



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – Issue 27
21st April 2023



Dear Parents/Guardians

Headteacher's Headlines...

I have been out at conferences for the past 2 days, so I have asked our Pastoral Deputy Headteacher, Gary Challis, to write a few words this week. Best wishes for the week ahead!

Ms F Stone headteacher@uai.org.uk

It has been a busy start to the summer term with our Year 10 students working hard in their exams and our Year 11 and 13 students focussing on their final revision and preparation before the summer exam season. Our spiritual focus for the entire term is Serviam which is also our school motto. Please see Mr McGhee's contribution below for further details.



Students have enjoyed sessions in the Chapel with the Christian Education Project this week and I know that there has been lots of very positive feedback from the students about these sessions. Thanks as always to Cleo, our Chaplain, for organising this and for taking some lovely photo's that can be seen below.

School has been a lot quieter than normal today with many of our students celebrating Eid. We wish all of our students and their families who are celebrating much joy and happiness. In two weeks' time, there will be a community celebration event organised by our PSA in the courtyard after school. More details to follow so please watch this space for further announcements.



You will probably already be aware from news coverage that the industrial dispute between the National Education Union and the Government is still ongoing and this means that, unfortunately, a further two days of strike action have been called. These are due to take place on Thursday 27th April and Tuesday 2nd May. School will be closed to all students except those in Year 11 and Year 13. These students will be taught in their classes as normal to ensure that their exam preparation is not compromised.



At the end of last term, as part of our whole school celebrations, a number of students were awarded badges that acknowledge their demonstration of particular Ursuline virtues throughout the term. We are really proud of the girls and the fantastic contribution they make to our community through displaying these virtues in and out of school. The students recognised this time are below:

	Agudelo		
Michelle	Galeano	11C	Courageous and Resilient
Angeline	Alfred	11J	Courageous and Resilient
Sabiha	Ali	8U	Listening and Attentive
Anaiah	Anthony	7J	Listening and Attentive
Isha	Asim	9T	Discerning and Joyful
Aliyah	Awan	12.1	Leading for justice
Satari	Bansende	12.2	Courageous and Resilient
Grace	Barker	10J	Listening and Attentive
Maya	Bellot	10T	Listening and Attentive
Valerie	Bello	7U	Courageous and Resilient
Renee	Blay	11C	United in harmony
Christina	Bradbeer	10T	Acting with Truth and Integrity
Maya	Cornelius	11J	Discerning and Joyful
Tareena	Dahaley	9U	Listening and Attentive
Jessica	Darwin	13.3	Leading for justice
Isabelle	Doves	12.2	Grateful and Generous
Lois	Graham	12.2	Leading for justice
Shresti	Gurrapu	8J	Leading for justice
Kirpa	Gusani	8T	Listening and Attentive
Nusaiba	Hossain	7T	Leading for justice
Zarah	Ibrahim	7U	Listening and Attentive
Chinaza	Ikejimba	11C	United in harmony
Anjgelina	Kurien	10U	Grateful and Generous
Bianca- Gabriella	Lodina	9U	Discerning and Joyful
Hiruthayani	Maheswaran	9C	Discerning and Joyful
Nicole	Malwatta	13.2	Leading for justice
Emerald	Morgan	7T	Leading for justice
Michelle	Offor	7T	Grateful and Generous
Semilore	Ogunbajo	8T	Faith filled and Hopeful
Victoria	Oyekan	7U	Listening and Attentive
Alisha	Pereira	10T	Grateful and Generous
Tla	Plante	9C	Discerning and Joyful
Azaria	Robinson	10T	Grateful and Generous
Aleena	Sethi	7T	Discerning and Joyful
Zayneb	Siddiqui	7T	Leading for justice
Hiba	Ullah	11T	Courageous and Resilient
Imogen	Van-Beers	11J	Discerning and Joyful
Fiorella	Shayree Hassan	12.1	Leading for justice
Elizabeth	Akande	12.2	Leading for justice
Monika	Kazickaite	11U	Discerning and Joyful

Mr G Challis, Deputy Headteacher



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Chaplaincy News



Pope Francis@Pontifex – 20th April 2023

God's gaze never stops with our past filled of errors, but looks with infinite confidence at what we can become.



