



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – 2023/2024 Issue 2
15th September 2023



Dear Parents/Guardians

Welcome to our 2nd edition of the Family Newsletter of 2023-24. As you can see we have got the year off to a great start with many activities happening at the school. As I have walked around the school on a daily basis, I have observed pupils keen and diligent in their lessons, we know our students are keen to do well and we are here to support them.

This academic year, we are teaching Study Skills lessons to our Year 12's and 13's, when they have study periods in our dedicated Study Room, these lessons are mostly taught by the Senior Leadership Team, I have enjoyed seeing both 12A and 13A today and talking about independent study and the importance of learning beyond what teachers teach in class. You will see on Page 8 the enrichment activities Ms Basi is coordinating for 6th formers, it really is so important to go above and beyond to achieve one's best at Key Stage 5!

On Monday our new website will 'go live', I hope you like it. We hope to make more changes uploading lots of new photographs and videos. Watch this space. We have been advised to let you know that *"When advising parents, staff and your community of your new website launch, you may wish to add a note to your message which advises them to carry out a hard refresh (CTRL + F5 / CMD, SHIFT + R) when first visiting the URL so that they get the best first impression of your brand new design"*. I thought it best to quote them verbatim in case I mis-led you in any way. www.uai.org.uk

Fiona Stone headteacher@uai.org.uk



Pastoral Deputy Headteacher's Headlines...

Picking up in Morland Road after school.

The traffic in Morland Road around pick up time (3:20) has become problematic and poses a potential danger to our students. Please do not stop or wait in the road and block other vehicles from driving through or park on areas with yellow or zigzag lines. The congestion that is caused makes crossing the road more hazardous at a very busy time as all the students leave school. If you do pick your daughter up from school, please consider

picking up from an alternative nearby location so as to avoid everyone converging on Morland Road. If you do enter Morland Road and there are no spaces to stop, please do not wait as this compounds the problem. I would also ask that you are considerate of our neighbours in the road. The police and local parking enforcement are aware of the issue and they regularly send patrols to Morland road at the affected times.

As we start the new academic year I wanted to update you on some changes to our designated safeguarding team, please see the copy of the DSL poster which will be displayed around the school so that pupils know who they can talk to if they have concerns about themselves or others.

Mr. Gary Challis

gchallis@uai.org.uk

THE URSULINE ACADEMY ILFORD

Designated Safeguarding Team

<p>Mr Gary Challis DSL</p>  <p>EXT:105 gchallis@uai.org.uk</p>	<p>Mrs Julia Gardiner Deputy DSL</p>  <p>EXT:238 jgardiner@uai.org.uk</p>
 <p>Ms Stone EXT:102 fstone@uai.org.uk</p>	<p>DSL Support</p>  <p>Mrs Wood EXT:223 cwood@uai.org.uk</p>



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Chaplaincy News



Pope Francis@Pontifex – 13th September 2023

Let us [#PrayTogether](#) in the face of the many challenges and difficulties of our age. We should not remain idle spectators. Rather, may we actively engage for a more just and peaceful world.

[#GeneralAudience](#)



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

15th September: Be happy, and always full of charity and faith and hope in God.

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.

Brentwood Catholic Children's Society



Brentwood Catholic Children's Society (BCCS) offers therapeutic support directly to children, young people, families and parents through their Child and Family Counselling Service (CFCS) located in their head office in Billericay. Their CFCS team consists of several experienced and highly qualified therapists working in specially adapted therapy rooms.

Families can contact BCCS directly by emailing Donna Booth dbooth@bccs.org.uk who will outline the type of support that will be provided for them or their child. There is a charge for this service but they urge any families needing support to contact them. More information is available on their website:

www.bccs.org.uk

Child and Family Counselling Services

Parents are now able to access direct support for their child by referring them into the safe hands of our Child and Family Counselling Services (CFCS). We have a team of highly experienced Counsellors, Specialist Child and Adolescent Counsellors and Play Therapists available within the counselling team who work in our specially adapted therapy rooms.



