



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

*Weekly News – Issue 30*

12<sup>th</sup> May 2023



Dear Parents/Guardians

### **Headteacher's Headlines...**

Today has been a great day of celebration at the Ursuline as we celebrated the end of the taught year for Years 11 and 13, they do of course have their exams so it's not quite the end of the school year yet! During the assembly celebrations we looked back at past successes, the highs and lows and the journey our students have been on (see pages 13 - 14). I wish every student much success in their examinations and want them to know they are assured of my prayers throughout this time!

We have received applications from Year 12 students for the Head girl positions, it is exciting and very rewarding to read their letters which show such commitment to serving the school. #SERVIAM. On that note I would like to pay special attention to the amazing head girl team we have had this year. We are really going to miss this team of inspirational young women, they are the leaders of the future! I am personally very grateful to them for all their direct support during many events throughout the year, they've been fantastic.

Head Girl - ***Nicole Malwatta***

Deputy Head Girls - ***Nereannah Olufusi, Abeer Kashif, Faiza Shakeel***

Senior Prefects - ***Nicole Drydon Dias, Jessica Darwin, Shanice Hislop, Pooja Kaur, Tehreem Mir***



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



## Newsletter Contents this week:

**Chaplaincy News Pages 2 – 7**

**Jack Petchey News, Page 8**

**MFL News, Page 8**

**Science News, Page 9**

**Sixth Form News, Pages 10 - 11**

**Uniform, Page 12**

**Year 11 & 13 Assemblies, Pages 13 - 14**

**Careers, Pages 14 – 17**

**Redbridge News, Pages 18 - 19**

**Free School Meals News, Page 20**

**Extra-Curricular Clubs, Pages 21 - 22**

**The Word, Pages 23 - 24**



## Chaplaincy News



**Pope Francis@Pontifex – 10<sup>th</sup> May 2023**

In our daily mission as baptised Christians, may the love of Christ push us towards the peripheries of our societies to meet our brothers and sisters who have been cast aside and abandoned, to show them the Lord's tenderness. #GeneralAudience



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

**12<sup>th</sup> May:** It is better to follow what is certain, without danger, than what is uncertain, with danger.

**13<sup>th</sup> May:** Indiscreetly hurting one's body would be sacrificing stolen goods.

**14<sup>th</sup> May:** Do everything with discernment and maturity of judgement.

**15<sup>th</sup> May:** Let their prudence be evident to all.

**16<sup>th</sup> May:** If, according to times and circumstances, the need arises to make new rules or do something differently, do it prudently and with good advice.

**17<sup>th</sup> May:** God has ordained from all eternity that those who are united in doing good enjoy every prosperity.

**18<sup>th</sup> May:** Strive with all your might to keep yourselves as you have been called by God.

## **Stewardship of Creation**

In our RE lessons we are learning about Catholic Social Teachings and one of those principles is "Stewardship of Creation". We feel that this is really important as it is good for people to be in a cleaner environment and for us to care for our surroundings. These lessons made us think that we should take care of our world for the future generations and think about how we personally can make a change even if it is something small.

"Personally, I have been thinking about the amount of plastic water bottles I see thrown away or being used in school and how much waste that is. I want to encourage everyone to reuse and recycle" **Raheema**

"I have been making an effort to pick rubbish up when I come across it and throw it away even if it is not mine" **Chidera**

"In Islam we are also encouraged to be good stewards. The Quran says that we should take care of our environment and we all have a responsibility to do this" **Raheema**

In response to this teaching, a few of our class went outside after break time and picked up any litter we could find in the playground. It was a small action but we agreed that we can do this more often and encourage others to do it too. This is God's creation and we believe that it is EVERYONE'S responsibility regardless of what faith you are. We can all do our part!

**Chidera and Raheema 9C**







### Laudato Si News

Our Laudato Si Committee were all hands-on deck during lunch last week helping to fill up the veg trug in our chapel peace garden, and in the coming weeks will spend more time getting their hands dirty and plant lots of flowers, fruit and veg. Well done to all!



**AND...**

Thank you to our wonderful Laudato Si Committee who were so helpful in filling up our second planter during lunch *this* week. Great work! We already have some growth in our planter in the Chapel Peace



Garden too thanks to all the rain! And much to our delight we have also noticed that some of the beautiful flowers that we planted last year in the courtyard are growing strong.

An extra special thanks to the London Children's Flower Society who have sent us lots of additional seeds and a lovely book to give us lots of tips and tricks on how to make our green space thrive.

