

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: Monday 21st October 2025

Islamic Date: 29 Rabi Al-Akhar 1447 AH

Term: Autumn 1.1

Issue: 4

Hadith of the Week: On the authority of Abu Dharr Jundub ibn Junadah, and Abu Abdur-Rahman Muadh bin Jabal (may Allah be pleased with him), 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 this finds you in the best of health and Imaan Insha'Allah.

Alhamdulillah, we have come to the end of our first half of the Autumn term. It's been great to see students settle into their new classes so well and having spent time looking at a number of students' work books over the last few weeks, it's wonderful to see progress being made.

Students have also been undergoing end of topic assessments to measure their understanding in all subject areas, provide feedback, and guide future learning. The purpose of these assessments are to allow us to see the effectiveness of the taught curriculum in each subject, and to help to identify students' individual strengths and weaknesses so that we can adapt upcoming teaching, and the curriculum as necessary.

JazakAllah Khair to all the students for working very hard and to all the parents/carers for your continued support.

On behalf of Quwwat-ul-Islam Girls' School, we would like to wish you a restful and safe break. InshaAllah, we will see you all back on **Monday 3rd November 2025** for our next half term.

May Allah keep you and your families and all of us in His Mercy and Protection. Ameen.

Kind Regards,
Mrs Member (Headteacher)

Cold Weather

As the weather becomes colder, we kindly remind you to ensure your child comes to school appropriately dressed for the season. A waterproof coat and umbrella is essential during this time of year to keep them comfortable and protected from the elements of the weather.

Please note that students who arrive early are not supervised outside until the school building opens at 7:55am. For this reason, it is especially important that your child is properly equipped for cold and wet conditions.



Punctuality Reminder

Starting **after the October half-term break**, all secondary students who arrive late to school will be issued an **on-the-spot 15-minute detention**.

Punctuality is essential, and it is vital that all students arrive on time, ready to begin their **Qur'anic Studies lessons promptly and without delay**. Being on time helps set a positive tone for the day and ensures that valuable learning time is not lost.

All Primary students must arrive at school by 8:15 am. We appreciate your support in reinforcing this expectation with your child.

Open Evening

We are looking forward to welcoming students and their families to tour our school. You will be able to talk to teachers in different subject areas and take part in a wide range of activities and view our amazing facilities.



Quwwat ul Islam Girls' School

invites parents & guardians to our open evening

'Pupils have exceptionally positive attitudes to their learning.'

Ofsted
2024

'The school is a thriving community where pupils achieve well.'

Ofsted
2024

OPEN EVENING

Wednesday 23rd October 2024 • 5pm - 7pm

- View the school building
- View our facilities & resources
- Meet & talk to our teachers
- Learn more about the curriculum



