



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News – Issue 37

7th July 2023



Dear Parents/Guardians

There have been many trips and events this half term please let me remind you of some of the remaining and perhaps most exciting yet to come:

Sports Day - July 13th:

Mark your calendars for an exciting day of athleticism and sportsmanship! Sports Day will take place on **July 13th** at Cricklefields Sports ground. Students from all year groups will participate in various sporting events and competitions. It's an excellent opportunity for everyone to showcase their skills, team spirit, and enjoy a day filled with friendly competition and a festival spirit. See page 12 for details.

INSET Day - July 14th:

Please note that July 14th will be an INSET (Inset Staff Training) day. This means that students will not be required to attend school. Instead, it provides an opportunity for the staff to engage in professional development activities, for this day we are celebrating and updating our mission focus and thinking about the Catholic life of the school.

Trips Day - July 18th:

Get ready for an exciting adventure as all year groups embark on Trips Day on July 18th. The specific details and destinations for each year group's trip have been communicated to students and parents by Heads of year. I am very grateful to our HOYS for all the organisation and planning which has gone into the provision of the trips. It promises to be a very enjoyable day, providing students with unique experiences and creating lasting memories. I look forward to seeing all the photos.

Early Closure at 12.40pm - End of Term on July 21st:

As the end of the term approaches, please be aware that there will be an early closure at **12.40pm on July 21st**. This early closure allows students and staff to wrap up the term and begin their well-deserved summer break. Parents are kindly requested to make the necessary arrangements to ensure that students are collected or safe to travel home at this time.

Many students like to celebrate their birthdays by bringing cakes and balloons to school. It has been the academy policy to not allow this but on occasion we have overlooked this this year. Please be aware that we are re-adopting this policy for at times it can caused problems between pupils. Pupils are allowed to wear sashes and badges if they so wish but hereafter please let your daughters know the cakes and balloons will not allowed.

Thank you again for your ongoing support. We are nearing the end of term but with two high quality weeks to go!

Fiona Stone

headteacher@uai.org.uk



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Chaplaincy News

Pope Francis@Pontifex – 1st July 2023

This is Christian prophecy: responding to evil with good, to hatred with love, to division with reconciliation. Faith transforms reality from within.



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

7th July: be happy, and always full of charity and faith and hope in God.

8th July: Charity directs everything to the honour of God and the good of souls.

9th July: The suffering of this world is nothing in comparison with the blessings which are in Paradise.

10th July: Live a new life.

11th July: Be attentive, with a great and longing heart.

12th July: Act, move, believe, strive, hope, cry out to him with all your heart.

13th July: Consider that we live in the midst of snares and dangers.

Year 10 RE Day

Last week Year 10 students were able to devote an entire morning to step back from their normal lessons and participate in a range of workshops with different speakers around the theme of **'Faith and Forgiveness'**. We were joined by students from the other Ursuline schools in England as part of our centenary celebrations. This was an exciting day with an author, a mime artist and charity workers. In the afternoon students were treated to a masterclass of singing with **'The Voice'** semi-finalist and rising superstar Adenike! We were delighted that Adenike accepted our invitation as she is currently on a national theatre tour as Whitney Houston. It was a real celebration as she sang a range of classic songs and duets with a number of the girls.



Anjgelina Year 10 said, 'the mime was really enjoyable, memorable and funny!'

Safah Year 10 remarked, 'I liked it when the other Ursuline schools arrived, it made it more interesting and the duets with Adenike.'

Aabia Year 10 observed, 'I enjoyed seeing how a strong message could be conveyed through mime.'

Zohal Year 10, commented, 'I enjoyed the singing with Adenike as it was so much fun! hashtagSERVIAM4life!'

Overall, this was a really worthwhile day- thank you to all the participants and all the students who really showed what remarkable young people they are.

Mr F McGhee Head of Religious Education







This year we have been working hard to establish our Chapel Peace Garden. The Laudato Si Committee have helped to maintain the garden throughout the year, and it is really starting to take shape! The Jack Petchey Foundation and the London Children's Flower Society have also been a great help in providing us with some of our resources to include planters, gardening tools and paint to add lots of additional colour. We are delighted with the progress made this year and we are excited for what is to come. Well done to all involved!!

And...

