

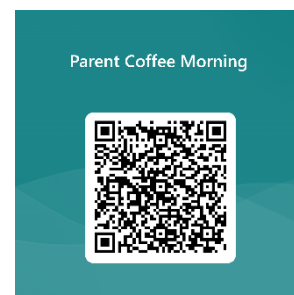


THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – 2023/2024 Issue 5
22nd September 2023

Dear Parents/Guardians



We are really looking forward to the first Coffee Morning for parents and carers next Thursday, 5th October. We are inviting parents to come in for 9:15am to our school library. Members of the Senior Leadership Team will be there to talk through aspects of our curriculum and pastoral life, and you will have an opportunity to ask questions. Please complete this very short form if you are intending to come. There will be opportunities for short tours of the school after the talk at 9:50am. <https://forms.office.com/e/icD2br6yu7>



Here at the Ursuline we operate a daily rota for pupils to queue up for their lunches in the canteen. You can see the daily order below. For a couple of weeks at the start of term Year 8 had to have an extended lunch, for we ran over into Period 5, thank you for your patience with this. However, I'm delighted to inform you this has been rectified. Please remind your daughters to queue up in their year group order for we have had a few students arrive very late then feel rushed when lunch time ends.

Lunch Rota

Monday	Tuesday	Wednesday	Thursday	Friday
Year 11	Year 10	Year 9	Year 8	Year 7
Year 10	Year 9	Year 8	Year 7	Year 11
Year 9	Year 8	Year 7	Year 11	Year 10
Year 8	Year 7	Year 11	Year 10	Year 9
Year 7	Year 11	Year 10	Year 9	Year 8



The weather is still fairly pleasant so we have continued to allow pupils to carry their blazers at times rather than wearing them. Please do note however, that after half term pupils must wear their blazer at all times. This also means that as we move into our winter uniform, pupils will no longer be allowed to wear ankle socks. Pupils look very smart at the Ursuline and we really appreciate your support in maintaining such high standards.

Fiona Stone headteacher@uai.org.uk



Newsletter Contents this week:

Chaplaincy News Page 2

ACS News, Page 3

History News, Page 4

MFL News, Page 4

Science News, Page 5

Music News, Pages 6 – 9

Careers News, Pages 9 - 13

Free School Meals, Page 14

Lunch Menu, Page 15

Extra-Curricular Clubs, Page 16 - 17



Chaplaincy News



Pope Francis@Pontifex – 28th September 2023

In this #SeasonofCreation, as followers of Christ on our shared synodal journey, let us live, work and pray that our common home will teem with life once again.



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

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

30th September: Let God work; he will do marvellous things.

October: Be Shepherds

1st October: I beg you with all my heart, be like watchful and most vigilant shepherdesses.

2nd October: May God give you knowledge and capacity.

3rd October: You will achieve more with kindness and gentleness than with harshness and sharp rebukes.

4th October: Spread peace and concord wherever you are.

5th October: What you want them to do, do it yourself first.



African Caribbean Society News

As we are coming up to Black History Month, the ACS committee will be hosting a cultural show twice a week leading up to culture day and as part of celebrating Black History Season.

This is a chance for all year groups to showcase their talents and come together and celebrate.

Due to a high amount of popularity, we have decided to host auditions and will be allocating successful groups/individuals their performance slots.

If you are interested in performing in this year's Cultural Show, please fill out the following form. I will be contacting all interests and providing a time to attend auditions on Tuesday afternoon.

All auditions will take place on **Wednesday 4th October 2023**.

<https://forms.office.com/e/emv72fidWT>

If you have any questions, please feel free to come and speak to me.

Ms Francis, Head of Year 10

THE CULTURAL SHOW AUDITIONS

BLACK HISTORY MONTH

WEDNESDAY

4 OCT 23

COME AND AUDITION FOR OUR UAI CULTURAL SHOW

AUDITIONS WILL TAKE PLACE WEDNESDAY LUNCHTIME

FILL IN THE BELOW FORM FOR A SLOT TO AUDITION

<https://forms.office.com/e/emv72fidWT>

History News

BLACK HISTORY SEASON

This October the History Department is running a number of fun and informative events as a part of our school's Black History Season celebrations. Please take a look at the events below and take part!

