

THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls

Weekly News - 2023/2024 Issue 3

22nd September 2023



Dear Parents/Guardians

This week, we held two special events where we officially welcomed Year 7 and Year 12 students to our school community. We'd like to thank the parents of Year 7 students who joined us on Wednesday evening, it was a packed house! Do enjoy the photos below of the four form groups. #SERVIAM Additionally, we also commissioned our Head Girl team on Wednesday afternoon. You can see me presenting Jessica Madu, our new Head Girl, with her badge in the photos below.

The Head Girl team plays a vital role in our school, and we hope they fulfil their responsibilities with honesty and determination.

We'd like to invite you to our first Parent and Carer Coffee Morning of the school year. It will take place in the school library at 9:15am on Thursday, October 5th. Afterward, there will be an opportunity for small group tours of the school so you can become familiar with the learning environments where your daughters thrive at the Ursuline.

Thank you for your continued support.

Fiona Stone headteacher@uai.org.uk

Curriculum Deputy Headteacher Headlines



URSULINE ACADEMY ILFORD EXTRA-CURRICULAR PROGRAMME

I am delighted to launch our new autumn term Extra-Curricular Programme offering several exciting clubs on offer to your daughter. Each term, you will be updated with the new clubs available to our students and we sincerely hope that they choose to enrich their school life by attending as many clubs as possible.

It is the responsibility of our students to communicate with you which clubs they are intending to attend, this is particularly important for after school clubs. Specific information about particular clubs may be provided to you by different departments, for example the

details of the sports fixtures. If there are last minute changes to after school club arrangements then these changes will be communicated to you.

Dr Nguyen, Deputy Headteacher



Newsletter Contents this week:

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Chaplaincy News



Pope Francis@Pontifex – 18th September 2023

#Prayer is "water for the soul". It is humble, unseen, yet gives life. Those who pray grow inwardly. They know how to raise their gaze on high, remembering they are made for Heaven



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

September: Live

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

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.

'GRACIOUS GOD' OUR NEW SCHOOL PRAYER.



The Ursuline charism is rooted in and draws its nourishment from prayer. As Jesus taught us, prayer begins with God. It is our face-to-face encounter with the living God. The human being fully alive and in conversation with God most glorifies God. We have always made a moment of prayer in the school central to all we do and over the past year we have looked to other Ursuline schools around the world to gain inspiration from and look again at the prayers we say in school.

Our personal prayer readies us for an encounter with God who loves each of us. We can best understand that unconditional love in observing the love of a mother and father for their child. The God who created the universe in all its wonder and complexity is the God who is named Love.

We should all try to set aside a time and a place each day for encountering God. Our **prayer is often expressed in the marvelous words** of the psalms or in the words given to us by friends of God and prophets. We make their words our own, on our own behalf or for others.

Below are the words of the prayer 'Gracious God...' which is printed in the girls' planners, said in form time, often in assembly, in French and Spanish, before meetings and before lessons. By saying this prayer, we ask God to bless our community, our day, our learning and we unite ourselves with the world-wide community of Ursuline schools. SERVIAM!

The Ursuline Prayer

Gracious God,
Let us remain in harmony,
United together all of one heart and one will.
Let us be bound to one another
by the bond of love,
Respecting each other, helping each other,
And bearing with each other in Jesus Christ.
For if we try to be like this, without any doubt,
The Lord God will be in our midst.
Amen

Mr McGhee, Head of Religious Education

RE News

With my year 8s this week – 8C and 8T – we had our first debate of the year.

The topic was 'It Is Not Possible to Be A Scientist and Believe in God' and ladies seemed to enjoy working together and arguing in a constructive way.



Ms Posnakidou, Teacher of Religious Education

Year 7 Badge Commissioning Service

On Wednesday 20th September, we held our Badge Commissioning Service, the students committed themselves to the school, promising to do their best to be part of the community of Ursuline girls and to do their best to respect themselves and the people around them, in the years to come. Everyone had a wonderful evening with some outstandingly good singing from the Year 7 who gave one the most resounding renditions of 'Standing on the Shoulders' we have heard. The new Year 7 are now truly part of our Ursuline Family and can proudly wear their new



Year 12 Welcome Assembly

On Wednesday 20th September 2023, we held a Welcome Assembly for our Year 12 students. It was a lovely occasion where the students received their SERVIAM badges, officially becoming Ursuline students. There was a reading from the *First Letter of St Paul to the Corinthians* about God's unconditional love for us all and how we should do the same everywhere we go. Next, Mr Challis read the Gospel from Matthew about the *'Parable of The Talents'* which was linked to how God has gifted and entrusted us all with the talents we need to succeed. Maariyah Siddiq then read a message to her fellow sixth formers and said two Arabic prayers.

