



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News – Issue 22

3rd March 2023



Dear Parents/Guardians

Headteacher's Headlines...

Our much-anticipated **Parent Coffee Morning** is fast approaching! Scheduled for next **Thursday, 9th March, from 9am to 11am**, this event presents a fantastic opportunity for you to get up-to-date on all the latest news and happenings within the school. We're looking forward to a morning of lively discussions and informative presentations, and hope to see you all there.



Tea, coffee and light refreshments will be provided, and there will be plenty of time for you to ask questions and share your thoughts with us. We believe that open communication between parents and the school is essential for the success of our students, and we value your input and feedback. Please complete this short form with your intention to attend so that we can plan for the number who are likely to attend:

<https://forms.office.com/e/icD2br6yu7>

Parents' evening

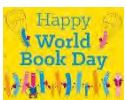


We're also excited about two important upcoming events for Year 9 students and their families. The first is the Year 9 Progress Evening scheduled for March 8th, 4.30pm – 7.30pm. This will be an opportunity to discuss your child's academic progress and get updates on their development.



The second event is the **Options Evening for Year 9**, which 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.

I want to express my heartfelt gratitude to all parents and carers for your unwavering support for all the work we do here at the Ursuline Academy Ilford. Your support has been instrumental in our success, and we are deeply appreciative of your commitment to your children's education and well-being.



Today, we had the pleasure of celebrating World Book Day! I extend my thanks to Ms. Cooper and the entire English department for their hard work and dedication in organising such a fantastic event. We thoroughly enjoyed the opportunity to celebrate the many wonderful books that have enriched our lives. We had a blast! Please take a moment to peruse the photos we've posted in this newsletter and online, capturing the joy and excitement of the day. Thank you again to everyone who participated, and we look forward to another amazing World Book Day next year!



Best wishes for the week ahead! **Ms F Stone** headteacher@uai.org.uk



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Chaplaincy News



Pope Francis@Pontifex – 25th February 2023

During #Lent we are called to respond to God's gift by accepting his word, which is "living and active" (Heb 4:12). Regular listening to the #WordOfGod makes us open and docile to his working and bears fruit in our lives.



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

3rd March: Do not be afraid!

4th March: Charity teaches discretion and moves the heart.

5th March: Our life and well-being are at stake.

6th March: May you sustain and carry out vigorously and faithfully the charge laid upon you.

7th March: Be careful and vigilant!

8th March: What you want them to do, do it yourself first.

9th March: Have patience!

Year 13 General RE

Year 13s were working hard in their General RE lesson this week. The girls were focusing on the 7 principles of Catholic social teaching - respect for the human person, promotion of the family, participation, the common good, subsidiarity, the dignity of work and workers, and pursuit of peace and care for the poor. Society can often give the impression that we must stand strong on our own two feet and take great care of ourselves as individuals, but Catholic social teaching teaches us the importance of community and family. It teaches us that we have a responsibility to participate in society and to promote the common good - especially for the poor and vulnerable.

Lovely work girls!



Ms Eakins, Teacher of RE

Ursuline Links Discipleship Day



On the discipleship day with Ursuline links we learned further about the projects we would each be participating in at summer. The day was extremely fun, as we played ice breakers with girls from all 4 of the Ursuline schools that have a sixth form. We read speeches dressed up as the Pope and we created our own islands accompanied by their own set of rules which we created. The best part of the day was finding out more about the social justice project, which I hope to do in the summer, and learning about all the volunteering opportunities available to us.

