



World Book Day

Thursday 3rd March was a blast of colour and delight! Staff and students were asked to dress up as a character from a book. Part of the challenge was to create a costume that also reflected recycled or sustainable material. Our students shone and we had a diverse array of characters: from King Duncan to Artemis, from Samirah al Abbas to Shrek, from Jo March to Maleficent.

To add to this, each subject department was in competition with each other! We had an awesome effort from the Maths Department who received the prestige of first prize thanks to their Alice in Wonderland portrayal. The magical creations of Harry Potter awarded the Humanities Department second place, and Robin Hood and Maid Marian were awarded third prize for the Computer Science Department.

On the Friday, we held a literary cake sale and students created cakes which represented a specific book. The cakes were so impressive, from The Grinch who Stole Christmas to the Percy Jackson series, that one particular cake, Love Me Not, caught the attention of MJ Arlidge, the author on Twitter!



The Spring Term has seen education return to some semblance of normality, with Covid-19 restrictions being eased/lifted, and the need for Covid-19 infected individuals to isolate for significant periods of time being removed.

Schools have started to 'open up' and resume 'normal service' and EGSC is no exception. Whilst the school has maintained its 'zoning model' which has been so successful in helping to control Covid-19, along with staggered lunches and breaks that have minimised cross contamination across year groups, the school has also started to look to September 2022, and a return to a 'normal' school layout, with teachers being reallocated their own teaching bases, rather than being 'nomadic', and students beginning to transition around the school, going to specialist rooms for their lessons.

The start of the Spring term saw Year 11 students receive their mock GCSE results from the December mock examination series. As anticipated, results were promising, reiterating the school's view that teaching and learning across the last two years of the pandemic has been highly effective and caused minimal disruption to student progress. This will stand EGSC students in good stead for the coming summer examination series, which again is a step towards normality. It is vitally important now that Year 11 parents ensure that their daughters continue to work hard and remain focused for this final push before the exams. Students will have revision topics and lists and there should be no day when they feel that they have no homework or revision to complete. Testing and mock examinations will continue, as scheduled, so that teachers know exactly what gaps exist in student understanding and how to fill these.

There are exciting new developments afoot around the Trust rethinking of its curriculum model. The ramifications of this change in direction will have significant implications for EGSC, including a greater emphasis on creative and technical subjects, including the introduction of food technology in September 2023, and the expectation that students will make options choices at the end of year 9, rather than year 8.

Page 2 - 3

From the Principal

Page 4

Reflections from the
Deputy Head Girl

Page 5 - 8

Educational Excellence

Revision Tips for Success

Reading Leaders

World Poetry Day: 21st March

British Science Week

Careers Education

Page 9 - 14

Character Development

Making the most of Ramadhan

International Women's Day

House Updates

Show Racism the Red Card

Children's Mental Health Week

Page 15

Service to Communities

Serving Our Star Community

Dates for your Diary



From the Principal

Staffing at EGSC has remained stable, with few staff leaving the school at the end of the Autumn term and the staffing body actually being expanded to further enhance the quality of education at the school, through increasing staffing to student ratios, allowing even more targeted support for the least able and most vulnerable. Indeed in many subjects now, sets 4 and 5 are taught by two or more adults, increasing the opportunities for targeted support and intervention.

The school has continued to receive accolades from a range of forums, including visiting HMIs, and Dr Jo Saxton, the Chief Regulator for Ofqual. Students have continued to raise the profile and reputation of the school in the local and national community through participation in a range of events, forums, and competitions. In particular, the school recently received the 2022 CATB (The Classical Association Teaching Board) National Teaching Award for 'Making Classics More Inclusive'. This award recognises the school's commitment to a highly academic curriculum through its delivery of the Classical Civilisations qualification, traditionally associated with Grammar and Private School settings. Furthermore, the PE department has now selected a number of sports teams that have competed, successfully, against other Coventry schools.

Of course, the school remains committed to maintaining its Ofsted outstanding rating. A key contributor to this will be the school's summer outcomes, which are forecast to ensure that the school remains in the top 1% of schools nationally for all performance measures. This is testimony to the efforts and work of the school staff, teaching and support, in ensuring that all students at the school continue to receive a world class education.

I continue to be proud to be considered capable of leading EGSC and we, as a school, continue to strive for excellence in all that we do. I thank you as parents, and the wider community, for your ongoing support.



Mr Anand Patel
Principal

Nurturing Today's
Young People,
Inspiring
Tomorrow's
Leaders

Reflections from the Deputy Head Girl

I would like to start by mentioning that we have had a brilliant year so far, and Alhamdulillah the opportunities on offer for our students have been endless.