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

April: Charity

21st April: Strive to lead them with love and with a mild and kindly hand.

22nd April: They should place their hope and love in God alone, and not in any living person.

23rd April: Loving each other and living in harmony together are a sure sign that we are walking the good path.

24th April: Where there is discord, without doubt there is ruin.

25th April: God has granted you the grace of choosing you to serve his divine Majesty.

26th April: Take care especially that they are united and one in will.

27th April: Be bound to one another by the bond of charity.

Ursuline Student Profile - Serviam



“Each of you should use whatever gifts you have received to serve others as faithful stewards of God’s grace” (1 Peter 4:10)

Serviam is the foundation of what makes us an Ursuline. It is bound from deep within us, from when we begin our journey at St Ursula’s and will continue to shape our future for the rest of our lives.

St Angela Merici was the pivotal role model for Serviam. Angela dedicated her life to the service of others, fighting tirelessly for young women to have an education and more importantly, a voice.

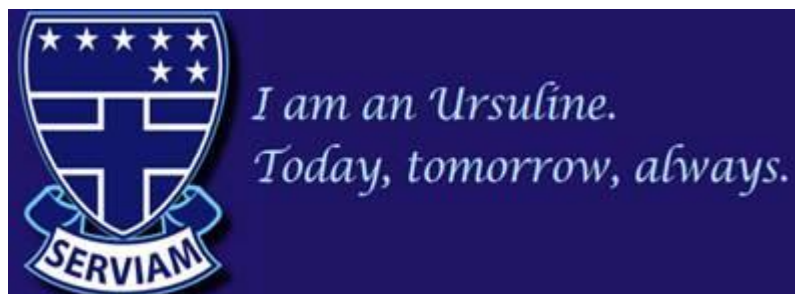
We all must remember Angela, her work, her vision and her legacy, because without her, the Ursuline order would not exist and we would not be where we all are now. God had a plan for Angela – for her to share her passion, her gifts and talents with those she cared most about and as Ursuline’s we are called to continue this legacy.

True service brings joy and it is beautiful. It is an active deed and love. Service moves the hearts of others and offers comfort.

The Bible tells us to **“serve one another humbly” (Galatians 5:13)** God remembers our acts of service towards others and we will be rewarded. Each act, no matter how big or small, is helping to grow the Kingdom of God on earth.

As Disciples of Christ, we should continue to use our God-given talents to serve others as faithful stewards of creation. It isn’t always easy to serve – we have our own commitments, time isn’t always on our side and sometimes our fear overpowers us, when we convince ourselves that we won’t be able to make a difference. Throughout this term, pupils in RE classes will have the opportunity to reflect on what SERVIAM means for them at their age and stage in life and how we can better cultivate this value. There will be a variety of activities and awards too, so keep an eye on the newsletter for updates!

What we are reminded of in the scriptures is that no word, deed or action is unnoticed. We are all capable of achieving extra-ordinary things. SERVIAM!!



‘By creating a high trust culture, enabling both staff and students to flourish and to share wisdom without fear of criticism or rebuke. In sharing wisdom, we are living SERVIAM.’

Mr McGhee Head of Religious Education

Christian Education Project



The Christian Education Project started in 1991 and exists as a bridge between the schools in Redbridge and their local churches and vice versa. Their mission statement is threefold - "Serving schools. Inspiring Minds and Exploring Faith". They do this through providing inspiring and engaging services to schools free of charge, and offering space for children & young people to reflect personally on how aspects of faith and belief impact the wider community.



The outreach team have been regularly coming in to school over the past few years and they were here this week running "Prayer Spaces".

Dotted around the chapel were 11 stations/spaces for the students to gather, read and perform a reflective action. These actions ranged from sitting in "cardboard city" and writing a prayer/reflection about homelessness, making an origami peace dove, using a water jar to think about what refreshes us and colouring in cardboard people who represent the people who serve us in our lives.

The overall theme of the week was Serviam and the students were encouraged to think about how they can serve, who serves them, but also how Jesus was a king but also served all those around him.

We thank Helen, Heather, Velisha and Sam for their creativity and service.