- **Throughout October:** Competition – design a poster informing of a Black Briton from History. Choose from the list on Satchel/your form tutor will be showing you and get creative! A prize will be awarded to the winning entry from KS3 and KS4.
- **Wednesday 4th October:** documentary showing at lunchtime in F18: David Olusoga's '*Black and British: A forgotten history*'. Come along and watch the documentary, and learn about black people in Briton throughout History. Open to all year groups, but a maximum of 30 students.
- **Week beginning Monday 9th October:** Black History Month scavenger hunt. Open to Year 7 only, details to follow.
- **Wednesday 11th October:** Debate club Black History Month special, lunchtime in F19, topic tbc. Open to KS5 only.
- **Wednesday 18th October:** Women of the Harlem Renaissance workshop, lunchtime, F18. Come and learn about the women who contributed to the Harlem Renaissance, a period in American history when African American poetry, music and literature flourished in the pre-Civil Rights era. Open to Year 8 and 9, maximum of 25 students.

Ms Mackie, Subject Lead – History

MFL News

SERVIAM is the motto of all Ursuline schools worldwide. The word *Serviam* is Latin for "I will serve". It is inspired by the teachings of St Angela Merici, Foundress of the Ursuline Order.

At Ursuline, we encourage all of our students to use their unique gifts and talents to help those in need through acts of *Serviam*. By doing this, students experience first-hand the positive effects of giving themselves selflessly in service to others and see the impact of helping someone in need.

At The Ursuline Academy Ilford, our students often volunteer to help out, which makes fantastic examples our school values SERVIAM.

Well done and thank you **Aarani Sivamahinthan (7J)**, **Akchana Sivarubavel (7T)** and **Mathurena Uthayathepan (7C)** for helping out putting up a fresh display in our Spanish classroom.

They all received Merits and chocolates.

