

# CHRISTMAS 2019

St Angela's Ursuline School Newsletter



St Angela's   
URSULINE SCHOOL

## SPORTS

CHEERLEADER WINNERS  
CROSS COUNTRY

## NEWS

JACK PETCHEY AWARDS  
WORLD CHALLENGE - BELIZE  
CHARITY FUNDRAISING

## EVENTS

REMEMBRANCE DAY  
RISE UP DAY  
HAIRSPRAY





## Dear Parents and Carers,

I hope this newsletter finds you all well, as you prepare for the joys of Christmas time with your family.

As you can see from within, it has been a busy term, culminating of course in mock exams for Year 11 and 13 and with Oxbridge interviews for several of our students in the sixth form.

We have been working with all of the students on the Ursuline Student Profile this term and in particular on the facet of being 'United in Harmony'. This newsletter reminds us that the students of the school remain a very united team, even through the difficult moments they have had this term and as you can see they are a team that has not only achieved, but have also celebrated and experienced a great deal that has added to their lives.

We wish a fond farewell to Ms Kodi-Pecku (Technology), Ms George (Learning Mentor) and Ms Afonso (RE and Chaplain) as they take up a new post, spend time with family and return to higher education respectively.

They have been great servants to the students of the school over many years and we have been blessed to have them as staff at St Angela's School.

Wishing you all a peaceful and holy Christmas.

*Mark Johnson*

Mark Johnson  
Headteacher

Reminder – Students and staff return to school on **Monday 6th January 2020**

## Ursuline Student Profile

This term, St Angela's School has launched the Ursuline Student Profile. All of the Ursuline schools in England have been working together to capture the essence of an Ursuline school.

The image in the shape of a tree has been designed for the Ursuline Student Profile. The Ursuline Student Profile proposes, alongside the two guiding principles of United in Harmony and Serviam, eight pairs of virtues; that outline what a student in an Ursuline school is growing to be.

Both image and statements are designed to provide a rich resource to stimulate discussion in class, assemblies, retreats and liturgies with governors, teachers, support staff, you as parents and the students.



**Students in an Ursuline school are growing to be individuals who are:**

**united in harmony**, being bound to one another by the bond of love, respecting each other, helping each other and bearing with each other.

**grateful** for their own gifts, for the gift of others, and for the blessings of each day; and **generous** with their gifts, in the service of others.

openly **listening** to their experience and to their vocation or calling in life; and being **attentive** to the choices they make and the effects of those choices.

**loving** in their just actions and forgiving words and **compassionate** towards others, near and far, especially the less fortunate;

**faith-filled** in their beliefs and **hopeful** for the future.

**courageous** in their actions and interactions with others and **resilient** in the face of challenge and change.

**discerning** and reflective in their studies and other activities and **joyful** in their engagement with the world.

**leading** others in the pursuit of **justice** for all.

conducting their lives, in both words and actions, as witnesses to the **truth** that is Jesus Christ, acting with **integrity**, nurturing relationships built on trust.

**SERVIAM**: serving in the daily routines of school life, life at home, life in the local community, life in the wider world.





## General Election: Teens Sound Off

As the United Kingdom geared up for a general election on December 12, the views of young people loomed large over this high-stakes snap poll 1.5 million 16- and 17-year-olds remain unable to have their say at the ballot box but one of our Sixth Formers, managed to get their voice heard in a Teen Vogue article.

**Nayana, 16, London**  
**Affiliation: Labour**

"I understand how important this general election is for the future of society, as the decision will change life as we know it. That's why it saddens me that the current legislation does not extend the vote to 16- and 17-year-olds, which means so many people are restricted from the right to vote for their future and aren't allowed to have their voices heard.

In recent years, I have really seen and witnessed the devastation of knife crime on individuals and the community as a whole. I believe that this is largely a result of school cuts, the lack of funding within education, and the lack of pastoral support that young people receive. The development of a person, their morals, and their mind-set begins when a person is just a child, so the government should really be trying to do more to solve this rising epidemic."



## Music For Youth Proms 2019 Royal Albert Hall

Twenty-eight members of St Angela's Choir and Orchestra performed alongside musicians from Newham (a collaboration with Newham Music and Lister Community School) for the Music for Youth Proms held at the prestigious Royal Albert Hall on 12th November 2019. The concert was a celebration of the entire Music for Youth annual season, showcasing high quality performances from some of the UK's most creative, innovative and energetic young musicians.

On the night, there were 1000 different young musicians including a symphony orchestra showcased side by side with some of the brightest young jazz bands, chamber groups, rock bands and choirs from across

the UK. This year's Prom was presented by two-time MOBO award winner Yolanda Brown, the UK's premier female saxophonist.

The students involved showed great dedication to memorise their parts as well as the choreography, and the finale where all 1000 musicians performed "The Future is Us" (complete with fireworks and balloons falling from above) topped off a truly memorable experience for all those involved. It also marks 30 years since Newham last performed at this iconic venue. We hope it will not be that long until we can return again!

### Debate Mate Launch

On 5th November students from Year 8 and 11 went to The Emmanuel Centre in West London for the London launch of Debate Mate. The girls enjoyed the lively atmosphere and were able to watch a selection of experienced debaters perform in a show debate. The motion was 'We should lower the voting age to 16' and they heard speeches from Debate Mate coaches, the national debate captain and two of our own Year 11 students; Nicole Julian and Denise Omoregie. Debate Club is held every Thursday evening for anyone in Year 7 to 10.

On 11th November 2019 the St Angela's Ursuline school observed two minutes silence to commemorate the fallen servicemen, servicewomen and civilians who have lost their lives in conflict. Year 11 student Nicole played the Last Post and Rouse whilst the choir sang the hymn "Abide with Me" led by Bella in Year 13. The Liturgy Reps from each form, Years 7-13, placed poppies on our Serviam War Memorial and wreaths were laid in honour of the fallen. Headteacher Mr Johnson and the St Angela's Student leadership team also attended a service of Remembrance at the Cenotaph in Central Park, East Ham.



## Going Beyond the Call of Duty - Jack Petchey Staff Winner

The Jack Petchey foundation recognises that many of the fantastic opportunities that young people have access to simply wouldn't exist without the incredible commitment of adult leaders. We are delighted to let you know that Cherie Murphy was awarded the Leader Award as recognition for her hard work at St Angela's.

The staff and students wanted to say a big thank you to Cherie for the inspiration and support she has provided for our community.

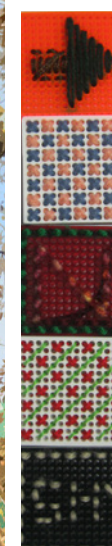
Cherie is an exceptional member of staff. The care that she gives our students is incredible. Everyday she goes beyond the call of duty and puts her full heart into ensuring the girls of St Angela's have the best possible educational experience. Her support has without a doubt opened



doors for students and given them life opportunities that they may have missed. Cherie works tirelessly and never asks for anything in return. She is passionate about what she does and outside of school she continues to seek opportunities to develop her own knowledge and understanding of how to support SEND students to ensure they always receive the best education. Cherie gets on with everyone - students, colleagues, parents and external agencies. She is so bubbly in her personality it becomes infectious to others. We are so lucky to have Cherie - she really is one in a million. Thank you Cherie from the staff and the students of St Angela's.



## CHRISTMAS CRAFT CLUB



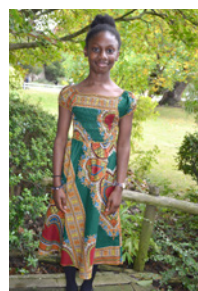
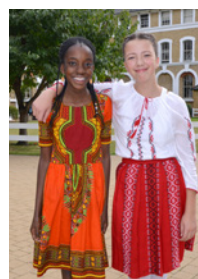
This term has seen the launch of our new **Christmas Craft Club**. Enabling students to come and develop their sewing skills, whilst also making various products, that they can give to their loved ones at Christmas. Students could decide whether to sign up to one or all seven of the after school sessions provided. Items they could make included: pencil case, drawstring bag, mug cosy, headband, embroidery key rings, makeup bag, and an eye mask.





# INTERNATIONAL DAY OF LANGUAGES

On Thursday 26th September our Year 7 students celebrated European Day of Languages by showing off their wonderful traditional outfits.



# 30 Years of the German Exchange

This September marked the 30th anniversary of St Angela's exchange with our partner school, the Gymnasium am Rittersberg in Kaiserslautern, Germany.

Over the years, the link between the schools has enabled hundreds of Newham students to visit Germany, improve their language skills and broaden their horizons to understand the value of intercultural understanding, seeing things from a new perspective, and engaging with others.

