



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

*Weekly News – Issue 10*

18<sup>th</sup> November 2022



Dear Parents/Guardians

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

Over the last few weeks I have been visiting and observing lessons. This is one of my greatest joys and privileges as a school leader. As a school we have been having conversations about what works best at the Ursuline to maximise the progress of every student. Since the beginning of the academic year Mr Robertson, Assistant Head Teacher, has been leading a working party of teachers to re-examine our key stage three assessment procedures. Dr. Nguyen, our Curriculum Deputy Head, has been leading Heads of Department in reviewing the taught curriculum in all key stages, so that all subjects across all year groups will have curriculum maps that can be shared with you as parents. You will hear more about this in the new year for we will have all this information posted on the school's new website (due to launch early in the Spring). Therefore, you will be fully informed what your daughter is being taught, when and how they are being assessed. For this reason, we are scaling back the written reports that you receive because we believe that teachers' time should be spent planning high quality lessons, carrying out effective assessment in the classroom as well as marking and giving feedback on tests.

I will be providing more updates over the coming weeks as well as asking for your feedback so that we ensure the reports and assessment feedback you receive on your daughter's progress is meaningful, useful and has impact on her progress.

Here are some wonderful Year 7 pupils responding to questioning in their RE lesson and being provided with rapid feedback on their answers. Student learning behaviours at the Ursuline are exemplary. It's so impressive to see how dedicated and diligent they are in their lessons.



Best wishes for the week ahead,

**Ms Stone**

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



## Pastoral Deputy Headteacher's Headlines...

Dear Parents and Carers,

We are in the process of rewriting our school behaviour policy to ensure that it serves the needs of all our students as fully as possible.

The principle that underpins our work in this area is the firm belief that all students have the right to feel happy and safe in school and be able to learn in a calm and productive environment that allows them to flourish and realise their full potential. To ensure this right for all, we recognise that we all have responsibilities and that our behaviour affects others. The behaviour policy aims to guide and encourage students to behave in a way that ensures the rights outlined above and to educate and correct them when things go wrong. Whilst there is not space here to list all the areas that a behaviour policy covers, it includes our expectations of students' behaviour and conduct, the procedures and consequences for when behaviour falls below the expected standard and the ways we recognise and reward good behaviour.

It is important to us that, as we continue to develop our policy, all members of the school community have an opportunity to contribute to the process. I, therefore, invite you to use the link below to submit your point of view on this work. The questionnaire is purposely very short, and the final question gives you the opportunity to provide any feedback or thoughts you wish. You may remain anonymous or submit your name.

I thank you in advance for your contribution to this work.

<https://forms.office.com/r/yS83RUu7Ub>



## Year 7 and 8 Christmas Disco

Our recently formed Parents and Students Association are excited to announce that they are organising a School Disco for students in Year 7 and 8. This will take place between **4-6pm on Wednesday 14<sup>th</sup> December** with tickets going on sale from 1<sup>st</sup>

December. More details to follow, but this looks to be a great and really fun event for the girls and we hope they are all able to attend and have a great time as we approach Christmas.

**Mr Challis**



## Newsletter Contents this week:

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## Chaplaincy News



**Pope Francis@Pontifex** – 17<sup>th</sup> November 2022

Let us not tire of doing everything possible for the dramatic urgency of climate change. Let us put concrete, far-sighted choices in act, thinking of younger generations first, before it is too late! #COP27



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

**18<sup>th</sup> November:** take care especially that they are united and one in will.

**19<sup>th</sup> November:** The more you are united, the more Jesus Christ will be in your midst as a father and good shepherd.

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

**21<sup>st</sup> November:** I am continually among them with Jesus Christ, the Lover of us all.

**22<sup>nd</sup> November:** Living all united in heart, you will be like a mighty fortress.

**23<sup>rd</sup> November:** Persevere faithfully and joyfully in the work you have begun.

**24<sup>th</sup> November:** Provide for everything as the Holy spirit inspires you.



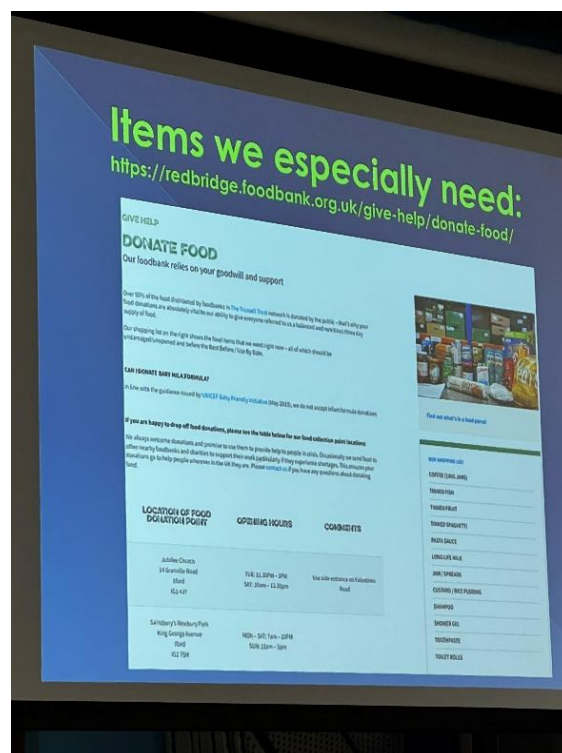
### Redbridge Food Bank

On Monday, Year 12 had the pleasure of listening to Fr. Dana and Frances from Redbridge Food Bank talk about their charity and how we can help.

Over 10,000 people accessed the Redbridge food bank last year and with our current financial crisis this figure is likely to go up.

This Christmas we, as a school, are going to do what we can to help just a little bit by bringing in donations. Students will be advised what items are needed and where to drop off your contribution.

