



**THE URSULINE ACADEMY ILFORD**  
**A Catholic Academy for Girls**  
*Weekly News – Issue 33*  
**9<sup>th</sup> June 2023**



Dear Parents/Guardians  
**Headteacher's Headlines...**



*"Act, move, believe, strive, hope, cry out to him with all your heart for without doubt you will see marvellous things."*  
*St Angela, Preceptor to the Canons, 16-18*

On Tuesday of this week we welcomed Andrea Raczynski, the Principal of Colegio Santa Ursula Vitacura in Santiago to our school here in Ilford. Andrea visited Year 7 students in their RE lesson, met with the chaplaincy and RE team and also was lucky enough to see our worship band rehearsal. She was very impressed.



On Thursday of this week we had a photographer in school to take lots of lovely pictures for our new website which we have been working on for a while and will be launched soon. My favourite picture is below on page 2, I think this really exemplifies the joy we feel in this school community! #SERVIAM



Being in school, feeling safe and learning effectively is our vision for every student at UAI. We really appreciate parents and carers support with this so we kindly request that you schedule medical appointments for your child outside of school hours. If that's not feasible, please obtain the school's agreement in advance. Keep your daughter's absence to a minimum, taking only the necessary time. You don't need to take a full day off for morning or afternoon appointments. Please inform the reception in advance by calling and provide proof of the appointment, such as a physical letter/card or a screenshot on a mobile phone unless of course, it's an emergency appointment.

We are now in the final half term of the school year. Examinations are still taking place and our year 11 and 13 students are working hard, I am so proud of them.

Best wishes for the week ahead!

**Ms F Stone** [headteacher@uai.org.uk](mailto:headteacher@uai.org.uk)



### Newsletter Contents this week:

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### Chaplaincy News



**Pope Francis@Pontifex – 5<sup>th</sup> June 2023**

It is necessary to accelerate the change of course in favour of a culture of care that is centred on human dignity and the common good, one nourished by an alliance between human beings and the environment that must mirror God's creative love. #EnvironmentDay



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

**June: Ask**

**9<sup>th</sup> June:** If they want to pray longer, let them go into their rooms, and enclosed there, pray in the way and as much as the Spirit and conscience will dictate.

**10<sup>th</sup> June:** My Lord, I beg you to receive this heart of mine and to transform its every affection and passion through your divine love.

**11<sup>th</sup> June:** My Lord, light up the darkness of my heart.

**12<sup>th</sup> June:** I beg you to accept my free will, all of my own will, which of itself does not know how to discern good from evil.

**13<sup>th</sup> June:** Receive my every thought, word and deed, finally, everything of mine, interior as well as exterior.

**14<sup>th</sup> June:** By saying the Office one talks with God.

**15<sup>th</sup> June:** Pray, and get others to pray, that God may reform his church.

### Chaplaincy Diary Dates



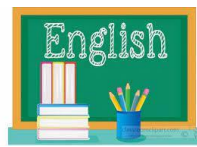
#### Chaplaincy Diary Dates

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



#### English News



#### **READING SPOTLIGHT – This June, Read for Empathy!**

This June we are encouraging students to read for empathy in honour of Empathy Day, celebrated on 8<sup>th</sup> June.

Empathy Day is a focal point for celebrating and growing empathy's power to create a better world. It aims to develop an understanding of books' role in raising an empathy-educated generation. Empathy Day inspires children and young people to learn more about empathy, have transformational experiences through stories and put empathy into action!

Empathy is our ability to understand and experience someone else's feelings. It builds stronger, kinder communities. It's a crucial life skill that young people need to learn, thrive and make a positive difference. We're not born with a fixed quantity of empathy – it's a skill we can all learn. And excitingly, research shows that books are a powerful tool to develop our empathy. When young people identify with book characters, they learn to see things from others' points of view and so, as they read, they are building their own empathy skills.

