



# PRESTON MUSLIM GIRLS HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity

## HEADTEACHER'S WELCOME

Dear All

We are ending this term on a hot note, with record breaking temperatures being recorded across the country. However, the hot weather hasn't prevented us having an exciting and varied summer term. The summer term is always a busy one, filled as it is with GCSE examinations, end of year tests, Sports Day and end of year trips, to name but a few of the things that have been taking place.

In this newsletter you will find articles about the Tower Wood Residential Trip, The Duke of Edinburgh Awards Scheme expeditions and the Ingletton Waterfalls excursion to name just a few of the exciting things that have been happening at school.

This term we have welcomed our new Year 7 pupils who visited us in June for the Moving Up Day. This is an opportunity to meet their Form Tutors and to meet their new classmates and to start to make new friends. They followed a busy programme of Science, Maths, Art and English lessons and a visit to the Scholastic Book Fair in school. They are all excited to start at their new school and we can't wait for them to join us after the summer holidays. I also have to mention our Year 10 pupils who visited Cardinal Newman in July where they competed against other schools from Lancashire in a Maths Competition. I am delighted to say that they were victorious. Well done to them all!

I also want to send my best wishes to all of our Year 11 pupils as they wait for their GCSE exam results to come through. We wish them all well. Please remember them in your duas.

Finally, as many of you are aware, I am stepping aside as Headteacher. I started at PMGHS in September 2003 and in my time here we have seen some significant changes at the school. It now occupies new buildings, has more than quadrupled in size and has gone from to strength in terms of the standards we set and the results we achieve. The DfE have officially recognised PMGHS as one of the best schools in the country for pupil progress. I send my best wishes to Mr Rehan Patel who will take over as Headteacher from September. I know that I can rely on you all to give him your support as he takes the school forward on the next exciting chapter.

I would like to wish you and your family a very happy and restful summer break. The first day back for Years 8, 9, 10 and 11 will be Friday, September 2nd.

Mufti Javid Headteacher



## SUMMER 2022 NEWSLETTER

TERM 3 EDITION

### Whole school Sports Day

Page 2



### Whole school wellbeing Enrichment Day

Page 4



### Year 8 Tower wood Residential

Page 5



### Year 6 Moving Up Day

Page 6

### Year 7's play 'A Midsummer Night's Dream

Page 6



### Key Stage 3 Maths Competition

Page 7

### Year 10 Careers' Trip - Runshaw College

Page 7



### Year 10 Cardinal Newman College 'Taster Day'

Page 8



### Year 10 Cyber Security Event

Page 9



### Year 11 Iftaar Event

Page 9

### Year 10 DofE Walk

Page 10



### Celebration Assembly Awards

Page 11

PATIENCE  
MODESTY  
GRATITUDE  
HUMILITY  
SINCERITY





# WHOLE SCHOOL SPORTS DAY

## An account of our experience – Maida Siddique and Khudaijah Patel

On Tuesday 5th of July, we had Sports Day. The athletics activities included: shot put, triple jump, standing long jump, discus, and various distance relays. The Sports included: Rounders and Football. The pupils represented their form groups, and each form pupil took part in at least 3 or more activities.

The Year 8's started with football and each year form class played against each other. 8H won against 8P and 8M drew with 8G. Mr Patel and Miss Naeem refereed our matches and all players displayed good sportsmanship throughout.

In rounders there were 11 players in each team where 8H won the majority of the games. Even Mufti Javid came to support us on Sports Day. Furthermore, our confidence was boosted by our friends that were cheering on the side-lines with banners! Halfway through the day we had our lunch and drank plenty of water as it was quite warm. After this we went over to the athletics track to the remaining activities. On

the running relays Mr Mitchell and the sports studies girls gave us instructions on what we needed to do. At the end of the relays everyone was exhausted, but they all had fun!

During sports day we learnt many skills about fair play, teamwork, sportsmanship, and resilience! These are skills I will always remember, and I am grateful for having the opportunity to participate. Thank you to Mrs Kalang, Mrs Nalla and all the staff of PMGHS for allowing us to create lifelong memories.



