

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 7th February 2024

Islamic Date: 26 Rajab 1445 AH

Term: Spring 2.1

Issue: 19

HADITH OF THE WEEK: On the authority of Abu Hurayrah (RadhiyAllahu 'anhu) that the Prophet (SallaAllahu 'alayhi wasallam) said: "Whosoever removes a worldly grief from a believer, Allah will remove from him one of the grievances of the Day of Judgment. Whosoever alleviates the needs a needy person, Allah will alleviate his needs in this world and the next. Whosoever conceals the faults of a Muslim, Allah will conceal his faults in this world and the next. [Reported by Muslim]"

Assalamu'alaikum Warahmatullahi Wabarakatuhu

Dear Parent/Carers,

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

Last Thursday, the students took part in wearing a coloured/pattern scarf last Friday to celebrate 'World Hijab Day'. The students came into school wearing hijabs of various colours to celebrate something that binds us and is so integral to our identity.

Alhamdulillah, we have come to the end of this half term. On behalf of Quwwat-ul-Islam, we would like to wish you a restful and safe break and InshaAllah, we will see you all back on **Monday 19th of February 2024** for our next half term.

I pray that you all have a restful and safe half term break.

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

Children's Mental Health week

This week is Children's Mental Health Week. The theme this year is '**My Voice Matters**'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.



When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

This week, we shall be incorporating into our lessons, activities to support our students to find out ways of expressing and understanding their own, as well as one another's feelings and emotions.

'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.

Achievements

Muslimah of the Week **Week beginning 29th January 2024**

Reception: Selma Achrafi

Year 1: Irtiza Kabir

Year 2: Misha Shah

Year 3: Akhirah Maleha

Year 4: Imaan Zeddarn

Year 5: Ayesha Ullah

Year 6: Asya Zarar

Year 7: Amelia Shanzay

Year 8: Nabila Choudhury

Year 9: Duwa Syeda

Year 10: Fatima Siddiqah

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



Safer Internet Day

Safer Internet Day 2024 took place yesterday, 6th of February 2024, with celebrations and learning based around the theme '**Inspiring change? Making a difference, managing influence and navigating change online**'. The main goal of Safer Internet Day is to raise awareness and start a conversation about online safety, particularly with young people who may not be fully equipped with how to stay safe when using the internet. Unfortunately, one company alone cannot make the whole internet safe, but lots of people working together can have a big impact. The aim is to make a safer and better internet for everyone, children and adults alike!

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, the students created presentations on how to use social media safely and how to make safe accounts.

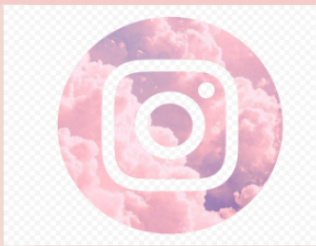
EXAMPLES OF SOCIAL MEDIA



Youtube age-13



Tik Tok age-13



Instagram age-13



Twitter age -13



Pinterest age-13



Houseparty age-13



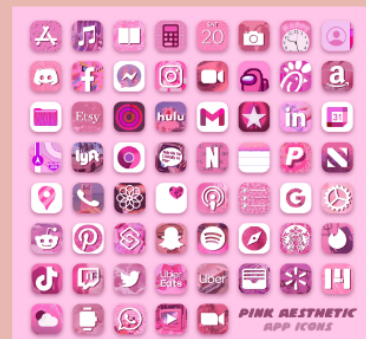
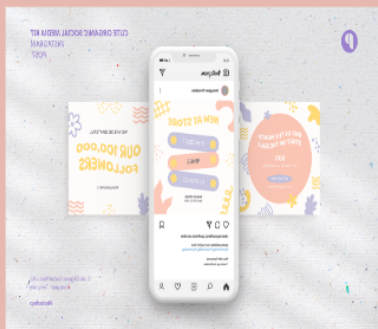
Discord age-13



Snapchat age-13

What is social media?

Social media is a form of Internet-based communication that became popular in the late 20th and early 21st century. Today billions of people use social media to create, and display information, ideas, personal messages, and other content, such as videos.



Creating an account



Account name : use a nickname

Profile pictures: Use an avatar or a random photo

Bio: describe yourself but do not put your address or school

Public or private: private

Receiving messages from strangers



What to do :

- Do not click on any links or attachments
- Block ASAP
- Tell an adult
- Report

Safer Internet Day at Beckton Globe Library

Join us at Beckton Globe Library for a fun, free and interactive session with Barclays bank for children aged 6 to 11 on how to keep safe online.



