

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 15th November 2023

Islamic Date: 1 Jumada I 1445

Term: Autumn 1.2

Issue: 9

HADITH OF THE WEEK: On the authority of Abu Dharr Jundab Ibn Junadah, and Abu Abdur-Rahman Muadh Bin Jabal (May Allah be pleased with them both), that the messenger of Allah (Peace and Blessings of Allah be upon him) said: "Have taqwa (fear) of Allah wherever you may be, and follow up a bad deed with a good deed which will wipe it out, and behave well towards the people." Reported in Tirmidhi

Assalamu'alaikum Warahmatullahi Wabarakatuhu

Dear Parent/Carers,

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

GCSE mock examinations for Year 11 commenced this week and will be complete at the end of next week inshaAllah. During these two-weeks Year 11's will have completed mock examinations in all GCSE and vocational subjects that they are due to be externally examined on next summer. The results of the examinations will be shared with students, parents, and carers in due course.

It is vital that students prepare well for the GCSE mock examinations. The November mock results will inform teachers of where students are in their learning, any gaps they have and how to support students to reach their full potential.

Parents and carers, please kindly support your daughter with her revision where you can.

Encourage daily revision, a healthy diet, an early bedtime and a prompt arrival to school every morning.

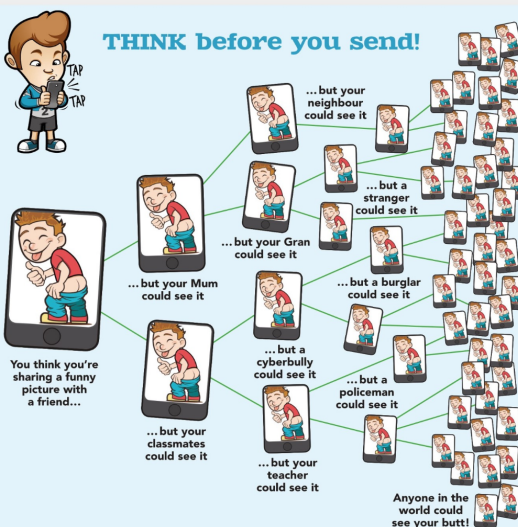
I'm very much looking forward to a positive set of results, having seen all their hard work, inshaAllah.

**Kind Regards,
Mrs Member (Headteacher)**

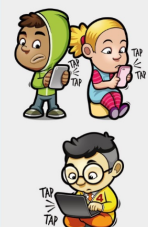
Skips Safety Net

Keeping children safe online

Parent Guides to Online Safety



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



If you share it, you are involved

If you have, or forward an indecent image of someone under 18, it is a criminal offence. It can affect your future.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Skips

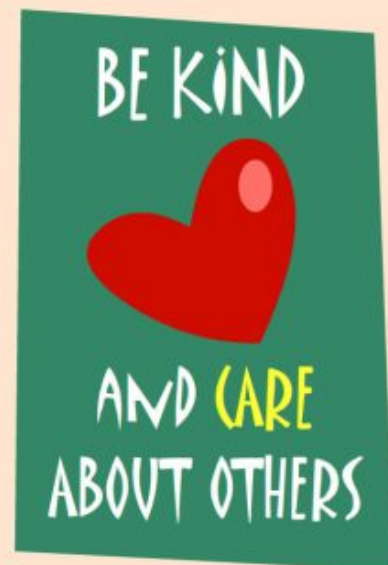
www.skipssafetynet.org

Developed in partnership with



Winter **WELLBEING**

**How to beat the
bugs and blues**



One kind word can warm three winter months

Japanese Proverb

Explore more at: www.liggywebb.com

Year 11 Mock Week 1
2023-2024: 13/11/23 – 17/11/23

Date	Exam	Time
13/11/23 AM	Geography B Paper 1 1 hour 30 mins	10:15am - 11:45am
13/11/23 PM	Combined Science - Biology (Paper 1) 1 hour 10 mins	14:00 pm - 15:10pm
14/11/23 AM	English Language (Paper 1) 1 hour 45 mins	10:15am - 12:00pm
14/11/23 PM	History (Paper 1) 1 hour 15 mins	14:00pm - 15:15pm
15/11/23 AM	Combined Science - Chemistry (Paper 2) 1 hour 10 mins	10:15am - 11:25am
15/11/23 PM	Arabic: Reading and Understanding (Paper 3) 1 hour 5 mins	14:00pm - 15:05pm
16/11/23 AM	Maths (Paper 1) 1 hour 30 mins	10:15am - 11:45am
16/11/23 PM	Citizenship (Paper 1) 1 hour 45 mins	14:00pm - 15:45pm
17/11/23 AM	English Literature (Paper 1) 1 hour 45 mins	10:15am - 12:00pm
17/11/23 PM	Religious Education (Paper 1- Christianity) 1 hour 45 mins	14:00pm - 15:45pm

