



EASTER 2020



St Angela's Ursuline School Newsletter





Dear Parents and Carers,

I write to you in exceptional times. The closure of the school and the fight against COVID 19 we are all undertaking has created the need for not only unprecedented action on behalf of the students and staff but also the courage and resilience of all, to ensure that we continue educating and learning to the best of our ability.

To that end, I want to thank the staff for the work they have done using Google classroom to ensure that we have kept lessons going, and I thank also the students (especially year 11 & 13 who have had their public exams taken from them) for continuing to learn and not allowing the current crisis to stop their journey. I want also particularly to thank staff for their individual support of the vulnerable children of the school in ensuring that they have a bespoke education through google and for ensuring FSM entitlement continues on.

Not being present at school this week will prevent us from joining together for Easter Liturgy - a first for us. It reminds me of course of the importance of the week to come and whilst we are all in isolation from each other, it will be important for us not to let Holy Week pass by without deep thought and prayer about the sacrifice and joy of Easter. Now as much as ever the presence of the Lord in our lives is crucial and whilst we have time (more than we ever expected) taking that time to listen to our Lord within the silence of our hearts will help us make it through this difficult period.

As we reach the end of term, we say fare thee well to three members of staff. Ms Nwaoha (maths teacher), Ms Murtagh (Head of Science) and Kim Evans who many of you will know from her work with students as a learning mentor. It is not an understatement to say that Kim has been an amazing servant in her just over 20 years since Mrs Smith appointed her. There are many young people both in school now and others in their working lives who are there because of the wisdom and care she has provided and we wish her well in her retirement with grateful thanks for everything she, Ms Nwaoha and Ms Murtagh have given to St Angela's in their careers.

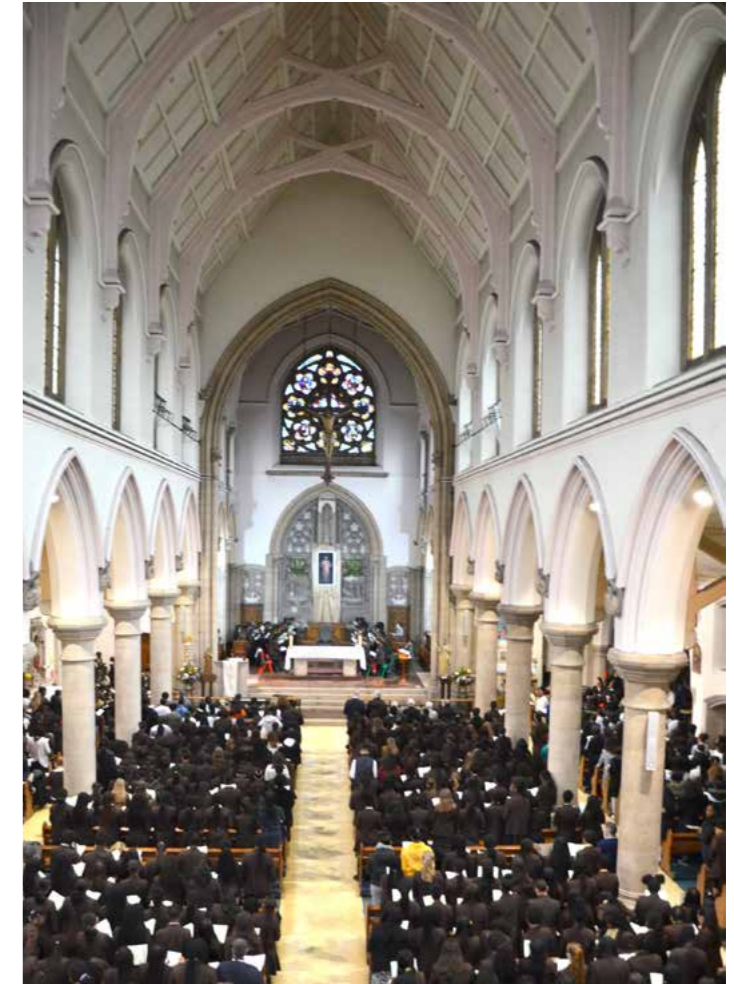
We welcome Ms Azeem (maths) and Mr Brian McGowan (Assistant Headteacher - Head of Sixth Form) who join us after Easter and I am pleased to inform you as parents that a further 8 new staff including senior leaders & Science leaders join us in September. This places St Angela's in a very good position for the start of the new year should the closure of the school last that long.

Finally, as always I wanted to thank you for your work as parents. This is both a challenging and in some ways rewarding time for families. Though we are living with the frustration of limited travel we do at least have our loved ones close. I know like me your thoughts will very much be for those who have already lost their lives to Coronavirus and those that will pass away in the weeks to come - we keep them all and their families in our prayers each day.

Mr M Johnson
Headteacher

St Angela's Day

On 24th January, students of the school celebrated St Angela's Day, the feast day of our patron Saint. Students attended Mass in the morning followed by an afternoon of fun activities in school for Year 7 - 9 and trips out for the Year 10, 11 and Sixth Form students. See page 21 for more.



siLENT 2020

On Wednesday 17th March, students in years 7-9 were silent for an hour during period one. The purpose of this was to support the Million Minutes lenten charity action siLENT. This activity was sponsored in aid of those in society that don't have voice due to poverty, oppression or illness.

It was really well responded by students who were asked to complete lesson one in silence. This included music and drama lessons which obviously would normally involve some sound and speaking. However the teachers were really creative and planned full one hour



silent lessons which allowed for students to participate whilst still learning the subject.

Many students collected sponsorship and have raised money, and once collected it will be given directly to the Million Minutes charity who are supported by the diocese of Brentwood. The money raised goes directly to those who are forced into silence by their life circumstances. All students who participated will be receiving a certificate for their efforts and those who collected the most money in their form classes will be receiving special Serviam prizes during their reward assemblies next half term. Well done girls, a true sign of Serviam in action!
Ms Vassiliou -School Chaplain.

