



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – Issue 28
28th April 2023



Dear Parents/Guardians

Headteacher's Headlines...

You'll see below the results of the Geography competition for Earth Day. Congratulations to all the pupils who took part and a special shout-out to those who submitted the wonderful photos. It's heart-warming to see our pupils take the care for our common home seriously. You make us all very proud.



Moving on to our MFL department, we are constantly updated on the great events taking place. This week, we want to express our gratitude to the pupils who led the bake sale that raised funds for La Vida. It's a part of our school's initiative to look after those who are less advantaged than we are. We appreciate your hard work and dedication to this cause.



Dates for your Diary...Monday 1st May and Monday 8th May are Bank Holidays and the school will be closed. **Tuesday 2nd May** is a Strike Day and the school will be closed to all pupils except those in Years 11 & 13, or those who have been especially invited in. Year 9 DTP & Meningitis ACWY Vaccinations will be on **Thursday 4th May and Friday 5th May**, and lastly, the PSA event scheduled for 5th May has now been moved to **12th May**, 3.20 – 4.00p.m. in the courtyard...all welcome!

Please be advised that we are a 'nut free' school and canteen. We have a few students with nut allergies, so in the interests of their safety, please can we ask that you do not include anything with nuts in it in your daughter's packed lunch. Thank you for your cooperation in this matter.



We'd also like to draw your attention to the message about entitlement to free school meals. Even if you do not wish to avail of this offer, registering means the school will receive additional funding. This extra funding will help us to provide even more opportunities for our pupils.



We are seeking to appoint a highly motivated, enthusiastic and hard-working colleague to act as Key Holder during external lettings **in the evenings and weekends.** As the first point of contact for Hirers, the post holder will provide access to the site and remain the point of contact for the Hirers during a Letting. The post holder will maintain security of the site and act as fire warden. Please see our website for further details!

Best wishes for the week ahead!

Ms F Stone headteacher@uai.org.uk



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Chaplaincy News



Pope Francis@Pontifex – 28th April 2023

Those who profess to be Christian are called to bear witness and walk with everyone to cultivate a humanism inspired by the Gospel which moves along two fundamental tracks: acknowledging that we are beloved children of the Father, and loving one another as brothers and sisters.



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

April: Charity

28th April: Rejoice together.

29th April: I am continually among them with Jesus Christ, the Lover of us all.

30th April: May you be motivated solely by the love of God.

May: Prudence

1st May: Do what you do in obedience, and not as following your own judgement.

2nd May: Blessed are those into whose hearts God has infused the light of Truth.

3rd May: God will never fail to provide for all their needs, so long as nothing is lacking on your part.

4th May: I have undaunted and firm faith and hope in the infinite divine goodness.

Leading for Justice Conference

On Tuesday a group of us in year 9 were chosen to attend a conference at Ursuline High school, Wimbledon which was entitled “Leading for Justice”

For us the trip was very informative and it allowed us to connect with other Ursuline schools and talk about the inequality and injustice that people face around the world. One of the guest speakers was a lady called Susan from CAFOD and she talked about the effect of CAFODs work on people who are less fortunate. She talked about Serviam, our school motto and how we should serve others because that is our duty as Ursuline students. Susan talked about how young people can come together and make a change in their communities. This was inspiring and motivating as She gave an example about how CAFOD motivated

children around the world to create a classroom out of recycled bottle tops that were other people's waste made in to decorations. This shows how CAFOD together with us and our donations can be useful for Leading for Justice.

One of the other speakers was a man called Matt and he came from the organisation Art and Homelessness International. He helped us to see that Art can be expressed in many different ways and how it can make ALL people happy which is why his organisation is so important for those living on the streets. Matt's speech talked about the virtues of a good leader. We discussed how being a good leader means being respectful, treating people equally, being resilient and persevering through challenges. He talked about how AHI helps homeless people express themselves through art and change people's perception of them. This is very important because it shows us the importance of showing all people equality no matter what their circumstance might be. Something that stood out to us from Matt's speech was how we don't have to be perfect and failure is important when developing as a leader.



