

Andalusia Academy



Volume 4, Issue 1

OCTOBER 2009



Alhumdulillah, we have had another busy term in school. The children have returned with an enormously positive attitude and have been working hard. Furthermore the Reception children and Year 7's have continued to settle into their new routines extremely well. I hope you enjoy reading this term's newsletter and any feedback would be greatly received. Please note that on 3rd November the school day will end at 12.15pm for **all** pupils due to staff training.

The school day **begins at 8.30am** for **all** pupils. Can parents ensure that children are in school ready to start lessons at 8.30am. Jazak Allah.

Message from the Trustees...

Assalaamu-alaikum,

On behalf of the Trustees we would like to welcome you all back after the long summer break. We would also like to take this opportunity to inform you of some important announcements happening shortly.

Alhamdulillah, we have seen a steady increase in the secondary school and a huge increase in primary school numbers. For this reason there will be a change in the management structure of the school and we will be informing you all of the details at the start of next term. We will also be holding a meeting for all parents to discuss the future development of the school and this will take place before the end of this year, insh'Allah. These are exciting times for the school and we look forward to having your input.

Zaynab Qazi
BIST Trustee

Teachers Conference

Curriculum freedom– or challenge?

Following the Rose review, primary teachers are being released from the constraints of the National Curriculum. Will a new era of flexibility, professional autonomy and local ownership follow?

“How do we make the journey from the National Curriculum to our Curriculum?” That was the question put by Gareth Mills, leader of QCA's curriculum development and implementation team, to teachers at the 'Professionalism and the Primary Curriculum' conference held in London in July.

Some of the teaching staff from Andalusia attended this conference and subsequently Miss Razzak our Year 4 teacher answered this question which appeared in the autumn issue of the GTC Magazine.

***“I feel positive about the changes. You can't have a National Curriculum that's the same for everybody because every community is different. For us, it's really important to be able to tailor the curriculum to the needs of the community.*”**

The conference opened my eyes to the support that's available and I came away with ideas that I hope to implement in my teaching. I need to devise next year's curriculum for Year 4. Ours is a relatively new school and we haven't had a Year 4 yet so I have to start from scratch. I'd really like to build links with other schools from the area and I'm going to propose that to the head teacher. It will be a work in progress and I think challenges will arise when we start to implement it. But teaching is never static, nor should it be.”

Immunity boosting foods

Good nutrition is vital for keeping bugs at bay, and if your child's diet isn't what it should be, their immune system will be below par as well, making them more vulnerable to every cough and sniffle going around.

This means adopting a good balanced diet, based around lean protein, moderate amounts of healthy unsaturated fats, and reducing the amounts of unhealthy saturated fats (the kind you get in fatty meat and full-fat dairy products). Add starchy carbohydrates (wholegrain rather than refined where possible) which are the body's preferred energy source, and plenty of fruit and vegetables, to give them all the vitamins and minerals they need.

There are some nutrients that have particular immune-boosting properties, so try to get these inside your children.

Citrus fruit - packed with vitamin C, the best-known immunity vitamin. Vitamin C is also involved in wound healing, which is important for all those playground scrapes and grazes. If your child is too small to manage big oranges, try easy-peeling clementines.

Lean meat - lean meat and poultry, (and to a lesser extent, fish), is an excellent source of the mineral zinc, which plays an important role in supporting the immune system. If your child is vegetarian, eggs can be a valuable source of zinc.

Nuts and seeds - nuts and seeds (especially pumpkin seeds and Brazil nuts) are another source of zinc, as well as the mineral selenium, which is also a good immune booster. Nuts and seeds are also great for vitamin E, which is important for immunity, as well as healthy skin. Sunflower seeds and almonds are particularly good for this vitamin. Remember that small children can choke on nuts and seeds; but you can still give them the benefits by grinding the seeds and sprinkling them on cereal or blending them into a smoothie. Also bear in mind that some children may be allergic to nuts and seeds.

