



PRESTON MUSLIM GIRLS HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity

HEADTEACHER'S WELCOME

Dear All

It was two years ago at this time, March 2019, when we had just entered our first period of lockdown. It was a time of uncertainty and anxiety for us all. Now, two years further on you only have to look at the contents of this newsletter to see how vibrant and active the school has been.

In this newsletter you will find articles about school trips, The Duke of Edinburgh Awards Scheme and British Science Week to name just a few of the exciting things that have been happening at school.

This term we have had the excitement of Prefect Elections. I would like to start by thanking our outgoing Head Girl and Deputy Head Girl and their team of prefects and welcoming Humaymah, Zainab and Rumaysa as the leaders of our new team. After applications and interviews, each of the candidates ran successful campaigns leading up to the assembly where each candidate gave their election speeches in front of the whole school. This was followed by a secret ballot in which every pupil and member of staff voted. We expect a lot of our Head and Deputy Head Girls, and I know that they are excited by the challenge. You will find an introduction to each of them in the newsletter.

As I write this to you, I can hear the sound of the Duff and the singing of Nasheeds as the school celebrates a special day entitled, The Art of Sound. Pupils are learning about great composers, musical notation and are writing their own nasheeds. I am delighted to say that we have been successful in inviting SHAAM, one of the leading exponents of nasheeds to perform for our pupils and to demonstrate the highest standard in nasheed performance. The afternoon will culminate in a series of nasheeds composed by our own pupils and performed to the whole school.

Looking forward, I want to send my best wishes to all of our Year 11 pupils as they complete the preparations for their GCSEs which they will take in May and June. After two years without GCSE exams, we are all keen to return to normality and our Year 11 pupils are working hard to do their best. Please remember them in your duas and may the Almighty bless them all and their efforts.

I would like to wish you and your family a very happy and spiritually enlightening month of Ramadhan and we look forward to seeing all pupils back in school on Tuesday, April 19th.

Mufti Javid Headteacher



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PATIENCE
MODESTY
GRATITUDE
HUMILITY
SINCERITY



MEET OUR NEW HEAD GIRL AND DEPUTY HEAD GIRLS



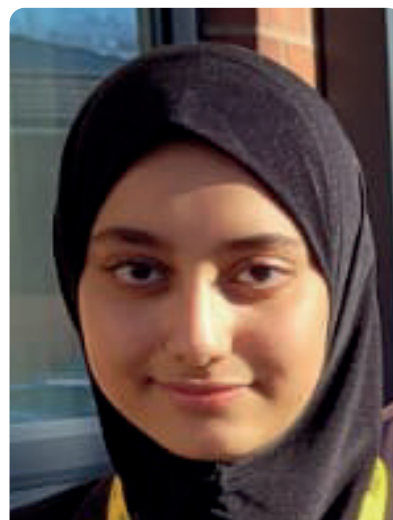
Three powerful voices came together during the Head Girl campaign at PMGHS. A great privilege to have such intelligent and ambitious voices campaigning to lead and make a difference to the school.



