



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – Issue 31
19th May 2023



Dear Parents/Guardians

Headteacher's Headlines...

I am delighted to share with you the numerous achievements and noteworthy events that have taken place this week at our school. Our Year 9 students have been actively engaged in thought-provoking discussions as part of the Christian Education project. Meanwhile, our Year 8 pupils have demonstrated their dedication to our school motto, SERVIAM, by crafting exceptional shields that serve as a constant reminder of our shared commitment to service.

It brings me great joy to witness the radiant smiles of our Year 9 students captured in the photographs during their visit to the synagogue. Moreover, our MFL team has been instrumental in supporting the Catholic ethos of our academy by exploring Catholic social teaching, with a particular focus on our responsibility towards the preservation of our planet, as emphasized in Pope Francis' encyclical 'Laudato si'.

Our Year 10 GCSE drama students have actively participated in a workshop centred around their set text, 'Noughts & Crosses,' a compelling stage adaptation of the renowned series of novels by Malorie Blackman. Additionally, I commend our dedicated Eco-warriors for their commendable efforts in filling the recently acquired planters, as part of our ongoing endeavours to enhance our school's green spaces and air quality.

We are privileged to receive regular updates from our outstanding science club, whose latest achievement involved the creation of delectable DNA models. Furthermore, I extend my congratulations to our Year 7 pupils who attended the Jack Petchy prize celebration and appeared to have a truly enjoyable experience. This week, we also proudly celebrate our Year 10 Jack Petchy winner, Alizah Khalil. Well done, Alizah!

I urge you to peruse the book recommendations provided by our librarian, Mrs. Finlay. These books offer valuable resources for supporting our well-being as we commemorate Mental Health Awareness Week. Mrs. Finlay has also thoughtfully included a variety of career information and advice for your perusal. Although it may seem like a lot of information, I assure you that investing time in reading this week's newsletter will be highly rewarding.

As we approach the end of another half term, I emphasize the importance of maintaining healthy routines and habits to support our well-being and mental health. Please take a moment to explore the recommendations on page 13 for 'One Week to Healthy Living'.

Thank you for your continued support.

Ms F Stone headteacher@uai.org.uk



Pastoral Deputy Headteacher's Headlines...

Please see the slide below about the rules surrounding mobile phones in school which was shared with students and published to parents earlier in the year. There are still occasions where we have to confiscate phones because they are being used or are being carried around in blazer pockets. The rule in school is very clear; phones must be switched off and stored in the bottom of a school bag. We will continue to confiscate phones where students have them in their pockets or they are switched on.

In related news, I would ask all parents to be vigilant around their daughter's use of social media. There have been a range of incidents recently where it is clear that students have used social media inappropriately and this has led to issues within school. Please check what your daughter is doing online and be vigilant to unpleasant messages being exchanged between girls.

Please also ensure your daughter is safe by checking who she is communicating with online. We regularly talk about this in school but it is a message that requires constant reinforcement. Girls should not be communicating online with people whom they do not know in 'real life'. There have been occasions where, through investigating online activity, we have established that girls are communicating with people whom they don't know under the misguided and false security that they are a friend of a friend. Clearly, this has the potential to be very dangerous for both their emotional and physical wellbeing and I would implore you to be alive to this threat and check their activity regularly.

Mobile Phones:

- Should never be visible in school
- Should never be used in school
- Should never be switched on in school
- Should only ever be kept in your bag and turned off!
- 6th form students may only use their phones in Hume house.



If a student breaks the above rules, the phone will be confiscated and kept until the next school day when a parent or carer will need to attend school to have the phone returned.

We monitor CCTV around the building to ensure these rules are adhered to.

If you do not want your phone to be confiscated, **leave it at home or switched off in your bag.**

You must not carry your phone in your blazer or coat – if we carry out a random search and your phone is not turned off or is not in your bag, it will be confiscated!



