



World Book Day 2024 at Eden Girls' School

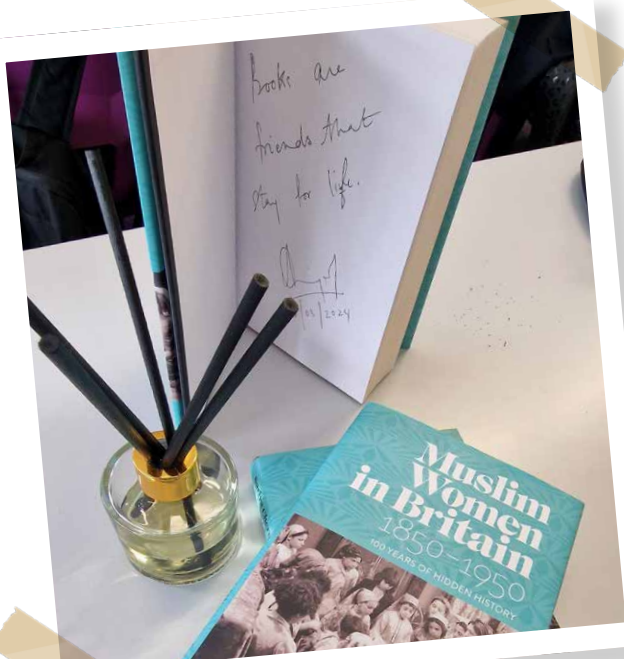
On a day dedicated to the magic of books, Eden Girls' School, Coventry joined the global celebration of World Book Day with some exciting literary activities. From a captivating writer's workshop to an engaging whole-school book quiz, students immersed themselves in the joy of reading and storytelling.

The highlight of the day was undoubtedly the workshop held by highly-respected, Dr Sariya-Cheruvallil-Contractor, writer of Muslim Women in Britain – 100 years of history, alongside other inspiring journals. Students had the unique opportunity to interact with a professional writer. Our students were awe-inspired by learning how it was a woman who built the first ever mosque in the UK. Dr Sariya also talked extensively about her research on Muslim women who played an active role in re-building the UK after two world wars. Through insightful discussions and hands-on activities, our guest author shared invaluable insights into the craft of research and writing, inspiring budding writers to explore their creativity and hone their skills.

Meanwhile, the whole school buzzed with excitement during the book quiz, as teams competed to test their knowledge of beloved literary classics and contemporary Star Readers. The quiz not only showcased students' passion for reading but also fostered a sense of camaraderie as they collaborated and cheered each other on.

World Book Day serves as a reminder of the power of books to transport us to different worlds, broaden our horizons, and spark our imagination. It is a celebration of the written word and the profound impact it has on our lives.

As the day drew to a close, students left with a renewed appreciation for the world of literature and a deeper understanding of its significance in our lives. With memories of engaging discussions, friendly competition, and newfound inspiration, World Book Day at EGSC will remain a cherished event in the hearts of students and staff alike.





“God loves, when one of you is doing something, that he (or she) does it in the most excellent manner.”

(A narration of the Prophet Muhammad (Peace Be Upon Him))

Our aim is to unlock the potential of every student in our school and take them on a unique and transformational learning journey.

One of the privileges of this job is spending time with our fantastic students especially as they take part in the hundreds of activities inside and outside the classroom. I never cease to be amazed by their talents and this newsletter reflects their breadth of achievement in so many areas of school life.

We have high expectations of what they can achieve and who they turn out to be. We cannot measure personality or self belief, but these qualities are formed as much through the extra-curricular programme as they are in the classroom. It is precisely this healthy balance to which we aspire at Eden Girls' School Coventry as we encourage our pupils to enjoy a variety of activities, to participate in house events and to volunteer for charitable service.

This edition is packed full of the many opportunities our students have given back to the local community, as well as highlighting the incredible sporting achievements across the school and the Ramadhaan activities that have nicely finished off yet another exceptional term.

Finally, as we embark on the holy month of Ramadhaan, I would like to ask for your prayers for the school over the coming weeks. I pray that the Almighty grants us all the ability to value every single moment of the coming days and to undertake only those actions which please Him and refrain from those that displease Him.