Ms Grassi, MFL Subject Leader



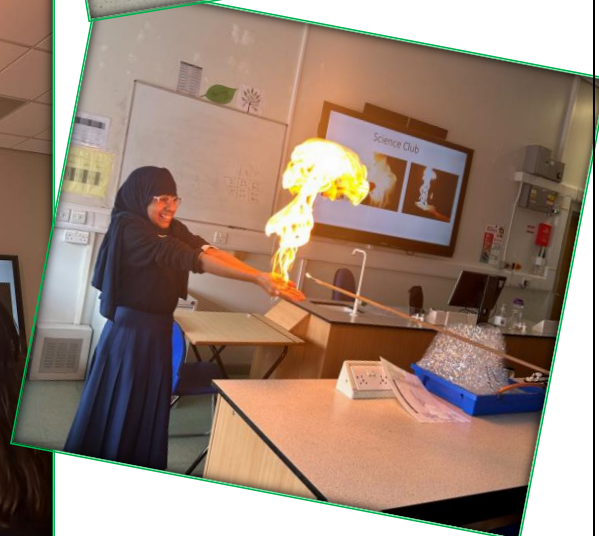
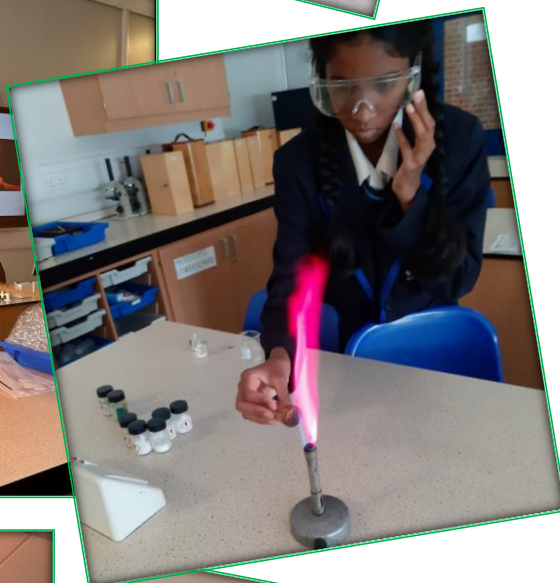
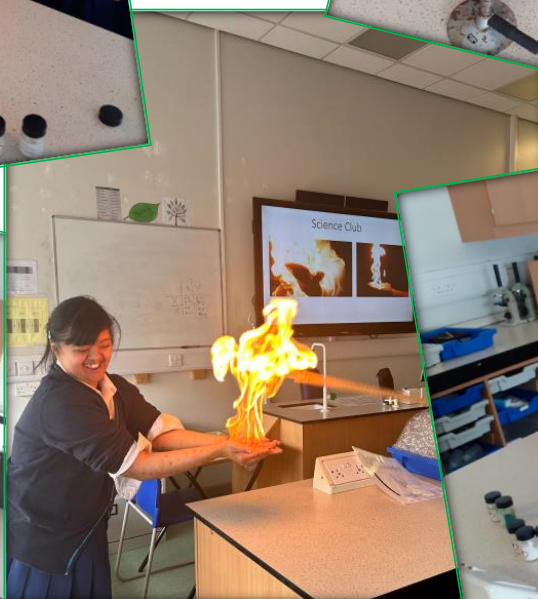
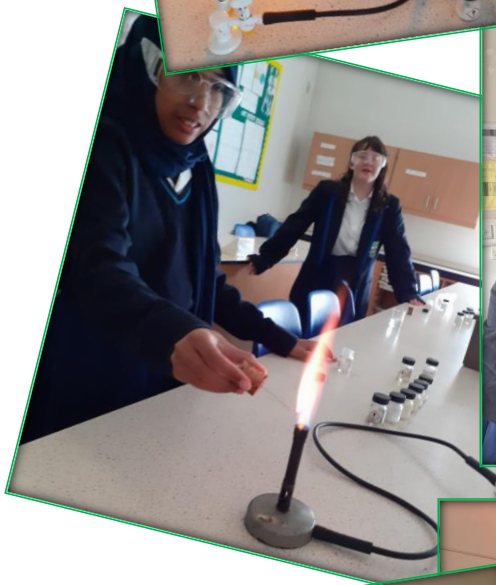
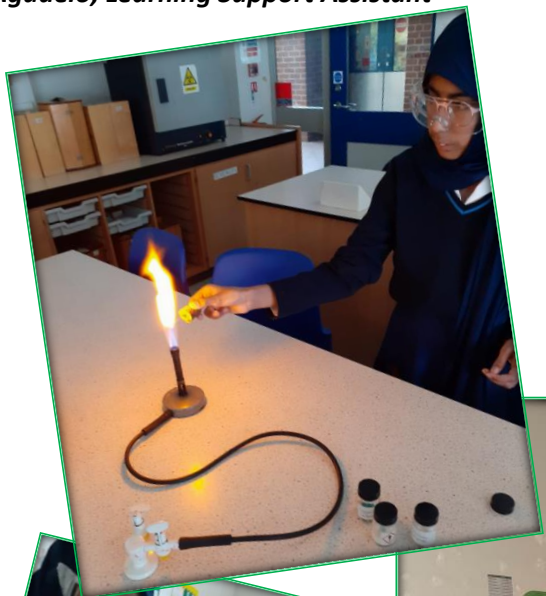
Science News

PLAYING WITH FIRE!

Science Club is back on for this year and Year 8's have been playing with fire. We had a lot of fun using Methane bubbles where the gas taps allowed the gas to be pumped through a tray of water and washing up liquid. Once ignited, this released the energy and a large flame. We also looked at flame tests using a variety of metals ions which once placed in the flame gave us different colours. This is due to the excitation of the electrons and their movement as a result.