FEATURED IN THIS ISSUE

London Youth Games
Careers News
siLENT lessons

St Angela's Day
British Science Week
Harmony Dance Show

World Book Day
History Trips
UEL Taster Day

International Film Club

This term, the International Film Club was open for KS3 and had excellent attendance from year 7 students. Ms Warden and Ms Jansen were pleased to see that so many students came every week to see films such as the German film Ostwind about a young girl and her horse and the manga Spirited Away. Students were particularly fond of Ostwind. Desentha from year seven found it 'inspiring' and Danielle called it 'different, - as the protagonist did not give up and did not let anyone stop her from pursuing her goals.'



Congratulations

Congratulations to the Year 11 Design and Technology Textiles group for completing their NEA practical. All the students worked incredibly hard to create some fantastic outcomes as you can see below!



Mathletes

The event provided us with a variety of new and challenging questions. The round I found the most challenging was the Comprehension Round, where we were asked to read information on a new topic and answer questions based on it. However, my favourite round was the Relay Round. I loved working with my team and the buzz that it created which was similar to what we had previously done in Mathletes club. I recommend that we do questions based from the event in maths lessons, especially the Relay Round!
Ashmi, 10 Brady

I thoroughly enjoyed the relay round which we won! It was great to see how far we had come from the start of the day alongside the other schools we were competing against.
Kiesha 10 Brady



British Science Week 2020

In celebration of British Science week, the Science Department at St Angela's held some fun activities during lunchtime.

On 12th March students were able to participate in creating their own rockets, which were then launched in Merici court. The atmosphere was reminiscent of a real live rocket launch with a countdown and some hilarious results. Students were given an opportunity to improve their designs resulting in some excellent high flying rockets.

On 13th March the Science department held a live science show, with methane bubbles, screaming jelly babies and whoosh bottles.

The science of ice cream was also explored, with students being given the opportunity to create their own edible ice cream.

The key objective of Science Week was to inspire young people to take up careers in areas of Science and to encourage wider thinking and application of Science in everyday life.





English Lecture Review

On Wednesday 4th March year 12 and 13 English students were given the opportunity to have an Othello lecture from a doctor of Medieval Literature from City University. After being told that we were able to partake in this experience I was excited as it meant that the knowledge I already knew from studying it at AS was going to be strengthened. From this lecture I was able to take away different interpretations of the text that I had never thought of before, such as Desdemona's possible boredom as a Venetian woman who gains excitement vicariously through marrying Othello; and the

various uses of the term moor in the Jacobean society. What I really liked was being given a sense of what university lectures would be like, even though I have no plans to study English at university (sorry Ms O) I was still grateful for being able to enjoy this academic opportunity. It definitely boosted my confidence as the way it was taught meant the information given to us in class was verified and solidified from my class lessons!

Jadesola, Year 13

Year 10 Brilliant Club

At the beginning of Year 10, I was one of the twelve students who was chosen to participate in The Brilliant Club. This was a very exciting opportunity as it gave us a chance to learn about something outside the school curriculum. Firstly, we went to Kings College for our introduction tutorial to Brilliant Club and we got the chance to meet our tutor, Esther. She then gave us our introductory lesson which gave us an insight as to what we would be achieving in the program. Our topic question was How social and political factors influence the integration and mental health/ psychosocial well-being of people from

migrant communities in the UK? At first, I had no understanding of the question and I didn't understand the new terminology that was being used. However, throughout the weekly tutorials, Esther took her time and helped me understand migration in more depth. As a whole, I really did enjoy the program as it taught me new things that we wouldn't normally learn about in our school subjects. It also helped with my essay writing skills and my time management. As our work was given university grading it really encouraged me to proofread my assignments and make sure all my information was



factual. Additionally, I learned about new websites to get accurate information such as the Office of National Statistics which collects data on the whole of the UK.

Our trips to both Kings College and Goldsmiths meant that I could ask actual university students questions about university - like what subjects there are and the different levels of education that you could complete. After achieving my grade for my final assessment I was really happy because I was slightly afraid as it was going to be marked as a university grade. It helps me understand my capability and now when doing essay writing I feel more confident. I would recommend Brilliant Club to other years as well, because it really does help you as a learner in many aspects.

Elizabeth Year10



New College Oxford University Trip



On Monday 24th February 2020, Year 11 students visited New College Oxford as part of the Step Up programme. Students were given the opportunity to tour the grounds of Oxford colleges, have one to one discussions with key professors and discuss the Oxford Experience with current students. The day entailed a full itinerary which gave students a full insight into what being at Oxford is really like. Students enjoyed the day and have been given more knowledge on the application process.



Sefora, 11 Brooks:

Visiting New College was very exciting. It was hard not to be impressed by the beautiful paintings and scenery. So much of the college was enriched with history, which really sets it apart from other universities I've visited. Overall, a very pleasant experience.

Felicia, 11 Plath:

"It was an amazing experience! We learnt lots of information linked to our options in further education. Even though it was raining, we still managed to enjoy ourselves together. I learnt about the different colleges and opportunities provided by Oxford. Overall, it was a great trip"

Elaira, 11 Barratt:

The New College Oxford trip was a really insightful experience. Not only were we able to visit 3 of the colleges in Oxford University, but we were also able to talk to some of the students and tutors. This experience gave me a more realistic view on how life and education at Oxford really is.



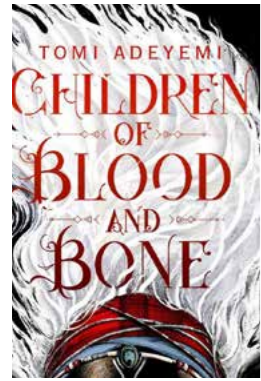
Neena, 11 Rossetti:

The New College Oxford was a great opportunity for me to gain a greater insight into university life and gave me knowledge and statistics on the application and admission processes. The day has inspired me to consider applying to Oxford, after getting to see its buildings and learn more about its history.



