



PRESTON MUSLIM GIRLS HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity

HEADTEACHER'S WELCOME

Though we may be going through difficult times at the moment, it is important not to lose heart. Many are experiencing the fatigue of this pandemic. It can be easy to feel disheartened as we receive the sombre news of Covid-19 deaths, and the lockdown restrictions which affect us all in many different ways. In moments like these, our faith is tested, and our relationship with our lord can feel strained. There is no denying that it is difficult, but as people of faith, this is the time to dig deep within ourselves and to gain strength from the beauty of our faith.

So, what does our faith demand of us in circumstances such as these? If I were to put this in one word, it would be 'patience'.

Patience, when we are isolating and experiencing the fatigue of lockdown, knowing it is the right thing to do, to keep yourself and others safe, as advised by our beloved Prophet (pbuh) and by the government.

Patience, if we become ill with the virus, knowing that there is forgiveness from our Lord and elevation of status in the hereafter.

Patience, if we lose a friend or family member, knowing they will have a special place in the mercy of our lord. May the Almighty grant us all the strength to remain patient, Aameen.

This is also the time to be supportive of one another. Locally, nationally and internationally we have seen how the pandemic has brought out the best in people; how people have demonstrated empathy through great acts of kindness such as providing food banks and serving hot meals; volunteers shopping for their neighbours and for the vulnerable within the community.

One of the acute impacts of the pandemic has been on the education and development of children. Many have struggled to engage in their learning because of the disruption caused by school closures and individual isolation. Without social contact, many have struggled to cope. In the midst of all this disruption, once again, schools up and down the country have demonstrated their versatility by very quickly adapting to remote teaching and learning, something neither the teachers nor the pupils were trained for. At PMGHS our academic curriculum is being delivered and assessed through Microsoft Teams, and in addition, our pastoral curriculum is delivered through form time activities, the PSHE programme, the careers programme and through on-line assemblies. Thanks to our parents, pupils and our dedicated staff team we have experienced an amazingly high level of engagement from all pupils. Well done to all!

I am certain that long after the pandemic is over, we will continue to use certain practices, which have proved beneficial, that the pandemic helped us discover. In this edition of the newsletter you will find some of the remarkable work that has continued throughout this difficult period.

Mufti Javid Headteacher



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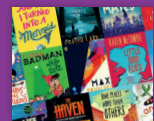
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“ Amazing is the affair of the believer, verily all of his affair is good, and this is for the believer. If something of good or happiness befalls him, he is grateful and that is good for him. If something of harm befalls him, he is patient and that is good for him. ”

(Saheeh Muslim)

LOCKDOWN REFLECTIONS

Assalamu alaikum!

We are Harisah and Huriyah Malik from Year 11, and we wanted to share our experience of being in quarantine and what we think about it.

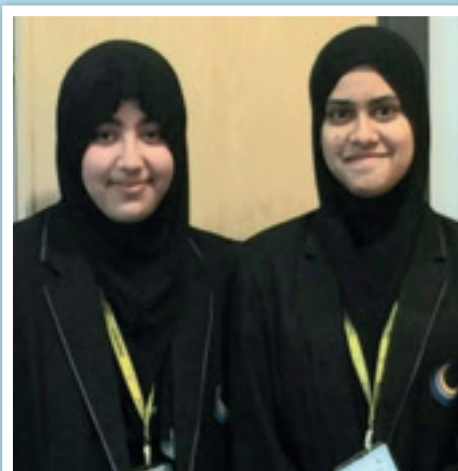
Everything happens for a reason, and quarantine happened because of the rising Covid-19 infection rates. When we heard about the lockdown, we weren't surprised, but we were worried about our GCSE's and what would happen now that school was being moved to remote learning. At the time, we were preparing for our mocks that were going to happen in a week and a half and thought 'well if GCSE's get cancelled at least we have our mocks'. However, less than a week later, Gavin Williamson announced that GCSEs were cancelled. At first, we weren't entirely sure whether we should be feeling happy or sad – there was still quite a lot of confusion, and no-one at the time understood what was happening regarding GCSE's. After a couple of days, the government announced that we would have teacher assessments, and we learned our mocks would be delayed until we came back to school. While we had mixed feelings about the cancellation (both happy and sad) we decided to try to carry on as normal. As we said before, Allah makes everything happen for a reason, and in a way, this was the best outcome, as we feel pupils would be better off with regular teacher assessments, as opposed to taking sets of exams that we weren't fully prepared for (and couldn't have been, seeing the amount of school people had missed).

