

Caring for Ourselves

It is important to us that all our pupils at Quwwat ul Islam Girls' School take pride in themselves and their achievements and most importantly to ensure that they are healthy both physically and mentally. Throughout the many transitions of life, our children will inevitably come up against difficult challenges and set backs. Therefore, it is vital that they develop the skills and resilience necessary to stay safe and have the mental and physical strength to be successful and happy in order to thrive in society as respectful and responsible citizens.

Character Development Strands	Character Development Strands - Child Friendly
Developing mindfulness and resilience	I know how to develop mindfulness and resilience
Developing a healthy lifestyle	I know how to live a healthy lifestyle
Developing positive relationships and ensuring personal safety	I know how to develop positive relationships and know how to stay safe
Celebrating personal heritage alongside Islamic and British values	I have celebrated my personal heritage and I am proud of my Islamic and British values