

WINTER 2023 NEWSLETTER

TERM 1 EDITION



PRESTON MUSLIM GIRLS

HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity

Headteacher's Welcome

Pages 1-2

Head and Deputy Head Girl
Welcome

Page 3

Meet The Pupil

Page 4

Open Day

Page 5

Awarda Ceremony

Page 6

London Headteacher's Trip

Page 7-8

BAE Roadshow

Page 9

Visiting Professionals Careers
Talks

Page 10

Mock Interviews

Page 11

Meet The Army

Page 12

The English-Speaking Union
Debate Mace

Page 13

National Poetry Day

Page 14

Roald Dahl Day

Page 15

Fantastic Science!

Page 15

UK University And
Apprenticeship Careers Search
Fair

Page 16



HEADTEACHER'S WELCOME

MR R PATEL

Welcome to the first newsletter of this school year. The autumn term is the longest of the three and so there is always a lot to share with you.

Probably the biggest social event in the school calendar is our annual Awards Evening for the Year 11s who left us in the summer. Held at Imperial Banqueting, Preston, this involves every pupil coming on stage to receive their GCSE certificate, followed by the winners of subject and special prizes and then an address from our guests of honour who this year were Ms Iram Hussain and Sheikh Sulaiman Moola. This is followed by a sit-down meal for over 400 people to publicly celebrate the achievements of our girls and to recognise their contribution to the school. Their results in the summer were outstanding and they have now all gone on to college and post-16 study. Well done to them all! It was wonderful to see them all back as the Year Group of 2023 and we wish them all well in their future careers!

The term began back in September with recognition and reward for all pupils who had been awarded the school's highest honour – The Headteacher's Award. This is all-expenses paid trip to London where we visit The Natural History Museum, Downing Street, and the Houses of Parliament. An amazing day for them all. There are photos and more details in the newsletter.

In October we threw open the doors of the school and welcomed guests to our annual Open Day. It was a day of science experiments, edible maths puzzles, speeches, nasheeds and many more interactive activities which engaged the minds of our future pupils. We received hundreds of visitors that day, all guided by our confident and knowledgeable prefects and pupil ambassadors who made sure that parents and prospective pupils saw everything that was on offer and had all their questions answered.

Anfield Careers Event

[Page 17](#)

Visiting LCC At Anfield

[Page 18](#)

LUSoM Event

[Page 19](#)

Enrichment Day

[Page 20](#)

Extra-Curricular Clubs

[Page 21](#)

Let's Kick Racism Out Of
Football PNE vs MillWall

[Page 22](#)

My Experience In Karate Club

[Page 23](#)

Fundraising

[Page 24](#)

PMGHS Scouts Group

[Pages 25-26](#)

Celebration Assembly

[Pages 27-31](#)

As part of our on-going dedication, we must educate our pupils about the harrowing humanitarian crisis in Palestine, we have held many events to support and educate pupils. This commitment includes insightful discussions during form time, a whole-school assembly featuring guest speakers, over 20 Quran completions, and collective dua'as. Please speak to your daughters about these and discuss the key aspects they have learnt. We also held a fundraising event on Saturday 16 December, specifically for the children and people of Palestine, with a particular emphasis on Gaza. This was a huge success, and we thank you for your support with this.

This newsletter contains details of things too numerous for me to mention here including National Poetry Day with Qudsia Akhtar, a real poet, 'Meet the Army' activity day at Holcombe Moor Training Camp, geography field trips, visits to Anfield football Stadium, Enrichment Days, workshops, competitions, charity events involving many cakes and many scouts' activities including Year 8 pupils sleeping with the fish at Blackpool Sea Life Centre. There is always so much happening in school, it is difficult to capture it in a newsletter. For day-to-day updates please follow us on Twitter where you will see regular updates about events and activities in school.

As we have said goodbye to last year's Year 11s we welcome the arrival of our new Year 7s. For the first few days it may seem to be a big place with many more classrooms and teachers than they were used to. By now they have successfully settled in, made friends, and made a successful transition to being a high school student. They are our future and I extend a warm welcome to them and their families.

My thanks to you all for your ongoing support.

Please have a safe and restful winter break.



Mr R Patel
Headteacher



HEAD GIRL

EISHAAL GHUMMAN

Salam, I'm Eishaal Ghumman. I have been the Head Girl since December last year, and I've thoroughly enjoyed my role. It has always been my intention to give back to the school for everything it has done for me. This role has given me that opportunity to work with the SLT, our Headteacher, and with my Deputy Head Girl to contribute to making the school even better. I believe in the importance of hearing every student's voice, to implement important changes and to introduce new elements into the school such as Culture Day, an opportunity for all students to embrace and proudly represent their cultural identity. Through this role, I've learned patience and sincerity and the importance of our school ethos for effective leadership. I encourage every student to apply for this role and for the role of prefect, as I've gained valuable skills such as CV writing, and public speaking and it is truly an immensely rewarding experience. I wish all future Head Girls and prefects the best in this fulfilling role.



DEPUTY HEAD GIRL

THANAA NOMANI

Assalamu Alaykum, my name is Thanaa Nomani, and I am the Deputy Head Girl at PMGHS. This past year, along with Eishaal, we have tried to implement changes which complement faith and community and make the school a better place. This school is mainly based around community and how we serve the elders and those around us, as they were the ones who gave us this opportunity to study and now, we would like to give back. The school ethos is important to me as Islam, our Deen, is the foundation of everything and by doing this, our studies and other aspects of our lives can become even more successful. I'm grateful to have been given this opportunity to be able to serve our school and I can say that I, along with Eishaal, have given it nothing but 100%. We pray for the continuous success of the school and pray that everyone who has contributed to the school in any way receives their true reward in the hereafter.



MEET THE PUPIL

EISHAAL GHUMMAN INAYAT
YEAR 11

Salam, I'm Eishaal, a dedicated student with a passion for human rights and the power of speech. Currently, I proudly serve as the Head Girl of our remarkable high school, while actively engaging with our Student Council.

Completing the challenging yet rewarding Duke of Edinburgh award and representing our school on Open

Day have been my recent highlights. As I eagerly anticipate Year 11 as another year of opportunities and meaningful experiences, I am excited to continue advocating for the causes I am passionate about and harnessing the power of communication to create positive change and to make our school even better.

Why did you choose to attend PMGHS?

