

QUWWAT-UL-ISLAM GIRLS' SCHOOL

Newsletter

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Ensuring every child achieves their best through high expectations for all, with a focus on
Respect-Aspiration-Responsibility

Date: Friday 5th November 2021

Islamic Date: Rabi al-Awwal 30,1443 AH

Term: Autumn 1.2

Issue: 3

HADITH OF THE WEEK: The Messenger of Allah (ﷺ) said: "It is not lawful for a Muslim to desert (not to speak to) his brother Muslim for more than three days while meeting, one turns his face to one side and the other turns his face to the other side. Lo! The better of the two is the one who starts greeting the other." ~ Sahih al-Bukhari 6237

Assalamu'alaikum Warahmatullahi Wabarakatuhu

Dear Parent/Carers,

I pray you are in the best of health and Imaan,
InSha Allah.

Welcome back to a new half term. I pray you all
had a restful break and are ready for some
exciting learning as new topics will be
introduced this half term.

Alhamdullilah, all the students have now settled
down into their new routines and this is thanks
to all of the parents/carers and staff.
JazakAllahu Khairan.

Please continue to support us as we continue
into our second half of the Autumn half term,
inshaAllah. I would like to encourage pupils with
their studies and wish them all the success.

May Allah (swt) keep you and your families and
all of us in His mercy and protection. Ameen.

Kind Regards,
Mrs Member

Academic Review Day

We will be holding our academic review day for both
Primary and Secondary on **Wednesday 10th
November.**

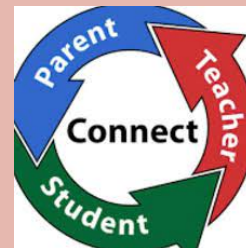
Students will not be in school on this day. You will have
the opportunity to look at your daughter's books and talk
to the teachers regarding her progress and targets set for
improvement in the next term. Your daughter's school
report will also be available on the day, Insha'Allah.

Appointments can be made with the class teachers.
Appointment slots will be available for Primary and
Secondary students **9:30am until 3:30pm.**

All appointments will need to be booked separately with
the subject teachers.

Islamia appointments can be booked at the school office.

You will be able to start booking appointments.



As many students are having difficulties in their ways to success, we would like to share with you the following tips to be a successful student. We hope you all find it beneficial.

1. We must believe that we are originally successful as stated by Allah S.W.T in the Quran in Surah At-Tin :

“95:4 Surely We created man of the best stature.”

This means Allah has created us with everlasting success and as caliphs on earth we should know how to find and bring out the success ourselves.

2. Our brain is divided into 2 parts: left hemisphere and right hemisphere. The right hemisphere functions to think logically, critically, think about science and anything that's considered in this area. The left hemisphere functions to think creatively. Normally, many students use the right hemisphere to learn but the fact is, learning is excellent, and you'll learn at the maximum stage when you use both sides of your brain. Here we can conclude that we should learn with both sides of our brain to get the maximum understanding when we're learning.

3. Don't ever believe that you're an ordinary person with nothing to be proud of. You must believe and feel confident that you're created with success. You must believe that you're truly a successful person. But you must find the success first before believing it that way.

4. Remember these facts:

- We remember 10% of what we read
- 20% of what we read and listen (listen to teacher)
- 50% of what we read, listen, and see (pay attention to teacher)
- 70% of what we read, listen, see, and say (say everything we have learnt loudly)
- 90% of what we practice daily (do exercise after study daily, every time you've finished studying)

5. Learn actively with your fingers pointing at what you're learning to increase your attention. Draw a mind map every time after you've finished studying. 6. Learn 3- 4 hours a day for high school students

7. Learn in a conducive surrounding:

- Green /yellow/ both surrounding
- Sufficient light
- Lower noise
- Paste motivation posters like Qura'n phrases (most recommended) and your own motivation like: I'm clever! I can do it! Of course, I can! Allah's with me!
- Smile when you're studying.

8. Attending class regularly is essential! There is no substitute for classroom instruction. Always be prepared for class. Complete all homework assignments before coming to class and bring all necessary materials with you.

9) Learn with output learning:

- Read first
- Try to remember back
- Draw a mind map
- Check your mind map and compare it to the real note.
- Speak out loudly what you've learnt
- You should know how to motivate yourself when you fail to get what you're aiming to own.

10. Write the positive deeds you've done in your diary daily. This could help to motivate you.

11. Be friends with positive people.

12. Try to help others to be the best. If you do it this way, Allah will help you to be the best too. Insha Allah.

13. Pray to Allah every second...as possible as you can.

14. Always be early in everything. For example, sit in front of your class. Prepare for your exam earlier. Read any related thing or the subject you'll learn before being taught by the teachers.

