

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 13th March 2024

Islamic Date: 3 Ramadhan 1445 AH

Term: Spring 2.2

Issue: 23

HADITH OF THE WEEK: Abu Hurayrah (May Allah be pleased with them) narrated that, the prophet (Peace and blessings of Allah be upon him) said: "Whoever does not leave false speech, and acting according to it, then Allah is not in any need of him leaving his food and his drink."

Reported in Tirmidhi

Assalamu'alaikum Warahmatullahi Wabarakatuhu

Dear Parent/Carers,

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

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

Revised Ramadan Timings

Ramdan Revised School Timings:

Week beginning: 11.03.24 - 22.03.24

Secondary - 9am Start

Primary - 9:15 am Start

Please note that students should not be left unsupervised in the school car park as this poses a health and safety/Safeguarding risk.

Staff will be onsite to supervise from 9am.

Ramadan Timings

Timings from week beginning Monday 11th March 2024

Year Group	Arrival	Dismissal
Secondary	9:00am	3:25pm
EYFS/KS1	9:15am	3:05pm
KS2	9:15am	3:15pm

Eid Holiday

School closed:
Monday 25th March 2024 -
Friday 12th April 2024

Eid Parties

Monday 15th April 2024

Achievements

Muslimah of the Week

Week beginning 4th March 2024

Reception: Rahima Imaran

Year 1: Ayesha Choudhury

Year 2: Zaynab Arsalan

Year 3: Nabiha Kamran

Year 4: Zaynab Hassan

Year 5: Tasnim Islam

Year 6: Afifa Kayani

Year 7: Misbah Mulla

Year 8: Aisha Siddiqah

Year 9: Inaya Shah

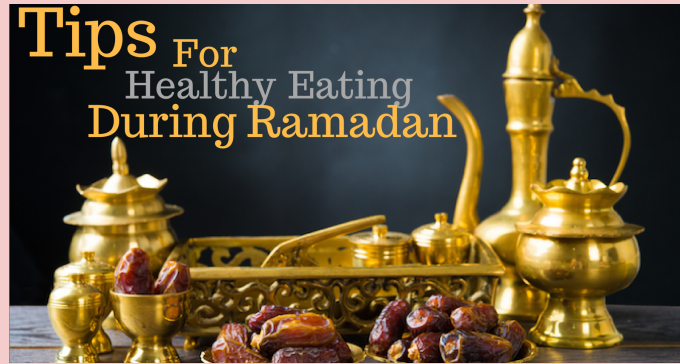
Year 10: Fatima Ahmed

Year 11: Jumera Ahmed

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



Healthy Tips for Ramadan



Millions of people from around the world will be recognising 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 bulgur.
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.

World Book Day

Take a look at some of the amazing book characters our students dressed up as last week!



Reception's Amazing Sadaqah Boxes

In Islamic Studies Students in Reception have been learning the Arabic alphabet letter 'Saad' and words that begin with 'Saad'. Students have been learning about giving to charity 'Sadaqah'. They made beautiful Sadaqah boxes and collected money at home with their families.

Masha'Allah they managed to raise £79.46p between them. This money will now be donated to a worthy cause Insha'Allah.

Well done Reception Students for your contribution and may Allah accept and reward you for all your efforts.



Year 11 Mock Exam timetable

Insha'Allah, we have arranged mock GCSE 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:**

Date	AM Exam	PM Exam
Monday 11th March 2024	English Literature	Self Study (Home)
Tuesday 12th March 2024	Religious Education (Paper 1 - Islam)	Self Study (Home)
Wednesday 13th March 2024	Islamic Studies (IGCSE)	Self Study (Home)
Thursday 14th March 2024	Self Study (Home)	Targeted Revision (English)
Friday 15th March 2024	Self Study (Home)	Targeted Revision (English)

Dates for diaries

Monday 26th February 2024-Wednesday 13th March 2024

- GCSE Mock Exams

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
15/03/24	Ms Zainab (Year 3)	British Science Week
22/03/24	Ms Chowdhury (Year 4)	Last 10 Days of Ramadan

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.