



**THE URSULINE ACADEMY ILFORD**

**A Catholic Academy for Girls**

***Weekly News – Issue 18***

**27<sup>th</sup> January 2023**



Dear Parents/Guardians

### **Headteacher's Headlines...**

I want to update you on our efforts to improve the way students wear their uniform at school. We believe that a well-maintained and properly worn uniform promotes a sense of pride and belonging among our students, and sets a positive tone for learning.

We would like to remind you that all students must wear their uniform correctly at all times. This includes wearing the proper attire and accessories in the correct manner and colour as outlined in our school's uniform policy. The vast majority of our students do this and standards are very high at the Ursuline!



Over the next few weeks, we will be monitoring uniform compliance more closely and reminding our students of the rules and expectations for wearing their uniform correctly. We will also be reminding them of the consequences for not following the uniform policy. We are giving our students some time to really appreciate why they must wear their uniform correctly until half term and expect everyone to return to school on Tuesday 21st February with exemplary uniform.

We appreciate your cooperation in this matter and we believe that by working together we can ensure that all students are dressed in a way that is respectful and appropriate for the school environment. If you have any concerns about providing your daughter with the correct uniform please do contact us at [\*\*enquiries@uai.org.uk\*\*](mailto:enquiries@uai.org.uk)

Next week I will publish updated details of what is expected and what is not allowed. Please do have conversations with your child about this at home.

In the Autumn term, I proposed to the Governors the option to introduce school trousers as an addition to the school uniform. After careful consideration, the Governors have agreed to adapt the uniform policy and, starting from September 2023, all pupils will have the option to wear trousers as part of their school uniform.

We are currently working with our uniform supplier to ensure that we have trousers available that complement our existing uniform and are cost-effective for families. The trousers will feature a specific design, reflective of our school. We will be updating you soon with more information on this. It's worth

noting that pupils will still have the option to wear skirts as part of their uniform if they choose, but it will be either/or and not both skirts and trousers together.

Additionally, we are also working with our uniform supplier to set up a recycling service for school uniforms. This service will allow parents to purchase previously-owned uniforms at a reduced rate. We will be updating you in the near future about this. In the meantime, we kindly ask parents to donate any "pre-loved" uniforms to the school, so we can support pupils who require additional items.

You will also see below on page 11 a copy of the letter I sent out to all parents yesterday regarding the upcoming strike action planned for 1<sup>st</sup> February, and the plans we have here in school. We do not like being closed for any pupils in the school but I do want to do what is best and manageable in the interests of the safety and wellbeing of all students and staff. Again, please do not hesitate to contact me if you have any concerns or enquiries.

And finally, we hosted a very successful 6<sup>th</sup> Form Open Evening last night, and we look forward to all attendees joining us in September! We had a draw for a £50 Amazon Voucher open to all who attended, and I am pleased to say the lucky winner was **Kathreena Royce** in 11T!

God Bless!

**Ms F Stone**

[headteacher@uai.org.uk](mailto:headteacher@uai.org.uk)



### Newsletter Contents this week:

**Chaplaincy, Pages 2 - 4**

**Drama News, Page 4**

**Jack Petchey Speak Out Challenge, Page 5**

**Library News, Page 6**

**MFL News, Page 7**

**PE News, Pages 7 - 8**

**Road Safety for Year 7, Page 8**

**Science News, Page 9**

**Sixth Form News, Page 10**

**Vaccination Reminders, Page 10**

**Letter to Parents re Strike Action, Page 11**

**Careers, Pages 12 - 13**

**Free School Meals News, Page 14**

**Extra-Curricular Clubs, Pages 15 - 16**

**The Word, Pages 17 - 18**



### Chaplaincy News



**Pope Francis@Pontifex** – 25<sup>th</sup> January 2023

What is the shortest way to encounter Jesus? Make yourself needy. Recognise your need for grace, your need for forgiveness, your need for joy. And Jesus will draw near to you. #GeneralAudience



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

**January: Trust**

**27th January:** I shall always be in your midst, helping your prayers.

**28<sup>th</sup> January:** Be bound to one another by the bond of charity.

**29<sup>th</sup> January:** Be happy, and always full of charity and faith and hope in God.

**30<sup>th</sup> January:** in God, one has all wealth.

**31<sup>st</sup> January:** God will never fail to provide for all their needs.

**February: Esteem**

**1<sup>st</sup> February:** Among the good and necessary means that God has granted me, you are one of the most important.

