



PRESTON MUSLIM GIRLS HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity

HEADTEACHER'S WELCOME



Looking back at this strange and testing year, we take comfort in the Almighty for helping us to get to the end of the year with Aafiyah and wellbeing. Despite its massive impact upon us all I don't want to end this school year only thinking of the impact of Covid-19. This has been a busy and successful year for the school and I would like us all to remember the commitment of our pupils, staff and parents in creating such a successful school that continues to offer our pupils a daily education that enriches their lives in so many ways. There is a wealth of events and activities to look back on over the year, charitable fundraising and educational visits. Well done to our staff, pupils and parents for their outstanding commitment.

As you would have seen on our website and those following us on Twitter, we have worked extremely hard over the past term to enrich pupils experience at the school. As restrictions were lifted, pupils in Years 10 & 11 completed their practice and assessed Duke of Edinburgh Award. Year 7 & 8 pupils experienced the Ingleton Waterfall Trail, selected pupils went to Borwick Hall for a range of outdoor activities whilst others visited 'The World of Glass'. Pupils that are studying GCSE History visited the house and gardens at Chatsworth in Derbyshire and learnt about the Dukes of Devonshire. All pupils will have the opportunity to attend their All 'End of Year Trips' will take place as normal and pupils will visit a range of venues including Blackpool, Rock and River Outdoor Pursuits Centre, the Chill Factore artificial snow slope and LeVels, which provides a wide range of activities. The end of the school year will be marked with a Celebration Assembly and a special BBQ for pupils and staff.

As we look ahead, the Summer School has been planned for our new Year 7 pupils. A range of creative and academic activities will be on offer to help them in making a smooth transition to PMGHS. With the restrictions gradually easing and the government guidance for schools being changed, we look forward to welcoming all our pupils back in September and a return to some type of normality.

There is a familiar saying that, 'You don't know what you've got until it's gone!'. I know that our pupils have come to realise that their school is a special place: a place of stimulation, fun and engaging challenges, where teachers encourage pupils to reach higher and further than they thought they could and where pupils embrace that challenge and relish it. This crisis has shone a light upon what PMGHS stands for and what we have to offer, it has made us all appreciate how we extend and develop our pupils.

After five years with us, sadly our Year 11 pupils leave us transformed into confident, educated and resilient young Muslimah's: their faith deepened, and their eyes opened to understand the world around them and to be ready to take up their place in society. We look forward to inviting them back in the Autumn term to give them a send-off that they rightly deserve. With the blessings of the Almighty the school will continue to offer our girls what they deserve: the best.

We wish all our pupils and staff and their families a safe and restful summer.

Mufti Javid Headteacher

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PATIENCE
MODESTY
GRATITUDE
HUMILITY
SINCERITY

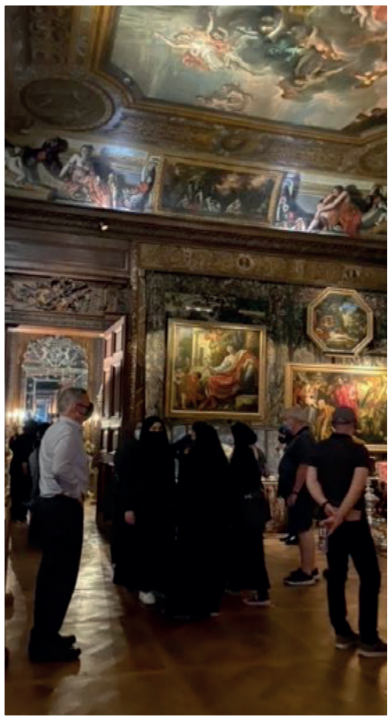


CHATSWORTH HOUSE

The annual History trip to Chatsworth House has become something of a tradition at PMGHS. Sadly, last year's Year 11 cohort missed out because of the way in which Covid-19 brought their time with us to an abrupt end, so this year the History department were eager to make the trip happen for our Year 10 and Year 11 pupils which rounded their year off beautifully.

