

QUWWAT-UL-ISLAM GIRLS' SCHOOL

Newsletter

Telephone: 020 8548 4736

Email: info@quwwatulislam.com

Website: www.quwwatulislam.com



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

Date: Wednesday 22nd March 2023

Islamic Date: 30 Sha'ban 1444 AH

Term: Spring 2.2

Issue: 24

HADITH OF THE WEEK: The Prophet (ﷺ) said, "concerning Ramadan: 'In it the gates of Heavens are opened and the gates of the Fire are shut, and every devil is fettered. A caller calls out every night: O seeker of good, proceed; O seeker of evil, desist!'"

Assalamu'alaikum Warahmatullahi Wabarakatuhu

Dear Parent/Carers,

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

Last Friday, 'Friends of Quwwat' held a Food Sale fundraising event. Alhamdulillah the fundraising event raised over £900!

On Behalf of Quwwat-ul-Islam Girls' School, we would like to say a huge JazakAllah Khair and express our sincere gratitude and appreciation to the Friends of Quwwat for their phenomenal contribution and dedication.

I would also like to extend my gratitude to all of our parents that attended the event and helped to support the school, JazakAllah Khairan.

I would like to take this opportunity to wish you all **Ramadan Mubarak!** I pray you all have a happy and productive month and wish you well in all your devotions.

May it be filled with deeds that bring us closer to Him SWT. May this month be a cause of attaining Allah SWT's mercy and pleasure, freedom from the Hellfire and entry into Jannah, Ameen.

Kind regards,
Mrs Member

Ramadan timings

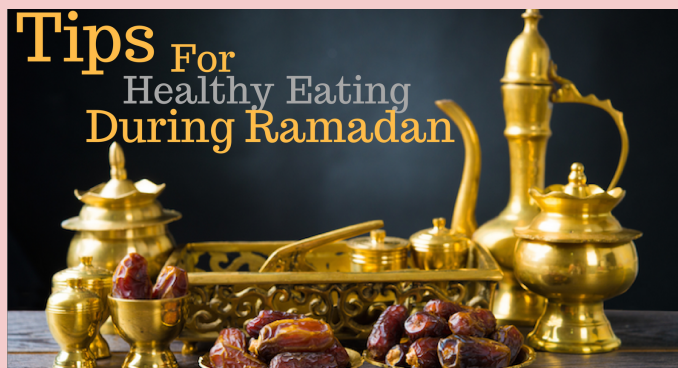


Please note that the following changes will take place from the week beginning **Monday 27th March 2023:**

SY- Students are to come in for **9:00am start** and will be dismissed at their usual time **3.25pm.**

PY- Students are to come in for **9:15am start** and EYFS and KS1 will be dismissed at their usual time.

All boosters and after school clubs will be cancelled from Monday 27th March 2023 due to Ramadan.



Millions of people from around the world will be recognizing this Islamic holy day through prayer and dawn to dusk fasting. Fasting can be done safely if you take the necessary precautions— especially for those with certain medical conditions. If you will be taking part in Ramadan, here are some helpful tips to ensure you stay in good health throughout the month.

1. Hydrate before eating - Before you break your fast, be sure to drink plenty of fluids to prevent dehydration. Water is the best source of hydration.
2. Dates help break your fast - According to tradition, dates are eaten at the start of the iftar meal. Dates are a natural source of sugar, which helps to balance low blood sugar and fuel the body with much needed energy.
3. Enjoy a bowl of soup - Soups are always an excellent choice to break your fast because they keep you hydrated and are packed with vitamins and minerals.
4. Eat your greens - Vegetables are packed full of vitamins, minerals and fibre. Colourful salads are always healthier because they contain many different kinds of nutrients.
5. Choose healthy carbs - The iftar meal should contain healthy, complex carbohydrates. Some good choices may include brown rice, whole grain pasta, whole grain breads, potatoes and burghul.
6. Eat lean protein - During iftar, consuming healthy lean proteins are very important. Healthy, complete proteins such as beef, milk, yogurt, eggs, cheese, fish, and poultry contain a variety of amino acids and are critical to maintaining and producing muscle mass.
7. Don't rush your meal - There's no need to rush through a meal. Breaking your fast by eating too much at once, too quickly, can cause indigestion and other gastric problems. Slowly eating smaller portions is the best way to prevent weight gain and is better for your overall health.
8. Avoid foods high in fat, sodium and sugar - Heavy meals that contain lots of saturated fat, sodium and sugar should be avoided whenever possible. Instead of preparing fried meals, try baking, steaming, grilling, stewing and roasting.
9. Engage in a mild exercise routine - During the first few days of fasting, you may be feeling fatigued. Don't push yourself to exercise too hard. Instead try a milder, low impact exercise routine.
10. Safe fasting tips for high-risk individuals - Despite being exempted by religion, many Muslims who have health conditions that put them at higher risk still decide to fast on Ramadan.

