

THE URSULINE ACADEMY ILFORD A Catholic Academy for Girls *Weekly News – Issue 3* 23rd September 2022

Dear Parents/Guardians



Headteacher's Headlines...

It's been another busy week here at the Ursuline with many clubs, trips and activities taking place which you can read about below. I'm very grateful to the school staff who go over and above in ensuring our girls have such a broad extra-curricular experience! I was very

proud to attend the badge commissioning service for Year 12 pupils which included the commissioning of badges for our Year 13 head-girl team, see photos below. Ms Catungal shared the parable of the talents and led us in reflection afterwards. I share her words here: "In my time at Ursuline, I have been fortunate enough to experience and see many students grow to understand that sharing their talents can not only give other people joy but praise God in return. Ursuline has never been a place where we hide our gifts.

Many a time it is often easy to look at others—the musician, artist, doctor, teacher, missionary—and clearly see their gifts. We assume they have something to offer God; we assume their skills are useful for growing his kingdom on Earth. But what about the rest of us? What do we ordinary people have to offer?

The truth is, God gives each one of us gifts, though some might not be as obvious as others. Ask yourself this: what fuels my passion? What is it that I love to do and do well? The answer to that question may very well point to your God-given gifts.

What is crucial is to recognise your gifts and use them for the good of others. Don't play it safe, Jesus tells us in this parable. Don't hide your gifts; don't bury them, like the fearful third servant did, where they can't impact anyone else. And don't squander them either, but instead, invest them in growing the kingdom of God".

Breakfast Club is re-opening on Monday 26th September, the canteen will be open from 8am. Please note however, if your child receives Free School Meals, this can only be used at lunchtime. Food purchased during the breakfast session or at break time will come at an additional cost. I'm delighted to announce that from Monday 3rd October, we are introducing halal meat options to our school menu.

I join with our Chaplaincy team in praying for the repose of the soul of Fr. Pat Sammon, may he rest in peace.

With warmest wishes for the week ahead, *Ms. Stone*



Pastoral Deputy Headteacher's Headlines...

Last Friday, I met with our recently formed PSA (Parents and Students Association) where we discussed a range of ideas and plans about how the PSA will support the school moving

forwards. I am really grateful for the hard work and enthusiasm this group of parents have already shown and I look forward to working with them in the future in their efforts to organise and support community events as well as raising funds for the school. Watch this space for news of upcoming events as we move forward with planning.

Satchel One

Many of our parents are familiar with this system now and have an account that is connected to their daughter's that enables them to keep up to date with the homework that has been set in class. Very shortly, we will begin to use this same system to administer our school rewards and behaviour systems so it will be even more useful for you to have a linked account and check in regularly. This can be set up quite easily and you just need a code to link to your daughter's account. These were sent to new year 7 parents last week but if you want to set up an account and do not have the code we can provide this to your daughter in school.

Mr Challis



Newsletter Contents this week:

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Chaplaincy News



Pope Francis@Pontifex – 21st September 2022

Being a small flock, should not frighten us, but rather invite us to live this reality with faith, so that we can become leaven, salt and light for other, trusting in the action of the Holy Spirit, who blows freely where He wills.



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

23rd September; Jesus Christ will enlighten you about what you have to do.

24th September: Strive to seek out the means and ways to advance.

25th September: And always let your principal recourse be at the feet of Jesus Christ and there, all of you, with all your daughters, offer most fervent prayers.

26th September: Let them have Jesus Christ for their only treasure, for there also will be love.

27th September: I am continually among them provided they believe and do not lose heart.

28th September: Above all, obey the counsels and inspirations which the Holy Spirit continually sends into the heart.

29th September: Believe firmly that then, especially, you will recognise me to be your faithful friend.



It is with great sadness we announce that Our Lady of Lourdes parish priest Canon Patrick Sammon passed away peacefully on Friday 16th September.

Eternal rest grant unto him, O Lord,

and let perpetual light shine upon him

May he rest in peace. Amen

Requiescat in pace.

The Requiem Mass for Fr Pat Sammon will be celebrated at Our Lady of Lourdes, Wanstead at 11.30 a.m. on Thursday 29 September.