Mr Uddin, Subject Lead – Social Sciences and

Ms Agudelo, Learning Support Assistant



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) <u>@10.40am</u> (S5)	Music Practice (Invitation only) <u>@10.40am</u> (S5)	UKULELE GROUP <u>@10.40am</u> S5	Music Practice (Invitation only) <u>@10.40am</u> (S5)	Music Practice (Invitation only) <u>@10.40am</u> (S5)
Lunchtime	Music Practice (Invitation only) <u>@12.40pm</u> (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>S5</u>
	GUITAR ENSEMBLE <u>@ 1.10pm</u> S5	VIOLIN ENSEMBLE <u>@ 1.10pm</u> <u>S5</u>	UAI CHOIR (All years) <u>@ 1pm</u> S5	WOODWIND ENSEMBLE <u>@1.10pm</u> <u>S5</u>	GLEE CLUB <u>@ 1.10PM</u> S5

DRUM LESSONS

AT THE URSULINE ACADEMY
ILFORD

EVERY FRIDAY

With Joshua Walker-Martin



EMAIL: SDSELLER@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	Clarinet	Saxophone	Flute
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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: _____ Date: _____

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 _____
Her lessons will be on _____ with _____.**

Please pay the invoiced amount direct to the music tutor. Payment is always due in the first week of each term to 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 **at least a week in advance**. 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.

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

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

- **Drum Kit:** 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.
- **Piano:** 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.
- **Violin:** 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

Careers News



Try a Trade: Introduction to the Try a Trade Programme

Join this exclusive webinar and hear from colleagues at Checkatrade to find out more about Try a Trade, a new free careers programme for schools that aims to inspire students about apprenticeships and careers in domestic trades.

Wednesday 4th October, 16:00 - 17:00

To register, click [here](#).



ASK: Understanding Apprenticeships

The focus of this webinar is to provide in-depth details of an apprenticeship, where can you find them, how are they delivered and how are they structured.

Thursday 19th October, 15:30 - 16:00

To register, click [here](#).



Graduate Careers Live! begins at 2pm on Thursday 5th October.

[REGISTER TO WATCH PROGRAMME](#)

The programme will be **essential viewing for those considering university entrance in 2024** and will showcase many of the graduate job opportunities, occupations and professions that sixth form students can aspire to in the future.

Highlights from the 90-minute live programme include:

- the latest analysis of the universities and degree courses that are most-likely to lead to a well-paid job after graduation

Our Success at School University Guide 2023-2024 for parents and carers is now available.



Covering everything from UCAS to accommodation to studying abroad, this guide will help parents and their children think through everything they need to consider including expert, first-hand advice from universities and employers.

Download your free copy now:

PARENTS use this link: <https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=fdb3ade956&e=c65f91045f>



Pathways to Law (London) and Pathways to Banking and Finance

Yr 12 Students Apply now.

I am delighted to let you know that applications for Pathways to Law (London) and Pathways to Banking and Finance programmes are now open! Eligible students in **Year 12 or equivalent** at your institution are invited to submit an application, by clicking [here](#), before the deadlines on **Monday 23 October 2023 at 09:00AM** (Pathways to Law (London)) and **Monday 30 October on 09:00AM** (Pathways to Banking and Finance).

Both programmes run from the start of Year 12 until March/April of Year 13.

Pathways to Law (London):



Pathways to Law (London) runs at LSE and Queen Mary University of London. The programme aims to give students the information, advice and guidance they need to succeed in a career in Law through a regular, engaging programme of activities including lectures, seminars, mock trials, law in practice sessions and university advice sessions. Students can also to apply for a work experience placement, an undergraduate law mentor and a National Conference in the summer.

Pathways to Banking and Finance:



Pathways to Banking and Finance is a programme run at LSE for students interested in studying finance or a career in the financial sector. Modelled on the format of the successful Pathways to Law programme, students will be provided with information, advice and guidance needed to succeed in a career in financial services and will attend academic sessions and university support activities. Students can also apply for an insight programme at one of London’s leading financial service providers, an undergraduate mentor and a National Conference in the summer.

