



PRESTON MUSLIM GIRLS HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity

HEADTEACHER'S WELCOME

Dear All

It was exactly a year ago that I was contacting you to say that the school was going into lockdown. At that time, we wondered if it would last for a couple of weeks and we all expected to be back in school directly after the holidays. How little we understood then and how much we have all had to go through to be where we are today.

The best news of all is that we have successfully returned to school. Pupils are delighted to be back in class, seeing their friends and taking part in direct teaching, with real teachers, who are there in flesh and blood. In this edition of the newsletter you can read staff and pupil reflections on coming back to school as well as features about careers and History. This morning I stood in the hall and watched Year 10 take part in an assembly entitled, Welcome Back to Normality. The message was a simple one: although it may still feel a little strange to be mixing with so many people and to be returning to the classroom and taking part in lessons, this is our normality. And the sooner we all make that transition back to what school was like before the lockdown, the better for us all!

The biggest challenge we had to overcome as we came back was the mass Covid-19 testing that all schools had to put in place. This saw testing being made available to all staff members and every pupil being tested three times within the first 10 days of being back. Our hall became a mass testing centre as pupils made their way to and from the hall. With the blessings of the Almighty this all went smoothly and marks another important step in our return to normality. I express my gratitude to all the staff that made this mammoth task look so simple and who worked in such a time-efficient manner.

So, as things get back to normal it is natural to reflect on what we have all learned from our experiences. The Prophet (saw) said: "Whenever Allah wills good for a person, He subjects them to adversity". [Bukhari]. Why? Because if the servant reacts with Sabr (patience) and contentment with Allah's decree, it brings them closer to Allah; And "Allah loves the Patient." [Qur'an 3: 146]

In our eagerness to return to normal let us not forget the experiences that we have had and the lessons that it has taught us and let us all grow in the sight of the Lord. Ameen

Mufti Javid Headteacher



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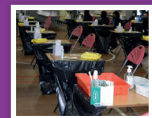
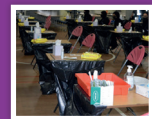
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PATIENCE
MODESTY
GRATITUDE
HUMILITY
SINCERITY



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HIGH SCHOOL
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MR POLLI FAREWELL

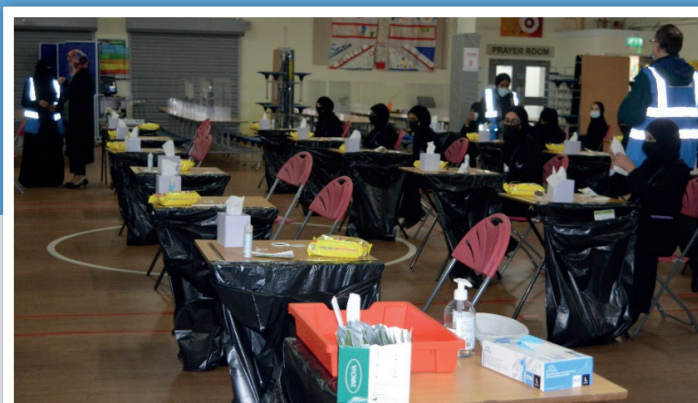
Mr Polli – Business Manager

It is with great sadness that we bid farewell to our Business Manager, Mr Yamin Polli, who is retiring after 10 years in the job. Mr Polli has been responsible for many things that happen in the school including finance, catering, health and safety, liaison during the building of the Crescent Building, HR and other things. We will miss his expertise, his cheerful smile and his knowledge that has steered the school through many challenging situations over the last few years. A deeply spiritual man, we know that Mr Polli will use his retirement to deepen his faith, continue to stay fit and healthy and Mrs says he might even do some cooking! We would like to thank him for everything that he has done for the school and we wish him well for the future. May the Almighty shower him with his blessings, keeping him safe from harm and giving him long life and prosperity.