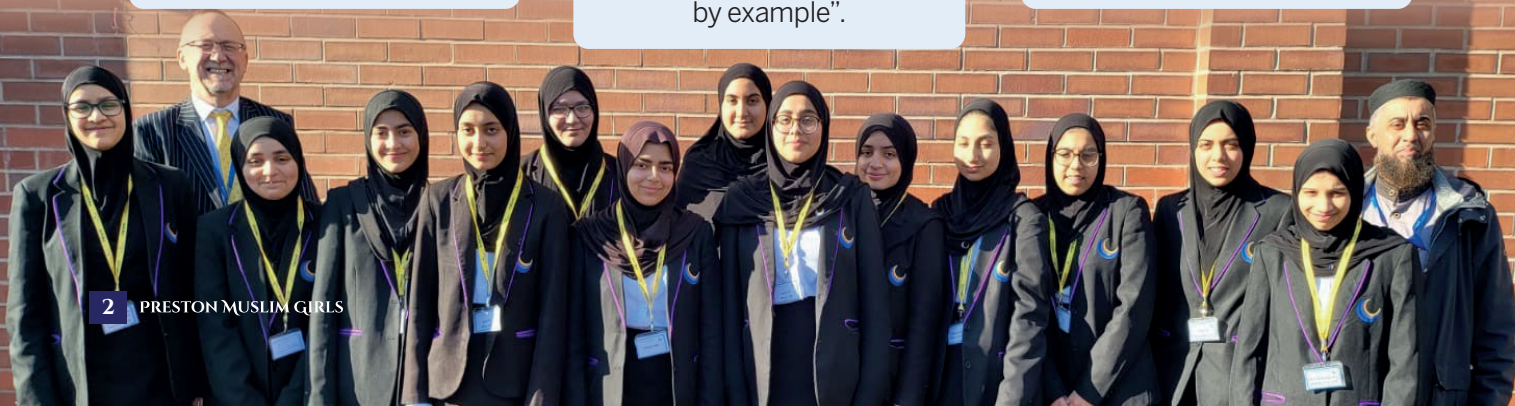
“Assalamu Alaikum, my name is **Humaymah Member** and I have been elected as the new Head Girl of Preston Muslim Girls High School. My aim is to make PMGHS a comfortable as well as an enjoyable teaching and learning environment for everyone by following the school ethos, Patience, Modesty, Gratitude, Humility and Sincerity. I will also work with my team of deputy head girls and prefects to create the necessary changes to make PMGHS even greater”.



“Assalamu Alaikum, my name is **Rumaysa** and I am one of the Deputy Head Girls along with Zainab, with Humaymah as Head Girl. I am extremely grateful for this opportunity to be Deputy Head Girl of this amazing school and to represent and support the students and teachers in any way I can. I pray that the following year is one with success and that I, as well as the Head Girl, Deputy and the entire prefect team honour our school's ethos and do our utmost to carry out our duties and lead by example”.



“My name is **Zainab Matadar** and I am the newly appointed deputy head girl here at Preston Muslim Girls High School. I am extremely grateful for this opportunity, and I am going to perform to the BEST of my ability! My job is to help make PMGHS a better place in all aspects of the school, whilst maintaining the school ethos each and every day”.



SPIRITUALITY AND CHARITY

Rahma Mercy - £5965.00

PMGHS were honoured to assist Rahma Mercy with their fundraising project in Albania for a girls only Darul Uloom - Rahma Institute. A competition was arranged for students to individually raise money. Representatives from Rahma Mercy were invited to present awards to the winners of the competition. Our winners Thanaa Nomani and Anah Ikram individually raised over £1000 each and collectively PMGHS raised a smashing total of £5965. Well done to everyone who participated!

Pupils also raised money for Rahma Mercy by holding a Mad Hatter's Tea Party. Pupils and staff shared in a delicious lunch and contributed to the charity.



Heartbeat Charity - £329.00



Heartbeat are the North West's leading cardiovascular prevention and rehabilitation charity, providing services for over 950 people every single week. Based in Preston, they have supported heart patients and those at risk for more than 40 years.

Heartbeat fundraiser, Lisa Riding, was presented with this wonderful cheque of £329.00 from pupils of Preston Muslim Girls High School. Pupils of the school supported Heartbeat during the recent 'Go Red in Feb' campaign.



Breast Cancer Fundraising Event - £770.76



As part of the PRSHE curriculum, nurses from Lancashire Teaching Hospitals came to deliver an awareness assembly on Breast Cancer to the year 11 students. Pupils and staff found the presentation very informative and of great benefit.

Year 11 prefects Asma Chana, Maryam Isap and deputy Head girl Zunaishia Qureshi led on a fundraising event to raise money for the Pink Ribbon Foundation, who support the needs of people who are suffering from, have been affected by breast cancer or who work to advance the understanding of breast cancer and its early detection and treatment. Pupils and staff had the opportunity to guess the number of sweets in a jar. Which was won by Hanna Manjra in year 7.

Spicy sweetcorn cups, and sweet bags were also available to buy. Deputy head girl Zunaishia handmade amazing resin bookmarks to sell to pupils and staff.

The total amount raised was £770.76 a fantastic achievement by all pupils involved.