Ramadan journals

The Year 7 students made some excellent Ramadan journals using Canva, an online graphic design app. Here are some of the students journals:



Have a go at creating your own Ramadan journal. Use the following website to give you ideas on how to create your own journal:

<https://drshahira.com/how-to-create-a-custom-ramadan-journal/?cn-reloaded=1>

Maths Open morning

Last Wednesday, we held a Maths Open Morning and invited parents and carers into our classrooms to find out how we teach KS1 and KS2 Maths at Quwwat-UI-Islam Girls' School. Everyone had a chance to spend some time working with their children and to observe some of the exciting maths activities taking place. It was wonderful to have many parents and carers come along to see how they can support their child's learning.

We hope you enjoyed the morning and that you have come away from the session with a deeper understanding of the various approaches to teaching KS1 and KS2 maths.

Here are some examples of the maths experiments that took place in Year 2 from our Open morning:

Mass

Investigation 1: Using a balance:

What is lighter, 10 pieces of cotton wool or a cube?

Capacity

Investigation 2: Measuring Cylinder:

Which measuring cylinder has the smallest capacity?

Which measuring cylinder has the largest capacity?

Volume

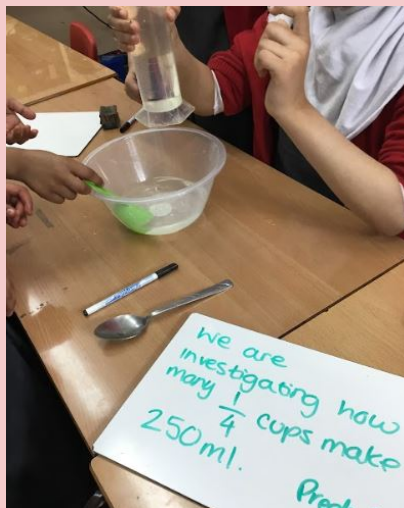
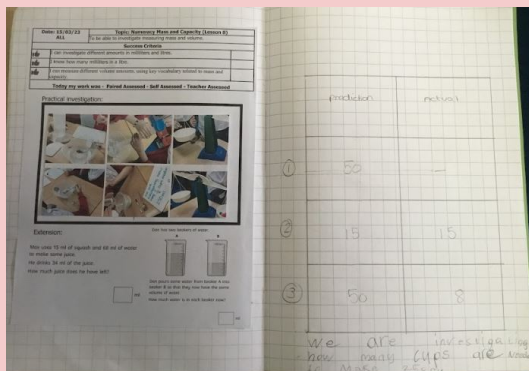
Investigation 3: Using a tablespoon:

How many tablespoons do you need to make 10ml?

How many tablespoons do you need to make 30ml?

Investigation 4: Create your own investigation:

What do you predict? What will you find out?