Aameen

Shazia Akram

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Reflections from the Head Girl Team

Dear reader,

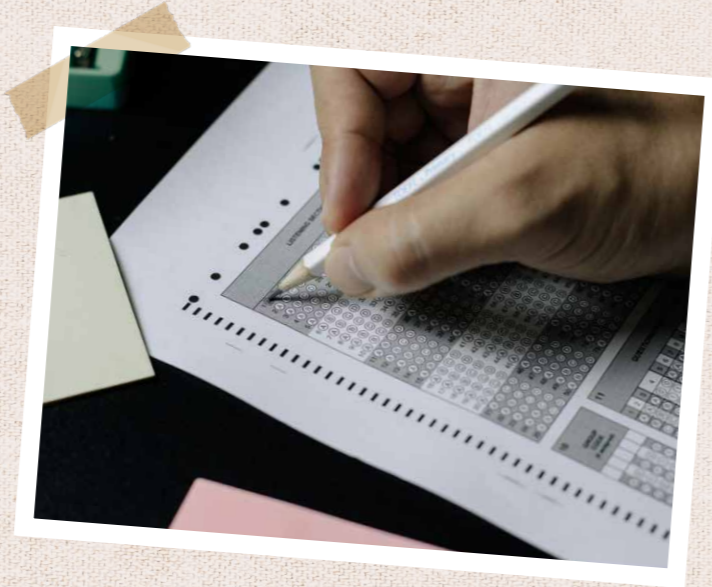
We hope this newsletter finds you well and thriving in the midst of the school year. As your Head Girl and Deputy Head Girls, we are thrilled to share some of the incredible highlights from this action-packed Spring term.

Year 11 Mock Exams and Parents Evening

Year 11 students have been diligently preparing for upcoming exams in May, and the mock exams served as an important milestone in their academic journey. As the ultimate countdown begins it is important more than ever to stay strong together as not just classmates or friends but collectively as one year group; pushing each other up as we all begin to gear up for the final stretch after Easter half term. We are so proud of every single student and continue to pray for each other's successes. With our final mocks underway and Ramadan in full swing, taking care of ourselves has never been more important. It has been wonderful seeing students consider the adaptable Ramadan timetable allowing for a more efficient revision plan during this auspicious month. Additionally, the recent Parents Evenings provided an invaluable opportunity for parents and teachers to discuss students' progress, set goals, and provide support to fill any remaining gaps in learning.

Year 10 and 9 Parents Evening

Parents Evenings for Year 10 and Year 9 students were also successful events, allowing for meaningful communication between teachers, students, and parents. These gatherings are crucial for ensuring that students receive the necessary guidance to thrive academically and personally especially since the Year 9s have been recently given the choice to select their GCSE options for the following years. This tough decision opens doors to discussion for future career paths and opportunities that they would like to pursue in the future. During Parents Evening the mental health stall served as a great reminder into how to keep your mental wellbeing healthy alongside the fast-paced aspects of school life.



Year 11 Sixth Form Interviews

For our Year 11 students, the prospect of transitioning to sixth form is an exciting and pivotal moment. The recent sixth form interviews provided students with the chance to explore their options, discuss their aspirations, and receive guidance on their academic and career paths. The mere companionship and pride in our school ethos within our students upon visiting other schools was none other than admirable. The determination and confidence were also clear to see as students found themselves improving interview by interview. We wish everyone in our year group all the best as they begin to embark on this new chapter of their educational journey.

PGL Netball Tour Success

One of the standout moments of this term was the PGL Netball Tour, where our netball teams showcased their talent and sportsmanship on a regional stage. We are incredibly proud to announce that both the Year 8 A and B teams secured a place in the semi-finals, alongside the Year 9 team. The outstanding performance earned them a well-deserved bronze medal, a testament to their skill, teamwork, and determination.

"Having a chance to attend this trip, I would firstly like to say how grateful I am to the PE department who have put tireless efforts into ensuring young girls like I are able to partake in sport at such a highly competitive level. It was one of the most memorable experiences I have had in this school and was so pleased to have made so many more friends across all the year groups. I would never have dreamed of loving Netball as much as I do now and how I have loved being a member of my netball team for the past three years. This trip has been a wonderful wrap to our Year 11 squad, having played our final match together as part of this school. Especially since we were in the midst of a stressful period of exams this getaway weekend has been such an enjoyable time to reset ourselves before returning to the final stretch to our GCSES." – Imaan Shahzad

As we look back on these highlights of the spring term, we are reminded of the incredible achievements and milestones reached by our students. We extend our heartfelt congratulations to all those who have excelled academically, athletically, and personally. Your dedication and perseverance inspire us all..

Kind regards,
Head Girl team, Eden Girls' School Coventry
Imaan Shahzad, Anhaar Mohamed and Zoha Bukhari



Exam Preparation

We continue to prepare our young people for their GCSE exams. From September we have held additional catchup sessions after school and on Saturdays. 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 performance of our girls and with the efforts made during mock exams. 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 below:

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 will help you stay motivated, relaxed, 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

