



Tauheedul Boys

# Pupil Briefing Notes

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20<sup>th</sup> April 2020



# Hadeeth of the Week

إِنَّ اللَّهَ رَفِيقٌ يُحِبُّ الرَّفْقَ وَيُعْطِي  
عَلَيْهِ مَا لَا يُعْطِي عَلَى الْعُنْفِ

“Indeed Allaah is gentle and loves gentleness, and gives due to gentleness that which He does not give due to harshness.”  
[Ibn Maajah]





Tauheedul Boys

# COVID-19 Guidance

We are well into our national lockdown.

- Ensure you follow social distancing rules and only leave your home for:
  - Shopping for basic necessities
  - One form of exercise a day
  - A medical need
- Maintain a 2 metre distance from others
- Avoid any social gatherings
- Study the diagram opposite to see how your actions make a difference.
- Confused by the different terms related to Covid-19? Click on the link below to find out what they all mean:

<https://www.bbc.co.uk/news/health-52182658>

## Estimated death toll in different scenarios

If nothing is done:

510,000 deaths

Slow spread of virus, including isolating vulnerable and those with symptoms:

250,000 deaths

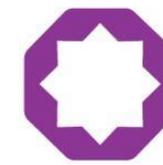
Suppress virus, including school closures, reducing social contact, isolating vulnerable and those with symptoms:

20,000 deaths

- As a result of government guidance, the school has closed for the majority of pupils.
- Some identified pupils are entitled to come to school but they have been contacted individually.
- Learning Pack B has been issued to all pupils. This work will complete the learning journey until Friday 22<sup>nd</sup> May.
- Years 7 should complete their paper-based work packs at home.
- Learning on Microsoft Teams has now been arranged for those Year 8 pupils who have access to Teams. Year 8s with no access to Microsoft Teams will continue with their paper-based Learning Pack B.
- Years 9 & 10 should be accessing their learning on Microsoft Teams with their teachers.
- Your Head of Year will call you every week to check on how you are doing.

Learning continues..





- Ensure you log in before your session starts.
- Surah Fatiha must be recited.
- Pay full attention to the teacher and engage with the activities.
- Do not share your screen.
- Do not use the webcam.
- Only unmute yourself if there is an urgent need to speak to the teacher.
- Do not communicate with other pupils unless asked to do so by the teacher.

There has been a fantastic fortnight of learning online for the majority of our pupils – well done!

A reminder that all sessions are being recorded and Heads of Year are also monitoring behaviour. Parental calls will be made if required and in extreme cases where other pupils' learning is being disrupted, repeated offenders will be removed from teaching groups.

# Online Learning Guidance

# Yr 8, 9 & 10 Ramadhan Online Learning Schedule

Year 8	Session 1	Break	Session 2	Break	Session 3	Zuhr	Session 4	Break	Session 5	Break	Session 6
Day	11.00-12.00		12.15 -13.15		13.45 - 14.45		15.00 - 16.00		16.15 - 16.45		17.00 - 17.15
Monday	English		Geography (All Sets)		Science		Self-study using packs		Faith Activity (Optional)		PE Exercise (Optional)
Tuesday	Computing		Maths		Urdu (All sets)		Self-study using packs				
Wednesday	Computing		Self-study using packs		Arabic/French		RS (All sets)				
Thursday	English		Maths		Self-study using packs		History (All sets)				
Time Change for Fridays	10.30 - 11.20		11.30 - 12.20		12.30 - 13.20						
Friday	English Bedrock (MPA)		Science		Self-study using packs		Jumuah/Zuhr				

Year 9	Session 1	Break	Session 2	Break	Session 3	Zuhr	Session 4	Break	Session 5	Break	Session 6
Day	11.00-12.00		12.15 -13.15		13.45 - 14.45		15.00 - 16.00		16.15 - 16.45		17.00 - 17.15
Monday	Maths A		CIM/CS		CIM/CS		RS (All Sets)		Faith Activity (Optional)		PE Exercise (Optional)
Tuesday	Maths B		English A		Science A		RS (All Sets)				
Wednesday	Maths C		English B		Science B		MFL				
Thursday	Maths D		English C		Science C		MFL				
Time Change for Fridays	10.30 - 11.20		11.30 - 12.20		12.30 - 13.20						
Friday	Gg/His		English Self-Study/Century AI		Science Centruy AI		Jumuah/Zuhr				