Me and my fellow Year 11s had a new, extremely beneficial experience of mock interviews earlier on in the year, which encompassed us being interviewed by industry experts of our choice. Not only were we able to practise writing professional CVs, dressing and speaking eloquently, but we received fantastic constructive feedback that has been helpful for our sixth form/ college interviews.

As Muslims, we value all souls equally hence the Holocaust Memorial Day event was a true expression of what we stand for; many talented students produced meaningful pieces of artwork and poems which we read out and presented to an audience at the event. It was truly an important experience, to commemorate those who had their lives heartlessly taken away.

Being an Islamic faith school, the upcoming presence of Ramadhan is definitely being prepared for in depth – whether through the stunning decorations being hung up, or the consistent reminders of how we should better ourselves for the holy month. Our annual charity appeal has been launched – for the UK, Syria and Afghanistan. Alongside our multiple currently running charity programmes, it is something to always keep in mind;

"we were blessed with the ability to learn and thrive in a safe, secure and clean environment so we should utilise this privilege to allow those less fortunate to have the same."

Therefore, for the upcoming holy month of Ramadhan let's make a collective pledge to better our charitable natures, whether through a smile or a monetary donation. Considering the upcoming GCSEs and end of term assessments, we should remember to pray to God for success and ease throughout this period. I am also pleased to announce our compelling, student-run Iftaar event that we have coming up – an exciting (and for class of 2022, the last!) opportunity to enjoy and to share the blessed moment of breaking our fast together.

I would like to end by congratulating all students, from Year 7 to Year 11 for your constant passion and determination with regards to your academics. Specifically, for KS4 who have been having many rounds of mocks, these will definitely pay off when it comes to August. And thank you to all members of staff for your steadfast commitment in playing your important part within the school.

Thank you.

Amani S., Deputy Head Girl

"I would like to congratulate all students for your constant passion and determination"

Revision Tips for Success



We continue to prepare our young people for their GCSE exams. From September we have held additional catchup sessions after school and on a Saturday. The attendance to these sessions has been impressive, consistently above 90%, indicating the commitment and dedication of our Year 11 students.

We are pleased with the advanced information received from exam board this year to support our pupils to revise for the upcoming exams, they have considered the difficulties faced by young people around the country over the last two years. Our teachers have structured lessons, revision plans and homework carefully using the advanced information. Our teachers have been busy analysing assessments so that they can plan according to your child's needs and produce tailored guidance for them to reach their target grades.

Please ensure your child is taking revision seriously and completing all work set by the school. We have provided revision guides, workbooks, and knowledge organisers. Effective revision coupled with active engagement in lessons and intervention sessions will support our young people to achieve successful outcomes at the end of this academic year.

We know just how difficult (and tiring) the exam period can be — we've all been there. To help give pupils a gentle nudge in the right direction, check out some of our top tips:

A small number of pupils were self-isolating and learning remotely at the time of the visit. Since the beginning of the autumn term, approximately one tenth of pupils have studied remotely at some point.

1. **Start revising early** - not days before the exam.
2. **Plan your revision using a timetable** - planning out your revision means you can spend more time revising and less time worrying you've forgotten something.

3. **Don't spend ages making your notes look pretty** - this is just wasting time. For diagrams, include all the details you need to learn, but don't try to produce a work of art.
4. **Set up a nice, tidy study space** - you'll need somewhere with good lighting, your pens close by, your phone out of sight and your TV unplugged. Try not to revise on your bed, or you'll be dreaming before you know it.
5. **Vary your revision with different activities** - try a variety of different revision techniques - answering practice questions, writing down notes from memory, and using revision guides, flash cards, workbooks.
6. **Stick revision notes all around your house** - so in the exam you think, "Aha, quadratic equations, they were on the fridge..."
7. **Do lots of practice papers and question** - you'll find it far easier to answer questions in the exam if you've tried similar ones at home beforehand.
8. **Set aside time to do fun things, don't turn into a revision zombie** - don't totally stop yourself from having fun. This'll help you stay motivated, relax, and allow you to keep up with your favourite hobbies.
9. **Keep your phone and other distractions away** - phones are great but stick it in a drawer while you're revising.
10. **Sleep and eat properly** - sleep is more important than you'd imagine - it helps your brain store all the juicy information you've learned throughout the day. Drinking plenty of water and eating healthy foods will also boost your concentration throughout the day.

Success this year will be the result of effective preparation and active engagement. We wish all our pupils the best for the upcoming exams.

