



**THE URSULINE ACADEMY ILFORD**  
**A Catholic Academy for Girls**  
*Weekly News – Issue 15*  
**6<sup>th</sup> January 2023**



Dear Parents/Guardians

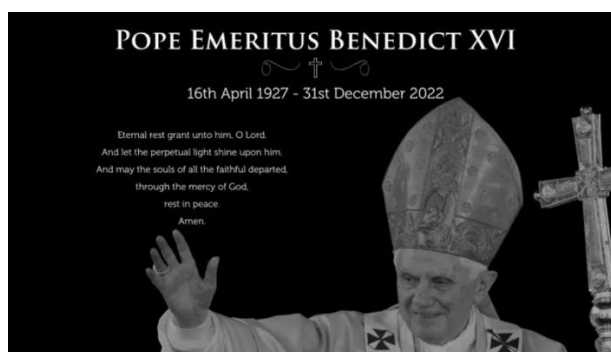
**Headteacher's Headlines...**

I would like to wish a very Happy New Year to all members of the extended Ursuline School Community! I hope everyone had a restful and peaceful break over the holidays and if you celebrated Christmas that you enjoyed the festivities. And so, we begin a new term and as always, the new year brings a sense of hope and expectation for the year ahead.

At the end of last term Ms Riaz left us to begin a new career in software development. Ms Riaz was a member of the Computing department for 8 years and also a key leader of our STEM club. She also led pupils in the running club so is a much-loved member of staff. We will miss her but wish her well in her new endeavours and hope that she will return to school to give talks to our pupils about careers in STEM for she is a true role model for our young women at the Ursuline!

- I am looking forward to meeting the parents and carers of our year 10 pupils at the progress evening on **19<sup>th</sup> January from 4:30pm – 7:30pm.**
- **Friday 27<sup>th</sup> January** is the feast day of our patron saint St. Angela Merici. Masses will be celebrated in her honour on that day and we will have an **early finish at 12.40pm.**

This week we have been remembering the life and work of the late Pope Emeritus Benedict XVI. We are grateful for his life of service and dedication SERVIAM.



*“Holiness does not consist in not making mistakes or never sinning. Holiness grows with capacity for conversion, repentance, willingness to begin again, and above all with the capacity for reconciliation and forgiveness”. Pope Benedict*

**Ms Stone**

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



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## Chaplaincy News



**Pope Francis@Pontifex** – 4<sup>th</sup> January 2023

Jesus, Crucified and Risen, the Living One and the Lord, was the destination to which Pope Benedict led us, taking us by the hand. May he help us rediscover in Christ the joy of believing and the hope of living.



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

**January: Trust**

**6<sup>th</sup> January:** Blessed are they who try to preserve within themselves this noble yearning.

**7<sup>th</sup> January:** Go forward willingly.

**8<sup>th</sup> January:** Although at times they will have troubles or anxieties, nevertheless this will soon pass away.

**9<sup>th</sup> January:** Pray, and get others to pray, that God may reform his Church.

**10<sup>th</sup> January:** Have hope and firm faith in God, who will help you in everything.

**11<sup>th</sup> January:** Hold this for certain: that Jesus Christ will never abandon this Company as long as the world lasts.

**12<sup>th</sup> January:** God will never fail to provide for their needs, so long as nothing is lacking on your part.

## **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

## Ursuline Student Profile - Leading for justice



This term we will focus on the value of not only living justly with one another but also leading, influencing, encouraging others to live justly in their daily lives with themselves and others. This important value is widely held by all peoples and in places, but too often, we are quick to point out when justice is missing, and sometimes slow to ensure justice is promoted. Pope Benedict wrote in his encyclical *Deus Caritas* (God is Love) 2005. "Building a just social and civil order, wherein each person receives what is his or her due," he writes, "is an essential task which every generation must take up anew."