Lockdown hasn't been bad either – It helps save the NHS from being overwhelmed and saves lives in the process. Many people have been able to spend more time with their families (for the worse or better), and as twins, we have been spending even more time together than we normally do (which is a lot anyway). Being in the same room for 6 hours a day has really taught us tolerance and patience for each other – obviously at school it's different, because whilst we have the same circle of friends, we occasionally have different lessons. It's also been quite interesting too, as I do Business Studies, and Huriyah does Computer Science, so it's not uncommon for us to hear each other's teachers teaching and have both learned a couple of things about each other's subjects.

Even though we haven't been able to see our friends, we have been doing video and audio calls where we all get together to help each other revise for a different subject each day, then we relax by playing an on-line game, which has been surprisingly fun on a video call. It has helped us all in our studies, but also with our mental health – we aren't stressed and worried about tests and unwinding by playing games that usually end up with us laughing non-stop really helps alleviate any tensions we have.

Looking after yourself is important, and even something as little as texting your friend or going out for a walk can really improve both your physical and mental health. We hope everyone is working hard (but not too hard), looking after themselves and keeping safe. Take care!

Harisah and Huriyah Malik Year 11



Huriyah & Juwairryah Malik

Assalamu alaikum my name is Juwairryah Malik, and I am currently in Year 11. Due to this ongoing pandemic and the sudden lockdown, much like every other Year 11 pupil across the country, I was very concerned about the impact it would have on my education. However, alhamdulillah, PMGHS was able to very quickly adapt to this difficult situation, which has made it possible for us all to follow our lessons online and from the comfort of our homes. Our teachers have also been very supportive throughout these times by making sure we have all the resources we need, ensuring we attend all our lessons so we don't miss out on any valuable learning but most important of all, by making sure we know that they are there to encourage, guide and support each and every one of us should we need them.

Lockdown has changed many things, such as our education and daily routines. These things may not seem as important, but all contribute to our physical and mental health. I try my best to go on walks at least once a week and take regular breaks from the screen during lunch and break times to give my eyes a rest which really does help me. I find exercising even for a few minutes every day, really helps my state of mind. If I'm completely honest with you, at first, I refused to exercise, as I didn't consider it to be important, but as I have found, it really is very important to you exercise not just your mind but your body too. Even 10 minutes in the morning will leave you refreshed and energized for the rest of the day, and 10 minutes before going to sleep will allow you to have a comfortable and healthy good night's sleep. I urge you to try it, and notice your wellbeing improve immensely.

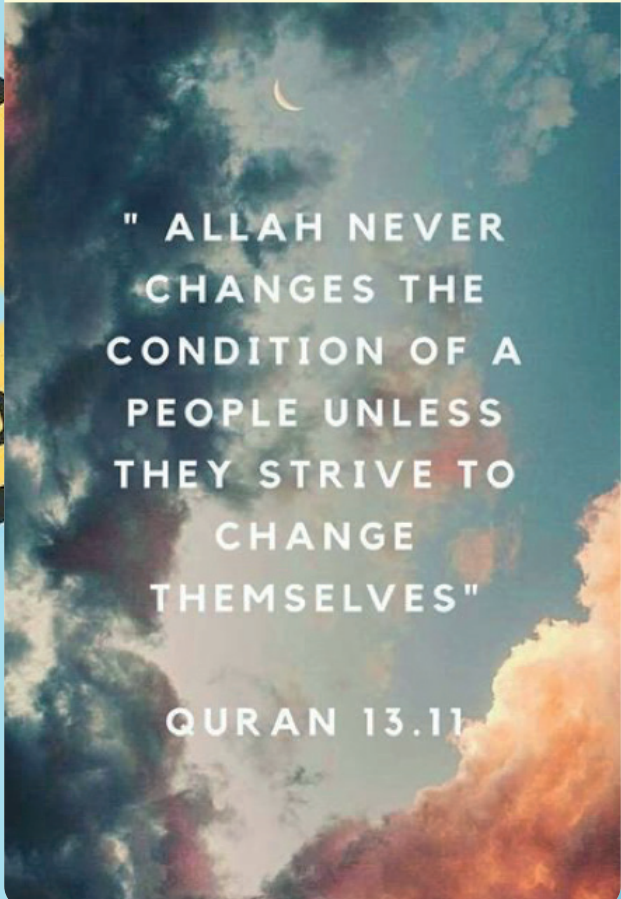
My final advice to anyone who has a difficult time in lockdown, is that if you ever need anyone to talk to, remember that Almighty is always there. He is always listening and is the only one who can answer our prayers. Talking to Almighty can take a huge weight off your shoulders and praying regularly will make you feel a lot better. We all must remain patient and strong in times like these, and place our trust in Almighty, and remember that after hardship will come ease, and one day, we'll meet again!