YEAR 10'S PRACTICE DUKE OF EDINBURGH WALK

In preparation for the DofE Awards, Year 10 pupils walked around the Guild Wheel completing a total of 14 miles in less than 4 hours. Impressive!

The Bronze Duke of Edinburgh expedition will take place in June 2022. The pupils were given an opportunity to walk a greater distance whilst carrying a heavy rucksack, to replicate what will be expected on the expedition where they will need to carry their tents, Trangias, clothes, food and their essentials for their journey.



SIMPLY DOUGHNUTS VISIT

"As part of our GCSE Food Preparation and Nutrition Course, Year 10 and Year 11 pupils visited the Simply Donuts Bakery to improve our knowledge on primary and secondary stages of food processing. Our experience at the factory was truly astounding. It dramatically enhanced our knowledge on the production of doughnut making and gave us the opportunity to have a real-life experience of the process of food production which we have been studying in our course.

We were amazed to learn the process involved in making these bite-size doughnuts as well as participate in the production and packaging of them. Alongside learning about topics, we had covered on our course like hygiene and safety, quality control and marketing, we were also able to expand our knowledge on other subjects such as Technology, Maths, Business studies which we never thought would have played such an immense role in doughnut making.

The staff at the bakery kindly answered all our questions and shared the history and other interesting facts which will benefit us greatly in our studies.

Overall, an amazing experience, especially having the opportunity to taste and take home freshly baked doughnuts".

By **Aleyah Yusuf**



CATALYST SCIENCE DISCOVERY CENTER



Year 8 visited The Catalyst Science Discovery Center, Widnes. The key aim was for pupils to take part in different hands-on activities which combined practical science with collaborative skills and to be able to link applications of science to real life. Pupils had the opportunity to explore a range of brand new, hands-on exhibits allowing them to investigate science and technology and make links between Science, Maths, Engineering, and Geography. As well as exploring the gallery, pupils investigated the development of the Chemical Industry from ancient times up to the 1940s and took part in two exciting workshops; Fantastic Plastic and Find Out with Forensics.



Find out with Forensics

Pupils worked in small groups to collect evidence to enable them to solve a murder mystery using a variety of forensic techniques such as constructing an electric circuit to create a burglar alarm, testing unknown powders, DNA matching and blood testing. This gave them an insight into the exciting world of a forensic scientist.

Fantastic Plastic

Pupils learnt about the properties and applications of some interesting and novel materials including plastics known as thermoplastics. Not only did our girls have the opportunity to explore plastics, but they studied the effects of plastic pollution and how this ongoing issue is impacting the environment. The best part of this workshop for the girls was melting and moulding thermoplastic and using it to make their own key ring.

THE ART OF SOUND

The purpose of the enrichment day was to develop an understanding and enhance our pupils' skills regarding sound. They engaged in many activities throughout the day which were carefully designed to fit with the Islamic ethos of the school.



Our pupils were fortunate enough to experience workshops delivered by the famous Nasheed group called 'Shaam'. In addition to this, they were able to round off the fantastic enrichment day with a live performance of some of their nasheeds. The girls were thrilled and thoroughly engaged with the performance.

Our own nasheed groups also performed some of their nasheeds in front of the school alongside Shaam. A once in a lifetime opportunity to perform live on stage with Shaam!



MANCHESTER UNITED STADIUM AND MUSEUM TOUR

The Year 7 pupils visited the ‘theatre of dreams’ OLD Trafford stadium, home of Manchester United. This was a cultural capital experience to enhance their learning about Football in the wider community and understanding competitions in Football.

Pupils recalling their exciting trip to Old Trafford.

“Our trip to Old Trafford was spectacular. The atmosphere was amazing. It felt like a dream come true for all the Manchester United fans, in fact it was fun for everyone! The bus journey was exciting, along with exploring the wonderful stadium as well as finding out all the fun facts. The best place had to be the changing rooms where we got to see and touch the players' actual shirts. We learnt about Sir Alex Ferguson and the great qualities he had as a leader and manager of the team. We also learnt that even though Manchester United are a great team they went through many hardships too. Did you know at one point they went bankrupt? Overall, it was a great adventure and we enjoyed ourselves and at the same time learnt a lot about the team too. All our pupils came back with huge smiles on their faces”.

