



## THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

*Weekly News – Issue 114*

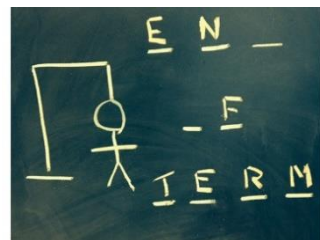
16<sup>th</sup> December 2022



Dear Parents/Guardians

### Headteacher's Headlines...

We have reached the end of a long half term and indeed the longest term of the school year. As we approach the school holidays it is important to look back on all that has been achieved this academic year so far. It is also important to approach the Christmas break with calm, joy and the intention to rest and recover from all the hard toil of the last 4 months. The bible emphasises that rest is important. In the creation story in Genesis, after a period of activity and work, God takes a rest day, which is of course where we get the idea of a 'day of rest' on the Sabbath. So, it will soon be time to kick back, chill and recharge our batteries.



You can see throughout the newsletter so many wonderful activities which have happened here at the Ursuline over the last week. We enjoyed Christmas jumper day on Wednesday 14<sup>th</sup> when pupils also had their delicious Christmas dinner prepared by our catering team. It was an amazing lunchtime service with a great atmosphere of joy and celebration. Thank you to all of those who worked hard in the kitchen to provide us with such a scrumptious meal!



Our School Carol service on was on Thursday 15<sup>th</sup>, it was a beautiful event showcasing music, dance, drama & Art within a prayerful liturgical service. Thank you to all of those who helped make it happen!

I'd like to thank our PSA for their tireless work this week. The Year 7+8 Christmas disco on Wednesday evening was a huge success. The pupils really, really enjoyed it. I even had a little dance myself! There was a phenomenal amount of hard work in planning every detail of the event. I'm incredibly grateful. I must also thank them for coming out in the cold for the second night in a row to support the Carol service event, they hosted the tea & coffee refreshments and carried out the retiring collection in support of the Brentwood Catholic Children's society. What an amazing team of parents! We are very, very lucky to have this committed team on board!

Phone XX XX XXX XXX

Email xxxxxxxxxxxx

Phone XX XX XXX XXX

Email xxxxxxxxxxxx

Thank you for your patience on Monday and Tuesday as we worked out plans to help keep the school community safe during the snowy period. I want to make sure that we do effectively get these important and sometimes urgent messages out to everyone promptly so can I ask that parents and carers ensure that the school has up to date contact numbers for you...



On the subject of Christmas, if you plan to have any tubs of sweets, please can Mrs Wood have the containers once they are empty - they make perfect containers for taking food home in if containers are forgotten - any brand sweets will be accepted!!!!

I wish you all a very happy and peaceful Christmas.

**Ms Stone**

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



### Newsletter Contents this week:

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### Chaplaincy News



**Pope Francis@Pontifex – 16<sup>th</sup> December 2022**

The time is right to evaluate ourselves, to grow and to allow ourselves to be transformed, both as individuals and as communities. This is a privileged moment to prepare ourselves for “the day of the Lord” #Peace



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

**16<sup>th</sup> December:** You must not be afraid.

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

**18<sup>th</sup> December:** Jesus Christ will enlighten you.

**19<sup>th</sup> December:** Be consoled, and have a lively faith and hope.

**20<sup>th</sup> December:** Look forward to the great reward which God has prepared for you.

**21<sup>st</sup> December:** If you strive with all your might, I have undaunted and firm faith and hope in the infinite divine goodness.

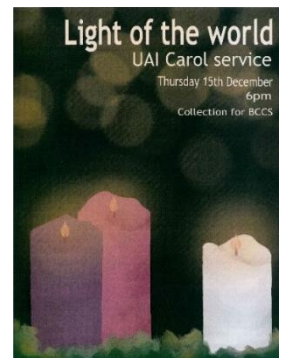
**22<sup>nd</sup> December:** Strive, each one for her part, to be faithful and devoted.



