



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News – Issue 12

2nd December 2022



Dear Parents/Guardians

Headteacher's Headlines...

This week I owe much gratitude to the whole Ursuline community for their support for I have been absent from school having contracted covid last weekend. I have been working from home meeting colleagues and Governors online and relying on the senior leadership team and my PA Mrs Kerry Herbert to keep things running smoothly for me. Although it feels that we are living in post-covid times this has been a reminder for me that it is still lingering on. I hope that everyone in the wider school community stays safe and well as we approach the holiday season.

Last Friday, 25th November, I met representatives from our Parent-Student Association (PSA). We discussed the plans for the upcoming Year 7&8 school disco which is taking place on 14th December at 4pm and other events which they will run to support the school throughout the year. We are very lucky to have a committed group of volunteer parents who are willing to go over and above to support the school. I would like to thank all members of the PSA and our full community of families for your hard work and support! (Please see message from the PSA on pages 12 – 14)

Through these discussions I have realised there is a gap in our processes for parental feedback, although we run surveys and of course our progress consultation evenings take place for all year groups, we decided it would be a good idea to host parent forums at school in the new year. Plans are not yet finalised but I hope we can run a series of headteacher 'surgeries' either as coffee mornings or evening events where parents/carers can come and ask questions and offer ideas on what we could do to improve the school further. We will publish details of this in the new year.

I am looking forward to meeting the parents and carers of Year 13 students on Tuesday 6th December, as we host their Progress Evening. This is a great opportunity for you to learn how you can support your child as they prepare for mock examinations in the new year.

I would like to warmly invite you to attend our annual **Carol Service at school on Thursday 15th December at 6pm.** This promises to be a beautiful event with music, drama and Art showcased.

Finally, I wish all our Year 11s good luck in their mock examinations next week. They are very well prepared for their teachers have worked hard to ensure they are in a great place to begin the mock exam season. I keep you all in my prayers!

Ms Stone

headteacher@uai.org.uk



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Chaplaincy News



Pope Francis@Pontifex – 30th November 2022

God conceals himself in the most ordinary situations of our lives. He does not come in extraordinary events, but in everyday things: our daily work, a chance encounter, someone in need...That's where the Lord is, who call to us and inspires our actions. #Advent



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

2nd December: The suffering of this world is nothing in comparison with the blessings which are in Paradise.

3rd December: Let them set their hopes on high and not on earth.

4th December: We will find thorny and rocky roads becoming flower-strewn for us.

5th December: In God, one has all wealth.

6th December: God alone knows what you need, and can and wants to provide for you.

7th December: Let them hold this as most certain: that they will never be abandoned in their needs.

8th December: They should place their hope and love in God alone, and not in any living person.



Advent is a season of preparation, this week assemblies in school focused on this very important time in the Church's year. The colours change from green to purple as we see the autumn pass and winter take hold, as the church moves into a season of penitence and

patience waiting, expectant of great things and mindful of the need for us to prepare ourselves spiritually, and welcome Jesus into our hearts. As St Paul says in the letter to the Ephesians, 'we urge you in the lord Jesus to make more and more progress in the kind of life you are meant to live and are already living.'

This season is also one of great joy and many students are busy preparing for the school annual **Carol Service**, on the **15th December at 6pm**. As the angel Gabriel



says in Luke's gospel, 'Behold I bring you good tidings of great joy, which shall be to all people.' Advent is part of our ongoing pilgrimage in this life of faith, hope and love, all three have flickered and faltered and now we have a time to renew our hopes in God and all that he gives us. Faith gives us resilience and prayer allows us to discern the voice of God in our hearts.



At this time of year, we remember those less fortunate than ourselves and we note that Christmas is a particularly difficult time for many in our local community. I'm sure this year, will be more difficult as the cost of living crisis starts to make an impact on the lives of ordinary people.

Redbridge Food Bank is a local charity we have supported previously during Advent. Last month, two of the trustees spoke to Year 13 during General RE and were warmly received. In previous years some of our VI formers have also volunteered there. As we will be making a collection, please can we ask that students bring an item of food/toiletries into school on **Wednesday 14th December**. See posted below for details of items needed.

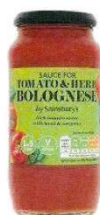
Mr McGhee, Head of Religious Education

REDBRIDGE FOODBANK HELPING LOCAL PEOPLE IN CRISIS



Check the dates!

Unopened items only!