Amina Saiyed, Aisha Patel, Hasina Hansrot, Fatema Vahaluwala, Afiya

“Where shall we start? From all the trips we have been to, this was by far the best! We had a great experience and we have learnt many things. For example, Manchester United wouldn't be who they are today if it wasn't for people like Sir Alex Ferguson who donated a lot of money for the teams' future. We also learnt about the history and how Old Trafford stadium got bombed in World War 2. They were only a local team until they had a big audience. The Manchester team only started as a few friends playing for fun but then got better and grew bigger. When we had a tour of the stadium, we saw the different seats named after donors and famous footballers. Overall, it was a really great experience that we'll never forget and will last in our memories forever”

Kulthum Patel, Aaliyah Adam, Hira Kamran, Saniyah Sayeed, Aamena Ikheria, Muzainah Patel

“The moment I stepped into the stadium, everything I saw was incredible. The pitch looks a lot bigger than on TV. The history of how the war destroyed the stadium and how it started as a really small group was informative. The stadium was extremely clean, and the friendly staff made the experience wonderful”

Aleena Iqbal

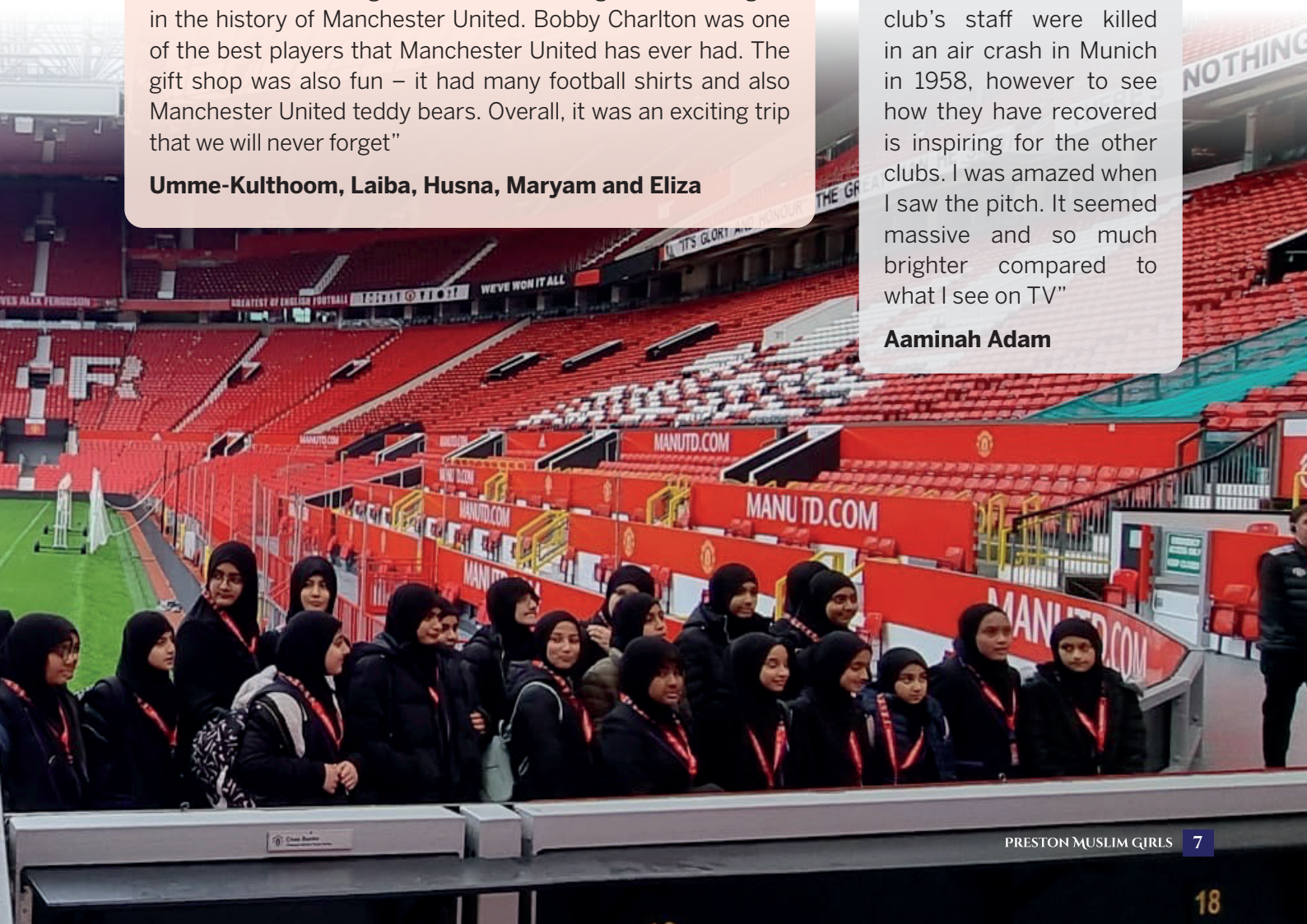


“At Old Trafford we saw many artifacts such as the players football kits. We learnt the history of the team and how they got to where they are today. From our perspective the trip to Old Trafford was really exciting as we learnt about the players past and present. Once we approached the pitch, we were amazed at what we were seeing; we had seen it on TV but never with our naked eye. In our tour we got a chance to see the museum in which we saw the shiny trophies and medals that belongs to players in the past. We