On Friday 21 September, we held a celebration event in Brescia Hall, attended by current and former participants and staff, along with guests from Newham Council and UK-German Connection.



Many attendees recalled their experiences on the exchange warmly, and spoke of the ways in which it had increased their communication skills, independence, resilience and understanding of different ways of life.

The event took place during the week-long visit of our German partners to London, where they spent time in school, and explored London, as well as visiting Brighton, Thorpe Park and Greenwich, and saw the musical School of Rock in the West End with their London partners! Both German and UK students benefitted from the chance to experience real life in a new country and make new friends, as well as having lots of fun!

We are very proud of this partnership, and the opportunity it has given so many students to have these life-changing experiences over so many years.

## Year 7 History Trip to the Tower of London



Earlier this term, Year 7 students visited the Tower of London in order to extend their understanding of medieval life in London. The girls had the opportunity to consider why the Tower of London was built and how it has changed since its creation in the 11th century. Furthermore, the girls got the opportunity

to meet the famous Yeoman Warders, also known as 'Beefeaters' and investigate some of the famous stories involving the tower, such as why ravens are kept at the tower and the mysterious disappearance of the princes living in the tower in 1483. Finally, the girls had the opportunity to visit the British crown jewels and participate in a workshop about the life of a knight living in the tower.





## Recycling tips for Christmas from Year 10 ASDAN students



It is really easy to throw rubbish into a large black bin liner during the holiday season, but with all the packaging, cards and boxes discarded on December 25th and from the January sales, it just takes a little bit of effort to be green.

❄️ **Real Christmas trees are collected for free by your local council**

❄️ **Discarded wrapping paper, envelopes, cards, magazines, plastic bottles and egg boxes, as well as clean food tins and cans should be put in your recycling bin**

❄️ **Make sure that you dispose of your rubbish responsibly, break up large packaging so you can get more into your recycling bin!**

❄️ **If you've got too much rubbish, make sure you use a free recycling bank**

❄️ **Avoid shiny wrapping. ...You can't recycle this product.**

### AQA Unit Award Scheme

**God's greatest gift to us is our planet!!**

Year 11 have been awarded an AQA Unit Award Certificate for studying "Christianity and the Environment"  
God made us stewards of the earth and relied on us to take care of his most magnificent creation!

**Together we can make God proud!**



## Alternative Pathways ENVIRONMENTAL AWARENESS

On 31st October we had an exciting visit from our local recycling company "Bywaters". This session was a fun and interactive way of learning for the girls studying ASDAN. The interactive learning session was delivered by Sarah Achaichia (Green Guru) who talked about, "the positive impact of recycling for our environment", and, "what we can and can't recycle".

The session ended with a recycling game and fabulous VR headset session to give our girls a tour of the Bywaters' recycling plant at Bow Road. The girls thoroughly enjoyed the session and were given a goodie bag.



# hairspray

JR.

**CONGRATULATIONS** to all our talented, singers, dancers and actors in this year's musical!

A tremendous success with a packed out Brescia Hall on the last night. Year 7s were invited to the first dress rehearsal and then our cast performed to our Year 11s as a pre-mock treat!

Lots of laughter, singing and dancing and fantastic lead performances.

A wonderful collaboration between Drama, Music, Dance, Technology and Art. Thank you to all our wonderful staff for their support. Pupils get ready to audition for next year!







## My Summer of Dance

by Hannah

I've been dancing since I was seven and in summer 2019 I was able to tour England with the National Youth Dance Company performing 'MADHEAD' by Olivier Award winning Botis Seva in venues across England including Sadler's Wells in London. Throughout Year 12, I took part in residencies with the company and during school holidays I had been rehearsing and dancing every day. It was an exciting and enjoyable journey, spent living with other dancers and doing what I love to do every day, each day and every performance bringing different surprises. For example; some venues were smaller and wider and some much larger; also in some performances people were injured or ill so the company had to adjust and adapt to different spacing and directions etc. Near the end of the tour a girl had to drop out and so surprisingly the choreographer asked me to do one of her solos last minute, thankfully I managed to rise to the challenge and the whole company supported me in doing so.

As well as this, I performed in a two week sold out season of Sir Matthew Bourne's 'Romeo + Juliet' at Sadler's Wells Theatre in London. This was an experience of a lifetime as I aspire to join this company full time in the future, so being

surrounded by the professionals and seeing Sir Matthew Bourne the majority of the time, it truly gave me an insight to what will hopefully be my future. What was amazing was standing backstage and feeling the adrenaline and excitement before the show started and the feeling I got on stage where I felt like I was when I was supposed to be.

Meanwhile, whilst continuing to study for my A levels, I will be touring and performing with the National Youth Dance Company again and hopefully will go to train at Rambert School of Ballet and Contemporary Dance.



## "Alvin Ailey American Dance Theater"

Dancers from St Angela's had the opportunity to attend an evening performance by the Alvin Ailey American Dance Theater as part of the Sadler's Wells Associate Schools programme. Lazarus was the first piece performed and it was commissioned last year for the Company's 60th Anniversary. Choreographed by Rennie Harris, he used Hip Hop, West African and Contemporary dance styles. With Lazarus, Harris connects past and present in a powerful work that addresses the racial inequities America faced when Alvin Ailey founded this company in 1958 and still faces today.

The final piece performed was Revelations by Alvin Ailey, which is performed at every show. Divided into three sections, narrative journeys through a mournful "Pilgrim of Sorrow"; the baptismal second section, "Take Me to the Water"; and "Move Members, Move," depicting an uplifting spiritual community. After watching Revelations, Vitalia said, "my favourite part was 'Sinner Man', the trio of dancers had power and their focus was incredible. The chance of watching this dance allowed us to see the high standard that the dancers have".

## GISELLE EXPLORED by English National Ballet



St Angela's dancers took part in an exciting project called Giselle Explored with English National Ballet. Firstly the group went to see a working production rehearsal of Giselle by Akram Khan at

Sadler's Wells Theatre. The classic story of love, betrayal and redemption has been reimagined by Khan. It was an exciting evening with prima ballerina Tara Rojo in the title role. Following on from this the students were involved in a workshop with dance animateurs from ENB. Here they learnt some of the repertoire of Giselle and developed this in small groups. Performing their own version of the first act. The dancers described the project as exciting, amazing, interesting and intriguing.



## Some Like It Hip Hop

On 30th October, the PE department took a small group of Year 10s to watch a show called Some Like It Hip Hop. I really enjoyed the dancing because there was a lot going on from a range of dancers. The vocals in the show really changed the mood and were in the style of hip hop. The audience found the performance exciting and my friends and I really enjoyed watching the dancing and cheering the actors on whilst they did their last bows. I would recommend watching Some Like It Hip Hop as we loved it!

By Heylie



## DANCE EPISODES

Congratulations to the 50 dancers who have worked hard each week at dance club to prepare their pieces for Dance Episodes. Dance Episodes is a lunchtime performance which takes place annually to raise money for the Osteopathic Centre for Children. OCC seeks to ensure that paediatric osteopathy is an option for parents and carers concerned for their child's health, regardless of their ability to pay.



A range of dance styles were performed by students from years 7 to 10. The dancers were fantastic and for many of the year 7 students it was their first time dancing in front of an audience. A huge thank you to the audience who were a great support and helped to raise £64 for the charity.

## Para Swimming World Championships

GCSE PE students went to see the Para Swimming World Championships at the Aquatics Centre. They were impressed by the competition and saw Alice Tai and the Mixed Relay team win Gold medals for Team GB. Bethany said, "it was very interesting to watch how people had different swimming technique due to their disability."

Shekinah said "The swimming competition was a really good opportunity as we were able to witness how even with difficulties you can still be amazing". Ashanti commented "I found the Para Swimming very memorable due to the fact that we saw many different types of athletes. We also met a German World Para Champion."



## Active Row East

Congratulations to the Rowing team who competed at the Active Row East competition facilitated by London Youth Rowing. The team won a handful of medals and saw many of the students improving their best personals. Students received their medals from triple Olympic gold medalist Andrew Triggs Hodge and they were Brume - Yr 10 silver medal;

Martina - KS4 inclusive gold medal; Vanessa - KS4 inclusive silver medal; Ekene - KS3 inclusive silver medal and Pamela - KS3 inclusive bronze medal. Angelica and Manuela won certificates for special achievement. Well done to Bethany, Khatezlyn, Mo, Chioma, Margarita, Peace, Nia, Chelsea, Katie, Jenae, Adanna, Maseray, Hosana, Erin, Willow.