The conference has influenced us to make changes in our daily life. It has inspired us to do better when it comes to serving others and leading for justice. We have both spoken to our chaplain about becoming part of a leadership team in the school and joining the team that volunteer at our local Foodbank. I feel like every religion shows how to treat others with love and as a Christian we need to continue to show this in the way we behave. Actions speak louder than words. **Tolu & Chi Chi Year 9**



I enjoyed the Year 9 conference because we got to meet many Ursuline students from other schools and we got to talk to them and make friends.

The talks from CAFOD and Art & Homeless International (AHI) inspired me to want to do more and help out with people in need. Our school motto is Serviam and so I would like to serve others by helping out in the Foodbank. It also inspired me to get more involved with Ursuline Links and take the opportunities to meet other Ursuline Students in the future. **Aoife Year 9**





Chaplaincy Diary Dates



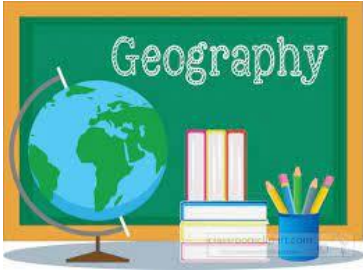
Chaplaincy Diary Dates

Movie Mondays Every **Monday 12.40 – 1.30pm** in chapel (all are welcome)

Every **Tuesday** there will be Chat and Chill with the Chaplain – A drop in session for all ages. Come and chat, chill, discuss new ideas and activities for chaplaincy, fundraise and more! Come and see!

Chaplaincy Team meetings Every **Thursday 9am – 9.30am** (Alternate weeks for different year groups. Listen out for notices)

Feel Good Fridays – **12.40 – 1.30pm** Every **Friday** (By invitation only) in Desenzano House



Geography News

Last week the Geography department held a photography competition for Earth day which was on the 22nd April. We had lots of amazing submission from different year groups across the school so it was very hard choosing the winners! However, we have managed to whittle it down to four students whose photographs we thought were absolutely brilliant and really celebrated the beauty of nature. These students will be receiving presents in form time next week. Well done to the winning students! 😊

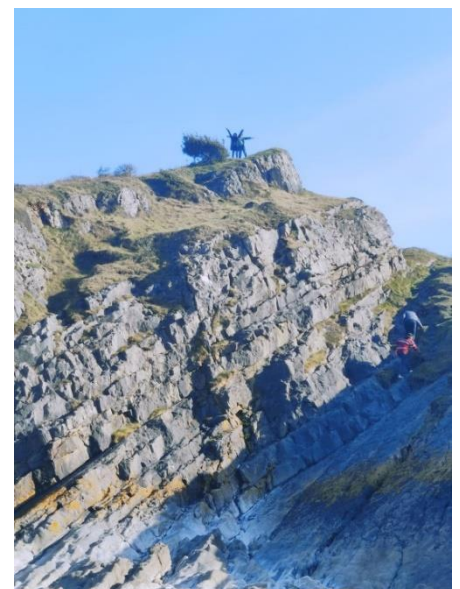
Earth Day Photography Competition Winners

Photography of a flower from ***Bilkisu Fofanah in 7.C***



Garden photograph by ***Safiyyah Patel 11.U***

Leaf after rain by ***Madison Wiltshire 11.J***



Rock formation by ***Haashini Saraladevi 8.U***

Ms H Colder, Head of Geography

Our Year 13 Jack Petchey winner for April is **Elodie De L'Eprevier**. Elodie is incredibly hardworking and has been since day one. Elodie is also incredibly helpful at Science club every week. Elodie is pictured with form tutor, Ms Colder, who is very proud of her!

