

# 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: Tuesday 19th May 2026

Islamic Date: 2 Dhul-Hijjah 1447 AH

Term: Summer 3.1

Issue: 17

**Hadith of the Week:** Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, " Verily, Allah does not look at your appearance or wealth, but rather He looks at your hearts and actions.  
Source: Şaḥīḥ Muslim 2564 Grade: Sahih (authentic) according to Muslim

**Assalamu'alaikum Warahmatullahi  
Wabarakatuhu**

**Dear Parent/Carers,**

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

As we approach the end of this half term, I would like to take this opportunity to say JazakAllah Khair to all the students, parents/carers and staff for all your support over the past few weeks.

As the blessed days of Dhul Hijjah begin, may this sacred time inspire us with faith, gratitude, and compassion. These are days of immense mercy and opportunity — a time to strengthen our connection with Allah through prayer, reflection, charity, and good deeds.

May Allah accept our ibadah, forgive our shortcomings, and fill our hearts and homes with peace and blessings during these precious days.

Wishing you and your loved ones a meaningful and spiritually uplifting Dhul Hijjah.

InshaAllah, we will see you all back on **Monday 1st of June 2026** for our next half term.

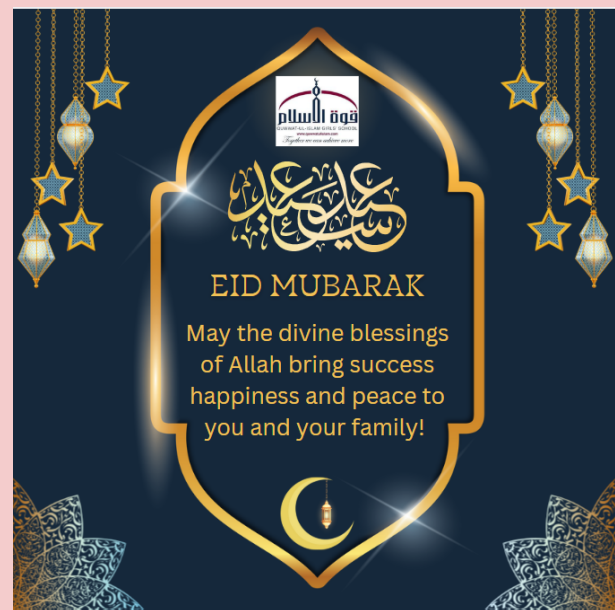
**Kind regards,  
Ms Member (Head teacher)**

## Eid ul Adha Mubarak to All Parents and Families

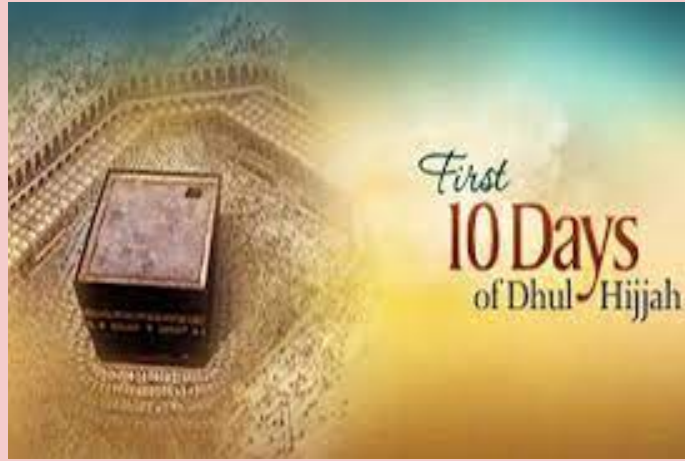
As Eid ul-Adha falls during the half-term holiday, we would like to take this opportunity, on behalf of Quwwatul Islam Girls' School, to wish all our students, parents, staff, and the wider community a joyful and blessed Eid.

May this special occasion bring peace, happiness, and blessings to your homes, and may your sacrifices and prayers be accepted.

