



## THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

*Weekly News – Issue 25*

24<sup>th</sup> March 2023



Dear Parents/Guardians

### Headteacher's Headlines...

On Monday 13<sup>th</sup> March, I had the pleasure of meeting Sr. Una, the former headteacher of St. Angela's at Forest Gate, who visited me to look through our archives. Sr. Una, who is one of the Ursuline sisters, is working on a commemorative book as part of the celebrations marking 100 years since the Ursulines here in the UK joined the Roman union order. During her visit, we spent time reviewing the archives and discussing the history of Ilford Ursuline. She was particularly keen to find a photo of Mother Eugene who was headteacher here throughout the 1950s, she was delighted that Mrs. Herbert (Headteacher's PA) was able to find a range of wonderful pictures.

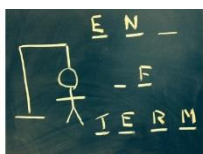
I was delighted when Sr. Una invited me to visit her at Forest Gate the following Thursday. During my visit, she took me on a tour of the grounds of St. Angela's and I had the opportunity to meet with a number of the nuns and staff at the school. It was a truly memorable experience to be able to see first-hand the rich history and traditions of the Ursuline sisters at St. Angela's. I managed to snap a photo of Sr. Una and I together on the day.



Mother Veronica, Mother Eugene, Mother Regis  
with some Lr. IV's.



The Bishop's visit to the school has been the highlight of my week, I feel truly blessed to be headteacher of this school and appreciated the beautiful blessing Bishop Alan gave me at the mass. See the range of photos below.



School will end at 12.40p.m. next Friday, 31<sup>st</sup> March for the Easter Holidays, and will reopen again at 8.40a.m. on Monday 17<sup>th</sup> April.

Best wishes for the week ahead!

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



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## Chaplaincy News



**Pope Francis@Pontifex – 24<sup>th</sup> March 2023**

In #Lent, may we be increasingly concerned with speaking words of comfort, strength, consolation and encouragement, and not words that demean, sadden, anger or show scorn.



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

**24<sup>th</sup> March:** My Lord, I beg you to accept my free will, all of my own will, which of itself does not know how to discern good from evil.

**25<sup>th</sup> March:** Kindly be attentive, with great and longing heart.

**26<sup>th</sup> March:** Let charity always burn in our hearts!

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

**28<sup>th</sup> March:** You must make a sound and firm resolution.

**29<sup>th</sup> March:** Do not cease to prune this vine which has been entrusted to you.

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

## **Bishop Alan's Visit**

Bishop Alan came to celebrate Mass with us on Wednesday. He carried out the Commissioning of our Headteacher, Ms Fiona Stone, and he blessed a commemorative Icon that will be on display in our Reception area.

The Icon was created by the following Art students - **Jyotsroop Kaur Johal (Yr 12), Jessica Madu (Yr 12), Ibtida Khan (Yr 9), Alisha Kayani (Yr 9), Maryam Naseem (Yr 9), Vishmi Surendirathas (Yr 8), Malghalara Khan (Yr 8), Vira Hibliak (Yr 8), Zione Quansah (Yr 8), Alayna Naci (Yr 8), Rithika Mohankumar (Yr 7), Zaynab Kagdi (Yr 7), Akisha Elangovan (Yr 7), Shahra Azad (Yr7), Imaan Shafiq (Yr**



**7) and Anaiah Anthony (Yr 7).** The girls were led by **Mr Ray Butler**, Head of Art, Thank you to all for such a beautiful picture!

More thank you's must go to **Mr McGhee, Head of RE, Cleo, our Chaplain, Ms Deller, Head of Music**, and of course all our lovely **Readers, Alter Servers, Choir, Band, 'Questioners'** and indeed **our whole student body** for taking part in such a joyous occasion.

Afterwards, Bishop Alan spent time with students in the Chapel, taking part in a Q & A session.

Questions included:

'On your journey to becoming Bishop, were there any personal struggles along the way? What is next for you? Are you aiming for Pope?'



'What advice would you give a young person who is struggling with their faith?'

'How do you feel Covid has affected the Catholic Church? What are you doing to improve it?'

'What are your attitudes towards the role of Christianity in colonisation and slavery?'

How do you think diversity can be greatly increased in church to reflect the changes in modern society?'

'Do you feel that the church makes an active effort to reach out to those who are struggling (financially, mental health) rather than waiting for them to come to you?'

How do you think the Bishops can support women to take more leadership roles in the church?'

Is there anything that you don't agree with in the church? Did you become a Bishop to bring about change?'

And then a nice easy one to finish! ...'What football team do you support?'

Bishop Alan commended our girls on their confidence and for asking such challenging questions!

Please see below some pictures of a lovely morning...







## SVP Presentation

In this week's Y13 GRE lesson, we were joined by Bethan from the St Vincent de Paul Society.

The St. Vincent de Paul Society (SVP) are an international volunteering organisation whose members work with anyone in need in our community – the homeless, the elderly, prisoners, struggling families, people who are sick and lonely.