Many thanks in advance for your support, we never know when we, or our family and friends, might need this service.



<https://search3.openobjects.com/mediamanager/redbridge/fsd/files/foodsupportlocationsredbridge.pdf>





## **Book of Remembrance**

November is traditionally the month of remembrance. We remember and pray for, those of our friends and loved ones who have died but also, we remember those who fought in wars for our country, our freedom and our rights.

We now have our very own book of remembrance in the chapel where we invite you to come and write the names of anyone who has passed away that you want to remember this month.

Be creative, write their names or draw something to remember them, or write a message/prayer of hope.

The book will remain there till Christmas.





## **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***



## **Anti-Bullying Week**

This week we focused on the theme of anti-bullying in school and saw students involved in a range of activities. This included students wearing odd socks on Thursday and signing a school pledge on Wednesday (see photo). Our whole school assembly this week was led by some of our Year 12 students which provided a highly engaging and thought-provoking focus for the week. Students have also completed anti-bullying themed activities in their form groups and I look forward to seeing the entries from our poster competition.

***Mr Challis, Deputy Headteacher***







## Eco Warrior Club

This week the Eco-Warriors took a great first step to improve recycling across the school by attaching stickers to the new recycling bins which will be put in each classroom. The Eco-Warriors are also entering a T-Shirt competition to promote awareness of environmental issues and sustainability in the clothing industry. Eco-Warrior club is on Tuesdays 1.00pm in G3 and is open to Year 8 and Year 7 students.



**Ms Colder, Head of Geography**



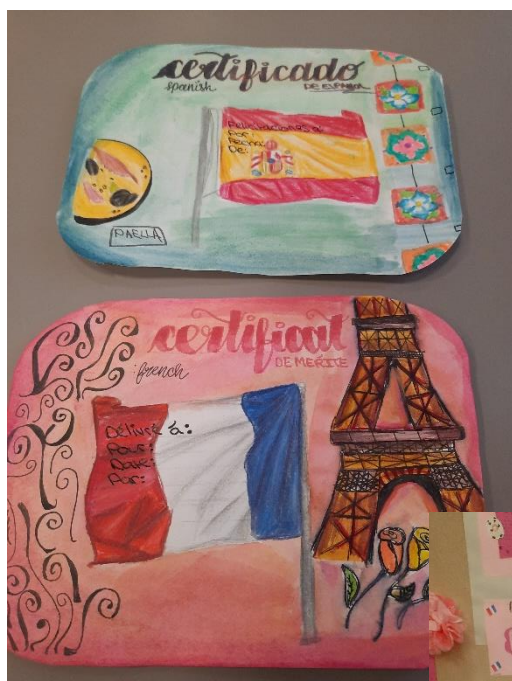
## European Day of Languages 2022

The Council of Europe declared a European Day of Languages to be celebrated on **26th of September** each year. The general objectives of the European Day of Languages are:

- Alerting the public to the importance of language learning and diversifying the range of languages learnt in order to increase plurilingualism and intercultural understanding;
- Promoting the rich linguistic and cultural diversity of Europe, which must be preserved and fostered;
- Encouraging lifelong language learning in and out of school, whether for study purposes, for professional needs, for purposes of mobility or for pleasure and exchanges.

This year our school was proudly part of the celebrations. The MFL department ran a competition to design 2 Award Certificates. They will both be used as Languages rewards in the future.

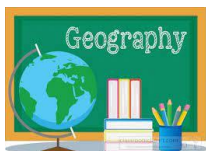
Well done **Kshaf Naqvi** and **Ana Desta** from 8T! Your artworks were amazing!



**Ms Delpech, Head of MFL**







## Geography News

Some Year 9 students attended a green careers event at Olympic Park Stadium. This involved speaking to a range of industries which are focused on sustainability such as CGI, transport for London, Maritime engineers and many more. The students took part in workshops and got a tour of the stadium.

### Student quotes:

The best part of today was the virtual reality headsets as I was able to spin the Earth with a light sabre and I felt so powerful!!

We found out more about COP27 started 27 years ago and it is taking part in Egypt this year. They are trying to reduce our carbon footprint and it was great to speak to people involved with this.

The stalls were really interactive and we learnt new ideas about green careers and jobs we could go into. I learnt about jobs that could help with endangered animals!



**Ms Colder, Head of Geography**



Our November Jack Petchey Winners are ***Tareena Dahaley*** in Year 9 and ***Safa Abdul-Ghaffar*** in Year 11.

Both students have made great contributions to the school community in both the music and PE departments.

Tareena is described as being a real asset to the music department and goes above and beyond to help her peers as they perform together in small groups. Tareena also helps to teach the year 7s guitar in her own time.

Safa is a keen footballer and a real team player. She is a fantastic leader and a role model to her peers and her teammates and will always stand up to a challenge with great enthusiasm.

Well done to both girls. We are all very proud of you!

