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ISLAMIA PRIMARY SCHOOL

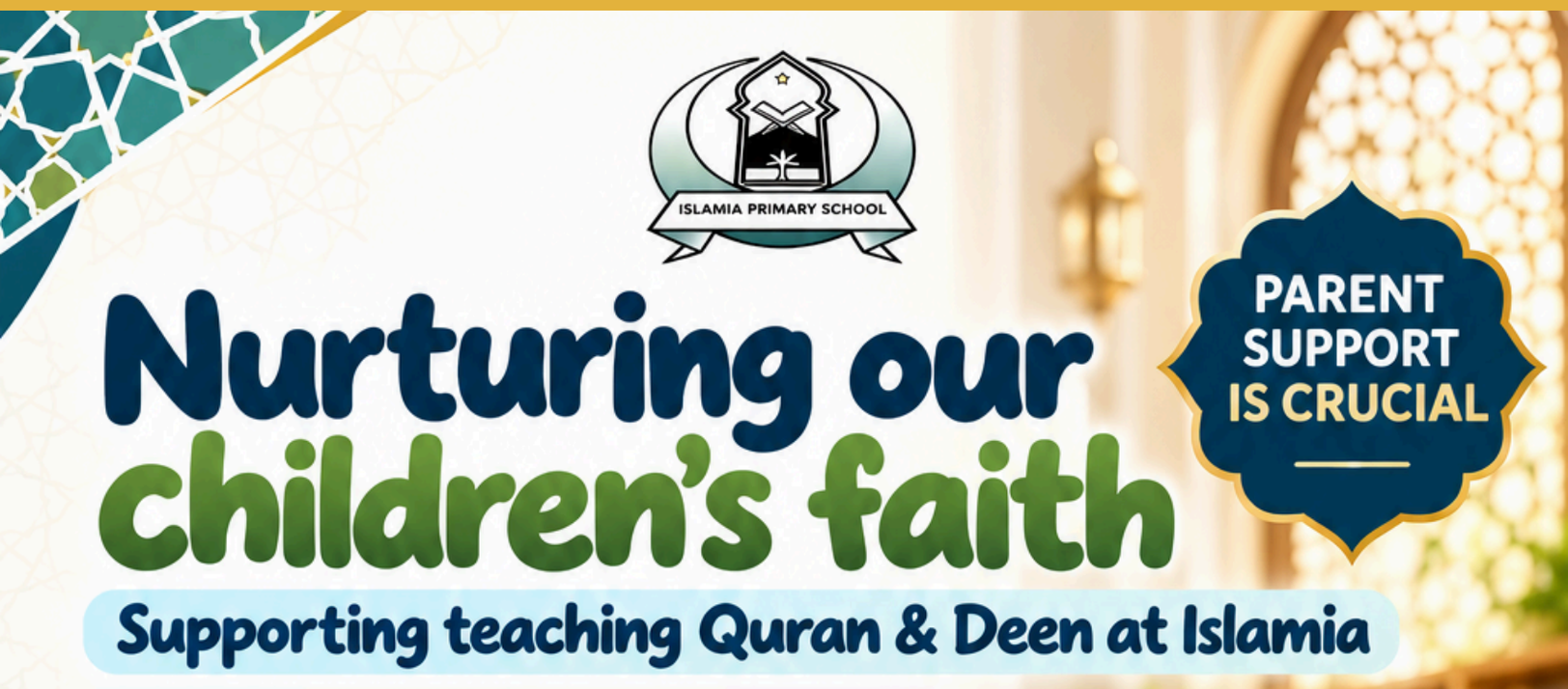
ESTABLISHED 1983

AS-SALAMU ALAYKUM

Chronicles of Islamia

9th October 2026 - 27 Rabi' Al-Thani 1448H
Newsletter Issue 3

Headteacher's Message



The government funds the learning and development of your children, covering **all National Curriculum subject areas.**

As a Voluntary Aided school, the cost of providing our specialised Islamic Studies **(Quran and Deen provision) relies directly on parents.**

Our dedicated Quran & Deerl department provides our children with an invaluable foundation in Islamic beliefs, character education (*tarbiyyah*), Islamic knowledge and worship.

YOUR CONTRIBUTION HELPS FUND:

- **Specialist teaching staff**
- **Books and resources**
- **Digital learning tools**

There is an annual need of **over £120,000** to fund the Islamic Studies and Qur'an department.

Without your contributions, we may not be able to continue to provide this important provision.

To maintain this provision, we kindly request a voluntary contribution of:

£450 one-off contribution per family

OR

£37.50 per month for 12 months

BANK DETAILS

HSBC Bank
The Broadway, Ealing W5 5JR

Sort Code: **40 05 23**
Account No. **61320289**

Supporting your child's Islamic education is a beautiful form of **Sadaqah Jariyah** *(continuous charity)* that yields blessings for their future. We are deeply grateful for your investment in our children's spiritual growth.

PROMOTING HEALTHY HABITS

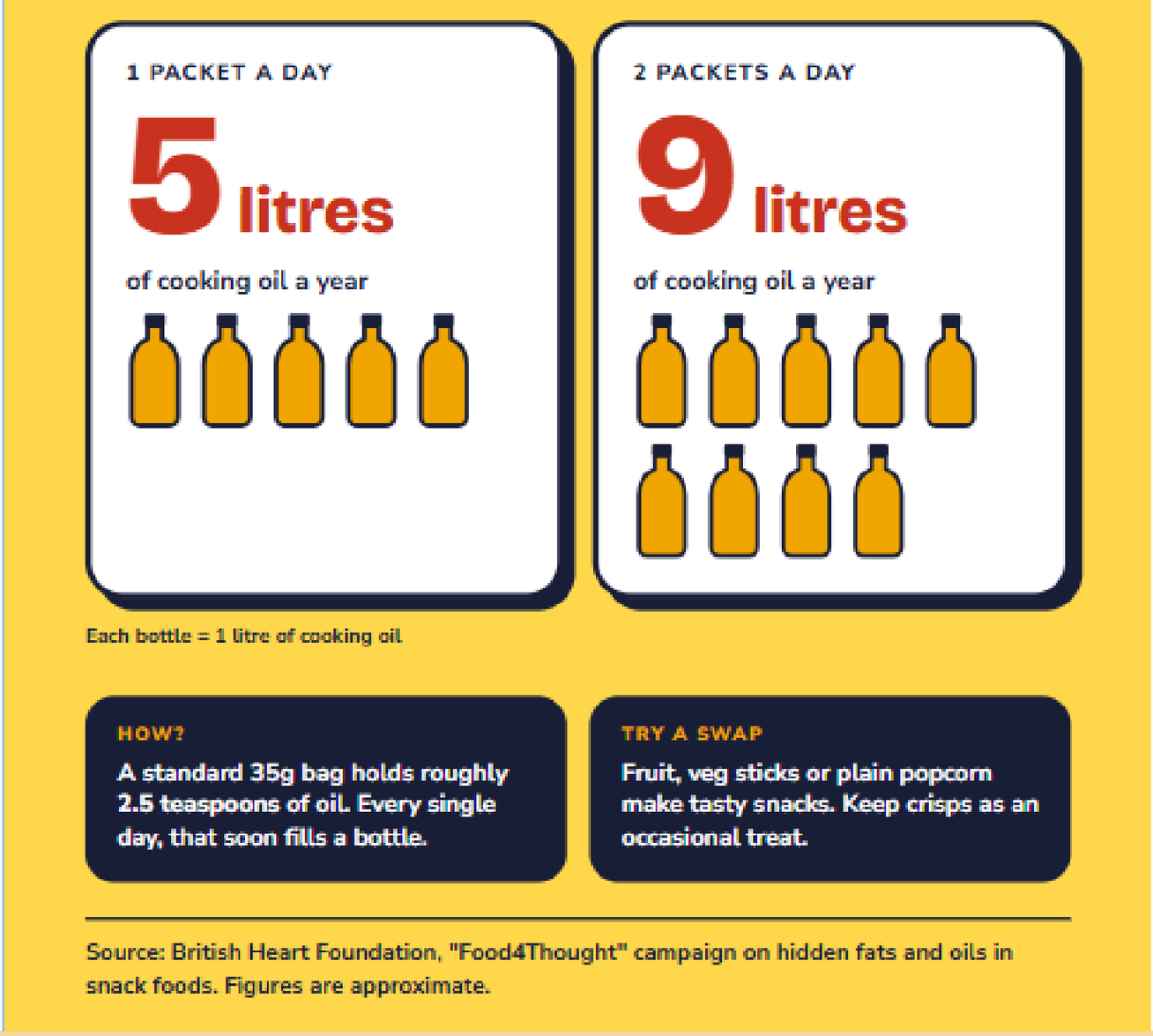
At Islamia, we want every child to have the energy, concentration and good health they need to learn, play and thrive. **What children eat**

