



# PRESTON MUSLIM GIRLS HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity

## HEADTEACHER'S WELCOME

There is a Chinese proverb that says, 'May you live in interesting times!' It is certainly true to say that we are all experiencing something that has never happened before, and we hope, will never happen again. I have been hugely impressed by the way that our pupils and parents and staff have risen to this new challenge. We have conducted a parent survey and have phoned each and every household and so we feel we know how you are feeling about things. We know that our pupils are working hard throughout the school day and that their teachers are delivering varied and interactive lessons every day. There shouldn't be anybody sitting at home twiddling their thumbs! In fact, we know that many of you are working just as hard, if not even harder than you would be doing if you were in school as normal. Well done to you! We are working hard to ensure that standards are maintained and that no pupil falls behind during this time.

Our thoughts are also with our Year 11 pupils who left school without taking their GCSE exams and without being able to say a proper goodbye to their friends and their teachers. As parents you will be aware of the dedication and commitment that our pupils show, and we have been reassured that they will receive the GCSE grades that their hard work deserves.

Finally, can I send you my warmest wishes for Eid. May your prayers and sacrifices never go unanswered and may the Almighty grant you his blessings and give you happiness, peace and joy at this blessed time.

**Eid Mubarak!**

Mufti Javid Headteacher



## SUMMER 2020 HALF-TERM NEWSLETTER

### Meet the Pupil

Khadijah Neki

Page 2



### Salute to our NHS heroes who fight against Covid - 19

Page 3

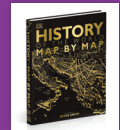


### COVID-19 Children and Young Peoples Mental Health

Page 4-5

### Step out of your comfort zone

Page 6



### Iftaar 2019 Reminiscence

Page 7



### Message of hope from Amaara Latif (Head girl)

Page 8

### Lockdown Hope

Page 9

### Eid Mubarak

Page 10



# MEET THE PUPIL

**Khadijah Neki**



## **Tell us about yourself?**

My name is Khadijah Neki and I am currently in year 8.

## **Why did I choose to attend PMGHS?**

I chose PMGHS because I wanted to be a part of a well-established school where I would receive a good level of support and be guided efficiently to gain good results. I had heard from family and friends that PMGHS would help me in achieving that.

## **What is your favourite subject and why?**

I really enjoy French and it is probably my favourite subject because the teacher makes the lesson very interactive by introducing new methods to help us pronounce words effectively. I feel I have learnt a great deal in this manner.

## **What would you like to do when you leave education?**

After completing secondary education, I would like to study criminology and psychology. I enjoy getting involved with solving mysteries by utilising various detective methods I have learnt from watching on tv and reading from books. I love mystery films and novels and would love to pursue a career in that field.

# SALUTE TO OUR NHS HEROES WHO FIGHT AGAINST COVID - 19

‘Never was so much owed by so many to so few’

(Churchill)

In a gesture of thanks to frontline staff, the public across the UK have been joining in a mass round of applause from doorsteps, windows and balconies saluting NHS and care workers dealing with the Covid 19 pandemic every Thursday night at 8.00pm.

Pupils and staff at PMGHS would also like to express their deepest gratitude to the incredible NHS staff who have been working tirelessly through since the Covid 19 virus outbreak.

‘We are forever indebted and in awe of the sacrifices you are making for our country by working so hard and risking your lives to save the lives of the nation’.



Amidst the chaos - ‘Do not lose hope, nor be sad’

Do not lose hope, nor be sad”, “verily, with every hardship comes ease”. Only in the darkness can you see the stars. Without hardships how would we ever value ease!

Have faith and trust in the Almighty and search for ease, joy, strength and healing amidst the chaos.

صبر  
PATIENCE

THANK YOU NHS

# COVID-19 CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH

## Teen wellbeing: finding the balance during lockdown

With schools closed and so many limits on their usual lives at the moment, looking after your teen's wellbeing is an extra challenge at the moment. Here are some top tips on keeping your teen happy and busy during this challenging time.