15. Always recite Surah Al Inshyirah 'Alam nashrah' before you learn, and sit for the exam. Recite Quran 2 ayahs daily.

16. Learn in a short session: Every 20 minutes, stop for 2-3 minutes to drink water, etc. You won't feel bored this way.

17. Revise as soon as possible before 24 hours. For instance, if you read Geography that morning, at night you should revise it back.

18. You should know how to strengthen your memory.

- Drink one hour before/after eating as done by Rasulallah S.A.W. Study one hour after eating to avoid being sleepy.
- Do not eat too much as Umar Al Khattab said it isn't good for health and your mind. You'll feel sleepy if you do it.
- Eat a lot of nuts, peas, and beans. Eat raisins, honey, and dates too.
- Exercise weekly to be fit all the time.

19. Make a flexible timetable. You can rest, study, and play in it. Include all good points like learning, your hobby etc. But remember do not do something like learning for a long time, it will cause you to be bored. And do not play for too long, you'll feel tired and you cannot study after that.

20. You can become successful in every academic year if you learn to work on your priorities well. Choose your friends wisely, learn to manage your time, and set workable goals. If you fail in your goals, do not give up but instead learn from your mistakes and move on. Always remember to seek help from other students, teachers, and online academic help providers. Make it your priority to balance academic life, friends, work, and entertainment.

Drop Down Day

Drop Down Days, are 'off-timetable' days, which replace structured classroom lessons with activities used to strengthen students' practical application of skills and provide a deeper learning experience.

Drop Down Days provide students with the ability to be equipped in valuable life skills which extend beyond the classroom context, serving to promote overall health and well-being.

Quwwat-UI-Islam Girls' School had a day trip on Wednesday 20th October 2021 as part of their Drop Down Day. These trips are in relation to our Rights Respecting School journey and are part of UNICEF **Article 29**.



Children's Rights - Article 29

Every child's education must develop their abilities and talents and help them to respect people, live peacefully and protect their environment.

The students of Quwwat-UI-Islam enjoyed great experiences at their educational trips:

EYFS trip to Queen Elizabeth Olympic Park



Our EYFS students visited the Olympic Park and had the opportunity to explore its wonderful surroundings and take a look at the various different habitats that contribute to the park's rich natural wildlife.

They saw ducks swimming on the river and discovered insects and small creatures, some of our students were brave enough to hold a snail in its shell until the snail decided to come out and show itself!



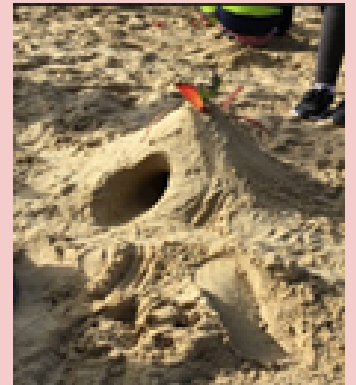
Years 1 to 6 trip to Queen Elizabeth Olympic Park



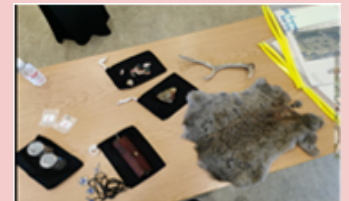
Our students had an amazing opportunity to explore a variety of habitats and species of wildlife that are present in Queen Elizabeth Olympic Park.

The learning activities allowed students to develop understanding of nature and methods of science through enquiry, observing closely and gathering data.

They also thoroughly enjoyed the play areas and the wonderful views of the Aquatics Centre, Stadium and Orbit; it was certainly the highlight of their trip!



Years 7 and 8 trip to Epping Forest



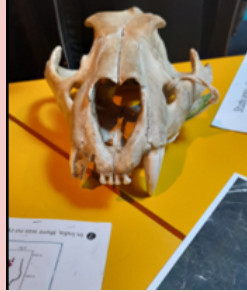
The trip to Epping Forest was cross curricular and was linked to both, History and Science with focus on Chemistry.

The students took a walk through the forest and tried to identify plants and trees. They then took part in an Iron Age workshop which encouraged teamwork as they had to build sustainable shelters that had to be both safe in structure and practical in keeping everybody dry in unpredictable weather!

Students also practiced fire lighting and were given the opportunity to learn about how pre-historic people lived.