The Society was founded in 1833 by a group of students in Paris. They were challenged to serve the poor of the city and inspired by the example of St Vincent de Paul, they served the local population face to face, as part of their spiritual formation. In 1844 a group of men came together in London and started the first group in Britain.

There were many interactive tasks that we were able to take part in throughout the talk that centred around love and charity. The organisation aims to tackle poverty in all its forms by providing practical assistance to those in need, and we were shown a few examples of how their work has had an impact on people in our society who were struggling through some testimonials.

Having had our own youth SVP group in school last year, it was inspiring to see what can be achieved when we all come together as a community and work towards a common goal.

Their key message of “turning concern into action” made me realise that just acknowledging the problems in our world is not enough and that we must act and do something about it, whether it be through small actions such as carrying out a random act of kindness or something bigger like volunteering or donating to charity.

Before Bethan left she encouraged us to look out for SVP groups at University or wherever we go on to next. But she also left us with the reassurance that the SVP are for everybody and if we are ever in need, all we need to do is to reach out and contact them.

<https://www.svp.org.uk/>

*Jessica Darwin Year 13*

## 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







## **BCCS**

Brentwood Catholic Children's Society (BCCS) offers therapeutic support directly to children, young people, families and parents through their Child and Family Counselling Service (CFCS) located in their head office in Billericay. Their CFCS team consists of several experienced and highly qualified therapists working in specially adapted therapy rooms. Families can contact BCCS directly by emailing Catherine Munns [cmunns@bccs.org.uk](mailto:cmunns@bccs.org.uk) who will outline the type of support that will be provided for them or their child. There is a charge for this service but they urge any families needing support to contact them. More information is available on their website: [www.bccs.org.uk](http://www.bccs.org.uk)

## **Child and Family Counselling Services**

Parents are now able to access direct support for their child by referring them into the safe hands of our Child and Family Counselling Services (CFCS). We have a team of highly experienced Counsellors, Specialist Child and Adolescent Counsellors and Play Therapists available within the counselling team who work in our specially adapted therapy rooms.



We offer support to children, young people and parents through talking, play and art therapy.

CFCS provides therapy to children, young people and families. We support many different issues such as:

- Self-harm
- Identity
- Anxiety
- Bullying
- Bereavement
- Parental separation and family issues or conflict.

The pathway is overseen by our Head of Child and Family Counselling Services, who is supported by a team that are both passionate about and dedicated to the wellbeing of children and young people. The team has achieved very positive and reparative outcomes for children and families.

### **What can you expect?**

After an initial contact, we will arrange an assessment to explore the issues your child may be experiencing and will then identify which model best supports the difficulty your child may be facing.

### **Who do you contact?**

If you are worried about your child and would like to talk to us further, please either email Catherine [cmunns@bccs.org.uk](mailto:cmunns@bccs.org.uk) or call on 07792 732206 and we will be pleased to help.

Take a moment to read about the experience a parent shared with us:

*I had contacted a number of professional services to assist me in helping my daughter. At the suggestion of my daughter's school a referral was made to **BCCS** and it was then that I met one of their counsellors. After months of unanswered questions and "hitting brick walls" I finally had answers, structure and a profound understanding of how a small little girl's mind works.*

*For me, there has been nothing so worrying as watching your child struggle and the **BCCS** counsellor's help has enabled me to help her for which I will be forever grateful.*



[www.bccs.org.uk](http://www.bccs.org.uk)

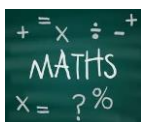


[headoffice@bccs.org.uk](mailto:headoffice@bccs.org.uk)

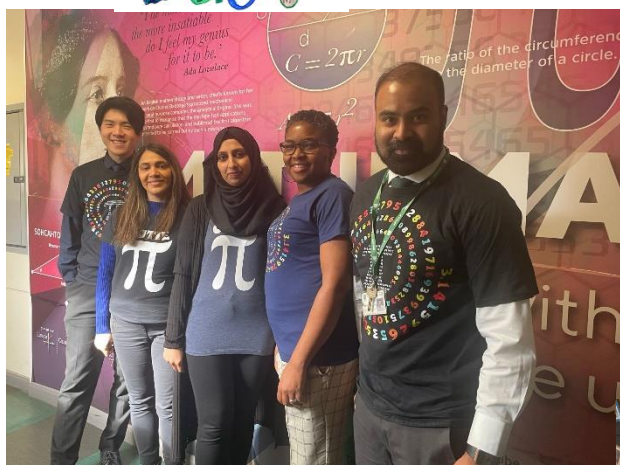
BCCS, 133 High Street, Billericay, Essex, CM12 9AB

Brentwood Catholic Children's Society - Registered Charity Number: 1000661





## Maths News



### Pi day skylines:

During our Maths lesson last week, we made our own Pi Skylines. We drew bars on squared paper the heights of which were according to the digits of Pi. We coloured in the bars and then painted a skyline for the background. We got inspiration from famous skylines of cities around the world. e.g. London, Tokyo. It was a lot of fun!

