



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

*Weekly News – Issue 24*

17<sup>th</sup> March 2023



Dear Parents/Guardians

### Headteacher's Headlines...

On Wednesday 22<sup>nd</sup> we will be welcoming **Bishop Alan Williams** to school for a special visit to celebrate mass with us and meet with students. During mass we will have a special commissioning blessing for me in my role as Headteacher. I hope you do all keep me in your prayers for I recognise the huge responsibility I hold in looking after, educating and guiding your daughters. To commemorate this event **Mr Butler**, the Head of the Art Department, worked with students to create a new icon of the founder of the Ursuline's St. Angela Merici. This will be displayed in the main foyer with a commemorative plaque.

I'd like to thank all parents and guardians for your support during all of the strike days. I appreciate this has been disruptive for many of you. Our colleagues have been striking to secure not only improved pay for teachers but better funding for schools. We do hope the Government are willing to enter into meaningful talks to ensure we can prevent further disruptions to education.



We are saying farewell for the time-being to **Ms Keogh** our Head of Year 11 who has started her maternity leave, a little earlier than expected. You can see the beautiful picture below of the class of 23' which Ms Keogh and the student committee organised last week. Ms Keogh will visit in the summer to wish the pupils good luck in their exams but for now we hold her in our prayers over the coming weeks. We have appointed a new acting Head of PE, **Ms Bowmaker** who will start after the Easter break and I would like to congratulate **Mrs Kayode** who is now the Head of Year 11. The year group gave Mrs Kayode a big cheer when I announced to them this morning for she is a Year 11 tutor and has been working closely with Ms Keogh in a shadowing role so knows the pupils well, they are in very safe hands!

Ramadan begins this week (day to be confirmed). We support our Muslim pupils who are fasting throughout this special season and have made special provision for those who wish to pray during lunch time. We are planning a special Eid celebration to be held on Friday 21<sup>st</sup> April with our PSA.

May I wish those of you who are celebrating, a very Happy St. Patrick's Day!

May your blessings outnumber  
The Shamrocks that grow  
And may trouble avoid you  
Wherever you go.

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 – 16<sup>th</sup> March 2023**

Is your faith tired? Do you want to reinvigorate it? Look for God's gaze: sit in adoration, allow yourself to be forgiven in Confession, stand before the Crucified One. In short, let him love you. #Lent



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

**17<sup>th</sup> March:** Greater labours and dangers may be involved when the undertaking is of greater value.

**18<sup>th</sup> March:** My Lord, keep my affections and my senses safe.

**19<sup>th</sup> March:** Watch over them as most vigilant shepherds and good servants.

**20<sup>th</sup> March:** Do your duty, correcting them with love and charity.

**21<sup>st</sup> March:** Receive my every thought, word and deed, finally, everything of mine, interior as well as exterior.

**22<sup>nd</sup> March:** Above all, be on your guard not to want to get anything done by force.

**23<sup>rd</sup> March:** In these pestilential times, you will find no other recourse that at the feet of Jesus Christ. you to accept my free will, all of my own will, which of itself does not know how to discern good from evil.

## HCPT



Life-Changing Pilgrimage Holidays  
**hcpt**

*HCPT or Hosanna House and Children's Pilgrimage Trust is a United Kingdom based charity which travels with disabled and disadvantaged children and adults on pilgrimage to the Sanctuary of Our Lady of Lourdes, in Lourdes, France.*

*Lourdes has been a place for pilgrimage since 1858. Today over five million people per year visit the town. HCPT founder Dr. Michael Strode first visited in 1951 and saw the potential to organise a pilgrimage for disabled children at the school where he was working. HCPT itself was founded in 1956.*

*It revolutionised the way that disabled people enjoyed a trip to the famous shrine. These trips, obviously take up a lot of time and energy, and most importantly, needs a huge amount of volunteer helpers, doctors, nurses and organisation.*

On Monday, our Year 12 students had the privilege of hearing from Mr. Andy Clare, who is the head of education and youth for HCPT.

