

The Al-Hijrah Times



Friday 26 October 2018

AlJumaa 16 Safar 1440

Head Teacher's Message

Dear Brothers and Sisters, as-salaamu' alaikum wa rahmatullahi wa barakatuhu

We are now at the end of a very busy Autumn half Term! I would like to start by thanking all the parents who participated and helped the consultation process. We will be informed of the outcome in a few weeks' time; the consultation had one of the highest response rates and the consultation team was impressed by the intensity and the quality of questioning. May Allah accept all our efforts and bless us with the best of outcomes, Ameen. Parents have commented that the answer they were given were a lot more helpful. As this process develops the answers will become a lot clearer and it is important that we stay closely engaged with the process. As mentioned in the last newsletter, I am available to parents and staff if they need my help assistance and would remind them again of the importance of making informed choices for ourselves and for the future of our children. I make du'a that Allah (SWT) guides and protects us during these times, Ameen.

We are at a time of the year when year 11 pupils are starting to prepare for their forthcoming examinations and looking to secure college places. I would urge parents to support them by taking the to open days and encouraging to apply early. The school will be providing them with information and support to help them through these important phases of their education career.

This week the school Al-Hijrah pupils visited the houses of Parliament and the Bank of England. They had a wonderful time and thoroughly enjoyed the experience. I would like to thank all the staff involved particularly Br Ozair for organising this trip every year. Br Shawkat and Br Zafar successfully completed the half-marathon last Sunday and have raised a lot of money for Cancer Research. Pupils were recognised for their efforts in raising money during assembly.

I am pleased to report that pupil attendance is continuing to improve. and I urge parents to make every effort to ensure their children are in school and on time as absences significantly disrupt their education.

Finally, I would like to wish everyone a wonderful time and to some a well-deserved rest during the half-term and look forward to seeing you soon, Insha'Allah.

As always, please keep us in your du'as as we keep you in ours; may Allah (SWT) protect, guide and grant us His Mercy, Aameen.

**Br. Arshad
Mohammed**

Get in Contact/Parent Matters

Your first point of call is the Class/Form Tutor. After this, a member of the Senior Leadership Team (SLT) or Designated Safeguarding Lead (DSL) will deal with your query/concern. Please kindly note:

Br. Amjid Hussain	Pastoral Lead & DSL
Sr. Saima Khan	Assistant Head & DSL
Br. Shawkat Chowdhury	Deputy Head & DSL
Br. Arshad Mohammed	Head Teacher

Parents & Heads Coffee Afternoon

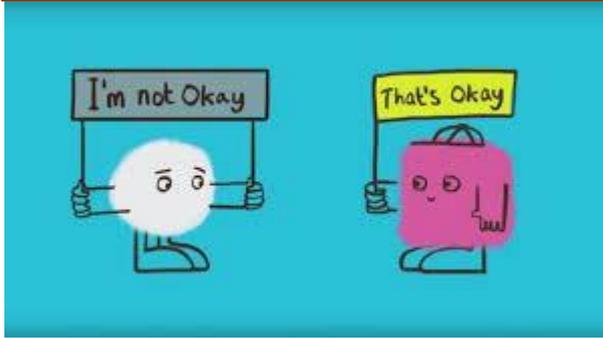
At Al-Hijrah we believe it is vital to know the thoughts of our parents. Following the success of previous years, we once again have dates for our Heads Coffee Afternoon (previously Morning). These will be held **every second TUESDAY** of the month. Parents are requested to email the school with topics which will Insha'Allah be addressed by Br Arshad Mohammed (Head Teacher) and Br Shawkat Chowdhury (Deputy Head Teacher). The next Coffee Afternoon is:

**Tue 13th November 2018 |
Main Hall | 2:30 – 3:30 pm**

Entrance and exit will be from the Main Office (Burbidge Road) and parents must kindly sign in on arrival – please kindly note that parents will NOT be granted access to the main school building due to safeguarding and will always be escorted.



Mental Health in Children and Young People



Mental health problems affect about 1 in 10 children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

10 mental health tips for parents

Think about your child's wellbeing

Emphasise the importance of good sleep, eating healthily and exercise.