REVIEW

Children of Blood and Bone: the link between fiction and History



Earlier this year I had the wonderful opportunity to read the book 'Children of Blood and Bone' by Tomi Adeyemi. The novel takes place in the fictional land of Orisha, inhabited by

two distinct people: diviners, who have the capability to become magical maji and are marked by white hair, and the non-magical Kosidán. Eleven years prior to the events of the book, King Saran figured out how to switch off magic and ordered the slaying of many defenseless diviners, including the mother of Zélie Adebola: the protagonist. Since that time, diviners have been severely oppressed. After visiting the

capital city, Lagos, to make enough money to pay off an increased tax on diviners, Zélie and her brother Tzain help a noble girl flee the clutches of local guards. This girl, who turns out to be Princess Amari, the daughter of King Saran, who has stolen a magical scroll that can restore the magical powers of any diviner who touches it. Like her mother before her, Zélie is able to awaken her magical powers and the story continues to foretell their mission to bring magic back.

When I first read the first chapter of the book I fell in love with the book perhaps due to its parallels to real life oppression and how in fact it is linked to African history specifically the history of Benin - which I had the opportunity to learn about in Year 8 History. In the book, those who have magic are enslaved, however the author is making a comparison to the enslavement of African people by colonial powers. It wasn't the darkness of their

skin that made white Europeans hate Africans which occurred later. Skin color became the excuse for oppression and enslavement. The colonists feared what the enslaved might become - rebels and revolutionaries, but they also hated what they were: people. The same process is illustrated in the book as the Kosidán fear the power the diviners once had, but they hate the idea that these people are as human as they are. The goal of oppressors is to convince themselves that they are different, better, more worthy than those they oppress. They hate the differences as much as they hate the similarities. So, the book really nicely shows how authors today are using the past as inspiration for the fantasy world that they are creating, and I think recognising the inspiration of authors of Tomi Adeyemi is really important in understanding the message of the author. You should definitely read the book!

by Nicole, Year 11

Year 12 Historians trip to see 'A Taste of Honey'



In February, Year 12 History students had the opportunity to see a production of 'A Taste of Honey'. Overall, I believe that 'A Taste of Honey' was an excellent play which beautifully highlighted the post-war issues in the 1950s such as racial tensions, the role of women and social attitudes. As the play is set in Manchester, it gives a clear insight into the poverty faced by the northern cities due to the decline of the traditional industries since the 1920s. Additionally, this play also suggests that not all baby boomers (people born in the 1950s/60s) 'had it so good' which is

portrayed through the main character and the adversity she faces in the poor conditions she lives in whilst pregnant at the age of 19. I would definitely say this play has high relevance to my A Level History studies as it brought alive to me how so many themes and topics studied in History link together - something you need to demonstrate in History essays. Even if you do not study A Level History, you should go see the play in order to understand how much or how little Britain has changed since the 1950s.

By Liona - 12 History Student

Year 13 Historians trip to see Hamilton

Last month Year 13 History students had the opportunity to go and see the musical Hamilton. Hamilton was amazing! It was refreshing to learn about history in a different way, and it was fascinating to learn about Alexander Hamilton as his actions are usually not included in mainstream history textbooks. Watching the musical really put my own knowledge into perspective, as it delves into the aftermath of the American War of Independence; a topic which we learn about in Paper 3 for A Level History, regarding the British Empire and its North American colonies.

The one element of the American Revolution that Hamilton captures really well is the excitement and hope of a new independent nation from Britain. One of the repeated phrases throughout the musical is "I am not throwing away my shot!" which explains why Americans were so motivated and committed to the cause of living in a new nation. This helped to highlight my A Level knowledge of why the Americans eventually won the Revolutionary War because they wanted to achieve their dream of independence. Overall, I would definitely recommend going to see the musical!

Adelaide and Stephanie



YEAR 8

History trip to Hampton Court Palace



This academic year in History, students in Year 8 studied the Tudors. As part of their study into the Tudors, students had the opportunity to visit Hampton Court Palace and discover the lives of Henry VIII, his wives and children. Students had the opportunity to admire Henry's Great Hall, the infamous Haunted Gallery and the Tudor kitchens. Ultimately, the trip allowed students to really explore one of the world's most famous palaces.



BBC Young Reporter Competition

Congratulations to Stephanie in Year 13 who won the BBC Young Reporter Competition for the South East Region with her original story about race and multiculturalism in London. She competed against 2000 other powerful stories and was one of 30 young people chosen to create their own short film which was released on the national news. You can find her story on the bbc website - a future journalist in the making!
<https://www.bbc.co.uk/news/49509131>

Year 10 GCSE University of East London Taster Day

The Year 10 GCSE PE group had the opportunity to visit University of East London Sportsdock. They had the chance to experience a practical sports lecture, talk with sports scholars and have a guided tour around the campus. Shekinah said "I had a great experience at UEL as it really gave me a good understanding of life after GCSEs. It made me realise that university is not only academically beneficial for the future but also seems like a great experience overall. The practical session was really fun as we got to do circuits and practise our shooting and passing and it was something us as a GCSE PE class were familiar with. The workshops were very informative and I liked how we got to engage with the student ambassadors and for them to share their university experiences which reassured me about my decisions to go to university" Bynum said "The trip to the UEL Sports Dock on Wednesday 12th February was a

really informative and interesting experience because we were able to get more of a reality of what the university life would be like starting from the deciding if we wanted scholarships or would pay for the full price and even getting to see what a real university looks like with the tour around University of East London. This helped me think about how I might want to take PE in the future and my decision on going to university"



THE RED SHOES



Hans Christian Andersen's tale, The Red Shoes. Victoria takes the lead in the ballet, and she and Craster fall in love. Victoria

has to choose between her love and her career. The production was beautiful and stunning and enjoyed by students and staff during the annual visit to Sadler's Wells Theatre on the last day of the autumn term.