Well done to all involved.



**Ms Eakins**

### Chaplaincy Foodbank Visits

Just in case you were not aware, every month 6 students volunteer with the chaplain at our local food bank (Jubilee Church around the corner from school). It has been an amazing experience for them with many of them saying that they would love to do it again. It is amazing that we are seen to be living out our motto of Serviam in the community whilst also supporting an amazing charity.

The other way that we try to support the Foodbank is through donations. We have two beautifully designed donation boxes in the chapel that are permanent fixtures now so that anyone can donate at any time. One Year 7 student brought in 12 items this morning and we are eternally grateful for her family's generosity. Please spare a thought, when doing your family shop, for those in need and if you are able to add a tin or packet to donate then please do.

Many thanks for all of your support already 😊

### 8J RE Lessons

Today in RE we've talked about Jesus birth and here are some amazing artworks from 8J.

Please see photos below...



# THE BIRTH OF :

## JESUS CHRIST

MATTHEW 1:18-25

1. Jesus mother, Mary, was engaged to Joseph but before they were married, she found out she was going to have a baby by the holy spirit.
2. Joseph decided to break the engagement with Mary when he heard the other men he was thinking about this, an angel appeared to him and said "Joseph, do not be afraid, do not be afraid to have Mary to be your wife for this by the holy spirit, she has conceived. She will have a son and you will name him Jesus as he will save people from their sins."
3. Now all this happened in order to show the lord had said through the prophet come that, "a virgin will become pregnant and have a son and he will be called Immanuel (meaning God is with us)."
4. So when Joseph woke up, he married Mary, as the angel of the lord had said him to do. But he had no sexual relations with her before she gave birth to her son. And Jesus was named him.

By - Amrita Viroi 83

# The baptism of Jesus

## Matthew

The baptism of Jesus

As soon as Jesus was baptized, he came out of the water... then heaven was opened to him.

He saw the spirit of God coming down like a dove alighting on him...

A voice said to Jesus, "You are my own dear son, with whom I am pleased."

At the time Jesus arrived from Galilee, he was going to John to be baptized by him. John tried to change his mind, "I ought to be baptized by you!" John said, "Yet you have come to me!" Jesus replied, "Let it be for now, for thus way we shall do all that God requires." So John agreed...

# MATTHEW

The Gospel of

## THE Death of Jesus

Matthew 27:45-55

This was at noon on the day Jesus was crucified. Jesus cried out, "Eli, Eli, lama sabachthani?" "my God, my God, why did you abandon me?" Some people standing there heard him and said, "He is calling for Eli-jah!" One of them ran up, took a sponge, soaked it in cheap wine, put it on the end of a stick and held it to his mouth. But the others said, "Wait! Let us see if Elijah is coming to save him!" Jesus again gave a loud cry and breathed his last.

## THE Resurrection

This was the day after the sabbath. 2 Marys went to look at the tomb. There was a violent earthquake and an angel appeared and rolled the stone away from the tomb. Jesus was not in the tomb and he was resurrected. So both the Marys left to tell the disciples.

# Matthew ~

## The baptism of Jesus - @

At that time Jesus had come and arrived from Galilee and came to John at the Jordan to be baptized by him. This man is called John the baptist! John was very confused and said: "I ought to be baptized by you!" John said, "Yet you have come to me!" But Jesus answered: "Let it be for now, for thus way we shall do all that God requires."

# MATTHEW

## MATTHEW 26

Jesus Begins The Council 27:45

Peter went to the courtyard to stand the grounds to see how it would all come out.

The day passed and the whole court tried to find Jesus responsible against Jesus to put him to death.

They felt like they had sold out and they said, "I am not with you!"

The High Priest tore his robe and swore, "I am guilty and must die!"

They spat on his face and beat him and those who slapped him said, "Praise you for blasphemy!"

# Miracle

## A woman's faith.

This is a very great miracle and the miracle performed as a result of underlying faith.

## MATTHEW: 15, 21-28

What have I become?

To have faith in God... To be... Never... stopping... using...

21 Jesus left that place and went out to the territory near the cities of Tyre and Sidon. 22 A Canaanite woman came and called out to him, "Son of David!" "Have mercy on me, Lord!" "My daughter was in a demon and is in terrible pain!" 23 But Jesus did not say a word to her. His disciples came to him and begged him, "Send her away! She is following us and making all this noise!" 24 Jesus replied, "I have been sent only to the lost sheep of Israel!" 25 At this point the woman came and fell at his feet, "Help me, for my daughter is in terrible pain!" 26 Jesus answered, "Woman, you have great faith! Your request is granted." And her daughter was healed instantly.

