

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: Tuesday 8th February 2022

Islamic Date: 07 Rajab 1443 AH

Term: Spring 2.1

Issue: 12

HADITH OF THE WEEK: The Messenger of Allah (ﷺ) said, " Shall I tell you a degree better than prayer, fasting, and sadaqa?" "Yes," they replied. He went on to say, Improving a state of friendship. Causing discord in a state of friendship is what shaves things away." Sahih (Al-Albani)

Assalamu'alaikum Warahmatullahi Wabarakatuhu

Dear Parent/Carers,

I pray this finds you in the best of health and Imaan Insha'Allah.

Alhamdulillah, we have come to the end of this half term. I have been so impressed with all the learners who have shown enthusiasm and eagerness to learn. I am equally proud of ongoing parental support and staff dedication. I pray that you all have a restful and safe half term break.

We will continue to follow the advice received from the Department for Education and Public Health England and keep you informed of any changes or updates to the current situation. We pray sincerely to Allah (SWT) to keep our school community in good health.

Please stay safe and follow all government guidelines, we request your humble du'aas during this difficult time.

Our return to school is on **Monday 21st February 2022.**

Kind regards,
Mrs Member

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-ul-Islam Girls' School have arranged indoor activities and trips for the whole school as part of Drop Down Day which is held this **Wednesday 9th February 2022.**

Year groups	Location
EYFS/Year 1/Year 2	Science Museum
Years 3 and 4	Indoor- Ancient Greek workshop
Year 5	Indoor- Solving mysteries workshop
Year 6	Shrek's Adventure
Year 7	Islamic Central London Walking Tour
Year 8/Year 9	Natural History Museum
Year 10/ Year 11	British Museum

Achievements

Muslimah of the Week Week beginning 31st January 2022

Reception: Amanah Ali

Year 1: Amaanah Bint Amin

Year 2: Fatima Noor

Year 3: Nusaybah Chowdhury

Year 4: Umaimah Doodwala

Year 5: Maryam Mahmood

Year 6: Aminah Kamran

Year 7: Nazmin Ahmed

Year 8: Maryam Hussain

Year 9: Sanzida Uddin

Year 10: Anfal Nawaz

Year 11: Mehak Shahid

Allah loves when one of you is given a task, that he or she does it in the most excellent manner (Ihsaan)



Attendance and punctuality Week beginning 31st January 2022

Year group	Attendance	Punctuality
Reception	83.8%	98.3%
Year 1	93.8%	98.4%
Year 2	93.4%	99%
Year 3	89.8%	96.4%
Year 4	95.9%	96.4%
Year 5	95.6%	98%
Year 6	93%	97.3%
Year 7	94.1%	96.8%
Year 8	91.7%	94.9%
Year 9	92.8%	97.6%
Year 10	92.8%	97.5%
Year 11	89%	96.8%



This week's overall Attendance: **92%**

Our overall Attendance Target: **96%**

Good attendance and punctuality are vital. At Quwwat-UI-Islam Girls' School, we aim to achieve at least 96% attendance and to be punctual for school in the morning and for each lesson.

Children's Mental Health Week

As our lives continue to adjust following the impact of Coronavirus, we know that children need our emotional support, now more than ever. As such, we continue to participate in 'Place2Be's Children's Mental Health Week, which is taking place this week, **7th to the 13th February 2022**.

This year's theme is '**Growing Together**'. This week is an opportunity to shine a spotlight on children and young people's mental health and to help them access the emotional support that they need in order to thrive.



'Growing Together' is about growing emotionally and finding ways to help each other grow. It is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

During this week, we shall be incorporating into our lessons, activities to support our pupils in recognising and understanding what they can do to support theirs and others' emotional growth. The children will be exploring their achievements and how this has helped them to grow. They will continue to set new goals to develop their emotional growth and be supported in identifying how they will achieve these goals. They will hear inspiring stories of emotional growth, carry out mindfulness activities and express themselves through art.