This recent production by Matthew Bourne is set in London, Monte Carlo and France in the 1940s and 50s. It tells the story of a ballerina Victoria Page who is talent spotted by the ballet impresario Boris Lermontov. He commissions the composer Julian Craster to compose a ballet based on

SAMPLED WITH SADLER'S WELLS

Dance club members went to see Sampled at Sadler's Wells Theatre. Sampled is a chance for dance fans and newcomers alike to enjoy a diverse range of styles performed by some of the world's finest dancers. The students saw Company Wayne McGregor, Machine de Cirque, Geometrie Variable and two BBC Young Dancer finalists, Shree Savani and Max Revell perform Ballet, Circus skills, Hip Hop, Indian Classical Dance and contemporary dance styles.



During the interval the pupils could explore Sadler's Wells and participate in the Film Wall and Step by Step. At the end of the show they had a chance to meet the dancers from the different companies. A year 7 pupil said, "the theatre was amazing! It was fun watching the dancers live, it really added to the atmosphere. I would definitely watch it again".

Earlier in the week the pupils also had the opportunity to participate in a South Asian workshop with Showmi Das, which gave them an understanding of some fundamental skills in this dance style. Another pupil said "The dance workshop was really fun! It was very interesting when the Bollywood dancer used her body language and emotions to express her dancing."



GISELLE EXPLORED

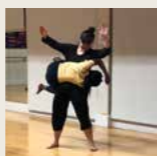
St Angela's Dancers have been participating in a project called Giselle Explored facilitated by English National Ballet. This term saw the students attend a private viewing at Vue Cinema of Giselle choreographed by Akram Khan, with Tamara Rojo performing in the title role. A student said, "I enjoyed the film



version because I could see the facial expressions made by the dancers more clearly. I felt closer to the story of Giselle by watching it on screen. The emotion was very intense for the majority of the time".

JAMES COUSINS DANCE

Dancers from year 7 and 8 dance club had the opportunity to participate in a workshop with artists from James Cousins Dance. The two dance artists Gemima and George took the students through a variety of tasks to develop their confidence when using contact work with a partner and then developed it into group work. They also learnt some repertoire from a piece called Within Her Eyes which explores relationships. The workshop was really challenging and it was fantastic to see how the dancers progressed throughout the day. They now have a wealth of contact work experience to use and develop in their own work.



CURTAIN RAISER AT SADLER'S WELLS

Following auditions with Matthew Bourne's New Adventures eight pupils were selected to perform in a curtain raiser prior to a January performance of The Red Shoes. Rehearsals started on 2nd January and were for five days. They worked with dancers from other schools and a 6th form and were part of a company of 21. They were taught by company members and created a

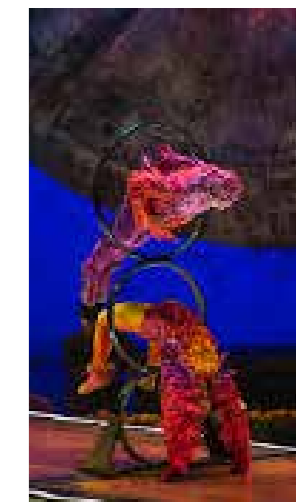
dance piece which explored a character adopted by dancers wearing different shoes. For example, trainers, high heels, wellingtons and slippers. It was a great experience for them to participate in a curtain raiser, as well as work with new people. Congratulations to Rayna, Tessa, Shedia, Jayla, Shallet, Jannet, Amber, Vesna on a fabulous performance!



CIRQUE DU SOLEIL

Students were able to see Luzia performed by Cirque Du Soleil at the Royal Albert Hall, thanks to our partnership with Mousetrap Theatre Projects. The production of Luzia was beautifully designed and vibrant with colour which related to the theme of 'A Waking Dream of Mexico'. The revolving stage and giant treadmills on which many of the acts performed were fascinating along with the playful water episodes. Laura said "Cirque du Soleil was really wonderful to watch, I loved all of it. I especially loved the stunts and acrobatics that were involved

for example: the two swings, a person flipping in the air to get to the other swing landing; the man who was balancing on sticks high up in the air; the pink flamingos who were jumping and diving through hoops. The juggling was really good too and the female singer's voice was very good as it matched the scenes. I loved the whole show. It was very exciting and fun."



NEWHAM DANCE COMPETITION WINNERS

St. Angela's entered Key Stage 3 and mixed Key Stage 4 teams into this competition as reigning champions in both categories. The competition was held at NewVic College and each dance was marked by three judges, with the overall highest scoring team being crowned champions.

Both teams were well prepared and had good technical rehearsals before taking to the stage to compete in front of an appreciative audience. They performed strongly and were rewarded in being crowned winners. This competition was a qualifier for the London Youth Games and both teams will go on to represent Newham. Congratulations to Rayna, Tessa, Deborah, Jayla, Vitalijia, Jannet and Shallet!



Panathlon Challenge Competition

A huge congratulations to the Panathlon Team who placed second in the Panathlon Multi Sports Challenge before competing in the Champions Final at the UEL Sports Dock. The girls competed in a range of different adapted sports and placed third in the East London Champions Final.

Congratulations to:
Angelica (8 Fawcett) for her performance in the Precision Bean Bag throw
Pamela (8 Pankhurst) for placing third in Table Cricket
Manuela (10 Jiricna) for placing 2nd in the Boccia
Vanessa (10 Lin) for placing 1st in the New Age Kurling



LEE VALLEY SILVER MEDAL

The Year 7 Athletics teams success continued into the Lee Valley Indoor Final. There were seventy-two schools who entered the competition over all, so getting to the final was an achievement in itself. The girls achieved an incredible silver medal narrowly missing out on gold by a few points!

Temi - 7RHO	Vicky - 7RHO
Alisha - 7WAN	Angela - 7WAN
Christine - 7PAC	Eira - 7WAN
Sarah - 7OKP	Theresa-Jane - 7WAN



Year 7 Athletics Sportshall Champions at London Youth Games

The Year 7 team have reigned supreme through many rounds of the Sportshall Athletics competition. They came first in the Newham round and then beat another eight London Boroughs in the semi final! The team came first in 5 of the 6 track events and won all 5 field events! The PE department is incredibly proud of everything that you have achieved, you are all fantastic Athletes! We very much look forward to watching you get many more medals in the future.