## Christmas Service

The school Carol service took place last night and so many students contributed their skills and talents to make this a very memorable, prayerful and joyful service. We heard the Christmas story in the readings, carols and drama. An angel comes to Mary and says you will have a child and not just any child, it's going to be the Son of God. and she says, 'how can this be since I'm yet a virgin?' and the angel tells her well, the power of the Most High will overshadow your humaneness. So, what is to be born in you will be called the Son of God. Mary chooses to cooperate with God, Joseph chooses to cooperate with God. We see this same principle at work throughout the Bible. With the parting of the Red Sea. Moses had to cooperate with God by raising his arms. The very first miracle that Jesus performed which was turning water into wine, the servants had to cooperate and fill the vessels with water. God creates great miracles all the time for us, we can choose to cooperate with Him or not. Let's make this a very holy and prayerful time for ourselves, our family and friends and the wider community.

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







## December Kindness 2022

MONDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

TUESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

WEDNESDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

THURSDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

FRIDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2023

SUNDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier · Kinder · Together



Cleo Gammon, Chaplain





It's beginning to look a lot like Christmas...!



## Art News

### Handprint Christmas Tree

Year 7 and 8 girls have enjoyed making and decorating this handprint Christmas tree. The tree celebrates the individuality and uniqueness in everyone as well as sharing some of the values in the Ursuline Student Profile. Being **united in harmony**, being bound to one another by the bond of love, respecting each other, helping each other and bearing with each other. As we prepare for Christmas during Advent we continue to be **joyful and discerning** as we await Jesus' arrival, **faith-filled** in our beliefs and **hopeful** for the future.



*Mrs Halfyard, Art Teacher*



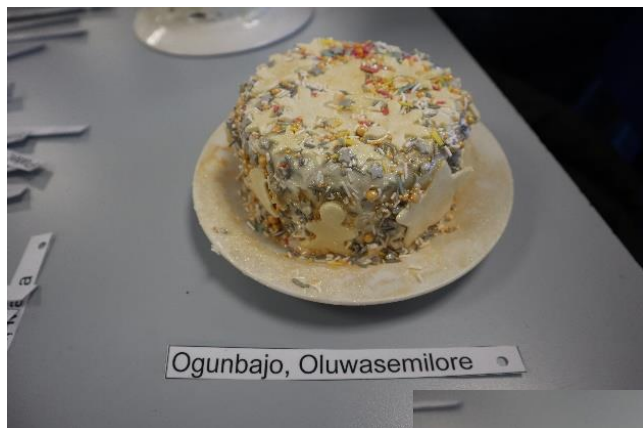
## Food Tech News

### **Year 8 Christmas Cake**

Year 8 got into the Christmas spirit this week and designed, made and decorated their own version of a classic Christmas cake – we may have even converted one or two to Fruit cake!!

They worked hard to make not only the cake but many of the decorations too.

Well done to all and Merry Christmas



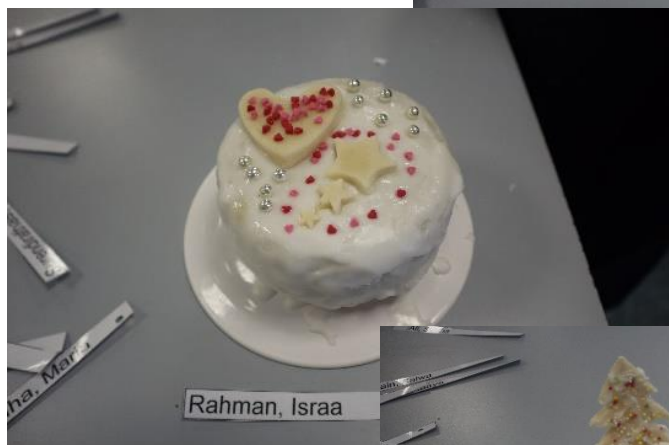
Ogunbajo, Oluwasemilore



Blake, Tahlia



Meleka Cox Brady



Rahman, Israa



Jahanzeb, Syeda



Virdi, Amrita

**Mrs Wood**





*Displays around the school!*







## Christmas Lunch!





### Jack Petchey Awards

On Tuesday the 13<sup>th</sup> December our amazing **Sept 2021 - July 2022** Jack Petchey Winners braved the weather and attended the Jack Petchey Awards Event at Sir James Hawkey Hall in Woodford where they received their Jack Petchey medallions and a huge round of applause from the many other schools in the Borough of Redbridge. They really did our school so proud and looked very smart in their uniforms. Congratulations girls, we are all very proud of you!