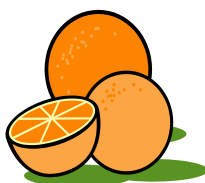
Wheat germ - another fantastic source of vitamin E. Sprinkle it on cereal, or blend into smoothies, or add it to baking recipes.

Red peppers - packed with vitamin C (orange and yellow peppers are good too), and also antioxidants which help protect the body's cells from damage. Serve them raw and sliced into strips as a snack, perhaps with a low-fat yogurt dip, or a mild tomato salsa. Tomatoes are a good source of vitamin C too.

Garlic - don't assume that children won't like spicy foods – but ease them in gently if they're not used to the taste, perhaps by putting a little bit of garlic in a pasta sauce, or mixing it into the topping of a healthy home-made pizza. Garlic has antibacterial and antiviral properties, and as a bonus, it's good for the heart. If your family really won't eat garlic, you can get some of the benefits from onions.

Strawberries - although oranges and other citrus fruits are the best known sources of vitamin C, strawberries are good too, and few children can resist them! Make the most of the summer when they're in season in this country, and serve them as they are, sliced onto cereal, or crushed and stirred into low-fat natural yogurt (with a teaspoon of honey if you like) to make a healthy fruit fool.

Try this yummy bug-busting smoothie Blend about six strawberries with half a banana, and thin it down with some fresh orange juice (use as much as you like – it depends whether you want a thin 'drinking smoothie' or a thicker one). Stir in (or sprinkle on top) a heaped teaspoon of wheat germ, and / or another of ground seeds. You can throw in other berries if you like – blueberries work well (and the frozen ones, which are generally cheaper, are just as good for recipes like this). If the portion looks too big for your child, just use a smaller chunk of banana and fewer strawberries. It's best not to have a massive portion, anyhow, as although they're power-packed with nutrients, fruit juices and smoothies are also high in sugars (even though they're natural). So don't let your child drink this and nothing else – even though it's delicious!



St Pauls Sports Academy

Our secondary pupils have been using the facilities at St Pauls Sports Academy for the past few years. We have been delighted to have received a letter from them and would like to share it with you all. It reads....



Dear Teachers

I am a receptionist at the St Pauls Sports Academy for the last 7 years and I am writing to commend your school and its pupils on their impeccable behaviour and their smart appearance. Very rarely do we have groups of children who are as pleasant and well mannered as your girls, they respond very quickly to any request that are made of them and are able to be quiet enough so we hardly know they are there! It is a pleasure to have them. Keep up the good work.

**Glenda
Receptionist at St Pauls Sports Academy**

Please note that no money was exchanged !!

Mrs F Ansar - PE Teacher

Awards Ceremony & Eid Party

Unfortunately we were unable to hold the Awards Ceremony at the end of last term due to circumstances beyond our control. However we held it this term on Friday the 25th of September.

It was wonderful to see so many parents there on the day, supporting their children. We had fantastic presentations from Years 1,2,3 & 4. The awards presented to secondary were for achievement and effort. It would be impossible to list all the girls who gained a certificate but some of the girls who did exceptionally well were **Naima Abdi (Yr8), Mehbooba Alam (Yr9), Samirah Chowdury (Yr9), Naima Ali (Yr9), Selina Khan (Yr10), Sara Abuker (Yr11) and Khadra Gabbass (Yr11).**

On the same day the secondary school enjoyed a fabulous Eid Party which was coordinated by the **Year 10** girls. They did a marvellous job of decorating the hall, arranging the tables, organising the food, the quiz and the talent show. And much to our relief left the hall spotless!

Year 10 really showed some excellent organisational skills and everyone had a brilliant time. Well done girls, you did a terrific job!

Books for Schools



We are currently part of a great collection scheme that could provide us with hundreds of new books for the school, and we would like YOUR help.