**Maryam 7T**



**Pi is the most studied number in mathematics**, and for good reason. The number pi is integral to our understanding of geometry. Pi has uses in physics, astronomy, and mathematics. Pi is used in architecture and construction as well, and has been a vital part of everything from arches and bridges to the Pyramids of Giza.

We discovered that Albert Einstein was born on  $\pi$  day,  $\pi$  has been studied by humans for almost 4000 year and the Guinness World Record Memorises **70,000 digits** for the mathematical value of  $\pi$ !

March 14 or 3/14 is celebrated as pi day because 3.14 are the first digits of pi. Math nerds around the world love celebrating this infinitely long, never-ending number.

A huge well done to **Samiyah Patel (10T)** who memorised Pi to 23 decimal places!

**Ms Ahmed**

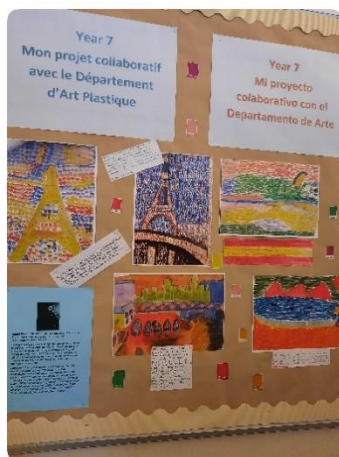
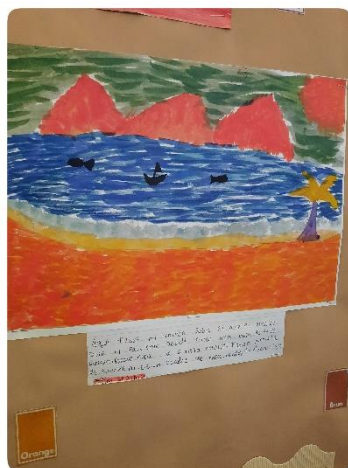
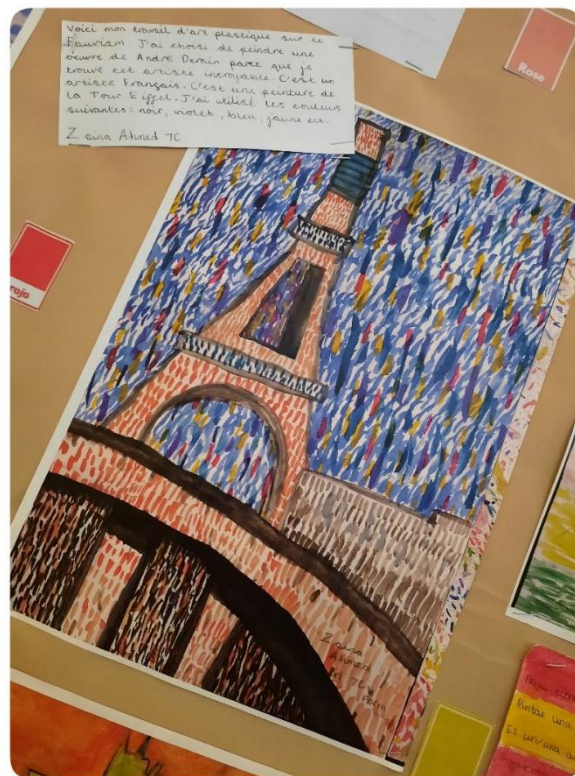




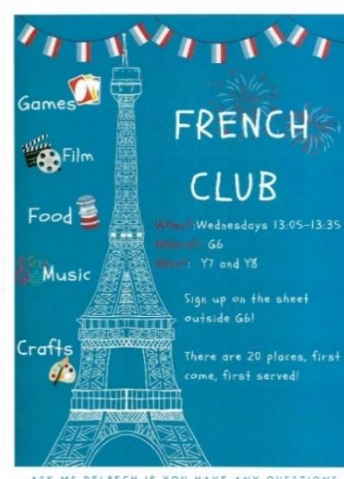


**A collaboration with the Art Department: Year 7: *André Derain and Fauvism***

Part of the Year 7 Art Curriculum is to study **Fauvism**, which is characterised by strong colours and fierce brushwork. This movement started from around 1905 by French artists such as Henri Matisse and André Derain. The perfect opportunity for a join Art and MFL project! **Year 7** students reproduced Derain's painting including the Eiffel Tower and described their work in French or Spanish. The prize for Best Painting and Description goes to **Zaina Ahmed (7C)**. Bravo, Zaina! Well done also, **Ami Sharma (7U)**, **Humaira Ashraf (7C)**, **Chloe Banting (7C)** and **Mahnoor Janat (7U)** whose work have been selected for display. All students were mentioned during assembly and received a reward.



**French Club: Wednesdays 22<sup>nd</sup>-29<sup>th</sup> March: *Easter craft***



For the next 2 weeks, we will be creating cute chocolate filled Easter Bunnies for you to take home. Please come with mini chocolate eggs and we will supply the rest!