***Ms Eakins, Jack Petchey Co-ordinator***



### **Queen of Chess Tournament**





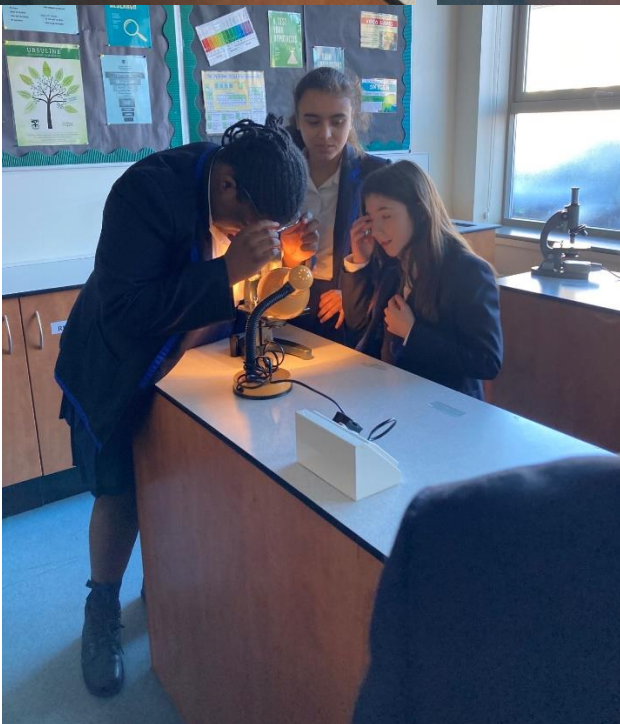
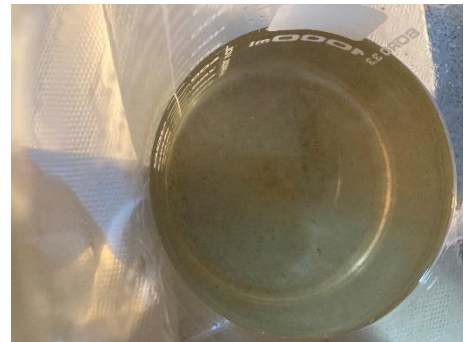
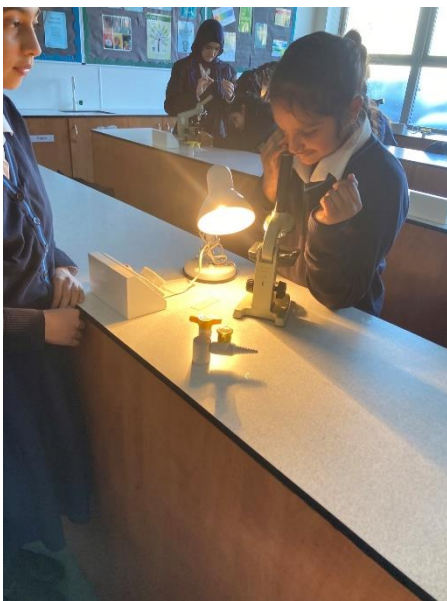
## Science News

### Science Club Week 8: Microscopes.

This week the girls used the microscope to have a look at two common marine invertebrates, Daphnia and Brine shrimp (commonly known as water fleas and sea monkeys). The girls used the microscope and found where the hearts and other organs were.

Thanks as always to my helpers, **Lilly (Yr. 9)**, **Laiba (Yr. 12)** and **Mrs Guy**

**Mrs Bharaj**





Year 12 and 13 have a fantastic opportunity to sign up to a free mentoring program with Zero Gravity.

Through an award-winning digital platform, Zero Gravity unlocks education and career opportunities for high achieving talented students from low-income backgrounds by propelling them into the UK's best universities and employers. They are a completely free, digital solution that makes mentoring available anytime, anywhere to students.

Mentors offer free support and priceless advice, supercharging standout students from areas where reaching a top university means challenging convention and ignoring expectations. They achieve this by leveraging technology to match exceptional pupils with some of the UK's leading undergraduate mentors. Launched in 2020, Zero Gravity has already mentored 3,000+ students into top universities and we're looking forward to our students having access to this support.

A student must meet each of the following three criteria to be eligible for Zero Gravity:

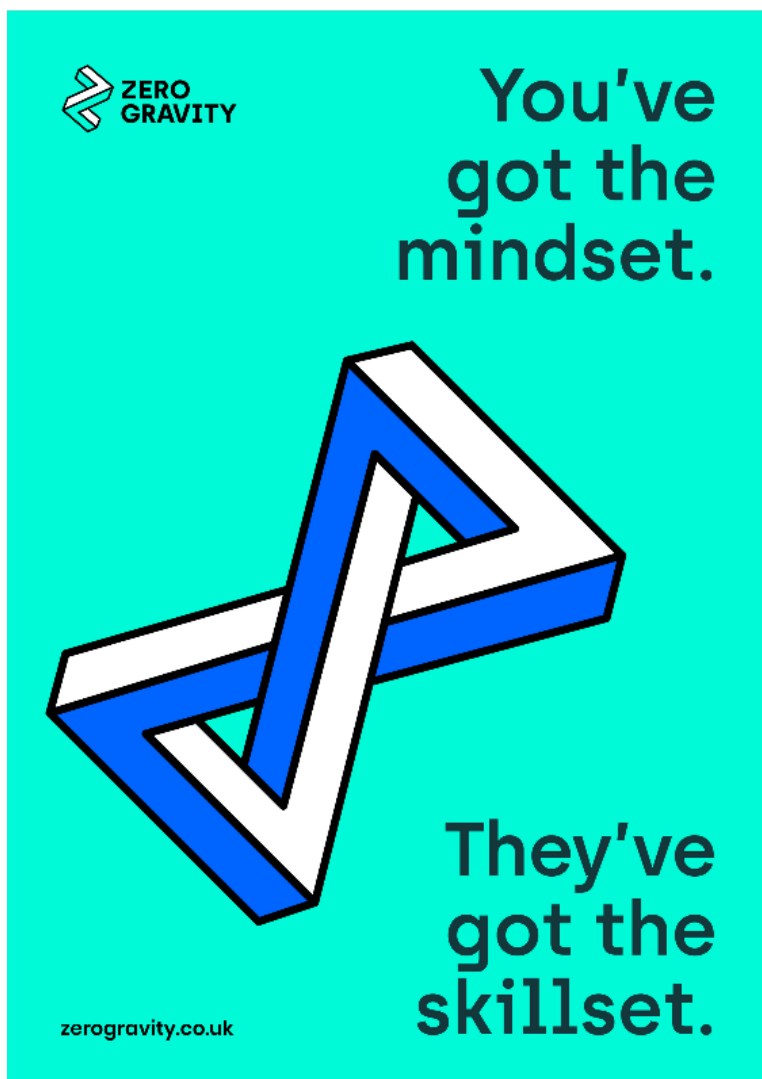
- Students must be in Year 12 / 13 (England & Wales), S4 / S5 (Scotland) or Year 13 / 14
- Currently attend a state school in the UK (comprehensive or grammar)
- Have an average GCSE score of 7+ (A or above) or average one grade boundary above their school's GCSE average

If students meet the criteria and are accepted onto the programme, then they will have access to subject support to maximise their grades with revision support, study tips and exam advice; and application to UCAS support to help with personal statements, admissions test and university interviews. Zero Gravity will match each student with an undergraduate based on desired degree subject and university ambitions so that they are able to personalise the support.