# MATTHEW

## MATTHEW 26

THE DEATH OF JESUS

Jesus was speaking when Jesus came with a large crowd around him. Jesus said, "I am the Son of Man. I am going to die for you. After three days I will rise again." They wanted him and held him tight. One of the disciples said to him, "Put your sword back in its place. Don't let the Jews take the sword with them by the sword." Jesus replied with the words, "Did you hear it said with swords and staves the captives are set free? No, but the sword that has been set in the temple and you did not set me free. But when I have finished it will be set in the temple and the people will be set free. The disciples came to him. They saw the disciples left and ran away, leaving Jesus left alone.



### 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



### Jack Petchey News

A huge congratulations to **Phoebe Billy - Giwa** in Year 7 and **Semilore Ogunbajo** in Year 8 who both received their Jack Petchey awards this week.

Both students embody what it means to be SERVIAM and are incredibly helpful and kind towards others.

**Phoebe** has been described as a ray of sunshine. She is always smiling and brings so much positivity with her to every lesson. She is incredibly dedicated to her music lessons also and always goes the extra mile. She has also been known to sing hymns in her Religious studies lessons.

**Semilore** is an excellent student who is also incredibly kind, thoughtful and always beaming with positivity. Semilore always helps others and is always eager to engage in school activities. Semilore has shown great interest in one of our key Catholic Social Teaching principles - "option for the poor" and will always suggest ways that she can help those who need it the most. Semilore is also very keen to connect with other Ursuline Schools around the world so that we can learn more about their lives and culture!

Well done to both!



**Semilore with Ms Eakins, Jack Petchey Coordinator. Phoebe**





## MFL News

La Vida Charity project ¡Gracias!

You may remember from reading our Newsletter of 28<sup>th</sup> April that some Year 9 Spanish students took on the challenge of organising an exciting fund-raising project. They collected **£84** through a delicious cake and bake sale and a raffle, the prizes being a beauty hamper and a box of 12 cupcakes. The winners are **Zeyneb Siddiqui** (7T) (cupcakes) and **Ibtida Khan** (9C) (Beauty Hamper) Bravo!



¡Gracias, chicas!

**Ms Delpech, Head of MFL**





## Science News

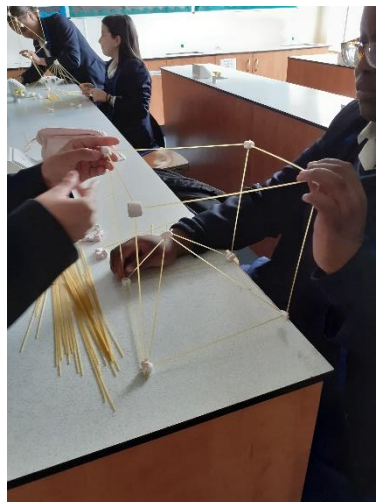
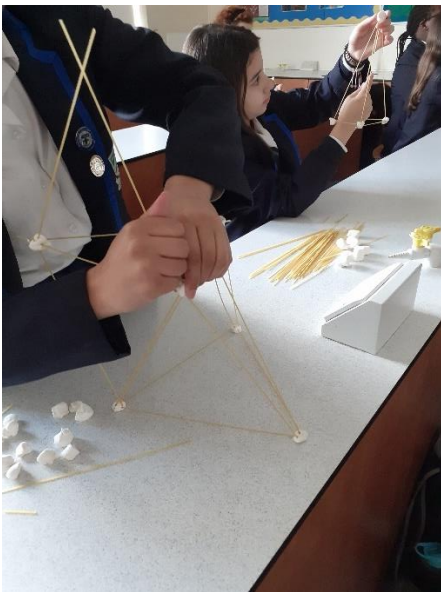
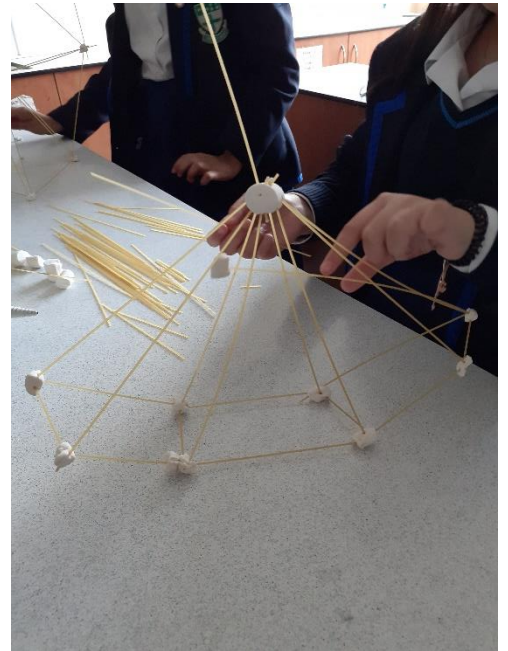
### **Science Club Week 16: Spaghetti Marshmallow Towers**