Ijaz Muhammad (Vice Principal)

Educational Excellence

Reading Leaders

Our Reading Leaders project has been a delight to watch unfold. From watching the relationships between our Year 11 and Year 7/8 readers blossom to witnessing the commitment of our Year 10 students as they work to push their reading age higher.

Also, our Year 7-10 students are all working towards their Subject Star Reader Awards. In the next newsletter, we can't wait to announce who has achieved their Bronze Reading Awards!

World Poetry Day: 21st March

UNESCO founded World Poetry Day in 1999. For EGSC, we were specifically excited for this day as it was the first year we could celebrate the day with our very own poet in residence, Coventry's City of Culture Young Poet Laureate!

We wanted to take this opportunity to reach further afield and spread messages of hope in these troubling times. Teaming up with Cardinal Wiseman and Cardinal Newman, students from around Coventry spoke the words of Hawwa Hussain. If you haven't already, please head to Twitter to see the final result!

*Peace, such a fragile thing,
Broken in a second,
Fractured, torn, destroyed.*

*A heart is broken
A life is taken.
But still there's light,
At the end of the tunnel.*

*Buildings crushed,
Families torn.
And where is the glue,
That will hold the world together?*

*Anger sparked within our hearts,
Despair creeping into our eyes,
And still the world continues to crumble,
As we fight for their freedom.*

*Peace, such a fragile thing,
Broken in a second,
Fractured, torn, destroyed.*

Stephanie Hamman (Assistant Principal)



Educational Excellence

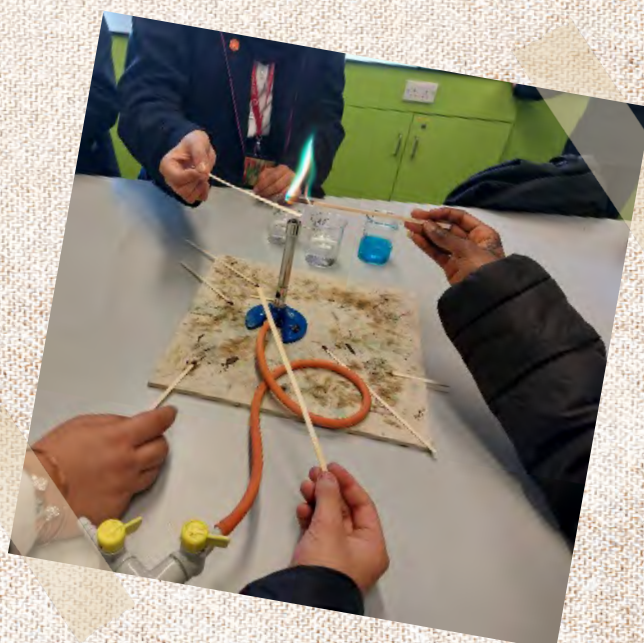
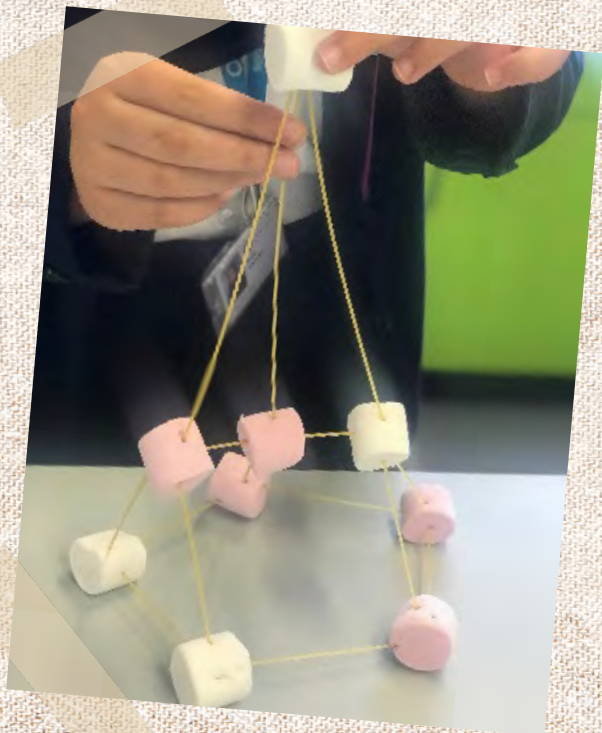
British Science Week

This year's British Science Week theme is 'Growth'.