What was really lovely about this particular talk was the many examples and testimonies from volunteers, who recall experiencing pilgrimage for the first time and have continued volunteering ever since. There was a distinct theme of family coming across which is not dissimilar to our own experience of being an Ursuline.

Andy encouraged the students to think about the good work that HCPT do and discern whether this is something that they would like to experience at some point in their lives. People of all faiths make pilgrimages and as a HCPT volunteer you are not only enabling those less able to have that experience, but you are also opening your heart to experience amazing things for yourself.

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





*8U on Retreat!*





## Chaplaincy Diary Dates



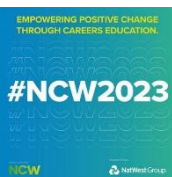
### Chaplaincy Diary Dates

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



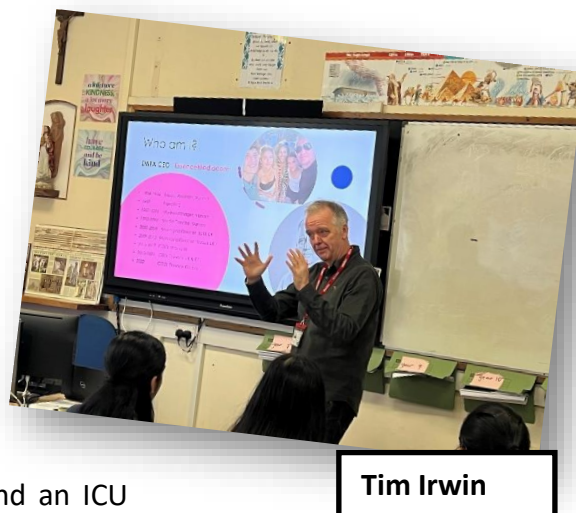
### NATIONAL CAREERS WEEK



The Ursuline Academy Ilford recently hosted a very successful Careers Week during the National Careers week (NCW) 2023.

The week featured an array of informative and engaging activities designed to help students across all the years to explore potential career paths and connect with industry professionals. The week kicked-off with a series of dynamic speed networking sessions, featuring a diverse group of speakers from various fields, a Careers talk by a Multi award winning Young Woman Engineer 2022 and 21, Young leaders to watch, **Dr. Ama Frimpong**, a Careers webinar for Year 9, with an external Careers adviser, **Melrose Gray**, a visit to the Excel exhibition centre for the Year 10 DT cohort and an author visit to the Redbridge Library for our Year 7s.

On the first day, **Tim Irwin**, representing Speakers for Schools, and CEO of essenceMedia.com, **Eneni Abban**, an award-winning Robotics engineer, and **Swati Swati**, an award-winning Biomedical engineer with a proven track record of success, were among the speakers who shared valuable insights and advice on their respective industries. **Kat Jones**, a legal recruiter, and **Mark Robinson**, a successful lawyer and barrister, provided valuable guidance on careers in the legal field. **Anam Siddiqui**, a policy advisor from the Department of Education, shared insights on public policy and government careers. **Shannon Louise Taylor**, an alumnus of our school and an ICU Nurse with the NHS, spoke about the rewards and challenges of a career in healthcare and **Heather Acheampong**, also an Ursuline alumni and wealth management professional, offered insights into the financial industry and working your way through school.



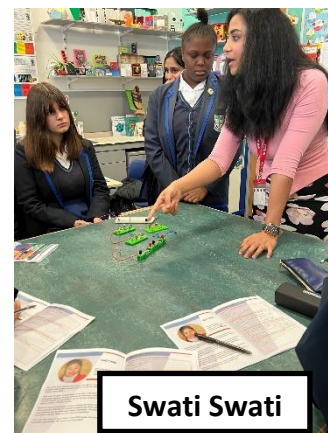
**Tim Irwin**

The speed networking sessions provided students with a unique opportunity to ask questions, learn from industry leaders and gain valuable advice and guidance on their future career paths. Overall, the Careers

Week was a resounding success, thanks in large part to the contributions of our dedicated speakers and the enthusiasm and engagement of our students.

