

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: Wednesday 16th November 2022

Islamic Date: 20 Rabi al-Akhir 1444

Term: Autumn 1.2

Issue: 10

HADITH OF THE WEEK: HADITH OF THE WEEK: The Messenger of Allah (ﷺ) said: "Allah will say on the Day of Resurrection: Where are those who love one another through My glory? Today I sLibrary give them shade in My shade, it being a day when there is no shade but My shade." ~ It was related by al-Bukhari (also by Malik).

Assalamu'alaikum Warahmatullahi Wabarakatuhu

Dear Parent/Carers,

I pray you are with the best of health and Imaan.

Jazakallahu Khair for your attendance at our Academic Review Day. We appreciate you taking the time to meet with your child's teacher/s, and we hope that your meeting was able to provide you with some valuable insights into your child's progress in school and their next steps in learning.

If you have missed a meeting with your child's class teacher, please feel free to make an appointment through the office for an alternative time to meet with them. Alhamdulillah, it was promising to hear some of the positive feedback given by parents about our school and their children's progress. We are always keen to continue to improve our school and we take all concerns and comments very seriously. We will be addressing any concerns that you may have, Insha'Allah.

We look forward to our continued partnership throughout the remainder of the school year, inshaAllah.

Kind Regards
Mrs Member

Year 11 Mock Week 1 2022-2023: 14/11/22 – 18/11/22

	AM	PM
Monday	Geography (Paper 1) 1 Hour 30 Minutes 10:15-11:45 am	Science Biology (Paper 1) 1 Hour 10 Minutes 14:00-15:10 pm
Tuesday	English Language (Paper 1) 1 Hour 45 Minutes 10:15-12:00 pm	Citizenship (Paper 1) 1 Hour 45 Minutes 14:00-15:45 pm
Wednesday	Science Chemistry (Paper 1) 1 Hour 10 Minutes 10:15-11:25 am	Arabic Reading 1 Hour 5 Minutes 14:00-15:05 pm
Thursday	Mathematics Non-calculator (Paper 1) 1 Hour 30 Minutes 10:15-11:45 am	History (Paper 1) 1 Hour 15 Minutes 14:00-15:15 pm
Friday	English Literature (Paper 1) 1 Hour 45 Minutes 10:15-12:00 pm	Religious Education (Paper 1) 1 Hour 45 Minutes 14:00-15:45 pm

Year 11 Mock Week 2 2022-2023: 21/11/22 – 25/11/22

	AM	PM
Monday	Geography (Paper 3) 1 Hour 30 Minutes 10:15-11:45 am	Science Physics (Paper 1) 1 Hour 10 Minutes 14:00-15:10 pm
Tuesday	English Language (Paper 2) 1 Hour 45 Minutes 10:15-11:45 am	Citizenship (Paper 2) 1 Hour 45 Minutes 14:00-15:45 pm
Wednesday	Islamic studies (IGCSE) Section A and Section B 1 Hour 10:15-11:15 am	Arabic Writing 1 Hour 25 Minutes 14:00-15:25 pm
Thursday	Mathematics Calculator (Paper 2) 1 Hour 30 Minutes 10:15-11:45 am	History (Paper 2) 1 Hour 14:00-15:00 pm
Friday	English Literature (Paper 1) 2 Hour 10:15-12:15 am	Religious Education (Paper 2) 1 Hour 45 Minutes 14:00-15:45 pm

Anti Bullying week

This week we are taking part in Anti- Bullying Week and completing lots of different activities and assemblies where we are reinforcing the messages about how our school approaches bullying. This includes knowing what steps to take if someone is being bullied, ensuring our pupils know what to do if they are being bullied, how to deal with anyone who bullies and that everyone should take bullying seriously because of the long-term impact it can have on friendships, self-esteem as well as emotional and mental health and wellbeing.

The theme for Anti-Bullying week is 'Reach Out'. This theme came about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England and Wales. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Following the success of the campaign in 2021 – when 80% of schools marked the week, reaching over 7.5 million children and young people – Anti-Bullying Week will remind everyone whether it's in school, at home, in the community or online, let's reach out and show each other the support we need.

For more information about Anti-bullying 2022, please visit <https://anti-bullyingalliance.org.uk/anti-bullying-week>

Odd socks day

This week kicked off with Odd Socks Day on Monday 14th November, where adults and students wore odd socks to celebrate what makes us all unique.