**2<sup>nd</sup> February:** These little ones, poor as they are, will find consolation and comfort.



### Pax Christi, Year 13 General RE Lesson

On Monday morning, we, as year 13 had the pleasure of listening to Aisling Griffin from Pax Christi. She started by outlining the history of Pax Christi and Pax Christi international and the amazing work that they do.

Once we understood who they are, we were then challenged to play a fun multiple-choice quiz with really interesting and quite shocking facts about the various countries and their nuclear weapons.

We ended the session by looking at non-violent strategies and brainstorming ways that we can promote peace in our school.

**Jessica (Year 13)**



## 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**



### Drama News

The Year 9 students have been working on set design concepts for their Unit 2 Drama assessments.

The students created visions for their plays exploring the genre of horror. They detailed their ideas for the following production values:

- Stage proxemics
- Set configuration
- Lighting
- Sound and music
- Costume, hair and makeup
- Props and stage furniture.

The work the girls produced was of excellent quality. A well done to the hard- working Year 9's Here are some outstanding examples by the following students:

**Mariam Arbab, Hiruthayani Maheswaran, Zaara Oomerjee, Lilly Patel, Heather Nantongo**

Fantastic work, Keep up the creativity!

**Ms Milne, Head of Drama**





## Year 10 Jack Petchey Speak Out Challenge!

On the 11<sup>th</sup> January the majority of Year 10 had the opportunity to take part in a Jack Petchey Speak Out! workshop in school, where they were taught the skills of how to write and present an engaging speech on a topic of their choice. The topics students chose to write about were extremely varied and individual, but the common theme was an overwhelming interest in current affairs and issues of social justice, ranging from the personal to the worldwide. It was both impressive and inspiring to see how thoughtful and engaged our pupils are, and their desire to share their voice with others to impact change.

While a difficult task, the judges on the day were asked to select the top two speakers from each of our three groups to progress to our in-school finals. The winning school finalists then presented their speeches again to the whole of Year 10 in our Dining Hall assembly last Thursday. All of the speakers did an amazing job and should be so proud of themselves for their efforts!

**Zohal Agahgul, 10U** – Afghan women and education

**Elizabeth Boansi, 10C** – Proud to be Ghanaian

**Azaria Robinson, 10T** – The dangers of discrimination

**Maariyah Saumtally, 10C** – Raising your feminist voice

**Samantha Varon, 10U** – Language as power

**Aaisha Yusuf, 10J** – The middle child

Year 10 were then tasked with the difficult decision of voting for our overall winner to progress to the Redbridge Finals and I am pleased to announce that **Maariyah Saumtally, 10C** was selected as our first-place speaker, while **Zohal Agahgul, 10U** was selected as our runner-up.

Maariyah will now progress to the Redbridge finals, to take place on 15<sup>th</sup> March at Woodbridge High School, and Zohal will also attend as our reserve speaker. It would be fantastic to have as many supporters as possible to attend on the day to help cheer our participants on so we hope to see you there! More details to follow closer to the date.

**Ms Cooper, Head of English**



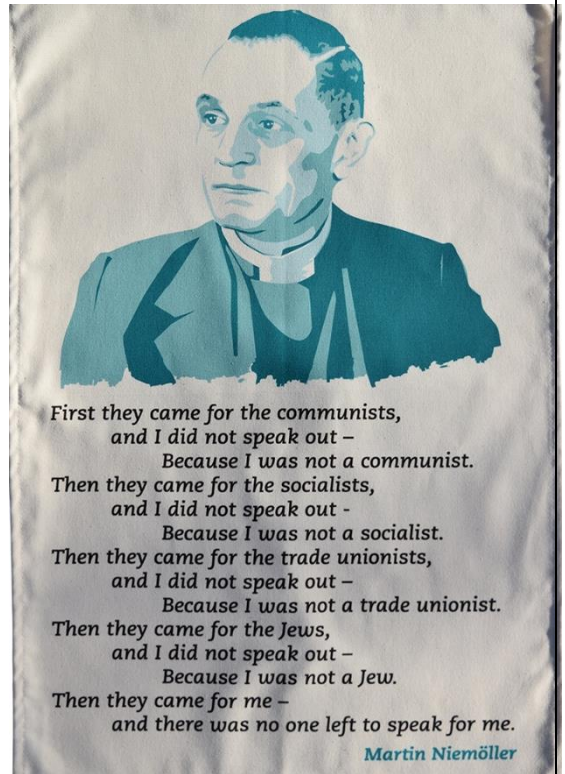


Holocaust Memorial Day (HMD) takes place each year on 27 January to remember the six million Jews murdered during the Holocaust, alongside the millions

of other people killed under Nazi persecution of other groups and during more recent genocides in Cambodia, Rwanda, Bosnia and Darfur.