OUR SHOPPING LIST

- TEABAGS
- TINNED FISH
- TINNED FRUIT
- RICE
- PACKET NOODLES
- VEGETARIAN FOOD ITEMS (TINS / PACKETS)
- COOKING OIL
- PASTA SAUCE
- LONG LIFE MILK
- LONG FRUIT JUICE
- JAM / SPREADS
- CUSTARD / RICE PUDDING
- TINNED TOMATOES
- BISCUITS
- SHOWER GEL
- TREATS
- TOOTHPASTE
- TOILET ROLLS



Year 9 Retreats

Our Year 9 retreats to Walsingham House have started and students have enjoyed the fun and games as well as the prayerfulness and calm. Here are some of their thoughts below...

"The games were enjoyable and I loved the team as they were very friendly and helpful. "

"It was great to get a break away from school and interact with your form. The area was nice and the activities were good, especially making the heart".

"I really enjoyed the retreat especially when we divided in to teams and did the presentation. During the praying session in the chapel, I loved how we made origami hearts."



"Lunch time wasn't good enough and my team kept losing but I still had a great day"

"I liked the fact that I left school for the day. I also liked the chapel at the beginning and end of the day."

"I liked the affirmation session and the prayer time with the origami hearts."







Chaplaincy Diary Dates

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

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

This December, you can help make things better with simple acts of kindness. Even little things can make a big difference, like asking someone how they are and really listening, or sending a friendly message.

#dogooddecember

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!



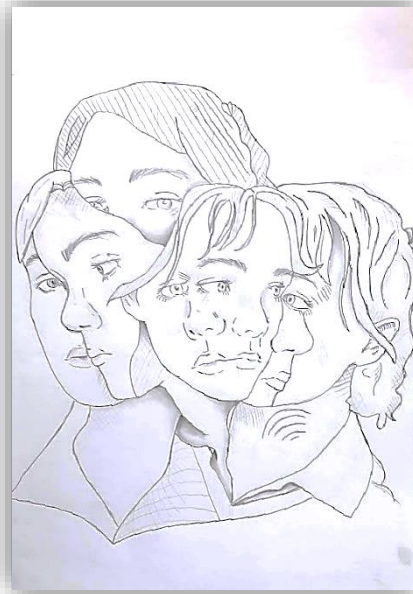
ACTION FOR HAPPINESS

Happier · Kinder · Together





Art News

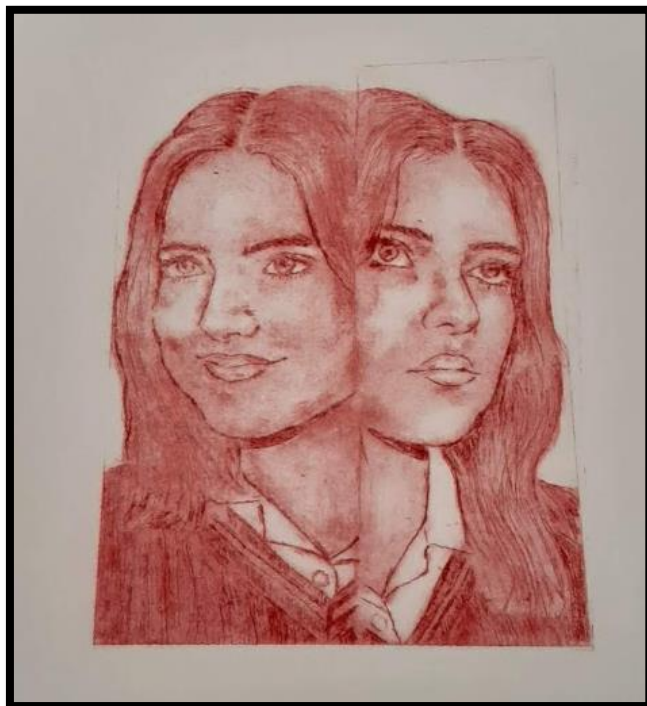


Art of the Month - Year 11

Imogen-Bess Van Beers

Rosie Harwood

Alannah Atkinson



This month we have chosen three Year 11 students for Art of the Month, Imogen-Bess Van Beers, Rosie Harwood & Alannah Atkinson. As part of their GCSE project on 'Identity' they have produced self-portraits; each portrait has been created using different art materials and techniques. Imogen has used oil paints to represent herself using hot and cold colours with a quizzical expression. (top left and top right) Rosie has drawn her face multiple times to demonstrate a Picasso styled cubist version (centre). During our visit to the Curwen Study Centre, Alannah made a dry point print using an antique press. (bottom left) and finally Rosie chose to use acrylic paints to paint her portrait in a Fauvist style. (bottom right)



Well done!