***Ms Delpech, Head of MFL***





## Science News

### **Science Club: Making Handwash (Part 1)**

From the success of last week's science club and making soap, we are using similar ingredients to make handwash. You can make your own hand wash by adding soap flakes to water. Boil the mixture and allow to cool. Once cool, the mixture was then filtered. The second part of the experiment will be next week.

Thanks to my helpers **Laiba (Yr. 12)** and **Ms. Agudelo**

**Mrs Bharaj**







## Science Week

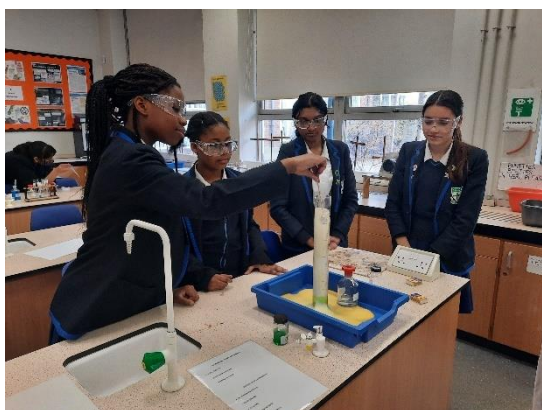
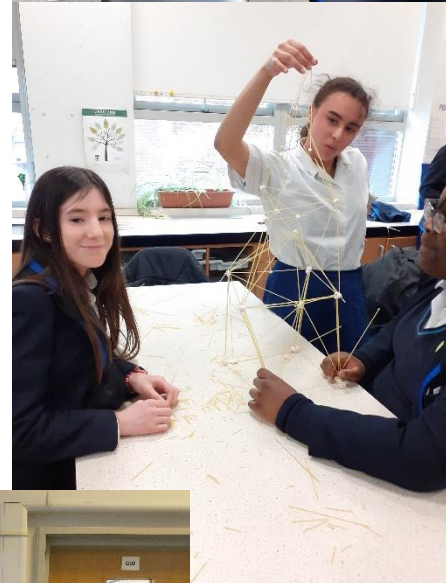
For Science week this year the theme of "Connections" allowed us to explore Science through many different angles. We had KS3 doing a variety of forensic themed practicals in their Science lessons with KS4 and KS5 participating in the form activities involving a quiz and research challenge.

All year groups were invited to get involved at lunchtimes with the fun practicals on Monday and the Science and Faith Q&A on Friday.

We had a variety of winners from finding the culprit in the Forensics theme practicals to the tallest spaghetti marshmallow towers and even the best questions for the Q&A. There were also winners for the quiz and research challenges where the winners all got certificates, chocolates and some Science stationary.

Well done to all those who got involved!

***Ms Harrington and Mr Uddin***





Some Year 12 and 13 Science students visited Year 7-11 classes to give them an insight into what it is like to be a science student at UAI and discussed their university and career aspirations. The sixth-formers were honest, they gave a balanced view of their time here as students explaining why they came back to UAI after their GCSE. While many of them said they came back because they already know the teachers, the pastoral care was another popular reason for returning.

**Some comments from a few of the students:**

"I really enjoyed the experiments and activities for Science week and it was really fun." **Jannat 7C**

"I found science wee, a week of inspiration with lots of competitions. I really enjoyed making the poster since I could express my creativity in it. I also loved the experiments in lessons and at lunchtime. I would love to do this again. The experiments we did in lesson were really fun even though it did not lead me to the suspect, I still enjoyed it. Whilst the lunchtime ones were amazing" **Imaan Shafiq 7T**

"Having the A level students come in for science week was really useful. Learning about their experiences in taking science education further. It was really uplifting in the sense that I know they were once like me and now they are pursuing their sciences further" **Gyatri 10U**

"I really enjoyed science week and all the opportunities presented. All of the different A level speakers were very helpful. They gave me an overview of what to expect when I reach that stage" **Alizah 10U**

"The British Science Week activities were very fun and interactive across all year groups. There was a wide variety of tasks - I worked on a forensic science investigation task that helped us apply what we were learning in chemistry lessons as well as beyond. The highlight was the demonstration of igniting a fire in a tray, which we had the opportunity to try as well. Many thanks to Ms and the sixth formers for organising this." **Rianne 11J**

"During Science week I talked to a class of year 7 and 8s about science and the opportunities further science studies offer them. I hope they found it interesting and encouraged them to pursue and enjoy science like I do." **Isabelle 12.2**

"During science week, we delivered a talk with regards to A-level options as well as life in the sixth form. The year 11 students asked great questions and it was a good experience." **Joeliyn 12.2**

"For Science week, I advised year 11 students on their A level options and opportunities that Ursuline offers" **Alina 12.2**

"For Science week I did a talk on options after GCSE for the Year 11. I hope they found it informative and enjoyed the aspect of life beyond GCSEs." **Lois 12.2**

"For science week, we spoke to the younger years about our A level subjects. It was good to give them insight on their future aspirations and they were very receptive and eager to gain outer perspectives." **Melissa 12.3**