**The theme this year is 'Ordinary People'**

*"In order to explore the theme of Ordinary people, we will look at some specific categories (perpetrators, bystanders, rescuers). It is important to note that people do not always fall neatly into one of these categories, and that within categories, within sectors, jobs and responsibilities there were a range of responses to what was going on around them"*

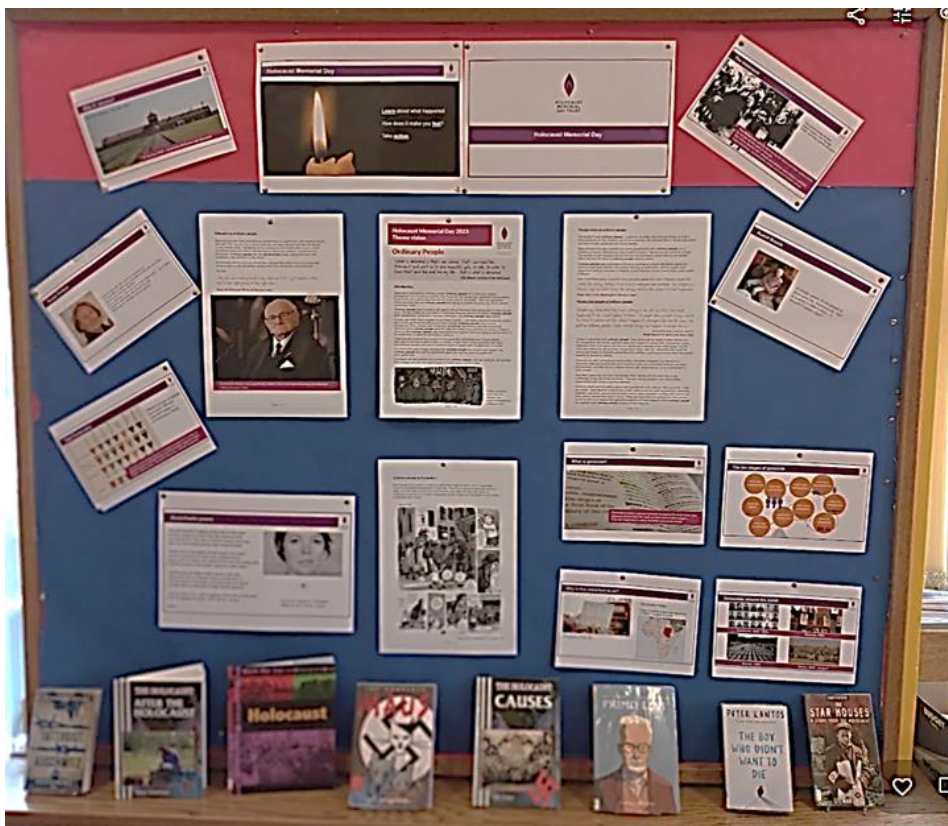


First they came for the communists,  
and I did not speak out –  
Because I was not a communist.  
Then they came for the socialists,  
and I did not speak out –  
Because I was not a socialist.  
Then they came for the trade unionists,  
and I did not speak out –  
Because I was not a trade unionist.  
Then they came for the Jews,  
and I did not speak out –  
Because I was not a Jew.  
Then they came for me –  
and there was no one left to speak for me.

Martin Niemöller

<https://www.hmd.org.uk/what-is-holocaust-memorial-day/this-years-theme/>

**Find out how the Redbridge community will observe the day**



Our Library display commemorates Holocaust Memorial Day 2023.

**Ms Finlay, LRC Manager**





## MFL News

The French Club: Poster competition!

