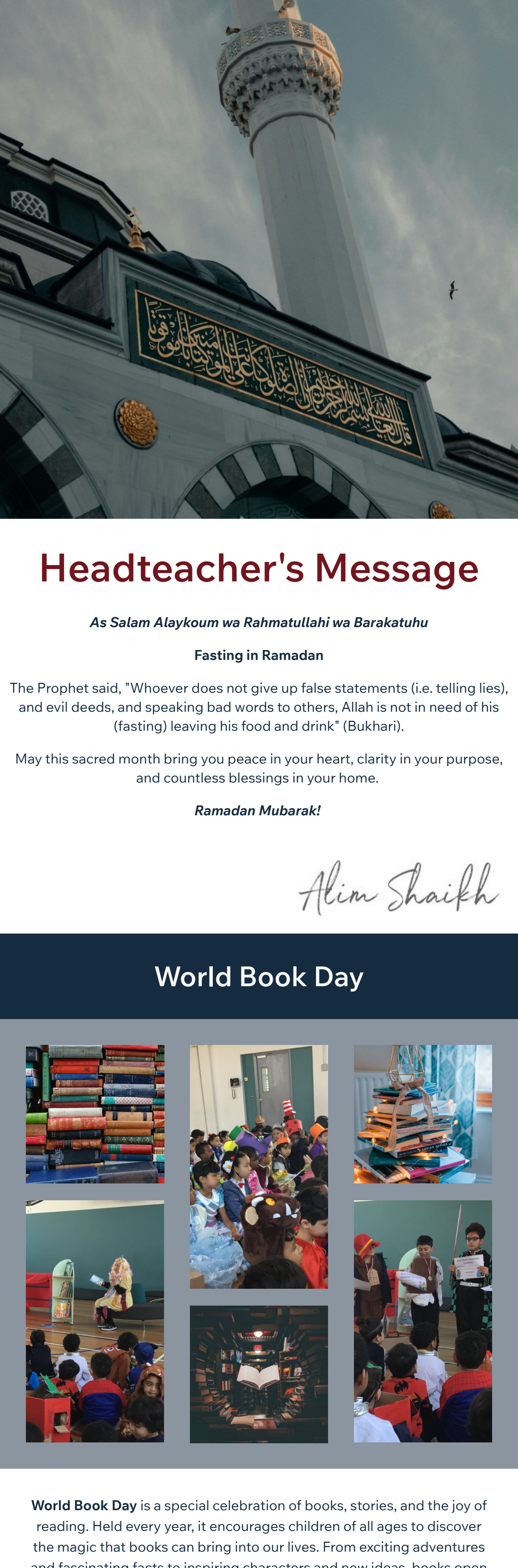


ISLAMIA PRIMARY SCHOOL
ESTABLISHED 1983

AS-SALAMU ALAYKUM

Jumuah/Friday Bulletin



Headteacher's Message

As Salam Alaykum wa Rahmatullahi wa Barakatuhu

Fasting in Ramadan

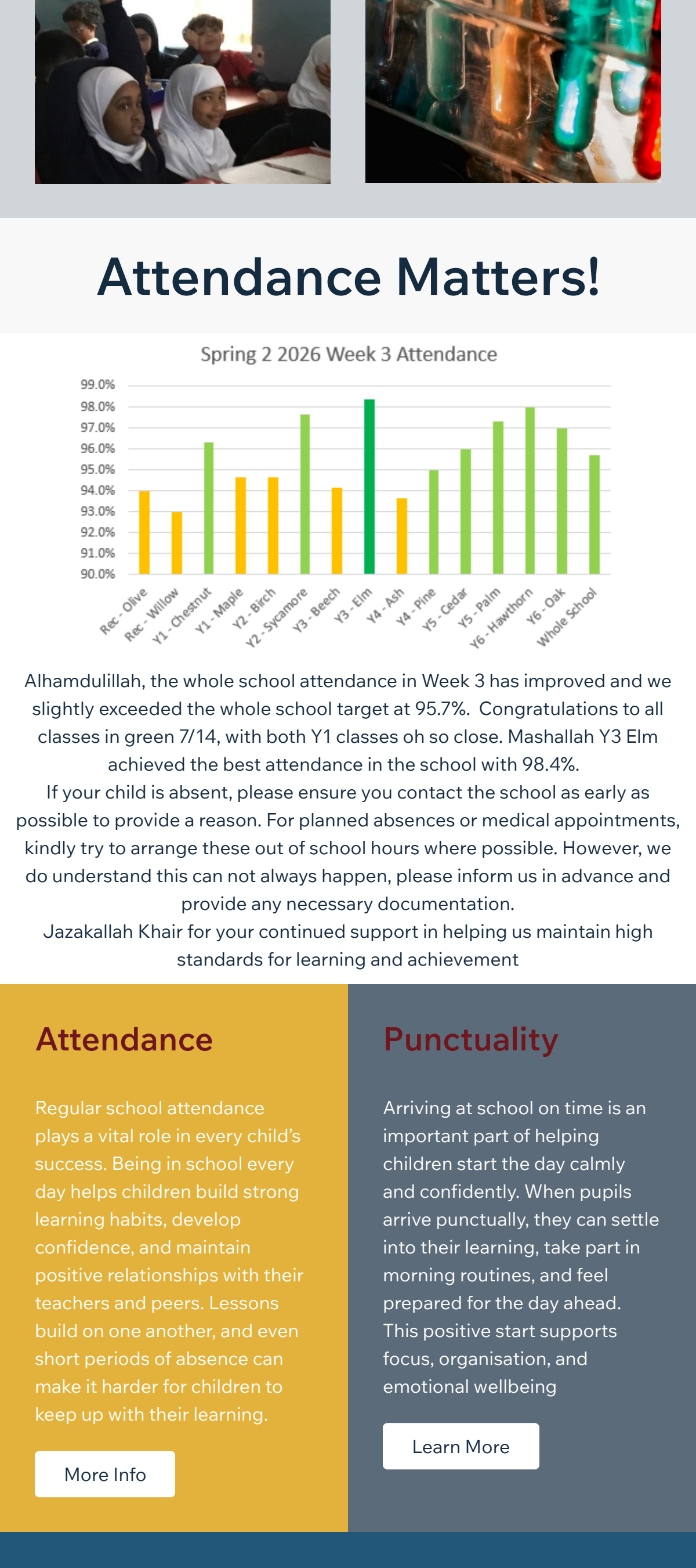
The Prophet said, "Whoever does not give up false statements (i.e. telling lies), and evil deeds, and speaking bad words to others, Allah is not in need of his (fasting) leaving his food and drink" (Bukhari).

May this sacred month bring you peace in your heart, clarity in your purpose, and countless blessings in your home.

Ramadan Mubarak!