His body will be received into the church at 7 p.m. on Wednesday 28 September.

This is the link to the announcement from Brentwood Diocese.

https://www.dioceseofbrentwood.net/news/diocese-mourns-canon-patrick-sammon-rip/

We will be sending a representative from Ursuline to Fr Pat's funeral.



Badminton Club

Another successful Tuesday lunchtime Badminton Club and this week the girls were in a very competitive spirit. They definitely game me a challenge (and I thought I was good!) Well done girls. It is so lovely to see so many of you take part each week. Keep it up!

Ms Eakins





Drama News

Year 7 and 7 Drama Club runs on Tuesdays at 1pm in the Drama Studio.

It is first come first serve and the sign-up list will appear on the Drama Studio door at break time every Tuesday. The first 20 to sign up will get their slot for the day!

Lunch passes are available from Ms Milne or Miss Hassan.

Ms Milne, Head of Drama



English News

On Tuesday afternoon the Year 12 A Level English class went on a trip to the Southwark Theatre to see Dr Faustus. Dr Faustus is an Elizabethan tragedy about a man who sells his soul to the devil in exchange for magical powers. As this text is part of the A Level course, the trip gave the girls a great chance to understand the madness and chaos of the play and the wracking impact of



greed on its protagonist. Highlights of the play included song and dance from the seven deadly sins (with one quite surprising appearance from the last sin to appear), eye-opening use of set and props and some engaging performances, specifically from the actor who played Mephistopheles, a demon. It was a bawdy performance which encapsulated the low comedy of the Elizabethan Era whilst also raising some interesting questions about the value of the human soul and the depths of man's ambition. The girls had a great time, with their second theatre trip in a week which they found highly entertaining and no doubt useful for their studies this year.

Mr Burt





Science News

Week 1: Science Club

This week we welcomed our new science club cohort. The girls got straight into the science club and earned their Bunsen Burner Safety

Certificate. The identified the common substances in fireworks by carrying out flame tests. As a special treat, the girls burnt magnesium ribbon. Have a look at the photos.

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



Mrs. Bharaj

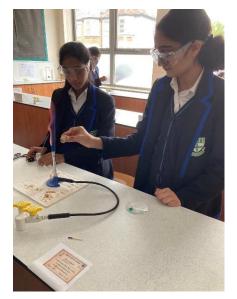












FORM Sixth Form News:

Year 12 Welcome Assembly

The Head Girl Team and the entirety of Year 12 received their Ursuline badges with joy. The Welcome assembly saw volunteers from both Year 12 and Year 13 read out passages from the Bible, bidding prayers and a lovely prayer in Arabic as a way of celebrating our diverse community. Isabelle Doves also played some wonderful pieces on the piano as students



entered the hall. Many thanks to all who showed SERVIAM and courage. My reading of the Parable of the Talents was one that I hope many of our students can relate to as everyone is given a gift or talent. Ursuline has always been a place to share them and so let us all shine on.

Miss Catungal, Head of Year 12







Head Girl Team Message

The Head Girl team have been very busy since the start of the school year! Our display board next to reception is looking great so be sure to take a look at it and get better acquainted with our roles!

Last week, we had our first student council meeting with our new representatives and it was great to see them all in one room. We were so impressed with their ideas and

participation, and are very excited to work alongside them this year!

On Wednesday, we were officially commissioned and awarded our badges!

And also, this week, we have been working in preparation for our main school assembly in the hall which will be based around our values for this half term - Courageous and Resilience. We are all looking forward to getting to know everybody and welcome any ideas and suggestions. Watch this space!

