



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – Issue 16
13th January 2023



Dear Parents/Guardians

Headteacher's Headlines...

This term is well underway now and as you know we are very busy here at the Ursuline with lots of activities. Since I joined the Ursuline, Ms Dellar, our music teacher, has supported me in introducing the singing of hymns in our collective worship assemblies. This week we had not only musicians but lead singers. It is very uplifting to start the day in song together, I'm very grateful to: Ms Dellar, musicians from left to right: **Neveah, Bianca, Tareena & Imogen** on drums. Singers (from left to right): **Heather, Tolu, Rianne & Maya**.



On Thursday 12th January we held our annual 'Brown Envelope day' for Year 11. All pupils received an envelope with their Mock GCSE results and information about 6th form within. All Year 11s will have a 1-2-1 meeting with a member of our Senior Leadership Team before the end of half term to support them with their progression.

We are hosting our **6th Form Open Evening on Thursday 26th January at 6pm.** We are very keen that all our Year 11s attend, there will be a prize draw on the night with a £50 Amazon voucher up for grabs, get your ticket on the evening to be in with a chance to win! You can see the advertisement for the event below!

Another date for your diaries: We will be having a staff **INSET day on Monday 20th February**, therefore all students will return to school on Tuesday 21st February, after the half term break.

Finally, from me this week, I would like to draw your attention to the information regarding Relationships and Sex Education (page 6) and Free School Meals (page 18).



Ursuline Academy Ilford
SIXTH FORM
OPEN EVENING
Thursday 26th January 6pm

Students currently in year 11 and their parents are warmly invited to visit our school and meet our excellent and dedicated teaching staff. Students will have the opportunity to discuss their options with subject specialists as well as experience our school environment and gain an insight into what studying at our sixth form will be like for them. There will be a talk from school leaders at 6pm followed by the opportunity to see parts of the school and meet with our subject teachers.

Further information about the subjects on offer and our entry criteria as well as online application forms can be found on our website: www.uai.org.uk/sixth-form

THE URSULINE ACADEMY ILFORD | Morland Road, Ilford, Essex IG1 4JU | Tel: 020 8554 1995
 Email enquiries@uai.org.uk | www.uai.org.uk

Ms Stone
headteacher@uai.org.uk



Pastoral Deputy Headteacher’s Headlines...

Whilst it has been a positive and busy start to the year, I wanted to reflect on two positive events that happened just before Christmas.

Firstly, I would like to offer my thanks to the members of the PSA who organised a wonderful disco for the year 7 and 8 students that I know was enjoyed by all who attended. It was great to see the girls have the opportunity to celebrate together in this way and the event was a great success. I know that a huge amount of work went into organising and running this event so congratulations and thank you to the PSA.

In the final assemblies of the year, Ms Stone presented several girls with badges reflecting the Ursuline virtues that we all aspire towards. Girls were recognised for displaying particular virtues in a wide range of circumstances and it was great to see them acknowledged publicly. We look forward to presenting more awards in the future. The girls who received awards last term are as follows:

Faizah Shakeel	13.3	Acting with Truth and Integrity
Hiba Ullah	11T	Acting with Truth and Integrity
Alina Prynkevych	10U	Courageous and Resilient

