



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News – Issue 20

10th February 2023



Dear Parents/Guardians

Headteacher's Headlines...

Thank you to the whole UAI school community for all your hard work and support, we have reached the mid-way point in the academic year and what a great year it has been so far. One group I would like to pay particular attention to is our committed Parent & Student Association (PSA). Last Friday afternoon a group of representatives from the PSA met with myself and Mr Challis, the pastoral Deputy Headteacher to discuss a wide range of issues as well as plans for upcoming events.

In the Autumn term the PSA organised and ran a very successful Year 7 and 8 disco which not only was thoroughly enjoyed by all but raised much needed funds. We are in the planning stages of organising an event to celebrate the end of Ramadan and Eid after those observing this religious day have returned to school. More information will be shared in the coming weeks.

The contribution of parents & carers to the school is invaluable and as such ensuring we have many opportunities to listen and gather your views is essential. Before the Christmas break I mentioned that we would host a parent/carer coffee morning I can now announce that we will hold this on **Thursday 9th March from 9am to 11am**. I will be joined by the two Deputy Headteachers, Mr Challis and Dr Nguyen and we look forward to meeting as many of you as can attend. We will publish after the half term more details.

Students have responded very well to our reminders and warnings about how they wear their uniform. As promised last week, I have included below some slides which were shared with 6th form students this week about what they should and should not wear (page 16). Please support your daughters in ensuring they are dressed correctly upon their **return to school on Tuesday 21st February**.

Finally, the dates for the next three teachers strikes are: **Thursday 2nd March, Wednesday 15th March and Thursday 16th March**. We are hoping to invite year 11 and year 13 students to school on 2nd March as well those who receive an invitation due to personal circumstances. During the strike those teachers who are not striking will set work on Satchel at the time they would ordinarily be teaching, therefore it could be the case that some work does not get set until 2.35pm in the afternoon. I appreciate that this is disruptive to all but as a community we are supporting our colleagues in their action. As always if you'd like to discuss any aspects of this further do contact me directly on my headteacher email address.

All that remains is for me to wish you well and hope that everyone has a lovely half term break.

God bless

Ms F Stone

headteacher@uai.org.uk



Ms Stone with members of the PSA



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Chaplaincy News



Pope Francis@Pontifex – 9th February 2023

Now is the time for compassion and for solidarity. We must put aside hatred, wars, and divisions that lead to self-destruction. Let us unite in our sorrows to help those who suffer in #Turkey and #Syria. May we build peace and fraternity in their world.



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

10th February: Have patience!

11th February: You will achieve more with kindness and gentleness than with harshness and sharp rebukes.

12th February: Be gentle and compassionate towards your daughters.

13th February: Tell them that they should want to be united and in concord together, all being of one will.

14th February: Above all keep your heart pure and your conscience clean of every discord and evil suspicion.

15th February: Where there is discord, without any doubt there is ruin.

16th February: Love all equally, because they are all creatures of God.



Last term we celebrated Christmas Jumper Day by bringing in items of food or toiletries for Redbridge Foodbank. This was hugely

successful and as always, we were blown away by the generosity of you and your families who donated to support those who are struggling.

Because this is a cause so close to our hearts, we are going to be volunteering at the foodbank once a month as 6 students at a time will be put on to a rota. We feel that it will be a real learning experience for the students to go behind the scenes and help in a practical way. In addition to this, 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.

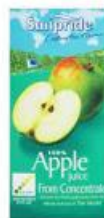
REDBRIDGE FOODBANK

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



Cleo Gammon, Chaplain

LET US PRAY TOGETHER FOR THE PEOPLE OF TURKEY AND SYRIA WHO HAVE BEEN HARD HIT BY THE EARTHQUAKES. MAY WE CONTINUE TO PRAY FOR THOSE WHO HAVE LOST THEIR LIVES, AS WELL AS THE INJURED, FAMILY MEMBERS, AND RESCUERS. MAY OUR CONCRETE AID SUSTAIN THEM IN THE MIDST OF THIS APPALLING TRAGEDY. AMEN.

Franciscus

Chaplaincy Diary Dates



Chaplaincy Diary Dates

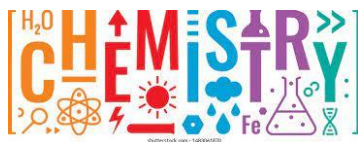
Movie Mondays Every **Monday 12.40 – 1.30pm** in chapel (all are welcome)

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



Chemistry News

Many congratulations to **Elizabeth Ayelabowo 9J**, **Shalome Sutharsan 9J**, **Maariyah Saumtally 10C** and **Lathangi Manokaran 11T** who achieved a Bronze Award for the 2022 Royal Society of Chemistry Mastermind competition. They worked very well as a team attending lunchtime sessions in G8 in preparation for the competition. A big thank you to **Rianne Beno Eric** for supporting the team during their sessions.



Dr Osei-Owusu, Head of Chemistry



Chess Tournament

You may remember in our Newsletter edition of 20th January, we reported on UAI Queen of Chess Tournament which began in November 2022. Students from the whole school were invited to take part in the tournament. Two students – **Lois Graham** and **Sumaya Riaz** got into the final and competed against each other on 20th January, with Lois eventually being crowned winner. At long last we have finally got around to presenting them with their awards!



