



**THE URSULINE ACADEMY ILFORD**

**A Catholic Academy for Girls**

***Weekly News – Issue 34***

**16<sup>th</sup> June 2023**



Dear Parents/Guardians

It never fails to impress me how many wonderful activities take place at the Ursuline, inside school and in many trips outside. Please do read about these in the following pages. I would like to draw your attention to page 16 where you have the opportunity to vote for our Spazio Verde team in the Design future London Challenge, I wish them every success!

<https://storymaps.arcgis.com/collections/a3645256d95642ed8d33b3df66b78131>

A number of parents have asked me on the school gates about hosting another coffee morning. It's going to be such a busy few weeks as we approach the end of the academic year so I have decided that we will calendar three of these events for next academic year, one each term. When we have the dates confirmed I will let you know. Also, some parents asked if they could volunteer to chaperone pupils on the their end of year trips, I'm sorry to disappoint but due to limited coach seats we cannot offer this for these trips. However, if you are interested in volunteering to support future trips please do email [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk)

We have been reminding pupils about uniform standards over the last few weeks for with a change in the weather often comes changes to how pupils wear their uniform. Please note that we are now allowing white ankle socks to be worn to school but these must be unbranded and plain. Pupils are being permitted to remove their blazers whilst in school but they must bring these to school with them. Just this week a member of the public commented to me how smart our pupils look whilst out in the community, we're very proud of them! The new school trousers, which pupils can wear from September 23', onwards are now on sale at our supplier store, Lucilla.

Finally, I am very please to announce that Ms. Mary Cooper, our Head of English has been promoted to Senior leadership. Ms Cooper has a great track record of securing very good results of all pupils in the school and is an excellent leader, we are lucky to have such great talent here at UAI in Ms Cooper and our wider team of dedicated staff.

I hope you're all enjoying this fine weather.

God Bless!

**Ms F 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**

**16<sup>th</sup> June:** Act, move, believe, strive, hope, cry out to him with all your heart.

**17<sup>th</sup> June:** I shall always be in your midst, helping your prayers.

**18<sup>th</sup> June:** Let God work.

**19<sup>th</sup> June:** If Jesus Christ directs and teaches you, you will be well taught.

**20<sup>th</sup> June:** God will be in your midst.

**21<sup>st</sup> June:** God alone knows what you need, and can and wants to provide for you.

**22<sup>nd</sup> June:** Be bound to one another by the bond of charity.

## **Wintershall Retreat**

Next year the Ursuline sisters celebrate 100 years of being a part of the Roman Union. All of our schools have been organising different ways of celebrating together and last week Wimbledon Prep School organised a retreat for Year 7 at Wintershall Estate.

During our trip we got to experience different activities. We began at a lake where a volunteer actress performed and described the point of view of Peter's mother in law and how Jesus chose fishermen to be disciples because they already had the qualities needed for it. Afterwards we were given a small wooden fish that was supposed to have a different meaning for all of us.





For me it represented how the simplest of people could be chosen for great things which means even I could be chosen too. Next, we went to visit some donkeys which were my personal favourite and we learnt about how kings would ride horses as well as knights and other upperclassmen however even though Jesus was a king, his story often involves a donkey. For example, the birth of Jesus involved Mary riding a donkey whilst looking for somewhere to stay and Jesus fulfils a prophecy involving him sitting on a donkey. We even got to pet and feed the donkeys in the activity. The token we received was a small wooden donkey which reminded me of the humility and openness of the donkeys.

Following that we visited the sheep and got to pet them. We talked about the relevance of sheep in the stories of Jesus, primarily how during the birth of Jesus, Angels came to shepherds to encourage them to go and see the son of God which once again shows how simplicity can lead to the greatest of things. From the sheep we ended up with a real tuft of wool which to me was a reminder of how simple things can have great meanings. And thinking of Jesus as the lamb of God and in reality, the most important thing is faith in God. Lastly, we went on a nature walk to the stations of the cross. Each was ornate and beautiful but my favourite was the tomb of Christ represented by intertwining tree roots. It really showed the beauty and love in the sacrifice of Jesus. From this final activity we received a cross which I think is a wonderful way to remember the entire experience of the day.



This whole experience was a deeper dive in to what it means to be a Christian as someone who isn't of that faith. As a Hindu, I think that in my faith we also believe that a simple life is one of the best ways to live and that love and compassion are some of the main qualities that should be in a person.

