

WESTWOOD CHRONICLES

NEW

TERM TWO

● 28 FEBRUARY 2023 ●

NEWSLETTER



Interesting Islam

Islam, born in Saudi Arabia 1500 years ago, is the fastest growing religion and the second most popular religion with 1.6 billion followers. To become a Muslim you have to believe in one God and testify that Prophet Muhammad ﷺ is God's Messenger.

Additionally, Muslims celebrate two special days a year known as Eid Al Fitr and Eid ul Adha. Both of these days have significance in Islamic history. Islam has five pillars that all Muslims try and implement in their lives. These are praying five times a day, fasting during the month of Ramadan, giving money to charity, performing pilgrimage, and most importantly, making a declaration of faith. There is an abundance of history you can find out from reading books. You can learn about how Islam started, the companions of Prophet Muhammad ﷺ, as well as all the other previous prophets that step foot on Earth. Visit our library to learn more. We have numerous books available.

Yousaf Mushahid Year 5



WANT TO LEARN SOMETHING NEW?

CONNECTING WITH OUR MOTHER TONGUE:

International Language Day

21 February 2023

What is Mother Tongue?

It is the language that a child hears from birth and helps give a definite shape to our feelings and thoughts. It is also the language one has grown up learning and speaking from early childhood. Moreover, is the first language learned at home.

Why is it called Mother's tongue?

It is a metaphor; language is seen as coming from your primary caregiver, the person who looked after you most when you were young. Traditionally, this is your mother. So this is perhaps the point of origin, the starting place of the metaphor 'mother tongue'. A person's mother tongue is also a strong indicator of self-identification with the ethnic community. As language plays a crucial role in the constitution and maintenance of ethnic identity.

What effect does Mother Tongue have on our lives?

As I said before, it helps give a definite shape to our feelings and thoughts, saying this impacts our everyday life. Learning the mother tongue is also crucial for improving our critical thinking skills; second language learning and literacy skills. Yet, the evidence of mother tongue an influence on English pronunciation is very obvious. Some English sounds do not exist in their mother tongue and vice versa.

What is the importance of learning your mother tongue?

Research shows that education in the mother tongue is lethal for inclusion and a key factor for quality learning. It improves learning outcomes and academic performance. This is crucial to avoid knowledge gaps and increase the speed of learning and comprehension. It can also unite people and give them a sense of belonging. According to M. Hamel (a French teacher of the school in the story The Last Lesson), 'even if people are enslaved, their mother tongue can act like a key to a prison.' This means it helps people understand where they come from and how and why it is an important part of their identity. In a grey, globalised world, retaining your language and culture sets them apart and makes them feel different and wanted.

Khadija Razi Year 9



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THE STUPENDOUS SAFETY CENTRE 7 February 2023

Westwood Prep participated in an educational trip to the Greater Manchester Fire and Rescue Centre based in Bury via coach. All the students entered separate rooms, the boys starting with a video while the girls suiting up in fire uniforms. They then reversed the activities so everyone got a chance to do it. Collins, one of the fire fighters, led numerous activities. We learned about the fire triangle which we were later quizzed on. Finally, they concluded with a call handlers' conversation through an emergency call. This really was the best trip ever. Afterwards, we headed back to school from the station in our coach.

Below are some images from this eventful day!

Rayhaan Alim Year 6



WHAT IS HAPPENING THIS WEEK?

NATIONAL STORYTELLING WEEK 5 February 2023

National storytelling week takes place every year. Stories teach us about other people's lives and provide us with another perspective. We are able to put ourselves in another person's shoes when reading these fantastic stories. In 2022, nearly two in five (37.5%) children and young people said they enjoyed listening to stories. When we read, we are diving into a completely different world that can be limitless and where our imagination can take us anywhere.

I challenge you, for this week, to either pick up a book you normally wouldn't read or try and write an adventure story.

You can find lots of inspiration in our school library!

Keep an eye out for teachers reading their favourite books outside of classrooms! You may find something you like.

Amaya Suleman Choudhury year 7



Come and
check out
our new
library tree

CHILDREN'S MENTAL HEALTH WEEK AT WESTWOOD PREP 12 February 2023

Westwood Prep students had the opportunity to participate in eye-opening activities focusing on mental well-being. They did activities such as creating positive affirmations, understood healthy eating, fun meditation techniques and exercises, as well as learned how to deal with what worries them.