We hope you enjoy a restful and memorable holiday with your families and loved ones.



## The first ten days of Dhul Hijjah



The first ten days of Dhul Hijjah are often referred to as the best ten days of the year. The Prophet (peace and blessings of Allah be upon him) said: "***There are no days on which righteous deeds are more beloved to Allah than these ten days.***" [Bukhari]

Here are some tips so we can all make the most of these blessed days:

### 1. Read the Quran:

Reading the Qur'an is a good deed and Allah (swt) especially loves the good deeds done in these days. Read as much as you can, even if it is a few verses each day.

### 2. Increase in Nawaafil Prayers

There are a number of extra prayers you can observe during the day to increase your worship and good deeds.

### 3. Make lots of dhikr

Our Prophet (peace and blessings of Allah be upon him) said: "***There are no days that are greater before Allah or in which good deeds are more beloved to Him, than these ten days, so recite a great deal of tahleel, takbeer and tahmeed during them.***" [Ahmad]:

Tahmeed: Al-hamdu Lillah (All praises be to God)

Tahleel: Laa ilaha ill-Allah (There is no god but Allah)

Tasbeeh: Subhaan-Allah (Glory be to God)

### 4. Istighfaar

Use these blessed days to seek forgiveness for all our wrongdoings.

### 5. Fasting

It is Sunnah for the Muslim to fast on the first nine days of Dhul-Hijjah, because fasting is one of the best of deeds. In a hadith qudsi, Allah says: "***All the deeds of the son of Adam are for him, except fasting, which is for Me and I shall reward for it.***" [Bukhari, 1805]

The Prophet said: "***Fasting the day of `Arafah expiates the sins of two years: the past one and the coming one.***" [Muslim]

### 6. Give in charity

Give in charity in these blessed days, as much as you can.

### 7. Preserve ties of kinship

Maintaining the ties of kinship is from the best of deeds due to the saying The Prophet (peace and blessings of Allah be upon him): "***Whoever would like his provision to be increased and his lifespan to be extended, let him maintain the ties of kinship.***" [Bukhari]