Lois Graham Year 12





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

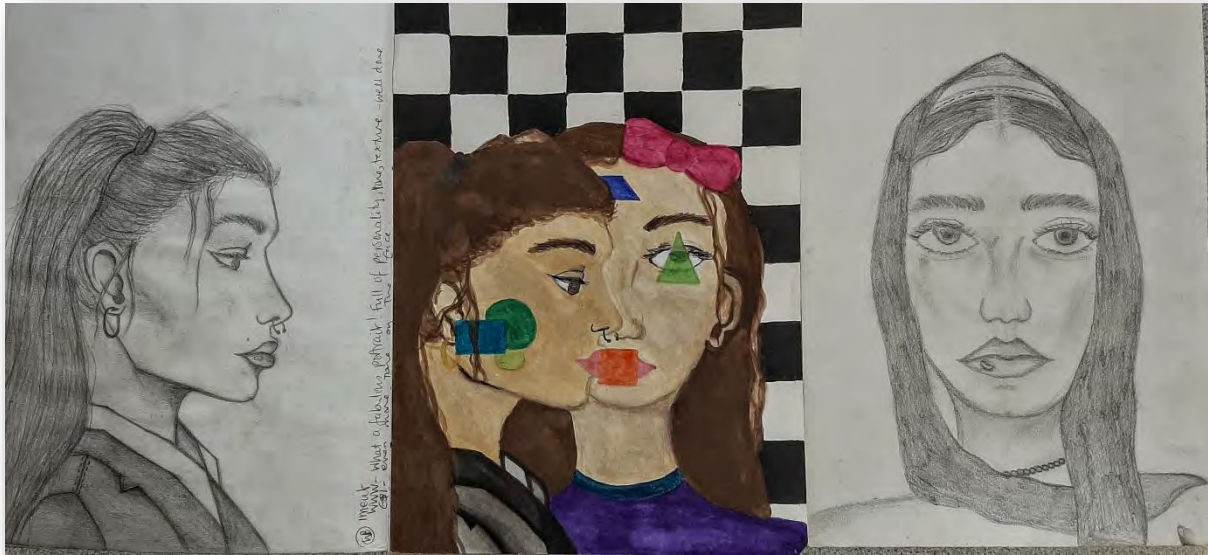
Cleo Gammon, Chaplain



Art News

Artist of the Month

Muskan Ali – Year 8



Muskan has worked extremely hard in Mrs Halfyard's class learning about portrait artists and how to draw portraits. Muskan has paid particular detail to facial proportions and has added extra elements for creative effect. Her final painting combines a full face and a side profile in a surreal style. Colourful shapes add to the interesting composition. Muskan has been developing her realism studies throughout the year with excellent results. She said she was "so amazed to have won Artist of the Month and she still can't believe it"

Well done, Muskan.

Mr Butler, Head of Art





Caitlin Ely and **Lathangi Manokaran** attended a cadet leadership course which was ran over the weekend. The both passed the course successfully and are looking forward to the next one. A massive well done from us all!

Ms Keogh, Head of Year 11

Caitlin Ely: The cadet leadership course entailed a range of various activities and workshops got us involved. There was lots of drill and parade practise, we had uniform and room inspections. It was a good opportunity to practise self-discipline and being a good leader to others. It was interesting for both of us to learn there was another St John ambulance cadet in our school and develop a friendship around it. We made lots of friends and had loads of fun despite both being very nervous to attend.

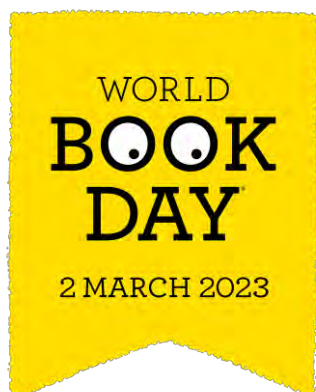


Library News

Design a National Book Token Competition

It wouldn't be World Book Day without **National Book Tokens'** [Design a National Book Token competition](#), the annual nationwide contest that encourages young people of all ages to share their creativity – and their love for books and reading – by designing their own fabulous gift cards!

The winning entrants can bag HUNDREDS of pounds worth of National Book Tokens for their school or early years setting - find out more about how to [take part here](#).



World Book Day £1 Digital Book Token for Secondary Schools

Following feedback from schools, young people and parents, this year the World Book Day £1 book tokens are **digital** for secondary schools.

The World Book Day digital book tokens can be used from Thursday 16 February to Sunday 26 March 2023.