The French club runs from 1:05 until 1:35 pm in G6 on Wednesday. This week, we will be creating posters on 'Le Pont D'Avignon' song for display. The best one will be submitted to a French blog and will receive a Prize! You can still join if you weren't able to join us the previous session.

*Sur le Pont d'Avignon*

Sur le pont d'A - vig - non, on y dan - se, on y dan - se, Fine

Sur le pont d'A - vig - non, on y dan - se tout en rond.

**Ms Delpech, Head of MFL**



## P E News

### Year 10 Orienteering lesson

One of our Year 10 classes have been working really hard these last few weeks during our fitness and outdoor education block this term. This week the class visited Valentines Park to take part in an orienteering task. This required them to go around the park and find the different images on the map and take a photo at each one. As well as a bonus sheet spotting different things as they went around for example: Finding a coot, different leaf textures and a feather. They did extremely well consider the cold weather and the distance they had to cover in mileage to find each picture. Please see picture of our star group who racked up 18 points.

They have been a fantastic class over the academic year so far and are working to a really high level.

**Miss O'Connor-Flew**

**Sumayyah Noor, Hiba Azeem, Aaisha Yusuf and Christina Bradbeer.**



## Year 7 London Youth Games

The year 7 pupils went to Redbridge Sports Centre on Thursday to represent the school in the Year 7 borough rounds of the London Youth Games. The pupils had the chance to play against five different schools in a highly skilled and competitive competition. They showed courage and resilience throughout, with amazing defensive skills from **Oluwafolahanmi Oludoyi** and **Chelsea Osei-Tutu Poku** and strong attacking movements from **Mya Chukwu** and **Skyrah Kurien**. Unfortunately, the competition did not go our way but the determination they have shown was admirable.

**Players player of the match goes to Mya Chukwu**

**Coaches player of the match goes to Chelsea Osei-Tutu Poku**



**Ms Francis**



## Road Safety for Year 7

On Thursday 26<sup>th</sup> January Year 7 were lucky to have a performance from Performance in Education called Streetwise. It gave Year 7 some useful information on keeping themselves safe on the roads and what they should do to make sure they don't fall victim to one of the many road collisions that happen daily across the country.



The performance was highly enjoyable and should hopefully help to keep our Year 7s safe as they travel to and from school.

**Mrs Wood, Head of Year 7**





## Science News

### Science Club Week 12: Snails!

This week for science club the girls observed snails. The girls then calculated the speed of the snails by measuring how fast they travelled in 5 minutes. A snail's average speed is usually 8cm per minute however this time it was only 5cm/min (perhaps because its cold). The girls encouraged the snails to move by giving them some lettuce. Have a look at the pictures. You could do this activity at home using a ruler, timer and a garden snail.

Thanks to my lovely helpers **Lilly** (Yr 9), **Laiba** (Yr 12) & **Miss Agudelo**

**Mrs Bharaj**



Congratulations to **Fatima Hamayum** on completing her Nuffield research report and achieving a Gold Crest award.

The Nuffield research project gives students experiences in conducting practical research in STEM subjects and offers the opportunity to gain key Science, Technology, Engineering Maths and Social Science research skills by engaging in a 2-week on-site Nuffield Research Placement.

Fatima has worked incredibly hard on her project and her Nuffield teacher had the following to say:

As a teacher I found this project a fascinating read. Well researched and you delved into the data in an interesting way.

There are lots of exciting opportunities where KS4 and KS5 can engage with super curricular and enrichment resources that help immensely when applying for University places, apprenticeships and the world of work. The Sixth Form team are able to advise students on what is available to them so please get in touch if you would like more information. A good place to start at home would be to take a look at the following links:

[Welcome to Nuffield Research Placements | Nuffield Research Placements](#)