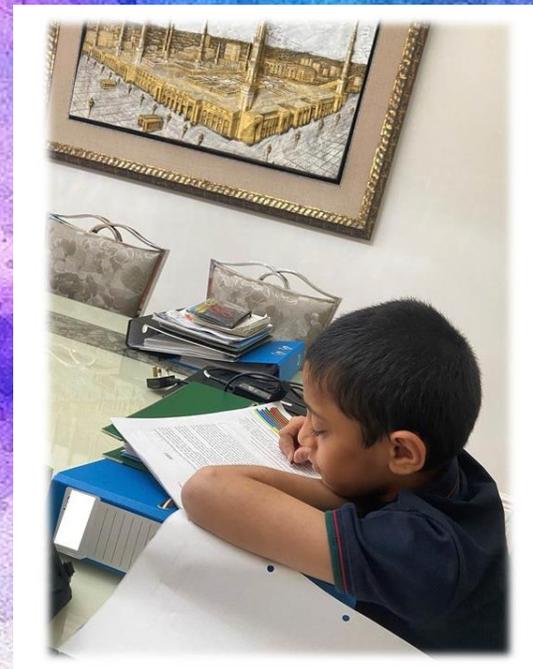
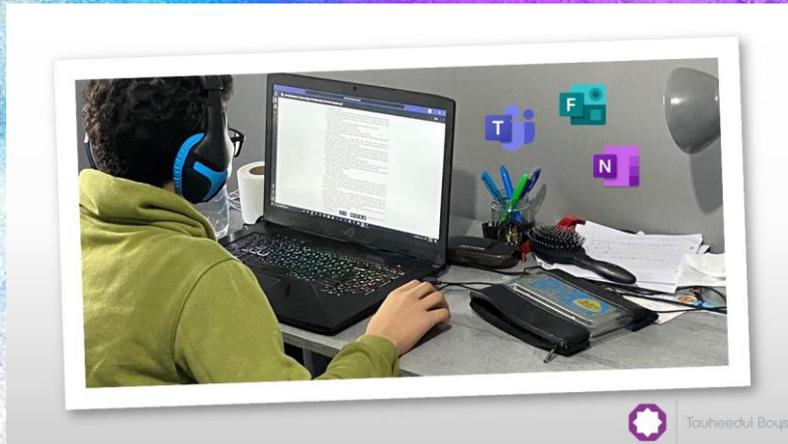
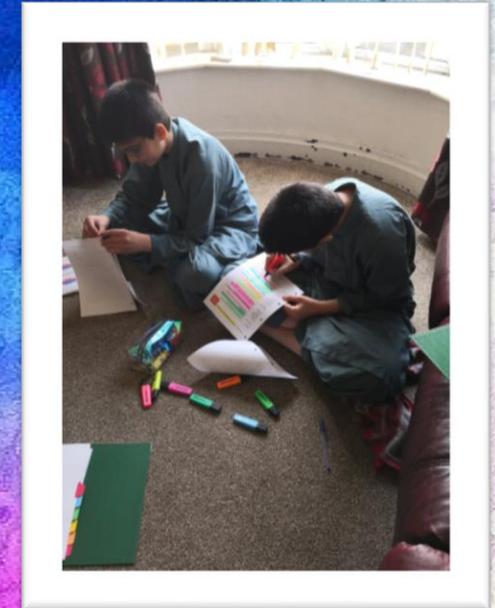
Year 10	Session 1	Break	Session 2	Break	Session 3	Zuhr	Session 4	Break	Session 5	Break	Session 6
Day	11.00-12.00		12.15 -13.15		13.45 - 14.45		15.00 - 16.00		16.15 - 16.45		17.00 - 17.15
Monday	RS G1 and G2		Science A		English A		Maths A		Faith Activity (Optional)		PE Exercise (Optional)
Tuesday	RS H1 and H2		Science B		English B		Maths B				
Wednesday	Science C		MFL		English C		Maths C				
Thursday	Science Century AI		MFL		English Self-Study/Century AI		Maths D				
Time Change for Fridays	10.30 - 11.20		11.30 - 12.20		12.30 - 13.20						
Friday	RS 10G2 & 10H2		Gg/His		Business/CS/ART		Jumuah/Zuhr				

# Learning Continues..

Pupils have been engaged and are thriving with their learning at home.

Send your images to:

[info@tibhs.staracademies.org](mailto:info@tibhs.staracademies.org)



Tauheedul Boys



# Ramadhan Initiatives

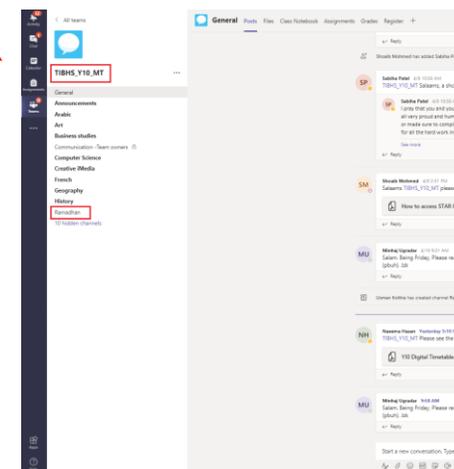
- A Ramadhan channel has been created in your year group team on Microsoft Teams.