This week in Science club we were engineering the tallest tower out of spaghetti and marshmallows. The tower had to be made to stand on its own with no support and each group were given a limited supply of marshmallows so had to be creative with them.

The two tallest towers were 90cm and 72cm so well done to those groups!

Some groups although may not have had the height certainly were creative with their designs and structures so well done for giving it a good go!

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





## **Sixth Form News**

This week Year 13 have been working hard preparing for exams and we finished with a celebratory assembly on Friday afternoon. Year 13 also wrote some wonderful letters to year 11 students wishing them good luck and sharing some of their experiences at the Ursuline Academy Sixth form, some of which I will share here. We would like to wish all our wonderful Year 13 students the best of luck for the exam season. It is not goodbye as we will still be supporting Year 13 through the exam season, and as one of our school mottos is 'Once an Ursuline, always an Ursuline' we hope to all keep in touch and hear the fantastic things that are achieved post 16. It has been our pleasure to teach and support our students over the last 2 to 7 years (if they have been with us since Year 7!) and we hope that they get all that they dream of in life.

Some dates to be aware of:

### **REPLYING TO UNDERGRADUATE OFFERS**

Make sure you know about the deadlines. These are based on when you get the last decision in from your University or Colleges. Check your application to see your personal deadline.

If you receive your last decision on or before **18 May 2023**, your reply date is **8 June 2023** (except if you're using Extra to find a place).

If you receive your last decision on or before **12 July 2023**, your reply date is **17 July 2023** (including Extra choices).

### **KEY INFORMATION - SUMMER EXAMS 2023**

A Level exams will be held between **15 May** and **28 June 2023**.

A Level **results day** is Thursday 17 August.

Candidates sitting exams this summer must keep the following **contingency days** available, in case exams have to be moved nationally "in the event of national or significant local disruption to examinations":

**8 June (pm)**

**15 June (pm)**

**28 June (am and pm)**

***Students should be reminded not to book holidays before the final contingency day.***



Well done for finishing Year **11**?  
You did it? Remember to focus on  
your exams, don't get too excited!!  
Read the questions 3 times, pace yourself  
and save time to read your work?

Ngl, I think you should stay here  
for sixth form because the teachers  
will support you so much and  
they want to see you do well.

Whatever decision you make,  
remember #SERVIAM?

Once an Ursuline, always an Ursuline?

Lots of love, Kim ☺

Good luck on your exams, and don't stress too much. Remember to  
take breaks when revising. My experience here at the ursuline sixth form  
has probably been the best. I have met the best friends, and  
received the best support and help from all of the teachers.

By being in this sixth form, this has helped me to reach  
my full potential and achieve the grades I wanted. I  
hope you are able to achieve the grades you wanted and  
remember to never stress. Going into sixth form can be overwhelming  
but, you honestly will be able to make the best friends  
and memories. While going to this sixth form I have  
definitely been happy with making the decision of  
going to this school.

From Hanifah.

Dear

Good Luck with your exams!

One piece of advice I would  
give is to consider staying at  
this school. Obviously this  
depends on the subjects you choose  
and many other factors but  
from someone who stayed here  
first hand I have made  
so many memories and learning  
in an environment with teachers  
who I have known for almost  
7 years has made the process  
so much easier

- Neneannah ☺

To yr 11s

Good luck on your exams, you guys are  
gonna do so good. Remember to take breaks  
when revising.

Reminder: Grades don't define you!

If you're going sixth form, you won't regret it.  
My experience here has been unbelievable.  
I made life long friends and have had  
the best support and help from all teachers.

The school is like a small community,  
you will cherish your time here :).

Ms Basi, Head of Year 13



## Uniform

Perhaps it's because we are heading toward the end of the school year, but we have noticed that uniform standards are starting to slip. Please see below for a reminder of our 'rules'...

## Uniform Guidance at the Ursuline Academy

What are the uniform items you must wear?