According to UCAS Zero Gravity students are 2.3x more likely to receive a top university offer than the average applicant. We're very excited by this collaboration, and we look forward to helping our students double their chances of reaching a top university.

You can find out more by visiting [Zero Gravity | Unleash your university ambition](https://zerogravity.co.uk)

**Mrs R Basi (Head of Year 13)**



# LONDON CITY AIRPORT

## STEM in Aviation – RUNNERS-UP!

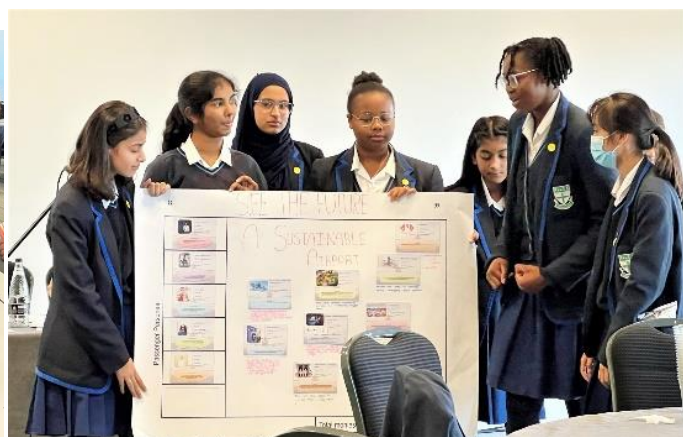
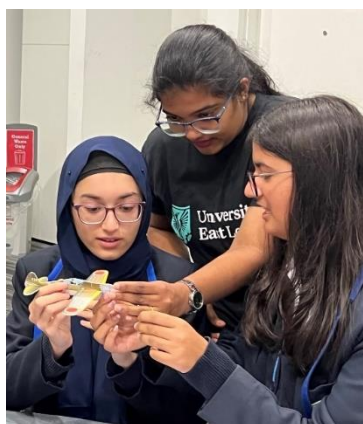
Last Friday the annual **STEM in Aviation** Challenge was held at the ExCel centre, in partnership with East London Business Alliance. The London City Airport hosted the event with 400 students from 23 schools across East London.

Much of what the airport is doing is all based on Science, Technology, Engineering and Maths. The day's event particularly empathised on the sort of specialisms in those core subjects. Especially where those careers could go into the aviation industry.



The morning session gave students a chance to network with the Tech Company Accenture, Arcadis Global, and the University of East London; it was a superb morning learning about careers, and students took part in a fun-making paper aeroplanes exercise. In the afternoon students worked in teams to complete a £50 million orientated business challenge and then if shortlisted had to pitch their idea in front of a judging panel and the audience. With four teams in the challenge, Ursuline did well to be shortlisted to present their sustainable airport idea and their slogan '**Fly Fast, Fly Clean**'

The judging panel comprised of; **Lucy Craven**, Head of Corporate Affairs, London City Airport, **Alex Phillpott**, Head of international and Carbon in the





Decarbonisation and Division **Department for Transport, Cllr James Asser**, Newham's Deputy Mayor, London Borough of Newham, **Councillor, Elizabeth Booker**, Newham and **Apostal Angelov**, Quality Systems Specialist, Boeing.

With some excellent presentations delivered as the judges made their decisions, everyone was totally surprised when **'Fly Fast, Fly Clean'** name was called as the runner-up! The judges said it was a very close call a couple of points between them. Making the Ursuline Triple Runner-Up winners. Congratulations, **Jumanah Hussain, Maariyah Saumtally, Abeera Khan, Duaa Akbar, Fizza Rasool, Maira Ali, Fiza Ahmed, Samira Wibitva-Rasui, Abeera Khan, Muntaha Akbar**. Well done ladies we are really proud of you all.  
**STEM Team**

"I liked the Accenture presentation because it was useful and I enjoyed asking questions. I also enjoyed working as a team to plan how London City Airport will look in 2040. The best part of the day was talking in front of a whole room of people, which I am very proud of doing. Learning to work in a short amount of time and agree on a decision was difficult, and I couldn't believe when they called our names to present and then later as the runner-up winners" **Jumanah Hussain 10U**



"The day started with four 20 min long sessions; in the afternoon session we were given a challenge to design a sustainable airport. We had to make a poster on how to make it more sustainable with its eco-friendly features. Then we had to present our ideas in front of everyone. Then out of 23 schools we couldn't believe we were one of the eight schools selected to present our ideas and then out of the two winners our names were called as the runner ups." **Hibah Azeem 10J**

"I really liked the layout of the day, we had 4 speaker sessions then a challenge to complete. The best part was working together with the people in my team. We had to design a new sustainable airport for the future at London City Airport, making it eco-friendly and greener for the community" **Maariyah Saumtally 10C**

"I really enjoyed how we were mixed with other schools so could learn together and how other people told us about their stories in their careers. The best part for me was when we made aeroplanes and we had the opportunity to fly them outside. I learnt so much on this trip, taking part in the presentation, I learnt about new ways we can use and keep our airports cleaner, more sustainable and less polluted as we travel clean" **Catherine Clarey 10J**

