



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – Issue 5
7th October 2022



Dear Parents/Guardians

Headteacher's Headlines...

The highlight of this week has been the School's Opening evening, the annual event we host for prospective parents and pupils. It was a truly wonderful event with many wonderful activities showcasing the school at its best. You will see lots of pictures below. I want to particularly commend all the staff and students for their work on the night. I felt very, very proud! We received this email the following day from a parent who attended:

"I attended the open day this week and wanted to applaud the school for such a well organised event. The girls conducting the tours were a credit to the school, so well informed and polite. A particular thank you to our tour guide Bilkis (Year 11) for giving us such great insight into what a wonderful school the Ursuline Academy is and answering all of our many questions with knowledge and patience".



The evening opened with speeches by myself, Mrs Wood (Head of Year 7) and Nicole Malwatta, our Head Girl in year 13.

As another way to celebrate our school, on **Friday 21st October** we will be having a Multi-Cultural Day. Students and staff will be invited to come to school dressed in their traditional dress, or in colour of their flag...watch this space!

Our Premises Manager had a meeting with the Senior Construction Manager of the development at the corner of Wellesley Road and Cranbrook Road. They wanted us to give you advance warning that on **Friday 14th October**, they will be pouring a steady supply of concrete to the roof floor, which requires to be completed without any stoppages. The crane pumping the concrete will be in situ until 5pm causing Wellesley Road to be narrowed down to one lane and therefore causing delays. They apologise for the inconvenience and if you can avoid turning into Morland Road on that day, it will save you quite a considerable amount of time queueing in traffic to get out again!

Finally, please read with great joy some quotes from the pupils who wrote to me to tell me 'what it means to be an Ursuline'. I will be hosting a headteacher's tea party for all those who sent me their views!

God bless,

Ms. Stone



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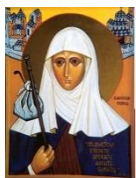


Chaplaincy News



Pope Francis@Pontifex – 5th October 2022

It is important to know the passwords of our heart, what we are most sensitive to, to protect ourselves from those who present themselves with persuasive words to manipulate us, but also to recognise what is truly important for us. #Discernment#GeneralAudience



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

October: Be Shepherds

7th October: As far as possible, you yourselves provide.

8th October: Charity directs everything to the honour of God and the good of souls.

9th October: Tell them that they should want to be united and in concord together, all being of one will.

10th October: They should want to be united.

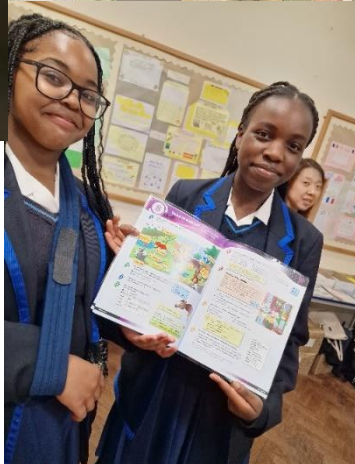
11th October: Let all their behaviour flow from charity and be accompanied by patience.

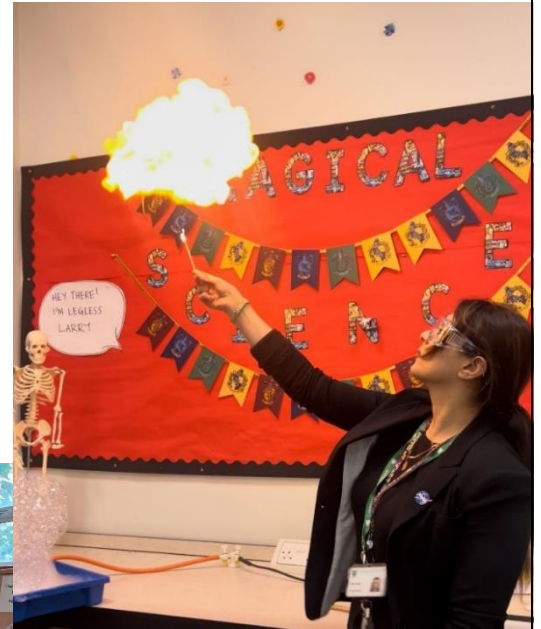
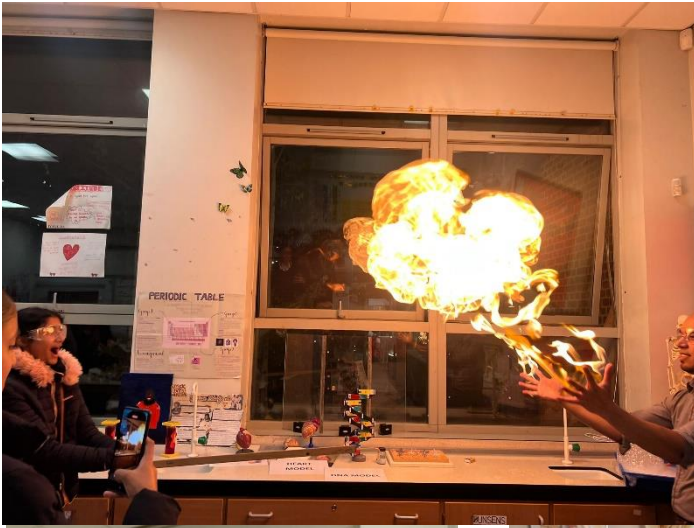
12th October: Consider each one as good but be prudent for your own good.

