



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News – Issue 36

30th June 2023



Dear Parents/Guardians

I hope that everyone in our school community who celebrated Eid this week had a wonderful time. During this week we held another celebration, we hosted the annual Year 11 Prom last evening. I hope that all our students had a great evening, they really deserve to have a well-earned rest and much fun after the demands of examinations!

I would like to ask for parent and carer supporting in checking and monitoring your daughters' use of social media. We frequently encounter instances wherein issues or even conflicts among students arise as a result of unkindness exhibited on social media. Consequently, it is of utmost significance that parents actively collaborate with us in addressing such unkindness or instances of online bullying, thereby ensuring a secure digital environment for all individuals. Everyone has the right to be treated with respect and to feel safe in digital spaces.



I would like to say a huge thank you to the PSA for all their hard work in volunteering to support the school throughout 2022-23. This team have worked relentlessly to support us in planning activities to generate much needed funds for the school. In September 23' we will be welcoming new young people and families to the school community so the PSA will be holding the AGM with elections for the leadership of this group for 2023-24. Mr Gary Challis is the SLT link for the PSA, if you are interested in getting involved please do contact him gchallis@uai.org.uk

We met some of these new members of the school community on Wednesday evening when we hosted an evening for the parents of our Year 6 pupils who will be joining us as new Year 7s in September. I really enjoyed meeting the new students and their parents and look forward to their formal welcome when they officially join us.

On the same evening we hosted the Art & Music exhibition evening, you can see some great images below, the standard of the Arts in this school is outstanding!

Fiona Stone

headteacher@uai.org.uk



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Chaplaincy News

Pope Francis@Pontifex – 29th June 2023

It is only by following the Lord that we come to know him each day, only by becoming his disciples and listening to his words that we become his friends and experience his transforming love. #StsPeterand Paul Vatican va/content/france



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

30th June: Charity directs everything to the honour of God.

July: Encouragement

1st July: May the strength and true consolation of the Holy Spirit be in you all.

2nd July: God will give you the necessary strength, provided you do what you can.

3rd July: I am continually among them provided they believe and do not lose heart.

4th July: God will never fail to provide for their needs, so long as nothing is lacking on your part.

5th July: Put all your zeal and strength into carrying out your duty.

6th July: Do not be afraid of not knowing and not being able to do what is required in such a unique responsibility.



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)



Art News



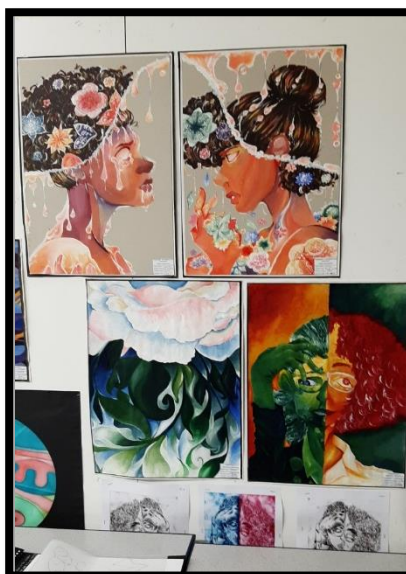
On Wednesday we had our Art & Music annual Exhibition and this year we were joined by Drama students Karmel Lahai and Christina Bradbeer, who performed a truly heartfelt monologue about the importance of family. It was inspired by the artwork of Imogen- Bess Van Beers, who had created a lovely piece of art which featured her family and how they are connected through their creativity. The monologues added a whole new layer to the exhibition and were much appreciated. As students, staff, parents and Governors walked around admiring the GCSE student's work, wonderful music played. There was beautiful singing by music students



accompanied by a violinist, guitarists and pianists. Visitors remarked to me "I love the soothing music, it adds to the atmosphere" – the music department has played a part in this event for the last two years and

the talented musicians go above and beyond to enhance the enjoyment for the visitors. A huge thank you to the musicians and to the Drama team for making it special.

Final thanks go to Mrs Deller and Ms Milne whose support and encouragement made it possible.





Well done to all the GCSE Art students who have worked hard in producing some amazing artwork.

Mr Butler
Head of Art



Diversity Week!

At Ursuline this week we have been celebrating the diversity of our school community.

Today at breaktime we invited staff and students to chalk messages of support on the playground in support of the LGBT community at school and generally around the world. We at Ursuline Academy believe that discrimination of any kind is wrong and that people should be free to be themselves. Take a look at some of the messages and see the lovely words people wrote!