As Christians it is our responsibility to try and make our world more just. We are reminded of Jesus' teaching in the Synagogue "***I am bringing the good news to the poor... to release the captives and to let the oppressed go free***" (Luke 4). We must be attentive to the needs of others and share our resources with anyone who needs

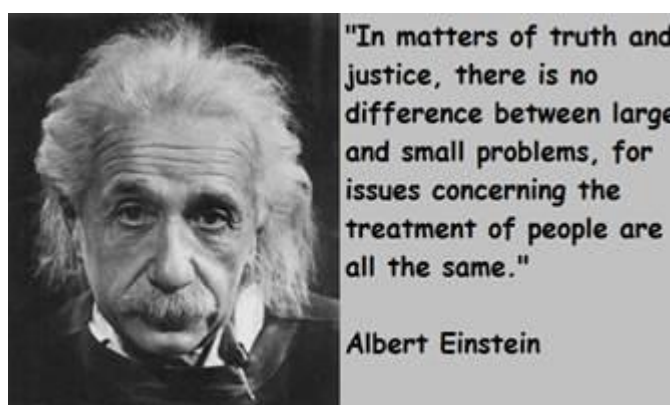
them. Fighting for justice is not something only rooted within the Christian Church or Bible. In fact, it is a worldwide initiative to fight for what individuals know is truly right. The girls will undertake study and debate about a variety of topics connected to social justice in RE lessons.

Social justice aims to grow the Kingdom of God on earth, here and now. Using our voice and influence to conquer injustice.

***"The best way to fulfil our obligations of justice and love is to contribute to the common good. According to ones means and the needs of others"*** (Catholic Bishops at the Second Vatican Council)

Every human being in this world has been created in God's image and is worth of dignity and respect. If we know that this is not the case and people are not being treated correctly, it is our duty to fight for justice on their behalf and fight for the common good. Everyone has a voice and deserves to be heard, it is through patient discussion with one another that we can truly appreciate the other person's point of view and better understand our own beliefs and values.

Ask yourself, 'how can I better contribute to the common good in my life?'



**Mr McGhee. Head of Religious Education.**





## Art News

### Artist of the Month

Anaiah Anthony – Year 7



Anaiah has spent many hours creating this intricate painting, each dash is varied in size and is a slightly different colour to the next; the overall effect is stunning.

Anaiah says “It took a long time to complete but the result made it worth it. The style is called Fauvism, I learnt about it in my art class. This is my copy of a painting by Andre Derain, the colours he used are surreal. It was important to make each dash different to create shade and the illusion of movement of the water - I really like it.”

Well done Anaiah – a lovely painting for 2023.

**Mr Butler, Head of Art**



## P E News

Our Year 7 Netball Team have their first fixture of the year on Monday (9<sup>th</sup> January) after school. They will be paying against Oaks Park...please wish them luck!

**Mrs Mansell**



## Careers

### **Destiny Virtual Work Experience Programme - February 2023**

- Destiny is a free programme, funded by Countryside Partnerships and hosted by Springpod. It is open to all young people aged 14+/ Year 10+.
- It is an online work experience programme that young people can complete in their own time and includes 4 x live webinars with Countryside staff across a range of disciplines.
- The programme is aimed at providing young people with an introduction to a range of careers in the housebuilding/ real estate sector including development, technical, construction, sales and marketing and customer services.
- The Destiny programme should take 5 hours to complete online and, if young people enjoy the course and are interested in learning more, they can complete optional projects and express their interest to do further in-person work experience with Countryside Partnerships.
- The Destiny programme will run at intervals during 2023 and **the next course runs from 13<sup>th</sup> February 2023.**
- Further detail on the programme and registration can be found if you click the 'apply now' button in the middle of the leaflet or via the QR icon within the leaflet, or via the weblink:  
[Destiny - Countryside Partnerships' Virtual Work Experience Programme \(springpod.com\)](https://springpod.com)
- Students can register directly to the programme registration via the leaflet, QR code and link.

### **Apprenticeship Open Evenings January-February 2023**

Free to attend!



All About Deloitte Apprenticeships

Tuesday 7th February 2023, 4.30pm-5.30pm

**[RESERVE PLACE AT DELOITTE](#)**



Careers in Law with CMS  
 Monday 6th February 2023, 4pm-5pm  
[RESERVE PLACE AT CMS](#)

Virtual Open Evening

Wednesday 25th January 2023, 4.30pm-5.30pm  
 Tuesday 21st February 2023, 4.30pm-5.30pm  
[RESERVE PLACE AT STANDARD CHARTERED \(JAN\)](#)  
[RESERVE PLACE AT STANDARD CHARTERED \(FEB\)](#)

Life as a Solicitor Apprentice at Ashurst

Wednesday 11th January 2023, 5pm-6.30pm  
[RESERVE PLACE AT ASHURST](#)

Check out this link <https://bigcreative.education/> for London’s largest creative college.



