



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – Issue 32
26th May 2023



Dear Parents/Guardians
Headteacher's Headlines...

A short one from me this week, but still a very packed Newsletter!

We have a photography company coming in to school on 8th June. Please can I ask that all girls look 'smart' with their uniform, and adhere to the usual rules on no make-up or nail varnish when we return after half term.

We have also included on pages 14 - 15 the slides that the girls were recently shown regarding PE kit standards that we expect all girls to adhere to.

Congratulations to the new Head Girl team that Mr Challis has written about below. Serviam girls!!

And finally, I hope you all have a safe and restful half term break!



Ms F Stone headteacher@uai.org.uk



Pastoral Deputy Headteacher's Headlines...

Head Girl Team

This Wednesday saw interviews take place for our new Head Girl Team. The competition was fierce with a large number of students volunteering to serve our community in this role and the quality of the applicants was very impressive. The shortlisted candidates were interviewed by a panel of students from across four year groups and had to answer questions on their priorities, past experiences and what they would bring to the role. All candidates gave a fantastic account of themselves and the student panel were clearly impressed and inspired by these excellent role models.

Congratulations to all who took part and special congratulations to the successful candidates listed below:

Head Girl

Jessica Madu

Deputy Head Girls

Caitline Ely – Chaplaincy

Elizabeth Akande – Student Council

Isabelle Doves – Environment

Melissa Kabeya – Fundraising

Tegra Nkoko – Sport and wellbeing

Senior Prefects

Aisilene Maorajasingham

Akshaiya Kajansivakumaran

Aliyah Awan

Fiorella Shayree Hassan

Hritika Bagiyal

Shanelle Dennis-Leslie





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Chaplaincy News



Pope Francis@Pontifex – 24th May 2023

When the Gospel is lived in its fullness, we do not turn in on ourselves, but bear witness to the faith by making it become a contagious faith. Our passion for evangelization is born in this way.

#GeneralAudience



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

May: Prudence

26th May: Strive to act solely out of the sole love of God.

27th May: Put all your zeal and strength into carrying out your duty.

28th May: One must be careful and prudent.

29th May: Jesus Christ will enlighten you about what you have to do.

30th May: Kindly be attentive, with great and longing heart.

31st May: Keep to the ancient way and custom of the Church, established and confirmed by so many Saints under the inspiration of the Holy Spirit.

June: Ask

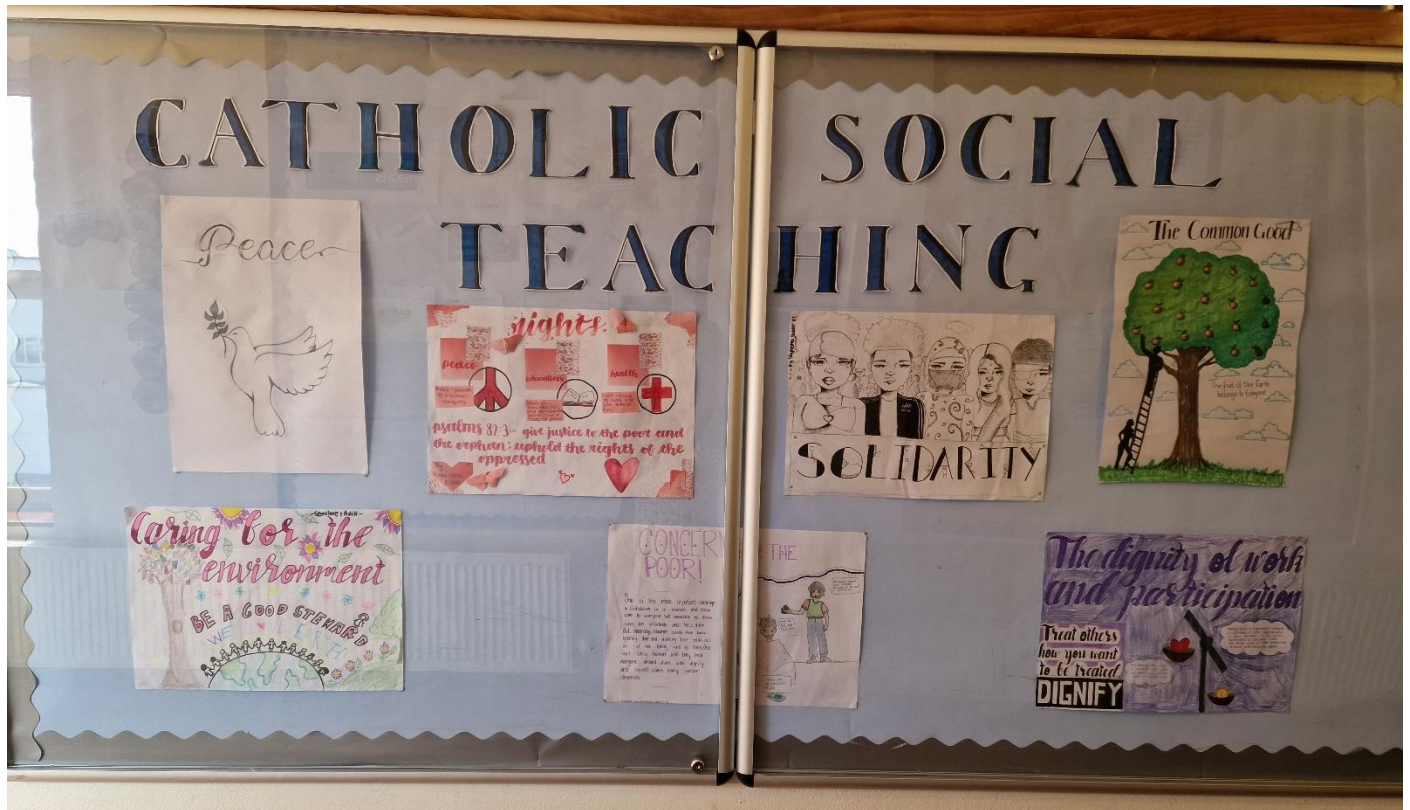
1st June: Pray to him, humble yourselves under his great power.

Our School Values

All over school you can see reminders of how important our Ursuline values are to us. Our students work hard at the curriculum but never lose sight of what it means to be an Ursuline student.

Always proud to serve and look after others. #SERVIAM





Redbridge Foodbank

This month it was Charis and I turn to go to Redbridge Food bank and volunteer with the workers. There were six of us in total. We found it inspiring to see how many people were there working hard and most of them were volunteers like us. Whilst there it made us think of what we take for granted it made us really think of those less fortunate and those who are in genuine need. Volunteering today is something we found really calming and chill because it was an activity that we could spend some time out of the normal school day and think of others. This is something that we don't get to do often enough. We were so glad that we could be helpful and were grateful of the opportunity.