Mr Fan & Ms Filipe



Drama News

On Thursday the 9th February, two year 9 classes took part in the first round of the annual Guild Play Drama festival. There were many successful plays presented and the girl's talent shone as we watched funny, entertaining, sometimes serious versions of the stories from the old testament – Adam and Eve in the Garden of Eden, Samson and Delilah and The day of Judgement to name a few.

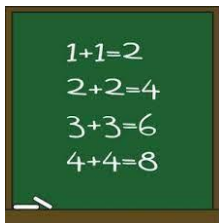
Well done Year 9 cohort of 2023!

Guild Play voting will take place next term with the UAFTA awards assembly to follow in March.





Ms Milne, Head of Drama

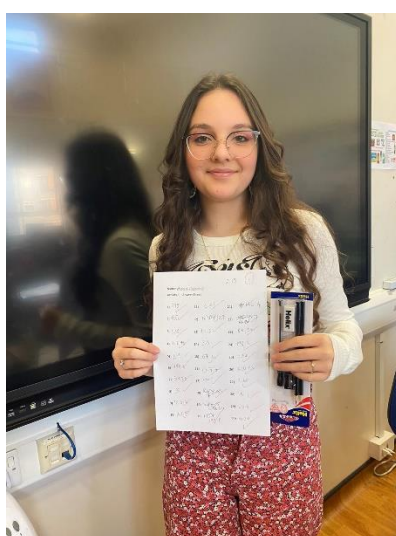


Maths News

On Friday 3rd February, pupils at UAI enjoyed Number Day. Key stage 3 enjoyed a number of exciting activities on the day ranging from Maths Modern Arts, Pointless games and drawing Mazes, Labyrinths and curves of pursuit!

Also, a big thank you to **Munachimso Soloman** (11C), **Iffrah Shafeeq** (11T), **Waania Malik** (11C) and **Layba Shek** (11C) for their wonderful assembly they presented on Number Day to their year group.

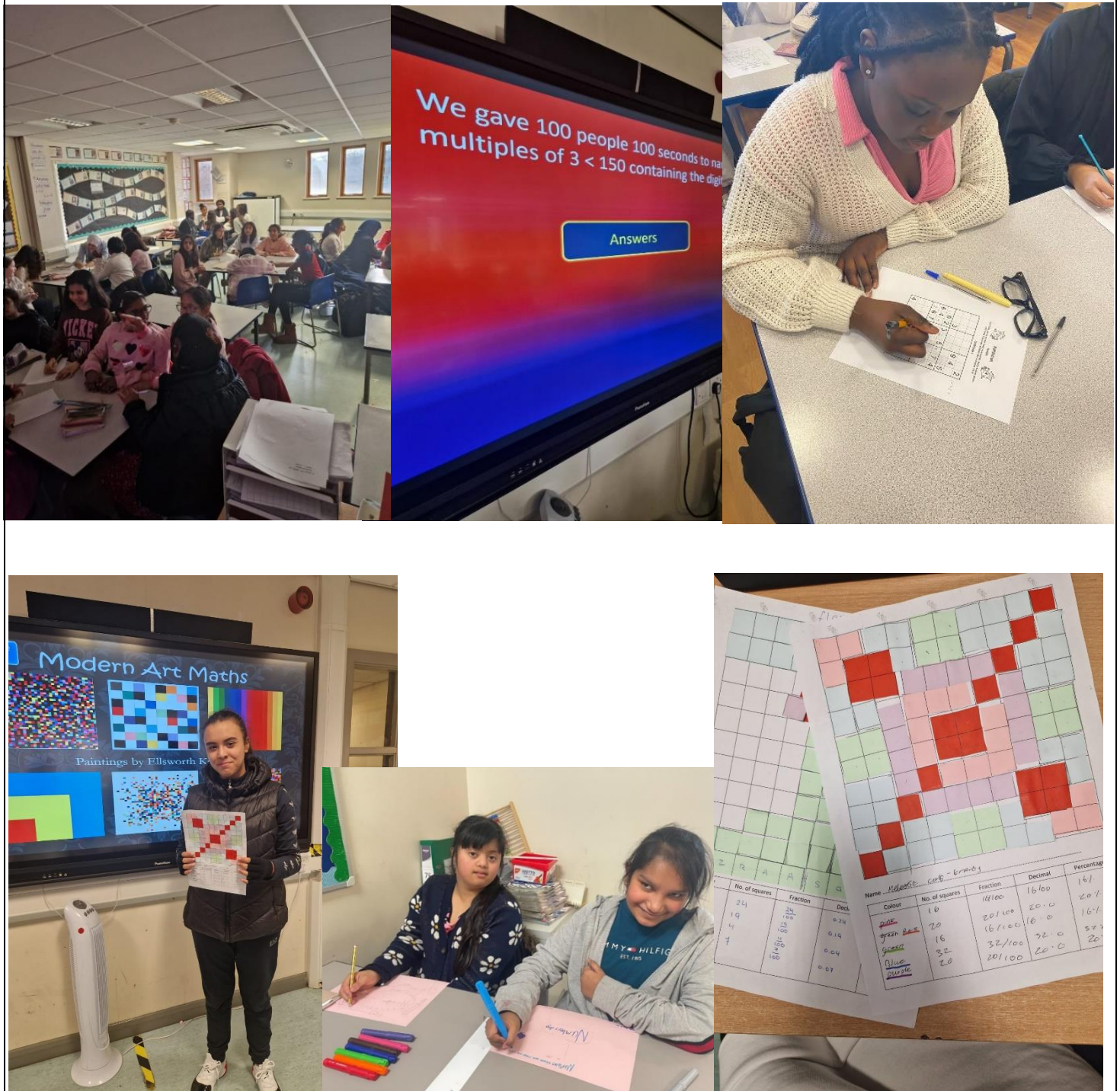
See Below **Bianca-Gabriela Lodina** and **Salwa Husain** who won prizes for completing the quickest.



