



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News – Issue 38

14th July 2023



Dear Parents/Guardians

We have a shorter edition of the newsletter this week given we have only been in school for 3 days. Yet we have managed to continue having a number of special events at the school. Then highlight of my week has the prize giving evening held on Wednesday 12th. Mr Challis organised a wonderful event whereby those pupils who had been nominated multiple times for academic or Serviam awards were invited to this prestigious event

which will now be a permanent fixture in our annual calendar of events.

Next week is the final week of the term. A time for reflection where we consider the year that has been with all its successes and trials. I want all members of the school community to end the year on a high, feeling positive about how they have grown and developed as individuals and as a community during this academic year. As we look forward to the summer break it is important to use the time and space that the holidays provide to rest, switch off and enjoy doing things that we love with the people we care about.

Last Friday the Senior Leadership Team held a day of reflection and planning to consider the achievements of the school throughout this year and our plans for 2023-24. We will be welcoming Mrs Julia Gardiner to the School as the new Assistant Headteacher responsible for SEND & Inclusion. Here is a photo of us on the day. We know what a privilege it is to lead this great school where you entrust your daughters' education to us!



Front Row (L to R): Mrs Gardiner Assistant Headteacher, Mr Scotti, School Business Manager, Ms Cooper Extended Leadership, Dr Nguyen Deputy Headteacher, Ms Stone.

Back Row (L to R) Mr Challis Deputy Headteacher, Mr McGhee Extended Leadership, Mr Robertson, Assistant Headteacher.

Fiona Stone

headteacher@uai.org.uk



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Chaplaincy News

Pope Francis@Pontifex – 9th July 2023



The little ones are those who, like children, feel their need and are not self-sufficient. They are open to God and allow themselves to be amazed at his works. They know how to read the signs, to marvel at the miracles of his love #GospelOfTheDay (mt11:25)



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

July: Encouragement

14th July: If you see one timid and inclined to despondency, comfort her.

15th July: Encourage them to then go forward willingly.

16th July: God has given free will to everyone, and wants to force no one, but only proposes, invites and counsels.

17th July: We will hear god's voice all the more clearly the more purifies and clean our conscience.

18th July: Armed with God's sacred precepts, let us conduct ourselves courageously.

19th July: I beg you with all my heart, be like watchful and most vigilant shepherdeses.

20th July: Provide for everything as the holy Spirit inspires you.

Chaplaincy Diary Dates



Chaplaincy Diary Dates

Movie Mondays Every **Monday 12.40 – 1.30pm** in chapel (all are welcome)

Every **Tuesday** there will be Chat and Chill with the Chaplain – A drop in session for all ages. Come and chat, chill, discuss new ideas and activities for chaplaincy, fundraise and more! Come and see!

Chaplaincy Team meetings Every **Thursday 9am – 9.30am** (Alternate weeks for different year groups. Listen out for notices)

Feel Good Fridays – **12.40 – 1.30pm** Every **Friday** (By invitation only) in Desenzano House

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

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

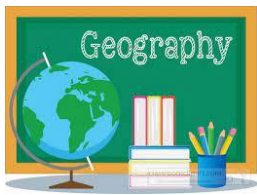
21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



ACTION FOR HAPPINESS

Happier · Kinder · Together



Geography News

The Year 12 Geography student went to Walton on the Naze in Essex to complete some physical fieldwork. They studied coastal processes such as erosion and longshore drift. They were also able to see some hard engineering strategies which have been used to protect the coast, including a sea wall, groynes and rock armour.

Please see more photos below...

Ms Colder, Head of Geography







Maths News

In recognition of their academic efforts and achievements in Mathematics this year, a group of Year 7 and Year 10 students were selected to take a trip to Blenheim Palace. During the visit, the girls had an enjoyable tour of the palace and even had the chance to take a photo with a wax figure of Sir Winston Churchill. Additionally, the group took a train ride to a life-size maze, where the girls put their map-reading and logical skills to the test to navigate their way in and out. Finally, they wrapped up the day at the Adventure Park, allowing them to unwind and enjoy some carefree time away from the demands of everyday life. A special thanks to Ms. Sondh and Mr. Fan for their support throughout the day.