In 2019, my family made the decision to move to England in search of a more favourable Islamic environment and enhanced academic opportunities. My

father moved to Preston with the primary goal of enrolling me in PMGHS. It was evident to him that PMGHS would provide an outstanding education while also fostering my spiritual development. Today, I am immensely thankful for the privilege of being a part of PMGHS and proud to serve as its Head Girl.

What is your favourite subject and why?

Biology is my favourite subject because it reveals the marvels of the human body and the intricate mechanisms that make us. It is truly fascinating to study how our minds and organs collaborate seamlessly.

What would you like to do when you leave education?

My plan is to take Biology, Chemistry and Maths at A-levels and see if I will be able to pursue a career in the medical profession. Ultimately, I would like to volunteer in an organization that works for the betterment of humanity and advocates for human rights.





OPEN DAY

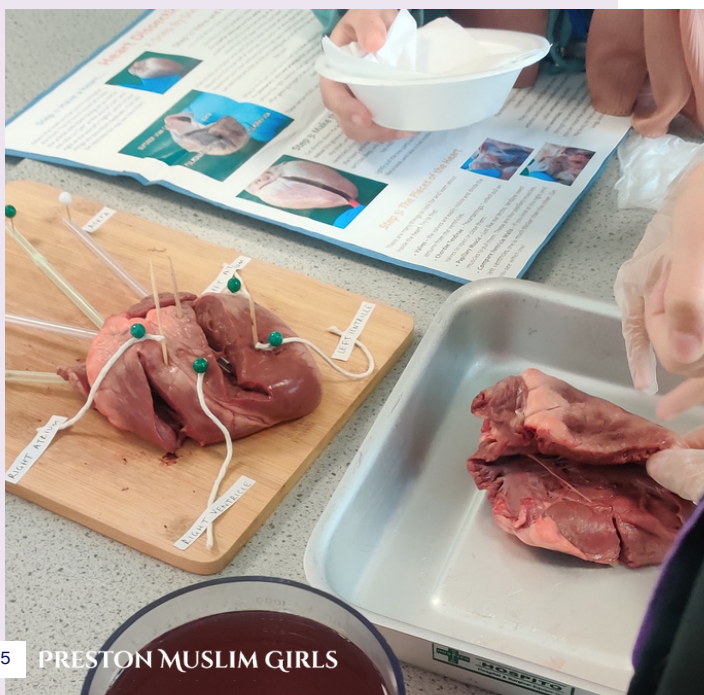
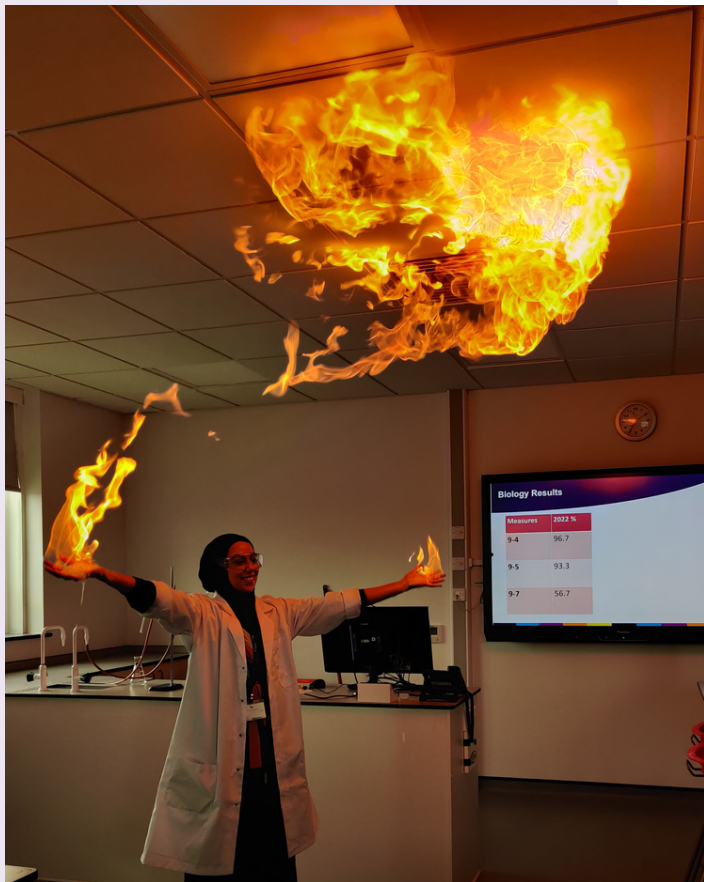
Saturday 7th October 2023

On 7th October at 10.00am the gates finally opened to welcome everyone to the PMGHS Open Day 2023. The booklets were printed, the Prefect Guides were waiting expectantly in line and the teachers and Student Ambassadors stood ready in their rooms for the arrival of the public. Excitement was in the air. We were genuinely overwhelmed by the interest others show in our school. Hundreds of families, their children and their daughters in Year 6 came to see what we had to offer.

There was basketball in the yard, marshmallow models in maths and the science department were setting fire to clouds of hydrogen; there was even a Modern Foreign Languages Café serving drinks and nibbles from their respective countries. Everywhere there was activity and everywhere there were people. When the Headteacher delivered his speech in the hall at the end of the morning there were people, young and old, as far as the eye could see. We even ran out of chairs to seat them all, there were so many!

As they left, tired but happy, they wrote lovely things in their evaluation sheets and hoped that their daughters would get a place at the school for next September.

InshaAllah we would like to offer a place to everyone who wants to come and be part of the PMGHS family. It was a great day and a great achievement by everybody who worked so hard to make it a success. Well done to them all!





AWARDS CEREMONY

NOVEMBER 2023

Our annual Year 11 Awards Evening took place at The Imperial in November. This is an evening where we invite last year's Year 11 pupils back to give out certificates and, for one last time, to applaud their achievements and their five years of success at school. A range of special awards were given out including Most Progress, Highest Achievement, 100% Attendance, Muslimah, and more.

The Headteacher's Award was proudly presented to Aaliyah Idrees Patel as a role model for her peers, dedicating her time to helping others, leading by example, and giving her best in everything she did. Her teachers commended her as being a delight to teach.

The highlight of the evening were our two guest speakers: Iram Hussain, who emphasised the need to be aspirational, and the renowned scholar, Sheikh Sulaiman Moola, from South Africa, who urged the Class of 2023 to strive for excellence in everything that they do in life.