Ms Eakins, Jack Petchey Coordinator



Library News

BRANFORD BOASE AWARD SHORTLIST 2023

#BranfordBoaseAward

branfordboaseaward.org.uk



Available to borrow from the school library

Ms Finlay, LRC Manager



MFL News

La Vida Charity project ¡Gracias!

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 WILL BE ANNOUNCED NEXT WEEK. I would like to thank and praise all the girls who took part. Also, thank you Ms Iron for donating such scrumptious home baked muffins.



9U Khadija Habibi, Aamina Hussain, Zoha Aamir, Tasmia Qureshi

9J Rameesha Dar, Sarah Solomon, Fatimah Yusuf, Elizabeth Ayelabowo, Iman Mirza

9C Sarah Basrah

A special mention to the following students for taking a more active role:

9T Athishaiya Kajansivakumaran, Abeni Fania-Sillah, Ruth Chandy, Annabel Dansoh

9C Hiruthayani Maheswaran

9U Chichi Oguchi , Suhani Bhoopalan,

9J Safiya Ali

All students have received Merits and the above list also received certificates and prizes.

La Vida raises funds for health and education projects throughout Latin America. The charity is registered in the UK and has been established to help disadvantaged people residing permanently in Latin America, in particular, by preserving and protecting health, relieving sickness, relieving poverty and advancing education.



Ruth Chandi's poster



Suhani Bhoopalan's poster

Fatimah

I participated in the La Vida Charity project by selling the cakes in the bake sale and also by collecting the money for the raffle. I did this to raise money for Spanish kids who live in poverty in South America.'

Ruth

I created the poster and went around the school selling the raffle tickets. I decided to participate in this project because it is a good charity that helps others in countries I am learning about. In addition, it benefits me personally because I can add it to college applications, CVs etc. in the future.

Athishaiya

In this project, I was the person in charge of selling the raffle tickets. I decided to participate in this project because I wanted to be useful and help people in need in any way I could. I felt happy to know that I could make a difference.

Hiru

The event was fun and unique. I had the opportunity to put my baking skills to good use, helping to raise money for charity. From this event, I learnt how to sell things at a fair price. Overall, I enjoyed being part of it all!

Suhani

I designed some posters to advertise the event around the school and spread the word about La Vida charity. I wanted to participate in this project because I really liked how La Vida raise funds for the community in South America. I feel very proud and I am sure our hard work will pay off and the money we raised will be put to good use.

Ms Delpech, Head of MFL



Farewell wishes

It is with a heavy heart that we bid farewell to our amazing Visiting Music Teacher, **Angelo Tsocos**, who has worked with us for three years. In that time, he has made a big contribution to the life of the music department through teaching a variety of instruments and producing the final videos of our school concerts during the pandemic. We are grateful Angelo's commitment to our students and for his dedication, passion and all that he has done to help them succeed in rehearsals, concerts, as well as graded exams and GCSE.



As Angelo moves on to pursue other opportunities, we would like to wish him all the best in his future

endeavours. We have no doubt that he will continue to make a significant impact wherever his path may lead.

Welcome

I am thrilled to introduce our new Visiting Music Teachers, ***Natalie Cooper*** and ***Courtney Josh-Cunneen***. Both Natalie and Courtney bring extensive experience and passion for music to our school and we are delighted to have them join our community.

Natalie Cooper, originally from New Zealand, will be teaching singing, piano and guitar lessons, and will also be helping lead our Glee Club on Friday's. She has a Bachelor of Music in Jazz Vocal Performance and Jazz Piano from Massey University, New Zealand, and has over 20 years of teaching experience. Natalie is excited to share her love of music with our students help them develop their vocal, piano, and guitar skills.

Courtney Josh-Cunneen will be teaching singing lessons and will also helping lead our UAI Choir. She has Bachelor of Music and over 10 years of teaching experience. She has performed in musicals, concerts and toured across Australia and on cruise ships.