***Vaishalli***



The place was very different to Ilford because there was a lot of greenery and many animals. Even during the journey the scenery was beautiful and the sun was shining. In Wintershall we saw cows, sheep, horses and donkeys which I had never seen in real life before. There were also a lot of hills to climb. There isn't anything like that in Ilford. There were also Stations of the cross whilst walking up the hill. This made me think about the fact that when we reached the top we were going to have lunch and see our friends but Jesus had such a tough walk dragging his cross and knew that when he reached the top we would die. It made me very grateful.

***Inaya***





Meeting other Ursulines was amazing. There were schools from Wimbledon Prep, Wimbledon High, St. Ursulas Greenwich, Brentwood Ursuline and us. Together we learnt about Serviam. We talked to all sorts of different Ursulines and we all had so much fun doing different activities. We partnered up with St. Ursulas Greenwich and worked together as a team to complete the activities and looked at the animals that were presentative of Christ and his stories. Also, we all got to pick each of the Ursuline values and hang them up on a tree. We took a group photo reminding us that we are all family. It was so much fun and hopefully we

can meet them again soon.

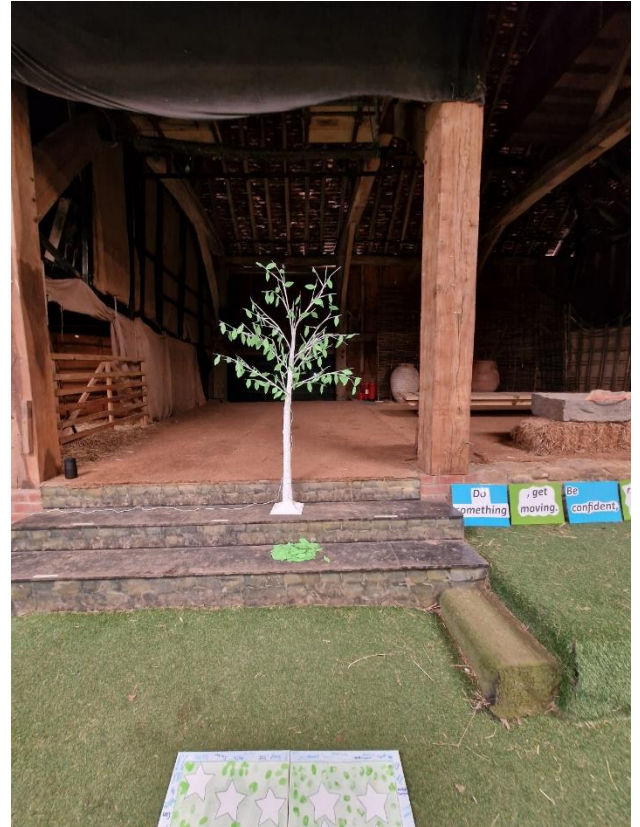
**Rithika**

After lunch we were told to go to a small colourful room where there was a canvas with part of our Ursuline badge on it. There were five other canvasses and together they made up the whole Ursuline badge. We put our thumbs on to some green ink and printed it on to the canvas. Then we put our names by it. When we finished all the Ursulines got together and Sr. Kathleen explained why we were here and introduced us to the founders of Wintershall. After that we put all 6 canvasses together with all the other Ursuline students behind us taking the lovely photo. I felt excited and proud to be the one chosen to represent UAI and hold our piece of the canvass.

**Phoebe**









## Feast of the Sacred Heart Mass

Today we celebrated Mass for the Feast of The Sacred Heart. Many thanks to Fr. David and all students who helped to prepare and serve.



## Chaplaincy Team

In chaplaincy team today, we discussed what things are wrong in our world and how can we put it right!

Cleo gave us the challenge to make a difference by doing a small thing in school over the next few weeks.

### *Chaplaincy Team Year 7-9*





## Community Grocery Ilford

On Thursday morning we went to Community Grocery Ilford, we were welcomed in and joined the team in saying a prayer before the start of their shift, we then filled in some paperwork and began helping checking stock, we checked that the food had not gone out of date and talked to customers that came in, it was lovely to be able to show Serviam by helping to serve those in our local community.

Working here made us realise that others don't have as much choice as we have, this made us feel very grateful but also happy that things like this exist so people can access them. We have also volunteered at Redbridge Food bank but what we preferred with this organisation was that we were on the shop floor and could interact and actually help people. It was a really good experience that made us feel as though the small amount that we did actually helped a lot of people. We are looking forward to our next volunteer opportunity.