We would like to extend our sincere gratitude to all the volunteer speakers who participated in our recent Careers Week activities at Ursuline. We are grateful for the time and effort that each speaker put into preparing for and delivering engaging presentations to our students.

Through their participation, these professionals shared valuable insights into their respective fields and provided students with a unique opportunity to learn about potential career paths and gain inspiration for their future endeavours. Their willingness to share their experiences and expertise was invaluable in helping our students to understand the diverse range of opportunities available to them.



We appreciate the enthusiasm and dedication that each speaker brought to the event, and we are grateful for their contribution to making the Careers Week such a success. Thank you for your support and for inspiring our students to pursue their passions and achieve their goals. Thank you also to our amazing students and all staff, especially those who volunteered additional time, resources and support to ensure the success of the week, Serviam!

**Anonymous quotes from Tim Irwin and Kat Jones talk;**

*"I appreciated the practical tips you shared on how to stand out in a competitive job market". "Your advice on building a personal brand and developing key skills was invaluable."*

*"Thank you for being so approachable and willing to answer our questions. Your willingness to share your time and expert knowledge with us made me realise your commitment to mentoring young people and helping others succeed."*

*"Mr. Irwin, your talk has inspired me to think more boldly and creatively in my own career aspirations"*

*"Kat Jones, thank you for sharing your insights on the future of work within the Labour Market. Your perspective on emerging trends and vacancies was both informative and thought-provoking."*

**Samira Elena Busila 9U,** *I really enjoyed seeing these four people from different backgrounds telling us about their career journey. Swati had a really interesting story on how she started her career and working at the NHS. The most interesting person was the lawyer, Mark Robinson, whose talk really appealed to me. I want*





*to be a lawyer and I learned a lot from what I need to get in order to start this career pathway and the work and support I can give others. It was a great day and I really enjoyed the sessions. Thank you to the speakers who came to inspire us on the day.*

**Hajara Khan 9C,** *I liked listening to the different people with different jobs and professions. I learnt so much about them especially the Lawyer, who was also a barrister. I realised how passionate he was about getting justice for people and that really made me interested. I also realised that although it included a lot of reading, he found it fun and rewarding and I also found it interesting to listen to him. I learned that there are many different jobs that are suited for many different people*

**Mysha Ali 7J,** *The best part was finding out the different equipment used to help people with medical conditions and diseases. I learned that you may not always get what you set out in life but there are many opportunities too! And I liked seeing her story from being a former Ursuline student and how her career worked for her and how she's doing now.*



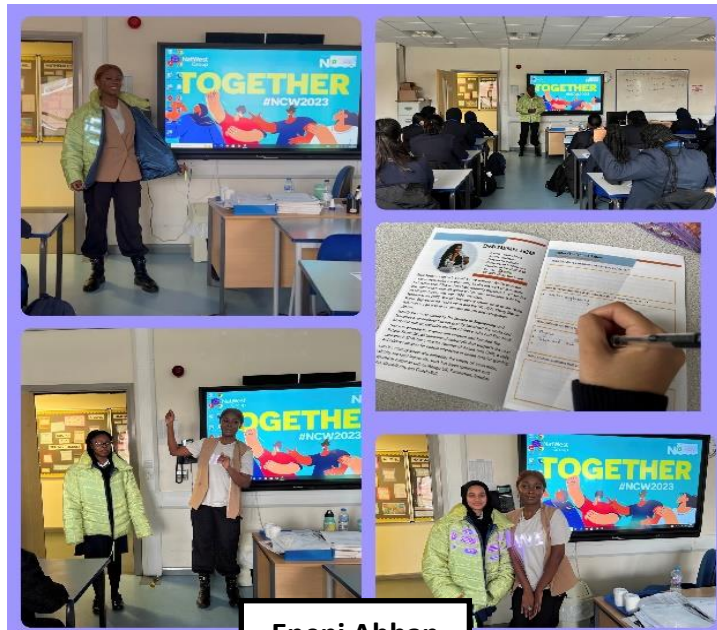
**Alumni Shannon Louise Taylor**

**Bianca Gabriela 9U,** *I enjoyed the day because it was nice hearing what people would do in different jobs. The best part was Eneni, the Robotics engineer's session who had LED lighted clothes. It was really nice to learn that there is far more behind these jobs and wearable tech! It was very fun and enjoyable. I learned about Marketing in Engineering, Robotics, Biomechanics and the world wearable technology and more.*