The following quotes were then shared with the sixth form students about the year ahead:



A special thank you to our readers: Jessica Madu, Mr Challis, Jaela Burgess, Michelle Agudelo Galeano and Maariyah Siddiq. *Miss Kankam, Head of Year 12*

English News



SCHOOL NEWSPAPER

Are you a budding journalist? Are you passionate about current affairs and what's happening in the world around us? Would you like the opportunity to share your views on politics, sports, film and more? Do you have something to say about a problem in our society, a change you want to make in the local

community or a fantastic book or TV show that you want to recommend to the school? If so, then the school newspaper is the place for you! Open to all year groups - we will meet on Tuesday lunchtimes from October onwards. Please register your interest by speaking to Mrs Asbali in F9.

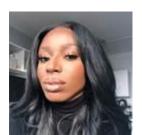
Mrs Asbali, Teacher of English



ENGLISH CAREERS TALK – 28TH SEPTEMBER 2023

Next Thursday, during PSHE, we will be welcoming back one of our alumni students, Precious Sodimu, who attended UAI from 2010 to 2017. Precious will be speaking to our GCSE students, as well as our current A Level English Literature students, about her journey as an English Literature student and how her love of everything English led

her to her current career working in digital marketing for one of the UK's leading beauty retailers



Precious is a wonderful example of how following your passion can lead to great things, truly embodying the words of St Angela: 'Do something, get moving. Be confident, risk new things, stick with it and then be ready for big surprises!'

We hope our current students can take inspiration from Precious' story and consider how they can turn their own passions into a career they love in the future.

Ms Cooper, Head of English / Extended SLT

MFL News



f W #coeEDL

EDL: EUROPEAN DAY OF LANGUAGES 2023: 26th September 2023

What is European Day of Languages?

The Council of Europe declared a European Day of Languages to be celebrated on 26th of September each year. The general objectives of the European Day of Languages are:

- Alerting the public to the importance of language learning and diversifying the range of languages learnt in order to increase plurilingualism and intercultural understanding;
- Promoting the rich linguistic and cultural diversity of Europe, which must be preserved and fostered;
- Encouraging lifelong language learning in and out of school, whether for study purposes, for professional needs, for purposes of mobility or for pleasure and exchanges.

Every year our school proudly takes part in the celebrations so next week, our students will engage in languages related fun activities. Watch this space!

For more information, visit <u>European Day of Languages > Home</u> (ecml.at)

Ms Grassi, Subject Leader: Modern Foreign Languages

Music News



MUSIC EXTRA-CURRICULAR ACTIVITIES

Music clubs have now resumed for all year groups. If anyone would still like to join any clubs, all are welcome so please come along! We do have some spare instruments in case you don't have one yourself. Check the timetable for more information on what is going on and when.

	EXTRA-CURRICULAR MUSIC CLUB TIMETABLE							
	Monday	Tuesday	Wednesday	Thursday	Friday			
Breaktime	Music Practice (Invitation only) @10.40am (S5)	Music Practice (Invitation only) @10.40am (S5)	UKULELE GROUP <u>@10.40am</u> \$5	Music Practice (Invitation only) @10.40am (S5)	Music Practice (Invitation only) <u>@10.40am</u> (S5)			
time	Music Practice (Invitation only) @12.40pm (S5)	GCSE <u>@ 12.40pm</u> S5/PR1/PR3/R.S.	Music Practice (Invitation only) <u>@12.40pm</u> (S5)	WORSHIP BAND <u>@ 12.40pm</u> S5	UAI BAND <u>@ 12.40PM</u> <u>\$5</u>			
Lunchtime	GUITAR ENSEMBLE @ 1.10pm S5	VIOLIN ENSEMBLE @ 1.10pm S5	UAI CHOIR (All years) <u>@ 1pm</u> S5	WOODWIND ENSEMBLE @1.10pm S5	GLEE CLUB @ 1.10PM S5			