[Download your digital tokens](#)

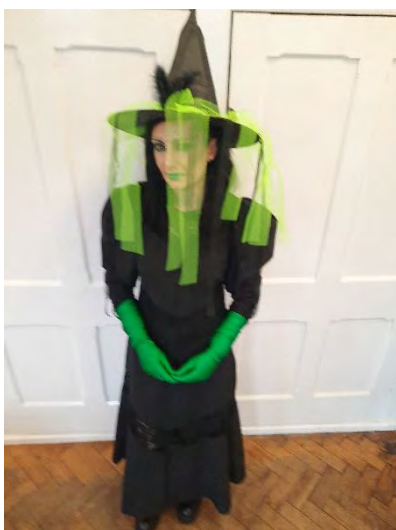


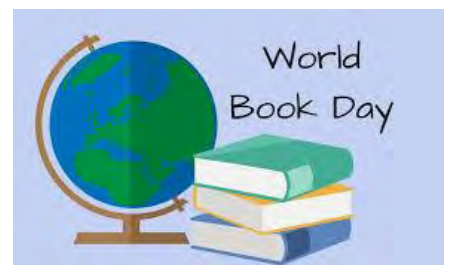
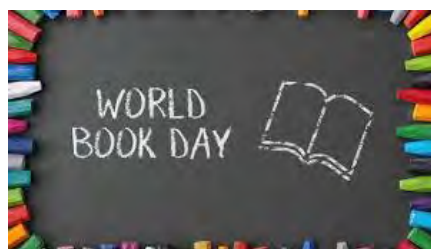
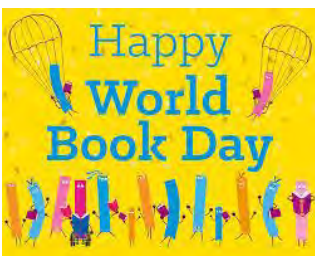
Every year on World Book Day the library launches a 'Sponsored Read' fundraiser. Not only does this encourage students to read more, it also develops empathy as the money raised goes to provide books and storytellers to distract sick children in hospital. For more details click

<https://readforgood.org/> You can sponsor a student on https://readathon.my.salesforce-sites.com/sponsor/R4G_SponsorPupilFindSchool1 by putting in the school postcode where indicated. Thank you so much for your support.



Some pictures below of the Ursuline Community celebrating World Book Day!









Ms Finlay, LRC Manager



MFL News

The French Club: Badge Design Competition!

The French club runs from 1:05 until 1:35 pm in G6 on Wednesday. Calling all Creatives! This week, we will be designing badges in French. The best ones will be used in the MFL Department and given as Rewards to students. There are Prizes to be won...all welcome!

Ms Delpech, Head of MFL



Music News

On Wednesday, a select group of Year 9 students participated in a Song Writing Workshop with urban-pop singer and songwriter, Irini Mando. Irini has supported Gabrielle and Kaiser Chiefs on their UK arena tours and is now signed to Island Records.

Irini was very inspirational and really captured our student's enthusiasm for song writing in her workshop. We enjoyed also watching her perform as well as seeing the results of our students work throughout the day through their own group performances.



liked the music workshop." – **Tolu, 9U**

"The song writing workshop was very fun and allowed me to work with similar people with the same mindset as me. It allowed me to express feelings through lyrics and allowed us to use real life situations in a song. The workshop was also very informative and also allowed us to learn about the different jobs that music can take you through. It also allowed us to learn about teamwork and, using different ideas, put them together to create a song that fits what everyone likes. Overall, I really

"On Wednesday, we had a song writing workshop with a musician called Irini Mando. It was amazing. It was really fun especially because I love song writing and I got more of an idea of how to make it easier and I got to learn what it's like to be a musician and how to balance your normal life and your musical life. It was so fun!" – **Tareena, 9U**

"I had the best school day of my life on Wednesday. The workshop was so fun and I enjoyed the way Irini Mando interacted with us. It was nice hearing songs she made by herself and then being able to write our own lyrics. It is such a nice feeling when you complete a song and Irini was there to give us ideas. Time went by so fast it was such a good experience. I would love to do it again every day if possible." – **Bianca, 9U**