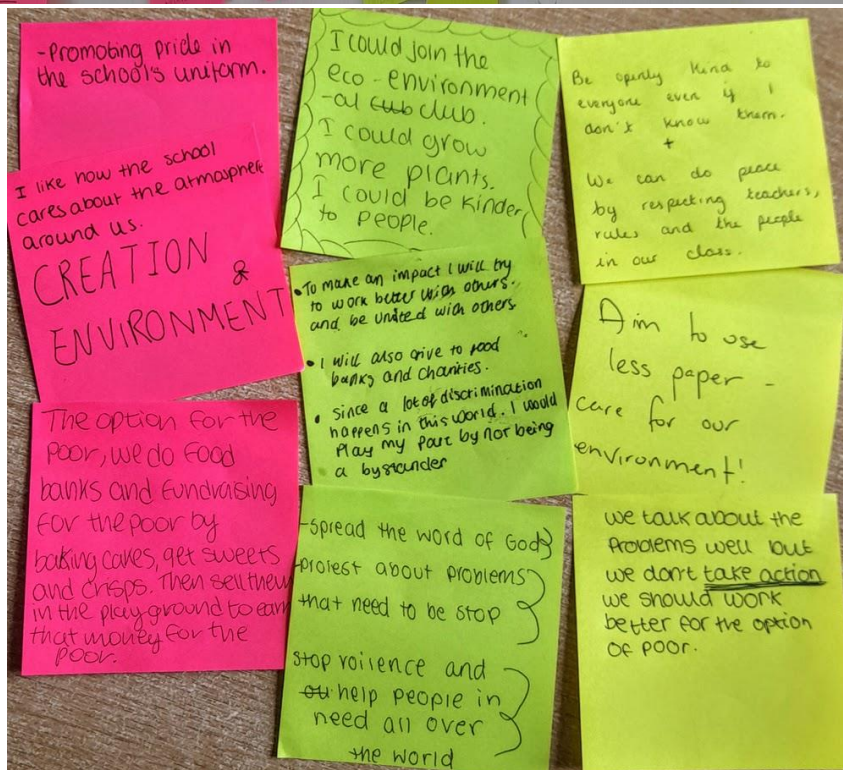
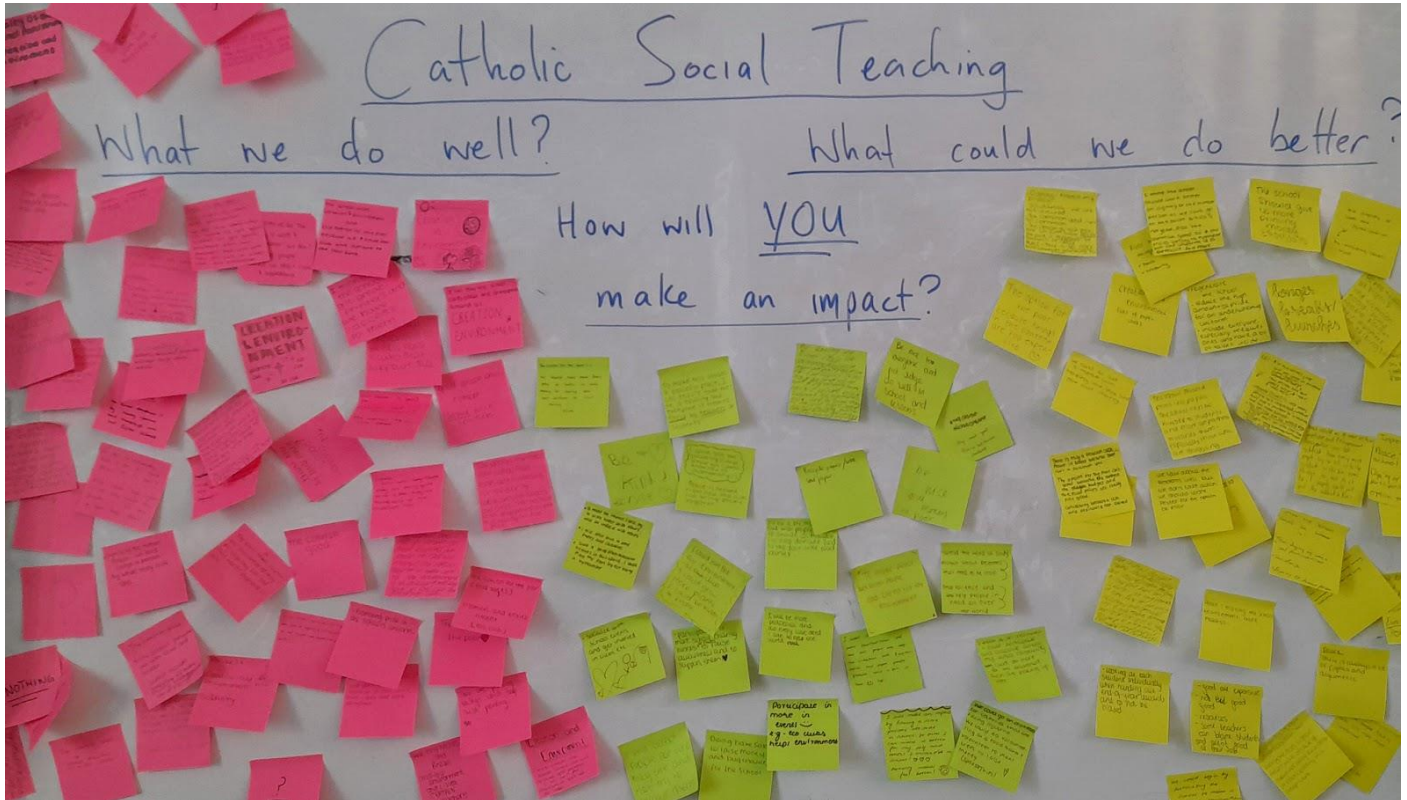


As a result of volunteering today it has made us want to do something like this more often and maybe even find a way to actually connect with families and reach out. It has made us realise that we should all take time out every day and think of or help others.

Kya and Charis 8U

Catholic Social Teaching

Our Year 9 students have recently been reflecting on the seven Catholic Social Teaching Values. They have thought about what we as individuals and a school community can do to ensure that we are serving all members of our society in a way that is just and righteous. Here are some of the things that the students have to say about what they/we are doing well, what can be improved on and how they can be more involved!