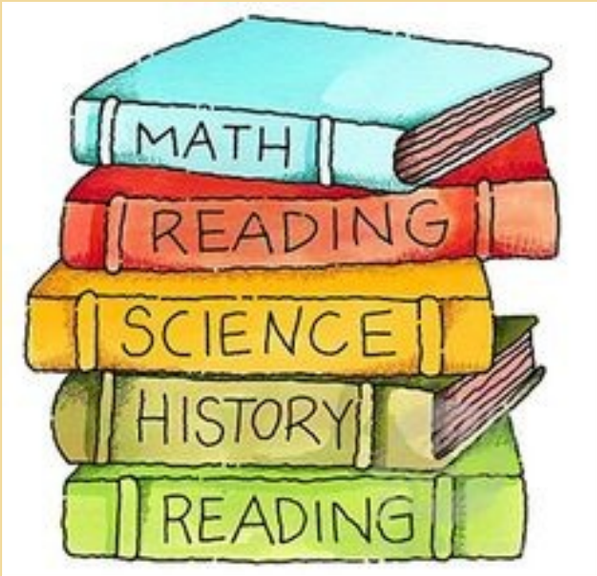
regularly matters, and developing healthy habits from an early age can make a lasting difference.

We have noticed that some children are bringing crisps and other less nutritious snacks to school every day or being given them at home-time as they leave school. Choosing a different snack more often can help children develop a more varied diet.

Growing bodies need nourishment. Fruit, vegetables, wholegrain foods and other nutritious snacks provide a range of vitamins, minerals and fibre that support children's growth and development.

Although **a packet of crisps may seem like a small snack**, making it a daily habit is worth reconsidering (see poster below which shows the amount of oil consumed in a year if someone eats 1 packet of crisps every day)





Curriculum Corner

Engage in meaningful discussions and exchange ideas with experts.

Aysha Islam - Assistant Headteacher: Curriculum, Teaching & Learning

Learning in Action

Seerah Exhibition 2026

Assalamu ‘alaykum wa rahmatullahi wa barakatuh,

A highlight of last week was our wonderful Sīrah Exhibition and performances. It was a joy to see our children’s creativity and hard work celebrating the life of our beloved Prophet Muhammad ﷺ.

In my Friday khutbah, I reminded our pupils why learning the Sīrah matters – not simply to know the Prophet’s ﷺ life, but to love him, learn from his beautiful character and follow his example. Allah ﷻ reminds us:

“Indeed, in the Messenger of Allah you have an excellent example…” Qur’an 33:21

A heartfelt jazakumAllahu khayran to all our staff and pupils for making the exhibition so memorable, and to the many parents and school governors who joined us to enjoy the performances and exhibition. Your support means so much to our school community.

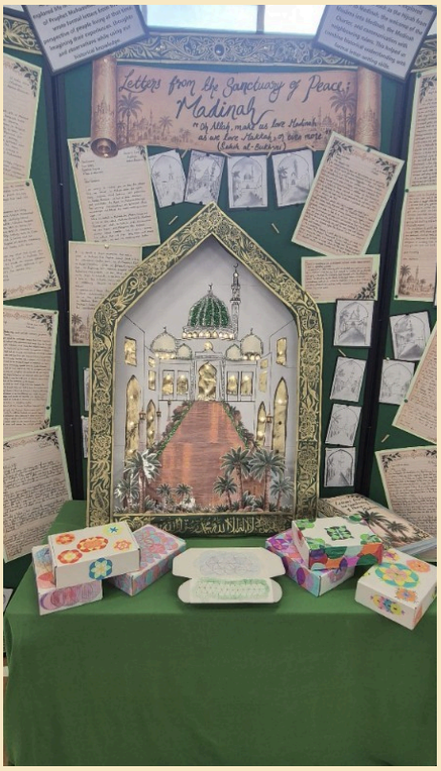
Please continue to keep our school, pupils and staff in your du‘as.

