



**WEEKLY BRIEFING**

**2 OCTOBER 2023 | 18 RABI AL-AWWAL 1445**

Dear Respected Parents and Carers,

Assalamualaikum wa Rahmatullaahi wa Barakatu. We make du'a In-sha'Allāh this briefing reaches you all in good health and emaan.

Please read about our eventful week full of learning, fun and personal development, Alhamdulillah.

**WELLBEING WEEK By Moulana Junaid**

We are excited to announce that Wellbeing Week is here, scheduled to run from Tuesday to Thursday this week. This is an initiative that holds great significance for us as educators and for the overall development of your beloved children.

Our primary aim during Wellbeing Week is to nurture our students' awareness of both their mental and physical health. In a world that constantly presents challenges and distractions, it is crucial that we equip our young minds with the tools to navigate these complexities with resilience, mindfulness, and a strong sense of well-being.

Here are some key activities and tips for parents to ensure the success of Wellbeing Week:

- 1. Activities for Awareness:** During Wellbeing Week, we have organised various activities, workshops, and discussions to help our students understand the importance of mental and physical health. Encourage your children to actively participate in these sessions and engage in open conversations about their feelings and concerns.
- 2. Sleep Schedule:** Adequate sleep is essential for a child's well-being. Ensure your children go to bed on time after Isha Salah. A good night's sleep is crucial for their mental and physical health, as it helps them stay alert and focused during the day.
- 3. Limit Screen Time:** Excessive screen time can have adverse effects on your child's well-being. Encourage them to take breaks from screens, especially before bedtime. This will not only improve their sleep quality but also provide opportunities for other constructive activities.
- 4. Physical Activity:** Encourage your children to engage in regular physical activity. Whether it is a daily walk, playing a sport, or even performing stretches, physical activity plays a significant role in maintaining a healthy body and mind.
- 5. Healthy Eating:** Ensure that your children have a balanced diet rich in nutrients. A well-nourished body is better equipped to handle stress and maintain mental and emotional balance.
- 6. Show Love and Support:** Express your love and support for your children regularly. Let them know that they can talk to you about their concerns and feelings without fear of judgment. A strong support system at home is vital for their well-being.
- 7. Mindfulness and Reflection/meditation:** Teach your children mindfulness and reflection/meditation techniques to help them manage stress and anxiety. This could include pondering over the magnificent 99 names of Allah or durood on our Prophet ﷺ. These practices can be incredibly beneficial in maintaining mental health.

8. Encourage Hobbies: Encourage your children to pursue hobbies and interests outside of academics. Hobbies provide a sense of accomplishment and joy, contributing to their overall well-being.

9. Set Realistic Expectations: Encourage your children to do their best, but also emphasise that perfection is not the goal. Setting realistic expectations helps reduce unnecessary stress.

10. Lead by Example: Finally, remember that children learn by observing. Be a role model by following the Sunnah actions, which promote a balanced and healthy lifestyle, uplifting them spiritually, physically and mentally.

As we embark on this journey of promoting well-being for our students, let us work hand in hand to ensure that our children grow into well-rounded individuals who are equipped to face life's challenges with resilience and optimism.

We appreciate your support and collaboration in making Wellbeing Week a success. Together, we can nurture the holistic development of our students.

May Allah (SWT) bless our children with good health and well-being.

### SAFEGUARDING

Have you considered the risks your child faces in school, out of school and at home? Have you noticed any change in their behaviour? Talk to us about it – even if it seems small.

The wellbeing officer, Moulana Junaid and DSLs, Ustaadh Azmol, Ustaadh Abir, Moulana Shahidullah, Moulana Ibrahim, and Ustaadh Azharul are on hand to discuss any worries. Call us or simply email!

### OPEN DAY

On **Wednesday 11 October** we will hold an Open Day for prospective parents. The event will take place from **5pm to 6:30pm**, where we will explain how our school works and how we differ from others.

If you know anyone from friends and family who may be interested in sending their son to an Islamic school, let them know about us. Inform them of the date, and instruct them to contact us to register their interest.

### CLUBS & BOOSTERS

Football and Basketball club has started for both KS3 & KS4 on Tuesdays and Thursdays. Football club is every Tuesday, and Basketball is on Thursdays, both 4:15pm to 5pm for KS3, and 5pm to 5:45pm for KS4.

English & Maths boosters have started for both KS3 and KS4. Homework club begins this Wednesday from 4:30pm until 6pm for pupils struggling to complete homework regularly.

Our KS4 boosters have begun, we will inform you if your son should be attending, Insha'Allah.