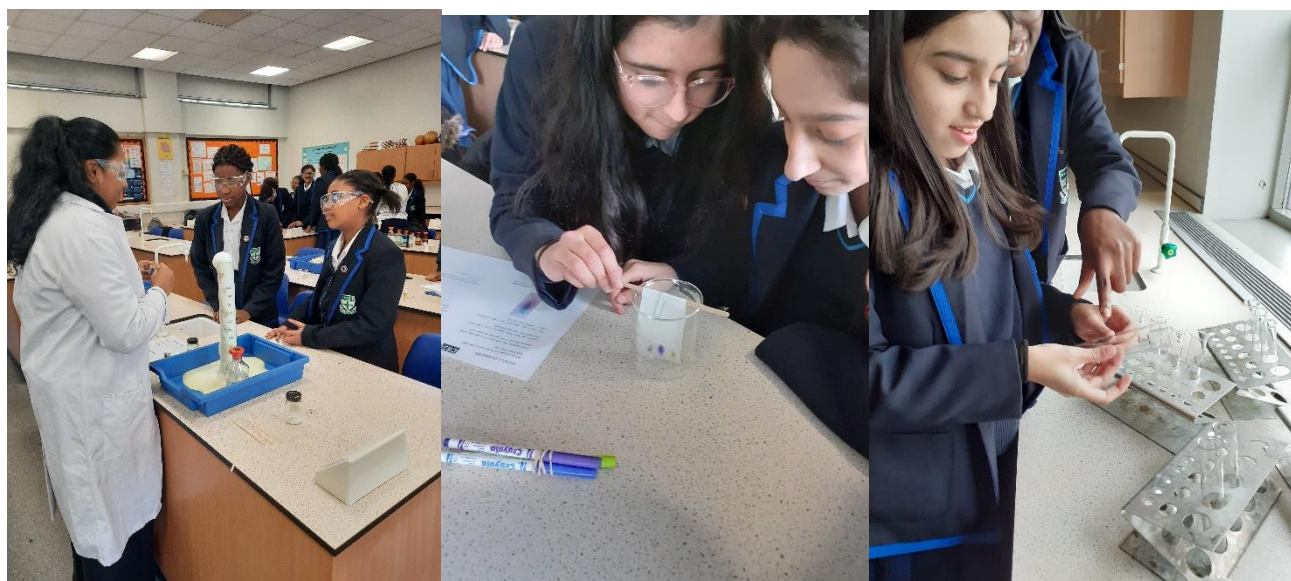
"There were many activities held last week in honour of national science week and it was great to see so many people get involved. During Monday lunchtime, there were practicals being carried out where everyone was able to take part; this included lab experiments such as methane bubbles, flame tests, tests for gases and many more. Not only were these fun to carry out, but they were also good revision for the year 10 and 11 students who have their exams coming up. I also had the chance to talk about my time here at Ursuline and the opportunities I have gained from my teachers. It was nice to see so many students enthusiastic about science and interested in a career in science in the future." **Jessica 13.3**

“Science week was truly incredible. We did a lot of engaging and fun activities with the lower year groups who seemed to really enjoy them especially the methane bubbles practical. I was fortunate enough to give talks around the school but my most favourite part was trying to build a bridge using toothpicks and blue tack.” **Nereannah 13.2**

During the week, I and other sixth formers had the opportunity to pass on our knowledge and experiences to help our Year 11 and 10 students looking to go into science based A Levels. It was great to talk and discuss with ambitious and motivated girls and I hope they have a successful journey in science”. **Tanisha 13.3**

Many thanks to **Ms Harrington** and **Mr Uddin** for organising and leading the activities, the science department and the form tutors for their support and the sixth formers for giving talks and supervising students during the lunchtime activities on Monday.

**Dr Osei-Owusu, Acting Head of Science**







## **Stem News**

Following their success in winning the 2022 Young Innovator award, our amazing Project Prasinos were interviewed by their award sponsors, Hays whose interview and chat with the girls has been turned into an article. This has just been published via the main Hays channel and LinkedIn by Paul Gibbens, the National Specialism Director of Hays. Please see a copy of the article below...



### ***Collaborate to Innovate Awards: designing sustainable homes for the future***

#### **Paul Gibbens MREC Cert RP**

*Five forward-thinking schoolchildren have designed a sustainable home, featuring a pollinator-friendly green roof, natural air conditioning, and even a carbon-capture system that can power cars.*

*‘Project Prasinos’ is made up of five year 11 students from [The Ursuline Academy Ilford](#): Anastasia Pausey, Sumaya Riaz, Imogen Bess Van-Beers, Prithika Premkumar, and Rianne Beno. The project was formally recognised by [The Engineer magazine](#) at the [Collaborate to Innovate Awards](#), which celebrates the very best in engineering innovations, from cancer-detecting medical devices to low-carbon aircraft technology. The students from The Ursuline Academy received the Young Innovator Award, which spotlights young engineers tackling some of society’s biggest challenges – a category of particular interest to me as a STEM ambassador.*

#### ***Sustainability in the spotlight***

*Every detail of the pupils’ design has been carefully considered, especially when it comes to [sustainability](#). “We all share a passion and enthusiasm for sustainability in the built environment,” one student said, “sustainability is at the core of our project – we view it as a lifeline for survival.”*

The home's electricity is generated by transparent glass solar panels, provided by the project partner, [Polysolar](#). The panels also provide thermal insulation equivalent to that of triple-glazed windows and the residents' cars can be powered by the hydrogen produced as a by-product of the building's carbon capture system.

