



**THE URSULINE ACADEMY ILFORD**

**A Catholic Academy for Girls**

***Weekly News – Issue 35***

**23<sup>rd</sup> June 2023**



Dear Parents/Guardians

You may have heard in the national news that the NEU have called for further strike action on **Wednesday 5<sup>th</sup> and Friday 7<sup>th</sup> July**. We support our colleagues in taking this action to improve funding for schools and teachers' pay and conditions. Therefore, on both of these dates the school will be open for **Year 7 pupils only**. I do appreciate your patience and support! Unfortunately, this does mean we have had to cancel the PSA summer fayre event, we regret this and hope that we will be running many wonderful activities next academic year.

The examinations are coming near to the end. I want to congratulate every Year 11 and Year 13 students for all their efforts over the last 5 or 7 years. I wish them every success and look forward to seeing them on results day when they will reap the rewards of their hard-earned efforts. I appreciate this can be a stressful time for many but regardless of how your child performs we are very proud of them!

Next week we will be welcoming the parents of our new pupils (those who are coming to us in September for Year 7). We are really excited to meet the next generation of Ursulines! We are also looking forward to the Music, Art & Drama Showcase evening on Wednesday and the Year 11 Prom on Thursday.

We are in the process of updating our website and prospectuses for the Academy so recently invited a professional photographer into school, hence the new headshot! I will share more of these over the coming weeks. Below left, Mr Challis is seen with Year 12 students during their study period and Mr Uddin teaching Year 7 science.



Thank you for supporting us in all we do at the Academy to ensure we deliver an exceptional education for your daughters!

*Fiona Stone*

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



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## Chaplaincy News



**Pope Francis@Pontifex** – 15<sup>th</sup> June 2023

The elderly entrusts the past to the present in order to construct the future. Let us honour them, neither depriving ourselves of their company nor depriving them of ours. May we never allow the elderly to be cast aside! #GrandparentsElderly #laityfamilylife



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

**23<sup>rd</sup> June:** The more you are united, the more Jesus Christ will be in your midst as a father and good shepherd.

**24<sup>th</sup> June:** And always let your principal recourse be at the feet of Jesus Christ.

**25<sup>th</sup> June:** Always be thankful.

**26<sup>th</sup> June:** There will be no other sign that you are in the grace of the Lord than that you love one another and are united together.

**27<sup>th</sup> June:** Be consoled, and have a lively faith and hope.

**28<sup>th</sup> June:** Blessed are they who preserve within themselves this noble yearning.

**29<sup>th</sup> June:** I beg God to bless you. In nomine Patris, et Filii, et Spiritus Sancti.

## **Redbridge Foodbank**

Once again this month we volunteered at Redbridge Foodbank. The students worked hard in the heat for just over an hour making boxes filled with donations.

All of them asked me if they could volunteer again and the 6th formers spoke to the organiser about volunteering outside of school.

We are grateful for all that we have and if anyone would like to donate to this worthy cause there is a donations box in the chapel.

**Cleo**



## Future Leaders

This week we had our very first meeting for our newly appointed Future Leaders team. 22 students from Years 9 and 10 combined were specially chosen to be a part of a focussed group that will train to be ambassadors and take on some student leadership roles within the school. Please find below some of their thoughts on what they found helpful about the sessions, how they felt to be chosen and what impact they think it will have on them:

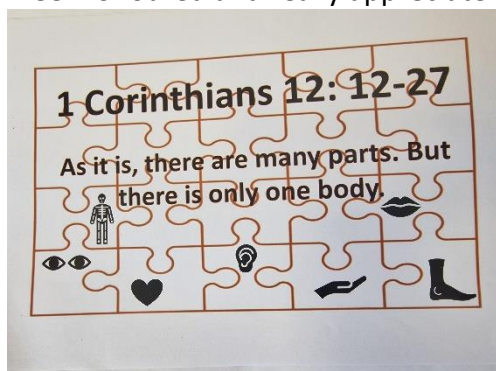
I feel grateful to have been given this opportunity. Not only has it introduced me to other people but it has also taught me about my values.



I feel very privileged and grateful for this great opportunity and I am particularly intrigued to do more in this programme

I am exhilarated and absolutely delighted to be a part of such an opportunity

I feel honoured and really appreciate this opportunity to make a difference. I am also glad to see that the school is trying to make a change



I feel included and honoured. I think that this will help me to grow as a leader and learn more about myself

I feel accomplished and that I have new goals to work towards. I also feel recognised

I feel terrific and very special about being part of Future leaders. I feel like people think that I have potential.

The session where we learnt about our leadership styles was really helpful because I can apply it to my life

The Jigsaw session was most helpful as it was fun and helped us to work as a team.

The puzzle session helped me to learn more strategies of how to work together under stress

I would say that the session for discovering leadership styles made me understand more about myself

“vote for me” session was the most helpful as it allowed me to think of more creative ways to play a part in school.

This was a great opportunity and I am excited to see what will happen next

I liked all of the sessions today because we learnt something new and all worked together as a team.

I enjoyed the puzzle session the most because it helps us to think about trusting others and using your strengths



I thoroughly enjoyed the first session as I feel like I got to know everybody really well.