Temi - 7RHO	Alisha - 7WAN
Christine - 7PAC	Sarah - 7OKP
Vicky - 7RHO	Angela - 7WAN
Eira - 7WAN	Theresa-Jane - 7WAN



Year 8 Sportshall Athletics

After becoming Newham Champions the team went on to represent Newham at the London Youth Games. There were some fantastic results and the girls worked well as a team. They came a respectable 4th overall.

Selasie - 8FAW	Janelle - 8FAW
Rina - 8LOC	Kaira - 8LOC
Afua - 8LOC	Karita - 8FAW
Madelaine - 8LO	



Year 7 Netball Team

A huge congratulations to the Year 7 Netball Team who placed 2nd in the Newham Schools Netball Tournament on Tuesday 25th February. On the day the girls showed fantastic teamwork and talent throughout each of the eight games played. The girls left the tournament unbeaten with 6 wins and 2 draws. It was an extremely close final with the girls missing out on first place by just 1 point!

The girls are also on track to win the Newham Netball League having lost just one game so far! Just two more games to win and the girls can take home the Champions Trophy!

Jana (7 Packham), Erin (7 Quant), Jane (7 Burton), Miriam (7 Wang), Tyra (7 Burton), Blessing (7 Okpo), Juanita (7 Okpo), Nevaeh (7 Quant), Ana (7 Wang).



Year 9 Netball Team

Congratulations to the Year 9 netball team who are on their way to win the Newham Netball League having won all of their games but one so far! They have one more game to win which could crown them Newham Netball Champions 2020!

The team have also played well in both the Essex Schools Cup and London Netball League fixtures.



LONDON YOUTH GAMES

DANCE FINALS

After qualifying through the Newham Dance Competition the KS3 and KS4 mixed teams competed at the London Youth Games Finals in the Copper Box. At the competition the teams are judged on their concept, choreography, music, performance and overall impact of the piece. The London Youth Games involves all 33 London Boroughs in various competitions throughout the year. The KS3 dancers performed a piece called Tidal, which explored the theme of self esteem and confidence. They were placed an amazing 5th missing out on the bronze medal by 0.8 of a mark. Congratulations to Jayla, Vitalija, Jannet and Shallet!



The mixed KS4 team performed a piece called Kinship which explored the theme of loss. Their performance was simply sublime and they were placed a fabulous 4th, again missing out on the bronze medal by 0.7 of a mark. Congratulations to Rayna, Tessa, Deborah, Jayla, Vitalija, Jannet and Shallet!



NATIONAL JUNIOR INDOOR ROWING COMPETITION



NJIRC is an annual competition which took place at the Copper Box with over 2000 competitors rowing. St. Angela's took a team of 16 pupils to compete in this national competition. Once we arrived the rowers registered and were given a booklet to complete. They could participate in various activities and receive a stamp for each of them.

Rowing for the competition was in year groups with Year 10 for 5 minutes, Year 9 for 4

minutes, Year 8 for 3 minutes and Year 7 for 2 minutes. It is an intensive row on the ergo machines as the rowers try to sprint for as long as possible. Two rowers **Martina** (yr 10) and **Ekene** (yr 7) became National Champions winning the gold medal in the KS4 and KS3 invitational races. Other team members performed exceptionally well with many of them achieving personal bests. Results were as follows:

KS3 Invitational - 2 min row
Ekene rowed 490m Gold medal
Manuela rowed 382m - 6th
KS4 Invitational - 2 min row
Martina rowed 484m - Gold Medal
Vanessa rowed 419m - 4th
Year 7 - out of 146 rowers
Erin rowed 460m - 33rd

Year 8 - out of 217 rowers
Adanna rowed 652m - 148th

Year 9 - out of 179 rowers
Katie rowed 839m - 139th
Chelsea rowed 806m - 162nd

Year 10 - out of 117 rowers
Chioma rowed 1181m - 37th
Bethany rowed 1179m - 39th
Susanna rowed 1146m - 49th
Brume rowed 1142 - 53rd
Peace rowed 1130 - 56th
Alexandra rowed 1080 - 79th
Margarita rowed 1056 - 83rd
Khatzlyn rowed 1036 - 97th
Motunrayo rowed 1031 - 98th

The rowers also completed in relay races: Sprint relay saw them row for 2000m as part of a team of 4 from KS3 - placing 65th out of 97 teams. Boat race relay is to row the time it takes to complete the



Oxford and Cambridge Boat Race which is 16 minutes and 19 seconds. In that time the team of eight year 10 students rowed 4266m and placed 10th. A fantastic achievement by all the rowers - well done!

Senior Netball Team

A huge well done to the senior netball team who have yet again had a fantastic season. The girls have shown incredible commitment over the past four years and have grown into a high performance netball squad. This year saw them take on the Essex Cup game where they progressed into the second stage of the competition. The London League has also given the girls the opportunity to play at a higher standard due to last year's promotion in the league. Finally, the girls could also be set to win the Newham League competition with just two more games to play. Congratulations to Bynum (10 Sejima), Nina (10 Jiricna) Rayna (10 Brady), Chinazo (10 Hadid), Ashmi (10 Brady), Kiesha (10 Brady), Shante (10 Sejima), Olivia (10 Sejima), Tessa (10 Sejima), Deborah (10 (Sejima), Stephanie (10 Jiricna).



3rd - 4th March

Harmony

Dance Concert



St Angela's has been involved in some exciting projects over the last year. Such as going into our second year as an Associate School of Sadler's Wells. The programme has offered a range of exciting opportunities for our dancers including workshops with James Cousins Dance and Rambert Dance Company; theatre trips to see Alvin Ailey American Dance Company, Sampled, Some Like It Hip Hop, Rambert Dance Company; and eight of our students were selected to perform in a curtain raiser for Sir Matthew Bourne's The Red Shoes, in the Sadler's Wells Theatre.

We also participated in a project with English National Ballet called Giselle Explored. Dancers watched a performance of Akram Khan's Giselle, took part in a workshop based on the themes in Giselle and attended a private cinema screening of Giselle. These projects have enriched the students dance experience and this was represented in their choreographies in the dance concert. It is fantastic to see so many students being inspired to create and perform their own choreographies. They have grown in confidence and we are very proud of all the dancers and their achievements.