*"Global emissions can have a huge impact on our quality of life, the rate of disease in society, and overall life expectancy, so it was essential that we incorporated sustainable elements into our building design."*

Other notable elements of the design include the lightweight, flexible, and weather-resistant bricks, provided by the manufacturing company, [Saint-Gobain](#), the pollinator-friendly green roof, and the white barium sulphate paint on the exterior, which reflects nearly 92% of sunlight.

*"We realised that there's no single solution to a problem as massive and complex as climate change. However, incorporating pre-engineered solutions in a new and innovative way could have a significant impact on the carbon footprint of our future homes."*

### **Adapting and refining the design**

The schoolchildren started working on the project during the pandemic over two years ago and have dedicated multiple inset days, lunchtimes, and half-term holidays to it. They've learned how to use computer-aided software (CAD) to produce detailed 2D and 3D models, as well as how to adjust their plans according to feedback from market research. It was important to the students that the finished product is a home that's sustainable, attractive, and accessible for everyone, including the elderly and people with disabilities.

### **Changing perceptions of the engineering industry**

The project has broadened the pupils' perspective on what a career in engineering could look like and helped [bust some of the common myths](#) surrounding the profession. They've benefited from real-world experience in an engineering environment, through their placements with [Polysolar](#) and [Saint-Gobain](#).

*"We've come to realise the importance of creativity and collaboration when devising engineering solutions, and having a diverse team of different [genders](#), ages, and backgrounds can help facilitate this."*

Most of the students want to pursue a career in engineering, with some considering mechanical engineering, aerospace engineering, and biomedical engineering, and the project has helped them gain a better understanding of the profession beyond the school curriculum. "Regardless of what careers we want to pursue," one student explained, "we've all gained transferable skills, including problem-solving, time management, and creativity, that will be applicable to all our exams and future careers, no matter the subject or industry."

*"Our teachers encouraged us to be proud of ourselves no matter the outcome, but we're absolutely over the moon to have won the Young Innovator Award. Overall, it's been an invaluable experience for us."*

Picture (right) of the Project Prasinós girls with **Paul Gibbens** (MREC Cert RP) The National Specialisms Director UK & I of HAYS the category sponsor of the award.





Parents, please see slide that was shown to your daughter in form time this week...

## Mobile Phones:

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

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

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

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

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



### Careers

#### Summer taster programme

Are you thinking of a career in the financial services but don't know where to start? Our [summer taster programme](#) is for you!

Join us over three days where you'll be able to experience a variety of workshops, talks and lectures led by industry experts. You'll also get a sneak peek into student life with LIBF through social activities, networking sessions and a guided tour around the city.

There are spaces available for both July and August so make sure to register your place to avoid missing out!

**The London Institute  
of Banking & Finance**

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## UK University & Apprenticeship Search webinars

You are invited to our free **Meet the Russell Group Webinars** taking place on **April 25th, 26th & 27th**.

Each webinar will run either **during an afternoon (12:00 - 13:30 pm) or evening session (18:00 - 19:30 pm)** and cover topics such as Personal Statements & Applying to a RG University, Researching University Options and Student life, as well as a special session for International Students. This is an incredible opportunity for students considering **applying for Cambridge, Oxford, LSE, Bristol** or any of the **24 Russell Group Universities**.

Students, teachers and parents **can sign up for each webinar via the registration link below**. Please use the email below ([or here](#)) for further information and to let interested students know about the event. <https://www.ukuniversitysearch.com/fair-signup/meet-the-russell-group>

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## NHS Virtual Work Experience Webinars/Live Talks

Are you interested in a career within the NHS, but unsure which career pathway to take?

BHRUT are excited to be able to offer the opportunity to register and attend a virtual work experience webinar/live talk, with an NHS Healthcare Professional. This will provide you with the opportunity to join an information session to find out more about a particular profession and ask any questions you have at the end of the session.

The following webinars/live talks are currently available to book onto:

- Palliative Care Nurse - 3 April 2023, 4pm to 5pm
- Therapy Radiographer - 4 April 2023, 4pm to 5pm
- Speech and Language Therapist - 5 April 2023, 11am to 12noon
- The Recruitment Department - 6 April 2023, 2pm to 3pm

To register your interest and or find out more on how to reserve your place, please email: [don.santos@nhs.net](mailto:don.santos@nhs.net)

## RAF Logistics apprenticeships webinar

Join us to find out more about how to become a Chef, Driver, Mover, Supplier or Air & Ground Steward with the RAF





## Join the RAF Logistics webinar



Join apprentices & colleagues from the RAF Logistics team on **Wednesday 29th March** between **3pm - 4pm** to find out more about the different roles available, how to apply and what it's like to be an apprentice with the RAF.