Caitlin, who is now in Year 12, won a Jack Petchey award 3 years ago and bought a bench. This has now been painted, repositioned, and is now also looking lovely in the chapel garden. **Ms Eakins**

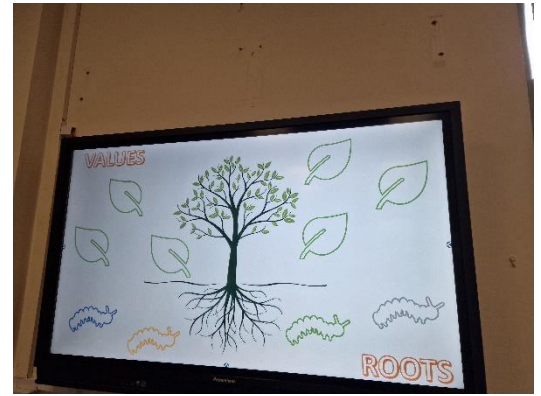


Year 6 Taster Day

On Monday some Year 6 students came to school to taste what it would be like here at Ursuline Academy.

In the chapel, led by some year 12 students, they reflected on Ursuline values and some keywords as well as coming up with their own values that they think an Ursuline student should possess.

OA great time was had by all!



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

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



Library News

Library Loans

All school library books were due back **last week**. Please remind your child to return any overdue books first thing on Monday morning, (or Friday 7th July if possible), as we are transferring to a new library management system on Monday. Thank you.

Ms Finlay, LRC Manager



All library books
are due back on
Friday 30 June
2023 please.



Music News

Summer Music Concert

The Ursuline Academy's Music Department presented their Summer Music Concert on Tuesday 4th July, which featured a lovely variety of soloists and ensembles. A very big well done to everyone that participated for working so hard and performing so well - you are all stars!

Thank you to those who attended the concert to support everyone that performed. A special thanks to all staff who helped to make it possible: our premises team and Mr Goellnitz in I.T. for helping to set up the hall and sound equipment; our new head girl team for supporting the event on the welcoming team and serving refreshments (and their amazing enthusiasm!); our fantastic stage management team: Wyeshali, Isha and Shenaya; our singing teacher, Natalie Cooper, for accompanying; and our other peripatetic music staff and Ms Daniel, Ms Eakins, Mr McCarthy for supporting and preparing our students for their performances.

Thank you and well done everyone!





Ms Deller, Head of Music



P E News

ATHLETICS REPORT

The last half term has been a busy one for the PE Department. We are in the throes of the athletics season.

First race of the season was the Year 7 & 8 Redbridge Schools Athletics Championships which took place on Tuesday the 6th of June at Ashton's Athletics Track. On Wednesday the 21st of June it was the year 9 and 10 students time to shine.

All of the teams supported each other whether that was providing them with water after they finished their race, or giving some coaching to help their teammate improve their next throw or jump.

Every Ursuline competitor gave 100%. Well done to everyone!

Borough Champions (Gold medallists)

Daniella (Year 10) 300m

Azzurra (Year 8) 200m

Azzurra, Shyheima, Veronica, Habiba (Year 8) 4X100m relay

Silver medallists

Fola (Year 7) 100m

Habiba (Year 8) 100m

Gabriella (Year 9) Shot

Chantelle (Year 10) Javelin

Bronze medallists

Habiba (Year 8) Javelin

Sarah (Year 9) 100m

Benita (Year 9) Long jump

Eunice (Year 9) Discus

Emmanuela (Year 10) Triple Jump

Oluwatosin, Tolu, Benita and ***Sarah*** (Year 9) 4x100m relay

Representing the Borough at Essex/ London Events

As a result of their fabulous performances 3 students have also gone on to be selected to represent the borough at other events.



On the 10th of June Gabriella competed at the Essex Schools Championships at Thurrock in the Under 15 Shot Put throwing a personal best of 9.00m finishing in the top 8 in the county!

On Wednesday 28th of June, Fola travelled to Chelmsford to compete in the 200m at the year 7 Essex Championships where she finished 3rd in her heat in the 200m running a fast 30.87 seconds.

On Saturday the 1st of July two of our Year 8 students were selected to compete at the London Youth Games at the Olympic Stadium warm up track in Stratford. Habiba had a very successful day winning a gold medal in the 4x100m relay.

A big thank you to the parents for taking your child to these events - it is really appreciated!