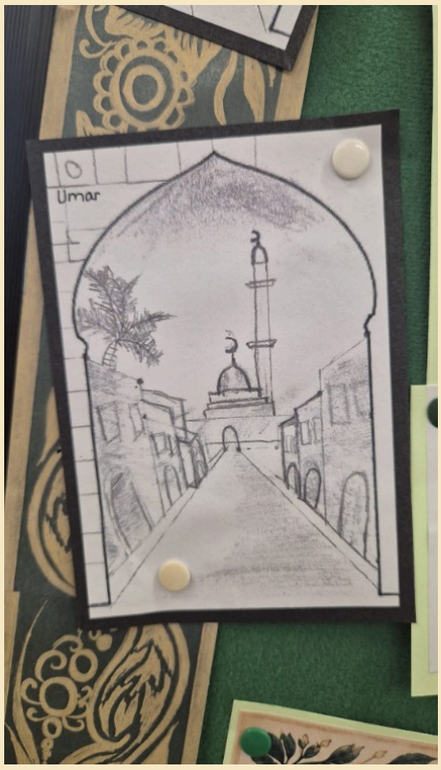
Hussain Shefaar

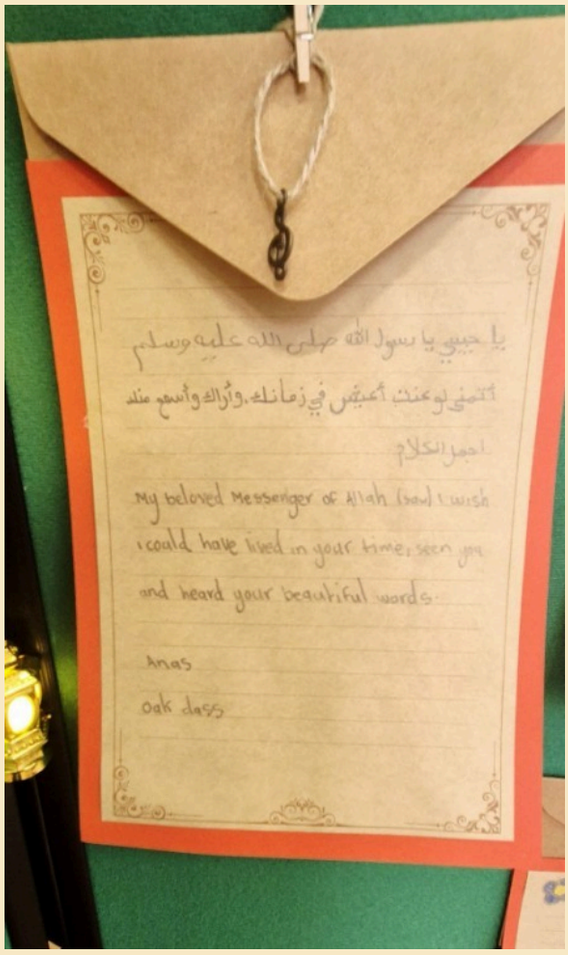
Gym Hall

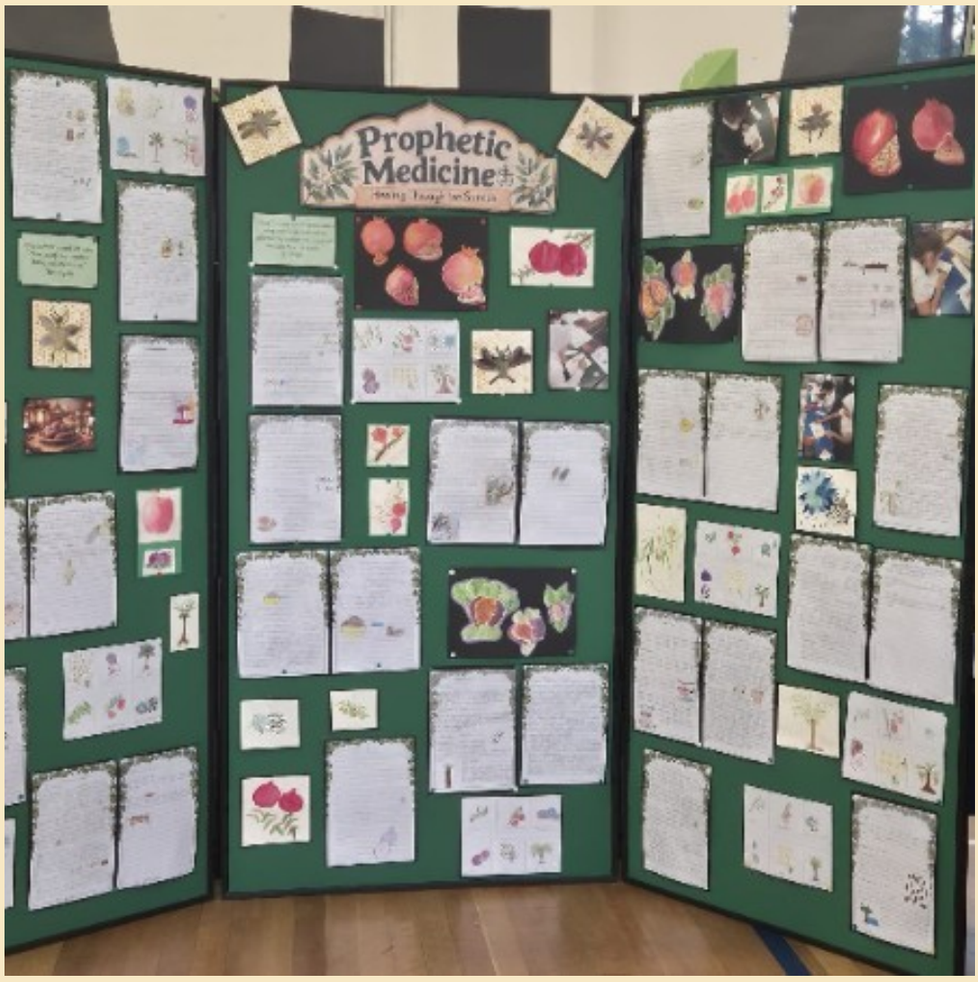
Prophetic Medicine

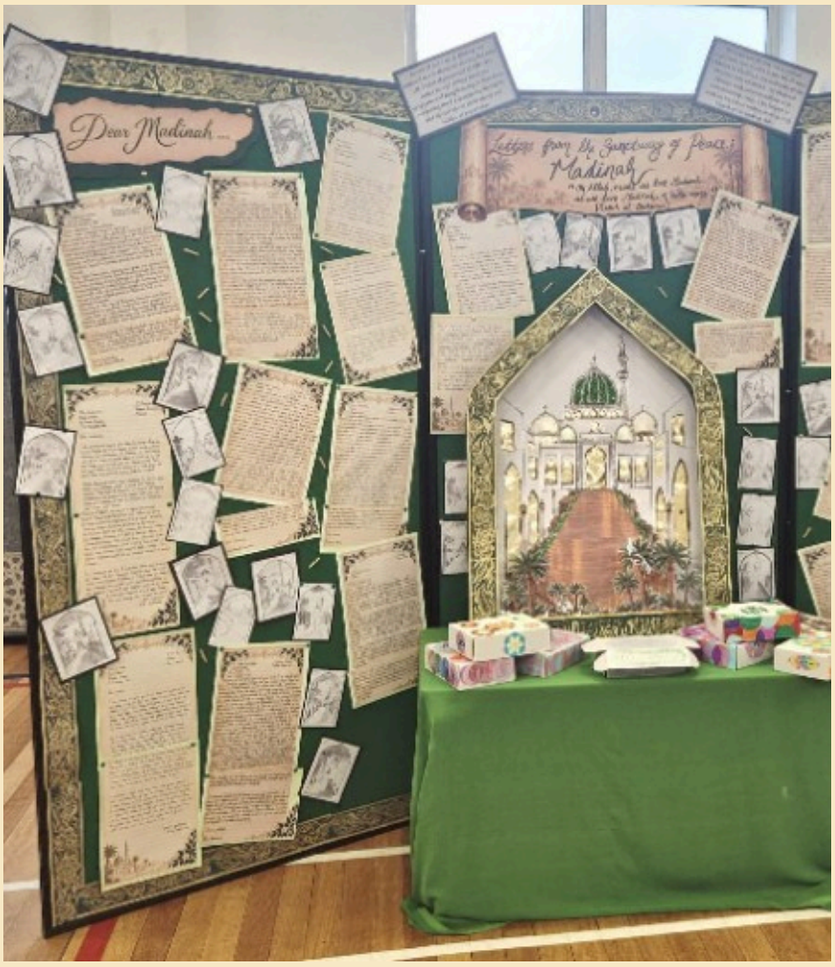
We
love
محمد


Letters from the Sanctuary of Peace:
Madinah

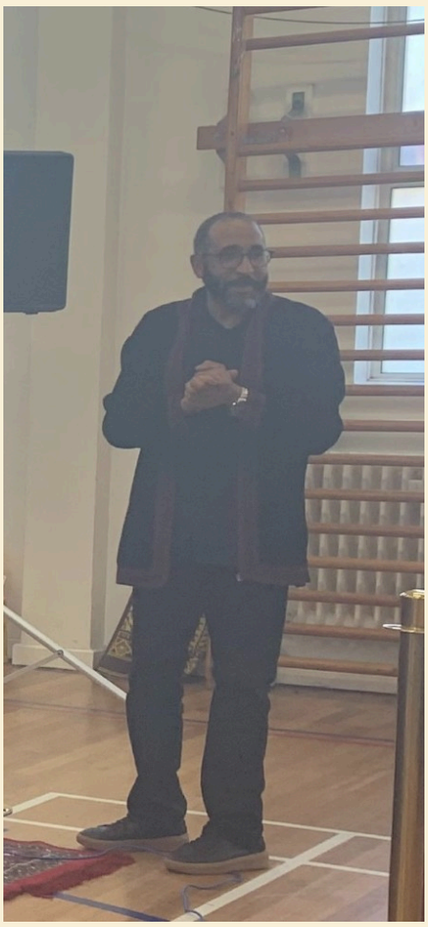

Umar


يا حبيبي يا رسول الله صلى الله عليه وسلم
أتمنى لو عشت أعيش في زمانك. وأراك وأسمع منك
أجمل الكلام
My beloved Messenger of Allah (saw) I wish
I could have lived in your time, seen you
and heard your beautiful words.
Anas
Oak class


Prophetic
Medicine


Dear Madinah...
Madinah

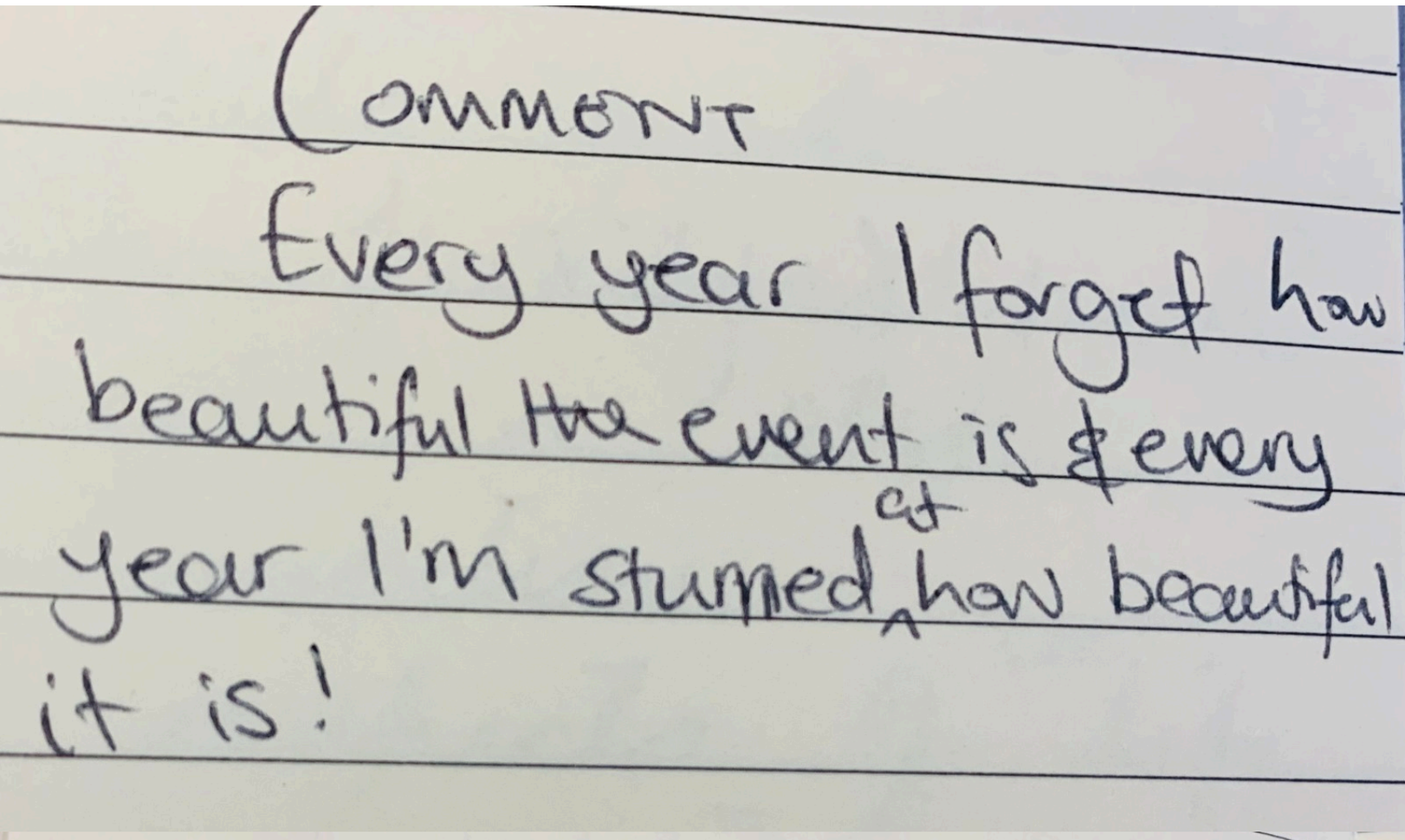
Prophetic Medicine



A heartfelt jazaakum Allahu khayran to Teacher Abdesselem and all the pupils in the choir, whose moving nasheeds were sung with such feeling and sincerity. Their voices brought a special warmth to the exhibition and beautifully expressed their love for our beloved Prophet ﷺ. We also extend our sincere thanks to Teacher Karima and the QAD team for their wonderful presentations and for offering pupils and visitors the opportunity to have their names written in Arabic calligraphy, adding a particularly special and memorable touch to the day.

Most importantly, we hope the exhibition inspired our children to see the Seerah not simply as something to learn about, but as a guide for how to live: with kindness, humility, patience, honesty and compassion. May Allah increase our love for His Messenger ﷺ and enable us to follow his beautiful example.

We were touched by the kind messages of appreciation left by parents during the exhibition. A selection of these messages is shared below. Jazaakum Allahu Khayran for taking the time to share your appreciation of the work and for celebrating the staff and children's efforts with us.


Comment

Every year I forget how beautiful the event is & every year I'm stunned at how beautiful it is!