Ms Eakins, Teacher of RE

Rosary Club

On Tuesday we enjoyed rosary club at break time, it is an opportunity to offer up prayers for our intentions and enjoy a time of reflection with others. Today we prayed 10 Hail Mary's (one decade). There were a couple of chaplaincy club members who were of a different faith so didn't pray the rosary, but still came and supported us when we were doing so. All in all, everybody appreciated the chance to have some peace and time with God.

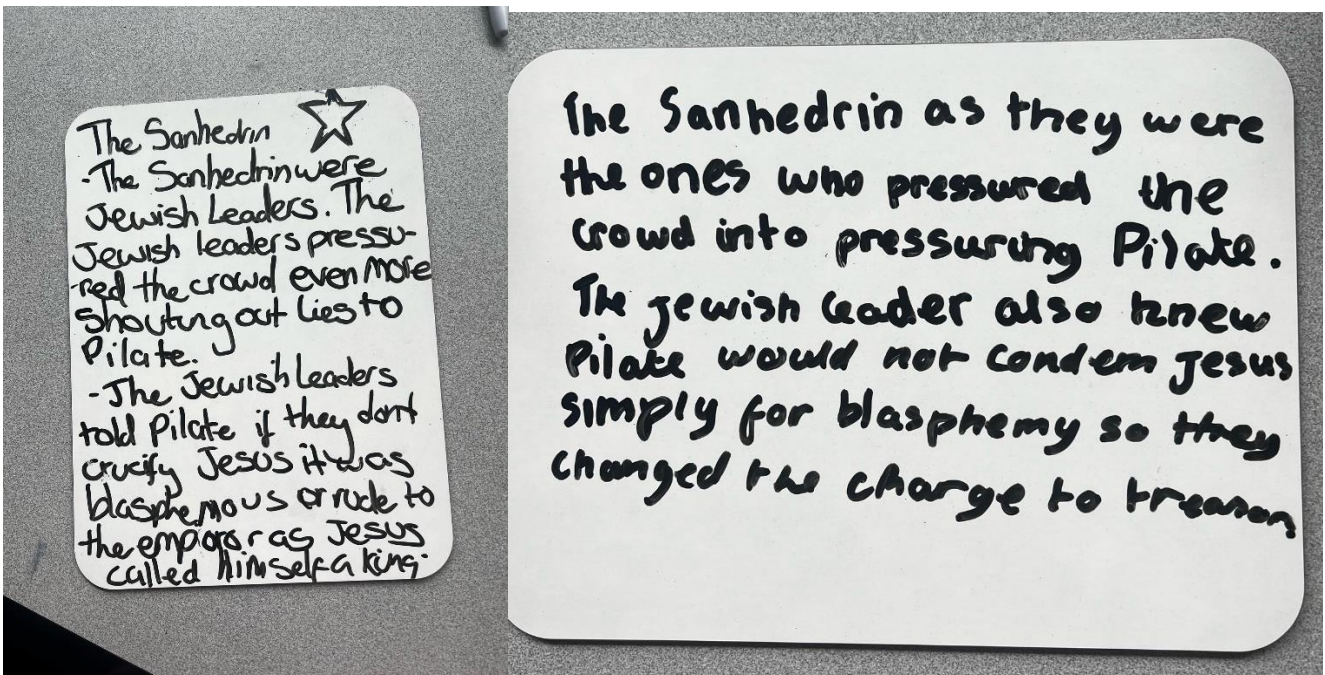
Caitlin Ely Year 12

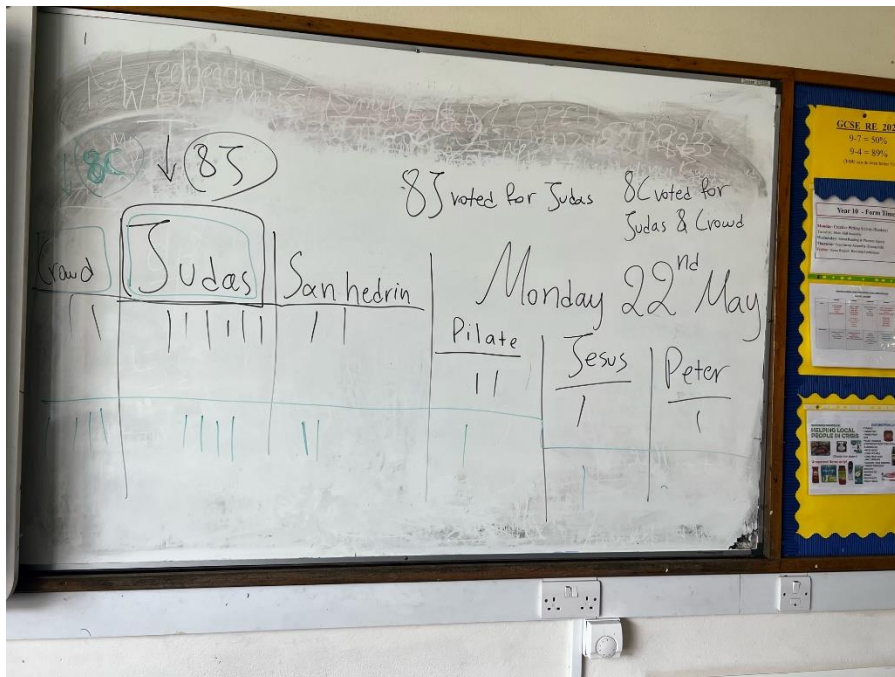
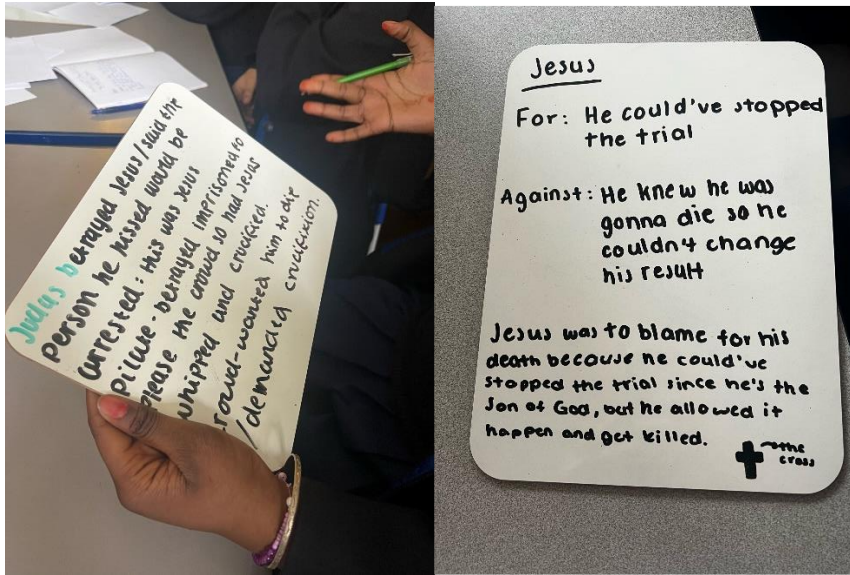


Jesus Trials

This week my year 8s (8J + 8C) have been working in groups and discussing Jesus trials.