“The song writing workshop was really fun and educating. However, it definitely had its challenges. I loved working with my friends to create a song and it gave me an insight to GCSE Music and its components. It was a great experience and Irini was so nice. I loved it.” – **Chi Chi, 9U**



Ms Deller, Head of Music



P E News

Ten students represented the school at a Panathlon Swimming Challenge Gala on Monday the 27th February at the Aquatic Centre in the Olympic Park. There were some individual events and some team relays and all the participants took part in at least two events.

There were lots of broad smiles as they completed their events and at the presentation ceremony there were massive cheers as they were bronze medal winners after finishing 3rd overall.

Well done girls!

Thank you to **Ms Connaghan** and **Ms Agudelo** for coming too.

Mrs Mansell, Teacher of PE





Science News

Science Club Week 12: Making Bath Bombs!

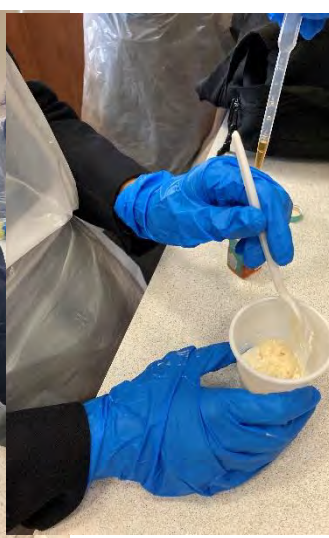
This week for science club the girls made bath bombs using this recipe:

- 1) In a small container add equal amounts of baking soda, Epsom salt, corn starch and citric acid
- 2) Add a few drops of food colouring and essences
- 3) Mix and slowly add oil and roll into a ball
- 4) Allow the bath bomb to dry in a cool place for 4 hours and then it's ready to use.

Next week: Making soap

Thanks to my helpers **Lilly** (Yr.9), **Laiba** (Yr.12) and **Ms. Angelo**

Mrs Bharaj

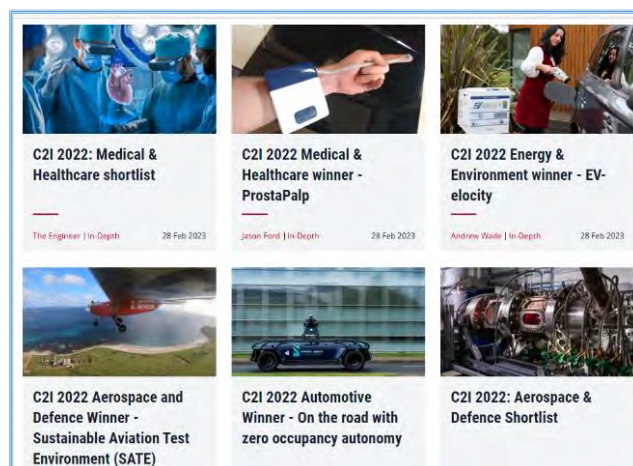


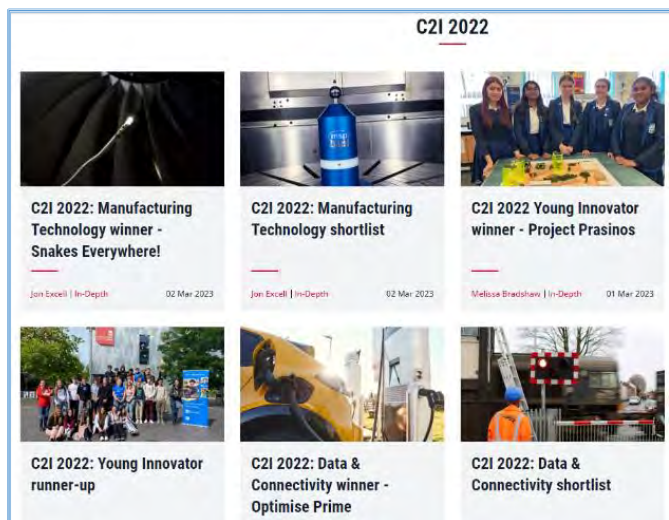
A Celebration of the UK's Most Innovative Engineering Collaborations.

