



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – 2023/2024 Issue 6
9 October 2023



Dear Parents/Guardians

Yesterday was a busy day here at the Ursuline Academy, we hosted two very special events. Firstly, held a Parent/Carer Coffee Morning which was very well attended. Mr Challis and Mrs Gardiner talked to parents about

life at the school, then led a tour of the school. We intend to hold one of these each term and the next one is due to be held on 2nd February 2024, we will obviously give you plenty of advance notice so that you can make arrangements to attend.

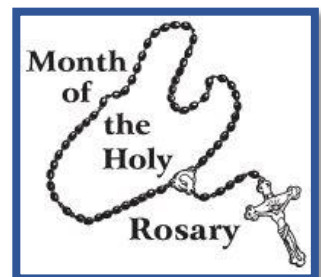


The second event was our annual Open Evening, whereby we showcase all the great things we do here at the school for prospective parents of Year 6 pupils. We had many of our pupils volunteer to support on the night and I was so proud of how they talked with parents about their experiences of being an Ursuline. I'm grateful to Jessica, our Head Girl and Mrs Wood who joined me in giving speeches to those who attended.

Some advance notice about a change to our School Calendar. We have already published that we are having an INSET day on Friday 24th November 2023. We are always striving to improve here at UAI, and part of this work is to have time together as a staff, to learn new things and work on developing our practice. Therefore, I want to let you know, that we will be holding two INSETs, therefore pupils will also be off school on Thursday 23rd November 2023, as well as the Friday.

The Catholic church dedicates the month of October to the Holy Rosary, a devotion to the blessed Virgin Mary. We pray to Mary our Mother for her intercession to support us with challenges we face in life.

Fiona Stone headteacher@uai.org.uk





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Chaplaincy News



Pope Francis@Pontifex – 4 October 2023

This is the Synod's primary task: to refocus our gaze on God, to be a Church that looks mercifully on humanity. A Church that is united and fraternal, that listens and dialogues; a Church that blesses and encourages, that helps those who seek the Lord. #Synod



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

6th October: They are all creatures of God. And you do not know what he wants to make of them.

7th October: As far as possible, you yourselves provide.

8th October: Charity directs everything to the honour of God and the good of souls.

9th October: Tell them that they should want to be united and in concord together, all being of one will.

10th October: They should want to be united.

11th October: Let all their behaviour flow from charity and be accompanied by patience.

12th October: Consider each one as good but be prudent for your own good.



Religious Education News

This week my Year 8's: 8C and 8T created an amazing display about the UAE values. The students seemed to enjoy the lesson and were very keen to help put all of these posters together on the board.