### *Caitlin and Isabelle – Year 12*





## Chaplaincy Diary Dates



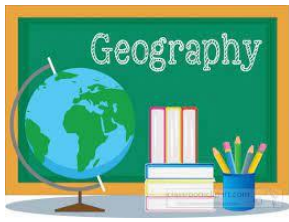
### Chaplaincy Diary Dates

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



### Geography News

This week the Year 10 geography students went on a field trip to Epping forest to investigate the impact of human activity on the biodiversity there. The students collected primary data at three different sites in the forest and used methods such as field sketches, environmental quality surveys and biodiversity counts. As part of the geography GCSE students also need to study a local small-scale ecosystem and be able to explain the links between abiotic and biotic elements and were able to see evidence of this throughout the forest.







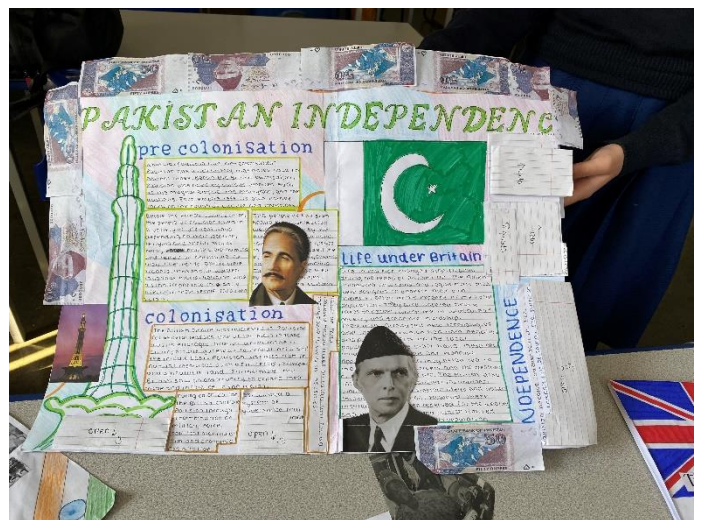
**Ms Colder, Head of Geography**



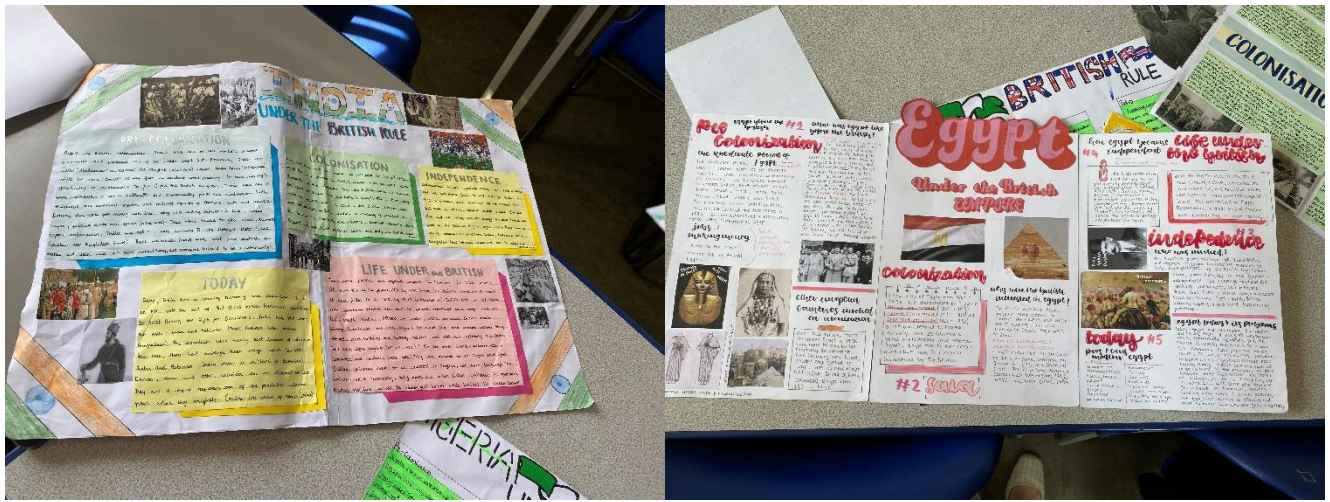
## History News

### 8J History Projects

8J have been learning about the British Empire in History and their end of topic project was to create a booklet or poster on a country that was once a part of the British Empire. The task was to trace the changes experienced by a country from before the British arrived, to life under the British, independence, and life and culture in that country today. 8J produced some beautiful work and clearly spent a lot of time and effort on their projects. Please see photos below of some of the most impressive projects, including those by **Salwa Husain, Aaliyah Khan, Habiba Tijani, Amrita Virdi, Shreshti Gurrupu, Sara Shahzad-Ilyas, Jannah Alam, Dania Sajjar** and **Sameen Shah**.