Our KS3 Science Club has taken to the Growth theme and are getting ready to plant their hydroponic plants into our plant beds. They have worked hard with Year 10 to grow hydroponic plants using the hydroponics system. To ensure this is sustainable they will be re-planting them into the raised beds and watching them grow. This activity led to many conversations about sustainability and the importance of growing our own food. We have been looking at factors that will make the plants grow at the optimum rate. We will be regularly updating the progress of our plants over on Twitter.

To further celebrate British Science Week here at Eden Girls Coventry we have been partaking in different experiments during lunchtime. Y7 and 8s got stuck into some hands-on experiments such as flame tests, making their own lava lamp and how to make a hovercraft balloon using old, recycled CDs. The students also learnt the science behind how clouds work and what causes rain. This involved an activity called 'storm in a glass' using shaving foam, food colour and water, whilst Y9 and 10 scientists investigated 'Growth' by building the tallest and most secure tower using just marshmallows and spaghetti sticks!

Lizzy Hayer (Director of Learning - Science)



Educational Excellence

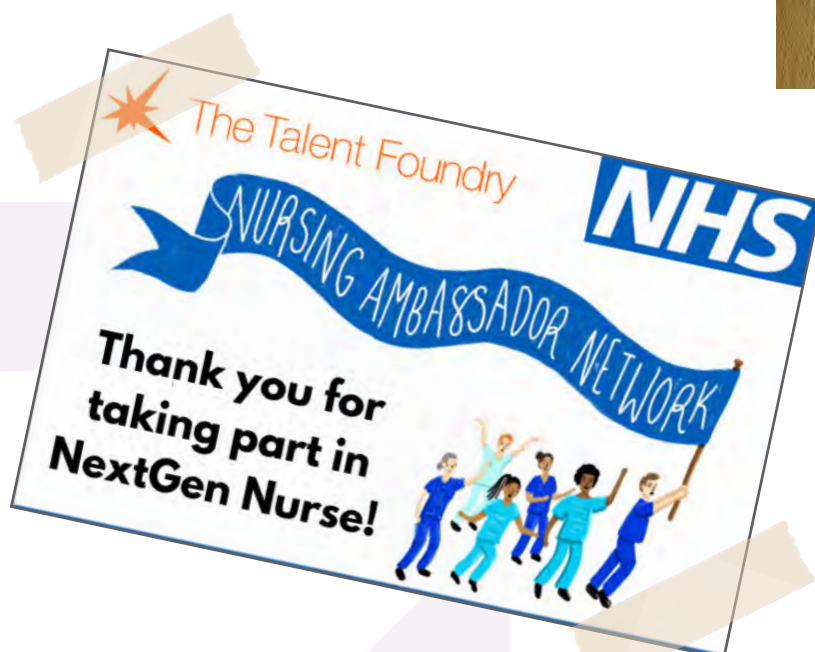
Careers Education

We have been very busy at Eden Girls Coventry this term and have enjoyed lots of careers activities across all of the year groups. National apprenticeship week in February was met with great enthusiasm and everyone enjoyed learning about all of the different careers options available through the apprenticeships route. Year 7 and 8 particularly enjoying completing the A-Z of apprenticeships by hunting down the 26 members of staff to find out their apprentice job title.

A group of 30 Year 10 pupils took part in the NextGen Nursing workshop, a very informative and hands on session delivered by a variety of NHS nurses showing the true breadth of the nursing profession. They were able to speak to mental health nurses, learn about nursing in the community and the career progression to senior positions. Everyone enjoyed the session and came away with lots of new information and ideas about what their future career could be.

Year 9 have also been very busy, this time learning about the world of technology. 60 pupils participated in a women in tech workshop which encouraged them all to think about joining the male dominant industry and make a difference to the future of technology. They were able to take on different jobs within the sector and work together to create an app for school lunches. The pupils were able to see what skills each role needed and how collaboratively they could end up with a final product. It was a great session and was enjoyed by all.

Amy Novsarka, Head of Year 11/Careers Lead



Character Development

Making the most of Ramadhan

Many of us approach Ramadhan much like we have approached every Ramadhan in our lifetime previously. We have similar routines, pray the similar amount of Quran and in essence come out of Ramadhan as we have every Ramadhan previously.

Imagine if your best friend came up to you after Ramadhan and asked, "How was your Ramadhan?" And the first response that came to your mind was, "I had the best Ramadhan EVER." And what would be meant by the statement, is that you accomplished everything you set out to complete during the month. This should be the goal of every Muslim – to maximize their Ramadhan and extract as many blessings from this month as we can.