At the end we voted for who was responsible for the outcome of these trials.





Ms Posnakidou, Teacher of RE

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



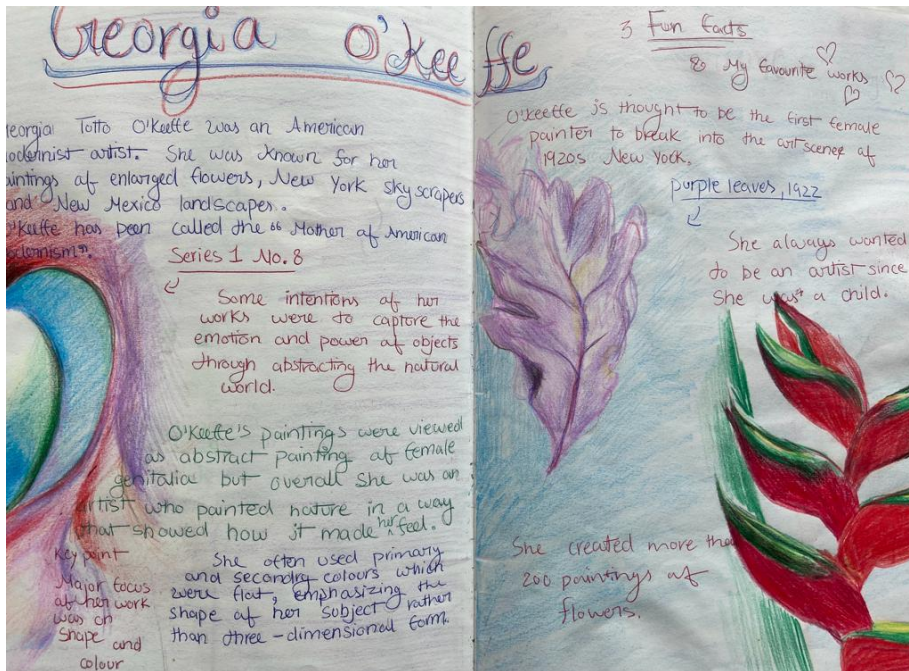
Artist of the Month

Kavya Bagiyal -Year 8

Kavya has produced a wonderful selection of work this year with Mrs Halfyard. She has been inspired by Georgia O'Keeffe to create extreme close-ups with an abstract quality as well as highly detailed observational work. Kavya says "I love my art to be perfect. I often use bright, vivid colours as they portray my emotions and I explore different materials to see what they can do! I often use watercolour paints and coloured pencils over the top to give my work more realism."

Well done Kavya!

Mr Butler
Head of Art

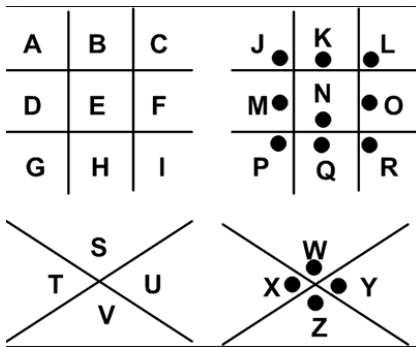


Number Day 2023



Congratulations to:
 Zahra Ali
 Amira Hossain
 And Mysha Ali
 For memorising the most digits of Pi in just a few minutes!

On Wednesday 17th May we celebrated Numeracy day at Ursuline.
 Our students explored the real-life applications of Maths, from using it to track our fitness progress to formulae used to locate serial killers!



We had several competition opportunities on Numeracy day, including a Maths quiz. This quiz involved decoding puzzles such as this one

Quiz Winners:
Year 7
 Alexandra
 Akisha
 Shola
 Rashmi
 Caitlin
 Romaisa
 Safa
 Zainab

Quiz Winners:
Year 8
 Asma Omar
 Shaista Atanda
 Aishwarya Naindi
 Semi Rahman
 Maleeha Mushtaq

Quiz Winners:
Year 8
 Fatima
 Zoya
 Safeena
 D'ana
 Selmore

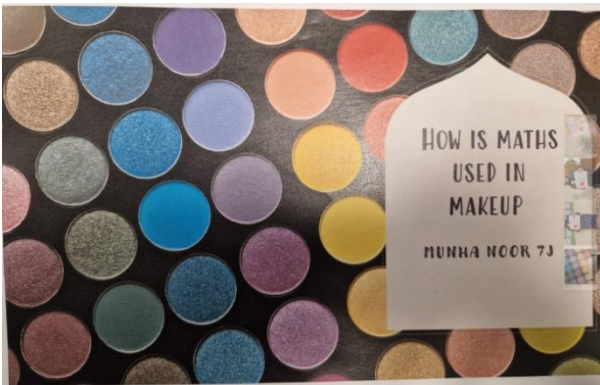
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The Maths department also competed in the best classroom door decoration competition!

origami (折り紙,
 Japanese
 pronunciation:
 [origami] or
 [ori[↓]gami], from ori
 meaning "folding",
 and kami meaning
 "paper" (kami
 changes to gami due
 to rendaku) is
 the Japanese art of
 paper folding.



Maths in real-life
 competition winner:

Noor 7J

Runner up:

Ashley 7U



P E News

Last Friday in P.E., we hosted our very first GCSE PE Dragons Den Event. The groups displayed the challenge of creating the next innovative trainer to increase an athlete's performance. All groups took their time researching, marketing and creating different trainer designs to ensure they could get an investment from the Dragons. It was a learning curve for some groups. However, two groups came out on top. Team EnZ Ltd. (**Eva Gabriel** 10C and **Zoe Akinwumi** 10J) came second and achieved an investment of £5,000. Coming in first place was S.M.J. Skates (**Samiyah Patel** 10T, **Maariyah Noorani** 10J and **Jessica Rambuyon** 10C, who earned an investment of £10,000. Thank you very much to Mrs Wood, Ms Basi, Mr Fan and Ms Finlay for giving up their time to be unique Dragons. They added to the true Dragons Den feel. I am proud of the team and their work on this assignment. Well done to all, and until next time!