- Information will be posted on this channel on the following initiatives:

- Pre-Ramadhan Foodbank
- Daily Reminders
- Ramadhan Challenge
- Quranic Recitation
- Ramadhan Quiz
- Hifz Quiz
- Weekly Contemplation of a Verse
- Daily Hadith
- Ramadhan Reflections Poetry Competition

- For more information on these initiatives, check the Ramadhan channel on your year group team or read the letter sent out to all parents.

- You will use your Faith session on your online digital learning timetable to complete these activities.



# Keeping Safe Online

Many pupils will be spending large amounts of time online. Please follow the following advice to ensure you remain safe:

- Always ask others before sharing something about them. If they say no, we need to respect their choice and be a good friend.
- If you see someone having a hard time online, offer them support and report posts or accounts that might be upsetting or offensive.
- Take the time to look at the privacy settings of your favourite accounts. They can help you take control over the information and posts that you are sharing and ensure that you are happy with what information people can see about you online.
- If you are not sure what to do or how to respond to something that happens online, then talk to someone about it. This could be a close friend, parent, teacher or even a helpline like Childline.



# Mental Health & Wellbeing

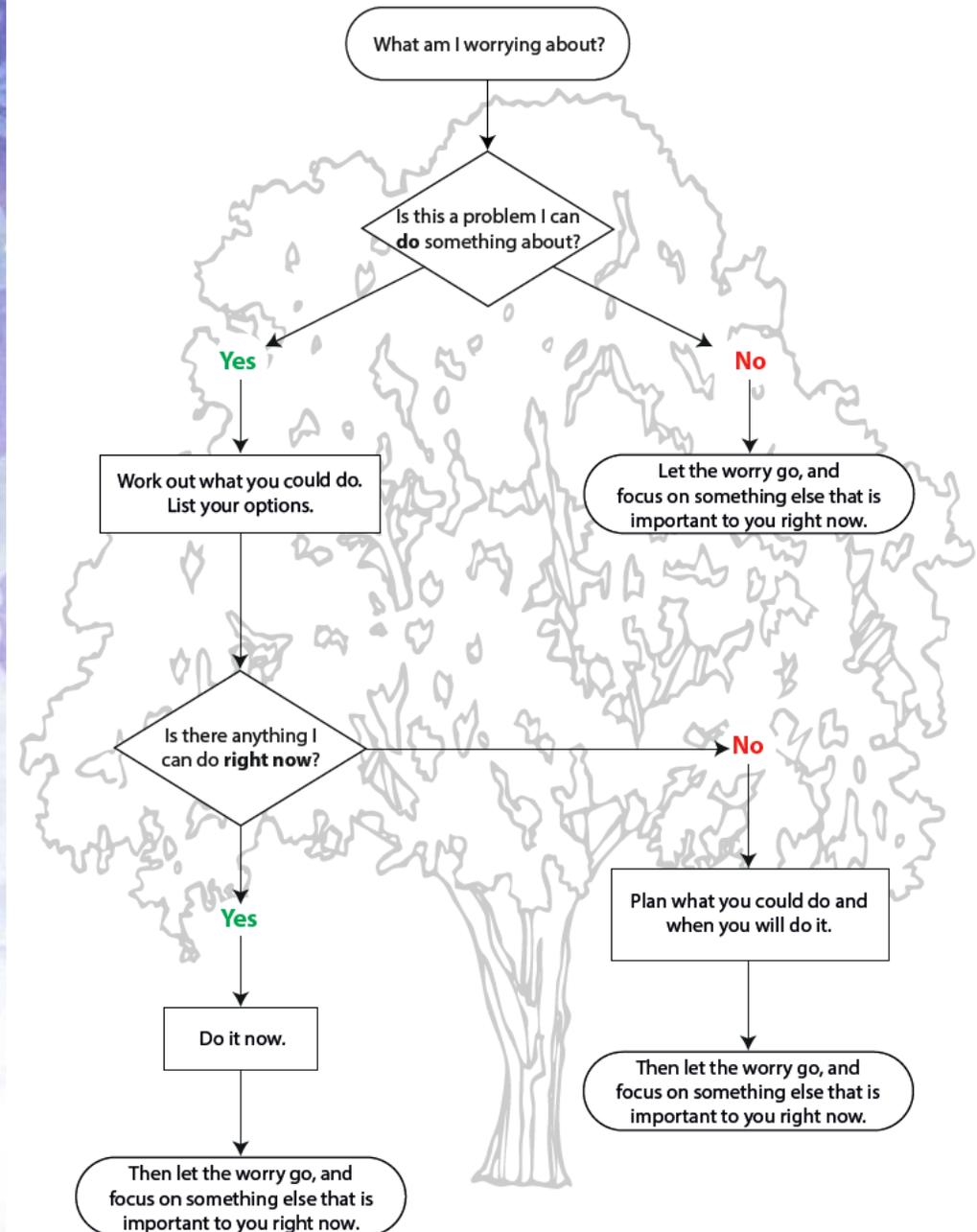
Worry can be helpful or unhelpful, and psychologists often distinguish between worries concerning 'real problems' vs. 'hypothetical problems'.