## Newham Cross Country Championships 2019

Congratulations to all athletes who competed in the Newham schools Cross Country Championships. There were some fantastic results in all year groups, especially to the Year 7s who competed for St Angela's for the first time. A special congratulations to Victoria in Year 7 and Chinazo in Year 10 who both came 8th overall and to the Year 10/11 team who came first. Year 7 team - 7th Year 8/9 team - 4th Year 10/11 team - 1st



## Year 10/11 Lee Valley Indoor Athletics Final

One of the best results we have seen so far this year is from the Year 10/11 Athletics team. The team easily qualified in their heat to make it to the Lee Valley Indoor Athletics Championships final. Most of the team had already ran in the Newham Cross Country Championship so it was going to require some special performances to place well. The team dug deep and were awarded with a fantastic silver medal! A huge congratulations to Ayo,



Sarah, Ashanti, Chinazo and Olamojiba. A special thank you to Ayo and Sarah in Year 11 who competed for the St Angela's Athletics team for the last time.

## Essex Futsal U13 Finalists

A massive congratulations to Carla, Jeanette, Maame, Elizabeth, Ashleigh, Audleigh, Kate in Year 8 and Ana, Valarie and Sarah in Year 7 who are now Essex Futsal finalists. After a few 0-0 draws the team were unsure if they had made the final, but when the news came they were ecstatic! The final match was full of tension, with one penalty

awarded to each team it was neck and neck. In the last few minutes of the game Jeanette scored a fantastic goal to make it 2-1. The final whistle blew and the whole team jumped up to celebrate. Well done to all the players, they fought hard and definitely deserved that win. Good luck for the regional final!



## Year 8 Sports Hall Athletics

The Year 8 Sports Hall Athletics team are also off to a winning start. With Karita jumping a personal best in standing triple jump the girls knew it was going to be a good competition. The team easily made it through to the final next year with a 7 point lead over



second place. Let's hope this winning streak carries on in the final. Well done to Selasie, Karita, Madelaine, Rina, Afua, Kiara, Kady and

## U14 Football Team

The U14 Football team are off to a flying start in the Essex Schools Cup. The first match of the year resulted in an impressive 7 - 0 victory. Their next round match was against Lister with another impressive win with 7 goals to 1. Keep up the good work and good luck in the next round!



## Year 7 Newham Sports Hall Athletics

Another incredible Athletics result came from the Year 7 Sports Hall athletics team. The competition is split into track and field events, of which the Year 7 dominated both. Three 1st places and two 2nd places on the field left the team in a good position for the track events. Again the Year 7 team dominated the track with three 1st, one 2nd and one 3rd place. With such outstanding performances it came as no surprise that the team came in first with 20 points clear

of second place. Goodluck in the final to Temi, Alisha, Theresa, Christine, Eira, Angela, Sarah and Valarie. We look forward to more excellent performances.

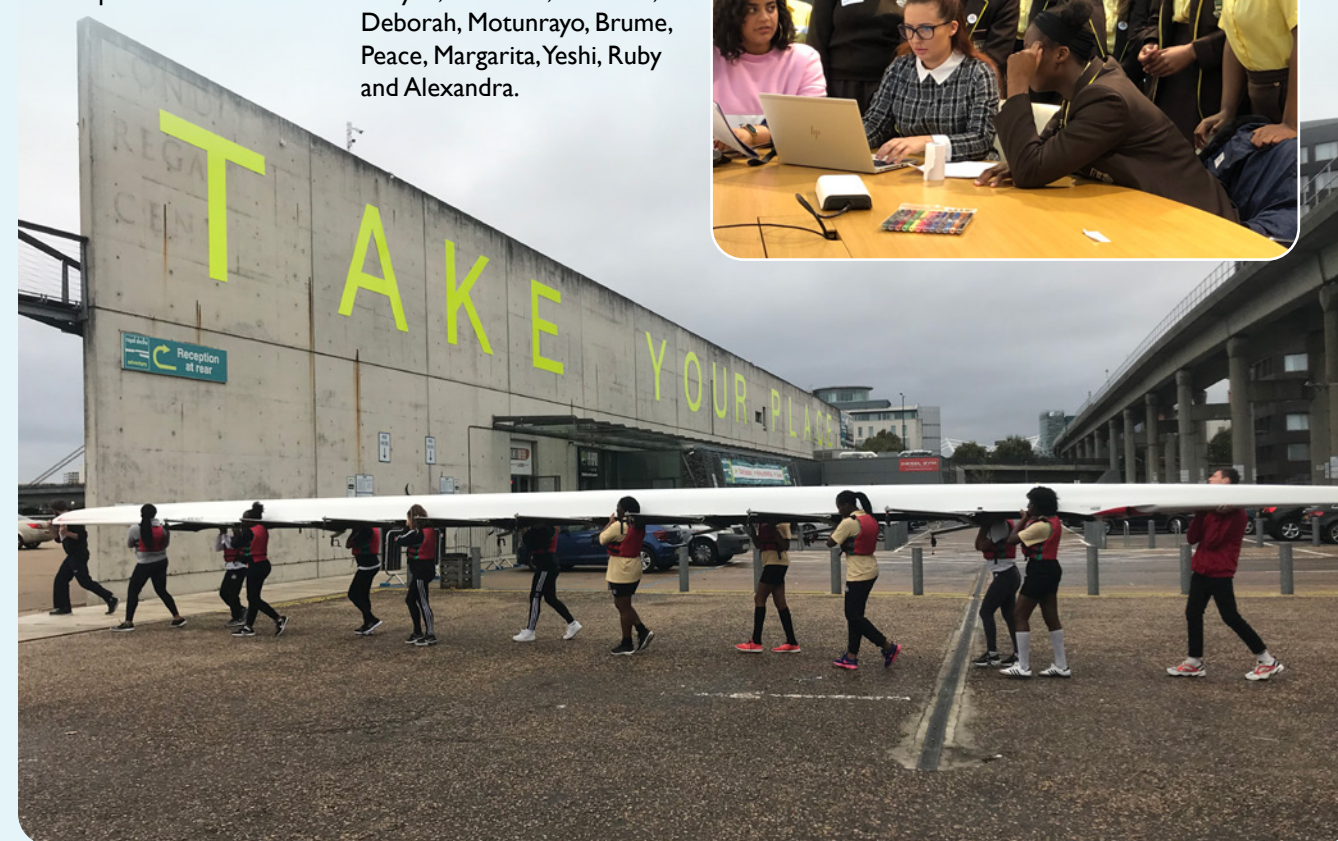


## BREAKING BARRIERS MENTORING PROGRAMME

Breaking Barriers is a three way partnership between St Angela's, London Youth Rowing and the Port of London Authority.

Breaking Barriers aims to equip young people with the skills and qualities needed to reach their full potential. As well as access to an organised rowing programme, the students attended weekly workshops and mentoring sessions aimed towards developing their skillset and raising their aspirations.

This year, the new Year 10 cohort have participated in a 5 week rowing programme at the Docklands Centre and have been participating in weekly workshops at Port of London Authority in Tower Hill. The workshops so far have focused on goal setting, time management, communication and teamwork. They were also introduced to their mentors from PLA on a clipper ride on the Thames. Well done so far on excellent engagement to Aaliyan, Roshaine, Shekinah, Deborah, Motunrayo, Brume, Peace, Margarita, Yeshi, Ruby and Alexandra.



## CHEERLEADING WINTER SHOWCASE



Congratulations to the talented cheerleaders who competed at the Winter Showcase at the Excel Centre. They performed a vibrant routine which included stunts, flyers and tumblers. St Angela's Allstars achieved a Gold Level and were crowned Grand Champions. Well done to Olufeykemi, Elizabeth, Marvelle, Shauna, Kerry, Isabella, Antoinette, Alfreda, Amelle, Phenial, Nneoma, Caterina, Michelle, Joann, Jessica, Rotimi, Esther, Vesna, Stephanie, Temi, Giselle, Amber, Daniella, Josephine, Meghan, Shante, Reanne, Kemmisha, Sofia and Isis.







## Year 7 Netball Team



Well done to the Year 7 Netball Team who have made a great start to the season. Their first game saw a fantastic win against Langdon Academy 6-0! Their second Newham

schools fixture saw them secure another win against Little Ilford where the girls won 10-7. Since then the team have also competed in the higher level Essex Schools Leagues where the girls have demonstrated fantastic passing, agility and teamwork. Well done, keep up the hard work!