Forms cheering on their classmates with homemade banners.





Athletics Track Event



Pupils In Position  
for the Shotput  
Completion



Athletics Triple  
Jump Field Event



# WHOLE SCHOOL WELLBEING ENRICHMENT DAY

**Our final enrichment day of the year focused on wellbeing. There was a wide spectrum of wellbeing activities that encompassed the physical, mental, and emotional aspects of wellbeing.**

So why wellbeing? Our mental health coexists with our physical health and work hand in hand to ensure you are a happy, healthy individual. The year 7s took part in positive mindset activities which built resilience and a healthy mindset. We also had external speakers to talk to our year 9 pupils about a growth mindset.

All in all, the day encapsulated the integral features of wellbeing, and the girls enjoyed their experience of learning how to look after themselves and one another.



## YEAR 7 INGLETON WATERFALLS TRAIL

Our year group took a trip to complete the Ingleton Waterfalls trail. We started walking and we became exhausted very quickly! We tackled many obstacles that came along the way which included rocks, narrow paths, and bridges. The staff kept encouraging us and pushing us to complete the walk and that is what made us persevere throughout. When we saw the stairs, along the route, that was a mental challenge to keep going – but we were

so elated when we got to the top! We stopped at the top of the hill to eat lunch; the good thing was that we knew that the remainder of the trail was walking downhill. We were so relieved, and this gave us the motivation to complete our walk that we had begun. Overall, our experience was amazing, and we hope we get to do this again.

**By Umme Kulthoom Gangat (7G)**



# YEAR 8 TOWERWOOD RESIDENTIAL

The playground was full of year 8's standing, waiting for the bus excitedly. We boarded the bus and arrived at Towerwood within an hour. There were great instructors and staff who showed us the buildings and our rooms. Straight after the fire drill we went to complete our first activity. We put on our wetsuits and went ghyll scrambling! This was the best outdoor experience ever and probably the best part of the residential. Although the ghyll water was cold, it became warmer as you stayed in for longer. Jumping in the deep end of the ghyll was lots of fun. After our activity we returned to the lodge and had dinner. After dinner, we had Halaqah – delivered by Hafiza Apa where we learnt about appreciating nature. We were even given time to wind down and enjoy the rest of our evening, in between our salaah prayers. It was very peaceful, and everyone was extremely excited for the next day.

The following day we went on a 6 mile walk around Rydal Caves. We used maps and a compass to navigate around the man-made slate quarry caves. We learnt the history behind these caves and even got to explore them! We returned after our activity, had lunch, and waited for our coach for our return journey back to school.

I would do this again; it has encouraged me to go out and appreciate the Almighty's creation – the beauty of it and how God has made everything perfect! It has allowed me to look forward to the DofE in year 10 and I would like to thank Mrs Kalang and the teachers in our school for working hard to provide us with such an amazing opportunity.

**By Yumna Umar**





# YEAR 6 MOVING UP DAY

Prospective Year 6 pupils came to experience a day at PMGHS. They spent quality time with their form tutors in their tutor groups, getting to know each other and the school. Pupils also had great fun in taking part in taster lessons in Math's, Science, Art and a session at our library in order to sample the outstanding teaching and learning at our school. Pupils enjoyed getting to know their peers and were able to develop new friendships with pupils who will be in their class in September.

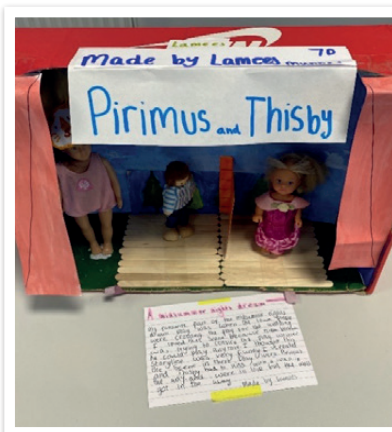
The wonderful day ended with an assembly delivered to all new year 7s, which featured the PMGHS duff band and a formal address from the Headteacher covering our expectations at PMGHS.

