



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News – Issue 21

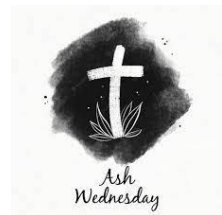
24th February 2023



Dear Parents/Guardians

Headteacher's Headlines...

This week, our school commenced the season of Lent with Ash Wednesday services for all pupils, led by our Chaplain, Cleo. The service provided a time of reflection, prayer, and sacrifice, which we believe is vital for fostering spiritual growth and development in our students. Pupils from Year 7-13 attended the services, and those who wished to receive ashes, as captured in the pictures below. We are immensely proud of our students for their reverent and respectful demeanour throughout the service.



I would like to express my gratitude to all the parents and carers for supporting our efforts to enhance the uniform policy compliance among all pupils at the academy. The two-week reminder period before half-term was very effective, and we were pleased to see pupils responding positively to it. As part of our continuous improvement, we are updating the uniform guidelines on the school website to provide clearer expectations and help pupils avoid demerits. Once again, thank you for your cooperation and support in ensuring that our pupils present themselves well and are prepared for success.

Thank you to all the parents/carers who attended the Year 7 Progress evening last night. We are looking forward to the **Year 9 Progress Evening on 8th March.**



Two more dates for your diary to make note of... **Options Evening for Year 9 on 21st March**, and we are hosting our first parent and carer **coffee morning on Thursday 9th March from 9am to 11am.** Mr Challis (Deputy Headteacher Pastoral), Dr Nguyen (Deputy Headteacher Curriculum) and I will host this event. The aim is to give parents and carers an additional opportunity to come to the school to discuss issues and concerns or to celebrate successes.



With exam season on the not too distant horizon, students in their final years of study begin to realise the significance of the upcoming exams. While some may experience anxiety, others feel excitement as they recognise the need to focus and work hard. Our goal is for all students to strike a healthy balance between work and leisure, enabling them to achieve their full potential. Please encourage your daughters to plan their study time efficiently and prioritise self-care to promote their well-being and ensure they can maximise their achievements. We will be guiding them over the coming months to support them to be their best! (coping statements below!!)

Finally, I am very sad to share with you the news that we lost a member of our cleaning staff during the half term. Please pray for the repose of the soul of Antonio Paixao Neto. We have sent condolences to his family but I hope that you can keep them in your prayers.



Eternal rest Grant onto him Oh Lord and let perpetual light shine upon him. May his soul and the souls of all the faithful departed, rest in peace. Amen

Best wishes for the week ahead, God Bless

Ms F Stone

headteacher@uai.org.uk

Coping Statements

Anxiety can make us talk to ourselves very unkindly. When you find yourself talking to or about yourself less kindly than you would treat a friend, try replacing your thought with a coping statement instead.

Coping statements acknowledge our anxiety and how we're feeling but also acknowledge that we CAN do this.

Here are some to get you started:

- **I'm anxious, but I can manage**
- **This feeling will pass**
- **I've done it before, I can do it again**
- **It's okay not to be okay**
- **Mistakes are like teachers, they're how I learn**
- **Anxiety feels horrible but it won't hurt me**
- **I am more than my anxiety**
- **I chose not to engage with these thoughts**

add a few of your own



EXAMS INVIGILATION

Do you know of anyone who might be interested in Invigilating during the exam season?

(2nd May 2023 to 23rd June 203 inclusive)

Rate of pay - £10 an hour plus holiday enhancement

If so, please can you ask them to contact the school. Details are below: -

applications@uai.org.uk – HR Officer – 0208 554 1995 Ext 241



Newsletter Contents this week:

Chaplaincy, Pages 3 – 7

Geography News, Pages 7 - 9

Jack Petchey News, Page 9

Library News, Page 10

Music News, Page 11

MFL News, Page 11

Redbridge Foodbank News, Page 12

STEM News, Pages 13 - 15

Careers, Pages 15 – 18

Online Safety News, Page 19

Free School Meals News, Page 20

Extra-Curricular Clubs, Pages 21 - 22

The Word, Pages 23 - 24



Chaplaincy News



Pope Francis@Pontifex – 23rd February 2023

#Lent is the “favourable time” to return to what is essential, to divest ourselves of all that weighs us down, to be reconciled with God, and to rekindle the fire of the Holy Spirit hidden beneath the ashes of our frail humanity.