- School blazer with **SERVIAM** badge pinned to the lapel
- White shirt/blouse
- School V-neck sweater or cardigan
- Blue school skirt – worn to the knee
- White or Navy knee length socks *or* black or navy tights
- Black, flat-heeled school shoes [leather or leather appearance].
- Head coverings must be blue or black
- Cloth coats [no real or imitation leather] must be plain black or blue and **longer** than the blazer
- Hair must be 'natural' colours only

**Optional:** two plain studs worn in the lobe of each ear, a small religious symbol on a thin plain chain, a watch.

- Additional jewellery or smart watches
- Hair accessories must be black, blue or clear only
- Nail polish or nail extensions
- Make-up
- False eye lashes or eyelash extensions
- 'Hoodies'
- Leggings
- Socks over tights
- Sweaters must be worn correctly and not tied at the back

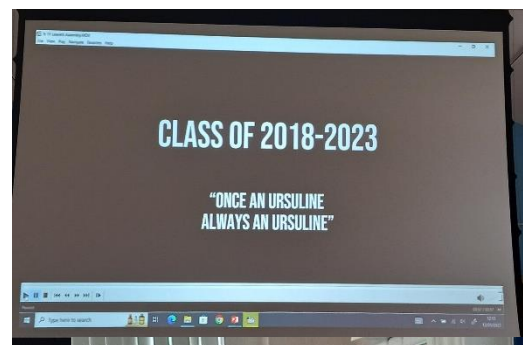


What are you not allowed to wear?





# End of Year CELEBRATION Year 11 & 13 Assemblies









**Careers**

**The London Institute  
of Banking & Finance**

Join us for our three day  
**Summer Taster programme**  
and get a taste of student life with LIBF



Do you feel unsure about your university choices or how student life will suit you?

Every year, we host a three-day [Summer Taster programme](#), where students just like you get together to experience university life in the heart of London's thriving financial district. It's a great chance to meet other students, who you may be studying alongside in the future, as well as:

- exploring the career paths the financial services sector has to offer
- touring London's financial district, one of the top global financial hubs



- getting an insider view from an expert panel discussion and Q&A and so much more!

**The London Institute of Banking and Finance** is not your typical institution. We're small and specialised, placing extra attention on careers and employability through our degree programmes. We also regularly run [REACH events](#) for mature, ethnically diverse and female students with the aim of making the finance sector more inclusive and representative of our society.

If you have any further questions about Summer Taster programme, or want to find out a little bit more, [head to our website](#). [email our team](#) or catch us at a UCAS fair this June. We'll be exhibiting at Maidstone, East London, Colchester and Bedfordshire – see you there!



### Get a taste of studying an Animation, Games or VFX degree

Post-16 students are invited to our undergraduate taster day on Saturday 13th May, a perfect introduction to industry software taught on our degrees in **animation**, **video games**, and **VFX**. Please share the details with students who may be interested in attending.

### Why join our taster day?

- Take your seat at a workstation for a taster session in your chosen discipline
- Try out some industry software we teach; either Unreal Engine, Maya or Toon Boom Harmony!
- Add some digital artwork to your portfolio
- Explore our state-of-the-art studios in London!

This is a great opportunity for students interested in a career in one of the UK's estimated 2.29 million jobs in the creative industries! (Department for Digital, Culture, Media and Sport, 2022)

### Event details

**Date: Saturday 13th May**

**Time: 10.30am - 1.45pm**

**Where: Escape Studios, 190 High Holborn, London, WC1V 7BH**

## Impetus Scholarship Application - Future Engineering Leaders Programme.

Apply for scholarships to our Future Engineering Leaders programme. The deadline for scholarship applications is fast approaching and we encourage all eligible students to apply by **May 31st**. Please see the details of the scholarship attached.

To apply for the scholarship, students can visit [www.impetus.education/scholarship](http://www.impetus.education/scholarship).

We are offering one full scholarship worth £1090 and ten 50% scholarships worth £545 each. The programmes will be running **online** in **July and August 2023**.

This is a great opportunity for students aged 16-18 to pursue their passion for engineering and gain valuable skills and knowledge from our expert tutors who are alumni of **Cambridge University**. The programme covers a range of topics including the latest innovations in manufacturing technologies and artificial intelligence.

+++++



### Work Experience in Law.

#### CMS Connect (work experience)

CMS is a founding member of [PRIME](#), an organisation formed by various UK law firms committed to improving access to the legal profession.

