



THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

*Weekly News – Issue 6*

14<sup>th</sup> October 2022



Dear Parents/Guardians

### Headteacher's Headlines...

Year 7 retreats have been taking place at Desenzano house this week, I visited pupils from 7 Teresa on Tuesday and was so impressed with the lovely work they were doing together as a form group, identifying their 'superhero' traits. Thank you to Cleo our chaplain and the 6<sup>th</sup> formers supporting her with this important work, you will see lots of photos below on pages 5 – 6.



Our Retreat



On Wednesday evening we held the Year 7 Badge Commissioning Service where Year 7 students were given their badges and a special card from the Ursuline sisters formally welcoming them to the school community. I am very grateful to Mrs Wood, our Head of Year 7 for organising and delivering the event. It was wonderful to meet so many of our Year 7 parents. Many of you took pictures of me with your daughters, I'd love to see them so if you're happy to, please send to [enquiries@uai.org.uk](mailto:enquiries@uai.org.uk) SERVIAM!

*"Have hope and firm faith in God for He will help you in everything". St. Angela Merici*

**UCAS** Our Year 13 students are busy putting their UCAS (Universities and Colleges admissions Service) applications together, teachers are joyfully writing references as we prepare our students for the next steps in their education. Those students making early applications for; 'Oxbridge', medicine and dentistry have their applications ready for the October 15<sup>th</sup> deadline, I commend all our Year 13 students for their courageous and resilient approach to preparing themselves for the next stage of their lives.

**attendance MATTERS** Attendance, behaviour and standards have continued to be incredibly high this half term, I thank you as parents and carers for supporting us in looking after and educating your daughters. We are reminding pupils over this course of the next week to ensure that uniform standards are maintained after the half term break, especially as we greet the dark and cold weather of November.



Good wishes for the week ahead,

**Ms. Stone**



## Pastoral Deputy Headteacher's Headlines...

### Friday 21<sup>st</sup> October

On the final Friday of this half term, we will be celebrating the rich diversity of our community by holding a **Cultural Day**. This is something that has been requested by a large number of students both through the student council and through the African Caribbean Society. Students will celebrate their heritage and are invited to wear clothing or colours that represent this. The day is also an outward sign of our commitment to celebrating Black History Season in school. Such celebrations also serve as a fantastic reminder of one of our core Ursuline virtues: United in Harmony. Whilst we come from many different backgrounds and have our own important stories, we always aim to be united in harmony as Ursulines and in our common purpose to serve God through serving others. We also remember that there are Ursuline students all around the world who we share a special connection with.



### Newsletter Contents this week:

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### Chaplaincy News



**Pope Francis@Pontifex – 12<sup>th</sup> October 2022**

The Lord has a great desire for us – to make us sharers in his own life. In our dialogue with Him, we learn to understand what we truly want from our lives. #Discernment #GeneralAudience



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

**October: Be Shepherds**

**14<sup>th</sup> October:** God has given free will to everyone, and wants to force no one, but only proposes, invites and counsels.

**15<sup>th</sup> October:** Do your duty, correcting them with love and charity.

**16<sup>th</sup> October:** Comfort them, so that they may go forward willingly.

**17<sup>th</sup> October:** I do not say, however, that it will not be necessary occasionally to use reproaches and severity, at the right place and time.

**18<sup>th</sup> October:** One must be careful and prudent.

**19<sup>th</sup> October:** Bear with them all equally, for it is not up to you to judge.

**20<sup>th</sup> October:** There will be no other sign that you are in the grace of the Lord than that you love one another and are united together.



### **Meeting of Ursuline Student Profile Representatives**

On Monday, 6 Year 10 students (*Iqra Alam, Angelina Kurien, Tahila Kayenga, Chantelle Brown, Fiza Ahmed & Jessica Rambuyon*) attended a meeting with representatives from the other Ursuline secondary schools to share ideas of how we can better learn about these virtues in school. The girls were excellent and very courageous in sharing their ideas in front of an unfamiliar audience. As always, the girls were great representatives of our school and we look forward to the fruits of their work.