Farewell
and
Good Luck

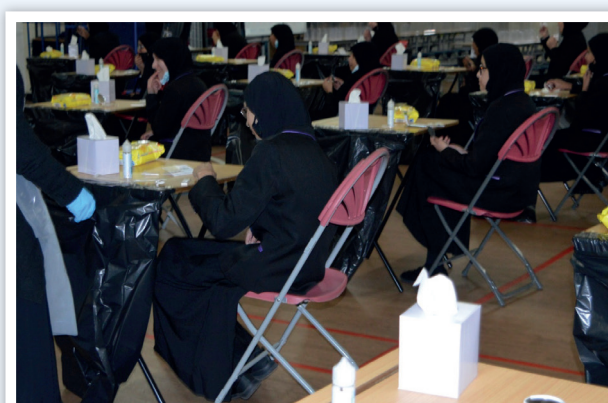
MASS-COVID TESTING

The whole school COVID testing went extremely well with minimal disruption to lessons. We have carried out almost 1,200 tests over a period of six days. A phenomenal achievement! This has certainly been a team effort and We cannot thank enough all the people involved. As you can imagine, the organisation of the testing has involved hours of meticulous planning and careful consideration of all the safety issues. Our Business Manager, Mr Polli, and his team led by Ms Rawat, deserve considerable praise for the way they coordinated the testing regime in such a short space of time.



After three lateral flow tests done in school, pupils have been provided with COVID-19 Self-Test (Rapid Antigen Test) kits to self-swab and test themselves twice a week at home. Please speak to your daughter about this kit which will probably be somewhere buried in their school bag no doubt! The results must be reported to NHS Test and Trace as soon as the test is completed either online or by telephone as per instructions in the home test kit. According to the DfE, 'adolescents aged 12 to 17 should self-test and report with adult supervision. The adult may conduct the test if necessary. Children aged 11 attending a secondary school may be tested by an adult.' Following three tests here at school, our experience is that all pupils can manage the testing process themselves. If your daughter tests positive, please inform us at the earliest opportunity: they will need to self-isolate in accordance with the stay-at-home guidance. A lab-based polymerase chain reaction (PCR) test will also be required.

We would also like to say a massive thank you to all our pupils. They took part in the process with minimal fuss and, as ever, their behaviour was a credit to you as parents, and to the school.



TEACHERS' THOUGHTS ON RETURNING TO SCHOOL

Returning to school has been a bit of a roller coaster ride, with some real highs, lots of squeals, a few twists and turns and some low points.

It's been lovely to see people again, staff and students and hear the hum of the hustle and bustle of school. Generally, students have been enthusiastic about being back in school and have resumed their learning with energy and commitment. I've taken the week gently and not pressured students too much, for some of them it's been tricky concentrating and focussing, for other it's been even more tricky to stop talking to their friends! But mainly students have coped really well and seem to have settled back into school life quickly.

Personally, it's funny how quickly you adapt to each situation. I wasn't looking forward to getting up earlier and to wearing shoes rather than trainers again - which at first felt very odd. But after a week it all seems pretty normal again. I did enjoy being at home, especially being able to join my own daughter's lessons when I could, my year 5 DT skills were coming on a treat. I miss taking my dog for a quick walk at lunch time or just sitting quietly reading the newspaper while I ate. All things considered though, I'd much rather be back in school, explaining about plant and animal adaptations in a hot desert to Year 7s or discussing whether the expansion of Heathrow airport is justified with Year 10s. Finally, Ozzy the dog sends lots of love to all the students who heard him contributing during lessons, he misses you all.



Mrs Pugsley

I'm sure that I can speak for most of my colleagues when I describe the return to school following the second lockdown as somewhat surreal. Following weeks of our best endeavours to deliver the fine art of teaching and learning online, I can quite safely say that I for one, won't miss the technical glitches of teams, registers that guzzled up a good ten minutes of every lesson or posing questions to pupils who had decided to disappear and enjoy a quick spot of morning television instead. All humour aside, I can speak on behalf of my colleagues when I say that our girls did us proud when it came to rising to the challenge of sustaining their learning in these strangest of times. They continued to produce some excellent work and, in the process, acquired skills, not least of which is independent learning that they can take into the future.