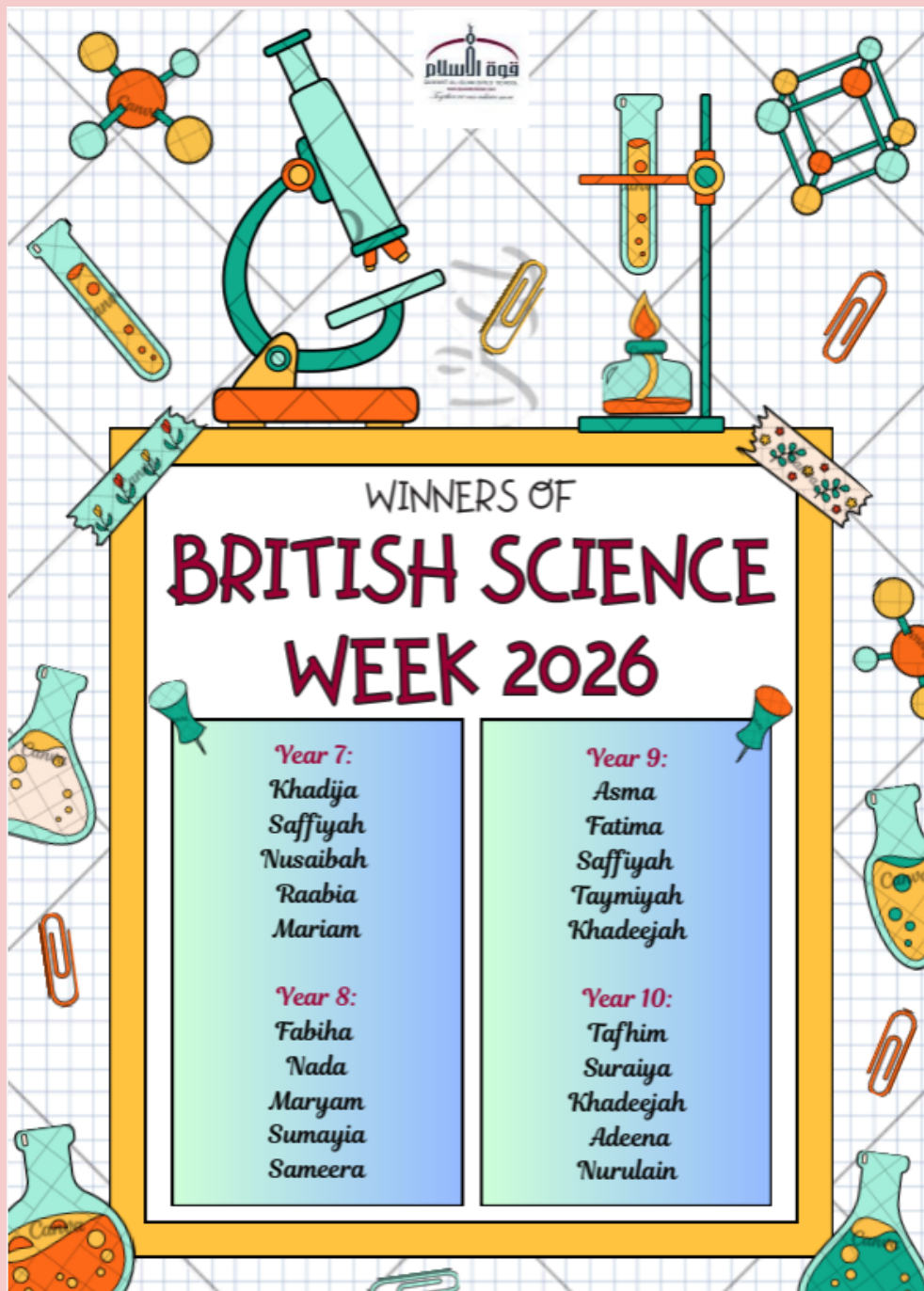
## Year 6 SATs

A big well done to our Year 6 students who have worked very hard to complete their KS2 SATs. The test papers were very challenging but they all put 100% effort into it. Well done Year 6. We are proud of you!

As a treat for their hard work, the Year 6 students visited West Ham Park. They thoroughly enjoyed the play areas and the lovely weather!



## Winners of British Science Week 2026



## Sports day

Quwwat-ul-Islam Girls' School sports day will be taking place on **Wednesday 3rd June 2026 at Terence McMillan Stadium, between 9:30am to 12:30pm.**

Students will need to be dropped off at the stadium by 9:30am prompt and be collected directly from the stadium at 12:30pm.

The full address for Terence McMillan Stadium is:

**Terence McMillan Stadium Newham Leisure Centre  
281 Prince Regent Lane  
LONDON E13 8SD**

Tuckshop will be available where students will have the opportunity to buy healthy snacks throughout the morning.

All pupils should come dressed in their full PE kits:

### Primary

- Burgundy jogging bottoms
- Coloured T-shirt (colours will be assigned by class teachers)
- Plimsolls/Trainers
- Jacket/sweatshirt

### Secondary

- Black/Modest jogging bottoms
- Long/Modest coloured T-shirt (colours will be assigned by class tutors)
- Plimsolls/Trainers
- Jacket/sweatshirt

Please note that the event is open to **women only and boys under the age of 7**. There are limited numbers of seats available in the stadium so please do arrive early.

We look forward to seeing all of our students and parents at our annual QUIGS sports day as it is a fun filled event enjoyed by all.

