



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – Issue 2
16th September 2022

Dear Parents/Guardians



Headteacher's Headlines...

This week our students settled so well back into school life, I continue to meet pupils around the school and some wonderful year 7 pupils agreed to have their picture taken with me, you can see the joy in their faces as they establish themselves in the school community!

I hope you all enjoy the bank holiday weekend, we will return to school on Tuesday 20th September. We continue to give thanks for the life of Queen Elizabeth, we've had many discussions in school this week about how she truly lived our school motto of SERVIAM. You will read below with interest about Ms Beatham's visit to pay her respects as the Queen lies in state. I'm very grateful to Mr Donovan for leaving flowers & a card in our school's name when he visited Green Park last weekend. You can also see the touching tribute to Her Majesty that Ms Finlay has displayed outside of our Library below.

I'm very proud of the 6th form students who won the Interdisciplinary School in partnership with H+M competition on sustainability, securing £5000 for the school. We will be leading a number of projects on sustainability this year for this is central to our work in ensuring we care for God's creation. Pope Francis writes in Laudato Si: ***"I urgently appeal, then, for a new dialogue about how we are shaping the future of our planet. We need a conversation which includes everyone, since the environmental challenge we are undergoing, and its human roots, concern and affect us all"***. We can all play our part!



Last week I invited pupils to write to me to give me their views on what it means to be an Ursuline, I have received many entries. I would like to bring the deadline forward to **Friday 30th September** so that I can share all the wonderful feedback I've had from our students.

https://forms.office.com/Pages/ResponsePage.aspx?id=7Shk6uy2i0SSVSBb0XQo_qvNlx32Z7RFnXExw_AqKlIUMTEyQk4yRkZDSEg5U0JKUTZaOFgwMDRZRS4u

With warmest wishes for the week ahead,
Fiona



Year 7 Students:

India Crossland, Khaira Mahdiya, Ashwine Arumanayagan, Amerie Dos Santos, Ami Sharma, Khulsum Adam, Fatima Rehmani, Zunaira Alam



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Chaplaincy News



Pope Francis@Pontifex – 15th September 2022

Extremism, radicalism, terrorism and all other incentives to hatred, hostility, violence and war have nothing to do with the authentic spirit of religion and must be rejected in the most decisive terms possible. #ApostolicJourney



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

16th September: If you see one timid and inclined to despondency, promise her the blessing of the mercy of God.

17th September: We will cross through this momentary life with consolation.

18th September: God will never fail to provide for their needs, so long as nothing is lacking on your part.

19th September: Let them hold this as most certain: that they will never be abandoned in their needs.

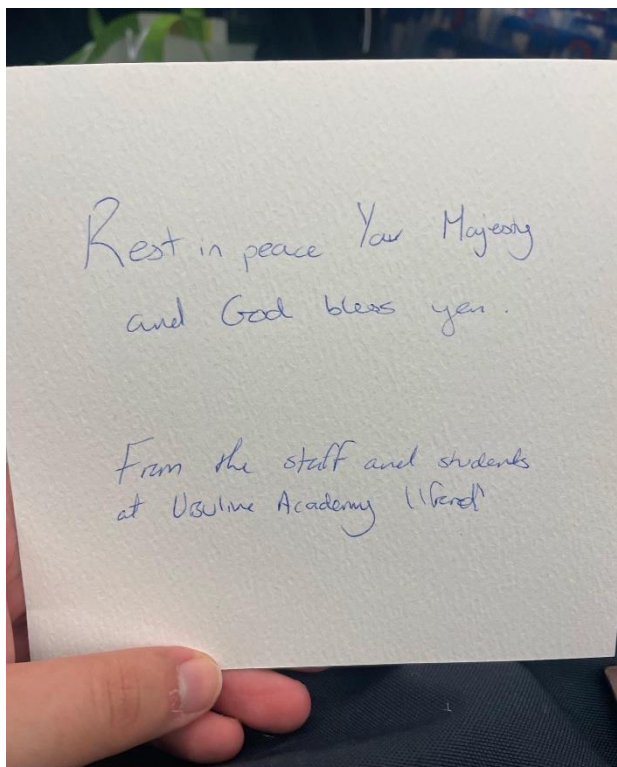
20th September: The little ones, poor as they are, will find consolation and comfort.