learnt about the teams and the former managers and players, such as Sir Alex Ferguson and Bobby Charlton. Sir Alex Ferguson was one of the greatest managers in the history of Manchester United. Bobby Charlton was one of the best players that Manchester United has ever had. The gift shop was also fun – it had many football shirts and also Manchester United teddy bears. Overall, it was an exciting trip that we will never forget”

Umme-Kulthoom, Laiba, Husna, Maryam and Eliza

“I have only visited Old Trafford once and I enjoyed every part of it. It turns out the home of the red devils has a lot of history such as the stadium was blown up during the war. The reason Manchester United became so famous was tragic as eight players and three members of the club's staff were killed in an air crash in Munich in 1958, however to see how they have recovered is inspiring for the other clubs. I was amazed when I saw the pitch. It seemed massive and so much brighter compared to what I see on TV”

Aaminah Adam



EUREKA MUSEUM - THE NATIONAL CHILDREN'S MUSEUM

Year 7 visited Eureka Museum in Halifax. The pupils took part in different activities which combined practical science with collaborative skills. The pupils had the opportunity to take part in a range of interactive activities and a workshop, learning about the digestive system and healthy diet.

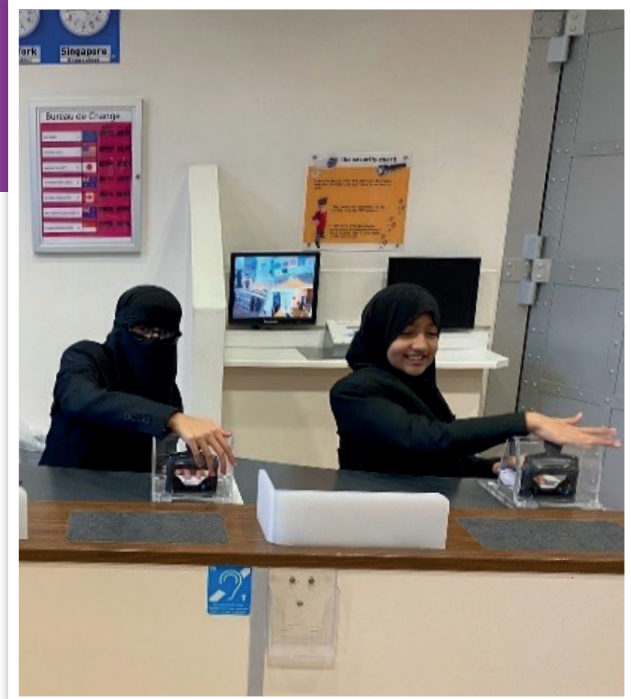
The different exhibitions allowed the pupils to develop their knowledge through interactive activities which made it fun for the pupils. Many aspects of their science curriculum were also exhibited including, the human body, keeping healthy and how engineering works. The exhibits included STEM related activities which was paramount for the pupils as this allowed them to see STEM careers in action.