13th October: Who can judge the heart and the innermost secret thoughts of any creature?



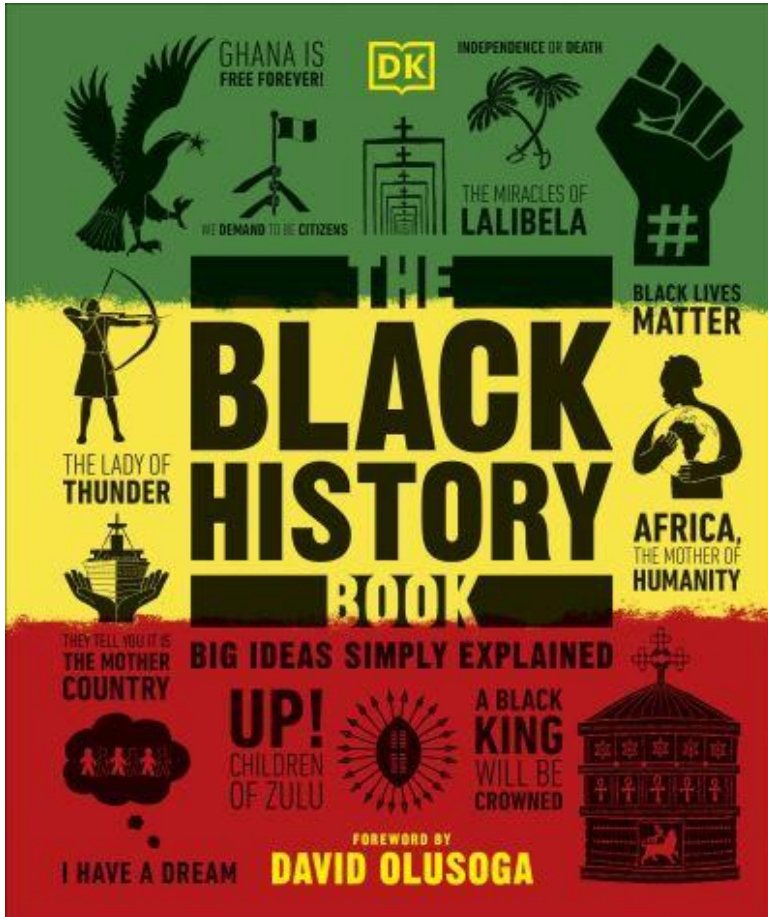
Open Evening Photos







Book of the Week



Discover the rich and complex history of the peoples of Africa, and the struggles and triumphs of Black communities worldwide. With profiles of key people, movements, and events, *The Black History Book* brings together accounts of the most significant ideas and milestones in Black history and culture. This vital and thought-provoking book presents a bold and accessible overview of the history of Africa and the African diaspora - from the earliest human migrations to modern Black communities.

Powerful images and innovative infographics bring to life the stories of the early kingdoms of Ancient Egypt and Nubia; the powerful empires of the Medieval and Early Modern eras; and the struggle against European colonizers. Black history beyond the African continent is also explored in detail - including the Atlantic Slave Trade and slave resistance settlements; the Harlem Renaissance and Jazz Age; the "Windrush" migration; Civil Rights

and Black feminist movements; and Black Lives Matter.