Mr Butler, Head of Art



Eco Warrior Club

This week eco-warriors partnered up with the biology club and went to Valentines Park to collect moss, sticks, mud, and rocks as they are creating a terrarium. The students had a lovely time being outdoors and saw lots of wildlife including squirrels and swans.



Ms Colder, Head of Geography



MFL News

Year 7 and 8 French Club: Wednesdays lunchtime

French club started on Wednesday 23rd November. This club gives students and opportunity to practice their French while doing fun activities such as Art and Craft, songs, films etc... This club is very popular and there are only a few spaces left! Come and join the fun!

This week, the students created Paris landmarks themed book marks. Here is some of their creations. Fantastique!



Ms Delpech, Head of MFL



Music News

St. Cecelia's Feast Day



Last week, we celebrated the feast day of Saint Cecilia, our patron saint of Musicians who lived about 17 hundred years ago. Our main hall assembly was based around music being a gift and tool of God and the powerful purpose to music.

I shared a video of a 7-year-old Ukrainian girl singing Let It Go in her language whilst she and others were sheltering from bombs. They must have been feeling very frightened, however, this little girl used her gift of music to calm the room, bringing it to silence and gave hope to everyone. ***Making and sharing music creates community and connectivity and lifts our spirits.***

Music can be used also as therapy in all kinds of settings, including Alzheimer's, Parkinson's and Stroke patients. I shared another video when a friend of mine who was barely able to speak after suffering stroke-like symptoms finds her voice again. We both studied our music degrees together and at the time our head of music, Grenville Hancox, was a specialist in music therapy. Amelia sadly suffered a hemiplegic migraine, which can induce weakness in the face and limbs, as well as speech and vision problems. This video is of the amazing moment when our University's Head of Music took his guitar with him into hospital to try and help Amelia realise she would be able to talk again. Amelia learned to channel her energy to sing. She struggled to speak at the time but she could sing without effort. And she made a full recovery.

<https://www.bbc.co.uk/news/av/uk-england-kent-47422265>

Well done to our Worship Band and Singers for leading Shine, Jesus, Shine in our main hall assembly. And thank you to our pianists, Wyeshali, Adina and Isabelle, and our readers, Gabriella and Chidinso.



St Cecilia Lunchtime Music Concert

We were thrilled to put on a lunchtime concert for all to enjoy. Well done to all who performed, including Glee Club, Junior Choir, Guitar Group, Ukulele Group, some of our Year 9 bands, and also our comperes Isabelle and Tia, and thank you to all who came to watch!



A special thanks to all the teachers who helped to prepare the students, Meg Bird, James Green, Ms Eakins, Mr McCarthy, and Ms Daniel, to the Premises and IT team that helped to set up and make it a great occasion, and to Angelo Tsocos for recording the performances.



Music Trip to Mary Poppins

Our Music students enjoyed a reward trip to the West End in London on Thursday which was a well-deserved treat. Well done everyone – keep up the great work!



Ms Deller, Head of Music



Message from the PSA

The PSA would like to thank you for all your encouragement and support with the Ursuline Year 7 and Year 8 Christmas Disco.

Tickets are on sale every morning the whole of next week near the main entrance gate.

We received requests from a few people to join the PSA WhatsApp group. You can join the group by either using the

1. WhatsApp link below <https://chat.whatsapp.com/FTwOSgaJl7P9Yq6iKs9yVg>

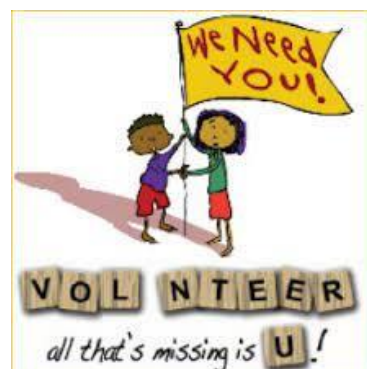
or

2. using the QR code below.

(QR Code)

PSA

PARENT STUDENT ASSOCIATION
IN PARTNERSHIP WITH
URSULINE ACADEMY ILFORD





Ursuline PSA Group

WhatsApp group



This group QR code is private. If it is shared with someone, they can scan it with their WhatsApp camera to join this group.