1

**Structure their days  
(but not too much)**

2

**Prioritise sleep  
and exercise**

3

**Try something  
new**

4

**Teach your child  
what you know**

5

**Help your daughter  
find a passion**

6

**Leave time for  
"socialising"**

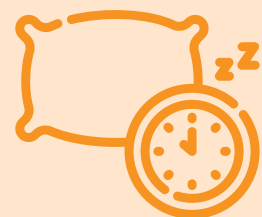
### Structure their days (but not too much)

Keeping a routine in place can be really reassuring for teens (and adults!), especially during an uncertain time. The key though is to strike a balance between giving them a daily structure and keeping your child calm too.



### Prioritise sleep and exercise

Your daughter is always important, but with more challenging circumstances than usual at the moment, protecting your teen's regular sleep and exercise will help them manage any worries. Keeping the same bedtime and wake-up time each day will provide a solid foundation to a healthy routine. If you've got a garden or a nearby park, then a daily exercise trip can help split up the day too. If you're pushed for outdoor space, there are lots of free online exercise classes they can try indoors too.





# Wellbeing advice for families

This is advice and guidance from NHS England about maintaining positive mental health during these unprecedented times on Living with worry and anxiety amidst global uncertainty.

## Try something new

With the incentive of exams in the Summer term gone, some brand-new learning could help get your teen excited. Trying a new language, an area of History they haven't been taught in school before, or areas of current events they've always wondered about can keep them motivated.



## Help them find a passion

The flexibility of home learning is a chance for your child to find what they enjoy most – or to focus in on what they already love. This could be an extended project in their favourite school subject, an ambitious creative challenge, or practical learning like (safe and supervised!) D.I.Y. Without the rapid pace of school life, your daughter could take the chance to think about her future and research some options for what they'd like to do beyond school.



## Teach them what you know

If you've got time, taking the chance to teach your child the skills you have can be a nice way to expand their learning and give yourselves some quality one-on-one time. This could mean practical life skills like baking or cooking, sharing your hobby with them, or even giving them a closer look at what you do in your job. Similarly, setting up video chats for your child with family members who could do the same can be a really nice way to keep everyone connected and engaged.



## Leave time for “socialising”

While keeping busy and healthy is really important, so is staying in touch with their friends! Your teen will probably have been in touch with their friends already but leaving a reasonable amount of time in their weekly schedule for your child to video chat or message their friends will help them keep some sense of normality during this challenging time.



# STEP OUT OF YOUR COMFORT ZONE

I hope you are all keeping well and enjoying time spent with your families and on your home learning too.