Mr Donovan & Miss Mackie





History News

On Tuesday some Year 7 students had the opportunity to go and visit Westminster Abbey. They have been studying the Tudors and religious change recently in history so this was an exciting chance to develop their knowledge and see the tombs of the monarchs they have been learning about. The students were all brilliantly behaved and a credit to the school.

Rashmi 7U- I really enjoyed this trip because it was really educational and it will help me surely in the future with my GCSE's

Sophia 7J- it let me feel closer to history and I just loved the Abbey in general. I hope to see it again soon.

Zahra 7T- It's so interesting how much history is around us and I want to have more trips like this

Imaan 7T- I really enjoyed this trip it was really interesting

Skyrah, Tiahna, Amina (7J) Very powerful and interesting, very helpful in our studies and we saw beautiful architecture.

Mya (7U) Magical experience - History in its finest form

Victoria (7U) My feet hurt - but I loved the dead kings

Jasmine (7C) Beautiful design





Mr Donovan, Mrs Beatham, Ms Mackie



Library News

Library Display



So far this month we have included the LGBT+ community, Windrush Day and Refugee Week under the umbrella of 'Reading for Empathy'. We conclude this month with 'Disabilities Week' and hope that our library display acknowledges the huge contribution and inspiration made by those with special needs, needs seen and unseen.

Ms Finlay, LRC Manager



Music News

Our lovely Music Students performed at our Art Exhibition this week. Visitors commented that they loved the soothing music as it added to the atmosphere! #Serviam girls!!



URSULINE ACADEMY ILFORD MUSIC DEPARTMENT INVITES YOU TO A SUMMER MUSIC CONCERT

FREE ADMISSION
TUESDAY 4TH JULY 2023
6PM-8PM
SCHOOL MAIN HALL

FOR MORE INFORMATION
PLEASE CONTACT MS DELLER
020 8554 1995



Sixth Form News

Year 12 have had a busy week sitting their Qualification for Entry Exams. It is a stressful time for the students but a big congratulations for getting through it. Now that the exams are over we will be fully focused on the UCAS process and supporting our students on their Post 18 Pathways journey.

If this is your first time supporting a student through the UCAS process or you would like to know more about the options available, then please take a look at the UCAS guides on [applying](#) for University, and [apprenticeships](#) (see links)

You can also subscribe to Jonathan Tinnacher's excellent newsletters which are a brilliant weekly guide to support you through Year 13. Every Tuesday he'll challenge the way you think about making your career and university choices, give you clear, actionable ideas to make a better application, and inspire you to keep going when the process gets tough! This newsletter is for anyone currently applying for university, and anyone helping them. Please share with your friends and family and [sign up for your own subscription](#)

Ms Basi, Head of Year 13



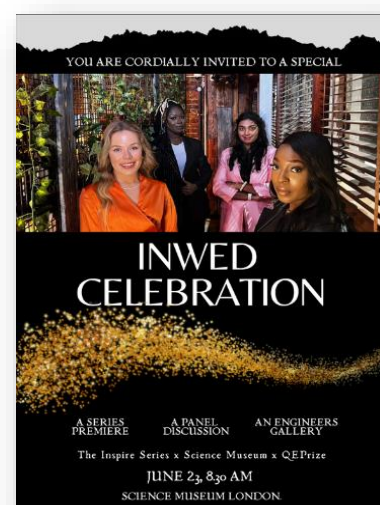
STEM News

International Women in Engineering Day 23rd June 2023

As part of the International Women in Engineering Day 2023 (**INWED23**), we were delighted to be invited on Friday 23rd June to share in the celebrations of the day at the Science Museum. 18 of our students had the incredible opportunity to attend a sneak preview premiere screening of the pilot episode of **'The Inspire Series'**. The series is aimed at showcasing the professional lives and journeys of remarkable women working in Science.

As we made our way to the Science Museum after an early start, an appreciated welcome of refreshments awaited us in time for the screening. During the morning, students not only had the chance to witness the unveiling of the new Inspire series but also had the privilege to meet renowned individuals such as Yewande Akinola MBE FIET, Dr Nike Folayan MBE PhD CEng FIET, and Dr A-Marie Imafidon MBE & Co-founder of Stemettes who joined via video link.

**SCIENCE
MUSEUM**



The first series presented the professional and social lives of four remarkable women engineers and proved to be truly uplifting, inspiring and igniting the passion in our girls to pursue STEM related careers.