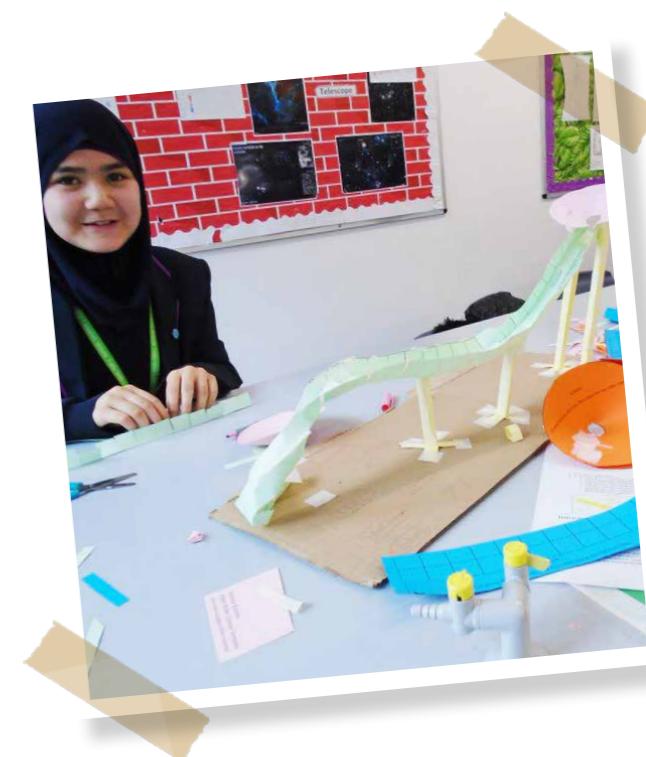


British Science Week

The theme for British Science Week this year was 'Time' – to celebrate this, we got our students to build their very own rollercoasters! This was an engaging and hands-on way for students to explore the concept of time through the construction of rollercoasters.

Students were able to link their theory and ideas to real life understanding, also understanding how an engineer works in real life and the challenges they encounter when making new inventions. They showed superb teamwork and discipline in working together to build a rollercoaster and tested it out using a marble. Students had to explore gravity, angles, construction, materials and navigate how to work together to build the ultimate rollercoaster. The final test was to see if our marbles could successfully complete the rollercoaster.

Below are some examples of the rollercoasters, they were absolutely brilliant and showcased our budding engineers!



Reading Wise

We are thrilled to announce our recent success and remarkable improvement on the Reading Wise leaderboard!

At EGSC, we take pride in nurturing a culture of reading and continuous learning, and our efforts have truly paid off. Thanks to the dedication and hard work of our students, we have climbed the ranks on Reading Wise, a comprehension and vocabulary platform, aimed at enhancing reading ages and vocabulary skills. This achievement is a testament to the commitment of our students and the support of our staff in fostering a love for reading and improving literacy skills.

We applaud everyone involved for their dedication and commend them for their outstanding progress. This programme is consistently enabling students tackle barriers they may otherwise face in class by stamping their prior learning of key vocabulary. Let's continue to strive for excellence and make reading an integral part of our academic journey at Eden Girls' School!

Careers Education

National Apprenticeship Week

This half term we celebrated National Apprenticeship Week with several activities throughout the school including displays, a 'day in the life' videos and hearing from teachers about how the subjects we learn in school can lead to specific apprenticeships. The theme for this year was 'skills for life' and Year 7 pupils took part in a hunt around school to find the A to Z of skills for employment. The week was finished off by an informative assembly by Severn Trent about all the apprenticeship opportunities they offer and what careers they can lead to.

What Career Live

Year 10 pupils had the opportunity to attend the fantastic What Career Live event at the NEC in Birmingham. What Career Live is an annual event where pupils can sample a wide range of career opportunities, as they consider what career they would like to pursue in the future. The pupils hugely enjoyed the experience and were enthused about the vast array of opportunities available to them.

BAE STEM Workshop

Year 8 took part in a BAE (British Aerospace Engineering) workshop. The workshop looked at Electricity and the alternatives that are being developed with hands on experiments and games. Pupils also learnt about the wide range of careers in STEM and the routes into these. It was a great opportunity for pupils to ask questions and learn about the role they could play in the future and how science is brought to life in the real world.

Amy Novsarka – Head of Year 11/Careers Lead

Young Enterprise Programme

This term, our Year 10 students embarked on an exciting entrepreneurial journey through the Young Enterprise Programme, showing their creativity, fostering teamwork, and equipping them with invaluable skills for the future.

With the opportunity to establish their own businesses and showcase their products both within our school and at local trade fairs, our students have not only embraced the challenges of entrepreneurship but have also emerged as shining examples of innovation and collaboration.

Throughout the programme, students have gained invaluable insights into the world of business. By engaging in real-world activities such as product development, budgeting, and sales, they have acquired practical skills that transcend the boundaries of traditional classroom learning. Moreover, the experience of interacting with customers and navigating the dynamics of the market has improved their communication, negotiation, and problem-solving abilities.

We are proud to announce that our Year 10 students were awarded as the most creative team in this year's Young Enterprise Programme.

A special well done to Shahed Barma, Sultana Faizi, Hafsa Khares, Mariya Minhas, Sumeya Saeed, Basma Omar.



PGL Netball Tour

On Friday 1st March, 53 students and 6 staff departed for the PGL Netball Tour, Boreatton Park, Shrewsbury.

