

THE URSULINE ACADEMY ILFORD A Catholic Academy for Girls *Weekly News – Issue 23* 10th March 2023



Dear Parents/Guardians

Headteacher's Headlines...

International Women's Day on 8th March was celebrated with great enthusiasm here at UAI. You can see many pictures below from us singing Standing on the shoulders in assembly, led by our wonderful singers and musician and **Ms Dellar**, to Ukele club with **Ms Eakins**, the exciting

work that continues every week in MFL with *Ms Delpech* and the photo booth set up by *Ms Cooper & her team in English*. Our students feel empowered and inspired! Enjoy the photos!



Our **Options Evening for Year 9**, will be held on **March 21st, 6pm – 7.30pm**. This evening will provide information about the range of courses and subjects available to your child at Key stage 4, and will help you and your child make informed decisions about their educational path.

We hosted our first parent and carer coffee morning on Thursday 9th. *Mr Challis* (Pastoral Deputy Head) and *Dr Nguyen* (Curriculum Deputy Head) gave overview presentations of the pastoral and curricular structure and life of the school and there was a Q+A session. I am so grateful to all our parents and carers and the PSA for the support they give to the school!



And finally, I had hot chocolate and marshmallows with the **Project Prasinos girls** at breaktime on Monday. They won the 'Young Innovator' Award at the UK Collaborate to Innovate Awards Ceremony last week. Please see the article in last week's Newsletter if you haven't already done so.



Ms F Stone headteacher@uai.org.uk



Newsletter Contents this week:

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Chaplaincy News



Pope Francis@Pontifex – 8th March 2023

Let us #PrayTogether so that #women, every woman, may be respected, protected and esteemed. Violence against women and mothers is violence against God himself, who from a woman, from a mother, took on our human condition.



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

10th March: Don't stay angry.

11th **March**: If you see one faint-hearted, encourage her.

12th March: Be very careful never to complain, or grumble, or speak ill of others.

- 13th March: Strive to be faithful and devoted.
- 14th March: Merely beginning is not enough if you do not carry through.

15th March: Every type of evil must be resisted.

16th March: Consider that we live in the midst of snares and dangers.

Year 8 Retreats

The Year 8 retreat was really enjoyable. The staff were the reason why we were able to experience such fun! Due to the cold weather the inside of the place was warm and what extended that warmth was the welcoming Vibes from the staff.

I loved the activities set out for us because they got us to gather properly as a form and played games with us to help us mix.





The sessions helped me build confidence for me to be able to perform in front of people and it made my creativity burst out!

As a Catholic, I really liked how the staff gave us advice on how I could strengthen

my faith and I was able to learn more about the Holy Spirit than I did before.

When we prayed I was really invested in it, my mind and body was really calm.

If you ever want to feel such an experience, I suggest that you go!

Annabel O 8T







Reconciliation Lessons

Today we had our RE lesson in the chapel where we learnt about Confessions and reconciliation and did a little bit of drama.

After that we completed a worksheet where we reflected on our worries and things that we want to say sorry for. This was nice and peaceful

And finally, we did a fun task of completing a wordsearch and story puzzle based on a story from the Bible on forgiveness.

Zunaira 7T





Leprosy Mission

This week, Wendy Piccinini from the Leprosy Mission came in to speak with our Year 12 students. The Leprosy Mission is a global Christian organisation leading the fight against leprosy. This is disease that many of us hear about through various Bible stories but we do not know much about the disease itself. Through reading the Bible, we learn about Jesus' treatment of those who had leprosy and the difficulties they faced and still face in society today.

The Leprosy Mission has three main goals - zero leprosy transmission, zero leprosy disability and zero leprosy discrimination, and the progress over many years has been absolutely incredible.

Our students found this talk inspiring and very interesting. Many thanks to Wendy.



Ms Eakins

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

HERE'S TO STRONG WOMEN. May we know them. May we be them. May we raise them.



UAI celebrates International Women's Day!

This Wednesday 8th March UAI once again celebrated International Women's Day, now a well-established and important day in our school calendar.