Nicole & the Team







Arkwright Scholarship

On Tuesday 20th September 2022, I received an email, *"Congratulations, you have won the Arkwright Scholarship!"*. Believe it or not, I was stunned by reading those words. When I first heard about the Arkwright Scholarship, I just thought oh, this will be easy, just fill in a form and done. But no, the hardships that came through this whole process was so difficult! Firstly, I had to type thousands of words and paragraphs to fill in the Registration form informing them about my passion and

Arkwright Engineering Scholarships 2022

I am writing to inform you that you have successfully passed the rigorous selection process set by Arkwright Engineering Scholarships and you are now confirmed as an Arkwright Scholar. Congratulations!

determination in such a short period, 24 hours to be exact. After the application went through, I then had to practice and revise for a 3-hour long exam, which tested my creativity, and ability to come up with designs depending on the given situation, with the time pressure; it

was a difficult exam. When I came out of the exam room, I had little faith that I'd get through to the next stage. But on 14th March 2022, I got an email, informing me that *"you have passed through to the next stage"*. I was very delighted, but nervous for the hardest part yet, the interview. I was offered the opportunity to do a mock interview on Teams with my very supporting teachers, *Mrs. Russell* and *Mrs. Kodi-Pecku*, which gave me a confidence boost for the actual real day. The day came and I took the Interview. If I am being very honest, I thought after the interview, the hard work that I put into this whole process for nearly 5 months, just slipped away. I just didn't feel confident at all, but my teachers still had very high hopes for me. And on 20th September 2022, I found out that my hard work and determination paid off.

As much as people say it's because of me and my hard work I got this opportunity, I truly disagree, I give all this credit to my teachers, Mrs. Kodi-Pecku and Mrs. Russell, because of them I got this wonderful opportunity. The drive and encouragement they gave me first to consider this opportunity, and then to help me through this whole process giving me their time, just for my future, I'm truly lucky, and it wouldn't have been possible without them.

The Arkwright scholarship has given me an opportunity of a lifetime, getting a mentor for 2 years, and funding for the next



two years of my sixth form education. And being invited to connect days, will give me opportunities to interact, grow a network with the real world and give me a better chance to get into the University of my choice. I am truly thankful again to my teachers for giving me this opportunity.

Muntaha Akbar 12.



Year 11 Next Steps Workshop

Weighing up all the options after Year 11 can be a daunting task for both students and parents. Last Friday the Year. 11 students participated in a 'Next Steps' workshop considering the various choices on offer from A Levels to Apprenticeships, BTECS to T Levels etc. The

students explored what the jobs of the future could be and what important skills will be needed. Although we would love to keep all of our UAI students it is vital that they are given an opportunity to consider other Sixth Form schools, Colleges and apprenticeships. This is why the workshop was led by Ms Melrose Gray from Prospects Career Service. Over the next few weeks Melrose will follow up with 1-2-1 appointments with each student. The presentation is available on Satchel and parents may wish to discuss the contents with their daughter.



Brand new 2022/23 parent guides to university and apprenticeships (and a bonus STEM careers guide).

Download free <u>https://mc.successatschool.org/guides22?goal=0_f09eb3b2c8-00b67f81d3-</u> 212010229&mc_cid=00b67f81d3&mc_eid=c65f91045f



BRITISH

We have a fantastic opportunity to share with British Airways for an Insight Evening taking place on the 6^{th} of October between 5pm – 8pm at their HQ based at London Heathrow.

Please note this is specifically a **business and engineering** focused event.



Explore early careers at PwC

We're delighted to let you know that our 2023 School and College Leaver opportunities are **now open** and we have many routes through which you can join us.

If you have students looking for opportunities to join us straight from school or college, our full-time **School and College Leaver programmes** are designed to help them develop their business skills through real client work, while also completing formal training and studying towards qualifications. Explore these opportunities <u>here</u>

Perhaps your students are looking for an opportunity where they can gain a degree and a career. Our **Flying Start degree programmes** offer the opportunity to start a career and go to university. You can find out more about these <u>here</u>.

Find out more about our upcoming events including our Virtual Classroom series and register here.