SWIMMING GALA

We attended a swimming Gala on Wednesday 28th June at Bancroft's School with a group of girls from Years 8-10. Although having no experience, the girls quickly formed a team and portrayed themselves well in the competition, and even though unsuccessful in nearly all races, they cheered and encouraged one another on from the moment they entered the pool until the race was finished. A little later all the other competing schools followed our lead and the atmosphere pool side was buzzing! **Azzurra** was our only medallist in the 25m Butterfly, she was outstanding, and really deserved her Gold medal.

Ilford Ursuline Swimming Team: **Azzurra, Angelina, Maryam, Laiba, Lily Power, Sumayyah, Ehimare, Ana, Lilly, Tharaniya, Heather** and **Avil**

We received an email from Bancroft's the following day saying how impressed they were with our girls; they mentioned how well behaved they had been and stated they were a credit to Ursuline!

Ms Harrison-Bloomfield

SPORTS DAY 2023

Just a reminder that Sports Day is on **Thursday 13th July**.

Students should go straight to the track in the morning (do not come to school) and if collecting your child afterwards please be there between **2/2.30pm** as we need to leave the car park before 3pm as the exit is locked by Isaac Newton Academy.

Students should bring lots of water, food, sun cream, hat, umbrella and jacket to protect themselves from whatever weather is thrown at us. Also, if they are on any medication they should remember to bring that along as well.

Ms Mansell



Results Days 2023

A level = Thursday 17th August 2023

GCSE = Thursday 24th 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

	AQA (per candidate, per paper/unit)	EDEXCEL (per candidate, per paper/unit)	OCR (per candidate, per paper/unit)	WJEC (per candidate, per paper/unit)
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

	AQA	EDEXCEL	OCR	WJEC
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 22nd August 2023

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

GCSE Re-mark = **Monday 25th September 2023**

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

PRIORITY GCSE Electronic Script- **Wednesday 6th September 2023**

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

GCSE ELECTRONIC SCRIPT - **Friday 8th September 2023**

Mrs B Jivraj, Exams Officer



Science News

Impact of Artificial intelligence in education and how to develop lifelong learners

We had the privilege of attending Dylan Wiliam's "Embedding Formative Assessment" session. Wiliam's words resonated deeply as he expressed that teaching is primarily about intuition and understanding rather than just imparting knowledge.

The day was truly insightful, shedding light on the significance of preparing our students for the future, working with AI, and implementing effective assessment strategies grounded in research.

Wiliam, an emeritus professor of assessment at the UCL Institute of Education, delivered an enlightening session that emphasized the importance of providing feedback to students and focusing on their growth rather than solely on their work. His passion and expertise inspired teachers to further develop their formative assessment practices. Overall, it was a brilliant day that left us both equipped with a wealth of wisdom to enhance our teaching journeys and promoting the central message:

" all students whatever their ability of context, leave school fully prepared to lead fulfilled and purposeful lives"

Ms Tallat & Mr Uddin





Sixth Form News

You may remember that last week I spoke about Jonathan Tinnacher and his incredibly interesting and useful newsletter which he publishes every week. This newsletter is for anyone currently applying for university, and anyone helping them. Please share with your friends and family or why not [sign up for your own subscription](#) (it's free!) and will arrive directly to your inbox every Tuesday.

This week he looks at how you can make best use of ChatGPT if you are using it to help with your UCAS Personal Statement. We hear about The University Guys, who can help you discover everything you need to know about study overseas. And we learn the single most important lesson in communication from Simon Sinek, all round marketing guru. Happy reading!

Writing your UCAS Personal Statement using ChatGPT

I'm writing this during a week when hundreds, if not thousands, of schools world-wide will be holding university application weeks for their year 12 students. Right at the centre of these events will be kick-off sessions for writing your UCAS Personal Statements. I wonder how many of these sessions will focus around how to make best use of ChatGPT, and how many will just conveniently ignore it?

I expect most sessions will probably ignore the potential for using ChatGPT. The issues are just too complicated, and let's face it, using AI for this sort of task is just cheating right?

Well yes, the issues are complicated, but that is no reason to ignore it. And at a time when doubtless many of you are already using ChatGPT and other AI tools on a daily basis to help with your homework, I thought it just plain common sense to have a look at it!