Four students from team **Project Prasinios**, **Sumaya Riaz**, **Rianne Beno**, **Imogen Bess Van Beers**, and **Anastasia Pausey** attended the Engineer UK Collaborate to Innovate awards ceremony last Thursday 23rd February. Held at the Institute of Civil Engineering, they won the **'Young Innovator'** category. Paul Gibbens, the National Specialism Director at Hays Recruitment who sponsored the award, captured the evening with a special mention to the team and Rianne and Anastasia summarised the evening spent in the company with some of the UK's best innovators. A special thank you must go to our collaborators Hamish Watson of Polysolar, a supporter of the school for over 12 years and our new partner Tim Martin of Saint Gobain, without whose support, this would not have been possible. **DT Team**



Paul Gibbens *"It was an absolute pleasure to sponsor this year's Young Innovator Awards at The Engineer collaborate to innovate Award ceremony in London last week. It's of the upmost importance to support our future generations of engineers and I was completely blown away by the passion and desire shown by the winners from THE URSULINE ACADEMY ILFORD. It makes me proud to play our part in supporting and celebrating the fantastic talent we have in our schools and providing direction and advice as they continue their careers within the engineering sector. A huge well done to the winners and a pleasure to speak with Antoinette Kodi-Pecku whom is probably even more passionate than me about STEM and that takes some beating".*





Rianne Beno: Last Thursday, when we entered the Institute of Civil Engineering, being the youngest competitors present, we didn't have high hopes. So, hearing our teams name called in the Lecture Theatre as the winner of the Young Innovator award was beyond thrilling. Especially hearing about the revolutionary projects of the winners of the other seven categories who were all professionals in their fields, including universities. Another highlight of the evening was networking with these winners and the sponsors, gaining an insight into their job roles and hearing how passionate they were about involving the next generation. Talking about diversity, female

involvement and the future of engineering in the many different industries that involve areas from mechanical to nuclear and to biomedical. Learning how interrelated these sectors were inspiring with the winner of the Grand Prix award, having worked in all three throughout his career was very inspiring for me.

Anastasia Pausey: I was very surprised when our group won the award in the Young Innovators category, I did not expect that we would win anything as everyone else there was already a professional engineer, so the competition was going to be very tough. Overall, I'm happy that our group won the award, and it was a good experience to do some networking.



Project Prasinos on stage with the other C2I 2022 Winners



Piloting Design Thinking Activities with the V&A Young Museum

With the announcement on Wednesday of the new V&A Young Museum's official opening on the 1st July, we had the wonderful opportunity of welcoming Kirsty Sullivan and her team to take over our lessons for two days last week. It offered a rare chance for students to work with different designers, Lea Jagendorf and Julia Josephson who designed and delivered a variety of briefs suited for our Year 7, 8, 9, and 10's.

Included was prototyping and testing out resources in readiness for the educational activities that will be offered to schools when school children visit in September. The themes were based around playground and shelter designs that could be folded down and put back up quickly. Some tasks required no sketching, and sometimes students having to go straight into 3D modelling, proved challenging with limited materials. Other challenges included the ever-popular shoe design activity and how to encourage people to use the stairs instead of escalators. For the participating classes, we had an enjoyable eclectic range of activities with the V&A two days in-residence. We want to say a huge thank you to Kirsty and the rest of the team, our girls really enjoyed the sessions and as word got out we had many wanting to know why they were not included. Please come back! **DT Team**



I liked the way the visitors came to teach us about their work of design, the best part was when we made the shoes in pairs with different craft stuff like ribbons, straws, clay and more.