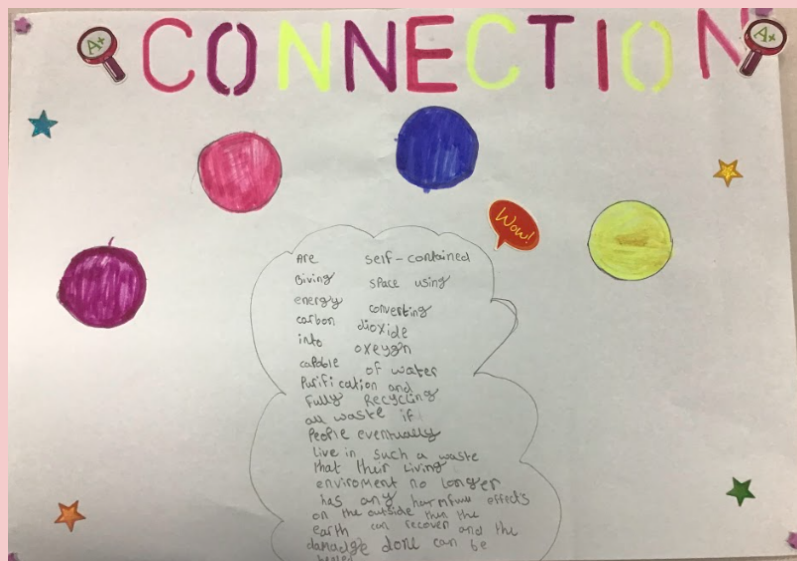
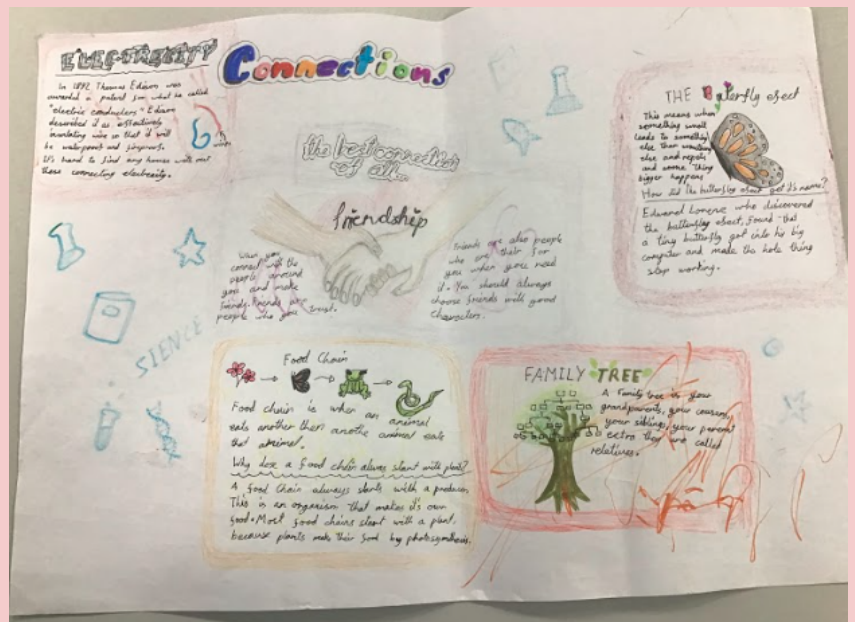
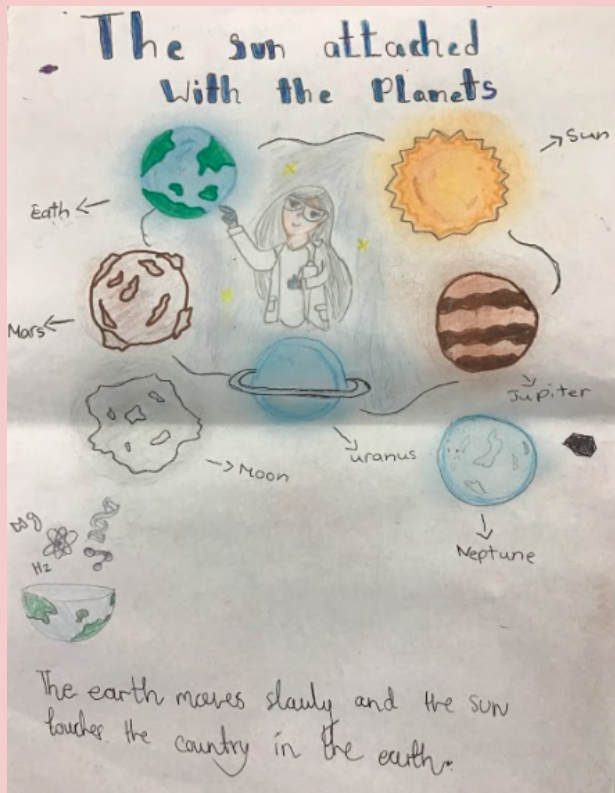