Ms. Francis

S.M.J SKATES
introducing the next evolution in ice skate design. the S.M.J skate

Our revolutionary skates incorporate custom-fit design, innovative blade shape, and lightweight materials to enable skaters of all levels to achieve their best performance yet

Silicone Padding
gel Padding
memory foam

lace lock
unique lacing structure
rivets
jagged toe-pick
sharp heel blade
leather boot/heel

Designed with comfort and safety in mind, our skates also offer exceptional durability and quality, ensuring that they will last through even the most intense skating sessions. Whether you're a seasoned pro or just starting out, the S.M.J Skate is the perfect way to Take your skating to the next level.

why settle for ordinary skates when you could experience the unparalleled performance and comfort of our innovative design?



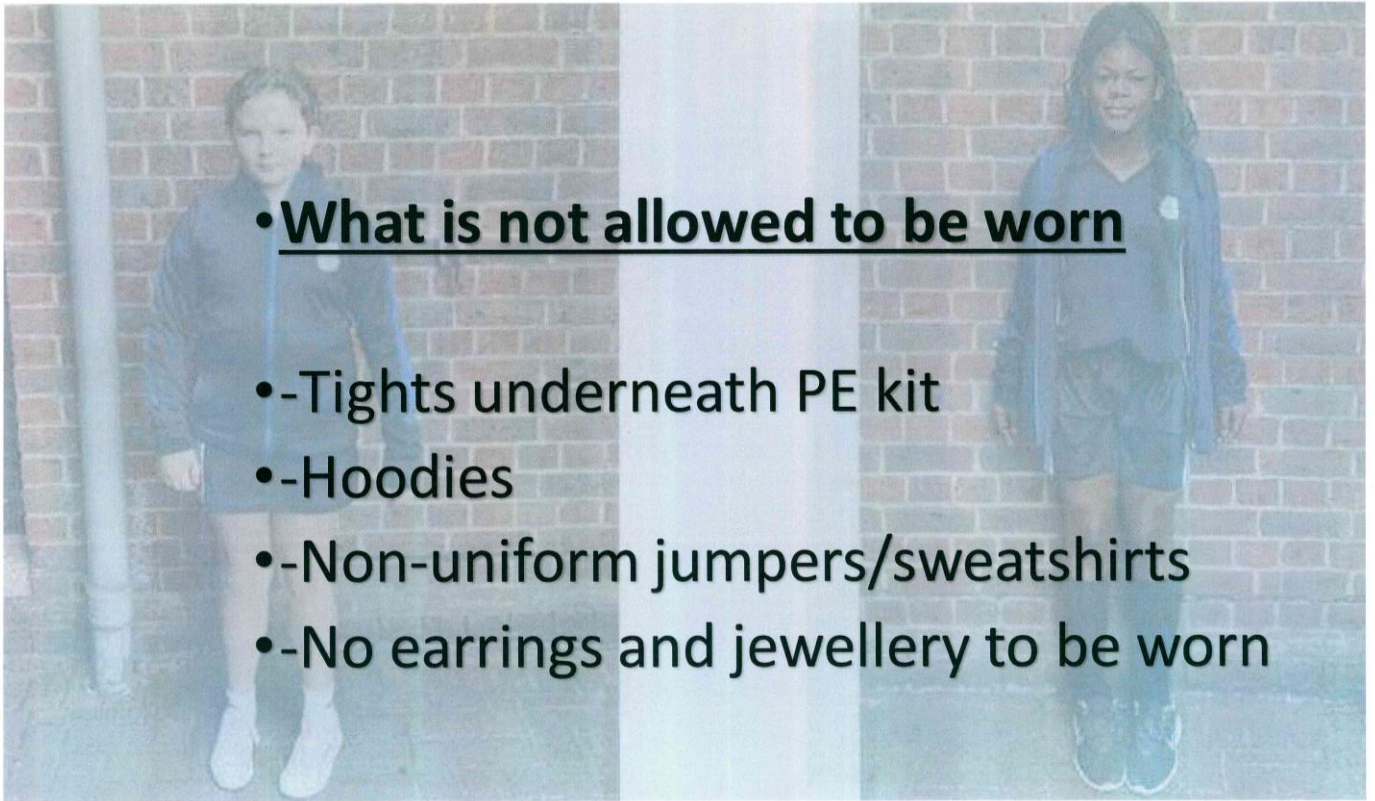


PE Kit Guidelines

You may remember from our Newsletter of 12th May, we reminded you of our uniform guidelines as standards had started to slip. We are sorry to say that standards have also started to slip with the girl's PE kits, and so we have taken this opportunity to replicate below the slide show that was shown in form time a few weeks ago...Thank you for ensuring your daughter has the correct PE kit.

• What you are allowed to wear

- -Navy blue school PE top
- -Navy blue school PE Skort/shorts
- -Navy blue school tracksuit (bottoms and PE jacket)
- -Navy or black plain sports leggings (only for year 10-11)
- -Suitable PE trainers (no canvas shoes)
- -Sports socks
- -Navy GCSE jumpers (worn by year 10 & 11 GCSE pupils)



• What is not allowed to be worn

- -Tights underneath PE kit
- -Hoodies
- -Non-uniform jumpers/sweatshirts
- -No earrings and jewellery to be worn

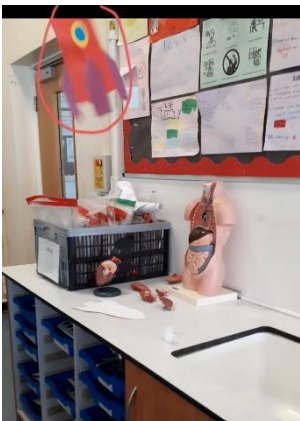


Science News

Weekly Science Club: Alka-Seltzer tablets and water

This week we decided to mix some indigestion tablets with water. Indigestion tablets are used to neutralise excess acid. When mixed with water you produce carbon dioxide gas and lots of it. Using small film canisters, we closed the lids and shook them, this increased the carbon dioxide so much that they blew the lids off.