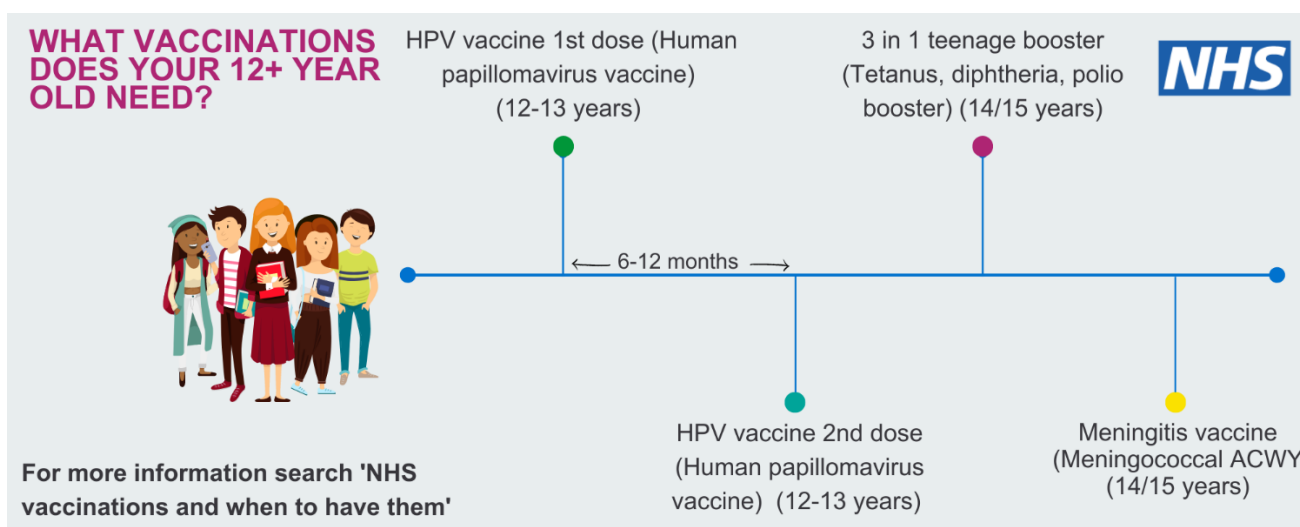
[Speakers for Schools: Access the future you deserve](#)

[MOOC.org | Massive Open Online Courses | An edX Site](#)

[FutureLearn: Online Courses and Degrees from Top Universities](#)

**Ms Basi, Head of Year 13**

### Vaccination Reminders





# THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 – 19 in the Diocese of Brentwood

Headteacher: Fiona A Stone BSc (Hons) MA NPQH



26<sup>th</sup> January 2023

Dear Parent/Carers

We have decided to implement a partial closure of our school on Wednesday 1<sup>st</sup> February.

During this time, we will be inviting Year 11 and a small number of identified pupils into school for in-person instruction, while the majority of students will be asked to stay at home. If your child is being invited to attend school you will receive a separate email from the school regarding this. Staff who are not taking part in the industrial action will set work for their classes on Satchel that day. Where students are not set work, they should take the opportunity to catch up on homework, revise or read a good book.

Many Year 11 pupils will have their one to one meeting for 6th form advice and guidance on Wednesday 1<sup>st</sup> February and there will also be time available for study sessions as well as many of their normal lessons going ahead.

We understand that this may cause some inconvenience, but we believe that this is the best course of action to ensure the safety and well-being of our students and staff. NEU members are taking this action to secure a fully-funded, above-inflation pay rise, as underfunding in education has severe implications for us all. I support all colleagues at the Ursuline in the decisions they have made regarding whether to take strike action or not. The NEU members and all staff are clear this is a dispute with the government and not headteachers.

If you have any questions or concerns please do contact the school: [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk)

Yours sincerely

Ms Fiona Stone  
Headteacher



success in learning for all

Company No: 07737159

Registered Address: Morland Road, Ilford, Essex, IG1 4JU

Tel: 020 8554 1995

Email: [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk)

Website: [www.uai.org.uk](http://www.uai.org.uk)

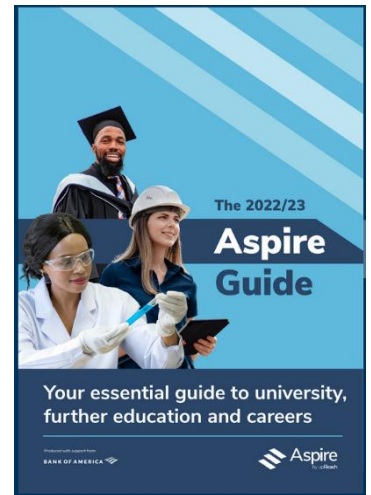




## Careers

To celebrate [National Apprenticeship Week](#) 6th – 12th of February 2023 we will be hosting an Aspire webinar exploring “**Alternatives to University: Apprenticeships and more**” on 7th February at 5pm. Our Aspire webinar series is designed to support state schools sixth formers across the UK to explore their **career and further education** options. Sign up [here](#).