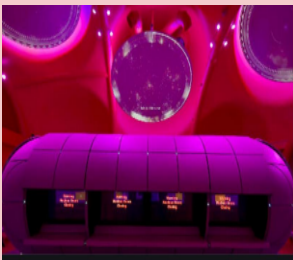
Years 9 and 10 trip to London Zoo



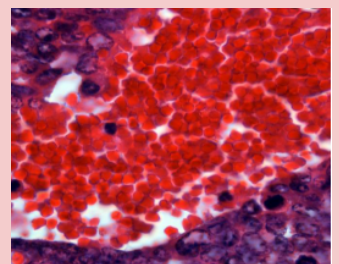
Year 9 and 10 visited London Zoo to explore the impact of climate change on people and animals. They attended a workshop that explored the consequences of and solutions to climate change. Students used research from the Zoological Society of London to evidence climate change. They looked at specimens of the common frog and handled a real tiger skull! They also looked at the impact of global warming on coral reefs and African Hunting Dogs.



Year 11 trip to Centre of the Cell



Students first met two 4th year medical students who spoke about their course at Queen Mary university and the academic achievements needed to be able to study medicine, they also spoke briefly about their future plans and the areas of medicine they would like to specialise in. Students took part in the Pod show which was led by the medical students. The first part of the pod show was an introduction to cell biology. The second Pod show focused on what happens when the nucleus is opened, this provided students with the opportunity to play interactive games related to cell biology. Students also took part in a question-and-answer session where they were allowed to ask questions related to the medical field.



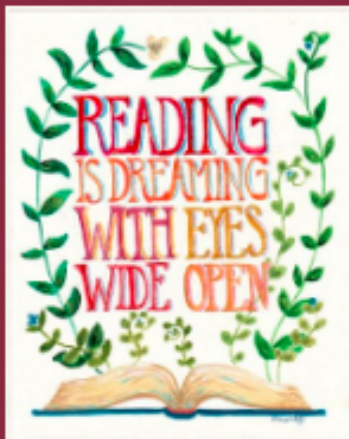


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high expectations for all; with a focus on
*Respect-Aspiration-Responsibility***

QUIGS EYFS Parent Reading Afternoon

*Come and join us for an
afternoon of reading with our
Reception children*

***Every Wednesday
at 2:45pm***



Monoux Sixth Form College Open Day

MONOUX
SIXTH FORM COLLEGE

OPEN DAY

Saturday 20th Nov 2021 | 9:00am - 1:00pm

(last admission 12.30pm)

TAKE CONTROL OF YOUR FUTURE

Register here:
www.sgmc.ac.uk/openday



OPEN DAYS

Saturday 20 November 2021
9am to 1pm

Saturday 18 June 2022
9am to 1pm

VIRTUAL ZOOM SESSIONS

Meet our Pathway Leaders
Wednesday 13 October 2021
4pm to 5pm

Meet our SLT
Wednesday 17 November 2021
4pm to 5pm

Meet our Mentors & Progress Coaches
Tuesday 7 December 2021
4pm to 5pm

Meet our Careers & Higher Education Team
Wednesday 19 January 2022
4pm to 5pm

Meet our Enrichment & Sports Team
Monday 21 March 2022
4pm to 5pm

To request a Zoom Session link, email:
anam.ali@sgmc.ac.uk

ENROLMENT

August 2022 dates to be confirmed.

START OF TERM

September 2022 dates to be confirmed.

Check our website for regular updates:
www.sgmc.ac.uk



**GROUNDSWELL
PROJECT**



**Safeguarding
Children
Online**

**MOTHERS FOR
CHANGE
FREE COURSE!
LIMITED PLACES**

Groundswell Project is here to help, train and give mothers the tools they need to ensure their children are safe both on and offline. We are here to help you feel informed and to able to tackle harmful and dangerous content and influences if you are faced with them.

Let's safeguard our children and ourselves from these harms.

- Understand the dangers
- Educate ourselves on hate crime and extremism
- Learn first hand from survivors and experts those who have been affected by harmful extremism
- Feel equipped and confident to challenge online harms
- Create a protective shield around your children
- Make strong and lasting friendship bonds with other mothers who want to tackle this important issue

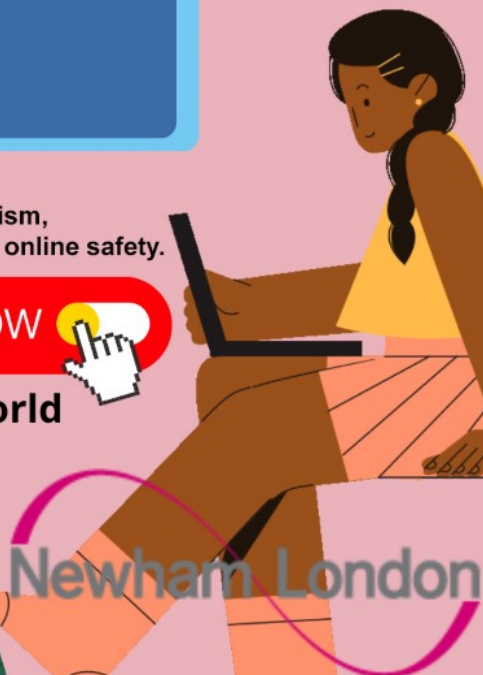
Starting Nov. 2021, Location TBC in Newham

This is an eight week training program.
Covering subject matters around hate crime, racism, domestic violence, radicalisation/extremism and online safety.