Please note that the sports day is compulsory for all pupils and normal lateness rules will apply. Any unauthorised absences will be recorded on pupil files



# Year 11 GCSE Exams Timetable 2026

| Date                      | Title                                                         | Exam board | Duration      | Start - Finish     |
|---------------------------|---------------------------------------------------------------|------------|---------------|--------------------|
| <b>Monday 18th May</b>    | Combined Science Paper 2 Chemistry 1<br>(1SC0 1CF & 1SC0 1CH) | Edexcel    | 1 hr 10 mins  | 9:00 AM – 10:10 AM |
| <b>Tuesday 19th May</b>   | English Literature Paper 2<br>(8702/2)                        | AQA        | 2 hrs 15 mins | 9:00 AM – 11:15 AM |
| <b>Wednesday 20th May</b> | Religious Studies - Paper 2A<br>Thematic Studies<br>(8062/2A) | AQA        | 1 hr 45 mins  | 1:00 PM – 2:45 PM  |
| <b>Thursday 21st May</b>  | English Language Paper 1<br>(8700/1)                          | AQA        | 1 hr 45 mins  | 9:00 AM - 10:45 AM |
| <b>Friday 22nd May</b>    | Arabic Paper 1 – Listening and Understanding<br>(1AA0 1H)     | Edexcel    | 45 mins       | 9:00 AM - 9:45 AM  |
|                           | Arabic Paper 3 – Reading and Understanding<br>(1AA0 3H)       | Edexcel    | 1 hr 5 mins   | 9:50 AM - 10:55 AM |

| Date                      | Title                                                                           | Exam board | Duration      | Start – Finish      |
|---------------------------|---------------------------------------------------------------------------------|------------|---------------|---------------------|
| <b>Tuesday 2nd June</b>   | Combined Science Paper 3 Physics 1<br>(1SC0 1PF & 1SC0 1PH)                     | Edexcel    | 1 hr 10 mins  | 9:00 AM – 10:10 AM  |
|                           | Arabic Paper 4 – Writing<br>(1AA0 4H)                                           | Edexcel    | 1 hr 25 mins  | 10:30 AM - 11:55 AM |
|                           | Islamic Studies<br>Paper 1<br>(4IS1 01)                                         | Edexcel    | 2 hrs 30 mins | 1:00 PM - 3:30 PM   |
| <b>Wednesday 3rd June</b> | Mathematics Paper 2: Calculator<br>Foundation and Higher<br>(1MA1 2F & 1MA1 2H) | Edexcel    | 1 hr 30 mins  | 9:00 AM - 10:30 AM  |
|                           | Geography B Paper 2<br>(1GB0 02)                                                | Edexcel    | 1 hr 45 mins  | 1:00 PM – 2:45 PM   |
| <b>Thursday 4th June</b>  | History Paper 2: Period Study + British Depth Study<br>(1HI0 2A-2W)             | Edexcel    | 1 hr 50 mins  | 9:00 - 10:50 AM     |
| <b>Friday 5th June</b>    | English Language Paper 2<br>Writers' viewpoints & perspectives<br>(8700/2)      | AQA        | 1 hr 45 mins  | 9:00 AM – 10:45 AM  |

| Date                | Title                                                                           | Exam board | Duration     | Start – Finish     |
|---------------------|---------------------------------------------------------------------------------|------------|--------------|--------------------|
| Monday 8th June     | Combined Science Paper 4 Biology 2<br>(1SC0 2BF & 1SC0 2BH)                     | Edexcel    | 1 hr 10 mins | 9:00 AM – 10:10 AM |
| Tuesday 9th June    | History Paper 3: Modern Depth Study<br>(1HI0 30-33)                             | Edexcel    | 1hr 30 mins  | 1:00 – 2:30 PM     |
| Wednesday 10th June | Mathematics Paper 3: Calculator<br>Foundation and Higher<br>(1MA1 3F & 1MA1 3H) | Edexcel    | 1 hr 30 mins | 9:00 AM – 10:30 AM |
| Thursday 11th June  | Geography B - Paper 3<br>(1GB0 03)                                              | Edexcel    | 1 hr 30 mins | 9:00 AM – 10:30 AM |
| Friday 12th June    | Combined Science Paper 5 Chemistry 2<br>(1SC0 2CF & 1SC0 2CH)                   | Edexcel    | 1 hr 10 mins | 9:00 AM - 10:10 AM |
| Monday 15th June    | Combined Science Paper 6 Physics 2<br>(1SC0 2PF & 1SC0 2PH)                     | Edexcel    | 1 hr 10 mins | 9:00 AM - 10:10 AM |