**Mr Challis, Deputy Headteacher**





## Mary's Meals

Recently, as part of General RE lessons in the VI form, Yr12 girls enjoyed a talk from a volunteer, Teresa McEwan, with the charity Marys Meals. The charity was set up in Scotland in 1992 to help alleviate hunger and poverty.

**Mr McGhee, Head of RE.**

At Mary's Meals, their vision is that every child receives one daily meal in their place of education and that all those who have more than they need, share with those who lack even the most basic things. Their nutritious meals encourage children into the classroom – giving them the energy to concentrate – so they can gain an education and a brighter future. They believe that children who receive Mary's Meals today can, in the future, become the men and women who will help lift their communities out of poverty. I encourage those who share their vision to offer their time, money, skills, or prayers to reach out in love to those experiencing the effects of extreme poverty. Their commitment to a low-cost approach ensures that at least 93% of all donations can be spent on charitable activities. You may be asking how can you help Mary's meals? Well first, you could organise a bake off and raise money, you could organise a tournament to raise money and maybe even arrange a movie night. Use the money box given to you to put any spare change in. The possibilities are endless!

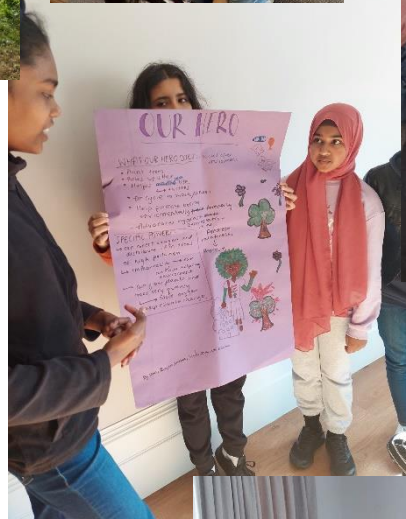
**Harishka Prabakaran, Year 12**





# RETREAT!

## Year 7 Retreats







### Gardening Club News

The weather may be a little more temperamental of late, however, the Year 9 gardeners have been helping to keep the chapel garden looking bright.

Our Dwarf Sunflowers have also bloomed, and our Sweet Pea is growing fast around the trellis. Thank you so much to members of staff who kindly donated any seeds they had spare. This is still a work in progress, but we are ten steps ahead this academic year and we have no doubt that there will be lots of colour come spring. Watch this space!

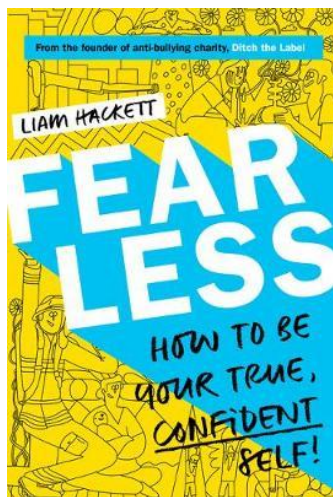
**Ms Eakins**





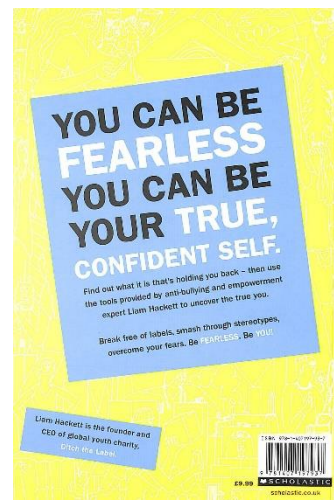
## Book of the Week

### Fearless by Liam Hackett



**Contents**

- Introduction
- Fear of being yourself
- Fear of being judged
- Fear of not fitting in
- Fear of your emotions
- Fear of expressing yourself
- Fear of being a failure
- Fear of not being good enough
- A letter from Liam
- Glossary
- Useful resources
- Index



Self-help advice for achieving your full potential.