We can try the following:

Treat this Ramadhan like it is your last

Try approaching this year's Ramadhan as if it was your last. There is no guarantee that you will see Ramadhan next year, so prepare for this year's Ramadhan accordingly. Think of this Ramadhan as the final time you will be able to fast, pray tarawih in jamaat and complete reading the Qur'an.

Set a target

Goal-setting is something we all do. Whether it be personal resolutions, performance targets for our jobs, or planning a better life for our children. With so much up for grabs during this month by way of good deeds and forgiveness from Allah for our past sins, it is helpful to set an achievable target.

Remove distractions

To attain the goals you've set during this blessed month, it will most certainly have to come with sacrifices and trade-offs. An area that we should consider doing away with, are the many distractions we have surrounding us. This includes minimising our viewing of the television, idle conversations with our friends, and usage of social media.

Let us all try and make this the best possible Ramadhan, with the aim of becoming better Muslims and closer to our Lord.

International Women's Day

International Women's Day has been a week long celebration of all the women who have made an impact on our lives or continue to champion for change today.

We took time to look at not only historic figures who have changed the lives we live now, but also those women who are important to our personal lives. As form classes, we participated in a community project dedicating pink leaves to these women, which were then placed on trees around the city. As always the pupils creative flare shone through and some beautiful leaves were created.

Our student leadership team were invited to join other schools and members of the community at the council chambers to listen to the chancellor of Coventry University speaking on the topic "Breaking the bias" which was this years international theme. It was a very motivational speech which encouraged women to go on to achieve what ever they want to, regardless of any barriers.



We ended the week with an assembly delivered by our own inspirational women, Rahilah Bukhari who was a finalist for the British Muslim of the Year – Services to medicine. She came to talk about her achievements and the career path she has chosen.

Amy Novsarka, Head of Year 11/Careers Lead



Character Development

House Updates

Service

House S... What does it stand for? Struggle? It has been a difficult term in the league table for us. Squander? We did lose our seemingly unassailable lead and lose our grip on the trophy. Scared? The battle scars are apparent from the tussles with our rival Houses.

But... no. We are **Service**. We seek to be people of **service** and active participants in the construction of a better school. We look to the Prophet PBUH for inspiration. He spent his life in **service** to others! His **service** to the people, commitment to justice, and love for humanity were already unparalleled in society before Allah appointed him as a Prophet.

Despite our struggles, no matter how deeps our scars may be, regardless of our squandered lead... we have done well to claw back some crucial points in the league table! Our students have lead by example in a range of competitions, displaying their diverse raft of skills that will certainly take them far in life. Students from all five year groups came together – smartly dressed in their unique 'Inkaway' t-shirts – to deliver an outstanding Dragon's Den pitch with their innovative ink-removing product. From their incredibly professional presentation and robust prototype to their excellent script and delivery, the participants left the Den with the approval of the Dragons! We achieved the highest score and secured a safe passage to the final!

We also obtained some superb results in the netball competition; the Year 9s and 10s won their respective leagues while the Year 7s finished in second place. Arguably the highlight of this term was seeing the Year 8s, 9s and 10s combine to form a mixed team in order to fill in for the Year 11 tournament. Their outstanding united effort saw them finish as runners up despite the obvious disadvantage!

We now head into the final term of the year with momentum on our side!

It is important to acknowledge that excellence, or *ihsán*, does not necessarily mean perfection. We were not created to be perfect. We will make mistakes and we will fall, but part of excellence is to rise from the challenges and come out even stronger!

Teamwork

As this term draws to a close, I want to thank each and every one of you. Firstly, for being such gracious and extraordinary members of House Teamwork, secondly for all your hard work and commitment you have shown throughout the term and finally for all the times you have made both me and Hawwa proud! I also want to thank every staff member and parent/carer in Teamwork for all the support and assistance which has been a crucial part in making this term so successful for us.

It has been a busy and fun 13 weeks with so many personal achievements accomplished by students and overall achievements as a House. So, let's go through some of them!