This important week has taught us all a lot. Here are a few tips we would like to share. A healthy mindset helps to create a positive attitude. Whatever you believe about yourself on the inside is what will manifest on the outside. You are always one decision away from a completely different life. Remember, never give up. The beginning is always the hardest and to attain this type of lifestyle, you need to work hard and be consistent. Considering looking after yourself through hygiene, diet activities and what you do and your sleep cycle. Lastly, never let someone else's opinion bring you down. Smile through hardship and know that it is temporary. Turn to the higher power in your life, which is God. You are worth it.

Maryam Shahid and Hibah Malik Year 8

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NEWSLETTER

WAIT....WHERE ARE ALL THE VEGETABLES?

21 February 2023

Supermarkets such as Aldi and Asda's increasing prices have been described as slowly rocketing because of the shortage of fresh produce.

This comes after abnormal weather conditions in prime growing countries such as Spain and North Africa impacted harvesting seasons. Recently, Asda announced that it would be limiting the sale of certain fresh produce items after empty aisles concerned customers. This problem could go on for weeks. Extreme weather conditions include floods, droughts and storms. Aldi is limiting carrots, cabbages and cucumbers to three units per person to ensure that all customers can buy what they need.

Farmers have been getting angry and have been confronting the people that manage all this. Their answer: they cannot manage the weather in Spain. This has gradually been out of hand now and energy prices and climate change are the cause for it all.

I hope you enjoyed reading this article and found it informative. Please try and be more eco-friendly because it plays a big part in saving the planet.

Eimaan Bibi Year 8



NEWS OF THE WORLD

HEARTFELT HIJABS

1 February 2023

World Hijab Day celebrates the millions of Muslim women throughout the world who choose to cover their hair in accordance with Islamic law every year on February 1. Also, on this day, women of all faiths and cultures are encouraged to try on the hijab. The diversity of Muslim women's headwear is well known around the world. They put on these garments so they can keep their privacy. Women also wear them because they believe it will protect them from male harassment.

On February 1 2013, Nazma Khan established the inaugural "World Hijab Day". Khan in a New York City native and Muslim woman. She believed that by allowing women of various faiths to try on the headscarf for a day, she could promote greater interfaith harmony. Khan endured a great deal of discrimination as a NY city schoolchild due to the fact that she wore a headscarf in lessons, especially during the wake of the September 9/11 attacks. In creating this day, she aimed to abolish this type of prejudice once and for all. As of 2017, almost 190 nations observed World Hijab Day. To promote greater awareness and acceptance of the Islamic faith, the House of Representatives of the Philippines established February 1 as national Hijab Day in 2021.

When planning your activities for World Hijab Day, you may want to think about the following suggestions: Advocate For the Equality of Women. Many western women who wear the hijab do so willingly, but in countries like Iran and Saudi Arabia, the hijab is mandated by law. Women's rights activists and those who support their right to religious freedom would want everyone to have sympathy for those who are subjected to oppression because of their gender, and to support women in whatever way they can.

Kindness should be shown every day every day, not just on World Hijab Day, but it is a day of awareness. This day is celebrated throughout the world and is a chance for others to learn and understand the hijab and why it is worn. Many people around the world celebrate it differently. How will you celebrate?

Rumaisa Khan year 9



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RANDOM ACTS OF KINDNESS DAY 17 February 2023

So, what is it?

This is a beautiful day on which goodness is encouraged and acted upon all around the world. Since there is a promotion of positivity, many begin to develop generous habits in which they treat and converse with others politely. All in all, implementing random acts of kindness. This day was founded by the random acts of kindness foundation in 1955 and has been celebrated since. The foundation has received backlash and negativity throughout the years on social media. However, because of this, the foundation has been forced into continuing and driving all the negative and keeping positivity and kindness into light.

What can we do?

We can begin by using small, subtle steps. A compliment. Smile. Opening the door for someone. Also greeting each other with Salam and saying JazakAllahu Khairan. All of these are random acts of kindness. Instead of just being kind and acting upon them on one specific day, we should do this all the time. Like our beloved, Prophet, Muhammad, said, "God is kind and likes kindness in all things" (Bukhari 6601). So be kind. It is destined to bring you success and happiness to your life.