Mr G Challis



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Chaplaincy News



Pope Francis@Pontifex – 18th May 2023

Jesus ascends to the Father to intercede on our behalf, to present our humanity to him. Thus, before the eyes of the father, our lives, our hopes, our wounds are always present through Jesus's humanity. #AscensionOfTheLord



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

May: Prudence

19th May: Strive to be faithful and devoted.

20th May: Above all, be on your guard not to want to get anything done by force.

21st May: I do not say, however, that it will not be necessary occasionally to use reproaches and severity, at the right place and time.

22nd May: Every type of evil must be resisted.

23rd May: You must make a sound and firm resolution.

24th May: May God give you knowledge and capacity.

25th May: Let interaction with one's neighbour be prudent.

Big Questions

Last week Velisha, Helen and Sam from the Christian Education Project (CEP) came in to school to work with year 9 classes. We brought them in to the chapel and the team brought with them the questions to God box from Prayer stations (earlier this year). The questions were then picked out one at a time and the students and team discussed their opinions and answers. The team were very impressed with the student's insights on Christian/Catholic teaching but also encouraged a discussion on what other faiths in the room believe too. We are very grateful to the team for coming and working with us and look forward to the next project.

On Thursday we had time to discuss some of the bigger Questions that we often struggle to understand within our faith - It was a very helpful and a great experience - **Chidenso - 9U**

On Thursday at the Big Questions workshop we had some class discussions based on what students in our school had asked about God during prayer stations. We spoke about the different perceptions of God and what others believe about Him and why. We also had the opportunity to talk about God and how he is

seen in other faiths. It was really good to learn about some of the questions that other students had about their faith too - **Tolu 9U**

On Thursday we had a workshop in the chapel called "Big Questions" It was a lot of fun and we got to learn a whole lot more about others views and beliefs. I really enjoyed it because it showed me that everyone thinks differently about some of the same topics! **Tareena Year 9**



Year 8 RE Lessons

On Wednesday our year 8s made some beautiful shields to highlight our Ursuline Student Value "SERVIAM" which means I will serve.

The students stressed the importance of looking after others in a society which can at times be incredibly self-indulgent. These beautiful shields will be displayed in the Religious Studies corridor in the coming days so come and take a look! **Ms Eakins**





Year 9 Synagogue Visit

On Thursday our Year 9 students visited **South West Essex Reform Synagogue**. The students really enjoyed learning about the key features of a synagogue and what they might expect to see inside to include the 10 commandments which were displayed on the wall as we entered. The 613 Mitzvot including the 10 commandments were given to Moses from God at Mt Sinai after the Israelites were freed from slavery. The students also enjoyed looking at the Ark where the Torah scrolls are kept and were fantastic at participating in some of the discussions that took place as they learned about the Jewish faith. Well done to all! **Ms Eakins**



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



Drama News

On Friday 12th May Pilot Theatre came into school to deliver a workshop to Year 10 Drama students exploring their GCSE set text *Noughts and Crosses* by Malorie Blackman. The students thoroughly enjoyed the informative and exploratory workshop that benefited them with a deeper understanding of the text in preparation for their GCSE written examination in Drama.



Ms Milne, Head of Drama



Eco Warriors Club

Two weeks ago, the Eco Warriors Club planted some seeds indoors in the science lab, and in that time, they have sprouted and grown into plants! So, on Tuesday they filled a trough with soil and moved the plants outside, hopefully soon we will see some fully-grown spinach, rocket, mung bean (which were left over from a Year 12 experiment!) and sweet pea plants. A big thank you to Ms. Yousaf who provided the seeds and taught the girls how to plant them. Please see pictures below of the girls having fun in the Courtyard...



Mr McCarthy & Ms Colder

Our Year 10 Jack Petchey winner for May is **Alizah Khalil**. Alizah is focused and committed to her studies. She always tries her best and goes above and beyond to challenge herself in her completion of work. Alizah is incredibly positive and comes to school every day with a very cheerful attitude. Alizah also has been encouraging and teaching her friends how to knit every Tuesday in the knitting club! Well done Alizah!