Award winners:

**Zoya Spence** - Year 8

**Laiba Mannan** - Year 8

**Ibtida Khan** - Year 9

**Sara Bains** - Year 10

**Anjgelina Kurien** Year 10

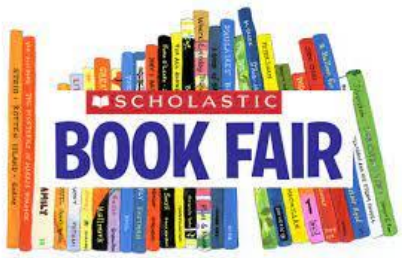
**Jessica Darwin** - Year 13



**Ms Eakins, Jack Petchey Coordinator**



## **Library News**



## **Scholastic Book Fair**



The annual Book Fair generated much excitement and was a great start to the Christmas flurry of preparations. Thank you so much to the parents and students who supported the Fair. It is so encouraging to see that our young people still love choosing and reading an 'actual' book. As a result, the school has been awarded £400 in books for the school. A special shout out to the Sixth Form library volunteers who worked so hard on making this fair the best ever, especially Fiorella and Alisha Q who took the lead.

## **Speaking of Books, the Book Trust has launched it's Christmas Appeal.**



### **Christmas won't be magical for every child.**

A surprise festive book gift from you could light up a vulnerable child's Christmas. Can you help?

**Donate now >**

Christmas won't be magical for every child but a gift from you can light up a vulnerable child's Christmas. The BookTrust Christmas appeal sends surprise book gifts to children in care and to families visiting foodbanks. Can you please help? Donate £10 to send a book gift to a child who needs it most.

You can help by donating at <https://www.booktrust.org.uk/support-us/give-ten-pounds-today-and-bring-joy-to-a-vulnerable-child-this-christmas/>

***Ms Finlay, LRC Manager***





## Music News

### Farewell wishes

As we come to the end of another fantastic term for Music, it is time to say a farewell to our amazing singing teacher, **Meg Bird**, who has worked with us for two years. In that time, she has made a big contribution to the life of the music department through singing tuition and preparing students for exams, as well as directing our Junior Choir and training up the next generation of singers. Through doing so she has made a huge positive impact on the students. It will be very hard to replace her enthusiasm and warm nature. We will miss Meg very much but wish her all the best for a happy and bright future.



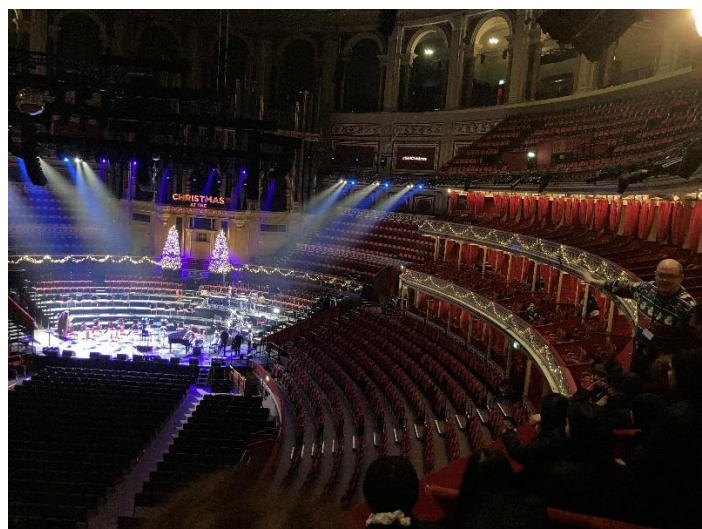
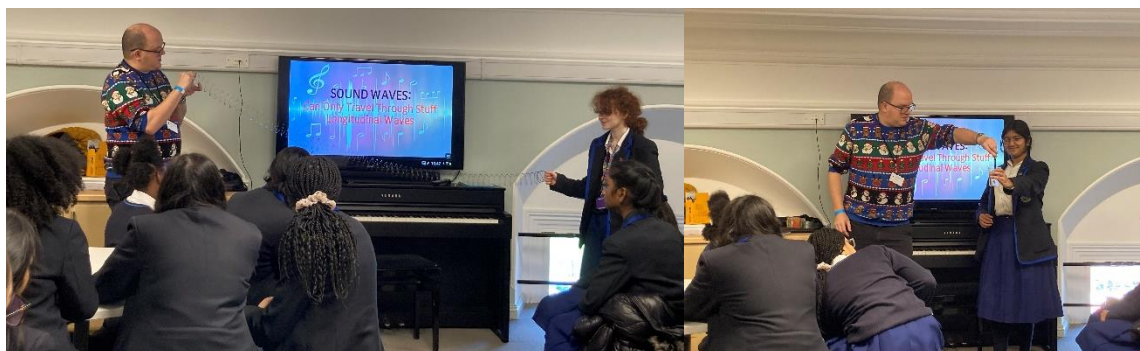
**Tareena Dahaley** 9U won a Jack Petchey award for Music and gave the funding to the Guitar Ensemble to buy 6 new classic guitars for the group.