Congratulations to Jane, Tyra, Vania, Juanita, Angel, Jana, Erin, Nevaeh, Ana, Miriam

## Year 8 and 9 Netball Teams

Congratulations to both the Year 8 and 9 teams who have competed in a number of Newham and London School League competitions. Earlier in the season the Year 8s won

against Little Ilford School with an impressive 8-0 score. While the Year 9s also had a great game against Plashet School 8-2. Well done to the year 8 team: Kaneesha, Rina, Rachael, Emily, Teresa, Madelaine, Rancel and Adaeze. The Year 9 team: Leonie, Faith, Peace, Suzanne, Ruth, Temi and Taleyah.

## The Senior Netball Team

A huge congratulations to the senior team who have had a storming start to the season winning 9-1 against Plashet school, followed by a second win against Langon 10-7. The girls are hoping to win this years Newham Competition after placing a very close 2nd place last year. The girls have also been testing their strength in the higher level London and Essex School Leagues.



Check the schools PE Fixtures website to see how they get on.

Well done to Nina, Stephanie, Keisha, Chinazo, Shante, Rayna, Tessa, Deborah, Olivia, Bynum and Ashmi.



## U16 Basketball Team



Congratulations to the U16 Basketball team who placed 2nd in the Newham Schools London Youth Games Basketball Competition. The girls worked incredibly hard by continually adapting their strategies to ensure they were as successful as possible. The girls played in a number of 12 minute games against Eastlea, Cumberland and Kingsford. Although they won the majority of their games, one loss against one team meant

the girls placed 2nd in the overall competition. However, a huge win for the girls effort and determination during the competition. Well done to Kemmisha (9 Jemison), Ruth (9 Jemison), Chantelle (Jemison), Shanez (9 Sharman), Alexa (9 Aderin), Chantelle (9 Aderin), Aji (10 Lin), Tonie (10 Brady), Bethany (10 Lin), Joyce (10 Sejima), Rhianna (10 Sejima), Janet (10 Jiricna), Chioma (10 Hadid).

## Panathlon Football

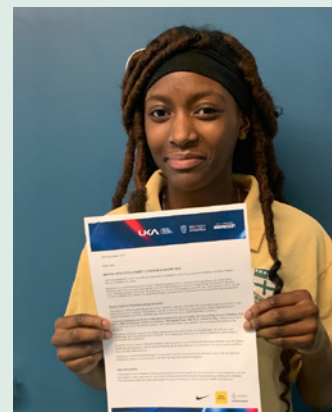
A huge congratulations to the Panathlon Team who represented Newham in the Panathlon Football competition. Both the U13 and U16 team played incredibly well. In the U13 team; Ekene and Marcella scored 5 goals between them, Sheriska played some fantastic passes as a midfielder and Willow made 5 fantastic saves! In the U16 team Manuella and Vanessa partnered up with some pupils from Langdon school and managed

to placed 2nd in the overall competition meaning they are through to the Champions Final taking place at Wembley Stadium!

Well done girls!



## Leah selected for British Athletics Street 2 Stadium Academy



Congratulations to Leah who has been successful in securing a place on the British Athletics Street 2 Stadium Academy after attending a British Athletics Trial day. British Athletics wrote to Leah to say that based on her performances on the trial day they believe that she has the physical potential to become a successful track and field athlete and represent Great Britain and Northern Ireland at major championships in the future. Leah has been invited to take part in weekly training sessions starting in January until July 2020. Well done Leah



## Ex-student Mercedes Jacdonmi Jack Petchey Outstanding Achievement Winner



**A huge congratulations to Mercedes Jacdonmi who was awarded the Jack Petchey Outstanding Achievement Award of 2019:**

At the young age of 8 years, Mercedes began to have issues with her vision and before long she was diagnosed with hydrocephalus. This came as a shock to Mercedes as suddenly limited vision brought many challenges. She could no longer do the simple things she could do before. Everyday tasks such as walking down the street or crossing a road became unfamiliar and dangerous. To help combat this Mercedes was provided with an 'adaptation officer' who would help retrain Mercedes in how to cope with these everyday tasks. For Mercedes this had a huge knock to her confidence. She found it frustrating that she could not see what everyone else could see and that she had to depend on others to carry out 'simple' everyday tasks that she could once do on her own. When she started at St Angela's many adaptations were made for her; school steps were painted bright yellow to help Mercedes navigate her way around her new environment, technology such as her prodigy was used

in lessons in order for her to access resources and to help her read from texts, and she was encouraged to use her cane.

Mercedes first became involved with the panathlon when she started in Year 7 at St Angela's in 2014. In her first panathlon challenge competition, Mercedes found her love and talent for athletics. From here, many windows of opportunities saw Mercedes take part in a number of athletic competitions, one in particular was the Newham Schools Disability Games. It was at this competition where Mercedes was spotted by a British Para Athletics coach and soon after she was regularly attending training with the Para Athletics team.

Other achievements Mercedes has made include the numerous times that Mercedes has represented her borough in the Para Athletics Games where she has won a number of gold medals for her performance in both the 100m and Long Jump. Mercedes was also nominated and granted a place on the Talent Inspiration Programme, which saw Mercedes take part in a 3 day residential learning experience in Manchester. At this she was given the chance

to experience what it is like to be an athlete as well as develop her confidence and opportunity to work with other like-minded young people from across the country.

In 2017, Mercedes was awarded runner up for the Jack Petchey Young Leaders Award, where she received recognition for the numerous times she took responsibility for the development of others less able than herself. She also registered as a young sports leader with Sports Leaders UK, which saw Mercedes undertake a two term course developing her leadership and coaching skills resulting in her being awarded a Level 1 in Sports Leadership.

It has been an incredible journey working with Mercedes throughout her time at St. Angela's and with thanks to the Panathlon, Mercedes has been given the tools and the many opportunities to continue to develop her confidence and leadership skills. It was the Panathlon that first introduced Mercedes to athletics and since then she has blossomed not only as an athlete but as a confident young leader. Moving forward, Mercedes is looking forward to continuing her involvement with the Panathlon as a competitor and leader.

Speaking with other teachers that have worked with Mercedes they all echo the same words 'Mercedes was an inspiration with her 'can do' attitude she never let her disability hold her back'.



## GCSE PE Essex University Trip

On Thursday 7th November the Year 11 GCSE PE class visited the University of Essex Human Performance Unit. On the day the girls took part in a number of different workshops such as undertaking sports psychology tests as well as analysing the biomechanics of different sporting skills. Two activities in particular included the

controlling arousal test whereby pupils had three attempts to putt a golf ball while using a variety of controlling arousal methods and the sprint start test which used timing gates to identify how quickly pupils accelerated for the first 20m of a sprint.



## Sports Leaders

Well done to the Year 10 sports leaders who attended a sports leaders workshop where they learnt how to use the STEP principle in order to adapt activities to allow for inclusiveness. The girls are looking forward to putting their leadership skills to practice when they help to lead in the Primary Schools Sport Festival at UEL.



You can keep up to date with all the latest news and results by visiting:  
[www.stangelas-ursuline.co.uk/news-and-events/pe-news-and-gallery](http://www.stangelas-ursuline.co.uk/news-and-events/pe-news-and-gallery)

## Debate Mate+ Launch

On 29th October a group of Year 12 students attended the launch of the Debate Mate+ programme at the Bank of America in London. It was an exciting and inspiring event which not only introduced the students to Sixth Form debating but also provided them with insight into what a career in banking might look like. Together with Debate Mate+ St Angela's runs an after school debating club for Sixth Form students. This helps our students to develop the skills they need to become exceptional young leaders: confidence, interpersonal communication and higher order thinking, amongst others. As part of the programme our students will, over the course of the academic year, take part in debating competitions with other schools in London.





National  
Online  
Safety®  
#WakeUpWednesday

# 12 Smartphone Online Safety Tips FOR CHILDREN WITH NEW DEVICES

The Christmas season has finally arrived and soon many of you will be opening your presents in the hope that Santa has listened to your request for the latest mobile phone or smart device. Owning a mobile phone can be fun, but it's important to use it safely and responsibly. By following our safety tips below, you can make sure that you set up your phone securely, keep your personal information private and enjoy using your phone in the healthiest way possible.