Throughout the week Ms Stone led our whole school assemblies with a focus on the importance of International Women's Day and how honouring the relevance of the movement has implications for our own students as they begin to consider their ambitions and what they would like their futures to look like.

On the day itself students and staff were all invited to wear purple in honour of the feminist movement, and each were given a feminist sticker to wear with pride – it was wonderful to see so many of our community getting involved and sharing the messages of female empowerment they were proudly displaying! Throughout the day there were also a number of different activities taking place, including learning about a different inspirational woman at the start of each lesson, whom students will then vote on to decide upon our UAI Inspirational Woman of the Year, and a 'photobooth' where students and staff made their #EmbraceEquity pledges in line with this year's International Women's Day theme and a talk by Dr Ama Frimpong, the 2022 Young Woman Engineer of the Year, to the whole of Year 8.

Unfortunately, due to snow on the day we were unable to put our activism into action by chalking the courtyard with feminist slogans as we have done in previous years, but we will aim to reschedule this for another day once the weather has improved so stay tuned!

Once again it was wonderful to see so many of our school community get involved but, most importantly, to see our students, who are the women of tomorrow, demonstrating their own determination to ensure gender equity, both for themselves and other future women. Well done and keep up fight for equity!







"The story of women's struggle for equality belongs to no single feminist nor to any one organisation but to the collective efforts of all who care about human rights." – Gloria Steinem

Ms Cooper, Head of English



Jack Petchey Award Winner!

Our February Jack Petchey Award winner is year 8 student *Charis Torrance* pictured here with Ms Stone on International Women's Day!

Charis is a wonderful student who embodies what it means to be SERVIAM. She is an extremely valuable member of the eco-warrior's club, and has been integral in helping build a terrarium, pick up litter and enforce the new recycling policies in classrooms. Charis is also a member of the school choir and glee club. She is a considerate and an empathetic student who is always there for her peers. Charis is also adored by her form and form tutor. She radiates so much positivity and is a fantastic role model to all she meets. Well done, Charis!

Ms Eakins, Jack Petchey Coordinator





World Book Day (3rd March): La journée du livre

The MFL Department joined in WBD celebrations by studying a selection of French children's fantasy books. Each year group had different activities according to their language level. Here is 8J in their fabulous book characters outfits!

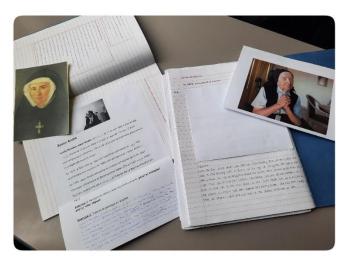






International Women's Day (8th March): La journée de la Femme

A text about **Lucille Randon, soeur André** was chosen to celebrate that day. Sister André was a French nurse who worked in various hospitals, looking after orphans and pensioners. She died this year in January at the age of 118.



See Aruja Muraleetharan's and Trinuha Akilathasan's (Year 10 Catherine) gap filling and translation work. Ms Delpech, Head of MFL



Our lovely girls at Wednesday's Assembly singing 'Standing on the Shoulders' to celebrate International Women's Day...



Ms Deller, Head of Music



NJIRC23 @ Copperbox, Stratford On Friday the 3rd of March a group of 27 girls competed in the National Junior Rowing Competition. This is a massive competition which includes the nation's best junior rowers all coming together to compete on indoor rowing machines. All the girls have attended Miss Keogh's club on a Monday lunchtime and have had a London Youth rowing coach coming in to help occasionally.

The races started with Year 12 and 13 students who had row 2000m, our two individual competitors *Isabel* and *Lois* finished 12th and 15th in the country - an amazing achievement!



Next were the Year 8's who had to row as far as they could in 3 minutes, *Gabriella* was our top rower finishing in 45th position out of almost 200 competitors. The sole Year 9 competitor had to row for 4 minutes and managed a best performance of 806 meters.