Ms Posnakidou, Teacher of Religious Education



Art News

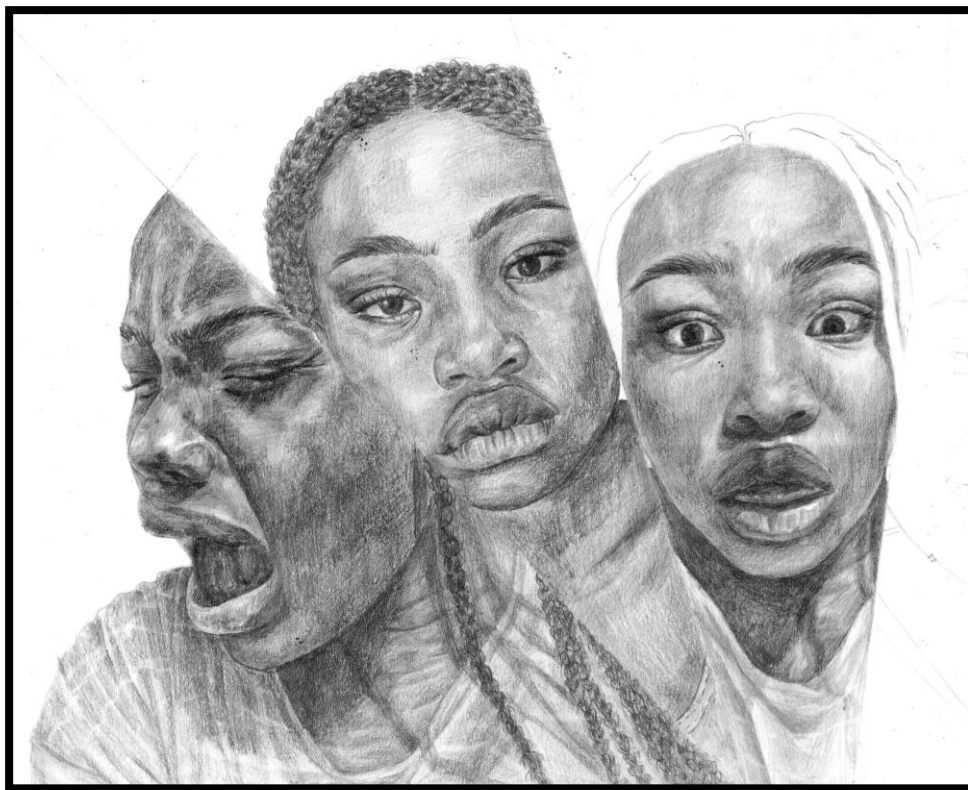
ART OF THE MONTH

Ehimare Enaboife - Year 11

Ehimare has produced many outstanding pencil drawings and her latest artwork is a self-portrait with exceptional tonal qualities. As part of her GCSE Art coursework, she is studying the topic, 'Identity'. Her multi-face portrait is full of different emotions and she has said that it represents "a range of feelings".

In Ehimare's art, there are areas of extreme darkness with various highlights and a whole range of mid tones. Giving the overall drawing an added layer of contrast, usually seen at A Level.

Well done Ehimare!



In other Art related news, the Ilford gallery, SPACE is launching a new exhibition on **Wednesday 4 October** entitled, [Evidence of those not seen](#), a series of portrait paintings by artist [Jacqui Cooke](#) highlighting the contribution of individuals of African Descent and First Nation pre-1948 who supported Britain in World War I and II. The exhibition will be shown from **4 October - 29 November**.

[space] WHAT'S ON MENU

George Arthur Roberts, 2019, 60 x 70cm

Jacqui Cooke, *Evidence of those not seen*

4 OCT - 29 NOV 2023

Free and open to all SPACE Ilford

Oakfield Road, Ilford

Mr Butler, Subject Leader - Art

English News



ENGLISH CAREERS TALK BY FORMER URSULINE, PRECIOUS SODIMU

“ Having Precious come in to talk about her personal experience in English was an enlightening and eye-opening experience. As Precious herself is a young speaker (only 24), as an audience we were able to relate to her on a more individual and personal level about her journey and her explanation of how her study of English at A Level and then at degree level can open doors to careers we never thought of!

Precious being an Ursuline Academy Ilford alumni, inspired us even further as she is a fellow Ursuline sister who is now a successful career woman and role model. Likewise, Precious, also coming from an African household especially resonated with us as we, and many of our school community, also come from ethnic minority households which uplift going into medical fields or aspiring for law degrees and tend to frown upon other passions.

As we both currently are A-Level English Literature students and personally want to pursue English degrees in the future, Precious' story really encouraged us to go beyond our family expectations and find our own paths. We're grateful for the opportunity to hear Precious share her story and wish her all best for the future!”

Elizabeth Akande (13.2) & Romisa Aldrinamalasuthakaran (13.1)



It was wonderful to have Precious back at UAI again and, this time, sharing her journey of how her love of English and her passion for the subject led her to her current career working as a copywriter for one of the UK's leading beauty retailers, Cult Beauty.

Precious' talk was a refreshing combination of honesty and enthusiasm, which really seemed to engage and speak to our pupils. Precious' talk was both inspiring and informative as she shared the reality of her 'anything but linear' path, the ups and downs she has experienced, and the hard work she put in to get where she now is. The audience, made up of the whole of Year 10 and Year 11, as well as our current A-Level English Literature pupils, clearly enjoyed the talk, giving Precious a warm welcome and plenty of applause, as well as some really heartfelt and thoughtful feedback afterwards.

I really do hope that Precious' sharing of her passion has helped to spark a passion in some of her listeners and open up their eyes to the possibilities that studying English and having a career in English can lead you to!

As Precious herself said, *'Play in the realm of possibility'*. And if you're in need of some further ideas, please see below...



THEATRE APPRECIATION SOCIETY – YEARS 10-13

Our first Theatre Appreciation Society trip to see the *'The Time Traveller's Wife'* next week is now full up, however our next trip has been booked for November!