**Key: subject colour code**

|        |             |                          |                                  |           |             |                  |                   |
|--------|-------------|--------------------------|----------------------------------|-----------|-------------|------------------|-------------------|
| Arabic | Citizenship | Islamic Studies<br>IGCSE | English Literature &<br>Language | Geography | Mathematics | Combined Science | Religious Studies |
|--------|-------------|--------------------------|----------------------------------|-----------|-------------|------------------|-------------------|

The GCSE Examination Board has strict regulations regarding late arrivals for exams.

**Please note:** All students MUST be onsite at the **8:30am** prompt for **morning GCSE examinations**. All students MUST be onsite at **12:30pm** prompt for **afternoon GCSE examinations**. On the days where students will be sitting morning and afternoon exams, they will be required to remain on site and also bring a healthy packed lunch.

Students are required to wear **full school uniform** when sitting GCSE examinations.

We would like to take this opportunity to thank Year 11 for all of their hard work and their dedication to making Quwwat Ul Islam Girls' School a thriving community. We have every confidence that they will achieve outstanding results, we pray that Allah (SWT) brings them ease and success, Ameen.

## Mental Health Awareness Week

This week marks Mental Health Awareness Week — an important opportunity to reflect on the importance of mental wellbeing and supporting one another with kindness, understanding, and compassion.

At Quwwatul Islam Girls' School, we recognise that mental health is just as important as physical health. Taking time to talk, listen, rest, and seek support can make a meaningful difference in our daily lives.

We encourage our students, families, and staff to prioritise wellbeing, check in on one another, and remember that no one has to face challenges alone.

Together, we can help create a positive, supportive, and caring community for all.

**ACTION**  
FOR YOURSELF.



**Start small and build from there.**

Find one thing you can do today to boost your mental health.

It could be taking a walk in nature, prioritising a good night's sleep or catching up with a friend over a cuppa.

**MENTAL HEALTH AWARENESS WEEK**  
11-17 MAY 2026



## Year 1 trip to Stepney City Farm

Yesterday, Year 1 visited Stepney City Farm as part of their Science lessons on Animals. This exciting visit gave the children the opportunity to explore the farm and meet a variety of animals, helping them to develop a better understanding of where our food comes from and how a farm works. The children enjoyed observing and interacting with the animals and took part enthusiastically in the activities throughout the day.





Quwwat-ul-Islam Girls' School

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020 8548 4736

# ENRICHMENT CLUBS

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**Tuesday 14th April 2026**

**Tuesday 21st April 2026**

**Tuesday 28th April 2026**

**Tuesday 5th May 2026**

**Tuesday 12th May 2026**

**Tuesday 19th May 2026**

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# BOOSTER SESSIONS



Year 9



## Booster Timetable

| Day      | Time          | Subject | Teacher    |
|----------|---------------|---------|------------|
| Tuesday  | 3:30pm-4:00pm | Maths   | Ms Maariya |
| Thursday | 3:30pm-4:00pm | Science | Ms Munshi  |





# BOOSTER SESSIONS

## Year 10

## Booster Timetable

| Day       | Time                                                       | Subject | Teacher    |
|-----------|------------------------------------------------------------|---------|------------|
| Wednesday | 3:30pm-4:00pm                                              | Arabic  | Ms Ismati  |
| Thursday  | 3:30pm-4:00pm                                              | Maths   | Ms Fatimah |
| Friday    | *3:30pm-4:00pm<br>* Starting Friday<br>1 <sup>st</sup> May | Science | Ms Munshi  |