"The best part of my day was making the planes in the Physics session, also learning about careers others had done" **Feranmi Idezuna 10U**

"I really like the talks given and learning about their career journeys and how they were from different backgrounds but could transfer their skills from their different subjects **Nahian Joyeta 10T**"



**Fly Fast, Fly Clean - Runner Up Winners**



## Careers

### Institute and Faculty of Actuaries insight webinar

An introduction to actuarial careers with the Institute and Faculty of Actuaries - insight webinar



**On:** 6th December 2022 at 6.30 - 7.30pm

**For:** Students and parents of those in years 10 to 13. Career leaders and teachers are encouraged to join.

Join our 'Count Me In' event this December and hear our brightest minds explain how they became an actuary, find out how companies will support you and discover how you can begin a fulfilling career that really makes an impact.

As an actuary you'll solve real world problems that can make a huge difference in areas including financial



services, climate change, cyber security, population growth and so much more. Actuaries use cutting edge mathematical theory combined with real world experience and understanding to help governments, businesses and organisations protect themselves against the unknown and succeed in a fast-changing world.

- What is an actuary and how to get started (*Institute and Faculty of Actuaries*)
- Employer insights
- Graduate Insights
- Q&A

[Book your place today](#)

### Lloyd's Banking Group insight webinar



**On:** 13th December 2022 at 6.30 - 7.30pm  
**For:** Students and parents of those in years 10 to 13. Career leaders and teachers are encouraged to join.

Join us to learn more about apprenticeship opportunities at Lloyds Banking Group.

- Hear from current apprentices
- Organisation insights including what skill sets Lloyds are looking for, their culture and values, how they want to build the bank of the future and where an apprenticeship with Lloyds could take you
- Apprenticeship opportunities
- PLUS a Q and A session, where you'll be able to ask questions directly to their recruitment teams

[Book your place today](#)



The EY STEM App is an innovative gamified mobile platform for girls aged 13—18 that aims to inspire and support the next generation of girls in Science, Technology, Engineering, and Math (STEM) to create a more equal future. If you know a girl in the UK that may be interested, she can download the App on the App Store or Google Play, use COMMUNITY CODE UK0311 to register, and start learning more about STEM today!

**[#BlackinAcademia: Staying the Course \(London, The British Library\) Tickets, Mon 21 Nov 2022 at 17:30 |](#)**

Eventbrite - Leading Routes presents #BlackinAcademia: Staying the Course (London, The British Library) - Monday, 21 November 2022 at The British Library (Conservation Centre, Foyle room), London, England. Find event and ticket information.

**[IE Talks in London: Boost Your Career in Marketing Tickets, Tue, Nov 22, 2022 at 7:00 PM |](#)**

Eventbrite - IE UK presents IE Talks in London: Boost Your Career in Marketing - Tuesday, November 22, 2022 at IE London Office, Kensington Pavilion. Find event and ticket information.

**[Get In The Game Careers Talks; University of Hertfordshire Tickets, Wed 23 Nov 2022 at 13:00 |](#)  
[Eventbrite](#)**

Eventbrite - Grads In Games presents Get In The Game Careers Talks; University of Hertfordshire - Wednesday, 23 November 2022 at University of Hertfordshire, Hatfield, England. Find event and ticket information.

**[Starting a Career in Cybersecurity Tickets, Multiple Dates |](#)**

Eventbrite - Bashir Semakula presents Starting a Career in Cybersecurity - Thursday, 24 February 2022 | Thursday, 21 December 2023 - Find event and ticket information.

**University Events**

**[📍 University of Leicester Event | Girls into Geoscience Junior - 21st November](#)**

Girls into Geoscience Junior at University of Leicester, listed on UniTasterDays.com - a comprehensive database of University Taster Day Events for schools and students.

**[👤 University of Sheffield Event | Orthoptics Taster Session - 23rd November](#)**

[www.unitasterdays.com](http://www.unitasterdays.com) – [Share](#)

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

**[📅 University of East Anglia Event | Webinar: Politics taster lecture \(Political Debate\) - 23rd November](#)**

[www.unitasterdays.com](http://www.unitasterdays.com) – [Share](#)

Webinar: Politics taster lecture (political debate) 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 | Bioengineering Taster Session - 28th November](#)**

[www.unitasterdays.com](http://www.unitasterdays.com) – [Share](#)

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

**[🏢 University of East Anglia Event | Webinar: Preparing for Medicine & Healthcare University Interviews - 29th November](#)**

[www.unitasterdays.com](http://www.unitasterdays.com) – [Share](#)



Webinar: Preparing for Medicine & Healthcare University Interviews at University of East Anglia, listed on UniTasterDays.com - a comprehensive database of University Taster Day Events for schools and students.

[!\[\]\(7e21c3ba61cae16583010dbe84b5ee43\_img.jpg\) Norwich University of the Arts Event | Portfolio and Audition Advice - November 30th](#)

[www.unitasterdays.com](http://www.unitasterdays.com) – [Share](#)

Portfolio and Audition Advice at Norwich University of the Arts, listed on UniTasterDays.com - a comprehensive database of University Taster Day Events for schools and students.



We would like to invite your students to our upcoming PotMed event; our **MMI Intensive**! This crash course consists of a series of interactive tutorials covering how to tackle different types of stations, followed by an **8-station mock**

**MMI** with feedback from medical students!

This will take place on **Sunday 4th December** 2022 at our South Kensington campus. There are morning (8:45-12:30) and afternoon (11:45-15:30) slots, and tickets are £15. We have limited spaces.

The full details and agenda can be found below.