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

February: Esteem

24th February: Encourage them to go forward willingly.

25th February: Let them hold this as most certain: that they will never be abandoned in their needs.

26th February: In time of great need, true friendship is recognised.

27th February: If you see one faint-hearted, lift her heart.

28th February: Loving each other and living in harmony together are a sure sign that we are walking the good path.

March: Vigilance

1st March: Keep to the ancient way confirmed by so many Saints. And live a new life.

2nd March: I beg you with all my heart, be like watchful and most vigilant shepherdesses.



Acting with Truth and Integrity.

The church moves into a prayerful period of Lent this week as we prepare for Easter and the Ursuline student profile value we will be considering in school is, acting with truth and integrity.

Integrity in the New Testament refers to honesty and adherence to a pattern of good work. Jesus is the perfect example of integrity. After his baptism, Jesus went into the wilderness for 40 days and 40 nights, during which time Satan came to him at his weakest, to try and break his integrity and corrupt him. Jesus never sinned. He is perfect in his actions and attitudes, completely truthful and always showed a pattern of good works.

We are called to be like Jesus. We were all born with dignity and are worthy of respect and when God works within us, through our words and actions we grow in integrity. We should adhere to the truth and do good works as much as possible- keeping our word and be excellent role models to others in our everyday life. As Christians, we have the duty to fight towards the greater good.

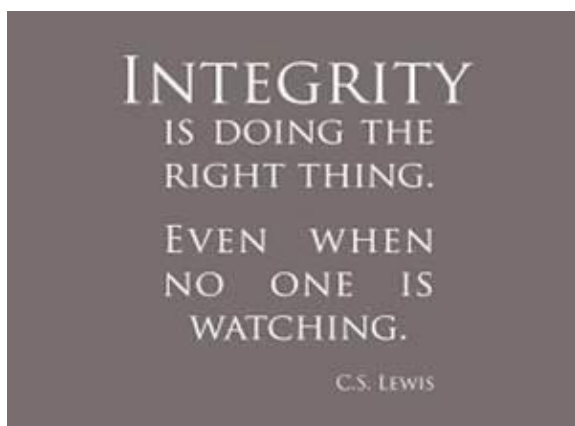
“Speak the truth in love, growing in every way, more and more like Christ” (Ephesians 4:15)

In our society, the ultimate truth is treated like a fairy-tale. An idea that can differ per individual or situation. However, it does give us a way to explain the world around us and the truth is the basis for our decision making. Without it, we are alone. As humans we all seek the truth; truth in ourselves, our capabilities, truth in situations that occur with our family and friends. It is even reasonable for us to search for the ultimate truth in God especially if we consider the hardships and challenge that face ‘our brothers and sisters’ in our communities and wider world today. There is so much injustice and inequalities. Where is the truth?

“Let your yes mean yes and your no mean no” (Matthew 5:37)

True honesty and integrity requires us to speak only the truth. Reflect today upon your own honesty and integrity. When you speak to others do your words flow from the truth from within your heart? When God hears your words, does he see honesty and integrity?

Keep an eye on forthcoming newsletters as we will bring you activities and examples of student activity and work regarding this value.



Mr McGhee, Head of Religious Education

Ash Wednesday Services

Today we, as a school, celebrated Ash Wednesday together. Ash Wednesday is the day that marks the first day of Lent in Western churches (a time of preparing, fasting and praying before Easter) We marked the occasion by having two lovely services in the hall where everyone was invited to come up to receive ashes on their forehead. When we come forward to receive ashes on Ash Wednesday, we are saying that we are sorry for anything that we have done wrong, and that we want to use the season of Lent to correct our faults, purify our hearts, control our desires and grow in holiness so we will be prepared to celebrate Easter with great joy. When the minister marks our forehead with the ashes they often say, "Repent and believe in the Gospel/Good news," or "Remember that you are dust, and to dust you shall return."

We wish all our families and friends a happy and holy Lent.



Prayer for Ukraine



Almighty and Great God, accept our gratitude for your boundless mercy towards us.