As one of the units for History GCSE, pupils study the 'Great Re-building' a period in which the nobility and gentry in England built some of the finest stately homes to showcase their wealth and status. Chatsworth House, the seat of the Duke of Devonshire makes quite a statement set in the magnificent surroundings of the Peak District. The house has had a turbulent History and almost didn't survive the social changes and taxes of the early twentieth century. The current 12th Duke of Devonshire still lives in his own private apartments at Chatsworth. The house is associated with famous people, such as Mary, Queen of Scots, who was a regular visitor to Chatsworth and the sister of U.S President John F Kennedy (Kathleen Kennedy). It is also believed to have been the inspiration for Pemberley, in Jane Austen's, *Pride and Prejudice* and was indeed used as the setting for the most recent television adaptation of Austen's timeless novel.





Aside from its fascinating History, it was also an experience that our pupils will take away and treasure. We were blessed with glorious sunshine for the girls to explore the stunning gardens for a third time, mashallah. Let's hope that the fine weather also becomes something of a tradition.



WELLBEING ENRICHMENT DAY

This term final enrichment day was based on the theme of wellbeing.

The activities allowed pupils to really embrace the 5 ways to wellbeing. Connect, Give, Keep Learning, Take Notice, Be Active.

Sessions ranged from making nutritious foods to meditating. Some of the sessions were led by our previous year 11 pupils who wanted to share techniques that they felt the year 9s would find useful in terms of building resilience.

Pupils feedback:

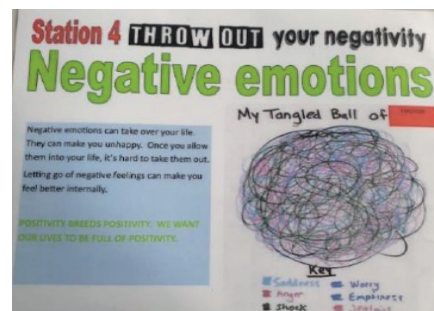
My favourite part of Enrichment Day was making cookies and smoothies with Mrs Patel. As well as being delicious they were also very healthy. Another activity that I really enjoyed was making videos to promote healthy eating and wellbeing. – **Aishah Year 8**

"This term's enrichment day was amazing and very educational. I learned lots of interesting facts and we did fun activities like decorating bags of sanity, doing yoga and meditating. I decorated my bag by drawing ice creams and stars as I love sleeping and absolutely adore ice cream! Meditating was amazing and we also had a great friendship session with Mrs Vadia which made us think about ourselves and our friends. We finished the day with an extraordinary assembly by Mrs Member where we learnt about cleanliness and hygiene and were reminded of the importance of cleanliness in our religion." – **Aysha Year 7**

"I enjoyed the meditation and mindfulness activity with the skipping ropes. I also enjoyed the boardgames. I enjoyed these because we were able to relax and have fun with friends whilst taking part in activities we love." – **Aisha Year 8**

"The bag of sanity was an amazing activity for enrichment 2021! It allowed students to get creative by decorating their own bags but also remember the importance of hygiene and cleanliness. Our beloved Prophet (PBUH) said "Cleanliness is half of faith". By taking part in this activity, students were also able to practise the Sunnah."

"Out of all the activities that we completed on Enrichment Day; my personal favourite was the mindful stitching activity. I liked this activity in particular as it really had a positive impact on me, making me feel more relaxed and self-motivated. During the process of this activity I discovered many qualities about myself such as being passionate, patient and reflective. Overall, I certainly would like to continue this activity outside of school." – **Aaminah Year 9**



YOUTH SPORTS TRUST- MENTAL HEALTH AND WELLBEING WORKSHOP

Courtney Fry, gold medallist boxer at the 1998 Commonwealth games, delivered an interactive and informative workshop to the school wellbeing ambassadors and the Wellbeing Nurture Group. The pupils gained valuable insight on strategies to help them to improve on their mental health and well-being. Emphasis was placed on positive thoughts, gratitude on appreciating surroundings and family and friends, respecting oneself and others.