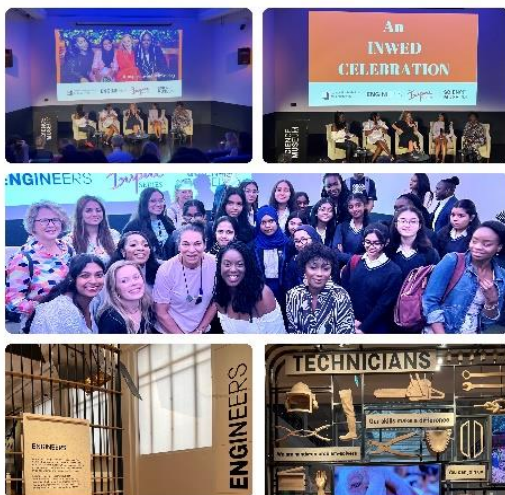
We firmly believe that addressing the gender disparity and breaking down barriers in the field is essential and this event served as an exceptional way to encourage young girls to explore the exciting world of STEM. We are incredibly grateful for the support and enthusiasm showed by everyone and allowing our students to be one of the first to see 'Engineering Gallery' as it officially opened to the public. Thank you to Yewande Akinola and the Science Museum for this wonderful opportunity!



Miss Tallat Physic Teacher

Sriyaanvy Ramineed 10T; *This experience helped me understand more about Engineering in a fun and interesting way through the video. I loved the gallery which was fun and interactive screens with information to learn more about the work of the Engineers and their careers changing the world around us.*

Trinuha Arilathasan 10C; *Many people have stereotyped that Engineering is a male dominated space that only involves construction, I feel very honoured to have been given the opportunity to attend the trip. I enjoyed listening to the 4 women talk about their careers and the many opportunities that you can have within it, and helping understand it even more in a fun way.*



Nahaian Joyeta 10T; *The film was very captivating and intriguing; I really loved the form of presentations it was not like a documentary, but a beautiful vlog that captivated the audience attention and understood the younger generation. I also loved the interactive engineering gallery which made the whole experience fun as well!*



Joeliyn Nesarajah 12.2; *I enjoyed listening to the speakers who spoke about their own individual experiences at work and how they touched on the interesting topics like diversity in engineering and the need for more women to enter with the problems need to make it a better world to live in.*

Alizah Khalil 10U; *Last Friday I was given the opportunity to visit the opening of the Engineering Gallery at the Science Museum. I really enjoyed exploring the different careers that were linked to STEM and learning about the experiences of the other engineers and people within the Science field of work. My favourite part of the trip was the Q&A and how we had the opportunity to ask questions and receive advice by the experienced engineers.*



Young V&A Press and Influencer Preview

“Move Over, stuffed teddies, museums today need more to stimulate young minds, and it's critical we work to support and develop the next creative generation.” Says the Tristram Hunt the director of the **Young V&A Museum** formerly the V&A Museum of Childhood. That’s exactly what our visit for 30 students did on Monday for its first press preview. With its £30 million transformation, the students were the first to visit the museum since it closed 3 years ago.

Over the past two years, KS3 students and staff have worked very closely with the V&A (a valued partnership) in testing and piloting their new schools programme, ready to roll out to visiting school groups from September 2023. Students also took part in the World’s first ever student co-curating with the designer **Sam Hecht** and they got an opportunity to see the ‘Less than a Fiver’ exhibition of the objects they had chosen displayed at the museum.



Director of Young V&A Tristram Hunt

During our visit, students had a drawing session with the famous author and illustrator Ed Vere and were also interviewed about their experience in taking part in the redevelopment of the museum by various TV news channels including BBC London News, Sky FYI and journalists from other press houses including The Guardian and the children’s newspaper First News. We would like to say Thank you to Kirsty Sullivan, Julia Josephson, Catherine Ritman Smith and all the Young V&A team for their work with our students, having our young people in attendance at this very special event and for allowing them to fully experience the museum first-hand. For some, perhaps, the day will be remembered for their own 15 minute of fame. The Young V&A museum in Bethnal Green in east London will open on Saturday 1st July. **DT Team**



BBC London News Presenter Wendy Hurrell interviewing some of the girls



An interview with the Sky News



Harriet from The Guardian

Catherine Ritman Smith Head of Learning and Engagement for the V&A and V&A East; “Everyone remarked on how articulate and engaged the students were including the author Ed Vere! Please do pass on to staff and colleagues how treasured you all are and how the students are a credit to the school”