Hear the supplication of our afflicted hearts for the land and people of Ukraine, as they confront foreign aggression and invasion.

Open the eyes of those who have been overtaken by a spirit of deception and violence,

that they be horrified by their works.

Grant victory over the powers of evil that have arisen, and bless Ukraine with your gifts of liberty, peace, tranquillity and good fortune.

We implore you, O Merciful God, look with grace upon those who courageously defend their land.

Remember the mothers and fathers, the innocent children, widows and orphans, the disabled and helpless, those seeking shelter and refuge,

who reach out to you and to their fellow human beings looking for mercy and compassion.

Bless the hearts of those who have already shown great generosity and solidarity, and those who prepare to receive their Ukrainian brothers and sisters in Ukraine's greatest time of need.

Bring us together as your children, your creation, and instill in us your strength, wisdom and understanding.

Amen.

(Catholic Bishops of England and Wales)

Philosophy & Ethics Conference

On Friday before half term, the Year12 Philosophy and Ethics group attended a prestigious conference in central London led by Dr Peter Vardy. Many schools were represented as Dr Vardy, formally Vice Rector of Heythrop College and author of numerous



books in the philosophy of religion and ethics, gave a series of very informative, entertaining and challenging lectures regarding a range of A level topics.



Mr McGhee, Head of Religious Education

Chaplaincy Diary Dates



Chaplaincy Diary Dates

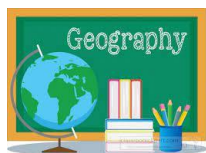
Movie Mondays Every **Monday 12.40 – 1.30pm** in chapel (all are welcome)

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



Geography News

8.J completed a mid-topic assessment where students wrote a persuasive letter to the previous president of Brazil, Jair Bolsonaro. In the letter the students were to explain the causes and impacts of deforestation and suggest sustainable management solutions. The students worked extremely hard on their letters and there were some brilliant submissions. Below are a few I wanted to share with parents and the school community, especially as it is such an important message!

Ms Colder, Head of Geography

“Dear President Bolsonaro,

I am writing to you to discuss the Amazon rainforest, located in the north of Brazil (your country). Now, while I completely understand that the Amazon is under your territory and you do, therefore, have the final say as to its fate and whatever may happen to it is absolutely your decision. However, I must stress to that the Amazon’s importance is greater than just Brazil’s, and deforestation will affect us all on a large and what may be an irreversible scale! Nevertheless, I do think that there is still time for us to change, if we work together and find a mutual understanding and benefit.

The deforestation of the Amazon is happening for a number of different reasons (both necessary and what could also be considered as excessive and unnecessary). The main reason for this is cattle ranching. Statistics show that 80% of deforestation in the rainforest is because the land is used for cattle to graze on. Another main cause of deforestation is mining, as many of Brazil’s underground resources are used in trade and are exported material, and the majority of these grounds are in the rainforest. Another main cause for deforestation is timber harvesting, as the wood from the trees that have been removed can be used for a variety of different things, e.g. infrastructure for homes and other properties.

The impacts of this include a severe effect in climate change as well as a loss of land for both indigenous people and animal and plant species. Climate change for example would show significant impacts, and this is due to the fact that the Amazon is so crucial to the environment. This is because not only is it responsible for 30% of the world’s plant and animal species - and being home to hundreds of different natural

medicines - but if it was not for the Amazon, 86 billion tonnes of carbon would be released into the atmosphere. How would you feel if you were responsible for that change?

This not to say that deforestation should be banned. No, it could absolutely occur as long as it were to be managed in a sustainable way, this could be achieved by:

logging and replanting, this means that for every tree that is cut down, another tree is planted in its place. This is also beneficial for younger trees as there is less competition for sunlight and nutrients.

You could also educate others about the current state of the Amazon rainforest and how its structure will impact local and global communities. By doing this, it will encourage others to be more aware and discuss situations as well as create more realistic and manageable solutions.

Overall, I believe we should try to protect the Amazon because it is essential to our environment, and without it climate change would be much more significant, dangerous, severe and potentially final.

I hope you take what I said into consideration President Bolsonaro.

Yours sincerely”,

Alyssia Baptiste

“Dear President Bolsonaro,

I am writing about the Amazon rainforest which is located in Brazil, South America.