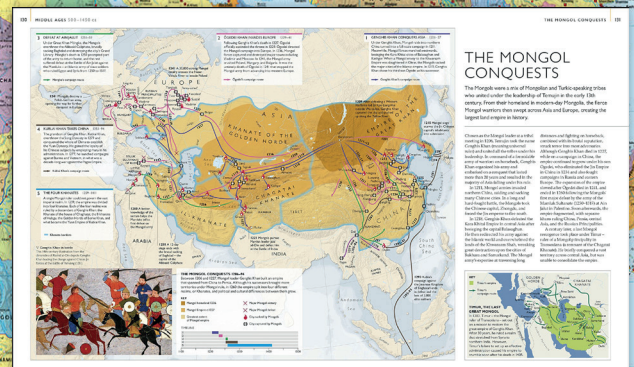
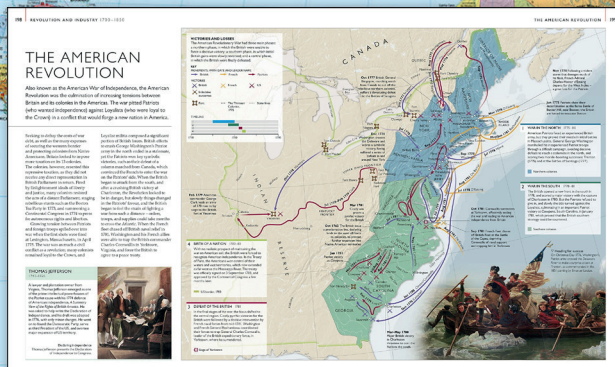
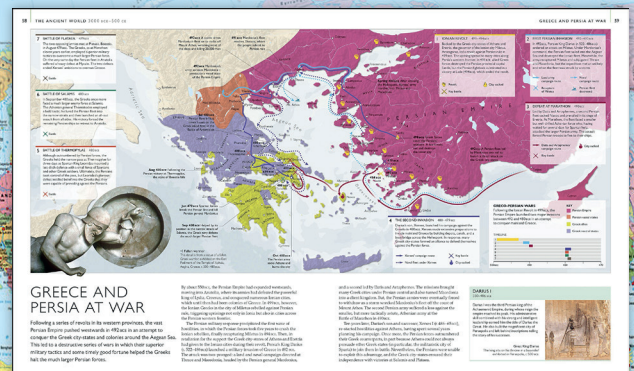
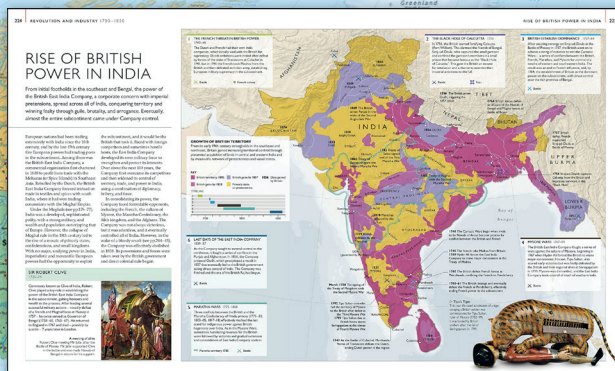
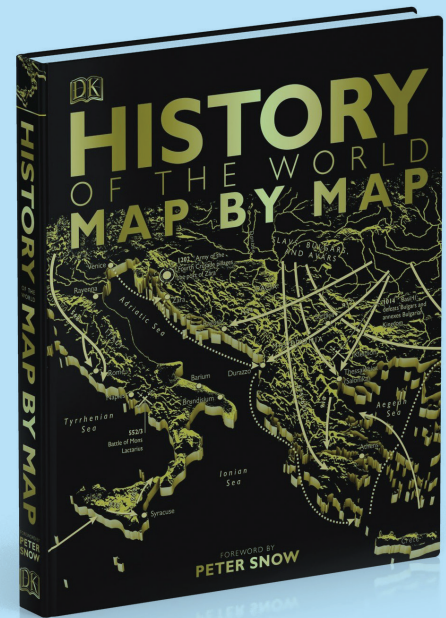
During this lockdown period I have been appreciating the extra time that I have to do the things I enjoy - particularly reading! However, I have noticed that when choosing new reading material, I tend to always look for books by a favourite author or of a particular genre that I know I have previously enjoyed. This pushed me to a decision to challenge myself and to choose something to read that I wouldn't have usually picked, and on a subject that I am fairly unfamiliar with. So, instead of a fast paced novel full of excitement and adventure, I have begun to read a 'History of the World Map by Map'.

I read the first few pages and had already learnt so much! I'm thoroughly enjoying this book and have spent time discussing the things I've read about with my family as well.

So my challenge to you all over the next few weeks is to find something to read that is outside of your comfort zone - try a magazine or a newspaper, or a non-fiction book about something you haven't learnt a lot about before, maybe even a recipe book!

You never know, you might enjoy it much more than you think! Stay safe and happy reading,

**Miss Smalley** - School Librarian





# IFTAAR 2019 REMINISCENCE...

## BY FOWZIYAH ADAM

(FORMER HEAD GIRL)

Asalamuakaikum

Firstly, I pray you are all in the best of health in these strange and unprecedented times. Having been quarantined during this blessed month of Ramadan has been challenging to say the least, and one can only reminisce of previous Ramadan's shared with loved ones and extended families.