Last week some of our Year 7 students were treated to an evening at FlipOut Trampoline Park in Barking. **Zunaira**, who is one of our Year 7 Jack Petchey Award winners, wanted to spend her Jack Petchey grant on a memorable experience with her friends, and so she decided Flipout would be perfect. The students had a great time. I overheard one of the students say to her friends "Tomorrow we will wake up with so many great memories" which I thought was really heart-warming! I'm delighted you all had such a great time.



Ms Eakins, Jack Petchey Coordinator



Library News



Check these books out either from the school library or your local library.

OR

Why not take part in this Family Well-Being event at Fullwell Cross Library on Saturday 20 May from 12pm to 4pm for an afternoon of fun activities you can do as a family to help you look after your mind, body, and soul!

There's everything from stories, yoga, craft sessions, Lego building, board games and virtual reality!

All activities are free and there's no need to book, just turn up on the day!



[For further information visit our events page or ask in branch](#)

Ms Finlay, LRC Manager



Catholic Social Teaching: Principle 7: Care for God's creation.

In 2015, Pope Francis brought together decades of Church teaching in the encyclical, Laudato Si'. In this deeply influential letter, he invites everyone on the planet to consider how our actions are affecting the earth and the poorest people. Everything is interconnected, and all of creation praises God. It is our Christian vocation to care for creation. Catholic Social teaching is at the heart of our school curriculum.

Our **Year 7** and **Year 8** not only took part in lessons about the protection of the environment, learning how to deal with some challenging vocabulary and grammatical structures in French/ Spanish but they also entered a poster competition, which allowed them to practice their creative skills.



Year 7 winners.



Year 8 winners



The prizes



Here are the winners. Bravo!

8T

Aaminah Shah, Aditi Dharma, Anishka Anandraj, Semilore Ogunbajo, Aymah Chaudhary

7J

Ava Akuffo, Zoha Shah

7U

Victoria Stelmach, Suhana Khan, Aniyah Azim, Ashley Casimiro, Zarrah Malji

Ms Delpech, Head of MFL



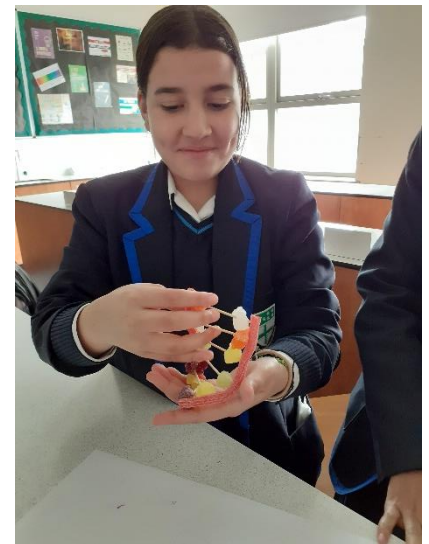
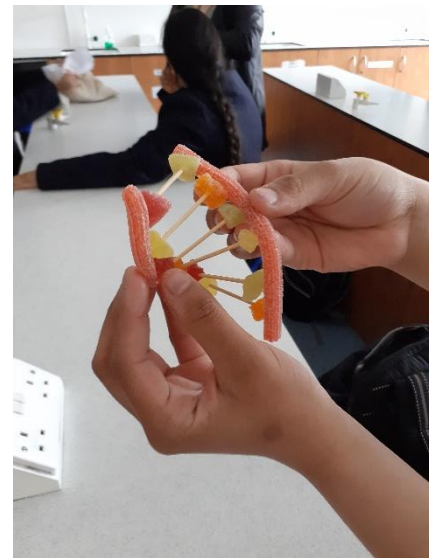
Science News

Weekly Science Club: Jelly DNA Models

DNA, the molecule of life, is a complex double helix structure with a backbone and bases in the middle. We used different coloured jelly sweets to represent the base pairs. As they are complimentary, they pair up with specific bases, so the girls were using specific colours to match the pairs as they were building them. Toothpicks were used to stick it all together and create the double helix twist.

As they were fresh from the packet, and we all washed our hands beforehand, we got to also see just how tasty DNA really is when we finished our models!