St Angela's BOOK WEEK

2-6 MARCH 2020



St Angela's Book Week 2nd to 6th March saw a week of fun filled activities to mark our annual celebration of reading. Students took part in a range of activities throughout the school plus lunchtime activities in the TLC, the school Library. For the second year running we had the Book Treasure Trail and Book Bingo, both of which are very popular with the students. Anyone passing the TLC that week at lunchtime would have heard cries of "I know that one!" as we held our daily quizzes. St Angela's students are very competitive and that shone throughout the week as they battled it out to be the quiz winners, all of whom got to choose a book for their hard work.

Our Book Week Events

Drop Everything And Read
BOOK CHARACTER DAY

BOOK BINGO!
BOOK QUIZES

A new addition to the list of activities was Drop Everything and Read (DEAR). The bell rang unexpectedly once a day throughout the week and everyone had the opportunity to Drop Everything and Read in silence for ten minutes. DEAR meant that everyone had the opportunity to practise what we preach - read every day, it's good for you!

On World Book Day, alongside other schools, staff and students came to school dressed as a book character. The firm highlight of the best dressed competition is which teachers and what department will be crowned the winners! This year MFL were ecstatic to snatch the best dressed department award from English, with their Roald Dahl's James and the Giant Peach characters winning over English's Matilda, though it should be said that it was a closely run contest. Mr Hector's hilarious Gangsta Granny and Ms Titem-Delaveau were the staff winners. More pictures from the day can be seen on the school website.



Work Experience and Careers Opportunities Secured for our students this term!

Bart's Health NHS Trust – Clinical Work Experience Placements –The Royal London Hospital and Newham University Hospital - Feb Half Term:

Via our compact with Bart's Health NHS Trust – Healthcare Horizons Project - 5 days clinical hospital work experience placements took place for our aspiring doctors:

- Alin - Medicine - Paediatrics Royal London Hospital
- Leoni - Medicine -Paediatrics Royal London Hospital
- Tharsa - Medicine - Colorectal Surgery - Newham University Hospital

Barclays Retail Banking – Work Experience, Barclays Epping Branch – Feb half term: via our link to the Barclays Life skills Project - 5 day's work experience too place for:

Natan

Creative Mentor Network - Break the Wall - Mentoring with Creative Industry Employers –March to May Through our work with CMN the following 6th formers were selected for mentoring + experience with leading creative employers. This 16 week project started in March and includes fortnightly after school meetings with a professional mentor at their workplace and contributing real work for the employer. Our students are linked to the following mentors / companies:

- Kaithlene - Product Designer - Geckoboard - Data, PR + TV Dashboard Agency
- Rhiane - Chief Exec Officer - Belonging Talent Agency
- Emilia - Executive film producer - Passion Pictures
- Jennifer - Marketing Manager - Creative Mentor Network
- Gwen - Freelance Advertising Designer

Facebook Elevate Project — Mentoring with Facebook Executives - January to March

Via our partnership with The Brokerage City Link -3 of our Year 12s took part in a series of six after school visits to Facebook offices in Fitzrovia where they were linked to Facebook software developers learning about tech careers and employability skills. They also gave a presentation to Facebook executives:

Kaithlene
Catherine
David

SEO London Advance - Insight visits to Atkins Engineering and University of Cambridge – January to March SEO London Advance is a careers education and work experience "stretch" programme for high achieving pupils from selected Schools which introduces them to major employers and high flying careers.

Five of our Year 11s were selected for this competitive project and this term took part in a STEM Careers Event at the Emirates stadium, an Open Day at the University of Cambridge and an Engineering Insight Day at Atkins Global Engineering:

Joel
Smilte
Sefora
Clare
Faith

Mr Jarvis
Careers



The Sky's The Limit - Year 11s Visit EY Ernst & Young World Leading Financial Services Firm

Thirty of our Year 11s were chosen to attend this Careers and Employability Workshop at EY's prestigious Canary Wharf Offices. EY is a world leading accountancy and professional services employer who have clients in over 150 countries including British Airways, Google, Apple, Coca Cola, other major companies, corporations and Governments across the world.

The students received a tutorial on what skills employers look for. They also took part in a challenge in teams to plan and present a proposal for a successful end of year prom. When the time came to present to EY's panel of judges, each team delivered high-quality presentations.

The day was rounded off with inspirational conversations with EY, Civil Service and National Audit Office employees including a Senior EY Advisory Consultant, an EY Graduate Trainee and Civil Servants from the Cabinet Office and Department of Trade. The volunteers spoke about their career journeys and what makes a difference to being successful.

Banita Ludhor who organised the day for the EY Foundation was highly impressed with our Year 11s:

"Amazing attitudes and presentations"
"Our volunteers have been so impressed with your students questions and participation"

EY emphasised the importance of studying hard for GCSEs and also taking part in extra- curricular activities and clubs to show the skills of team work, responsibility and communication that employers look for.

Mr Jarvis (our Careers Adviser), Ms Brown (our learning mentor) and Ms Michael would like to thank EY and our students for making this event such a worthwhile experience
Mr Jarvis, School Careers Adviser



YEAR 13s VISIT MS AMLIN INSURANCE AT "THE CHEESE GRATER" LEADENHALL BUILDING!

The MS Amlin JumpStart programme provides a unique opportunity for Year 13 students to explore the insurance profession and we were able to take nineteen of our Year 13 students on a bespoke visit to MS Amlin Insurance in February - at their offices in the prestigious Leadenhall building an iconic skyscraper in the City of London known as "The Cheese Grater."

MS Amlin are one of the world leading insurance companies in the city who are a global specialty insurer. The day included learning about well-paid careers in underwriting, risk, claims management and marketing in the insurance industry.

Our students were able to interview MS Amlin employees about their specialist job roles and gain insights into what can make the difference to getting into careers in the City. We also had a tour of the offices and experienced the fastest lifts in Europe!