Feedback:

My favourite prayer station was the origami dove that we wrote a prayer on – Y7

The chapel was really quiet and calm – Y7

I loved writing on and colouring in the people that I love – Y7

It was friendly and welcoming. The team were nice – Y7



I liked the fact that there were lots of things to do and it was all creative and calm – Y7

My least favourite station as the homelessness one because I don't like seeing homeless people or thinking about them as it makes me feel guilty – Y7

The prayer stations helped me to think about God. The water station was calming – Y7



The prayer spaces were very calming, comfortable and free of judgement. It was very spacious and I felt relaxed – Y11

I liked the water jug base as it was fun and interactive and diverted the mind from stress to peace – Y11



The session made me realise deeper about people of faith. I felt it was good for my mental wellbeing and had everything a prayer space needed. My favourite space was the origami peace doves because it was fun as we struggled but overcame them in the end – Y11

Prayer spaces were fun and made me connect with God a little more than usual. I feel it taught me more about the life of Jesus – Y11

Overall it instilled a sense of calmness and peace. I feel that it improves mental health and allows a distraction from exam stress. The origami base gave a sense of achievement when complete and was a chance to focus on something other than exams – Y11



In times of GCSE's approaching and times getting harder this was a good activity to help get my mind off stuff and focus on God and prayer – Y11



The prayer space was very peaceful for your own reflection and value. I enjoyed it very much and it allowed me to appreciate the little things and activities – Y11

The Serviam stations made me reflect on how helping others can also bring joy to myself – Y11





This was a good way to realise how much my life is a blessing. It is a better way to have a good relationship with God. My favourite station was the one where you had to think about the people who you are grateful for - Y8

I really liked how all of the stations linked well to the actual activities. My favourite was station 10 because I learnt a way to forgive people who have wronged me - Y8

I think the prayer space is a wonderful idea as it helped me to connect with God and forget all of my problems so I could have good quality time with him. – Y8



My favourite base was the love your enemy one because it is a very good lesson to learn. It teaches us a lot and inspires us to do good things – Y7

It was really nice to get a chance to reflect during the school day. My favourite was the rucksack base where we focussed on refugees and had a chance to learn more about their lives. – Y9

The session made me feel happy. It was wonderful to have the prayer spaces because you need time to be alone with God without noise. – Y9

It was a good space to respect others and pour out your feelings and tell any secrets that mean a lot to you or confess to God. I think it is a safe space for me to express myself and to connect with God – Y9

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



'The Priests' Charity Concert: Brentwood Catholic Children's Society are delighted to announce that the Northern Irish classical singing trio **'The Priests'** have agreed to hold a second charity concert for us on Friday 30th June 2023 at the Brentwood Cathedral at 7.30pm. All tickets can be purchased directly through Eventbrite and are £30 per person plus booking fee:

<https://www.eventbrite.co.uk/e/528414691567> We expect this to be a sell-out event and would urge you to book early in order to avoid disappointment. Full details are available on our website: www.bccs.org.uk/get-involved/events/

Advertising and Sponsorship

We have various opportunities for sponsorship and advertising in our event programme which will be given out to everyone attending the event. Should you wish to avail of our advertising space, please contact our head of voluntary income, Julie Abbott jabbott@bccs.org.uk who will be happy to discuss your options with you.

Thank you for your continued support of our society,

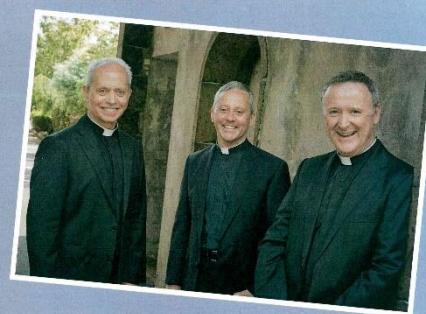
Libby Phillips

Communications & Fundraising Assistant

BCCS - Brentwood Catholic Children's Society, 01277 712022 www.bccs.org.uk

THE PRIESTS Charity Concert

Supporting the Brentwood Catholic Children's Society



BCCS
a children's charity for
Essex and East London
1991-1999

Friday 30th June 2023
Brentwood Cathedral
7.30pm

Tickets available from: www.eventbrite.co.uk

For further information visit www.bccs.org.uk



Gardening Club News

This week we received some more wonderful equipment from the London Children's Flower Society in association with the Jack Petchey Foundation.