LSE Programme Delivery:

The LSE Pathways programmes will be delivered using a hybrid model; therefore, it will feature a blend of both on-campus events, off-site events, and online sessions.

If students are offered a place on the programme, they will be surveyed on their tech capabilities, and we will work with them to ensure they are able to access the online programme content.

Queen Mary University London Programme Delivery (Pathways to Law only):

The Queen Mary Pathways to Law programme will be delivered using a mixed mode approach in the 2023-24 academic year. We anticipate that the majority of events will take place in-person on the Queen Mary campus, with some events taking place online. Some events take place at other locations both in and outside of London, such as Inner Temple visits and the National Conference at the University of Warwick.

Information about applying:

To find out more about the [full eligibility criteria](#) for the Pathways programmes please see here.

To find out more about the [application process and teacher references](#) please see here.

Eligible students should apply online now at www.suttontrust.com/programmes

The deadline for applications to both programmes are as follows:

- **Pathways to Law:** Monday 23 October 2023 at 09:00AM
- **Pathways to Banking and Finance:** Monday 30 October 2023 at 09:00AM

Please see the following attachments for electronic copies of the posters:

- **Pathways to Law (London) – Poster**
- **Pathways to Banking and Finance – Poster**

We hope that your students will take advantage of this invitation to apply. If you have any questions, please do not hesitate to contact us.



Career Information Sessions for Parents and Carers



As a parent or carer, you undoubtedly want the best for your child, and that includes their education and future career. So why not join one of our career information sessions and find out the educational and career opportunities available for your children.

With so many options and pathways available, it can be overwhelming to navigate the many decisions that come with helping your child prepare for their future. That's why we're excited to invite you to our online information sessions about education and career pathways.

These sessions are designed to provide parents with valuable information and resources to help guide their child's post-16 education and career journey.

To book your place please visit our website: www.capitalccg.ac.uk/events/careers-events

Please see below our next Careers Event Dates:

Hospitality and Catering (date to be confirmed), [click here to register](#)

Business and Technology Industries (date to be confirmed), [click here to register](#)

Public Services – 4th Oct 2023, 17.30-18.15, [click here to register](#)

Performing Arts and Music Industries (date to be confirmed), [click here to register](#).

Engineering Industries – 9th Nov 2023, 17.30 – 18.15, [click here to register](#)

A Levels – October 2023 (date to be confirmed), [click here to register](#)



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

MY
LUNCH
MY
WAY

WEEK 2

V = VEGETARIAN VE = VEGAN

MONDAY

BREAKFAST

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

MID-MORNING

MARGHERITA PIZZA V
LOADED NACHOS V
PANINI / BAGUETTE

LUNCH

ROASTED VEGETABLE & PESTO PASTA BAKE V
QUORN FISHLESS FISH FINGER WRAP
With Coleslaw VE
JACKET BAR

VEGAN CHOCOLATE BROWNIE VE
DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

TUESDAY

POWERBALLS V
PORRIDGE BAR V
TOASTED BAGEL V
Plain / Cream Cheese or Melted Cheese
BREAKFAST HOT POT
CINNAMON SWIRL V

BREAKFAST MUFFIN V
PIZZA MUFFIN / BAGEL V
BREAKFAST WRAPS
HUMMUS BAR VE
3 kinds
PANINI / BAGUETTE

CHICKEN RENDANG
With Rice
ROASTED SUMMER VEGETABLES & MOZZARELLA TRAY BAKE V
CHIPOTLE CHICKEN & SWEET POTATO BOWL
CURRY BAR

FLAPJACK 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

BREAKFAST MUFFIN V
MARGHERITA PIZZA V
SLOPPY GIUSEPPE
HUMMUS BAR VE
3 kinds
PANINI / BAGUETTE

CHICKEN CARVERY ROAST 3 WAYS
Lemon / Tandoori / Plain with Roast Potatoes,
Gravy & Seasonal Vegetables
BBQ QUORN MELT V
With Wedges & Coleslaw
ROAST BAGUETTE / FLATBREAD
JACKET BAR