Year 7 dive into life on the high street. Pupils learn how to use an ATM, work in a bank and operate a shopping till.



Pupil's experience working in various healthcare jobs



Hands on learning about the digestive system

The workshop allowed the pupils to learn about the different parts of the digestive system and the role of each in digestion. This included the teeth and their role in the mechanical breakdown of food in the mouth. The pupils gained an understanding of using the eatwell plate to identify the key nutrient groups and the foods they are found in. They understood the components of a balanced diet and that our body absorbs nutrients from the food we eat and how it gets rid of what we don't need.



Overall, the trip had a positive impact on our pupils, which they thoroughly enjoyed. It allowed them to gain an understanding of the outside world and expose them to future careers. They also gained other skills such as team building and role modelling. The trip allowed them to become independent in their learning, allowing them to access the exhibits according to their abilities

BRITISH SCIENCE WEEK



Another year of amazing and mindblowing activities organised for British Science Week by the Science department. From pupils growing their own bacteria around the school, to a visit from Zoo2U with array of interesting animals from owls to stick insects and running the Dhuha granny halaqah workshop. The local grannies came into school and took part in making their own keyring and enjoying live demonstrations from our staff. The results have been fantastic to see. The pupils thoroughly enjoyed themselves with a range of activities uplifting the competitive nature of our girls.

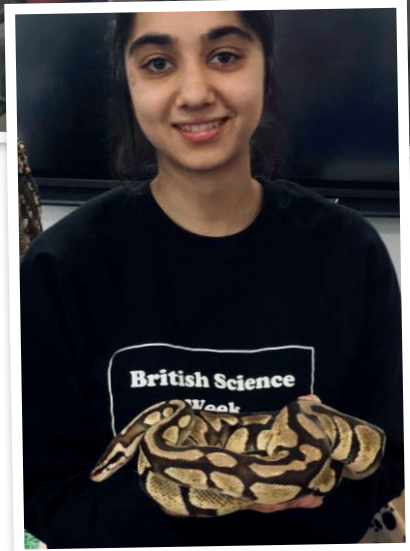
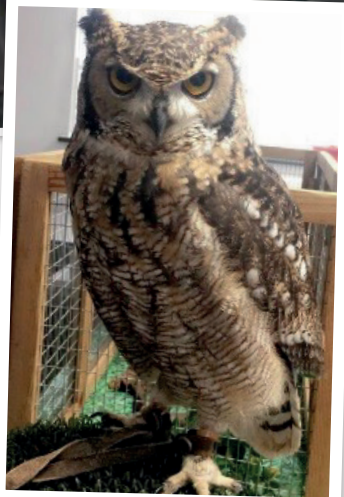
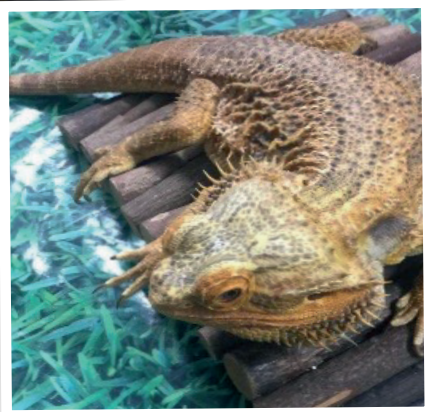
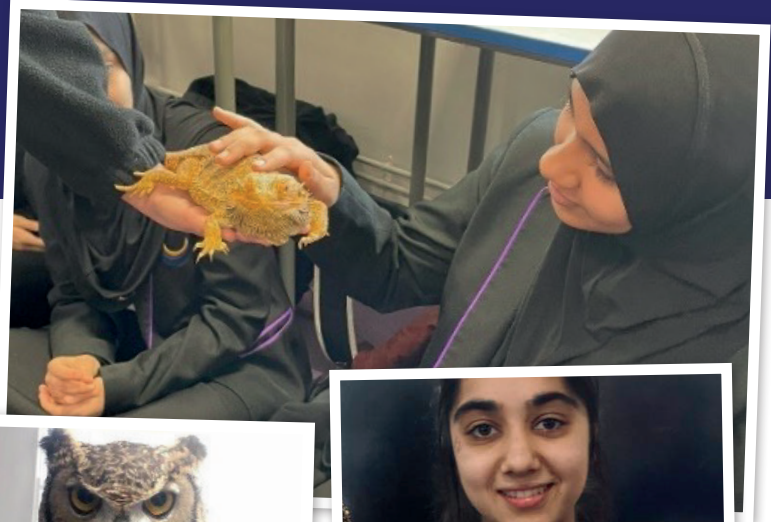
Looking forward to British Science Week 2023 being bigger and better inshaAllah