LONDON HEADTEACHER'S AWARD TRIP

From the train-ride, to walking along Downing Street to the famous Number 10; to parliament and finally returning home, the London Trip was a forever cherished memory for all the girls who took part.

The Headteacher's Award trip to London is a very special trip provided to the few pupils who have achieved the school's highest award. All expenses were paid so we could sit back and enjoy this reward from PMGHS.

It was an early start at Preston Railway Station and soon we were on our way. The views and scenery were spectacular and before we knew it, we were there. The London atmosphere was fresh and wild with the diversity of the people and the tall buildings holding History looked down upon us as we made our way around the capitol. Though many of us had already been on the underground before, the experience of going with teachers and friends was unique. We all travelled together, and the unity was unmatched, everyone was bubbling with excitement, glee and curiosity. Questions arising in our mind as to where our next destination may be and what pictures we would take to show to our families back home. Every pupil had worked hard for this trip, they had tried their very bests in every aspect of school and thus, this trip was like a pat on the back for everything they had done.



The first place we visited was the world-famous National History Museum. Students were allowed to roam through the exhibits and admire the amazing architecture and the exhibits. All around us was the magic of the past: dinosaurs and meteors, fossils and animals greeted. The halls of the museum were filled with laughter and camera clicks. I particularly enjoyed the volcano and earthquake section where we entered a mock-up of a Japanese supermarket and then experienced what it would have felt like in an earthquake. The floor shook and rumbled and were fortunate to have handrails to hold onto in order to keep our balance. It truly was an enlightening experience and a memory to never be forgotten.





Then it was on to Downing Street- the home of the Prime Minister and probably one of the most famous streets in the world. How many times had I seen this on the news and seen every world leader stand on the steps and shake hands. Because of that it is also one of the most heavily guarded places in the country! This was the moment which everyone was waiting for. We stood with clenched fists and hearts full of hope in the hope of seeing something. We didn't know what, but that only ignited our curiosity further. Suspense rose as we were checked in by the armed policemen and asked a few questions. Then we were in. There was a Sky News broadcast being filmed in front of Number 10 as we approached.

Then we walked through the centre of London. We all quickly grabbed our cameras to take pictures of Big Ben shining in the afternoon sun, the London Eye and the mighty River Thames. We were on our way to the seat of English government - the Houses of Parliament. Entering the Houses of Parliament felt as if we were entering a chapter of History. I imagined all the politicians and their endless debates within this room, the laws affecting our day-to-day lives were made here and we saw new ones being debated while we were there. Perhaps, one day we could also stand in this very room as Members of Parliament to stand up for the changes we would like to see happening in our lifetime. This was not only inspiring but triggered thoughts in our students about the possibility of a future dedicated to the welfare of society. Speech is power and after our tour of the Commons and the Lords we took part in our own debate, where we channelled our inner-MPs, speaking with passion, igniting a spark of pure creativity.

Then it was time to run for the train! The underground was incredibly busy, but that only added to the experience. Even after we munched our burgers and drinks on the train, feeding our hungry stomachs and relaxing our tired legs, everyone continued to buzz with excitement and joy. Sharing the experience with each other had only made it better. The train ride home was one I shall never forget: and the rich conversations aroused after an exhausting day were magical. We talked about religion, politics, fundamental British values, careers and the very beauty of life. This trip inspired these conversations to take place and this cherished memory was irreplaceable.

This was the London trip. A well done to all the diligent students who were lucky to take part. We all came back committed to working twice as hard in the hope that we may get to experience it again!

-Mishel Rafiq Yr10



BAE ROADSHOW

YEAR 7 & 8

Years 7 & 8 were treated to an educational and entertaining BAE Roadshow at the school. This programme is a collaboration between BAE, The Royal Air Force and The Royal Navy. The STEM-related show had a theme of 'Space'.

Pupils were taken on a journey from the depths of the ocean to the far reaches of outer space. They learnt how engineers use technology, such as nuclear power and sonar satellites, to overcome the challenges they face in order to develop submarines, space crafts, boats and planes. There were opportunities for students to get involved in the presentation by taking part in challenges focused on communication and solar system.



The finale of the roadshow was discovering how large the sun is compared to earth using a giant inflatable sun.

Thank you to the amazing representatives from BAE Systems Education Programme for visiting our school and to give our students an insight into the many ways that engineers are our modern-day heroes.



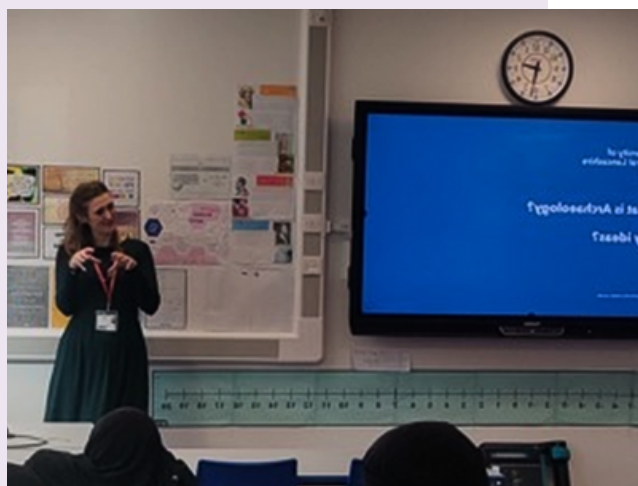
VISITING PROFESSIONALS CAREERS TALKS

YEARS 10 & 11



We were delighted to be able to invite local business and industry professionals into school to talk to the Year 10's and 11's about their unique career journey as part of our Careers Enrichment and PSHE lessons. This was a special opportunity for the pupils to hear, firsthand, about what different careers are like.

Our professionals included an archaeological scientist, architects, professionals from the NHS, law experts and a senior detective with expertise in cyber-crime and counter-terrorism. What an amazingly diverse and interesting group of visitors, with so much to share. They talked about qualifications and what they studied, what inspired them to choose their career path and what the role entails. Pupils also had the opportunity quiz them directly in a Q&A session.



The goal of Career Talks is to provide pupils with a balance of inspiration and information so they make better-informed decisions about their own future career paths. What a great experience for them all!

MOCK INTERVIEWS

YEAR 11



Year 11 pupils have been developing their interview skills by taking part in Mock Interviews this term. Local employers volunteered their precious time to come into school and put our girls through their paces!