There's a real buzz and enthusiasm in my classrooms right now and it's clear that pupils are sincerely pleased to be back and so am I. Ultimately, our remote learning experience has highlighted how there can never be a substitute for face to face learning. Though, if I'm completely honest, I can't say that I didn't appreciate rolling out of bed in my pyjamas and teaching my classes from the comfort of my blanket and on a wet, cold winters day. Just as well Spring is in the air then, and we can all be weaned back into our routines and the challenge of making up for missed time.

Mrs Begum

My Lockdown Experience

When the Prime Minister announced lockdown on that Monday evening, I sat waiting with anticipation hoping he wouldn't say schools have to close. I hated the idea of being stuck in my room staring at a screen for hours on end.

It got really annoying for a few days when my laptop would freeze and wouldn't connect, I would wander around the house trying to find a good connection.

However, lockdown did turn out to be better than expected. I really loved following the delicious smell to the kitchen where my mum had cooked my favourite meals. I also enjoyed looking out of the window when it was so cold and icy knowing I wouldn't have to go out. The lessons weren't too bad as well, I felt like I was still learning just as much as I would have done if I was at school.

Lockdown has good points and bad points, but I know I would much rather we don't do online school again.

Aamina Bapu



RETURN TO SCHOOL

When we found out that school was reopening for pupils, we were extremely excited. Going back to school meant that we could learn in a safe and secure environment once again without any of the interruptions and interference we have at home. However, at the same time, we were quite nervous because we didn't know what to expect or if the school rules had changed. I felt relieved to come back to school because the education is more effective when the teacher is right in front of me rather than attending online classes. As the first week went by, I was confident as I got used to the new school changes.



As soon as I walked through the door of my form room and sat with my friends, I couldn't be any happier. I felt happy to be reunited with my friends after 2 months of lockdown. When I attended the lessons, I felt open minded as I was able to ask questions without being afraid that I'll mess up. The teachers were, as per usual, very understanding, and supportive after all the difficulties we had been through with online learning.

I feel as though classroom learning is more helpful due to a continuous interaction between the students and the teachers. When I was attending online classes I felt less motivated and more tired. So I couldn't concentrate the way I do in school. The teachers try their best to catch us up on the work we've done online which has been very helpful. I feel like online classes have created a gap in our learning process but as we are back in school, we're back in the daily routine.

Coming back to school after online learning was a big step for me. When I was online, looking at a screen 5-6 hours a day was very hard as I always got headaches. But I got used to it after 2 months. When I got to school and carried on with my education, I was glad that I can be in the learning environment and concentrate on my studies properly. Going back into routine after lockdown felt weird so it took time for me to get used to it.

Overall, I say that being back in school is a relief: I get to spend time with my friends and learn in an environment where I can concentrate and learn effectively, everyone is safe and protected at the same time so it's a win-win for everyone.

They are my Loving Parents

When I'm angry, they calm me,
When I'm ill, they take care of me,
When I'm sad, they support me,
They are my loving parents.

When I'm happy or have done good in my exams, they cheer for me,
When I'm depressed, they lighten up my day,
When I'm afraid, they help conquer my fears,
They are my loving parents.

When I've lost all hope, they inspire me,
When I'm stuck, they help me,
When I've done something wrong to them, no matter how much it hurts, they forgive me,
They are my loving parents.

When I'm cold, they give me warmth,
When I'm insecure, they gain my confidence,
When I feel dumb, they show me that I'm smart in my own way,
When I'm being bullied, they teach the bully a lesson,
They are my loving parents.

No matter what happens in the future, or what has happened in the past, I know that they'll always be there for me and be my number one fan, because they are my loving parents.

