



2nd October 2020



NOTE FROM HEAD TEACHER

As-salaamu alaikom

I started this Newsletter contribution with: "It has been a challenging week..." and then said to myself, "No! So what if yesterday was challenging? What about Monday? What about Tuesday and Wednesday?"

Indeed, what about the majority of this week's days? Well, here we go:

I can confirm, definitely and with absolute certainty that the 'cute factor' has returned to MMPS with the continued, steady arrival of our new nursery children. Masha'Allah. Although some of them find it still a bit difficult, understandably so, to let go of 'mummy' or 'daddy', overall they are settling in very well. It also pleases me when our former pupils return with their children – as it is the case again this year. Yes, perhaps it makes me a feel a little bit old...but more than anything it delights me that MMPS is entrusted with the offspring of former pupils.

This week's challenge was, of course, having to send Year 4 home to self-isolate.

All tests are from Allah swt and bring us closer to Him. We ask for His protection, blessings and guidance – and I thank Him for allowing me to be part of this wonderful community.

D. Ghafari

HADITH OF THE WEEK

The Prophet (saw) said "No fatigue, illness, sadness or hurt befalls a Muslim – not even the prick of a thorn – except that Allah wipes some of their sins because of it. ((Bukhari)

The Right of the Fortnight

Every child has the right to express their views and feelings

HEALTHY LUNCH CHALLENGE

Mrs Ghafari, Mrs Mian and Mrs Chaudhry made a surprise lunchtime visit to all the classes on Wednesday. Healthy eating stickers were given to all the children with some wholegrain and fruit or veg in their lunchbox instead of sugary snacks.

Well Done to Year 6!! They had the highest percentage of healthy lunchboxes. They received a tasty fruit selection pot as a whole class treat.



HEALTHY EATING WEEK SPECIAL

This week was Healthy Eating Week. The children and teachers tried to bring in healthier lunches all week. Here is just a selection:



Veggie selection for Hassan in Year 3



Mrs Fiaz's roast pepper lunch



A crunchy salad wrap



Pupil Voice

What changes did you make for healthy eating week?

"I have tried the tuna recipe that was posted on class dojo. I had some tasty tuna with vegetables such as sweetcorn." **Abdur Rahman** (Year 3)

"I started eating a lot more vegetables, water and choosing less sugary foods." **Zakariya and Sara** (Year 6)

"I've had more vegetables and wholegrain. It feels good to know I'm making healthy choices." **Perry** (Year 6)

"I've asked my mum to add more fruit and vegetables into my lunchbox." **Manahil** (Year 6)

"I've tried to stick to the theme each day and it feels good to know I am choosing to be healthier." **Ismah** (Year 6)

"I've tried more vegetables this week and they're actually very yummy." **Laila** (Year 6)

"I am going to eat carrots, I have never tried carrots before" **Nubaid** (Year 2)

"I am going to eat more fruit" **Ibrahim C** (Year 2)

"I now have cucumbers" **Nusaibah** (Year 2)

"I have been drinking lots of water" **Idrees** (Year 2)

CERTIFICATES

Rec: Amina Ainsworth, Fatima Sheikh
Y1: Mustafa Elbey & Huda Rehan
Y2: Ibrahim Chowdhry
Y3: Amna Hussain

Y4: Maryam Rafiq
Y5: Rabia Rehan
Y6: Hibbah Humayun

ASSEMBLY

Mrs Benashur's assembly this week was all about Healthy Eating and how to make sure we get our 5 a day of fruit and vegetables. It was lovely to have Year 4 pupils also join in the assembly via zoom from their homes whilst they self isolate.