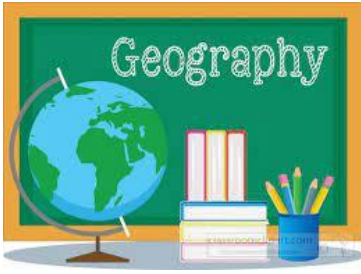
Our Vegetable Trugs are now ready to be filled with compost and our Stewardship Committee are looking forward to getting to work on Friday.

We would like to thank the London Children's Flower Society for these wonderful resources which will help our school become a much greener space.

We would also like to thank the premises team for helping us move this heavy equipment around the school. It is much appreciated!

Ms Eakins, Religious Studies Teacher/Jack Petchey Coordinator





Geography News

The theme for Earth Day 2023 is 'Invest In Our Planet' - Earth Day is an annual event celebrated on April 22nd to raise awareness and promote actions to protect the environment and preserve the planet's natural resources. It was first celebrated in 1970 and is now recognized in over 190 countries worldwide. Earth Day serves as a reminder to individuals and governments of the importance of sustainable practices, such as reducing carbon emissions, conserving energy and water, and promoting biodiversity. It also serves as an opportunity to advocate for policies and initiatives that protect the environment, such as renewable energy, clean air and water regulations, and conservation efforts. The focus of this year's Earth Day – Invest In Our Planet – calls for people to **Get Inspired**.

Take Action: Be a part of the green revolution. For Earth Day 2023, we need to act (boldly), innovate (broadly), and implement (equitably). There are many things that young people can do to help the environment. Here are some examples:

- 1. Reduce, Reuse, Recycle: Young people can reduce the amount of waste they produce by using reusable containers, bags, and water bottles.**
- 2. Conserve Energy: Turning off lights and electronics when they're not in use, and using energy-efficient appliances and light bulbs can help reduce energy consumption.**
- 3. Use Public Transportation, Walk or Bike: Using public transportation, walking, or biking instead of driving alone can help reduce carbon emissions and improve air quality.**
- 4. Plant Trees and Gardens: Planting trees and gardens can help absorb carbon dioxide and provide habitats for wildlife.**
- 5. Educate Others: Young people can educate their friends and family about the importance of environmental conservation and promote sustainable practices in their communities.**
- 6. If you are in year 7/year 8 you can join Eco-club and participate in clean-up activities of the local area, improving recycling in the school and looking after animals and insects.**

To celebrate Earth Day this year the Geography department is holding a wildlife photograph competition which is open to all year groups. The photographs should celebrate nature and the environment. This could be a picture of wildlife, scenic views or trees and flowers. This is to promote the beauty of our world and remind others of how important it is to do our bit to protect it. There will be **prizes and merits** for the best submissions. The photographs will also appear in the Newsletter. Please upload your submission onto Satchel or send it via email to HColder@uai.org.uk You have till the 28th April. Good Luck!

To learn more about Earth Day and events happening this year: [Earth Day 2023 - Earth Day](#)

Ms H Colder, Head of Geography





Library News



Celebrate courageous people in our Celebration Day writing competition



CELEBRATION DAY

We are challenging 5-18-year olds across the UK to share their stories of **a person in history who displayed great courage**. These might be people in your family, local heroes or historical figures. What can we learn from their story?

The second annual Celebration Day will be held on 28th May 2023. It is a day to remember the generations who lived before us. In support of the national event, The Day's writing competition is back!

Last year our Editors enjoyed reading over 500 inspiring stories of people from the past. This year we are inviting you to get involved in our **new theme of courage**.

Entrants can either **interview the oldest person they know**, or do their own research to find out about inspiring people from the past who showed courage in overcoming hardship or speaking up for what they believed in.

They then need to **retell their story, explaining why our generation should be inspired** by their actions.

The written article needs to be:

- 250 words for primary school students
- 500 words for secondary school students or teachers

The **deadline for entries is Monday 15th May**, and we open for entries tomorrow, so please check the website for the link to submit your entries [here](#).