Spaces in Primary & Secondary available for immediate start

020 8548 4736 | 16 Chaucer Road, London E7 9NB

Apply online www.quwwatulislam.com

For admission enquiries call **020 8548 4736**
or email info@quwwatulislam.com

Ofsted
Good
Provider



HALF DAY CLOSURE

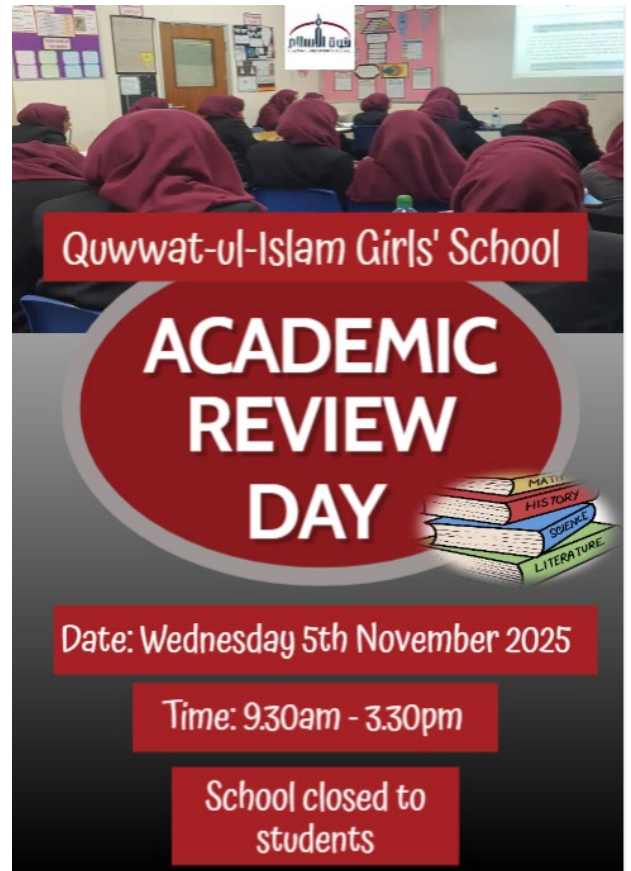
WEDNESDAY 22ND OCTOBER 2025

**HALF DAY CLOSURE
DUE TO QUIGS ANNUAL
OPEN DAY**

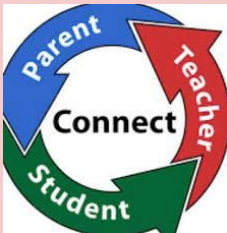
TIMINGS OF CLOSURE

Keystage	Dismissal
EYFS/KS1	12.30pm
KS2	12.35pm
KS3/KS4	12.45pm

NO school lunch will be provided on this day



Academic Review Day



We will be holding our academic review day for both Primary and Secondary on **Wednesday 5th November 2025**. **Students will not be in school on this day.**

You will have the opportunity to look at your daughter's books and talk to the teachers regarding her progress and the targets set for improvement in the next term. Your daughter's school report will be emailed to all parents prior to the Academic Review Day, insha'Allah.

Primary teachers will be available via booking time slots and Secondary/Islamic/Quranic teachers will be available on a first come first serve basis inshaAllah.

EYFS Reading Afternoon

The EYFS Reading Afternoon provides a structured opportunity for children to engage in these activities, fostering their reading skills and overall development.

- **Cognitive Development:** Reading stimulates brain cells and acts as a "workout" for the brain, enhancing imagination, critical thinking, and language skills.
- **Academic Success:** Early reading improves general knowledge, language skills, attention spans, and concentration, which are crucial for later schooling.
- **Psychological Benefits:** Reading and being read to, helps children explore empathy, facilitating emotional development.
- **Self-Confidence:** Starting to read early encourages children to learn at their own pace, improving their self-confidence among peers.
- **Enhanced Communication:** Early reading contributes to children's vocabulary and knowledge, increasing their exposure to language and communication skills.

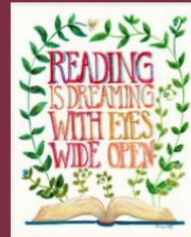


Ensuring every child achieves their best through
high expectations for all; with a focus on
Respect-Aspiration-Responsibility

QUIGS EYFS Parent Reading Afternoon

*Come and join us for an
afternoon of reading*

**Every Thursday
at 2.45pm**



10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one: it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



NURSERY COMING SOON

Boys and Girls
Age 3-4 year olds

Funding available
for upto 30 hours

Limited
Spaces

Register
your interest



<https://tinyurl.com/QUIGS-Nursery>

16 CHAUCER ROAD, LONDON E7 9NB

For further information Email: info@quwwatulislam.com

Dates for Diaries

Wednesday 22nd October 2025

- Open day – Half day Closure

Friday 24th October 2025

- Last day of half term

Monday 26th October 2025 - Friday 30th October 2025

- Holiday (no school for all students)

Monday 3rd November 2025

- All students return to school

Please be aware that these dates will be updated regularly

EYFS and Primary Assemblies (Autumn 1.2)

Parents are invited to attend class assemblies when their child's class is leading the assembly. The assembly will take place at 10:15am.

Date	Year Group	Topic
14/11/25	Ms Chowdhury (Year 4)	World Diabetes Day
21/11/25	Ms Shubina (Year 3)	Universal Children's Week
28/11/25	Ms Faiza (Year 5)	Rosa Parks Day
05/12/25	Ms Afiyah (Year 1)	International Week of Disabled Person
19/12/25	SLT	Muslimah of the Term Award 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.

Hifdh Application Form

For parents who are interested in enrolling their child at Quwwat-UI-Islam Girls' School Hifdh Class, please fill in the following online application form:



<https://docs.google.com/forms/d/1taDTW4LvB2L5XtOloKxMzk2e3U1eeEW4RrA5jo8qBMM/edit>

Successful applicants will be placed on a waiting list, and once a position becomes available, you will be contacted and offered a place, inshaAllah.

Virtue of Learning and Teaching:

The Prophet Muhammad (peace be upon him) said: "The best among you (Muslims) are those who learn the Qur'an and teach it."
(Sahih Al Bukhari, 5027).