You can be fearless, you can be your true, confident self. Find out what it is that's holding you back - then use the tools provided by anti-bullying and empowerment expert Liam Hackett to uncover the true you.



Our new **Scholastic Book Club is up and running!** Go to <https://schools.scholastic.co.uk/ursuline-high/digital-book-club> to browse the latest books and order online. For **every £1 you spend** on this month's Book Club, **our school will earn 20p** in Scholastic Rewards.

Please place your **order online by October 21st, 2022.**

**Ms Finlay, LRC Manager**



### Science News

#### **Week 4: Science Club: Making a Lava Lamp!**

The girls had lots of fun making their own lava lamps using Oil, Water, Glitter, Food colouring and a plastic empty water bottle with a secret tablet. The Lava lamps look amazing and thank you to my helpers as always...**Lily, Laiba** and **Ms Agudelo**

**Mrs Bharaj**







## Black History Month Celebrations

Continuing our celebration of Black History Month/ Season, on Thursday we were joined by Pria Louise Quinlan – a social media manager at Sky who came to share both her journey and experience of apprenticeships and what Black History Month means to her. It was a great opportunity to hear about the different routes available other than university. She also presented to us the different projects she has worked on in Sky as part of Black History Month to bring attention to black talent. It was very clear how passionate she is on the matter especially as a black woman working in the media industry.

***Pria said "Incredible morning at the Ursuline Academy Ilford this morning, informing young people about apprenticeships and as a young woman of mixed Caribbean heritage, what black history means to be me"***

Inspired as she talked about her experiences and how she repeatedly mentioned always have options and I found that really useful. I also really liked how she





answered the questions about how she gained confidence and the reason why she chose the apprenticeship route. **Mair 9 U**

The assembly yesterday was very informative and inspiring. It showed us how we don't need to go to university to achieve things and that there are also other ways to achieve your dream. In a way that's more versatile for your own paths and journey that you want to go down. It gave me confidence for what I want to do in the future. And her inspiring words whilst answering asking questions. **Tolu Eluwade 9U**

I found the assembly very interesting. She talked about her job how she applied which helped a lot as I know what to do when I'm older she seemed really nice **Lanna 9U**

**Jessica Darwin, Head Girl Team**



### Professor Miranda Brawn 'Yes You Can' Mentoring Fireside Chat

To start off our **Black History** celebration this month we were privileged to receive a mentoring session from Miranda Brawn. Her career path includes investment banking, hedge fund sales trader, banking lawyer and now corporate board advisor. In addition to this she is giving back to the next generation via the



Miranda Brawn diversity leadership foundation. During her visit she was extremely down to earth and inspired me greatly with her wisdom and words of positive affirmations. She has achieved so much and serves as a role model for all females aspiring to break gender barriers and establish themselves in male dominated fields. **Nereannah Olafusi, Head Girl Team**



It was a privilege to welcome the inspirational Professor Miranda Brawn back to the school last Friday late afternoon. Miranda kept her promise since her last visit to celebrate International Women's day in March

The inspirational Miranda words inspired me to believe in myself and made me feel that no matter how my grades are or if I may not be sure of the future, if I work hard, everything will fall into place. **Katherine Maduagwu 11U**

I felt like the talk motivated me to become what I want to be when I grow up (neurosurgeon) she made me feel even if I don't do well at times, I can come back up and do better. One thing that stood out for me is how she is a person of colour and even when others doubted her, Miranda proved them wrong and built a successful career. **Racheal Peters 11U**

My name is **Nora Aina in 11T**, I was fortunate enough to attend on Friday 14<sup>th</sup> October Dr Miranda Brawn mentoring session. I must say she is an inspiration whose integrity and perseverance inspires me to have high expectation and dream big.