We have introduced our Logo (created by Aaishah Boksh 11T) and Motto (created by Safiyyah Hassan 10T) which has been iconic in our House meetings and throughout the school. As part of the Unsung Hero competition, we had many entries, but the presentation that went through to represent our House was from Imaan Shahzad 9T and Fatmata Bah Bah 9T- we look forward to seeing how they develop with this! We had our very own Dragon's Den with a fantastic idea being pitched to the Dragons of a compostable gluestick by Umu Hawa 7T, Ruqayyah 8T, Alysha 9T, Safiyyah 10T, Leena 10T and Salma 11T! The idea, pitch and of course not forgetting our very own 'Compostik' mascot has earned us a place in the final! I know the girls are already working so hard on their new pitch which we look forward to watching in the coming weeks! We had our first World Book Day, where students and staff dressed up in their favourite character! As entertaining as the day was, it was made even better by two forms in Teamwork (9T and 10T) winning 'best dressed'. We also had a winner in 8T, Zaynab Kathwala win the Literary Cake Sale as she produced a cake with incredible intricacy and detail! Our year 7's took part in a Spelling Bee, and we had so many of our Year 7's from Teamwork get through to the final, but Halimah Ahmed 7T managed to achieve 2nd place! Finally, we had our well waited Netball House Competition and what a series of games it was! Everybody who partook played with dedication, resilience and displayed such teamwork skills. A big thank you to all those who came to support too!! We have some brilliant student athletes in our House, and I look forward to seeing you all compete again in our next house competition!

Character Development

Although not a House competition, it is still well worth noting that the Seerah competition final featured two girls from our house; Safiyyah Hassan 10T and Syafiqah Babul Salam 11T which is an achievement in and of itself. However, Syafiqah also went on to win the competition which brought such pride and joy for all of us as we shared in her celebration! A massive congratulations to you both!

As your Head of House, I would like each and every one of you to strive to be the very best version of yourself every single day. I would like for you to learn valuable traits such as how to be a good friend, how to persevere, how to find your own solutions and how to always do your best and I hope throughout this term you have had the opportunity to do so. I will continue to say this, but I am extremely proud to be part of Teamwork and I look forward to what the next term brings! Have a well-deserved rest and a blessed Ramadhan!

Ambition

On reflection of the spring term, I am really impressed with how Ambition have been delivering themselves. Through competitions and behaviour, pupils within the Ambition house have shown they are pushing themselves due to the current leader board scores.

Thank you to those girls who took part in the Dragons Den competition: Doaa, Nagina, Khamillah, Unaysah and Sumaya, with the support of Samira. Due to tough competition, we did not win, however you all put so much effort in to ensure that you created a creative idea and presentation so well done!

The overall creativity within the group has been highly delivered through; show racism the red card, world book day costumes, mental health, and the holocaust competition. Along with these pupils did amazing in the outcome in the science competition, showing off their experimentation skills.

Due to the wide variety of competitions, there is something for everyone, enabling pupils to support one another, bringing together the team spirit. Along with this, it has been encouraging to see pupils within Ambition, supporting others through suggestions as well as cheering them on through sporting activities.

Throughout the Autumn and Spring term, Ambition have managed to stay high up on the leader board for their merit outcomes, showing that the pupils are pushing themselves in and out of lessons. I am hoping to see pupils pushing themselves in the summer term with their competitiveness to support the house family, with each competition.

I am looking forward to seeing what the summer term brings, well done Ambition and keep up all of your hard work!

Respect

I would like to start off by saying a massive thank you to everyone! Firstly, for being such an exceptional member of the House Respect, secondly for all your hard work you have shown throughout this term and finally for every time you have participated in a competition and made myself and Maariyah proud. I would also like to thank all the members of staff and parents who have supported and assisted our students in the Respect house.

It has been a busy and an exciting term with many personal achievements accomplished by our students. So, let's go through some of them!

At the start of the term, we introduced our house logo created by Mathusha Suthaharan in 8R which has been displayed in our House meetings and around the school. We started the term off with the Show Racism the Red Card competition, we had many outstanding entries from our house. We didn't manage to win this however, Shaida Shojal 10R managed to achieve 2nd place! Well done! We then had the Unsung Hero competition, we had many entries for this, but the entries that went through to the next round were Dua Mir Iftikhar and Mathusha Suthaharan (8R) and Hirah Nazar and Aizah Bukhari. We look forward to seeing how they develop with this. Good luck girls!

We then had Dragons Den come to Eden, our house presented a great idea to the Dragons of an eco-friendly PE bag 'ReCapture'. This was pitched by Inaaya Waiz 7R, Aizah Bukhari 8R, Basma Ebsaim 9R, Nay Dyari 10R and Humaira Begum 11R. The fantastic idea of 'ReCapture' has earned our house a place in the final! We look forward to seeing their new pitch and presentation in the finals.

We then had our anti-bullying poster competition, again we had some extraordinary entries. But a special well done to Humaira Khan 8R for coming 2nd place.