DRUM LESSONS

AT THE URSULINE ACADEMY
ILFORD

EVERY FRIDAY

With Joshua Walker-Martin

EMAIL: SDELLER@UAI.ORG.UK
TO RECIEVE AN APPLICATION FORM

Instrumental/Singing Tuition Application Form Based on 20 minutes: Individual lessons cost £144 per term (£12 per lesson); Shared lessons (2 students) cost £72 per term (£6 per lesson). Individual tuition at The Ursuline Academy is available for the following instruments: Piano Guitar Violin Clarinet Flute Singing Bass Guitar Drum Kit Saxophone Shared Instrumental tuition at The Ursuline Academy is available for the following instruments (please note there must be 2 students in a class for this to take place): Guitar Singing Saxophone Flute Please complete the following questions and provide all information requested: Full Name of Student: Year/Form: Name of Parent/Guardian: Contact Number: Email address: Is your child eligible for Free School meals? YES / NO Do you have this instrument at home on which to practice? YES/NO If 'NO', and a school instrument is not available, are you willing to hire or buy one? YES/ NO Have you previously had lessons on this instrument? YES / NO If 'yes', have you completed any exams? To which level? YES / NO SEND information: Medical information: Please be aware that payments need to be made directly to the instrumental/singing tutor prior to your daughter's first lesson. The tutor will notify you of the deadline for payments. In signing this application, you are acknowledging the amount payable for lessons and when it needs to be paid. Your daughter will receive approx. 12 lessons of 20 minutes per term. Please note this is on a rolling contract. Student's applications that are received after the first week of term will be considered (subject to availability of instrumental/singing tutor) and will only be charged for lessons that are received for the remainder of the term. If a tutor is absent, the lesson will be postponed or parents/carers can request a refund. Organisation and commitment: It is in the best interest of the student, parent/guardian, and music tutor that students are on time to lessons and practice in between each lesson. Practice is very important in acquiring a new skill, and master the skill, and will ensure students get the most out of their lessons. Please discuss the commitment and responsibility that your daughter is undertaking in learning an instrument. We expect that you will support the school as we encourage all young musicians to regularly attend ensemble rehearsals and contribute to our cultural life by participating in extra-curricular performances and liturgical events. Cancellations: At least one week's notice should be given to the tutor if a student is unable to attend a lesson which has already been paid for, although this is down to the discretion of the tutor. If a student is absent through illness and has not given the appropriate notice (as above), the lesson will still be charged. Notice of proposed termination of lessons must be sent in writing by parent/guardian to the music tutor and Head of Music, Ms Deller. You must give 6 weeks' notice to terminate lessons. Please also be aware that in signing this form, you are aware that individual instrumental/voice lessons are during classroom lessons and that your daughter will be on a rotating timetable. The onus will be on your daughter to liaise with her subject teacher to catch up with missed work and to be punctual for her tuition. Parent/Guardian Signature: Please return applications to the Head of Music, Ms Deller. Please note that contact will be via email in the first instance by Ms Deller who will assign your daughter to a tutor. Parents/Guardians should then contact the tutor directly to organise their daughter's lessons and payment. If there is not availability, your daughter will be placed on a waiting list. For any queries, please contact Ms Deller via email: sdeller@uai.org.uk. Below is a slip that will be returned to you via your daughter once a place has become available for her chosen instrument/voice. Please inform Ms Deller of any changes or cancellations. A place has become available for your daughter's chosen instrument _

with Please pay the invoiced amount direct to the music tutor. Payment is always due in the first week of each term to

Her lessons will be on

ensure your daughter's position on the timetable.

EXTRA MUSIC TUITION FREQUENTLY ASKED QUESTIONS/TERMS AND CONDITIONS

Who teaches the lessons?

The lessons are taught by Visiting Music Teachers (VMT) who are freelance musicians, selected by the music department at The Ursuline Academy Ilford. All tutors have been DBS checked.

What if my daughter misses a lesson due to illness or school trips?

Lessons will not be rescheduled unless a parent/carer/student informs the VMT <u>at least a week in advance</u>. In this case, the lesson will be made up at a later date.

Should your daughter fail to attend a lesson due to forgetfulness or internal/external exclusion, they will not be able to make up that lesson.

<u>Does my daughter need to provide their own instrument? We don't have room/finances to purchase a drumkit/piano/etc.</u>

It is necessary for your daughter to be able to practice at home.

- <u>Drum Kit:</u> Drummers are required to bring their own sticks to lessons. Practice pads (not to be confused with electric drum pads!) are suggested for home use as they are a more economical and quieter option than a whole kit. With permission by the Head of Music, Drummers may practice on the music department's drum kit during breaktime/lunchtime when it's available.
- <u>Piano:</u> Pianists need to have at minimum a keyboard at home and can use the keyboards in S5 (Music) when the classroom is available (most breaks, and some lunchtimes at the start 12.40pm).
- **Guitarists/Bass Guitarists:** It is preferable that guitarists bring their own guitars to lessons, although there are guitars available if this is difficult to arrange.
- <u>Violin:</u> The music department do have a few spare violins which can be loaned please contact Ms Deller (sdeller@uai.org.uk) for more information and to check availability.