PSA

PARENT STUDENT ASSOCIATION
IN PARTNERSHIP WITH
URSULINE ACADEMY ILFORD



YEAR 7 & YEAR 8 CHRISTMAS DISCO

ON
WEDNESDAY 14TH DECEMBER 2022
FROM 4PM -6PM
IN THE DINING HALL

Tickets £3
inc. music, prizes for the best Christmas jumper
and best dancer,
lucky dip with lots of goodies.

We will be selling hot food,
drinks, sweets and have an
ice cream van.





Science News

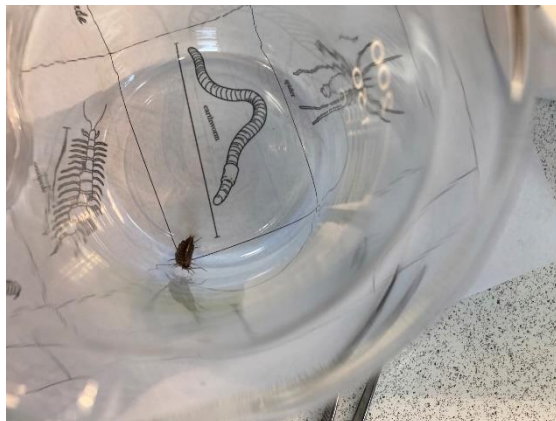
Science Club Week 10: Leaf litter.

This week the girls used hand lenses and forceps to sift through leaf litter from the garden. The girls identified common invertebrates that are found in the garden. Have a look at the pictures below, can you name any of these invertebrates?

Thanks to my helpers **Laiba (Yr.12)** and **Miss Agudelo**

Please note, Science Club will resume in January!

Mrs. Bharaj



Year 13 H & M Sustainability Winners!

You may remember from earlier newsletters that a team of Year 13 students recently won £5000 for the school to spend on improving sustainability. It was a real privilege to escort our Year 13 competition winners to H&M's head office on Oxford St this Tuesday for their celebration event. **Faiza, Nereannah, Tanisha, Vrinda, Shanice and Rejaina** put together an impressive presentation on their experiences during the project, explain their findings & learnings, and what actions they have taken since winning the prize money. They presented to Sara Broom, the employer Brand manager, and Luciane Toldo, Sustainability Manager at H&M and then met the Country Manager for UK and Ireland, Hendrik Nordvill.



The prize money will be spent on improving the school's environments and making it more sustainable. Mr Scotti and the premises team have been busy meeting with the Redbridge Waste & Recycling Team to decide on the best way forward. They have purchased 4 large bins from Redbridge for Paper Only items and for General Recycling items and smaller items to support plans for better recycling. We also have plans to introduce more green areas around the school to improve wellbeing, improve air quality and enhance learning (studies have shown green spaces have a positive impact on learning)

All three contacts at H&M spoke incredibly highly of our students and said that the presentation submitted was impressive, and had been shared across the whole of the UK team with a very positive response from all employers. Our students were treated like superstars, and had made a big impression at H&M.

After an incredible morning, Faiza, Nereannah, Tanisha, Vrinda and Shanice and Rejaina were then given a gift bag, and invited to visit the Regents St shop where they had £200 to spend on anything they liked.

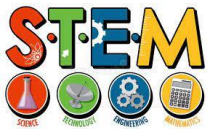
Ms Basi, Head of Year 13



Year 13 Politics Trip

On the 30th November, Year 13 politics students had the opportunity to visit the Supreme Court and Parliament. Both tours were extremely engaging and helped develop our legal and political knowledge that will aid us in our A-Level course. The highlight of the day was the “Voting Workshop” in which we were given different prompts and had to explore nature of democracy and elections. We were lucky enough to meet Sam Tarry the MP of Ilford South, he answered questions for us and gave us an insight on the daily life of an MP. The trip was a very good experience and I would recommend all young people who are interested in politics to visit such institutions.

Abeer Kashif



STEM News



WHAT DOES DESIGN MEAN TO ME?

As part of the V&A school's partnership, UAI had the superb **Partners Opportunity** to be part of two pilots working with Kirsty Sullivan the Senior Learning Producer (formal Learning) at the V&A Museum of Childhood. Testing their new outreach DT session for KS3 exploring some of the themes from the new Design Gallery at Young V&A, opening in 2023.