Ms Mackie



## Library News

### Create giant architectural sculptures – at SPACE Ilford



Build large cardboard shapes and create collective sculptures inside our art gallery at SPACE Ilford. Using a modular cardboard system of geometric “building blocks”, you can create simple or complex architectural constructions, to create artistic sculptures in the centre of the gallery. Generously supported by the Collective Paper Aesthetics Studio and The Institute of Imagination.

### The Invisible Man

The Invisible Man is back by popular demand. A living, breathing science experiment. Guided by a mysterious doctor, witness this scientific marvel and learn more about how he came to (not) be. He will be around from **11 am to 11.30 am**, from **1 pm to 1.30pm** and from **3 pm to 3.30 pm**. Supported by Without Walls.

### Robot badges

Construct your own felt robot badge with flashing eyes made from a basic LED circuit. Pin it onto your lapel and wear it with pride. Take it home with you and show it to your friends in school and around the world. Supported by the First Ladies Women’s Institute.



### **VR chill-out zone**

Let us transport you to faraway places from the comfort of the library. This is a virtual reality experience like no other. Come and chill out with us. Supported by UCL.

### **DIY Hologram viewer**

Build and decorate your own hologram viewer for your smartphone. It isn't wizardry but a clever way of manipulating a sheet of plastic inside an open square box. Supported by UEL.

### **24 Game**

A challenge for all maths enthusiasts out there! Show us how quickly you can manipulate four integers so that the end result is 24. An arithmetical puzzle game to play alone or as a family. Supported by Redbridge Institute.

### **Classic Cameras**

Long before the invention of cameras in the 19th century, people in ancient times projected images of the world around them through a small beam of light into a darkened room called a camera obscura. Make your own camera obscura to take away and see the world around you in this exciting free workshop with Redbridge Museum! Suitable for ages 8 yrs+.

### **Feed 'Peckish', our talking bin**

Meet 'Peckish', our hungry interactive bin. Feed it with litter to see it in action. Peckish has a ravenous appetite, make sure to pay it a visit to feed it some rubbish today. It might talk to you or make a strange sound, be prepared! Supported by 'Our Streets' Redbridge. Find out about the innovative ways the Our Street team can help you to reduce your waste and learn how to recycle your electronic items.

### **Augmented-reality zoo**

From ants to bears, check out the animals in our new augmented-reality zoo. Use one of our tablets to bring them to life. Listen to their sounds and turn them around to explore and observe them in detail. We promise they won't bite you! Sponsored by UK Robotics.

### **Colouring magic**

Meet characters from Albert the Astronaut to Olivia the Orthodontist and colour them in to look 'zing'. Then scan your creation to see the amazing characters come to life in augmented-reality and listen to the story of their chosen career. Sponsored by Octagon Studio.



## **Bike competition**

Ready Set Ride -> Smoothie! Try our stationary 'Smoothies Bike' and show us your pedal power to blend fresh fruits. Exercise and healthy nutrition in one go. Enjoy your smoothie while you find out more information about the range of sports, health and physical activities offered by Vision. We will be at hand to help you register with Vision Sport and Leisure and offer you support navigating the website and using the app.

***Ms Finlay, LRC Manager***



## **Music News**

### **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: Piercing a plastic bag with pencils**

This week we looked at the properties of water and plastic to help us pierce holes through a plastic bag. No water spilled out of the holes as the bags are made of a polymer. Polymers have a long chain of molecules that are flexible. When we poked the sharp pencils through the polymer it slid between the chain of molecules and made a seal around the hole.

Water consists of molecules that attract to each other strongly and creates surface tension where the water droplets hold together and at the surface forms a barrier that requires some force to break it.

As the pencils were very sharp this occurred smoothly enough to cause no leaks as we can see some groups successfully used numerous pencils.



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

**Mr Uddin**







### Sixth Form News

A group of intrepid Year 12 students set off by train from Stratford to Norwich this week, led by Mr McGhee and supported by Mr Burt and Ms Agudelo. This was a day to experience the city life of a historic city, Norwich, pray in Mother Julian's church and visit a campus university UEA. Mr Burt proudly took the girls on a tour of his *alma mater* and later Mr McGhee explained some of the artists lives' and works in the Sainsbury Centre, where no less than 'Avengers Assemble' was partly filmed! This is what some of the students said:

'We really enjoyed the trip; visiting the city centre was a highlight- we would definitely recommend this!' **Manushka, Rinusha, Disany, Thriwethi.**

'I love this trip and learned so much about Norwich and the UEA, very entertaining!' **Aashni**

'The day was a very enriching experience, I enjoyed learning about the religious and cultural aspects of Norwich.' **Elizabeth**

'It was so interesting to hear Mr Burt's experiences of his time at UEA, he was so passionate to share this with us, I felt privileged to be there.' **Mia**

'It was a fun and interesting experience throughout. Thank you!' **Aysha**

**Mr McGhee. Head of Religious Education**









**Vote for Us!!!!**

MAYOR OF LONDON

**Design  
Future  
London**

## **Team Spazio Verde Makes Shortlist**

We are delighted to announce a team from the Ursuline have been **shortlisted in the Mayor of London 'Design Future London Challenge' in the 14-15 age category as entry 22**. The shortlist is made up of 23 entries which have been selected by a team of judges representing MOBIE, Minecraft Education and C40 Reinventing Cities.