The [Aspire Guide](#) is a great resource to get students thinking about their post 16 options and careers - download your free copy [here](#)



The NHS Allied Healthcare Virtual Work Experience programme is now accepting students in years 10/S3/NI11 - 13/S6/NI14 onto February's session.

Students can participate on Sunday **5th February**:

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

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

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

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

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

Students are awarded a Work Experience Certificate for every session they complete. Those who complete the full 5-month programme will be awarded a Highly Commended Reference from the Presidents of Allied

Healthcare Mentor. These are fantastic additions to their CVs!

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

<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

We would be very grateful if you could forward these details to your interested students so they can participate in the next work experience day on Sunday 6th February. A strong record of work experience is crucial to their application, so we look forward to seeing your students there!

=====

### **Finance & Banking Work Experience & University Scholarships**

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, and a work experience week.

#### **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.

#### **Competition time**

Please let us know if you have applied to any of our opportunities and you'll be entered into a competition to win a £50 Amazon voucher. If you are offered a role, you will automatically be awarded a **£100 Amazon voucher!**

Please apply ASAP for the work experience day via the link below before the deadline of **March 17th**.

[Apply for Work Experience & Scholarships here](#)

*Ms Finlay, Careers Coordinator*



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

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

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

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

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

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

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

It is important to note that:

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

Thank you for your co-operation!





<b>Extra-Curricular Activities</b>			
<b>Day</b>	<b>Activity</b>	<b>Time</b>	<b>Room</b>
<b>Monday</b>			
	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
<b>Tuesday</b>			
	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
<b>Wednesday</b>			
	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
<b>Thursday</b>			
	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
<b>Friday</b>			
	Art Club – All Year Groups: RBU	12.40 – 1.40p.m.	S2
	Multi Games – SS Students (Invitation only): BTEC Students	12.40 – 1.10p.m.	Gym
	Glee Club – All Years: SDE	1.00 – 1.40p.m.	S5
	Running Club – All Year Groups: JMA/NHA	3.20 – 4.20p.m.	Playground/Gym



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



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

Out of his great love for us, God created us to be happy with him forever. The blessings in this Sunday's Gospel, which promise true, lasting happiness, are taken from Jesus' Sermon on the Mount and are known as the Beatitudes.

To be gentle and to mourn means to share the sorrows of others and help them. To hunger and thirst for what is right, and to be prepared to be persecuted for it, needs courage and good judgement. 'Meek' really means un-pompous, genuine.

Wednesday 25<sup>th</sup> January 2023

The merciful don't insist on their rights, but have strength to see the point of view of others and to think of the needs of others as well as their own needs.

Jesus' words would have turned upside down the thoughts that most of his listeners had about true happiness, and maybe they challenge our own ideas too.

Enjoy hearing your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **HAPPINESS**.

*Dom Henry Wansbrough*



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

**"The Beatitudes are Jesus' way of life and they are the way of true happiness."**

*Pope Francis*

## THE GOSPEL IN CHURCH Sunday 29<sup>th</sup> January 2023



Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them: "How happy are the poor in spirit; theirs is the kingdom of heaven. Happy the gentle: they shall have the earth for their heritage. Happy those who mourn: they shall be comforted. Happy those who hunger and thirst for what is right: they shall be satisfied. Happy the merciful: they shall have mercy shown them. Happy the pure in heart: they shall see God. Happy the peacemakers: they shall be called sons of God. Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven. Happy are you when people mistreat you and persecute you and speak all kinds of slander against you on my account. Rejoice and be glad, for your reward will be great in heaven."

*Adapted from  
Matthew 5:1-12 (The 4<sup>th</sup> Sunday of Ordinary Time, Year A)*

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

**"God is the reason for our hope and the source of our happiness."** *Pope Francis*



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



**We all want to be happy, to have a sense of well-being and inner joy.**

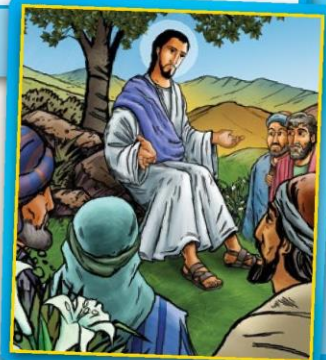
Jesus' Sermon on the Mount teaches us how to discover the true happiness for which we were created. Living in the way that Jesus taught us, knowing that we are loved forever by God our Father and responding to that love by loving others, is the path to everlasting happiness - to live forever with God.