Being a part of Future Leaders will help me with confidence and building a positive reputation with staff and students

I will be more inspired to do good things around the school

Future Leaders will help me to develop my leadership style and I will be a better leader

Future Leaders will help me to gain and develop new skills as well as build my confidence

This will help me to enjoy school more

I always wanted to lead but I am quite shy so I feel that Future Leaders will push me a little more. This makes me happy.

This will make me more involved in the school community

I aspire to be head girl and I feel that this will help teachers to notice me and suggest me for more things like this.





## 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)

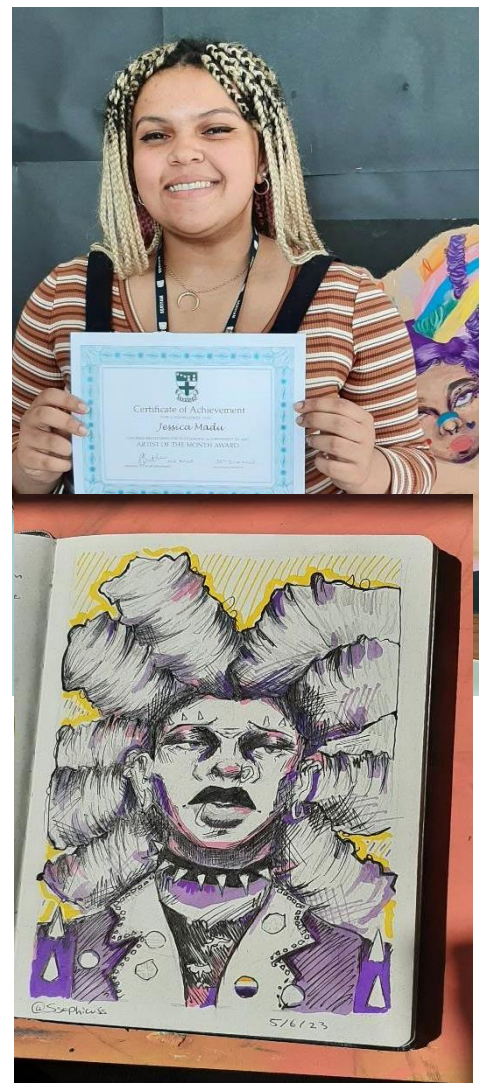
Feel Good Fridays – **12.40 – 1.30pm** Every **Friday** (By invitation only) in Desenzano House



### Art News

#### Artist of the Month

Jessica Madu – Year 12



Jessica has always had a deep interest in unique fashion, with bold colours and unusual designs. Jessica has studied the work of the Spanish artist, Alai Ganuza. She practised her techniques and painted copies of Alai's still life compositions. Jessica's own work (above) reflects this palette of bright colours and the style of the influencing artist can clearly be seen. Alai says she was inspired by Monet, a beautiful blend of traditional and contemporary art.

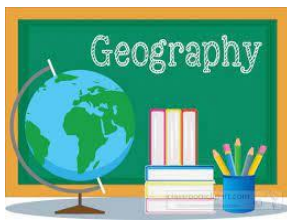
Apart from her interest in fashion Jessica would like to work in animation and is a fan of the animated film, 'Across the Spiderverse' and it is evident in her final piece. Well done, Jessica.

### **Mr Butler, Head of Art**



Jessica's copies of the Spanish artist, Alai Ganuza's still life compositions. Ganuza was inspired by the bold colour of David Hockney and then broad impressionistic style of Lucian Freud. Jessica has taken those elements and added her own style to them. Well done, Jessica.