Mr. Vijay, 2ic in Mathematics



Music News

Glee Club Workshop

On Friday 30th June, our Glee Club enjoyed a full day workshop with vocal coach, Claire Hack, who taught them a Motown Medley with a full routine of choreography. They then showcased what they had learnt to a full audience in our summer concert. Well done everyone, you are so talented! Keep up the great work! Thank you to Charis for using her Jack Petchey award to fund this fun day of singing and dancing!



Ms Deller, Head of Music



Prizegiving

We had a packed hall for Prizegiving on Wednesday evening, please see list below of our worthy winners:

Year 7

Academic Award

Mysha Ali 7J, Zahra Ali 7T, Chloe Banting 7C, Phoebe Billy-Giwa 7T, Mya Chukwu 7U, Zayna Hussain 7C, Vaishali Kumar 7U, Alexandra Kyriakidu 7T, Khaira Mahdiya 7J, Jannat Mehadi 7C, Bristy Roy 7U, Hidaya Tahir 7C, Amber Verdant 7U

SERVIAM Award

Tiahna Bascoe 7J, Sophia Latona 7J, Fatima Rehmani 7T, Nancy Rola 7C

Year 8

Academic Award

Nabiha Awais 8T, Shreshti Gurrapu 8J, Vira Hibliak 8T, Sajia Husain 8C, Ema Jahan 8C, Malghalara Khan 8T, Alayna Naci 8J, Aishwarya Naindi 8C, Nadia Ndagire 8C, Shradda Pidaparathi 8T, Haashini Saraladevi Balaji 8U, Sameen Shah

SERVIAM Award

Salwa Husain 8J, Zoya Spence 8J, Charis Torrance 8U

Year 9

Academic Award

Unaza Ahmed 9C, Ghathunaa Athavan 9C, Elizabeth Ayelabowo 9J, Benita Bannor 9C, Linh Dinh 9T, Naomi Soares 9T, Shanjirra Suresh 9J, Fatimah Yusuf 9J

SERVIAM Award

Tareena Dahaley 9U, Toluwalope Eluwade 9U, Nevaeh Eugene 9U, Tracey Eze 9C, Bianca-Gabriela Lodina 9U, Heather Nantongo 9T, Eunice Ngoie 9C, Wiktorja Parzys 9C, Lilly Patel 9J, Tia Plante 9C

Year 10

Academic Award

Trinuha Akilathan 10C, Iqra Alam 10J, Maira Ali 10J, Maryam Bint Imran 10C, Christina Bradbeer 10T, Qudsia Khalid 10J, Zahra Mahmood 10T, Samiyah Patel 10T, Fizza Rasool 10T, Maariyah Saumtally 10C, Samantha Varon 10U

SERVIAM Award

Angelica Anajekwu 10U, Anjgelina Kurien 10U

Year 12

Academic Award

Momina Dar 12.3, Anoosha Jawad 12.1, Melissa Kabeya 12.3, Jyotsroop Kaur Johal 12.2, Laiba Khan 12.1, Jessica Madu 12.1

SERVIAM Award

Muntaha Akbar 12.3, Roxsini Chandran 12.2, Isabelle Doves 12.2, Caitlin Ely 12.1, Fiorella Shayree Hassan 12.1, Zainab Malik 12.3

Overall Academic Achievement Award: Aishwarya Naindi 8C

Overall Serviam Award Winner: Tia Plante 9C



Performance by our Worship Band









WELL DONE!



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:

- *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*
- *Universal Credit – if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)*

Children who get paid these benefits directly, instead of through a parent or guardian, can also get Free School Meals.

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!





PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

A Weekly Gift to you and your family from your Catholic School

THE Wednesday
WORD



SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

Children love to be listened to and it helps them to grow in self-esteem. If, from a young age, they know that we truly listen to them, they are far more likely to keep listening to us as they mature.

Listening to the right people and the right messages is important for us and for our children. In this Sunday's Gospel, we hear Jesus inviting us to listen to him and act upon his words.