Kirsty Sullivan former Education Programmer Manager of the V&A remarked; “Couldn’t have done so many things over the years without the Ursuline, it’s only right that they should be the first through the doors”



Lanna Poon 9U; *Today was really fun and entertaining. We had so many opportunities like being interviewed and going to the V&A. We got to talk to many new people and made new friends. We got to do an illustration activity exercise with the illustrator and looked at the products that we had co-curated for the ‘less than a fiver’ exhibition. It was really cool and I loved it.*

Aleeza Shaikh 9C; *I loved everything about today, especially me being interviewed by so many different news channels and journalists. It was scary and nervous and maybe I might have missed up a little bit, it’s still okay. I’m very happy and I feel proud. I can’t wait to watch myself on the news. In between, I learned loads of different things, I loved seeing the different displays and especially the little fun and story-time in which we drew with the illustrator.*

Raheema Mohamed Yousaf 9C; *It is going to be one of my memorable trips in the school life. It was amazing to be part of the V&A new beginning, it was also very inspiring to see those designs and all that made by young people. The best was the drawing session, it was really fun working with the famous author. Thank you so much V&A and teachers for supporting us young people to establish!!*

Annabel Danson 9T; *A part I liked the most when visiting the V&A museum was being interviewed by the news reporters about things we learnt about the project called ‘Less than a fiver’. The best part was getting the chance to be the 1st secondary school to explore the exhibitions. I saw artefacts and so many other things such as recycled handbags*

Shreshti Gurrapu 8J; *I’m grateful to have visited the V&A Museum. I liked the optical illusion house, where one person would look much taller than the other. I loved the sand-pit, it was so relaxing and calming, this was one of my favourites. I have learned so much while on this trip like the many ethnicities and where things were made. I loved this trip.*





Sara Shafiq with Author& Illustrator Ed



UAI African

Caribbean Society News

On Thursday 22nd June, we acknowledged Windrush Day, and the ACS committee created a celebration event to remember all the Caribbean people who travelled to Britain.

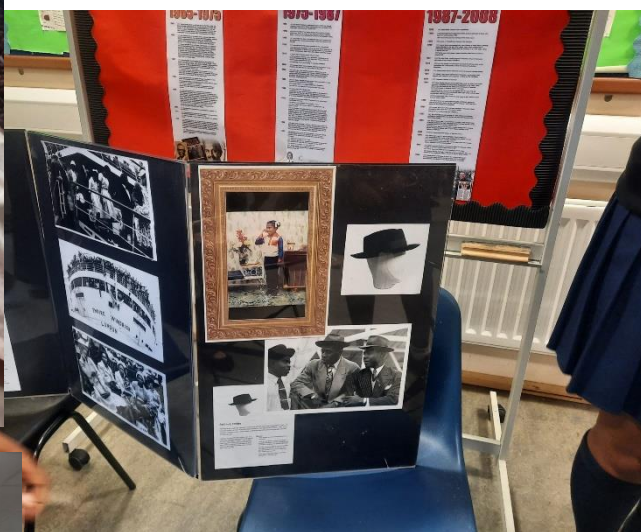


This day honours the Empire Windrush's arrival in Tilbury Docks, Essex, on June 22, 1948. 1027 Caribbean nationals travelled to the UK to aid in the post-second world war reconstruction of the nation were on board the ship. The passengers on the Windrush were eager and full of optimism for their new life in the UK.

We recognised the hard journey that many took 55 years ago to change their lives, and as part of this celebration event, students had the opportunity to write messages to those who travelled the long journey to Britain, via information stations set up in the Dance studio. We also gave out authentic Caribbean food which the students really enjoyed!

It was a day of love and laughter where all pupils from all cultures came together to celebrate an important day. The ACS committee want to thank all pupils and staff who came together to support and host this amazing event. It was definitely a day to remember.

Ms Francis





Careers



Hodder Education is a division of Hachette UK, one of the largest publishing groups in the country. We're home to some of the best-known authors and we're creators of blockbuster fiction, insightful non-fiction, informative textbooks, vibrant children's books, puzzles, gifts and games.