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



1 Week to Healthy Living



Wake up 1 hour earlier



Journal each morning



Go for a walk every day



Add fruit or veggies to every meal



Drink 8 glasses of water a day



Exercise 3-4 times this week



Spend time with loved ones this week



Reduce screen time before bed



Careers

Nursing Times Careers Live London & South East 2023 - Physical Job Fair

Nursing

Times

Careers Live is a one day free to attend nursing job fair and educational career conference. The job fair will allow you to network with colleagues and meet potential employers from a range of NHS and independent care settings

Sat, 17 Jun 2023 10:00 - 16:00 BST

Park Plaza Victoria London 239 Vauxhall Bridge Road London SW1V 1EQ

[Click here to register](#)

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

[Click here to register](#)



The poster features a central image of a woman and a man in professional attire standing in a modern office. The text 'ADDLESHAW GODDARD' is prominently displayed at the top. Below it, the title 'Law Work Experience Day at Addleshaw Goddard' is written in large, bold letters. A blue circular graphic on the left contains the date 'Thursday 13th July' and the time 'London 9am - 5pm'. To the right, a paragraph asks if the reader is interested in a career in law and invites them to join for a unique opportunity to learn about the legal profession. Below this, six small circular images illustrate various activities: gaining insights, participating in tasks, attending workshops, learning about career paths, improving skills, and gaining a certificate. At the bottom, there is a QR code, a link 'bit.ly/AGWorkExperience', and a deadline: 'Applications close: Friday 21st June at 11.59pm. Scan the QR Code to apply or visit the link!'. A small disclaimer about limited spaces is also present.

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The Liverpool Institute for performing Arts, (LIPA)

Free Residential summer school for Yr 12 students.

Interested in studying a performing art or making performance possible subject at university in 2024?

Get Set is an intensive, three-day residential summer school offering you a range of practical skill-building workshops in your chosen area from Theatre Design, Theatre Technology, Music, Dance or Acting.

To take part, as well as being at the end of Year 12 and under 18 at the end of July 2023, you must also meet one of the following eligibility criteria:



- Live in a postcode where participation in higher education has traditionally been low. Use our online postcode checker below to see if you are eligible.
- Be Black, Asian or from an ethnically diverse background.
- Be in local authority care or have previous experience of being in care.

Applications for Get Set 2023 are now open. Applications will close on Friday 26th May at 5pm.

Apply here: <https://www.cognitoforms.com/LIPAWP/GetSetApplicationForm2023>

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National Apprenticeship Webinars Programme 2023 Featuring UCAS and Nestle

National Apprenticeship Webinars Programme 2023 Series aims to help parents, carers, teachers, career leads and students explore alternative pathways onto a variety of careers. It will cover:

- Levels of apprenticeships and what they mean.
- When to apply and what the process might look like.
- What an apprenticeship might offer and the various careers it can lead into.
- Top tips for your application.

This month, hear from leading manufacturing organisation Nestle.



Thu, 25 May 6:00 PM - 6:30 PM (GMT)

Book your place [here](#)



MET CAREERS INSIGHT SESSION Wednesday

24th May 6pm - 8pm

New Scotland Yard Victoria Embankment. SW1A 2JL

The Met Outreach Team are holding an exclusive in person session at New Scotland Yard. You can find out how to prepare, and succeed in your application to become a Police Constable. This is your opportunity to find out about the entry pathways, career opportunities and future roles. Meet our experienced Officers and hear about their journey and experiences. Outreach Officers will explain the application and recruitment process, providing you with useful information, so you feel confident and prepared for each stage of your journey. Come along, ask your questions, see what opportunity best fits you!