As a result our Year 13s who attended can now apply for five weeks paid work experience with MS Amlin during July and August which will include a one week residential in the Lake District! This also includes ongoing mentoring with the company during their 1st year at University

It was fantastic at the end of the day for our students to hear from our recent St Angela's 6th Former Elaiza Lopez – who successfully won the internship last year! She is now combining her degree at Queen Mary University of London in Politics and Business with further mentoring and work experience at MS

Amlin in their marketing department.

Elaiza gave an inspiring presentation really encouraging our current Year 13s to apply, she told us that she had not expected to win the internship and did not know what career direction to pursue, but had found the opportunity transformational. She also passed on her thanks to all at St Angela's with a special mention for Ms Ockelford who had helped her so much with her Psychology A level!

Our Year 13s got a lot out of the day:

"A key highlight from the insight day was networking with the volunteers and gaining an insight into their professional lives and roles"

- **Corinne**

"The Insight Day was filled to the brim with knowledgeable info on what the insurance company was all about. The interactive hot-seating experience that allowed for in-depth role specific conversations, was truly beneficial and helped me to better understand what roles would be most suitable for me. I walked out more confident and excited in the many options of certain career paths I know I can now walk in"

- **Jennifer**

Thanks goes to The Brokerage City Link (a Charity who link 6th formers with employers and opportunities in the city) who set up this opportunity for our students.

Mr Jarvis, School Careers Adviser



AQA CERTIFICATE IN LEADERSHIP OUR YOUNG LEADER

I have been supporting Miss Murphy with her year 10 catch up sessions in the Ursula Suite on Wednesday lunchtimes and I have managed to be of real benefit to those I help. I have passed on instructions to others and shown leadership qualities and set examples to the group.

I was asked for my opinion by Mrs. Savva on something she was working on and this raised my self-confidence as she valued my opinion and this made me feel special.

During my leadership award I chose to research two of my inspirational leaders, Nelson Mandela and St. Angela Merici. I looked at the amazing leadership skills and qualities they both possessed. I looked at the impact they have had on society.

Whilst completing my leadership certificates I have grown in confidence as I have been able to help and inspire others. Completing the certificates has made me realise that I am valued and respected by teachers and friends.

I have been able to show real Serviam along the way!
by **Sieannah, Year 10**

Congratulations...

to our Year 11 girls on achieving their BTEC qualification in Home Cooking. Amazing! Well done ladies!



ASDAN - CLOSE UP



I have been studying "Personal and Social Development" as an alternative to a GCSE option. My favourite unit was environmental awareness because this included geography and made me realise that small changes to our lives make a big difference to our planet. We looked at deforestation and recycling.

By **Winnie**

I found my "Personal and Social Development" course excellent as I acquired skills that will help me later in life. I have studied Rights and Responsibilities which touches on law and my rights as a teenager and becoming an adult. I enjoyed looking at different college courses, jobs and writing a C.V. I also learnt about bank accounts and money which is pretty useful as I'm going to be a rich artist in the future!!!

By **Angelika**

Film Club

AQA unit Award Scheme

Some of our year 7 and 8 students have been meeting every Friday lunch time in order to watch and review a film. The film "Charlie and the Chocolate Factory" was chosen to compare socio-economic factors in society. Students took part in a discussion and wrote a review that explored the value of money and whether it influenced a person's behaviour.

The girls watch a different film every month and have enjoyed:

Charlie and the Chocolate Factory

Annie

Jurassic Park

Beauty and the Beast

Frozen

During the last year Film club has grown substantially from 15 girls to a massive 30 girls. We have relocated to a bigger venue in Merici Drama.

Geraldine said "I look forward to Friday lunchtime as film club has a warm friendly atmosphere and you can eat popcorn and chill!"

Well done girls!

Friday Lunchtime - Merici Drama Studio - See Ms Murphy for details



St Angela's Day

On Friday 24th January students and staff of the school celebrated St Angela's Day, the feast day of our patron Saint.

Students attended a Mass at St Anthony's Church in the morning followed by an afternoon of fun activities and sports in school for Year 7-9 students and trips out for Year 10 and 11 students.

Year 10 and 11 students visited, The London Dungeon, Madame Tussauds, London Zoo, The London Aquarium, The Science Museum, Tate Modern, The Natural History Museum, Go Karting, London Bus Tour and Street Dance at Pineapple Studio.

Year 9 took part in activities including Jewellery Making, African Dance, Meditation, K-pop Dance, Crime Scene Investigation, Music Production, Cinema, Dodgeball, and playing Board Games.

Whilst Year 7 and 8 students took part in a talent show in Brescia Hall.

A fun day was had by all!



I loved playing volleyball because it was fun and I learnt new skills. I really discovered what volleyball is all about. My favourite part was when we were put into teams and played against each other.
By **Roshaine**



Retirement

After just over 20 years of dedicated service to St Angela's Ursuline School, it is with equal sadness and excitement that we wish one of our much adored Learning Mentors Kim Evans a very happy retirement.

Kim began her role as Learning Mentor for the Learning Support Unit in 1998. The LSU department will dearly miss the support and contribution Kim has made over the years. We thank you for the outstanding pastoral care provided to so many children (and their children) over the years.

On behalf of students and staff, we wish you (from a safe distance!) all the very best in your new ventures.



Congratulations

To the seventeen students who achieved an AQA Unit Award. The AQA Unit Award Scheme is invaluable as it is an important pathway for our students to receive accreditation for their achievements. It offers students the opportunity to have their achievements formally recognised with a certificate each time a unit is successfully completed.

5 students received certificates for Progress with a Learning Mentor
 Twelve students received certificates for Peer Mentoring. In the first few weeks of the September term Year 11 Peer Mentors have proven to be instrumental in supporting Year 7 students settle happily into school.
 Well done to you all!

East London

TEACHING SCHOOL ALLIANCE

Want to be a teacher?

You can train to be a Primary or Secondary teacher and gain QTS with ELTSA.