Bianca-Gabriela Lodina



Salwa Husain



Maths Sets 10A, 10B ,11A and 11B had the opportunity to participate in The Intermediate Maths Challenge (IMC). It encourages **mathematical reasoning, precision of thought, and fluency** in using basic mathematical techniques to solve interesting problems. The problems on the Intermediate Mathematical Challenge are **designed to make students think**. Well done to the pupils that prepared for this task and hopefully we will be seeing some certificates for the high performers!

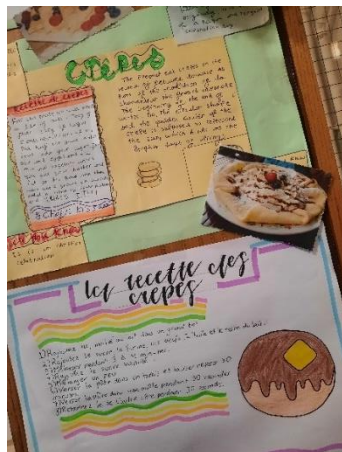
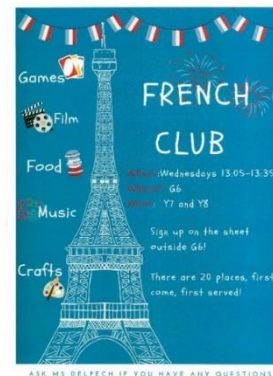
Ms Sondh (Head of Mathematics)



Bonjour les crêpes!

This week, our French students have been celebrating **Chandeleur (Candlemas)** in style and have taken part in 'crêpes' related activities. Miam Miam!

Year 7s created some wonderful posters featuring the crêpe recipe to decorate our classroom door with.



Year



10 also



worked on the recipe and its linguistic challenges but at a more advanced level. Merci **Anjgelina Kurien (10U, left)** who made some Nutella filled French delights for her classmates like **Tahila Kayenga (10C, right)** to enjoy.



I brought some homemade ones filled with raspberry jam to the **French club** which we all enjoyed while watching an extremely professional video by **Shreeshti Gurrapu (8J)**. She filmed and edited a step by step tutorial on how to make and decorate crêpes. Bravo Shreeshti!



Both **Anjolina** and **Shreeshti** received Merits and little Eiffel tower keyrings as prizes as rewards for their exceptional contribution and for going the extra mile.



Ms Delpech, Head of MFL



Music News

Guitar Group have been learning Uptown Funk this half term and are sounding absolutely fantastic! Most of the students started learning guitar in September and are already playing advanced riffs in the ensemble. Their commitment and enthusiasm is amazing! Well done girls! Thanks goes to James Green and Mr McCarthy for their hard work and support with the group and also thank you to Mr Mullaghy who joined us for a few weeks this half term and helped to inspire the girls.



Well done to Isha and Hiru who both gave wonderful piano performances in the main hall assemblies this week. You are both stars!



Ms Deller, Head of Music



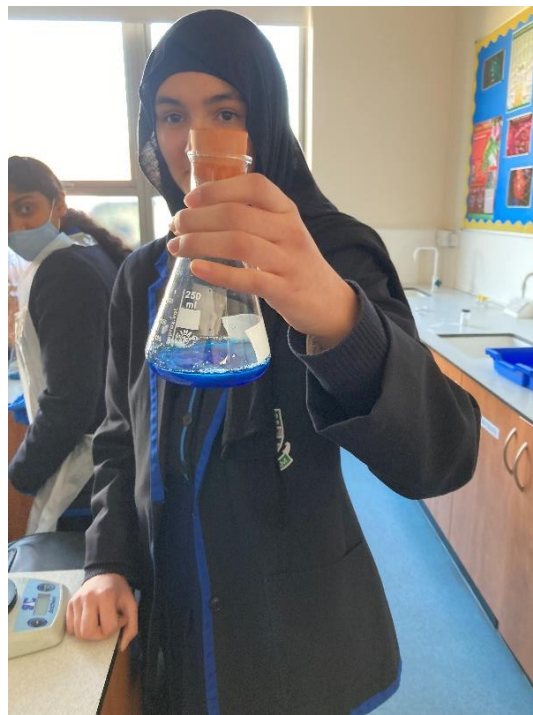
Science News

Science Club Week 13: Magic Bottles!

This week the girls made a magic bottle which changed colour. The magic bottle is reversible reaction between glucose and sodium hydroxide. When you shake the bottle, it turns blue and when you let it rest it turns yellow. Can you think of any reversible reactions that you do in your home?