Empowered Females in STEM Programme 2022/23

Applications are now again being accepted for Upskill Me's Empowered Females in STEM Programme, which begins on October 14 at Amazon's offices (across Manchester & London). Applications are open to Year 12 & Year 13 female and non-binary students who are studying STEM related subjects. Global STEM corporations including Pfizer, Facebook, Google, BP, GE, The Dyson Institute, Salesforce, Amazon, and UCB are supporting this

programme. 🗱

The Empowered Females in STEM Programme will:

- Prepare young females' employability skills for the start of their STEM careers.
- Enable young females to network with global STEM employers in-person and online.
- Empower young females to be valued members and bold leaders of the STEM community.
- Please encourage your students to apply by:
 - Sharing the PowerPoint (attached) during assembly or tutor time. Refer to the teacher guide for further information.
 - Displaying the poster (attached) around your school.
 - Forwarding the email template (attached) to relevant students.
 - Spreading the word in the school newsletter, staff bulletins, and anywhere else you can think of!

🗱 Deadline: Friday 23rd September - THIS FRIDAY!!

X Application link: <u>https://docs.google.com/forms/d/e/1FAIpQLScGNC6-xFVyhb0TFuAhnT-</u> <u>UIdDM3M5tm_ab5XpY4vAb_THWSw/viewform</u>

Upcoming Events to Register For

Health Fest: STEM Careers Fair & Workshop Tickets, Tue 27 Sep 2022 at 16:00 |

www.eventbrite.co.uk - Share

Eventbrite - City of Westminster Libraries & Archives presents Health Fest: STEM Careers Fair & Workshop - Tuesday, 27 September 2022 at Victoria Library, London, England. Find event and ticket information.

London Tech Job Fair 2022 Registration, Thu 29 Sep 2022 at 18:00 |

www.eventbrite.co.uk - Share

Eventbrite - TechMeetups.com presents London Tech Job Fair 2022 - Thursday, 29 September 2022 at Central Foundation Boys' School, London, England. Find event and registration information.

Nursing Times Careers Live London & South East 2022 - physical job fair Registration, Sat 12 Nov 2022 at 10:00 |

www.eventbrite.co.uk - Share

Eventbrite - Nursing Times presents Nursing Times Careers Live London & South East 2022 - physical job fair - Saturday, 12 November 2022 at etc. venues 133 Houndsditch, London, England. Find event and registration information.

Early Career Development Tickets, Thu 22 Sep 2022 at 10:00 |

Eventbrite - Institute of Advanced Studies presents Early Career Development - Thursday, 22 September 2022 at IAS Common Ground. Find event and ticket information.

University Events

Royal Veterinary College Event | RVC Biology Pioneers Programme - 10/10

<u>www.unitasterdays.com</u> – <u>Share</u> RVC Biology Pioneers Programme at Royal Veterinary College, listed on UniTasterDays.com - a comprehensive database of University Taster Day Events for schools and students.

New College of the Humanities Event | Economics & Business Taster Lecture - 24/10 www.unitasterdays.com – Share

Economics & Business Taster Lecture at New College of the Humanities, listed on UniTasterDays.com - a comprehensive database of University Taster Day Events for schools and students.



NHS Virtual Work Experience

Programme commencing on Sunday 2nd October.

Students considering a career in the Allied Health

Professions (AHP) are encouraged to secure their place on the programme as soon as possible. This will allow them to complete several sessions of work experience before the UCAS deadline for NHS Health Careers in January.

https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/

Once they've registered, students will be emailed links to their virtual work experience portals.

Students are awarded a Work Experience Certificate for every session they complete. Those who complete the full 5 month programme will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor. These are fantastic additions to their CVs and UCAS applications!

If they give us permission to do so, we can also forward you copies of student certificates. This will help you to track their progress across the programme and assist your school in reaching all of the Gatsby Benchmarks for Ofsted.

This programme is suitable for students in years 10/S3/NI11 - 13/S6/NI14 who are interested in the following careers:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy

- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

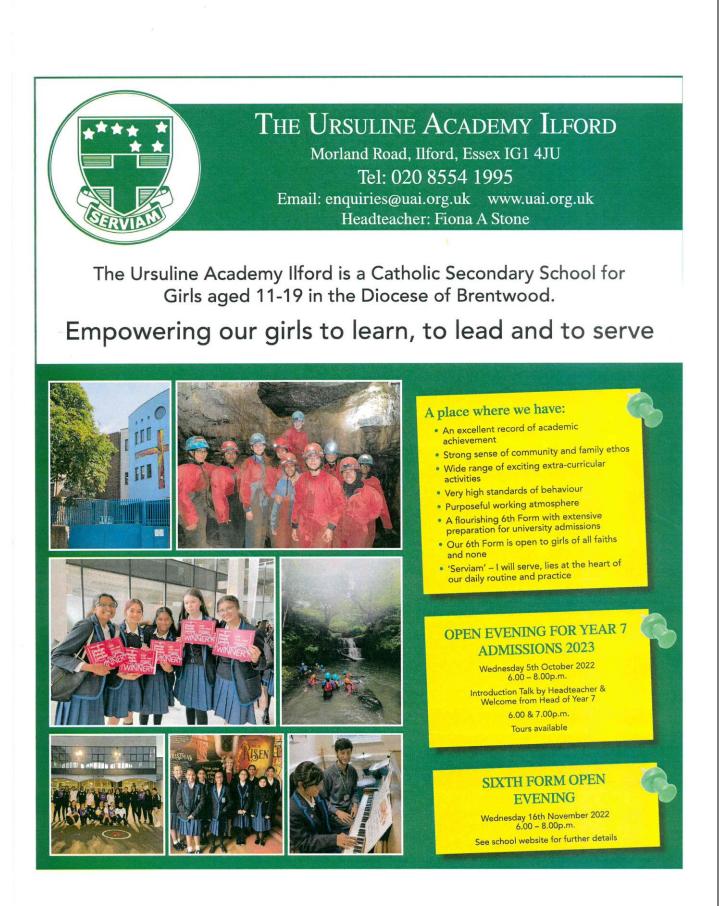
During the work experience day, students will follow 2 patients from their initial presentation to recovery. They will gain a unique insight into how patients interact with a variety of healthcare professionals and what it's like to work in an NHS multidisciplinary team.

Attendees will have the opportunity to interact with healthcare professionals throughout each day. This will empower students to make an informed career decision and demonstrate their commitment to healthcare in their UCAS applications.

Students can register individually at any time throughout the 5-month programme using the link below. We recommend booking early to gain as much out of this programme as possible. Places are £10 a session to cover administrative and technological costs.

https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/

Details of all of the above has been posted on Satchel in the week for student information.



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
	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
	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			
	Trampolining – GCSE PE Years 10 & 11: SFR	12.40 – 1.10p.m.	Gym
	P E GCSE Coursework & Intervention –	12.00 – 1.30p.m.	G18
	Group 2: KKE		
	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	12.40 – 1.10p.m.	Gym
	only): BTEC Students		
	Running Club – All Year Groups: JMA/NRI	3.20 – 4.20p.m.	Playground/Gym

Watch this space...more will be added!



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



	EXTRA-CURRICULAR MUSIC CLUB TIMETABLE						
Ī	Monday	Tuesday	Wednesday	Thursday	Friday		
		WORSHIP BAND	YR 7+8 UKULELE				
Breaktime		@ 10.40am	GROUP				
		\$5	<u>@10.40am</u>				
		WOODWIND	\$5	90			
		ENSEMBLE					
		@10.40am					
		Practice					
		Room 3					
Lunchtime	SENIOR CHOIR	UAI BAND	JUNIOR CHOIR	GUITAR ENSEMBLE	GLEE CLUB		
	(Yrs 9-11)	@ 12.40pm	(Yrs 7-8)	<u>@ 1.10pm</u>	@ 12.40PM		
	<u>@ 1pm</u>	S5	<u>@ 1pm</u>	<i>S5</i>	\$5		
	S5		S5				
un.		VIOLIN ENSEMBLE					
-		<u>@ 1.10pm</u>		<u> </u>			
		<u>S5</u>					



£2.50 Per session

BOXFIT AT HAINAULT YOUTH CENTRE

Female only

For 11-18 year olds Also open to relatives (mother / guardian) wanting to attend with their teenage child

Tuesday 6pm-7pm Book your session here: https://vrcl.uk/boxfit









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

SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

NORD

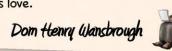
In this Sunday's Gospel we read about poor Lazarus, suffering at the rich man's gate – and the rich man does nothing to help him.