Pupils looked at meditation strategies, with a spiritual aspect in order to improve mental health. They all looked at the C-A-R-E (Creativity, Aspiration, Respect, Empathy) model to help them maintain good mental health throughout.



YEAR 8 TOWER WOOD RESIDENTIAL

Year 8 pupils had their exciting overnight activity-filled residential at Tower Wood. The activities included a trek to the 'Gummers How' summit and 'Moor How' summit. They also managed to complete Ghyll Scrambling. Both the summit climbs were a challenge where they needed resilience and a lot of team work to encourage their group to keep going, especially on the steep route to the summit. The Ghyll Scrambling at Stickle Ghyll was where the pupils experienced sliding down rockslides, walking through gorges and even had an opportunity to get fully wet by plunging into water at the edge of a waterfall. A challenging and fun experience, which no doubt will remain as a happy memory for a long time!



BRONZE DUKE OF EDINBURGH AWARD (DofE) 2021 EXPEDITIONS

Every year we take a group of our Year 10 to a DofE outdoor expedition as part of the DofE Award. For this award pupils are required to complete 2 days of walking and 1 night of camping.

This year we had both the Year 11's and Year 10's taking part. In total we had three expeditions: one Year 11 expedition and two separate Year 10 expeditions. These all took place at Catgill Farm in Yorkshire. The Year 11 DofE was postponed last year and had to take place this year, in June 2021, due to the pandemic restrictions in 2020. The Year 10 expeditions took place in July 2021 for both groups.

An outline of what the pupils had to do:

Pitch their tents
for the night

Cook their food on a
Trangia stove

Navigation and
map-reading

Pupils then followed a planned walking route and completed a minimum of 6 hours of journeying on each day – this included going through public fields, climbing uphill on very steep inclines, whilst carrying their rucksacks with all their essentials for the night, including their tents.

Examples of Personal Development skills that they learnt or developed whilst completing the DofE expeditions.

Resilience – believed in themselves when tasks were difficult. Didn't give up and motivated themselves and others.

Confidence – Navigated using a map and a compass. Volunteered to lead on certain routes on the journey. Persevered and had confidence in finding solutions to any problems they faced, especially when they got lost.

Aspirations – completing the volunteering and skills sections. Becoming good role models and aiming to complete all tasks including pitching tents in a good time.

Cooperation – Working together for a common aim of completing their assessed walking expedition by themselves in a team.

Responsibility – packing one's own bags, cooking on a Trangia, camp craft. They were responsible of ensuring that they were mindful of their surroundings and keeping the area clean.

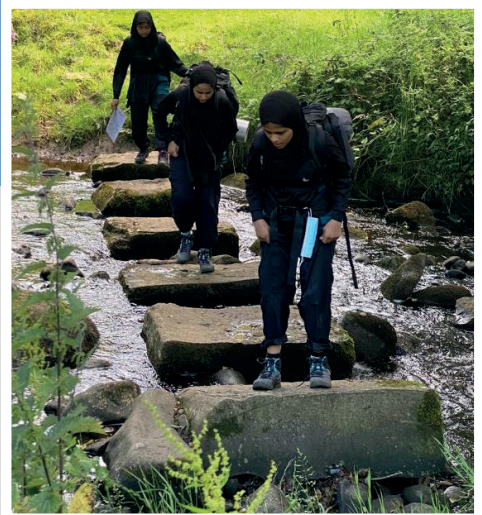
Tolerance – They didn't get annoyed when they disagreed with a decision, whilst on their planned walking route.

Self-Motivation – Told themselves 'they can do it'. Strived to finish the route in a good time. Kept going when their bag felt heavier as time went on.