Year 7 pupils grow their own bacteria around the school



Dhuha granny halaqah
BSW workshops



BRITISH SCIENCE WEEK GARDEN GROWTH PROJECT

Year 8 Pupils enjoyed their Garden Growth Project.



A beautiful end to a lovely week.

EXTRA CURRICULUM ACTIVITIES

Scientists in the making! Pupils enjoy a fun and interactive session during the Science Explorers Club

Miss Amins and Miss Naeem's science explorers get themselves in a right state of matter.



Year 7s and 8s get to grips with making bookmarks out of paper











"We have had so much fun creating our maths posters! The posters covered a wide range of topics, from simple things like road safety to complex things like engineering. The most important thing that we learnt was how we use maths all the time".

Aaminah Isat and Umamah Rawat.

How maths helps people- Poster Competition





www.mathscareers.org.uk

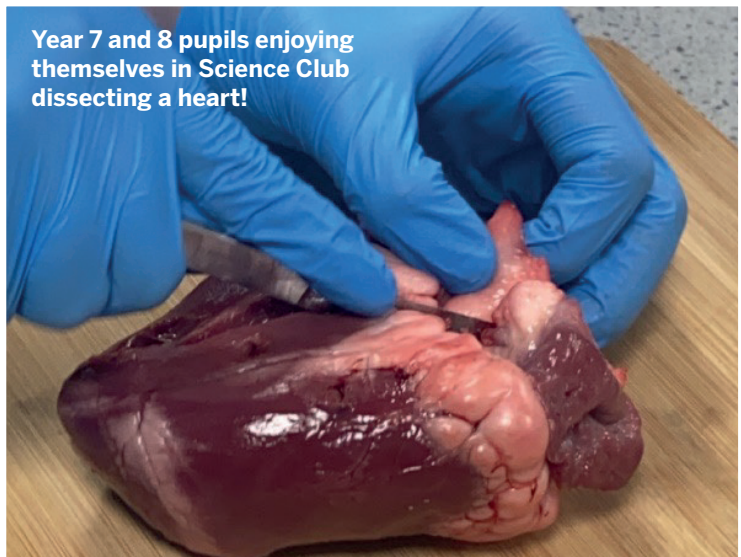
YOUR BRIEF:

Make a persuasive Poster which shows how maths can be used to help people. Aim it at High School Pupils.

Win an Android Tablet or a Gift Voucher!



Year 7 and 8 pupils enjoying themselves in Science Club dissecting a heart!



Well done! to our Year 7 pupils for trying their best at the Preston schools indoor athletics competition held at Preston college.



UCLAN SPORTS INITIATIVE

Year 7 and 8 pupils enjoying themselves in Science Club dissecting a heart! 14 uclan Sports Initiative Year 7 pupils enjoy an interactive and fun healthy initiative day led by Sports coaching students from UCLAN.

Pupils enjoyed playing rounders and football to help develop their cooperation skills and resilience.