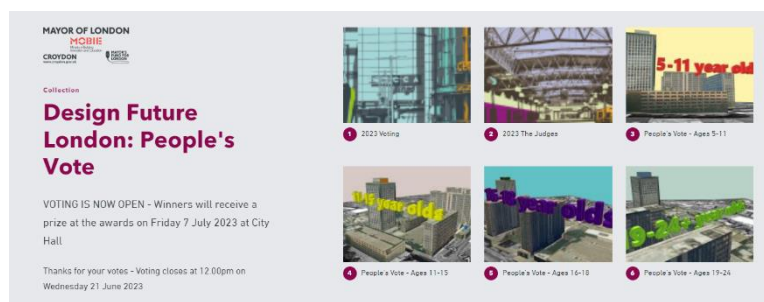
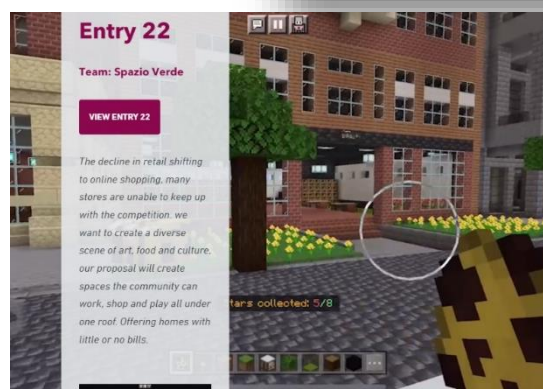
**The team members are - Duaa Akbar, Khaira Ali, Sriyaanvy Ramineedi, Zahra Mujtaba, Nahian Joyeta; they call themselves 'Spazio Verde'.** To view their amazing work, click on the link and If you scroll through to **Entry 22** and click and play their Minecraft video tile to the left to hear the voice-over explanations for the designs and their amazing portfolio. Then place your votes by clicking on one of the VOTE buttons below the entry. Fill in the simple voting form Leave a comment and let them know why you think their entry should be your favourite Design Future London design for 11-15 age category. They could be named **WINNER** of the DFL **The People's Vote!** 2022-23!

As described by the Design Future Team *"The energy, imagination and creativity of this year's **Design Future London** entries has been truly inspiring and we would love you to take a look at the fantastic work of the young Londoners that have been shortlisted. Their submissions are also being judged by our panel and the overall winners and runners-up for the 3 higher ages groups will be announced at the finals event on Friday 7<sup>th</sup> July".*

**Voting will close at 12.00pm on Wednesday 21 June 2023** so let's all get behind the girls, the winner and runner-up will also be awarded a prize at the finals to be announced at the Design Future London Awards Final on Friday 7<sup>th</sup> July 2023. **See Voting Link;**

<https://storymaps.arcgis.com/collections/a3645256d95642ed8d33b3df66b78131>

### **DT Team**





## Careers



# ALLIED HEALTHCARE MENTOR

We are delighted to announce the upcoming Allied Healthcare Virtual Work Experience session, scheduled for Sunday, 2nd July.

Registration Link: <https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>

The Allied Healthcare Virtual Work Experience offers students the chance to immerse themselves in the journey of two patients, observing their progress from initial presentation to recovery. Throughout the day, students will witness first-hand the collaborative efforts of various healthcare professionals within the NHS interdisciplinary team. That includes:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

By participating in this work experience, students will be able to interact with healthcare professionals, ask questions, and deepen their understanding of the roles and responsibilities within different healthcare specialities. It is a unique opportunity for them to make informed decisions about their future careers and gain valuable experience to support their university applications.

The work experience session will take place virtually on Sunday, 2nd July. Students who enrol in the program will receive a Work Experience Certificate upon completion of the session. Those who participate in the full 5-month program will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor, adding significant value to their CVs and university applications.

Inspiring the Future are running some virtual events for [London Careers Festival 2023](#) and there are still some spaces left on our sessions!