The relays were next. The first one was a boat race in teams of 8 (race the same time as the Oxford v Cambridge boat race takes on average). A mix of Year 10, 11 and 12/13 students made up our team and they finished 7th as a result of their fast changeovers (roll off the seat and land on a heap on the floor!) and words of encouragement given when fatigue started to set in.

Three teams of 4 competed in the sprint relays and again the girls all gelled as a unit finishing in 43rd, 52nd and 54th.

The final events were the Year 10's 5-minute row, top performer was **Ariba** rowing 1065m and the Year 11's 6-minute row, best performer was **Zahra** with 1323m.

The girls were a credit to the school with the majority of the girls getting best ever performances rowing further than ever before and their behaviour during the long day was impeccable.

Thank you to Ms Eakins and Ms Agudelo for coming on the trip too. Mrs Mansell, Teacher of PE









Redbridge Foodbank

On Tuesday 7th March, 6 of us and Cleo went down to the Redbridge food

bank in Jubilee Church where we volunteered for an hour and also handed in the donations that had been collected in the chapel. There, I packed bags of food that would be collected from the food bank by either a family of 4 or a single bag that would feed 2, the bags had things like cereal, biscuits and long-life milk etc. Objects such as toiletries were handed out differently, people would get a pack of toilet rolls each and then be able to choose from a list and would get one of what they needed. Others, were packing food in to boxes and measuring and dividing out things like washing liquid and oil into individual bottles and rice into bags. Overall the experience was insightful, the food bank had a good system in place and everything was very organised, the volunteers were welcoming and guided us on the jobs we needed to do.

I would love to go and help out again! Aliyah

I really enjoyed having the opportunity to help out at the food bank this week! it gave me the chance to see how the foodbank is organised and it was nice meeting the other volunteers. While I was there I helped with packing the boxes, which sounds boring





but it was actually really good fun. I would love to get a chance to help out again.

Rhianna Year 11





REDBRIDGE FOODBANK HELPING LOCAL





Check the dates!

Unopened items only!



OUR SHOPPING LIST

•TEABAGS **•TINNED FISH** •TINNED FRUIT •RICE PACKET NOODLES



•VEGETARIAN FOOD ITEMS (TINS / PACKETS) ·COOKING OIL PASTA SAUCE LONG LIFE MILK •LONG FRUIT JUICE •JAM / SPREADS •CUSTARD / RICE PUDDING •TINNED TOMATOES BISCUITS SHOWER GEL TREATS •TOOTHPASTE TOILET ROLLS







Science News

Science Club Week 13: Making Soap!

Today the girls made their own soap. This is a wonderful activity for everyone to do at home. In a cup add 3 spoons of soap flakes (if you don't have soap flakes, grate some

simple soap), add 2 drops of food colouring, 2 drops of food flavouring and mix with vegetable oil. You will be able to roll and mould the soap using your hands. Allow to set for 24 hours and then it is ready to use.

Thanks to my helpers Lilly (Yr.9) and Laiba (Yr.12)

Mrs Bharaj





Ukulele Club News

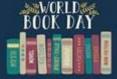
Our Ukulele Club members looking very purple on Wednesday to celebrate international Women's day!

There was a great positive vibe around the school as we celebrated the many achievements of women all around the world. We also remembered the many women who made great sacrifices for the generations of women to come.

#StandingOnTheShoulders #InternationalWomensDay #EmbraceEquality

Ms Eakins



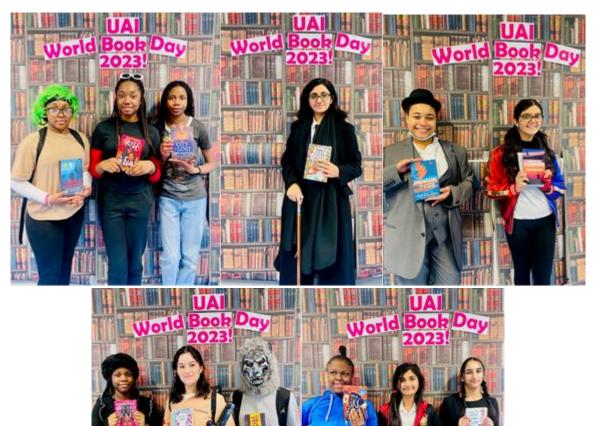


World Book Day celebrations 2023

Last Friday 3rd March we celebrated World Book Day and, once again this year, we definitely did this in style! In fact, I believe this year we had more staff and students dressing up than ever before, including our very own Head Teacher as the Trunchbull herself! There were some absolutely wonderful literary costumes on display from both students and staff as you will see from photos, particularly Year 10 who represented with some particularly well thought out group costumes! It was