Winning entries will be published on The Day's website and be rewarded with **a printed certificate and an iPad!**

[Download entry pack](#)

Ms Finlay, LRC Manager



Meal Deals!

Unfortunately, our catering partners have had to increase the price of a 'meal deal' from £2.30 to £2.41. Please note this will be the new price when purchasing a hot meal with dessert or a sandwich/baguette with a dessert from our dining hall.

We should be grateful if you could ensure your daughter has enough money on her account.

During PSHE and RE lessons this half term students in Year 10 will have an opportunity to explore a range of interesting and important issues around relationships, marriage and sex education. The school will use the resources created by Ten Ten to deliver a high-quality series of age appropriate lessons. The RSE policy is available on the school website too. Additionally, if you wish, you may log in and view the materials, please the link below. All teaching on RSE is in line with the teachings of the Catholic Church and we use teaching resources that are approved by the Catholic Education Service. If you do have any concerns, please would you contact your daughter's Head of Year in the first instance.

Username: ursuline-academy-ig1

Password: october-feast.

Parent Portal <https://www.tentenresources.co.uk/parent-portal/>

Mr McGhee, Head of Religious Education.



Science News

Science Club Week 13: Making non-Newtonian fluid!

This week for science club our little scientists made some non-Newtonian fluid using this recipe:

- 1) Add 60g corn starch to a bowl
- 2) Add water slowly until all the powder is wet
- 3) Continue until the corn starch acts like a liquid when slowly stirred, but becomes hard when tapped
- 4) Scoop the mixture into your hand and work into a ball and then apply pressure to become a liquid again

The first week back was a fun and messy one!

Thanks to my helpers **Lilly** (Yr. 9), **Laiba** (Yr. 12) and **Miss Agudelo**

Mr Uddin





Careers



Graduate Careers Live! – Year 12 Students and their Parents/Carers

Graduate Careers Live! is at **2pm on Thursday 27th April** and will provide invaluable inspiration, information, and practical guidance about how university – or one of the growing number of degree apprenticeships – can lead to aspirational, rewarding careers in areas like technology, law, banking & finance, and engineering.

The programme features employers, recent graduates, degree apprentices, recruitment experts and special guests – including **Robert Halfon**, Minister for Skills, Apprenticeships & Higher Education – plus the very latest research and insight on what it takes to be successful in the graduate job market.

Graduate Careers Live! will be essential viewing for all Year 12 students and their parents, just before they begin considering their post-sixth form options, visiting universities and researching degree apprenticeship opportunities.

The programme is being presented by **Levi Jouavel**, a BBC Three presenter who began her career as a BBC apprentice and **Martin Birchall**, Editor of *The Times Top 100 Graduate Employers*.

It is being produced by **High Fliers Research**, in partnership with the **Department for Education**.

Watch the programme on **Thursday 27th April** – live at **2pm** – or on catch-up afterwards.

[**Register to Watch Programme**](#)



Online Career Challenges and Free Virtual Work Experience

First Step year groups 7, 8, 9

Wednesday 26th April at 4.30pm – [GSK live online career challenge](#) – The Next big discovery! – [Register to attend](#)

Next Step year groups 10,11,12,13

Wednesday 3rd May at 5pm – [GSK live online career challenge](#) – calling all patients!! - [Register to attend](#)

Career panel – Students and Adults

Thursday 11th May at 6.30pm - [GSK live online career panel](#) - We invite students, career leaders and parents to attend this live session to learn about placement and apprenticeship opportunities



Virgin Media Situational Judgement Test

An SJT is a popular way for employers to assess candidates in lots of different industries. It uses work-related scenarios to test a candidate’s behavioural decision-making and thought processes.

Why not try on the link below. More and more employers are using this technique in their recruitment/selection process.