To check if you are eligible visit:
www.getintoteaching.education.gov.uk
Contact us to discuss your options further
www.eltsa.co.uk

Dear students, please read and follow the below

You need to follow a normal school day (during the school term) as much as possible.

Get up by 7.30am, get dressed (no pjs) and make sure you have breakfast. This should be something healthy such as cereals or some toast. If you have access to a garden pop outside for some fresh air.

At 8.40am turn off the notifications on your mobile phone and leave it in a different room so you are not distracted by it. The exception for this is if you are accessing your google classroom via your mobile device, but still turn off social media notifications.

Use registration time **8.40 - 9.05am** to catch up on the

news. Childrens newsround is a great resource, or if you are in the older years you may want to look at the main BBC news website.

<https://www.bbc.co.uk/newsround>

<https://www.bbc.co.uk/news>
 Stay on top of your work by completing the work using your normal lesson timetable.

As teachers we can see when you are online and accessing the lesson material. We are monitoring it and parents will be contacted if you are not doing the work as expected.

Your teachers are also online at this time to answer questions about the lesson material. Please make sure you read the instructions clearly. It is vital that you remember the stream conversation must always be conducted in the same professional manner you would use to discuss your work in a lesson. All questions must go through the mainstream. No direct email communication is allowed.

Completion of all work is essential and the work completed now will be assessed

at a later date and be vital for your understanding of future topics.

You should work straight through **period 1 and 2**.

At 11.05 - 11.25am take a break. Have a healthy snack e.g. some fruit and take the time to talk to anyone in your house about the work you have completed. This is also an opportunity for you to look at your phone, but remember to have the self discipline to stop at the end of break time.

Continue with your **period 3 and 4 lessons**.

At 1.25pm stop for lunch for an hour. It is important that you do take this break from your work and do something else. Eat a healthy lunch e.g. a bowl of pasta, soup or a sandwich. Resist the temptation to binge on unhealthy foods, they will just make you feel sluggish in the afternoon. You may have the opportunity to take a walk with a family member which I would encourage. Have a facetime conversation with your friends. Communication with your peers

is important and we recognise this. Just don't get yourself in trouble with social media - remember everything that Mrs Siaw has told you about the dangers of social media.

Period 5 is back to work for your final lesson of the day.

At 3.25pm your school day is completed.

Consider what bits of classwork you may not have completed in that lesson time. This will then become your **homework** alongside any further work your teachers have set. As you would normally, plan your evening to ensure you balance it between completing homework, relaxing and spending time with your family.

Have conversations with your family on your school day - What did you learn today?

And finally, it cannot be emphasized how important reading is. So make sure you are reading a book for pleasure.

OTHER GUIDES TO YOUR WELL BEING DURING THESE DIFFICULT TIMES

NO Public Masses or Liturgies will be held in St Antony's Church until further notice. During the time of church closure, Daily Mass will be streamed on You Tube, see details below.

Live Streaming – During the time of church closure, Daily Mass and St Antony's Novena will be streamed on You Tube.

Daily Masses at St Antony's Forest Gate: 10.00am (Monday-Sunday)
 St Antony's Novena: 8pm Every Tuesday

Live broadcast of Pope Francis holding daily mass can be accessed:
<http://www.catholicstv.org/shows/pope-francis-daily-mass>

Free, safe and anonymous online support for young people
<https://www.kooth.com>

Joe Wicks, known as the Body Coach, has promised to provide the nation with free online PE classes, for all abilities. Don't let Coronavirus turn you into a couch potatoe.

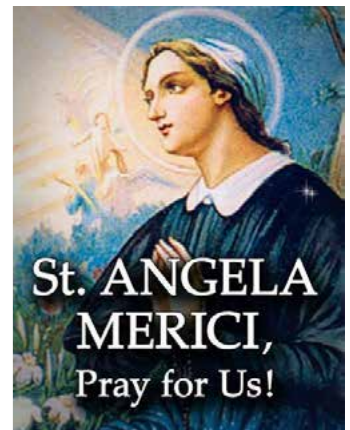
<https://www.youtube.com/thebodycoachtv>

The Upside, The Guardian Journalism that seeks out answers, solutions, movements and initiatives to address the biggest problems besetting
<https://www.theguardian.com/world/series/the-upside>

There's a lot of information about Coronavirus in the news. Find out what it is and what to do if you're worried.
<https://www.childline.org.uk/info-advice/your-feelings-anxiety-stress-panic/worries-about-the-world/coronavirus/UCAXW1XT0iEJo0TYIRfn6rYQ>

It's not all bad news, visit <https://www.positive.news/category/lifestyle/wellbeing/> to find the positive news today

Everyday good news from the Guardian, <https://www.theguardian.com/lifeandstyle/series/the-good-place>





II



Jesus takes up his cross

III



Jesus falls for the first time

I



Jesus is condemned to death

IV



Virgin Mary meets Jesus

XIV



Jesus is laid in the tomb

Prayer during a Pandemic

Lord Jesus,

Hear our pleas, our good shepherd and divine physician. We employ your mercy in the wake of an outbreak of serious illness and disease. Guide our efforts to prevent contagion and make preparations to care for those most vulnerable.

Assist all professionals and volunteers who work to eradicate the pandemic now spreading.

May our actions be marked by your steadfast love and selfless service and never by panic or fear.

Bestow your comfort and healing to the sick, sustain and strengthen them by your grace.

May they know your closeness as they carry the cross of illness. And may all you have called from this life come to worship you eternally with all the saints as you grant consolation and peace to their mourners.

Amen

Holy Mary, Health of the Sick, pray for us.

St Joseph, Hope of the Sick, pray for us.

St Rocco, Protector against epidemics, pray for us.

St Angela pray for us.

V



St. Veronica is made to help Jesus bear the cross

VI



Veronica wipes the face of Jesus

XIII



Jesus is taken down and held by Mary

XII



Jesus dies on the Cross

VII



Jesus falls for the second time

XI



Jesus is crucified

VIII



Jesus meets the women of Jerusalem

X



Jesus is stripped of his garments

IX



Jesus falls for the third time