fantastic to see students so enthused and engaged in activities throughout the day, including participation in the form-time quiz, our school reading relay and the teacher costume scavenger hunt.

Scavenger hunt winners with their book prizes



1st place - Layo Tetede, Angelica Anajekwu & Cynthia Nze, 10U

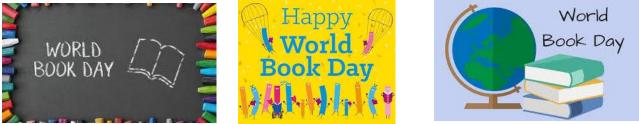
2nd place - Waania Malik 11C

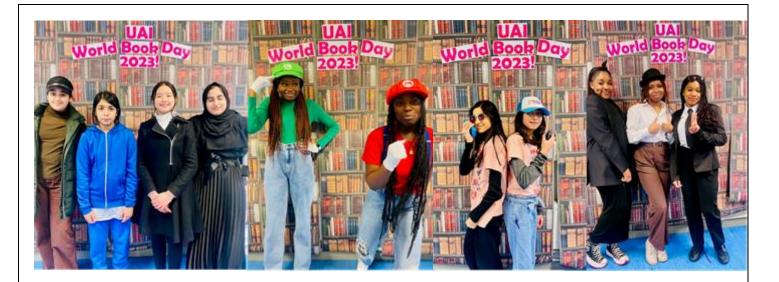
3rd place - *Tia Harford 11C*

4th place – *Alayna Akhtar 7C*

5th place – Holly Moffat 10J, Syra Khan 10J & Eva Gabriel 10C 6th place – Tia Plante 9C, Imaan Shafiq 7T & Jiya Chandel 10U







Once again, thank you to everyone who took part on the day and helped to make World Book Day 2023 at the Ursuline Academy such a success. We're already looking forward to next year!

"Today a reader, tomorrow a leader." - Margaret Fuller

Ms Cooper, Head of English



Youth Charter Community Day

The Youth Charter Community Day was an excellent youth and community day with fun activities delivered by a multi-stakeholder partnership and the opportunity for the London Metropolitan Police Service to build cultural bridges of trust, confidence and respect with young people and communities of East London, as part of their **#BtheChangeUWant2C** outreach and recruitment campaign.

The Community Day saw the launch of the <u>**#YouthVision4MetPolice Survey</u>** which has been to set out a Positive Vision for how they would like to see the London Metropolitan Police Service working with children, young people and communities.</u>







Apprentice stories - ASK Information webinar Featuring apprentices from the Royal Opera House, BT and other exciting apprenticeship



employers, join this webinar to hear from apprentices in a range of different roles share their apprenticeship experience and advice.

Tuesday 7th March, 3.30pm - 4pm

To register, click here.

Lewisham Hospital Staff Nursing Open Day

18th March 2023

On the day, you will have the opportunity to meet the members of our team who will talk about their experience at LGT and to discuss what their "day in the life" looks like, find out about the vacancies we have and the various career paths we can support you with. We will be conducting selection assessments on the day with the opportunity to leave the event with an offer of employment.

Click here to register

Celebrating Neurodiversity in STEM

22nd March 2023

The first part of this event will be Dr Helen Taylor and Qona Rankin (RCA) in conversation with Dr Eide Brock Eide about the re-issue of the book (The Dyslexic Advantage) co-authored with his wife Dr Fernette Eide. The second part will be panel debates with ND STEM professionals at different stages in their careers to showcase the valuable contributions ND scientists make to science and beyond.