- 1 ALWAYS SECURE YOUR PHONE WITH A PASSWORD**  
This will help to keep your private information safe and won't allow others to access your phone without your permission. Make sure your password is memorable and personal to you but something which other people can't guess, and always share it with your parents just in case you forget it.
- 2 DISABLE LOCATION SETTINGS**  
This can usually be done from the device's privacy control settings. Disabling location settings means that your phone can't be tracked by others and strangers can't tell where you are when you're using it. It also helps to save battery.
- 3 ALWAYS USE A SECURE WIFI NETWORK**  
When you use your WIFI at home usually it is a secure network that only you and your family know the password to. Public networks, like those in coffee shops, can be accessed by anyone which means that people could potentially hack into your device and access your personal information without you realising.
- 4 ONLY PAIR WITH BLUETOOTH DEVICES YOU KNOW**  
A Bluetooth connection with another device means that you can send and receive data wirelessly. For example, you could listen to music wirelessly or receive pictures and videos from your friends. However, pairing your phone with a device you don't know means that you could be sharing personal information with a stranger or could leave your device open to receiving viruses.
- 5 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE**  
Before downloading any new apps, always check the age-rating of the app. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain things that aren't safe for you to see.
- 6 BEWARE OF BECOMING ADDICTED TO YOUR PHONE**  
Before downloading any new apps, always check the age-rating of the app. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain things that aren't safe for you to see.
- 7 LIMIT YOUR SCREEN TIME**  
Using your phone for too long, particularly in the evenings, can make you feel tired at school, affect your concentration and make you lose interest in other things in life. Only use your phone at certain times of the day and don't use it close to bedtime. You can set a 'screen time limit' via the settings on your phone. This will help you stay fit and healthy and means that you will still be able to focus and perform well at school.
- 8 THINK OF OTHERS WHEN TAKING PHOTOS**  
Don't take embarrassing photos of other people on your phone. If other people get access to the photo and share it with more people, it could make that person really upset and treated as a form of bullying. Always be mindful of the photos you take using your camera and who you share them with.
- 9 MAKE SURE YOUR PARENTS SET UP 'PARENTAL CONTROLS'**  
This means that you will be able to use your phone safely and securely and won't accidentally do things you shouldn't do. The best time to do this is when you get a new phone or device so that you're protected from the very beginning.
- 10 ALWAYS TALK TO YOUR PARENTS IF YOU DON'T FEEL SAFE**  
Sometimes, even though your phone is really secure, you might see something you don't like, or someone might contact you who you don't know. If this happens, always tell your trusted adult like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and advise you on what you should do next.
- 11 DON'T TEXT AND WALK**  
This might seem like a strange thing to say but it can be dangerous to stare at your mobile phone whilst walking outside alongside busy roads or bicycle paths. In some cases, children have been knocked over by cars or cyclists because they haven't been aware of their surroundings whilst texting or playing games on their mobile devices.
- 12 DON'T SHARE YOUR NUMBER OR YOUR DEVICE WITH PEOPLE YOU DON'T KNOW.**  
Never feel pressured into sharing your phone number with people you don't know and don't lend your phone to strangers or keep it where others could get hold of it. Look after your device and always keep it hidden from sight to avoid it being stolen or broken into.





# 'Lessons from Auschwitz' Our Experience

On the week beginning 28th October, we participated in the Holocaust Education Trust's 'Lessons from Auschwitz' project: a four-part course exploring the lessons of the Holocaust and most importantly, its relevance today.

The first part of the course was the orientation where almost 200 teenagers were divided into groups and we had the opportunity to discuss our aims for participating in the project, as well as finding out about what happened during the Holocaust. Our team leader, expressed the importance of remembering that every victim of the Holocaust was an individual with their own culture, customs and ideas. Behind the statistics of the number of people who were murdered were individuals living their own lives and even the perpetrators were human beings. We also got the privilege of listening to Eve Kugler's testimony. Her story reminded us of the different ways that lives were affected. Eve was only a child when the war began and had her family torn apart, her parents survived concentration camps, her youngest sister forced into hiding, and Eve and her other sister sent to America and into foster homes. Thankfully, they were all reunited in 1946 but she made sure that we understood that her family were one of the luckier ones.

The second part of the course was the day trip to Poland. During the day, we visited 3 places: Oswiecim, Auschwitz and Birkenau. Oswiecim is the town where both camps were located. Standing in the town square, looking at the site of the old synagogue destroyed during World War 2 and being shown old pictures of the area helped us to get a sense of pre-war Jewish life. Visiting the town showed us how much culture was lost – it was an area full of life with Christians and Jews often celebrating together and civilians visiting the market. We then travelled around 10 mins drive to Auschwitz and then a short distance to Birkenau.

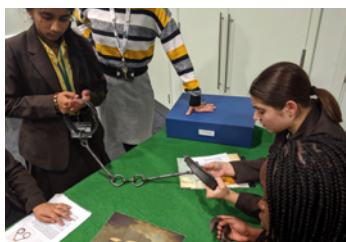


It is difficult to explain how we felt walking through the Auschwitz and Birkenau memorials. How do you sum up your visit to a place of such devastation and tragedy? Well, the answer is: you can't. Prior to the trip, we were told that we would all react in different ways and that that was okay. At Auschwitz, we were shown several barracks. In these barracks were prisoners' possessions ranging from hundreds of shoes, keys and even toys. Many had no idea about where they were going and believed that they would eventually return home, which we now know was not the case. We think the most haunting part of Auschwitz was seeing 2000 kilograms of real human hair belonging to the women killed at Auschwitz. Women's hair was shaved off and used as a raw material in the German textile industry. To see the real hair of the prisoners brought to life the suffering. Birkenau was much bigger than we imagined which displayed the scale of death,

especially because Birkenau was a death camp built by prisoners to kill prisoners. The way victims were forced into small spaces, reduced to unbearable standards of living and treated like nothing was haunting.

Th experience reminded us of how lucky we are. We could not imagine the pain that the victims of the Holocaust went through and struggle to understand what the perpetrators felt that motivated them to commit such horrific actions. But that is why it is even more important to continue to educate others about the events of the Holocaust, to share stories like that of Eve's and to continue the legacy of those whose lives were cut short. Participating in this project has been an unforgettable experience for both of us and we will forever be grateful to the Holocaust Education Trust for being able to become ambassadors and to Eve for sharing her story. Every year, there are less and less survivors and so it is becoming increasingly important to share the stories of the Holocaust.

Kioli & Sarah (Year 12)



## Year 9 Trip to the National Maritime Museum

This term Year 9 students have been examining the British

Empire and in particular its role within the transatlantic slave trade, resistance by slaves and the abolition of the slave trade. As part of their educational journey students participated in a workshop led by the National Maritime Museum. The workshop focused on the collection of slaves from West Africa and the conditions on the 'Middle Passage' to the Caribbean. Students had the opportunity to examine a range of sources, including artefacts from the time period. Furthermore, students got the opportunity to examine extracts from freed slaves and



develop an insight into life for millions of people on the different plantations. Finally, students developed an understanding of causes for the abolition of the slave trade. The workshop was a fantastic opportunity for girls to demonstrate their fantastic subject knowledge, which impressed the staff at the National Maritime Museum.



## CAREER ADVICE AND OPPORTUNITIES

### Ballymore Construction Management Careers talk for our Year 9s

Forty-eight of our Year 9s attended a talk in December delivered by Cara Chernanko – a professional Construction Project Manager with the leading company Ballymore – who are pioneers of some of Europe's largest regeneration projects.

Construction Project Managers organise and co-ordinate each stage of a major building project working with the client, architects, engineers and builders - bringing everyone together to make sure an infrastructure or property development is on target.

Cara explained that her profession requires excellent communication, organising and team working skills. After A levels you can study for a degree or an apprenticeship in Construction Management.

Cara studied A levels in Art, History and English before her degree in Construction Management at Loughborough University. So this STEM career is quite open to different GCSE and A level subjects. Cara helped

our students understand that for Construction Management, like many other careers, the key thing is to pick subjects which follow your strengths and interests so that you can get high grades!

Cara spoke about the confidence she has gained managing other people in this busy industry, how Construction Managers earn a very good salary and that she is also able to travel abroad regularly to countries like Holland as part of her job role. She explained that there is still a shortage of females working in this industry and companies are keen for young women to join.

Already on her CV at the age of 28 is managing work on cutting edge developments including the Canary Wharf Cross Rail Station, The Francis Crick Institute and London City Island.

Our Year 9s were really motivated by the talk and were inspired to ask great questions such as:

"What did you pick for GCSEs and why?"

"How long do you have to study at



University?"

"Does salary depend on which project?"

Cara commented: "I found the group of girls very engaging and I am hopeful that a few of them will now think about a career in construction. I am always happy to comeback to St Angela's and help further interest in my industry"

As a result of the talk Cara has said she will talk to individual 6th formers applying for construction professions at University.

A big thank you to all the Year 9s who took part.