For details of BHM events in Redbridge click

<https://visionrcl.org.uk/libraries-heritage-culture/black-history-month/>

Ms Finlay, LRC Manager





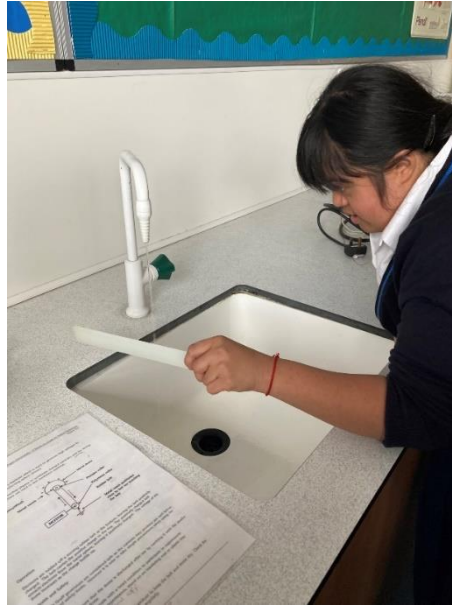
Science News

Week 3: Science Club: Static Electricity

This week the girls investigated static electricity and used the Vander Graff generator. Static electricity is caused by a build-up of charge. You can do simple investigations at home by rubbing an inflated balloon and placing it near your hair. Or rub a plastic comb and place it next to a running tap of water. Observe what happens and you can guess by looking at the photographs.

Thanks to my helpers *Lily* (Yr. 9), *Laiba* (Yr.12) and *Ms. Agudelo*

Mrs Bharaj



DIGITAL POVERTY



Congratulations to the team **Fantastic Four** in Year 9, **Ibtida Khan, Anisa Hasan, Thanusha Ramesh** and **Asmithaa Sribavaan** - they won the Jack Petchey award in June 2022. The girls were working on the project during their summer holidays and we are delighted to say that the girl's entry in the **'What Digital Means to Me' Film Competition** has been chosen as an honourable mention in the 13-15 Storyboard category.

Quote from the organisation *"We received several entries, and the judges loved reading your entry and felt that it really hit the brief and articulated what access to the internet and digital meant to you all. As an honourable mention in your category, I'm delighted to let you know you have won a brand-new video camera one of our team will be in touch to update you. Well done – we really appreciate your hard work on this competition"*

Excellent work ladies and very well done. **DT Team**



Youth Perspectives on the STEM Ambassadors Programme



It was a privilege to welcome researchers' Dr Gareth Price Senior Research Fellow and Stuart Bevin both from the Sheffield Institute of Education / Science Education Team. As part of the school winning the **'Outstanding Stem Club'** of the year award early this year. Sheffield University are working on a research project that will seek to find out what young people think and feel about any experiences they have had with STEM ambassadors or other STEM enrichment and enhancement activities. Also, the views of young people who haven't engaged with a STEM professional or STEM event. This data will be used to

reflect on future directions for the STEM Ambassador programme.

Quote: “We’d like to thank the school for their hospitality yesterday (Thursday 23rd) and yes, the club activity was very useful for our research. certificates will be sent out as soon as possible and we’ll make sure you get a copy of the final report. It was an absolute pleasure visiting your school yesterday and witnessing the work you’ve done and are continuing to do” Stuart Bevin.



What it takes to become an Ursuline girl...

To be an Ursuline girl means everything. To be an Ursuline girl means that when you are in trouble you always have someone to turn to. The Ursuline Academy is like a very big family. You go to school every day to see girls who are basically your sisters. To be an Ursuline girl is the best thing you could ever be!

Angelica Anajekwu 10U

To follow in Gods way
Savannah Daley 10U

It means to uphold the standards of the Ursuline community and respect others as they would respect you. In addition, it also means that we follow in the example of Saint Angela Merici and all the Ursuline girls that followed her; including us. Finally, we should also make sure we follow our statements on the tree as we have devoted ourselves to God and the Ursuline Community.