We offer support to children, young people and parents through talking, play and art therapy.

CFCS provides therapy to children, young people and families. We support many different issues such as:

- Self-harm
- Identity
- Anxiety
- Bullying
- Bereavement
- Parental separation and family issues or conflict.

The pathway is overseen by our Head of Child and Family Counselling Services, who is supported by a team that are both passionate about and dedicated to the wellbeing of children and young people. The team has achieved very positive and reparative outcomes for children and families.

What can you expect?

After an initial contact, we will arrange an assessment to explore the issues your child may be experiencing and will then identify which model best supports the difficulty your child may be facing.

Who do you contact?

If you are worried about your child and would like to talk to us further, please either email Catherine cmunns@bccs.org.uk or call on 07792 732206 and we will be pleased to help.

Take a moment to read about the experience a parent shared with us:

*I had contacted a number of professional services to assist me in helping my daughter. At the suggestion of my daughter's school a referral was made to **BCCS** and it was then that I met one of their counsellors. After months of unanswered questions and "hitting brick walls" I finally had answers, structure and a profound understanding of how a small little girl's mind works.*

*For me, there has been nothing so worrying as watching your child struggle and the **BCCS** counsellor's help has enabled me to help her for which I will be forever grateful.*



www.bccs.org.uk



headoffice@bccs.org.uk

BCCS, 133 High Street, Billericay, Essex, CM12 9AB

Brentwood Catholic Children's Society - Registered Charity Number: 1000661





DT & STEM News



10 Zeiss Summer School with Department of Materials

As part of our enrichment STEM drive in DT @ The Ursuline, last year we introduced the *Imperial College London* Summer outreach programme to our students, the focus of which has been to help raise attainment, change perceptions and stimulate interest in STEM subjects particularly for girls from Year 9 onwards. The drive by Imperial in this endeavour has been to widen participation, diversity and offer unique experiences for our young people within areas for further studies in a safe environment that boosts wellbeing, innovation, creativity and productivity.

This year the proposition was even higher as our Year 10 students were offered an opportunity to join the **inaugural** year of a brand new **Summer School** run by the **Department of Materials at Imperial College London**. The course which was fully-funded by **Zeiss**, one of the leader industries in Microscopy across the world received over 3,000 applicants from across the world and nine (9) Ursuline students initially applied. **Maariyah Saumtally 11C and Duaa Akbar 11T** were two (2) of the lucky 25 students chosen from across the globe!

This 5-day residential summer school included them staying onsite in the University halls as part of this fully-funded programme to experience Imperial's unique under-graduate experience! And all this was supported by world-leading scientists and researchers too. **Maariyah** and **Duaa** experienced activities and lectures exploring the most innovative materials and techniques and how these can be used to tackle the current world's issues. See below the blogs of their summer experience! Our sincere thanks to the Imperial College London Schools Outreach team, the sponsor company **Zeiss** and parents. **DT Team**

Duaa Akbar 11T: I was incredibly fortunate to be chosen for the Imperial Summer School for the second time, alongside 24 other students, half from the UK and the rest from around the globe. It was a whirlwind of fun and excitement that left everyone else just a tad bit jealous!

Picture this: It was a residential extravaganza for a thrilling five days in the heart of Imperial College London. Yes, I had my own awesome room on campus at Imperial, feeling like a VIP. And let me tell you, **Zeiss**, the company renowned for its telescopes, played host this time, giving us an exclusive peek into their fascinating world of material science. It was mind-blowing!

Now, let's talk adventures – on day one, we drove right into the Science Museum, excited over all the cool exhibits. On the second day, the London Eye treated us to a breath-taking sunset view and we cruised down the river in style. I mean, who gets to say they've seen London from the Eye at sunset?