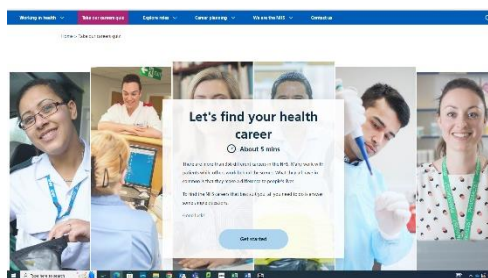
[Virgin Media O2 Job Preview for Virgin Media O2 | Shortlister](#)



[Sign up to receive the NHS careers guide](#)

[Give the NHS careers quiz a go](#)

[NHS careers AtoZ \(stepintothenhs.nhs.uk\)](#)



UCB & BP Summer Work Experience – Wed 5 July

[UCB](#), a leading multinational biopharmaceutical company headquartered in Brussels, Belgium, is holding a Work in Science Week this coming July. This is a hands on and immersive week based in the labs undertaking lots of experiments and practical lab work

[BP](#), a British multinational energy company headquartered in London, and one of the world's largest companies, is hosting a work experience day, and a work experience week also in July (in-person).

Participating in either of these experiences will provide you with a unique chance to explore various career paths and gain valuable insight into working life at a top energy or pharmaceutical company.

To learn more about these exciting career opportunities and how to apply for the Work Experience Programme, please click on the registration links provided below to receive the dates and key information.

Closing Date 5 May 2023 to attend on 5 July 2023

[Apply for Science & Research Work Experience with UCB here](#)

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

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Apprenticeship Opportunities

Deutsche Bank Apprenticeship – Apply ASAP

- Investment Bank Degree Apprenticeship (London): <https://pathwayctm.com/opportunity/investment-bank-apprenticeship-deutsche-bank/>
- Technology, Data, and Innovation Degree Apprenticeship (London): <https://pathwayctm.com/opportunity/technology-data-and-innovation-degree-apprenticeship-deutsche-bank/>

UBS Apprenticeship – Deadline 31st March

- IB Business Administrator Apprentice: <https://pathwayctm.com/opportunity/ib-business-administrator-apprenticeship-ubs/>

Google Apprenticeship – Deadline 1st April

- Digital Marketing Apprentice: <https://pathwayctm.com/opportunity/digital-marketing-apprentice-google/>

GSK Apprenticeship – Deadline 1st April

- Tech Business Partnership Apprentice: <https://pathwayctm.com/opportunity/tech-business-partnering-apprentice/>

Deloitte Apprenticeship – Deadline 1st April

- Technology Bright start Apprenticeship: <https://pathwayctm.com/opportunity/technology-brightstart-apprenticeship-deloitte/>

KPMG Apprenticeship – Deadline 1st April

- Audit Apprenticeship: <https://pathwayctm.com/opportunity/audit-apprenticeship-kpmg-2/>
- Consulting Apprenticeship: <https://pathwayctm.com/opportunity/consulting-apprenticeship-kpmg/>
- Tax Apprenticeship: <https://pathwayctm.com/opportunity/tax-apprenticeship-kpmg/>

BT Apprenticeship – Deadline 1st May

- Digital User Experience: <https://pathwayctm.com/opportunity/london-digital-user-experience-apprentice-bt/>
- Network Engineer Degree Apprenticeship: <https://pathwayctm.com/opportunity/london-network-engineer-degree-apprentice-bt/>

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Work Experience for Year 10-13 students

Linklaters Business Foundation 3 day in person work experience – Deadline 4th April

The Linklaters Business Foundation Course (BFC) is a work experience programme enabling students to gain an insight in to working life in a large corporate firm. Students will meet with, and be set tasks by members of Linklaters Business Teams, i.e. not the firm’s legal teams.

Apply: <https://pathwayctm.com/opportunity/business-foundation-course-linklaters-2/>

Year 12 Work Experience with top law firm Allen & Overy

- Employment Law Virtual Work Experience <https://pathwayctm.com/opportunity/employment-law-virtual-work-experience-allen-overly/>
Deadline to apply 30th March
- Technology and MA Law Virtual Work Experience <https://pathwayctm.com/opportunity/technology-and-ma-law-virtual-work-experience-allen-overly/>
Deadline to apply 30th March
- Smart Start Week Work Experience
Students who take part in Smart Start Week will be invited to apply for Smarter Futures. This is a two-year support programme which consists of opportunities throughout Year 13 and into university (for those students choosing this route).
<https://pathwayctm.com/opportunity/smart-start-work-experience-allen-overly/>
Deadline to apply 11th April

Ms Finlay, Careers Coordinator

Redbridge News

The Community Grocery Store has recently opened at City Gates Church in Ilford and offers a low-cost shopping alternative for the families that we are supporting. Shoppers do not need to be a member of the church only of the 'Community Grocery' store.