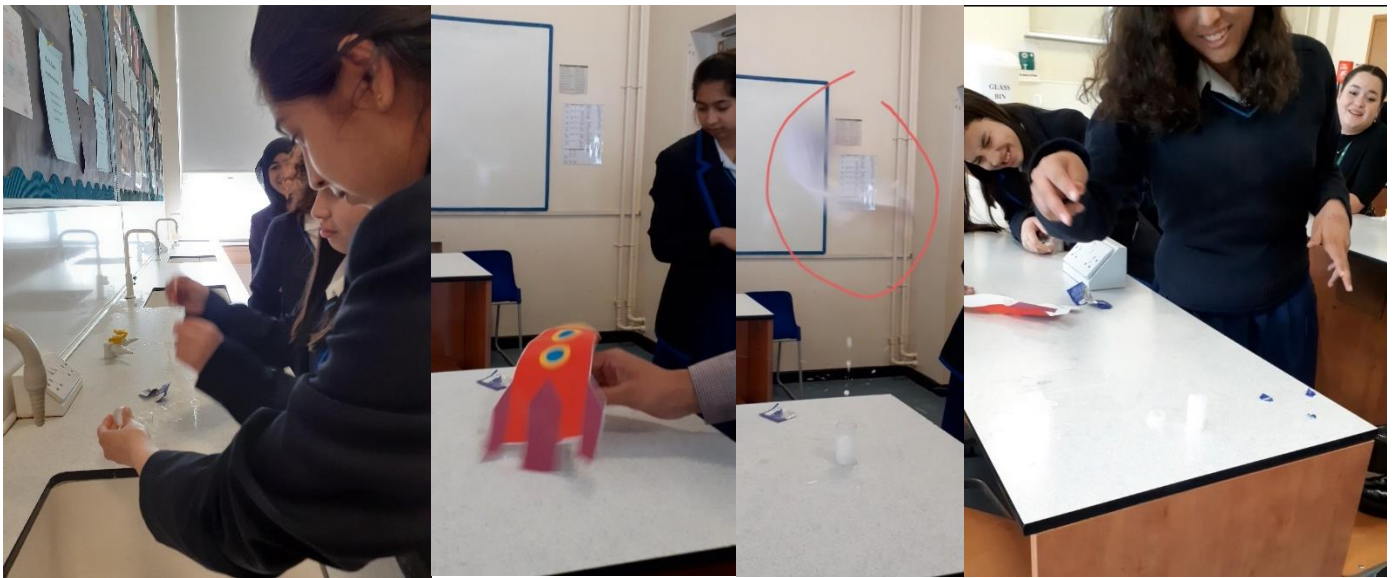
After a few practice attempts we attached our rockets to the lids and watched as they flew off.



Definitely worth the mess!!

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





Sixth Form News

Year 13 information

In the lead up to results day it's important that students understand their options, including what Clearing is and how it works. Helping students to come up with a plan ahead of results day in case they change their mind, don't meet their grades, or do better than expected, can take the worry out of the day itself. Please

find below a useful infographic on what to expect on results day that you can go through together to plan ahead.



Key dates for UCAS

30 June | Deadline for students applying with five choices. Any applications received after this date will be entered using Clearing.

5 July | Clearing vacancies are available in the UCAS search tool.

17 August | JCQ (AS/A Level) Results Day

Please follow the link below for a useful guide to the clearing process should you need it. Please note that Clearing is open for students who both **miss their expected** grades and **exceed their predicted** grades and want to apply to a different University with higher entry requirements.

[Clearing guide for parents | Undergraduate, Conservatoires | UCAS](#)

Year 12 Information

Next half term there will be a focus on pathways Post 18 for Year 12. It is important to set yourselves apart from other students when writing Personal statements, or applying for apprenticeships and one way to do that is through work experience. We will be looking at ways to gain valuable work experience in school but please find below a useful guide on what you can do to help secure some. More information to follow next half term! Watch this space....

[How to find work experience \(year 12 student guide\) | Indeed.com UK](#)

Ms Basi, Head of Year 13

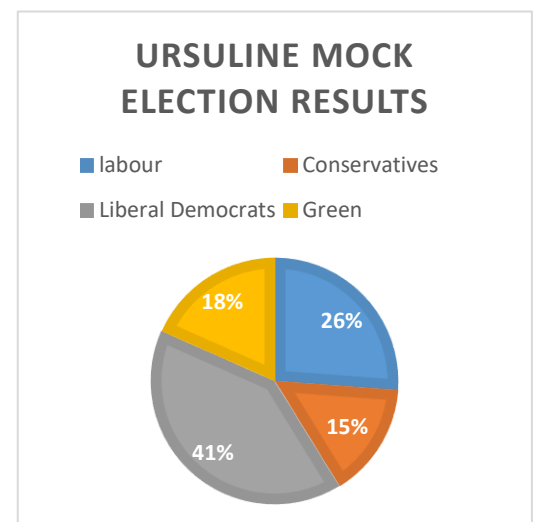


Ursuline Mock Election

On Thursday 25th May 2023, our 6th Form Politics students organised a mock election where the students voted for a party of their choice. Our aim was to educate Ursuline students about UK politics, democracy and the importance exercising our democratic right to vote.

Democracy is fundamental to the UK political system and our British values. The word democracy comes from the Greek word “rule by the people”. In a democracy, the people have the power to choose how the government is run. In the UK, we have various ways to exercise our democratic rights. One very important example in which we practice democracy is General Elections, this process allows the people to choose representatives to voice their beliefs in parliament. The UK is made up of 650 different constituencies (geographical areas) and each constituency vote for a representative who will represent that local area in our national parliament at Westminster. Most MPs represent a political party and the party with the most MPs get to form the government after a general election.

To teach students about democracy, we had the opportunity to create our own mock election. We selected the following political parties to be represented; the Green Party, Liberal Democrats, Labour and the Conservatives. The reason we selected these political parties was due to the recent success of these parties in the recent council election, which took place in large areas of England a few weeks ago. The participation rate for our Ursuline election was impressively high with 90.4% of students voting. The conservatives saw a poor performance receiving only 15.3% of votes, Labour with 26.1%, the Green Party with 18.3%. Our winning party was Liberal Democrats, with a surprisingly large share of the vote 40.3%. This is a startling result as the Liberal Democrats have never performed this well in General Elections, perhaps it was partly due to the success of group of A Level Politics students who were canvassing on behalf of the Liberal Democrats and how they conveyed their key Policies to the Ursuline Students. We hope to have achieved our aims of encouraging students to be politically aware and to actively participate in politics and voting. There will be an assembly on the importance of voting and political participation after the Half Term Break.



Hritika Bagiyal & Rozia Syed, A Level Politics Students



UAI Sixth Form Arts and Humanities Residential 2023

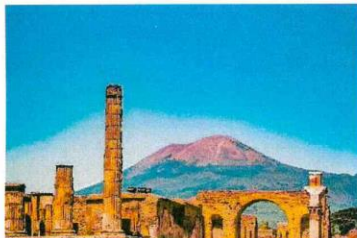
Bay of Naples

Open to: Year 12 and 13 Arts and Humanities students

(with the possibility of opening to other subjects)

Visiting:

- The lost city of Pompeii
 - Mt. Vesuvius
- Beautiful city of Sorrento



October 2023

£710 per person



Includes flights with checked luggage, half board accommodation, transfers in Italy and all activities

See Ms Colder or Ms Mackie for more information







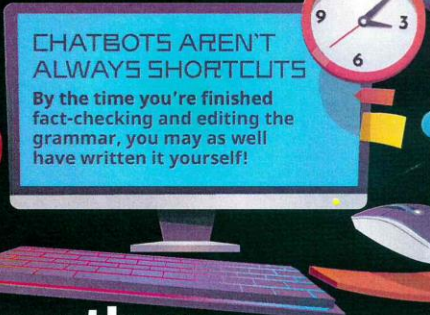
Using AI ChatBots for Good

You've probably heard of ChatGPT, the wonder AI chatbot. From writing poems to C.V.s, it seems there's nothing this artificial intelligence can't create! That does, unfortunately, include homework.