It was at this time last year that PMGHS hosted it's special annual Iftaar event, for all KS4 pupils and staff which I was VERY fortunate to be a part of having been chosen as Headgirl. I remember the evening so well, helping the teachers prepare the plates with mouth-watering food, arranging an array of amazing dessert tables and enjoying the wonderful company of my peers and PMGHS family.

The evening started off with the recitation of the holy Qur'aan, a speech based on self-reflection and closed with a beautiful duaa from the headteacher Mufti Javeed. Oh! how I now miss those moments listening to his wise words of wisdom. It was a beautiful experience, breaking my fast with all my classmates and teachers and one that I will remember for years to come.

The atmosphere was unlike any other, girls chattering away excitedly, teachers laughing and enjoying delicious treats, it seems like only yesterday we were all sat together enjoying each other's company, and as I am now writing this, it is so strange to think that I would have been sitting my first GCSE exam today, with 20 more ahead of me. But instead, I have no revision to do, no exams to sit and no anxiety fluttering inside of me like it should have.

Although it is a bittersweet time, I have HOPE that there are better days ahead of us, and with sincere faith and tawakkul in the almighty, we can all get through these tough times and come out stronger in all aspects of life...inshallah.

Stay safe and please remember me and my PMGHS family in your duas.



# MESSAGE OF HOPE FROM AMAARA LATIF (HEAD GIRL)

Slaams everyone,  
I hope you are all keeping well  
during these difficult and uncertain times.  
I just wanted to say a massive well done for navigating  
your way through the last 6 weeks.

I know these are very confusing and challenging times right now  
and you have all shown so much perseverance and maturity.  
Thank you all for working so hard and Inshallah if we continue like  
this, the lockdown will pass with ease and everything will return to  
normality soon.

Lockdown has personally taught me to appreciate and take  
advantage of things that I would always take for granted. Before  
the pandemic, I would never have thought to be grateful for being  
able to go outside, seeing my friends and family, and general  
social interaction.

Despite the challenges and disadvantages the lockdown has  
brought, it also has its positives. With the world at a standstill, I have  
been able to see what is important in life and value the time that I  
have. This will be an invaluable lesson for me after this is all over as I  
will be more grateful for everything that I am able to do; from going  
to school to giving a hug to my friend.

The home learning situation has been difficult but eye opening as  
I realise how dependent we are on our teachers and the difference  
not being in a classroom with other students has, as I understand  
how much of an impact school really has on our lives.

With the roads so much quieter and the pollution rates being so low,  
I can finally hear the birds singing when I wake up in the morning  
which is one of the biggest things I will miss after all this is over, as it  
is usually replaced by the sounds of cars as they drive by.

Try to see the positives and make the most of your time at home.

Stay safe and stay healthy, mentally, physically and spiritually.



# LOCKDOWN HOPE

Our mornings have turned somewhat gloomy,  
Our lunchtimes seem quiet and dull  
Afternoons seem long and lonesome  
And we moan "we're bored out of our skull".

We've crocheted our way through our wardrobe  
We've baked every recipe we know  
We miss all our loved ones and family,  
Our sadness has nowhere to go.

Our doctors and nurses are fighting,  
Care workers and teachers are too,  
Supermarket staff are still working  
We'll all help to pull through.

Thousands of families are grieving,  
Thousands of lives have been lost.  
And so, we stay safe in our houses  
To try and help minimise the cost.

There seems no end to this lockdown  
And four walls that contain us within  
We feel empty and lost, and unsure  
We feel cooped up, but fragile and thin.