Constance O’Gara	11U	Courageous and Resilient
Mamuk Isak	8J	Courageous and Resilient
Vira Hibliak	8T	Courageous and Resilient
Khadija Khan	7U	Courageous and Resilient
Aysha Patel	11C	Courageous and Resilient
Raneem Ramzan	11J	Courageous and Resilient
Charis Torrance	8U	Discerning and Joyful
Semilore Ogunbajo	8T	Discerning and joyful
Sara Shafique	9J	Discerning and Joyful
Billy-Giwa, Phoebe	7T	Discerning and Joyful
Fola Oludoyi	7U	Discerning and Joyful
Elizabeth Ayelabowo	9J	Faith filled and Hopeful
Tahila Kayenga	10C	Faith filled and Hopeful
Akshaiya Kajansivakumaran	12.1	Faith-filled and Hopeful
Jyotsroop Kaur Johal	12.2	Faith-filled and Hopeful
Javaid, Aafia	12.3	Faith-filled and Hopeful
Bagiyal, Hritika	12.3	Faith-filled and Hopeful
Elizabeth Boansi	10C	Faith-filled and Hopeful
Chantelle Brown	10C	Faith-filled and Hopeful
Awan, Aliyah	12.1	Faith-filled and Hopeful
Shaika Mohammed	12.1	Faith-filled and Hopeful
Aisline Manorajasingham	12.1	Faith-filled and Hopeful
Monika Kazickaite	11U	Grateful and Generous
Fiorella Shayree Hassan	12.1	Grateful and Generous
Alisha Qureshi	12.1	Grateful and Generous
Nereannah Olafusi	13.2	Grateful and Generous
Nicole Dryden-Diaz	13.2	Grateful and Generous
Samanatha Varan	10U	Grateful and Generous
Jessica Darwin	13.3	Grateful and Generous
Karen Mungo	11T	Grateful and Generous
Valerie Akrofi	9U	Grateful and Generous
Chukwu, Mya	7U	Grateful and Generous
Jessica Madu	12.1	Leading for justice
Caitlin Ely	12.1	Leading for Justice
Doves, Isabelle	12.2	Leading for Justice
Muntaha Akbar	12.3	Leading for Justice
Haashini Balaji	8U	Leading for Justice
Anthony, Anaiah	7J	Leading for Justice
Laiba Khan	12.1	Listening and attentive
Lathangi Manokaran	11J	Listening and Attentive
Sara Ar Rumi	9U	Listening and Attentive
Michelle Agudelo Galeano	11C	Loving and compassionate
Imaan Shafiq	7T	Loving and compassionate
Zoya Spence	8J	Loving and Compassionate

Alayna Naci	8J	Loving and Compassionate
Lilly Patel	9J	Loving and Compassionate
Meleka Cox-Brady	8C	Loving and Compassionate
Annabel Idemudia	8C	Loving and Compassionate
Nicole Malwatta	13.2	United in Harmony
Pooja Kaur	13.2	United in Harmony
Abeer Kashif	13.3	United in Harmony
Gabriela Nagadya	8C	United in Harmony

Social Media Use

Unfortunately, we occasionally experience problems in school that stem from students' inappropriate use of social media outside of school. Naturally, where these issues spill over into school life, we will always do our very best to resolve them and support students as necessary. I recently received complaints from several students about unpleasant exchanges on social media where the perpetrator was using a fake account and thus protecting their identity. Whilst I have informed our safer schools' officer about this incident, there is very little that we can do about such activity in practical terms. Whilst we continue to educate the girls about staying safe online and the appropriate use of electronic devices, close monitoring of social media and online activity at home is essential to keeping children safe. I would strongly encourage you to monitor your daughter's online activities in order to safeguard them from the unpleasant and sometimes dangerous aspects of social media.

Mr Challis



Newsletter Contents this week:

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Chaplaincy News



Pope Francis@Pontifex – 13th January 2023

We need daily #prayer, time dedicated to God, so He can enter into our time. We need frequent moments in which we open our hearts to Him so He can daily pour out His love on us and nourish our faith.



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

January: Trust

13th January: In times of great need, true friendship is recognised.

14th January: I have undaunted and firm faith and hope in the infinite divine goodness.

15th January: God alone knows what you need, and can and wants to provide for you.

16th January: Keep to the ancient way and custom of the Church, established and confirmed by so many Saints under the inspiration of the Holy Spirit.

17th January: May you be motivated solely by the love of God.

18th January: God will provide for them wonderfully.