The Amazon rainforest is being destroyed in a huge number of ways! Some of the major causes are logging, agriculture, ranching, mining, and oil extraction. Here is a brief explanation of some of the causes. Ranching is the practice of raising herds of animals and crops on lands. The most common type of ranching is cattle ranching and sheep ranching. To ranch animals, ranchers cut down a few trees every time, which leads to deforestation. Agriculture is the second biggest reason for forest conversion. Since the beginning of colonisation in the 1960s, around 15% of the rainforest was removed for agricultural practices.

Impacts of deforestation include loss of indigenous peoples' lands/houses, polluting rivers and lands, and loss of plant biodiversity. There are also many local impacts, such as the loss of habitat for animals and plants; 25 orangutans die every day because of deforestation. Global impacts include a faster pace of climate change. Another global impact is that if all the trees were to be cut down, 90 - 140 billion tons of carbon dioxide will be released. Also, cutting down trees can destroy animal habitats, like mentioned before. For example, cutting down trees can stop monkeys from jumping between them.

The Amazon rainforest can be managed sustainably, in four ways. One way is logging and replanting. This is the process of carefully choosing selective logging of mature trees to ensure the rainforest canopy is preserved. This method allows the forest to recover because the younger trees gain more space and sunlight to grow. Planned and controlled logging ensures that for every tree logged, there's another one planted. The second method is education. This promotes the value and benefits of biodiversity associated with tropical rainforests. The third way of managing the rainforest

is ecotourism. This encourages sustainable tourism that creates jobs for local people while ensuring that the money generated is used to protect and conserve the tropical rainforest for future generations to enjoy. The final method is international agreements! This means signing agreements to protect tropical rainforests that have been made between different countries through debt-for-nature swaps.

Overall, I believe we should try to protect the Amazon rainforest because all tropical rainforests, such as the Amazon, regulate the composition of the atmosphere and help to fight the effects of climate change by taking in carbon dioxide through photosynthesis and releasing oxygen. They also produce 20% of the world's oxygen!"

Shreshti Gurrapu



Jack Petchey Award Winner

Zunaira Alam in 7T is our January Jack Petchey award winner! Zunaira is a lovely girl who is a perfect example of what it means to be SERVIAM - "I will serve"

Zunaira is incredibly kind and helpful towards her peers and teachers. Zunaira works very hard in school but is also very charitable at home too. Zunaira has a charity jar and regularly donates pocket money to her local mosque which is such a lovely thing to do.

Well done Zunaira. We are very proud of you!



Picture of Zunaria with Ms Eakins, our Jack Petchey Coordinator



Library News

Author Talk at the Central Library Ilford, 10th March



Our Year 7 students have been invited to attend a talk by the author Sufiya Ahmed at Central Library Ilford, to celebrate International Women's Day.

Sufiya will base this talk around her books; *Noor-Un-Nissa Inayat Khan* and *Princess Sophia Duleep Singh*. Students will hear about her dream to become an author, and how she achieved this via previous careers in advertising and in the Houses of Parliament. She will introduce students to both books explaining Churchill and Noor's mission to defeat the enemy in WW2 and Princess Sophia's role in the Suffragette movement. Sufiya is happy to sign books on



the day. Books can be purchased on Parentpay, (only 35 copies available), or from Amazon <https://www.amazon.co.uk/Noor-Inayat-Khan-My-Story/> and <https://www.amazon.co.uk/Princess-Sophia-Duleep-Singh-Story/> or any good bookstore.

Ms Finlay, LRC Manager

On Friday 3rd March UAI will be celebrating World Book Day 2023!

All students and staff are encouraged to come dressed as their favourite book character on the day!



On the day there will be a number of different activities taking place that you can take part in, and prizes to be won!





Music News

On Tuesday evening, Ms Stone, Mr McGhee and I had the pleasure to attend the Parish Shrove Tuesday Concert at St Peters and St Pauls Church. It was a wonderful occasion which brought the community together with one common interest – music! The programme included items from St Aidan and St Peter & St Paul's Primary Schools, the parish church choir, and also solos such as voice, piano and violin of all abilities. Even Fr. Andrew treated us to a piece on his violin. Our own school was represented by our excellent choir with their song 'Draw Me Close' by Kelly Carpenter. Well done girls, great performance! Serviam!