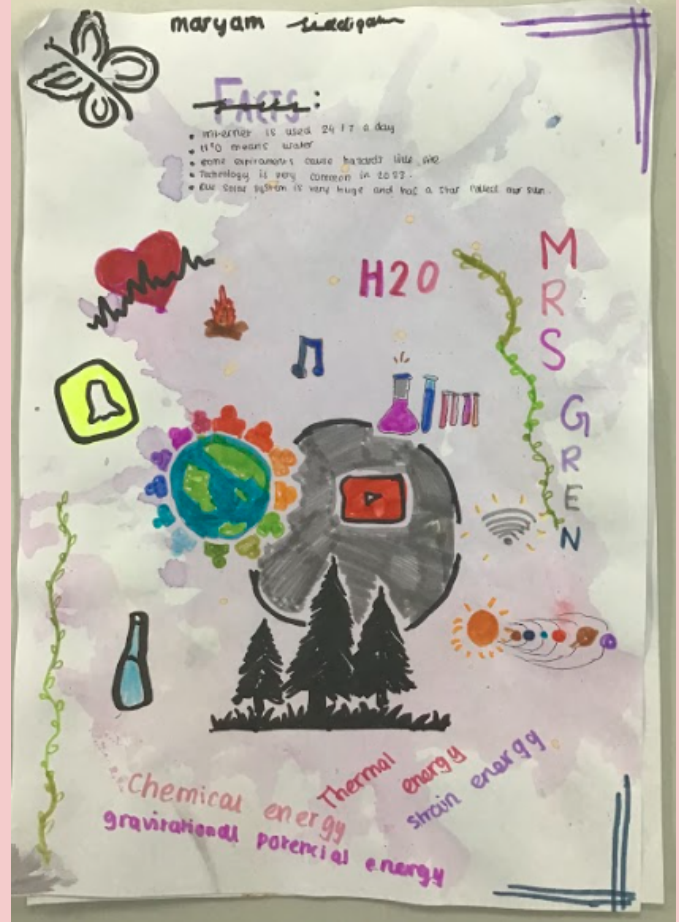
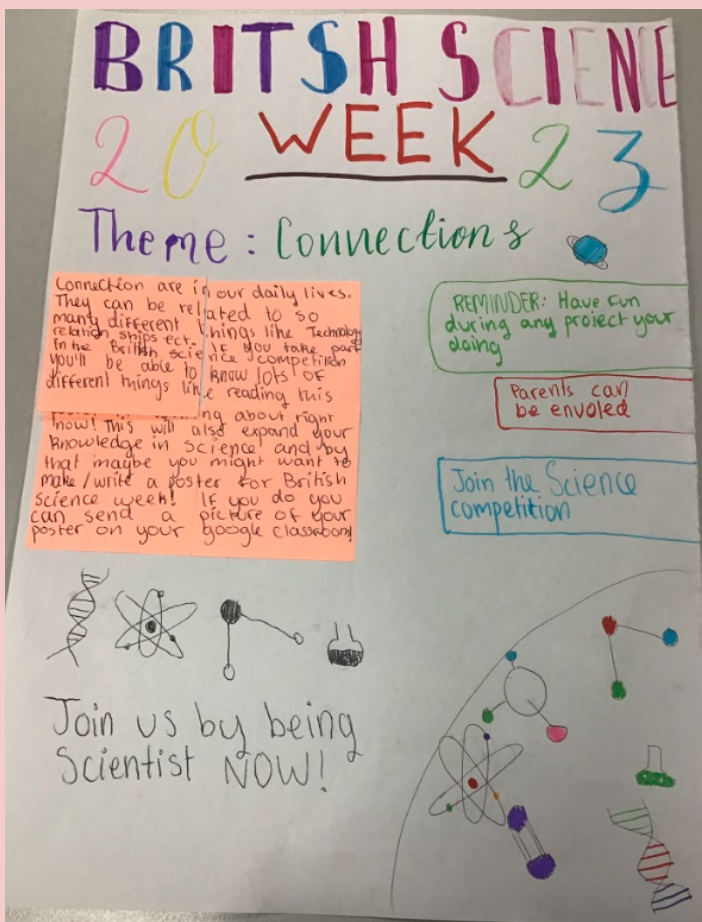