During the sustained programme of support, students will develop skills that all employers look out for, not just those in the legal profession. This happens through:

- Paid work experience this summer (7th - 11th August 2023)
- Mentoring
- UCAS application skills workshop

And much more! Successful applicants can also be spring-boarded to the CMS Solicitor Apprenticeship or undergraduate careers programmes.

We will be running CMS Connect across our London, Bristol, Sheffield and Glasgow offices.



To find out more, check eligibility and apply, visit: [www.cmsearlytalent.com/programmes/work-experience/](http://www.cmsearlytalent.com/programmes/work-experience/)

**Applications opened on 24 April 2023.**

**Applications close on: CMS Connect 9 June 2023**



## **INTRODUCTION TO THE UNIVERSITY OF LAW**

We're not just about law. Our undergraduate courses in [law](#), [business](#), [criminology](#), [policing](#), [psychology](#) and [computer science](#) have been specially designed to give students an exciting, practical and academic experience, teaching them real-world skills so they can achieve their career ambitions. We have campuses in 6 locations including London, Birmingham, Bristol, Nottingham, Manchester and Leeds, as well as an online campus (courses vary depending on location).

## **SUMMER OPEN DAYS**

Our in-person Open Days, on Saturday 17 June and Saturday 8 July 10am-12.30pm, are an ideal opportunity for your students to find out what it's like to study at The University of Law. They can meet our tutors and current students and get all their questions answered. We also have a virtual Open Day on Thursday 22 June 4-6pm for those who can't make the ones on campus

[Explore our Open Days](#)

## **OTHER EVENTS**

### **Real World Lectures**

Wednesday 17 May – How is mental health protected by the law? (virtual)

Tuesday 6 June - Does the law support the LGBTQ+ community? (virtual)

Wednesday 28 June - Can the law effectively regulate cyberspace? (virtual)

### **True Crime**

Wednesday 24 May - The Oscar Pistorius Case (virtual)

[Book here](#)

***Ms Finlay, Careers Coordinator***



**#FosteringCommunities. Foster for Redbridge.**

Redbridge Foster Carers share what it is like to be part of the Redbridge Fostering Community and caring for the Borough's most vulnerable children as part of the Foster Care Fortnight #FosteringCommunities campaign. Take a look at what our foster carers say <https://youtu.be/4rnBZ3YpqbI>

If you have a place in your heart and home to foster, 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 19 May 2023 at 10am to 11am. Visit <https://www.eventbrite.co.uk/e/foster-for-redbridge-coffee-morning-190523-10-11am-tickets-560846265277> to book a place.

**#Fostering  
Communities**

#FCF23

**Be the role  
model they  
need**

**Foster for Redbridge**  
**020 8708 6068**  
**[fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk)**





## Would you like to understand more about county lines in Redbridge, Havering, Barking & Dagenham?

Join our panel of experts for a live webinar



Lindsay Dalton  
CEO, Pace



Metropolitan  
Police



Sarah Pritchard  
Advanced Practitioner and  
Consultant

Free webinar for parents & carers

25th May, 7.00 - 8.30pm

Join our panel of experts and find out about county lines in your area, how to keep your child safe and what to do if you have concerns. You will also hear about child exploitation from a lived experience perspective.

- ✓ Learn what county lines and child criminal exploitation is
- ✓ Understand the signs that your child might be at risk or involved
- ✓ Learn how offenders groom and exploit children
- ✓ Understand what is happening in your area

Register: [METParentWebinar.eventbrite.com](https://www.eventbrite.com/MEtParentWebinar)



**Pace**  
Parents against  
child exploitation



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

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

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

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

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

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

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

It is important to note that:

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

Thank you for your co-operation!