Juwairryah Malik Year 11

My Lockdown Experiences

I was in Year 10 when the first lockdown was announced. Now, we are in the third national lockdown with the same expectations and rules. This lockdown is easier because I know how to manage my time in terms of School, Madrasah, and my home life. A lot of stress and anxiety was removed when I started to appreciate the blessings in my life more and to trust Almighty more with my future. I learnt that things happen for a reason; not everyone has the blessings you may have, and that hard work with prayer is a combination that will help you succeed. I have learnt this through all the online lessons, pandemic news, and global events that have taken place in a short timescale. I realise that this pandemic allowed me to become more organised and aware of things that I may not have paid attention to before; always remembering to make time for things that will improve my mental well-being and spirituality.

Ayesha Year 11



" ALLAH NEVER
CHANGES THE
CONDITION OF A
PEOPLE UNLESS
THEY STRIVE TO
CHANGE
THEMSELVES "

QURAN 13.11

LOCKDOWN REFLECTIONS

A TEACHER'S REFLECTIONS

Did we ever think that we would be facing our third lockdown as a school in just under a year?



I thought it would all be over by Easter...last Easter. How wrong was I?

So, how are we finding it this time around? Undoubtedly, we are more capable now of using the technology than we were all those months ago. Even I, Mrs. Technology Dinosaur, can recall success with on-line classes, introducing breakout rooms and sharing screens of poetry analysis, I can now even teach French online!

If only the pupils would talk back as enthusiastically and animatedly as they do in their classrooms. In many social media cartoons, there is the primary school teacher, bombarded by little people, showing off their dog, their dad's shoes and excitedly relating what they had for breakfast. The novelty and excitement of online learning has clearly not worn off for the under 10s.

In contrast, when secondary school teachers seem to ask for interaction, there is sometimes an eerie silence. No one wants to speak first. Come on girls, we need to hear your voices. Keep talking to us! We need your input.

We are lucky, however, to have the technology in place to present the pupils with their usual timetable of lessons. To have a hard-working body of staff, who work as a team, to help each other through the stresses and strains of isolation and lockdown, is a godsend.

I cannot deny, I miss direct interaction with the pupils. I miss their spontaneity, their ideas, their young voices ringing out cheerfully in the corridors. I miss hearing their laughter and I even miss calling for quiet during the lessons, something I never ever thought I would hear myself say.

I look forward to soon meeting up with pupils and colleagues once again and regaining that spark that lights that creative flame. We are all eager to resume the great practical work we'd begun in drama, building on the new confidence the girls have found, through expressing themselves in the subject.

We will come out of this, eventually, and emerge even more resilient than before.

No matter how we feel, we are doing the best we can in the circumstances, so well done one and all!

Mrs Bettess

REMOTE LEARNING ...AGAIN!

As most of us probably expected, a couple of weeks ago the Prime Minister announced that the period of remote learning is to be extended beyond the middle of February when he informed the House of Commons that “we hope it will be safe to commence the reopening of schools from Monday 8 March.”