We welcomed Kirsty and her team including Ellie and designer **Lea Jagendorf** who runs her own business, working on a wide array of projects for the Arts and culture sectors. It was an amazing opportunity for our students to explore the first pilot which took place last Tuesday with two-year groups 8 and 9 as they tested the KS3 sessions on how **'Design makes things last for longer'** and **'Design responds to people's needs'**. Both sessions were object based, giving students lots of opportunities for design thinking and creative responses. Thank you, Kirsty, Lea and Ellie. **DT Team**

Kirsty quote; "We want to say a HUGE thank you to the Ursuline for letting us come in and pilot new Design education KS3 sessions – we couldn't have asked for a more welcoming space or more enthusiastic students. We loved the play equipment and shelters that Y8 came up with. Amazing designers in the making full of creative ideas everything young V&A is all about, I think they will go far"

Lea's quote; "It was a pleasure and privilege to pilot these sessions at the Ursuline, that I've developed for the Young V&A on the power of design to change lives and reduce waste, and what a fabulous school to trial these with"

"I had so much fun today with the visitors that came to our DT lesson, for me the best bit was we got to model our own foldable house and liked how they listened to all of our ideas and considered them. I learnt that DT is not only fun, but saves money, lives and makes you think and reflect a huge thank you to Lea, Kirsty and Ellie"

Shreshti Gurrapu 8J

"What I liked about the workshop was that it gave me an actual understanding of what design means. I liked how she taught us how to be creative and use different materials" **Chidinso Okpala 9U**



"I really enjoyed today as it helped me discover more about design and its purpose. Best part was when we got the opportunity to create a model of our own"

Wyesshall Citrangan 9T

"I really enjoyed working with Lea and the other staff members and I learnt a lot from the lesson we had. My favourite part of the experience was when we used different materials to come up with a recyclable idea". **Haadia Awan 9T**



Ursuline Ladies Football Club

The above club made a return this week to tournament football. This time round there were a few changes, as we were using twice the size pitches and nine-a-side instead of seven. This and the cold weather took some adjusting to, with so much more space available and an expectancy to run around more than before. A small number of girls played every minute on these big pitches and deserve praise for the miles they covered. We did well in our matches, despite these adjustments and managed to win one, draw one and lose one in our group. Sadly, we missed out on progression into the next round on goal

difference, but with the newness of this format we can be proud of our progress. With tournaments like these, the togetherness of our group really shines through, and it's a pleasure to see the girls support each other through difficulties and cheer each other through successes. I wanted to say a special thank you to the squad members who came, but didn't get to play, all of whom were gracious about this fact and cheered the team on regardless. Our Lady of the Tournament was **Safa Abdul-Ghaffar**, who led the team well and scored her first goals for us in our 3-1 victory, congratulations Safa! We're organising more games and more tournaments in the new year, so any students wanting to join the team from years 9 or 10, please do!

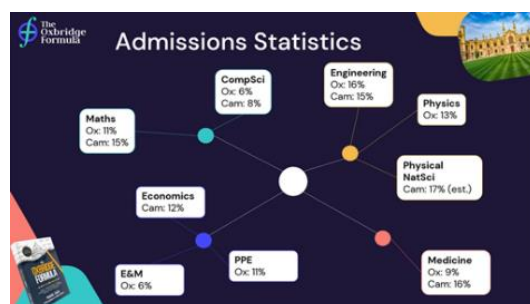
Mr Burt and Ms Scallan.



Careers

Free Year 12 Getting Started with Oxbridge Information Evening (Next week - limited spaces only!)

It's that time of the year when your **bright Year 12 students** will have become settled into their A-Level courses and a lot of them will be starting to think about what **university courses** they want to apply to. As you're probably aware, the **Oxbridge application process** is extremely **convoluted** and **complicated**, and includes lots of moving parts such as admissions tests and interviews on top of the usual aspects of the UCAS application, such as the personal statement.



In our experience, students who start preparing for this process **as early as possible**, i.e. now, once they've settled into the rhythm of A-Level studies, are likely to make the most progress and perform the best in their admissions tests and interviews, and hence are more likely to **actually win their places** at Oxbridge.

For this reason, we are running a **free Information Evening** for **students and parents** to get them fully informed about **what the Oxbridge process entails** so that they can make effective decisions going forwards and make sure they're **ahead of the game** when it comes to their Oxbridge preparation.