Ms Deller, Head of Music



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!

Ms Delpech, Head of MFL





Redbridge Foodbank

An update on our Serviam efforts

I am very pleased to announce that our partnership with Redbridge foodbank is well under way.

Our first cohort of volunteers will be going to the foodbank on Tuesday 7th March and will bring with them all of our donations so far. They will volunteer for an hour, helping wherever needed! We are very much looking forward to it.

Please do keep donating!

We have made the decision to put a permanent collection point in the chapel so that people can donate items as and when they feel able. These items will be collected and brought to the foodbank when we go to volunteer.

This will be an ongoing thing as we encourage students to think about saving a small amount from what they have or giving up a snack item (not their lunch) on a slightly more regular basis. We also encourage all adults to spare a thought when doing the weekly shopping to see if they are able to add an extra tin or packet for those in need.

Feel free to check your cupboards for items (not just food) that you are not using but please ensure items are **in date and unopened**.

We thank you in advance for your continued generosity.

REDBRIDGE FOODBANK HELPING LOCAL PEOPLE IN CRISIS



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





Work Experience – Like No Other!

Two amazing work experience days during half term introduced **Sumaya, Rianne, Imogen,** and **Anastasia** to the world of work; forget about nine to five this was an early start 7 am on Tuesday to get to their offices in Flitwick! A timetable that covered Finance, R&D, Technical, Marketing, and Customer Service, this was an opportunity to gain some experience and explore the many pathways at Saint Gobain.

Then on Wednesday, as part of their Mayor of London Design future London prize, the day comprised of two site visits the first to the Lendlease offices at Stratford. Listening to a range of different career paths with a tour around their site, soon to welcome the BBC and V&A East, all proved to be a real eye-opener to them. Then a taxi to St Pancras and a rare opportunity to get a peek of Google’s unbelievable new HQ site. The 11-storey building designed to get people back into the office, all with complementary food and drink for its workers, is still under construction. The impressive site accommodating a gym with massages available afterwards, a 205-seater theatre, a three-lane swimming pool, its own 330-metre landscaped roof top garden surrounded by its own 90-metre running track (*not opened to public*) is set to open in 2024. A big thank you to Jennine Samuels, Wendy Norwood and the team at Saint Gobain and to Natalie Wells, Zen Mumtaz and Dave at Lendlease for organising this enriching opportunity. **DT Team**



Imogen-Bess Van Beers 11J: “I recently had the opportunity to spend two days of work experience at the large company, Saint Gobain and the Google site KGX1. I'm so grateful to have been given such a valuable learning experience. Over the course of the two days I

explored several departments and had the chance to see the various job roles required within a large company which provided me with invaluable insights into the working of a success for corporation. During my time at Saint Gobain I was introduced to several departments including research developments, digital marketing, human resources and production. Each department representatives explained their roles, responsibilities and contributions to the overall success of the company”.

Rianne Beno 11J: “My work experience visit to Saint Gobain Weber's Head Office was a very different real-world experience. We were learnt a lot about their job roles in marketing, finance, technical, R&D and even the production plant as well as what their day-to-day role was like which helped us make an informed choice on our career plans. I really enjoyed the whole experience especially building our own Weber wall. Our trip to Lendlease Headquarters provided a wonderful insight into the world of work also, including their plans for Stratford and the issues navigating around and cooperating with the local community. it was very welcoming to see their interest in our opinions surrounding their project ideas. The highlight for me was definitely the trip to the KGXI Google site where the site manager Dave keenly explained about the revolutionary innovative overhung construction of the build outside of America that Google now owns”.



Sumaya Riaz 11T: “The Work experience with both Saint Gobain and Lendlease was such a valuable, insightful opportunity where I learnt lots about life in the workplace. With Saint Gobain I particularly enjoyed learning about the research and development aspect and the science behind bringing a product to life. With Lendlease we went on a construction site for Google’s new headquarters which I found very interesting, as we got to see the architectural designs as well as the engineering behind such a complex and unique building. Two different companies with two different experiences and I thoroughly enjoyed both of them”.