We have already begun lateral flow testing of all pupils and staff who are in school now. Prior to all pupils returning to school, we have sent home the required consent forms and explained the arrangements for routine and serial testing. You can be assured we will do our very best to provide high quality education to your daughters throughout this period. We all need to remain positive, supportive of each other and follow all the government guidelines, especially not allowing teenagers to mix outside of their own households. Thank you for your kind messages of support and appreciation. We all have a part to play in ensuring everyone remains as safe, healthy, and positive as possible.

As you can imagine, it has been quite an eventful first half term. The school has only opened for vulnerable/children and children of critical workers and these pupils have been based in the ICT suite, experiencing the same lessons as all the pupils who are working from home. The high level of engagement from your daughters with all aspects of remote learning has been wonderful. Every teacher has commented on how positive, polite, and involved the pupils have been. Attendance and active participation have also been wonderful to see. All pupils have been following their normal school timetable through 'Teams'. These have been predominately 'live' lessons, but there have also been occasions when pupils have had to work independently completing online assessment and accessing learning materials from other sources. Such a 'blended learning' approach has provided much needed variety – we do not expect pupils to be staring at their screens all day; however, whatever approach has been used; a teacher is always available to 'chat' to pupils according to the timetable.



For almost every lesson your daughter will need:

**Access to a computer,
ideally with headphones**

**Lined paper /
exercise books**

**The usual
stationery**

We continue to award pupils with ClassCharts points as often as possible to recognise commitment, great work and achievement.

If you are a parent of a Year 11 pupil, you will be aware of the Government's decision to cancel all GCSE exams in the Summer. Mock exams will take place on the pupils return to school whenever the Government decides that may be.





I hope everyone is staying safe during the ongoing Covid-19 pandemic. I think we should all be so proud of ourselves as we have moved to a full timetable of teaching and learning online. It has been a learning curve for me as a teacher to make sure I use all the gadgets Microsoft Teams has to offer. My favourite thing to use is the chat bar, this is a great way for me to ask questions and all students can type their answers. I am also fond of the little yellow raise hand button to check we are all on track!

I have had some really wonderful lessons where girls have participated in class discussions, shared their ideas and continued to shine, even though we are not in the classroom together. I have loved receiving photographs of the work from students' books, please keep them coming! I am so pleased to see pupils taking pride in their work. I am sure many of you are like me and working with a house full of family. My children are also learning from home so when my teaching day is finished, I spend time helping them with anything they didn't understand from their day.

My top tips for home learning are:

1. Make sure you get some fresh air when you have a break, even if you just open a window.
2. Make sure you keep active (I teach all my lessons standing up at a high desk, so I keep my legs moving).
3. Make sure you have comfortable slippers!

I really do miss all your smiling faces but as long as we stay safe and look after one another we will be back in school as soon as we can.

Mrs Marsden

Endlessly chasing

Through the void we stumble,
Pushing blindly
To the sparkle of light beyond

It used to surround us
Basking in it's warmth, we felt it Cold
Then all was dark.
Voices trail,
Echoes of life, drifting away like a boat
Unanchored from its mooring, floating
Out into the black sea.

We don't know where we are,
Or where WE are.
All there is, is the pinprick beam
Gleaming, like a torch shining
Through a keyhole.

We stumble forward, it moves further away
With each
Clumsy
Step.

Mrs Latham

Hope

Lockdown, a situation that will never put me down,
The key to this is to remain strong,

And to prove that it can never put you in the wrong,

By overcoming your fears,
is to imagine that it has disappeared,
Bringing joy and happiness all around,

Ensuring peace and equality is at bound,
A time we hope that will never interfere,

Where everyone must stick together and adhere,

Lockdown interrupting many prime schedules,

Making worry and distress a key aspect to elude,

So, let's come together
and pray,
Hoping this time will never be
a moment to press replay!



Zainab Matadar Year 9

LOCKED IN CENTRAL LIBRARY! (GOOGLE.COM)

This is a link to an on-line escape room which has been developed by Cambridgeshire Libraries. Players need to solve clues to escape from the library, it takes about 30-40 minutes and is fun to do, Miss Packwood did it with her family and she thoroughly enjoyed it.



Cambridgeshire Libraries

9 January at 17:57 · 🌐

...