[Read more](#)

Did You Know?

I generally write about UK universities, but if you are in the UK and are considering studying elsewhere, I'd highly recommend 'The University Guys' for help and support.

They are particularly clued up about study in the USA, but their expertise goes well beyond that. As well as 1-2-1 support, they've got a whole load of information on their website to help you learn about study overseas. Why not check them out?

www.theuniversityguys.com

Quote of the week

"Communication isn't about saying what we think. It's about ensuring others hear what we mean."

Simon Sinek, author of *Start with Why*

I cannot stress how important this is, whether we are posting on Instagram, giving advice to a friend, or writing our UCAS Personal Statement.

It is our responsibility to ensure that we are heard and that our point has been received and understood.

Ms Basi, Head of Year 13



Careers

Years 10 -13 – Career Options in Finance



Did you know, you don't need a degree to launch a successful career in the business world at PwC, one of the Big 4 professional services firms. Many of PwC's senior leaders joined the firm without a university degree and have accelerated their career at PwC and beyond. Things are changing and we're giving you more opportunities than ever before to progress your career in accounting, technology and business – whether you want to jump straight into the working world, go to university, or both.

All of our full-time School and College Leaver programmes are designed to help you develop your business skills through real client work, while also completing formal training and studying towards qualifications to give you a head start in your career. PwC will provide you with support all the way. You'll earn a competitive salary, benefit from our excellent support networks and have the opportunity to continually progress your career. Just like our graduate joiners, you'll work on varied and challenging client and internal projects, which make a real difference to the world of business

Looking ahead to the next academic year, PwC has just launched a Virtual Classroom events series taking place throughout June and July. The sessions are designed to support students, in Years 10 - 13 in understanding the options available to them after leaving school or college. They will have the opportunity to gain top tips as well as hear from current students and apprentices, and get their questions answered.

The sessions include:

Looking ahead to your career options: Degree programmes - Thursday 13th July 5:30pm - 6:30pm

Looking ahead to your career options: Apprenticeships - Tuesday 18th July 5:30pm - 6:30pm

Attendees will need to [pre-register](#) for each session - the link for each session will be sent to you in the confirmation email once you have registered for the event.

UCAS Webinar for Yr 12 Parents (and their uni-bound teen)

Over 60 schools have now shared the details of this event and we're on course for over 1000 parents and their teens to benefit from our lineup of great speakers. I'm contacting you again to ensure that you don't miss out on the opportunity to forward the details if this event complements what you already provide in terms of UCAS support.

The online event is next **Thursday (6th July) from 6-9pm**. There will be information and tips on the biggest game-changers for students applying to university, as well as enlightening their parents on how they can best support their child through their application.


ParentGuidetoPost16 has teamed up with speakers who will lift the lid on the process of university applications, as well as the increasingly popular degree apprenticeship route. There will also be a session on how to create a punchy personal statement.

Speakers include:

- Becci Williams from the admissions team at **Nottingham Trent University**
- Pravahi Osman from Balliol College, **Oxford University**, discussing Oxbridge applications
- Emily Barnes - Currently completing a **degree apprenticeship** to become a solicitor.
- Kobe Tong - Starting a policing **degree apprenticeship**.

To book their place at the UCAS Summit, they just need to register at:

<https://ucas-summit.com/register>

The banner features the text 'The London Institute of Banking & Finance' in a dark blue box on the left. To the right, it says 'Join us for our three day Summer Taster programme and get a taste of student life with LIBF' in green and blue. On the far right is a photograph of a diverse group of students looking at a smartphone. A small graduation cap icon is positioned below the text.

Do you feel unsure about your university choices or how student life will suit you?

Every year, we host a three-day [Summer Taster programme](#), where students just like you get together to experience university life in the heart of London's thriving financial district. It's a great chance to meet other students, who you may be studying alongside in the future, as well as:

- exploring the career paths the financial services sector has to offer
- touring London's financial district, one of the top global financial hubs
- getting an insider view from an expert panel discussion and Q&A and so much more!

The London Institute of Banking and Finance is not your typical institution. We're small and specialised, placing extra attention on careers and employability through our degree programmes. We also regularly run [REACH events](#) for mature, ethnically diverse and female students with the aim of making the finance sector more inclusive and representative of our society.