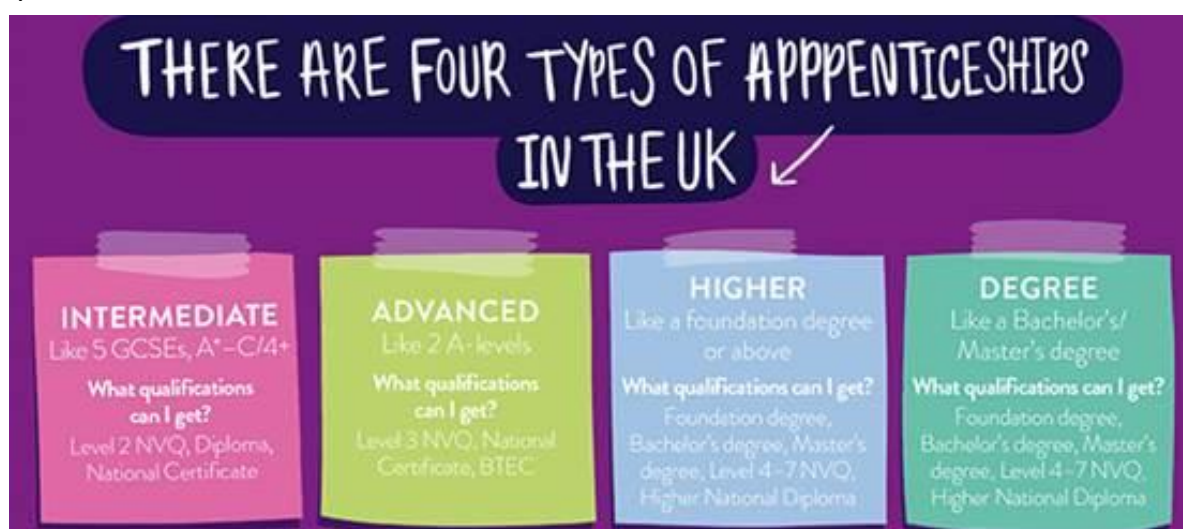
Thanks to my helpers *Lily* (Yr. 9), *Laiba* (Yr.12) and *Ms. Agudelo*

Mrs Bharaj



Apprenticeships:

This week was National Apprenticeship week which is a weeklong celebration of apprenticeships across England. It runs from Monday 6 February to Sunday 12 February and aims to raise awareness of the many benefits apprenticeships can offer you. A representative from the National Grid delivered an inspiring assembly on Monday and students have been exploring the wide and varied world of apprenticeships in form this week. If you are interested in finding out more, you visit the [National Careers Service](https://nationalcareersservice.gov.uk/) website which has a wealth of information, videos, and search tools to support young people in applying for apprenticeships. You'll find some great advice where you can hear from real life apprentices, find out where your skills can take you, learn more about different companies or sectors and work out the right route for you.



Pathways CTM are offering free support with apprenticeship applications over half term. They are now offering students the option to book a **15-minute session** with Max every Tuesday, Wednesday and Thursday during term time. These sessions are for students wanting support with applications, interviews, CV's etc. Students can book their session by emailing student@pathwayctm.com.

Finally, you can visit the online [Apprentice Arcade](https://apprenticearcade.co.uk/). It's a brilliant new resource of interactive games which will provide fun ways for students to explore and learn about apprenticeships. We thoroughly recommend a visit to this fun resource.

Please look out for more information and useful documents on Satchel One and if you require any more information, please email the school, or get in touch with either one of the Heads of Year (Ms Catungal – Year 12, or Ms Basi, Year 13).

UCAS:

Year 13 have all completed their applications for UCAS and are waiting patiently for offers. An email was sent out earlier this week to Parents and Caregivers with information on what comes next, and how to

respond to offers. Please look out for this and if for any reason you did not receive it, we'd be happy to send you out another copy.

Half Term:

After half term, students will need to ramp up their study in preparation for important exams (Year 13 will be sitting external exams in May and Year 12 will have Qualification for Entry Exams). Over half term, students have 9 days without a school structure which could be used to really help prepare for the term ahead. York University suggests that to be successful, students should follow the rule of 8. 8 hours sleep, 8 hours work and 8 hours of free time. We challenge students to do this and see if it has an impact on grades next term. Keep a log of what you have done, make a note of your level at the beginning of the week and then just before you return (see picture below). The aim is to be a 3E but any movement up is great! Can you show your Forms Tutors and Head of Year your progress on your return. Prizes for the most consistent and productive of you!



**February Half term
9 Day Challenge**

Over half term you have 9 days without lessons!

Rule of 8
8 hours sleeping
8 hours studying/
revisiting learning
8 hours – your time

Plan Your Revision
“If you fail to plan you plan to fail”
Make sure you know how you are going to revise, what you are going to revise and when you are going to revise it.

Be Positive

- Plan small steps to feel good throughout the day.
- Tick off your tasks as you go.

Look After Yourself

- Eat nutritious food that releases energy slowly
- Drink water instead of sugary drinks
- Sleep – it is important for memory and emotional health
- Take regular exercise

The poster features a background image of a student writing in a notebook. It includes icons of a green alarm clock and a stack of colorful spiral notebooks.

Learning is a transformational process

Revision needs to turn the information into another format, keep practising recall & exam questions using mark schemes



What level are you?

Aim for 3e!