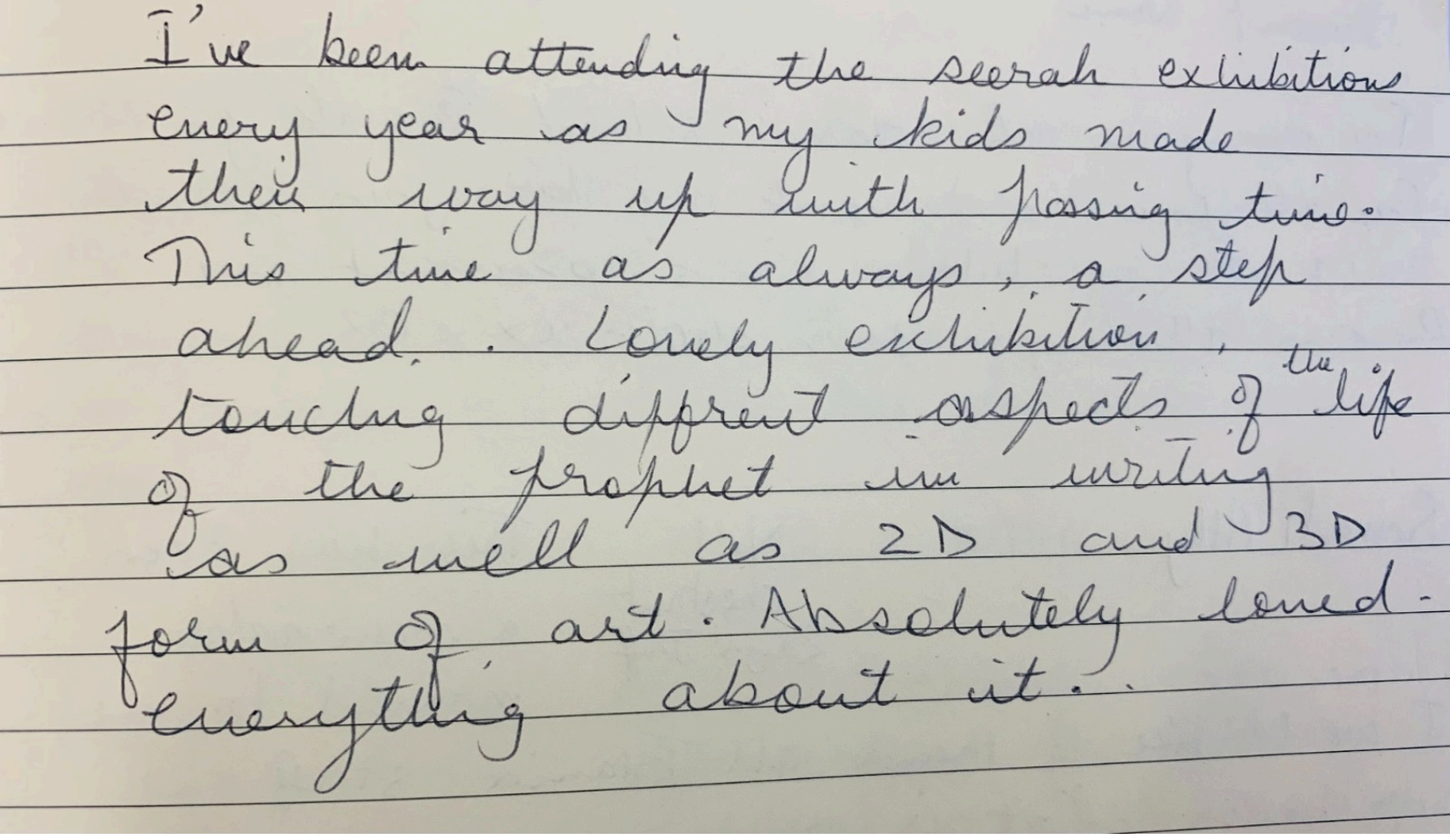
Dear Islamia Primary School

Masha Allah what a beautiful and informative exhibition!

I am soo impressed at the level of detail by the pupils and the standard of the Choir.

May Allah reward you all.

An extremely impressive exibition. Masha Allah, the children at IPS have put in a huge amount of effort and this is evident in the displays. May Allah SWT bless our children and guide them. Aameen.



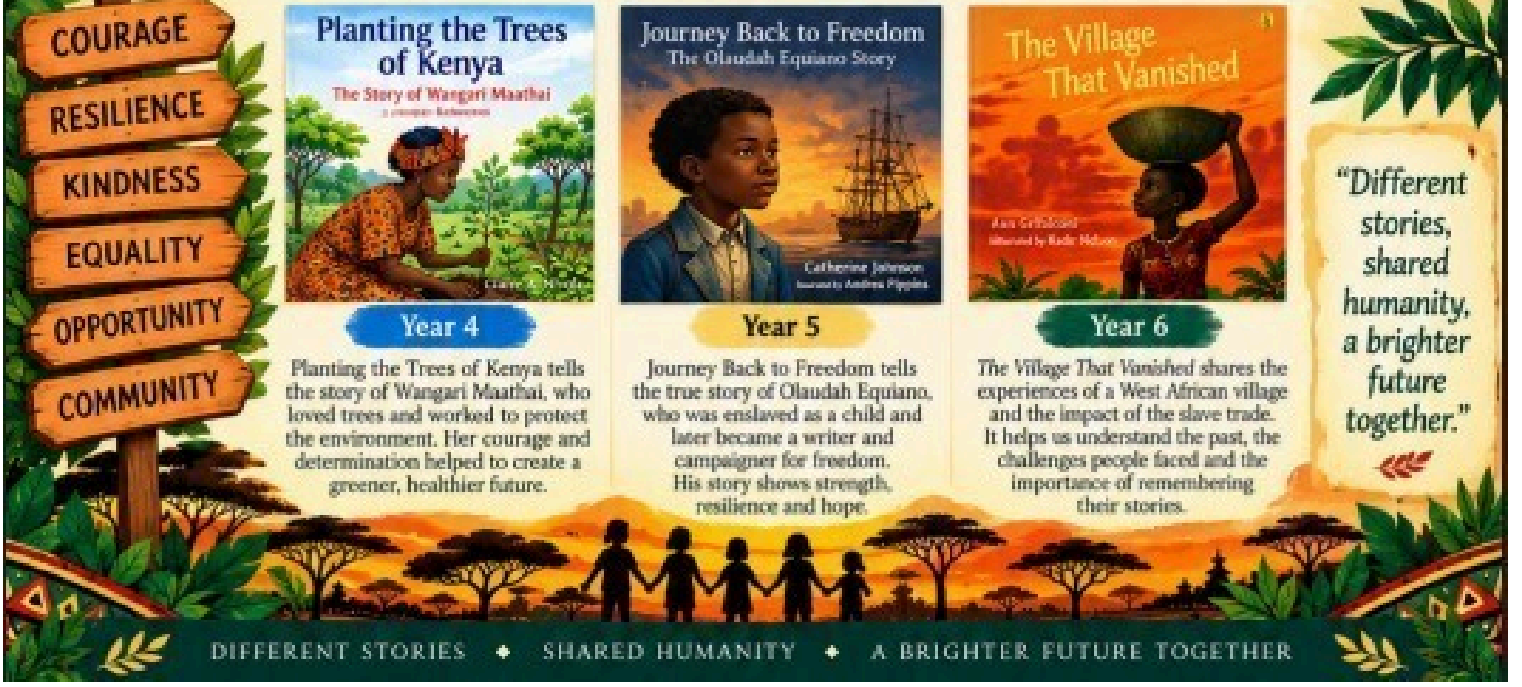
I've been attending the seerah exhibitions every year as my kids made their way up with passing time. This time as always, a step ahead. Lovely exhibition, touching different aspects of the life of the prophet in writing as well as 2D and 3D form of art. Absolutely loved everything about it.