1. Talk openly about mental health- Just as you might encourage them to eat fruit and veg to keep their bodies healthy (and model this behaviour yourself), talk openly about, for example, staying connected with others or being physically active in order to take care of our minds.
2. Model good habits- Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.
3. Think about phone usage – both theirs and yours- We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health. We're also more likely to listen to one another if we're not distracted by technology.
4. Notice any changes in your child's behaviour- Young people tell us how they're feeling in many ways, not always verbally.
5. Learning what is normal for your child makes it easier to notice when things change, and if this might be a sign that they're struggling - Let your child know that you're concerned. Explain why you feel that way, for example if you've noticed they haven't been interested in activities they usually enjoy.
6. Use activities that you do together to have conversations about how they are doing- Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.
7. Let them know that struggling sometimes is normal and nothing to be ashamed of - Tell them about the mental health spectrum and that we all, including you, go up and down the scale throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.
8. Listen and empathise- Often the first step to feeling better is feeling connected and knowing that someone is alongside you.
9. Empathy helps young people (and adults) connect. Empathy involves acknowledging what your child is feeling, trying to understand things from their point of view and avoiding judgement. Empathy is usually more helpful than giving advice or trying to 'fix' their problem.
10. If you're still worried- Talk to a Designated Safeguarding Lead at school or your GP who can point you towards sources of help.



For further information:

www.youngminds.org.uk www.mentalhealth.org.uk

www.forwardthinkingbirmingham.org.uk

TRIP - Bank of England & Houses of Parliament

This half Term MFL Department took Year7 boys and girls and students of 'Pupils Council' to the Bank of England Museum and the Houses of Parliament'.

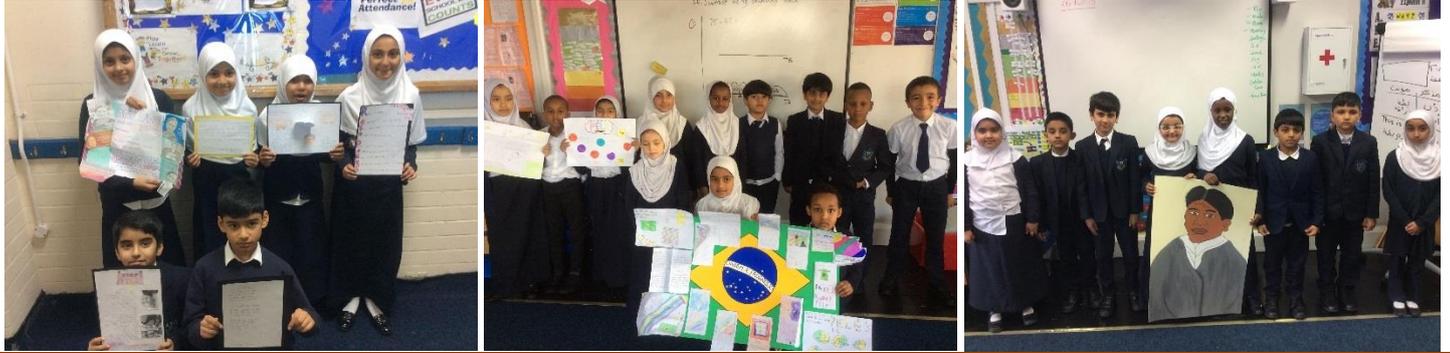
All the students and teachers enjoyed the trip thoroughly and they learned about inflation and the history of the Bank. Pupils were surprised to learn that Barclays was established before the Bank of England. At the Houses of Parliament, our pupils had the opportunity of entering the House of Commons, House of Lords and other parts of the Palace of Westminster. At the end of the visit, pupils had the opportunity of taking part in 'Debating and Law Making' workshop which they found very informative and enjoyable. MFL department thanks all the teachers and staffs who made this trip a success.



Black History Month

Children across Key Stage 1 and 2 presented their work in assembly today celebrating the achievements of famous Black personalities from the past and the present. A huge thank you to all the pupils and teachers for working very hard in learning about them and presenting.

