



Tauheedul Boys

Pupil Briefing Notes

27th April 2020



Hadeeth of the Week

مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ
الْآخِرِ فَلْيُكَلِّمْ خَيْرًا أَوْ لِيَصْمُتْ

“Let whosoever believes in Allah and in the Last Day either speak good or remain silent.”
[Bukhari]



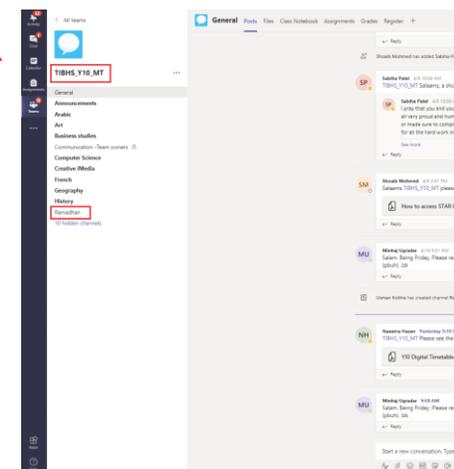


Ramadhan Initiatives

- 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:

- Ramadhan Foodbank (we have had a massive response – please continue donating!)
- 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.



Assemblies

- There will be weekly assemblies **during your faith session** on your year group team on Microsoft Teams.
- The schedule is outlined opposite.

Year Group	Day	Time
7	Monday	4.15pm (Faith Slot)
8	Tuesday	4.15pm (Faith Slot)
9	Wednesday	4.15pm (Faith Slot)
10	Thursday	4.15pm (Faith Slot)
11	Friday	4.15pm (Faith Slot)





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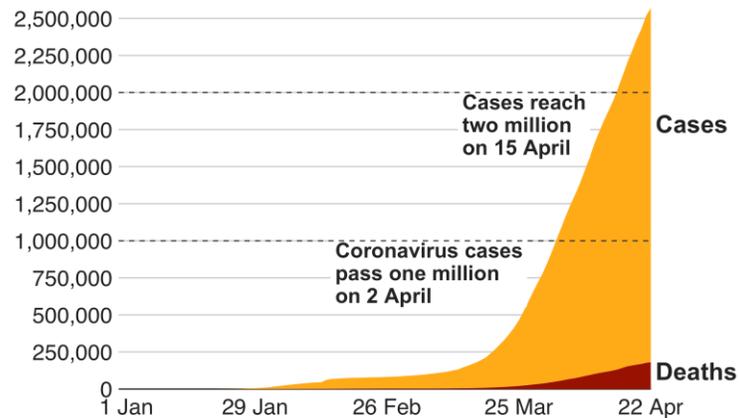
COVID-19 Guidance

- We are well into our national lockdown and we know what the social distancing guidance is. Ensure it is observed to save lives.
- How does the developing world cope with the Coronavirus: Click the link below to find out:

<https://www.bbc.co.uk/news/av/world-52382234/coronavirus-how-will-the-developing-world-cope>

- Study the graph opposite to see how the world has been affected by COVID-19.

Global coronavirus cases continue to climb



Source: Johns Hopkins University, updated: 22 Apr 19:00 BST

BBC

- 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 22nd May.
- Years 7 should continue to 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					

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

- **Practise postponing your worry.** Worry is insistent – it can make you feel as though you have to engage with it **right now**. But you can experiment with postponing hypothetical worry, and many people find that this allows them to have a different relationship with their worries. In practice, this means deliberately setting aside time each day to let yourself worry (e.g. 30 minutes at the end of each day). It can feel like an odd thing to do at first! It also means that for the other 23.5 hours in the day you try to let go of the worry until you get to your 'worry time'. Our *Worry Postponement* exercise will guide you through the steps you need to give it a try.

Worry Postponement For Uncertain Times

Psychologists think that there are two types of worry:

1. **Real problem worries** are about actual problems affecting you right now and which you can act on now.
"My hands are dirty from gardening, I need to wash them"; "I need to call my friend or she will think I have forgotten her birthday"
"I can't find my keys"; "I can't afford to pay this electricity bill"; "My boyfriend isn't speaking to me".
2. **Hypothetical worries** are about things that do not currently exist, but which *might* happen in the future.
"What if I die?"; "What if everyone I know dies?"; "Maybe this worrying is making me crazy"

People who are bothered by worry often experience it as *uncontrollable*, time consuming, and sometimes believe that it is beneficial to engage in worry when it occurs. Experimenting with postponing your worries – deliberately setting aside some time in your day to do nothing but worry and limiting the time you spend worrying – is a helpful way of exploring your relationship with worry. Follow the steps below for *at least* one week.