Anastasia Pausey: “It was a very busy day and we did a lot of walking around London. The day started by travelling to the Google Office outside King’s Cross Station where we saw a model of the new building that Google are constructing and that we were going to visit later in the day. Then we travelled to Stratford and had a tour of the new building projects in the surrounding area, it was interesting to hear how they had considered the community in the area when making the buildings, such as trying to reduce wind in the area. After that we went back to King’s Cross Station and we had a tour of the new Google building site, we wore full PPE and were able to see how and why the building was constructed which was very fascinating. Overall, this was an amazing experience, especially if you are considering to do



engineering or construction as a job in the future and I am very grateful that we were able to have this work experience”.



Careers

Skills Workshop

Thank you to Denika and Sara from Wisser Futures, who facilitated a workshop for some of our Year 12 & 11 students this morning.

Denika outlined the purpose of the event, "The skills workshop will prepare you for your future, especially if you're interested in taking an apprenticeship as a next step. We'll be focusing on building up your knowledge of what an application process looks like, and how to stand out from the crowd and secure your dream job."



High praise came from **Mahrukh Ashjag, 11J**

"It was a great experience. I got to learn so much about apprenticeships and the skills needed when doing interviews. Absolutely brilliant, 100% recommended."

The skills in the workshop can be applied to many situations, whether applying to schools, colleges, universities or for work experience, apprenticeships and jobs. We look forward to the next visit from

Denika who will talk more about the paid internships offered by Wisser Futures.

Ms Finlay, Careers Coordinator



Become a Police Constable through the Met's Apprenticeship Programme

As one of the UK's biggest police services, the Met are seeking individuals from a range of backgrounds with the right values to join as a Police Constable through its exciting apprenticeship programme.

Joining the Police Constable Degree Apprenticeship (PCDA) means you will be a paid police officer from day one, learning whilst earning a starting salary of £33,500 (including generous allowances) as well as a fully funded BSc (Hons) degree in Professional Policing Practice on completion of the three-year programme.



Working with the Met is a rewarding career like no other, where those who join will make a difference to the lives of people every day, supporting local communities, tackling serious crime and safeguarding the most vulnerable. Joining the Met's PCDA is just the start of a varied career, where no two days are the same.

Register to join our exclusive webinar with the Met or watch our exciting 5-minute film below to find out more about their apprenticeship programme.

Register for our webinar...

Join the Metropolitan Police on **Tuesday 21st March** between **3.00pm – 4.00pm** to find out more about the Police Constable Degree Apprenticeship. Suitable for **students, teachers/careers advisers** and **parents/carers**.

[REGISTER NOW](#)

Meet Police Constable degree apprentices at the Met

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The global investment bank, [Macquarie](#), has an array of brilliant opportunities for year 12 students, including a university scholarship programme, an in- person insight day, a work experience week, and school assembly presentation. Please can you kindly share this with your students or peers.

Opportunity 1: University Scholarship: Rise To It With Macquarie

Macquarie's [scholarship programme](#) represents a life-changing opportunity for academic Year 12 students from low socio-economic backgrounds and under-represented communities.

Successful candidates will receive:

- A scholarship covering full tuition fees and maintenance loans;
- A work experience week;
- A guaranteed place on Macquarie's **Intern and Graduate Programmes**;

- Career development resources, including access to a mentor, hands-on assistance to set goals and objectives, and a tailored development programme.

Opportunity 2: Work Experience Day in London on 4th April & Work Experience week October half term

Taking place on the 4th of April, this opportunity is for Year 12 students to network with finance professionals, undertake industry project tasks, and learn about pathways into the finance sector. At the work experience day, they will be given the ability to apply for the scholarship and the one-week work experience programme in October. Please keep us updated on any applications you make so we can support and enter you into our Amazon voucher competition

[For more information, click here!](#)

Macquarie

Banking & Finance Work Experience Day (in-person) & University Scholarship: 4th April, London. Closing 17th March, Apply [here](#)

BP

bp Apprenticeships in Business, Software, Engineering, Trading, HR, Aviation, Design, Data, Cyber Security: closing February, Apply [here](#)

Pfizer

Pfizer Apprenticeships in Chemical Engineering, Laboratory Scientist, Research & Business: closing early March, Apply [here](#)

Access free work experience with Pfizer work experience [here](#)

Career Launch Work Experience programme

We're delighted to announce our brand-new Career Launch Work Experience programme in Belfast for Year 13 students and Manchester for Year 12 students. The week-long in-person programme provides

students the experience of what it's like to work at PwC, learning new skills and networking with our people. Applications are now open and we'd encourage your students to apply early to avoid missing out.

