and community spaces to art and transport. Partnering with Minecraft Education has made this challenge even more fun and engaging and I congratulate all the young people who took part. They will be designing the



homes and green spaces of future generations and I hope will continue our work to build a safer, fairer, greener and more prosperous city for all Londoners. [Mayor announces winners of second Design Future London Challenge | London City Hall](#)

For the second year, our school, The Ursuline Academy has picked up two awards in the category, with **Spazio Verde** as Runners-up in the **People's Choice Vote** and joint winners in the **11-15 year old category for 2023!** Congratulations and well-done ladies! We would like to say a huge thank you to our sponsors, **Polysolar, Saint Gobain, Mobilane, Traid and Black Grape Global** who supported students in their projects with their companies' resources, time and research.

We would also like to thank our school community of staff, parents, carers and students, Serviam!

**DT Team**



## **Year End Trips**

On Tuesday the **Year 7** group spent a lovely day getting to know some new animals at Colchester Zoo. The weather was very good and the pupils managed to see the full range of wildlife from meerkats to elephants! The trip on the zoo train through the wolf enclosure was popular with all including a close up encounter with some lemurs. All the pupils were beautifully behaved throughout the day and left the zoo happy and full of ice cream!

**Mrs Wood**



**Year 8** visited Chessington World of Adventures as an end of year reward trip on Tuesday 18<sup>th</sup> July. Despite some slight chaos on entering the park, as thousands of school children all seemed to have chosen the same day as us to visit, it was a lovely day with students being able to explore the park with their

friends. Chessington has a good balance of 'big rides' for the more adventurous, and zoo animals and smaller rides for those who prefer excitement of a more moderate kind! Staff and students alike took full advantage of the range of activities, with teachers having a fantastic time either on the rides or going to look at the animals, or in Mr McGhee's case, watching the same show on the 'Mane Stage' three times! Year 8 were a pleasure to take on the trip. They were polite, prompt and respectful and despite some traffic on the way home, not once did we hear the dreaded 'are we there yet?'. Chessington was one of my last tasks as Head of Year 8, and so I would like to take the opportunity to thank students for being such wonderful young people. We have certainly had our ups and downs over the course of the year, but I can honestly say that I have seen so many instances of kindness and goodness, and I am confident that they each have a bright and brilliant future ahead of them.



**Ms Mackie**

On Tuesday 18<sup>th</sup> July, **Years 9 and 10** went on their rewards trip to Thorpe Park! We were blessed with lovely weather and all of the students were in high spirits throughout the day. Thank you to all of the teachers who helped to make the trip a success.

**Miss Kankam & Miss Scallan**

I loved it so much, it was very fun! - **Chidinso 9U**

I really enjoyed it and hope we can go again – **Nuha 9U**

The Thorpe Park trip was really fun and my favourite ride was Nemesis Inferno – **Rishana 9U**

The Thorpe Park trip was amazing and I would love to go again – **Tareena 9U**

Thorpe Park was amazing! I had so much fun and I hope I can go there again with my school friends – **Valerie 9U**

The Thorpe Park trip was crazy and overwhelming but overall it was okay – **Lana 9U**



It was the perfect sunny conditions for the **Year 12** picnic, despite threatening clouds in the distance. Once we picked our spot tucked in between a protective red leaved tree and shrubs, pizza and drinks were provided and shared courtesy of the lovely form tutors and I: Dr. Owusu-Osei, Mr Irwin and Mr Vijay. Games of Twister, giant Jenga and the old Viking game of Kubb were enjoyed throughout the afternoon; laughter and music filled the air. Thank you, Year 12, for making this year one to remember

**Ms Catungal**





Funded by



Department  
for Education

London Borough of

**Redbridge**



Holiday Activities and Food  
London Borough of Redbridge  
Gearies Children's Centre  
Waremead Road, Gants Hill,  
Ilford, Essex, IG2 6TF

June 2023

Dear Parent/Carer

**Summer Holiday FUN: Monday 24<sup>th</sup> – Thursday 17<sup>th</sup> August 2023**

Good News! We are offering your child a free programme of fun and food this Summer.

**Your invitation**

You are receiving this letter as your child is in a year group ranging from Reception to Year 11 and is eligible for benefits-related Free School Meals.

**Activities on offer**

We have a fun-filled programme across Redbridge, ranging from multi sports, arts and crafts, drama, cookery and much more! It is a great opportunity for your child to develop new skills and make new friends. Lunch is also provided at every session!

All activities are delivered by approved providers with a focus on physical fun, nutritional education and learning new skills. Providers also have experience with special educational needs and disabilities.

**How to Book**

To find out what's on offer please visit Redbridge HAF: <https://find.redbridge.gov.uk/haf>

Alternatively for quick and easy access to our HAF page on your device please scan the QR code below.