Feeling bored in lockdown? Missing your library? Fear not! We have created a new online escape room set in Central Library! Can you find your way out? Play on your own or with friends, have fun and let us know what you think! 📱 <https://cutt.ly/VjzgLRB>

FREE ONLINE BOOKS VIA VIRTUAL LIBRARY

Children in England are now able to access books online free during school closures via a virtual library. Internet classroom Oak National Academy created the library after schools moved to remote learning for the majority of pupils until February half-term. Formed with The National Literacy Trust, the library will provide a book a week from its author of the week and the aim is to increase young readers' access to e-books and audiobooks. Jonathan Douglas, chief executive of the National Literacy Trust, said it was "essential" to enable as many children as possible to "access a world of great literature". He added: "Many children's literacy skills were profoundly affected by the first lockdown and school closures. We will do everything in our power to support children, families and teachers during this new lockdown period."

The first book to feature was Dame Jacqueline Wilson's *The Story of Tracy Beaker*. All books will be available to access free for a week from when they arrive on the website. Dame Jacqueline said with schools closed, the free online library is needed more than ever, adding: "I think it's vitally important that every child should have an opportunity to access books."

Virtual School Library | Oak Academy (thenational.academy)

We hope that you will encourage your daughter to access this valuable resource and continue to develop their literacy skills.

BOOKBUZZ

In October all our Year 7 and 8 pupils were given the opportunity to choose a Bookbuzz book from a selection of 17 different titles and the books were handed out to pupils before the end of term. Bookbuzz is all about inspiring young people to read and that's why pupils were able to choose a book that matched their interests and reading preferences. We know that children who read are happier, healthier, more empathetic and more creative. We also know that the pupils who read every day, even just for 15 or 20 minutes, do better at school and achieve higher results in their GCSEs. Reading doesn't just help with English skills but will help pupils learn and develop across the whole curriculum.

We hope that all our pupils enjoyed their book and they are being encouraged by Miss Packwood and Miss Smalley to write reviews to encourage other pupils to read and enjoy these books.

Miss Packwood recently read "The Haven" and has shared this review on the school library website "If you like a fast-paced thriller then this is the book for you. The book is set in London in the present day, the action starts on Page 1 and just doesn't stop. It's exciting and really kept my attention all the way to the end. My criticism is that I would have liked some more character development as you don't really get to know the personalities and backgrounds of the main characters. I would highly recommend this book to anyone who likes books with lots of action, twists and turns."

Miss Packwood and Miss Smalley

POSITIVE ATTITUDE WORDSEARCH

Y V S O P Q E E Z W C M H I Y
L N E E M R D J I T G O I E O
P J O Y L U O L C Z R D G V U
P A K M T F L G X M Y E H I R
U P M I R P D Q R F Z E E T S
R Z T L O A E I H E B R N I E
E T O W I O H V S B S F E S L
A V E L K C J W I C B S R O F
E R N O I T A V I T O M G P S
P O W E R F U L P J P V Y S A
X L J Z K G C K N E T E E G F
Y T I L A U Q P M O A C C R I
L M A T X X P Q O O C C F E Y
V I C T O R Y K T U X S E N R
W I I H X M K W S D B C R E S

ATTITUDE
HARMONY
LOVE
PEACE
POWERFUL
PURE
RECEPTIVE
SUCCESS
WILL-POWER

FREEDOM
HIGH-ENERGY
MOTIVATION
POSITIVE
PROGRESS
QUALITY
SELF-DISCOVERY
VICTORY
YOURSELF

“EVERY ACT OF KINDNESS IS SADAQA” (CHARITY)

The Prophet Mohammed (Pbuh)

As a faith school, we consider it to be an essential part of every pupil's education to be open-minded and to learn about not just our faith but other faiths and cultures too. We all know this promotes tolerance, understanding and is essential for the pluralist society in which we all live. Equally important, especially at present, is kindness. Being kind and exhibiting kindness makes such a difference to the quality of life for everyone. Kindness is usually described as the quality of being friendly, generous, and considerate. Warmth, affection, concern, and gentleness are often associated with kindness. It is an interpersonal skill and random acts of kindness include:

Giving an honest
compliment

Offering to help someone

Thanking someone you
appreciate

Random acts of kindness can brighten someone's (and your) day. Kindness also breeds kindness. When we hear about the generosity and support that others have given during this time, it inspires us to be kind too. Random acts of kindness do not have to be big gestures, but they can have a significant impact. For example, we are so grateful for the numerous emails you have sent offering praise and thanks to our staff for the support and guidance they have given your daughters in recent weeks. It is lovely for them to know how much their efforts are appreciated.