After the talk on Friday with Miranda, she really opened my eyes about Law, and how it would really benefit me in the future and lead to excellent opportunities. **Amina Butt 11C**

This was an excellent experience that I got to take part in. I was really inspired by her personality and her career journey. She showed me if I am determined I can achieve anything. **Duaa Akbar 10T**

I really found Dr Miranda's talk because she engaged with us and really inspires us for the future. She also, gave amazing advice to the questions we asked and on topics I wanted to know about. **Aaminah Malji 11J**

I enjoyed Dr Miranda talk and her amazing stories just like her I want to be talented and want to be like her in the future. **Xinyi Chen 10T**

I enjoyed the talk it taught it inspired me to try and achieve my full potential. I left there feeling motivated and ready to achieve anything. Azaria Robinson **10T**

The talk was an eye-opener, I do not know many people in my family or community who have gone to amazing university like Oxford. I now know that I have a chance and one day all the hard work will pay off. **Jumanah Hassain 10U**







## Celebrating World Mental Health Day 2022

World Mental Health Day aims to spread awareness about mental health and the importance of looking after it! The day is a chance for everybody to talk about mental health and emphasise how important it is to reach out if you're struggling.

The day was first celebrated in 1992 at the initiative of the World Federation for Mental Health, an organisation that advocates mental health education worldwide!

This year's theme for World Mental Health Day 2022 is 'Make Mental Health and Well-Being for All a Global Priority'. In a time of global instability, particularly after the pandemic, this theme gives us an opportunity to re-ignite our efforts to make the world a better place for everyone!

People with mental health conditions, governments, employers and everyone else can come together and make sure mental health is a priority for everyone.

### **Kindness and Mental Health**

Kindness doesn't just help other people, but it also improves our own physical and mental health. Whether we're giving kindness, receiving kindness or even just witnessing kindness, it can have a great effect on us!

KINDNESS BINGO			52 LIVES
Invite someone new to play with you 	Let someone go in front of you in line 	Say something kind to a class mate 	Thank a grown up for helping you 
Write a kind note for someone in your family 	Tidy up without being asked 	Say hello to someone new 	Hold a door open for someone 
Smile at someone 	Pick up some litter in the playground 	Push a friend's chair in for them 	Sharpen someone's pencil 
Write down 3 things you love about yourself 	Tell a friend a funny joke 	Ask someone if they need help 	Say sorry if you've done something wrong 

When we experience kindness, a hormone called dopamine is released in our brain which gives us a feeling of elevation – it's often referred to as 'Helper's High'. Kindness can also improve relationships. Our evolutionary ancestors had to cooperate with each other for survival. This means we now have 'kindness genes' etched into the human genome. So, when we're kind to each other, we feel a connection that strengthens our relationships and helps us to create new ones. How great is that!

There are many other scientific benefits of kindness, which you can find out more about here. Teaching children about the effects of kindness will empower them to take charge of their own well-being. We have a range of free video lesson plans available to download here.

Kindness can be spread through a variety of different ways- taking time to speak to a neighbour, writing letters to family and friends, making small gifts, giving a helping hand to someone who is struggling, along with bigger acts of giving time to volunteer at local charities, giving to local foods banks if possible. Little things can make a big difference to people so let us celebrate this week by spreading a little kindness in our communities! To get you started I have included a little Kindness bingo card to give us some small ideas!

Please also see below link for more resources!

<https://www.tentenresources.co.uk/the-hub/world-mental-health-day/>

**Mrs Wood**



## Careers



### Podcast for Teachers & Parents

Also new this month is the Uni Guide Podcast. Providing teachers and parents with the cutting-edge information and conversations to provide excellent support to those considering university. Without the jargon, and from the lived experience of everyone involved in the process. [Listen HERE](#)



### The University of Essex - Open Days

We have an upcoming Open Day at our Colchester Campus, and one at our Southend Campus this October:

[Saturday 22 October](#) – Colchester Campus

[Saturday 15 October](#) – Southend Campus

We are so excited to welcome you to our campuses. If you're impatient to get to know Essex, visit our website to [secure your place now](#).