## How to get involved

Students are encouraged to select empathy-boosting reading books that deal with characters facing challenging experiences, in order to help young people gain insights into other people's feelings, perspectives and ways of life. Students can find book suggestions on the reading display in the English corridor or by visiting the school library and exploring the range of titles available in Ms Finlay's June book display. Our recommended reads deal with a wide range of empathy-boosting topics such as race, cultural differences, sexism, LGBTQ+ issues, disability, mental health, prejudice, conflict, trauma and loss.

Students can also choose to take part in Empathy Lab's '**Mission Empathy**', completing any or all of the 5 set empathy challenges outlined below. Students who choose to take on the challenge will be provided with a Mission Empathy bookmark that allows them to have their challenges ticked off as they complete them and then, once completed, students just need to show this to their English teachers in exchange for a challenge prize!



## Develop your superpower. Change the world.

Complete your mission by trying all FIVE activities



1. Empathy Power Reads

This isn't reading as you know it, this is reading for empathy.

- JOIN our crowd-sourced book recommendation activity
- CHOOSE and READ an empathy-boosting book - use the brilliant Empathy Collection for inspiration
- SHARE and DISCUSS your chosen book
- WEAR a pair of empathy superpower glasses to help you see the story from the character's point-of-view
- STRIKE a power pose with your book and share it safely on social media

2. Empathy 360°

See the world through the eyes of others.

- SWITCH ON your empathy superpower
- LOOK right around you - just stand still or go on an empathy walk
- NOTICE how the world might seem to someone you encounter
- REFLECT on your new 360° perspective
- DECIDE what YOU can do to make a difference

3. Empathy Exchange

Step out of your normal bubble & connect with someone you don't know well.

- MAKE TIME to get to know someone better
- USE our conversation prompts to help you
- HAVE a friendly, open conversation
- LISTEN with 100% of your attention
- CHECK you've understood what they have told you

4. Empathy Emotions Map

Empathy is about understanding, naming and sharing feelings.

- GET creative as a class!
- MAKE a mind map - as a class or individuals - when children record their emotions throughout the day by writing and drawing on the map
- WORK TOGETHER to make a list of emotions to start you off e.g. excited, anxious, inspired, nervous, proud, valued
- VISIT our Illustration Gallery for inspiration - see maps by your favourite illustrators
- SHARE and DISCUSS the maps - safely - no names

5. Make an Empathy Resolution

How can YOU change things for the better through empathy?

- THINK about what would make your home, school, community a happier, more caring place - where would more empathy help?
- DECIDE what you will do to make a difference
- WATCH how your favourite authors and illustrators plan to use empathy to change things for the better
- MAKE and SHARE your resolution with your class, friends and family
- START acting on your resolution now!



FROM MARCH Download everything you need at [empathylab.uk](http://empathylab.uk)



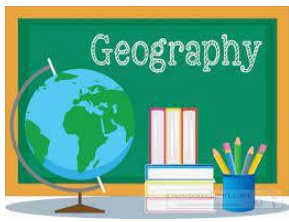
We hope to see as many students as possible across our school community choosing to Read for Empathy this June; if ever we needed a world with more empathy, it's now.

**“I really truly believe that increased empathy will change the world, maybe even save the world. Reading and writing and creating are one of the best ways to harness our empathy superpower.”**

Holly Bourne, author

Students who would like more information or further suggestions can find me or speak to the English department for more detail.

***Ms Cooper, Head of English / Extended SLT***



### **Geography News**

The Year 10 Geography students went to Stratford this week to carry out primary data collection. The students were investigating the regeneration of Stratford after the 2012 Olympics. We used multiple fieldwork techniques including, environmental quality surveys, pedestrian counts, and field sketches. We had a brilliant time, and the students were able to deepen their knowledge of this case study for the Geography GCSE exams next year.



***Ms Colder, Head of Geography***



**June Library Display.**



Recommended 'Reads for Empathy' exploring themes of disabilities, bereavement, LGBTQ+, refugees, Windrush experience, (75<sup>th</sup> Anniversary on June 22), ethnic diversity.