Alim Shaikh

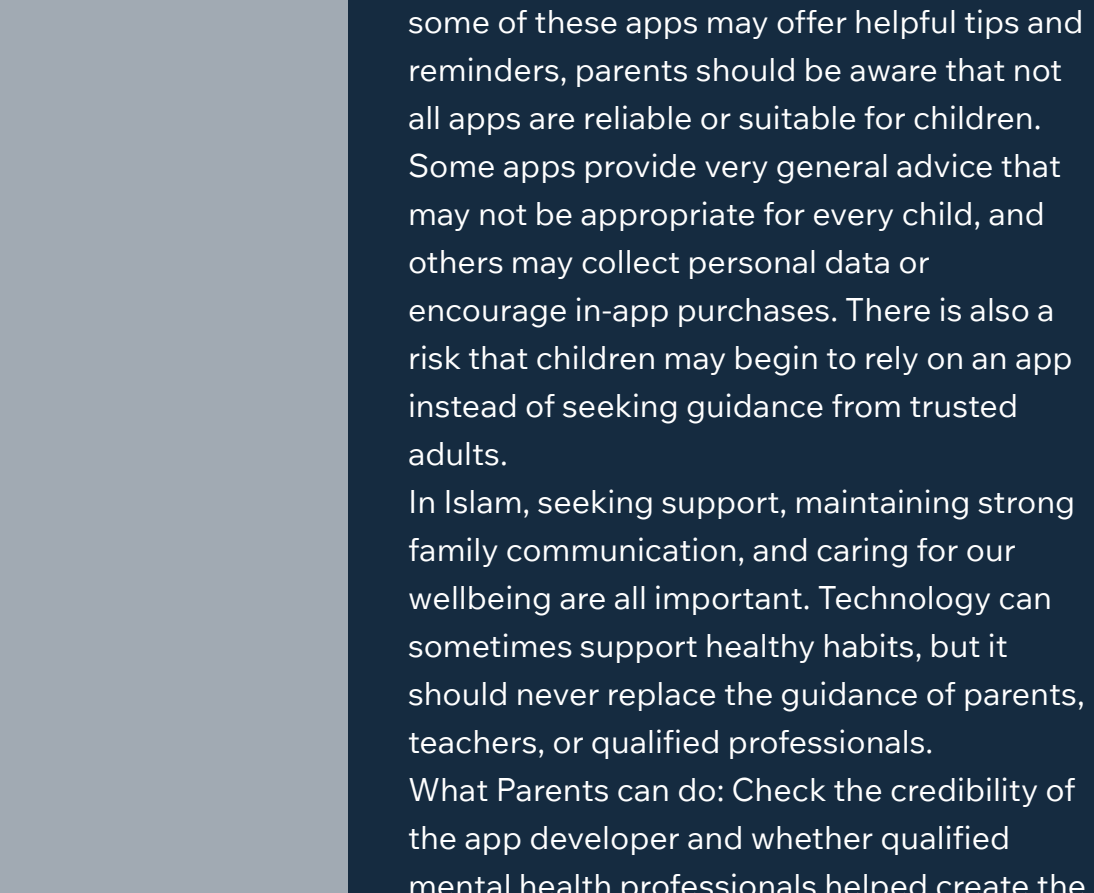
World Book Day



World Book Day is a special celebration of books, stories, and the joy of reading. Held every year, it encourages children of all ages to discover the magic that books can bring into our lives. From exciting adventures and fascinating facts to inspiring characters and new ideas, books open the door to endless imagination and learning. On this day, we celebrate authors, illustrators, and readers around the world who keep stories alive. World Book Day reminds us that reading is not only fun but also a powerful way to explore different cultures, expand our knowledge, and spark creativity. Whether it's a classic tale, a mystery, a fantasy, or a comic, every book has the power to take us somewhere new. World Book Day is the perfect time to pick up a book, share a story, and enjoy the wonderful world of reading.....Please do so with your children!

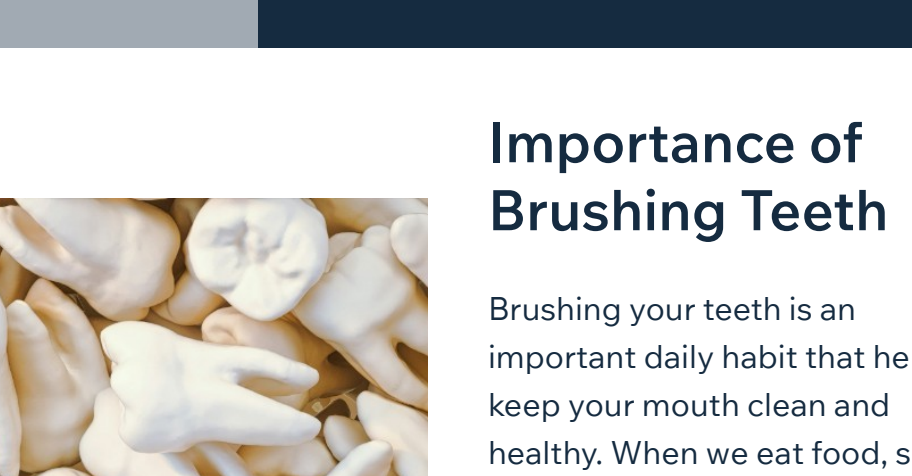
Year 4 Islamia students enjoyed an exciting online session in celebration of British Science Week!