The coach journey was loud and excited, and the 2 hours flew by. Upon arrival, once all bags had been removed from the coach, we settled into our accommodation, log cabins called 'Tall Timbers'. With a bit of settling in time and relaxing the energy was high, with a lot of enthusiasm for the events to come.

Friday afternoon/evening saw a lot of time for team building, and making memories with friends, new and old. After dinner (which was delicious!), there was a fun and competitive sports day style competition, which got the girls ready for the matches to come the following day.

After a good night's sleep, Saturday was game day for all teams. All teams were in action at some point throughout the day, with high levels of energy, enthusiasm and dedication shown by all. The weather was horrendous, with snow and rain, all day, but there was not a single complaint. Everyone took the weather and the conditions in their stride and played all the matches with their heart and soul! As the day drew to a close, with a lot of wins for all teams, as well as a loss or two, everyone was enthused and motivated for day 2 of netball. The evening finished with a lovely campfire, learning chants, and making memories.



Sunday was the finish of the round-robin tournament and finding out where the students placed in their leagues. The Year 11s finished 6th out of 12 with the Year 10s finishing 5th out of 12, missing out on the semi-finals by 1 point. The Year 7s finished 5th in their round, just missing out on a place in the semi-finals. The Year 8A, 8B and Year 9 teams finished within the top 4 of their groups, so went through to the semi-finals. The 8B team took on Woodham School first, losing out to an incredibly good team, but they worked hard and could be very pleased with their efforts. The Year 9s played their socks off in their semi-final against Rainhill School, with Halimah even running into the post. An unfortunate loss in the end.



The Year 8A team were drawing with Rainhill by the end of their semi-final. They went to extra time and took the lead, but after the 2 minutes, Rainhill had got it back to a draw. This meant the game went to 'golden goal' which meant the first team to score, won the game. Eden Girls' got the ball into the circle, missed the shot and then Rainhill went down the other end to score, winning the semi-final. The girls were heartbroken but should be very proud of their efforts.

As a result, the Year 8A, 8B and Year 9 teams walked away with bronze medals, and they should be very proud.

For many of the Year 10s and all the Year 11s, this would be their last trip with Eden Girls' School. They went out with a bang and did themselves and everyone involved in the trip proud.

Congratulations girls!

Throughout the weekend, every umpire commented about how polite and courteous Eden Girls' students were as well as how supportive they were of their teams. Eden Girls' students spent time, in the driving rain, supporting teams of different year groups, a proud moment for everyone. Hussnah Khan (Year 11) even offered to sweep the courts, to support the PGL staff.

At the end of the tournament all staff nominated their players of the tournament in 2 categories. Congratulations to all the winners below:

Most improved player	Most valuable player
Year 7 – Firdaus Morris	Year 7 – Maariyah Saleh
Year 8A – Ayesha Yasin	Year 8A – Saarah Memi
Year 8B – Aisha Kathawala	Year 8B – Hasana Zahra-Zubair
Year 9 – Nabiha Naved	Year 9 – Umu Hawa Barrie
Year 10 – Aisha Rehman	Year 10 – Khadijah Khan-Kheil
Year 11 – Aryanna Shamsul Anuar	Year 11 – Ayesha Memi

A few accounts of the weekend from students:

'PGL was so good. It was such a good experience for me and my friends.'
– Hafsa Khan-Kheil, Year 8

'PGL was an eye-opening experience. It was a wonderful adventure, it was competitive and enjoyable. And although we walked away with bronze medals, we grew as a team and will strive for silver or better next year!' – Aicha Rahimi, Year 8

'Personally, I believe that PGL was not just a trip for netball, rather it was a momentous life experience that will always have great impact on me. The ambition, teamwork and sheer competitiveness fuelled the passion within me. As a young Muslim girl often our achievements are overlooked, however this trip was the exact opposite of that. We were given the opportunity to create a gateway into a possible future in sports and I am forever grateful.' – Hajrah Bukhari, Year 10





Fixtures/Sport

This term has seen the climax of the fixtures programme for Netball, Basketball and Football. In total, this year, we have competed in over 40 fixtures, with over 120 students being involved. In addition, there was an end of season netball tour to PGL Boreatton Park, with 53 netballers in attendance.

All of the netball teams have played incredibly well throughout the season, with many tough games. Well done to the following girls who have been nominated as Player of the Match, this Term:

Year 8

Sadaf Farooqy
Alina Begum

Year 9

Hannah Bakali

Year 10

Maleehah Khan – 3 different nominations
Sumaya Issa – 2 different nominations
Aisha Rehman

Year 11

Ayesha Memi – 2 different nominations

Throughout the season the Year 7 and Year 8/9 basketball teams have been playing incredibly well in their leagues. So good, in fact, that both teams got through to the semi-finals of their league!