'Place2Be', a children's mental health charity, has provided resources to support both children and families, which can be found at

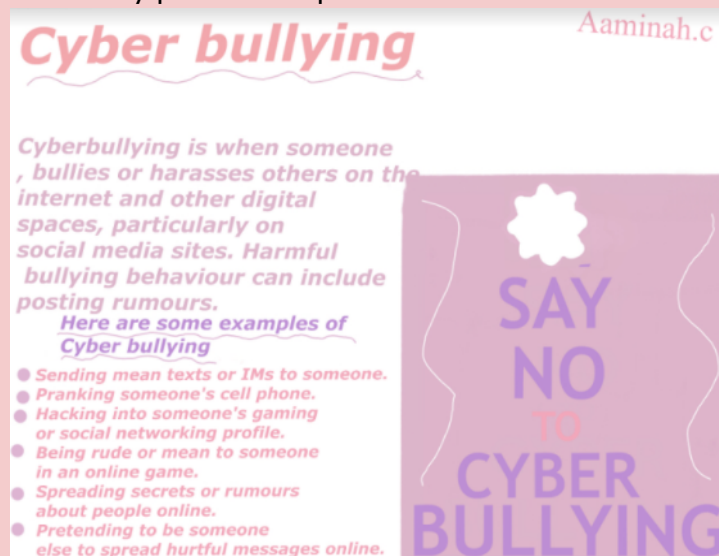
<https://www.childrensmentalhealthweek.org.uk/parentsand-carers/>

This includes top tips for parents and carers as well as giving ideas for some activities you can do together with your child to promote well-being.

Safer Internet Day

Safer Internet Day 2022 is being celebrated globally this week with the theme: '**All fun and games**'.

The students had the opportunity to talk about using technology responsibly, respectfully, critically and creatively. To help promote the safe, responsible and positive use of digital technology for children and young people, they produced some fantastic Internet Safety posters and poems.



Poster by Aaminah Chamadiya (Year 6)

POEM FOR SAFETY ON THE INTERNET

About a girl meeting her internet "friend" for the first time.

There once was a girl, her name was Grace
She used the internet frequently but never safe
She went to school, to book fairs, and on long walks just for fun
And she'd always check her phone when she was out on a run

Until one day she had disappeared
For she had told a stranger with a bushy beard
Her address, her name, and the place she went most
In hope to meet the other 16 yr old for a toast

When she arrived she searched for the girl
Her name was Stacy, or so she had heard
She waited and waited till the sun went down
Minutes passed leaving her with a saddened frown

A tap on her shoulder is what took her out of her trance
And her eyes turned wide at first glance
A man in his forties is what she saw
Instead of the girl she'd imagined opening the door

She had no clue
On what to do
As she ran away

Whilst the man announced her name
A name she had told no one except her dear internet friend
Who was nowhere to be seen in the end.

Safer internet day poem

Everyone should stay safe online,
And we should watch our screen time.

We need to avoid writing mean comments,
It is bullying and bad and can make people sad.

We need to keep our information to ourselves ,
Don't let anyone know...
Your name, number, address or which school you go.

We need to be aware of bad people online,
They lie about who they are and waste our time.

To stay safe, we should avoid being alone,
This way our parents can keep a watch of our phones.

We should busy ourselves during the day,
To make sure we aren't carried away.

Be kind online and be aware,
This way we can keep everything safe and clear.

Poem by Basilah Hussain (Year 11)

Poem by Sumayya Khan (Year 7)



Stay safe online

How to stay safe?

Don't share personal details. Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings.

Watch out for phishing and scams. Phishing is when someone tries to trick you into giving them information, like your password.

Think about who you're talking to. There are lots of ways that people try to trick you into trusting them online.

Never give out your password. You should never give out your password or login information. Make sure you pick strong, easy to remember passwords.

Keep your device secure. Make sure that you're keeping your information and device secure.

What is your digital footprint?

Your digital footprint refers to all the personal data and information available about you online. It also includes your emails, social media posts, and other messages with your name attached. Also your information you unintentionally leave behind, like your IP address.

ONLINE SECURITY

PROTECTION

DATA

Poster by Zainab Lunat (Year 10)

INVESTIN

Invitation for Parents: Success Beyond School



INVESTIN is delighted to announce the first events in their **Success Beyond School** series for 2022. These are free-of-charge, live online seminars featuring career experts, designed to help parents amplify their children's career potential.

There are 5 fantastic seminars this term, including topics such as '**how to help your child choose their career**' and '**how to inspire young women to become entrepreneurs**.'

These events are for parents of students aged 12-18 and are free to attend.