### Jobs in Sports Sector

**Register your students to join our Sports Sector Panel Discussion!**

Tues 27 June, 1:30 – 2:30 pm Year 10-13

**Register your students to join our Sustainability Career Chats!**

## Pathways into Healthcare

Wed 28 June, 9:30 - 10:30 am Year 10-13

**Register your students to join our Health Care Careers Chat!**

## Creative Jobs Panel Discussion

Thurs 29 June, 9:30 - 10:30 am Year 10-13

**Register your students to join our Creative Panel Discussion!**



**Overview** The programme is supported by the Mayor of London and European Social Fund. It aims to raise young people's aspirations and improve careers awareness, enable teachers to enrich the curriculum and support businesses to engage with the future workforce.

Programme Duration August 2023

Beneficiaries 11-18 Employer Opportunities & Engagement 1.

### Providing 5 days of work experience opportunities

[adam.morley@walthamforest.gov.uk](mailto:adam.morley@walthamforest.gov.uk)

**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!







Opening Tuesday 28 March 2023

**ACCESS SUPPORT**  
**SAVE MONEY**  
**REDUCE WASTE**



Anyone can become a member of Ilford Community Grocery. For just a £5 annual membership you can shop in the store up to 2 times a week, filling your basket for just £4 each time.




**HOW TO FIND US?**

City Gates  
25 - 29 Clements Road  
Ilford, IG1 1BH

Opening hours:  
9.30am - 4.30pm  
Monday to Friday

Contact details:  
020 3422 6511

Check out your local Community Grocery at  
[communitygrocery.org.uk/ilford](https://communitygrocery.org.uk/ilford)  
@CommunityGroceryIlford

A PARTNERSHIP BETWEEN

WITH SUPPORT FROM

message

CITY GATES

London Borough of  
**Redbridge**

Hi,

We know that many households are feeling the financial impact of the escalating cost of living and many are now having to make a tough decision between heating and eating. In response to this, we're launching a new community grocery in Ilford that will keep families fed and allow people to access support too.

We provide a great selection of healthy branded items that you'd expect to find at your local supermarket but for a fraction of the price. We're run on a membership basis designed to help anyone who needs to bring down the cost of their food shop by offering a full selection of groceries for just £4 per shop. We've even price matched a few of our standard shops against high street supermarkets and found that our members can save on average £20 each visit.

We know choosing the items you like for your family is really important and so we have thousands of products to select from each week with new lines added each day.



Example of a £4 shop

Our members not only get to save on their food shop but they also get to play their part in helping to protect the environment. Lots of the items in our grocery have been given to us by local supermarkets and would have normally ended up going into landfill. The food is all great, and there are many reasons why supermarkets have surplus food to donate. It may be there are packaging mistakes, errors with ordering or that the food that ends up too close to its 'best before' date for them to sell. So they've given it to the Community Grocery.

As we are reliant on what supermarkets donate to us we can't guarantee what items we'll have in stock for you on each visit, so you may find that you need to do a top up shop during the week for any key items you're missing. We receive new collections every day and so to be the first to see what goodies we have in stock, make sure you follow your local Community Grocery Facebook or Instagram pages.

And there's more. All of our members will be able to access loads of other benefits like job clubs, money management courses, mental well-being courses, youth clubs, volunteering and much more.

*Continued overleaf >*





## How it works

1. To become a member, just visit our grocery any time whilst we're open (Monday - Friday 9.30am - 4.30pm) and we'll get you signed up straight away and then walk you through your first shop. It's £5 for 1 years membership and you can visit our grocery two times a week.
2. A standard shop in the grocery is £4 and includes 12 items from our bakery, fruit and veg, shelf items, non-food, fridge and freezer sections. A normal £4 shop will typically fill 2-3 shopping bags. We also have little extra items you can get on top of your shop and include items like fresh milk, meat, cheese and eggs.
3. All of our Community Groceries will also be running a variety of free courses and events to get to know our members better and help support them with any specific needs. Once these go live, you can sign up for them in the grocery.