ChatGPT's terms of services says users must be least 13 years old and those under 18 must have their parent or legal guardian's permission. However, between the press coverage and the lack of age verification, it's likely that many young people are using it regardless.

But is it *really* helping with homework? Here are some points to consider if the young person in your care wants to use an AI chatbot.

-  **SOMETIMES AI CHATBOTS ARE WRONG!**
This means if someone is relying on them for facts, they might be wrong too. And it might become obvious that they've used AI to complete their work.
-  **CHATBOTS AREN'T ALWAYS UP TO DATE.**
ChatGPT knows about the world up until 2021, after that its knowledge is limited.
-  **CHATBOTS ARE BANNED IN SOME PLACES.**
If a young person is using chatbots but their school has banned it, they might have to face the consequences of breaking the rules.
-  **EVERY VOICE IS UNIQUE.**
Although you can ask a chatbot to create text in a certain way, it's incredibly unlikely that it will sound identical to the user... and even if a young person doesn't think they have a writing style, you can bet their teachers do!



Alternative ideas for using AI together

PRACTICE FACT CHECKING

Knowing how to fact check is a very useful skill, both for school and for everyday life. Ask ChatGPT for facts then check them together by Googling, in the news and even in good old-fashioned books!

Being able to tell fact from fiction will also help you and the young person in your care spot fake news and misinformation on social media.

USE CHATGPT TO INSPIRE

Instead of making the chatbot do all the work, use it for prompting ideas. For example, you can give an example of your favourite novel and ask for recommendations of similar books you might enjoy.

I am 14 years old. My favourite book is *The Hobbit*. Can you suggest three novels I might like?

Sure, here are three book suggestions you might enjoy based on your love of *The Hobbit*:

1. *Eragon* by Christopher Paolini ...

MASTER THE SKILL OF EDITING

The text produced by AI chatbots usually needs a lot of changing. Practising editing text for spelling, grammar and comprehension could help improve schoolwork.

LEARN ABOUT AI

There's no denying that artificial intelligence like chatbots can be fascinating. How does it learn information? Who made it? Researching this together could even inspire a future career in AI!

STAYING SAFE WHEN USING AI

Make sure the young person in your care knows who their trusted adults are and that they can talk to them if they see something that upsets or worries them online.

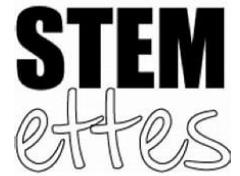
Harmful, unhelpful and untrue answers on ChatGPT can be reported by selecting the 'thumbs down' button beside the answer.

Some young people have been using AI for mental health advice. Talk to the young person in your care about what to do if they're feeling depressed, stressed, or upset.

For young people, using AI as a way to get out of homework might be very tempting. If you know the young person in your care is using AI chatbots, talk to them about the *possible risks, age limits* and alternative ways you can use AI chatbots together as a *force for good*.



Careers



Half-term Stemettes Panel & Networking Event in London

Stemettes will be holding a free and exciting panel & networking event for your students called Meet, Grow, Understand: The PA Foundation in London for 12 to 25-year olds with Stemettes. Join them virtually or in London during half-term on Wednesday 31st May to network with Women in STEM role models from The PA Foundation with others, meet peers and learn about STEM careers.

The role models participants will hear from include:

- Imogen - a Chemical Engineer, specialising in waste to energy, carbon capture, and net-zero technologies
- Mei - a Technical Lead and Cloud Solutions Architect
- Kaitlin - an analytics specialist working on data science and data engineering projects

Who?

This development opportunity is open to young women and non-binary people aged 12-25.

When?

The event will take place on Wednesday 31st May 2023, from 10:15 – 13:45.

To sign up please visit: <https://stemettes.org/events/meet-grow-understand-london/>



OVER 150 APPRENTICESHIP OPPORTUNITIES AVAILABLE

After completing their GCSE (or equivalent) qualifications there are a variety of options available to students. Have your students considered a Jaguar Land Rover retailer apprenticeship?

The Jaguar Land Rover retailer apprenticeship programme are recruiting for over 150 apprenticeship vacancies this year. We are looking for Service

Below are some of the top benefits of a Jaguar Land Rover Retailer Apprenticeship:

- Earn while you learn without racking up debt
- Gain work experience from day 1 of your apprenticeship
- Receive nationally recognised qualifications
- Brand certification from one of the UK's prestigious car brands
- Develop life skills and technical knowledge to succeed

- On the job training with support provided throughout the learner journey
- Meet new people and take part in new experiences
- The first step towards a rewarding career in the automotive industry

Jaguar Land Rover have ambitious growth plans and recognise the importance in identifying talented individuals to become the next generation of professional retailer employees.

[Click to apply](#)



Department of Earth Science and Engineering Taster Day

For students in Years 12 and 13



Do you love the sciences? Then join us on Tuesday 25 July for a glimpse into the life of a Geology, Geophysics or Earth and Planetary Science student, hosted in the [Department of Earth Science and Engineering](#) at Imperial College London.

Enjoy interactive sessions on current Earth science research topics, chat to our current students, hear from our world-leading academics about their work, and have your admissions queries answered. This in-person session takes place in the Royal School of Mines, South Kensington.

To apply for a place, please email admit.earth@imperial.ac.uk by Friday 07 July to receive a link to the registration form. Places are granted subject to availability.

10 Zeiss Summer School with Department of Materials

For Year 10 students, Teachers and Parents



Are you a Year 10 student studying Physics or Chemistry? Join the first year of this brand new Summer School run by the [Department of Materials](#) at Imperial College London and fully funded by [Zeiss](#), one of the leader industries in microscopy across the world.

During this five day programme from Monday 21 - Friday 25 August 2023 you will experience activities and lectures exploring the most innovative materials and techniques and how these can be used to tackle the current world's issues.

Supported by world-leading scientists and researchers you will learn about being a scientist and the advances of materials. This is a residential summer school staying onsite in university halls as part of this fully funded programme. (Travel costs are not included)

Applications are now open via the [Aspire application portal](#) and close on Friday **09 June 2023**.

