TERM THREE

NEW

JUNE/JULY

NEWSLETTER

WESTWOOD HIGH AND PREP

Leavers of Westwood High

Hardworking year 11s of Westwood High gifted all their teachers mouth-watering cakes as a way of saying thank you for all their efforts in teaching them from year 7 - 11. The students were also kind enough to ask for forgiveness for any misbehaviour.

We pray you become successful on your new endeavour, year 11s!



Wonderous Waddow Hall Sunday 25 June 2023

Westwood Prep attended a residential to Waddow Hall which was only available for the year 6s. This included five girls and only two boys! It costs £100 to attend and you get one fantastic night of stay there.

Facts about Waddow Hall are it is a 17th-century Grade II listed building within a 178-acre estate that serves as a conference and activity centre . We embarked on our adventure to this wonderous place on the 25 June and returned on 26 June.

Upon our stay, we will have the opportunity to take part in some amazing activities. Some of these include rock climbing, canoeing and so much more!

Year 6 girls will have plenty of fun since there are a lot of them. One of the things the girls were looking forward to was telling ghost stories to scare each other.





TERM THREE

JUNE/JULY

NEWSLETTER

WESTWOOD HIGH

TENNIS AT OBA Tuesday 4 June 2023

Westwood High had a fantastic opportunity to hire OBA hall to practice tennis with a trained instructor named Nick. Upon entering the hall, she gave us a thorough introduction to tennis. Thereafter, she showed us the correct way to hold a tennis racket and dribble a tennis ball. We learned different types of ways to throw the balls and dribble them. Below are a couple to name a few:

Sandwich Catch

The sandwich catch was incredibly easy once you got the hang of it. It requires a lot of movement to ensure you catch the ball on your racket. We were taught, that when you throw the ball, it is better to do an underarm throw.

Splat

NEW

The splat was even easier! All you were required to do was slam it down with your tennis racket and pass it on to the next person.

The highlight of the day!

My best friend and I were named the best tennis players in year 7!

Fun facts about tennis

•The word "tennis" comes from the Anglo-Norman term "Tenez."

Wimbledon, or the Wimbledon Championships, is the oldest tennis tournament in the world and considered the most prestigious.

•The longest tennis match took 11 hours and 5 minutes to complete.

Hooriya Bibi Year 7







TERM THREE

NEW

JUNE/JULY

NEWSLETTER

WANT TO LEARN SOMETHING NEW?

FACTS TO LEARN ABOUT HAJJ 🕋 Monday 19 June 2023

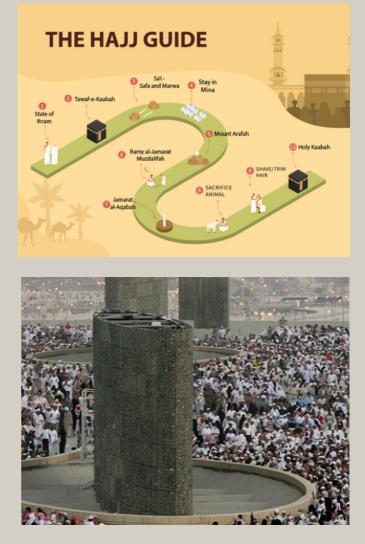
One of the five pillars of Islam central to Muslim belief, Hajj is the pilgrimage to Mecca that every Muslim must make at least once in their lifetime if they are able; it is the most spiritual event that a Muslim person experiences. We observe the rituals in the most sacred places in the Islamic world. The sanctuary there with the Ka'ba is the holiest site in Islam. As such, it is a deeply spiritual destination for Muslims all over the world; it is the heart of Islam.

At the heart of the sanctuary at Mecca lies the Ka'ba, the cube-shaped building that Muslims believe was built by Ibrahim السَّلَامُ and his son Isma'il عَلَيْهِ ٱلسَّلَامُ. It was in Mecca that the Prophet Muhammad (SAW) received the first revelations in the early 7th century. Therefore, the city has long been viewed as a spiritual centre and the heart of Islam. The rituals involved with Hajj have remained unchanged since its beginning, and it continues to be a powerful religious undertaking that draws Muslims together from all over the world.

Even before Islam, Mecca was an important site of pilgrimage for the Arab tribes of north and central Arabia. Although they believed in many deities, they came once a year to worship Allah at Mecca. During this sacred month, violence was forbidden within Mecca and this allowed trade to flourish. As a result. Mecca became an important commercial centre. The revelation of Islam to the Prophet Muhammad ﷺ restored the ancient religion of the One God to the people and transformed Mecca into the holiest city in the Islamic world.