For a yearly membership fee of £5, families can visit the store and buy a shop for £4 (maximum of 2 visits per week). Families can select from bakery items, fresh fruit & veg, canned/boxed items, toiletries, freezer & chilled items.

As well as this, a number of free courses are running – cooking courses, money courses (budgeting), Life Skills and Debt Advice. They can also provide one-to-one support for adults with trained counsellors.

The store can be found at:

City Gates
25 – 29 Clements Road
Ilford
IG1 1BH



Monday – Friday 9:30am – 4:30pm

Please find more information at the link below

<https://communitygrocery.org.uk/how-we-can-help/>

Redbridge Fostering Team have introduced three specialist pathways with allowances of up to £1074 per child per week.

We are actively recruiting foster carers for three specialist pathways. Please take a look at our video to find out more:

<https://youtu.be/dRHFRQBQ1Pc>

The full video can be viewed on our website www.redbridge.gov.uk/fostering

If you have a place in your heart and home to foster a child and would like to join our Redbridge family of foster carers, please call us on 020 8708 6068 or email fostering@redbridge.gov.uk or alternatively, go to our website to book onto our next virtual information session.



We are actively recruiting for three specialist foster care pathways...

Foster for Redbridge
020 8708 6068
fostering@redbridge.gov.uk



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



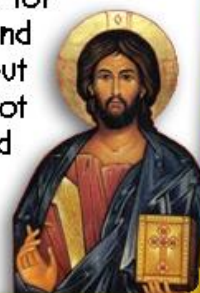
Wednesday
19th April 2023



Good News
for Families

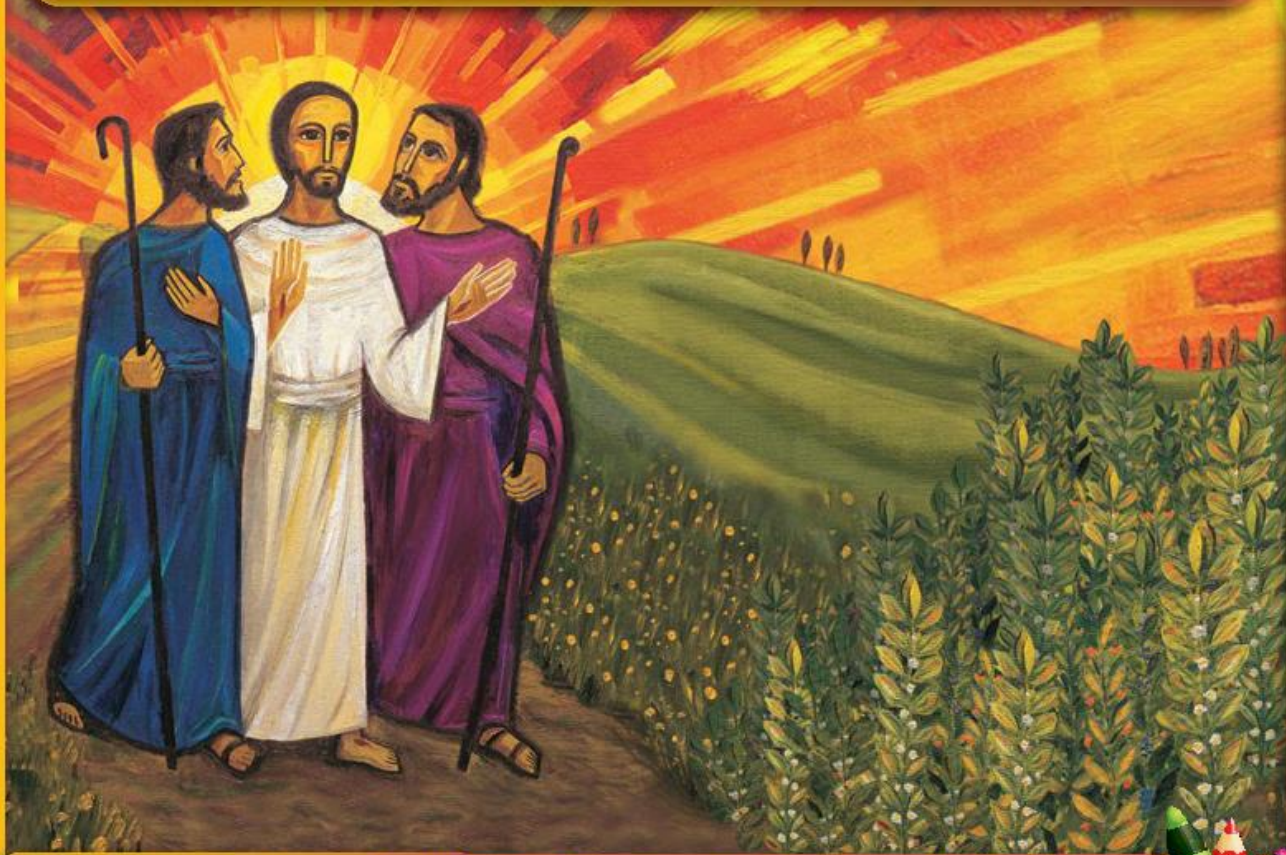
1 Enjoy reading this Sunday's Gospel

After Jesus had been crucified, two of his disciples were on their way to a village called Emmaus. They were feeling sad and talking together about all that had happened and how some women had seen a vision of angels who declared that Jesus was alive. Then as they were talking Jesus came and walked by their side and talked to them about the scriptures; but something prevented them from recognising him. As evening approached, the disciples begged Jesus to stay with them for supper. It was when Jesus took the bread, blessed it and broke it and gave it to them that their eyes were opened and they recognised him; but then he vanished from their sight. Then they said to each other, "Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?" Filled with joy, they set out immediately and returned to their friends to tell them all that had happened and how they had recognised Jesus at the breaking of the bread.