### Some Examples of Work Experience and Careers Success Secured for our 6th formers this term!

**Ladders to Law Development Programme- Work Experience and Mentoring with Hogan Lovells**

**Law Firm**

**Antuanetta (12 Sharif)**

Successfully applied to this competitive programme (only 24 places from 200 applicants) via our link with Rare. This provides a work experience placement at leading global law firm Hogan Lovells, a lawyer mentor throughout A level studies and activities, such as public speaking sessions at Royal Courts of Justice.

**Big Voice London - Law Commission Project**

**Alisha (12 Blake), Kioli (12 Carruthers), Sharmin (12 Kane), Safwan (12 Sharif) and Ibrahim (13 Larkin)**

Another competitive project - this last 3 months where our successful students will learn about property, family and commercial law by attending mentoring sessions with

lawyers working in these areas. They also debate law reform, visit houses of parliament and give presentations on legal issues.

**12 Kings Bench Walk Barrister's Chambers Work Experience / Shadowing**

**Ijeoma (13 Wharton)**

Selected to shadow a Cambridge educated QC barrister for one day, via our partnership with 12 Kings Bench Walk Chambers. Max Archer is a barrister in high profile negligence cases where there is a human rights / international law aspect.

**Credit Suisse Investment Bank - Steps to**

**Success Scholarship Pre Selection Evening**

**Precious (13 Clift), Stella (13 Clift), Andrew (13 Clift), Evangel (13 Larkin), Shayo (13 Larkin), Denzel (13 Mehta) and Jason (13 Mehta)**

Selected to attend this prestigious event at Credit Suisse Canary Wharf with other high achieving 6th formers from Newham Schools. Will now be fast tracked to apply for scholarships paying all university fees.

**Bart's Health NHS Trust - Clinical Hospital Work**

**Experience Placement - Queens Hospital**

**Nina (13 Hooker)**

Via our compact with Bart's Health NHS Trust – Healthcare Horizons Project we secured a one week clinical hospital work

experience placement for Nina at Queens Hospital Romford (Renal Unit) for Nursing, which took place Oct half term. There will be more clinical placements next term for our aspiring doctors.

**Bart's Volunteers- placements at The Royal**

**London and Newham University Hospitals**

**Daniela (13 Clift), Iman (13 Clift), Nina (13 Hooker), Gurmel (13 Larkin), Paula (13 Oyebanjo),**

**Rhiana (13 Oyebanjo), Tomi (13 Oyebanjo) and Leoni (12 Cunningham)**

And through our work with Bart's Health NHS Trust – Voluntary Services Team all our above students are volunteering at Newham University Hospital or The Royal London in Patient Champion or Dementia Buddy roles, giving up time in the evenings and at weekends.

We have had fantastic feedback from The Voluntary Services Co-ordinator for Barts Health NHS Trust who made a phone call to St Angela's to say that all eight of the above students: "have been great ambassadors for your school and doing great stuff to improve patient experience in our hospitals"

Chris Jarvis  
School Careers Adviser





# "I Can You Can Too"

Year 12s selected for Careers Mentoring Project working with leading City employers!

The #icanyoucantoo careers mentoring programme is fast making a name for itself in the City helping young people from Schools in East London with the skills and confidence to access career opportunities with major employers in competitive industries.

A former student of our sixth form Mr Nilesh Dosa, a consultant at Big-4 Financial Services firm EY, runs this for students from St Angela's, St Bonaventure's and Barking Abbey Schools and his work with the project has recently been featured in Forbes magazine.

Eight of our Year 12s were selected to take part: Kioli and Catherine (12 Carruthers), Paula and Liona (12

Kane), Neo (12 Liston), Daniela (12 Cunningham), Rabir (12 Pellegrini) and Tracy (12 Sharif).

We also have two Year 13 Ambassadors who took part last year: Delina (13 Hector) and Bella (13 Oyebanjo) who are doing a great job supporting the events.

This rare opportunity consists of eight after school events from Oct 19 to May 20 hosted by leading employers in the City including EY, Linklaters Law Firm, Redington Investment Consultants and Moo Design.

Our mentees learn from a top team of executives and recruiters from these companies about what leading employers look for and how they recruit. They will soon be practising interview skills, telephone interviews, group discussions and presentations gaining invaluable feedback.

Nilesh and his team have brought in Debate Mate and next term Cambridge University to deliver topics.

Highlights so far have included: A launch session at EY Canary Wharf with Debate Mate  
An event at Moo – how to develop your personal brand and emotional resilience

First Impressions / Interview Skills – Linklaters Law Firm

The next event will be a Live Careers Library where our mentees will be able to talk to accountants, actuaries, business consultants, lawyers and doctors about their roles!

Examples of the great feedback received from our mentees and ambassadors:

"I feel the inspiration and teaching we have received so far has and will continue to provide us with life skills and important things to think about going forward in life" – Neo

"The Icanyoucantoo project was well worth applying to" – Rabir

"I can you can too is a very inspirational programme. It covers different aspects like careers and character building and it has helped me understand my character even more and shown me how to present myself" - Daniela.

"The skills and experiences I've gained have been so insightful and invaluable. I particularly enjoyed the recent session on personal branding as it was very eye-opening and useful" – Delina

More news to follow on the events next term!



## ROYAL BANK OF CANADA RBC Academy 2nd Employability Work Shop for Year 13s



**Through our well established partnership with The Royal Bank of Canada RBC, we run a series of three careers and employability workshops for our 6th formers to learn about investment banking careers and network with RBC employees.**

The workshops will conclude next Spring term when our Year 13s can apply for the prestigious RBC Academy Bursary Internships paying £2000 for every year whilst they are at University and providing 21 weeks of paid work experience with RBC during University vacations. These are exclusive to the 3 Schools taking part and last year 5 St Angela's and St Bon's students were successful!

The 2nd workshop was attended by twenty-six St Angela's and eighteen St Bonaventure's Year 13s and was hosted by Desenzano in November covering CVs and interview skills practice with nine RBC executives drawn from many different parts of the business.

Rebecca Cragoe from The RBC



Academy gave an overview of how to apply for the RBC Bursaries and we were also lucky to have Kieron Locke from The Brokerage City Link who delivered expert advice and tips on CVs and interview skills.

The RBC volunteers were highly impressed with our Year 13s and said how really engaged, motivated and focussed all of our students were. They also commented that both St Angela's and St Bonaventure's were excellent schools to work with.

We also got some great feedback from our students who took part. Examples included:

"The workshop was extremely useful. It had a lot of detail on CVs and A/ Fs. The volunteers really showed that they wanted to be there and were giving us some really useful advice and information about how to get into that type of work....it was a very informative session" – Bella

"Thank you RBC...it was really good" – Precious



One of the RBC executives was our past 6th former Monica Kauzeni who left St Angela's in 2015 when she successfully won one of the RBC bursary internships, which she combined with studying for a degree in Maths at Nottingham University. Like many of our former RBC interns she is now working for RBC. She is a Rates, FX and Commodities Sales Analyst. Monica commented:

"It was an absolute pleasure to come back and volunteer at an RBC Academy Workshop based on interview skills. The students were very engaging and driven – which I remember well from my own experience studying at the secondary school and 6th Form centre. St Angela's supported me wholly during my journey to get into finance and I can't wait to see more talented students venture into the financial centre of London"



We find out next term which of our current Year 13s will be successful but all of those who took part learnt lots about what major employers look for

Mr Jarvis  
School Careers Adviser





# BELIZE

World  
Challenge

This year July 2019, the World Challenge Expedition took us to Belize, a nation on the eastern coast of Central America, with Caribbean Sea shorelines to the east and dense jungle to the west.



Our expedition started with the acclimatisation phase in San Ignacio, a town in the heart of the Cayo District. As well as exploring the Mayan ruins, the students had to plan and organise the rest of their trip, arranging transfers, accommodation and working out meals and other essentials. We then took an epic 7 hour journey across the country to a tiny fishing village in the North called Sarteneja which would be our home for the next 8 nights as we entered the project phase. Here we camped onsite at the Sarteneja Alliance for Conservation and

Development (SACD) a Non - governmental organisation that promotes the conservation and sustainable use of marine resources for the benefit of present and future generations. The opportunities and experiences we had during our time here can only be described as 'once in a lifetime'. Having worked with local fishermen and their families, to date, this was the first time SACD had organised outreach and community based workshops and activities. We supported the summer school aimed to educate children on the ecosystems

and English lessons for the local children and women; we visited Wildtracks Belize - a well-established conservation organisation that has been working toward the sustainable future of natural resources and endangered species; we even got to get up at 3am and observe the local fisherman hard at work.... then eat everything that was caught that morning hours later with the fishermen and their families in their home! Lobster, crab and snapper never tasted so good! Our expedition ended in Kaye Caulker in the Belize Barrier Reef which hosts rich marine life. We were very lucky to have the opportunity to snorkel twice and see turtles and manatees as well as soak up the sun and attend a beach party! From beginning to end, the expedition was enriching, eye-opening, magical, humbling, exhausting.... JUST EPIC!