We had our first World Book Day, where students and staff dressed up as a book character. Well done to everyone who dressed up and for taking part in this entertaining and fun day! This was then followed by the Literary Cake competition, where students were asked to bake and decorate a book themed cake. I would like to congratulate Hajra Khamis 9R for producing an exceptional cake which resulted us coming 2nd place. We also had our Languages Spelling bee for our year 7s. A big well done to all the year 7s in Respect for taking part. A massive congratulations to Zaynab Sheikh and Aisha Kadir in 7R for winning both the Arabic and French spelling bee!

Character Development

Finally, we ended the term with the House Netball competition. A massive thank you and well done to everyone who participated and supported too.

As your head of house, I would like you all to aim to be the best version of yourself every day. I would like you to continue taking part in all the competitions and most of all learn valuable skills and have fun! I am extremely proud to be part of Respect and I look forward to what the new term brings. I hope you all have a restful break and a blessed Ramadhan.

Enrichment

Our enrichment and extra-curricular activities help all pupils develop the skills and characteristics that will provide a solid foundation for all aspects of their lives as future business, professional and community leaders. We thrive on academic excellence, but our pupils benefit educationally, personally, and socially from a rich all rounded educational experience.

Over the spring term, we have had the opportunity to introduce some exciting experiences such as Archery, Spanish and a Garden of Eden project in science. Our pupils are striving in learning new things, that would not be covered within the academic day.

A small insight to what the pupils have been covering:

Garden of Eden project (Science): The task will be to prepare a piece of land (3m x 3m) on the school grounds to grow varieties of vegetable produce. Pupils will need to think about how to manage water, fertiliser and chemical usage to respect the environment. They will need to design apparatus to collect and dispense rainwater, effective use of natural fertilisers/ compost with weekly management of the garden. There will be opportunities to think about how to protect the growing vegetables from pests and adverse weather conditions. Pupils will be working in small groups and be managing their eco gardens, keeping track of the weekly progress.

Arts and Craft:

Pupils have been introduced to a range of creative activities such as resin keyring making, tie dye cushion making, t-shirt designing, mosaic creating and many more.

Netball:

Our pupils have been attending various netball sessions with a Wasp's netball coach alongside forming their own netball team within each year group and being given the opportunity to play against other schools, with support from Mrs Imran.

Japanese:

Pupils have been learning about the Japanese language and culture with O'Meara-Sensei on Thursdays after school.

Spanish:

They have been given the chance to learn about the Spanish language with Señoras Benali and Njala through songs and games and learning about the Spanish-speaking world.

Some pupil feedback from a selection of the enrichments taken place:

Japanese:

I enjoy Japanese club because we get to learn new things and look at images from Japan. We were able to look at anime characters. Loven Sadullah Year 10.

Netball:

I really enjoy netball, and the netball coach Grace is lovely, we learn a lot from her. It has been good playing against other schools as well, at first it was hard because they had more experience than us, but we have now grown in confidence and are getting better.

Aryanna Shamsul Year 9.



Character Development

SHOW RACISM THE RED CARD

Show Racism the Red Card (SRtRC) is the UK's leading anti-racism educational charity. It was established in January 1996, thanks in part to a donation by then Newcastle United goalkeeper Shaka Hislop.

Show Racism the Red Card Competitions encourage young people from schools and other educational settings to produce creative work with an original anti-racism theme.

In England, Wales and Scotland a competition is held annually, and thousands of young people participate. The competitions are free to enter and open to young people of all ages and abilities.

We are pleased to announce that three pupils from the school have been selected as winners for their entries this year and have been invited to attend a prestigious awards ceremony at the Emirates Stadium in London in the summer.

Below is the winning entry from Samirah Hoque (Year 11):

A Bird's Nest

*Am I different from all the rest?
Being left out of the birds' nest.
Treated as if I'm an alien from space,
Is that why many hardships I am forced to face?*

*Can't I fly around like all the rest?
Must I be treated like a pest?
I know I differ from the "norm."
It's just that I came in a different form.*

*Are my wings being clipped?
It feels as if they are being ripped.
My soul wondering what I did wrong,
Because others treat me like I don't belong.*

*Is it my beak that annoys you?
Tell me I have no clue.
I'm just the same as everyone,
Wanting to play and have fun.*

*My attitude is your main concern?
I can change and I can learn.
Why did you not tell me if that was it?
It's not the problem you admit.*

*Am I not smart enough to join your game?
Why am I the one to blame?
Must I change myself for you too?
What do I need to do?*

*My colour is why I am treated like this.
Why can't you just dismiss?
I can't change the colour of my skin.
When will I ever win?*

*I don't care what others say.
The answer is as clear as day.
This nest I will stay.
Until they let me play.*

Character Development

Children's Mental Health Week

"For indeed, with (every) hardship, there is relief.