The poster features a background image of a student in a white cap looking at books on a shelf. In the top left corner is the school's logo, which includes a green shield with a white crescent and star, and the text 'DARUL ULOOM ISLAMIC HIGH SCHOOL'. The main text is in large, bold, white letters on a dark green background: 'DARUL ULOOM OPEN DAY'. Below this, the date and time are listed: 'Wednesday 11 October 2023 5pm to 6:15pm'. A list of activities is provided in a dark grey box: 'Learn about our School', 'Ask questions to SLT', 'See the premises', and 'Bring your son'. At the bottom right, contact information is given: 'Register by calling: 0121 688 6507 or email us at: contact@darulloom.org.uk'. The address '511 Coventry Road, Small Heath, B10 0LL' is at the bottom left.

## NASIHAH



Our head of Madrasah, Moulana Shahidullah Al-Azhari delivered the weekly nasihah to all our pupils explaining the significance of becoming an Alim and a Haffidh. He created mini-groups headed by a teacher to discuss each other's views on the topic. A very ambitious task considering 137 pupils and our ulema/asaatizah took part. It was very engaging, and entertaining, and most importantly increased our pupils' thirst to attain Islamic scholarship.

May Allah ﷻ bless our pupils, scholars, and teachers, Moulana Shahidullah Al-Azhari, the staff and pupils, and give them all jazaa/khair in this world and the hereafter.

## KHUTBAH



Our Jamiah pupil Hasan Arif delivered a powerful khutbah on Friday reminding everyone of the beautiful characteristics of our beloved Prophet ﷺ. The adhaan was also beautifully recited by our Year 11 pupil Saaim Ahmed, Alhamdulillah.



May Allah ﷻ reward them both in abundance, make them great scholars and da'ees and guide all of us to the straight path, Ameen.

## ISLAM CHANNEL VISIT

The Jami Mosque had the Islam channel visit the centre on Friday, recording the Khutbah, talking to the Khateeb, trustee, and our teachers, as well as listening to Darul Uloom pupils' Quran recitations and some nasheeds.

The program is scheduled to be aired on Friday 6 October at 9:30am and again at 9:30pm, Insha'Allah.



## MOSQUE OPEN DAY

Our pupils enjoyed the mosque open day exhibition last Monday. They explored a variety of topics including Islamic history, Science and Islam, the history of the Qur'an and much more.



Some of our pupils also took part in delivering dawah to non-Muslims by teaching them the basics of Islam, reciting the adhaan, showing them how to perform wudu, the Muslim prayer and reciting beautifully the Holy Qur'an.

The visitors were all mesmerised and learnt many new facts about Islam. We pray Allah subhanwataalah rewards all our pupils in abundance, that He guides the misguided and forgives us all for our errors, Ameen.



## DETECTIVE VISIT

As part of our career education, pupils met a police detective and listened to how he acquired this remarkable position. Pupils listened intently to his fascinating stories, were curious throughout, and ended by asking an array of interesting questions to quench their inquisitive minds.

I pray our career education helps our pupils better understand all the options they have in the future and supports them in making important decisions in the future.

## WORK EXPERIENCE FOR YEAR 10

Our Work Experience Scheme takes place on **4-8 March 2024** and will involve your son undertaking a one-week work experience placement. We expect that every pupil will take part in this excellent opportunity to gain valuable employability skills, knowledge, and a work reference for further studies/job applications.

**Please assist your son in securing a great work placement!**





*'changing lives, creating opportunities'*

### COMMUNITY FOUNDATION SPONSORED PRIZES

The Community Foundation led by Nozmul Hussain, the school's trustee, has announced that pupils completing the memorisation of the Holy Qur'an will be gifted with a brand P.C. which includes a quality monitor and earphones as a prize. Furthermore, pupils showing significant improvements/change and improved progress will also be given this amazing prize.

Pupils are in a great position as if they are studious, they will not only achieve, but they will now be gifted a wonderful prize. We pray our pupils are motivated by this announcement. We ask Allah azzawajjal to accept Nozmul Hussain's efforts and put baraka in the community foundation, Ameen.

### UPCOMING EVENTS







Culture Day has moved! This will take place on Thursday 19 October, Insha'Allah. Pupils should bring some traditional food to share with others, along with wearing cultural items of clothing.

Wellbeing Week - our wellbeing officer will be arranging a wellbeing walk, inviting a visiting speaker, and planning many activities to support wellness, from 3-5 October, Insha'Allah.

Our annual Adhaan and Speech Competition will take place from 9-10 October, Insha'Allah.

### DAR UPDATE

After week four, the house points are as follows: Dar Yusuf is still number one with Dar Nuh being a close second; Dar Ibrahim is again in third place; and Dar Musa is fourth; Dar Isa is in fifth place and Dar Sulaiman is currently last. The points are increasing dramatically and two Dars have really taken off. Other Dars now need to try and keep up before the gap becomes too big to manage!

701	584	626	573	720	639
					

Thank you for taking out some time to read our briefing – JazakumAllāhukhairan