Click here to register

Macquarie Work Experience & University Scholarship

Banking & Finance Work Experience Day (in-person) & University Scholarship: 4th April, London. Closing 17th March, Apply <u>here</u>

Google Apprenticeships: Digital Marketing, Information Communications Technician & Software Development

Google

Find out what Apprenticeships Google are currently advertising by clicking <u>here</u>. Applications close on the 20th March and 2nd of April.



How to become a trainee film director: Alfie's story Meet Alfie. He's 16, from South Wales, and is working as a trainee film director on a voluntary project.

Click here to read more

Applications are now open for our third cohort of <u>Visa Scholarships</u> for students starting their first year of an undergraduate degree at any accredited university in the UK 2023-24.

The scholarship is aimed at supporting Black and Asian minoritized ethnic students who also meet the socio-economic criteria on our <u>website</u>

THE OFFER

- **Financial** You'll receive support for your course fees, up to a value of £9250 per year, up to four years, in tuition scholarships
- **Mentorship** You'll receive coaching, mentorship and guidance from experienced <u>Visa</u> employees.
- **Skills building** You'll have the chance to grow key technical, professional and leadership skills through training and development opportunities.
- **Career development** You'll have exposure to career growth activities to help prepare for postgraduation careers.
- Work Experience During the summer there will be options to get work experience and engage with Visa, including the opportunity to apply for a paid internship where you can learn new skills, collaborate and find a community of like-minded students

HOW TO APPLY

- Carefully read the attached FAQ, eligibility criteria and complete the <u>online application</u> by 26th March at 11.59pm.
- This is a popular programme and we recommend submitting your application and financial information well in advance of the deadline as we will not be accepting any applications after the