University of  
**Salford**  
MANCHESTER

## Discover the University of Salford at our next Open Days

Choosing the right university is a big decision – and one of the best ways of finding out what's right for you is by going to [Open Days](#) and events. Find out how you can achieve your goals at our upcoming Open Days. Our next events take place on Saturday 8 October, Saturday 12 November and Saturday 14 January.

By coming to an Open Day you'll get a real sense of what studying at the University of Salford is like. You'll get to take part in course talks, Q&As with students, go on campus tours and more. You'll also get to see our accommodation, meet teaching and support staff, find out how to fund your studies, and learn about settling into student life. This is an ideal opportunity to see our campuses and facilities in person, and get a real feel for what student life can offer.

We want you to make an informed decision about where to study and know the cost of attending Open Days can add up quickly. So, to help with the cost of your visit, we'd like to reimburse you for some of your travel expenses. If you live in Greater Manchester, we'll contribute £15 to the cost of your visit; for anyone coming from further afield, we'll contribute £40.

Learn more and [book your place](#) today. We look forward to welcoming you on campus!

**The London Institute  
of Banking & Finance**

Join us at our  
**Undergraduate Open Day**  
Saturday 15 October from 11am

Looking for a university that offers specialist degrees in **banking and finance**, dedicated student support and over 140 years of industry-leading education? The London Institute of Banking & Finance offers that – and so much more.

If you're considering a career in financial services, why not join a leading specialist university in the sector? Based in the heart of London's financial district, we are perfectly placed to deliver an

exceptional educational experience.

### Undergraduate Open Day

With our degrees in Banking and Finance, and Finance Investment and Risk, being built around employability, our students are fully prepared to enter the working world. Alongside our global network of alumni and professionals, there's nothing holding you back from your dream career.

Take the first step at our [Undergraduate Open Day](#) on Saturday 15 October.

Our Open Day is a great opportunity to explore our campus and learn more about our culture. Speak with our expert faculty and student ambassadors about student support and career paths and get a feel for university life with LIBF. There's also lots to do around our campus so why not take in the London sights and make it a fun day out?

### Drop-in sessions

Want a more informal way to get to know us?

We run weekly [drop-in sessions](#) where you can come and explore what we have to offer on a one-to-one basis with a member of our admissions team. They'll show you our campus, tell you more about our degree programmes and answer any questions you may have. You can bring along a family member, but just make sure to let our team know.

Not available on Thursdays? Our team are happy to help arrange a time and day that is suitable for you. Drop us an email at [admissions@libf.ac.uk](mailto:admissions@libf.ac.uk) to find out more.

[Find out more about our events](#)



**Get a taste of studying an Animation, Game Art or VFX degree**

**Why join our taster day?**

- Take your seat at a workstation (in-person or online via remote workstations!) for sessions in Animation, Game Art and VFX.
- Use industry-standard software including **Autodesk Maya** and **Unreal Engine**.
- Add some digital artwork to your portfolio.
- Explore our studios in central London!

This is a great opportunity for students interested in a career in the creative industries. Oxford Economics has predicted the sector could grow by over 26% by 2025, contributing £132.1 billion to the UK economy! (Televisual.com)

#### **Event details**

**Date:** Saturday 8th October

**Time:** 10.30am - 1.45pm

**Where:** Escape Studios, 190 High Holborn, London, WC1V 7BH or online

[Book Now!](#)



**Skills London at ExCeL London**  
**25th and 26th of November**  
**Booked [your place](#) here**

We're incredibly excited to welcome PwC, The Royal Air Force, Wagamama and the National Audit Office to our exhibitor line up, offering students the chance to speak to a diverse range of outstanding organisations.



As the UK's biggest careers fair for **14–24**-year-olds, Skills London provides young people with a fantastic opportunity to discover a future that works for them, bridging the gap between what they enjoy doing and what they could do as a career to find a future that works for them.