Tickets are now available for a performance of *'The Ocean at the End of the Lane'* on Thursday 9th November @ 7:30pm, showing at the Noel Coward Theatre in central London. Tickets cost £20 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.

From the imagination of Neil Gaiman, best-selling author of *'Good Omens'*, *'Coraline'* and *'The Sandman'*, this spectacular and thrilling theatrical event is a tour de force of magic and storytelling that takes audiences on an epic journey to a childhood once forgotten.



Returning to his childhood home, a man finds himself standing beside the pond of the old Sussex farmhouse where he used to play. He's transported to his 12th birthday when his friend Lettie claimed it wasn't a pond, but an ocean... Plunged into a magical world, their survival depends on their ability to reckon with ancient forces that threaten to destroy everything around them.



SAVE THE DATE – WORLD MENTAL HEALTH DAY ON 10TH OCT 2023

Stand out and show up for young people's mental health on World Mental Health Day on Tuesday 10 October 2023 by wearing a yellow accessory!

We can all struggle with how we're feeling, but sometimes things get tough and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it. But together, we can change this.

By wearing a yellow accessory this World Mental Health Day, you can show your commitment to supporting those who may be struggling with their mental health. Show them that they matter and deserve the support they need, when they need it, no matter what.

As a school we will be joining thousands across the country to stand out and show up for young people's mental health this #HelloYellow. *Are you in?*

Ms Cooper, Head of English / Extended SLT

Modern Foreign Languages News

LUNCHTIME SPEAKING SESSIONS

French GCSE Speaking Practice will start on ***Wednesday 11th October at 12:40 pm in G6.***

Spanish GCSE Speaking Practice will start on ***Wednesday 11th October at 12:40 pm in G5.***

Your teacher should have informed you if/ when you need to attend and emails to parents were sent.

Ms Grassi, MFL Subject Leader

Music News

MUSIC AMBASSADORS

Our new Music Ambassadors were presented with their badges this week. These students have shown great dedication and commitment, and much enthusiasm, for music in the school.

Congratulations to the following students:



Chidera, Wiktoria, Eunice – 10C, Isha, Wyeshali, Laksha, Katherine, Shenaya, Annabel, Heather – 10T, Tareena, Nevaeh, Bianca-Gabriela, Tolu – 10U and Anjgelina – 11U

MUSIC TUITION & EXTRA-CURRICULAR MUSIC CLUBS

Although there is now a waiting list for piano and guitar lessons, there is availability for drum lessons with our drum kit teacher, Joshua Walker-Martin. Please ask Ms Deller for more information and an application to sign up.

Extra-curricular music clubs are free and we are still welcoming new members. If you are interested in joining UAI Choir, Guitar Ensemble, Ukulele Group, Woodwind Ensemble or Violin Ensemble please just come along! Please ask Ms Deller for more information in joining other clubs as they require an audition.

DRUM LESSONS

AT THE URSULINE ACADEMY
ILFORD

EVERY FRIDAY

With Joshua Walker-Martin

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

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



UKULELE CLUB

Our Ukulele Club is up and running every Wednesday at breaktime.

The students have shown great dedication and are looking forward to another performance very soon. We would really love to encourage more Year 7's to join us every week. It is completely free of charge and Ukuleles are provided.

The club is open to complete beginners and our more experienced players are very welcoming and always happy to help out! Well done to all involved!

Ms Eakins, Teacher of Religious Studies/Ukulele Instructor



A CELEBRATION OF BLACK COMPOSERS

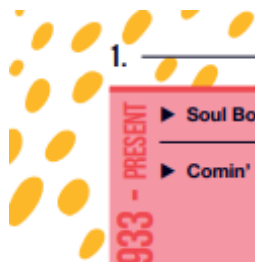
PLAYLIST
Scan here to listen to our
Celebration of Black
Composers Playlist



BLACK
HISTORY
MONTH

Black History Month is dedicated to celebrating and learning about Black heritage. It gives everyone the opportunity to recognise the achievements of and share appreciation of those with African or Caribbean backgrounds.

This calendar is a celebration of black composers and is intended to inspire everyone to explore the lives and works of these great musicians.