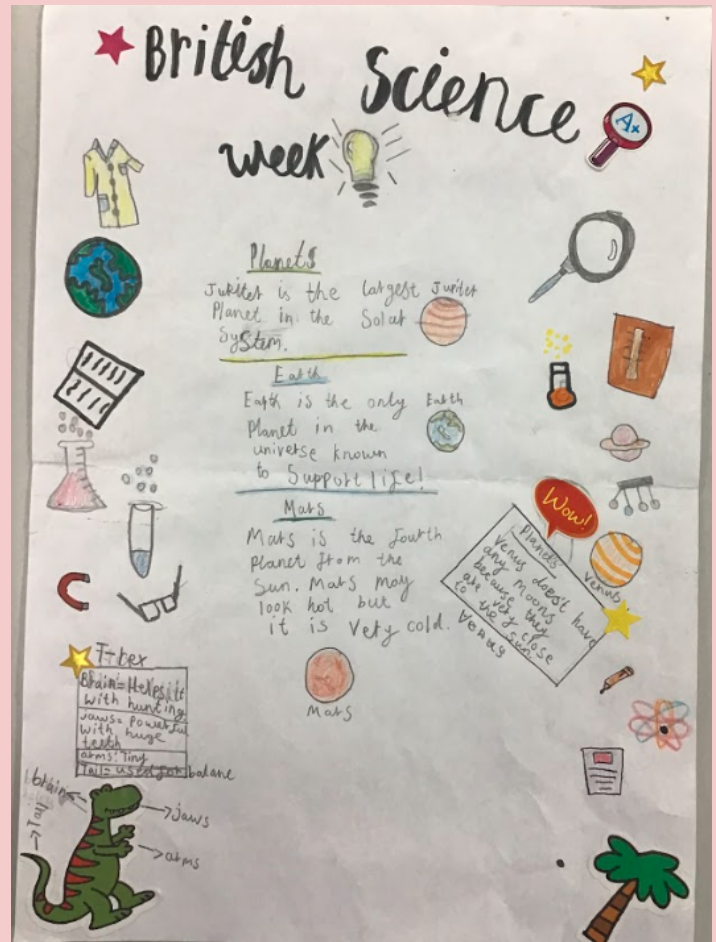
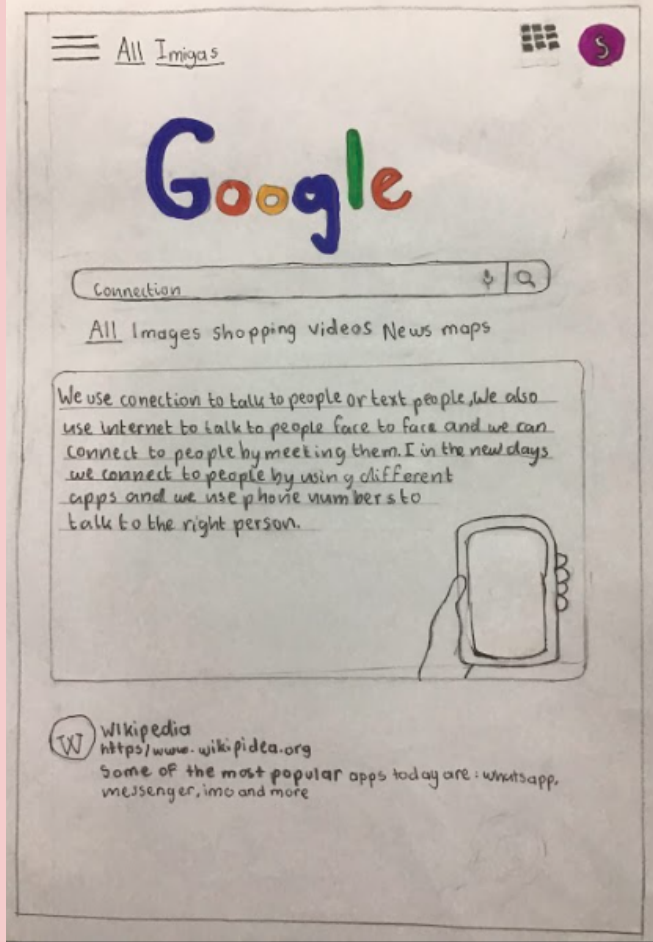
British Science week competition