21st September: In times of great need, true friendship is recognised.

22nd September: I shall always be in your midst, helping your prayers.

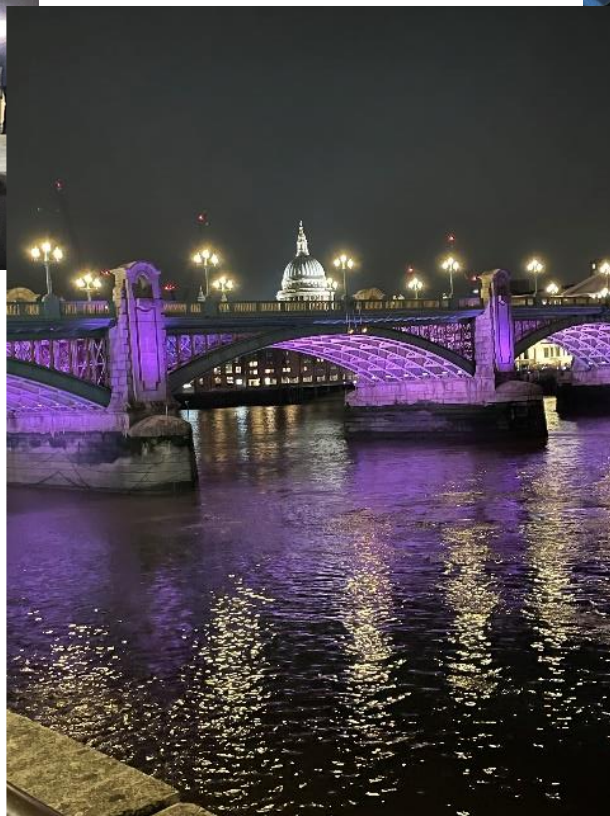
Tributes to Her Late Majesty...

History Teacher, Mr Donovan, went to Green Park last weekend on behalf of the school to lay some flowers for our late Queen...Thank you Mr Donovan #Serviam!



I am sure that I speak for many of us when I say how upset I was at the death of Queen Elizabeth II on the 8th September. I felt it on a personal level as she is the only Monarch I can ever remember and as a historian it felt like the passing of an era. I have always been proud to be a new Elizabethan. When I saw that we were to be allowed to attend the Laying in State I felt an urge to go to commemorate the life of this remarkable woman who has seen an age of so much change. Having had picnics in Green Park with my family to celebrate her Jubilee's it seemed only right to go and pay my respects on her death.

I arrived at London Bridge at 9.30pm and there was a wonderful atmosphere with the people standing in the queue. There was kindness and support, there was a sense of thankfulness for a life well lived and there was a strong sense of togetherness. There were people of all ages and nations all shuffling our way along. There was a sense of relief as we crossed Lambeth Bridge and got into Westminster gardens – but that was just the start. We queued for over 8 hours – I finally got home at 7 am and fell into bed (luckily, I don't work Thursdays). I would not have missed it for the world – the Hall was so beautiful and solemn and although full of people you could hear a pin drop. We prayed – each in our own way – my friend is an Indian from Kenya and a Hindu, I am a Catholic and the man in front of us was a Ghurka from Nepal – all there to thank and say goodbye to a woman whose whole life was an example of Serviam and who shared our common humanity. I left feeling humbled and like I had witnessed a piece of History we will not see



Ms Beatham, Head of History



Library Display at Ursuline

Evening will come, however determined the late afternoon,
Limes and oaks in their last green flush, pearled in September mist.
I have conjured a lily to light these hours, a token of thanks,
Zones and auras of soft glare framing the brilliant globes.
A promise made and kept for life – that was your gift –
Because of which, here is a gift in return, glovewort to
some,
Each shining bonnet guarded by stern lance-like leaves.
The country loaded its whole self into your slender hands,
Hands that can rest, now, relieved of a century's weight.
Evening has come. Rain on the black lochs and dark
Munros.
Lily of the Valley, a namesake almost, a favourite flower
Interlaced with your famous bouquets, the restrained
Zeal and forceful grace of its lanterns, each inflorescence
A silent bell disguising a singular voice. A blurred new day
Breaks uncrowned on remote peaks and public parks, and
Everything turns on these luminous petals and deep roots,
This lily that thrives between spire and tree, whose brightness
Holds and glows beyond the life and border of its bloom.