Sishwaya Kumar 7T

I liked the idea of making things for solutions; the best part of the day was using the materials. I liked everything from start to finish. This programme inspired me to push my limits further more than I could imagine. This programme was fantastic I rate it 5 out of 5! **Zaynab Kagdi 7T**

In this lesson, I really enjoyed the way the team supported us by communicating and helping us with various things. The best part was when we had some materials to create something. I liked this because it made me think and be curious about what we can do with the materials. **Hishwaya Naind 8C**



I liked how this lesson was different from other lessons, because you could create anything and had a variety of resources. I think the best part for me was making the shelters with my group and I learnt that designs are designed to make people's lives easier. **Rheanna Blackford 8U**

One thing I liked about today was how friendly the staff was and how they helped us complete all the tasks and give us ideas. The best part of today was we were allowed to experiment with different materials in order to create something creative. I learnt many reasons why designs important in our lives and can help us with our daily struggles. **Unaza Ahmed 9C**

I really enjoyed the day it was interactive and enjoyable and I liked collaborating as a team to working on a problem. **Sameera Hibriya-Rasul 10T**

I really enjoyed interacting with others to consider the needs of people before designing our product. The best part was when we designed and created our own playground structure because we got to work as a group and use different materials. i learnt about the different needs of others when looking for products and how we can improve them. **Alizah Khalil 10U**



Ukulele Club

The Ukulele club are making incredible progress and are working towards a concert in the next term. Many of the girls now have their own ukuleles at home so are keen to practice.

This morning they received some new ukulele booklets to take home which feature the chords that they have been learning, some basic strumming patters and some very important warm up exercises for their wrists and fingers. Well done girls. Keep up the hard work!

Sere photo below...

Ms Eakins



Careers

Free Webinar to Celebrate 'International Women's Day'

As part of the International Women's Day (IWD) celebrations a med-tech company ([Team | 52north](#)) based in Cambridge will be hosting a free webinar to encourage girls aged 11-16 to pursue STEM subjects where they are traditionally underrepresented. Hosted by the Institute of Engineering and Technology '**Young Women Engineer of the Year 2022**',

Ama Frimpong, will be one of our visitors on Wednesday to celebrate IWD with us. She will be joined by special guest speakers from across multiple STEM-related industries talking about the various career pathways they took, and answering questions. Students can sign up for free via the Eventbrite please see link: [Girls in STEM Talk - International Women's Day Tickets, Wed 8 Mar 2023 at 18:00 | Eventbrite](#)



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.

Any queries email- Virginmedia02@school-outreach.com

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Young Professionals - Females of the Future Work Experience Event - London Leicester Square - Thursday 9th March, 5pm - 8pm

We are absolutely thrilled to invite you to our exclusive all female work experience evening event on Thursday 9th of March at the VUE Cinema in the thriving London Leicester Square. It's one of the most central locations you can get in the West End, so you won't want to miss it!

We have a fantastic line-up of companies attending, with Global Bank UBS, one of the biggest insurance companies in the world Willis Towers Watson, Global Technology Giants BT Group, World Wide Technology and Capgemini, FTSE 100 Property Developer Berkely Group, and more huge names still yet to be announced! We are so excited to share our fully packed agenda with you - it will give you an incredible opportunity to get some invaluable work experience and something fantastic to put on your CV.

You'll have the chance to network with senior female industry professionals and find out more about their roles and experiences. There will also be inspiring talks and workshops from leading women in the Business, Tech, and Legal industry. Plus, you can even win some fantastic prizes (like laptops, and vouchers) just by attending! Come along and take part in this amazing work experience event! You won't regret it - we promise.

Key Details:

- Thursday 9th March 5pm – 8pm, VUE Cinema Leicester Square
- Meet and network with global employers, take part in workshop and panel discussions
- Smart casual dress code is advised, parents / guardians can drop off and pick up only
- Something great to put on your CV and talk about at future job or university interviews

Due to an unprecedented demand for our in-person events (those of you that have been before will know!), we are charging a small fee of £12.00 to attend. This is partly to ensure students turn up, we can't afford for any no shows due to our huge waiting lists. Please do book now if you are interested in securing a space – places will be given out on a first come first serve basis.