As we celebrate togetherness, after a period where isolation was a sad but necessary reality, 'Connections' is an apt theme for British Science Week 2023. Nearly all innovations in science, technology, engineering and maths are built on connections between people.

The students of Quwwa-ul-Islam Girls' School took part in a poster competition to show what 'Connections' means to them, for example exploring how our body parts are all connected and work together, the connection between our actions and the impact on our environment, or even how internet connection has changed the world.

Here are some of the students fantastic posters:





The Great Ormond Street Hospital Children's Charity National Eid Card Competition



GOSH Charity Great Ormond Street Hospital Children's Charity (GOSH Charity) is launching its national Eid card competition for the second year running.

With Ramadan and Eid being an important part of Muslim practices and celebration, GOSH Charity is inviting children from across the UK to enter this exciting new competition to help celebrate Eid at Great Ormond Street Hospital (GOSH).

To enter the competition and help the hospital celebrate Eid, simply create your unique Eid card design and submit it by Sunday 2 April to the website here ([link live from 6th March](#)).

There are some amazing prizes for the runners up and winner of the competition, who will have their card shared with staff and families at the hospital, bringing some fun to GOSH for this important religious festival. The winner will also receive copies of their Eid card to share with loved ones to wish them an Eid Mubarak.

The competition is open to children aged 16 and under, and parents need to submit their design by Sunday 2 April.

Find out more and how to enter at fundraise.gosh.org/eidcard.

GOSH Charity are so excited to celebrate Eid with your wonderful card designs. Good luck and Eid Mubarak!

For more information please contact Lauren Harris-Dainty (lauren.harris-dainty@gosh.org)

About the National Eid Card Competition

- The competition is open to children aged 16 and under.
- The competition closes at 23.59 on Sunday 2 April.
- Winners will be contacted shortly after the closing date.
- Designs must be submitted to the details given at fundraise.gosh.org/eidcard.
- Children aged 11 or under will need a parent/guardian to submit the design on their behalf.
 - Full terms and conditions can be found at fundraise.gosh.org/eidcard.

Achievements

Muslimah of the Week Week beginning 13th March 2023

Year 1: Madiha Salah Uddin

Year 2: Nabiha Kamran

Year 3: Hafsa Kara

Year 4: Assiatou Dapaah

Year 5: Asya Zarar

Year 6: Maryam Siddiqah

Year 7: Tasneem Ibrahim

Year 8: Duwa Sayeda

Year 9: Tanjima Torsa

Year 10: Aleena Farhan

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

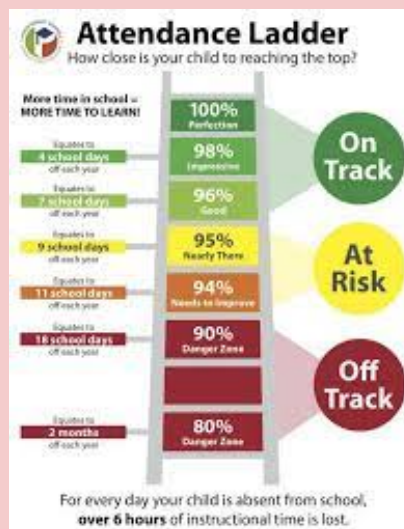


Attendance and punctuality Week beginning 13th March 2023



Week beginning	13/03/23 – 17/03/23
Academic Year	March 2023

Year Group	Attendance	Punctuality
Reception	96.7%	100%
Year 1	85%	100%
Year 2	92%	99.3%
Year 3	87.5%	100%
Year 4	94.7%	100%
Year 5	85.8%	96.2%
Year 6	89.1%	99.9%
Year 7	89.8%	99%
Year 8	88.3%	99%
Year 9	85.7%	97.9%
Year 10	94.7%	98.4%
Year 11	92.9%	98.7%



This week's overall Attendance: **90%**

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

Friday 31st March 2023

- Last day of Spring term

Monday 3rd April 2023-Monday 14th April 2023

- Holiday (school closed)

Monday 17th April 2023-Friday 21st April 2023

- Eid Holiday

Monday 24th April 2023

- Return to school and school Eid party

Please be aware that these dates will be updated regularly.



Sewing and Mending Meet Up

Have you got clothes that needs repairing?
Bring along and learn how to mend and alter them.
Basic haberdashery provided.

Wednesdays from 02:30 -04:30 pm
March 22 & 29
April 19
May 24
June 14 & 28

The Gate Library
Forest Gate
2-6 Wood grange Road
E7 0QH

Free Event
No Booking necessary

Assemblies for Spring 2

Primary

Date	Year Group	Topic
24/02/23	Ms Duha	National Storytelling Week
03/03/23	Ms Chowdhury	World Book Day
10/03/23	Ms Mahfuza	Science Week (11-03-23 to 20-03-23)
17/03/23	Ms Zainab	Science Exhibition
24/03/23	Ms. Mahfuza	World Poetry Day
31/03/23	Ms Chowdhury	Shakespeare Week

Secondary

Date	Year Group	Topic
22.02.23	SY Students & Teachers	Drop Down Day
08.03.23	Ms Anwara/Ms Munshi	Science Week (11-03-23 to 20-03-23)
15.03.23	All teachers	Preparation for Science Exhibition
22.03.23	Ms Siraj	World Poetry 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.