While using LawCareers.Net for your legal career research, have you found our hub pages? LCN's hubs have been designed to make your research that little bit easier and are dedicated to providing you with the information you need, all in one place. With you in mind, we have the following hubs:

- [Solicitors hub](#);
- [Barristers hub](#);
- [Education hub](#);
- [Beginner's hub](#);
- [Apprenticeships hub](#);
- [SQE hub](#);
- [Commercial awareness hub](#);
- [Diversity hub](#);
- [Application hub](#);
- [First-year hub](#); and
- [Non-law hub](#).

You can find majority of the hubs under the drop-down menu, with the solicitors, barristers and education hubs sitting in their respective sections on the site.

Apprenticeship opportunities with leading companies	
	<a href="#">Explore opportunities with Lloyds Banking Group</a> <b>Location:</b> Newcastle and Greater London <b>Deadline:</b> 9 April 2023 <b>Latest opportunities:</b> Are you interested in making a real impact in banking and finance? Apprenticeships are now open across Audit, Commercial Banking, Corporate Treasury, and more!
	<a href="#">Explore opportunities with Dixon Wilson</a> <b>Location:</b> Nationwide <b>Deadline:</b> 30 April 2023 <b>Latest opportunities:</b> Work on varied and engaging projects with a diverse portfolio of clients, earn a competitive salary, and become a fully qualified Tax Advisor in only four years!

*Ms Finlay, Careers Coordinator*

London Borough of  
**Redbridge**

**HOLIDAY ACTIVITY  
& FOOD PROGRAMME**

# Easter Holiday Fun

Is your child in Reception to Year 11 and in receipt of benefits-related Free School Meals?

**Redbridge's Easter Holiday Fun programme** is delivered by approved providers and offers **physical fun, nutritional education** and an opportunity to **make new friends**. Activities include **multi sports, arts and crafts, drama, cookery** and much more! Every child attending gets a **free meal every day**.

**Monday 3  
- Thursday 6  
April 2023**

To find out more and book your place – scan the QR code below or visit:  
<https://find.redbridge.gov.uk/haf>

Booking is essential for all activities, so **book early** to avoid disappointment!

For any queries, please email:  
[haf@redbridge.gov.uk](mailto:haf@redbridge.gov.uk)



Department  
for Education



## Are you struggling with the cost-of-living?

It's a difficult time for everyone and many people are struggling to cover their essential living costs. We're all paying a lot more for energy, food, and vital bills like rent.

We have developed a webpage full of information, tips, and ideas to help in these tough times. Visit <https://costofliving.redbridge.gov.uk> to get information on:

- **cost of living events**
- **warm spaces**
- **foodbanks**
- **maximising income**
- **managing bills**
- **general cost of living support**



<https://costofliving.redbridge.gov.uk>

Children and young people attending a Redbridge school will automatically be contacted through their schools with a link to consent when they are due for vaccinations for in-school offer. If your child has missed the school session and you would like to attend a clinic, please either email us at [appointments@v-uk.co.uk](mailto:appointments@v-uk.co.uk) or call on 0203 343 2400

- HPV: Year 8
- DTP & Meningitis ACWY: Year 9
- MMR: Rec – Year 13

Date	Time	Venue
Tuesday 28 <sup>th</sup> March	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6 <sup>th</sup> April	12:00pm – 3:00pm	Fullwell Cross Library
Tuesday 25 <sup>th</sup> April	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 11 <sup>th</sup> May	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 23 <sup>rd</sup> May	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 8 <sup>th</sup> June	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 20 <sup>th</sup> June	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6 <sup>th</sup> July	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 18 <sup>th</sup> July	3:30pm – 5:30pm	Loxford Children's Centre

**Fullwell Cross Library**  
140 High Street  
Barkingside  
IG6 2EA

**Loxford Children's Centre**  
138-140 Ilford Lane  
IG1 2LG





## **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: KKE	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
	Netball – Years 7 & 8: 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
	Trampolining – Years 9, 10 & 11: KKE	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
Wednesday			
	Ukulele Group – Years 7 & 8: DEA	10.40 – 11.00a.m.	S5
	GCSE Dance Students – Years 10 & 11	12.40 – 1.10p.m.	Dance Studio
	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
	GCSE Dance Students – Years 10 & 11	12.40 – 1.10p.m.	Dance Studio
	P E GCSE Coursework & Intervention – Group 2: KKE	12.00 – 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
	Netball – Years 9, 10 & 11: 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): 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 Keogh)	Trampolining Years 9, 10 & 11 Gym (Ms Keogh)  Contemporary Dance Years 7 & 8 Dance Studio (Ms Francis)	GCSE Dance Students AA Year 11 Dance Studio	GCSE Dance Students MS Year 11 Dance Studio  GCSE PE Coursework & Intervention Group 2 G18 (Ms Keogh)	Multi Games SS Students (Invitation only) Gym (BTEC Students)
After School 3.20 – 4.20p.m.	Netball Year 7 & 8 Playground/Gym (Mrs Mansell)		Football Years 9, 10 & 11 Playground (Mr Burt/ Ms Scallan)	Netball Years 9, 10 & 11 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



## SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

As well as showing the power given to Jesus by his Father, this Sunday's Gospel reminds us of Jesus' humanity. Jesus was upset by Lazarus' death and wept for him.