Is there a place for my daughter to store her instrument on lesson days?

Yes, students who bring their instruments to school may place it in the Music Storage Room. They need to bring it up at 8:30am and collect it themselves at the end of the day. Collecting their instrument at the end of the day is their responsibility.

Can my daughter do graded examinations?

Yes. It is encouraged for students to prepare for and complete graded examinations. The VMT will be able to advise you on the exam board as well as the cost and requirements.

Can my daughter perform on her instrument?

Yes. It is essential for your daughter's music education to join an extra-curricular group – please ask Ms Deller for more details or check the Music Extra-Curricular timetable in the newsletter. The groups perform at events throughout the year.

Students who study piano and perform confidently are selected to perform as soloists in key events such as assembly and masses.

What if my daughter decides halfway through the term that she doesn't want to continue with the lessons? Can we be refunded?

Unfortunately, once lessons have commenced, there are no refunds. Students are required to commit and parents to pay on a termly basis. Please have a discussion with your daughter about the commitment and discipline expected for learning an instrument.

Ms Deller, Head of Music



<u>Did you know...just registering your daughter for Free School Meals means</u> 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 quarantee 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!







BREAKFAST

POWERBALLS

SAVOURY BREAKFAST MUFFIN Bacon / Egg / Veg Sausage V YOGHURT & GRANOLA

MID-MORNING

DIRTY VEGGIE WEDGES MARGHERITA PIZZA LOADED NACHOS PANINI / BAGUETTE

LUNCH

HALLOUMI BURGER WITH SRIRACHA SLAW &

MAC N' CHEESE

JACKET BAR

FRUIT SHORTBREAD

DESSERT SPECIAL Fruit / Jelly / Yoghurt

POWERBALLS PORRIDGE BAR

TOASTED BAGEL Plain / Cream Cheese or Melted Cheese

BREAKFAST HOT POT CINNAMON SWIRL

DIRTY WEDGES Meat / Roast Vegetables CIABATTA PIZZA

BREAKFAST WRAPS

HUMMUS BAR VI 3 kinds

PANINI / BAGUETTE

PERI PERI CHICKEN

With Spicy Rice & Minted Peas

FALAFEL & CARROT HUMMUS WRAP VE

CHICKEN GYROS

With Bean Salad & Sriracha Slaw

CURRY BAR

VEGAN GINGER CAKE VE

DESSERT SPECIAL Fruit / Jelly / Yoghurt

POWERBALLS PORRIDGE BAR

SAVOURY BREAKFAST MUFFIN Bacon / Veg sausage BREAKFAST WRAP

YOGHURT & GRANOLA CINNAMON SWIRL

SOUP

DIRTY VEGGIE WEDGES CARBONARA PIZZA

FALAFEL & HUMMUS CIABATTA V HOT CHICKEN WRAP PANINI / BAGUETTE

CHICKEN CARVERY ROAST 3 WAYS

Lemon / Tandoori / Plain with Roast Potatoes, Gravy & Seasonal Vegetables

With Roast Potatoes, Gravy & Seasonal Vegetables

PASTA BAR

MOUSSE

DESSERT SPECIAL Fruit / Jelly / Yoghurt

POWERBALLS

PORRIDGE BAR

TOASTED BAGEL Plain / Cream Cheese / Melted Cheese

CINNAMON SWIRL

DIRTY WEDGES Meat / Roast Vegetables PIZZA NAAN

SLOPPY GIUSEPPE HUMMUS BAR

3 kinds PANINI / BAGUETTE CHICKEN KATSU CURRY

With Rice & Mixed Pepper Sriracha Slaw

SUMMER VEGETABLE CRISPY KATSU CURRY

PASTA BOLOGNESE POT

JACKET BAR

FRUIT TURNOVER

DESSERT SPECIAL

Fruit / Jelly / Yoghurt

POWERBALLS

PORRIDGE BAR

SAVOURY MUFFIN Egg / Bacon / Vegan Sausage VE

BREAKFAST HOT POT FULL ENGLISH FRIDAY SOUP

DIRTY VEGGIE WEDGES PIZZA TWIST LOADED NACHOS

CINNAMON SWIRL PANINI / BAGUETTE FISH & CHIPS

Curry Sauce / Ketchup / Tartar Sauce

SPRING ROLLS & CHIPS
With Sweet Chilli Sauce

FISH FINGER SOFT TACO & CHIPS With Peas & Baked Beans served with Curry Sauce / Ketchup / Tartar Sauce