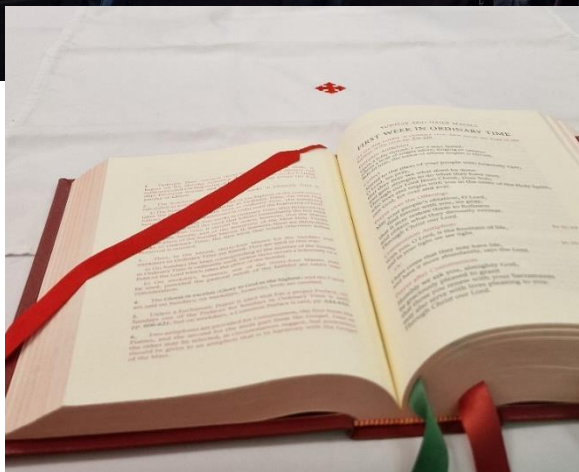
19th January: If you see one timid and inclined to despondency, promise her the blessing of the mercy of God.

Lunchtime Mass

We had a great turn out at lunch time Mass with Fr. Keith on Thursday. We reflected on the leper who spread the word about his healing - "If you want to spread news, tell someone not to tell anyone" lol

Next lunch time Mass is Friday 12th February.

See you there 👍



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



Relationships and Sex Education. (RSE)

During PSHE and RE lessons this half term students in Year 8, Year 9 will have an opportunity to explore a range of interesting and important issues around relationships, marriage and sex education. The school will use the resources created by Ten Ten to deliver a high-quality series of age appropriate lessons. The RSE policy is available on the school website too. Additionally, if you wish, you may log in and view the materials, please the link below. All teaching on RSE is in line with the teachings of the Catholic Church and we use teaching resources that are approved by the Catholic Education Service. If you do have any concerns, please would you contact your daughter's Head of Year in the first instance.

Username: ursuline-academy-ig1

Password: october-feast.

Parent Portal <https://www.tentenresources.co.uk/parent-portal/>

Mr McGhee. Head of Religious Education.



Eco Warrior Club & Biology Club

On Tuesday, the Eco Warriors Club teamed up with Biology Club to create a terrarium! Lots of the stones, leaves, moss and even a few insects in the terrarium were collected from Valentines Park and the school courtyard.







MFL News

The French Club

The French club will still be running from 1:05 until 1:35 pm in G6 on Wednesday. This week, we will be learning and performing a song as well as creating a display. The best one will receive a Prize! Make sure you get there on time as it is first come first served!

Ms Delpech, Head of MFL



Music News

Private Instrumental Lessons at UAI – Notice for Parents

Please remember that in order to secure your daughter's music lessons, payment needs to be made directly to the instrumental tutor at the start of the term before your daughter's first lesson. Our Visiting Music Teachers normally start their lessons on the first week of term, however, they are unable to start if there is a delay in receiving payments.

Cancellations:

At least one week's notice should be given to the tutor if a student is unable to attend a lesson which has already been paid for, although this is down to the discretion of the tutor. If a student is absent through illness and has not given the appropriate notice (*as above*), the lesson will still be charged. If a tutor is absent, the lesson will be postponed or parents/carers can request a refund.

Notice of proposed termination of lessons must be sent in writing by parent/guardian to the music tutor and Head of Music, Ms Deller. You must give 6 weeks' notice to terminate lessons.

Timetables:

Please ask your daughter to make a note of her lesson time in her school diary. Times for KS3 will be different each week as we move to a rotating timetable so that students are not missing the same lesson on consecutive weeks. **The onus will be on your daughter to liaise with her subject teacher to catch up with missed work and to be punctual for her tuition.**

Organisation and commitment:

It is in the best interest of the student, parent/guardian, and music tutor that students are on time to lessons and practice in between each lesson. Practice is very important in acquiring a new skill, and master the skill, and will ensure students get the most out of their lessons. Please discuss the commitment and responsibility that your daughter is undertaking in learning an instrument. We expect that you will support the school as we encourage all young musicians to regularly attend weekly ensemble rehearsals and contribute to our cultural life by participating in extra-curricular performances and liturgical events.

Thank you for your co-operation.

Ms Deller, Head of Music



Redbridge Food Bank

For our Christmas jumper day last term, students were encouraged to bring in a donation of food or toiletries for Redbridge foodbank and as always, our students and families were very generous.