### 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, ethical scenarios, role play and more. Students will also 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 4th December 2022
- **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/2IXCOFHAE>
- **Ticket link:** <https://bit.ly/potmed22-23>

### Agenda

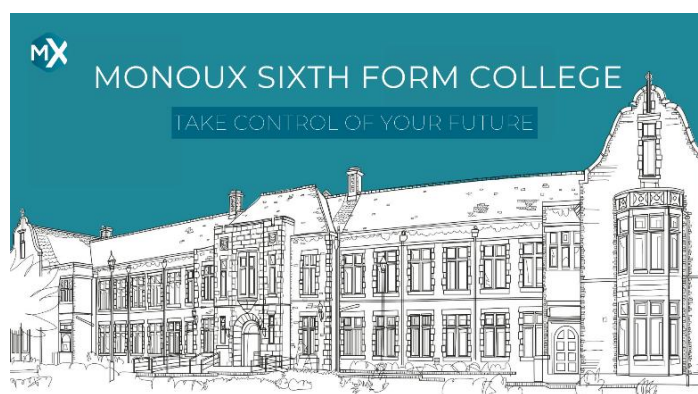
Morning slot	Afternoon slot
08:45-09:00 – registration	11:45-12:00 – registration
09:00-10:45 – tutorials covering types of MMI stations	12:00-13:45 – tutorials covering types of MMI stations
10:45-11:00 – move to rotations	13:45-14:00 – move to rotations
	14:00-15:30 – mock MMI with feedback

\* 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](mailto: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

To keep up to date with our events, make sure to follow our [Instagram \(@potentialmedics\)](#), [Facebook](#) and [LinkedIn](#). We will be running a **series of MMI Intensives** in the upcoming months, including an online version!

If you have any questions, please free to contact us at [mmpotmed@imperial.ac.uk](mailto:mmpotmed@imperial.ac.uk).



### OPEN DAY

Saturday 26<sup>th</sup> November 2022

10am -12.30pm

### What career can Biology, Sociology or Computer Science lead to?

If you are interested in studying these subjects further in GCSE, A Level or University, you will find lots of information by clicking the links below.

**Sociology:** <https://79590737.flowpaper.com/4Sociology2/#page=1>

**Biology:** <https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=b215d4f32a&e=c65f91045f>

**Computer Science:** <https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=af16b7ed3d&e=c65f91045f>



## 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
	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
	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
<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
<b>Lunch 12.40 – 1.10p.m.</b>	<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>
<b>After School 3.20 – 4.20p.m.</b>	<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>





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,

This Sunday we celebrate the feast of Christ the King. In this Sunday's Gospel, the leaders, the soldiers and the people all mock Jesus as God's Chosen One and as king.

Jesus' kingship is not one of military or political power, but one of love and mercy. Jesus forgave those who crucified him. He also showed mercy to the criminal who was sorry and called him to share in his kingdom – an offer Jesus also makes to us today.

Wednesday 16<sup>th</sup> November 2022

Pope Francis reminds us that, "In life we all make many mistakes. Don't be afraid to ask God for forgiveness. God is pure mercy." Each one of us receives mercy as a gift from God – it is a gift which we are called to share with others.

Enjoy a special time together this evening exploring this Sunday's Gospel and this Wednesday's word, which is **MERCY**.

*Dom Henry Wansbrough*



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

### THE GOSPEL IN CHURCH Sunday 20<sup>th</sup> November 2022



The people stayed there before the cross watching Jesus. As for the leaders, they jeered at him. "He saved others," they said, "let him save himself if he is the Christ of God, the Chosen One." The soldiers mocked him too, and when they approached to offer him vinegar they said, "If you are the King of the Jews, save yourself." Above him there was an inscription: 'This is the King of the Jews.' One of the criminals hanging there abused him. "Are you not the Christ?" he said. "Save yourself and us as well." But the other spoke up and rebuked him. "Have you no fear of God at all?" he said. "You received the same sentence as he did, but in our case we deserved it: we are paying for what we did. But this man has done nothing wrong. Jesus," he said, "remember me when you come into your kingdom." "Indeed, I promise you," Jesus replied, "today you will be with me in paradise."

*Adapted from*

*Luke 23: 35-43 (the Feast of Christ the King, Year C)*

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

"Mercy is the very foundation of the  
Church's life. May every Church be  
a place of mercy." *Pope Francis*



**THE** Wednesday  
**WORD**

CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL



Many people who came into contact with Jesus felt the healing power and joy of God's mercy. Today, the Church helps us to experience this mercy (especially through the Sacrament of Reconciliation) and encourages us to be 'merciful' to others – which brings us great peace.



**1**

## Our Special Time Together

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

While Jesus was on the cross, the leaders of the people insulted him saying, "He saved others; let him save himself if he is the Christ of God, the Chosen One." The soldiers also mocked and made fun of him saying, "If you are the King of the Jews, save yourself." Above Jesus was a sign which said, 'This is the King of the Jews.' There were two criminals who were also on crosses alongside Jesus, and one of them said, "Jesus, remember me when you come into your kingdom." Jesus replied, "I promise you, today you will be with me in Paradise."

**What did Jesus say to the criminal?** 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 ...

**MERCY**



**3**

## Loving God & Each Other

"Read the gospels! This way we will learn what is most essential in our lives: love and mercy." *Pope Francis*

**Mercy is a virtue.** Ask your child what the word 'mercy' means to them. You may want to share with your child what the word 'mercy' means to you. Ask your child who they know to be a 'merciful' person. Can you or your child remember a time when you have been merciful – when you gave someone another chance? How did it feel?

"God is so merciful towards us. We too should learn to be merciful." *Pope Francis*

**Each time we show 'mercy', we open ourselves to receive mercy from God.** Being compassionate, being patient with others even if we are being treated unfairly, forgiving others (even if we feel they don't deserve forgiveness), sometimes giving people more than they deserve, these are just some ways of showing mercy. Is there someone to whom you could show mercy? Each of you choose one way in which you will try to show mercy at home, at school or in the community in this coming week.