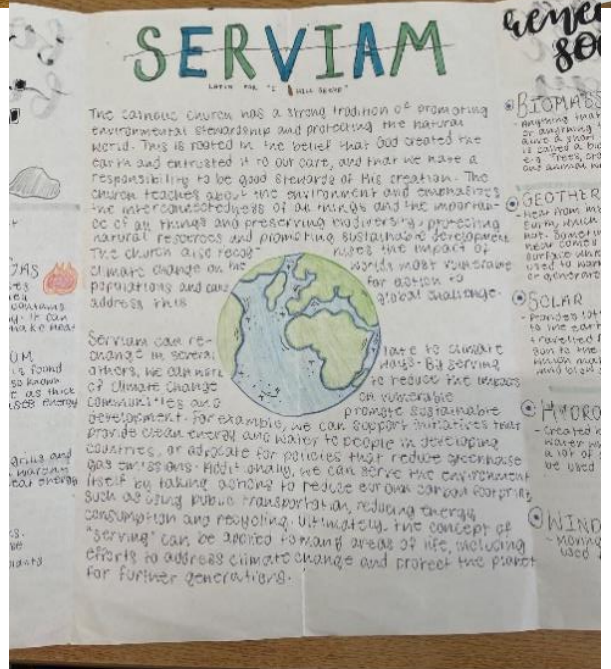
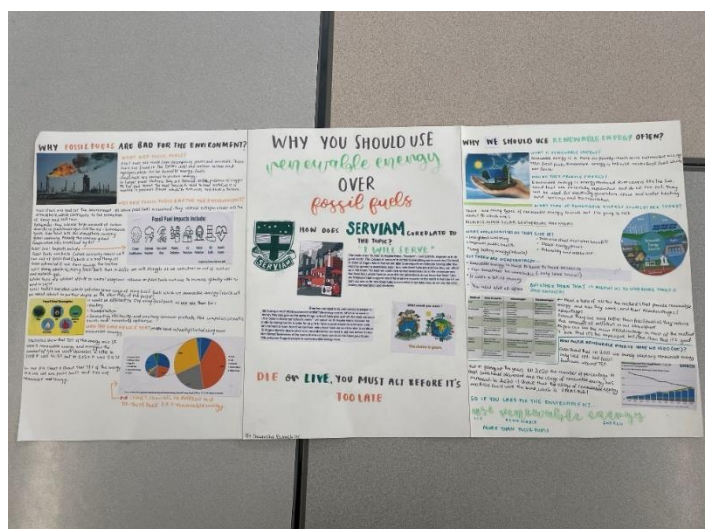
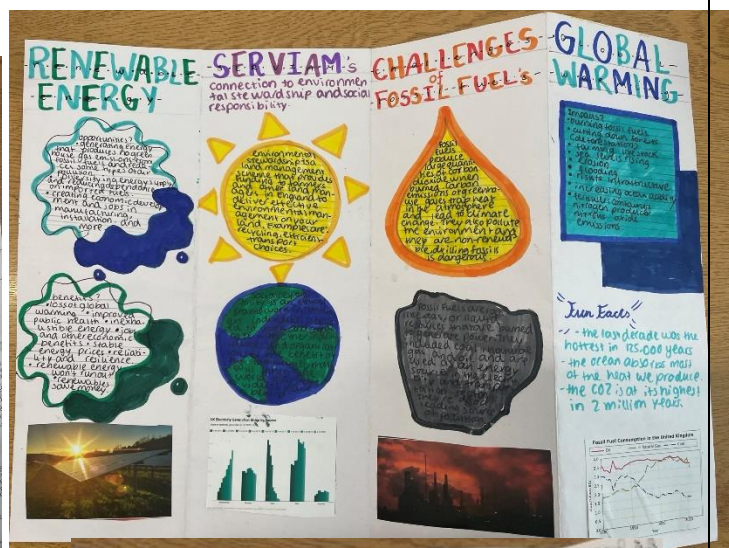
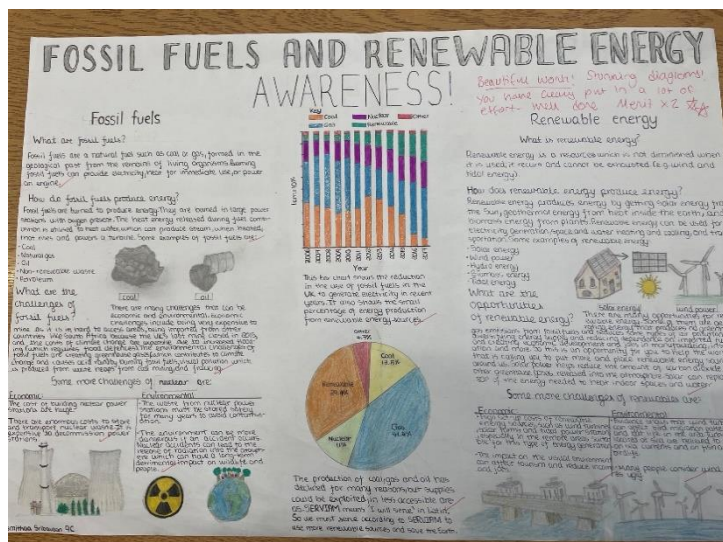
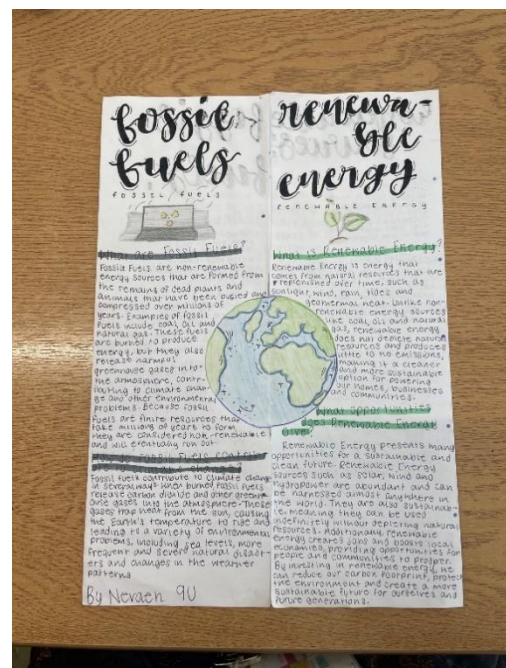




## Geography News

Year 9 students completed a homework project where they created information leaflets about energy sources. Fossil fuels still make up the majority of the UK's energy mix despite the huge carbon footprint and effects on our planet. The information leaflets explain the benefits of using renewable energy over fossil fuels and different types of renewable energy sources. The students also explored how this is connected to the Catholic social teachings and our school ethos of SERVIAM. The homework was of an excellent quality but the winning submissions were from:

**Thanusha 9.C, Nevaeh 9.U, Asmithaa 9.C, Hana 9.U, Jenifar 9.U, Rameen 9.T and Zaynab 9.C**





Please see below a list of all the fabulous new equipment, that has been bought for our school

this year with thanks to Jack Petchey and all our wonderful winners! We have also had some lovely trips out too and a couple more in the pipeline. Thank you so much to all our staff for your help with this and we're looking forward to next year already! ALSO, a big thanks to the Finance Team and Mariano for all their help with getting orders in and paid for and the Premises Team for helping to get some of these orders physically through the front door!