Today some of us made a trip to the foodbank to bring the last of the donations and to see where it all ended up.

Foodbanks around the country are working hard all year round and we are grateful for all they do.



Karen, Chinaza and Genevieve - Year 11



Science News

Science Club: Reward trip to the Science Museum.

This week for Science club the girls attended a trip to the Science museum. The trip was so much fun and the feedback from the girls was excellent:

"This is my first trip at UAI, and it was the first time I had been on tube as well. I really liked looking at all the Aero plane display and my favourite part was looking in the gift shop" by **Ashwine (7J)**

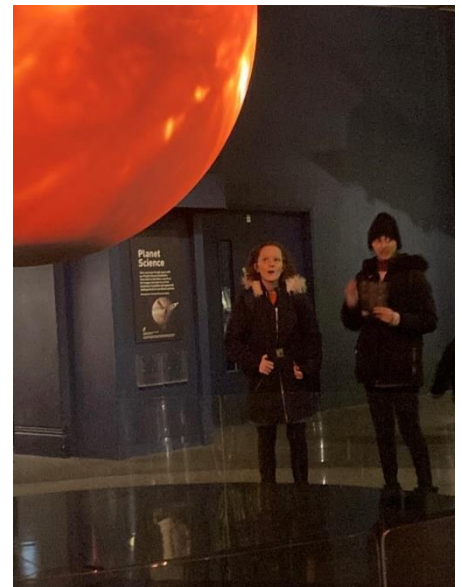
"I loved looking at the Doctor Who display and especially the Daleks and the Medicine section was amazing" by **Charis 8U**

"I enjoyed looking at the Solar system and space display" by **Izza 8C**

Finally, a special thanks to my helpers **Lily (9J)**, **Ms. Agudelo** and **Ms. Hussain**

Mrs. Bharaj





Careers

BBC Careers Live Chat Event - Jan 16th

Discover what working at the BBC is like! This virtual panel event will take a look at what careers are available at the BBC. The panel will focus on lived student experiences of current female and non-binary apprentices and graduates and will have a time for Q&A.

[Click here to learn more.](#)

BBC Work Experience & Apprenticeships Event

**Monday
16th
January**

5-6pm

This event is for students who would like to meet a variety of professionals within the BBC, and learn more about work experience and apprenticeship roles.

Meet and network with a variety of professionals from one of the UK's biggest employers

Learn about careers in Production, Engineering, IT, Finance, Cyber Security & Design

Take part in a Q&A session

Learn about the pathways open to you

Get application and CV advice

Register by 12th January 2023 by 1pm!

Scan the QR Code to register and find out more

<https://bit.ly/BBCJanevent>

There are limited spaces for this opportunity so please register ASAP.

EY Careers Live Chat Event - Feb 20th

Meet our young professionals, get your questions answered, and discover what working at EY is like! This virtual panel event will take a look at what careers are available at EY, one of the world's largest professional services companies. The panel will focus on lived student experiences of current female and non-binary apprentices and graduates and will have a time for Q&A. [Click here to learn more.](#)

Events

[The Student Midwife Experience Festival 2023 Tickets, Wed 11 Jan 2023 at 10:00 |](#)

www.eventbrite.co.uk – [Share](#)

Eventbrite - Maternity & Midwifery Forum presents The Student Midwife Experience Festival 2023 - Wednesday, 11 January 2023 at The Abbey Centre, London, England. Find event and ticket information.

[London Graduate STEM Women Careers Event Tickets, Wed 15 Feb 2023 at 12:00 |](#)

www.eventbrite.co.uk – [Share](#)

Eventbrite - STEM Women presents London Graduate STEM Women Careers Event - Wednesday, 15 February 2023 at Congress Centre, London, England. Find event and ticket information.