A huge 'Thankyou' to all the parents for attending and we would like to extend a warm welcome to you in joining the family of PMGHS.



## YEAR 7'S PLAY 'A MIDSUMMER NIGHT'S DREAM'

Year 7 English classes enjoyed learning all about William Shakespeare's play 'A Midsummer Night's Dream'. Along with exploring the character, plot, context, and themes they had fun recreating their favourite scene from the play. The shoe box theatre project was a great success. Combining Art, English Literature and Design & Technology, really gave the pupils the opportunity to show off their creativity.





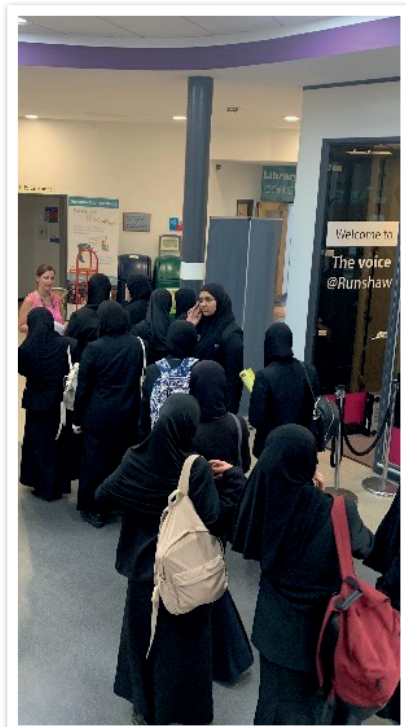
# KEY STAGE 3 MATHS COMPETITION

On Thursday 7th July we took 2 Year 7 and Year 8 pupils each to an inaugural Maths Competition held at Cardinal Newman College organised by Lancaster University School of Mathematics (LUSoM). This was the first time the competition has taken place, and we were joined by 8 other local high schools from Preston. There were 4 competitive rounds which our girls confidently answered and ended up taking first place at the competition! The girls won £25 Amazon Vouchers each, stationery as well as a top of the range Casio Calculator each! Well done to our PMGHS girls, Simrah Siddiqui, Lea Latif, Yumna Umar and Saffanah Showkat for doing PMGHS proud.



## YEAR 10 CAREERS' TRIP - RUNSHAW COLLEGE

As part of our school careers' programme, Year 10 also visited Runshaw College in Leyland. Pupils had the opportunity to meet with student and staff and to explore the fantastic facilities that the college has to offer. They were also given a tour of the campus and pupils attended a taster lesson. Students at this college have a wide range of subjects to choose from, including A levels, T levels and apprenticeships. In addition, the college has been recognised, both nationally and locally, as a centre of 'educational excellence' and it has been an Ofsted 'outstanding' college for more than 25 years.





# YEAR 10 CARDINAL NEWMAN COLLEGE 'TASTER DAY'

**Year 10 pupils attended a 'Taster Day' at Cardinal Newman College. Picking the right course can be very stressful for young people and this gave our pupils the opportunity to sample a variety of subjects and a range of courses first-hand by spending a day following a bespoke timetable.**

The 'Taster Day' additionally gave pupils an introduction to student life at Cardinal Newman College with the added opportunity to meet tutors and talk to current students. It was also a great way for our pupils to explore their career pathway options after GCSEs.

The College also arranged a lunchtime break with lots of fun activities and event challenges within their attractive grounds that also included a barbeque and an ice cream van.

The event was a fantastic learning day for all to experience with the additional outdoor activities which all pupils enjoyed immensely.

Zainab Matador in 10M who is keen to come to the college found the day very informative which also gave her an insight of the subjects she hopes to study after leaving PMGHS.