Anti bullying poems by Year 10

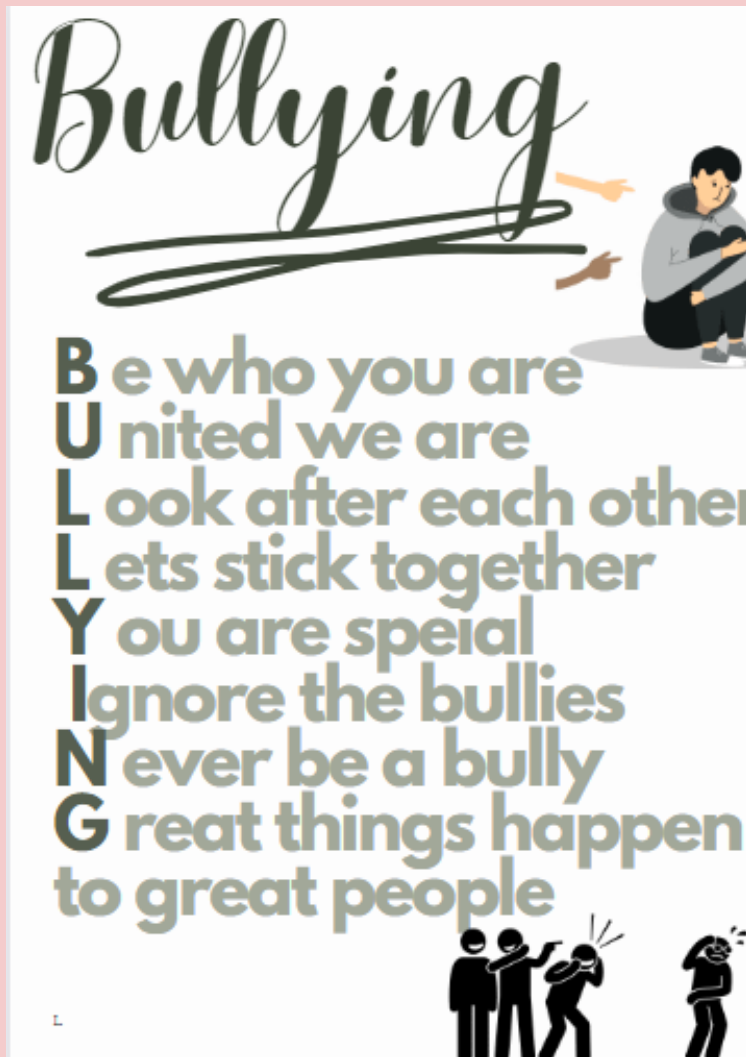
Bullying

When you chose to become my bully,
I did not understand fully.
Why do you want to make me cry?
Will you please tell me your reasons why?

When you choose to throw at me your hurtful words
and the constant taunting,
Melancholy mood will forever be haunting.
When you express and announce the spiteful words you speak,
I feel like a mouse being chased by a large cat, squeak squeak.

You decide to do this everyday,
But why do you always have to act this way?

...



"Friends of Quwwat" fundraising event

Alhamdulillah our "Friends of Quwwat" members will hold a fundraising event on **Tuesday 20th December 2022**. All donations raised will go towards our school to help enrich the curriculum and support our students' education.

More details about the event will be shared with you in the coming weeks, inshaAllah. We pray you can help support our fundraising event.



SENCo Drop in Session





Special Educational Needs & Disabilities

SENCo Drop in Session
An opportunity for parents to meet
our SENCo



Date:
Wednesday
30th November
2022

Time:
8.00am - 9.00am

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QUIGS

SPOTACULAR

**NON UNIFORM
DAY**

**Friday 18th
November 2022**

Wear non uniform or spotty
clothes and bring in 50p in
aid of



**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**

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Achievements

Muslimah of the Week Week beginning 7th November 2022

Reception: Rafa Hossain

Year 1: Mariyam Anwar

Year 2: Mehak Jabir

Year 3: Safiyyah Mahmood

Year 4: Hiba Nawrish

Year 5: Afifa Kayani

Year 6: Misbah Mulla

Year 7: Suraiya Rida Sheikh

Year 8: Inaya Shah

Year 9: Aliyah Ali

Year 10: Suraiya Uddin

Year 11: Arifah Choudhury

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



Week beginning	07/11/22 - 11/11/22
Academic Year	November 2022

Year Group	Attendance	Punctuality
Reception	92.4%	99.2%
Year 1	96.3%	98.1%
Year 2	97.7%	99.4%
Year 3	94.2%	99.7%
Year 4	96.7%	99.3%
Year 5	92%	98.5%
Year 6	95.2%	99.1%
Year 7	92.8%	98%
Year 8	94.7%	98.3%
Year 9	93%	97.3%
Year 10	92.3%	98.2%
Year 11	94.9%	97.9%

Attendance Ladder

How close are you to reaching to the top?