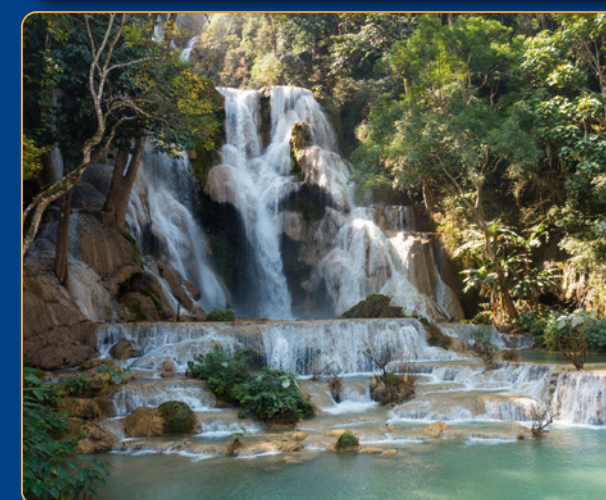
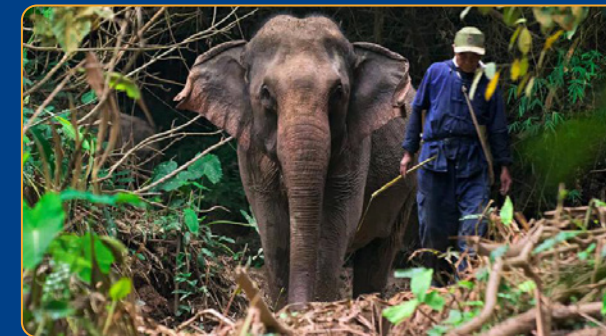


## Next expedition in Laos 2021

St Angela's next World Challenge will take place in July 2021. We're going to Laos. Some of the activities will include:

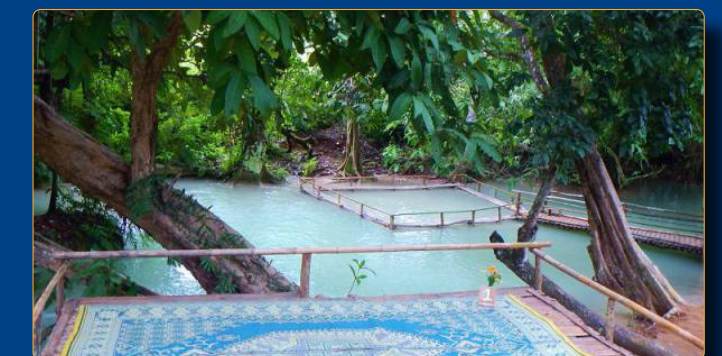
- project work in a village learning about community life and engaging with support
- waterfalls
- bear and elephant sanctuary
- temples
- rest and relaxation

World  
Challenge



World Challenge has enabled transformative travel experiences right around the world. These experiences complement school learning, giving students the opportunity to become true life-learners and true global citizens. We give students the opportunity to write their own stories, make their own mistakes, live their own adventures, learn and grow with peers, see the world with open eyes that are focused towards those around them.

We've watched on as these life changing experiences have brought out the best in our travellers for many years, since 1987 in fact. It's perhaps best brought to life by our 150,000+ alumni that have returned home forever changed, many being inspired to continue the pursuit of positive global citizenship, from advocacy work in foreign nations through to leading world-shaping environmental initiatives.



Assembly in January for Years 10, 11 and 12  
World Challenge Parental Launch and Sign up evening Tue January 28th 2020





## AUTUMN TERM Rise Up Days

We have had two very successful Rise Up Days this term. We focused on living in the wider society and being a good citizen. During the days we had a sponsored walk, speakers from different organisations, as well as ex students coming to speak about their work in STEM. This was really powerful, as more students felt inspired to join the school's STEM Club. We incorporated our Remembrance Day service into one of the days and focused on remembering the sacrifices people made in order for us to have the freedoms today. All the students really enjoyed the days and used the

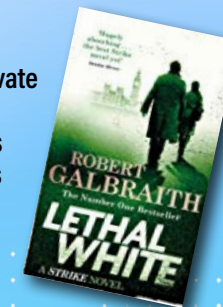


opportunity to revisit the British Values and discuss how they can be better citizens. During Rise Up Day we spent time looking at the Ursuline Student Profile, which taught us about the virtue United in Harmony. This was very successful and visitors to the school commented on how well the students discussed important issues. There are more Rise Up Days planned for the year and we know that the students are really going to benefit from the bespoke workshops.



Welcome to Camp Reset, a summer camp with a difference. A place offering a shot at 'normality' for Olive, a girl on the edge, and for the new friends she never expected to make.

When Billy, a troubled young man, comes to private eye Cormoran Strike's office to ask for his help investigating a crime he thinks he witnessed as a child, Strike is left deeply unsettled as there is something sincere about him and his story.



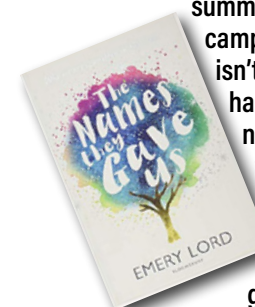
A thrilling adventure inspired by the classic story of Gulliver's Travels, this is also a gripping modern narrative of rescue and refuge. A book about breaking down walls, at a time when many are trying to build them. And a timeless reminder of humanity's infinite capacity for good, even when those humans are very small indeed.



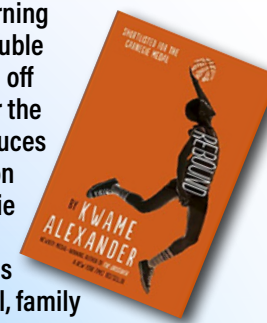
When we last left our hero, Max Crumbly, and his trusty sidekick, Erin, they had just foiled the plans of three bumbling burglars. Now, Max and Erin face foes old and new as their misadventures continue. Can the two friends avoid detection - and detention! - while keeping South Ridge Middle School safe from bullies and criminals?



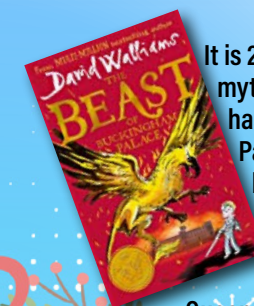
Lucy was ready for a perfect summer with her boyfriend, working at her childhood Bible camp and spending quality time with her parents. But when her mom's cancer reappears, Lucy falters - in her faith and in her ability to cope. When her boyfriend "pauses" their relationship and her summer job switches to a different camp - one for troubled kids - Lucy isn't sure how much more she can handle. Attempting to accept a new normal, when long-hidden family secrets emerge, can Lucy set aside her problems and discover what grace really means? and discover what grace really means?



It's 1988. Charlie Bell is still mourning his father, when he gets into trouble one too many times, he's packed off to stay with his grandparents for the summer. There his cousin introduces him to basketball and a legend on the courts is born. But can Charlie resist when trouble comes knocking once again? Rebound is a novel in verse about basketball, family and staying true to yourself.



It is 2120 and London is in ruins. In a future of myths and legends, the young Prince Alfred has never known a life outside Buckingham Palace - but when strange goings-on breach its walls and stalk the corridors in the dead of night, he is thrust into a world of mystery, adventure and monsters. And when his mother, the Queen, is dragged away to the Tower of London, Alfred must screw up his courage and battle to save her, himself and the entire city.

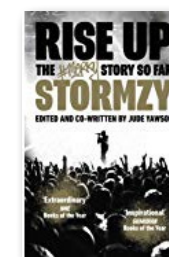


Jess and her mum Tracy have left the Duke Estate behind them. But as lovely as it is to live by the sea, trouble still seems to be following the Beaker Girls. Can they make a success of their new life? Tracy won't go rushing back to that awful boyfriend, will she?

The wondrous story of the birth of Jesus is exquisitely imagined by pop-up artist Robert Sabuda in six scenes. Glinting with touches of gold and pearlescent foil, The Christmas Story is a visual delight.