**Heather 9U,** *I liked the part when I tried on jacket that had wearable tech in it to make it light up and the best part was when I was wearing the jacket I learned that if you put your mind to it you can do anything.*

**Asmithaa. S 9C,** *I like how we got to meet all of the speakers who were very generous with their time and talk. This is because we got to learn more about their career pathways. The best part was Swati's demonstration on making and trying out the circuits and bulbs! I thoroughly enjoyed the talk by Tim Irwin and found his talk the most interesting as he works with some very famous companies and people. We played a game which helped me to learn a lot about myself and made me feel confident about what career path I can choose for my future!*

**Maira Fazlani 9U,** *I enjoyed learning about Swati Swati's career because she was extremely engaging with everyone and she even let us play with something I also liked learning about the jacket that had LED lighting because it looked really cool and the presenter, Eneni too was cool.*



**Eneni Abban**



**Hana Asghar 9U**, *I really enjoyed Careers today as it helped me expand my mind to careers that I didn't even know existed I learned a lot about some STEM careers I hadn't thought about. Overall, Careers Day really inspired me to what I want to pick for not my GCSE's. I was really interested in the field of Media-advertising or the Biomedical Scientist route as I found it very interesting and was drawn to what I learnt.*

**Hafsa Doreshi 7J**, *I liked how Dr. Ama, was very supportive and inspired me how we should go for what we want the best part was that she came for my similar background and life as a normal school ago not thinking that she was going to be a doctor or engineer.*



National Careers Week also provided a timely opportunity to hold our Year 9 Options workshops. Later this month parents/guardians will attend the Options evening to gather more information to help each student make the right GCSE choice for her. Melrose Gray, Careers Adviser from Prospects, (part of Shaw Trust), led the session, outlining the many choices available and advising on the 'Do's and Don'ts' when considering which subject to choose. Students were told to do their research with their parents/guardians using the websites that were given to them.





## Triple Whammy....

Redbridge Central Library invited our Year 7 students to meet the excellent author Sufiya Ahmed at the Central Library Ilford, to celebrate International Women's Day, last week. Sufiya spoke about the suffragette, Princess Sophia Suleep Singh and the spy, Noor-un-Nissa Inayat Khan, both of whom played a pivotal part in British history and yet are not well known. There was no shortage of audience participation to act out the roles of spies or suffragettes marching to the chant, 'Votes for Women'! Sufiyah further inspired the students by speaking of her education and career pathways. So, our visit encapsulated meeting the author, celebrating International Women's Day and acknowledging National Careers Week. – A triple whammy! Thank you to all involved.



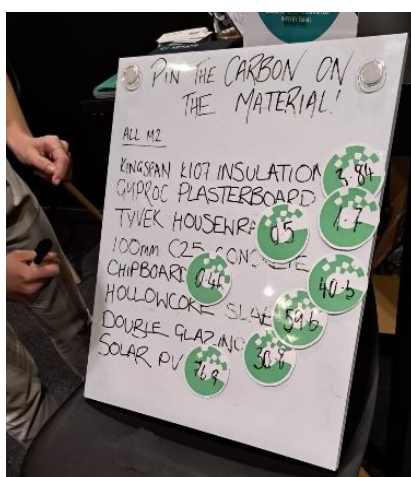
Special thanks to **Mrs Kodi-Pecku**, **Mrs Russell** and **Mrs Finlay** for putting together this highly successful Careers Week at The Ursuline, full of careers information and activities for our students. **Dr Nguyen**



## Futurebuild - We're Taking a Stand

32 GCSE DT Year 10 students had the superb opportunity to attend the Futurebuild Trade Exhibition held at ExCeL to learn about the Material section requirement of the exam syllabus. Futurebuild, a centre of innovation and sustainability in the built environment, brought together the disruptive thinkers and the most exciting innovators working to transform the industry and our future in Materials exploration, Innovation, Research and development. The visit allowed our students to explore insights into their learning about new materials, innovations and provide further support for students who may be considering future careers covering a wide range of sectors in STEAM such as Energy, Critical Infrastructure, Interiors and Resourceful Materials.