## **Music and Science Workshop at The Royal Albert Hall**

Students from Year 8 enjoyed a Music and Science workshop at the Royal Albert Hall last Thursday which focused on exploring the link between Music and Science through volume and frequency, sound and light waves and the speed of light vs the speed of sound in a unique and fun environment whilst creating their own piece of music.



***Ms Deller, Head of Music***





## MFL News

All our French and Spanish students have been very busy celebrating Christmas this week. Here are some examples of the activities they did.



*The Year 8/7 French Club baked and decorated Christmas themed cookies.*



*Here are some of 8T wonderful 'Joyeux Noël/ Bonne Année' cards*



*Year 11 French students enjoyed a home baked chocolate 'Bûche de Noël' (Yule log) as a reward for their hard work after the mock exams.*



*Year 7 French Students wrote letters to Santa. Year 8 Spanish Students wrote to the Three Wise Men as they are the ones bringing the presents in Spain.*

**Wishing you Joyeux Noël! / Feliz Navidad!**

***Ms Delpech, Head of MFL***



### **Ukulele Club**

Ukulele Club students have been working hard over the past few weeks and have been learning how to play Silent Night. They are growing in confidence as the weeks pass and are making great progress as they learn to transition between the different chords. I am so proud of all their hard work and was especially proud of them when they performed a few weeks ago at the lunch time concert in front of so many staff and students. Well done girls and keep up all the hard work!

Please see lovely picture below...





**Ms Eakins**



## **Mental Health and Wellbeing**

*"Come to me, all you that are weary and are carrying heavy burdens and I will give you rest."*

**Matthew: 11. 28**

### **Bring on the holiday cheer! Putting up holiday decorations can help boost your mental health**

The stress and anxiety caused by the upcoming season is no secret and people seem to be coping as best they can: many with the help of a little holiday decoration.

But does all the seasonal glitter create a false sense of happiness or do the holidays really cheer us up?

According to research, the holiday spirit really does brighten our mood, and the simple reasons why can actually be used to help lift our attitude and mental health all year round.





### **Twinkle lights and bright colours DO bring you joy**

One of the first things most think about when it comes to the holiday season is lights. Millions of lights are used to celebrate the holidays inside the home and through public displays -- and this sense of sparkle is just one reason joy is signalled by your brain.

Introducing new sensory elements such as light, colour and sound has the ability to boost our mental health and mood.

Psychologist and author Deborah Serani who is a professor at Adelphi University, told CNN that even listening to a certain kind of music can have an effect on mental health.

"We habituate ... you kind of get used to any setting you are in ... but when we introduce new things into our environment it stimulates our senses, and our senses are, of course, the wiring to our entire physiological system. So when we introduce colour, light, sound -- the sound of music around the holiday time ... taste -- it makes us feel good," she said.

A study from the Swiss National Science Foundation backs up the theory that physical exposure to colour can improve stress and anxiety.

After completing two studies on at least 60 people using colour therapy, the researchers recorded a decrease in stress and anxiety levels by comparing before-and-after scores.

The moral of the story is, don't be afraid to go ahead and throw up some decor as early as you want for your mental health, 'tis the season to be jolly!

However, it is also important to remember that this time of year is not always a joyful occasion. Over the last few years we have all gone through difficult times and while for many a return to 'normal' is very appreciated for some this time of year is much harder to bear.

I have added the details of a few organisations that can offer some support during this time.

#### **Campaign Against Living Miserably (CALM)**

[0800 58 58 58](tel:0800585858)

[thecalmzone.net](http://thecalmzone.net)

Provides listening services, information and support for anyone who needs to talk, including a web chat.

#### **Cruse Bereavement Care**

[0808 808 1677](tel:08088081677)

[cruse.org.uk](http://cruse.org.uk)

Information and support after a bereavement.