**BIG  
 CREATIVE  
 EDUCATION**

The next open interview evening will commence on **Wednesday 11<sup>th</sup> January 4.30-6.30pm**. Address: Big Creative Academy, Clifton Avenue E17 6HL. Please ask your pupils who are interested to make an application via our website and we will send them further

details. <https://bigcreative.education/courses/>

Alternatively, they can just turn up on the day.



NCC has the largest range of courses in East London and Essex that include an exciting choice of [A Levels](#), [Vocational and Technical qualifications](#) as well as [Apprenticeships](#) and the brand new [T-Levels!](#)

Explore all courses <https://www.ncclondon.ac.uk/16-18>

Our recent Open Events were very popular and gave visitors the chance to talk to teachers and current students, look around our campuses, ask questions about courses and have a go in some of our vocational areas.

**Our next Open Events are:**

Tuesday 7 February, 4 pm - 7 pm

Ardleigh Green, Attlee A Level Academy and Epping Forest campuses



Wednesday 8 February, 4 pm - 7 pm

Havering Sixth Form, Hackney and Tower Hamlets campuses

Thursday 9 February, 4 pm - 7 pm

Rainham Construction & Engineering Centre and Redbridge campus

Saturday 4 March, 10 am - 2 pm

All campuses

Book your place here <https://www.ncclondon.ac.uk/open-events>

**Ms Finlay, Careers Coordinator**

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## Redbridge News

### **New Year, New Challenge**

I will save more money. I will eat more healthily. Why not make a new year's resolution which will change a life? Over 300 children are unable to stay with their families in Redbridge each year and need a secure, stable and nurturing home.

If you have a place in your heart and home and are considering fostering, please email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk) or call us on 020 8708 6068. We can't wait to hear from you!



## Extra-Curricular Activities:

Day	Activity	Time	Room
<b>Monday</b>			
	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
<b>Tuesday</b>			
	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 <sup>th</sup> 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
<b>Wednesday</b>			
	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
<b>Thursday</b>			
	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
<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
	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.	<b>Indoor Rowing</b> <b>All Years</b> <b>Gym</b> <b>(Ms Keogh)</b>  <b>Contemporary</b> <b>Dance</b> <b>Years 7 &amp; 8</b> <b>Dance Studio</b> <b>(Ms Francis)</b>	<b>GCSE Dance</b> <b>Students</b> <b>Years 10 &amp; 11</b> <b>Dance Studio</b> <b>(Ms Keogh)</b>  <b>GCSE Coursework</b> <b>&amp; Intervention</b> <b>Group 1</b> <b>F7</b> <b>(Ms Francis)</b>  <b>Badminton</b> <b>Year 11 &amp; 6<sup>th</sup></b> <b>Form</b> <b>Gym</b> <b>(Ms Eakins)</b>	<b>Indoor Athletics</b> <b>Years 7 &amp; 8</b> <b>Gym</b> <b>(Mrs Mansell)</b>	<b>Trampolining</b> <b>GCSE PE</b> <b>Years 10 &amp; 11</b> <b>Gym</b> <b>(Ms Francis)</b>  <b>GCSE PE</b> <b>Coursework &amp;</b> <b>Intervention</b> <b>Group 2</b> <b>G18</b> <b>(Ms Keogh)</b>	<b>Multi Games</b> <b>SS Students</b> <b>(Invitation only)</b> <b>Gym</b> <b>(BTEC Students)</b>
After School 3.20 – 4.20p.m.	<b>Netball</b> <b>Year 7</b> <b>Playground/Gym</b> <b>(Mrs Mansell)</b>	<b>Netball</b> <b>Years 10 &amp; 11 &amp;</b> <b>BTEC PE</b> <b>Playground/Gym</b> <b>(Ms Keogh)</b>	<b>Football</b> <b>Years 9, 10 &amp; 11</b> <b>Playground</b> <b>(Mr Burt/ Ms Scallan)</b>	<b>Netball</b> <b>Years 8 &amp; 9</b> <b>Playground/Gym</b> <b>(Ms Francis)</b>	<b>Running Club</b> <b>All Years</b> <b>Playground/Gym</b> <b>(Mrs Mansell &amp; Ms Riaz)</b>



## Music Clubs

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