### Extra-Curricular Activities

Day	Activity	Time	Room
Monday			
	Indoor Rowing - All Year Groups: CHB	12.40 – 1.10p.m.	Gym
	Worship Band – All Years: SDE	1.00 – 1.40p.m.	S5
	Maths Intervention – Year 11: SAH	12.40 – 1.40p.m.	F15
	Chemistry Club – All Years: JOS	1.00 – 1.30p.m.	G8
	Athletic – All Years: JMA	3.20 – 4.20p.m.	Playground/Gym
Tuesday			
	Woodwind Ensemble – All Years: SDE	10.40 – 11.00a.m.	Practice Room 3
	Maths Club – All Year Groups: TKO	12.40 – 1.40p.m.	S6
	Contemporary Dance – Years 7 & 8: SFR	12.40 – 1.10p.m.	Dance Studio
	Badminton – Years 11 & 6 <sup>th</sup> Form: DEA	12.40 – 1.10p.m.	Gym
	Eco Warriors Club – Years 7 & 8: HCO/JMC	1.00 – 1.30p.m.	G3
	Year 11 Band: SDE	12.40 – 1.10p.m.	S5/PR1
	Violin Ensemble – All Years: SDE	1.10 – 1.40p.m.	S5
	STEM Club - All Year Groups: AKO	1.00 – 1.30p.m.	G12
	Drama Club – Years 7 & 8: IMI	1.00 – 1.30p.m.	Drama Studio
	Rounders – All Years: CHB	3.20 – 4.20p.m.	Playground/Gym
Wednesday			
	Ukulele Group – Years 7 & 8: DEA	10.40 – 11.00a.m.	S5
	Fitness – All Years: CHB	12.40 – 1.10p.m.	Gym
	LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO	12.40 – 1.10p.m.	F19
	Science Club (Selected Students): PBH	12.45 – 1.15	G10
	Board Games Club – All Year Groups: BFA	1.00 – 1.30p.m.	F13
	French Club – Years 7 & 8: LDE	1.00 – 1.30p.m.	G6
	Geography Intervention: HCO	1.00 – 1.30p.m.	G3
	UAI Choir – All Years: SDE	1.00 – 1.40p.m.	S5
	Football – Years 9, 10 & 11: LBU/CSC	3.20 – 4.20p.m.	Playground
	Geography Revision: HCO/JMC	3.20 – 4.20p.m.	G3
	DT GCSE Catch Up Session: AKO	3.30 – 4.30p.m.	G12
Thursday			
	Art GCSE Coursework & Intervention: RBU	12.40 – 1.40p.m.	S2
	P E GCSE Coursework & Intervention – Group 2: CHB/SFR	1.00 – 1.30p.m.	G18
	Chess Club – All Year Groups: LFI/BFA	1.00 – 1.30p.m.	G7
	STEM Club - All Year Groups: AKO	1.00 – 1.30p.m.	G12
	Guitar Ensemble – All Years: SDE	1.00 – 1.40p.m.	S5
	Handball – Years 8 & 9: SFR	3.20 – 4.20p.m.	Playground/Gym
	GCSE Computer Science Catch Up Session – Years 10 & 11: RMI	3.30 – 4.30p.m.	F6
	Year 11 English 5 o'clock Club: MCR/LBU/LCA/FCH	3.30 – 5.00p.m.	F8

Friday			
	Art Club – All Year Groups: RBU	12.40 – 1.40p.m.	S2
	Multi Games – SS Students (Invitation only): JMA/BTEC Students	12.40 – 1.10p.m.	Gym
	Glee Club – All Years: SDE	1.00 – 1.40p.m.	S5
	Running Club – All Year Groups: JMA/NHA	3.20 – 4.20p.m.	Playground/Gym



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



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





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 tells the disciples that, when he returns to heaven, he will ask the Father to send the Holy Spirit to be their helper.

This is not just a historical event. The Holy Spirit is a gift for us too. Pope Francis reminds us that, "The Holy Spirit is the supreme gift of the risen Christ to his apostles and God wants this gift to reach everyone."

Wednesday 10<sup>th</sup> May 2023

The Holy Spirit is our helper and helps us to live more like Jesus – to do good things and be filled with the love, truth, happiness and peace which come from God.

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

*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 14<sup>th</sup> May 2023



Jesus said to the disciples, "If you love me you will keep my commandments. I shall ask the Father, and he will give you a Helper to be with you forever. He will give you the Spirit of Truth. The world neither sees nor knows the Spirit, but you know the Spirit, because the Spirit is with you, and lives in you. I will not leave you orphaned: I will come back to you. In a short time the world will no longer see me but you will still see me. Then you will know that I am in my Father, and you are in me, and I am in you. Those who receive my commandments and keep them are those who love me. Those who love me will be loved by my Father. I will love them, and they will see me as I truly am."

*Adapted from John 14:15-21*

The 6<sup>th</sup> Sunday of Easter, Year A

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

"The Holy Spirit helps us to view  
others with fresh eyes, seeing  
them as brothers and sisters  
in Jesus, to be respected  
and loved." Pope Francis



**THE** Wednesday  
**WORD**

CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL



The Holy Spirit is our helper – alive and active today – nudging us to do good and guiding us along the way. The presence of the Holy Spirit in our lives will help us to grow in love, joy, wisdom, peace, self-control, patience, faithfulness and kindness. We can ask the Holy Spirit to help us, especially at times when things are difficult.