Date: Wednesday 7 February

Time: 3.30pm - 5.00pm

Location: Beckton Globe Library, 1 Kingsford Way, E6 5JQ

For children aged 6 to 11.

No booking required.

Session includes:

- Password safety
- In-app purchases
- Scams on well-known online games
- General understanding of online messaging and how to stay safe.

Free activities this February Half Term



Free activities for children and young people this half term! Come and try a variety of activities. Sessions include Cricket, Basketball, Badminton and Football! The programme will take place at both East Ham Leisure Centre and Newham Leisure Centre.

Times / Ages:

12pm-2pm – 5-11 years
2pm-4pm – 12-16 years

Mini Activities

Introducing your little ones to sport can be great fun. Come along and try our Free Mini activity offer including: Mini Tennis, Mini Dance, Mini Yoga & Mini Kickers at East Ham Leisure Centre and Newham Leisure Centre.

Times / Ages:

11am-12pm – 3-5 years

Inclusive Activity

Come and try a variety of free taster sessions in a range of sports and activities for children and young people with disabilities on Monday 12th and Tuesday 13th February only at East Ham Leisure Centre.

Times / Ages:

12pm-2pm – 8-18 years

Dates: Monday 12th-Friday 16th February

Venues:

East Ham Leisure Centre, 324 Barking Rd, London E6 2RT
Newham Leisure Centre, 281 Prince Regent Lane. London E13 8SD



To book: www.eventbrite.com/cc/newham-february-half-term-youth-activity-2928919

For more information: sports@activenewham.org.uk or 07741 293506

Apprenticeship Fair

The Newham Apprenticeship Fair will be an opportunity for Newham residents and students to explore the range of apprenticeships available. During the event you will be able to:

- meet a wide range of employers with live apprenticeship opportunities
- learn more about different companies and sectors
- understand the application process
- explore different apprenticeship levels
- find out about pay and benefits
- hear from the experience of current and previous apprentices'
- have the opportunity to network.

For more information and to book the event please visit:

<https://www.eventbrite.co.uk/e/newham-apprenticeship-fair-2024-tickets-780151412877>

Parents who wish to take their daughters (Year 11) to the fair are welcome to do so and leave will be authorised inshaAllah.

10/01/2024, 13:29 Email - Zainab Abdulwattar - Outlook

Newham London Apprenticeships National Apprenticeship Week 5th to 11th February 2024 OUR NEWHAM BUSINESS & ENTERPRISE

**WE ARE SUPPORTING
NEWHAM APPRENTICESHIP FAIR
2024**



SAVE THE DATE
Thursday 8th February 2024
Follow us for further details

Follow us:    #ournewhambusinessenterprise

Primary Enrichment clubs



KS2 SATs Mock Exam timetable

Insha'Allah, we have arranged mock SATs exams to help the students become familiar with the process ahead of the actual exams in May. **It is therefore vital that all students are in school on the dates listed in the timetable below:**

Day	Assessment
Monday 19 th February 2024	English Grammar, Punctuation, Spelling
Tuesday 20 th February 2024	English Reading
Wednesday 21 st February 2024	Mathematics Paper 1 & 2
Thursday 22 nd February 2024	Mathematics Paper 3
Friday 23 rd February 2024	No tests

Dates for diaries

Friday 9th February 2024

- Last day of half term

Monday 12th February 2024- Friday 16th February 2024

- Half term holiday (School closed)

Monday 19th February 2024

- Return to school

Monday 19th February 2024-Thursday 22nd February 2024

- Year 6 SATs Mock exams

Monday 26th February 2024-Wednesday 13th March 2024

- GCSE Mock exams

Wednesday 28th February 2024

- Drop Down Days (Caring for ourselves)

Wednesday 6th March 2024

- Academic Review Day

Friday 8th March 2024

- World Book Day

Monday 25th March 2024-Friday 29th March 2024

- Eid Holiday

Monday 1st April 2024-Friday 12th April 2024

- End of term holiday

Monday 15th April 2024

- Return to school (Eid Party)

Please be aware that these dates will be updated regularly.

EYFS and Primary Assemblies

Parents are invited to attend class assemblies when their child's class is leading the assembly.

Date	Year Group	Topic
12/01/24	Ms Asma EYFS	Road Safety
19/01/24	Ms Zainab Year 3	Martin Luther King Day
26/01/24	Ms Chowdhury Year 4	Holocaust Memorial Day
02/02/24	Ms Afiyah Year 1	World Hijab Day
09/02/24	Ms Faiza Year 5	Aqsa Week

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.