For queries and further details please email Dr Elenora D'Elia at eleonora.delia10@imperial.ac.uk.

Science in Medicine Schools Team Prize 2023

For students in Years 12 and 13

The National Heart and Lung Institute and the British Heart Foundation's Centre of Research Excellence at Imperial College London 3rd Annual [Science in Medicine School Teams Prize](#) is open.

Aiming to engage sixth form students with science and medicine, this year there are three separate team contests:

- The British Heart Foundation Cardiovascular Prize
- The Lung Prize
- The Scleroderma and Raynaud's UK Prize

Teams work together to produce an innovative e-poster exploring a scientific topic in the contest categories, giving participants the opportunity to display scientific knowledge, communication skills, collaborative working and art and design skills.

For queries, please email school-teams-prize@imperial.ac.uk

The entry submission deadline is midnight, Friday 30 June 2023.



APPRENTICESHIPS WITH THE BRITISH ARMY

Amazing Apprenticeships is working in partnership with the [British Army](#) to support schools/colleges to inspire their students, families and colleagues about the exciting career opportunities and adventures that an apprenticeship in the Army can offer. We will be bringing you a variety of exciting resources and information that will highlight the different apprenticeship opportunities available and what life as an Army apprentice is like, ranging from: An exciting new film

- A podcast feature
- A series of webinars [FIND OUT MORE](#)



HAINAULT YOUTH CENTRE

We offer a wide range of activities for 11 to 18 years old

Term time only

Tuesdays 3pm to 9.30pm

Wednesdays 3pm to 5.30pm

Thursdays 7.15pm to 9.30pm

Mondays 6.15pm to 8.30pm

young people with additional needs aged 13 to 24 years old.

Activities

Basketball, Football

Badminton, Cricket

Pool & Table tennis

Learn to cook

Arts & Crafts

Team games

Competitions

Day trips

Holiday projects &

Certificates

**All sessions fully
funded &
FREE to attend**



**Support to
enrol on the
Duke of Edinburgh's
Award**



New members need to register prior to attendance

<https://www.redbridge.gov.uk/young-people/get-involved-see-whats-on-for-you>

0208 500 8071 - 07908 809 765

**Hainault Youth Centre
116 Huntsman Road, Hainault, IG6 3SY**



Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- *Income Support*
- *Income-based Jobseeker's Allowance*
- *Income-related Employment and Support Allowance*
- *Support under Part VI of the Immigration and Asylum Act 1999*
- *The guaranteed element of Pension Credit*
- *Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)*
- *Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit*
- *Universal Credit – if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)*

Children who get paid these benefits directly, instead of through a parent or guardian, can also get Free School Meals.

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the Redbridge.gov.uk website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school.

Thank you for your co-operation!



Extra-Curricular Activities

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



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



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



Wednesday
24th May 2023

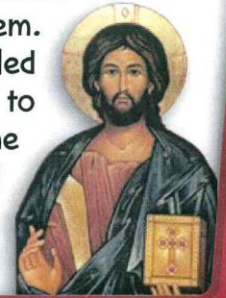


**Good News
for Families**

1

Enjoy reading this Sunday's Gospel

In the evening, the disciples were gathered in a room. They had locked the doors because they were afraid of the people who had crucified Jesus. Jesus came and stood among them. "Peace be with you," he said to them. He showed them his hands and his side. Then the disciples were filled with joy when they saw the Lord. "Peace be with you," Jesus said to them again. "As the Father has sent me, so I now send you." When he had said this, he breathed on them. "Receive the Holy Spirit," he said to them. "If you forgive the sins of anyone, then they are forgiven. If you do not forgive them, they are not forgiven."



Taken from the Gospel of Sunday 28th May 2023. John 20:19-23 (Pentecost Sunday, Year A)

Which words stood out for you in this Gospel, and why? What does the picture make you think about? Now enjoy exploring this Wednesday's word, which is **PENTECOST**.



To colour the picture for this Sunday's Gospel, please see the back page.

Imprimatur: + Marcus Stock, Bishop of Leeds

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2

Wednesday's Word

PENTECOST



"May we be united to one another, by the power of love which the Holy Spirit pours into our hearts." Pope Francis

Why did Jesus breathe on the disciples? This coming Sunday the Church celebrates Pentecost. This is the feast of the gift of the Holy Spirit to the Church - a gift which we now receive at Baptism, Confirmation and at Mass. Ask your child what they know about Pentecost. It may help your child if you tell them something that you know about Pentecost. The word 'Pentecost' means 'fiftieth day'. On this day (fifty days after Easter) the apostles were filled with the Holy Spirit.

"The extraordinary outpouring of Pentecost continues. The Holy Spirit transforms us and wants to transform the world." Pope Francis

Pentecost is not just a historical event. The Holy Spirit is alive and active today. Each of you choose one of the following qualities that you would like to ask the Holy Spirit for today: **Courage, Joy, Peace, Patience, Gentleness, Kindness, Goodness, Faithfulness or Self-Control.** Why did you choose that quality? In what ways could growing in that quality help you or help those around you? As the Church prepares to celebrate Pentecost Sunday, let's be open to receiving the many priceless gifts which the Holy Spirit offers to enrich our lives.



Simply repeating the words 'Come, Holy Spirit' is a great prayer to say at **Pentecost**, and also each day throughout the year.



WEDNESDAY WORDSEARCH



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

-
-
-
-
-
-
-

- PENTECOST**
- GATHERED**
- DOORS**
- LOCKED**
- JESUS**
- APPEARED**
- BREATHED**
- SPIRIT**

-
-
-
-
-
-
-

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

L	O	K	D	R	J	E	S	U	S	E	J
O	H	G	D	O	H	E	D	P	N	E	M
L	N	R	S	O	O	D	I	S	S	B	H
O	P	T	Z	D	O	R	N	U	G	R	D
C	A	E	M	S	I	M	S	Z	A	E	D
K	P	E	N	T	E	C	O	S	T	A	E
E	P	L	H	T	M	N	T	E	H	T	R
D	E	H	T	A	E	R	B	J	E	H	A
L	A	N	D	E	K	C	O	L	R	E	E
S	R	D	O	O	R	S	O	N	E	D	P
D	E	R	E	H	T	A	G	S	D	H	P
P	D	S	R	S	P	I	R	I	T	G	A

Cross out the letters **u m k** in the 4 jumbled words to find 4 real words.

Hukomly samukid mubreakthed Supmirkit
 Jesus _____ on them. "Receive the _____," he _____ to them.

Pentecost Sunday is popularly known as the birthday of the Church. This was the day when Jesus' disciples were filled with the Holy Spirit, when the mission of the Church really began - almost 2000 years ago.

Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....