Book here





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
	Maths Intervention – Year 11: SAH	12.40 – 1.40p.m.	F15
	Chemistry Club – All Years: JOS	1.00 – 1.30p.m.	G8
	Athletic – All Years: JMA	3.20 – 4.20p.m.	Playground/Gym
Tuesday	Woodwind Ensemble – All Years: SDE	10.40 – 11.00a.m.	Practice Room 3
	Maths Club – All Year Groups: TKO	12.40 – 1.40p.m.	S6
	Contemporary Dance – Years 7 & 8: SFR	12.40 – 1.10p.m.	Dance Studio
	Badminton – Years 11 & 6 th Form: DEA	12.40 – 1.10p.m.	Gym
	Eco Warriors Club – Years 7 & 8: HCO/JMC	1.00 – 1.30p.m.	G3
	Year 11 Band: SDE	12.40 – 1.10p.m.	S5/PR1
	Violin Ensemble – All Years: SDE	1.10 – 1.40p.m.	S5
	STEM Club - All Year Groups: AKO	1.00 – 1.30p.m.	G12
	Drama Club – Years 7 & 8: IMI	1.00 – 1.30p.m.	Drama Studio
	Rounders – All Years: CHB	3.20 – 4.20p.m.	Playground/Gym
Wednesday	Ukulele Group – Years 7 & 8: DEA	10.40 – 11.00a.m.	S5
	Fitness – All Years: CHB	12.40 – 1.10p.m.	Gym
	LGBTQ+ ‘Alphabet Soup’ Club – All Year Groups: HMA/EDO	12.40 – 1.10p.m.	F19
	Science Club (Selected Students): PBH	12.45 – 1.15	G10
	Board Games Club – All Year Groups: BFA	1.00 – 1.30p.m.	F13
	French Club – Years 7 & 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
Lunch 12.40 – 1.10p.m.	Indoor Rowing All Years Gym (Ms Harrison- Bloomfield)	Contemporary Dance Years 7 & 8 Dance Studio (Ms Francis) Badminton Years 11& 6 TH Form Gym (Ms Eakins)	Fitness All Years Gym (Ms Harrison- Bloomfield)	GCSE PE Coursework & Intervention Group 2 G18 (Ms Harrison- Bloomfield & Ms Francis)	Multi Games SS Students (Invitation only) Gym (Mrs Mansell & BTEC Students)
After School 3.20 – 4.20p.m.	Athletics All Years Playground/Gym (Mrs Mansell)	Rounders All Years Playground/Gym Ms Harrison- Bloomfield	Football Years 9, 10 & 11 Playground (Mr Burt/ Ms Scallan)	Handball Years 8 & 9 Playground/Gym (Ms Francis)	Running Club All Years Playground/Gym (Mrs Mansell & Ms Harrington)



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



A Weekly Gift to you and your family from your Catholic School

THE Wednesday
WORD



**SHARING SUNDAY'S GOSPEL
WITH PARENTS & FAMILIES**

Dear Parents and Carers,

In this Sunday's Gospel, Jesus is telling his Father in heaven that he has now completed what was asked of him. Then, Jesus prays for his friends. This reminds us that Jesus prays for all his friends, which includes you and me too.

This takes place after the last supper and, very soon, Jesus will be arrested. So before leaving his friends he is preparing them for the difficult time to come. Jesus wants his friends to stay united with one another and with God - forever.

Wednesday 17th May 2023

Friendship is one of life's great blessings and Jesus' friendship is also offered to each one of us. When we have good friendships, we can support each other, have fun together, and share our joys and challenges. We can also learn from each other and grow in our faith.

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

Dom Henry Wansbrough



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

THE GOSPEL IN CHURCH Sunday 24th May 2023



Jesus raised his eyes to heaven and prayed: 'Father, the hour has come: glorify your Son so that your Son may glorify you; and, let him give eternal life to all those you have entrusted to him. And eternal life is this: to know you, the only true God, and Jesus Christ whom you have sent. I have glorified you on earth and finished the work that you gave me to do. I have made your name known to those you gave me. They were yours and you gave them to me, and they have obeyed your word. I have given them the teaching you gave to me, and they have truly accepted it. They know that I came from you and believed that it was you who sent me. I pray for them; for those you have given me, because they belong to you.'