Year 7 played their semi-final against Meadow Park and were narrowly defeated 20-16. Player of the Match was awarded to Melek Ozsoy. The Year 8/9 Basketball Team played their semi-final against Barrs Hill, with an incredibly close match. It was touch and go, throughout the match with Barrs Hill just coming out on top, by 1 score winning 21-19. Well done to Amaanah Purimahuwa who was awarded Player of the Match.

This term the following student have been nominated as Player of the Match in their Basketball Fixtures, well done to all of you:

Year 7

Elham Osman
Melek Ozsoy – 3 different nominations

Year 8/9

Amaanah Purimahuwa

Well done to everyone who has represented the school this year – you make us incredibly proud. It is fantastic to take incredibly knowledgeable, respectful, and kind students to matches at other schools. Watch out for more fixtures next term!



For me, PGL has significantly increased my confidence, having no parents or well-known adults to speak up for you leaves you by yourself, with your friends and teachers and the amazing staff that work there! You have to make decisions yourself, have good time management, and have good manners as you are representing the school. Staying with my teachers helps me to practice speaking to them. In school I always notice how whenever I speak, I don't project my voice the way I want to. I was able to overcome this fear by putting in the action of having small talk with my teachers, from saying 'good morning', to talking about matches, to communicating the times of where we were to be. I enhanced my communication skills and learned how to talk to my elders. Through this experience I also learned a little about myself and managed to learn more about netball. In local games, the pressure is not too high but when going out to tournaments like this, it is where the real games begin, where we push ourselves to achieve more than we do now. To find the potential we don't believe we have but we do, we just need to take small baby steps towards new opportunities and learning new things. I will always remember the memories we made and get to share these memories with others in the future, thank you. – Nabihah Naved, Year 9

It was a great way for us to develop our skills and meet new people. It allowed us to get away from the stresses of Year 11 and take our mind off the pressure. – Hussnah Khan, Year 11

It was an experience that really united the members of Eden Girls! – Samirah Hoque, Year 10

I am so proud of all the Eden Girls' who represented our school, over the weekend. They worked so incredibly hard and gave their blood, sweat and tears, for their team. Thank you to all staff who made the trip happen – these things couldn't happen without you! "

Mrs Amos-Wilkins

Heads of House Reports

Service House Report

For the Service House, these past two terms have undoubtedly been full of a multitude of trials and tribulations, successes and downfalls, close wins, and narrow losses. An abundance of memories have been created, talent discovered, and competition brought to fruition.

From our young master chefs in the school kitchens to, the budding young artists and, grassroots sports stars out on the netball courts. It has been my honour to lead these many young Service talents and young girls; undeniably destined to become great young women, for yet another term. I watched on as Service fell to second place in the house standings, especially paining having known all the hard work put into each and every house competition.

Yet, it is the unfaltering spirit, dedication, perseverance, and zeal of the Service House that has inspired me most of all. The Girls of Service have displayed each of the STAR values with utmost passion as they've aimed high (Ambition) in order to hopefully reinstate our lead as one team (Teamwork) whilst showing role model behaviours (Respect) and aiming to serve (Service). With upcoming GCSE examinations, I will be observing our progress from an unfortunate sideline though I am praying each day for a purple trophy, as I am sure the tables will turn this year.

Khadijah Minhas & Tasmia Golam

Teamwork House Report

Hey! It's the head and deputy head of house, Zainab and Alisha respectively, here to share with you all the amazing stuff Teamwork got up to in the Spring term.

Consistent attendance

The commitment of members of Teamwork through with consistently high attendance rates, notably 7T and 9T who have maintained their positions near the top of the attendance premier league throughout the term. Congratulations to both form groups for their dedication and commitment to learning!

Creative excellence

In the castle drawing competition, exclusively for Year 7 students, our house swept the top positions, with Maryam, Aisha, and Asma securing 1st, 2nd, and 3rd place respectively. Additionally, Sara came 2nd place in the castle model competition, highlighting the creativity and talent of the year 7 members of Teamwork. Keep it up! Our house's creativity was also on display in the Eid card competition, with Teamwork submitting the most entries (thank you to everyone who participated). Special recognition is undoubtedly due to Fahmida (9T) for securing 2nd place in the Eid card competition.

Academic commitment

A noteworthy mention goes to 9T for their consistent excellence in the Sparx league board, demonstrating their hard work when completing homework. As we all know, homework plays a pivotal role in helping us achieve the best academic outcomes, and 9T's dedication to consistently performing well in this regard is truly commendable. Their exemplary efforts serve as an inspiration to all students to prioritize their studies and strive for excellence.

Merit Recognition

I am delighted to highlight the outstanding achievements of Marghalara from 7T, Raunok from 8T, Laiba from 9T, Nasra from 10T, and Rayan from 11T as they have all achieved the highest number of merits (achievement points) in February from their respective forms. Their dedication and hard work are truly commendable and serve as an inspiration to us all.

