



PRESTON MUSLIM GIRLS HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity

HEADTEACHER WELCOME

Welcome to 2020 and the spring term, and what a busy term it has been!

Our Year 11 pupils are now nearing the end of their GCSE course of study and this term is always the time when they complete their mock examinations. These take over two weeks of January and are useful to pupils in giving them an accurate idea of how well they are currently doing and where they need to do more in order to reach their GCSE target grades. They are working hard and preparing for their real exams in the summer.

Last week the Department of Education produced their validated data from the 2019 GCSE results. This gave the school a progress score of 1.24. I know that this won't mean a lot to parents, so please allow me to explain. The DfE characterize a score of 1.24 as being, 'Well Above Average', which is the top category that a school can be in. More impressively, this score places us top in the county and tenth in the whole country out of more than 6,500 secondary schools. That is an incredible performance and I would like to congratulate the pupils, their teachers and parents on such a wonderful achievement.

There have been many activities taking place this term including a variety of trips and activities, such as trips to the Northern Rail depot in Manchester and the Bridgewater Hall for a Science Live Conference. In school we have had a fascinating day focused upon wellbeing with sessions on the Importance of Sleep, developing a Positive Mind and Improving Teamwork skills. As we try to help our pupils gain the best results that they can, we must not lose sight of the need to develop our girls spiritually, socially, emotionally and physically.

Finally, I can tell you that we have recently buried a time capsule under the grounds of the new school building. We will dig this up in September 2039, to commemorate the school's 50th anniversary. This has been a fascinating opportunity to reflect on the journey that the school has been on, from our humble beginnings in the Mill Buildings to moving into our new, purpose-built accommodation later this year. This story has also been covered in the Lancashire Evening Post. I will continue to update you about this and all of the other exciting things that are happening at the school, as we go through the school year. Follow us on Twitter @pmghs to see what is happening at the school.

Mufti Javid Headteacher



SPRING 2020 NEWSLETTER

How old will
you be in
twenty years'
time?



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HOW OLD WILL YOU BE IN TWENTY YEARS' TIME?

The Story of our Time Capsule

The school has buried a time capsule which will be dug up in September 2039. That will be the school's 50th anniversary.

The idea came to us as the new school building was being put up. It seemed a great opportunity to capture what the school is like now and to send that into the future. PMGHS has changed so much over the years.

Our first task was to buy a time capsule and then decide what to put into it. Mufti Javid, Fowziya Adam (Head Girl) and Mrs Kalang were all asked to write letters to themselves in the future. Mrs Kalang was chosen as she came to this school as a pupil and then returned as a teacher. She has seen many changes. This school opened in 1989 and I was one of the pupils that attended this school then. We only had 4 classrooms and one big hall where we used to play sports and have our dinner. There were only 38 pupils in total (Years 7 and 8). The typical school day started at 9.00am and finished at 2.30pm. Mobile phones didn't exist then, so we played lots of physical games and enjoyed playing outside every day.

Mrs Latham ran a competition called Postcards to the Future. Pupils were encouraged to create a collage that represented their life in 2019 and then to write to themselves in the future. Mrs Latham announced the winner, Shakira Patel 7G, who won a KindleFire. The postcards were so good that all of them were put into the capsule. Well done to them all!

Other things that went into the capsule were:

- School Prospectus, Additional Information Booklet and Courses Guide 2019
- Digital copies of: the Pupil Planner and The Mannequin Challenge, January 2017
- Staff list and staff and pupil photographs and staff and prefect lanyards
- An item of school uniform
- Local and National newspapers from January 2020
- A supermarket receipt
- Details from the school website and school newsletters
- Postcards to the Future
- Letters from the Headteacher, Fowziyah Adam the Head Girl and Mrs Tahera Kalang, an ex-pupil, now the Head of PE, Mrs Memuda Umerji, Welfare Assistant
- Ofsted Report from 2016
- Common coins of the day
- GCSE papers for English Language and Mathematics and examples of pupil exercise books
- Copies of posters on display in the school advertising charity and extra-curricular activities



The last thing to go into the time capsule was the newspaper of the day. Friday, January 31st was a historic day as it was the day that the UK officially left the EU.

The time had finally come. Two girls from each year group joined the staff and the Head Girl and Deputy Head Girl. Because of the need for health and safety on the building site everybody was required to wear hard hats, high-viz jackets and wellies. It was very muddy, and it was raining! But we were all very excited.