Day three, well, that was the day we embarked on a historic journey through Cambridge, where even the tour guide showed us where the legendary movie "Oppenheimer" had its first scene. Talk about Hollywood magic in the making! I was so captivated by Cambridge's charm during our tour that I'm now absolutely persuaded to do whatever it takes to get into Cambridge university or Imperial College! It's like my academic destiny is calling me there! WATCH THE LINK

https://www.dropbox.com/scl/fi/48ac62ezm3rf25atr6u65/Summer-School-Video.mp4?mkt_tok=ODk2LVhNUy03OTQAAAGOCxXDreq4c4VYIMgwv6025A9nHndEnO7DUtMxiBg2lfY7ke

QNszJdJe1Fn0WHsGPQTrvNJDpRk-

viqIFEmSV2YinWhLi26rWp6Sm3VUvtllEpOb0ZY&rlkey=24x6s7ylle54u2w6hpw0g3yye&dl=0

But wait, there's more! On the fourth day, we had the fanciest dinner ever, aptly named the "Scoff & Banter" We all rocked our own suits and mingled with international students from Germany, the USA, India and more. It was like a mini-United Nations gathering.

Oh, and did I mention the mini competition at the end? I presented my work like a rockstar and wowed the judges, scoring a power bank, speakers, a flask, and even some LEGO sets as prizes. The whole experience was simply epic!



Maariyah Saumtally 11C: During the summer break, I had not just one but two wonderful opportunities to gain some valuable under graduate experience with 2 prestigious universities in London. The first was taking part in the Queen Mary

'*Insight into Physics Summer School*'. This gave me the opportunity to interact other girls who were interested in future studies at Queen Mary. On the first day we took tour of the university and listened to a lecture by one of the physics professors on Neutrinos, it was very interesting as we learnt about current NOVA projects. On the 2nd day we had a lecture on Maku and how it interacts with other particles. I liked learning about the topic that I have never heard of. The 3rd day was my favourite by far because we created posters based on what we had learnt and presented them to a panel of judges. Overall, it felt really inspiring and a subject (physics) I would want to study in the future.

My second was taking part in a 5-day residential summer school held at *Imperial College London*, in which I found very insightful. I had the opportunity to interact with international students who shared interest my interests in science. We studied smart materials and on the first day and visited the Science Museum with the opportunity to tour the museum with other students from all over the world. On the second day, we had a lecture at the Royal School of Mines where we learnt about computers and how they worked. We then had a chance to make our own composite in the lab. We then did a *Charpie test* to see how shock-absorbent our composite was. We then compared results to see whose composite was the strongest. On day 3, we looked at florescent materials such as seashells.

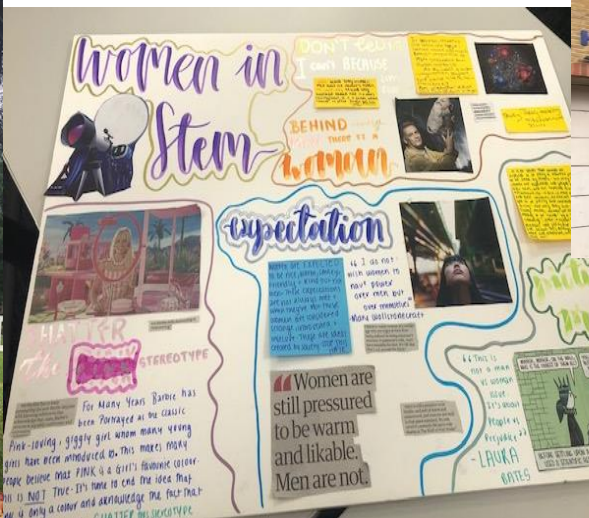
We also visited Cambridge to the [Zeiss](#) headquarters where we had the opportunity to see how the electron microscope was built. We examined and tested the headsets to see how the microscopes are used in tests in real life situations. On day 4, we prepared, planned and designed our scientific posters. On the fifth day we gave a score based on our poster's presentation. We concluded our summer school experience with the results where my group came first. Overall, it was a fun, exciting and an amazing opportunity that I hope I get to have another chance to do it again!