**1 Our Special Time Together**

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

Jesus' disciples gathered around him, and he began to teach them. "Happy are people who know they need God, for the kingdom of heaven belongs to them. Happy are people who are gentle. Happy are people who show mercy, for they will have mercy shown to them. Happy are the people whose hearts are pure, for they will see God. Happy are people who make peace, for they will be called children of God. Rejoice and be glad, for your reward will be great in heaven."

**Who did Jesus say the kingdom of heaven belongs to?** Which words stood out for you in this Gospel, and why? See the Gospel picture opposite. What does it make you think about?



**2 Wednesday's Words are ...**

**HAPPINESS**

**3 Loving God & Each Other**

"The goal of our life is to experience God's own happiness - a gift to every person."

*Adapted from the Catechism of the Catholic Church (nos 1718-1719)*

Ask your child what they think true happiness is. When or where are they usually most happy? What is their happiest memory? When did your child last make someone truly happy? It may help your child if you can tell them when they most recently made you happy (or when you are most happy). True happiness comes from knowing and loving God. Sharing God's love is the happiest way to live.

"Whoever possesses God is happy!"

*St. Augustine*

Each of you choose some little, simple thing to do which will help to create a better atmosphere of happiness in school, the community, or at home this week. Perhaps you can: volunteer to give someone a helping hand; serve your parents and teachers by cheerfully doing what you are asked to do at home and at school; forgive someone who has upset you, and make a fresh start with them; give someone a kind message or a gift.



Dear Lord Jesus, thank you for showing us how to be truly happy. May our family be filled with the happiness which comes from following your ways, so that we can share it with those around us. Amen.

**Gospel Gallery**

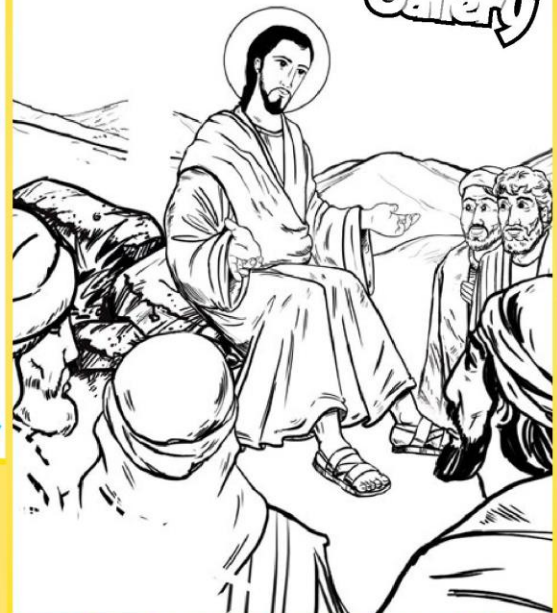
S E D U T I T A E B R  
S T A U G H T U T G H  
E E H E A V E N E D A  
N R J G R E W A R D P  
I N E E U P L A V B P  
P A S P J A W C S E I  
P L U P N E T J V A N  
A H S R R S U S E J E  
H S E L P I C S I D S  
C T D I S C I P L E S  
E B E A T I T U D E S

**WEDNESDAY WORDSEARCH**

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

- JESUS TAUGHT
- DISCIPLES
- BEATITUDES
- REWARD HEAVEN
- ETERNAL HAPPINESS

SUPERSEARCHERS FIND THE WORDS BACKWARDS OR DIAGONALLY



Cross out the letters **b c u** in the jumbled words below to find 4 real words.

kibnugdcm cheaboven Habpucy pebocuple

"\_\_\_\_\_ are \_\_\_\_\_ who know they need God, for the \_\_\_\_\_ of \_\_\_\_\_ belongs to them."

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

**A happy heart is a sign of God's Spirit within us.**

This Sunday's Gospel shows us how to be happy. We don't have to search around for happiness: it comes from within. When we listen to Jesus and follow his ways we are filled with happiness!

Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....  
.....



For more, see: [wednesdayword.org](http://wednesdayword.org) and [cbcew.org.uk](http://cbcew.org.uk)