Ms Finlay, Careers Coordinator



Are you entitled? 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 that £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 | | | |
| 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 |
| | | 1.00 1.30p.m. | 60 |
| | | | |
| | Netball – Years 7 & 8: JMA | 3.20 – 4.20p.m. | Playground/Gym |
| Tuesday | | 5.20 – 4.20p.m. | r layground/ Gym |
| Tuesday | Woodwind Ensemble – All Years: SDE | 10.40 – 11.00a.m. | Practice Room 3 |
| | Maths Club – All Year Groups: TKO | 12.40 – 11.00a.m. | S6 |
| | Contemporary Dance – Years 7 & 8: SFR | 12.40 – 1.40p.m. | Dance Studio |
| | Trampolining – Years 9, 10 & 11: KKE | 12.40 – 1.10p.m. | |
| | Eco Warriors Club – Years 7 & 8: HCO/JMC | 12.40 – 1.10p.m. 1.00 – 1.30p.m. | Gym G3 |
| | Year 11 Band: SDE | · · · · · · · · · · · · · · · · · · · | |
| | Violin Ensemble – All Years: SDE | 12.40 – 1.10p.m. | S5/PR1 S5 |
| | VIOIIII EIISEITIDIE – All Years: SDE | 1.10 – 1.40p.m. | 35 |
| | | 1.00 1.20m m | C12 |
| | 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 | | | |
| | Likulala Craun Vaara 7.9. 9. DEA | 10.40 11.000 m | CE |
| | 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 |
| | · · · · · · · · · · · · · · · · · · · | | |
| | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH | 12.40 – 1.10p.m. | Dance Studio |
| | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO | 12.40 – 1.10p.m. 12.40 – 1.10p.m. | Dance Studio F19 |
| | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH | 12.40 – 1.10p.m. 12.40 – 1.10p.m. 12.45 – 1.15 | Dance Studio F19 G10 |
| | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA | 12.40 – 1.10p.m. 12.40 – 1.10p.m. 12.45 – 1.15 1.00 – 1.30p.m. | Dance Studio F19 G10 F13 |
| | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE | 12.40 – 1.10p.m. 12.40 – 1.10p.m. 12.45 – 1.15 1.00 – 1.30p.m. 1.00 – 1.30p.m. | Dance Studio F19 G10 F13 G6 |
| | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE | 12.40 – 1.10p.m. 12.40 – 1.10p.m. 12.45 – 1.15 1.00 – 1.30p.m. 1.00 – 1.30p.m. | Dance Studio F19 G10 F13 G6 |
| | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE UAI Choir – All Years: SDE | 12.40 – 1.10p.m. 12.40 – 1.10p.m. 12.45 – 1.15 1.00 – 1.30p.m. 1.00 – 1.30p.m. 1.00 – 1.40p.m. | Dance Studio F19 G10 F13 G6 S5 |
| Thursday | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE UAI Choir – All Years: SDE Football – Years 9, 10 & 11: LBU/CSC | 12.40 - 1.10p.m. 12.40 - 1.10p.m. 12.45 - 1.15 1.00 - 1.30p.m. 1.00 - 1.30p.m. 1.00 - 1.40p.m. 3.20 - 4.20p.m. | Dance Studio F19 G10 F13 G6 S5 S5 Playground |
| Thursday | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE UAI Choir – All Years: SDE Football – Years 9, 10 & 11: LBU/CSC | 12.40 - 1.10p.m. 12.40 - 1.10p.m. 12.45 - 1.15 1.00 - 1.30p.m. 1.00 - 1.30p.m. 1.00 - 1.40p.m. 3.20 - 4.20p.m. | Dance Studio F19 G10 F13 G6 S5 S5 Playground |
| Thursday | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE UAI Choir – All Years: SDE Football – Years 9, 10 & 11: LBU/CSC DT GCSE Catch Up Session: AKO | 12.40 - 1.10p.m. 12.40 - 1.10p.m. 12.45 - 1.15 1.00 - 1.30p.m. 1.00 - 1.30p.m. 3.20 - 4.20p.m. 3.30 - 4.30p.m. | Dance Studio F19 G10 F13 G6 S5 S5 Playground G12 |
| Thursday | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE UAI Choir – All Years: SDE Football – Years 9, 10 & 11: LBU/CSC DT GCSE Catch Up Session: AKO Art GCSE Coursework & Intervention: RBU | 12.40 - 1.10p.m. 12.40 - 1.10p.m. 12.45 - 1.15 1.00 - 1.30p.m. 1.00 - 1.30p.m. 3.20 - 4.20p.m. 3.30 - 4.30p.m. 12.40 - 1.40p.m. | Dance Studio F19 G10 F13 G6 S5 S5 Playground G12 S2 |
| Thursday | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE UAI Choir – All Years: SDE Football – Years 9, 10 & 11: LBU/CSC DT GCSE Catch Up Session: AKO Art GCSE Coursework & Intervention: RBU GCSE Dance Students – Years 10 & 11 | 12.40 - 1.10p.m. $12.40 - 1.10p.m.$ $12.45 - 1.15$ $1.00 - 1.30p.m.$ $1.00 - 1.30p.m.$ $1.00 - 1.40p.m.$ $3.20 - 4.20p.m.$ $3.30 - 4.30p.m.$ $12.40 - 1.40p.m.$ $12.40 - 1.10p.m.$ | Dance Studio F19 G10 F13 G6 S5 S5 Playground G12 S2 Dance Studio |
| Thursday | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE UAI Choir – All Years: SDE Football – Years 9, 10 & 11: LBU/CSC DT GCSE Catch Up Session: AKO Art GCSE Coursework & Intervention: RBU GCSE Dance Students – Years 10 & 11 P E GCSE Coursework & Intervention – | 12.40 - 1.10p.m. $12.40 - 1.10p.m.$ $12.45 - 1.15$ $1.00 - 1.30p.m.$ $1.00 - 1.30p.m.$ $1.00 - 1.40p.m.$ $3.20 - 4.20p.m.$ $3.30 - 4.30p.m.$ $12.40 - 1.40p.m.$ $12.40 - 1.10p.m.$ | Dance Studio F19 G10 F13 G6 S5 S5 Playground G12 S2 Dance Studio |
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| Thursday | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE UAI Choir – All Years: SDE Football – Years 9, 10 & 11: LBU/CSC DT GCSE Catch Up Session: AKO Art GCSE Coursework & Intervention: RBU GCSE Dance Students – Years 10 & 11 P E GCSE Coursework & Intervention – Group 2: KKE Chess Club – All Year Groups: LFI/BFA STEM Club - All Year Groups: AKO | 12.40 - 1.10p.m. $12.40 - 1.10p.m.$ $12.45 - 1.15$ $1.00 - 1.30p.m.$ $1.00 - 1.40p.m.$ $3.20 - 4.20p.m.$ $3.20 - 4.20p.m.$ $12.40 - 1.40p.m.$ $12.40 - 1.40p.m.$ $12.00 - 1.30p.m.$ $1.00 - 1.30p.m.$ $1.00 - 1.30p.m.$ | Dance Studio F19 G10 F13 G6 S5 S5 Playground G12 S2 Dance Studio G18 G7 G12 |
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| I I I | GCSE Dance Students – Years 10 & 11 LGBTQ+ 'Alphabet Soup' Club – All Year Groups: HMA/EDO Science Club (Selected Students): PBH Board Games Club – All Year Groups: BFA French Club – Years 7 & 8L LDE UAI Choir – All Years: SDE Football – Years 9, 10 & 11: LBU/CSC DT GCSE Catch Up Session: AKO Art GCSE Coursework & Intervention: RBU GCSE Dance Students – Years 10 & 11 P E GCSE Coursework & Intervention – Group 2: KKE Chess Club – All Year Groups: LFI/BFA STEM Club - All Year Groups: AKO Guitar Ensemble – All Years: SDE Netball – Years 9, 10 & 11: SFR | 12.40 - 1.10p.m. $12.40 - 1.10p.m.$ $12.45 - 1.15$ $1.00 - 1.30p.m.$ $1.00 - 1.30p.m.$ $3.20 - 4.20p.m.$ $3.20 - 4.20p.m.$ $12.40 - 1.40p.m.$ $12.40 - 1.40p.m.$ $12.00 - 1.30p.m.$ $1.00 - 1.30p.m.$ $1.00 - 1.30p.m.$ $1.00 - 1.40p.m.$ | Dance Studio F19 G10 F13 G6 S5 S5 Playground G12 S2 Dance Studio G18 G18 G7 G12 S5 S5 S5 Playground/Gym |