This week's overall attendance: **94%**

Our overall Attendance Target: **96%**

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

Dates for Diaries

Monday 14th November 2022- Friday 25th November 2022

- Year 11 Mock Examinations

Friday 18th November 2022

- GOSH - Non uniform day

Wednesday 21st December 2022

- Drop Down Day/Last day of term

Thursday 22nd December 2022 - Friday 6th January 2023

- School holiday (School closed)

Monday 9th January 2023

- Return to school

Please be aware that these dates will be updated regularly.




WINTER WELLNESS

Get your vaccines

- COVID-19 Vaccines:** everyone over 5 years old is eligible. Most people are eligible for 2 vaccines, a booster, and some seasonal boosters
www.newham.gov.uk/covidvaccine
- Flu:** anyone 50 and over, anyone who is pregnant, people with specific health conditions
www.newham.gov.uk/flu
- Polio, MMR and other childhood immunisations:** children can catch up on their vaccines at any time see www.newham.gov.uk/childhoodimmunisations for more information

Keep yourself safe from COVID-19, Flu and winter viruses

- Let fresh air in if meeting indoors, or meet outside
- If you have symptoms of COVID-19 or flu, try to avoid contact with others, especially vulnerable people, until you feel better
- Wash your hands regularly for at least 20 seconds with warm water and soap

Staying healthy

- Eat fresh fruit and vegetables as much as you can and aim for one hot meal a day
- Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity) www.newham.gov.uk/community-parks-leisure/physical-activity
- Stay connected and try to talk to at least one other person every day. Get in touch with connect Newham for a friendly conversation www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending or your local Community Neighbourhood Link Workers www.newham.gov.uk/cnlw or email cnlw@newham.gov.uk

What to do if you feel unwell

- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.
- Collect your free vitamins. If you're 65 or older, find out more at: www.newham.gov.uk/vitamin or call 020 8981 7124. If you're pregnant or have a child under 4, find out more at www.newham.gov.uk/healthystart
- Contact your pharmacist who can give advice and over-the-counter medicines for coughs, colds, sore throats and general aches and pains. They can also tell you if you need to see a GP, nurse or other healthcare professional
- Contact your GP or NHS 111 or visit www.nhs.uk if things are more serious
- If you have a medical emergency, call 999 or go to your nearest A&E department
- If you want to talk to someone about your mental health call Newham Talking Therapies on 0208 175 1770 or the Crisis line 0800 073 0066

Getting help with the cost of living

- Contact Our Newham Money if you're not able to afford heating, food or other essentials www.ournewhammoney.co.uk or call 020 8430 2041
- The Newham Food Alliance can help with food. Contact 07790 975086 or email frontdoor@newhamfoodalliance.org
- Find out more about winter grants for fuel www.newham.gov.uk/health-adult-social-care/staying-well-winter/6
- Find out more about free grants to improve insulation in your home from GLA Warmer Homes 0300 555 0195 or contact shine@islington.gov.uk
- It is important to warm your home safely and reduce any risks. For more information visit www.london-fire.gov.uk/safety/the-home

Find out more at www.newham.gov.uk/wellwinter

BUILDING A FAIRER NEWHAM

Assemblies

Primary

Date	Year Group	Topic
4/11/22	Ms Zainab	Guy Fawkes Night
11/11/22	Ms Hafsa	Inter Faith Week
18/11/22	Ms Chowdhury	Anti-Bullying Week
25/11/22	Ms Raisah	Road Safety Week
02/12/22	Ms Mahfuza	Human Rights Day
9/12/22	Ms Zainab	Love for Reading
16/12/22	Ms Hafsa	Isa (as) - Islamic belief

Secondary

Date	Year Group	Topic
02/11/2022	Ms S Begum/Ms Ismati	Inter Faith Week
16/11/2022	Ms Anwara/Ms Munshi	Anti-bullying week
30/11/2022	Ms Siraj	The International Day for the Elimination of Violence Against Women
14/12/2022	Ms Kabay/Ms Fitch	Human Rights Day
21/12/2022	SY Teachers	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.