REGISTER NOW



Maeve@groundswell.world



Martial Arts Classes



POSTER FOR QUWWATUL ISLAM MIXED MARTIAL ARTS CLASSES. The background is a black and white photograph of a large, arched stone structure, likely a mosque or historical building. The poster features several circular callouts and a central banner.

Top Left: A green circular badge with a white border containing the text "FIRST LESSON FREE" and a large "£5" with "PER SESSION" below it.

Top Center: The Quwwatul Islam Society logo, featuring a stylized minaret and the text "قوة الاسلام" (Qawwatul Islam) and "QUWWAT-UL-ISLAM SOCIETY" with the website "www.quwwatulislam.org".

Top Right: A QR code with the text "SCAN THE CODE TO SIGN UP" below it.

Center: A white banner with a blue border containing the text "QUWWATUL ISLAM MIXED MARTIAL ARTS CLASSES".

Bottom Left: A circular callout with an orange border. It contains the text "QUWWATUL ISLAM Martial Arts" and "Train with a Martial Arts Hall of Famer. All trainers are DBS checked and fully qualified to teach." Below the text is a small icon of a martial arts gi.

Bottom Center: A circular callout with a blue border. It contains the text "BOYS AND GIRLS 5 years+" and "Fun and intense sessions to develop the best in your children." Below the text is a small icon of a camera shutter.

Bottom Right: A circular callout with a red border. It contains the text "STARTING 30TH OCT 2021 Saturdays 10-11.30am" and "Quwwatul Islam School Hall - Access via Sylvan Road London E7 8BN." Below the text is a small icon of a calendar.

Bottom Center: A white rectangular box with the text "For more information call 07964684805 or email us on Email@the arabic college.com".

Secondary House Points



Year 7- Ayesha
Points: 425



Year 8 - Khadijah
Points: 380



Year 9 - Maryam
Points: 2025



Year 10 - Asiya
Points: 925



Year 11 - Fatimah
Points: 415

Dates for Diaries

Wednesday 10th November 2021

- Autumn Academic Review Day

Monday 15th November 2021 - Friday 26th November 2021

- Year 11 Mock Examinations

Wednesday 15th December 2021

- Drop Down Day

Tuesday 21st December 2021

- Caritas Anchor House sleepover

Friday 17th December 2021

- End of term (last day of school)

Monday 20th December 2021 - Monday 3rd January 2022

- Holiday

Wednesday 4th January 2022

- Return to school

Please be aware that these dates will be updated regularly.

Latest Government of Education update

COVID-19 vaccination: consent form for children and young people or parents

The coronavirus (COVID-19) vaccination consent form for children and young people or their parents and carers are available in different software versions and can be [ordered](#) or downloaded.

A [template letter](#) is available for the schools COVID-19 vaccination programme. [Information leaflets](#) aimed at children and young people are available to download or order.

The easy-read consent form is aimed at children and young people who have a learning disability and is available for download only.

Further [easy-read resources](#) for children and young people are available to download.

Assemblies Primary

Date	Year Group	Topic
05/11/2021	Ms Chowdhury	Guy Fawkes
12/11/2021	Ms Malik	National recycling week
19/11/2021	Ms Asma	Anti-bullying week
26/11/2021	Ms Mahfuza	Road Safety
03/12/2021	Ms Hafsa	International day of disabled persons
10/12/2021	Ms Chowdhury	Human rights
15/12/2021	SLT/Teachers	UNICEF - Drop down day workshop
17/12/2021	SLT/Teachers	Certificate Day

Secondary

Date	Year Group	Topic
03/11/2021	Ms S Begum	The COP26 global climate summit
17/11/2021	Ms Jamal	National recycling week
24/11/2021	Ms Siraj	Anti-bullying week
01/12/2021	Ms Munshi	International day of disabled persons
08/12/2021	Ms Sufia	Human rights
15/12/2021	SLT/Teachers	UNICEF - Drop down day workshop
15/12/2021	SLT/Teachers	Certificate day

Absences before or after a school holiday

If your child is absent before or after a school holiday, you must provide evidence explaining the absence. This may be medical evidence if your child is unwell or evidence of flight delays or circumstances beyond your control.

Without this evidence you risk being issued with a penalty notice.