By collecting the special tokens printed in the newspapers The Times and The Sunday Times, you can help claim dozens of free books. Autumn term tokens will be available from **September 13th to December 6th** with 4 tokens in The Sunday Times News Review, 3 tokens in The Times on Saturday and 1 token each day in Times 2 from Monday to Friday. You can find more information on the The Times Books for Schools website <http://www.freebooksforschools.co.uk/>.

With books starting at only 10 tokens, it's simple to make a real difference to our collection by picking up your daily copy of paper.

Please collect as many tokens as you can and give them to your child to bring to school. Tokens can be given to myself or the school office.

We will be placing our book order at the end of the autumn term, so please make sure we have all your tokens by **December 11, 2009.**

With your help we can make a real difference to our children's library, ensuring that they have access to some of the very best titles available to encourage them to read and improve their literacy.

Many thanks, in advance, for your help.

Mrs Bingham – English Teacher

Goodbyes...

We are very sad to announce the news that Mrs Mohammed is leaving us. Mrs Mohammed has been teaching the Quran to the primary children for the past 2 years. She has been a great asset to the school and will be truly missed by staff and especially the children. We wish her well in her new life in New Zealand.

We are also sorry to see Mrs Hashmi leave. She has been teaching Reception two days a week for the past two years. Mrs Hashmi is leaving to pursue a degree at university and we would like to wish her success in achieving this.

We would also like to welcome Mrs Elbadawy, who is joining us in Term 2. She will be teaching Reception for two days week.

The children's rights.

Allaah has given children rights over their parents just as the parents have rights over their children.

The Messenger of Allaah (peace and blessings of Allaah be upon him) said, according to a hadeeth narrated by 'Abd-Allaah ibn 'Umar, "... and your child has rights over you." Muslim, 1159.

It was narrated that Ibn 'Umar said: "Allaah has called them abraar (righteous) because they honoured (barru) their fathers and children. Just as your father has rights over you, so too your child has rights over you." Al-Adab al-Mufrad, 94.

Some of the rights of children in Islam are below;

- 1. Choosing a righteous wife or husband to be a righteous mother/father.**
- 2. It is Sunnah to read the adhan and iqamah into the ears and to do tahneek (soften dates and place a small amount in the mouth of child) at time of birth.**
- 3. The child should be given a good name,**
- 4. It is Sunnah to shave the child's head on the seventh day and to give the weight of the hair in silver in charity.**
- 5. It is mustahabb for the father to do the 'aqeeqah, as stated in the hadeeth quoted above, "Every child is in pledge for his 'aqeeqah."**
- 6. Circumcision for the males**

Apart from the basic rights of feeding and clothing them, Islam enjoins us to take great care in fulfilling the rights of children. They need time, attention and a lot of sabr. If we ponder on growing a vegetable or a fruit tree, they need to be watered, pruned, cultivated with great care in order for them to yield crops, then how so for the children of the Ummah?

Dates for your Diary

END OF TERM 1 – Friday 23 October 2009

TERM 2 – Monday 2 November to Friday 18 December 2009

- 3rd November School day ends at 12.15pm for all pupils due to staff training.
- Primary Parents Evening 10th & 12th November
- Secondary Parents Evening Yr 7 & Yr 10 – 16th November 5pm- 8pm
- Secondary Parents Evening Yr 8, Yr 9 & Yr11 – 17th November 5pm – 8pm
- EID HOLIDAYS Thursday 26 & Friday 27 November

TERM 3 – Monday 4 January to Friday 12 February 2010

- INSET DAY Monday 4 January 2010

TERM 4 – Monday 22 February to Thursday 1 April 2010

- INSET DAY Thursday 1 April

TERM 5 – Monday 19 April to Friday 28 May 2010

- INSET DAY Friday 28 May

TERM 6 – Monday 7 June to Tuesday 20 July 2010

- INSET DAYS 19 & 20 July