| | 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 | Indoor | Rowing | Trampolining | GCSE Dance | GCSE Dance | Multi Games |
| 12.40 - | All Years | | Years 9, 10 & | Students | Students | SS Students |
| 1.10p.m. | G | ym | 11 | AA Year 11 | MS Year 11 | (Invitation only) |
| | (Ms k | (eogh) | Gym (Ms Keogh) Contemporary Dance | Dance Studio | Dance Studio GCSE PE Coursework & Intervention | Gym (BTEC Students) |
| | | | Years 7 & 8 Dance Studio (Ms Francis) | | Group 2 G18 (Ms Keogh) | |
| After | Net | ball | | Football | Netball | Running Club |
| School | Year | 7&8 | | Years 9, 10 & | Years 9, 10 & 11 | All Years |
| 3.20 - | | d/Gym (Mrs | | 11 | Playground/Gym | Playground/Gym |
| 4.20p.m. | | nsell) | | Playground (Mr Burt/ Ms Scallan) | (Ms Francis) | (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 \$5 | н. Н | |
| Lunchtime | WORSHIP BAND <u>@ 1pm</u> S5 | YR 11 BAND @ 12.40pm S5/PR1 VIOLIN ENSEMBLE @ 1.10pm S5 | UAI CHOIR (All years) <u>@ 1pm</u> S5 | GUITAR ENSEMBLE <u>@ 1.10pm</u> S5 | GLEE CLUB <u>@ 1PM</u> S5 |



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

SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

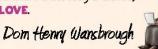
In this Sunday's Gospel we have a witty dialogue between Jesus and the Samaritan woman drawing water at the well, where each seems to be teasing the other.