PASTA BAR

FRUIT MUFFIN DESSERT SPECIAL

Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY

Extra-Curricular Clubs

Day	Activity	Time	Room	Year	
Monday					
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Year 7-11	
	, , , , , , , , , , , , , , , , , , , ,				
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.10pm	S5	Year 7-11	
	Guitar Ensemble: SDE	1.10 – 1.40pm	S5	Years7-11	
		·			
AFTER SCHOOL	Library Club: CFI	3.20 – 4.30pm	Library	Year 7-13	
Tuesday		·			
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Year 7-11	
DICEARTINE	ividate i ractice (ilivitation only). 382	10.40 11.000	33	1001 7 11	
LUNCHTIME	Music GCSE Students: SDE	12.40 – 1.10p.m.	S5/PR1/PR3	Year 10-11	
LOTTETTTIVE	Violin Ensemble: SDE	1.10 – 1.40p.m.	S5	Year 7-11	
	STEM Club: AKO	1.00 – 1.30p.m.	G12	Year 7-11	
	Debating Team: EDO	12.40 – 1.10p.m.	F19	Year 7-11	
	Maths Club: TKA	12.40 – 1.40p.m.	S6	Year 7-11	
	Chemistry Club: JOS	12.40 – 1.10p.m.	G8	Year 10-13	
	Chemistry Club. 100	12.40 1.10p.m.	30	1 Cui 10-13	
AFTER SCHOOL	Subject Champions: RBA	3.30 – 4.30p.m.	G15	Year 12-13	
ALTERISCHOOL	Library Club: CFI	3.20 – 4.30p.m.	Library	Year 7-13	
Wednesday	Library clab. Cri	3.20 4.30p.m.	Library	1cai 7 13	
-	I I II I I I I I I I I I I I I I I I I	10.40 11.00	l cr	V7.0	
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Year 7-8	
LUNCUTINA	Maria Duantina (Invitation and Ar CDE	12.40 1.00	CF	V7 11	
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5 S5	Year 7-11	
	UAI Choir: SDE	1.00 – 1.40p.m.		Year 12.12	
	Mindfulness and Wellbeing: NKA	12.40 – 1.10p.m.	G9	Year 12-13	
AFTER SCHOOL	DT Cotob Lloy AKO	2.20 4.20n m	G12	Year 11	
AFTER SCHOOL	DT Catch Up: AKO Football Club	3.30 – 4.30p.m.		Year 7-11	
	Peer Mentor: NKA/RBA/HCO/SFR	3.30 – 4.30p.m.	Playground G15		
		3.30 – 4.30p.m.		Year 7-13	
	Library Club: CFI	3.20 – 4.30p.m.	Library	Year 7-13	
Thursday					
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Year 7-11	
LUNCHTIME	Worship Band: SDE	12.40 – 1.10p.m.	S5	Year 7-11	
	Woodwind Ensemble: SDE	1.10 – 1.40p.m.	S5	Year 7-11	
	Art Club: RBU	12.40 – 1.40p.m.	S2	Year 7-13	
	Knitting Club: HMA & Mrs Mackie	12.40 – 1.40p.m.	F18	Year 7-11	
	Charity and Enterprise: LBU	12.40 – 1.10p.m.	F10	Year 12-13	
	Sports Ambassadors: SFR	12.40 – 1.10p.m.	G14/Gym	Year 12-13	
	SEN Science Club: MUD	12.40 – 1.10p.m.	G11	Year 8	
AFTER COURSE	Library, Club, CE	2.20 4.20	Libra	V7-12	
AFTER SCHOOL	Library Club: CFI	3.20 – 4.30p.m.	Library	Year 7-13	
Friday					
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Year 7-11	
LUNCHTIME	UAI Band: SDE	12.40 – 1.10p.m.	S5	Year 7-11	
	Glee Club: SDE (Audition only)	1.10 – 1.40p.m.	S5	Year 7-11	
	Art Club: RBU	12.40 – 1.40p.m.	S2	Year 10-13	
AFTER SCHOOL	Library Club: CFI	3.20 – 4.30p.m.	Library	Year 7-13	