Step into a world of endless possibilities and take control of your growth. Whether you're learning a new skill, exploring fresh ideas, or taking the next step in your career, knowledge is the key to unlocking new opportunities. With the right resources and guidance, you can push boundaries, achieve your goals, and shape your own future. Start your journey today and discover what's possible.

Black History Month

October is Black History Month, an opportunity to celebrate the history, achievements, culture and contributions of Black people in Britain and around the world. Through learning about inspiring individuals, exploring significant historical events and celebrating cultural heritage, pupils develop a deeper understanding of the diverse people and experiences that have shaped our society.

It is also an opportunity to promote respect, challenge stereotypes and recognise the importance of equality, representation and belonging. While we celebrate Black history this month, we recognise that these stories and contributions deserve to be valued throughout the year. Our core English texts have cross-curricular links to Black History Month.



Teachers have begun planning for Black History Month texts. As part of this work they have been completing a 'Mapping the text potential' task to maximise learning opportunities. Teachers received professional development on how to map text potentials, last year, as part of our work to improve writing across the whole school. Every teacher is expected to complete this for English Core books. They also take part in joint Mapping the learning journey of a text session with the English Leads and Curriculum Lead. The discussions have been very rich due to this activity and will positively impact the teaching of writing. To enrich and immerse the pupils further, there are also anchor reading texts to support pupils such information linked to Black History, culture, people and places.

Core Text: Planting the Trees of Kenya	Year group: 4

Vocabulary

- Deforestation
- Erosion
- SILT – technical vocabulary
- Sustainability
- Reforestation
- Environment
- Village
- Planting
- Green Belt Movement

Narrative features

- Chronological Structure
- Problem-solution narrative arc
- Focus on personal journey (Wangari)
- Cause and effect relationships
- Individual action leading to collective change
- Biographical

Historical, social and cultural context

Social - grassroots empowerment
Cultural - Spiritual/cultural value of nature, oral traditions, community collaboration
Islamic
Traditional vs modern lifestyles

Making links to background knowledge:

- Geographical context of Kenya
- Basic knowledge of deforestation and its effects
- Familiarity with global environmental movements
- Understanding of rural village life in Africa
- Introduction to Wangari Maathai (first African woman to win the Nobel Peace Prize

Mapping Text Potential

The challenges in the text and opportunities for teaching presented by the text.

Text type, purpose & intended readership

Text Type: Narrative Non-Fiction / Biographical Picture Book

Intended Audience: Upper primary students (Year 4–6) environmental education. Educators focusing on social justice, women's history, or African studies

Literary features

- Descriptive imagery
- Metaphor and symbolism (e.g., trees as life/growth) *land clothed in dress of green*
- Narrative voice: Third-person omniscient
- Simple yet poetic language
- Pacing aligned with transformation (from barren to green)
- Use of contrast (before/after deforestation and reforestation)

Language features

- Concrete nouns and vivid verbs (e.g., "planted", "struggled", "thirsty")
- Use of repetition for emphasis
- Clear sentence structure, suited to younger readers
- Gentle persuasive tone to inspire action
- Occasional technical vocabulary explained through context

Grammar & Syntax

- Varied sentence structures
- Language for context

"Where once there was..."

- Present and past tense usage
- Active voice dominates
- Accessible for lower KS2 reading levels

Coherence

- Logical progression from problem → action → result
- Strong thematic coherence around environment and empowerment
- Each spread focuses on a single idea or step in the story

Visuals reinforce text for cohesion

Themes

- Environmental Stewardship – link to Islam
- Empowerment and Activism
- Women's Leadership
- Community Action
- Sustainability and Nature
- Hope and Change
- Perseverance in the face of adversity

Visual features

- Detailed, watercolour illustrations
- Before-and-after visuals (lush greenery v barren land)
- Wangari often centred to emphasise her role
- Natural colour palette (greens, browns, earth tones)
- Map of Kenya sometimes included (depending on edition)
- Visual sequencing aligns with text's pacing

Subject

- Biography of Wangari Maathai
- Environmental science (deforestation, reforestation)
- African studies (Kenya)
- Social activism / women's empowerment
- Sustainability and ecological responsibility

School Assembly

Black History Month

For KS1, Black History Month was launched by Teacher Parveen (Humanities Lead) with a role play about Rosa Parks.

BHM Assembly Launch

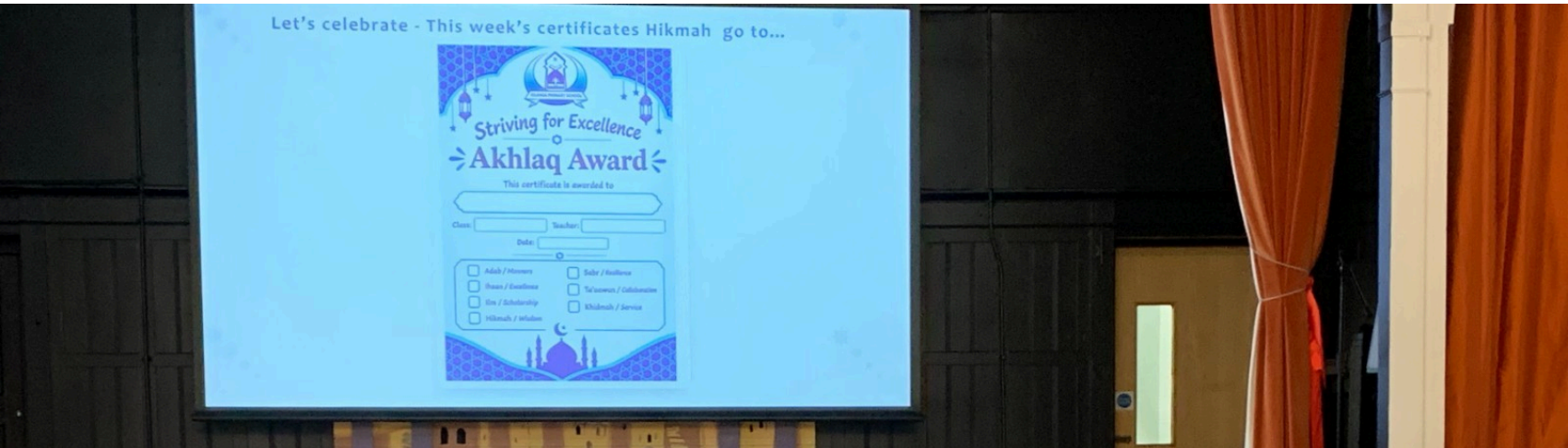
Celebrating

Learning and Character in Our Assemblies

Last week, our focus was Hikmah, the importance of being wise and making good choices. Pupils read the fable, Hakeem and the Fallen Tree, which taught them that Hikmah requires pausing and thinking carefully before acting.

> “He grants wisdom to whom He wills, and whoever is granted wisdom has certainly been granted much good.”
> Surah Al-Baqarah (2:269)

In this week's assemblies, many pupils received certificates for showing Hikmah (wisdom).



Character Education: This week, we continued our focus on character development through another original school fable, *Alim and the Monsoon*. These stories have been specially written for our school to bring our Islamic values to life in an engaging and memorable way. In this story, Alim, the Bengal tiger, learns the importance of valuing knowledge and developing Hikmah (wisdom).