## Special Educational Needs & Disabilities

### SENCo Drop in Session

An opportunity for parents to meet  
our SENCo



#### Dates:

Wednesday 14th January 2026  
Wednesday 11th February 2026  
Wednesday 11th March 2026  
Wednesday 8th April 2026  
Wednesday 13th May 2026  
Wednesday 10th June 2026  
Wednesday 8th July 2026

#### Time:

8.30am - 9.00am

## Tips for setting rules on screen time

Social media and devices like smartphones are not designed with the best interests of children at heart. They are designed to keep people "on" them for as long as possible. Children are especially vulnerable to the features which are designed to keep people hooked online, which is why setting rules around device or phone use at home is important.

**1 Set rules and explain them.**  
Children said that as much as they enjoy being able to use screens and the online world, they do not always feel in control and that they want rules to help them. Rules provide children with expectations of what is acceptable and give them clear boundaries. They said they generally abide by rules when they understand your concerns and reasoning behind them.

**2 Rules should address two things: 1) The amount of time your child spends on their devices; 2) What your child is doing on their devices**  
You know your child better than anyone else, and you will know what rules and boundaries will be appropriate for them. As a rule of thumb, if you're worried about bringing up a topic, set a rule. For example you may want to be able to see who follows your child on TikTok. Trust your instincts and discuss with your child, explaining your feelings and reasoning.

**3 Have a look at the Be Mindful section of the Digital 5 A Day**  
In the accompanying activity pack for ideas of ways to capture screen time and types of content your child is looking at to help start conversations about rules

**4 Take a collaborative approach and ask your child what rules they think would be good.**  
But remember you are the adult and you should trust your instincts, building in their thoughts but setting rules that ultimately you are happy with.

"Don't be afraid to be firm, and if you are worried about that, your child is seeing harmful content and you don't know what they're watching and it's affecting their behaviour, just take it that you know best they don't."

"[Having rules] makes my focus kind of work, because if I'm on my phone [I'm distracted]"

"I think the best approach is to have an honest conversation about why managing screen time matters. The things like getting enough sleep, staying focused on school work, and creating a healthy balance is really important"

"Just don't break the trust ... don't suddenly go behind a child's back. I've known parents go in like, take pictures of like their social media profile and confront them about pictures or comments."

## Children's ideas for rules at home:

### 1 **No phones at the dinner table.**

Mealtimes should be time to recharge and connect with each other.

### 2 **No devices in your child's bedroom.**

"A rule that I think is really important that I've always had was don't let your child sleep with their phone in their room ... stuff online tends to go wrong late at night...say your parents are asleep it's really easy to just sit up scrolling, watching things."

This could be discussed to be after a certain time in the evening to encourage healthy boundaries between rest and screen time, preventing unrestricted phone use late into the night.

### 3 **Have some phone-free time.**

Have a phone-free day or time at weekends or in the evening. Make it a family rule and enjoy time together without online distractions. For ideas, use the "getting off grid" activity in the activity pack to plan something you can all do together.

### 4 **Share why you're using your phone.**

Explain what you're doing if you use your phone in front of your child. Telling them that you are "looking something up" or "checking what time you're meeting someone" will show them that you are using it for constructive purposes.

## Dates for Diaries

### Thursday 7th May 2026-Monday 15th June 2026

- GCSE Examinations

### Friday 22nd May 2026

- Last day of half term

### Monday 1st June 2026

- Return to school

### Wednesday 3rd June 2026

- Sports day

### Wednesday 17th June 2026

- Year 11 Leavers Assembly

### Wednesday 24th June 2026

- Whole school end of year trip

### Monday 6th July 2026

- Staff Inset Day (School closed to students)

### Monday 13th July 2026

- EYFS Graduation Assembly

### Tuesday 14th July 2026

- Year 6 Graduation Assembly

### Friday 17th July 2026

- Last day of academic year (Half day closure)

**Please be aware that these dates will be updated regularly**



### 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-ul-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)