[Careers in the Tech industry Insight Session Tickets, Tue 24 Jan 2023 at 13:00 |](#)

www.eventbrite.co.uk – [Share](#)

Eventbrite - Islington Council presents Careers in the Tech industry Insight Session - Tuesday, 24 January 2023 at Bow Community Hub Centre. Find event and ticket information.

[FREE CV & Career Workshop Tickets, Tue 17 Jan 2023 at 10:00 |](#)

www.eventbrite.co.uk – [Share](#)

Eventbrite - Successful Mums Career Academy presents FREE CV & Career Workshop - Tuesday, 17 January 2023 at Oru Sutton, Sutton, England. Find event and ticket information.

[National Student Psychiatry Conference 2023 Tickets, Sat 4 Feb 2023 at 09:00 |](#)

www.eventbrite.co.uk – [Share](#)

Eventbrite - KCL PsychSoc presents National Student Psychiatry Conference 2023 - Saturday, 4 February 2023 | Sunday, 5 February 2023 at Royal College of Psychiatrists, London, England. Find event and ticket information

[Metropolitan Police Careers Insight Session - Hounslow Tickets, Multiple Dates |](#)

www.eventbrite.co.uk – [Share](#)

Eventbrite - West Cluster Outreach Team presents Metropolitan Police Careers Insight Session - Hounslow - Saturday, January 7, 2023 | Saturday, March 4, 2023 at Hounslow, Hounslow, England. Find event and ticket information.

[London Film & TV Job Fair Tickets, Sat 18 Feb 2023 at 11:00 |](#)

www.eventbrite.co.uk – [Share](#)

Eventbrite - Cine Circle UK presents London Film & TV Job Fair - Saturday, 18 February 2023 at York Hall Centre, London, England. Find event and ticket information.

[Spotlight on Architecture and Interior Design Careers Tickets, Tue 24 Jan 2023 at 18:30 |](#)

www.eventbrite.co.uk – [Share](#)

Eventbrite - Careers and Employability Service, London Metropolitan University presents Spotlight on Architecture and Interior Design Careers - Tuesday, 24 January 2023 at London Metropolitan University, London, Greater London. Find event and ticket information.

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How to become a dietitian: Siân's story

Meet Siân, 23, from Chester. She is a community diabetes dietitian in Liverpool.

[Click here to learn more!](#)

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PotMed MMI Intensive

Our PotMed MMI Intensive is a half-day course organised by the Muslim Medics student society of Imperial College London. Anyone is welcome to attend the day. The course is aimed at Year 13 students as well as gap year and graduate entry students who are currently applying for medicine.

The course will consist of a series of interactive tutorials by medical students covering how to approach different types of interview stations, including data interpretation, medical ethics scenarios, role play and more. Then, students will take part in an 8-station mock MMI with individual feedback, all in a supportive environment set to emulate the real thing as closely as possible.

Event Details

- **Date:** Sunday 15th January 2023
- **Time:** Morning slot (8:45-12:30). Afternoon slot (11:45-15:30). The sessions are identical.
 - **Location:** Sir Alexander Fleming Building, Imperial College Rd, London, SW7 2AZ
 - **Event page:** <https://fb.me/e/2p9opjllr>
 - **Ticket link:** <https://bit.ly/potmed22-23>

Agenda

Morning slot	Afternoon slot
08:45-09:00 – registration	11:45-12:00 – registration
09:00-10:45 – tutorials covering types of MMI stations	12:00-13:45 – tutorials covering types of MMI stations
10:45-11:00 – move to rotations	13:45-14:00 – move to rotations
11:00-12:30 – mock MMI with feedback	14:00-15:30 – mock MMI with feedback

If we run any future MMI Intensives this year and you would like to be notified of this, please fill in this form. https://imperial.eu.qualtrics.com/ife/form/SV_6zXZzHr92BpJ4LY

* We provide a limited number of free bursary tickets on a first-come-first-served basis, to students who meet any one of the criteria below. If you think you may be eligible, please do not purchase a ticket and contact us first on mmpotmed@imperial.ac.uk with supporting evidence for any one of these.