**Nereenah Olafusi** Year 13 - Trip to see "& Juliet" with her classmates

**Elodie De L'Eprevier** Year 13 – Science Dept - Lung Demonstration Model, Animal Cell Division Meiosis Mode, Data Harvest Wireless Colorimeter & Turbidity Sensor

**Elizabeth Akande** Year 12 - A trip to "The 2023 Student Criminology Conference"

**Sumaya Riaz** Year 11 - New boardgames for the boardgames club. Laminator for RS department. Wipeable speech bubbles for displays. Popcorn for Movie Mondays Club.

**Safa Abdul Gafoor** Year 11 - Equipment and Decorations for Year upcoming Y11 Prom - Balloons, balloon arch, table Decor, plates, cups - lots of glitzy bits!

**Alizah Khalil** Year 10 – Drama Props

**Tareena Dahaley** Year 9 – Musical equipment for the music department including 6 new classical guitars

**Hana Asghar** Year 9 – Drama Props/Resources for the Library

**Charis Torrance** Year 8 - Glee Club Workshop - June 30th

**Simelore Ogunbajo** Year 8 - New planters for Chapel peace Garden, compost, paint for bench.

**Zunaira Alam** Year 7 - Trip to Flipout Trampoline Park with her form

**Phoebe Billy-Giwa** Year 7 - Trip to the cinema with her form (TBA)







## **Music News**

### **Mrs Doubtfire the Musical – Music Reward Trip**

On Thursday 15<sup>th</sup> June, our music students enjoyed a matinee performance of Mrs Doubtfire the Musical, which was a well-deserved treat!

“It was such a good show and so funny. The costume changes were so quick and the set was beautiful. I had a wonderful time!”

– *Zoya Spence 8J*

“Mrs Doubtfire was amazing, it was definitely the funniest out of all of the shows we’ve watched in theatre. It was such a fun production to watch. Gabriel Vick, who played Daniel and Mrs Doubtfire, made the entire show so funny with his impressions and it was so impressive how he played the two roles at once! I loved everything about it!”

– *Tareena Dahaley 9U*

“Watching Mrs Doubtfire was so much fun! It has been my favourite musical to watch so far. It was very funny and the actors were very talented. It was so cool how Gabriel Vick changed from Daniel to Mrs Doubtfire in such a small amount of time. I would love to see it again!”

– *Bianca Lodina 9U*

“The production was really good – so funny and entertaining! The actors made it seem very real and I loved how they changed the background for every scene. The costumes were also gorgeous!”

– *Roshaany 7C*

“The play Mrs Doubtfire was a very funny and amusing musical. I really like the songs and the storyline with the amazing acting to top it all off!”

– *Chloe 7C*





**Rock Skool!**

Monday 24<sup>th</sup> July 2023, 10am-5pm  
 Redbridge Music Service, Fencepiece Road,  
 Hainault IG6 2NB  
 A one-day course for musicians aged 13-18  
 Some prior experience required. £40 per person

1. Vocalists
2. Guitarists
3. Bass Guitarists
4. Keyboard Players
5. Drummers

To register, contact Redbridge Music Service:  
 020 8708 2828 / [admin.musicservice@visionrcl.org.uk](mailto:admin.musicservice@visionrcl.org.uk)

**REDBRIDGE MUSIC SERVICE**

**VISION**  
 Redbridge Children's Learning

## **Rock Skool!**

**What** - A one-day course for budding rock musicians

**When** - Monday 24<sup>th</sup> July 2023 10am-5pm

**Where** - John Savage Centre, Hainault IG6 2NB

**Who** - vocalists, guitarists, bass guitarists, keyboard players and drummers aged 13 to 18

**How to apply** - See further information at the end of this email.

Deadline **Monday 3<sup>rd</sup> July 2023**

**How much** - £40 per participant



***To Pianoforte and Beyond...***  
*for stellar pianists exploring the piano-verse!*

**Tuesday 25<sup>th</sup>-Thursday 27<sup>th</sup> July 2023**  
**12pm-3pm**  
 at Redbridge Music Service,  
 Fencepiece Road, Hainault IG6 2NB

Learn to:

- Play piano duets
- Compose for the piano
- Be a star piano accompanist

A 3-day exploration for pianists ABRSM Grade 4 and above wishing to unearth new piano skills.

**For children aged 11-18 £57 per person**

**REDBRIDGE MUSIC SERVICE**

For more information and to register contact Redbridge Music Service:  
 020 8708 2828 / [admin.musicservice@visionrcl.org.uk](mailto:admin.musicservice@visionrcl.org.uk)

**VISION**  
 Redbridge Children's Learning

## **To Pianoforte and Beyond!**

**What** - Further skills for pianists: learn piano duets, play as a piano accompanist, and compose a piece for piano

**When** - Tuesday 25<sup>th</sup> July to Thursday 27<sup>th</sup> July 2023 12pm-3pm (participants must commit to all 3 afternoons)

**Where** - John Savage Centre, Hainault IG6 2NB

**Who** - piano pupils aged 11 to 18, Grade 4 ABRSM and above

**How to apply** - email [admin.musicservice@visionrcl.org.uk](mailto:admin.musicservice@visionrcl.org.uk) with name, age and piano level of participant **by Monday 3<sup>rd</sup> July 2023**