[Book your place now](#)

Ms Finlay, Careers Coordinator



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!





Redbridge News

Some see hard work. You see a Happy Ever After. Foster for Redbridge.

You could be the one to teach a teenager independence and help to guide and coach them into adulthood.

Over 300 children in Redbridge are unable to stay at home for a variety of different reasons and need foster care. Be the change that they need and help to make a difference to their life.

If you have a place in your heart and home to foster a young person, please call us on 020 8708 6068 or email fostering@redbridge.gov.uk or join us on our next virtual information session on 19 July 2023 10am to 11am. Visit <https://www.eventbrite.co.uk/e/foster-for-redbridge-coffee-morning-wednesday-190723-10-11am-tickets-560849856017> to book a place.



London Borough of
Redbridge

**Some see
hard work.
You see a
Happy Ever
After**

Foster for Redbridge
020 8708 6068
fostering@redbridge.gov.uk

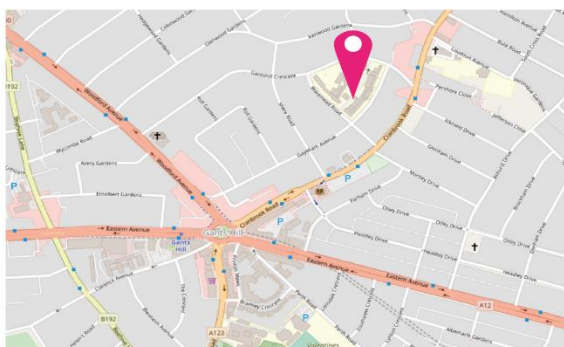


Are you struggling with the cost-of-living?

Do you have questions about **benefits payments**, managing your **finances**, finding a **job** that fits your needs, or other pressures related to the **cost-of-living**?

**Redbridge Council is here to help
every Tuesday from 4 July**

**@ Redbridge Institute
Gaysham Avenue, Gants Hill, IG2 6TD**



Drop-in session – 10.00 -12.00

- No appointments – just turn up
- Speak with our team to explain your question or issue
- Get answers to your questions and find out what to do next

Booked appointment session - 14.00-17.00

Following a conversation in a drop-in session, we may arrange a time for you to get dedicated support from a specialist

School's Out Take an emotional health check



Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child**, **read their behaviour** and **help them look after their emotional health**.



inourplace.co.uk

Understanding your child online course has been paid for by **London Borough of Redbridge and NELFT**, so you can access it **completely free** using the code **BRIDGE**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.



REDBRIDGE CHILD FRIENDLY CITY:

CHILD RIGHTS TRAINING FOR CHILD AMBASSADORS

Participation Information

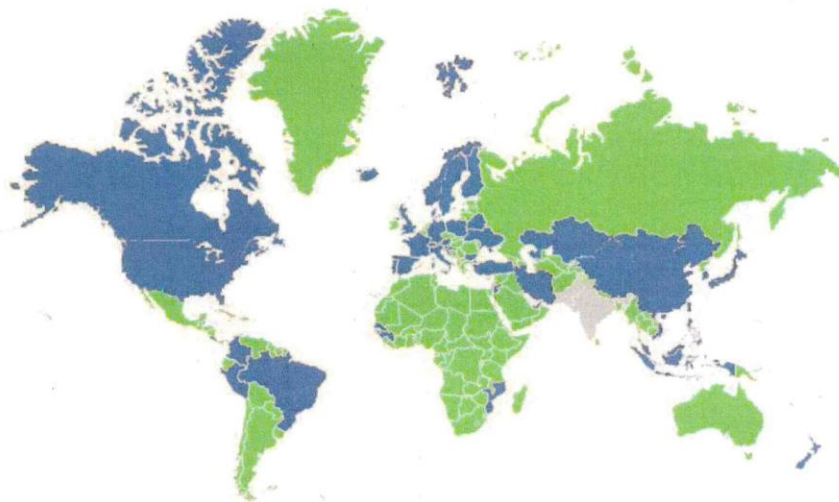
What is the Child Friendly Cities and Communities (CFC) Programme?

UNICEF UK is working together with cities and communities across the UK to help make them places where all children and young people feel safe, heard, nurtured and cared for. We support the people who work with and for children and young people to understand children's rights and to make sure that they are experienced by **every child and young person**.

What does this mean for Redbridge?