## How to find us

Located on several bus routes, and a short walk from "ilford" station on the Elizabeth line, it's easy to get to the Community Grocery by public transport. Find out which bus routes are near us, and get help planning your journey at:


[tfl.gov.uk/plan-a-journey](https://tfl.gov.uk/plan-a-journey)

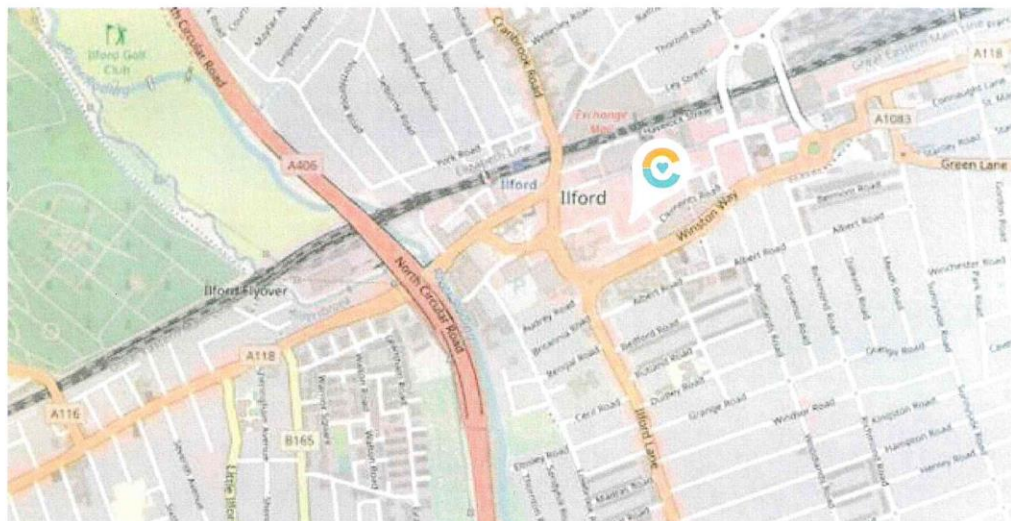
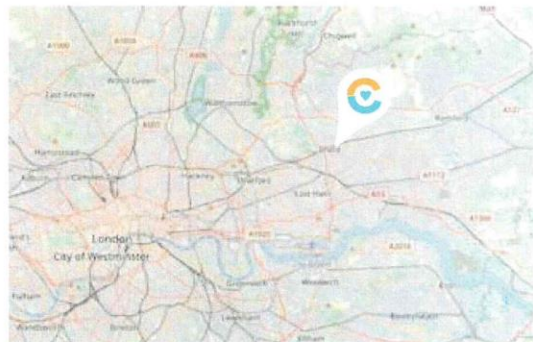
## Address

City Gates, 25 - 29 Clements Road,  
Ilford, IG1 1BH  
Find out where you can park at  
[www.communitygrocery.org.uk/ilford](https://www.communitygrocery.org.uk/ilford)

## Find out more

[www.communitygrocery.org.uk/ilford](https://www.communitygrocery.org.uk/ilford)  
[ilford@communitygrocery.org.uk](mailto:ilford@communitygrocery.org.uk)

  CommunityGroceryIlford



A partnership between:



Registered charity number: 1081467

### 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





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,

This Sunday's Gospel reminds us that Jesus came to establish a kingdom – God's kingdom.

Jesus was concerned about his people. He wanted to bring to them the Kingdom of his Father, so he set out to heal them and to bring them the peace of God, and he sent out his disciples to do the same. Today, the Church continues Jesus' work and invites everyone to enter into God's kingdom – to make present God's blessing of peace and healing.

Wednesday 14<sup>th</sup> June 2023

Everywhere I go I can spread either gossip or peace, either hurt or God's healing – the healing which Jesus brought as he went round the countryside.

I may not be able to heal physically, but I can spread the healing of peace in my community. Enjoy your week and help reveal **GOD'S KINGDOM**.

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 18<sup>th</sup> June 2023



When Jesus saw the crowds he felt sorry for them because they were harassed and dejected, like sheep without a shepherd. He said to his twelve disciples, "The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest." He then gave them authority over unclean spirits with power to cast them out and to cure all kinds of diseases and sickness. These are the names of the twelve apostles: first, Simon who is called Peter, and his brother Andrew; James the, son of Zebedee, and his brother John; Philip and Bartholomew; Thomas, and Matthew the tax collector; James the son of Alphaeus, and Thaddaeus; Simon the Zealot and Judas Iscariot, the one who was to betray him. These twelve Jesus sent out, instructing them as follows: "Go to the lost sheep of the House of Israel. And as you go, proclaim that the kingdom of heaven is close at hand. Cure the sick, raise the dead, cleanse the lepers, cast out devils. You received without charge, give without charge."

Adapted from

Matthew 9: 36-10:8 (11<sup>th</sup> Sunday of Ordinary Time, Year A)

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

"It is in the human heart that  
God's kingdom takes root  
and grows." Pope Francis



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



## Good News for Families

God's kingdom is right here – right now! When we welcome Jesus into our lives and try to live as he taught us, God's kingdom grows within our hearts. Within our families, and everywhere we go, we can help to reveal God's kingdom, sharing God's healing love and peace – making life better for all.