They took part in a highly interactive Primary Futures event all about real jobs that use science from biologists to chemists and beyond. The children heard from three inspiring volunteers who shared their experiences, challenged stereotypes about what scientists look like, and opened their eyes to the wide range of careers shaped by scientific thinking. The session was lively and engaging, giving pupils the chance to ask thoughtful questions and explore how science plays a role in many fascinating fields. A wonderful opportunity that definitely sparked curiosity and enthusiasm!



Attendance Matters!

Spring 2026 Week 3 Attendance



Alhamdulillah, the whole school attendance in Week 3 has improved and we slightly exceeded the whole school target at 95.7%. Congratulations to all classes in green 7/14, with both Y1 classes on so close.allah Y3 Elm achieved the best attendance in the school with 98.4%.

If your child is absent, please ensure you contact the school as early as possible to provide a reason. For planned absences or medical appointments, kindly try to arrange these out of school hours where possible. However, we do understand this can not always happen, please inform us in advance and provide any necessary documentation.

Jazakallah Khair for your continued support in helping us maintain high standards for learning and achievement

Attendance

Regular school attendance plays a vital role in every child's success. Being in school every day helps children build strong learning habits, develop confidence, and maintain positive relationships with their teachers and peers. Lessons build on one another, and even short periods of absence can make it harder for children to keep up with their learning.

[More Info](#)

Punctuality

Arriving at school on time is an important part of helping children start the day calmly and confidently. When pupils arrive punctually, they can settle into their learning, take part in morning routines, and feel prepared for the day ahead. This positive start supports focus, organisation, and emotional wellbeing.

[Learn More](#)

Safeguarding Matters

At Islamia Primary School we take safeguarding seriously, we're delighted to introduce a new section to our Jumuah Bulletin - a key, weekly reminder from our Deputy Headteacher, on ensuring our community keeps informed and safe, online, physically and in the community - Ameen

Safer Internet Button

At the National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and digital citizenship. Content is tailored to the National College ethos, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](#).

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. To evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful addition to the in-person services available. However, they aren't a substitute. Information on the quality of these apps is sparse. They may look safe and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have measures to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Using apps to deal with mental health or children to deal with it can be a double-edged sword. For some of these apps, some will speak to the parent directly, while others will speak to the child. It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may develop a dependency on apps to help them deal with their anxiety. It's not addressing the root of the problem. A child may use an app to manage their anxiety, but if they're not getting the support they need, their anxiety may worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, helping users learn helpful habits to manage their condition - such as keeping an anxiety diary, improving bedtime and practicing mindfulness exercises. As every person is unique - and children especially will grow and develop in different ways - these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer advice that's not suitable.

DATA SECURITY

As with any other app - not just those for mental health and wellbeing - it's vital to check out the privacy policy before downloading. Some of these apps may collect data on users' usage and personal information. It's crucial to ensure that the app is secure and that the data is protected. If you're not sure, it's best to avoid the app. If you're not sure, it's best to avoid the app. If you're not sure, it's best to avoid the app.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other features. It's important to be aware of this before downloading an app. If you're not sure, it's best to avoid the app. If you're not sure, it's best to avoid the app. If you're not sure, it's best to avoid the app.

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health or wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resources? Also, check whether the app is affiliated with any government or mental health organisations, as these are more likely to be trustworthy. Reviews can also be a useful indicator of the app's quality. There are many good apps out there, but there are just as many that miss the mark.