Indeed, with (every) hardship, there is relief"

(Quran, 94:5-6).

Children's Mental Health Week took place from 7 - 13 February 2022 it was an opportunity to shine a spotlight on and raise awareness for children and young people's mental health.

The theme for this year was "Dress to Express." A full programme of activities took place at Eden Girls' school. Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provided a great opportunity to be open about mental health and start conversations within our school community. It was wonderful to see all the students dressed up in their cultural clothing.

As part of the programme this year, we took part in **Place2Be's** Children's Mental Health Week and fundraising to support the mental health of children and young people throughout the UK – a cause we feel is now more important than ever. **Place2Be** believe every child should have easy access to mental health support whenever they need it. They create safe spaces in schools where students can open up without pressure, arming them with emotional skills to help deal with everything life throws at them. As a charity, **Place2Be** rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it is too late.

With all your support, Eden Girls' School raised a total of **£511.33** for charity.

One of the activities for the programme was where we created a 3D wellbeing tree. All students were given a leaf which was completed under the following criteria:

Year 7

Students wrote down family/friends and teachers who listen and support them.

Year 8

Students wrote down good feelings and thoughts

Year 9

Students wrote down good feelings and thoughts

Year 10

Students wrote down activities and hobbies that make them happy

Year 11

Students wrote down happy memories

Teachers

Motivational quotes/ hadith

So why a tree?

When you look at a large tree what do you see? Strength? Beauty? History? Peace?

You may not realise it, but all these qualities exist within you too. This is a representation of the good things in your life, that support you and make you happy. Just like a real tree, it is strong, resilient, beautiful and can be a reminder that even when things are tough, we have family, friends, happy memories, fun activities, and good feelings to fall back on.

"There are two gifts which many men are unmindful about: good health and leisure"

(Bukhari)

As Muslims, we know that both our physical and mental health are an Amanah (trust) from Allah, and it is an obligation upon us to look after them. Sometimes we can't manage on our own and we need to reach out to someone for support. Try to encourage your child to open up about any concerns or fear that they may have. However, there are times when children need another pathway for support. We took this opportunity to support our students further in school and at home.

All students were provided with a QR code to stick in their planners. The QR code can be scanned and it will direct them to the right support they need.

Below are a few suggestions of how you can support your child at home:

- Ensure good routines are set
- Going to bed at an appropriate time/ device-free
- Waking up at a set time
- Reduce screen time after school hours i.e., phones and digital devices
- Eating Healthy
- Incorporate exercise into your daily routine, even if it's just a walk down the street.
- Encourage conversations about how your child is feeling
- Complete a wellbeing journal with your child

We are really keen to work together with you as parents so if you have any suggestions or would like to discuss the school's Mental Health Provision, please contact the school.

Saaleha Jamal (Head Of Year/ Senior Mental Health Lead)

Service to Communities

Serving Our Star Community

Pupils at Eden have been busy collecting for local good causes. Deliveries of 'goodies' for two local old people's homes and Coventry hospital children's ward from the 'winter gifts collection' were gratefully received when delivered by pupils.

Mary Canning, manager of willows car home said 'Thank you so very much for your kindness and continuing support, the residents at the willows are very great full to you all.' Geraldine, Manager of 'Allambie house' thanked 'All the girls for their kindness'.

Following the winter break pupils turned their attention to collect unwanted items and 'Bric a brac' to help a Midlands charity stock it's shops. The diverse donations have now been delivered to 'Birmingham Settlement', an organisation that works to support people in the poorest communities across the West Midlands. Martin Holcombe, chief executive of the charity, thanked pupils saying 'Not only will the donations raise money, they will brighten-up our window displays and help attract more customers in'. He has also promised to keep the school updated with how much money the items sell for.

Just started is the latest collection, unwanted pens and stationery, these are to be forwarded to 'Pens for kids', an organisation that will then ensure they are used by schools in less advantaged parts of the world. Pupils are being encouraged to 'dig-out' forgotten pens, pencils, cases and any other pieces of school kit that would benefit learners across the globe. This is being run as a team competition, with awards for which team brings the most in, so get searching!



Dates for your Diary

Summer Term 2022

Eid Holiday	Monday 2nd – Wednesday 4th April 2022
Half-Term Closure	Monday 30th May – Friday 3rd June 2022
Summer Holiday	Thursday 21st July – Thursday 1st September 2022

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