Fizza Rasool 11T: This summer my friend Maariyah and I went to Queen Mary University for an "Insight into Physics Summer School" lasting 3 days. On the first day, we started off with puzzles which saw Maariyah & I finish first to win the first prize. We then had a scavenger hunt around to explore the university which was

a very independent experience! On the second day, we had 2 lectures about 'Matter and Neutrinos'. On the third day, we presented all that we had learnt and were rewarded with goodie bags and gifts.

My favourite part of my time was the observatory, where the instructor opened the dome of the roof and pointed the life-size telescope towards. Even in the day, we could very vaguely see Jupiter and the Moon. Next to the observatory was a roof on top of the university, where the views were absolutely stunning. I enjoyed the experience a lot, and would definitely attend again, especially as it gave us a realistic insight into student life in London.

My experience of the week was really enhanced by all that I had learnt in such a small space of time. All in all, it was a very fun experience. and one if given the chance I would love to take part in again, thank you.



Library News

How lovely to see our Year 7 reading enthusiasts as they explore the many books and resources that our library offers. Throughout the year they will complete activities in their Library Booklet before settling down to enjoy some quiet reading and being transported to experience other worlds and other lives.



It has been a busy week for Year 12 and 13 this week and we have enjoyed our first full week of teaching. Next week the Sixth Form Enrichment program will start and students have been asked to sign up to one enrichment club or activity to take part in this term. There are some new clubs as well as the well-loved clubs that have run in previous years so please check Satchel One for the full Enrichment program, including the 'enrichment passport' students will be required to write their reflections in. **ALL** students must sign up to one activity by **Sunday 17th Sept** We have lots of exciting things planned for this year with clubs, activities, workshops, speakers and trips and we will of course keep you updated.

In the meantime, please find below a list of activities for students to sign up for:

ENRICHMENT PROGRAM		
Terms	Clubs and Activity	Time and dates
Term One	Subject Champions Deer Mentors Charity and Enterprise Mindfulness and wellbeing Eco Warriors Newsletter Sports Ambassadors Ted Talks and Oracy UAI Theatre company Debating team Dolitics Knitting Club NHS Cadents - St Johns Ambulance Music Student voice/council Art Maths Club	To be published next week/Monday

Ms Kankam (Head of Year 12) and Ms Basi (Head of Year 13)



Theatre Appreciation Society

Calling all theatre enthusiasts in Years 10 and above! I am restarting our school Theatre Appreciation Society this year and will be booking one show per half-term for students and staff to attend if interested. These will be extra-curricular trips outside of school time and tickets will be allocated on a first come, first served basis.

Our first booking this year will be for Wednesday 11th October to see *'The Time Traveller's Wife'*, a new musical production based on Audrey Niffenegger's internationally best-selling novel and thrillingly brought to life with original songs from Grammy Award winners! The production will be performed at the Apollo Theatre in Central London and has been described as a 'joyous, heart-wrenching and uplifting celebration of the strange wonder of love'. Please see below for a synopsis of the story...



Their relationship is like no other. And yet, it's like all others. Clare is a talented sculptor and Henry is – well – a time traveller. They meet, fall in love, and marry – but not in that order. Flung apart by time but united by love, Henry is always trying to get back to Clare. Their journey is one of resilience, impossibilities, and trying to hold on to each other when everything is pulling you apart.

Tickets cost £22.50 per person. Interested students need to come to see me ASAP to pick up a letter to secure their place and will then need to make payment to the Finance Office. But if you miss out this time, don't worry, there will be more shows being booked for later this year!