Final thoughts

This leaves us in first place, and I just want to take this opportunity to congratulate every member of teamwork as it is your participation and consistent hard work and dedication that have helped us get this far. Also on that note, let's continue striving to be our best while also helping those around us as we represent the values of our house. Moreover, keep putting in the effort and in sha Allah you will reap the rewards. With that in mind, we shall be back at the end of next term (and hopefully with a trophy to our name).

Zainab and Alisha

Ambition House Report

Hey guys, Hazera and Ayeshah here ready to bring all of Ambition's recent successes from this term, side note, there is a lot!

Some of our recent successes include lots of causes of celebration for 7A with merits and attendance and even Reading wise- continuously guaranteeing them a reigning spot on the leaderboard yay; the joint 3rd place in the castle building comp all the way back in February with Rosie White and Amal Hassan (7A).

We would also like to give a special shout to all the science girls-Latifa and Sumaya (10A), Fia (7A), Misk (8A) and Aleena (9A), and a warming thank you to all our basketball warriors too ~Aleena and Unaysah Khalifa (9A), Aresha Bukhari (7A), Asara and Misk (8A) ~ you all played really well. Not to mention, Maariyah Saleh's (7A) outstanding work during the Roald Dahl comp and a consistent team player Aresha Bukhari (7A) truly acing the Anti Bullying comp and simultaneously the Remembrance Day comp too! Thank you, Aresha, for your excitement, it is certainly not unnoticed.

Seerah Competition

The school once again held the annual Seerah Competition during the spring term. The competition has become a staple of the annual school calendar with pupils and staff excited to listen to the fabulous speeches prepared and delivered by our pupils.

The competition started in early January with pupils going through several heats, aiming to make it to the final. After much effort and drama, five finalists were selected – one from each year group. The Seerah Competition culminated in a whole school assembly on Friday 1st March where each finalist delivered an inspiring speech on the life and lessons from the life of our beloved Prophet Muhammad (SAW). After much deliberation, Khadijah Khan-Kheil in Year 10 was crowned the champion for 2024 – well done, Khadija!



Ramadhaan at Eden Girls' School

Ramadhaan is an opportunity for us to stop and take hold of where we are at in our lives from a spiritual and personal point of view.

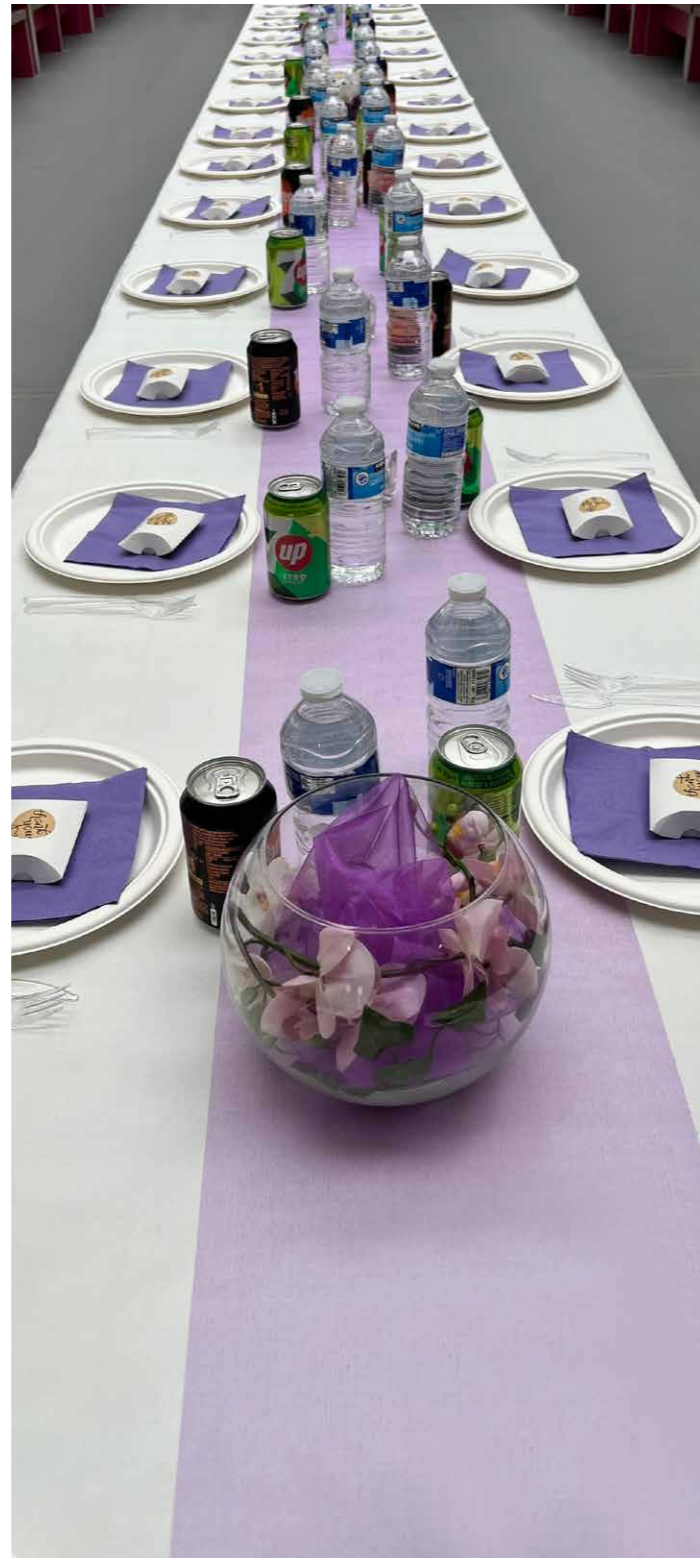
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An opportunity to review our past year and set ourselves goals for the coming year. Ramadhaan gives us the means to slow down and appreciate the blessings in even the smallest and unlikeliest of places. We cultivate this mindset through submerging ourselves in the constant remembrance of the Almighty. At its heart, Ramadhaan is the vehicle with which we strive to improve ourselves, our character, and conduct by the constant remembrance of the Almighty through His physical and verbal worship.