Level 1 – I **read** through my notes

Level 2 – I **make notes** from what I read

Level 3 – I **transform** my notes into another format e.g. diagrams, lists, mnemonics, flash cards, tables

Level a – I answer **past questions** but avoid hard ones

Level b – I answer **hard past questions** until I get it right

Level c – I use **mark schemes** to help me improve my answers

Level d – I use **examiner reports** and mark schemes

Level e – I practise **AGAIN and AGAIN** until I KNOW I have got it right & seek support when I need it.

Sixth Form Standards

Please note that after half term there will be a focus on Uniform, Punctuality and Attendance. Please support the school and your daughter on maintaining the high standards that we all expect of students at the Ursuline Academy Ilford.

The Sixth Form Team

6th Form Dress Code

Dress – smart, plain knee-length dress, **no lycra**

Skirt - straight, knee-length skirt, **no lycra**

Trousers - straight trousers (**please note – jeans or leggings are not allowed**)

Blouse/Shirt – black or white (**please note - T shirts or polo tops are not allowed**)

Shoes – smart, black shoes (**please note – boots, trainers or flip-flops are not allowed**)



Sweater/Cardigan/Jacket –
V-neck sweater or cardigan
or smart blazer – **No hoodies, no logos or labels to be on display**

Tights – plain or discreet patterns (**fishnet tights are not allowed**)

Outdoor Wear – plain black outdoor coat or jacket, plain black, white or grey scarf and/or hat.

Jewellery – two small earrings in the lobe of each ear, one small bracelet on each wrist, one small ring on each hand, one small chain





'Pre-Loved' Uniform

As you may be aware, part of the Government's guidance on 'the cost of school uniform policy' is that schools have to ensure that second-hand school uniform is available for parents to acquire. Some schools already have a scheme for collecting in second-hand uniform but like Ursuline, many don't have the space/staff or facility to re-distribute it. Our uniform retailer, Lucilla Schoolwear in Cranbrook Road, has been asked if they can do this for us and some other schools that they sell uniform for, but unfortunately, they don't have the space either.

However, Lucilla Schoolwear has been working with the Sue Ryder charity to facilitate this issue.

Previously charity shops have not accepted donations of school wear because they get so little donated, and they find it hard to place, but now they have agreed to accept second-hand uniform in their some of their shops. They will have a dedicated area in each shop for school wear. This may take some time to catch on, but once parents are aware, hopefully it will be of some benefit. The Charity will be setting up a monitoring system to see how this is working and will report back to us.

We would like to advise you that the **SEVEN KINGS branch of SUE RYDER** will collect Ursuline uniform (badged items and generic school wear, in good clean condition). This will enable parents to go to the correct branch of Sue Ryder charity shop to donate and to buy.

Hopefully this will enable some parents to purchase good quality second-hand school uniform from these shops at a low cost, benefitting both the parent and charity and fulfilling the school's requirement, as we do not have facility in our school to collect and distribute 'pre-loved' uniform.

Thank you to:

Sue Ryder – Seven Kings

633 High Rd

Seven Kings

Ilford

IG3 8RA

020 8597 5834

ALL ABOUT yubo

Online Safety
Shareable by

ineqe
SAFEGUARDING GROUP



Yubo is a livestreaming platform designed to help users meet new friends from all around the world. It describes itself as a "platform that celebrates the true essence of being young" and a space that lets "you just be you." Users can connect with others based on interests, location, or gender. It currently has 60 million users – and counting!

13+

Platform guidelines state users must be over 13 years old to use the app, and everyone under the age of 17 must confirm they have permission from a parent or carer.

YOTI SIGHTING

Yubo was one of the first platforms to start using Yoti Age Scan technology, which estimates the age of a user through photos, videos, and identification provided.

Yubo has TWO communities for users to join:

Both communities let users access the same features and restrict two users from communicating until they become friends. It encourages users to 'multiply' their friends to '100,000,000' by using tags, participating in lives, and commenting on videos – even if they feel uncomfortable.

13-17

18+

Launched in 2015, Yubo is the first major social media platform to require 100% user age verification.

Design elements and features have been created to promote the Fear of Missing Out in users.

Did you know?

FOMO Alert!

Beware of In-App Purchases: Yubucks

This in-platform currency allows users to buy 'Fast Adds' (send up to 500 random Friend Requests), 'Powers' (boost profile popularity), 'Pixels' (exchangeable art), and 'Elite Packs' (offers 4 exclusive features - including the option to message other users before they are friends)

Red Flag! Red Flag!



SEXUAL EXTORTION – There have been multiple reports of young people being harassed to send sexualised images and videos to other users.



INAPPROPRIATE OR ILLEGAL CONTENT – Despite best efforts, there is still the potential for younger users to be exposed to age-inappropriate content.



INFORMATION SHARING – The platform revolves around users sharing personal interests, location, gender, and more with people they don't know offline.



PERSUASIVE DESIGN – This app is designed to keep young people hooked with push notifications, swiping methods, and engagement incentives.



NO PRIVATE ACCOUNTS – While it is not possible to have a private account, there are privacy control options that should be encouraged for young users.

FEATURES



Livestreams

- Up to 10 contributors can participate with unlimited viewers on their stream.
- Comments from viewers create a conversation for contributors to follow.
- Streamers and viewers are able to see profiles and add others as friends.



