

Dear Parents, Carers and Friends of Iqra Primary School,

Assalam u Alaikum.

We are deep into autumn, the days are flying by and the winter holidays are fast approaching. Here is your November roundup of all the exciting learning and experiences happening at school.

I would like to say a special thank you to all our Year 6 pupils for their exemplary behaviour during their recent visit to London. I received an e-mail from a commuter on the same train as the pupils who wrote the following:

'I was really impressed with the excellent behaviour of the pupils, particularly those who were unable to sit down. They were kind and courteous to the other passengers as well as to one another. The staff clearly have a good rapport with the children, and the respect showed towards the teaching staff was apparent'.

We are very proud of our children and their exemplary behaviour at Iqra Primary.

Best Wishes

Dr Mineza Maher (Headteacher)

Update on the school decor

I am sure by now the staff, pupils and school community have seen our latest update to the Iqra school building. The mural is a celebration of school life at Iqra Primary and living in Slough. Pupils at Iqra were privileged to be part of the process from start to finish and if parents would like to see more pictures about how the mural was created please visit the school website.



Fundraising

What a huge success the Children in Need fayre. A great big thanks to all the efforts, donations and contributions from parents, staff and pupils. Wonderful support for such a worthwhile cause. We have raised in excess of £900 from the generous contributions. Thank you all.

Hospice Donation

On Monday 29th October a group of our students made a special trip to Thames Valley Hospice to present them with the cheque for over £700 raised from our recent cake sale. A further £200 was donated after the cake sale for Macmillan Cancer Research. A fantastic result for a worthy cause!

A big thank you also to the parents who helped with the set up and selling of the cakes and for their help cleaning up afterwards – your support made all the difference. Iqra would also like to thank Roxy Chicken for their generous donation of Pizza's which were a great success. Roxy Chicken have asked Iqra parents remember them in their prayers.



Quote of the month:
Positive thoughts
generate positive feelings
and attract positive life
experiences.

Super stars ★★ ★

Sadath Ghouri in R1 for being polite at all times

Haris Malik 1.1 for his positive contributions in learning

Mohid Ahmed 2.1 for always following the four golden rules

Haya Rihan 3.2 for being a positive role model

Ladna Abdi 4.2 for helping others

Hafsah Arfad 5.1 for making good progress in class

Zain Akhtar 6.1 for being polite and courteous to everyone

Important dates for your diary

Tuesday 11th and Wednesday 12th December Parental Consultation Days. Please note that the school will close at 1:30pm on both days.

School closes for the holidays on 18th December at 1:30pm and will re-open on Thursday 3rd January 2019

Changing for PE Procedure

Just a reminder that children should bring their PE kits into school on their allocated days for PE. They will then change at school. The PE kit comprises of a white t-shirt or polo shirt, black or blue jogging bottoms and black or white trainers. All children will then change back into their school uniform for the remainder of the school day.

Iqra Newsletter

November 2018

Healthy Lunch Boxes

To coincide with the new school year, we have been reviewing our lunch box policy. On 16th October, Iqra School, welcomed Karen Gonzalez and two dental colleagues from the Starting Well and Slough Healthy Smile initiatives to provide a workshop on Healthy Lunchboxes.



Thank you to all the parents who attended and actively took part. We had a lot of lively conversation and sharing of ideas (and recipes!) on how to make lunchboxes healthier for our children. Parents also received information on hidden sugars found in common foods and drinks that our children consume often on a daily basis. Links to fact sheets from the workshop and ideas for healthy packed lunches can be found on the Iqra school website.

<https://www.iqraprimary.com/family-liaison-and-family-support/>

Reminders

The winter weather has come upon us once again. Please can you ensure that your child wraps up warm and brings a coat, hat, scarf and gloves to school every day. All children are expected to play outside in the playground when the weather permits as fresh air has proven to strengthen the immune system, helps to clean your lungs and gives you more energy whilst sharpening the mind.

Parents and carers are reminded that if they need to access, or support in accessing, ParentPay or the school website they are welcome to use the computer in the reception area of Iqra school. If any parent requires a 'paper copy' of any information, letters or policies from the school website then they can make their request at the school office.