The "**Getting Started with Oxbridge STEM**" Information Evening will be taking place on:

Date: Wednesday 7th December

Time: 8:00pm (UK Time)

[Register for the Getting Started with Oxbridge Information Evening now!](#)

NHS Careers Untapped Webinar

The NHS Careers Untapped Webinar will be held on Tuesday 13th December from 4.30pm – 6pm on zoom. This is a 90-minute webinar showcasing lesser-known careers in healthcare, focussing on corporate roles. Join us in our first of 3 webinars introducing young people to specialist careers in the NHS. The series of webinars will cover a variety of careers including facilities, radiography and project management to name a few!! Working for the NHS doesn't mean you have to be a doctor or nurse, and the aim of this event is to show you how other careers contribute to our wonderful healthcare service.

This webinar is for young people aged 13-18, anyone interested in understanding careers in healthcare, careers advisors who want to know more about the lesser-known roles in healthcare and is free to attend. The link to register https://gosh.zoom.us/webinar/register/WN_yzx2FC5YQa6Egod4QsG98A

What's it like to work at EA, TikTok and EMEC?



Rory Reid is a TV presenter specialising in motoring and technology. He has a degree in Computer Science and has presented a number of programmes including Top Gear. Click [here](#) to read more.

Exciting Apprenticeships Opportunities!

[School leaver programmes | EY UK](#)

Applications for our 2023 apprenticeship programmes are now open! Kick-start your career with our apprenticeship programmes. Earn a salary from your very first day, work towards a professional qualification, and use your insights and skills to solve complex business challenges. Support on real client work whilst building experiences for tomorrow's world. Head to the link to learn more about our opportunities and apply today!

[Early Careers - BBC Careers](#)

Ready to launch your career at the BBC? Whether you are a graduate, school leaver or looking for the opportunity to change your career, our new talent schemes could kick start your passion into a job that you love. Follow our @BBCGETIN Instagram to stay up to date.

[Events - The Dyson Institute of Engineering and Technology](#)

Whether you are a prospective student looking to apply, a parent wanting to find out more, or a teacher/careers advisor searching for suitable opportunities for your students, these events will give you the insight you're looking for into life at the Dyson Institute.

Events upcoming:

> 1st December 5pm-6pm

Inclusion Panel 02: Engineering and Ethnicity

This panel event will take a look at being an engineer at the Dyson Institute from a minority ethnic group. The panel will focus on the lived student experiences of current Undergraduate Engineers or alumni and will have a time for q&a. Recommended for prospective applicants identifying as being part of a minority ethnic group.

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Eventbrite Events

[Starting and Building a Career in Software Engineering Tickets, Tue 29 Nov 2022 at 18:00 |](#)

BrainStation presents Starting and Building a Career in Software Engineering - Tuesday, 29 November 2022 at BrainStation, London, Greater London. Find event and ticket information.

[*Webinar* Career Q&A with Tech Ladies Coaches Tickets, Wed, Nov 30, 2022 at 3:00 PM |](#)

Tech Ladies presents *Webinar* Career Q&A with Tech Ladies Coaches - Wednesday, November 30, 2022 - Find event and ticket information.

[Met Police Careers Insight Session, Sat 3 Dec 2022 at 10:00 |](#)

North Area Outreach Team - Metropolitan Police presents Met Police Careers Insight Session - Saturday, 3 December 2022 at London Alevi Cultural Centre & Cemevi, Haringey, England. Find event and ticket information.

[Introduction to actuarial careers with the Institute of Actuaries Tickets, Tue 6 Dec 2022 at 18:30 |](#)

Success at School presents Introduction to actuarial careers with the Institute of Actuaries - Tuesday, 6 December 2022 - Find event and ticket information.

[Nursing Times Careers onLine 2022 - virtual event Registration, Sat 10 Dec 2022 at 12:00 |](#)

Eventbrite - Nursing Times presents Nursing Times Careers OnLine 2022 - virtual event - Saturday, 10 December 2022 - Find event and registration information.

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University Events

[University of East Anglia Event | Webinar: Politics taster lecture \(UK political parties\) - 30th November](#)

Webinar: Politics taster lecture (UK political parties) at University of East Anglia, listed on UniTasterDays.com - a comprehensive database of University Taster Day Events for schools and students.

[University of Sheffield Event | Politics and International Relations Taster Session - 1st December](#)

Politics and International Relations Taster Session at University of Sheffield, listed on UniTasterDays.com - a comprehensive database of University Taster Day Events for schools and students.