We also awarded the Play Leaders with certificates to thank them for their hard work and dedication in supporting their peers during break and lunch times.



Cancer Research

Jazak'Allah hu khairun to all pupils & parents who have taken time out to gather sponsors for the Cancer Research charity.

On Sunday 14th October 2018 Br Shawkat & Br Zafar ran the Birmingham half marathon trying to raise money for the charity.

Alhamdu'lillah they have managed to raise an amazing **£1,500!**

The pupils that gathered the most sponsors in each class are listed below.

- R1- Sultaan | 1A- Fatima
- 2B- Muminah | 3A- Hamza
- 3B- Mohammed | 4A- Hanaa
- 4B- Raheem



STAY SAFE!! Safety Statistics on Fireworks



- According to **St John Ambulance**, in 2014/15 firework injuries accounted for 4,506 NHS A&E attendances.
- According to the **UK Fire Service**, over the past five years over **350 preschool children**, some only a year old, were treated in hospital for fireworks injuries.
- According to **RoSPA**, injury figures support the advice that far fewer people are injured at public displays than at smaller family or private parties.
- According to **Gov.uk**, around half of all firework injuries happen to children under the age of 16.



Important Dates!

- **Start Autumn 1st Half Term Holidays- Friday 26th October 2018, 3.30pm**
- **Start of Autumn 2nd Half Term- Monday 5th November 2018, 8.30am**
- **Phonics Workshop** - Reception, Wed 7th November 2018 | 9:00 – 10:00 am,
- **S.A. T's Workshop**- Year 2, Wednesday 7th November 2018 | 9:00-10:00am,
- **Romans Workshop**- Year 5, Wednesday 7th November 2018
- **Billy Bob Author Visit**- KS2, Wednesday 7th November 2018 | Morning.
- **Reception Thinktank Trip** - Friday 9th November 2018 | 9:00 – 3:30 pm.

Riddle of the Week!

Healthy Food – NO Fast Food!

QUESTION: What occurs once in a minute, twice in a moment, and never in one thousand years?

PRIZE: First 3 correct answers to Br Shawkat will be rewarded!



At Al-Hijrah, the health and wellbeing of your child is an extremely important part of school life; this includes a healthy and well-balanced diet. We understand that parents are very busy and sometimes we forget things such as lunch – the school is here to support you. If your child has forgotten their lunch, they will be provided with a school meal – parents can pay for this on the following day. Parents can drop off packed lunches in the MORNING ONLY, but this must NOT be fast food/fizzy drinks/chocolates/sweets/crisps/etc. Packed lunches from home will be checked and returned if they are not suitable.

Primary Reading Workshops

Workshop	Time	Day	Venue
Reading	9:00 – 10:00 am	Wednesday's (Aut 1 2018)	Main Hall

Year 5	Year 4	Year 3	Year 2	Year 1	Year 6	Reception
19 th Sep	26 th Sep	3 rd Oct	10 th Oct	17 th Oct	24 th Oct	7 th Nov

Focus of the Week

Endearment of Truthfulness

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: عَلَيْكُمْ بِالصِّدْقِ، فَإِنَّ الصِّدْقَ يَهْدِي إِلَى الْبِرِّ، وَإِنَّ الْبِرَّ يَهْدِي إِلَى الْجَنَّةِ

Qala Rasulu Ilahi salallahu alaihi wasallama: "Alaikum bis-swadqi, fainnas-swidqa yahdii ilal-birri, wainnal-birra yahdii ilal-jannati"

The Messenger of Allah Peace be upon him said, "It is obligatory for you to tell the truth, for truth leads to virtue (goodness/righteousness) and virtue (goodness/righteousness) leads to Paradise".

Cleanliness

"وَسَلَّمَ عَلَيْهِ اللَّهُ صَلَّى اللَّهُ سُوْرًا قَالَ "الإِيمَانِ شَطْرُ الطُّهُورِ"

Qala Rasulu Ilahi salallahu alaihi wasallama: "At-tuhuru shat-rul eemaan"

The Messenger of Allah Peace be upon him said, "Cleanliness is half the faith (Emaan)."