SIMON ARMITAGE
Poet laureate





Badminton Club

The first meeting of our Badminton Club was a great success on Tuesday. It was fantastic to see so many Year 11s, 12s and 13s take part and show off their skills. Looking forward to many more games over the next few months. Watch this space!



Ms Eakins



English News

A Level English Literature trip to the Globe

This past Wednesday afternoon our A Level English Literature students had the opportunity to attend the Globe Theatre in Southwark to watch a performance of Shakespeare's 'The Tempest', one of their set examination texts. The production played on the comedic elements of the original text, but with a number of modern twists in order to engage a contemporary audience, and will certainly give our A Level pupils plenty to consider in terms of directorial choices and how these impact our responses to characters and themes.



Ms Cooper, Head of English



Fire Cadets

Please see below an email we received this week ...

'My name is Halima and I am the Fire Cadet Coordinator for the Borough of Redbridge - we have a Fire Cadet unit located in all 32 London Boroughs and the City of London. The Fire Cadet unit in Redbridge runs from Ilford Fire Station.

I am emailing to introduce you to London Fire Brigade Fire Cadets and how it can benefit your students at your school.

Fire Cadets offers young people the opportunity to develop their confidence and personal skills. It's a bit like Scouts or Guides – only you'll gain real-world skills, make lots of new friends, learn to work as a team, and have a lot of fun along the way.

4 reasons to join Fire Cadets

First and foremost, because it's really good fun. But there are lots of other reasons too:

1. Learn new things – from hands-on skills like running out hoses and climbing ladders to how to work really well in a team.
2. Become more confident – lots of our Fire Cadets say they feel much more confident and outgoing.
3. Make new friends – firefighters say the fire service is a bit like a family (in a good way!) and our cadets are 100% part of the Brigade.
4. Get ahead in interviews – whether you want to go to Uni or college or go straight into work, you'll have a unique experience to talk about, and a great reference too.

There are lots of development opportunities to aspire to, including Officer Cadets, Marine Cadets, join the Ceremonial Team, and Fire Cadet Ambassador!

It is a great opportunity for young people to be a part of the London Fire Brigade and learn more about the Brigade, fire safety and what firefighters do.

No matter how busy school life is, it is always worthwhile to try something new and exciting outside of school! We are currently open for recruitment and spaces are limited to 16 spaces per borough, so please ask students to send in their interest as soon as possible via the LFB website. <https://www.london-fire.gov.uk/community/young-people/fire-cadets/> <<https://www.london-fire.gov.uk/community/young-people/fire-cadets/>> ‘

Sixth Form News:

Congratulations to our talented Year 13 students ***Nereannah Olafusi, Shanice Hyslop, Tanisha Ngeze, Faiza Shakeel, Rejaina Khan*** and ***Vrinda Bajaj*** who are the winners of the LIS x H&M Competition!

Last academic year, The [London Interdisciplinary School](#) (LIS) ran a competition with H&M around sustainability. H&M and LIS challenged our then Year 12 students look at sustainability using an interdisciplinary approach. They submitted a video and Powerpoint as part of a strategy team to advise the H&M CEO about their ‘three big priorities’ for sustainability and how they would make an impact on our own school community. Our students came first and now will meet with the sustainability team at H&M and collect a prize of £5000 to support the sustainability project they submitted as part of their entry.