We are keen to nurture a culture of scholarship at Islamia, encouraging pupils to be curious, ask thoughtful questions, explore ideas, seek understanding and approach their learning with diligence and perseverance.

Our Islamic history is rich with scholars who made remarkable contributions to mathematics, science, medicine, astronomy, geography and literature. We want our pupils to develop a love of learning that goes beyond simply acquiring facts: to wonder, investigate, make connections and appreciate the world as a source of knowledge and discovery.

Parents can support this at home by encouraging children to ask questions, exploring their interests together, visiting libraries or museums, reading widely and taking time to discuss what they discover. Rather than always providing answers, try asking, “What do you think?”, “How could we find out?” or “What else would you like to learn about?” These small moments help nurture curiosity, independence and a lifelong love of learning.

Alim and the Monsoon

A story about knowledge, nature and new beginnings

Alim the Bengal Tiger

Alim is a young Bengal tiger who was born in a zoo in London. Everything he needed was provided for him. When he is old enough, he is released into a protected forest in India, where he has much to learn about living in the wild.

Bengal Tiger Facts

- Lives in forests, grasslands and wetlands in India and nearby countries.
- An **endangered** species.
- Excellent swimmer.
- Has a beautiful orange coat with black stripes, which help it to blend into the forest.

Maya the Asian Elephant

Maya is an older Asian elephant. She has lived in the forest for many years and knows its rivers, paths and changing seasons. She becomes the young tigers' teacher and shares her knowledge about the forest and the monsoon.

Asian Elephant Facts

- Lives in forests across Asia, including India.
- The largest land animal in Asia.
- Very intelligent and has a strong memory.
- Uses its long trunk to pick up food, drink water, and help other elephants.
- An **endangered species**.

India

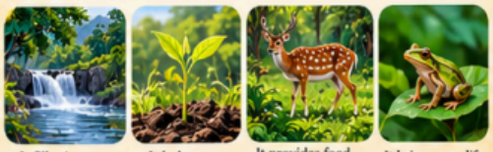
The story takes place in a protected forest in India. India is a large country in South Asia. It has mountains, forests, rivers and a rich variety of wildlife, including Bengal tigers and Asian elephants.

The Monsoon

The monsoon is a seasonal change in the winds. Every year, warm air over the land draws in moist air from the sea. This brings months of heavy rain to India and many other parts of Asia.

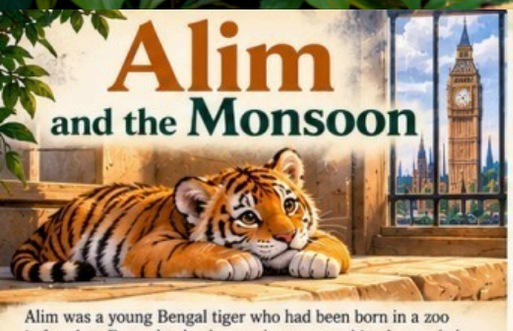
The Monsoon Brings Life

The rain fills rivers and pools, waters the forest and helps plants grow. It brings new life to the forest and provides food and water for many animals.



It fills rivers and pools. | It helps plants grow. | It provides food and water for many animals. | It brings new life to the forest.

Alim and the Monsoon



Alim was a young Bengal tiger who had been born in a zoo in London. From the day he was born, everything he needed was provided for him. Food arrived each day, fresh water was always nearby, and keepers cared for him when he was sick. When storms came, he had a warm, dry shelter. Alim had never needed to think about finding food, following rivers or protecting himself from the weather.

When Alim was old enough, he and several other young tigers were released into a protected forest far away from London – all the way in India. Life there was very different. There were no bowls of food or shelters waiting for them. There was much they needed to learn about living in the wild.

Maya, an older Asian elephant, became their teacher. She had lived in the forest for many years and knew its rivers, paths and changing seasons. Each day, the young tigers gathered around her. They listened, asked questions and followed her through the forest to practise what she taught them.

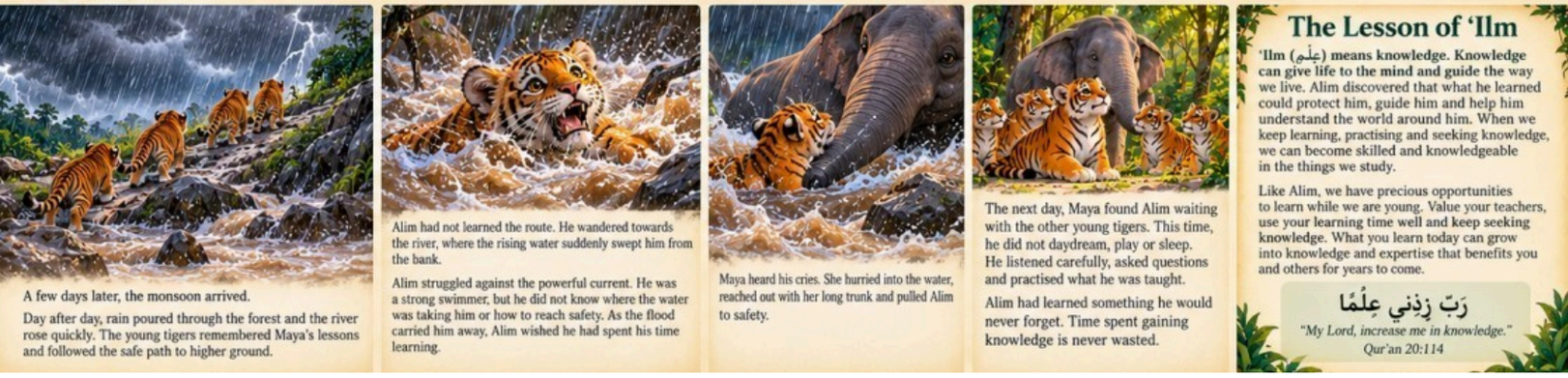
Alim, on the other hand, found the lessons boring. His mind wandered, he played with his tail, and sometimes he stretched out beneath a shady tree and fell asleep. The other young tigers spent their time eager to learn. Alim thought he could always learn another day.

As the rainy season approached, Maya began teaching them about the monsoon. She explained that every year seasonal winds brought moist air towards the land, bringing heavy rain. Streams could fill very quickly, rivers could rise and low ground could flood.

The monsoon also brought life. Its rain filled rivers and pools, watered the forest and helped plants grow. Maya wanted the young tigers to understand both its value and its dangers.

She took them to the river and taught them how to recognise rising water. She showed them which parts of the forest were low and which paths led to higher ground. The young tigers studied the paths and practised the safe route.

Alim soon became very bored. He had seen rain many times at the zoo. While the others were learning, he wandered away to find something else to do.



ADAB OF THE STUDENT

How We Can Show scholarship - 'Ilm

Listen carefully
Give the speaker your attention. Good learners listen before they answer.

Ask good questions
Questions help us understand. It is brave to ask when we are unsure.

Read & explore
Books, lessons and the world around us can all teach us something.

Practise
Knowledge grows when we practise. Mistakes can show us what to learn next.

Respect teachers
We show gratitude to the people who teach, guide and help us.

Share knowledge
If you know something useful, explain it kindly and help others learn.