They were able to see materials first hand used in our built environment that are low carbon, sustainable bits on green roofs and the systems being used to build our new homes that are energy efficient and sustainable. It's an exciting time around technology in the building sector and embracing a circular economy and its these events that are massively important to give students the opportunity for them to get out and meet people that they don't normally meet in their day to day lives and to ask the real questions. **DT Team**



I enjoyed walking round and talking to each person that specialises in sustainable products. I learnt about the importance of insulation in our homes, architecture and gained an insight into what is used to create a warmer/cooler home. We also saw different eco-friendly materials e.g. bamboo, suitable to make furniture without the need for screws which was quite interesting. **Ziana Alma 10U**

The day was really exciting and informative. I loved to see so many different companies advertising their services or goods. And it was amazing to know that everyone that was there were advertising sustainable and recyclable products. The best part for me was probably learning about the range of innovative and sustainable materials. **Catherine Clarey 10J**



Going to Futurebuild allowed me take photos of new materials and talk to experts on sustainable resources that can help me with my DT GCSE coursework. The best part was the supplier's samples of materials we were able to take away. **Maariyah Saumtally 10C**



## Gardening Club

Last year we started a gardening club (which was a definitely a learning curve!) but gave us lots to think about for this year and especially now that the weather is that bit warmer. The London Children's Flower Society works closely with Jack Petchey and were in contact with us last year to tell us about an amazing opportunity to win over £550 worth of gardening equipment for our school. This week we were informed that our school has been successful and we will be sent a planter, new gardening equipment, and soil/seeds to help us get set up. We will also have lots of support from The London Children's Flower Society over the next three years too. The students are very excited about this and are looking forward to getting started in the coming weeks!



**Ms Eakins**



### Quote from London Children's Flower Society President Alan Titchmarsh MBE

“Never has it been more vital that children understand not only where their food comes from, but also the importance of the living world - plants, flowers, fruits and vegetables - when it comes to caring for the planet.”

Planting in the Playground aims to raise awareness of the enjoyment of growing things as well as showing how plants and flowers enrich our lives and contribute to the greening of our surroundings. Some schools have little room for a fully fledged 'school garden' or nature area, but every school can do its bit with troughs of vegetables and flowers, maybe a tree in a corner, and some kind of green space that helps children understand how plants grow and how much our survival depends upon them. Plants contribute enormously to our mental health and have been a real life saver this year. Every school owes it to their children to give them access to a growing world, and the London Children's Flower Society project 'Planting in the Playground' is a brilliant way of achieving that.





## Library News

### Redbridge Libraries

#### YOUR DIGITAL LIBRARY

Do you know that you can access thousands of books free online, if you are a member of a public library?

Just download the **Libby app** to your device to start enjoying thousands of adult and children's books, newspapers, magazines and comics for free with your library card.



To help get you started, here are some collections we think you'll enjoy.

#### British Science Week (10-19 March)



#### Shakespeare Week (20-26 March)







## **MFL News**

Film at the French Club!

On Wednesday 22<sup>nd</sup> March, we will be watching a fun French Film called 'Nicolas on holiday'. First come First served!

'Petit Nicolas' is delightful family comedy based on the best-selling books chronicling the adventures of Nicolas, a mischievous French schoolboy. When Nicolas overhears his parents talking about a new arrival, he knows it can only mean one thing – a baby!



**Ms Delpech, Head of MFL**



## **Science News**

It was Science Week this week, and many wonderful things were going on! Watch this space next week for further details!