Made by Laeeqah Shahzad

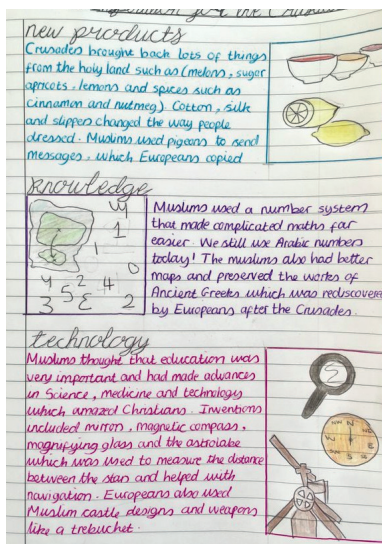
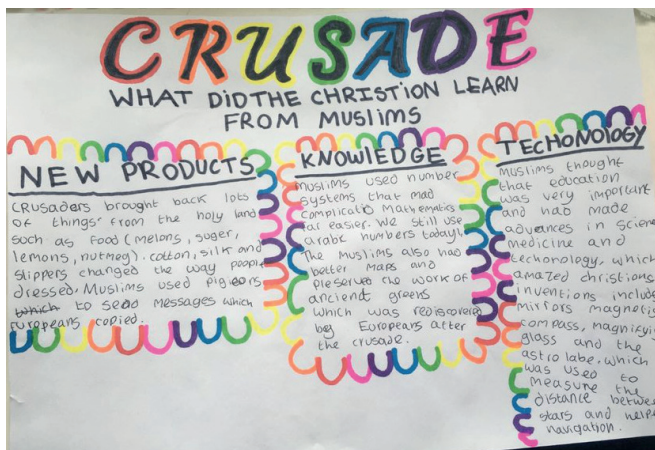
By Laeeqah Shahzad and Laiba Munir

YEAR 7 CRUSADER AND MUSLIM POSTERS

The History department wanted to share some wonderful work from our Year 7s which was produced during online learning.

Pupils produced posters showcasing what the Christian Crusaders learned from their contact with the Muslim world in the Medieval period.

This was a nice way for the girls to learn about the wonderful things we still use in our lives today like Arabic numbers, mirrors and compasses.



Muslims educate Christians

There were many battles during the first crusade. But also time where there was peace between two religions. Muslims and Christians communicated before the crusade happened. They mixed and it became easier. The Muslims had defeat Spain in the 7th century and has traded with some of their European neighbours for years. Where as the Christians from Northern Europe like England , France etc had no contact



TECHNOLOGY

THE MUSLIMS WERE VERY EDUCATED. THEY HAD BEEN EDUCATED IN MEDICINE AND TECHNOLOGY WHICH SURPRISED THE CHRISTIANS. INVENTIONS INCLUDED MANY THINGS LIKE MAGNIFYING GLASS, MAGNETIC COMPASS AND ASTROLABE (USED TO MEASURE DISTANCE BETWEEN STARS.) THE EUROPEANS LIKED THE IDEA OF THE MUSLIM CASTLE DESIGNS SO THEY USED IT AND WEAPONS LIKE A TREBUCHET.

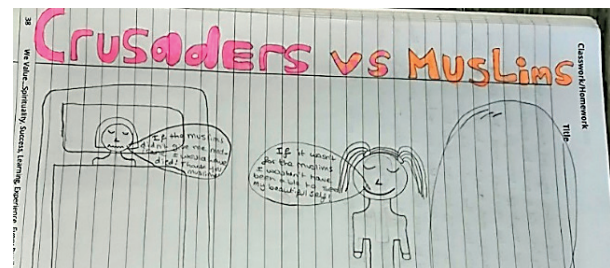
What did the Christians Crusaders learn from the Muslim World?



The Christian crusaders took many things back home with them from the Middle East. They learnt lots of interesting things from the Muslims and they also took new cultures and traditions from them. They were fascinated by the Muslim world's trends and fashions. I will be telling you a bit about some of the traditions that the Christians brought back to England...