A photographer came from the Lancashire Evening Post and we were accompanied by Mark Prince, who works for Eric Wright Construction and who is responsible for building our new school.

The time capsule was buried in a hole that will one day be in a landscaped area, with grass and trees. Mark Prince climbed into the hole and the time capsule was handed to him. After that Mariya S Patel was selected to shovel some soil into the hole to cover the time capsule.

Eventually, a tree will be planted on this spot and a plaque will show where the time capsule is buried.

After that, pupils and staff were given a tour of the new school building.

At the moment it is just a shell. It has most of the roof in place but there are no walls. It is fascinating to stand in the middle of a building site and think that by September this will be our school and we will be here, in these rooms, having lessons and playing outside, where now there is only mud and machinery.

We would like to say a huge thank you to everybody who contributed to the time capsule in any way. A special thank you to Mark Prince from Eric Wright Construction for making it happen.

See you all in September 2039!

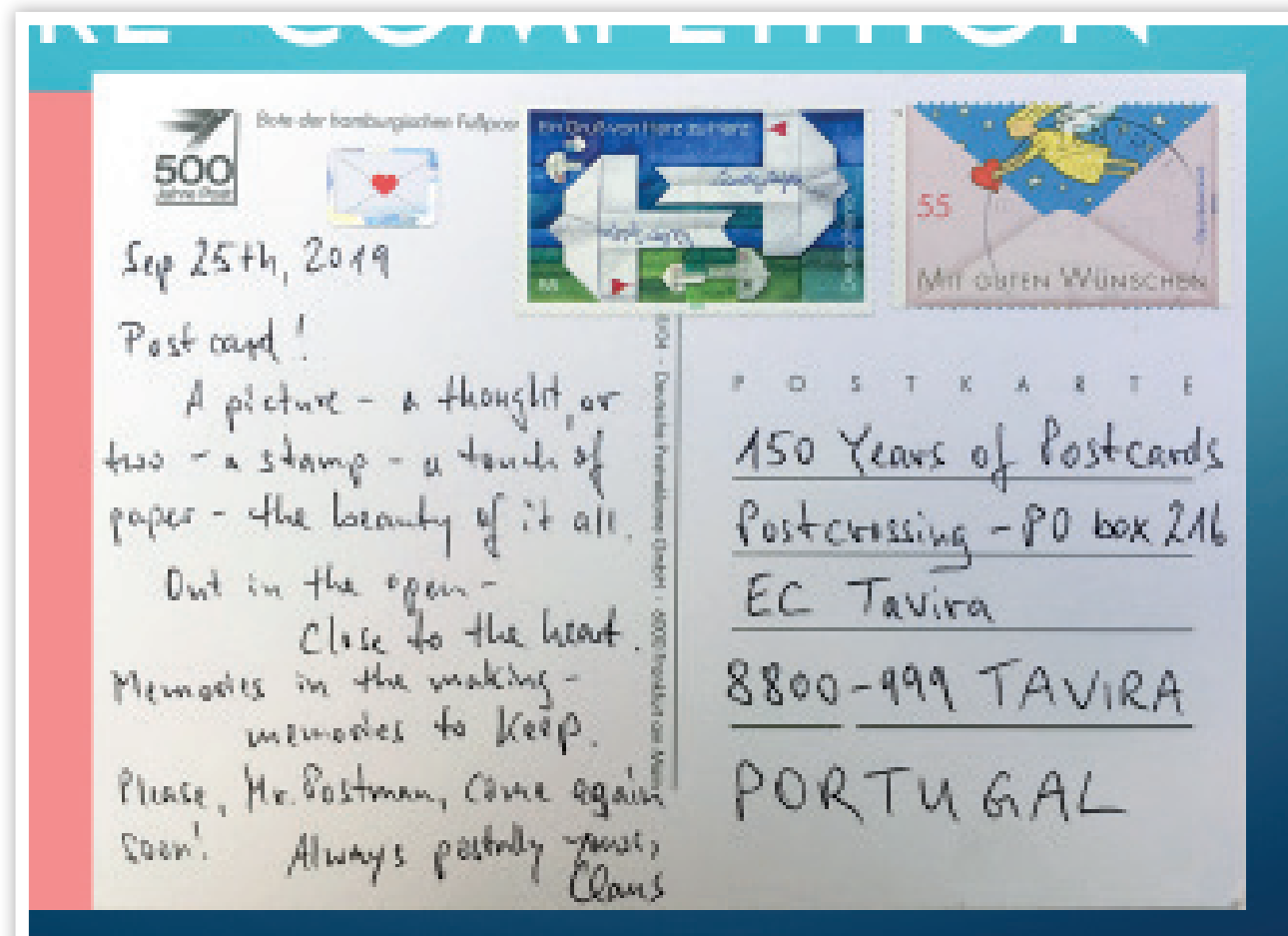


TIME CAPSULE COMPETITION POSTER

Earlier this half term, we were given the exciting opportunity to bury a time capsule and leave behind a legacy for the next generation of PMGHS pupils.