Parent Forum

Thank you very much to those parents who have volunteered for the Parent Teacher Association. As mentioned before it is a really important for Iqra school to continue to work collaboratively with parents to ascertain their views. Parents together with Salma Malik (Home School Liaisons officer) have successfully appointed:

Chair – Mrs Sabia Akram

Vice Chair – Mrs Sadia Yasir

Secretary – Mrs Sima Bhatti

Treasurer – Mrs Salma Malik

The PTA will formally introduce themselves in the forthcoming weeks.

School Initiatives

Iqra school have introduced 'Toasty Tuesdays' for the whole school. Studies have shown that for most, eating a cold meal for breakfast may slow down your digestive system for the rest of the day. In addition, the extra energy your body uses to digest the cold meal means less energy for your body to perform everyday tasks. By giving all pupils the opportunity to have a warm nutritious snack we hope to beat those winter blues! This initiative proved to be a success with all the children and all monies will be used to purchase more bread and butter for our kids to enjoy.

We are proud to announce that Iqra School is an Active Movement School. For further information, please see the Active Movement newsletter attached.

Daily

MOVEMENT



ACTIVE MOVEMENT

The ABC of Active Movement

The Active Movement programme is underway. This new concept for well-being has been introduced to educate young children about the positive aspects of reducing sitting time and ensuring they always add some activity into their daily lives.

As you will see from Dr Loosemore's column, trying to embed behaviour change in child or parent is a difficult and lengthy challenge! Yet success will mean the opportunity to set good habits that will benefit all for a lifetime.

Amazing children

Any programme designed to encourage children to regularly move during the day must do so without disrupting the class or interrupting the lesson. The teachers, as you will see below, must have complete discretion to introduce Active Movement as they see fit.

At the same time, we want to constantly remind children about the value of standing up and moving so that they will want to do so when asked.

Communication appears all around the school to help from nursery to Year 6. In Nursery and Reception, two animal characters Max and Tiggy act as their guide. For the older children, there is an array of posters and messages featuring new characters to educate and inspire.

Most importantly all teachers have been trained to reduce sitting and add low-level activity to daily routine in class. We will also be recruiting a group of children from Year 5 (our Standing Committee) to help with the introduction of Active Movement into the school.



Brilliant teachers

Already the innovation and enthusiasm shown by the teachers have been great and much appreciated by the Active Movement team.

The simplicity of the Active Movement programme ensures this. It requires neither form-filling nor report-writing; no work outside school; no personal evaluation or time-consuming reviews.

Instead, the concept is to be used as a toolbox to enable all teachers to educate and inspire children about the power of non-sedentary behaviour by adding movement into class routine, subject matter, class projects even at home. Look out for special homework over the next three terms.



Committed parents

Parents play a vital role in delivering the programme effectively.

One of Active Movement's qualities is that we involve all of the 'community' that supports the child. Not only does Active Movement remain in constant contact with the teachers and head teacher, but parents are invited to be involved including our parent forum. Let us know if you would be interested in talking to us. This newsletter is part of that communication, but you can also contact Active Movement at any time.

The children will occasionally bring home material or special Active Movement homework in which you can participate.

We will also be hoping to speak to you towards the end of the programme to find out your thoughts of the Active Movement experience.



Special launch

To promote the event and help children understand the project, each year is going to undertake an Active Movement project. Look out for displays on the Active Gallery boards in each year.



**Softly,
softly**

It is much better to make the right, long-term behaviour choices from the beginning. That's why parents look to straightaway set proper examples such as courtesy, good manners, kindness and friendliness.

Yet parents rarely remind young children how important and beneficial it is to be active. Usually they want them to sit down for a while! In the early years, being active is an instinct.

Yet over time, this changes as they grow older. When they move to primary and secondary schools, this active behaviour is restricted. At Active Movement, we believe that by reducing the time we sit down and adding a little activity to our routines as part of everyday life, we can set activity as a behaviour norm for a lifetime of wellbeing. But this can take a while to achieve.

That is why we start the Active Movement programme as early as nursery. We educate young children about the importance of being active.

We then support schools through reception, primary and secondary stages, inspiring children to be a little bit active even if they do not like sport. You see, Active Movement is not about being fit today – but creating an active behaviour for tomorrow.

Dr Mike Loosemore



ACTIVE MOVEMENT

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