Foods

The crusaders that journeyed to the Middle East were very fascinated by the spices and foods that the Muslims ate. So when they went back to England they took some spices and food, some of them are oranges, lemons, raisins, grapes, parsley, thyme, rosemary and cinnamon. These are just a couple foods that they took from the Middle East. The crusaders gradually grew to love these herbs in food, and they would go on to influence much of Europe's cooking in the following centuries. Spices such as nutmeg, cloves and saffron could also be found in the Holy lands for a fraction of the price they were available for back in Europe, meaning this was most likely the first time that many crusaders had ever tried these sumptuous flavourings.



British Science Week

Year 9 pupils have been working very hard completing a Dragon's Den activity linked to designing, manufacturing and marketing hand wash.

CAREERS



Year 11's attended 'What Career Live' virtual event on Sat 20th March. Using a highly engaging virtual event platform, pupils had the opportunity to chat to representatives from leading universities and employers and have one-to-one careers advice from independent experts. They also had access to a programme of live and on-demand talks, covering everything from the UCAS application process, to kick-starting their career with an apprenticeship. This essential online event was a fantastic opportunity for our Year 11's giving them further insight in future career pathways in further education and apprenticeship options.

RSPCA - New Charity Launch

There is not an animal that lives on the earth, nor a being that flies on its wings, but they form communities like you. Nothing have we omitted from the Book, and they all shall be gathered to their Lord in the end" (Quran 6:38)

We had a guest speaker from the RSPCA who came in and shared a lot of information regarding the charity and shared lots of animal images with us.

RSPCA was the first organisation to introduce a law to protect animals and work hard to ensure that all animals can live free from pain and suffering.

RSPCA rely on our support to help us push for changes in the law to improve the welfare of animals on farms, in labs, in the wild, in paddocks or our homes.

Every year RSPCA take in and care for thousands of animals, from pets to wildlife and everything in between.



Pupils raised money for the charity by selling sweet cones in their year groups.



Discover exciting opportunities with leading universities and companies, including:



The National Citizenship Service (NCS) delivered an assembly to our Year 11 pupils. The NCS is a national programme of activities focused upon developing young people. This summer they will be working with Preston Muslim Girls High School and other high schools to deliver an unforgettable summer experience for students in year 11.



The programme offers young people, aged 16-17, a once in a lifetime opportunity to do something meaningful with their summer break, as well as a chance to develop skills and take on new challenges that will set them up for adult life. They'll also do something good for their local community, carrying out a project to support a cause they care about. We've seen first-hand what an amazing feeling of accomplishment and increased confidence this brings. Last August, teenagers on NCS donated 200,000 hours of their time to help rebuild their communities after the first lockdown, showing what a difference young people can make when they work together towards a goal.



More information on the NCS summer programme can be found below and on their website at <https://wearencs.com/>. So, what sorts of things do young people do on the NCS programme? Over a period of 2 or 3 weeks, they will:

- Meet new people and try new things
- Give back to their local community through voluntary action
- Take on new challenges
- Develop the skills and confidence to take on their next steps
- Generate experience for their university application, job/apprenticeship interview or CV and more!

NCS is all about helping teenagers realise their potential by giving them a taste of independence and loading them up with new skills that set them up to achieve their future goals, whatever they may be. And this year, your daughter has the chance to take part.

If your daughter does want to register an interest in taking part in NCS this summer, she will need to go onto the NCS site and share her contact details. This is so that NCS can complete the administrative process required to get them signed up to a programme date. Once a pupil lets NCS know they're interested, they will be in touch with you by email or phone to run through the steps needed to complete their booking.



Dates

Week 1:
29th March – 1st April

Week 2:
6th April – 9th April

Week 3:
13th April – 16th April

STEM

Join us for the Easter half-term for FREE sessions exploring STEM careers, advice and opportunities.

The theme will be **ACCOMPLISH**

We'll be bringing together young women, nonbinary young people and folks from across STEM academia, industry and entrepreneurship.

Hosted on Instagram Live and Microsoft Teams.