**How much** - £57 total per participant

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

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

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

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

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

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

***Ms Deller, Head of Music***





## Science News

### **Weekly Science Club: Forever blowing bubbles!**

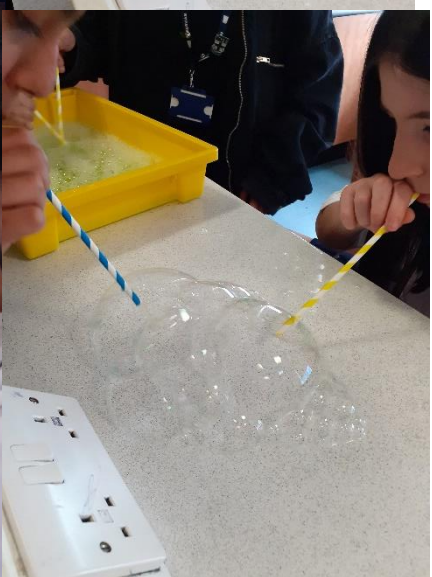
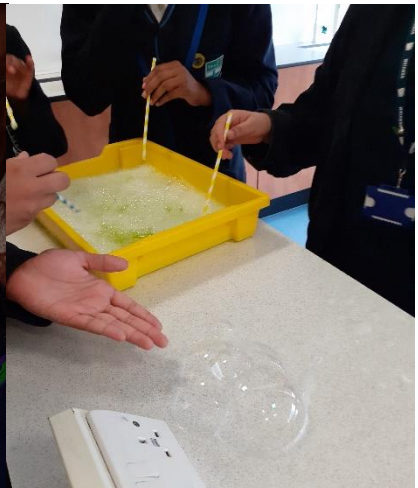
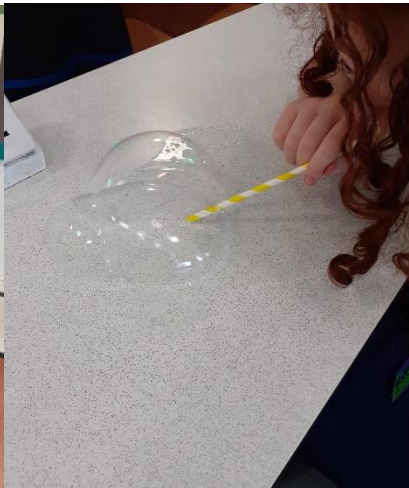
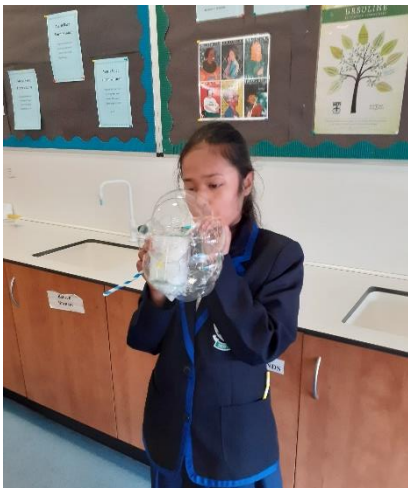
This week in Science club we looked at the Science of blowing bubbles, simple but very exciting at the same time.

Bubbles use elasticity and surface tension to form.

A bubble is a thin film of soapy water. A thin layer of water is sandwiched between two layers of soap molecules. The shape of the bubbles is determined by surface tension. This is what holds the bubble together.

We thought we would try and blow bubbles inside other larger bubbles, some were successful in this and made multiple bubbles inside other bubbles, well done!

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





## SHE CAN ENGINEER

It's not every day you walk into a venue and the first thing you see is an advertising banner with Ursuline students staring right back at you. Photographs taken at last year's event gave us all a bit of a giggle to start an inspiring and engaging day! The annual **SheCanEngineer** event held at the Institute of Mechanical Engineers (IMECHE) HQ in central London didn't disappoint.

The theme this year for International Women in Engineering Day **INWED23**, '**Make Safety Seen**' began with an ice-breaker Q&A which saw the girls introducing themselves to the 200 people present made up of students from other schools, invited guest, speakers and the SheCan team. The first activity started with an interactive session on learning coding, programming and robotics and this proved very popular for many of our girls. In the afternoon, there was a panel discussion with women from a range of engineering disciplines which was followed by another activity; a stadium design task that got students thinking about real life situations and taking on aspiring roles for the task. Throughout the task, students had to keep a number of things in mind for the delivery of their project which included safety, sustainability, inclusivity and multipurpose use for the project. We would like to say a huge thank you to Laura Hoang and her team for organising a very engaging SheCanEngineer 2023 event. **DT Team**

**Ibtida Khan 9C**; this trip was a fantastic experience to learn more and trial robotics, engineering's broad aspects and how everything is processed throughout a project. I liked how the whole place was surrounded by beautiful displays containing works of engineers through time and history. The best part was asking questions that I haven't thought of before and taking pictures in such a beautiful building and making memories whiles learning with my friends.



**Thanusha Ramesh 9C;** Overall the SheCanEngineer trip was extraordinary; there was a variety of activities to do such as robotics, coding, working on a stadium design and stalls where we could get further information into careers and jobs. We also attended the huge lecture auditorium, with many inspiring women who chose engineering-based careers. My favourite speaker was Frances, a Fire engineer, as I have more knowledge and interest of the type of work she does helping people and companies to be safe within the industry and beyond. Another favourite was the stalls as we got SheCanEngineer bags and souvenirs and lots of career information to consider.