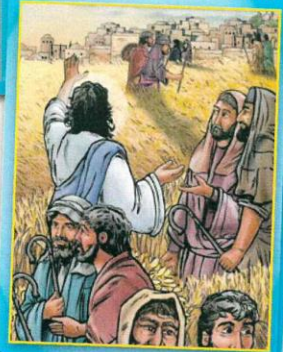
# 1

## Enjoy reading the Gospel

Jesus felt sorry for the crowds because they were worried and helpless, like sheep without a shepherd. So, he gave his disciples the power to cure all kinds of diseases and sickness and said: "Now go to the people and tell them that the kingdom of heaven will soon be here. Cure the sick, raise the dead to life and heal the lepers. You received without paying, now give without being paid."

**What did Jesus tell the disciples to say to the people?** Which word or words stood out for you in this Gospel, and why? See the picture opposite. What does it make you think about?

Luke 10:1-12, 17-20



# 2

## Wednesday's Words are ...

## GOD'S KINGDOM

# 3

## Loving God & Each Other

"Where Christ is, there is the kingdom of God." *St Ambrose*

God loves all people equally and invites everyone to share in his kingdom – today! Ask your child what the words 'God's kingdom' mean to them. We can see God's kingdom in the person of Jesus and demonstrated through the loving actions of others. Ask your child who brings peace, joy, happiness, love, kindness or understanding into their lives (you might like to give your child an example of your own). Where and when does your child personally experience these special gifts?

"The kingdom is hidden within you; it is found in your own soul." *St Isaac of Nineveh*

We can help God's kingdom of peace and healing to grow within and around us through the little things that we do and say. Each of you choose one way in which you can help the kingdom of God to grow. Perhaps you can: be more helpful around the house; share more; support a child, family or project at school where help is needed. Why not get involved with a charity that helps the poorest in the world (e.g. visit [Cafod.org.uk](http://Cafod.org.uk) or [Missio.org.uk](http://Missio.org.uk))?



Dear Lord Jesus, please help us to build your **kingdom** in our hearts and in the world – to do your work on earth with love and care for all. Amen.

## Gospel Gallery

LYHHVPYVERY  
SGPEACESUER  
GOEAAHRAENR  
PDSL Y L K M C N O  
H Y **DISCIPLES**  
VSENT P N N Y A E  
NEHGT L G H G R T  
DIANMODGN IK  
YREV P L O D O M O  
DSDGD O M M G D S  
SELPICSIDAN

## WEDNESDAY WORDSEARCH

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

☒ **DISCIPLES** ☒

☐ **HEALING** ☐

☐ **KINGDOM** ☐

☐ **GOD** ☐

☐ **VERY** ☐

☐ **NEAR** ☐

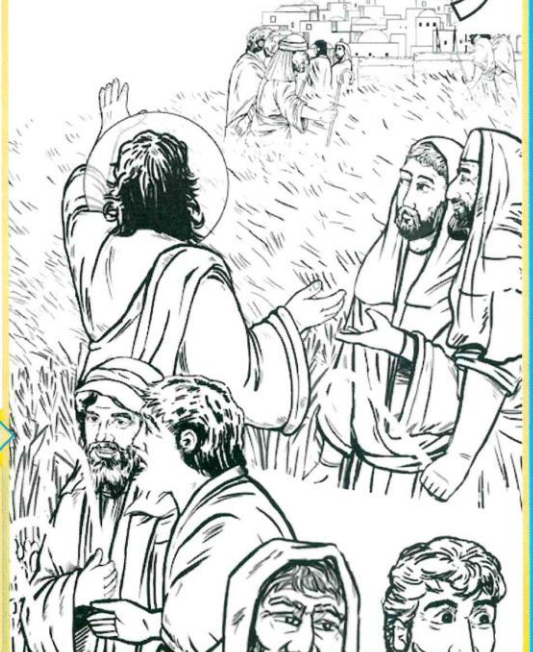
SUPERSEARCHERS FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

Whilst thinking about this week's Gospel, search for at least three differences between this picture and the colour one. Then draw them in before colouring.

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

**upebcople kibngudocm nuecarb cheabul**

Jesus said, " \_\_\_\_\_ the \_\_\_\_\_ who are sick and say, 'The \_\_\_\_\_ of God is very \_\_\_\_\_ to you.'"



Just like Jesus' first followers, we too should work to bring peace and healing to other people by the things we say and the way we behave.

Write a promise and then draw a big smile on Smiley

This week I will try my best to ...

.....

.....



More at: [wednesdayword.org](http://wednesdayword.org) & [catholicchurch.org.uk](http://catholicchurch.org.uk)