Our year book committee worked hard during their PSHE lesson last week to get all of the girls' individual pictures taken for their year book, even ensuring that their form tutors were fully involved!

Last Friday during registration they then helped to organise the whole year team and teachers in a group photo.

A massive thank you for all their hard work!

***Ms Keogh, Head of Year 11***







## Careers



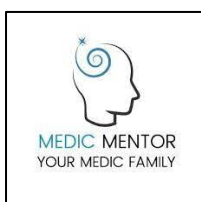
### **Barratt Developments Celebrate Careers in Construction for Women**

To celebrate National Careers Week last week, Barratt Developments has put together some information on careers.

Attached are videos, role advice and information to share with all students interested in careers in construction.

Take a look at [Barratt Careers Newsletter](#)

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This is a reminder that the next NHS Allied Healthcare Work Experience is coming up on **Sunday 2nd April**.

Registration Link: <https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>.

During the work experience day, students will follow 2 patients from their initial presentation to recovery. They will gain a unique insight into how patients interact with a variety of healthcare professionals and what it's like to work in an NHS multidisciplinary team. This includes:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

Attendees will have the opportunity to interact with healthcare professionals throughout each day. This will empower students to make informed career decisions and demonstrate their commitment to healthcare in their UCAS applications.

Once they've registered, students will be emailed links to their virtual work experience portals.

Students are awarded a Work Experience Certificate for every session they complete. Those who complete

the full 5-month programme will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor. These are fantastic additions to their CVs!

Students can register individually at any time throughout the 5-month programme using the link below. We recommend booking early to gain as much out of this programme as possible. Places are £10 a session to cover administrative and technological costs.

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### Open day



**Date: Saturday 22nd April**

**Time: 10:30am - 2:00pm**

**Location: 190 High Holborn, London, WC1V 7BH / Livestream**

[Visit us](#)



	<b>Careers guide</b>  Our updated careers guide is here to help students find their niche in the ever-evolving creative world. It's packed with essential information about pipelines, roles and qualifications needed. <a href="#">Show me the careers guide</a>
	<b>Digital prospectus</b>  Check out our new digital prospectus to explore our undergraduate degrees in 2D animation, 3D animation, games and visual effects, discover student life in London, and take a look at some of our students' award-winning work! <a href="#">Show me the prospectus</a>

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### VIRGIN MEDIA O2 WORK EXPERIENCE



Virgin Media O2 is launching work experience week from 3rd - 6th April 2023!



***Closing on Friday - Don't miss it!***

Virgin Media O2 are offering a **limited number of spaces** on a virtual work experience program the first week of the Easter holidays. This is for young people aged 14 - 16.

[CLICK HERE](#) for full details to apply and add the code VM02C2

Please share with your students who are thinking about an apprenticeship within technical roles and engineering roles. This would be a great addition to a young person's CV.





## National Grid's apprenticeships

We think the young people at The Ursuline Academy would be a great fit for National Grid, England's transmitter and distributor of electricity.

- **Advanced Apprenticeships (Level 3):** For those who've completed their GCSEs and want to kickstart a career or if they've done A-levels but want to change the direction of their career.
- **Higher Apprenticeships (Level 4):** For those who've completed their A-levels and want to further their understanding and skills set.

The applications are now **closing** on the **31st of March** and students can apply [this link](#).

*Ms Finlay, Careers Coordinator*



## Redbridge News



**Although I'm not their mother  
I care for them each day.  
I cuddle, sing and read to them  
And watch them as they play.**

**I see each new accomplishment,  
Growing and learning over the years.  
They proudly show their work to me,  
I give the loudest cheers!**

**No, I'm not their mother,  
But my role is just as strong.  
I nurture them and keep them safe,  
Though maybe not for long.**

**I know someday the time will come,  
When we will have to part.  
But I know each child I cared for  
Is forever in my heart.**

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



If you would like to find out more about fostering for Redbridge, please email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk) or call us on 020 8708 6068. Alternatively, join our next information session. Visit [www.redbridge.gov.uk/fostering](http://www.redbridge.gov.uk/fostering) to book a place.