Friend Finders

- 'Profile sharing' allows friends to introduce each other to other users.
- 'Swipes' lets users swipe through potential friends with tagged interests.
- 'Powers' like Spotlights, Boosts, and Turbos increase profile visibility.



Game on!

- Engage in matches that build rapport and connection with potential friends.
- Livestream games like 'To be Honest' let contributors play alongside viewers.
- Contributors can play with friends or strangers to increase their friend count.



Personalisation Station

- Use tags to highlight interests and attract friends with similar hobbies.
- Buy and display 'Pixels', character portraits that reflect a user's style.
- Show off talents, interests, or random things in lives to curate an image.

Top Tips

Talk about online friendships. Remind the young people in your care that they should only ever share personal details with trusted offline friends.

Turn on privacy settings. Use options like 'Hide my city' and 'Muted words', and 'Swipe settings', as well as blocking and reporting options to stay safe.

Discuss what not to share. This will empower them to say 'no' when they feel uncomfortable, and to know what they should report as inappropriate.

Remind them who they can talk to. Check that your young person knows who their trusted adults are (offline!) to know they can speak to someone.

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Careers

National Apprenticeship Week (NAW) 2023



We were delighted to welcome Denika Millington from Wiser Futures to start our **NAW**, with an excellent presentation on National Grid apprenticeships, to Years 11,12 & 13. Denika and her team will return to hold 2 workshops at the end of February.

In the meantime, she has sent the details of some paid Internships. See Below. This is an excellent opportunity but competition is high so apply as soon as possible if interested.

WISER FUTURES INTERNSHIP 2023

WHEN? EASTER (3RD - 14TH APRIL) SUMMER (24TH JULY - 4TH AUG)

WHERE? OUR OFFICE (BAKER'S YARD) BASED IN LONDON

WHO? WE'RE LOOKING FOR 20 INTERNS IN TOTAL

Apply here: https://jobs.smartrecruiters.com/oneclick-ui/company/Wiser/publication/aeba7012-4275-4bea-8bb9-97aa1a5a99c9/screening?dcr_ci=Wiser



This year's theme is 'Skills for Life'; reflecting on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career. See our guide to



[BT Group to recruit more than 400 apprentices and graduates](#)

BT Group recently announced plans to recruit more than 400 apprentices and graduates for its September 2023 intake, in areas such as engineering, customer service, applied research, and cyber-security.

Here are our top 5 reasons to apply for an apprenticeship:

1. You'll get paid a wage

Apprenticeships are now a gateway into jobs which require higher-level qualifications such as foundation degrees, bachelor's degrees and even master's degrees. You could train as an engineer, a software developer, a solicitor, a nurse - there are even apprenticeships in academia!



Have a look at our guide to the [qualifications you can gain](#) from an apprenticeship.

2. You'll train in a high-skilled job

There is a minimum wage for apprentices, called the apprenticeship wage. This year, it is set at £4.81. It goes up in stages until you get to the age of 23, when it reaches £9.50, so long as you have completed the first year of your apprenticeship. The apprenticeship wage is increased every year. Remember this is the minimum - in practice, many apprentices earn much more.

[Read more on our site.](#)

3. You could get a university degree

If you complete a degree apprenticeship, you will gain a university degree. But unlike with the traditional university journey, you won't graduate with thousands of pounds of tuition fee debt because your employer will pay the costs for you.



Our guide to [degree apprenticeships](#) has the low-down.

4. You'll learn on the job

As an apprentice, you will gain the knowledge and skills for your role on the job. You'll spend most of your time in the office, lab, factory or field, where you will be trained up by experienced colleagues. Depending on your apprenticeship level, you will also study with a training provider, in college or at university, working towards a qualification which will support you in your day-to-day job.

Read about the four different [types of apprenticeships](#).

5. You could work in the industries of the future

Research suggests that technology skills, social and emotional skills and cognitive skills are set to grow the fastest over the next decade (see our guide to the [future of work](#)). Apprenticeships offer you a way into the most employable industries, from [tech](#) and [engineering](#) to [social care](#) and the [creative sector](#).



Take a look at our guide to [7 apprenticeships you never knew you could do](#)

Still undecided? Check out the guides below for more answers to your questions. And you don't need to choose right away! You could apply for university courses AND apprenticeship programmes to keep your options open.

- [Should I apply for an apprenticeship or go to university?](#)

- [How to find an apprenticeship](#)

We've got tonnes of apprenticeships from big employers on the Success at School website, **check them out today** and get applying:

Get Into' Apprenticeships Thursday 09 Feb 2023 | 17:30-20:15

We wanted to share our exciting employer event coming up this Thursday **09/02/23**, at **London Design & Engineering UTC**. This is a 'Get Into' event surrounding Apprenticeships, hosted alongside **KPMG, PwC, and Deutsche Bank**! Students will be able to gain valuable insights into apprenticeships, hear from senior members and current apprentices from each company, ask any questions they may have during the Q&A session and participate in networking throughout the event.

Register here

<https://pathwayctm.com/event/get-into-apprenticeships-national-apprenticeship-week/>

Are you interested in a career in Tech/Financial services? How does the idea of working for a FTSE 100 company sound? On **Friday 17th February 10:00am - 3:00pm**, during the February Half Term, we'll be hosting a **'Women in Tech'** Insight Day with Legal & General at their Central London Office. During the event they will be letting you know all about their Data Analyst and Software Development apprenticeship programmes. This opportunity is perfect for anybody who has an interest in a Data and Tech career or an interest in working for a large Financial services firm.

