



# Secondary Schools' Friday Bulletin



## Headteacher's Message

Dear Parents/Carers,

Assalamu alaikum wa barakatuhu,

First of all, I just want to say how nice it is to see our young people fasting voluntarily during these winter months and Insha'Allah I hope to see more joining in for our after school iftars on Mondays and Thursdays.

Secondly, just a reminder that next week is exam week and the school will finish early from Wednesday 27th – Friday 29th November for all pupils. Please check your child's exam timetable for more details and do help them to arrive and leave from school on time. They will also need to have exam stationary for every day and be in full school uniform. May Allah grant our children every success and accept all their good deeds and intentions.

## Hadith of the Week

Narrated Abu Huraira:

The Prophet (ﷺ) said, "When Allah created the Creation, He wrote in His Book – and He wrote (that) about Himself, and it is placed with Him on the Throne – 'Verily My Mercy overcomes My Anger.'"

(Sahih Al-Bukhari)

## Upcoming Events

**Wed 27th - Fri 29th Nov**  
Exam Week for Years 7-10

**Tuesday 3rd Dec**  
StandUp! Against Discrimination Workshop for Yr 9 -11 - Boys' School

**Wednesday 11th Dec**  
StandUp! Against Discrimination Workshop for Yr 9 -11 - Girls' School

**Fri 13th Dec**  
Arabic Language Day (Half Day)

**Fri 13th Dec**  
Parents' Evening (Years 9-11 for boys' and girls' school)

**Sat 14th Dec - Mon 6th January 2020**



Winter Holidays

## Exam Stress Hints and Tips

As we approach our first assessment and mock exams of the year, we thought it would be a good idea to share some hints and tips to ensure that your child has the least stress possible.

### 1. Remember to breathe

Set aside a couple of minutes every day to practice mindfulness techniques away from distractions. Early morning and evening are a great time to do this, combining with athkar is very recommended.

### 2. Eat, sleep and exercise well

Pulling all-nighters, surviving on a poor diet, and getting minimal amounts of movement into your day can increase symptoms of anxiety. For your body's best performance, make sure you're getting 8/9 hours of sleep, enough slow-release carbs, less caffeine and more water, and at least half an hour of exercise per day.

### 3. Set realistic goals

Set realistic goals, whether you have several weeks, days or hours before your exam, this helps you to put everything into perspective. Acceptance of your situation and working within the realms of what you have maximises your productivity without the risk of burning yourself out.

### 4. Don't go it alone

In 2004, a research paper published in *Linguistics and Education* saw that revising with peers is an effective study technique as it allows individuals to better absorb their own notes. Furthermore, the emotional benefits of social support tend to include a better sense of confidence and autonomy. Also don't forget lots of dua.

### 5. Pace yourself through panic

Panicking before, during or even after an exam is common among students. If you experience it at any point, take six deep breaths, hydrate yourself, and then go back to the problem at hand, being sure to break it down into several, manageable chunks. Remember that there is usually a rational solution to every problem, even if you can't see it at first glance.

### 6. Believe in yourself

When being constantly faced with new challenges, we often forget to look back at how far we have come and how much we have already achieved. Given that you have prepared well, there should be no reason for you to worry. Therefore, when experiencing a negative thought, try to replace it with a positive one.

### 7. If you feel like you are struggling, talk to someone

Asking for help is never shameful. When struggling, talk to friends, family, or your form tutor about how you are feeling. Alternatively, don't be afraid to seek professional help and support.

## PODIUM TRIAL DATE

Public speaking is a skill we take very seriously at Al-Khair School. We give opportunities for our students to take the ESB speaking exam and we want to foster and develop these skills so that our students are confident and well-rounded individuals. One idea we want to introduce is a public speaking slot on our timetable where a student, teacher or visitor will talk about a subject they're passionate about, modelling good language and eloquence, followed by a Q&A session. We have set a trial date of Friday 6th December and, if a success, will become a regular feature on our timetable. We welcome external visitors, if you have any suggestions please contact Ms Nadia Elwahabi, Head of Enrichment, at [nadia.elwahabi@alkhairschool.org.uk](mailto:nadia.elwahabi@alkhairschool.org.uk).