**Asmithaa Sribavaan 9C;** I liked the whole trip as there was so much fun, food and drinks. I definitely learnt a lot about the different types of real-life engineering and engineers that we got to meet and that I wasn't even aware of.



### **Team Spazio Verde Makes the Finals**

We received this fantastic news regarding the Ursuline's entry - **Spazio Verde**. Once again, Ursuline have made it as Finalists to **The Mayor of London 'Design Future London Challenge' in the 11-15 age category as entry 22**.

**The team members are - Duaa Akbar, Khaira Ali, Sriyaanvy Ramineedi, Zahra Mujtaba and Nahian Joyeta**

To all of you, our entire school community of staff, students, families and friends, we thank you one and all for your votes, support, encouragement and faith in our team during their 8-month journey on this project. Please visit the website to see their amazing **entry 22** again as we look forward to the awards ceremony, Thank you & Serviam.

#### **The DT Team**

#### **Announcement**

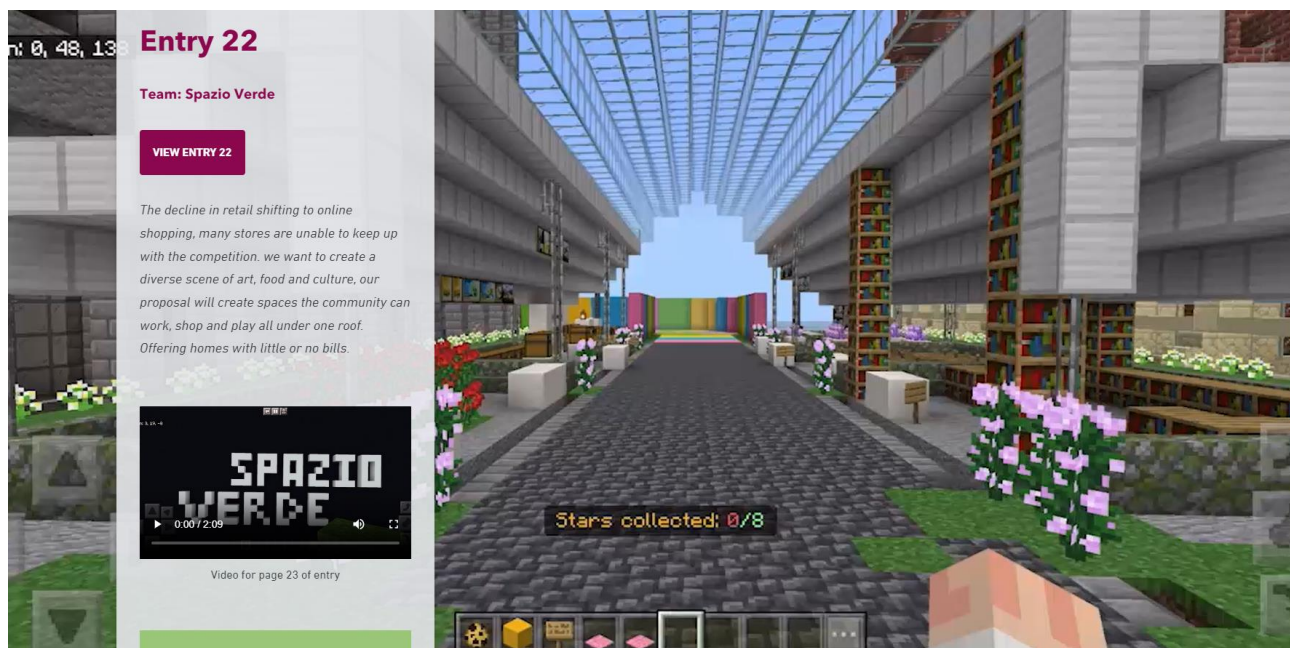
We are very happy to inform you that the judging panel have decided on the finalists of this year's **Design Future London**.

#### **Congratulations! Spazio Verde are finalists!**

It was a very tough competition this year and the judges have fed back that the entries were of an incredibly high quality, adhered to the brief, were full of imagination and creativity while having a practical application of the challenge themes which are important to the future planning of our city.

The quality of the entries was incredible and all who entered should be congratulated. Feedback will be provided to all students who took part in due course, alongside a certificate that students can add to their portfolio of work or CV.

Please take a look to see theirs and other entries that made it to the final stages of the challenge, please [visit this site](#).



## Ukulele Club

Some members of our Ukulele Club are practicing hard for some end of year performances that we have coming up in the coming weeks. The students are very excited as it is an opportunity for them to showcase all the hard work they have been putting in every Wednesday during breaktime this academic year. They have been incredibly dedicated, and our more advanced members have also been great in helping some of our newer members with the basics. I am incredibly proud of them!



**Ms Eakins**



## **Careers**

**YOUNG  
PROFESSIONALSUK**

**Females of the City Event** | Wednesday 5th July, Guildhall  
London | Goldman Sachs, Bloomberg, PwC, Direct Line Group &  
more!