## My Experience at Cardinal Newman College

At the Cardinal Newman College Taster Day, one of the subjects I chose to have a taster lesson in was Biology. We completed a practical that involved the extraction of DNA from a plant. This was assigned to us as a competition to see which group could extract the most DNA within a given time. It was great fun and my group performed very well. After Biology we had a 30-minute break where we had the chance to tour the college, meet new people, and see what tasty treats the college had to offer for us. They had a Costa and Starbucks with a huge variety of options, and it all seemed amazing. Another subject I chose was Sociology. We looked at the study of human development and society. It was very interesting and fun. At lunch, we explored the college and found huge variety of food options they had for us. Both the staff and student mentors at Newman College were very welcoming and supportive.

Thank you, Newman, for this great experience!

**Zainab Matadar  
10M**



# YEAR 10 CYBER SECURITY EVENT

The computer science pupils were invited to take part in a cyber event run by Lancaster University School of Mathematics. The event was held at Cardinal Newman College and was open to the computer science pupils from across the county and provided a valuable opportunity to use computing skills to solve a problem. The event followed the same format as an 'escape room', with the pupils being 'locked' into a crisis centre.

This computer science trip was an incredible experience. The event consisted of us working together in our teams against the clock, to solve a series of cryptic clues to prevent a cyber-attack being launched on the nation's infrastructure. It became very frustrating when we did not find all the clues straight away, but it taught us to be resilient and to persevere. The resources we were given were a Caesar cipher decoding wheel, a periodic table of elements, a suspect profile, a clue that we pieced together, a USB and a laptop. We had to log into the laptop using the resources, and find the password for the USB, to allow us to access some secret files. My favourite part of the escape room was when we got into the USB, and found some pictures of the suspect's family, and found an audio file. It was slowed and the pitch was very low. Our group speeded up the audio file and changed the speed which made it easier to understand. We eventually completed our tasks, finding the password to enter the briefcase containing the computer virus. Our Computer Science class was split into two groups whilst doing all these tasks.

Well done to the other group who finished 2nd in the competition. What a fantastic achievement for our school!

**Aaliya Idrees Patel 10H**



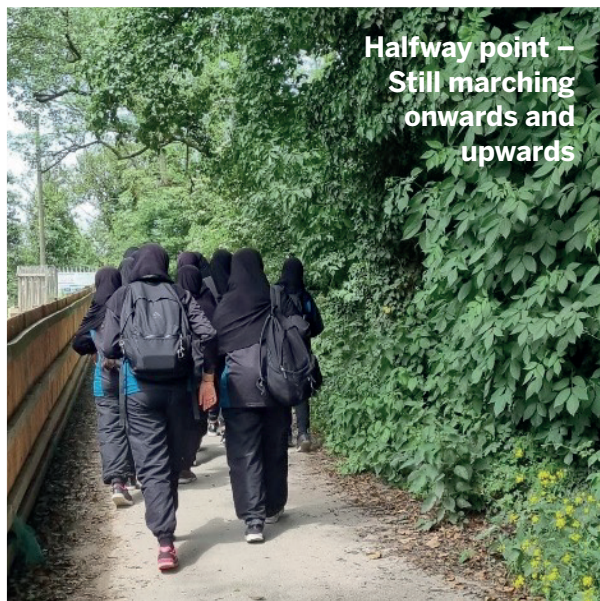
## YEAR 11 IFTAR EVENT

PMGHS hosted an Iftar event for the Year 11 pupils and staff. The evening consisted of a small programme delivered by the Head Girl, Deputy Head Girl and the Spirituality prefects. The programme concluded with a heartfelt duaa by Husna Adam. The event was a great way for students to break their fasts together and enjoy the special spirit of Ramadhan.





# YIO DUKE OF EDINBURGH AWARD



Halfway point –  
Still marching  
onwards and  
upwards

Day 2 walk around Bolton Abbey. Last few miles before the end of the tiring and challenging walk. A total of 273 miles were covered by pupils today on the charity walk, around the Preston Guild Wheel.

Pupils completed their DofE walk around the Guild Wheel. They completed a total of 14 miles in less than 4 hours.



Tents up and ready for their  
challenging 12K hike.

Pupils getting ready for the DofE expeditions, learning about navigation, and brushing up on their map reading skills.