Redbridge council is working in partnership with UNICEF UK to become recognised as a **Child Friendly Community**. At the centre of this lies a commitment to listening to children and young people's views, considering your opinions and experiences, and making sure you have a voice in the design and delivery of services in your city.

This work is part of Unicef's global Child Friendly Cities & Communities Initiative, which helps cities and communities in more than **40 countries** around the world to put children's rights and wellbeing at their heart.



The Unicef Child Friendly Cities Initiative is active in over 40 countries across the world

If I choose to participate, what's involved?

We will kick-off with children's rights and youth governance training; learning lots more about the Child Friendly Cities & Communities (CFC) programme, your rights as laid out in the United Nations



Convention on the Rights of the Child (UNCRC) and your important role as a member of the youth governance structure in Redbridge; the CFC Youth Ambassadors.

The training will be held at Redbridge Town Hall, 128-142 High Road, Ilford IG1 1DD on the following 2 dates:

From 5-7pm on Wednesday 12th July 2023

From 5-7pm on Thursday 13th July 2023

Just use this link to book yourself onto the training: <https://www.eventbrite.co.uk/e/child-friendly-redbridge-unicef-ambassadors-training-tickets-665184413487>

These 2 sessions will be fun and interactive! We will provide snacks and drinks at each session.

Then the working group starts on Wednesday 19th July 2023.

Please let Simeon know in advance if there's anything that would make it easier for you to access and enjoy the session. They will share it with the UNICEF UK facilitators and will treat what you tell them with care and confidentiality.

Your consent

You need to complete the Redbridge Youth Service Registration form [Redbridge - Get involved! See what's on for you](#) if you haven't already done so and the Eventbrite sign up form and we will send you a Redbridge Youth Service photography and filming form. Please do tell us if you don't want to be filmed during the session. This is about making sure you understand what's involved in the training and how it will be run.

We understand you might change your mind about taking part! We hope that you will have a great time and enjoy the sessions but if, for any reason things change, that isn't a problem. Just let Ferzanah or Simeon know as soon as possible. **Your participation in the training sessions and as youth ambassadors is entirely voluntary and you can choose to stop at any time.**

Your data

We will only hold data that is necessary and relevant to you. This will be held in a secure way and you can always ask for access to it.

Support

This opportunity is open to young people aged 11-19, or up to 24 for those who identify as SEND. If you have any support needs to join the sessions, please do contact us as we want this project to be both as representative and inclusive as possible and represent as many young people across Redbridge possible.

To learn more about the partnership work going on between Redbridge Council and UNICEF UK, <https://www.redbridge.gov.uk/childfriendly/> or to ask any questions about the programme or upcoming activity, please contact:

In the meantime, if you have any questions, please contact either:

simeon.earnshaw@redbridge.gov.uk, 07586722569

Extra-Curricular Activities

Day	Activity	Time	Room
Monday			
	Indoor Rowing - All Year Groups: CHB	12.40 – 1.10p.m.	Gym
	Worship Band – All Years: SDE	1.00 – 1.40p.m.	S5
	Chemistry Club – All Years: JOS	1.00 – 1.30p.m.	G8
	Athletic – All Years: JMA	3.20 – 4.20p.m.	Playground/Gym
Tuesday			
	Woodwind Ensemble – All Years: SDE	10.40 – 11.00a.m.	Practice Room 3
	Maths Club – All Year Groups: TKO	12.40 – 1.40p.m.	S6
	Contemporary Dance – Years 7 & 8: SFR	12.40 – 1.10p.m.	Dance Studio
	Badminton – Years 11 & 6 th Form: DEA	12.40 – 1.10p.m.	Gym
	Eco Warriors Club – Years 7 & 8: HCO/JMC	1.00 – 1.30p.m.	G3
	Violin Ensemble – All Years: SDE	1.10 – 1.40p.m.	S5
	STEM Club - All Year Groups: AKO	1.00 – 1.30p.m.	G12
	Drama Club – Years 7 & 8: IMI	1.00 – 1.30p.m.	Drama Studio
	Rounders – All Years: CHB	3.20 – 4.20p.m.	Playground/Gym
Wednesday			
	Ukulele Group – Years 7 & 8: DEA	10.40 – 11.00a.m.	S5
	Fitness – All Years: CHB	12.40 – 1.10p.m.	Gym
	LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO	12.40 – 1.10p.m.	F19
	Science Club (Selected Students): PBH	12.45 – 1.15	G10
	Board Games Club – All Year Groups: BFA	1.00 – 1.30p.m.	F13
	French Club – Years 7 & 8: LDE	1.00 – 1.30p.m.	G6
	Geography Intervention: HCO	1.00 – 1.30p.m.	G3
	UAI Choir – All Years: SDE	1.00 – 1.40p.m.	S5
	Football – Years 9, 10 & 11: LBU/CSC	3.20 – 4.20p.m.	Playground
	Geography Revision: HCO/JMC	3.20 – 4.20p.m.	G3
	DT GCSE Catch Up Session: AKO	3.30 – 4.30p.m.	G12
Thursday			
	Art GCSE Coursework & Intervention: RBU	12.40 – 1.40p.m.	S2
	P E GCSE Coursework & Intervention – Group 2: CHB/SFR	1.00 – 1.30p.m.	G18
	Chess Club – All Year Groups: LFI/BFA	1.00 – 1.30p.m.	G7
	STEM Club - All Year Groups: AKO	1.00 – 1.30p.m.	G12
	Guitar Ensemble – All Years: SDE	1.00 – 1.40p.m.	S5
	Handball – Years 8 & 9: SFR	3.20 – 4.20p.m.	Playground/Gym
	GCSE Computer Science Catch Up Session – Years 10 & 11: RMI	3.30 – 4.30p.m.	F6
Friday			
	Art Club – All Year Groups: RBU	12.40 – 1.40p.m.	S2
	Multi Games – SS Students (Invitation only): JMA/BTEC Students	12.40 – 1.10p.m.	Gym

	Glee Club – All Years: SDE	1.00 – 1.40p.m.	S5
	Running Club – All Year Groups: JMA/NHA	3.20 – 4.20p.m.	Playground/Gym



P E Clubs	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 12.40 – 1.10p.m.	Indoor Rowing All Years Gym (Ms Harrison- Bloomfield)	Contemporary Dance Years 7 & 8 Dance Studio (Ms Francis) Badminton Years 11& 6 TH Form Gym (Ms Eakins)	Fitness All Years Gym (Ms Harrison- Bloomfield)	GCSE PE Coursework & Intervention Group 2 G18 (Ms Harrison- Bloomfield & Ms Francis)	Multi Games SS Students (Invitation only) Gym (Mrs Mansell & BTEC Students)
After School 3.20 – 4.20p.m.	Athletics All Years Playground/Gym (Mrs Mansell)	Rounders All Years Playground/Gym Ms Harrison- Bloomfield	Football Years 9, 10 & 11 Playground (Mr Burt/ Ms Scallan)	Handball Years 8 & 9 Playground/Gym (Ms Francis)	Running Club All Years Playground/Gym (Mrs Mansell & Ms Harrington)



EXTRA-CURRICULAR MUSIC CLUB TIMETABLE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breaktime		WOODWIND ENSEMBLE @10.40am Practice Room 3	YR 7+8 UKULELE GROUP @10.40am S5		
Lunchtime	WORSHIP BAND @ 1pm S5	YR 11 BAND @ 12.40pm S5/PR1 VIOLIN ENSEMBLE @ 1.10pm S5	UAI CHOIR (All years) @ 1pm S5	GUITAR ENSEMBLE @ 1.10pm S5	GLEE CLUB @ 1PM S5



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,

A good companion is priceless and helps us to make the best of ourselves. In this Sunday's Gospel, Jesus offers his companionship to us and to our children.

In this much-loved and encouraging gospel passage, Jesus invites us to go to him to rest and to be refreshed. Jesus came to take away fear and loneliness – to help people feel loved and accepted. We can experience Jesus' companionship through other people and through spending time with God in prayer.

Wednesday 5th July 2023

We do not need to be clever, rich or popular for God to care for us. Regardless of our faults or weaknesses, Jesus always loves us and offers us his comfort and everlasting companionship.

Enjoy a special time together this evening, hearing your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **COMPANION**.

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 9th July 2023



Jesus exclaimed, "I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do.

Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

Adapted from Matthew 11:25-30

The 14th Sunday of Ordinary Time, Year A

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

"When Jesus is your companion, you have joy, calmness and happiness." Pope Francis



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

In this Sunday's Gospel, Jesus invites us to experience the true peace and rest that his companionship brings. He wants to walk alongside us to help lighten life's load. At all times (and particularly whenever we feel overburdened, worried or afraid) Jesus calls us and our children to share, through prayer, any troubles or upsets with him.

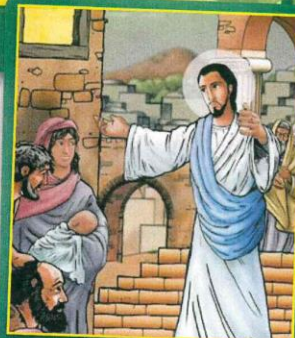


1 Our Special Time Together

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

Jesus had been teaching his disciples about God the Father, and then started to teach and preach to the people in the towns of Galilee. He said, "Come to me, all you who work hard and are troubled or tired and I will give you rest. Learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

What did Jesus say he would give us? Which word or words stood out for you in this Sunday's Gospel, and why? What does the Gospel picture make you think about?



2 Wednesday's Word is ...

COMPANION

3 Loving God & Each Other

Jesus wants to be our companion through life - to be there for us always, reminding us that we are loved by God.

Good companions always want the best for us. Ask your child what the word 'companion' means to them. Parents, carers, children and friends can be good companions for each other. As a family, talk about people who are good and helpful companions to you. Can you remember the last time that you were a good companion and helped or comforted someone? What did you do?

"Do you want your companions to respect you? Always think well of everyone, and be ready to help others. Do this and you will be happy." *St John Bosco*

As a family, talk about the qualities that make a good companion (e.g. trust, kindness, honesty, loyalty, etc.). Then each say one thing that you can do to be a better companion to someone at home, at work or at school. Perhaps it is by: always trying to treat your friends as you would wish to be treated; saying kind and encouraging words to your friends; supporting and giving, rather than taking; being reliable, faithful and loyal.



Dear Lord Jesus, you are kind and full of compassion. Thank you for offering to be our **companion** and sharing our concerns as we journey through life. Amen.

S W S E L B M U H K H L
O R T A H J T V W R U R
U J E R T I R E D O M J
R E S S O T O H S F B W
D S E R R U U D S A L T
H U B A J V B G D C I S
D S E F G E L L S R G G
W H U M B L E D E F E B
S J R W S T D D K D N M
T S E R V N S O U L T U
R E S R H E A R T J L H
K W T B F G H S U S E J

WEDNESDAY WORDSEARCH

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

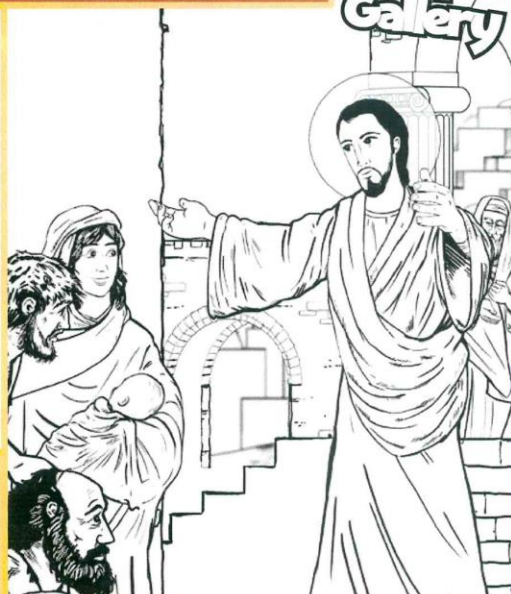
☒ **TROUBLED** ☒
☐ **TIED** ☐
☐ **JESUS** ☐
☐ **GENTLE** ☐
☐ **HUMBLE** ☐
☐ **HEART** ☐
☐ **REST** ☐
☐ **SOUL** ☐

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

Cross out the letters **a u l** in the jumbled words below to find 4 real words.

urelsat atiureld Cloumae uwolrak

_____ to me, all you who _____ hard and are
troubled or _____ and I will give you _____.



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

Jesus never wants us to feel troubled, he wants to be our companion - to help us live peacefully in his way. We are doing this whenever we are loving and caring, trying our best to be gentle and kind - bringing calm and comfort to others.

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