We were delighted to welcome a range of employers to school. Representatives on the day included Leyland Trucks, BAE Systems, RAF, Lancashire Police and Lancashire Fire Rescue. We also had representatives from the local colleges which included Cardinal Newman College and Moor Park Sixth Form.



This was a special opportunity for the Year 11's to experience a real-life interview, to build their confidence and enhance their interview skills. This event is incredibly beneficial to our pupils and is a key part of our Careers provision focused on helping our pupils with their personal development.

After the interviews pupils were given detailed feedback from our professional volunteers, which will help them improve their skills for the future. The event was a great success and feedback from our volunteers was extremely positive, with interviewers praising the effort and commitment of our pupils. For many of the girls, this will have been their first interview experience and will be an important step as they prepare for college, university, and future employment. Although some students were feeling the pre-interview nerves they all left feeling proud of what they had accomplished and confident for their future interviews!



MEET THE ARMY

YEAR 10



On Tuesday 26th September I was fortunate to be chosen to attend an event run by the army at Holcombe Moor Training Camp in Bury. The event was organised through careers to give us a taste of life in the army. This included learning about a variety of roles within the army such as Combat, Medic, and Intelligence. We took part in a variety of activities, such as a treasure hunt, which showed us how important it is to pay attention to detail, to a show and talk about where we were educated. There were ex-army members who spoke to us about their experiences and answered any questions we had. We also got to do rock climbing, reaction tests and we were even taught command controls such as hand signals for walking as a soldier. As a group we did a lot of team building (even our teachers joined in!). I enjoyed the trip very much and learnt a lot about being in the army.

-Zainab Piperdi

My trip to the Holcombe Moor Training Camp in Bury was a very interesting experience. We had the opportunity to take part in many exciting army-related activities including marching, rock climbing, reaction speed tests and an orienteering trail. Through the activities, we were given a taster of what it would be like to be in the army. We also had the chance to learn about different career paths within the army and to understand the roles of each one. Apart from the military police officer's role, there are also a wide range of jobs suitable for everyone. For example, you can be a chef, a computer engineer, a technician, or a pilot - all whilst being part of the army. It was a great opportunity to talk to real soldiers about their jobs and the training they go through. We were also shown the conditions they must operate in when in the field, such as the food sachets they received and the unbelievably heavy equipment they have to carry. It was a thrilling and exciting trip to the Holcombe Moor Training Camp!

-Safura Tilly



THE ENGLISH-SPEAKING UNION DEBATE MACE

The English-Speaking Union Debate Mace is the oldest and largest debating competition for schools in the UK. It offers our pupils a unique opportunity to delve into current affairs and contentious issues. Through a series of heats filled with passionate dialogue, participants not only expand their knowledge of the world but also hone their reasoning and presentation skills in a dynamic and competitive environment.

At Preston Muslim Girls High School, we believe in fostering a culture of critical thinking and effective communication, and we are strongly committed to the development of oracy skills.

Our first round was against Stonyhurst College and our five-pupil team, under the guidance of Miss Ugradar, had to articulate their views on the motion 'This House Would not treat e-sports/gaming like real sports'. I am delighted to say that we were successful in round one and we are waiting to learn which schools we will meet in subsequent rounds. If we reach the final round that would see our students heading to London for an unforgettable experience at the ESU's prestigious headquarters.

We pray to the Almighty to aid the debating team in the competition. May their arguments be clear, their wit sharp, and their passion contagious.
Ameen.



NATIONAL POETRY DAY

THURSDAY 5TH OCTOBER
2023



Qudsia Akhtar
Renowned performance poet

National Poetry Day celebrates and promotes the art of poetry. It is an annual vibrant celebration of the art of poetry and a chance for our students to delve into the diverse world of verse.

In the weeks leading up to the big day, our form tutors worked with their groups to help them understand the significance of National Poetry Day and this year's theme: 'Refuge.'

To add an exciting twist to the celebration, Miss Ugradar organised a poetry competition for KS3 pupils, inviting them to pen their thoughts on the theme of 'Nature.' The stakes were high, as successful entries were promised an exclusive day spent with a real poet. We were delighted to welcome the renowned performance poet, Qudsia Akhtar, reading poetry to the entire KS3 and conducting immersive workshops for the select students who emerged victorious in the competition. Thirty students across KS3 had the privilege of participating in these workshops, where they not only honed their poetic skills but also had the opportunity to perform their creations in front of a distinguished panel of judges, our Senior Leadership Team.



The winners were:

1st: Halimah Patel 8G

2nd: Samarra Ismail 9G

3rd: Khadeejah Randeri 9M

By commemorating National Poetry Day, our students embraced the power of language to touch hearts, challenge minds, and inspire change. We believe that this annual event is not just a moment in time; it's an integral part of our cultural and literary calendar, fostering a love for poetry and the boundless creativity it brings to our school community. Well done to them all!



Roald Dahl Day

13TH SEPTEMBER 2023

To celebrate Roald Dahl Day, pupils engaged in a host of activities across all their subjects. In Science, pupils determined the precise number of helium-filled balloons required to elevate James and the Giant Peach into the sky - an endeavour that the pupils really enjoyed. They created profiles of Roald Dahl's characters, such as exploring the physical development of 'Matilda' in their Health and Social Care lessons. In Maths, pupils applied their numerical acumen to solve problems linked to Roald Dahl's stories. Pupils also designed their own book cover for their favourite Roald Dahl book to showcase their creativity and literary passion.

Fantastic Science!

YEAR 7

Our year 7 pupils have been exploring the microscopic world of cells. To showcase their enthusiasm and creativity they have poured their knowledge into crafting visually stunning representations of cells.

From the nucleus at the core to the outermost membrane, the attention to detail in these projects is truly admirable.

They brought life to their cells using a variety of recycled resources and materials to capture the intricate structures of the cell, demonstrating resourcefulness and interest. They showed an impressive ability to translate their knowledge into tangible, three-dimensional artworks.

Congratulations to all the pupils who participated in this project. Keep up the fantastic work!



UK UNIVERSITY AND APPRENTICESHIP CAREERS SEARCH FAIR

YEAR 11



Year 11's attended the UK University & Apprenticeship Careers Search Fair as part of our school careers' programme. The event took place at Liverpool FC's Anfield Stadium.

This event was the perfect way for students to learn how to make informed choices about which future pathway is right for them. They had the opportunity to speak with a wide variety of universities, colleges and apprenticeship providers, as well as attending careers seminars.