Lubabah Khan Year 10



NEWS OF THE WORLD

TURKIYE AND SYRIA HIT WITH DEVASTATING EARTHQUAKE 6 February 2023

Over 37,000 people have died and 80,000 injured due to a devastating 7.8 magnitude earthquake that occurred on the 6th of February 2023. The earthquake struck south-eastern, Turkey and North-Western Syria. Early Monday. These numbers have been said to rise dramatically as houses and buildings have trapped people under rubble, causing severe dehydration, adding numbers to the Dettol more than 7 million children have been affected by the massive earthquake and a major after shock that devastated Turkey and Syria last week. The United Nations have expressed, "we are voicing fear that many thousands more may have died". We, as a school, set up fundraisers with all the profits being donated to Turkey and Syria to aid those in need of help and supervision.

Madiha Zazai Year 8



SHAMIMA BEGUM REJECTED!

Shamima Begum (23) has brought a challenge against the Home Office to having her citizenship revoked. This challenge has been dismissed by a specialist tribunal.

However, Mr Justice Jay stated in a summary that he "welcomes her" and that the deprivation of her citizenship failed to respect her human rights, seeing as she now is in Syria, stranded and alone. Additionally, Jonathan Sumption, in a letter to the Guardian, described as a "scandal" the government's action, which he said in effect left her stateless. He wrote: "Children who make a terrible mistake are surely redeemable." On the other hand, with the country and the government divided, many are pleased with Begum's revocation and believe it is the best thing for the safety of Britons.

What do you think about Shamima Begum?

Rahma Khan Year 8



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HADITH OF THE MONTH

HADITH OF THE MONTH: Sleeping Early & Waking up Early

Hadith about sleeping early:

Prophet Muhammad ﷺ after praying Isha Salah said He disliked indulging in conversation and preferred going straight to bed. In the Quran it states:

وَهُوَ الَّذِي جَعَلَ لَكُمُ اللَّيْلَ لِبَاسًا وَالنَّوْمَ سُبَاتًا وَجَعَلَ النَّهَارَ نُشُورًا

'He is the One Who has made the night for you as a disguise, and 'made' sleep for resting, and the day for rising.' (Surah Furqaan verse 47)

The night is created for rest and the day for work and seeking provision. Yet we do the exact opposite. We are up at night and sleep late into the day, Sometimes up to or even beyond Dhuhr time. Moreover, we waste a lot of precious time. We need to try and change this lifestyle and live the way Prophet Muhammad ﷺ lived.

Hadith about waking up early:

Prophet Muhammad ﷺ said: "O Allah, bless my nation in their early mornings (i.e. what they do early in the morning)." (Sunan Ibn Majah)

Sleeping early and waking up early is a Sunnah as this was the lifestyle of Prophet Muhammad ﷺ. When we wake up early, we have a lot more barakah (blessings) in our time to get things done and the day feels productive. There are benefits of sleeping early and waking up early. From spiritual, physical and mental benefits.

Benefits of sleeping/waking up early:

- Relaxed mind: A peaceful sleep in the night relieves physical and mental stress that is caused during the process of regular activities. It relaxes the body and mind.
- Give time for breakfast: Breakfast is very important to kick start the day and most of the time, as we wake up late, we miss it.
- Positive performance: Inadequate sleep will curb your ability to think creatively, cope with stress and concentrate. All these stress factors will have a negative impact on your performance.
- Increased productivity: The world is a much quieter place in the morning. You can use this time to get a head start on the day. Plan out your day!
- Decreased stress: This can happen in two ways. One, you get more done during the day with your extra time, thereby freeing your mind of psychological clutter. The other way waking up early can decrease stress is if you use the early hours to do dhikr and think.

Tips on how to sleep early/wake up early:

- Eat 2-3 hours before bedtime
- Keep all gadgets away.
- Avoid caffeine.
- Maintain a consistent sleeping schedule.

This month's Hadith should help you all in bettering your sleep & wake cycle. JazakAllahu Khairan for spending the time to read our February issue newsletter. We look forward to showing you our next month's issue filled with fantastic events from school & news around the globe.