Tia Plante 9C



To follow the SERVIAM virtues. To be respectful for your elders and teachers, to be courageous and resilient at all times. To be faith-filled and hopeful about things and to never be negative. Be loving and companionate to your classmates and anyone in the school. To be united in harmony with others and to be attentive to your teachers. And to be grateful and generous. These are the virtues an Ursuline girl should have.

Sara Shahzad-Ilyas 8J

Being part of Ursuline Academy gives students security, identity, and social development. Since I have started at Ursuline I have grown as a person and individual, I feel accepted and respected by teachers and my peers; supported by others in the school environment. So, for me that's what it means to be an Ursuline Girl. I couldn't be more happier to come to school.

Sabiha Ali 8U

To be an Ursuline girl requires a lot of skills, like Serviam. An Ursuline girl is not seen on the outside but on their treating others with love, kindness and respect. Unity for all. Serviam.

Adaoma Ozoemene 8U

I am writing to you today to tell you how to become an Ursuline girl from a new starter to the school. As you are new to the school so am I. I have spent 3 weeks in this school and have already settled in nicely. To become an Ursuline girl, you have to have that piece of confidence that no matter what anyone says you just have to do it and strive for success. all of the teachers are funny, engaging and try their best to make sure that you're having fun doing your learning and enjoying it too. I give Ursuline 100%.

Fola Oludoyi 7U

Dear Miss Stone, after listening to your assembly I have written my version of what being an Ursuline girl means. For me, being an Ursuline girl means a lot for me. I always feel like I am part of a community which accepts me for who I am and where I come from. Also, being an Ursuline girl means that we are carrying on the generation of Ursulines by coming to this school and pushing ourselves to the limit. Being in this school is like being part of a family that encourages us to make a difference. And that was my definition of what being an Ursuline girl means.

Marwah Imran 8U

Being an Ursuline girl shows you have respect for everyone and are welcoming to all! We should treat everyone with kindness and show SERVIAM throughout. We respect the school's ethos. We make sure we put 100% effort into everything we do and never give up!

Alayna Naci 8J

Firstly, you need to be responsible and know that you will always be an Ursuline girl. You need to acknowledge that St Angela Merici made this school because she wanted a spiritual and material independence for young women especially in 1572. Beware of trying to accomplish anything by force, you will accomplish more by kind words and a courteous manner than by anger or sharp rebuke. Now this is the time where you know that from now onwards you will become an Ursuline GIRL!!!

Avril Gottshalk-Charles 8U

Dear Miss Stone, my name is **Haashini Saraladai Balaji**, I'm from **8U**, and I would like to talk to you about being an Ursuline girl. Being an Ursuline girl will fill your eyes with contentment. My life as an Ursuline student is quite jubilant and exhilarating. I give my full effort in lessons, following SERVIAM to exceed in my studies. I hope that you will also become an amazing Ursuline girl - once an Ursuline girl, always and Ursuline girl. Thank you for reading my letter, kind regards, Haashini



Careers

Law & Finance Career Opportunities for Ages 12-18



[Law](#) / [Investment Banking](#) / [Politics](#) / [Entrepreneurship](#) / [International Development](#)

We are delighted to offer your students opportunities in 5 Law & Finance-related industries at UCL this term. The programmes provide an opportunity for students to learn from top professionals, including

barristers, MPs, corporate lawyers, investment bankers and hedge fund managers. Highlights include:

- Participate in a mock murder trial
- Public speaking coaching by barristers
- Negotiate in an M&A deal
- Learn how to value stocks & shares

Plus, Q&A time with all the professionals and guidance on university choices, interviews and applications.

[View & Register: Ages 15-18](#)



**WALTHAM FOREST
COLLEGE**

Our first Open Event for the academic year will take place on **Wednesday 19th October, 4pm – 7pm.**

We are proud to be an inclusive college, supporting and encouraging our students to **'Think BIG'** in achieving their career goals to progress onto top universities and entering highly skilled and well-paid employment.

Our Open Event provides the perfect opportunity for your students to take a tour of our campus, talk to expert tutors, receive course & support information, get careers advice, take part in fun activities and even apply for a course on the day.

Students can register for the event via our college website - www.waltham.ac.uk or turn up on the day.

Did You Know?