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**BIG
CREATIVE
EDUCATION**

Big Creative Academy Open Day

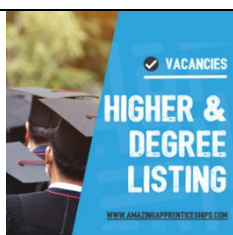
Big Creative Education will be opening its gates, **THIS Saturday 3rd Dec 12-4pm**, for those who would like a campus tour of our Academy and Digital Future building.

We will not be holding interviews at this event, only campus tours and information about the courses. If you have any pupils who are interested in a creative course or are undecided and would like to visit us, please do pass this information on to them. They can register their attendance using the following link <https://bigcreative.education/saturday-tours/>

Address: Big Creative Academy, Clifton Avenue E17 6HL.

If you have any young people that would like an interview with us, they can alternatively attend our open interview evening on **Wed 14th Dec 4.30-6.30pm**, where they can have a campus tour **AND** informal interview. They can register their attendance using the following link <https://bigcreative.education/open-evening/>

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Higher and Degree listing

The Higher and Degree listing for November 2022 was launched this month, featuring over 300 higher and degree apprenticeship vacancies from over 65 employers across England. To download the listing and to see the accompany resource for teachers, please click [here](#).



What are Traineeships?

Traineeships are the perfect way to gain more experience and confidence before progressing onto an apprenticeship. Traineeships are a fully-funded skills development programme that can help to prepare young people for their next steps. To find out more about Traineeships, take a look on the [National Careers Service website](#) or look at our previous and current Parents & Carers packs [here](#).



November's Parents and Carers pack

This months' parents and carers pack is all about helping to search and apply for apprenticeships! This editions includes the latest information about apprenticeships, an insight into new Career Starter Apprenticeships and what support is available for Disabled young people. Please [click here](#) to download this months edition.

Employer webinars

GES: Economist Degree Apprenticeships Wednesday 7th December - 3.30pm

Join this fantastic webinar with the Government Economic Service on **Wednesday 7th December** between 3.30pm - 4.30pm to find out more about the economist degree apprenticeship programme and how to prepare for the application process. Suitable for students, teachers/careers advisers and parents/carers, click [here](#) to sign up.

Lloyds Careers Live Tuesday 6th December - 6.30pm

Lloyds Bank host Lloyds Careers Live on the first Tuesday of every month. December's session looks at pathways to Uni and apprenticeships, exploring them through the experiences of younger colleagues building their careers. Designed for students and parents, sign up for the session using the QR code or by registering [here](#).

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Ms Finlay, Careers Coordinator



**HOLIDAY ACTIVITY
& FOOD PROGRAMME**



London Borough of
Redbridge



Winter Holiday Fun



Is your child in Year
Reception to Year 11
and in receipt of benefits-
related Free School Meals?



Redbridge's HAF programme
is delivered by approved providers
and offers **physical fun, nutritional
education** and an opportunity
to **make new friends**.

Activities include **multi sports,
arts and crafts, drama, cookery**
and much more!

Every child attending gets
a free meal every day.



**Wednesday
21 – Friday 23
December 2022**

To find out more and book
your place – scan the QR code
below or visit:

<https://find.redbridge.gov.uk/haf>

Booking is essential for all
activities, so **book early** to
avoid disappointment!

For any queries, please email:
haf@redbridge.gov.uk



Department
for Education



Make this Christmas the most memorable yet. Change a Life. Foster for Redbridge.

“I love watching the difference I can make to a child. I love watching them succeed in life and to know I have made a difference to their life”.

Sarah, 49 and Kazim, 55, Foster Carers for Redbridge

“The thing I love most about fostering is seeing the progress children and young people make during the time they are with us. From surviving to thriving. I also wish I was told what fun fostering is and the sense of community you feel when meeting with other foster carers for support, friendship and advice. You really aren't on your own.”

Tracy, 54 and Wayne, 53, Foster Carers for Redbridge

Like all of our Redbridge foster carers, you could quite literally change a child's life.

Please call us for more information or to book onto our next Virtual Coffee Morning or Information Evening 020 8708 6068 or email us fostering@redbridge.gov.uk. Alternatively visit our website for more information or to book onto our next virtual information event www.redbridge.gov.uk/fostering

**Make this Christmas
the most memorable one yet**

London Borough of
Redbridge

Foster for Redbridge
020 8708 6068
fostering@redbridge.gov.uk

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)	Trampolining 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,

Buying presents, decorations and planning our Christmas meal are all good ways of preparing for Christmas. But through all these preparations we do need to keep in mind the real reason for all these festivities. It's important that we spend some time preparing ourselves too.