His compassion for Lazarus and Lazarus' family mirrors his compassion for each one of us when we are upset. We too can experience Jesus' compassion through other people and through spending time with God in prayer.

Compassion is an attractive quality. Our own example

Wednesday 22<sup>nd</sup> March 2023

in daily life can help our children become more compassionate. St Vincent de Paul reminds us, "We should strive to keep our hearts open to the sufferings of other people, and pray continually that God may grant us that spirit of compassion."

Enjoy exploring this Sunday's Gospel and this Wednesday's word, which is **COMPASSION**.

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 26<sup>th</sup> March 2023



There was a friend of Jesus named Lazarus who lived in the village of Bethany with his two sisters, Mary and Martha, and he was very ill. The sisters sent a message to Jesus. But, by the time Jesus had arrived at their home, Lazarus had died.

As soon as Lazarus' sister, Mary, saw Jesus she threw herself at his feet, crying. At the sight of her tears, Jesus said in great distress, with a sigh that came straight from the heart, "Where have you put him?" So they took Jesus to Lazarus' tomb. Jesus wept. "Roll the stone away," he said. Then he cried out in a loud voice, "Lazarus, come out!" Then Lazarus, who had been dead, came out with his feet, hands and face wrapped in strips of burial cloth. Jesus said, "Unbind him: let him go free." Many of the people there saw what Jesus had done and believed in him.

Adapted from John 11:1-45

The 5th Sunday of Lent, Year A

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

"That which gives us true freedom and true happiness is the compassionate love of Christ." Pope Francis



CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL



Jesus is compassionate, he came to take away fear, sadness and loneliness – to help us feel loved, accepted and supported. He asks us to notice when other people need us and to show compassion by doing what we can to help and support them.



## 1 Our Special Time Together

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

Lazarus, a friend of Jesus, was very ill. So his two sisters, Mary and Martha, sent a message to Jesus. But, by the time Jesus arrived, Mary threw herself at his feet, crying because Lazarus had died. At the sight of her tears, Jesus said, with a sigh that came straight from the heart, "Where have you put him?" So they took Jesus to Lazarus' tomb. Jesus wept. "Roll the stone away," he said. Then he shouted out, "Lazarus, come out!" Then Lazarus, who had been dead, came out with his feet, hands and face wrapped in strips of burial cloth. Jesus said, "Unbind him: let him go free." Many of the people there saw what Jesus had done and believed in him.

**What did Jesus do as soon as he saw Lazarus' tomb?** Which word stood out for you in this Gospel, and why? See the Gospel picture opposite. What does it make you think about?



## 2 Wednesday's Word is ...

## COMPASSION

## 3 Loving God & Each Other

**"Blessed are the compassionate."**

*St Chromatius (of Aquileia)*

Ask your child what the word 'compassion' means to them. Who is the most compassionate person they know, who really listens when they have a problem? Ask them if they can remember a time when someone showed them care and compassion – what did they do? To be compassionate is to share someone's suffering – to feel sorrow for their situation and to do something about it. It may help your child if you can talk about a person whom you know to be compassionate.

**"What we say and how we say it ought to express God's compassion and tenderness for all."** Pope Francis

Jesus knew that Martha and Mary were sad and he did what he could to help them. People saw this and started to believe in Jesus. Today we can show people how good Jesus is and help others to believe in him by the way we live. Ask your child if they can remember when they last felt sorry for someone and helped them. As a family, ask yourselves, "Is there anyone who needs our compassion and our help at this time? What could we do?"



Dear Lord Jesus, thank you for the gift of everlasting life. Please help us to be more **compassionate** as we journey through Lent together. Amen.

**Gospel Gallery**

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

### WEDNESDAY WORDSEARCH

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

- ☒ **MARY** ☒
- ☐ **MARTHA** ☐
- ☐ **BROTHER** ☐
- ☐ **DIED** ☐
- ☐ **JESUS** ☐
- ☐ **COMPASSION** ☐
- ☐ **LAZARUS** ☐
- ☐ **ALIVE** ☐

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



Cross out the letters **m n w** in the jumbled words below to find 4 real words.

**Lamzawruns wonumt criwmend lonumdw**

Then Jesus \_\_\_\_\_ out in a \_\_\_\_\_ voice,

"\_\_\_\_\_, come \_\_\_\_\_!"

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

Compassion is a virtue and it brings out the best in us.

A simple way to grow in compassion is to say extra prayers for people who we know to be suffering or unwell in some way, whilst being ready to be kind to them in other ways too.



Write a promise and then draw a big smile on Smiley

**This week I will try my best to...**

.....  
.....



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