Virtual work experience with Hachette UK

Where? Online, with weekly after-school sessions of 1.5 to 2 hours

When? Programme runs between 25 September and 30 October 2023

Who? Open to all students aged 15 to 18

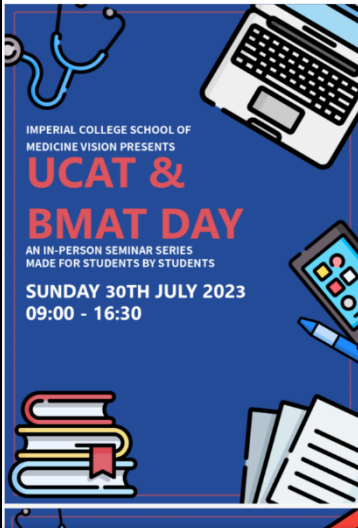
Students will find out what is needed to publish a commercially successful book and the business decisions needed at different stages. They will discover how different teams collaborate and gain an understanding of the wide number of jobs in the publishing industry.

The programme will include opportunities such as:

- Virtual panel events
- Creating marketing plans and social media campaigns
- Proofreading
- Learning about audiobooks, adaptations and tie-ins with TV and film

If you think that this opportunity sounds of interest, please do apply. [Click to apply.](#)

Apply via Springpod



Imperial College School of Medicine Vision 2023 Conferences

We are ICSMSU Vision, an outreach society run by Medical Students from Imperial College London. Our aim is to deliver events for students aspiring to study medicine that will help with the UCAS application process.

Having gone through the admissions process ourselves, we know there are many challenges and hurdles to overcome in order to achieve a successful medical application. It is often very overwhelming for students to know where to start and how to prepare a successful application to medicine. Although many organisations offer courses to help with this, they often charge very high fees. As a society, we strive to provide support for students from all backgrounds to reach their full potential and have the greatest chance of

success.

The UCAT & BMAT Day is aimed to prepare students for medical school entrance exams later this year and will be held on **Sunday 30th July 2023**. This day is composed of small group tutorials taught by professional tutors and experienced medical students. The event will be self-catered so students will need to bring in their own lunch.

More details can be found in the links below.

Sign up HERE for the UCAT & BMAT Day: <https://www.imperialcollegeunion.org/shop/csp/vision/vision-ucatbmat-day-2023-ticket>

The Mastering your Medicine Application (MMA) Conference is also aimed at students preparing an **application to medical school** later this year and covers the UCAS and interview stages. This will be held on **Saturday 23rd September 2023** and provisionally consists of:

- Individual personal statement feedback
- MMI style interviews and feedback
- Ethics Session
- Talks from eminent physicians and current students of Imperial College Medical School

Register your interest for the Mastering your Medicine Conference here:

<https://forms.gle/hbpARRzjcRQUEu8L6>

Both events will be hosted in person at the Imperial College London South Kensington Campus to enhance engagement and ensure students benefit as much as possible. Following sign-up, students will be given detailed instructions for the event.



🔍 **The Empowered Females in STEM Network** aims to engage and empower diverse female and non-binary STEM students from across England, connecting them with a range of incredible opportunities from leading STEM companies. So far, we have [Pfizer](#), [Colt Technology Services](#), [The Dyson Institute of Engineering and Technology](#), [bp](#), [Amazon Web Services \(AWS\)](#), and [UCB](#) on board, and we couldn't be more grateful for their time and commitment!

Joining our network comes with amazing benefits:

1. Students can develop their employability skills.
2. Gain valuable insight into a variety of STEM jobs.
3. Explore diverse STEM career paths.
4. Boost their confidence and motivation.
5. Become valued members of the thriving STEM community.
6. Make lifelong friends! 💖 ✨

🔍 Who can sign up? We welcome Year 11, 12, or 13 female and non-binary students who have a keen interest in STEM and teachers who are enthusiastic about promoting STEM opportunities to their students.



[Student sign up](#)

Years 11, 12, 13

[Addleshaw Goddard](#), an international law firm that provides legal services to some of the biggest and most respected companies in the world. They're offering a one-day work experience that'll be hands-on and immersive, giving you a taste of what a career in law is really like.

[Click here to register](#)

Rise Up Academy Summer School for Years 7-9

The Rise Up Academy Summer School offers young people in school years 7-9 the chance to get hands-on experience of working in media technology. and learn about all of the different steps that are needed to get great content onto your TV, tablet or phone, including:

- Building a TV studio and creating a TV show;
- Exploring an Outside Broadcast (OB) Truck;
- Creating eye catching graphics;
- Learning more about post production and getting hands-on editing video content;
- Finding out more about what virtual production is;
- Exploring cloud technology with Amazon Web Services.