It was a great day!





ANFIELD CAREERS EVENT

To expand our knowledge on what's to come after high school and college, we were invited to the UK University & Apprenticeship Careers Search Fair held at Anfield Stadium, Liverpool.

This was a fantastic opportunity for us to find things out and ask questions about the subjects we are most passionate about. There were many universities present, each one giving a brief overview of all the courses they offer and information about the universities themselves. We were given the time to delve deeply into our future choices to try and help us with this very important decision.

Throughout the day, there were also seminars held by professors and staff on topics such as 'how to write a personal statement' and all of our students enjoyed the 'Russell group universities' seminar and found it to be very informative. After an eventful and informative morning, we were interested to see a little more of Anfield Stadium. We walked around the ground and visited the Hillsborough Memorial, which remembers the tragic deaths of 97 Liverpool fans killed while supporting their team. There was also a statue of Bill Shankly, probably Liverpool's most famous manager (and a player at Preston North End earlier in his career). This was a meticulously planned day which we all found to be very enjoyable and informative.

Misba Ada 11H





VISITING LCC AT ANFIELD

YEAR 7

Our Year 7 pupils were given an exciting opportunity to go behind the scenes at Anfield, one of the world's most iconic and historic football stadiums and home to Liverpool Football Club.

Visiting Anfield, the girls were able to learn about the history and success of the club. On their tour they were able to admire the epic views of the pitch whilst being surrounded by the sound of being there on a match day; they visited the state-of-the-art changing rooms, the press room and even had the opportunity to walk down the players' tunnel, touching the iconic "This is Anfield" sign as they passed. To finish off the tour the girls visited the LFC museum which held an array of trophies.



LUSoM EVENT

YEAR 10

Some of our Year 10 pupils attended an event at Lancaster University School of Mathematics (LUSoM), a partnership between Lancaster University and Cardinal Newman College). For those who want to go into a mathematics-based university education, LUSoM offers able young people access to world-class preparation at a standard which is unavailable within the mainstream state school system. Pupils had the opportunity to find out about the different maths options available after GCSEs: Maths A-level, Further Maths A-level, Core Maths and A-level Statistics. They participated in a taster lesson with one of the specialists at the College. Pupils also attended a talk by Simon Singh MBE, author of 'Fermat's Last Theorem', 'The Code Book' and 'The Simpsons and their Mathematical Secrets'.

The LUSoM event was intriguing, fascinating, and educational. The importance of Mathematics is often not appreciated or known, however today we learnt the significance of Maths and the beauty of equations. Most careers involve maths and logical thinking. The next step of our educational life may also depend on Maths as it is a broad subject. Many people have spent their lives searching for an answer to their problems. To solve these riddles, is to complete the impossible, leaving behind a legacy and our very own unique mark on the world. Simon Singh, the guest speaker, introduced us to his writings and research on the wonders of Mathematics and the way in which this subject has changed lives. His speech inspired our students to reflect on their future and to pursue their individual passions. We also participated in a workshop, where teamwork and thinking were vital. It is true to say that the riddles triggered something in our minds; they were difficult, but we enjoyed answering them to the best of our ability!

-Mishel Rafiq





Talk The Talk

CONFIDENT COMMUNICATION FOR LIFE

ENRICHMENT DAY

19TH OCTOBER 2023



All pupils took part in our first Enrichment Day of the year in October. For our Year 7 pupils, this centred around personal hygiene and well-being. These sessions were led by a small group of dedicated staff, who enlisted support from volunteers within the community. Our Year 8 and Year 9 pupils worked in mixed groups to complete activities focused on languages. Pupils were tasked with designing a café, using their MFL language to pitch their business idea and produce promotional materials, such as menus. The pupils were enthusiastic and engaged, and they very much enjoyed the element of competition.



Our Year 10 pupils spent the day completing workshops with 'Talk the Talk'. This is a charity which provides a range of practical workshops to develop speaking skills, delivered to our girls by professional experts. The workshops focused on the development of confidence when speaking publicly. The workshop also supported our careers curriculum, by linking the learning to future careers.

EXTRA-CURRICULAR CLUBS

There are a wide range of after-school clubs and lunchtime activities for girls to get involved in. Our Football Club is coached by staff from PNE. Their coaching expertise enhances our PE curriculum's football programme and raise its profile in the school. The sessions are open to all KS3 pupils and have recently focused on football skills and drills.

Our Taekwondo Club has continued for KS3 pupils this term, led by Taekwondo Titans. The after-school club has focused on skills development, and pupils have enjoyed widening their skills set, with benefits including improved cardiovascular health, increased self-esteem, and better discipline.



We have trialled an after-school Netball Club this half term, with over 20 pupils taking the opportunity to develop their skills with a local coach. Pupils have been engaged and enthusiastic, and we look forward to continuing to offer this club in the new year.

On Fridays, after-school the Year 8 Baking Club meets. The girls enjoy the sessions, and they have the opportunity to bake and sample different foods every week whilst deepening their understanding of nutrition.



Our lunchtime clubs programme has also included a wide range of opportunities: Writing and Drama club, Spirituality Club, Knitting and Mindfulness clubs. We have taken on board feedback from the pupils and in the new year we will be extending our knitting club to allow more time for skills development and practise.



LET'S KICK RACISM OUT OF FOOTBALL

PNE VS MILLWALL

In October, our pupils attended Preston North End on match day while PNE played against Millwall. They were there as part of the 'Let's Kick Racism Out of Football' initiative. This campaign is focused upon breaking down barriers, showing Preston North End as an inclusive and welcoming environment. During halftime, our girls took to the pitch to take penalty kicks in front of the home and away crowds.

The pupils relished the opportunity to watch the game, cheer for the home team, and participate in the guard of honour as the players and managers walked out of the tunnel. What an amazing experience for our footballing pupils!



MY EXPERIENCE IN KARATE CLUB

SAFFANAH SHOWKAT



From being forced into a karate club, to joining the British ITF championship last minute and winning a silver, my martial arts journey has grown and shaped me in ways I could never imagine. On the 2nd of December, I was told that I was competing at the British Championship, which was the next day. I did not even train once. But, Alhamdulillah, I managed to somehow get a silver, being only one point away from a gold. I never expected to do martial arts as a kid - in fact, I hated it, but now it is a crucial part of my identity. It is a common misconception that all martial arts do is make you a harsh person, but it is the opposite. Martial arts are not just about striking people and screaming-it is an art form, that nurtures a person's discipline, confidence and kindness. It is the reason I believe in myself even at my lowest moments, the reason I speak out and the reason I am at peace.