Year 11 Mock Week 2
2023-2024: 20/11/23 – 24/11/23

Date	Exam	Time
20/11/23 AM	Geography B (Paper 3) 1 hour 30 mins	10:15am - 11:45am
20/11/23 PM	Combined Science - Physics (Paper 3) 1 hour 10 mins	14:00 pm - 15:10pm
21/11/23 AM	English Language (Paper 2) 1 hour 45 mins	10:15am - 12:00pm
21/11/23 PM	History (Paper B4) 1 hour 45 mins	14:00pm - 15:45pm
22/11/23 AM	Religious Education (Paper 2A) 1 hour 45 mins	10:15am – 12:00pm
22/11/23 PM	Arabic: Writing (Paper 4) 1 hour 25 mins	14:00pm - 15:25pm
23/11/23 AM	Maths (Paper 3) 1 hour 30 mins	10:15am - 11:45am
23/11/23 PM	Citizenship (Paper 2) 1 hour 45 mins	14:00pm - 15:45pm
24/11/23 AM	English Literature (Paper 2) 2 hours 15 mins	10:15am - 12:30pm
24/11/23 PM	Religious Education (Paper 1- Islam) 1 hour 45 mins	14:00pm - 15:45pm

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 '**Make A Noise About Bullying**'. – The theme of Make A Noise About Bullying came about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England, Wales and Northern Ireland. 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 2022 – 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, we can bring an end to bullying.

For more information about Anti-bullying 2023, please visit <https://anti-bullyingalliance.org.uk/anti-bullying-week>

Odd socks day

This week kicked off with Odd Socks Day on Monday 13th November, where adults and students wore odd socks to celebrate what makes us all unique.

Alhamdulillah, with your support and generosity, we have raised **£50**. Your donation will go to **Kidspace**, a small charity that helps protect vulnerable children. Your donation will help make a difference to keep children safe from bullying and harm, inshAllah. JazakAllah Khair for all your support!



Achievements

Muslimah of the Week Week beginning 6th November 2023

Reception: Tasnia Hossain

Year 1: Yusra Bint Mujib Ali

Year 2: Misha Shah

Year 3: Humaira Kabir

Year 4: Saudah Tasneem

Year 5: Hawen Fatah

Year 6: Fabiha Fayruz

Year 7: Fatima Patel

Year 8: Faizah Zaman

Year 9: Tasnim Hossain

Year 10: Tanjima Torsa and Shifa Rayhan

Year 11: Rayaane Farrugia

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



Week beginning	06/11/23 – 10/11/23
Academic Year	November 2023

Year Group	Attendance	Punctuality
Reception	85.9%	99.2%
Year 1	90.4%	98.5%
Year 2	94.4%	98.6%
Year 3	95.2%	99.4%
Year 4	94.2%	100%
Year 5	88.7%	99.3%
Year 6	97.7%	97.7%
Year 7	95.7%	98.3%
Year 8	88.8%	96.9%
Year 9	94.4%	98.7%
Year 10	93.4%	94.1%
Year 11	91.4%	98.7%

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



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 13th November 2023- Friday 24th November 2023

- Year 11 Mock Examinations

Monday 13th November 2023- Friday 24th November 2023

- Anti-Bullying Week

Wednesday 13th December 2023

- Drop Down Day

Friday 15th December 2023

- Last day of half term

Monday 18th December 2023 - Tuesday 2nd January 2024

- School holiday (School closed)

Wednesday 3rd January 2024

- Return to school

Please be aware that these dates will be updated regularly.

Assemblies

EYFS and Primary

Date	Year Group	Topic
3/11/23	Ms Fatima	Guy Fawkes
10/11/23	Ms Mahfuza	Remembrance Day
17/11/23	Ms Zainab	Children around the world
24/11/23	Ms Chowdhury	International Day of Solidarity with the Palestinian People
01/12/23	Ms Rizwana	Rosa Parks Day
8/12/23	Ms Faiza	International day of disabled person
15/12/23	Ms Mahfuza	Christmas in Islam (Teacher led Assembly)

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.





Staying well this winter

Get your vaccines

- **COVID-19:** seasonal vaccines are available for people over 65, in a clinical risk group, who live with someone who is immunocompromised, or a carer. www.newham.gov.uk/covidvaccine
- **Flu:** people who are 65 and over, anyone who is pregnant, and 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.wellnewham.org.uk/childhood-vaccinations for more information.



Keep yourself safe from winter illnesses

- Let fresh air in if meeting indoors, or meet outside.
- If you feel unwell, try to stay home and avoid contact with others, especially vulnerable people, until you feel better. If you have to go out, wear a face covering.
- Wash your hands regularly for at least 20 seconds with warm water and soap.
- Cover your mouth and nose when coughing or sneezing. Use tissues and throw them away, and wash your hands.



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.wellnewham.org.uk/keeping-active
- Connect with others and check in on your friends and neighbours. Find out about the different ways to stay connected in Newham, including the Community Neighbourhood Link Worker. Visit www.newham.gov.uk/CNLW



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 60 or older, find out more at www.wellnewham.org.uk/vitamin-d or call 020 8981 7124. If you're pregnant or have a child under 4, find out more at www.wellnewham.org.uk/healthy-start
- 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 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** (24 hours a day, every day).



Getting help with the cost of living

- Our Newham Money can help 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. Call 07790 975086 or email frontdoor@newhamfoodalliance.org
- Find out more about energy grants, advice and services: www.newham.gov.uk/energygrantsadvice
- Stay Warm in Newham: info@renewalprogramme.org.uk or 020 8471 6954
- 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 what support is available to help with the cost of living: www.newham.gov.uk/costoflivingresponse



Find out more at www.wellnewham.org.uk/winter-wellness

2023/2024