It's easy for us to become so caught up in the busyness of life that we don't even notice the needs of others or, worse still, ignore them. But Jesus repeatedly teaches us about fairness, sharing and kindness to others, particularly to the poor.

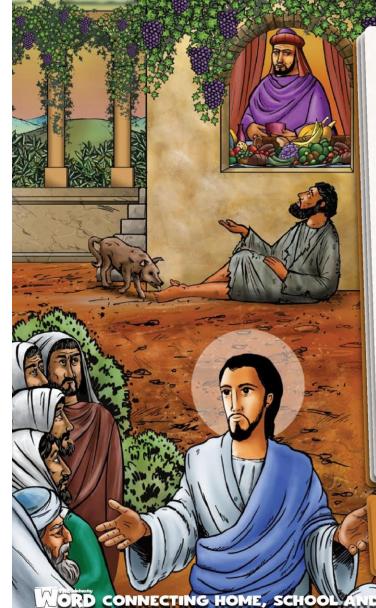
Wednesday 21st September 2022

Pope Francis reminds us that "A simple lifestyle is good for us, helping us to better share with those in need." The question of a successful life is "How did I use what God had given me to help others?"

So, let's not put off until tomorrow the good that we can do today. Enjoy your week and help share God's love.



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 25th September 2022



Jesus said to the Pharisees: "There was a rich man who used to dress in purple and fine linen and feast magnificently every day. And at his gate there lay a poor man called Lazarus, covered with sores, who longed to fill himself with the scraps that fell from the rich

man's table. Dogs even came and licked his sores. Now the poor man died and was carried away by the angels to the bosom of Abraham. The rich man also died and was buried. He looked up from Hades and saw Abraham a long way off with Lazarus in his bosom. So he cried out, 'Father Abraham, pity me and send Lazarus to dip the tip of his finger in water and cool my tongue, for I am suffering in this heat.' 'My son,' Abraham replied, 'remember that during your life good things came your way, just as bad things came the way of Lazarus. Now he is being comforted here.'"

Adapted from Luke 16:19-31 (the 26th Sunday of Ordinary Time, Year C)

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

"The Gospel invites us to be open to others, to share with the poor." *Pope Francis*

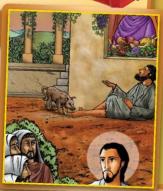


God wants each one of us to share with people who are in need people around us and people all over the world and, just like Lazarus, to share in God's everlasting happiness now and forever.

Our Special Time Together

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

Jesus said, "There was a rich man who always wore the most expensive clothes and always ate the best food every day. There was also a very poor man, named Lazarus, covered with sores, who used to sit outside the rich man's house. He was so hungry that he wanted to eat the scraps of left-over food that the rich man didn't want. When Lazarus died, he was carried away by the angels to heaven. But the rich man, who had ignored poor Lazarus and did not help him, was not taken to heaven."



Why did Lazarus sit outside the rich man's house? Which word or words stood out for you in this Gospel, and why? See the picture opposite. What does it make you think about?



"Give something, however small, to the one in need. For it is not small to one who has nothing." St Gregory Nazianzus

Ask your child what the word 'sharing' means to them. Ask them to talk about a time when they shared something. Is it easy or difficult for them to share things, and why? Sharing is part of everyday life, particularly family life. Talk about when your family shares with others. Who has recently shared something with your child? How did your child feel to be on the receiving end of someone's generosity?

More at: wednesdayword.org & catholicchurch.org.uk

"For it is in giving that we receive." St Francis of Assisi

Jesus told the story of Lazarus so that we would understand how important it is to share and to be kind. True happiness comes from sharing and giving, just as much as it comes from receiving. Even small, everyday acts of sharing around the home, school or in the workplace are most valuable in God's eyes. What difference would it make to our school and to the world if we shared more? Each of you choose a way in which you can share at home, at school or in the community in the coming week.

Dear Lord Jesus, thank you for blessing us with many good things. Please help us to see the needs of others and to **share** with anyone in need. Amen.