[Apply here](#)

Virtual Insight Programme

This summer, we're delighted to be bringing back our Virtual Insight Programme for Year 11 and 12 students (Year 12-13 in NI, S4-5 in Scotland). This three-day virtual programme will provide students with key information and skills needed to make an informed decision about their next steps after school through a range of interactive sessions. Applications are open.

[Apply now](#)

New World. New Skills Spring opportunity

We still have spaces for your school to get involved in our New World, New Skills - Spring Programme, aimed at students in Year 7-9 (or equivalent) from schools with higher than average free school meals. This hybrid programme will take place predominantly in our offices with some content delivered at school, and aims to enhance students' confidence and employability skills.

[Sign up here](#)

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Insurance Apprenticeships across the UK

Zurich Insurance is one of the world's largest and most sustainable insurers and they are looking for **you** to be a part of it! Begin your career in a range of apprenticeships, from Level 3 to Level 6, across **Insurance, Data Science, Operations & IT and Marketing**. Come along and speak to the team at Zurich to find out more and hear from current apprentices.

On: 28th February 2023 at 6.30 - 7.15 pm

For: Students and parents of those in years 10 to 13. Career leaders and teachers are encouraged to join.

[Book your place today](#)



[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: Hurry up! One month left to apply!

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

What Parents & Carers Need to Know about ARTIFICIAL INTELLIGENCE (AI) SOLUTIONS

AI solutions are becoming increasingly popular. Trained on vast datasets of text (such as books, articles and websites) in order to learn patterns and relationships, AI solutions can generate text, images, audio, video, code or synthetic data, and can be used for things such as crafting poems or books, creating digital imagery or delivering video content. Recently there's been significant discussion in relation to the benefits and risks of AI solutions, with many undecided on whether it will be a force for good or potentially reduce the need for some job roles.

WHAT ARE THE RISKS?

ROOM FOR INACCURACY

AI solutions, such as language models, generate their responses purely based on the data they've been trained on, which often comes from sources on the internet. Whilst questions will often illicit relevant responses, if some of the information they've been 'fed' is incorrect, it follows that the answers too may contain factual errors or inaccuracies.

REINFORCING BIAS

AI solutions, such as those generating content or images, can perpetuate existing biases present in the data they were trained, whether through the algorithms written by humans or the content taken from the web. This could easily lead to biased responses and potentially reinforce existing stereotypes, such as those around gender, race or disability.

IRRELEVANT INFORMATION

AI solutions don't have the ability to understand the context or meaning behind a question or a user request. Although highly advanced, the AI relies entirely on the data it's been exposed to and is devoid of independent thought or reasoning, which could lead to irrelevant or even nonsensical responses to queries.

LACK OF ACCOUNTABILITY

Fundamentally, AI solutions are machines or technology programmes that don't have the ability to take responsibility for the responses they generate. This could lead to confusion or misunderstandings in certain cases if the answers are taken as given. For instance, image-generative AIs can lead to output clearly derived from other peoples' content but without any attribution to the original source artist's work.

STIFLING CREATIVITY

One of the potential risks of children and young people continually using AI solutions for things (such as their homework) is that eventually, they might become reliant on it. In the long term, this could potentially impact their development and hamper their ability to think creatively or solve problems independently without the aid of an AI tool.

Advice for Parents & Carers

CREATE A SAFE ENVIRONMENT

If possible, try to be around when your child uses any type of AI solution and employ content filters to try and reduce the chance of profanity or age-inappropriate subjects appearing in responses. As with any kind of technology, it's important to ensure that children are using AI solutions responsibly and to be there to enable opportunities to discuss their use as part of a safe environment.

PROMOTE CRITICAL THINKING

Explain to your child that AI solutions can be used as one of many tools to help them research and learn, but that they shouldn't simply accept the responses they receive as the truth. Encourage them to question, verify and think critically about the information they get back – all of which apply equally to any website or platform they use.