READ THE PRIVACY POLICY

Look into the app's terms of service - especially the privacy policy. Do as you yourself first, then go over it with the child who is using the app. To ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

Meet Our Expert

Dr Chloe Matthews is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has extensive experience in research and research for the Australian government concerning internet safety and online behaviour of young people in the UK, USA and Australia.

SEEK PROFESSIONAL SUPPORT

Qualified mental health or wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP, or a helpline, who can be contacted by calling 800 1111.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for setting down feelings, tracking your own health and other such activities. There can be help if the problem is a short-term and temporary - such as a child getting stressed about upcoming exams - or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Source: See full reference list on guide page at <https://nationalcollege.com/guides/mental-health-apps>

[@wake_up_weds](#)

[www.thenationalcollege](#)

[@wake_up.wednesday](#)

[@wake_up.weds](#)

Children and Mental Health Apps

In today's digital world, many young people and children are turning to mental health and wellbeing apps to help with stress, anxiety, sleep, or managing their emotions. While some of these apps may offer helpful tips and reminders, parents should be aware that not all apps are reliable or suitable for children. Some apps provide very general advice that may not be appropriate for every child, and others may collect personal data or encourage in-app purchases. There is also a risk that children may begin to rely on an app instead of seeking guidance from trusted adults.

In Islam, seeking support, maintaining strong family communication, and caring for our wellbeing are all important. Technology can sometimes support healthy habits, but it should never replace the guidance of parents, teachers, or qualified professionals. What Parents can do: Check the credibility of the app developer and whether qualified mental health professionals helped create the content. Review the privacy policy to understand what information the app collects and how it is used. Be aware of in-app purchases or paid features. Most importantly, encourage open conversations at home so children feel comfortable speaking about their feelings and worries. By staying informed and maintaining open communication, we can help ensure our children are supported in a safe, balanced, and healthy way.

Importance of Brushing Teeth

Brushing your teeth is an important daily habit that helps keep your mouth clean and healthy. When we eat food, small bits can stick to our teeth. If they are not cleaned properly, bacteria can grow and cause problems like cavities, bad breath, and gum disease. Brushing your teeth removes food particles and plaque, which is a sticky layer of bacteria that forms on teeth. It helps protect your teeth from decay and keeps your gums strong and healthy..

PSA: Parent Staff Association

Will YOU find the GOLDEN TICKET? THE WONDERLICIOUS BAR EVENT

Dear Families of ISLAMIA PRIMARY SCHOOL...

Something exciting is coming...

For one special week beginning Monday 9th March, a limited number of **Wonderlicious Chocolate Bars** will be available after school.

GOLDEN TICKETS...

Those who discover a Golden Ticket will win special prizes.

Those who discover a Golden Ticket will win special prizes, with the TOP PRIZE WORTH UP TO £100!

But beware...

- No one knows which bars hold the tickets...
- It could be any bar... bought by anyone... on any day...
- Bars will be sold after school for one week only.
- Find a Golden Ticket and bring it to school to claim your prize!

Will YOU be one of the winners?

Wonderlicious BAR

£250 BAR

GOLDEN TICKET

Insha'Allah you may be the winner

~ PSA Islamia Primary School ~

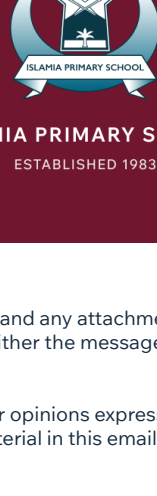
Headteacher's Jumuah Reminders

Forgiveness for Night Prayer

(Taraweeh): "Whoever prayed at night in it (the month of Ramadan) out of sincere Faith and hoping for a reward from Allah, then all his previous sins will be forgiven." (Sahih al-Bukhari 2009)

Upcoming Dates

23 Feb Spring Half-Term	19/20 Mar Eid al Fitr	27 Mar End of Spring Term
17 Ramadan 1447 Hijri		6 March 2026 Gregorian



ISLAMIA PRIMARY SCHOOL
ESTABLISHED 1983

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