Dear Lord Jesus, please help us to grow in the virtue of **mercy** – to be open to receiving your mercy and showing **mercy** to others. Amen.

**Gospel Gallery**

L A S K E D K Y A C W A  
P M C R I M I N A L S S  
A R N W B N L A A D P K  
J E S U S Y S N D G O M  
P M K A D K I N B P T T  
R E B M E M E R A A W O  
M M C D I Y C R V R M D  
A B W R F R A J N A I A  
V E C T I D E O K D P Y  
P R O M I S E D W I C M  
W L I S U K I N G S N S  
E D E S I M O R P E W G

**WEDNESDAY WORDSEARCH**

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

☒ **JESUS** ☒  
☐ **KING** ☐  
☐ **CRIMINAL** ☐  
☐ **ASKED** ☐  
☐ **REMEMBER** ☐  
☐ **TODAY** ☐  
☐ **PROMISED** ☐  
☐ **PARADISE** ☐

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

Cross out the letters **h n v** in the jumbled words below to find 4 real words.

**tondvahy Jevshuns Panravdishe provmishen**

\_\_\_\_\_ said, "I \_\_\_\_\_ you, \_\_\_\_\_  
you will be with me in \_\_\_\_\_."



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

Throughout the gospels, Jesus reminds us that God wants us to forgive and show mercy – just like he did. Merciful people do things out of their love and care for others and this helps make the world a better place.

Write a promise and then draw a big smile on Smiley

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

.....  
.....



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



# Communicating Help for Households and Cost of Living Payments

Updated stakeholder toolkit October 2022 including:

- social media copy and assets in English and Welsh
- newsletter copy, and FAQs
- adaptable assets for stakeholders
- printable PDF for stakeholders
- easy read assets
- BSL YouTube video

**Help for Households**

## How to talk about Help for Households and the Cost of Living Payments with your customers

The Government is providing £37 billion this year to help households combat the rising cost of living.

**We know this may lead to questions about how much people may be entitled to.**

This toolkit sets out:

- what the different payments are and the payment windows
- who is eligible for the payments
- how stakeholders can support their customers

Click [here](#) for our full asset pack including social media assets and a BSL information video

### Example social media copy and assets for use on your channels



If you claim certain benefits you may automatically receive a £324 Cost of Living Payment from the UK Government. To find out more visit: [Cost of Living Payment - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cost-of-living-payment)



If you're entitled to a Winter Fuel Payment for 2022 to 2023, you will get an extra £300 for your household. To find out more visit: [Cost of Living Payment - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cost-of-living-payment)

Contact [external.affairs@dp.gov.uk](mailto:external.affairs@dp.gov.uk) for more information



## Newsletter copy and leaflet/poster

### Newsletter copy

Over eight million households are set to receive the second part of the £650 Cost of Living Payment to help with the rising cost of living.

From 8 November and continuing through to the 23 November, the second payment of £324 will automatically be paid into the bank accounts of most of those eligible in England, Scotland, Wales and Northern Ireland who receive a qualifying DWP benefit. This means they will not need to do anything to receive the money. Eligible customers who receive tax credits and no other eligible benefits from DWP will receive their payment from HMRC between 23 and 30 November.

To be eligible for the second payment, families must have been entitled to a payment (or later found to be entitled to a payment) of either:

**Universal Credit for an assessment period that ended in the period 26 August to 25 September, income-based JSA, income-related ESA, Income Support or Pension Credit for any day in the period 26 August 2022 to 25 September 2022.**

**For tax credit-only customers, an annual award of at least £26 for the 2022/23 tax year, of tax credits for any day in the period 26 August to 25 September 2022.**

The DWP will pay a small number of payments on 8 November, with numbers increasing significantly from 9 November. Customers do not need to contact the Government or apply for the payment at any stage.

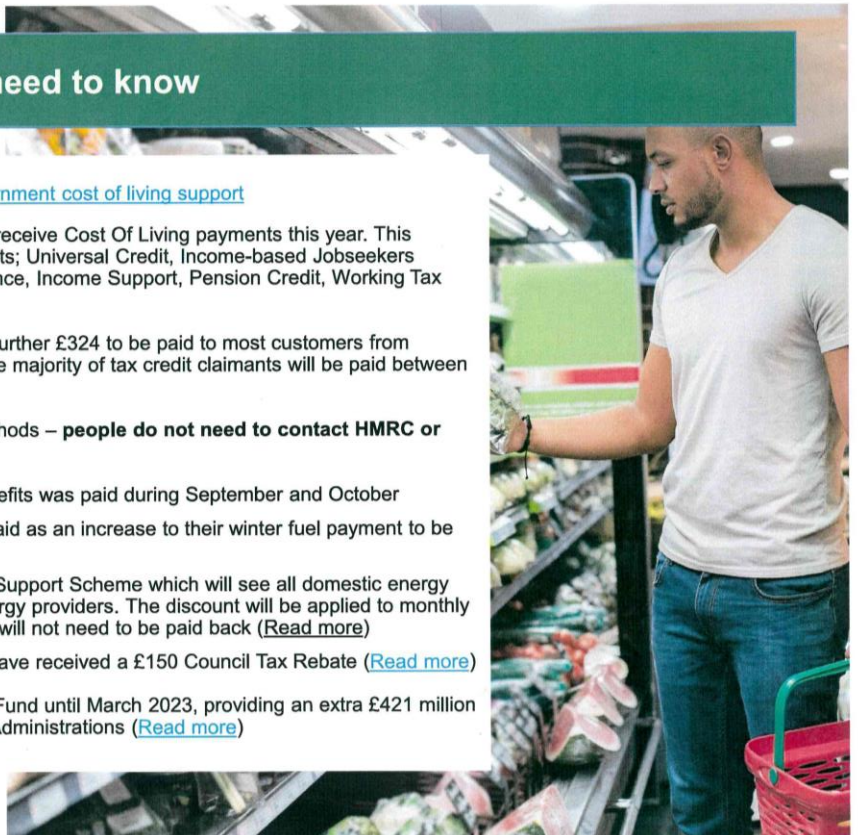
For more information, go to the [Cost of Living Payment page](#) on gov.uk