Returning in person on the **25th and 26th of November**, the event is unique in offering up to 50,000 live jobs, training and apprenticeships in one place. Students can seek advice from career specialists and connect with some of the UK's top higher and further education institutions, universities and employers.

With over 12,000 confirmed attendees already, places are filling up fast. Don't miss out on the chance to give your students the advice and guidance they need to help them discover a truly fulfilling future.

Skills London is free to attend, and we recommend students in Years 10, 11, 12 and 13 should attend. Other visitors are also encouraged to attend, including undergraduates, recent graduates, young adults, NEETs, teachers, parents, carers, and career professionals. [You can register here.](#)



**APPRENTICESHIPS IN IT,  
SOFTWARE AND ENGINEERING**  
£18,959  
Hanslope Park, Milton Keynes  
HMGCC  
Realise the future

Here at HMGCC, we develop unique communication systems to help safeguard the country. It takes a huge range of people to help us do that – including our talented apprentices.

Whether they choose Software, Engineering or IT, our apprentices work towards a professional qualification and get stuck into live projects from day one. Using new tech, they protect national security and quickly develop their skills through practical on-the-job experience. Plus, they earn while they do it with our apprenticeships starting from £18,959.

We'll cover all their tuition and training fees, and once the apprenticeship is completed, they'll start an exciting career in HMGCC. So, they'll continue getting the very best out of themselves while contributing to the UK's national security.

When you guide their career, they could help guide the nation's future. If you know someone who's curious about tech, their own ability and the impact they can have, we'd love to hear from them.

Apply at [hmgcc.gov.uk](https://hmgcc.gov.uk)

**Ms Finlay, Careers Coordinator**

### 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
	Geography A Level Drop Down Session for Years 12 & 13: HCO	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
	Year 7 Eco Warriors: HCO/JMC	1.00 – 1.30p.m.	G3
	Running Club – All Year Groups: JMA/NRI	3.20 – 4.20p.m.	Playground/Gym





## P E Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 12.40 – 1.10p.m.	<b>Indoor Rowing</b> <b>All Years</b> <b>Gym</b> <b>(Ms Keogh)</b>  <b>Contemporary</b> <b>Dance</b> <b>Years 7 &amp; 8</b> <b>Dance Studio</b> <b>(Ms Francis)</b>	<b>GCSE Dance</b> <b>Students</b> <b>Years 10 &amp; 11</b> <b>Dance Studio</b> <b>(Ms Keogh)</b>  <b>GCSE Coursework</b> <b>&amp; Intervention</b> <b>Group 1</b> <b>F7</b> <b>(Ms Francis)</b>  <b>Badminton</b> <b>Year 11 &amp; 6<sup>th</sup></b> <b>Form</b> <b>Gym</b> <b>(Ms Eakins)</b>	<b>Indoor Athletics</b> <b>Years 7 &amp; 8</b> <b>Gym</b> <b>(Mrs Mansell)</b>	<b>Trampolining</b> <b>GCSE PE</b> <b>Years 10 &amp; 11</b> <b>Gym</b> <b>(Ms Francis)</b>  <b>GCSE PE</b> <b>Coursework &amp;</b> <b>Intervention</b> <b>Group 2</b> <b>G18</b> <b>(Ms Keogh)</b>	<b>Multi Games</b> <b>SS Students</b> <b>(Invitation only)</b> <b>Gym</b> <b>(BTEC Students)</b>
After School 3.20 – 4.20p.m.	<b>Netball</b> <b>Year 7</b> <b>Playground/Gym</b> <b>(Mrs Mansell)</b>	<b>Netball</b> <b>Years 10 &amp; 11 &amp;</b> <b>BTEC PE</b> <b>Playground/Gym</b> <b>(Ms Keogh)</b>	<b>Football</b> <b>Years 9, 10 &amp; 11</b> <b>Playground</b> <b>(Mr Burt/ Ms Scallan)</b>	<b>Netball</b> <b>Years 8 &amp; 9</b> <b>Playground/Gym</b> <b>(Ms Francis)</b>	<b>Running Club</b> <b>All Years</b> <b>Playground/Gym</b> <b>(Mrs Mansell &amp; Ms Riaz)</b>