Wednesday, July 26 · 9am - 4pm BST

Global Academy The Old Vinyl Factory 1 Record Walk Hayes UB3 1DH

[Click here to register](#)

Summer School: Race, Class and 'Crises'

On the **3rd and 4th of August**, Connected Sociologies will partner with the Knowledge is Power programme at BSix Sixth Form College in Hackney for a two-day in-person summer school exploring race, class and 'crises'. Over the two days we will look at the politics of race and class in the context of the manifold crises confronting us today - from the crisis of policing to the looming climate disaster - and the ways in which we can collectively forge alternative futures and a more hopeful present

Thu, 3 Aug 2023 10:30 - Fri, 4 Aug 2023 16:30 BST

BSix College Kenninghall Road London E5 8BP

[Click here to register](#)

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.

**Free
School
Meals** 
Are you entitled?



Thank you for your co-operation!



Redbridge News

Feed 350 vulnerable children over Summer

We have launched a fundraising campaign with local charity, Tin in a Bin, to be able to provide food vouchers and food boxes for families struggling with the cost of living during the summer holidays. This would be for children who are **not eligible for free school** meals but need some extra help. Those who are eligible for FSM will receive vouchers as this is funded through the Household Support Fund.

There may be some who wish to donate, and we would be very grateful for any amount. Please use the following Go fund me link: <https://gofund.me/fd9ffd01>

Re. Message from your Safer Schools Officers: Talk to your child about phone safety

Mobile phones are a great way to stay in contact with family and friends. Most Secondary School aged children now own one or have access to one.

As useful as they are, they can make children vulnerable to thieves who are particularly interested in new models and other valuable items such as cash, airpods and expensive coats. Reducing robbery is our top priority and our officers are working hard to catch those responsible, with activity to prevent it taking place daily.

There are however, a number of things you can do to help reduce your child's risk of becoming a victim and keep safe whilst using their phone. **If you can, talk to them about where and how they use their phone using the following advice:**

Safety when out and about:

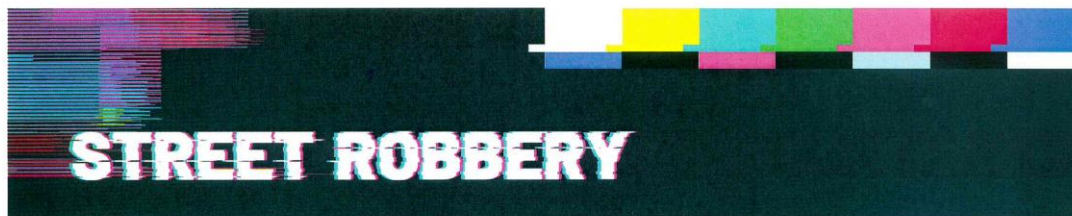
- Keep your phone and valuables out of sight in a safe place when travelling to and from school. Be careful when you take your phone out in public places.
- Bus stops, train stations and surrounding areas are common target areas for thieves, who can approach on foot, moped or on a pedal bike or e-scooter.
- Earphones/headphones can distract you, stopping you from seeing or hearing someone approach you from behind.
- Don't confront a thief – it's not worth risking your own safety for possessions that can be replaced.
- Robbery or attempted robbery are serious crimes and should be reported. It's important you *seek help straight away by dialing 999* rather than contacting police when you get home or at school the following day. Use a friend's phone or the phone of a trusted adult. This gives us the best chance to catch the suspects, recover any stolen property and ensure your safety.
- If you have information about a robbery and do not want to report it to police, speak to Fearless 100 % anonymously at www.fearless.org. Fearless is the youth service of independent charity Crimestoppers.
- Whether you have a phone or not, memorise or keep a parent/carer's phone number in a separate place in your bag/zipped pocket in case of emergency.

Help protect your child's phone if it's stolen:

- Use your device's security features, apps or PIN locking mechanisms to protect your data and prevent the phone being used.
- Keep a record of the phone's IMEI number (not on your phone!). This is a 15-digit unique number which can be obtained by keying in *#06#. You need this information if the phone is lost or stolen.
- Consider installing a tracker app, available online.

You might find the attached leaflet useful – it's aimed at young people and will be used by our officers in schools.

For more information go to www.fearless.org/campaigns/robbery. For help and advice on staying safe online and how to keep cyber criminals at bay, the Met has some great videos and other resources at www.met.police.uk/littlemedia



Robbery is when force is used or threatened to steal items. Thieves often target people who are distracted, so keeping your valuables including your mobile phone and other devices hidden ensures you're more alert.

HOW CAN I STAY SAFE?