### Poster for stakeholders



## Help for Households - What people need to know

- [Check the Help for Households page for a summary of government cost of living support](#)
- Over eight million households on means-tested benefits will receive Cost Of Living payments this year. This includes all eligible households receiving the following benefits; Universal Credit, Income-based Jobseekers Allowance, Income-related Employment and Support Allowance, Income Support, Pension Credit, Working Tax Credit and Child Tax Credit
- The first payment of £326 was made earlier this year with a further £324 to be paid to most customers from November 8 and continuing through to the 23 November. The majority of tax credit claimants will be paid between 23 November and 30 November
- Payments will be made automatically via usual payment methods – **people do not need to contact HMRC or DWP or apply for the payment** ([Read more](#))
- An extra £150 payment to people on qualifying disability benefits was paid during September and October
- There will also be an extra £300 for pensioner households paid as an increase to their winter fuel payment to be paid in Winter
- In addition to these payments, there is also the Energy Bills Support Scheme which will see all domestic energy customers receive a one-off rebate of £400 paid by their energy providers. The discount will be applied to monthly household bills between October 2022 and March 2023 and will not need to be paid back ([Read more](#))
- Households liable for Council Tax in Bands A-D in England have received a £150 Council Tax Rebate ([Read more](#))
- The government has also extended the Household Support Fund until March 2023, providing an extra £421 million of local support in England and £79 million to the Devolved Administrations ([Read more](#))





## Frequently asked questions

The attached **factsheet** should help you assist – in addition, the following top-level FAQs may answer any questions:

**Q: How do people apply for these Cost of Living Payments?**

A: People do not need to apply for Cost of Living payments. If they are eligible, they will be paid automatically in the same way that they usually receive their benefit or tax credits.

**Q: Will these payments affect other benefits?**

A: These payments are not taxable and will not affect the benefits or tax credits people already receive.

**Q: How will people know they are eligible? What are the qualifying dates and requirements?**

A: To be eligible for the second payment, families must have been entitled to a payment (or later found to be entitled to a payment) of either:

- Universal Credit for an assessment period that ended in the period 26 August to 25 September

- Income-based JSA, income-related ESA, Income Support or Pension Credit for any day in the period 26 August 2022 to 25 September 2022

- For tax credit customers – to be eligible for the second payment people must have received a payment, or an annual award of at least £26 for the 22/23 tax year, of tax credits for any day in the period 26 August to 25 September 2022.

**Q: When will the second cost of living payment be paid?**

A: The second payment of £324 will be paid to most people from November 8 until November 23. Eligible people receiving tax credits only will receive their second payment by the end of November in most cases.

**Q: Why are the two amounts, of £326 and £324, slightly different?**

A: This will help people to know they have received both payments and avoid the risk of fraud and duplicate payments.

**Q: What if a customer gets child tax credit and working tax credit?**

A: If you get both Child Tax Credit and Working Tax Credit, you will receive one set of Cost of Living Payments, linked to Child Tax Credit only.

**Q: I get additional benefits. Will this affect how much I get?**

A: If you receive tax credits from HMRC or a qualifying low income benefit from DWP, you will receive a Cost of Living Payment from DWP or HMRC. If you also get a qualifying disability benefit, you may receive an additional Disability Cost of Living Payment from DWP.

**Q: Why are tax credits customers getting paid later?**

A: It's possible for customers to be entitled to both tax credits and other eligible benefits which are administered by DWP. So, HMRC will make payments to eligible customers receiving tax credits only, shortly after DWP, to avoid duplicate payments.

**Q: My Universal Credit award was £0 during the qualifying period. Will I still receive a payment?**

A: You will not be eligible for the Cost of Living Payment if your Universal Credit award is determined to be £0 for the qualifying assessment period. This is sometimes called a 'nil award'. Universal Credit households can receive a nil award for various reasons, but the majority are due to the amount of household earnings. Other reasons that can cause or contribute to a nil award include the amount of capital, other income and other benefits. If money has also been deducted from your UC award for other reasons, such as payments of rent to your landlord or for money that you owe, you might still be eligible for a Cost of Living Payment.

**Q: Is it too late to claim Pension Credit and qualify for the second Cost of Living payment?**

A: No – you can backdate a claim for Pension Credit for up to 3 months if you're eligible. But you should claim as soon as possible, and by no later than 18 December to be able to qualify for the 2nd Cost of Living payment.

## Useful links

- Download files to support customers [here](#)
- HMRC Cost Of Living toolkit [here](#)
- [Use the HM Gov benefits checker to find out what you might be entitled to](#)
- [BSL information on YouTube](#)
- Use an independent [benefits calculator](#) to find out what benefits you could get
- [DWP Press Release](#)
- [Cost Of Living Factsheet](#)
- [Cost Of Living campaign website](#)
- You may be able to get other kinds of support, including:
  - help from the Household Support Fund from [your local council](#) in England
  - [Pension Credit calculator](#)
  - [Understanding Universal Credit](#)
  - the [Discretionary Assistance Fund](#) in Wales
  - a [Crisis Grant or Community Care Grant](#) in Scotland
  - [Discretionary Support or a Short-term Benefit Advance](#) in Northern Ireland