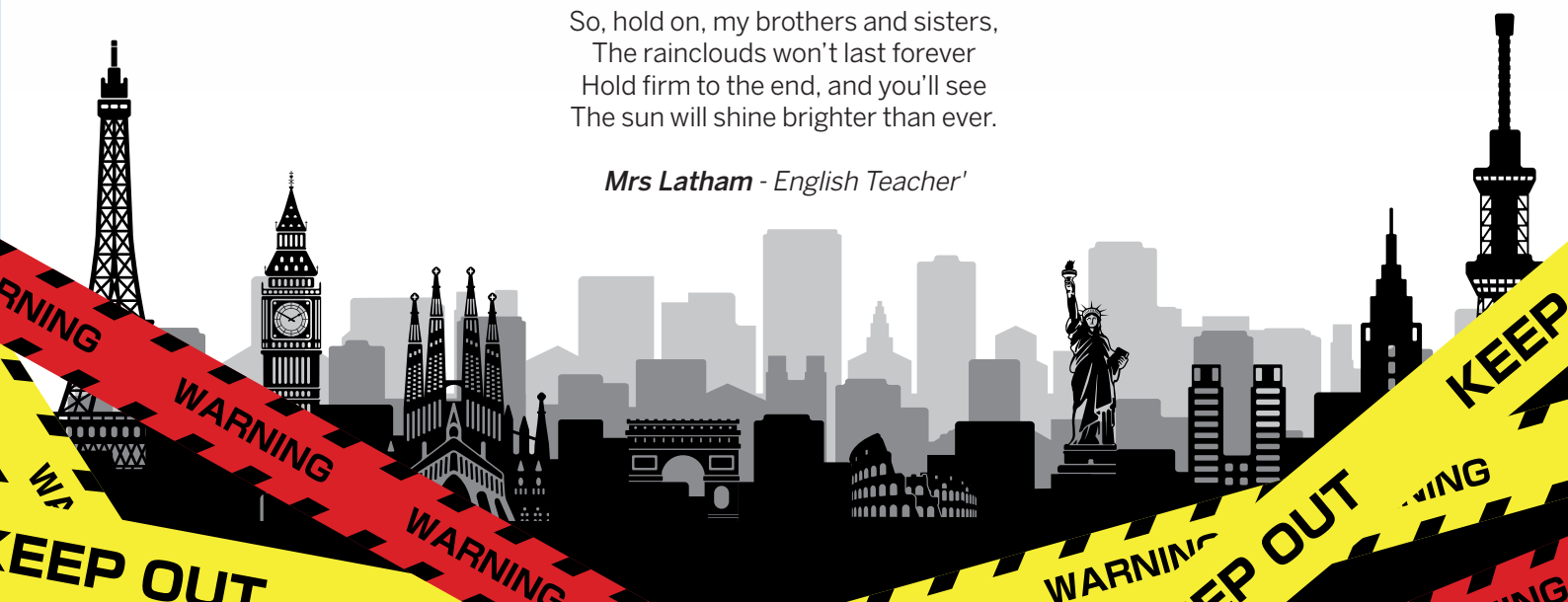
The weight might be piling on quickly,  
And the clouds may cover the sun  
But remember; this too shall pass  
And then, we'll know the meaning of fun!

We'll gather for picnics and parties,  
We'll laugh, and we'll play when it's done.  
We'll go shopping again, and to dinner!  
We will bask, and soak in the sun.

One day, when this is all over  
And our hearts and minds are lighter,  
We'll marvel at what we took for granted  
And hold each other a little bit tighter.

So, hold on, my brothers and sisters,  
The rainclouds won't last forever  
Hold firm to the end, and you'll see  
The sun will shine brighter than ever.

*Mrs Latham - English Teacher'*



AND FINALLY,

Pray all our pupils, staff, parents, Governors,  
wider community and Muslims around the  
world have had a blessed Ramadhan.

**Wishing you have all had a joyous Eid  
and restful half term.**



**PRESTON MUSLIM GIRLS**  
— HIGH SCHOOL —

Education with Patience Modesty Gratitude Humility Sincerity