**Ms Finlay, LRC Manager**



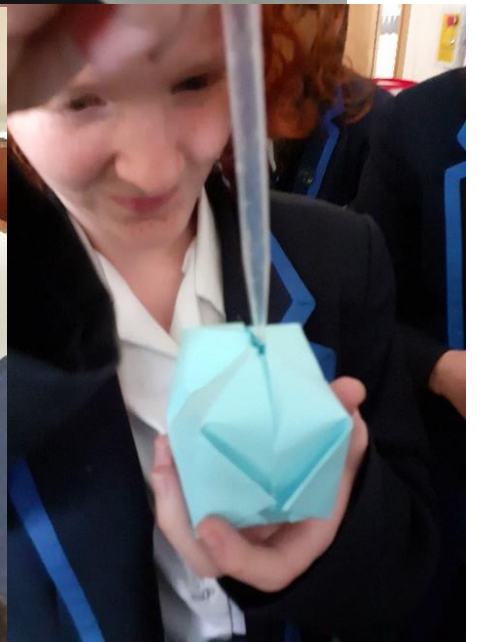
**Science News**

**Weekly Science Club: Origami Water Balloons**

As summer is finally here we thought we would be creative and make origami water balloons out of paper. Once we had managed to build the balloon structure, we filled it up with water using a pipette and went outside to try them out. The wall outside G11 was the scene of the water throwing and made quite a splash!

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





Dress – smart, plain knee-length dress, **no lycra**

Skirt - straight, knee-length skirt, **no lycra**

Trousers - straight trousers (**please note – jeans or leggings are not allowed**)

Blouse/Shirt – muted colours only (**please note - T shirts or polo tops are not allowed**)

Shoes – smart, black shoes (**please note – boots, trainers or flip-flops are not allowed**)



Sweater/Cardigan/Jacket – V-neck sweater or cardigan or smart blazer – **No hoodies, no logos or labels to be on display**

Tights – plain or discreet patterns (**fishnet tights are not allowed**)

Outdoor Wear – plain black outdoor coat or jacket, plain black, white or grey scarf and/or hat.

Jewellery – two small earrings in the lobe of each ear, one small bracelet on each wrist, one small ring on each hand, one small chain







## 12.1 Charity Event

Our form group recently organised a successful fundraising event just before the half-term break to support several charitable organisations, including UNICEF, GOSH, Children in Need, Medicinema, WEDO, Orphans Paradise, and DEC.

The girls' dedication and enthusiasm towards their chosen charities were remarkable as they managed to exceed expectations by raising over £600. Besides the fundraising efforts outside of school, the girls also sold cakes, ice creams, samosas, pakoras, crisps, and held a raffle with several prizes, including the popular 'Sponge the Teacher' event. We are grateful to the teachers who bravely participated in this event, including **Mr Challis, Mr Uddin, Ms Francis, Mr Irwin, Mr McCarthy, Ms Eakins, Ms Francis, Ms Posnakidou, Ms Catungal, Mr Burt, Mr McGhee, Ms Harrington, Ms Tallat, Mr Fan, and Mr Robertson.**

We appreciate the many staff members who volunteered their time, assistance, and donations to make the event a success, with special thanks to Ms Kayode for managing the queues. Thank you all for your contributions to this great cause.

### **Mr Vijay & 12.1**

#### **Shaika Mohammed 12.1**

Orphans Paradise is a non-profit organisation. A charity that has recently been opened. It has helped bring support and food on the plate for Orphans. Places that they provided meals for are in Pakistan, Syria, Zanzibar, Sri Lanka, and Turkey. The charity has recently provided meals on the coast of Tanzania in Pemba Island, one of the poorest regions in East Africa. Hence, they are not only supporting one region but globally assisting other children from all parts of the world with similar situations. On Friday the 26th of May, we sold food items such as Samosas, Pakoras and Crisps and thus raised a lot of money to feed a lot of vulnerable children, thanks to our donations. This charity is here to make an impact and help support children by preventing starvations. To further show support for Orphan Paradise, spread more awareness by following us on instagram: @orphans.paradise and giving a small donation 😊