Both Natalie and Courtney will be working closely with myself to continue the great work of our previous singing teacher, Meg Bird. We are confident that their expertise and enthusiasm will inspire our students to achieve their full musical potential.

Please join me in welcoming Natalie and Courtney to our school community. We are excited to have them on board and look forward to the wonderful musical experiences they will bring to our students.

If students would like to sign up for singing lessons, please ask myself for an application. It will be a first-come, first-served basis, and those who have already heard from myself and have confirmed continuity of lessons should wait for a follow-up email as they will be assigned a teacher.

Ms Deller, Head of Music



Every month, as a school, we volunteer at Redbridge food bank. Students are chosen from a variety of year groups and we give up an hour of our time to help with whatever is needed.

This month was my turn which I was particularly excited about because I had volunteered there before during my summer holidays. I felt that this was a good experience because it gives you an insight in to others struggles and how we can be of service. It was also lovely to see so many other volunteers giving up their free time.

It was genuine hard work and we built up a sweat haha but it has motivated me to want to do it again.

Jessica M Year 13

I was fortunate enough to volunteer at the Redbridge foodbank which is an organisation to help families in need. As head girl I feel that this was a perfect opportunity to be a role model for younger students but also reminded me to be grateful for my many blessings. It is criminal that some people have so much and others so little and particular with this current crisis these organisations are needed even more.

We spent an hour creating and packing different types of boxes with food supplies for various size families. It felt really positive that our work was going to benefit so many families. It was a brilliant way to serve others following the virtue of Serviam.

Nicole M Year 13



Science News

Science Club Week 14: Gas Pressure

This week we looked at gas pressure using two different experiments!

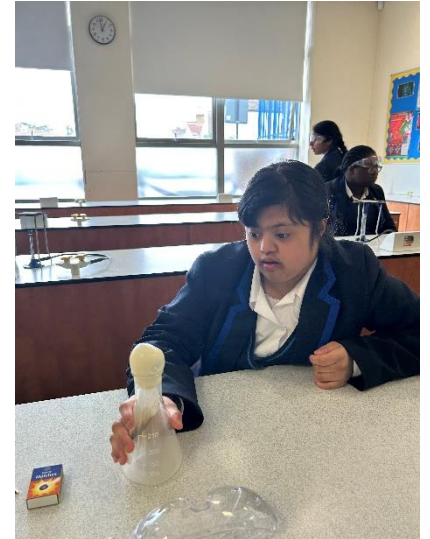
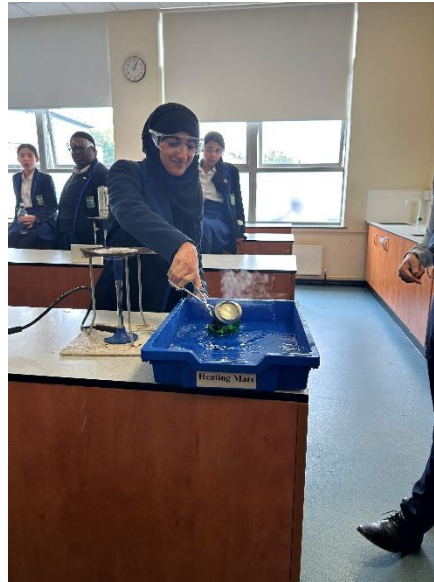
When particles are heated up, they gain energy and spread out. We heated up a small amount of water in an empty can and heated it up with a Bunsen burner underneath

As it warmed up it gained energy and spread outwards. We then used tongs to tip them into a bowl of cold water and then the particles lost their energy and due to the sudden change in pressure caused the can to crush!

The egg in a flask practical, involved similar aspects of pressure. We lit a piece of paper and dropped it inside to increase the pressure and then covered the top with a boiled egg. As this caused the pressure to change it took the egg into the flask without us having to push it as the air pressure was greater outside at that time.