In this Sunday's Gospel, we hear John the Baptist calling the people to repent (to come back to God) and to prepare themselves for Christ's arrival.

Wednesday 30th November 2022

Christian 'repentance' is a wholly positive experience when we invite God into our lives and take a grip on ourselves, changing some of our ways or even, maybe, our direction in life.

So let's listen to John the Baptist and prepare our hearts well - being ready to receive and share God's love with all we meet as part of this week's Christmas **PREPARATIONS**.

Dom Henry Walsbrough



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 4th December 2022



In due course John the Baptist appeared; he preached in the wilderness of Judea and this was his message: "Repent, change your ways; for the kingdom of heaven is close at hand." This was the man the prophet Isaiah spoke of when he said, 'A voice cries in the wilderness: prepare a way for the Lord, make his paths straight'. This man John wore a garment made of camel-hair with a leather belt round his waist, and his food was locusts and wild honey. Then Jerusalem and all Judea and the whole Jordan district made their way to him, and as they were baptised by him in the river Jordan they confessed their sins. John said to the people, "I baptise you in water for repentance, but the one who follows me is more powerful than I am, and I am not fit to carry his sandals; he will baptise you with the Holy Spirit and fire."

Adapted from
Matthew 3: 1-12 (the 2nd Sunday of Advent, Year A)

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

**"The Lord is coming. May we
await him with open hearts!"**

Pope Francis



THE Wednesday
WORD

CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL

This Sunday's Gospel reminds us to look into our hearts this Advent and see if there are any ways that we could make a change for the better. This is how we can prepare our hearts to be filled with a joy that lasts long after the Christmas festivities have passed. Let's not miss out!

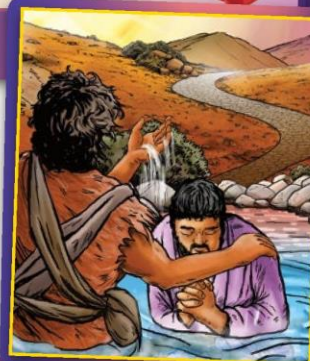


1 Our Special Time Together

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

John the Baptist was a prophet who lived in the desert. He wore clothes made of camel-hair and he ate locusts and wild honey. The people came to him to be baptised and confess their sins. John said to the people, "Repent; change your ways! Think about how you live and get ready to welcome the Lord! I baptise you with water, but someone is coming soon who is more powerful than I am, and he will baptise you with the Holy Spirit."

What did John tell the people to do? Which word or 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 Word is ... PREPARATION

Now is the time to prepare to celebrate Jesus' birth – God's arrival into our world in the person of Jesus.

Advent is a time of waiting and preparation. Ask your child what the word 'preparation' means to them. When did your child last prepare for something particularly well or for something special? It may help your child if you can share something about a time when you prepared particularly well for something. How is your child preparing at school for the celebration of Jesus' birthday at Christmas?

3 Loving God & Each Other

Good preparation is always important in everything we do.

As a family, how can you prepare well for Christmas?

Perhaps you can: slow down and try to remember the real reason for Christmas – regularly giving thanks to God for the gift of Jesus; read the Bible's Christmas story together; go to the Sacrament of Reconciliation (Confession); say a prayer each time you open a window on your Advent calendar; make an extra effort to consider other people's needs.



Dear Lord Jesus, please help us to **prepare** well for Christmas and show us how we can help others to do the same. 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"/>	PROPHET	<input type="checkbox"/>
<input type="checkbox"/>	LIVED	<input type="checkbox"/>
<input type="checkbox"/>	DESERT	<input type="checkbox"/>
<input type="checkbox"/>	BAPTISED	<input type="checkbox"/>
<input type="checkbox"/>	PEOPLE	<input type="checkbox"/>
<input type="checkbox"/>	CONFESSED	<input type="checkbox"/>
<input type="checkbox"/>	SINS	<input type="checkbox"/>

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



Cross out the letters **c f o** in the jumbled words below to find 4 real words.

refacdo y Recopefnt fowacys clifove

"_____; change your _____; think about how you _____ and get _____ to welcome the Lord."

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

John the Baptist prepared the people to receive Jesus. We too can prepare our hearts for Jesus by being busy doing the things that Jesus told us to do: loving God and loving one another.

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