- When out and about – be aware of your surroundings.
- Stay alert when walking along the road for criminals who might use bikes/mopeds or e-scooters to snatch phones/valuables.
- Try not to walk along with your phone or valuables on show.
- Earbuds/Headphones can be a distraction.
- Plan your route and use forms of transport that others are using and avoid shortcuts in isolated places.

IF YOU ARE A VICTIM

Crime prevention advice can help reduce your chances of being robbed, but it may still happen to you. It can be a frightening experience and leave you feeling worried afterwards, especially if you felt threatened or violence was used. Talking to a parent or adult you trust can help.

KNOW SOMETHING ABOUT STREET ROBBERY?

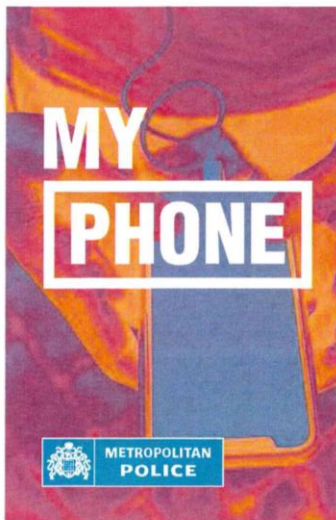
If you have any information about street robbery taking place in your area, you can tell us what you know 100% anonymously at Fearless.org

IF YOU SEE A ROBBERY TAKING PLACE...

Thieves may use force or threatening behaviour. It's better to hand items over than risk your own safety.

If you see a robbery or one has just taken place call police on **999**. You can still report later on **101** or online.





KEEPING YOU AND YOUR PHONE SAFE

Getting a phone is really exciting. You can stay in touch with friends and find out more about the world.

As police officers, our job is to keep you safe and stop people who want to steal property like phones, cash, earphones and even expensive coats or trainers.

You can help us do that by being careful where you use your phone and taking care of cash and other valuable items.

5 TIPS TO KEEP SAFE

- Keep your phone and valuables out of sight and in a safe place. Take care when you take them out especially near bus stops and train stations.
- Stay alert and remember earphones/headphones can distract you from being aware of someone approaching from behind you. Thieves can approach on mopeds, e-scooters and pedal cycles.

Don't fight back, it's not worth the risk when a phone can be replaced.

- Tell us if someone robs you or tries to. It's important you get help straight away by dialling **999** using a friend or trusted adult's phone rather than contacting police when you get home. This gives us the best chance to catch the suspects, recover stolen items and make sure you're safe.

- If you don't want to talk to police – contact Fearless online, without giving your name, at www.fearless.org
- Memorise or keep a note of a parent/carer's phone number in a separate place in case of emergency.

YOU CAN HELP US PROTECT AND TRACK YOUR PHONE IF IT'S STOLEN.

HERE'S 3 THINGS YOU CAN DO:

- Your phone will have security features such as a passcode or fingerprint/face ID. Make sure you use it to protect access to your phone.

- Tracker apps can help locate your phone if it's lost or stolen. Ask a parent to show you how to set one up.
- Record the phone's IMEI number in a separate place at home. Find this by typing in ***#06#**. You'll need to give this number to police if it's stolen.

For more information go to www.fearless.org/campaigns/robbery

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
	Maths Intervention – Year 11: SAH	12.40 – 1.40p.m.	F15
	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
	Year 11 Band: SDE	12.40 – 1.10p.m.	S5/PR1
	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
	Year 11 English 5 o clock Club: MCR/LBU/LCA/FCH	3.30 – 5.00p.m.	F8

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,

In this Sunday's Gospel, like teachers of that time, Jesus uses blunt language to grab his disciples' attention and promises unlimited rewards for even for the smallest act of kindness, like giving someone a cup of water. However, following Jesus would certainly mean making some difficult decisions for his disciples.

Through this Gospel Jesus is encouraging his disciples to be selfless – to give him first place in their lives. They are to forget about themselves and to put others' needs before their own – to be selfless. This message is for each one of us too.

Wednesday 28th June 2023

St Teresa of Calcutta (Mother Teresa) reminds us, "We will be the happiest people in the world if we belong to God, if we place ourselves at his disposal, if we let him use us as he pleases."

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

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 2nd July 2023



Jesus instructed the twelve as follows: "Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it. Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me. Anyone who welcomes a prophet because he is a prophet will have a prophet's reward; and anyone who welcomes a holy man because he is a holy man will have a holy man's reward. If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward."

Adapted from
(Matthew 10:37-42 (the 13th Sunday of Ordinary Time, Year A)

Everyone can learn more about this Gospel
in Church – all are warmly invited.