1. QUINCY JONES

1933 - PRESENT

- ▶ Soul Bossa Nova
- ▶ Comin' Home Baby

2. FLORENCE PRICE

1887 - 1953

- ▶ Symphony no.1 in E minor
- ▶ Fantasie Nègre



3. DUKE ELLINGTON

1899 - 1974

- ▶ Ko Ko
- ▶ Cotton Tail

4. ERROLLYN WALLEN

1958 - PRESENT

- ▶ Peace on Earth
- ▶ Woogie Boogie

5. GEORGE WALKER

1922 - 2018

- ▶ Sinfonia no.5 "Visions"
- ▶ Lyric for strings

6. ALEXIS FFRENCH

1970 - PRESENT

- ▶ Walk With Us
- ▶ Dreamland

7. MARGARET BONDS

1913 - 1972

- ▶ Troubled Water
- ▶ Bright Star

8. UNDINE SMITH MOORE

1913 - 1972

- ▶ Afro-American Suite for flute, cello & piano
- ▶ We shall walk through the valley in peace

9. WILLIAM GRANT STILL

1895 - 1978

- ▶ Symphony no.1 "Afro-American"
- ▶ 3 Visions

10. STORMZY

1993 - PRESENT

- ▶ Crown
- ▶ Blinded by Your Grace

11. LAURYN HILL

1975 - PRESENT

- ▶ When it hurts so bad
- ▶ The Miseducation of Lauryn Hill



12. HANNAH KENDALL

1984 - PRESENT

- ▶ Spark catchers
- ▶ Processional

13. JOSEPH BOLOGNE

1745 - 1799

- ▶ Symphony no.1 in G major
- ▶ String quartet no.1 in C major

14. SAMUEL COLERIDGE-TAYLOR

1875 - 1912

- ▶ Deep River
- ▶ Symphonic variations on an African Air

15. _____ DOLORES WHITE

1932 - PRESENT

- ▶ Blues Dialogues for Solo Violin
- ▶ Sometimes I'm Not Myself



16. _____ ELEANOR ALBERGA

1949 - PRESENT

- ▶ Suite from Dancing with the Shadow
- ▶ String Quartet no.1

17. _____ JAMES BROWN


1933 - 2006

- ▶ I Feel Good
- ▶ Papa's Got a Brand New Bag

18. _____ WYNTON MARSALIS

1961 - PRESENT

- ▶ At the Octoroon Balls
- ▶ Blues Symphony



19. _____ YOLANDA BROWN


1982 - PRESENT

- ▶ Tokyo Sunset
- ▶ Fine Lines

20. _____ JON BATISTE

1986 - PRESENT

- ▶ It's All Right (from Soul)
- ▶ We Are



21. _____ AYANNA WITTER-JOHNSON

1986 - PRESENT

- ▶ Movement - Variation II
- ▶ Rise Up

22. _____ FELA SOWANDE

1905 - 1987

- ▶ African Suite for String Orchestra
- ▶ Jubilate



23. _____ CELESTE

1994 - PRESENT


- ▶ Love is Back
- ▶ Stop this Flame



24. _____ NINA SIMONE

1933 - 2003

- ▶ Revolution
- ▶ I Ain't Got No, I Got Life



25. _____ LAURA MVULA

1986 - PRESENT

- ▶ Sing to the Moon
- ▶ Green Garden

26. _____ MILES DAVIS

1926 - 1991

- ▶ So What
- ▶ Love for Sale



27. _____ JESSIE MONTGOMERY

1981 - PRESENT

- ▶ Starburst
- ▶ Banner for string quartet & string orchestra

28. _____ JOHN COLTRANE

1926 - 1967

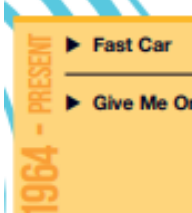
- ▶ Alabama
- ▶ Giant Steps



29. _____ TRACY CHAPMAN

1964 - PRESENT

- ▶ Fast Car
- ▶ Give Me One Reason



30. _____ RAY CHARLES

1930 - 2004


- ▶ What'd I Say
- ▶ I Got a Woman



31. _____ JULIA PERRY

1924 - 1979

- ▶ Study for Orchestra
- ▶ Stabat Mater



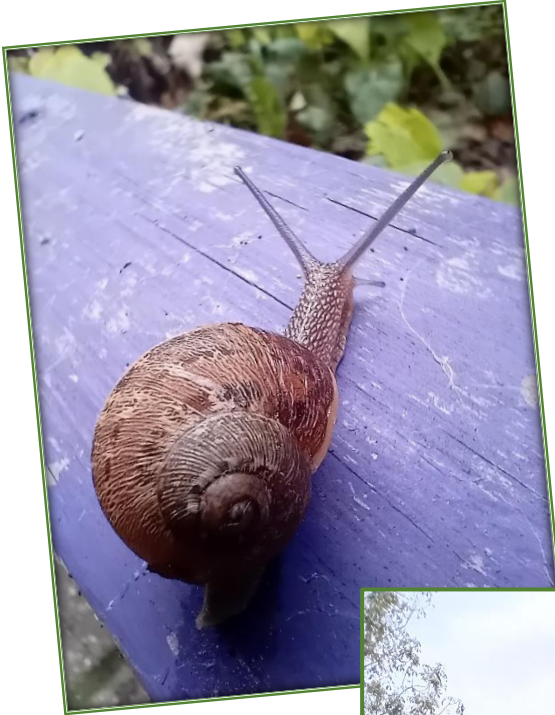
Ms Deller, Head of Music

Laudato Si Committee News

This week our Year 7 Laudato Si Committee made a great start in helping to tidy up and gather away any weeds and plants that had died away over the summer ready for a fresh start. They also found a little friend in amongst all the leaves. Well done to all involved.