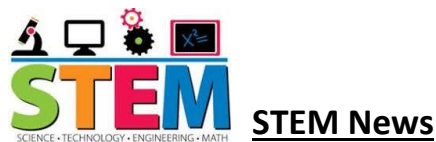


LIS had the following feedback for our students:

Your confident and creative submission impressed the H&M sustainability team. You utilised the strengths in your teams, such your presentation skills and humour. You demonstrated a clear plan utilising H&M's sustainability lenses and introduced interdisciplinary thinking and methods to tackle the issues found in your school.

We can't wait to see the transformation the can make in our school with the prize of £5000!

Ms Basi, Head of Year 13



Imperial College London Year 9 Girls into Engineering Summer Experience

My Imperial College London adventure

Going to imperial college London was an amazing and adventurous experience, being surrounded by people with great aspirations and fantastic talents that make all of us unique and the atmosphere was filled with passion and ambition. I think this was a great opportunity to make connections with future politicians, engineers and scientists.

Our mentors and lecturers were amazing my mentor was Amy studying triple E's Electronic, Electrical and Engineering we learnt about many different types of engineering and how each one links to each other, what I really liked was how Imperial has modules in your course so you can explore another type of engineering and give you a different perspective as you work with many different people with different backgrounds. We learnt about the material, earth, biomedical, triple E (Electronic, Electrical and Engineering), aeronautics, design and machinal engineering.

Nahian Joyeta 10T



This summer I had the opportunity to attend a unique summer engineering experience, I went to Imperial College London which is the 6th best university in the world. It was a very tough selection and a roller coaster to in applying. I went to imperial college with one of my former classmates, in my opinion I think the first day was the best day as one of the lectures was about aeronautical engineering which was quite useful for me as it links in with my (hopefully) future career, and everyone was looking forward to the bioengineering.



After a full working morning of activities, I couldn't believe how lucky we were not only was our travel paid for we all got an £8 token each day to buy anything we wanted, so we always looked forward to lunch. As the first day and the excitement overtook me, so the tiredness was gone. but the second and third day made me so exhausted but after that I got used to waking up early, coming back late with new found knowledge and exercise which I wouldn't have got staying at home. By the end of the week I had one of the best and new summer experiences ever. **Duaa Akba 10T**

During the summer holidays, I enrolled in the Imperial College, it gave me a positive insight into the world of engineering, and I have a lot of positive memories of the experience. I made a lot of new friends and was also given the opportunity to network with the professors and other students. **Francesca Kabeya 10T**



Redbridge News

Empower a child. Foster for Redbridge.

You could be the one to guide, listen to, teach and enrich a child's life, empowering them to become confident and independent young people.

If you have a place in your home and heart to foster a child, please call us on 020 8708 6068 or email fostering@redbridge.gov.uk or join us on our next virtual information session on 5 October 6pm to 7pm. Visit <https://www.eventbrite.co.uk/e/foster-for-redbridge-virtual-information-session-051022-6-7pm-tickets-395778202257> to book a place.



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
	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
	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 Club – All Year Groups: 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	12.40 – 1.10p.m.	G18
	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			
	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

Watch this space...more will be added!



P E Clubs

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



Music Clubs

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



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

THE Wednesday
WORD



SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

While on earth, we are given 'free will' and God our Father trusts us to use it wisely. There may be times when we make a wrong choice, but we can trust that God is always there to help us start again.

This Sunday's Gospel reminds us about the value of being trustworthy people. We can show this by making good choices - especially when it comes to the use of money.

Wednesday 14th September 2022

When we give God first place in our lives - using our talents, our time and our money to serve God - we are blessed here and now, and can be certain that we will be rewarded in the life to come too.

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

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 18th September 2022



Jesus said, "The one who can be trusted in little things can be trusted in great; the one who is dishonest in little things will be dishonest in great. If then you cannot be trusted with money, that tainted thing, who will trust you with genuine riches? And if you cannot be trusted with what is not yours, who will give you what is your very own? No servant can be the slave of two masters: he will either hate the first and love the second, or treat the first with respect and the second with scorn. You cannot be the slave both of God and of money."