- In receipt of free school meals
- In receipt of the 16-19 bursary
- Attend a non-selective state school and both parents did not attend university
 - Enrolled on the Imperial WATCCH programme

Open now!

**Applications are now open for the Government
Economics Degree Apprenticeship Programme**

With over **60 vacancies** available **nationwide**, this is a fantastic opportunity to work in a central government department or agency on some of the most important social, environmental and economic issues our country faces

[Click here](#)

the Candidate Pack for 2023

The pack gives all of the details on the apprenticeship and how the recruitment process works. Download the pack [here](#).



Join the next generation of CBRE property professionals at the world's largest commercial real estate services and investment firm.

In joining CBRE's Next Generation Cohort, you will be shaping the future of Real Estate.

- You will have excellent training and mentoring from industry experts and specialists, who will share invaluable knowledge and experience with you.
- You will be a part of a wider cohort of like-minded young professionals who you will develop with in your career.
- We will give you the opportunity to work on world-class projects, with an unmatched portfolio of clients, so that you gain the knowledge, skills and ability to become the future leaders and our Next Generation of CBRE.

Our apprenticeships will allow you to get first-class industry knowledge and work experience, whilst achieving relevant accreditation at the same time. You will have the next four years of your career path planned out for you and a guaranteed job at the end.

To start your career with CBRE, apply for our apprenticeships today!

[Explore opportunities at CBRE](#)

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Are you creative, curious, collaborative, love to learn and have great ideas? Our Digdata career challenges are for you!



At ITV, we love creating some of the nation's best-loved and most-watched programmes. We connect with millions of people every day, make programmes the public can't get enough of and reflect and shape the world we live in... and we do all this through the power of creativity!

We are a digitally-led entertainment and media company that creates and brings brilliant content to you everyday.

Our data teams require lots of different skills and people to ensure we continue to keep our viewers engaged!

Join us in our live online career challenges to find out the different questions we ask ourselves and the data we use to help answer them.

What's involved?

Register and attend the 45-minute briefing session	Work on the challenge in your own time	Recorded industry assessment
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FIRST STEP CAREER CHALLENGE – Monday 30th January at 4.30pm:

YEAR GROUPS 7-9,

Who should be the main sponsor of Britain's Got Talent in 2023?

Overview:

Britain's Got Talent is a family favourite that sees members of the public show off their unique talents! Each episode sees millions of viewers tune in every weekend, so is valuable advertising time for leading brands to be the shows main sponsor.

First Step Challenge:

Vodafone, Aunt Bessie, and Cadburys are all interested in being the sponsor for 2023, looking at our data which brand would benefit the most and why?

[› CLICK HERE TO REGISTER](#)

On completion of the challenge you will receive a **Certification of virtual work experience.**

NEXT STEP CAREER CHALLENGE – Tuesday 31st January at 5pm:

YEAR GROUPS 10-13

ITVX – Ads or No Ad's that is the question!

Overview:

ITVX is a new platform that launched in November 2022 that offers our viewers the opportunity to watch the channel free, but with regular adverts. We also offer our viewers the opportunity to pay a premium subscription and remove all of the adverts giving you more viewing time.

Next Step Challenge:

It is important for us to give our viewers the best experience, and need your help to answer the following questions using our data;

- What does the viewer profile of an ITVX premium subscriber look like?
- Is there anything we can tell from how they watch programmes on ITVX to help identify them?
- ITV can advertise specifically to these viewers, so who should ITV target and how?