We can also offer a wide range of engaging and informative sessions both at your school or on-site at our college, including:

- **School Assemblies** - Ranging from the CIAG (Careers Information, Advice, and Guidance), Application Process to Course Information.
- **College Taster Sessions**
- **Student Q&As**
- **On-site tours**

Book a session today! It's quick and easy – [CLICK HERE](#)



At Escape Studios, we're leaders in digital arts, ranked 1st in the UK for Visual Effects and Animation Production Excellence and for Game Design by **The Rookies!**

Want to explore for yourself? Come along to our next [open day on Saturday 22nd October](#) to:

- attend subject talks in [Animation](#), [VFX](#) and [Game Art](#) hosted by our **expert tutors**
- meet current students and **inspirational alumni**
- get **top tips** for a creative portfolio from Dr Ian Palmer, Vice Principal of Escape Studios.

This event will be [hybrid](#), so you can visit our central London campus or watch the live stream.

22 Oct 2022 at 10.30am

190 High Holborn, London WC1V 7BH (or online) [BOOK NOW](#)

Ms Finlay, Careers Coordinator



Redbridge News

Spare room feeling a little empty?

Do you miss conversations after school around the dinner table? Miss helping with homework and seeing that lightbulb moment when they understand something they have been struggling with? And although

you repeated yourself hundreds of times to tidy things away, are you now, ever so slightly, missing the mess?

Bring conversation, laughter and love into your life and provide a safe, stable and nurturing environment for our most vulnerable babies, children and young people that they can call home.

If you are considering fostering and would like to know more, please call 020 8708 6068 or email fostering@redbridge.gov.uk. Alternatively, please join us on our next virtual information session on 21 October 10am-11am <https://www.eventbrite.co.uk/e/foster-for-redbridge-coffee-morning-211022-10-11am-tickets-395809846907>



Spare room feeling empty?

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
	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
	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
Wednesday			
	Indoor Athletics – Years 7 & 8: JMA	12.40 – 1.10p.m.	Gym
	LGBTQ+ ‘Alphabet Soup’ Club – All year Groups: HMA	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
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
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
	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.	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 & 6 th 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 <u>@ 10.40am</u> S5 WOODWIND ENSEMBLE <u>@10.40am</u> Practice Room 3	YR 7+8 UKULELE GROUP <u>@10.40am</u> S5		
Lunchtime	SENIOR CHOIR (Yrs 9-11) <u>@ 1pm</u> S5	UAI BAND <u>@ 12.40pm</u> S5 VIOLIN ENSEMBLE <u>@ 1.10pm</u> S5	JUNIOR CHOIR (Yrs 7-8) <u>@ 1pm</u> S5	GUITAR ENSEMBLE <u>@ 1.10pm</u> S5	GLEE CLUB <u>@ 12.40PM</u> S5



A Weekly Gift to you and your family from your Catholic School

THE Wednesday
WORD



SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Wednesday 5th October 2022

Dear Parents and Carers,

This Sunday's Gospel reminds us how we can live happier lives by giving God what is due to him. But what is due to God in our own lives? Surely our thankfulness would be a good answer to this question.

In this Sunday's Gospel, we read about the Samaritan who thanked Jesus. For us too, there are many blessings in life for which we can be thankful and it's always worth giving thanks to God.

Being thankful to God puts us in the right frame of mind. It is good for our well-being and helps us to be happy in life.

Enjoy a special *Family Time* together, hearing your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **THANKFULNESS**.

Dom Henry Wansbrough



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 9th October 2022



On the way to Jerusalem Jesus travelled along the border between Samaria and Galilee. As he entered one of the villages, ten lepers came to meet him. They stood some way off and called to him, "Jesus! Master! Take pity on us."

When he saw them he said, "Go and show yourselves to the priests." Now, as they were going away, they were cleansed. Finding himself cured, one of them turned back praising God at the top of his voice and threw himself at the feet of Jesus and thanked him. The man was a Samaritan. This made Jesus say, "Were not all ten made clean? The other nine, where are they? It seems that no one has come back to give praise to God, except this foreigner." And he said to the man, "Stand up and go on your way. Your faith has saved you."

Adapted from

Luke 17:11-19 (the 28th Sunday of Ordinary Time, Year C)

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

"The heart that knows how to say 'thank you' is a good heart. May we always say 'thank you' to God and to one another." Pope Francis



THE Wednesday
WORD

CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL

Thankfulness strengthens our relationship with God and with each other. This Sunday's Gospel reminds us that making the right response to God's kindness, with praise and thankfulness, brings great joy into our lives.

