



AL ISLAH  
Girls' High School

Al

.....respect, educate, achieve.....



### **Al Islah Girls High School Open Day**

Our annual school Open Day was held on Saturday 14th Oct. Masha'Allah the school had a successful Open Day than previous years with more applications coming in for Sept 2018.

The school is still taking in admissions, if you are or you know anyone who is interested, please contact the school office and speak to the admin officer.

### **Year 7 Parent's/Teacher's Consultation Evening**

All of our new Year 7 students have settled really well into high school and teachers have made positive comments about their learning and behaviour.

The school will be holding a Parent's Evening for our Year 7 students on Wednesday 25th October from 4pm till 6pm.

This will give you a chance to meet the staff and talk to the teachers regarding the progress your daughter is making. If any parent is struggling to attend Parent's Evening, please contact the Headteacher who will make alternative arrangements for you.

### **Online Educational Revision Sites**

Your children can learn something new in a safe online environment. These hand-picked educational websites for kids are free and fun while offering online teaching games, printables, videos and so much more. There are lots of educational websites that help students get help and revision for all subjects. Please encourage your child to explore these websites over half term and on the weekends too.

<https://www.bbc.co.uk/education> (covers all KS3 and KS4 subjects)

<https://www.studymaths.co.uk>

<https://revisionscience.com/gcse-revision>

<https://revisionworld.com/gcse-revision> (covers all KS3 and KS4 subjects)

[www.s-cool.co.uk/gcse](http://www.s-cool.co.uk/gcse)

### **Healthy Eating**

Several children are bringing snacks into school to eat at morning break time. We are happy for this to continue, however, we are shocked at some of the unhealthy food that is being consumed. Therefore, in order to help improve the health of our children, from next half term, we would be grateful if you could ensure that any snacks brought into school are healthy, for example, fruit, nuts, dried fruit etc.

## Staying Safe Online

We all want our children to be free to explore the world and to enjoy twenty-first century technology; we want to respect their right to privacy. However if you wouldn't leave your children open to abuse from strangers in the real world, don't forget to protect them in the cyberworld as well.

### WHO IS YOUR CHILD TALKING TO?

- Do you know what your child is doing online?
- Has your child joined a social networking site like Facebook and pasted up their photos?
- Do you know how many e-mail and live chat accounts they have or monitor what forums they talk on?
- Do you know what sort of websites they visit?

In a recent survey, **59%** of children used social networking to connect to people they didn't know and **43%** of children said their parents did not set rules for internet usage. **29%** would give their home address to strangers met online in a chat room.

### WHAT CAN YOU DO AS PARENTS?

Work **WITH** your children. Show them that you trust them by helping them to learn how to be safe online.

- **"Spend some time surfing the internet yourself.** The more that you know about the internet, the better able you are, in turn, to help your child navigate around it without coming to any harm.
- **Know what your children are doing online and who they are talking to.** Ask them to teach you to use any applications you have never used.
- **Get to know your child's online habits.** Children are inquisitive. They will look to explore the internet as much as they do the real world. Knowing the sites they go to, the people they meet there and what they do will help to keep children safe.
- **Help your children to understand that they should never give out personal details to online friends** —personal information includes their messenger id, email address, mobile number and any pictures of themselves, their family or friends—if your child publishes a picture or video online—anyone can change it or share it.
- **Always keep communication open** for a child to know that it's never too late to tell someone if something makes them feel uncomfortable. Tell your child they can always talk to you or another trusted adult, such as a teacher, if they do end up in some sort of trouble on the internet. Make children aware that there are things on the internet which may distress them.
- **If your child receives spam / junk email & texts,** remind them never to believe them, reply to them or use them. It's not a good idea for your child to open files that are from people they don't know. They won't know what they contain—it could be a virus, or worse – an inappropriate image or film.
- **Help your child to understand that some people lie online** and that therefore it's better to keep online mates online. They should never meet up with any strangers without an adult they trust.
- **Stay alert to any sudden changes in mood or appearance,** or to any major change in habits or to increased secretiveness. These are often tell-tale signs that something is not right.
- **Teach young people how to block someone online and report them** if they feel uncomfortable.

**YOU CAN FIND MORE INFORMATION IN THE ONLINE MAGAZINE 'DIGITAL PARENTING' ON OUR WEBSITE.**

#### Attendance

A huge 'thank you' for the tremendous effort so far in terms of attendance. The attendance figure stands at above 99% for the whole school, with many children with 100% attendance.

#### Key Dates:

Year 7 Parents Evening: **25th Oct**      Reports to Parents: **Wed 22nd Nov**  
Half Term Closure: **27th Oct—6th Nov**      KS3 Parent Evening: **Wed 29th Nov**

#### Quote of the Month

**WATCH YOUR THOUGHTS,  
FOR THEY BECOME WORDS.  
WATCH YOUR WORDS,  
FOR THEY BECOME ACTIONS.  
WATCH YOUR ACTIONS,  
FOR THEY BECOME HABITS.  
WATCH YOUR HABITS,  
FOR THEY BECOME CHARACTER.  
WATCH YOUR CHARACTER,  
FOR IT BECOMES YOUR DESTINY.**