Ms Cooper, Head of English / Extended SLT



Careers

Year 11 Students Prepare for 'Next Steps'



This is an important year for our Year 11 students, not just preparing for their GCSE's but also considering what is best for them after their exams. The choices and options are manifold. Firstly, they must decide whether to choose A Levels, BTEC's, T Levels, Apprenticeships etc. Then they must decide where they want to study, return to the Ursuline, a different Sixth Form/school, FE College etc. To help them through this maze, we invited Ms Melrose Gray, Careers Advisor from Prospects, to point out the many options available but more importantly the points to consider. Students were asked what style of studying suited them best? What GCSE grade might be required to study a particular subject at A Level. What subjects and grades they would need at A Level to pursue a university place or higher apprenticeship. Because grade requirements vary from place to place, students were advised to attend as many 'Open Evenings' as they can for a comparison.

They also looked at how the job market is changing and how technology is affecting future jobs. Melrose stressed the importance of researching each option with parents/guardians who might be surprised at how much has changed in very recent years. The students were given link to help with this research. In addition to this workshop, each student will have a one-to-one appointment with Melrose

Ms Finlay, Careers Coordinator

Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- *Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)*
- *Income Support*
- *Income-based Jobseeker's Allowance*
- *Income-related Employment and Support Allowance*
- *Support under Part VI of the Immigration and Asylum Act 1999*
- *The guarantee element of Pension Credit*
- *Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)*
- *Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit*

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the Redbridge.gov.uk website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School

Meals will bring in more money to our school. Thank you for your co-operation!

Ursuline Menus for the coming week...

MENU

WEEK 3

V = VEGETARIAN VE = VEGAN

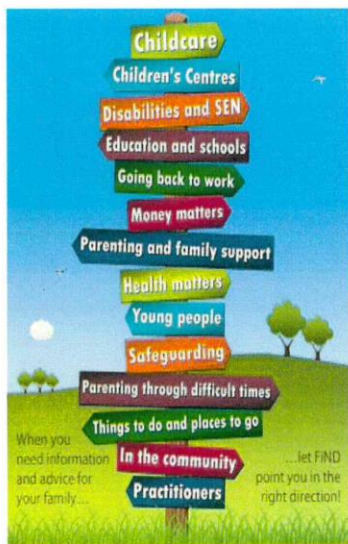
	BREAKFAST	MID-MORNING	LUNCH
MONDAY	POWERBALLS V SAVOURY BREAKFAST MUFFIN Bacon / Egg / Veg Sausage VE YOGHURT & GRANOLA V	DIRTY VEGGIE WEDGES V MARGHERITA PIZZA V LOADED NACHOS V PANINI / BAGUETTE	NO CHICKEN TIKKA NAAN WRAP V VEGAN PAD THAI VE PASTA BAR ----- VEGAN BERRY CAKE VE DESSERT SPECIAL V Fruit / Jelly / Yoghurts
TUESDAY	POWERBALLS V PORRIDGE BAR V TOASTED BAGEL V Plain / Cream Cheese or Melted Cheese BREAKFAST HOT POT CINNAMON SWIRL V	DIRTY WEDGES Meat / Roast Vegetables V CIABATTA PIZZA V BREAKFAST WRAPS HUMMUS BAR VE 3 kinds PANINI / BAGUETTE	TERIYAKI CHICKEN With Mixed Vegetables & Rice CURRIED ROASTED SEASONAL VEGETABLE & CHICKPEA TRAY BAKE VE BEEF BOLOGNESE & PASTA POT JACKET BAR ----- CHOCOLATE SHORTBREAD VE DESSERT SPECIAL V Fruit / Jelly / Yoghurt
WEDNESDAY	POWERBALLS V PORRIDGE BAR V SAVOURY BREAKFAST MUFFIN Bacon / Veg sausage VE BREAKFAST WRAP YOGHURT & GRANOLA V CINNAMON SWIRL V	SOUP V DIRTY VEGGIE WEDGES V CARBONARA PIZZA HOT CHICKEN WRAP FALAFEL & HUMMUS CIABATTA V PANINI / BAGUETTE	HOT CHICKEN CUBAN SANDWICH With Wedges & Gravy Pot VEGAN SAUSAGE VE With Roasted Vegetables & Mash BBQ OR HOT & SPICY CHICKEN WINGS With Wedges & Sweetcorn Salad PASTA BAR ----- LIME & COCONUT DRIZZLE V DESSERT SPECIAL V Fruit / Jelly / Yoghurt
THURSDAY	POWERBALLS V PORRIDGE BAR V TOASTED BAGEL V Plain / Cream Cheese / Melted Cheese BREAKFAST HOT POT CINNAMON SWIRL V	DIRTY WEDGES Meat / Roast Vegetables V PIZZA NAAN V SLOPPY GIUSEPPE HUMMUS BAR VE 3 kinds PANINI / BAGUETTE	BEEF LASAGNE VEGETABLE WELLINGTON With Cheesy Jacket Wedges V SWEET CHILLI CHICKEN NOODLES CURRY BAR ----- RASPBERRY & COCONUT FLAPJACK VE DESSERT SPECIAL V Fruit / Jelly / Yoghurt
FRIDAY	POWERBALLS V PORRIDGE BAR V SAVOURY MUFFIN Egg / Bacon / Vegan Sausage VE BREAKFAST HOT POT FULL ENGLISH FRIDAY	SOUP V DIRTY VEGGIE WEDGES V PIZZA TWIST V LOADED NACHOS V CINNAMON SWIRL V PANINI / BAGUETTE	FISH & CHIPS With Peas & Baked Beans served with Curry Sauce / Ketchup / Tartar Sauce VEGGIE TACO & CHIPS V With Salsa FISH GYROS & CHIPS JACKET BAR ----- MOUSSE V DESSERT SPECIAL V Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY



Help Support Advice Information

We specialise in providing information and advice on a wide range of issues that impact on family life – from childcare and childcare funding; activities for children and young people through to care and support services available.



Come along to our family support drop in session and get help with a range of support for you & your family

'If we can't help, we'll find someone who can.'

Family Information Drop-in at FiND



Drop in between
9.30am and 11.30am
for a coffee & a chat on:

- Thursday 28th Sept 2023
- Wednesday 25th Oct 2023
- Tuesday 21st Nov 2023
- Monday 12th Dec 2023

FiND, Gearies Children's Centre
Waremead Road
Ilford
IG2 6TF



When you and your family need information, advice and support let FiND point you in the right direction
find.redbridge.gov.uk Redbridge Find
0800 587 7500





Extra-Curricular Clubs

Watch this space...more will be added soon!

Day	Activity	Time	Room
Monday			
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.10p.m.	S5
	Guitar Ensemble: SDE	1.10 – 1.40p.m.	S5
AFTER SCHOOL			
Tuesday			
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5
LUNCHTIME	Maths Club: TKO	12.40 – 1.40p.m.	S6
	Music GCSE Students: SDE	12.40 – 1.10p.m.	S5/PR1/PR3/R.S.
	STEM Club – All Year Groups: AKO	1.00 – 1.30p.m.	G12
	Violin Ensemble: SDE	1.10 – 1.40p.m.	S5
AFTER SCHOOL			
Wednesday			
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5
LUNCHTIME	DT Catch Up – Year 11: AKO	3.30 – 4.30p.m.	G12
	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5
	UAI Choir – All Year Groups: SDE	1.00 – 1.40p.m.	S5
AFTER SCHOOL			
Thursday			
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5
LUNCHTIME	Art Club – All Year Groups: RBU	12.40 – 1.40p.m.	S2
	Knitting Club – All Year Groups: HMA & Mrs Mackie	12.40 – 1.40p.m.	F18
	Worship Band: SDE	12.40 – 1.10p.m.	S5
	Woodwind Ensemble: SDE	1.10 – 1.40p.m.	S5
AFTER SCHOOL			
Friday			
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5
LUNCHTIME	Art GCSE Coursework & Intervention: RBU	12.40 – 1.40p.m.	S2
	Glee Club: SDE	1.10 – 1.40p.m.	S5
	UAI Band: SDE	12.40 – 1.10p.m.	S5
AFTER SCHOOL			