Kind regards

*Redbridge Holiday Activity and Food (HAF) Programme*

London Borough of Redbridge

**HOLIDAY ACTIVITY & FOOD PROGRAMME**

# Summer Holiday Fun

Is your child in Reception to Year 11 and in receipt of benefits-related Free School Meals?

**Redbridge's Summer Holiday Fun programme** is delivered by approved providers and offers **physical fun, nutritional education** and an opportunity to **make new friends**. Activities include **multi sports, arts and crafts, drama, cookery** and much more!

Every child attending gets a **free meal every day**.

**Monday 24 July - Thursday 17 Aug 2023**

To find out more and book your place - scan the QR code below or visit: <https://find.redbridge.gov.uk/haf>

Booking is essential for all activities, so **book early** to avoid disappointment!

For any queries, please email: [haf@redbridge.gov.uk](mailto:haf@redbridge.gov.uk)

Department for Education

Wednesday  
19th July 2023



Good News  
for Families

1

## Enjoy reading this Sunday's Gospel

Jesus said, "The kingdom of heaven may be compared to a man who sowed good seed in his field. While everybody was asleep, his enemy came and sowed darnel weeds among the wheat. When the shoots sprouted the weeds appeared as well. The servants wanted to pull up the weeds but, not wanting to risk damaging the wheat, they went to the owner and said, 'Do you want us to go and weed it out?' But the owner said, 'No, because when you take out the weeds you might pull up the wheat with them.' So the owner let them grow together until harvest time when the wheat could be separated from the weeds, and then the wheat could be gathered into his barn."



Taken from the Gospel of Sunday 23rd July 2023. Matt. 13:24-30 (the 16th Sunday of Ordinary Time, Year A)

Which words stood out for you in this Gospel, and why? What does the picture make you think about? Now explore this Wednesday's word, which is **GROWING**.



Artwork © The Benedictine Sisters of Turvey Abbey and McCrimmon Publishing Co Ltd.

Imprimatur: + Marcus Stock, Bishop of Leeds

© Copyright 2023 The Wednesday Word™

# 2

## Wednesday's Word

## GROWING



**"We cannot grow up by ourselves; rather, we journey and grow in a community, in a family."** Pope Francis

What will the farmer do with the wheat? This Sunday's Gospel reminds us that the Kingdom of God is growing all around us. We live in a world where we see both good and bad and we can choose to be like the wheat or the weeds. We all make mistakes, but God is loving and patient and gives us time to grow into the people we were created to be. Ask your child what the word 'growing' means to them (other than increasing in height). Tell your child how they've grown as a person (and in goodness) during this school year.

**"Ask and seek and your heart will grow big enough to receive God."** St Teresa of Calcutta

Each new day is an opportunity to grow in God's goodness. Regularly praying together is a powerful way for the family to keep growing in love. Loving and following God makes us like the 'wheat' in this story. Throughout the summer holidays, what can we do to help the world to grow as God intends in these coming weeks? Perhaps we can: avoid doing wrong and always try to do what is right; try to be more patient with people around us; always try to forgive; say a prayer for someone who might have upset us; regularly share the gift of your smile with others; always try to be fair with others.



Dear Lord Jesus, thank you for the people who help us to **grow** in your love and please help us to keep **growing** in goodness. Amen.

### WEDNESDAY WORDSEARCH



**SMARTSEARCHERS** FIND THESE EIGHT WORDS EITHER **ACROSS** OR **DOWN**


**KINGDOM HEAVEN**  
**SEED WEEDS**  
**GROWING TOGETHER**  
**GATHER WHEAT**


**SUPERSEARCHERS** FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

H	T	N	E	V	A	E	H	E	H	T
V	A	G	T	N	G	K	N	I	K	V
H	E	A	S	D	E	E	W	G	I	D
E	H	T	D	N	T	M	V	W	N	T
A	W	H	G	R	O	W	I	N	G	D
V	S	E	E	D	G	H	G	H	D	R
E	K	R	G	D	E	E	V	N	O	E
N	V	N	E	G	T	A	H	W	M	H
H	I	E	R	E	H	T	E	G	O	T
K	S	D	W	E	E	D	S	D	N	A
G	N	I	W	O	R	G	T	H	W	G

Cross out the letters **u t r** in the 4 jumbled words to find 4 real words.

usotwerd stereud hueravten kirngudotm  
 The \_\_\_\_\_ of \_\_\_\_\_ may be compared to a man who \_\_\_\_\_ good \_\_\_\_\_ in his field.

**Write** a promise and then **draw** a big smile on Smiley

Growing in goodness helps us to be happy together. As we grow, we can choose to be more like Jesus: patient, loving and full of forgiveness - with ourselves and others. We keep growing in goodness when we act upon what we learn about following Jesus.

**This week I will try my best to ...**

.....  
 .....

