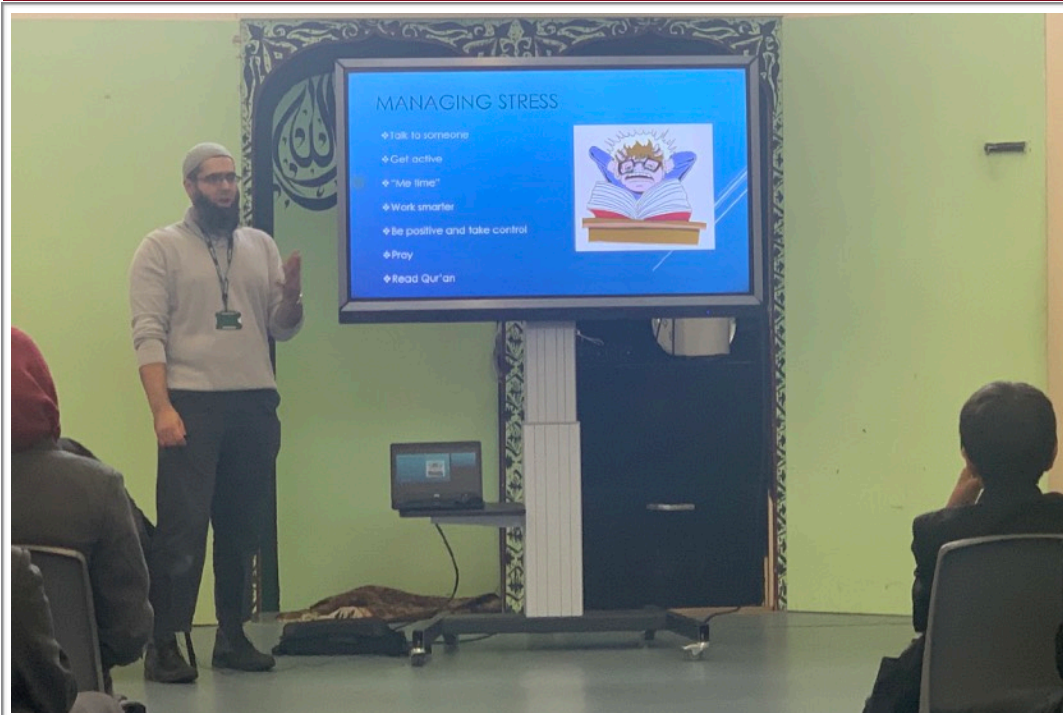




Secondary Schools' Friday Bulletin



Dr Rizwan Irshad talking to the students about mental health on Thursday

Headteacher's Message

Assalamu alaikum wa ramatullahi wa barakatuhu,

As part of our ongoing wider curriculum, the focus on mental health is very important to us. In this fast-paced digital age, our children are more exposed to risk than ever and we want to ensure that they learn to recognise the early signs of mental health issues, be it around exam anxiety, self esteem or depression. To this end, this week we were fortunate to have Dr Irshad GP deliver an assembly to the school in which he spoke candidly about these issues and signposted where to go for help and what to do if they are or know someone who may be at risk. To this end, I pray that you all enjoy the break and take the time to slow down and regroup as families to start refreshed and energised for the next half term. May Allah bless you, your children and the staff who work tirelessly in their care.

Hadith of the Week

On the authority of Anas bin Malik, the Prophet Muhammad said:
"None of you [truly] believes until he loves for his brother what he loves for himself."
(Bukhari and Muslim)

Upcoming Events

**Mon 17th to
Sunday 23rd Feb**
Half-term Holiday

**Entire month of
February**

Shakespearefest



**Monday
24th Feb to 20th
March**

Year 8B & 8G's
Four-Week Tenner
Challenge

Fri 28th Feb

Year 11 Parents'
Evening (**new date**)

Monday 29th Feb

Deadline for Young
Mayor nominations

**Monday 24th Feb
to Friday 8th
March**



Fairtrade Fortnight

Al-Khair Boys Football Tournament

On Wednesday, Year 7B and Year 8B took part in an inter-school football tournament where they played against Al-Risalah and Woodmansterne Schools. Woodmansterne hosted the tournament at their grounds in Streatham. Considering this was the first time they had played as a mixed team or in a tournament, it was a fantastic effort from the boys.

The Al-Khair team had three close matches and were able to get one win, one draw and one loss. All players from Al-Khair showed great sportsmanship and teamwork with the hosts praising the positive attitude of the Al-Khair players.

Moving forward, Al-Khair intends to establish regular fixtures and tournaments with other schools for both the boys' and girls' school as well as designing a formal kit for the players to wear during tournaments. There will be an upcoming house competition to design the kits insha Allah so watch this space.



Merit Roll of Honour

Boys' School

Sufyaan Chaudhry
Year 8

Mohammed Adam
Year 7

Shakell Mohammed
Year 7

Omar Shareef
Year 8

Girls' School

Izma Soobratty
Year 7

Zaynab Ahmed
Year 7

Zainab Din
Year 8

Sahlah Abubacker
Year 9

POETRY BY HEART COMPETITION

Contestants from the Girl's School took part in the 'Poetry by Heart 2020' Competition this week. The girls took up the challenge to memorise and recite a poem in front of their peers and teachers.

This was a fantastic opportunity for the girls to take on a new challenge, increase their public speaking confidence and demonstrate their understanding of poetry. Rukayyah Imran, Amira Said and Salma Dimbil (from Y7G) all performed their poems confidently, with good understanding and excellent voice projection. To have such confidence to perform in front of all their peers as well as staff members while being the youngest in the school is particularly remarkable.

The competition, however, was won by Y8G's Fizza Khan who excelled in her performance of one of Shakespeare's sonnets. She will now be entered for the 'Poetry by Heart 2020' national competition. Well done to all of the girls who took part!

POETRY BY
HEART