Wednesday 12th July 2023

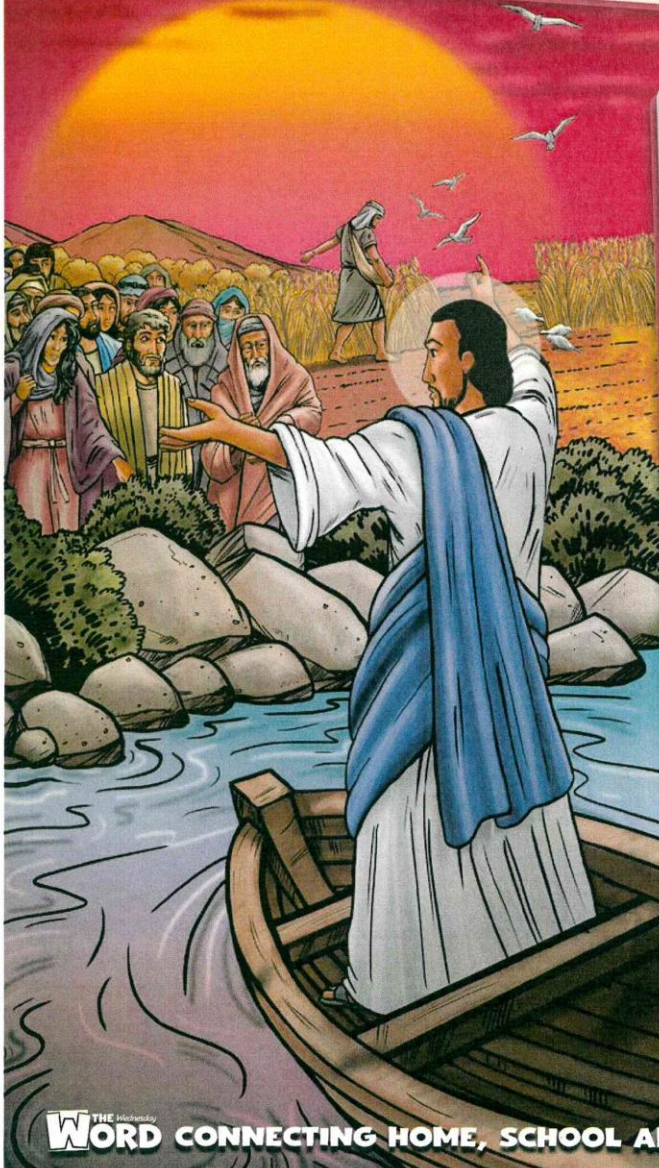
Like any good teacher, Jesus uses pictures or parables to make his teaching clearer. Jesus is like a sower, scattering his words like seeds. Jesus' words have stood the test of time. They are rooted in love and can be trusted to guide us and our children.

Enjoy a very special time together this evening, listening to your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **LISTENING**.

Dom Henry Wansbrough



To see this week's Parish Version of The Wednesday Word: wednesdayword.org - Parents' Pages - Lectio Divina with Fr Henry.



THE GOSPEL IN CHURCH Sunday 16th July 2023



Jesus left the house and sat by the lakeside, but such crowds gathered round him that he got into a boat and sat there. The people all stood on the beach, and he told them many things in parables. He said, "Imagine a sower going out to sow. As he sowed, some seeds fell on the edge of the path, and the birds came and ate them up. Others fell on patches of rock where they found little soil and sprang up straight away, because there was no depth of earth; but as soon as the sun came up they were scorched and, not having any roots, they withered away. Others fell among thorns, and the thorns grew up and choked them. Other seeds fell on rich soil and produced a great crop. This is like those people who hear my words and understand them; they yield a great harvest and produce now a hundredfold, now sixty, now thirty. Listen, anyone who has ears!"

Adapted from Matthew 13:1-9

The 15th Sunday of Ordinary Time, Year A

You are warmly invited to learn more about the Gospel through your local parish church.

"The family is where we first learn to listen and share."