Thank you also to our 6th formers who helped sweep away the leaves in our chapel garden. We are looking forward to seeing the progress made now that we are that much more established!

Ms Eakins, Teacher of Religious Education/Laudato Si Committee



Science News

STATIC ELECTRICITY!

Static electricity is an imbalance of electric charges within or on the surface of a material or between materials. The charge remains until it is able to move away by means of an electric current or electrical discharge. This week we saw this principle using a Van Der Graaf generator where the girls felt first-hand the build-up of the static charge.

We even formed a chain of students standing in plastic trays to act as insulators and watched the charge travel through each one to the next until finally discharged to the person on the end. They all felt the shock as it passed on and eventually down to the ground.

Mr Uddin, Subject Lead: Social Sciences and Ms Agudelo, Learning Support Assistant



Library News

LIBRARY OPEN EVENING

The 3 Library Musketeers wait excitedly to show the parents and potential students around the library for our Open Evening on Thursday 5 Oct 2023



Ms Finlay, LRC Manager/Careers Coordinator

Careers News

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.

Additional dates and sectors will be added over the coming months so please check regularly for updates.

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



Due to much demand, we are really excited to welcome back IBM for the third year in a row to discuss all things apprenticeships during a free and interactive live webinar on **17th October 2023!**

✓ Come hear directly from the recruitment team;

- ✓ Get all the latest application tips and tricks from current apprentices to learn how to make your application stand out;
- ✓ Take part in a Live Q&A to get all your questions answered.

Sign up using the link below: <https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=2fbd038390&e=c65f91045f>



LOXFORD YOUTH CENTRE

LOXFORD LANE, ILFORD, IG1 2NS



Tuesdays & Thursdays
3.30-6.30pm

AGE 11-18

What's happening?

COOKING ON A BUDGET

HOMEWORK CLUB

BOX-UP-FITNESS-CIRCUIT TRAINING

MUSIC PRODUCTION

& MANY MORE

FOR MORE INFORMATION PLEASE CONTACT
07586 713864

Please sign up with the link below www.redbridge.gov.uk/young-people/get-involved-see-whats-on-for-you/



London Borough of
Redbridge



Spare room feeling empty?



Foster for Redbridge

020 8708 6068

fostering@redbridge.gov.uk





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 3

V = VEGETARIAN VE = VEGAN

MONDAY

BREAKFAST

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

MID-MORNING

DIRTY VEGGIE WEDGES V
MARGHERITA PIZZA V
LOADED NACHOS V
PANINI / BAGUETTE

LUNCH

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

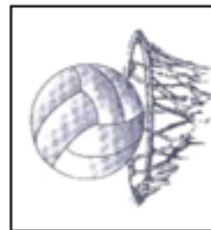
FISH & CHIPS
With Peas & Baked Beans served with
Curry Sauce / Ketchup / Tartar Sauce
VEGGIE TACO & CHIPS V
With Salsa
FISH GYROS & CHIPS
JACKET BAR

MOUSSE V
DESSERT SPECIAL V
Fruit / Jelly / Yoghurt

FRESH VEGETABLES & FRUIT SERVED DAILY

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