Booking Link:

<https://www.surveymonkey.co.uk/r/Female-Event-Lonodn>



Opportunities at Haslers, Chartered Accountants & Business Advisers, Loughton, Essex

For students who are preparing to enter the world of work and looking to start a career in Accounts, Audit or Tax.

Register your place for our open evening on

THURSDAY 23 MARCH 2023

16:30 - 18:30

@HASLERS, LOUGHTON

<https://www.eventbrite.co.uk/e/haslers-student-careers-event-tickets-559354974787>

Come along to learn all about our apprenticeship opportunities starting this summer. Meet our Trainee's and learn more about the exciting career opportunities at Haslers

Here are new apprenticeship opportunities with leading companies:



[Explore opportunities with Zurich](#)

Location: Nationwide

Deadline: 19 March 2023 - Quick! Only 2 weeks left to apply!

Latest opportunities: Opportunities for students interested in IT, Marketing, HR, Customer Service, Insurance, Underwriting and Claims. Various apprenticeships from Level 3 – Level 6



[Explore opportunities with Lloyds Banking Group](#)

Location: Newcastle and Greater London

Deadline: March 2023

Latest opportunities: Are you interested in making a real impact in banking and finance? Apprenticeship available across Audit, Commercial Banking, Corporate Treasury, and more!



National Audit Office

[Explore opportunities with National Audit Office](#)

Location: Newcastle and Greater London

Deadline: 27 March 2023 - Quick! Only 3 weeks left to apply!

Latest opportunities: Begin your accountancy career on the 2023 Apprentice Accountancy Scheme

Ms Finlay, Careers Coordinator

REDBRIDGE **SCHOOL-AGED IMMUNISATIONS CLINICS**

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 or call on 0203 343 2400

- **HPV: Year 8**
- **DTP & MeningitisACWY: Year 9**
- **MMR: Rec – Year 13**

Date	Time	Venue
Tuesday 28th February	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 16th March	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 28th March	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6th April	12:00pm – 3:00pm	Fullwell Cross Library
Tuesday 25th April	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 11th May	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 23rd May	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 8th June	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 20th June	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6th July	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 18th 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



HELP FEED A CHILD THIS EASTER

Many families are not eligible for free school meal vouchers but will struggle to feed their children this Easter

Just £20 will provide a child with food vouchers during the Easter school holidays

To donate any amount to help our cause, please visit our GoFundMe page:

<https://www.gofundme.com/f/help-feed-a-child-this-easter?qid=c1550edac4ef2dc82487ffa12d2607d3>



London Borough of
Redbridge





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
	UAI Choir – All Years: SDE	1.00 – 1.40p.m.	S5
	Football – Years 9, 10 & 11: LBU/CSC	3.20 – 4.20p.m.	Playground
	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

THE Wednesday WORD



SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

Each year on the second Sunday of Lent, we read about Jesus' transfiguration. Often in the Bible, mountains are described as sacred places. The encounter in this Sunday's Gospel took place on the holy Mountain - Mt Tabor.

This was a sacred moment and an encouragement to the three disciples too. For the first time they received a glimpse of the awesome divinity of Jesus and also a hint of the heavenly glory which God had prepared for them too.

Wednesday 1st March 2023

The change in the way Jesus looked (his transfiguration), the extraordinary appearance of Moses and Elijah (who had both died many years earlier) and hearing the Father's voice from heaven, would have encouraged Jesus in his mission - to spread the Good News.

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

Dom Henry Wansbrough



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

THE GOSPEL IN CHURCH Sunday 5th March 2023



Jesus took with him Peter and James and his brother John and led them up a high mountain. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. "Lord," he said, "it is wonderful for us to be here!" He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, "This is my Son, the Beloved; he enjoys my favour. Listen to him." When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. "Stand up," he said, "do not be afraid." And when they raised their eyes they saw no one but only Jesus. Then Jesus said, "Tell no one what you have seen until the Son of Man has risen from the dead."