My goals in martial arts are quite extreme. I dream of being a world champion, an Olympian; to start my own business and club and to inspire young people to follow their dreams. As a child, once I started martial arts, it grew on me, and that is when I knew I wanted to be the best. I had to be the best. I will be the best. But never did I have anyone to look up to- all the icons, all my instructors, all the successful martial artists were all men, and I failed to find one female martial artist that was truly respected. Having grown and matured, I finally decided it is time to change that. A woman can be an icon and inspiration for both men and women, and it is my mission to prove it. Martial arts are not just for men - it is for anyone and everyone that wants to live a disciplined life, that wants to improve fitness or even meet new people. To anyone being forced into a sport, or hesitating to follow their dreams, or even wanting to do martial arts, do it. Dream big, think creatively, and never let society tell you cannot do something, because I went from thinking I could never be successful in martial arts, to being a 5-time gold regional champion and winning a silver medal in the British Championship. Never give up, you might just end up joining a British championship last minute and making it to top three.



-Saffanah Showkat, 10M



FUNDRAISING

BUILDING HOMES IN JORDAN

The school raised an amazing £13,960 for Heal Humanity UK to build homes for the poor in Jordan. MashaAllah. JazakAllah to Heal Humanity for allowing our pupils the opportunity to work with you and to all parent, pupils and staff who donated. A cheque was presented in assembly to the representatives from Heal Humanity.

In September we hosted our 'Coffee Morning' for Macmillan Cancer Support. Macmillan is the UK's leading organisation that provides support for those living with cancer. People all over the UK host their own Coffee Mornings. Having a Coffee Morning is the perfect chance to catch up over a cuppa and a slice of something delicious for a great cause. As Macmillan say, "One in two of us will face cancer, and the money you raise at your Coffee Morning will help everyone with cancer to live life as fully as they can." Alhamdulillah the school raised over £1000 for this amazing cause.



SRI LANKAN ORPHAN SPONSORSHIP PROGRAMME

All form groups at PMGHS support an orphan during their five years at the school, raising money and sending gifts to that young person.

We have again launched our fundraising commitment for the Sri Lankan Orphans for the fifth year running. We now have a total of 18 orphans that we sponsor Alhamd..., and the pupils' donations have made a huge difference to their lives. As a caring school we want to recognise their need and to stretch out our hands for our brothers and sisters. Through the mercy of our lord, we lead secure and privileged lives here in Britain. We want to keep the less fortunate in our thoughts and prayers. "Blessed is the wealth of a Muslim from which he gives to the poor, the orphan and the wayfarer" (Muslim) "Myself and the caretaker of an orphan will be in Paradise like this," and he held his two fingers together (Hadeeth, Sahih Bukhari). JazakA... to all of our pupils for their hard work and generosity.



**AL-IMDAAD
FOUNDATION**
Striving to serve Humanity



PMGHS SCOUTS GROUP

SCOUTS SLEEPOVER

In November 74 Girl Scouts took part in their first Scouts' sleepover – at the Sea Life Centre, Blackpool. It was an out-of-this-world experience to sleep under the shark tanks, surrounded by Allah's wondrous creatures, including Phoenix - the giant turtle.

This was the ultimate sleepover as most of the Girl Scouts have never stayed away from home. This was their first tentative step towards greater independence, resilience, and confidence. EagleEye, their Group Leader, said, 'It was heartening to see so many of them independently praying their salaah. There was a lot of kindness and manners on display. I pray that this is the first of many such nights away for the Girl Scouts as they work towards earning their Gold Award.'

We were hosted for breakfast at Blackpool Central Masjid. Mol Ashfaq gave a talk to the Girl Scouts about the history of Blackpool and its growing Muslim population. The parents of the Girl Scouts generously raised £314 which was donated to the masjid.

HELPING THE HOMELESS

Another group decided to help the homeless, an overlooked and often stigmatised part of our community and society. They were invited by Emmaus to go down and help them in helping the homeless. The scouts went to the Emmaus fashion store where donated clothes are revamped and then sold in the charity shop. Our girls worked hard in preparing the donated clothes as well as working in the shop to make the clothes look attractive for customers to buy.

'It was impressive to see how the Girl Scouts came together to learn about homelessness and gather concrete ideas on how homelessness can be tackled. Hearing first hand from a former homeless person was humbling'.

-Drama Dragon, Scout Leader



PAMPERING MAKTOOM MUMMIES

A different group decided to volunteer for the Mummies of the children from Quwwatul's 'Maktoom Playgroup'. These children have special educational needs with mild to moderate disabilities. To that end the Girl Scouts wanted to do something special for the Mummies who look after these very special children.

The Mummies were given a morning of pampering, a game of basketball with Mrs Nalla in PE and to finish off the morning, they were treated to some hot drinks and freshly made hot pastries. And if that wasn't enough, the Girl Scouts prepared some take home lunch bags for the Mummies made by the scouts.

The Maktoom Lead Volunteer was impressed by our Girl Scouts saying, 'The Girl Scouts worked hard and used their initiative to give an unforgettable morning to the Maktoom Mummies. These girls will never truly understand how much they touched the hearts of these Mummies. May Allah accept from the girls (ameen) and we hope to see them coming to volunteer with us in the future!'



TREE PLANTING

Despite the rain, the Year 8s scouts took part in tree planting with the Ribble River Trust whilst another group were working hard to clear shrubs at the Oxhey recreational grounds. Whilst another group planned a fun, interactive, engaging, and caring Scouts session for an often-overlooked part of our society: grannies! Grannies from Quwwatul's Granny halaqah were eager to see what the Girl Scouts could offer them. Safe to say they were all bowled over by the attention, the love, and the care they received, and of course, they did not go home hungry!