Adapted from
Luke 16:1-13 (the 25th Sunday of Ordinary Time, Year C)

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

"Let's not forget to trust in the Lord; this is the key to success in life." Pope Francis



THE Wednesday
WORD

CONNECTING HOME, SCHOOL AND PARISH THROUGH SUNDAY'S GOSPEL

God wants us to place our trust in him, so that he can guide our lives. Following God's ways shows God that we are trustworthy and provides a secure foundation for our lives and for the lives of our children too.

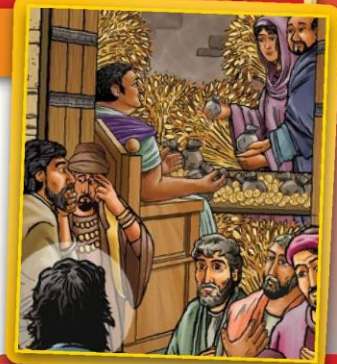


1 Our Special Time Together

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

One day Jesus was talking to his disciples about choosing to put God first in their lives – about not becoming a 'slave' to the love of money, but rather using money in a way that is pleasing to God. Jesus said: "If you can be trusted with little things, then you can be trusted with big things. To God, money is a little thing. If you can't be trusted with that, how can you be trusted with real riches? The choice is yours, but you cannot be the slave both of God and of money."

How does Jesus want us to use our money? 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 ...

TRUSTWORTHY

3 Loving God & Each Other

"Put your trust in God, dear young friends! He knows and loves us." *Pope Francis*

Being a trustworthy person and also knowing who to trust is really important. Ask your child what the word 'trustworthy' means to them. A friend who can be trusted is a gift from God! Who are the most trustworthy friends in your child's life and why do they trust them? What do their friends do which shows they are trustworthy? Perhaps you can tell your child about those people in your life whom you trust the most, and say why they are trustworthy.

"Those who trust in God can do all things." *St Alphonsus Liguori*

We can show God and others that we are trustworthy by making the most of our gifts – to make the world a better place. In this coming week, what can each one of us do to show that we are trustworthy people? Perhaps we can: be generous with our God-given gifts of time, talent and money; always try to tell the truth; say our daily prayers asking God to guide us to do the right thing; keep our promises.



Dear Lord Jesus, help us use our gifts well – to be your trustworthy sons and daughters who always put you first in our lives. Amen.

Gospel Gallery

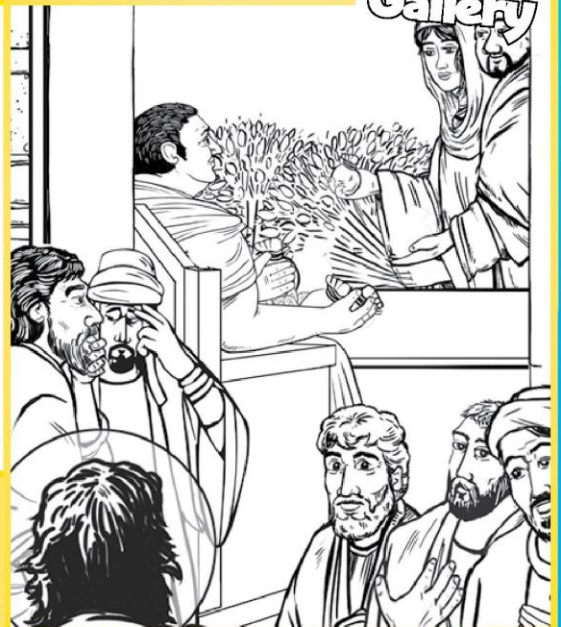
R M G J J S E H C I R
 I M O N E Y O D G Y E
 C G Y N S U S E J G L
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 N R W A R M G T A L S

WEDNESDAY WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

- JESUS
- WARNS
- SLAVE
- MONEY
- TRUST
- GOD
- REAL
- RICHES

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 **o c m** in the jumbled words below to find 4 real words.

bomicg trumstoced tchimnogs othcenm

"If you can be _____ with little _____, _____ you can be trusted with _____ things."

DID YOU KNOW?



This Sunday is Home Mission Sunday. This is a special day in the Church's calendar when we are especially invited to pray for, support and celebrate the work of the Church in England and Wales. Find out more at cbcew.org.uk

Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....



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