Finally, a big 'Thank You' to all parents of Year 9, 10 and 11 pupils who attended our virtual Parents' Evenings. Attendance was very high for all year groups which is a reflection of all your support ... as well as your high-level of computing skills!

7 WAYS TO STAY HAPPY AND CALM AT HOME DURING LOCKDOWN



Whether you're cut off from people you love, worried about a vulnerable relative or parenting a newborn child and home-schooling your older child at the same time: everyone is facing their own challenges at the moment.

"We're all dealing with a lot of anxiety at the moment: money, work, loved ones. But not only that, there's a lot of disappointment too," explains Dee Holmes, a Relate counsellor specialising in family, young persons' and children's counselling. At a time, we all feel slightly powerless, focus on the things you can take ownership of.

"This is a time your children are always going to remember, and you want those memories to be as good as possible," says Dee.

Dee's 7-step Calm Plan...

- Chat about how you're going to deal with difficult situations (before they happen)
- Keep talking to your children about what's happening
- Find an outlet for your stress
- Stay connected with your support networks (and maybe build new ones)
- Ration your news updates
- Keep up your routines
- Cut yourself some slack

Top 10 Tips for Parents

During the coronavirus outbreak

- 1 CHILDREN look to adults for guidance.** Keeping your stress in check can help manage kids' worries and anxiety.
- 2 ENCOURAGE children to ask questions and talk about their fears.** This provides parents the chance to give age-appropriate information.
- 3 TEACH children prevention strategies** such as hand-washing and covering coughs. This reduces the risk of infection and gives children a sense of control, which can reduce anxiety.
- 4 ROUTINE and structure are your friends.** Involve children in creating their daily or weekly routine that includes: hygiene, learning, reading, exercise, play, mindfulness, and nutrition
- 5 STAY CONNECTED.** Help kids address isolation and social distancing by writing cards and letters, making crafts, and calling or FaceTiming friends and loved ones.
- 6 FAMILY TIME.** Play board games, cards, checkers, and trivia games. This can help kids feel secure while keeping them connected. Involve kids in sanitizing these items after use.
- 7 USE THE WEB RESPONSIBLY.** Monitor use of social media. There are many online resources for kids to learn. Plan which web sites are appropriate for your children.
- 8 SELF CARE.** Teach children about wellness. Build in time daily for rest and mindfulness activities such as yoga or meditation. Model relaxation techniques like reading a book or a watching a movie.
- 9 BE ACCESSIBLE.** Children need reassurance as the crisis progresses. Be honest and manage expectations. Let them know you are there and will help keep yourself and the family well.
- 10 DON'T PANIC.** The community's response to COVID-19 is evolving daily. Know where to get help and information to help maintain the mental wellness of your children and family.



FURTHER HELP

Check out Relate's useful advice for families during the coronavirus outbreak and visit the BBC Action Line for details of other organisations that can help.

The Institute of Health Visiting also has plenty of guidance for parents during the pandemic, including tips on connecting with other parents and what to do if your child is ill.

If you need a hand explaining coronavirus, there are specially released books you can look at with your little ones:

Gruffalo artist Axel Scheffler has illustrated a children's digital book and it's free to download.

And for younger children, there's Jon Burgerman's picture book Everybody Worries (Oxford University Press 2020).

KEY DATES TO REMEMBER

22 Feb 2021	School reopens
24 Feb 2021	Year 8 Virtual Parents Evening
02 Mar 2021	Year 7 Virtual Parents Evening
03 Mar 2021	World Book Day
22 Mar 2021	Enrichment Day – Literacy focus
26 Mar 2021	Celebration Assembly
26 Mar 2021	Reports to go out
26 Mar 2021	End of term



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