CELEBRATION ASSEMBLY

YEAR 7 AWARDS

SUBJECT	EXCEPTIONAL COMMITMENT	SUSTAINED COMMITMENT
ENGLISH	Hamnah Afsar (7G)	Jasmine Secretary (7H) Eshaal Azhar (7P)
MATHS	Ruqayyah Vorajee(7G) Juwayriyya Patel (7H)	Zahra Jogiyat (7H) Aysha Desai (7G)
SCIENCE	Umaiza Voraji (7M) Hamnah Dedat (7P)	Ateeka Ismail (7P) Zainab Uddin (7H)
FRENCH	Arina Islam (7G) Sumaiya Patel (7G)	Inayah Shaikh (7M) Aliya Bhuta (7G)
URDU	Maryam Desai (7M) Areebah Pathan (7G)	Hannah Kalang (7H) Fatima Bargit (7G)
ARABIC	Hamnah Deedat (7P) Tanisha Sheikh (7P)	Hiba Mirza (7P) Aamena Lubbad (7G)
GEOGRAPHY	Aaliyah Dawood (7H) Ruqayyah Bhikha (7M)	Fatima Patel (7G) Bushra Hafezi (7P)
HISTORY	Khadija Aziz (7P) Fatimah Usman Patel (7M)	Umaiza Voraji (7M) Zaynab Rafiq (7G)
RELIGIOUS STUDIES	Aminah Desai (8P) Sara Yaqub (8P)	Sumayya Nakhuda (8G)
DESIGN TECHNOLOGY	Fatima Patel (7G) Arina Islam (7G)	Sahira Narot (7M) Aaminah Ghani (7M)
ART	Zaynab Rafiq (7G) Hina Shafique (7P)	Maleehah Ali (7G) Retaj Kodi (7M)
FOOD PREP	Fatimah Imran Patel (7P) Shifaah Mulla (7G)	Aysha Darwan (7M) Aaminah Sidat (7H)
COMPUTER SCIENCE	Sumaiya Patel (7G) Aliya Bhuta (7G)	Aaminah Arif Patel (7H) Sarah Patel (7H)
MUSIC WITH NASHEEDS	Yusra Zaairi (7P) Eshaal Azhar (7P)	Khadijah Siddique (7P) Aliya Bhuta (7G)
DRAMA	Umayma Desai (7M) Aaminah Arif Patel (7H)	Khadijah Adnan Ahmed (7M) Zoya Azhar (7H)
PHYSICAL EDUCATION	Hamna Umar (7H) Sahira Narot (7M)	Emaan Shahid (7P) Maleehah Ali (7G)

MUSLIMAH AWARD

Fatima Patel (7G)

HEADTEACHER AWARD

Fatimah Imran Patel (7P)

CELEBRATION ASSEMBLY

YEAR 8 AWARDS

SUBJECT	EXCEPTIONAL COMMITMENT	SUSTAINED COMMITMENT
ENGLISH	Fatima Badat (8G) Zainab Patel (8H)	Bushra Ilyas (8G) Huda Sajid (8M)
MATHS	Rumisa Safi (8M) Maalikhah Khan (8G)	Nadiya Tagari (8H) Hannah Zafar (8H)
SCIENCE	Malak Elkady (8G) Ayesha Intwala (8G)	Ayisha Aslam (8M) Zarin Patel (8G)
FRENCH	Afia Master (8M) Hamnah Mamsa (8P)	Saarah Vahaluwala (8H) Madihah Patel (8G)
URDU	Khadija Khan (8M) Sumaya Ikram (8H)	Ayesha Intwala (8G) Fatima Dudhara (8P)
ARABIC	Saffiyya Makda (8G) Ayesha Soomro (8M)	Aina Arif (8G) Zainab Patel (8H)
GEOGRAPHY	Afia Master (8M) Aina Arif (8G)	Imaan Kath (8P) Ayesha Soomro (8M)
HISTORY	Ajwa Mehmood (8G) Malek Elkady (8G)	Eman Kousar (8G) Bushra Ilyas (8G)
RELIGIOUS STUDIES	Aminah Desai (8P) Sara Yaqub (8P)	Sumayya Nakhuda (8G) Halimah Patel (8G)
DESIGN TECHNOLOGY	Sumayya Nakhuda (8G) Iman Shahid Aziz (8M)	Shayma Patel (8H) Sama Abdelaal (8P)
ART	Fatima Badat (8G) Shabana Jamil (8H)	Nusaiba Khanam (8P) Afia Master (8M)
FOOD PREP	Safiyyah Makda (8G) Maryam Sultan (8P)	Fatima Nomani (8H) Bushra Ilyas (8G)
COMPUTER SCIENCE	Aamina Patel (8M) Hannah Zafar (8H)	Haadiya Tabassum (8P) Eiliyah Ghoni (8P)
MUSIC WITH NASHEEDS	Saarah Vahaluwala (8H) Rumisa Safi (8M)	Zara Usman (8P) Shifa Gen (8H)
DRAMA	Halimah Patel (8G) Ammarah Bunglawala (8H)	Aysha Pepi (8H) Maria Munir (8M)
PHYSICAL EDUCATION	Sara Yakub (8P) Bushra Idrees (8P)	Zarin Patel (8G) Halimah Patel (8G)

MUSLIMAH AWARD

Rumana Khurdam (8G)

HEADTEACHER AWARD

Aina Arif (8G)

CELEBRATION ASSEMBLY

YEAR 9 AWARDS

SUBJECT	EXCEPTIONAL COMMITMENT	SUSTAINED COMMITMENT
ENGLISH	Hajra Rashid (9H) Sana Kazi (9H)	Fatema Larya (9M) Sohila Khattab (9M)
MATHS	Zoniyan Ahmed Kousar (9G) Afia Ahmed(9P)	Zara Patel (9M) Haleemah Amiji (9P)
SCIENCE	Mariam Kamran Ahmed (9P) Marwa Stanikzai (9M)	Bouthaina Boutaine (9P) Husna Mamsa (9G)
FRENCH	Nazia Matak (9H) Hanna Manjra (9H)	Humayrah Amiji (9M) Afiya Hakim (9H)
URDU	Ayesha Abdullah (9M)	Rida Ali (9P) Laiba Pathan (9G)
ARABIC	Aaminah Adam (9P) Aysha Iqbal Bhana (9P)	Menal Ehlalouch (9P) Robina Walli (9P)
GEOGRAPHY	Khadeejah Randeri (9M) Amarah Ghafoor (9M)	Sanaa Neki (9H) Umme-Kulthoom Gangat (9G)
HISTORY	Umme-Kulthoom Gangat (9G) Hira Kamran (9G)	Fatema Vahaluwalla (9G) Afia Ahmed (9P)
RELIGIOUS STUDIES	Khadeejah Randeri (9M) Ayesha Wahid Patel (9M)	Maryam Akhtar (9M) Afiyah Marviadi (9G)
DESIGN TECHNOLOGY	Khadija Patel (9M) Aisha Mamoon (9G)	Lea Latif (9G)
ART	Aaminah Adam (9P) Zeenat Patel (9H)	Zaynab Hussain (9P) Saniyah Saeed (9P)
FOOD PREP	Zeenat Patel (9H) Ayesha Wahid Patel (9P)	Humerah Natha (9P) Aisha Mohammed Patel (9G)
COMPUTER SCIENCE	Aaminah Matadar (9H) Umme-Kulthoom Gangat (9G)	Khadeejah Randeri (9M) Tahreem Saeed (9P)
DRAMA	Hanna Manjra (9H) Dania Aryssa Izam (9H)	Samarra Ismail (9G) Ayesha Abdullah (9M)
PHYSICAL EDUCATION	Maryam Ali (9H)	Aleena Iqbal (9G) Aaliyah Tailor (9M)