Many thanks to my helpers **Lilly** (Yr 9), **Laiba** (Yr 12) and **Miss Agudelo**

Mr Uddin





Careers

BDO **EXPLORE BDO VIRTUAL INSIGHT PROGRAMME**

TUESDAY 1st - THURSDAY 3rd AUGUST 2023

We're BDO. We're the 5th largest international accountancy and business advisory firm, providing the advice and solutions businesses need to navigate the everchanging world of financial services.

Our Explore BDO Insight Programme is aimed at School Students in Years 11 - 13. You will gain invaluable insight into and experience the world of professional services, make a career network from Day 1 and have the potential to be a fast-tracked to our School Leaver programmes.

APPLICATIONS

Find out more and apply here: [EXPLORE BDO INSIGHT PROGRAMME](#)

IDEAS | PEOPLE | TRUST **BDO**

Here at BDO, we're the 5th largest international accountancy and business advisory firm, providing the advice and solutions businesses need to navigate the everchanging world of financial services, and one of our key focuses is our Early in Careers recruitment, particularly School Leavers.

We run a virtual programme every year called Explore BDO which is aimed at **Year 11 – 13 students** who meet our social mobility criteria.

Explore BDO is a virtual programme that we are running this year from **1st – 3rd August** and is a fantastic opportunity for your students to find out more about the world of accounting, provide valuable work experience and fast-tracking them to a School Leaver role with us.

You can read more about our Explore BDO programme here as well as how to apply: <https://careers.bdo.co.uk/job/london/explore-bdo-insight-programme-2023/37806/11937816256>

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Leaf Changemakers Fellowship:

A free, eight-day summer residential programme in an Oxford College:



- **Who:** Smart, curious, and ambitiously altruistic 16-18-year olds (any subjects)
- **Where:** Wycliffe Hall, Oxford, a college of Oxford University
- **When:** 19-27th August, 2023

Leaf alumni are now studying at Oxford, Cambridge, Harvard, and LSE. Our advice, the credential, and the practice discussing challenging topics can all help land uni places.

But this is not your typical summer course. The Fellowship is about exploration of ambitious aims like steering the course of history towards a more positive future. Fellows think critically about issues like poverty, climate change, and risks from AI, plus how to tackle them.

[Learn More & Apply](#)

Leaf is an independent nonprofit that supports exceptional sixth-formers. We aim to empower young people to do good, so we've raised funds to make the Changemakers Fellowship completely free for attendees. **Tuition, travel, food, and accommodation are all covered.**

Applications will be competitive; accepted Fellows usually have a high proportion of 8s and 9s at GCSE. There are about 50 places, and **priority will be given to applications received by 7th May**. The first application stage only takes 10 minutes.

[Learn More & Apply](#)



My name is Abbie Dickinson. I am the Chief Nurse Mentor at Allied Healthcare Mentor. When I was considering a career in nursing, the most helpful thing for me was to speak to people who worked in the NHS to get an insight into what a day-to-day life in

healthcare would look like. I strongly encourage anyone considering healthcare in your school to do the same.

As I understand that not many people have the same access to NHS workers as I did, I'm hosting an 'Insight into Healthcare conference' on **Sunday 30th April, 9am - 5pm**.

Registration Link: <https://alliedhealthmentor.org/product/national-healthcare-insight-conference-2/>

This is a crucial opportunity for your students to speak to a variety of healthcare professionals. As the NHS multidisciplinary team has a very distinct way of operating, it is helpful for students to listen to a range of perspectives.

I will share my experiences and advice as a nurse and welcome the following healthcare professionals:

- Tanya Sztuka - Midwife
- Zoe Oram - Physiotherapist
- Lucie Tochfort - Speech and Language Therapist
- Simon Ottter - Podiatrist
- Shelly Blane - Radiographer

More speakers will be confirmed this week, so please keep an eye on your inbox!

All speakers, including myself, will be answering questions throughout the conference, giving your students the chance to gain personal insight into their respective fields.