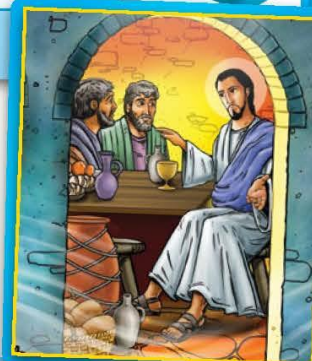
**1**

## Our Special Time Together

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

Jesus said to his friends, the disciples, "If you love me you will keep my commandments. I will pray to the Father and he will give you a Helper (the Holy Spirit) to be with you forever. I will not leave you alone. I will come back to you. I am going back to the Father now, but you will see me because I am alive. And because I live, you will live too. Anyone who loves me keeps my commandments. And those who love me will be loved by my Father. I will love them, and they will see me as I truly am."

**Why did Jesus say he would pray to the Father?** Which word or words stood out for you in this Gospel, and why? See the picture opposite. What does it make you think about?



**2**

**Wednesday's Word is ...**

**HELPER**



**3**

**Loving God & Each Other**

God sends the Holy Spirit, our helper, to teach us and to be with us always.

Ask your child who has helped them recently. What did that person do that was such a help to your child? You may want to share an experience of being helped by your children, other people, or directly by the Holy Spirit, and describe the difference that this help made to your life. Then each of you talk about an occasion when you went out of your way to help someone. What does your child know about the Holy Spirit (the third Person of the Holy Trinity), our helper?

"Happy the person whose words come from the Holy Spirit." *St Anthony of Padua*

We can ask the Holy Spirit to guide and help us to do and say the right thing. As a family, discuss and choose special ways in which you can be helpful to each other in this coming week. Perhaps you can: make your bed and keep your room tidy; use kind words; set the table and help each other with the dishes. Are there any vulnerable or lonely people in your community who may especially need your help right now? What could you do to help?



Dear Lord Jesus, please send your Holy Spirit into our lives to be our **helper** and to guide us, so that we can be a great **help** to those around us. Amen.

S N E D N E P M G H W N  
T D N F H H G S E N D J  
A E H Z E O W T N L E H  
S D M R L L L A Z S N H  
P M O R P D M Y U M T E  
I F F J E S U S B G I L  
N A F O R E V E R L R H  
H T W A R D S P I R I T  
M H R L T E R H M Y P R  
R E P L E H V L T A S M  
W R H O L Y E E Y T M D  
H O L H M E S R R S N R

### WEDNESDAY WORDSEARCH

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

☒ JESUS ☒  
☐ FATHER ☐  
☐ SEND ☐  
☐ HELPER ☐  
☐ HOLY ☐  
☐ SPIRIT ☐  
☐ STAY ☐  
☐ FOREVER ☐

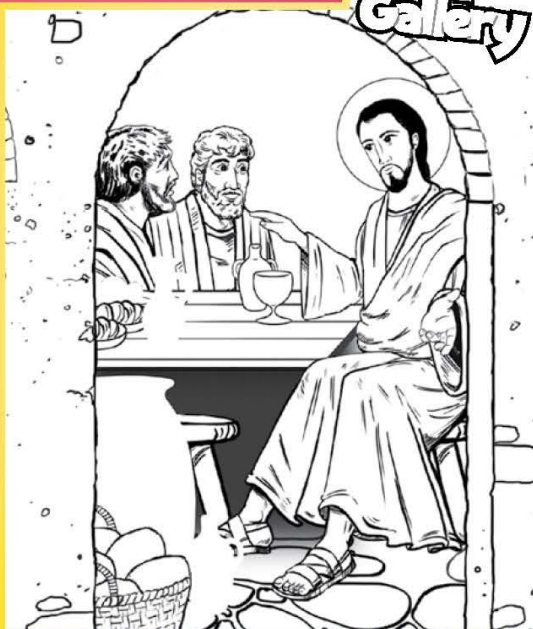
SUPERSEARCHERS FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

Cross out the letters **u n d** in the jumbled words below to find 4 real words.

**fodrenvuer Huneldper duprany Fandthuer**

"I will \_\_\_\_\_ to the \_\_\_\_\_ and he will give you a \_\_\_\_\_ to be with you \_\_\_\_\_."

### Gospel Gallery



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

When we love Jesus, we listen to him and try to live the way he asks us to. We do not have to do it by ourselves though. Jesus sends us the Holy Spirit, our helper, to help us to choose the right way to live.

Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....  
.....



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