Taken from the Gospel of Sunday 23rd April 2023. Luke 24:13-35 (the 3rd Sunday of Easter, Year A)

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



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



2

Wednesday's Word

JESUS

"Each encounter with Jesus changes our life. Jesus is with us today! He is alive, Jesus is in our hearts." *Pope Francis*

Why were the disciples feeling sad when they were travelling to Emmaus? After his resurrection Jesus was seen by his closest friends and over 500 of his followers. Ask your child if they know what the name 'Jesus' means (parent help: the name 'Jesus' in Hebrew means 'God saves'). Jesus came to save us from doing wrong - to show us and to teach us how to live good lives. Does your child have a favourite story about Jesus? What does your child like about Jesus? It may help your child if you tell them something that you know and like about Jesus.

"We must not fail to help our neighbours, because in them we serve Jesus." *St Rose of Lima*

Our lives are enriched when we know Jesus. He is with us at all times and in all places. We can encounter him in prayer and in one another. The more we know about Jesus through reading the gospels, the easier it is for us to recognise him. Knowing and following Jesus helps happiness and love to grow in our families. Each of you choose something to do for each other at home or at school to be more like Jesus. Perhaps we can: decide to pray each day; read the gospels together; remember to regularly ask ourselves, "What would Jesus do?" and then try to do the same ourselves.



Dear Lord Jesus, we thank you for always being there for us. Help us to recognise you as we journey through life together. Amen.



WEDNESDAY WORDSEARCH



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

-
-
-
-
-
-
-

TALKING TOGETHER

BROKE BREAD

EYES OPENED

RECOGNISED JESUS

-
-
-
-
-
-
-

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

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

Cross out the letters

I x u

in the jumbled words to find 4 real words.

burolkex lexyues burlexad gulavex

Jesus took the _____, blessed, _____ and _____ it to them and their _____ were opened.

On the road to Emmaus, Jesus first helped his disciples understand the scriptures before breaking and sharing the bread with them - which is what happens at Mass each time we receive Jesus in Holy Communion.

Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....