Water is a sign of life. The 'living water' is the sign of everything that Jesus offers us to satisfy our need of God's love and guidance. With its serious message, this Sunday's Gospel is a lovely example of Jesus' willingness to engage with people just as they are and that includes us too!

Wednesday 8th March 2023

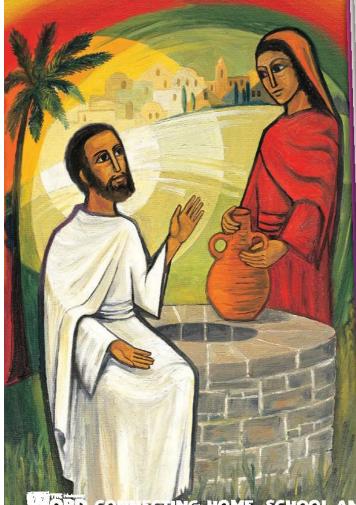
God has no favourites; we are all loved equally by God. The season of Lent presents a great opportunity for everyone to enter afresh into the living and nourishing water of God's love which surpasses any food or drink.

Enjoy hearing your child's thoughts about this Sunday's Gospel and this Wednesday's words, which are **GOD'S LOVE**.



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

"God's love is a spring of living water which flows constantly into the hearts of those who pray." St Louis de Montfort



Sunday 12th March 2023



Jesus came to the Samaritan town called Sychar and, tired by the journey, sat straight down at Jacob's well. A Samaritan woman came to draw water. Jesus said to her, "Give me a drink." She was taken by surprise because Jews and Samaritans rarely

spoke to each other. She replied, "What? You are a Jew and I am a Samaritan woman. How can you ask me for a drink of water when Jews and Samaritans don't have anything to do with each other?" Jesus replied: "If you only knew what God is offering and who it is that is saying to you: 'Give me a drink,' you would have been the one to ask, and he would have given you living water." "You have no bucket, sir," she answered, "and the well is deep: how could you get this living water?" Jesus replied: "Whoever drinks this water will get thirsty again; but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside them, welling up to eternal life." "Sir," said the woman, "give me some of that water, so that I may never get thirsty again."

> Adapted from John 4:5-15.19-26.39-42 The 3rd Sunday of Lent, Year A

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

> *We pray that the Church may always be a true family that brings God's love to everyone.* *Pope Francis*

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



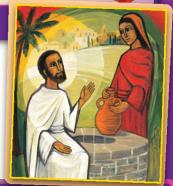
The living water which Jesus talks about in this Sunday's Gospel reminds us of the powerful way that God's love flows into people when they are baptised. As we hear of Jesus' love for people throughout the Gospel stories, we can be certain of God's love for each one of us today.



Our Special Time Together

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

Jesus came to a town called Sychar and, tired by the journey, sat down besides Jacob's well. A Samaritan woman came to fill her jug with water from the well. Jesus asked her for a drink and said: "Whoever drinks the water from this well will get thirsty again; but anyone who drinks the living water that I shall give will never be thirsty again: the water that I shall give will be like a spring of flowing water inside them that gives everlasting life." "Sir," said the woman, "please give me some of that water, so that I may never get thirsty again."



What is special about the water that Jesus offers? 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 GOD'S LOVE 3 Loving God & Each Other Words are ...

"God's love is free. All God wants is for us to accept his love." Pope Francis

God is love and all love comes from God. Ask your child what the words 'God's love' mean to them. We can often see God's love at work through the goodness in people around us. Where does your child see God's love in action? Who does your child know who stands out as someone who shares God's love with others? How does that person show love? It may help your child if you can give an example of your own.

"God loves each of us as if there were only one of us to love." St Augustine of Hippo

The more we experience and share God's love, the happier we become. Each of you say how you usually experience God's love. Perhaps it is through: the love of your family or other people; help from others; the sacraments; spending time with Jesus in prayer, at home or in Church. Then each of you choose a way in which you will especially share God's love with someone in this coming week.

Dear Lord Jesus, please help our family to grow in your love and to > share your love with others through the way we live our lives. Amen. *