Step 1: Preparation

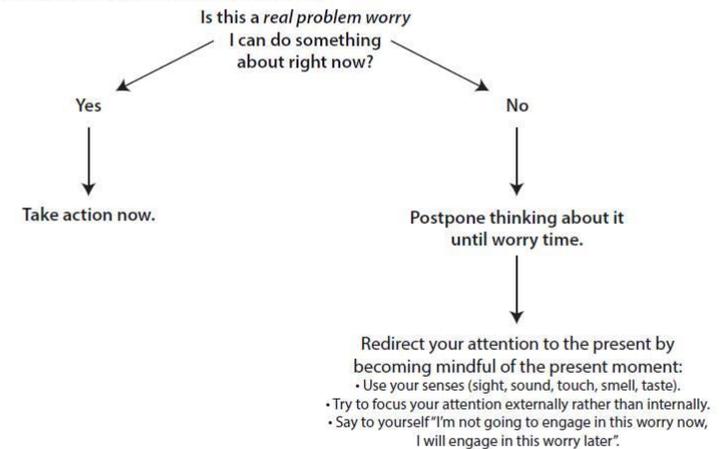
Decide when your worry time will be, and for how long it will be for.

- 'Worry time' is time you set aside every day for the specific purpose of worrying.
- What time of day do you think you will be in the best frame of mind to attend to your worries?
- When are you unlikely to be disturbed?
- If you are unsure, 15 to 30 minutes every day at 7:00pm is often a good starting point.



Step 2: Worry postponement

During the day, decide whether worries that surface are 'real problem' worries you can act on now, or whether they are hypothetical worries that need to be postponed.



Step 3: Worry time

Use your dedicated worry time for worrying. Consider writing down any of the hypothetical worries that you remember having had throughout the day. How concerning are they to you now? Are any of them the kinds of worries that can lead you to take practical actions?

- Try to use all of your allocated worry time, even if you do not feel that you have much to worry about, or even if worries do not seem as pressing at this time.
- Reflect upon your worries now – do they give you the same emotional 'kick' when you think about them now as they did when you first thought of them?
- Can any of your worries be converted into a practical problem to which you can look for a solution?



Assalaamu Alaykum Boys,

I hope you are smiling and in good health. Remember this time will also pass and life will return to normality but until then take advantage of this time. Pray to your lord like you are having a conversation with him. Share all your happiness and difficulties as he will grant you ease. Learn a new hobby. Learn something you've always wanted to but never had the time to. Most importantly, spend time with your parents and siblings. Take care..

(Miss Rawoot)

Stay Positive. Stay humble. Count all the blessings from your Creator. Don't count the days. Make the days count.

(Moulana Abdulrehman)

“Salaams to all of our pupils at TIBHS

I hope and pray that you are all well. Undoubtedly, we are going through testing times at present but remember with every hardship there is ease. It is incredibly important that you look after both your physical and mental health whilst we try to adjust to this “new normal”.

On that note, I hope you're all making the most of the time that you have and being as active as possible- how many of you are taking part in Joe Wicks' daily PE lessons? I know with that hair, you may mistake him for me but come on- we all know he's no Mr. Mulla!!!
Sending you all best wishes and heartfelt Duas.
Stay safe!

(Mr Mohammed Mulla)

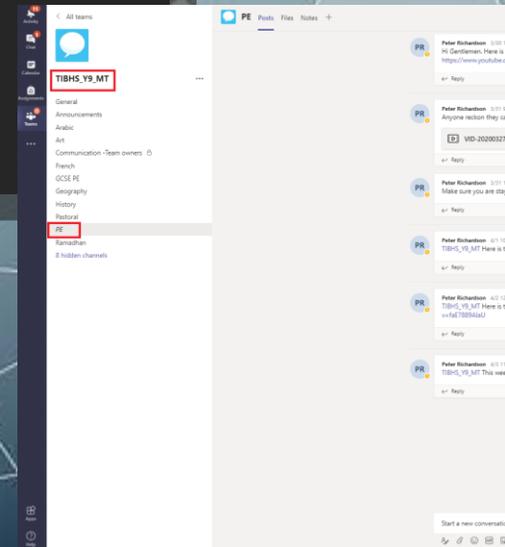
Messages from Staff

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
 - 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.