**Scenic routes around the Howgill DofE walk. Navigation and showing great resilience on this glorious day.**





# CELEBRATION ASSEMBLY AWARDS

Subject	Platinum	Gold	Silver	Bronze	Endeavour
Arabic	Raida Miah 9G	Marwa Alkachkach 10G	Juwayriah Patel 8G	Marwa Stanikzai 7M	Imaani Vohra 10G
Art	Sana Kazi 7H	Rokayah Saeed Kilani 10H	Eishal Ghumman 9M	Zinneera Wadia 9H	Aaliyah Adam 7G
Business Studies	Fatima Pepi 10G	Zahra Umarji 10G	Shifaa Patel 10M	Thanaa Asmal 10M	Bushra Al-Hamdy 10P
Computer Science	Mariam Phillips 10M	Amaani Sola 10G	Aamina Kinloch 10H	Aliya Banglawala 7G	Aliya Jogiat 10H
Creative iMedia	Izma Malik 10P	Malaika Afsar 10P	Suhana Mulla 10G	Aalia Patel 9G	Amara Mahmood 10M
D.T	Minna Malik 10H	Hafsa Beshiri 9P	Yumna Umar 8H	Maryam Khan 7M	Khadijah Desai Mohmed Hanif 10M
English	Sarah Patel 10G	Khadijah Ibrahim 7P	Marwah Zafar 8H	Aliyah Ali 8P	Hajra Asjid 9G
Food Prep	Izma Malik 10P	Nuara Alswaihi 10G	Azeemah Patel 9M	Aizah Intwala 8G	Hasina Hansrot 7P
French	Aaliyah Mohtat 10H	Fatema Aamir Patel 10G	Zainab Bhuta 9P	Arisa Nazir Moolla 8G	Umme - Kulthoom Gangat 7G
Geography	Ayesha Esmail 10P	Zeenat Patel 7H	Ammarah Ghafoor 7M	Vasilah Nawab 8G	Aishah Patel 9M
Health and Social	Hanna Gurji 10M	Mariyah Hussain 10M	Fatima T Patel 10M	Maliha Arif 10P	Haajar Ismail 10M
History	Jamila Zadran 9P	Amara Mahmood 10H	Zahraa Casooji 8P	Aaminah Isat 7M	Fatimah Sarfaraz Patel 10P
Maths	Khadijah Patel 9M	Zennab Ali-Malik 8P	Lea Latif 7G	Zamzam Safi 9H	Zahra Khan 10M
P.E	Fatima Munshi 9P	Zaina Ali 10M	Zahra Patel 7G	Amirah Ahmed 9P	Safiyah Reyaz 8H
Science	Haleemah Shafeeq 10M	Aisha Wadie 9P	Tahani Ahmed 9H	Zahraa Casooji 8P	Aaminah Adam 7P
Urdu	Eishaal Ghumman Inayat 9P	Izza Hussain 10G	Laiba Amin 10H	Maria Desai 9P	Fatima Ilyas 8P
Nasheed	Safiya Reyaz 8H	Fatima Shafique 7H	Humaira Deedat 8G	Hajra Rashid 7H	Umme - Kulthoom Gangat 7G
Religious Studies	Sumayya Patel 9M	Maryam Gurjee 9H	Laiba Amin 10H	Aaminah Shoaib Patel 7G	Anah Ikram 8P