CELEBRATION ASSEMBLY

Subject	Platinum	Gold	Silver	Bronze	Endeavour
Arabic	Aamirah R Patel 11P	Ayesha Esmail 10P	Jamila Zadran 9P	Jamila Kalang 8G	Ilhaam Munnee 11P
Art	Khadija Tilly 10H	Maariyah Dedat 11P	Misba Ada 9H	Khadija Patel 9M	Saima Ruwala 7H
Business Studies	Zahraa Saiyed 11M	Maariah S Patel 11H	Malaika Afsar 10P	Humayra Asjid 10P	Hafsah Bhatti 10M
Computer Science	Maleeha Ahmed 11G	Amaani Sola 10G	Simra Uddin 11M	Khadijah Patel 10H	Aamena Patel 9P
Creative iMedia	Kulthoom Atcha 11G	Farah Mulla 11P	Aleya Yusuf 11G	Asma Chana 11H	Fatima Master 9P
D.T	Zarlish Sajid 10H	Simra Walli 11G	Ayesha Wahid Patel 7P	Aqssa Amin 9P	Asiyah Khanporia 8G
English	Khadijah Tagari 11G	Sana Tanveer 11M	Habeebah Chothia 9M	Aliya Banglawala 7G	Khadeejah Umerjee 11M
Food Prep	Yusayrah Atcha 10P	Fatimah Majid Patel 11P	Aamina Isa 11G	Safiyah Maravia 9H	Maryam Hafeji 11M
French	Misbah Palejwala 11M	Maida Siddique 8H	Humayra Vohra 10P	Fatima Wadi 9H	Simrah Siddiqi 7M
Geography	Ambareen Yusuf 8P	Ayesha Jamal 8M	Habeedah Chothia 9M	Aaliya Idress Patel 10H	Malaika Malik 10H
Health and Social	Aliyah Tutla 10P	Umaiza Dawjee 11P	Sana Nakhuda 11H	Fatema A Patel 10G	Aysha Fiaz 10P
History	Mariam Kamran Ahmed 7P	Haleema Valli 10	Amina Kinloch 10H	Sara Ekhwan 8G	Zaina Nakhuda 9G
Maths	Habibah Islam 7G	Hani Patel 10G	Aaminah Kaba 11P	Maryum Iftikhar 8M	Muskaan Farooq 11M
P.E	Mubshrah Zia 11G	Zaina Sola 10M	Zainab Walibhai 9M	Layla Haji 8M	Hawwa Tailor 7G
Science	Zaynah Mohammed 11G	Zainab Khanu 10G	Maryam Aslam 10M	Rukhsar Ali 9P	Amina Bhad 8G
Urdu	Azima Patel 11G	Amina Khan 11H	Yumna Umar 8H	Humairaa Dedat 8P	Sohila Khattab 7M
Nasheed	Ammarah Ghodiwala 8M	Husna Mamsa 7G	Amsah Tunio 7H	Aisha Patel 7H	Layla Haji 8M

ACHIEVEMENT POINTS

7P Hasina Hansrot
7M Ayesha Abdullah
7G Kulthum Patel
7H Aaishah Patel
8P Zaina Bhayat
8M Khateejah Aziz
8G Amina Bhad

8H Khadija Saeed Kilani
9P Aisha Patel
9M Aishah Patel
9G Sana khan
9H Mariah Patel
10P Fatimah Sarfaraz Patel
10M Khadijah Desai

10G Javeria Ali
10H Aaminah Nakhuda
11P Mariya Sajid
11M Chamila Badat
11G Anniyah Iqbal
11H Amina Ismail



MUSLIMAH AWARD

7G Husna Mamsa
8P Aaminah Bapu

9P Umaymah Patel
10G Izzah Hussain

11P Mariya Sajid Patel



HEAD TEACHER'S AWARD

7M Maryam Akhtar
8G Aisha Pandor

9G Khadija Akubat
10P Bushra Al Hamdy

11M Khansa Pathan



HEAD TEACHER'S NOMINATIONS AWARD

7P Afia Ahmed
7G Aisha Mohammed Patel
7H Zeenat Patel
8P Aliyah Ali
8M Aysha Gangat

8H Yumna Umar
9P Rukhsar Ali
9M Thanaa Nomani
9H Arooj Ali
10M Rumaysa Ibrahim

10G Suahana Mulla
10H Lubnaa Patel
11P Ilhaam Muneer
11G Khadijah Tagari
11H Asma Chana



PRESTON MUSLIM GIRLS
— HIGH SCHOOL —

Education with Patience Modesty Gratitude Humility Sincerity