SUMMER ICED LOAF 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

SOUP V
PANINI / BAGUETTE
PIZZA TURNOVER V
LOADED NAAN
HUMMUS BAR VE
3 kinds
PANINI / BAGUETTE

SAUSAGE, PEPPER & POTATO TRAY BAKE
TERIYAKI NOODLES WITH BROCCOLI,
CARROTS & MANGE TOUT V
CHICKEN TANDOORI NAAN
With Sitracha Slaw
PASTA BAR

BANANA OATBAR V
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 JACKETS
With Roast Vegetables V
MARGHERITA PIZZA V
LOADED NACHOS V
PANINI / BAGUETTE

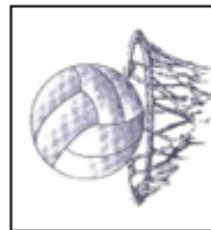
FISH & CHIPS
With Peas & Baked Beans served with
Curry Sauce / Ketchup / Tartar Sauce
VEGGIE SAMOSA & CHIPS VE
With Curry Sauce
SALMON KATSU & RICE
JACKET BAR

ORANGE DRIZZLE CAKE
DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY

Extra-Curricular Clubs - Physical Education

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p>INDOOR ROWING</p> <p>-</p> <p>12:40 - 1:10pm</p> <p>All Years</p> <p>-</p> <p>Gym</p> <p>Ms Mansell/ Ms Harrison-Bloomfield</p>	<p>GCSE PE INTERVENTION</p> <p>-</p> <p>12:40 - 1:30pm</p> <p>GCSE students</p> <p>-</p> <p>G18</p> <p>Ms Francis</p>	<p>MULTI GAMES</p> <p>SS students</p> <p>(Invitation only)</p> <p>-</p> <p>12:40 - 1:10pm</p> <p>All Years</p> <p>-</p> <p>Gym</p> <p>Ms Mansell</p>	<p>SPORTS AMBASSADORS</p> <p>-</p> <p>12:40 - 1:10pm</p> <p>Sixth Form</p> <p>-</p> <p>Dance Studio</p> <p>Ms Francis</p>	
AFTER SCHOOL	<p>NETBALL CLUB</p> <p>-</p> <p>3:30 - 4:30pm</p> <p>Years 7 & 8</p> <p>-</p> <p>Playground/Gym</p> <p>Mrs Mansell</p>	<p>NETBALL CLUB</p> <p>-</p> <p>3:30 - 4:30pm</p> <p>9, 10, 11 & Sixth Form</p> <p>-</p> <p>Playground/Gym</p> <p>Ms Francis</p>	<p>FOOTBALL CLUB</p> <p>-</p> <p>3:30 - 4:30pm</p> <p>All Years</p> <p>-</p> <p>Playground/Gym</p> <p>Mr Burt & Mr Okyere</p>		<p>RUNNING CLUB</p> <p>-</p> <p>3:30 - 4:30pm</p> <p>All Years</p> <p>-</p> <p>Playground/Gym</p> <p>Mrs Mansell</p>



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
LUNCHTIME	Music GCSE Students: SDE	12.40 – 1.10p.m.	S5/PR1/PR3	Year 10-11
	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
AFTER SCHOOL	Subject Champions: RBA	3.30 – 4.30p.m.	G15	Year 12-13
	Library Club: CFI	3.20 – 4.30p.m.	Library	Year 7-13
Wednesday				
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Year 7-8
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5	Year 7-11
	UAI Choir: SDE	1.00 – 1.40p.m.	S5	Year 7-11
	Mindfulness and Wellbeing: NKA	12.40 – 1.10p.m.	G9	Year 12-13
AFTER SCHOOL	DT Catch Up: AKO	3.30 – 4.30p.m.	G12	Year 11
	Football Club	3.30 – 4.30p.m.	Playground	Year 7-11
	Peer Mentor: NKA/RBA/HCO/SFR	3.30 – 4.30p.m.	G15	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 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