[› CLICK HERE TO REGISTER](#)

On completion of the challenge you will receive a **Certification of virtual work experience.**

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 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
	Contemporary Dance – Years 7 & 8: SFR	12.40 – 1.10p.m.	Dance Studio
	Maths Intervention – Year 11: SAH	12.40 – 1.40p.m.	F15
	Chemistry Club – All Years: JOS	1.00 – 1.30p.m.	G8
	Netball – Year 7: JMA	3.20 – 4.20p.m.	Playground/Gym
Tuesday			
	Maths Club – All Year Groups: TKO	12.40 – 1.40p.m.	S6
	GCSE Dance Students – Years 10 & 11: KKE	12.40 – 1.10p.m.	Dance Studio
	P E GCSE Coursework & Intervention – Group 1: SFR	12.40 – 1.10p.m.	F7
	Badminton – Year 11 & 6 th Form: DEA	12.40 – 1.10p.m.	Gym
	Eco Warriors Club – Years 7 & 8: HCO/JMC	1.00 – 1.30p.m.	G3
	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
	Netball – Years 10/11/BTEC: KKE	3.20 – 4.20p.m.	Playground/Gym
Wednesday			
	Indoor Athletics – Years 7 & 8: JMA	12.40 – 1.10p.m.	Gym
	LGBTQ+ ‘Alphabet Soup’ Club – All Year Groups: HMA/EDO	12.40 – 1.10p.m.	F10
	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.	??
	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
	Trampolining – GCSE PE Years 10 & 11: SFR	12.40 – 1.10p.m.	Gym
	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
	Netball – Years 8 & 9: SFR	3.20 – 4.20p.m.	Playground/Gym
	GCSE Computer Science Catch Up Session – Years 10 & 11: RMI	3.30 – 4.30p.m.	F6
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
	Running Club – All Year Groups: JMA/NRI	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) Contemporary Dance Years 7 & 8 Dance Studio (Ms Francis)	GCSE Dance Students Years 10 & 11 Dance Studio (Ms Keogh) GCSE Coursework & Intervention Group 1 F7 (Ms Francis) Badminton Year 11 & 6th Form Gym (Ms Eakins)	Indoor Athletics Years 7 & 8 Gym (Mrs Mansell)	Trampolineing GCSE PE Years 10 & 11 Gym (Ms Francis) 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 Playground/Gym (Mrs Mansell)	Netball Years 10 & 11 & BTEC PE Playground/Gym (Ms Keogh)	Football Years 9, 10 & 11 Playground (Mr Burt/ Ms Scallan)	Netball Years 8 & 9 Playground/Gym (Ms Francis)	Running Club All Years Playground/Gym (Mrs Mansell & Ms Riaz)



Music Clubs

EXTRA-CURRICULAR MUSIC CLUB TIMETABLE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breaktime		WORSHIP BAND @ 10.40am S5 WOODWIND ENSEMBLE @10.40am Practice Room 3	YR 7+8 UKULELE GROUP @10.40am S5		
Lunchtime	SENIOR CHOIR (Yrs 9-11) @ 1pm S5	UAI BAND @ 12.40pm S5 VIOLIN ENSEMBLE @ 1.10pm S5	JUNIOR CHOIR (Yrs 7-8) @ 1pm S5	GUITAR ENSEMBLE @ 1.10pm S5	GLEE CLUB @ 12.40PM 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,

In this Sunday's Gospel, we return to the beginning of Jesus' mission. The humble witness of John the Baptist gave people a sense that something exciting was about to happen.

John the Baptist is one of the best known saints. He never pushed himself forward. He encouraged his own followers to leave him and become followers of Jesus. His life (and death) witnessed to the truth about Jesus and, because of him, many people came to know and follow Jesus.

Wednesday 11th January 2023

Our schools and parishes are founded in the name of Jesus and they continue to share Jesus' message, giving witness to God's love for all people.

Today, we too can be great witnesses. Enjoy spending a special time together exploring this Sunday's Gospel and this Wednesday's word, which is **WITNESS**.

Dom Henry Wansbrough



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

THE GOSPEL IN CHURCH Sunday 15th January 2023



Seeing Jesus coming towards him, John said, "Look, there is the lamb of God that takes away the sin of the world. This is the one I spoke of when I said, 'A man is coming after me who ranks before me because he existed before me.' I did not know him myself, and yet it was to reveal him to Israel that I came baptising with water." John also declared, "I saw the Spirit coming down on him from heaven like a dove and resting on him. I did not know him myself, but he who sent me to baptise with water had said to me, 'The man on whom you see the Spirit come down and rest is the one who is going to baptise with the Holy Spirit.' Yes, I have seen and I am the witness that he is the Chosen One of God."