Our Females of the City Event has just landed and is taking place at the iconic Guildhall in the City of London on Wednesday 5<sup>th</sup> July, 5pm – 7:30pm. We have PwC, Goldman Sachs, Bloomberg, Direct Line Group, and a couple more exciting employers still yet to be announced who will be there for the event.

The Females of the City Event will be an evening full of networking, insights, and inspirational careers advice all whilst hearing from some of the most senior female leaders who are working across the city. There will be keynote talks as well as panel discussions where you'll have the opportunity to ask your burning questions throughout the evening.

This will be your chance to see what it's really like working in the fast paced and exciting environment in the heart of London within some of the world's biggest companies. Not only will you have plenty of networking opportunities, you will also be able to chat directly with key decision makers within these companies and hopefully secure yourself some work experience or even an apprenticeship if it's something you'd like to consider doing after school / college.

The event is taking place at the Guildhall on Wednesday 5<sup>th</sup> July, 5pm – 7:30pm which is right in the City of London close to Bank tube station.

Please use the link below to apply for this prestigious event.

### **Application Link:**

<https://www.surveymonkey.co.uk/r/LP8NJG>

***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](http://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!



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

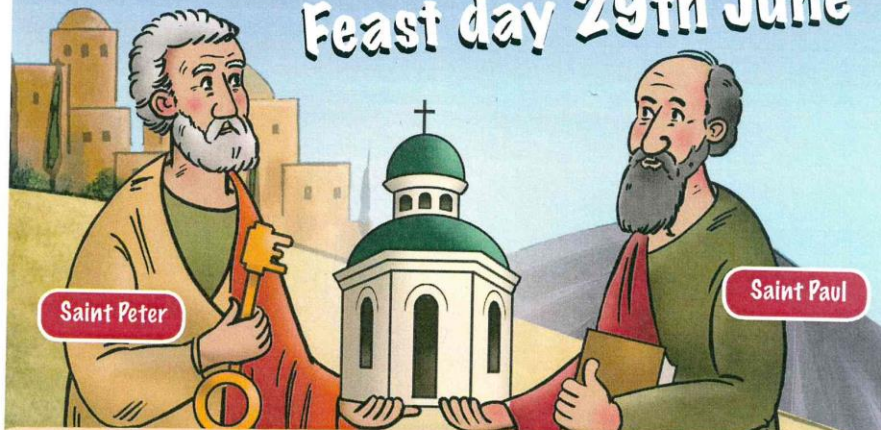


EXTRA-CURRICULAR MUSIC CLUB TIMETABLE					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breaktime</b>		WOODWIND ENSEMBLE @10.40am Practice Room 3	YR 7+8 UKULELE GROUP @10.40am S5		
<b>Lunchtime</b>	WORSHIP BAND @ 1pm S5	YR 11 BAND @ 12.40pm S5/PR1  VIOLIN ENSEMBLE @ 1.10pm S5	UAI CHOIR (All years) @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



# Saint Peter & Saint Paul

## Feast day 29th June



### St Peter and St Paul

On 29th June the Church celebrates the feast day of two great saints, Saint Peter and Saint Paul. Peter and Paul were both friends of Jesus, but their lives were very different.

Peter, a fisherman in Galilee, was first named Simon but Jesus gave him the name 'Peter', which means 'rock'. Jesus told Peter that he would build his Church on this rock. Jesus called Peter to leave his work as a fisherman and follow him. Peter became the leader of the twelve Apostles (the special friends of Jesus). When Jesus asked his friends who they thought he was, Peter said "You are the Messiah, the Son of the Living God." At the Last Supper, Jesus foretold that Peter would deny him three times, before the cock crew. That night, when Jesus was arrested, Peter was so frightened that he denied knowing Jesus - three times - and then the cock crew, and Peter wept. After Jesus rose from the dead, he asked Peter three times "Do you love me?" When Peter replied, three times, that he did, Jesus told him "Feed my sheep". Peter was an important leader of the early Church. After Pentecost he was able to preach to large crowds, telling them about Jesus. He became the first Bishop of Rome: the first Pope.

Paul, a very religious Jew from Tarsus, was first called Saul. He never met Jesus whilst Jesus was on earth. After Jesus had ascended to heaven, Saul was trying to stop the early Christians teaching about Jesus. Then on the road to Damascus, the Risen Jesus appeared to Saul, telling him to stop persecuting Christians and to believe in Jesus. Saul was converted. He became known as Paul and Jesus made him into an Apostle for the Gentiles (the people who were not Jews). Paul made three missionary journeys, founding churches in places in Asia Minor (modern Turkey) and Europe. Paul was a tentmaker and he did this work to support himself on his travels. After his third journey, Paul was arrested and put into prison for two years. He insisted on standing trial in Rome, but the ship he was taken on was shipwrecked off Malta. Finally Paul reached Rome, where he spent two more years under house arrest.

Peter and Paul both died as martyrs in Rome, around 63 AD: Peter by crucifixion and Paul, as a Roman citizen, by beheading with a sword. You can read about them in the Bible: in the four Gospels and in the Acts of the Apostles. In the New Testament, you can also read letters (Epistles) that Paul wrote to people in the churches he had founded, in places such as Rome, Corinth, Galatia, Ephesus and Philippi.

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, Jesus is sending out his disciples to heal and to preach the good news. Even if they are met with hostility and persecution, they must be true to Jesus.

Jesus himself was fearless in proclaiming truth and exposing falsehood. Now his disciples must courageously do the same.