Inclusion – Positively encouraging their group to keep going throughout the journey. Making sure everyone was included in decisions that they had to make as a team.

Respect – By being mindful of different fitness levels especially on the long challenging walks. Also respecting others when camping

Resolve Conflict – empathised with teammates when they were getting tired and annoyed, as the walking task was challenging especially walking uphill, and they helped them find solutions and come to a common solution to resolve conflict.



YEAR 7 AND 8 INGLETON WATERFALLS TRAIL EXPERIENCE

The Year 7 and 8 took part in a 4.5-mile challenging adventure trail, with gushing waterfalls and amazing scenery.

They walked across rocky paths with a steep incline on the first half of the walk and a descent climbing down lots of steps to finish off the walk. Pupils thoroughly enjoyed the challenge; they encouraged one another and showed resilience and team work to complete the trail walk.



BORWICK OUTDOOR ADVENTURE PERSONAL DEVELOPMENT AND WELLBEING

The Borwick Hall Outdoor Adventure visit developed many skills and attributes encouraging personal development and improving pupil mental wellbeing. Here is a short account written by Zunaisha, Deputy Head girl, who participated in the activities at Borwick Hall. "This fun filled activities day made me develop my confidence further and work on resilience and teamwork. The activities on our trip to Borwick Hall developed all these skills. Firstly, we were sent up to climb on a deadly looking, yet quite sturdy safe pole and we had to rely completely on our confidence to get down. That's where it must have got the name of 'Leap of faith'. It didn't stop there - we then went to the indoor caves, where we were crawling in darkness, learning to memorise routes and get out safely. Finally, we nurtured our teamwork skills by helping each other to stay afloat on a canoe, whilst becoming drenched from the surprisingly enjoyable rain. All in all, this activities trip was definitely memorable, another happy day that we can bank in our memories".



GIRLS LEADERSHIP AND MARKETING SQUAD (GLAMS)

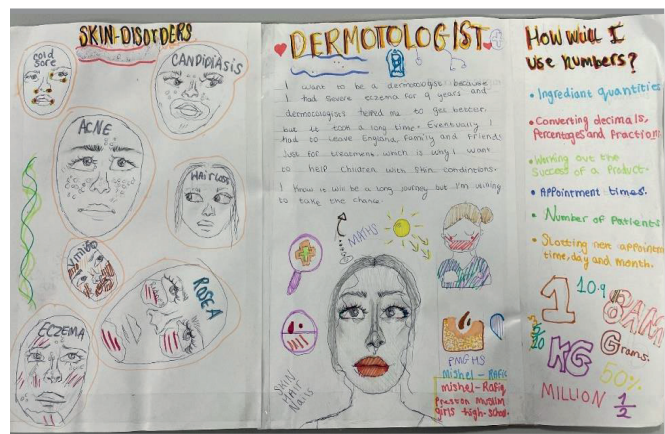
Meet our own GLAMS group at the school who will be responsible for promoting sports and to encourage more girls to take part in sports at school. The group of 8 pupils, from Year 9, who are our Sports Studies pupil's role would be to inspire pupils at PMGHS to take part in extracurricular sports at school and to do more active sports outside of school. The GLAMS vision is for pupils to access more sports and understand the lifelong benefits of sports. To start off this project we had Anna Fitzpatrick, a British former professional Tennis player, visit our school. Anna is working as an Athlete Mentor, for the Youth Sports Trust. Anna delivered a very insightful and interactive workshop to the GLAMS on what strategies they would implement to deliver the project. She made the pupils think about: how to recruit pupils, how to motivate and encourage more pupils to take up extracurricular sports and most importantly what to do to make it enjoyable and fun! They took part in fun and challenging tennis skills and activities, to understand the more fun you make it the better the chance of pupils taking part.



NATIONAL NUMERACY DAY

National Numeracy Day fell on Wednesday 19 May 2021. To celebrate this, the Maths Department gave Years 7 and 8 a chance to take part in the School Number Heroes Competition, organised by National Numeracy and National Numeracy Day founding supporter KPMG.