We look forward to empowering your students to see their future in the NHS. Tickets are £10 to cover speaker costs. Students can register here: <https://alliedhealthmentor.org/product/national-healthcare-insight-conference-2/>

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Pathways to Property is a [FREE programme run by Henley Business School](#) that's designed to raise awareness about the many different careers within the property Industry. Our summer residential or Online Course is the perfect opportunity for your students to find out if this is the career for them.

DEADLINE FOR APPLICATIONS IS FRIDAY 5TH MAY 2023

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Work Experience in Law & Energy



[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.

[Apply for Law Work Experience with Addleshaw Goddard](#)



[BP](#) are offering a one-day work experience and a whole week of work experience in July, so you can see first-hand how they're making a difference. With their focus on sustainability and creating a more efficient, cleaner energy future, they're leading the charge when it comes to finding innovative solutions to the world's energy challenges. If you're passionate about creating a better

world and want to be a part of a company that's making a real impact, then BP is the perfect place for you.

If you're interested in either of these opportunities, click on the registration links below to get all the dates and key information you need. Trust us, you won't want to miss out on this chance to upskill yourself and take your career to the next level.

[Apply for Energy Work Experience with BP here](#)

Ms Finlay, Careers Coordinator

Emerging Trends in Media Use

Ofcom Report Round-Up 2022

Online Safety
Shareable by

INEQE
SAFEGUARDING GROUP



Published: 7th April 2022



Read the full article [here](#)

Communications regulator Ofcom has released its latest study looking at the recent online trends and attitudes of internet users in for children and parents across the UK. Our online safety experts have rounded up six key trends for safeguarding professionals, teachers, parents, and carers.

The report provides a clear snapshot of parents, children, and young people's current media habits that can help us understand the emerging trends, risks, and threats. Our online safety experts have identified six key trends from the report that that will shape online safety conversations at school and at home.

1 ONLINE SAFETY KNOWLEDGE AND PRACTICE



The Ofcom report showed that online safety is a growing topic in households. Despite parents, children, and young people being more knowledgeable about the tools available to keep them safer online, this knowledge is not being put into practice.

92% of parents

had rules in place to safeguard children online, including spending rules, gaming rules and who they can talk to online.

9 IN 10 parents were aware of safety-promoting tools and controls on platforms but only **7 IN 10** reported using them.

71%

of parents were concerned about the possibility of their child being exposed to adult or sexual content.

64%

are concerned about possible exposure to self-harm material.

52%

are worried that their child may encounter extreme views online

(such as extreme religious or political ideologies).

CHILDREN AND YOUNG PEOPLE

Nearly all children know how to carry out at least one safety-promoting function online (such as changing privacy settings).

35%

of young people aged 12 to 17 reported using measures that put them at more risk of seeing harmful content.

14%

However, only 14% had used a reporting or flagging feature online.

4 GAMING

Gaming remains a popular hobby for children and young people and a growing opportunity to engage with others socially. However, there are concerns around the engagement of young people with strangers in online gaming.

72% of children and young people aged between 3 and 17-years-old played against someone they know offline.

6 IN 10 children and young people reported playing games online, this is more common for boys over girls.

2/3 reported playing alone.

1/3 play against strangers

The likelihood of chatting with strangers in game increased with age

25% of 8-11s to

45% of 16-17s

Three quarters of 8-17s chatted with other players during a game.

12-17s were the more likely to play with strangers but

31% of 8-11s &

22% of 5-7s

reported doing the same.

2 MULTI-SCREENING

They report being unable to concentrate on one task at a time.

The report showed that children and young people are consuming media in more formats simultaneously which can make it challenging for families to create and maintain healthy screen time habits.

Children and young people are more likely to engage in 'multi-screening' (using multiple devices at the same time).

Devices in multi-screening are used for different purposes (such as watching a TV show on a television screen, using a laptop for a school assignment, and scrolling through TikTok on their phone).