Most of us require courage at some time in our lives, so it's good and helpful to nurture courage in our children.

Wednesday 21<sup>st</sup> June 2023

As our children mature, it's essential for them to be brave and have the courage to say 'no' when necessary, even if it means going against the crowd or speaking up for truth.

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

Dom Henry Wansbrough



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

## THE GOSPEL IN CHURCH Sunday 25<sup>th</sup> June 2023



Jesus instructed the twelve as follows: "Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the house-tops. Do not be afraid of those who kill the body but cannot kill the soul; think more about God who has power over both body and soul. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows. So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven.

Adapted from Matthew 10:26-33

The 12<sup>th</sup> Sunday of Ordinary Time, Year A

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

"Let us learn to face moments of difficulty with courage, certain that Jesus never fails to give his support." Pope Francis



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

It takes courage to stand up for the truth. This Gospel reminds us not to be afraid to speak out for what is right and true. Courage helps us to do many great things: to resist temptations, to overcome obstacles and to face our fears when we have followed what is good.

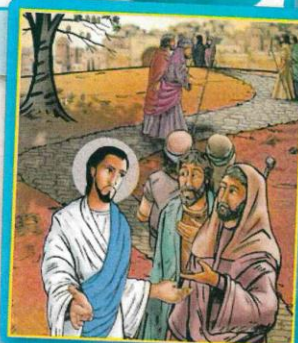


## 1 Our Special Time Together

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

Jesus said to his disciples, "Do not be afraid. What is now hidden will be made known. What you have heard said in whispers, I want you to tell out loud to everyone. And do not be afraid of people; they cannot harm your soul. Think more about God who has power over both body and soul. Aren't two sparrows cheap to buy – sold only for a penny? Yet not one sparrow falls to the ground without your Father knowing about it. So do not be afraid. You are worth much more than lots of sparrows. If anyone speaks up for me in front of other people, then I will speak up for that person in front of my Father in heaven."

**Why did the disciples need courage?** 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 ...

# COURAGE



## 3

## Loving God & Each Other

"To have courage for whatever comes in life – everything lies in that." *St Teresa of Avila*

Ask your child what the word 'courage' means to them. When was the last time they needed courage? Have they ever needed the courage to: go somewhere new or try something new; tell the truth; admit a mistake; stand up for someone; speak up for something that was right; resist peer pressure or go against the crowd and say that something was wrong? Is there anything they are afraid of right now? Who do they know who has shown or shows 'courage'?

"In joining yourself to God's will, you take on new life and gather great courage." *St Paul of the Cross*

The word 'courage' comes from the Latin word for 'heart' and it basically means that you are brave. Courage is a gift of the Holy Spirit – it makes us strong. Putting our faith in Jesus and his teachings gives us the courage to do the right thing. How can we have more courage? Perhaps we can: develop our friendship with God through prayer; ask God for more courage; put our faith in Jesus and his teachings; support and encourage each other always to do what we know to be right – even if we are afraid.



Dear Lord Jesus, please give us the **courage** always to do and say what is right and help us to remember that we can always put our faith in you. Amen.

D H E G A R U O C N A  
I E A V V C A G L T F  
A A E V E R Y O N E R  
R V G A F R A I D L S  
F E N V E N Y R T L C  
A N E H E T C O E L O  
C H T V C L N F N G U  
G A A E N F A T H E R  
F E V C S P E A K N A  
H F N R N L L E T O G  
A K A E P S L G N T E

## WEDNESDAY WORDSEARCH

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



**NOT AFRAID**  
**TELL EVERYONE**  
**COURAGE SPEAK**  
**FATHER HEAVEN**



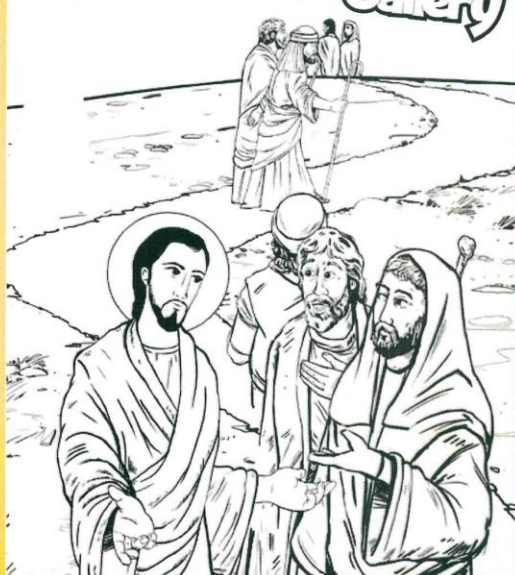
SUPERSEARCHERS FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

Cross out the letters **k v z** in the jumbled words below to find 4 real words.

**spavrrzowsk kafvrazid zakrev movkrez**

So do not be \_\_\_\_\_. You \_\_\_\_\_ worth much \_\_\_\_\_ than lots of \_\_\_\_\_.

## Gospel Gallery



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

When we stay close to Jesus, we will always have the courage to do the right thing. We are all precious to God. Let Jesus' words in this Sunday's Gospel fill us with courage to live by his teaching.

Write a promise and then draw a big smile on Smiley

This week I will try my best to...



For more, see: [wednesdayword.org](http://wednesdayword.org) and [cbcw.org.uk](http://cbcw.org.uk)