Pupils were encouraged to create a picture of themselves doing their dream job or hobby and explain how it uses numbers. There were so many fantastic entries and the quality of the entries was impressive! National Numeracy chose one of our Year 7 pupils, Mishel Rafiq, as a runner up from the national competition. They commented, "We



all really loved her entry – the drawings were wonderful, there were loads of examples of everyday maths being used, and it's inspiring how she wants to help others with similar experiences to her own." A big well done to Mishel!

Congratulations to the winners and runners-up chosen by the Maths Department:

Year 7 Winner: Malaikah R

Year 8 Winner: Mariah P

Year 7 Runners Up: Haniya S & Vasilah N

Year 8 Runners Up: Aisha K & Eishaal I

WORLD OF GLASS, ST HELENS

In all honesty, our girls did not know what to expect when we told the Headteacher Award winners that we would be taking them to the World of Glass at St Helens, near Liverpool. By the end of the day they were entranced with some of them promising to bring the whole family back to share the experience.

World of Glass is just an hour away down the motorway and consists of practical glass blowing demonstrations, two galleries that tell the story of the invention and development of glass through the ages and so much more.

The first thing you see when you approach the World of Glass is a giant cone of brick over 20 metres high. It is one of the old furnaces that used to be all over the area, burning day and night to make glass that was sent all round the world. Now it is a quirky entrance to the museum and gives the most incredible echoes and all of the girls enjoyed trying to see who could make the loudest echo.

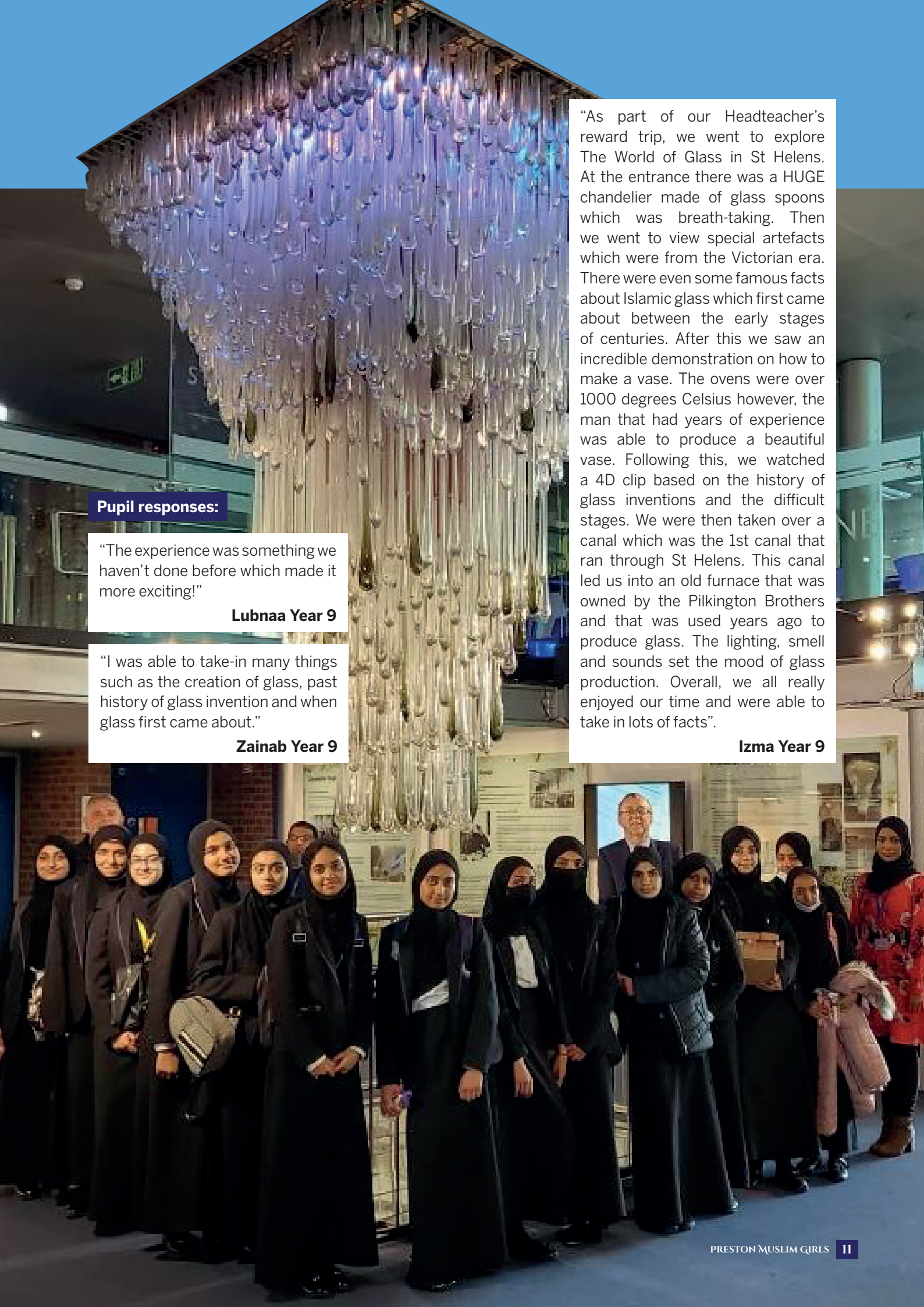
Ahead of you once you enter the museum is an extraordinary, glistening chandelier, made of 1500 crystal droppers and weighing a staggering two tons. This is one of four chandeliers which originally hung in the main hall of Manchester Airport. The most staggering thing about it is that every one of the glass drops was made by hand and by the same man.