3 CHANGING LANDSCAPE OF SOCIAL MEDIA

The way in which children and young people are using social media platforms is changing. Underage children and young people are using social media with parental approval, there appears to be less posting overall and more focus on controlling what family and friends can see.

12-17s are more likely to be on Instagram but TikTok is more popular with 8-11s (despite them being below the age of 13).



44%

of parents of children aged between 11-12 were fine with their child having an account on social media despite being underage.

1/3 of parents reported being aware of minimum age requirements for social media.

8-11s were more likely (**46%**) to have a separate account for family to see.

40%

of 16-17s reported having a private account for closest friends and a public account for everyone else.

5 DIGITAL MENTAL HEALTH SUPPORT

The report showed an increase in children and young people seeking support online through a wide range of sources including influencers, dedicated apps, and videos.

8 IN 10 CHILDREN aged between 3 and 17 used online services to support their mental well-being.

1 IN 5 went online to follow fitness programmes, health trackers or when feeling sad, anxious, or worried.

Girls were more likely than boys to access online support when looking up health symptoms or feeling negative emotions.

Online therapy services were used by **1 in 10** children and young people.

To keep up to date with online threats, trends and risks and practical advice on making children and young people safer online, **sign up to our safeguarding hub today!**

© IneqeGroup/CTO 2022



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)





- Would you benefit from some 'me' time?
- Do you need support to be more active?
- Are you looking to improve your wellbeing?



Mental Health Awareness Week

15 May-21 May 2023

If you have answered 'yes' to any of the above, come and get involved.

Join Vision Redbridge Culture & Leisure at a programme of events for Mental Health Awareness Week.

Linking into the 5 Ways To Wellbeing, join us for activities across the week aiming to support you to 'Get Active, Connect, Take Notice, Learn and Give'.



Five ways to wellbeing

- Booking required
- Taster sessions



For more information:

Visit: www.visionrclorg.uk/activebodyhealthymind
 Email: active.redbridge@visionrcl.org.uk



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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,

This Sunday is traditionally known as 'Good Shepherd Sunday'. Jesus is the Good Shepherd who leads us into the joys of eternal life.

Part of a shepherd's job is to look after the sheep and help them to stay safe. When we let Jesus lead us, just as a shepherd leads his sheep, he helps us to make the right choices and fills our lives with goodness and holiness. All we need to do is to follow him.

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

Wednesday 26th April 2023

Today, Jesus can lead us and our children through the Church, through prayer and through the lives of people who show us how to live in a way that pleases God. He is the patient shepherd who never gives up on us.

Enjoy a very special time together exploring this Sunday's Gospel and this Wednesday's word, which is **FOLLOW**.

Dom Henry Wansbrough



THE GOSPEL IN CHURCH Sunday 30th April 2023



Jesus said, "I tell you most solemnly, anyone who does not enter the sheepfold through the gate, but gets in some other way is a thief and a brigand. The one who enters through the gate is the shepherd of the flock. When the shepherd has brought out his flock, he goes ahead of them, and the sheep follow because they know his voice. They never follow a stranger, but run away from him: they do not recognise the voice of strangers." The disciples failed to understand what Jesus meant. So Jesus spoke to them again: "I tell you most solemnly, I am the gate of the sheepfold. All others who have come are thieves and brigands; but the sheep took no notice of them. I am the gate. Anyone who enters through me will be safe: they will go freely in and out and be sure of finding pasture. The thief comes only to steal and kill and destroy. But I have come so that they may have life and have it to the full."

Adapted from John 10:1-10

The 4th Sunday of Easter, Year A

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

"Be passionate in teaching your children to know and to follow Jesus." Pope Francis



HAVING FAITH
IN YOUR FAMILY

The Gospel above or the **FAMILY TIME** section overleaf can be read independently by adults or children alike. However, reading the Gospel as a family really does help the family to grow in faith, wisdom and love.