This year, at Eden Girls' School, we have focussed on this spiritual connection through:

- The daily Qur'an input in form time called 'a page a day'
- A drive on tasbeeh and dhikr (remembrance) throughout the school day, encouraging students and staff to bring their tasbeeh to school as a visual reminder for dhikr.
- A special emphasis was placed on being aware of our words and actions by spending each moment in dhikr.
- At lunch times, students have been encouraged to use their extra time, whilst fasting to read their Ramadhaan Qur'an or sit in remembrance and reflection.
- Our Faithful Star Ambassadors have also been leading on sharing inspiring stories, focussing on what the Ramadhaan of the Prophet looked like from the book 'A Ramadhaan with the Prophet (saw)'.
- We have had regular inspiring talks in assembly each week, as well as input in the form programme, touching on different aspects of Ramadhaan, such as Charity of the Prophet, the connection between Qur'an and Ramadhaan, the night prayer, Tahajjud, Laylatul Qadr (the night of power) and character reform, specifically focussing on respect.

Once back in school, we will, InshaAllah (God willing) celebrate the ending of Ramadhaan, thanking the Almighty for His blessings, with a special Eid meal on Monday 15th April. The Eid meal is paid for by the school for all staff and students, who are invited to attend school in their cultural/Eid clothes in celebration of Eid on this day.



Looking After Our Mental Health



This term, our team has been incredibly successful with raising awareness for mental health. During Children's Mental Health Week, our Mental Health Ambassadors presented an assembly to the students across the school. We also raised money, with the intention of donating it to the NSPCC, through selling sweet cones and drinks.

As Mental Health Ambassadors, one of our key aims is to help parents to learn more about their children's mental health, and to allow a safe space for suggestions on how we can improve this factor of our school. One way we do this is by holding information stalls during Parents' Evenings. This has been a rewarding experience for our team, as we have been able to help parents in understanding the minds of their children.

Our aim is to continue to improve the environment in regard to mental health around the school. Mental health is an extremely loaded topic, one that has a large amount of stigma surrounding it. We hope to eliminate such stigmas, creating an overall positive and welcoming environment; one that encourages more people to talk about mental health. In our modern world, we find ourselves stuck in a rapid whirlwind of hard work, constantly immersed in the never-ending go, go, go of the world. We sometimes forget the little things, the things that can make or break our ability to work well.

Our mental health is a vital aspect of life – something that allows us to treat our work with a positive mindset. Sometimes, when things get to be too much for us to handle, when the burden of stress overcomes us, all we need to do is take a break. Relax. This is one of the best, yet most overlooked, ways of improving mental health.

Looking After Our Mental Health Continued

In order to generate a positive atmosphere around mental health, our team aims to remind people that it is okay to need a break. It's okay to ask for help when you're struggling, and to talk to others about your mental health. We want people to be reminded that mental health is something that everybody has, and it needs to be taken care of just as well as our physical health. There isn't anything shameful in needing help regarding your mental health, and the mental health team at our school works hard to ensure that students are reminded of this. We're constantly reminded of places we can go to when we need help, whether this be to our Head of Year, or online platforms that the school promotes, such as Kooth. All the Mental Health Ambassadors work extremely hard to achieve these aims daily, with a significant amount of planning going into each event we hold.



This role is one that I truly appreciate having. Not only has it proven to be one of the most educational and rewarding opportunities of my school life but has also given me the ability to thrive when working in a team setting. One of the skills that sets our team apart is the way we work together, able to bounce our ideas off of each other and build off of them. This allows us the opportunity to have well-rounded ideas, ones that help us relate the things we promote to the other students in the school. We are able to find things that are both fun and educational, something that we are incredibly proud of.