In four years Stormzy has risen from one of the most promising musicians of his generation to a spokesperson for a generation. Rise Up is the story of how he got there. It's a story about faith and the ideas worth fighting for. It's about knowing where you're from, and where you're going. It's about following your dreams without compromising who you are.







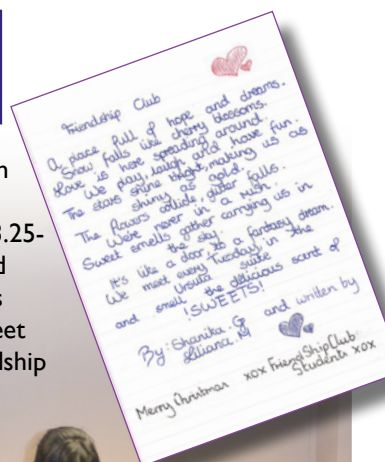
**7 Okpo organise Year 7 lunchtime disco to raise funds for NSPCC**



## Friendship Club

Friendship Club (FSC) is starting in January, it is open to Year 7s every Tuesday in the Ursula Suite from 3.25-4.25pm. Most students who attend are from different primary schools so this gives you the chance to meet new people and widen their friendship circle. We play games, take part in workshops and have group discussions and debates. If you are in Year 7 and would like to join us, please see your Head of Year, Mr Mason. We look forward to you soon!

Kim Evans



## Year 9 Girls' Group

Every Thursday, 3.25-4.25pm, the Ursula Suite. See Kim Evans for details.



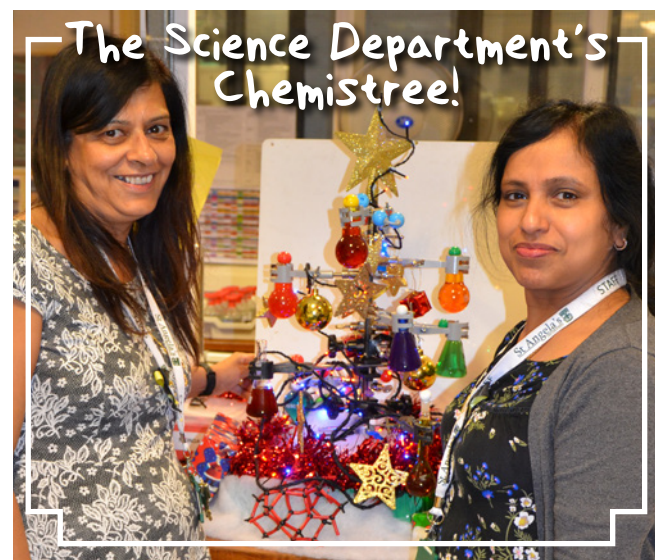
## KEY DATES

**6th Form return to school (lessons begin) Monday 6th January**

**Yr 12 Mock Exams - Mon 13th - Mon 20th January**

**Yr 12 return to lessons - Tue 21st January**

**Good luck for the examinations!**



**The Science Department's Chemistree!**

# Autumn Term Fundraising at St Angela's

**This term all years have been organising events and activities to raise funds for various charities.**

### Year 7 are fundraising for the NSPCC

Our year group participated in welly-throwing at lunchtime on the Sports field, a lunchtime disco and decorating Christmas gift tags.

### Year 8 are supporting Lola's homeless, Newham.

We are collecting new socks and fundraising!

### Year 9 are fundraising for St John's Ambulance

We have been getting super creative: our activities involve homemade bracelets, Christmas tree decorations and

appealing to everyone's sweet tooth with hot chocolates, sweetie bags and candy cane deliveries

**Year 10 are supporting a local charity called 'The Magpie Project'.** They raised money at a Christmas Fair on Tuesday 10th December at lunchtime.

**Year 11 are planning to make first aid 'survival' packs**, when they return from their mocks, for students in local primary schools.

**Year 12 & 13 are raising funds for the homeless shelter Anchor House (Caritas) in Newham.**



## Year 7 taste their first Christmas Lunch at St Angela's

# Let's all wear it Pink!

On Thursday 31st October, as part of Breast Cancer Awareness Month, students and staff took part in their own 'wear it pink' day.

Together we raised nearly £2000 for Macmillan.

'Congratulations all for the 'wear it pink' day, it was lovely to see so many students and staff supporting this important cause.' Mr Johnson



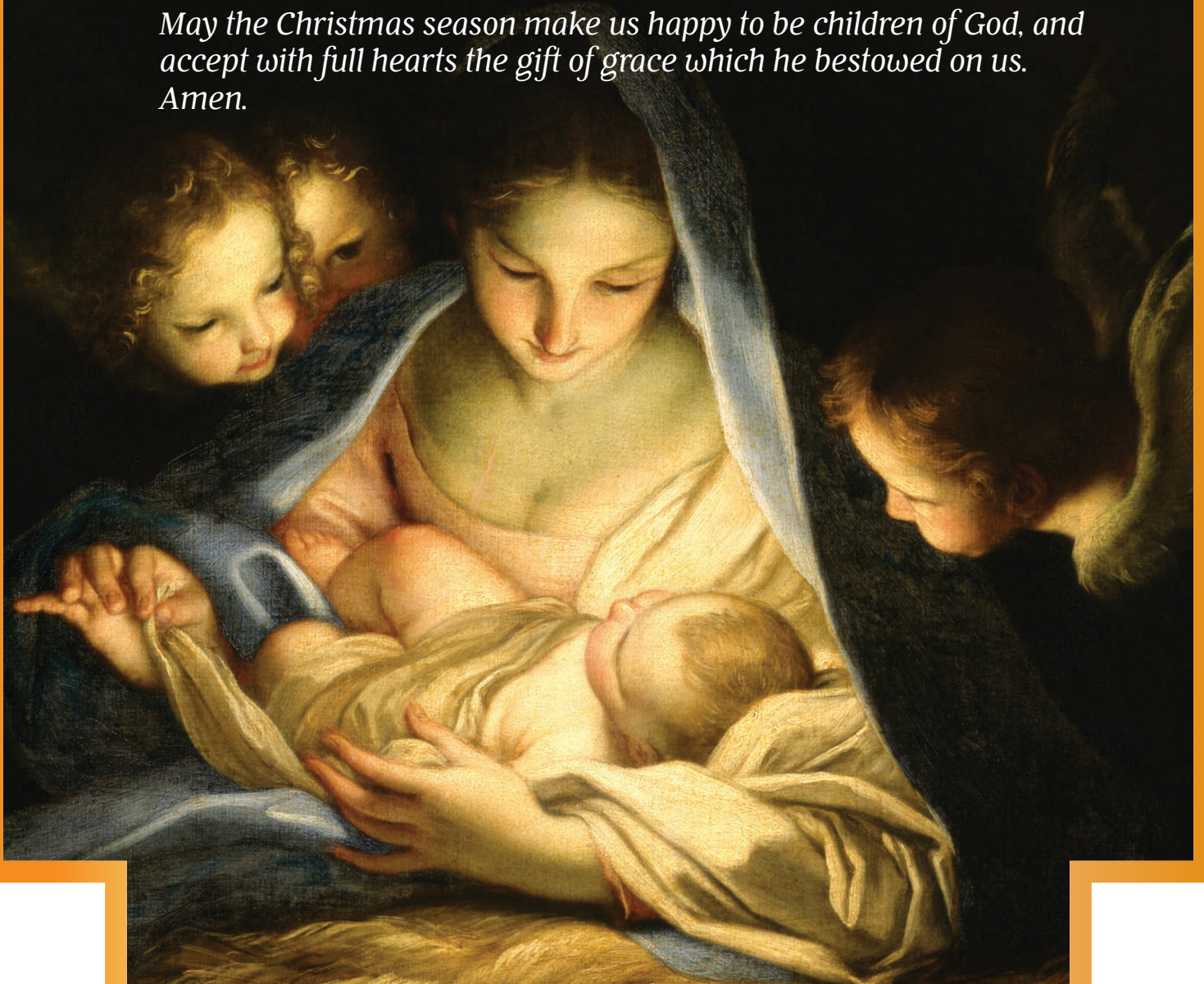


# Loving Father

*Help us remember the true meaning behind the birth of Jesus;  
that we may share in the song of the angels,  
the gladness of the shepherds,  
and the worship of the wise men.*

*Close doors of hate and open doors of love all over the world.  
Let kindness come with every gift and good desires with every  
greeting.  
Deliver us from evil by the blessing which Christ brings.*

*May the Christmas season make us happy to be children of God, and  
accept with full hearts the gift of grace which he bestowed on us.  
Amen.*



**SPRING TERM BEGINS ON MONDAY 6TH JANUARY 2020**