The best part of the day was the Hot Glass Studio. We were luckily enough to see a demonstration by Marcin Czepiga, a well-known glass artist from Poland. He began by taking molten glass from the furnace. It had the consistency of liquid toffee and glowed red. We could all feel the heat on our faces even though we sat metres away. Then he blew through a long pipe, inflating the glass like a balloon. Every few minutes he would have to return the glass to the furnace, which burnt at over 1,000C, to keep it hot enough to shape. Twenty minutes later, after much blowing, pinching, rolling and squeezing, he had created the most exquisite glass bowl. It was quickly put into a special cooling cabinet, at over 500C where it would slowly cool over the next 16 hours. He told us that if it was left out for more than a few minutes the hot gases trapped inside would force their way out, making the bowl explode. It was all amazing! Watching an artist create something unbelievable right in front of our eyes.

In the afternoon we crossed the canal to visit the Victorian furnaces and learnt a lot about the commercial making of flat glass. 'I didn't know there was so much to learn!' said Ms Vadia.

The day ended in the gift shop where you could buy glass animals, decorations, paperweights, and all sorts of handmade craft glass. It was such a quirky place to visit and such a privilege to see an artist at work!





Pupil responses:

"The experience was something we haven't done before which made it more exciting!"

Lubnaa Year 9

"I was able to take-in many things such as the creation of glass, past history of glass invention and when glass first came about."

Zainab Year 9

"As part of our Headteacher's reward trip, we went to explore The World of Glass in St Helens. At the entrance there was a HUGE chandelier made of glass spoons which was breath-taking. Then we went to view special artefacts which were from the Victorian era. There were even some famous facts about Islamic glass which first came about between the early stages of centuries. After this we saw an incredible demonstration on how to make a vase. The ovens were over 1000 degrees Celsius however, the man that had years of experience was able to produce a beautiful vase. Following this, we watched a 4D clip based on the history of glass inventions and the difficult stages. We were then taken over a canal which was the 1st canal that ran through St Helens. This canal led us into an old furnace that was owned by the Pilkington Brothers and that was used years ago to produce glass. The lighting, smell and sounds set the mood of glass production. Overall, we all really enjoyed our time and were able to take in lots of facts".