#### **LGBT Foundation**

[0345 3 30 30 30](tel:03453303030)

[lgbt.foundation](http://lgbt.foundation)

Advice, support and information for people identifying as LGBTQ+.



### **MoneyHelper**

0800 138 7777 (English)

Provides free and impartial money advice.

### **National Domestic Abuse Helpline**

[0808 2000 247](tel:08082000247)

[nationaldahelpline.org.uk](https://nationaldahelpline.org.uk)

Free 24-hour helpline for women who have experienced domestic abuse and violence, with all female advisors. Also offers a live chat and can help to find refuge accommodation. Run by the domestic violence charity [Refuge](#).

### **NHS 111 (England)**

[111](tel:111)

[111.nhs.uk](https://111.nhs.uk)

Non-emergency medical help and advice for people in England.

### **Relate**

[relate.org.uk](https://relate.org.uk)

Provides help and support with relationships, including counselling and telephone support.

### **Samaritans**

[116 123](tel:116123) (freephone)

[jo@samaritans.org](mailto:jo@samaritans.org)

Freepost SAMARITANS LETTERS

[samaritans.org](https://samaritans.org)

Samaritans are open 24/7 for anyone who needs to talk. You can [visit some Samaritans branches in person](#)..

### **Shout**

[85258](tel:85258) (text SHOUT)

[giveusashout.org](https://giveusashout.org)

Confidential 24/7 text service offering support if you're in crisis and need immediate help.

### **Stand Alone**

[standalone.org.uk](https://standalone.org.uk)

Charity supporting adults who are estranged (not in contact) from their family.

### **Survivors of Bereavement by Suicide (SOBS)**

[uk-sobs.org.uk](https://uk-sobs.org.uk)

Emotional and practical support and local groups for anyone bereaved or affected by suicide.

### **Switchboard**

[0300 330 0630](tel:03003300630)

[switchboard.lgbt](https://switchboard.lgbt)

Listening services, information and support for lesbian, gay, bisexual and transgender communities.

## **Tommy's**

[tommys.org](http://tommys.org)

Information and support for people affected by stillbirth, miscarriage and premature birth.

## **The Trussell Trust**

[trusselltrust.org](http://trusselltrust.org)

Emergency food and support for people in need. Includes a searchable list of local foodbanks.

Each foodbank will arrange its own Christmas hours. You need a [voucher](#) from their referral agency first, so [find your nearest foodbank](#), and find out when their referral agency is open too.

Wishing you a peaceful and relaxing Christmas period!

**Mrs Wood**

An illustration for an NHS Kooth advertisement. It features a stylized landscape with red rolling hills at the bottom. In the sky, there is a large, smiling yellow sun. Two hot air balloons are floating: one on the left with a red and blue striped pattern, and one on the right with a green and red striped pattern. The basket of the right balloon contains a man and a woman. A white cloud on the left contains the NHS logo and the text 'Providing NHS services'. The bottom of the illustration has a red background with white text and the Kooth logo.

**Free, safe and anonymous mental health support.**

Your local NHS is providing free counselling, community support and self-help tools for young people through **kooth.com**. It's completely anonymous and you can sign up without any sort of referral.

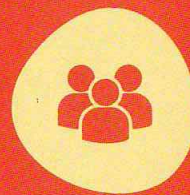
**kooth**





### Chat with a professional

Our friendly team of professionals provide anonymous support through live, online chat. Chat through whatever is on your mind - there's nothing too big or small.



### Find support from others

Relate to similar situations and connect with others by sharing experiences and gaining valuable self-care tips through our discussion boards.



### Read self-help articles

Helpful articles, personal experiences and tips from both the community and our professional team.



### Try a wellbeing activity

Set personal goals, write in your journal, or try a wellbeing activity from our mini-activity hub.



We don't need to know who you are.



You don't need any sort of referral.