Adapted from
John 1:29-34 (the 2nd Sunday of Ordinary Time, Year A)

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

"Let us ask our Lord to help us bear shining witness to his love in every area of our lives."

Pope Francis



THE Wednesday
WORD

CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL

John the Baptist gave witness to what Jesus did and who Jesus really was. Now we too are called to be God's witnesses through living our lives the way Jesus shows us. Everywhere we go we can give witness to God's love - spreading joy and peace.

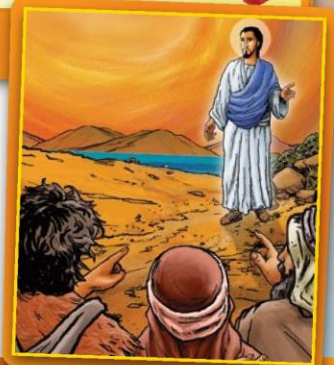


1 Our Special Time Together

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

John the Baptist saw Jesus coming towards him and said, "Look, there is the lamb of God! He is the one who will take away the sin of the world. When I baptised him, I saw the Spirit come down on him from heaven like a dove. God had said to me, 'One day, when you are baptising with water, you will see the Spirit come down and rest upon a certain man. He will be the one who will baptise people with the Holy Spirit.'" Then John said, "I saw this happen and I am the witness that Jesus is God's Chosen One."

What did John the Baptist say that he was the witness to? Which words stood out for you in this Gospel, and why? See the picture opposite. What does it make you think about?



2 Wednesday's Word is ...

WITNESS



3 Loving God & Each Other

John the Baptist witnessed to the truth about Jesus.

Ask your child what the word 'witness' means to them. Which well-known people or saints does your child know who have been great witnesses for Jesus (e.g. Mary his mother, St Joseph, St Teresa of Calcutta, St David, St Patrick)? Who does your child know to be a great witness today (e.g. our present Pope - Francis, a family member, a priest, a teacher, a friend)? Who has recently brought the message of Jesus to your child at home, at school or in the parish?

"Example makes a much greater impression on the mind and heart than just words."

St John Baptist de la Salle

Through our words and especially through our actions, we can be God's witnesses, through living our lives the way Jesus shows us. Choose a special way to be God's witnesses - sharing and showing love to everyone you meet this week. Perhaps you can: be kind and loving in your simple everyday words and actions; pray for help to be a good witness; tell others about the hope, goodness and peace that Jesus can bring into their lives; be fair and generous with everyone you meet.

Dear Lord Jesus, please help us to be your **witnesses** by our love, so that others will come to know The joy of knowing you. Amen.

Gospel Gallery

WEDNESDAY WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

<input checked="" type="checkbox"/>	JOHN	<input checked="" type="checkbox"/>
<input type="checkbox"/>	WITNESSED	<input type="checkbox"/>
<input type="checkbox"/>	HEAVEN	<input type="checkbox"/>
<input type="checkbox"/>	OPEN	<input type="checkbox"/>
<input type="checkbox"/>	JESUS	<input type="checkbox"/>
<input type="checkbox"/>	BAPTISED	<input type="checkbox"/>
<input type="checkbox"/>	CHOSEN	<input type="checkbox"/>
<input type="checkbox"/>	ONE	<input type="checkbox"/>

SUPERSEARCHERS FIND THE WORDS BACKWARDS OR DIAGONALLY



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

Cross out the letters **b d f** in the jumbled words below to find 4 real words.

Jebsfuds Chofbsend sfabwd wiftnbedss

"I _____ this happen and I am the _____ that _____ is God's _____ One."

"May you be witnesses to justice and peace." **Pope Francis**
 Within the Catholic Church, this Sunday (15th January 2023) is known as Peace Sunday. This special day reminds us of the need to be witnesses to peace around our world. Find out more at paxchristi.org.uk



Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....



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