DISCUSS BIAS

Talk to your child about the potential biases that may be present in the data that AI solutions are trained on, and how these viewpoints might find their way into the responses that AI generates. Again, with many things children might read online, it's healthy for them to consider whether the information is factual and presented fairly.

ENCOURAGE HUMAN INTERACTION

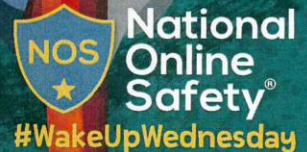
Not only should children supplement any use of software like AI with additional resources such as books and reputable internet sites, but they also should remember what they can learn from interaction with other people. Discussing things with teachers, relatives and friends isn't just an important and often invaluable aspect of learning – it's an essential part of life, too.

CHECK SCHOOL RULES

Make yourself aware of any rules or guidance your child's school might have about the use of AI solutions. Most software is still extremely new, so many schools may not yet have a policy, however, it's important to make sure your child is aware of how to use it appropriately and will be using it for the right reasons.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



Source: <https://openai.com/blog/chatgpt/> | <https://generativeai.net/> | <https://www.mckinsey.com/featured-insights/mckinsey-explainers/what-is-generative-ai>



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	



Wednesday
22nd February

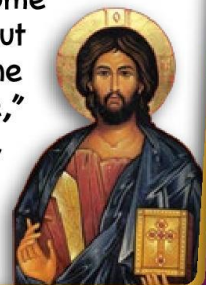


Good News
for Families

1

Enjoy reading this Sunday's Gospel

Jesus was led by the Spirit out into the wilderness. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, "If you are the Son of God, turn these stones into loaves." But Jesus replied with God's word saying, "Scripture says: 'Man does not live on bread alone but on every word that comes from the mouth of God.'" The tempter then took him to the top of the Temple. "If you are the Son of God," he said, "throw yourself down; for scripture says: 'He will put you in his angels' charge and they will come to save you.'" Jesus said to him, "Scripture also says: 'You must not put the Lord your God to the test.'" Next, the tempter showed him all the kingdoms of the world and their splendour. "I will give you all these," he said, "if you fall at my feet and worship me." Then Jesus replied, "Be off, Satan! For scripture says: 'You must worship the Lord your God, and serve him alone.'" Then the tempter left him, and angels appeared and looked after Jesus.



Taken from the Gospel of Sunday 26th February 2023. Matthew 4:1-11 (the 1st Sunday of Lent, Year A)

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



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



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2

Wednesday's Word

LENT



"Lent is a 'powerful' season, a turning point that can foster change in each of us." *Pope Francis*

How many days did Jesus spend in the wilderness? In this Sunday's Gospel Jesus relied on God's word to resist temptation. Lent is a time for us to make an extra effort to listen carefully to God's word, to try and make a change for the better by turning away from things which are wrong for ourselves or others. Ask your child what the word 'Lent' means to them. You may want to tell your child something that you know about Lent. Each of you say if there is anything you would like to start or stop doing this Lent.

"Lent is a time for drawing near to Christ by listening to the word of God and celebrating the sacraments." *Pope Francis*

The Latin name for the season of Lent is 'Quadragesima' which means "forty days" or "fortieth day." This reminds us of Jesus' 40 days of fasting and prayer in the wilderness, where he grew stronger through resisting various temptations. How can we strengthen ourselves to resist temptations throughout Lent? Perhaps we can: set aside a few minutes each day to pray, asking God to help us; read God's word in the Bible or in *The Wednesday Word*; regularly say the 'Our Father' together, thinking carefully about each sentence; go to church together; fast from a meal or snack and give the money saved to charity.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

WEDNESDAY WORDSEARCH



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

WILDERNESS FASTING

TEMPTER APPEARED

JESUS SPOKE

GOD'S WORD

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

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

Cross out the letters **k n s** in the jumbled words to find 4 real words.

monkuths swornkd brekands slivnek
 "Man does not _____ on _____ alone but on every _____ that comes from the _____ of God."

Today is Ash Wednesday.

Catholics throughout the world celebrate Mass today and receive ashes on their forehead to mark the start of the Lenten Season.

Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....