We're BACP accredited.\*



**scan me to  
get started**  
or visit **kooth.com**

**Professional support** from  
12pm - 10pm (weekdays) and  
6pm - 10pm weekends.  
**Everything else is 24/7.**





## Careers



School Leaver Apprenticeship program at UBS / Latest apprenticeship opportunities

UBS UK School Leaver Apprenticeships are an important entry level pipeline for UBS. The programs provide apprentices with skills and experiences required to transition from school to the workplace, while working towards recognised qualifications. Apprentices are full-time employees who will have a mixture of on-the-desk duties and learning and development. It's a great introduction into the world of work with one of the Top 100 Apprenticeship Employers. [Apply now!](#)



Location: Multiple locations

Salary: Competitive

Latest opportunities: School and College Leaver programmes; PwC Flying Start Technology, Accounting and Business Management Degree apprenticeships. [Apply to PwC](#)



Location: Greater London

Salary: Competitive starting at £22,100

Latest opportunities: IT, Trading & Shipping, People & Culture

[Apply to BP](#)



Location: Nationwide

Salary: Competitive

Start your health career with NHS! [Apply to NHS](#)

**Register now for the following webinars.**

**Real Estate apprenticeships** with CBRE: <https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=fdb542cc03&e=c65f91045f>

**- Accountancy Apprenticeships with** the National Audit Office: <https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=8523c4b447&e=c65f91045f>

**- BP Apprenticeship opportunities:** <https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=1e00ea6bc6&e=c65f91045f>

**Ms Finlay, Careers Coordinator**



**Wednesday**  
**14<sup>th</sup> December**

**Good News**  
**for Families**

## Enjoy reading this Sunday's Gospel

This is how Jesus Christ came to be born. His mother Mary was engaged to a man called Joseph; but before they could be married she became pregnant by the power of the Holy Spirit. Joseph was a good man and did not want to embarrass Mary so he made plans to break the engagement privately. But the angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary home as your wife, because it is by the power of the Holy Spirit that she is going to have a son. You must name him Jesus, because he will save his people from their sins." When Joseph woke up, he did as the angel of the Lord had told him to do and took Mary into his home as his wife.



From the Gospel of Sunday 18<sup>th</sup> December 2022 Matthew 1:18-24 (the 4<sup>th</sup> Sunday of Advent, Year A)

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



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## Wednesday's Word

MARY



**"We go to Mary as a way leading to the goal  
we seek - Jesus, her Son."** *St Louis de Montfort*

**What two things did the angel tell Joseph to do?** Each year on the last Sunday of Advent, we look to Mary, our heavenly mother. The Gospel tells us something about Mary who was chosen by God to be the mother of his Son, Jesus (the name 'Jesus' means 'the LORD saves'). Ask your child what else they know about Mary. It may help your child to tell them something you know about Mary, or the Rosary.

**"Mary is the first and most perfect model of Jesus."**

*St Teresa Benedicta of the Cross*

**Mary accepted God's will with a thankful heart; she is a perfect example for all people - someone full of thoughtfulness, kindness and joy.** How can you show thoughtfulness and kindness and bring joy to others in this final week of Advent? Perhaps you can: give lots of smiles; cheerfully do what your parents or teachers ask you to do; be a good and patient listener; get involved with a charity that helps to feed some of the poorest children in the world (e.g. visit [marysmeals.org.uk](http://marysmeals.org.uk) or [Cafod.org.uk](http://Cafod.org.uk)); help someone who may be struggling in some way. You may like to finish your time of prayer by saying together, on behalf of another person, a 'Hail Mary' or the Rosary.



Hail **Mary**, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

WEDNESDAY  
WORDSEARCH

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

JOSEPH  
DREAMANGEL  
APPEAREDMARY  
SONJESUS  
SAVES

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

S	S	E	V	A	S	D	V	S	M	S
A	N	G	G	U	H	D	A	O	P	A
N	J	O	S	E	P	H	R	N	D	V
G	V	E	S	O	J	A	Y	E	V	E
J	J	O	S	Y	M	J	R	Y	A	S
A	E	A	P	P	E	A	R	E	D	M
J	E	S	U	S	E	N	R	E	R	D
V	E	A	Y	P	M	G	N	Y	P	R
P	A	S	P	H	P	E	S	O	J	E
S	M	A	R	Y	V	L	E	G	N	A
M	Y	N	O	S	N	A	Y	R	Y	M

Cross out  
the letters  
**c q z**  
in the 4 jumbled  
words to find  
4 real words.

zafraciqd Macqrzy wiqfecz Joqsecphz

"\_\_\_\_\_, son of David, do not be \_\_\_\_\_  
to take \_\_\_\_\_ home as your \_\_\_\_\_."

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

**This week I will try my best to ...**