Aisha Niaz Year 8





TERM THREE

JUNE/JULY

NEWSLETTER

WANT TO LEARN SOMETHING NEW?

DO YOU LIKE CHOCOLATE? Friday 7 July 2023

On July 7, people around the world raid their cupboards, treating themselves to some chocolate. Whether it be dark, milk or white chocolate, World Chocolate Day is a great excuse to enjoy the delights of cocoa, either with a comforting favourite or by trying some new flavours!

Why do we celebrate World Chocolate Day?

It's difficult to pinpoint an exact reason why July 7 was chosen as the day to appreciate chocolate, but according to Wired Magazine, it can be traced back to July 7, 1550, when cocoa was first brought to Europe in large quantities. Some reports state that Christopher Colombus might have brought cocoa to Spain much earlier, around 1504, but the aristocracy held a monopoly on it for centuries before it trickled down to the lower classes and gained widespread popularity.

Interesting Chocolate Facts

- Switzerland is the biggest consumer of chocolate
- Cocoa was domesticated roughly 5000 years ago
- Chocolate was initially consumed as a bitter drink
- The first chocolate bar was moulded in 1847
- Chocolate can provide an energy boost

Aisha Niaz Year 8

International Joke Day Saturday 1 July 2023

We have all heard laughter is the best medicine, but do you know the scientific evidence to support this claim? Studies have shown how laughing has a positive effect on the body and mind. It gives the immune system a boost, decreases stress hormones, improves heart health, and increases blood flow around the body.

A timeline of jokes ·1603 "knock-knock!" Shakespeare introduced the knock-knock joke in his play, Macbeth. ·1847 "A classic." The monthly New York magazine "The Knickerbocker" is the first to publish the classic joke, "Why did the chicken cross the road? To get to the other side." ·19,00 B.C "That's an old joke." The oldest identified joke is an ancient Sumerian proverb featuring toilet humour.

Hooriya Bibi and Shiza Sheraz Year 7



HADITH OF THE MONTH



BE AS KIND AS A KANGAROO 🖤

Kindness is a tricky thing, an incredibly tricky thing.

Sometimes we do not want to be kind for our own personal reasons but that is okay. However, for our own benefit, we should display this particular trait for reward.

What do I mean by kindness?

By kindness, I mean choosing to do something that helps others or yourself

It also means when you put other people's needs and essentials before your own, motivated by genuine, innocent, sincere feelings. For example, you can help a wrinkly old woman with her shopping, you could do some good to the world and clean your smelly old room and [even though you don't want to] help your poor old mum out with some washing.

What does Islam say about kindness?

Islam holds a great place in Islam. It has been written in the Quran, Hadith and thus become an emphasised Sunnah. That we should always be kind, and speak in a polite gentle manner to people. It is also said that we should always show mercy (زخمة) to other people. Some of us do not have the best relationship with our neighbours, unfortunately. However, our neighbours have rights over us which Prophet Muhammad ﷺ has taught us. The Hadith mentioned above displays how important it is for us to treat our neighbours in a good manner. We should try our best to be as good as we can with them, respect them, look out for them and most importantly show them kindness and compassion. Even if we have difficult neighbours. We should also try and be better people; something as simple as smiling could make the world of a difference. Moreover, Salaam and greeting them in a nice manner are all part of our Sunnah.

So, why should we be kind?

We should be kind because it connects us to other beings and helps us with our own depressing, crumbling, lacking, mental health! Let us make the world a better place.

Rahma Khan Year 8

TERM THREE

JUNE/JULY

NEWSLETTER

WESTWOOD HIGH FAMILY

Salam

NEW

🔽 Alhamdulillah!

Since our last Qardh e Hasanah Appeal, we raised £20K Alhamdulillah.

We need to secure the rest of the funds ASAP. Please lend us between £1000 - £2000.

Forward this poster and message on to anyone who can help. Allah grant you health and happiness.

07904817077

\$ 0161 425 3599

XPLEASE SHARE

Wassalam

Kamal Uddin Khan Westwood High

Saturday Brunch

Saturday 17 June 2023, Westwood High Family presented the opportunity for our community to order delicious and yummy food.

People had two options to choose from:

Q. Have a lie-in and enjoy a Greasy English Breakfast with the family.

Or

Opt for a Spicy Desi Breakfast instead.

The idea was, people stay home, have the scrumptious food delivered whilst helping a worthwhile cause at the same time.