Adapted from
John 17:1-11 (the 7th Sunday of Easter, Year A)

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

"Dear young people, Jesus wants to be your friend, and wants you to spread the joy of this friendship everywhere." Pope Francis



THE Wednesday
WORD

CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL

When we have good friendships, we feel happy and fulfilled because we know that we're loved and supported. Growing in friendship with Jesus helps us to know how much he loves us. This makes us happy and helps us to be kind and loving to others too.

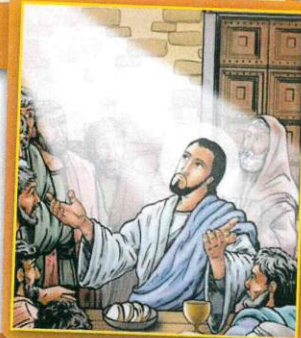


1 Our Special Time Together

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

One day, Jesus prayed to God in front of his friends, the disciples. He raised his eyes to heaven and said, "Father, I have made your name known to those you gave me. They were yours, and you gave them to me, and they have kept your word. They believed that it was you who sent me and now they know that everything you have given me comes from you. I have given them the teaching you gave to me, and they have truly accepted it. I pray for them; for those you have given me, because they belong to you."

Who was Jesus praying for? Which words stood out for you in this Gospel, and why? See the picture opposite. What does it make you think about?



2 Wednesday's Word is ...

FRIENDSHIP

3 Loving God & Each Other

"There is nothing on this earth more to be prized than true friendship."

St Thomas Aquinas

Jesus needed friends to help him with his mission, just like we need friends to help us in our daily lives. Through friendship, we can show that we are part of God's family, loving and working together to make the world a better place. Ask your child what the word 'friendship' means to them. Which friends do they spend the most time with? What is it that they like about them? Who is their best friend?

"Jesus' friendship with us is a priceless gift."

Pope Francis

As a family, name ways in which you can deepen your friendship with Jesus, who loves and supports us always. Perhaps it's through: reading the gospels; receiving the sacraments; sitting with Jesus in prayer, alone or with others. Share any stories of when you felt loved and supported by your friends and talk about the qualities that make a good friend (e.g. kindness, honesty, trust, loyalty). In what ways can we be a better friend to others this week - could you reach out to someone who may be feeling lonely? Which friends can you especially pray for at this time?



Dear Lord Jesus, thank you for your **friendship** and for all our friends. Help us to choose our friends wisely and to become better friends to them. Amen.

Gospel Gallery

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

WEDNESDAY WORDSEARCH

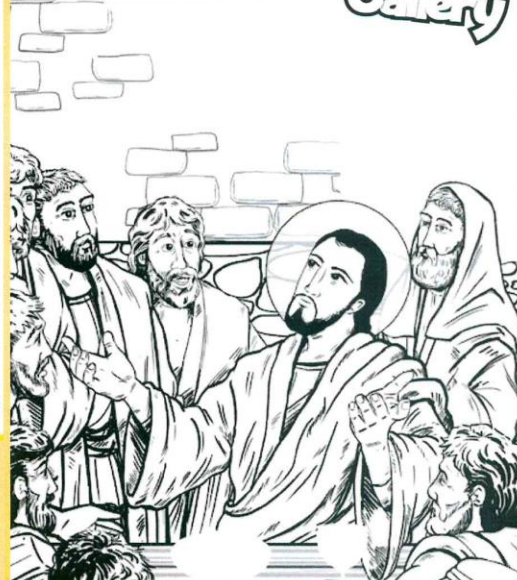
SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER **ACROSS** OR **DOWN**

-
-
-
-
-
-

JESUS PRAYED
FATHER HEAVEN
GIVEN TEACHING
ETERNAL LIFE

-
-
-
-
-
-

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



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

Cross out the letters **o b r** in the jumbled words below to find 4 real words.

o h a r v e b t o h e r m b t e r a c h b i n g o m o r e b

Jesus said, "I _____ given _____ the _____ you gave to _____."

This week, don't forget the power of prayer!



Pray for your friends and family, and remember that many of them will be praying for you too.



Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....



For more, see: wednesdayword.org and cbcw.org.uk