**Applications
now open!**

CELEBRATION ASSEMBLY – SUBJECT AWARDS

HUMANITIES

Spring Term - AWARDS

	Platinum	Gold	Silver	Bronze	Endeavour
History	Zaynab Patel 10H	Aisha Patel 7G	Yumnaa Bapu 9P	Zaina Nakhuda 8G	Safa Bux 10P
Geography	Zaynah Noor Mohammed 10G	Habeebah Chotia 8M	Aisha Patel 7G	Aliyah Tutla 9G	Ilhaam Munnee 10P
R.E	Zoyah Hussain 10P	Mishel Rafiq 7M	Zahra Munshi 11G	Anisha Vorajee 8G	Rumaysah Ibrahim 9M

Maths & Business Studies

Spring Term - AWARDS

	Platinum	Gold	Silver	Bronze	Endeavour
Maths	Yumnaa Bapu 9P	Reham Tamimi 11H	Humairah Musa 11M	Amirah Saeed Patel 11M	Asiya Patel 8P
Business Studies	Aamani Ismail 10P	Aasiyah Khan 10P	Lina Patel 11P	Aliyah Nakhuda 11M	Maariyah Secretary 11P

SCIENCE

Spring Term 2 - AWARDS

	Platinum	Gold	Silver	Bronze	Endeavour
Name	Eishaal Inaya Ghumman 8P	Maryam Hafeji 10M	Aliyah Idrees 9H	Safura Tilly 7H	Sofia Bibi 11M

COMPUTER SCIENCE

Spring Term - AWARDS

	Platinum	Gold	Silver	Bronze	Endeavour
Creative iMedia	Halima Ali 11P	Zahra Munshi 11G	Zunaishia Qureshi 10M	Maarya Wadie 7H	Aisha Patel 7G
Computer science	Zubash Umar 11H	Alisha Zakariya-Hill 11H	Simra Uddin 10M	Rumaysa Ibrahim 9M	Bushra Zaka 8H

TECHNOLOGY

Spring Term - AWARDS

	Platinum	Gold	Silver	Bronze	Endeavour
ART	Aaminah Umar 11P	Sadia Ahmed 11G	Sohni Tuba 11M	Liyah Kalang 10G	Khadija Tagari 10G
DT	Jamila Kalang 7G	Rukhsar Ali 8P	Yumnaa Bapu 9P	Nabila Malek 10H	Khadeejah Ahmed 11M
FOOD PREP	Maryam Hafeji 10M	Fatima Bhailok 9P	Aisha Patel 8P	Rawan Abozguia 7M	Raneem Khouliani 9H
PE	Zainab Matadar 9G	Muqadas Riaz 10P	Anah Ikram 7P	Aniesha Ghiash 11P	Eishaal Inaya Ghumman 8P

MFL

Spring Term - AWARDS

	Platinum	Gold	Silver	Bronze	Endeavour
Arabic	Maryam Umerjee 8P	Humaira Hussain 11G	Humaymah Member 9G	Amina Bhad 7G	Ilhaam Munnee 10P
French	Aishah Imran Patel 11H	Simra Uddin 10M	Lubnaa Patel 9H	Zayna Motara 7G	Ammarah Vohra 8H
Urdu	Fatimah Zohrah Hamid 11P	Aleyah Yusuf 10G	Zunaishia Qureshi 10M	Halima Valli 9M	Eiman Bibi 11M

CELEBRATION ASSEMBLY – SUBJECT AWARDS

English Spring Term - AWARDS

	Platinum	Gold	Silver	Bronze	Endeavour
Name:	Juwairiah Lorgat 11H	Maryum Iftikhar 7M	Izma Malik 9P	Eishaal Inaya Ghumman 8P	Aaliyah Faruk Patel 10H

HEALTH & SOCIAL Spring Term - AWARDS

	Platinum	Gold	Silver	Bronze	Endeavour
Name:	Aaishah Iqbal Patel 11H	Emaan Usmani 11H	Rummanah Laly 10H	Mariam Rasheed 10P	Saera Naveed 11M



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