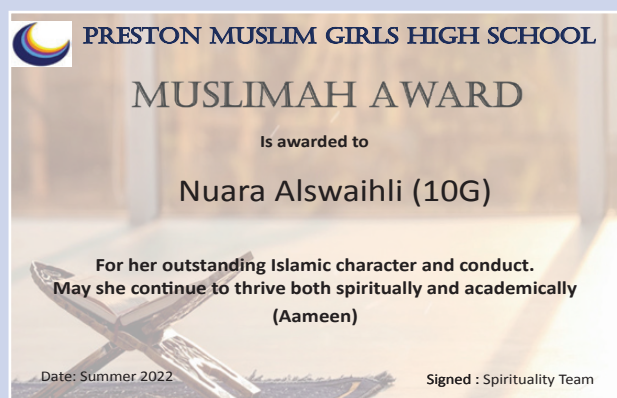
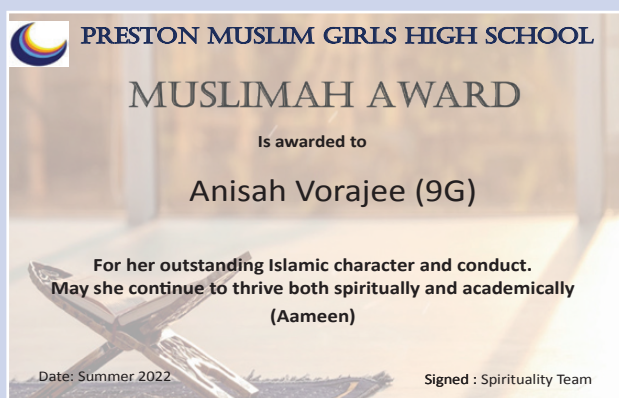
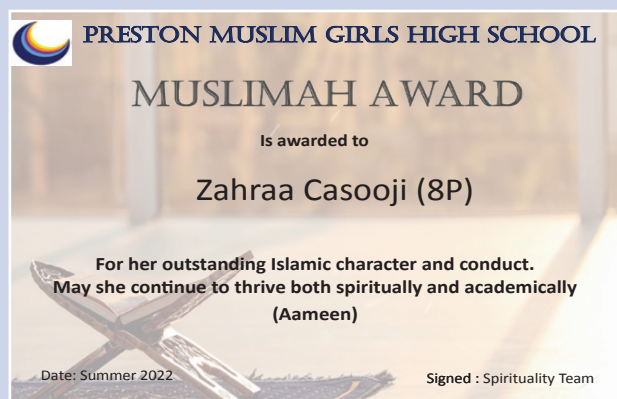
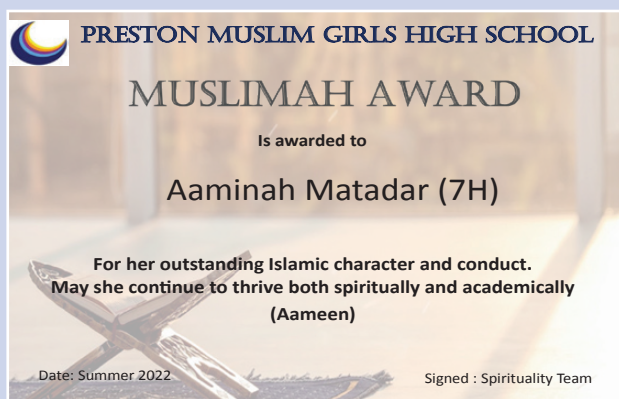
# HEADTEACHER'S NOMINEE AWARD



# HEADTEACHER'S AWARD



















# MUSLIMAH AWARDS





# HIGHEST ACHIEVEMENT POINTS

 <p><b>Faatimah Patel (7P)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Ayesha Abdullah (7M)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Aysha Anwar (7G)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>
 <p><b>Fatima Khoda (7H)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Aliyah Ali (8P)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Kateejah Aziz (8M)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>
 <p><b>Sanaa Natha (8G)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Khadija Kilani (8H)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Asiya Patel (9P)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>
 <p><b>Saarah Asmal (9M)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Zaina Nakhuda (9G)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Halima Hansrod (9H)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>
 <p><b>Bushra Al-Hamdy (10P)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Thanaa Asmal (10M)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>	 <p><b>Hani Patel (10G)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>
 <p><b>Aaminah Nakhuda (10H)</b> is hereby awarded this certificate in recognition of attaining the <b>Highest Achievement points</b> (Summer Term)</p> <p>SIGNED: _____</p>		



**PRESTON MUSLIM GIRLS**  
— HIGH SCHOOL —

Education with Patience Modesty Gratitude Humility Sincerity