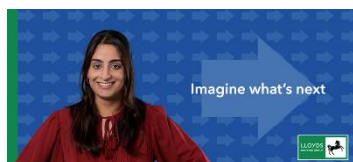
Legal & General provide services such as investment management, pensions and life assurance and their asset management arm are the second largest institutional investment management firm in Europe. They also currently manage assets worth over £1 trillion!

On the day, you will be able to hear from their data and tech leaders, meet their current apprentices and take part in two interactive workshops where you can get an insight into data and software careers and the skills used within these. As this event is a rare opportunity, there are a limited number of places so we recommend signing up A.S.A.P! Please only apply if you can definitely travel to L&G's London office in the February Half Term.

This Insight Day is open to Yea13 Female students who have an interest in technology.

Please apply using the link below:

<https://www.surveymonkey.co.uk/r/W5QWWHW>



At Lloyds Banking Group we're building something special. We've already invested more than £4 billion in our digital transformation, making us the UK's largest digital bank. Now we're continuing that journey, aiming to provide the very best service for our 26 million customers.

Create a new future for yourself, our business, customers, and communities as a Lloyds Banking Group apprentice.

Our wide range of apprenticeship programmes will provide you with all the training, support and mentoring you need to learn about our industry and develop your strengths. More than that, your work

will have a real impact on customers and communities across the country – as part of our goal to Help Britain Prosper.

If you're motivated and forward-thinking, there's a place for you here – as part of a diverse, welcoming workplace where you can be your authentic self. You could be working on the latest digital banking innovations, using data to improve the customer experience, helping us fight fraud, and much, much more. An apprenticeship here is just the start. [Apply now!](#)

LawCareers.Net™

What's the difference between a solicitor and graduate apprenticeship? Find out in the [LCN Says](#). Read our guide to law apprenticeships via the [Feature](#) and note the differences between the apprenticeship route and university with [The Oracle](#)

Experience University of Southampton Residential

18th – 21st July 2023

Our 2023 residential is now open for applications. This year you can join us on campus for a **4-day, 3-night programme**. Giving you the opportunity to experience the academic and social side of university life. You'll learn in an academic environment and join students from other schools and colleges through a timetable of lectures, practical activities and a variety of fun evening social activities.

Subjects on offer: Degree programmes/ Subject areas on offer for 2023: Chemistry, Physics, Mechanical Engineering, Geography, Marine Biology, Oceanography, Biological Sciences, History, English, Modern Languages, Music and Business.

Next steps: This residential is free and open to Year 12 or Level 3 (Year 1) students who meet our academic and Widening Participation eligibility criteria. For more information, eligibility criteria and to apply [click here](#) or use the button below.

[Find out more](#)



Application to Leaf's 2023 online programme

How to choose a degree that helps you help others

A 5-week online programme setting you up to help others, save lives, or change the course of history.

The programme also offers:

- A cohort of smart and curious like-minded people
- Advice and personal statement review from current or former Oxbridge students & admissions staff
- £100's worth of free books of your choice

Dates: 27th February to 31st March, 2023 (finished by most schools' Easter holidays)

Who: Smart, curious, and ambitiously altruistic year 12s currently living or studying in the UK. The programme is for any and all degree types — STEM, humanities, social sciences.

Applications: Apply [here](#) by Sunday **12th February**, 2023

Full details <https://www.leaf.courses/choose-a-degree>



Business, Technology & Accounting Work Experience Event with EY

Work Experience Programme – Year 12

EY's work experience programme, [Smart Futures](#) consists of a 10-month programme which includes paid work experience, interactive employability skills training and mentoring for those in Year 12

Successful candidates will receive:

- A 10-month programme which includes paid work experience, interactive employability skills training and mentoring.
- A work experience week.
- Access to different locations in the UK, including London, Birmingham, Manchester and Glasgow.
- Real experience of the working world during the school holidays.
- Benefit from up to two weeks of employability skills training and interactive workshops, including team-building introductory sessions where you will meet other young people on the programme
- A mentor who will support you throughout the programme and beyond, advising you on your first steps into professional working life or university.

Apprenticeships - Year 13

EY is offering a range of paid Apprenticeships and Degree Apprenticeships in the following areas for Year 13 students:

- Assurance
- Strategy and Transactions
- Tax
- Business Leadership and Management Practice
- Business Consulting
- Digital and Technology

To find out more about how to apply for EY Work Experience and Apprenticeships, please register for our exclusive event where students can meet the recruitment team and young professionals to get dates, key information and top tips on applying.

[Register for Work Experience & Apprenticeships event here](#)

Wednesday
8th February

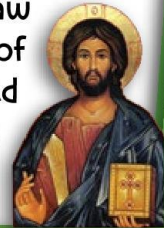


Good News
for Families

1

Enjoy reading this Sunday's Gospel

Jesus said to his disciples, "Do not imagine that I have come to destroy what the Law or the Prophets taught. No, I have come to make them complete - to show you what they meant. I tell you truly, until heaven and earth disappear, not one dot, not one little stroke of a pen, shall disappear from the Law until its purpose is achieved. Anyone who breaks one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever practises and teaches these commands, will be called great in the kingdom of heaven."