Izma Year 9

TERM 3 CELEBRATION ASSEMBLY

SUMMER 2021

Subject	Platinum	Gold	Silver	Bronze	Endeavour
Arabic	Raeesah Kazi Form: 10P	Thanaa Asmal Form: 9M	Faatimah Munshi Form: 8P	Aaliya Idrees Patel Form: 9H	Sumayya Ibrahim Form: 10G
Art	Sara Ekwhan Form: 7G	Aisha Bargit Form: 10P	Eishaal Inaya Ghumman Form: 8P	Saudah Bashar Form: 9P	Habeebah Chotia Form: 8M
Business Studies	Fatima M Ahmed Form: 10H	Maryam Isap Form: 10H	Insha Nawaz Form: 10P	Farah Mulla Form: 10P	Amina Khan Form: 10H
Computer Science	Simra Uddin Form: 10M	Aamina Sohal Patel Form: 10P	Fatima Mamoon Form: 10P	Hafsah Bhatti Form: 9M	Asiya Patel Form: 8P
Creative iMedia	Madiah Polli Form: 10G	Raeesa Ahmed Form: 10G	Rana Bhatia Form: 10P	Maliha Arif Form: 9P	Maleeha Khan Form: 7M
D.T	Sumayyah Ibrahim Form: 10G	Raariah Desai Form: 10H	Manal Asif Form: 7M	Maida Siddique Form: 7H	Simra Walli Form: 10G
English	Raariah Desai Form: 10H	Anisah Vorajee Form: 8G	Khadijah Desai Form: 9M	Khadija Kilani Form: 7H	Imaani Vohra Form: 9G
Food Prep	Aaliya Idrees Patel Form: 9H	Sana Tanveer Form: 10M	Khadeja Islam Form: 8G	Safiya Patel Form: 7H	Alesha Shahzad Form: 8H
French	Aishah Bodhanvi Form: 10P	Aaliyah Mohtat Form: 9H	Faiazah Batan Form: 8H	Zayna Bhayat Form: 7P	Khadijah Tagari Form: 10G
Geography	Khadeejah Patel Form: 8H	Aliyah Tutla Form: 9G	Faryal Rajar Form: 8P	Sara Patel Form: 7G	Umamah Ibrahim Form: 10M
Health & Social	Muskaan Farooq Form: 10M	Zaynab Patel Form: 10H	Nada Mahmoud Khouli Form: 10G	Safwah Voraji Form: 10M	Rummanah Laly Form: 10H
History	Mariya Sajid Patel Form: 10P	Yumna Umar Form: 7H	Minna Malik Form: 9H	Maryam Gurjee Form: 8H	Asma Chana Form: 10H
Maths	Saffanah Showkat Form: 7M	Aatiqah Patel Form: 7H	Malaika Afsar Form: 9P	Fatima Munaf Ahmed Form: 10H	Eman Ali Form: 8G
P.E	Hanna Abdullah Form: 9H	Zoyah Hussain Form: 10P	Zaina Sola Form: 9M	Aleyah Yusuf Form: 10G	Nabiya Khan Form: 7M
R.E	Maryam Albayati Form: 8G	Aisha Patel Form: 7G	Zainab Matadar Form: 9M	Aaminah Adam Form: 10G	Hajiera Batool Sheikh Form: 9G
Science	Zunaishia Qureshi Form: 10M	Maryam Umerjee Form: 8P	Azima Patel Form: 10G	Yumna Bapu Form: 9M	Safiya Patel Form: 7H
Urdu	Patel, Mariya Sajid Form: 10P	Patel, Maariah Salim Form: 10H	Fiaz, Aysha Form: 9P	Vorajee Maryam Form: 7D	Shaikh, Sadiyah Form: 8H



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