## Music Clubs

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



**Wednesday**  
**12<sup>th</sup> October**

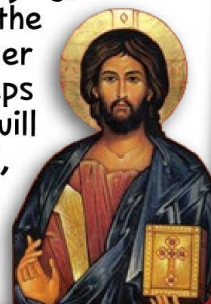


**Good News**  
**for Families**

**1**

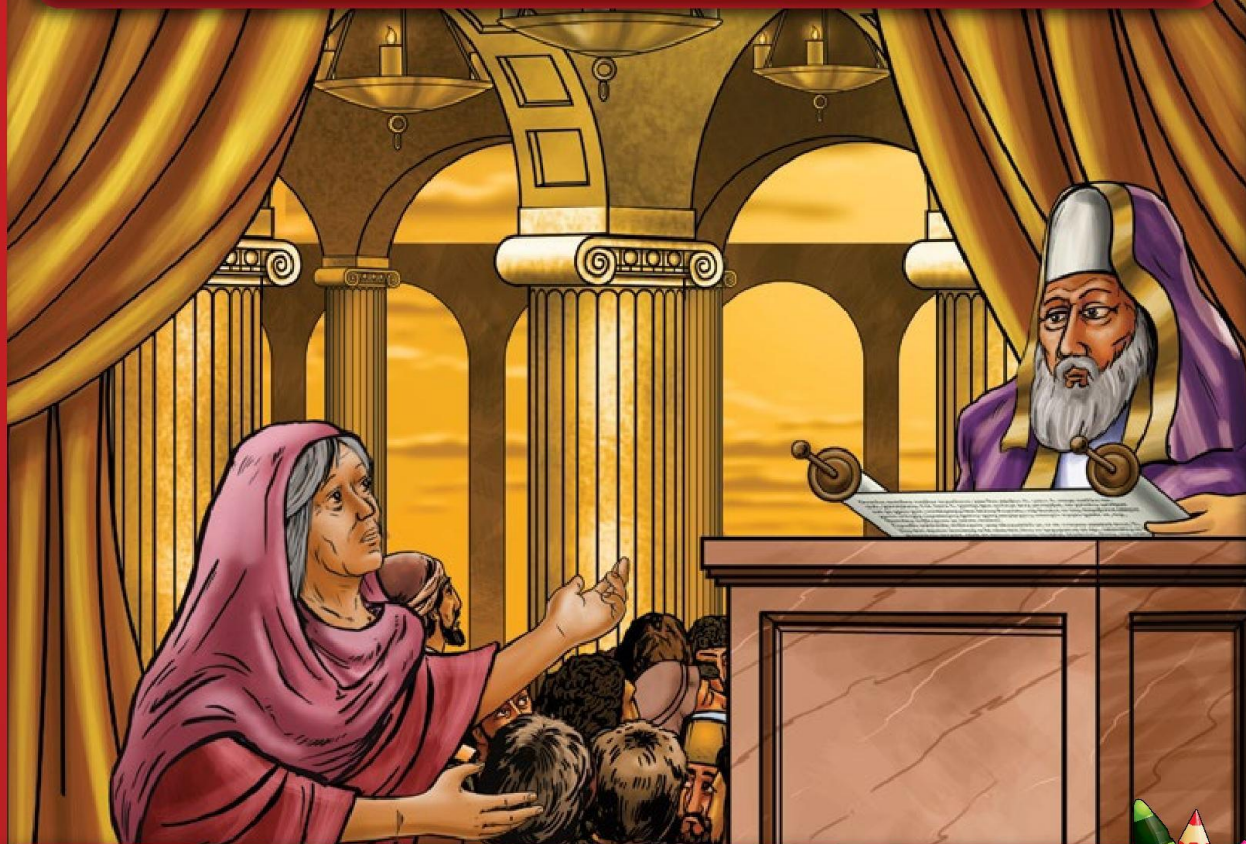
## Enjoy reading this Sunday's Gospel

Jesus wanted to teach his disciples that they should always pray and never give up. So he told them a story. Jesus said, "There was a judge in a certain town who had neither fear of God nor respect for any other person. In the same town there was a widow who kept on coming to him and saying, 'I want justice from you against my enemy!' For a long time the judge refused, but at last he said to himself, 'Maybe I have neither fear of God nor respect for any other person, but since she keeps pestering me I must give this widow her just rights, or she will continue coming and worry me to death.'" Then Jesus said, "If even the unjust judge eventually helped this woman who didn't give up, then how much more will God, who is good, help those who pray to him every day."



Taken from the Gospel of Sunday 16<sup>th</sup> October 2022. Luke 18: 1-8 (29<sup>th</sup> Sunday in Ordinary Time)

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 **PRAYER**.



To colour the picture for this Sunday's Gospel, please see the back page.





# 2

## Wednesday's Word

# PRAYER



**"Dear Parents, teach your children to pray. Pray with them.**

**Prayer strengthens family life."** Pope Francis

What was Jesus teaching his disciples? In this Sunday's Gospel, Jesus tells us that God is not like the unjust judge who is irritated by the woman pestering him. No matter how much we pray to God, he doesn't think we are pestering him - he is our loving Father. There are many kinds of prayer. This Gospel reminds us about the value of 'Asking Prayer' and not giving up in our prayer requests. Ask your child what the word 'prayer' means to them. Does your child like to pray aloud or quietly, alone or with others? What is their favourite prayer?