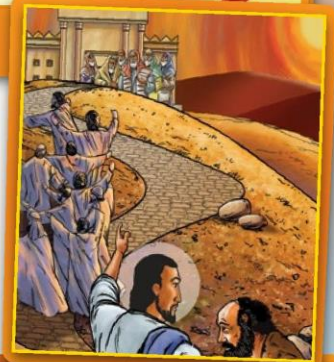


1 Our Special Time Together

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

On his way to Jerusalem, Jesus went into a village. Ten men with leprosy, a terrible skin disease, stood a long way off. They shouted, "Jesus! Master! Take pity on us." Jesus said, "Go and show yourselves to the priests as the Law teaches us." As they went on their way they were all healed. But only one of the ten, a Samaritan, turned back praising God at the top of his voice and threw himself at the feet of Jesus and thanked him. Jesus said to the man, "Stand up and go on your way. Your faith has saved you."

How many lepers returned to say thank you? 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 ... THANKFULNESS 3 Loving God & Each Other

"In all things recognise the care and wisdom of God, and give God thanks."

St Teresa of Avila

Ask your child what the word 'thankfulness' means to them. You may want to help your child understand what the word 'thankfulness' means to you. Can your child remember a time when they felt really thankful to someone? How did they show their thanks to that person? Each of you name one or two things that (as well as your family) you are most thankful to God for.

"Be thankful for the smallest blessings, and you will deserve to receive greater blessings." *Thomas à Kempis*

Remembering to say 'thank you' to God regularly throughout the day helps love to grow. Who else will you remember to thank this week? Perhaps a parent or carer, a family member, a teacher or a friend. How will you do this (e.g. with a hug, kind words, a thank-you note, a prayer, a gift, or by offering them your help)?

Dear Lord Jesus, **Thank** you for blessing us in so many ways. Help us to be always **thankful** to you and to show our **thankfulness** by loving those around us. Amen.

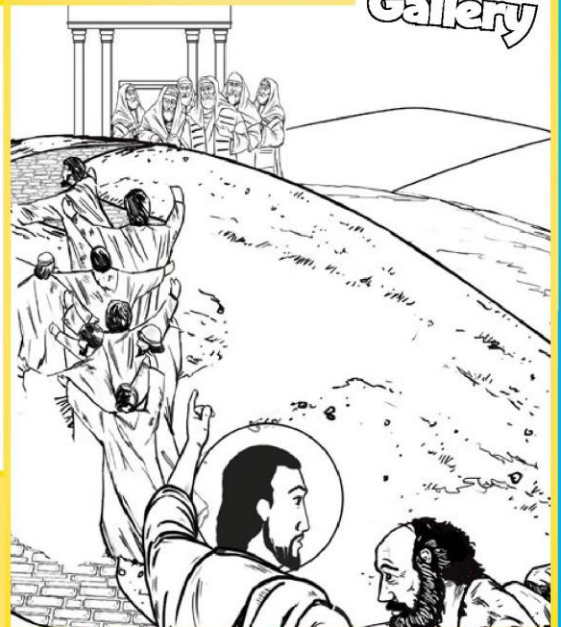
Gospel Gallery

WEDNESDAY WORDSEARCH

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

<input checked="" type="checkbox"/>	TEN	<input checked="" type="checkbox"/>
<input type="checkbox"/>	LEPERS	<input type="checkbox"/>
<input type="checkbox"/>	SHOUTED	<input type="checkbox"/>
<input type="checkbox"/>	HEALED	<input type="checkbox"/>
<input type="checkbox"/>	ONE	<input type="checkbox"/>
<input type="checkbox"/>	RETURNED	<input type="checkbox"/>
<input type="checkbox"/>	THANKED	<input type="checkbox"/>
<input type="checkbox"/>	JESUS	<input type="checkbox"/>

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



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

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

bamtu tuhrebmw thumankbed febemt

"The Samaritan _____ himself _____ the _____ of Jesus and _____ him."

THANKFULNESS



It is good for us to be thankful to God for the blessings of his love, for our lives, our talents, our families, our school and for the love of those around us.

Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....