When we really know Jesus and how much he loves us, it's natural to want to follow him. By following Jesus, we too can help others to know and love God - to experience the fullness of life, to live in God's love - here and now!

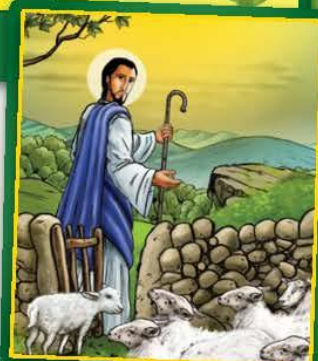


1 Our Special Time Together

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

Jesus told a parable to his disciples to help them understand that he was the Good Shepherd who they should follow, but they did not understand. So Jesus said, "I am the gate of the sheepfold. Anyone who enters through me will be safe: they will go freely in and out and be sure of finding pasture. Whoever tries to climb into the sheepfold some other way is a thief and a robber who wants to steal and kill. But I have come so that everyone can have the fullness of life."

Who does Jesus want us to follow? Which word or words stood out for you in this Sunday's Gospel, and why? What does the Gospel picture make you think about?



2 Wednesday's Word is ...

FOLLOW



3 Loving God & Each Other

"It is for each of us to learn the path by which Jesus requires us to follow him, and to follow in that path." *St Katharine Drexel*

Ask your child if they know what 'to follow someone' means. Who impresses them? Who sets them a good example which they would like to follow? How has that person made life better for your child, for someone else or for the community? It may help your child if you can talk about a person whose example you follow, or have followed.

"To follow Jesus means to share his merciful love for every human being." *Pope Francis*

We can follow Jesus in the simple things we do in our lives every day, and make life better for all the family and everyone around us. How can we follow Jesus the Good Shepherd this week? Perhaps we can: be kind and contact a friend to see how they are doing at this time; go out of our way to help out at home; show others how to do the right thing and avoid what is wrong; listen carefully to wise and good people; show our gratitude to all those who teach and lead us through life.



Dear Lord Jesus, you are the Good Shepherd who knows us by name and guides us through life. Please help us to hear your voice and follow you always. Amen.

Gospel Gallery

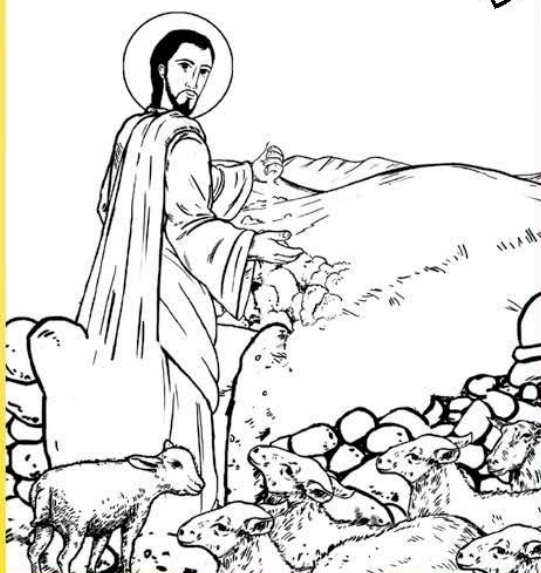
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WEDNESDAY WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

- SHEEPFOLD GATE
- GOOD SHEPHERD
- JESUS BRINGS
- FULLNESS LIFE

SUPERSEARCHERS FIND THE WORDS BACKWARDS OR DIAGONALLY



Cross out the letters **ikf** in the jumbled words below to find 4 real words.

hitakve Jeksutis futillnekss kevertyonie

_____ said, "I _____ come so that
 _____ can have the _____ of life."

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

There may be times when we have to stop doing certain things to follow Jesus - rather than 'following the crowd' - if it feels wrong. Let's try to follow Jesus this week by leaving behind anything which we know is not right and then try to do all the good we can.



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 cbcew.org.uk