You can view and register on the following website:

https://investin.org/pages/parent-events?mc_cid=9c80b43ed8&mc_eid=87528a5868

Upcoming Events

Wednesday 9th February: Making it in Medical Sciences

Expert advice on breaking into medicine, dentistry, and veterinary science.

Wednesday 9th March: Women in Business

Inspiring entrepreneurship in our young women

Wednesday 23rd March: The Ultimate Career Experience

Everything you need to know about InvestIN's life-changing Summer Experiences

Wednesday 6th April: The Career Workshop

Helping your child to choose their future with confidence

Wednesday 4th May: Through the Magnifying Glass

Uncover your child's future in forensic science

Events



Online Community Workshops Health and Wellbeing

 -Irritable Bowel Syndrome (IBS) – Tuesday 15th February at 11am

-Chronic Fatigue – Tuesday 15th February at 3pm

-Diabetes – Wednesday 16th February at 12pm

-Medically Unexplained Symptoms (MUS) – Friday 18th February at 2pm

-COPD and Respiratory – Tuesday 22nd February at 12pm

-Long Covid – Wednesday 23rd February at 11.15am

- Chronic Pain – Thursday 24th February at 12pm

All workshops are:

- 1 hour
- Provide an open, friendly yet confidential space
- Easily accessible, we will send you a link via email on the day and you click this to join
- Accessible on your smart phone, tablet, PC or laptop
- Webcams are encouraged but not essential

CALL [020 8536 2161](tel:02085362161) OR EMAIL elft.nttworkshops@nhs.net

PROVIDING YOUR CONTACT NUMBER OR SCAN THE QR CODE TO REGISTER





AN INTRODUCTION TO EATING DISORDERS

Join us for a **free, online, one-hour** webinar to find out:

What we mean by 'Eating Disorder'

Common Diagnoses & symptoms

Treatments and support

Friday 11th February 11am-12pm on Microsoft Teams

CLICK [HERE](#) OR EMAIL US AT ELFT.NTTWORKSHOPS@NHS.NET TO REGISTER



Women's Health & Wellbeing

Celebrating International Women's Day!

Join us for a **free, online, community** workshop providing:

- A space to think and focus as women on health & wellbeing
- An understand the menstrual cycle and menopause
- Techniques to manage emotional wellbeing

**Tuesday
8th March
12pm-1pm**

Click [here](#) OR email us at elft.nttworkshops@nhs.net to register

Dates for Diaries

Wednesday 9th February 2022

- Drop Down day

Thursday 10th February 2022

- Last day of half term

Friday 11th February 2022

- Teacher Inset Day (school is closed for students)

Monday 21st February 2022

- Return to school

Please be aware that these dates will be updated regularly.

Assemblies for Spring Term

Primary

Date	Year Group	Topic
07/01/2022	SLT/Teachers	Welcome back
14/01/2022	Ms Malik	Martin Luther King Day
21/01/2022	Ms Asma	Mother Language Day
28/01/2022	Ms Mahfuza	Holocaust memorial
04/02/2022	Ms Hafsah	World interfaith harmony week
09/02/2022	SLT/Teachers	UNICEF - Drop down day

Secondary

Date	Year Group	Topic
05/01/2022	SLT/Teachers	Welcome back
12/01/2022	Ms Siraj	Martin Luther King Day
19/01/2022	Ms Anwara	Make your dreams come true
26/01/2022	Ms S Begum	Holocaust memorial
02/02/2022	Ms Ismati	World Cancer day
09/02/2022	SLT/Teachers	UNICEF - Drop down 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.



WHAT DOES THE COVID-19 VACCINE DO OR NOT DO



Does

- ✓ Reduce how much you can pass COVID-19 on to others
- ✓ Stop you from getting as ill as you would without the vaccine
- ✓ Make it much less likely you will go to hospital or die

Does not

- ✗ Stop you getting COVID-19
- ✗ Stop you getting ill at all from COVID-19
- ✗ Stop you being able to pass COVID-19 on to others
- ✗ Stop everyone from going to hospital or dying

2 doses plus the booster gives really strong protection against severe illness for all COVID-19 variants

Questions? Call the Newham helpline **020 3373 6487**
(10am-6pm, Monday – Sunday)

To have a 1:1 conversation with a vaccine peer supporter
Email: covidhealthchampions@newham.gov.uk

People at the Heart
of Everything We Do