We thought that this would be the perfect time to send a 'Postcard to the Future'! Mrs Latham asked pupils to create a postcard to put into the time capsule- on one side, pupils had to write about anything they thought future generations might need to know, such as climate change, Brexit, latest pop culture crazes and tips for doing well at school. On the other side, they needed to create a collage of images representing the things they had written about. These postcards would be judged, and finalists would have their postcard put into the time capsule- with the best postcard winning a brand new Kindle Fire 7 tablet!

We received so many impressive and innovative entries from all over KS3- some were hand drawn, computer created, and everything in between! Pupils wrote about PMGHS in 2020, school life, what they enjoyed and even some questions about important issues in the future. We were all so impressed by the incredible quality of the postcards, that it was too hard to decide on finalists- so we decided to put all the postcards into the time capsule. There was one pupil, however, who created what we thought was the best postcard- Shakira Patel in 7G created a fantastic postcard, describing a little bit about current world issues, the latest dance craze, and climate change. She also posed some interesting questions to future pupils! All in all, a wonderful effort was put in by all pupils who entered the competition, and InshaA____, future PMGHS pupils will enjoy reading them just as much as we did!



PMGHS NEW BUILDING UPDATE

The new school building is developing at quite a pace.

Eric Wright have been doing a fantastic job for us. Since these photographs were taken the roof is now fully in place and the concrete floors have been poured for the ground and first floors. There is a staircase connecting both floors. Outside there are designated areas for the new playground and there will be a landscaped area to the rear of the playground. The job is fully on schedule and the new school will be handed over for occupation before the end of the summer term. If everything goes according to plan, then we will have fully moved out of the QIM building and into the new building for the start of the new term. Exciting times, indeed!



WELL-BEING MENTAL HEALTH

YOUTH SPORTS TRUST ATHLETE PROGRAMME

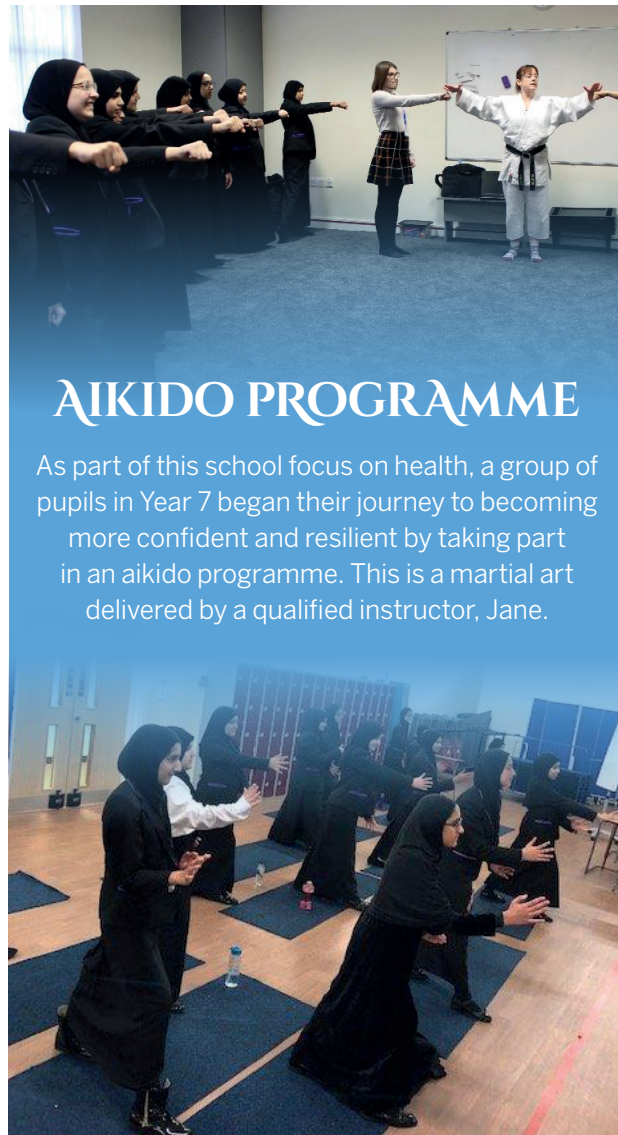
Our school was nominated by The Lancashire Headteacher Alliance to be involved in the Youth Sports Trust Active Healthy Minds programme. Through this we fortunate enough to be allocated, Jenna Downing, an athlete mentor to work with our five Mental Health Well-being Champions:

- Raeesah Kazi 9P
- Halima Ali 10P
- Aisha Mukhtar 10H
- Humaira Musa 10M
- Asma Kalhoro 10M

These five pupils are responsible for delivering a project in school to help improve the mental health and well-being of a select group of pupils. Jenna delivered her first session on Tuesday 07 January. At this session she talked to pupils about developing a positive mindset as a way of improving their own well-being. Additionally, diet, sleep and exercise are key factors in keeping the mind and body healthy and in dealing with stress and anxiety.

RAHMA CHARITY LAUNCH

Our new charity for this half term was launched by representatives of Rahma (Mercy) on their visit to the school. Rahma (Mercy) is a U.K registered charity which has been working in the Balkans since 1999 to help communities in the region break out of the vicious cycle of poverty. Their vision is to empower communities through education so that they can fulfil their social obligations to others. Pupils and staff are extremely excited to embark on a journey to help support the education of those in Albania.



AIKIDO PROGRAMME

As part of this school focus on health, a group of pupils in Year 7 began their journey to becoming more confident and resilient by taking part in an aikido programme. This is a martial art delivered by a qualified instructor, Jane.



ENRICHMENT DAY: WELL-BEING

PMGHS is building a movement for change and recognising that the well-being of our girls is important. The enrichment day provided an excellent opportunity to put this into practice. A range of stimulating and unique activities were offered to enable to acquire new knowledge and understanding and also to develop skills and habits, which help broaden horizons and strengthen character.

The activities centered around 'The Five Ways to Well-being':

Connect,
Give,
Take Notice,
Keep Learning,
Be Active.



CAREERS

9G spent a day with Northern Rail as part of the school careers' programme. The day started at Preston Railway Station where pupils were given a tour of the station by Erin Malone, the company's HR Advisor, and then the journey began, boarding the Northern Rail train to Manchester Piccadilly. During their journey on the train, pupils took part in a discussion about different job roles and career paths and they enjoyed taking part in the Northern Rail quiz.



At Manchester Piccadilly Station they were met by staff from Northern Rail, who talked about all the different job opportunities within the company. Pupils were overwhelmed with the wide range of job prospects and apprenticeships that Northern Rail have to offer.

The next stop was the Northern Rail Newton Heath Engineering depot where the pupils enjoyed a tour of the depot and were different roles within different departments.

Many thanks to the staff at Northern Rail and Erin Malone for arranging this wonderfully valuable experience for our Year 9's.

YEAR 11 MOCK EXAMINATION RESULTS

The school presents Year 11s with their results in a special assembly that is designed to replicate the experience of receiving their results in the summer.

Before the envelopes containing the results were given out, they were given a short talk containing some timely advice and guidance from The Headteacher. Pupils were encouraged to reflect positively on their results and to commit themselves with a sense of energy and dedication.

Above all, what was needed was a real desire to demonstrate what they are capable of achieving in their final GCSE exams. Then came the moment to open your results envelope ...

Good luck to them all!



LOOKING AHEAD

27 February	Prefects, Head Girl and Deputy Head Girl Announced
04 March	Year 7 Parents Evening
09 March	British Science Week
10 March	Y10 Lancashire Apprenticeship and Careers Expo 2020
11 March	Highest attending form group - brunch treat
18 March	Parent workshop - Y10 work experience arrangements
23 March	Enrichment - PMGHS Talent Day
24 March	DT & ART practical assessments – Year 11
30 March	Year 10 Work Experience begins
31 March	Year 8 Parents Evening
02 April	Parent Forum
03 April	School term ends

ADDITIONAL NOTICES

Please be mindful of other road users whilst dropping off and picking up your daughters.
For school timings, please refer to the ParentMail letter from 07/02/2020.



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