**Please see information below from London Borough of Redbridge**

*New campaign to help feed children at Easter*

*Please can you help us in the following ways:*

*Could you also share the information about the fundraising campaign with your families?*

*There may be some who wish to donate and we would be very grateful for any amount.*

*The details of the campaign can be found below:*

Tin in a Bin and Redbridge Council working together to feed more children during the Easter holidays

Since October 2021, Redbridge Council has funded 500,000 free school meals through the holidays to help make sure no child goes hungry and is partnering with local Tin in a Bin charity to support families who may not be able to access this support.

As the school holidays approach, Tin in a Bin will work with Redbridge Council to raise funds to expand the free school meals voucher scheme to include additional families and support them during the school holidays.

The aim is to raise at least £4,000, which will help 200 children across Redbridge. The more money raised, the more help can be provided. A donation of £20 will help fund a child for the easter holidays.

The Leader of Redbridge Council, Cllr Jas Athwal, said: "No child should go hungry, and in Redbridge, we're making sure they never do, making it easier than ever for families to access free school meals for their children through the school holidays.

This is a fantastic partnership that will support some of our most vulnerable neighbours and complement the free school meals programme we already deliver"

"Things are tough at the moment for people, so it's essential that we continually look at ways to help reduce the burden and stress of struggling to make ends meet. All donations will be gratefully received." You can donate via the [Go Fund Me Page](#).

Tin in a Bin have also organised two Drag Queen Bingo fundraising events on Saturday 18 March, and Saturday 25 March, in Wanstead. All proceeds from these will go to this appeal.

If you are interested in taking part or would like more details on the events, please email [tinab.wanstead@gmail.com](mailto:tinab.wanstead@gmail.com)



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

## WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of InGage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National  
Online  
Safety®**

**#WakeUpWednesday**

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.03.2023





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

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

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

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

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

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

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

It is important to note that:

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

Thank you for your co-operation!





### Extra-Curricular Activities

Day	Activity	Time	Room
Monday			
	Indoor Rowing - All Year Groups: 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	
<b>Lunch</b> 12.40 – 1.10p.m.	<b>Indoor Rowing</b> All Years Gym (Ms Keogh)		<b>Trampolining</b> Years 9, 10 & 11 Gym (Ms Keogh)  <b>Contemporary Dance</b> Years 7 & 8 Dance Studio (Ms Francis)	<b>GCSE Dance</b> Students AA Year 11 Dance Studio	<b>GCSE Dance</b> Students MS Year 11 Dance Studio  <b>GCSE PE</b> Coursework & Intervention Group 2 G18 (Ms Keogh)	<b>Multi Games</b> SS Students (Invitation only) Gym (BTEC Students)
<b>After School</b> 3.20 – 4.20p.m.	<b>Netball</b> Year 7 & 8 Playground/Gym (Mrs Mansell)			<b>Football</b> Years 9, 10 & 11 Playground (Mr Burt/ Ms Scallan)	<b>Netball</b> Years 9, 10 & 11 Playground/Gym (Ms Francis)	<b>Running Club</b> All Years Playground/Gym (Mrs Mansell & Ms Harrington)



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





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

# THE Wednesday WORD



## SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

In this Sunday's Gospel, we read about how Jesus brought healing and light into the life of the man who was born blind. The man could then see the world around him, but the most important thing he saw was who Jesus really was - the Son of God.

Difficulties, worries and sickness can sometimes be part of our lives. Yet, when we believe in Jesus and we pray and look carefully, we can often learn something about

Wednesday 15<sup>th</sup> March 2023

the world and ourselves, and about how Jesus is always there for us. Jesus is the light of the world. Believing in him brings light to our lives; it changes how we see the world and it can bring healing to us too. Come and see!

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

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.