MUSLIMAH AWARD

Humera Natha (9P)

HEADTEACHER AWARD

Ayesha Abdullah (9M)

CELEBRATION ASSEMBLY

YEAR 10 AWARDS

SUBJECT	EXCEPTIONAL COMMITMENT	SUSTAINED COMMITMENT
ENGLISH	Mishel Rafiq (10M) Kateejah Aziz (10M)	Fatima Patel (10G) Miya Farooq (10P)
MATHS	Saffanah Showkat (10M) Anah Ikram(10P)	Yasmin Khoualani (10M) Juwayriah Patel (10G)
SCIENCE	Mariam Shahzad (10H) Yumna Umar (10H)	Sabah Ahmad (10P) Katrina Grozova (10M)
FRENCH	Safura Tilly (10H) Unaisah Saleh (10H)	Sara Patel (10G) Safiyyah Nanawatty (10M)
URDU	Ayesha Jamal (10M) Umainah Lakha (10P)	Anah Ikram (10P) Fatima Ilyas (10P)
ARABIC	Vasilah Nawab (10G) Juwayriah Patel (10G)	Aatiqah Patel (10H) Iqra Jan (10M)
GEOGRAPHY	Zainab Rimas Mohamed (10H) Maleeha Khan (10M)	Safiya Mahmood (10G) Maria Palejwala (10H)
HISTORY	Alishah Gul (10M) Maleeha Khan (10M)	Arisa Moolla (10G) Zennab Ali-Malik (10P)
RELIGIOUS STUDIES	Zainab Piperdi (10H) Safiyah Reyaz (10H)	Kamela Amin (10P) Maleeha Khan (10M)
ART	Unaisah Saleh (10H)	N/A
FOOD PREP	Urooj Ali (10M)	Aaminah Essop (10M) Sara Patel (10G)
COMPUTER SCIENCE	Humayrah Malik (10G) Mishel Rafiq (10M)	Ayesha Jamal (10M) Zainab Piperdi (10H)
BUSINESS STUDIES	Safiya Patel (10H) Khadijah Mohammed Desai (10M)	Aysha Gangat (10M) Maryam Vorajee (10H)
HEALTH & SOCIAL CARE	Amina Bhad (10G) Khudaijah Patel (10H)	Ammarah Gohodiwala (10M) Mariam Shahzad (10H)
SPORTS STUDIES	Yumna Umar (10H)	Nabiya Khan (10M)

MUSLIMAH AWARD

Layla Haji (10M)

HEADTEACHER AWARD

Lujain Razia (10M)

CELEBRATION ASSEMBLY

YEAR 11 AWARDS

SUBJECT	EXCEPTIONAL COMMITMENT	SUSTAINED COMMITMENT
ENGLISH	Hafsa Ahmed (11P) Maariyah Patel (11M)	Zainab Patel (11M) Fatimah Wadi (11H)
MATHS	Aisha Khan (11P) Aqssa Amin(11P)	Sadiyah Shaikh (11H) Azeemah Patel (11M)
SCIENCE	Aaliya Yunus Patel (11H) Eishaal Ghumman Inayat (11P)	Ameena Kalhoro (11H) Raida Miah (11G)
FRENCH	Safiyah Maravia (11H) Mariah Patel (11H)	Maryam Gurjee (11H) Rukhsar Ali (11P)
URDU	Arwaa Mehmood (11G) Maria Desai (11P)	Fatima Desai (11G) Maariyah Patel (11M)
ARABIC	Aqssa Amin (11P) Faatimah Munshi (11P)	Jamila Zadran (11P) Hira Amanat (11M)
GEOGRAPHY	Maryam Albayati (11G) Jamila Zadran (11P)	Azeemah Patel (11M) Maria Desai (11P)
HISTORY	Misba Ada (11H) Anisah Vorajee 11G	Zara Tagari (11H) Ammarah Master 11H
RELIGIOUS STUDIES	Misba Ada (11H) Aisha Patel (11P)	Maryam Gurjee (11H) Aaliya Yunus Patel (11H)
TEXTILE	Khadeja Ismail (11G) Zoya Aslam (11P)	Faatimah Dasu (11G) Ashiya Adam (11G)
ART	Zaina Nukhuda (11G)	N/A
FOOD PREP	Shakira Patel (11G) Khadija Patel (11M)	Raida Miah (11G) Aaliyah Adam (11M)
COMPUTER SCIENCE	Jamila Zadran (11P) Aisha Jamal (11H)	Eishaal Ghumman Inayat (11P) Maryam Gurjee (11H)
BUSINESS STUDIES	Zainab Bhuta (11P) Sadiyah Shaikh (11H)	Aisha Patel (11P) Anisah Vorajee (11G)
HEALTH & SOCIAL CARE	Faaizah Batan (11H) Aalia Patel (11G)	Maryam Umerjee (11P) Hameeda Patel (11H)
SPORTS STUDIES	Aqssa Amin (11P)	Aaminah Patel (11G)

MUSLIMAH AWARD

Khadeja Islam (11G)

HEADTEACHER AWARD

Khadija Akubat (11G)



PRESTON MUSLIM GIRLS
— HIGH SCHOOL —

Education with Patience Modesty Gratitude Humility Sincerity

01772 651906 | www.pmghs.com | info@pmghs.com

The Crescent, Deepdale Mill Street, Deepdale, Preston, PR1 5BY