"Jesus leads us to go out from
ourselves more and more,
to give ourselves and to
serve others." Pope Francis



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

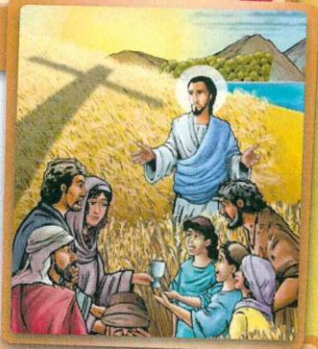
Selflessness is part of everyday life. We prove our love by our actions – it is selflessness which makes people truly great, warmly remembered and deeply loved. The happiest people are actually those who are selfless and serve others.



1 Our Special Time Together

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

Jesus said to his disciples, "If you want to belong to me, you must love me more than anyone and even more than you love yourself. You must be willing to carry your cross and follow me. Anyone who welcomes you welcomes me and they also welcome my heavenly Father who sent me. And anyone who gives even a cup of cold water to someone who belongs to me will certainly be rewarded."



Who did Jesus say we should love more than anyone else? Which word or words stood out for you in this Gospel, and why? What does the picture make you think about?

2 Wednesday's Word is ...

SELFLESS

3 Loving God & Each Other

Selfless people make the world a much better place.

Ask your child what the word 'selfless' means to them. Being 'selfless' is the opposite of being 'selfish'. It is about being very aware of others' needs or interests, and putting them before our own. Who are the most selfless people that your child knows – that is, people who put others' needs first? Why did they think of those people? It may help your child if you can talk about a historical figure or someone you know who can be described as selfless. What is it like to be in the company of a selfless person?

"Love God, serve God: Everything is in that."
St Clare of Assisi

To love God, we must be selfless. As a family, talk about how you can selflessly follow Jesus and serve others in this coming week, even in little ways, at home, at school or in the community. Perhaps you can: give extra help to your family around the house; give time or money where needed; resist pushing in and let others go first instead; support a charity; give some of your leisure or play time to be with God in prayer.



Dear Lord Jesus, thank you for the example of many selfless people who show us your way of love and kindness. Please help us to be selfless like them. Amen.

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

WEDNESDAY WORDSEARCH

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

<input checked="" type="checkbox"/>	DISCIPLES	<input checked="" type="checkbox"/>
<input type="checkbox"/>	SELFLESS	<input type="checkbox"/>
<input type="checkbox"/>	BELONG	<input type="checkbox"/>
<input type="checkbox"/>	JESUS	<input type="checkbox"/>
<input type="checkbox"/>	WELCOME	<input type="checkbox"/>
<input type="checkbox"/>	FATHER	<input type="checkbox"/>
<input type="checkbox"/>	GIVING	<input type="checkbox"/>
<input type="checkbox"/>	REWARDED	<input type="checkbox"/>

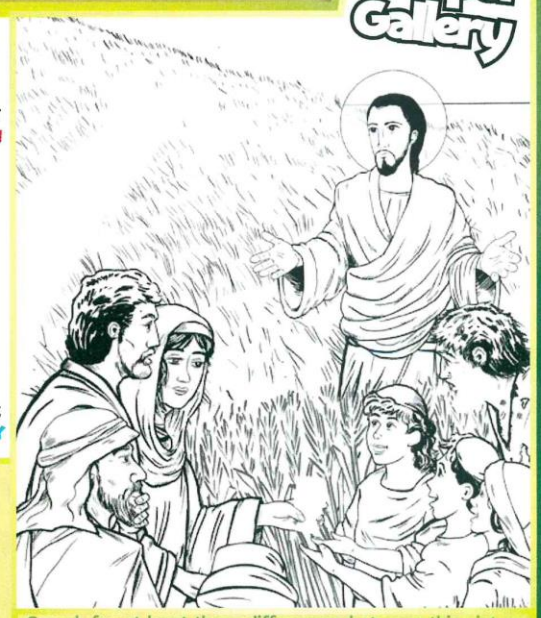
SUPERSEARCHERS FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

Cross out the letters **i a d** in the jumbled words below to find 4 real words.

muidsaf alodvie damie bedloanig

Jesus said, "If you want to _____ to _____, you _____ me."

Gospel Gallery



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

Tomorrow (29th June) is the feast day of St Peter and St Paul – two great saints who selflessly served the Church. Find out more at: missiontogether.org.uk/day-of-many-colours & Saint Fact Files at: wednesdayword.org/home/childrens

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