**"Prayer brings us not only nearer to God but also nearer to one another."**

Pope Emeritus Benedict XVI

Prayer, at its simplest, is spending time with God - talking, listening, being together - telling God all about our lives. We can trust that God always hears our prayers and will always do what is best for us and those we pray for. We can pray anywhere, anytime. Each of you say when and where you like to pray (e.g. at home, in bed, at church, at school, outside, elsewhere). What would you like to pray and ask God for this week? Who can you pray for throughout the coming week (e.g. a family member, a friend, your teacher, your priest, a poorly, hungry or lonely person)? How else can you help that person?



For tonight's closing prayer, ask your child if they know **The Lord's Prayer**: Our Father, who art in heaven...



### WEDNESDAY WORDSEARCH



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


**POOR WIDOW**

**CONSTANT REQUESTS**

**JUDGE HELPED**

**PRAY ALWAYS**


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

J	W	Y	I	W	A	L	W	A	Y	S
U	H	I	P	R	A	Y	A	S	A	W
D	E	P	L	E	H	J	Y	T	O	A
G	L	E	E	Q	U	E	N	D	C	Y
E	P	G	J	U	C	A	I	G	E	W
P	E	D	L	E	T	W	L	E	Y	I
L	D	S	T	S	E	U	Q	E	R	D
E	R	J	N	T	U	Q	Y	H	P	O
D	C	O	N	S	T	A	N	T	Q	W
U	C	P	O	O	R	E	G	D	U	J
S	O	C	P	P	S	Y	A	W	L	A

Cross out the letters **i m b** in the 4 jumbled words to find 4 real words.

pirbamy wabnitemd tebamchi simhoubld  
 Jesus \_\_\_\_\_ to \_\_\_\_\_ his disciples  
 that they \_\_\_\_\_ always \_\_\_\_\_.

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

God wants us to spend time with him through prayer. Just as we need to put oil in a car to make it work properly, so prayer helps us to work properly - keeping us in good order.

This week I will try my best to...

.....  
 .....