Adapted from Matthew 17:1-9

The 2nd Sunday of Lent, Year A

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

"May the Church always be a place
where everyone can feel welcomed,
loved and encouraged." Pope Francis



HAVING FAITH
IN YOUR FAMILY

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

There are times when we all need encouraging: that is, to be inspired with courage and to have our hope renewed, especially when we are going through difficult times. If, like the disciples in this Sunday's Gospel, we too listen to Jesus, we will experience the encouragement that God offers freely to each one of us – today.



1 Our Special Time Together

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

Peter, James and John went with Jesus to pray on a mountain top. While they were there, Jesus was transformed. His face shone like the sun and his clothes became as white as the light. Suddenly, Moses and Elijah, the great teacher and the great prophet of the Old Testament, appeared and were talking with Jesus. Then a bright cloud covered them with shadow, and from the cloud there came a voice which said, "This is my Son, the Beloved. Listen to him."

How did Jesus look when he was transformed on the mountain top? Which words stood out for you in this Gospel, and why? What does the picture make you think about?



2 Wednesday's Word is ...

ENCOURAGEMENT

3 Loving God & Each Other

"With God we can do great things. Jesus is always ready to encourage and support us."

Pope Francis

When we listen to and follow Jesus, our lives are transformed. We grow in faith and love and we are filled with words of encouragement. Ask your child what 'to encourage someone' means to them. Who encourages them and keeps them going when they find things difficult? How does it feel to be encouraged? Has your child ever encouraged anyone? What did they do?

By showing them his inner glory, Jesus encouraged the disciples.

Just like Jesus and the disciples, we all need encouragement. Do you know anyone who may need your encouragement? Each of you choose a way to encourage someone at home, at school or in the community during this Lenten season. Perhaps you can: offer words of support; let someone know when they are doing something well; give someone a helping hand if they are struggling; support and encourage each other in keeping CAFOD's Lent Fast Day this Friday (please see the feature below).



Dear Lord Jesus, thank you for coming to strengthen and **encourage** us. Help us to be more like you – to be an **encouragement** to those around us. Amen.

Gospel Gallery

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

WEDNESDAY WORDSEARCH

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

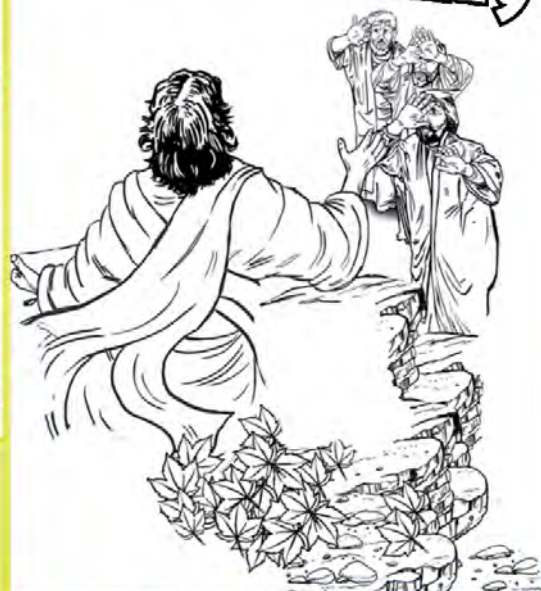
- ☒ JESUS CHANGED ☒
- ☐ FACE SHONE ☐
- ☐ MOSES ☐
- ☐ ELIJAH ☐
- ☐ CLOUD VOICE ☐

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

Cross out the letters **d a h** in the jumbled words below to find 4 real words.

Sohnad Frodmah Lidstahen havodice

_____ the cloud there came a _____ which said,
"This is my _____, the Beloved. _____ to him."



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



This Friday is CAFOD'S Lent Fast Day.

Why not do something special this Lent and encourage some of the world's poorest people?

Find out more at cafod.org.uk/primary



Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....
.....



For more, see: wednesdayword.org and cbcew.org.uk