Taken from the Gospel of Sunday 12th February 2023. Matt. 5:17-37 (the 6th Sunday of Ordinary Time)

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 **TEACHER**.

Jesus said, "Whoever practises and teaches these commands, will be called great in the kingdom of heaven." *Matthew 5:19*



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



Imprimatur: + Marcus Stock, Bishop of Leeds

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2

Wednesday's Word

TEACHER



"Let us thank all those who teach in Catholic schools.

Educating is an act of love; it is like giving life." Pope Francis

What did Jesus say that people who practise and teach God's commands would be called? In this Sunday's Gospel (taken from the Sermon on the Mount), Jesus teaches us how important it is to follow God's laws; our Catholic schools and parishes try very hard to do the same. Ask your child what the word 'teacher' means to them. Ask them which people teach them about God - at home, at school or in the community. What have they recently been taught about God? Who is their favourite teacher, and why? Perhaps you can tell your child about a person you know who is, or was, a good teacher, and say why.

"The family is where parents become their children's first teachers in the faith. The family's strength lies in its capacity to love and to teach how to love." Pope Francis

It's important to have good teachers. Parents are the first and foremost educators of their own children - others can also teach us so much about what really matters in life. Each of you choose someone who teaches you good and right things, and say a prayer for them. How can we show our appreciation to all those who teach us? Perhaps we can: be a good learner by really listening to what they have to say; do the good and right things they have taught us; simply thank them for being a good teacher.



Dear Lord Jesus, please bless all the people in my life who **teach** me. Thank you for being my friend and **teacher**. Please help me to learn and grow in your love. Amen.

WEDNESDAY WORDSEARCH



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

JESUS TEACHING
COMPLETES LAW
PRACTISE COMMANDS
GREAT HOLINESS

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

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

Cross out the letters

o d m

in the 4 jumbled words to find 4 real words.

owimldl gormedat dotmhe tohmesed

"Whoever teaches _____ commands, _____ be called _____ in _____ kingdom of heaven."

Jesus stood out as a teacher.

Seeing the power and authority of God at work in Jesus' words and actions gave people confidence in his teachings. When we have Jesus as our teacher, we are being taught by God.

Write a promise and then **draw** a big smile on Smiley

This week I will try my best to...

.....
.....



Wednesday
15th February

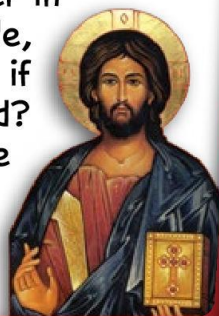


**Good News
for Families**

1

Enjoy reading this Sunday's Gospel

Jesus said to his disciples: "You have learnt how it was said: you must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who are unkind to you and say bad things about you; in this way you will be sons and daughters of God, your Father in heaven. For God causes his sun to rise on good and bad people, and his rain to fall on honest and dishonest people alike. For if you love only those who love you, why should you be rewarded? Even sinners do that! And if you are friendly only to the people you like, are you doing anything exceptional? Even those who do not know God behave like that. You must therefore be perfect, just as your heavenly Father is perfect."



Taken from the Gospel of Sunday 19th February 2023. Matt. 5:38-48 (the 7th Sunday of Ordinary Time)

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 **LOVE**.



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



2

Wednesday's Word

LOVE



"Let us ask the Lord for the grace not to speak badly of others, not to criticise, but rather to love everyone." Pope Francis

What did Jesus say we should do to be sons and daughters of God? Jesus' Sermon on the Mount, which we continue to read in this Sunday's Gospel, is one of the most well-known passages in the Bible and has guided people in the ways of true love throughout the ages. Everyone likes to be loved. Ask your child what the word 'love' means to them. Who makes them feel especially loved: a) at home? b) at school? c) at Church or in the community? When did your child last show love towards someone? How did they show their love?

"The proof of love is in the works. Where love exists, it works great things." Pope St. Gregory the Great

In this Sunday's Gospel, Jesus calls us to do something exceptional: we must love all people, regardless of how they treat us. Life becomes more joyful when we follow Jesus' command to love one another. Each of you decide on something you can do in the coming days to grow in love - to love as Jesus loves. Perhaps you can: show and tell family members how much you love them through unexpected acts of kindness; be peacemakers; pray for anyone whom you may find difficult to like; forgive someone and be friends again. Come and learn more about Jesus' law of love in Church this Sunday. All are warmly invited.



Dear Lord Jesus, thank you for showing us how to love. Please help us to love as perfectly as you love, even when it is difficult. Amen.

WEDNESDAY
WORDSEARCH



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

☒
☐
☐
☐
☐
☐

**LOVE
EVERYONE**
**NEIGHBOUR
ENEMIES**
**BECOME
PERFECT**
**HEAVENLY
FATHER**

☒
☐
☐
☐
☐
☐

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

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

Cross out the letters **i k b** in the 4 jumbled words to find 4 real words.

yibouk LobvieK baiknd tihobske
Jesus said, "_____ your enemies _____ pray for _____ who are unkind to _____."

Write a promise and then **draw** a big smile on Smiley

Jesus' life is a lesson in how we are to be kind and loving to all people - even those people who don't love us in return. In this way we show our own love for God, by doing what Jesus asks of us.

This week I will try my best to...

.....
.....