Pope Francis



THE Wednesday
WORD **CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL**

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Jesus often used parables (little stories) to teach the crowds who came to listen to him. In this Sunday's Gospel, Jesus reminds us how important it is to take time to listen to God and to be open to receive and act upon what we hear. This helps us to make wise and safe life choices.

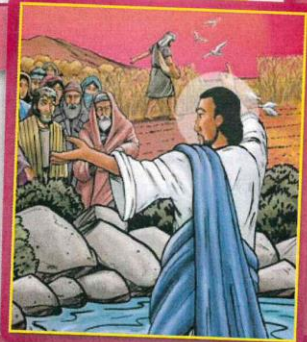


1 Our Special Time Together

Enjoy reading the Gospel overleaf (or below for younger children)

Jesus was teaching the people by the lakeside and he told them a story. He said, "A farmer went out to sow seed. As he sowed the seeds, some fell on the path, some among weeds and some upon rock where they could not grow properly. But some seeds fell on good soil and they produced a great crop. This is like those people who hear my words and understand them; those people grow strong and produce a great harvest. Now, anyone who has ears – listen to what I am really saying!"

What did Jesus tell the crowd that they should do? Which word or words stood out for you in this Gospel, and why? See the picture opposite. What does it make you think about?



2 Wednesday's Word is ...

LISTENING

3 Loving God & Each Other

"Good communication helps us to grow closer. It is so important to listen."

Pope Francis

Ask your child if they know someone who is a really good listener. Who does your child like to listen to? Do they know people who speak with kindness and love, and want good things for them and others? It may help your child if you give them an example of your own. Listening to Jesus and acting on his words helps us to become the best people we can be.

"Listen carefully, young people: Jesus never disappoints."

Pope Francis

Jesus does not force us to listen to him, but he knows what's best for us. Regularly listening to Jesus reminds us what's really important in life. As the summer holidays approach, explore ways that can help you to listen to Jesus in these coming weeks. Perhaps you can: remember to have quiet times in prayer when you wake up, at bedtime or some other time – just for listening to God as he speaks to your heart; worship together; regularly read the gospels together. What other ways can you think of?



Dear Lord Jesus, thank you for listening to us. Please help us to listen and understand your words and to be good listeners to each other too. Amen.

Gospel Gallery

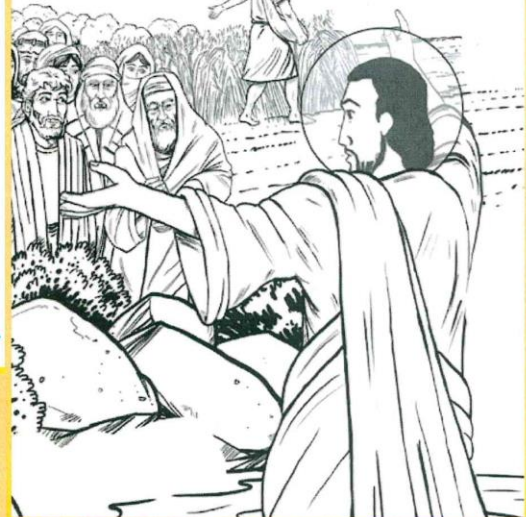
S D D E E D O T H W A C
 V S M T S J V H A V F S
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 B H S H W O R K W O R M

WEDNESDAY WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

- FARMER SEEDS
- JESUS WORDS
- LISTEN GROW
- GREAT HARVEST

SUPERSEARCHERS FIND THE WORDS BACKWARDS OR DIAGONALLY



Search for at least three differences between this picture and the colour one. Then draw them in before colouring.

Cross out the letters **b c d** in the jumbled words below to find 4 real words.

becards ancybonde scadybing clibstden

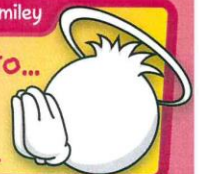
Jesus said, "Now, _____ who has _____
 _____ to what I am really _____!"

Jesus wants us to listen closely to his words. He wants us to take the time to think and really understand what he is saying – to be like good soil in which the seed (his words) can take root. Then God can work through us to produce a great crop of goodness in our world.

Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....



For more, see: wednesdayword.org and cbcew.org.uk