



Tauheedul Boys

# Pupil Briefing Notes

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Week commencing 4<sup>th</sup> May 2020



# Hadeeth of the Week

مَنْ دَلَّ عَلَى خَيْرٍ فَلَهُ مِثْلُ أَجْرِ  
فَاعِلِهِ

“Whoever guides another person to do a good act, he will receive the same as the reward of the doer”  
[Tirmidhee]





# Ramadhan Initiatives

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

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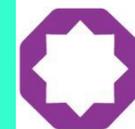
- Information will be posted on this channel on the following initiatives:
  - Ramadhan Foodbank (we have had a massive response – please continue donating!)
  - Daily Reminders
  - Ramadhan Challenge
  - Quranic Recitation
  - Ramadhan Quiz
  - Hifz Quiz
  - Weekly Contemplation of a Verse
  - Daily Hadith
  - Ramadhan Reflections Poetry Competition
- 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)



# 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 COVID-19 affect the body? Click the link below to find out:

<https://www.bbc.co.uk/news/health-51214864>



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- 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 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:

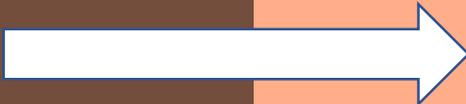
- Always ask others before sharing something about them. If they say no, we need to respect their choice and be a good friend.
- If you see someone having a hard time online, offer them support and report posts or accounts that might be upsetting or offensive.
- Take the time to look at the privacy settings 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

Some general tips



- **Set a routine.** If you are spending more time at home it is important to continue with a regular routine. Maintain a regular time for waking up and going to bed, eating at regular times, and getting ready and dressed each morning. You could use a timetable to give structure to your day.
- **Stay mentally and physically active.** When you plan your daily timetable, have a go at including activities that keep both your mind and body active. For example, you could try learning something new with an online course, or challenge yourself to learn a new language. It's also important to keep physically active. For example doing rigorous housework for 30 minutes, or an online exercise video.
- **Practice gratitude.** At times of uncertainty, developing a gratitude practice can help you to connect with moments of joy, aliveness, and pleasure. At the end of each day, take time to reflect on what you are thankful for today. Try and be specific and notice new things each day, for example 'I am grateful that it was sunny at lunchtime so I could sit in the garden'. You could start a gratitude journal, or keep notes in a gratitude jar. Encourage other people in your home to get involved too.
- **Notice and limit worry triggers.** As the health situation develops it can feel like we need to constantly follow the news or check social media for updates. However, you might notice this also triggers your worry and anxiety. Try to notice what triggers your worry. For example, is it watching the news for more than 30 minutes? Checking social media every hour? Try to limit the time that you are exposed to worry triggers each day. You might choose to listen to the news at a set time each day, or you could limit the amount of time you spend on social media for news checking.
- **Rely on reputable news sources.** It can also help to be mindful of where you are obtaining news and information. Be careful to choose reputable sources. The World Health Organization provides excellent information here:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



Salaams young men,

I pray you are all keeping safe and well during these unprecedented times. I came across this quote which I feel is really apt with what we are going through currently:

**I like the night. Without the dark, we'd never see the stars.”**

— Stephenie Meyer (author of the Twilight series)

Let's find the stars amongst this darkness which will guide us to new pathways of discovery: self-discovery and beyond.

Take care.

(Mrs A Hasan)

Assalam Alykum Wa Rahmatullah

I pray everyone is well, safe and healthy and every member in your families.

At times like this, Allah The Almighty not only Tells us to be patient, but also have full Trust in Him. This time of test is an opportunity to practise our heart worship more.

Allah reassures us in the Quran that hardship is always surrounded and overcome by relief (***5 Verily, along with every hardship is relief. 6 Verily, along with every hardship is relief.***) Surah Ash-Sharh (94)

Having positive belief in Allah gives hope and does not allow one to fall into despair or anxiety. We will all get through this together In Shaa Allah.

(Mr Ahmed Eid)

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.



# WORRIED? WE'RE HERE TO LISTEN

Call Childline on 0800 1111  
or visit [childline.org.uk/kids](http://childline.org.uk/kids)



**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

Whatever your worry, call us  
and a friendly person will be there  
to listen. It's free, you don't have  
to tell us your name, and we're  
here all day and night.



Tauheedul Boys

# School Contact

- Call the school number (01254 918670)
- 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 for your welfare meeting.