### **Manuska 12.1**

We were given the chance to raise money for a charity of our choice and so we chose to raise money for BBC Children In Need on Friday 26th May during lunchtime. This decision to support this specific charity was made collectively within our group (Romisa Aldrin, Manuska Krishnakumar and Aleah Nelson), as they especially support young children to feel and be safer, have



improved mental health and be given more equal opportunities to flourish. We are truly grateful to have been given this opportunity and are pleased to have been able to raise money and help Children In Need.





## Careers

The St Mary's Schools and Colleges team, in collaboration with academic departments, are delighted to offer a wide range of Masterclass Days.

These events are suitable for all post-16 learners and mature learners, as well as year 11s for the teaching-focused event

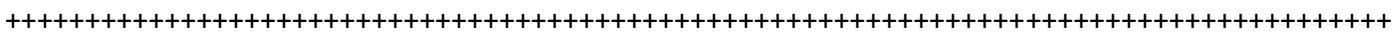
Each event will include workshops specific to that subject; our Masterclasses are great for students who are looking to include extra academic evidence on their personal statement application.

Please contact [schools.colleges@stmarys.ac.uk](mailto:schools.colleges@stmarys.ac.uk) if you have any questions or would like us to facilitate a group booking.

Students can [book their place](#) now, or read more information about these events by visiting the relevant webpage below.

### Upcoming events

- [Get into teaching Masterclass Day – 21st June](#)
- [Get Ahead! A masterclass on applying to university – 28th June](#)
- [Computer Science Masterclass Day – 29th June \(more information coming soon\)](#)
- [Law Masterclass Day – 4th July](#)
- [Acting and Creative Production Masterclass Day – 5th July.](#) [Book Now](#)



### **Work Experience in Energy**

BP is offering an amazing chance to gain work experience. You can choose between a one-day or a full week experience in July. This hands-on opportunity will give you a first-hand look at how BP is making a remarkable difference in the world. They're all about sustainability and finding innovative solutions to global energy challenges.

BP is leading the way in creating a cleaner and more efficient energy future. If you're passionate about making the world a better place and want to be part of a company that's truly making a big impact, then BP is the perfect place for you

[Apply for Energy Work Experience with BP here](https://bit.ly/bpworkexperience)



## **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!





**Join our event for  
Refugee Week**

Tuesday 20 June  
Redbridge Library  
3pm - 6.30pm

**Visit the intranet to find out more** 

You are invited to attend a Redbridge 'Refugee Week' event that will be taking place at **Redbridge Central Library** on **Tuesday 20<sup>th</sup> June 2023** in the **Gloucester Room** from **3pm- 6:30pm**.

The event is an opportunity to raise awareness about refugees' rights and entitlements, share best practice, reflect on their journey and to celebrate their contribution and resilience.

We have invited refugee support organisations who will exhibit their services on the day.

***Ahmedin Ismael***

Community and Engagement Lead

HFU

Redbridge Council

## Be the role model they need. Foster for Redbridge.

Children need role models in their life to help to shape their morals, beliefs and behaviour. Over 300 children in Redbridge are unable to stay at home for a variety of different reasons and need foster care. Be the positive role model that they need and help to change their life.

If you have space in your heart and home to foster for Redbridge Council, please call us on 020 8708 6068 or email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk) or join us on our next virtual information session on 23 June 2023 10am to 11am. Visit <https://www.eventbrite.co.uk/e/foster-for-redbridge-coffee-morning-230623-10-11am-tickets-560846927257> to book a place.

**Be the role model  
they need**

**Foster for Redbridge**

**020 8708 6068  
fostering@redbridge.gov.uk**



### 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 & 8L 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)



<b>EXTRA-CURRICULAR MUSIC CLUB TIMETABLE</b>					
	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