**Real problem worries** are about actual problems that need solutions right now. For example, given the very real concern about the virus at the moment, there are helpful solutions which include regular handwashing, social distancing, and physical isolation if you have symptoms.

**Hypothetical worries** about the current health crisis might include thinking about worst-case scenarios (what we might call catastrophising). For example, imagining worst case scenarios such as *most* people dying.

If you are worried, either about the current global situation or about something else in life, follow this decision tree to work out what you can do about your situation.

## Use This Decision Tree To Help You Notice 'Real Problem' Vs. 'Hypothetical Worry'



“I hope all students and their families had a happy Easter and I wish for a blessed upcoming Ramadan. In this difficult and testing time it is important to keep mentally strong as well as physically fit. If you win the battle against COVID-19, you do not want to lose the war because you come away from quarantine with your mental and/or physical health in poor shape.

So, a good quote to remember is:

‘Discipline strengthens the mind so that it becomes impervious to the corroding influence of fear.’ - Field Marshall Bernard Montgomery.

Remember to keep a disciplined routine involving study, relaxation, prayer and exercise. Remember to support your loved ones, community and country by doing what you can, where and when possible. Also remember, STAY HOME, SAVE THE NHS, SAVE LIVES. God willing, we will all meet again once this over.

(Mr Matthew Budd)

“Keep safe and stay at home gents. I know this may be a tough time in our lives but tough times bring out the best in us. Remember me and the TIBHS family in your prayers. The good times are ahead of us all - take care.”

(Mr Mohsin Patel)

“We are passing through unique times and these experiences will shape us as we grow. Although we are physically separated, technology keeps us together. With Ramadhan approaching, grasp every free moment at home to strengthen your relationships; with your friends, your family, and most importantly, your Lord. Our aim is to come out on the other side as better individuals”

(Mr Usman Kothia)

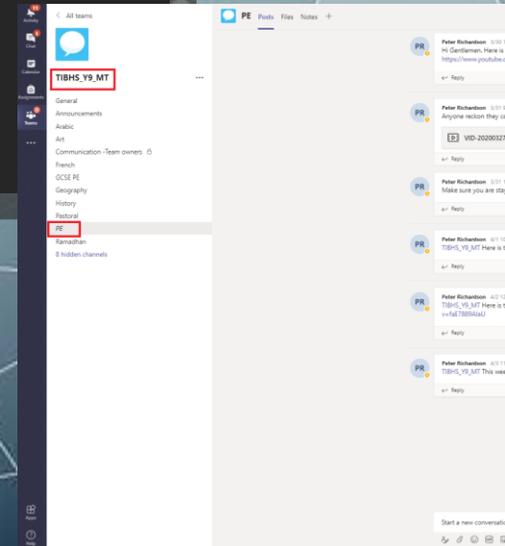
## Messages from Staff

## Physical Health & Wellbeing

Staying healthy while in lockdown may seem challenging but there are ways you can keep fit.

A slot has been included on your digital online learning timetables for you to carry out a range of exercises in the comfort of your home.

To access the exercises recommended by the PE department, go to the PE channel found in your year group team on Microsoft Teams.



# School Contact

- If you have any concerns or queries during your time out of school, we are still here to support you.
- Use any of the following methods to keep in touch with us:
  - Call the school number (01254 918670) asking to speak to the Designated Safeguarding Leads (Moulana Usman, Miss Yakub or Miss Hasan)
  - Call the school number (01254 918670) to speak to your Head of Year.
  - Email the school on [info@tibhs.staracademies.org](mailto:info@tibhs.staracademies.org)
  - Contact the school on Tootoot using your username and password.
  - Speak to your Head of Year when they call you once a week for your welfare meeting.