Mental Health Ambassador- Sophia Deen Year 10

Support

The following resources/organisations are used within schools but can also be used at home too for support regarding Mental Health and Wellbeing:

Support for you Programme

YoungMinds

youngminds.org.uk/find-help/feelings-and-symptoms/self-harm

Information about self-harm and stories from young people sharing their experiences and self-harm recoveries.

The Mix

themix.org.uk

If you're under 25 you can talk to The Mix about anything that's troubling you over the phone, by email or via web chat. You can also use their phone or online counselling service.

Helpline: open daily 4-11 pm: 0808 808 4994

Email: themix.org.uk/get-support/speak-to-ourteam/email-us

Webchat: open daily 4-11pm
themix.org.uk/getsupport/speak-to-our-team

Counselling service: themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service

YoungMinds Crisis Messenger

Provides free, 24/7 text support for young people experiencing a mental health crisis.

Text YM to 85258

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus

Calm Harm app

calmharm.co.uk

A free app providing support and strategies to help you resist or manage the urge to self-harm.

Download from Google Play or App Store.

Mee Two app

meetwo.co.uk

A free app for teenagers providing peer support and resources. Young people can share what's going on for them and send supportive messages to others. All messages are fully moderated.

Download from Google Play or App Store.

Finding a private counsellor or therapist

If this is an affordable option for you, you can find accredited private child and adolescent counsellors and therapists living locally to you by searching the following directories.

Counselling directory: counselling-directory.org.uk

BACP: bacp.co.uk/search/Therapists

UKCP: psychotherapy.org.uk/find-a-therapist

YoungMinds

youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm

Information and videos from our Parents Helpline and parents' own experiences.

youngminds.org.uk/take-20-ideas and suggestions for finding 20 minutes to do something together with your child to support their confidence, self-esteem and resilience.

YoungMinds Parents Helpline

Our Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25.

Call us for free on 0808 802 5544.

We're open Monday-Friday from 9.30am-4pm.

Self-harm and young people

A guide for parents and carers.

[youtube.com/watch?v=T-7hms54sF8](https://www.youtube.com/watch?v=T-7hms54sF8)

A 17-minute film made by YMCA Right Here Brighton for parents, carers and any other adults concerned about a young person who is self-harming.





Serving Our Star Community

Pre-Ramadhaan Food Sale

In the spirit of Ramadhaan, we held a charity food sale, with students bringing in dishes that represented their cultural foods at Iftar. Our Charities Prefects had prepared sweet cones and arranged for henna patterns to raise money towards our Ramadhaan Charity Appeal. The vast array of food on offer at the event was wonderful to see and was a real testament to the commitment of our pupils and parents to support those in need.

Ramadhaan Charity Appeal

A big part of our School's Ramadhaan activities is the drive to raise money for the annual charity appeal. Each student has been tasked to raise a minimum of £10 for this appeal, in the footsteps of the Prophet (saw) who is said to be 'more generous than the wind' during this auspicious month. All funds raised will go towards supporting children in Gaza and Syria.

Please donate generously towards our appeal and help us to help those who are going through the most challenging of circumstances.

Attendance Matters!

As a parent, you set the standards and expectations for your child. Good attendance and punctuality are life skills which are passed from parents to children and affect their employability and future prospects. Good attendance in school helps pupils learn better, sustain friendships and enjoy school life.

At Eden Girls' School Coventry we want all our pupils to have a positive experience of school life and to reach their potential. One way in which parents can help their children do this is to ensure that they attend school every day.

- Our minimum expectation is **97% attendance**
- If your child is **very** ill, please don't send them
- If they have a 'minor ailment' please send them in
- **We do not approve any holidays taken in school time**
- Please contact the school straight away to let us know if your child is absent
- If there are ongoing medical problems, **please keep us informed.**

Attendance during one school year	Equals days absent	Which is approximately weeks absent	Which is means this number of lessons missed
95%	9 Days	2 Weeks	45 Lessons
90%	19 Days	4 Weeks	95 Lessons
85%	29 Days	6 Weeks	145 Lessons
80%	38 Days	8 Weeks	190 Lessons
75%	48 Days	10 Weeks	240 Lessons
70%	57 Days	11.5 Weeks	285 Lessons
65%	67 Days	13.5 Weeks	335 Lessons

Minutes late per day during the school year	Equals days worth of teaching lost in a year
5 Minutes	3.4 Days
10 Minutes	6.9 Days
15 Minutes	10.3 Days
20 Minutes	13.8 Days
30 Minutes	20.7 Days

Dates for your diary – Summer Term 2024

School Re-Opens for Pupils	Monday 8th April 2024
Eid ul Fitr Holiday	Wednesday 10th & Thursday 11th April 2024 (subject to change)
May Day Closure	Monday 6th May 2024
Half Term Holiday	Monday 27th May – Friday 31st May 2024
School Re-Open for Pupils	Monday 3rd June 2024
Eid ul Adha Holiday	Monday 17th & Tuesday 18th June 2024 (subject to change)
School Closes for Summer Holiday	Friday 19th July 2024



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