**"Prayer is certainly the most  
wonderful medicine in the world."**

St Hyacinth

## THE GOSPEL IN CHURCH Sunday 19<sup>th</sup> March 2023



As Jesus went along, he saw a man who had been blind from birth. Jesus spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, "Go and wash in the Pool of Siloam" (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored. His neighbours and people who earlier had seen him begging said, "Isn't this the man who used to sit and beg?" Some said, "Yes, it is the same one." Others said, "No, he only looks like him." The man himself said, "I am the man." Some of the Pharisees did not believe that Jesus had healed him and they drove him away. Jesus heard about this and when he found the man he said to him, "Do you believe in the Son of Man?" "Sir," the man replied, "tell me who he is so that I may believe in him." Jesus said, "You are looking at him; he is speaking to you." The man said, "Lord, I believe," and he worshipped Jesus.

Adapted from John 9:1-38

The 4<sup>th</sup> Sunday of Lent, Year A

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

**"God grants us his love,  
which gives us strength  
and heals us." Pope Francis**



**CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL**



God still heals today, through the sacraments of the Church (which remind us of God's love and care for us) and through people: doctors, nurses and, if we let him, through us too. Following Jesus' teachings and loving others brings healing and adds something very special to our lives.



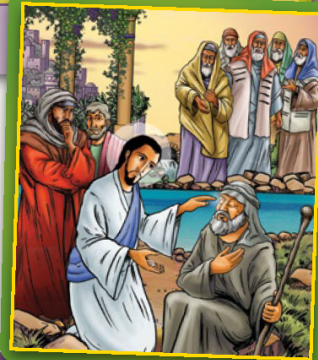
# 1

## Our Special Time Together

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

Jesus saw a man who had been blind from birth. He wet his fingers, made a muddy paste with the dust on the ground, put this over the eyes of the blind man and said to him, "Go and wash off the paste in the Pool of Siloam." When the man came back he was able to see. Some of the teachers of the Law did not believe the man and what the man said about Jesus healing him, and they drove him away. When Jesus found the man he said to him, "Do you believe in the Son of Man?" "Sir," the man replied, "tell me who he is so that I may believe in him." Jesus said, "You are looking at him; he is speaking to you." The man said, "Lord, I believe," and he worshipped Jesus.

**What had the blind man told the teachers of the Law?** Which word or words 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 ...

## HEALING

# 3

## Loving God & Each Other

"Earth has no sorrow that heaven cannot heal." *St Thomas More*

This Sunday's Gospel reminds us how, in Jesus, God is active in the world, bringing healing. At differing times and in differing ways, we all need the healing touch of God. Ask your child what the word 'healing' means to them. It may help your child if you tell them about the different kinds of healing we can experience in life. Then ask your child who brings healing to them, bringing comfort when they are ill, hurt or upset.

"Love is the first ingredient in the relief of suffering." *St Pio of Pietrelcina (Padre Pio)*

As a family, consider if there is anyone to whom you can help bring God's healing in this coming week. Perhaps you could: pray for someone; talk gently and lovingly to someone if there is a problem; take time to listen carefully to them, and try to support them where possible. God has given the Church sacraments for healing – the Sacrament of the Sick and the Sacrament of Reconciliation (Confession). In preparation for Easter, many parish churches will be having special Reconciliation services to which all are warmly invited.



Dear Lord Jesus, help us to see you more clearly – to believe in you and to share your light and healing with all those around us. Amen.

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

### WEDNESDAY WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

- ☒ BORN
- ☒ BLIND
- ☐ WASHED
- ☐ SILOAM
- ☐ HEALED
- ☐ BELIEVED
- ☐ WORSHIPPED
- ☐ JESUS

SUPERSEARCHERS FIND THE WORDS BACKWARDS OR DIAGONALLY

### Gospel Gallery



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

Cross out the letters **u s f** in the jumbled words below to find 4 real words.

**Lafwus musant sheatflinug buteliesve**

The teachers of the \_\_\_\_\_ did not \_\_\_\_\_ what the \_\_\_\_\_ said about Jesus \_\_\_\_\_ him.

It's good to be a 'healer'. We can hurt people by unkind words, by a look or by refusing to speak to them. But we can heal people by a smile, by a greeting or even by asking for their forgiveness or offering them ours.

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)