Strive for excellence
Work extra hard to get excellence. This requires being disciplined and having high expectations.

Stay humble
The more we learn, the more we realise there is still more to discover.

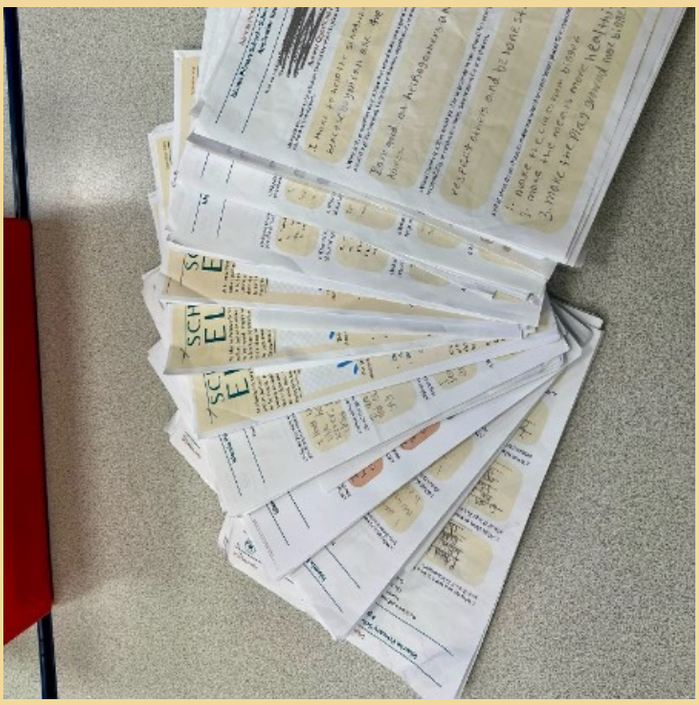
ILM • KNOWLEDGE • SCHOLARSHIP

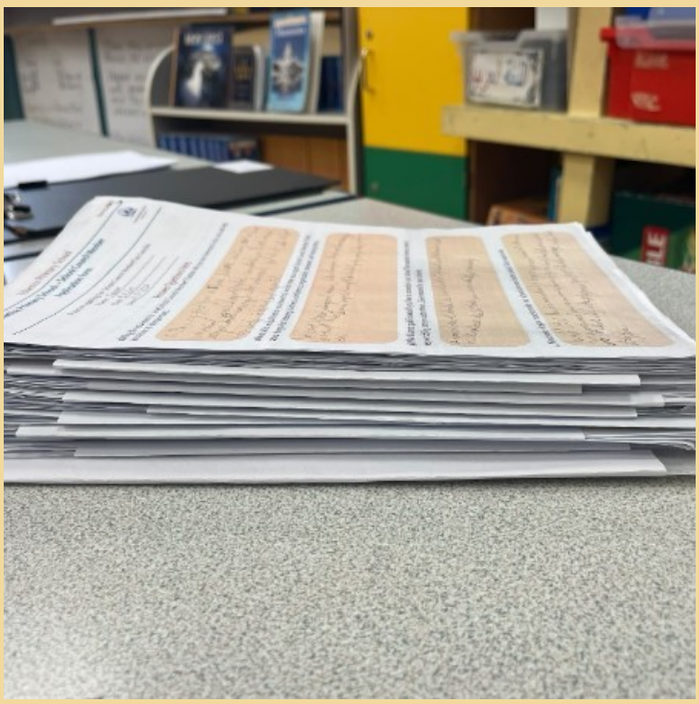
Pupils have learned that scholarship can be shown in many ways. In next week's assemblies, pupils will receive certificates for 'ilm (scholarship)

Update: School Council Elections 2026-27

Jazaakum Allah khayran to all our parents for supporting your children with their School Council applications. We were delighted by the tremendous number of applications received, which Teacher Dilshad said made the shortlisting process particularly challenging. A total of 56 pupils from Years 2–6 have been shortlisted and are now beginning the next stage of the election process: canvassing. This means speaking to other pupils, listening to their views and finding out what changes they would like to see in our school.

Shortlisted candidates will use what they learn to develop their manifestos, setting out the ideas and actions they would like to champion if elected.





We recognise that not every applicant could be shortlisted, and we thank every child who showed the courage and enthusiasm to put themselves forward. Applying for a leadership role is valuable in itself, and there will be other opportunities for pupils to contribute their ideas and make a difference as we look to develop pupil leadership.

Through this process, we aim to develop more than just a School

Council. We want to nurture confident, thoughtful and responsible young leaders who understand that leadership is about khidmah (service), listening to others, taking responsibility and working for the benefit of the whole school community.

Pupils are learning that effective leadership begins with understanding the needs of others, rather than simply sharing their own ideas. Please refer to the poster below for the key dates in the election process. We look forward to seeing our young leaders develop their ideas and take their next steps, insha'Allah.

Islamia Primary School

September 2026

SCHOOL COUNCIL ELECTIONS

At Islamia Primary School, our School Council elections give pupils the opportunity to experience democracy in action. Just as in wider society, our pupils from Years 2-6 will take part in a process that allows everyone's voice to be heard. Pupils who are interested in becoming School Council members and Class Councillors will first submit an application to show their interest. After a shortlisting process, candidates will run campaigns to share their ideas and explain why they would make good representatives. Finally, pupils will take part in a secret ballot to cast their votes, ensuring that the elected council truly reflects the choice of the school community. For Reception and Year 1, the model will be adapted to suit their age and stage of development.

This year, we are introducing a revised process and structure for School Council elections. There will be an application process which pupils will need to complete to become a candidate in the elections.

Process & Key dates

Application form submission deadline
Monday 5th October 2026

Shortlisting of candidates
Wednesday 7th October 2026

Each class will now have **two elected representatives**:

- Class Councillor - The candidate with the highest number of votes will become the Class Councillor and will sit on the School Council to represent their class.
- Deputy Councillor - The candidate with the second highest number of votes will become the Deputy Councillor. The Deputy will step in whenever the Class Councillor is unavailable and will also take part in selected projects throughout the school year.

Expectations for Candidates and Representatives

All candidates and elected representatives are expected to uphold the Islamic ethos of Islamia Primary School and demonstrate role model behaviour. As part of the shortlisting process, each pupil's behaviour record (Class Track-it information) will be taken into consideration.

It is important to note that if a successful candidate does not continue to display good behaviour and meet the standards expected of a representative, they may be removed from their position on the School Council.

School Council roles are an opportunity to practise Islamic leadership through khidmah (service to others), showing responsibility, respect, and care for the school community.

Deadline for Manifesto for shortlisted candidates
Wednesday 14th October 2026

Class votes for School Councillor and Deputy Councillors
Tuesday 20th October 2026

ISLAMIA PRIMARY SCHOOL

Jumu'ah Khutbah: Building a Muslim Community

Words of Wisdom

This week's Jumu'ah Khutbah focused on a powerful hadith of our beloved Prophet Muhammad ﷺ, narrated by Abu Hurairah (RA), in which he reminds us not to envy, deceive, hate or belittle one another. He teaches us that Muslims should support one another, act with honesty and kindness, and treat one another as brothers and sisters. This is an important message for pupils, parents and teachers as we want to build a strong community based Islamic values.

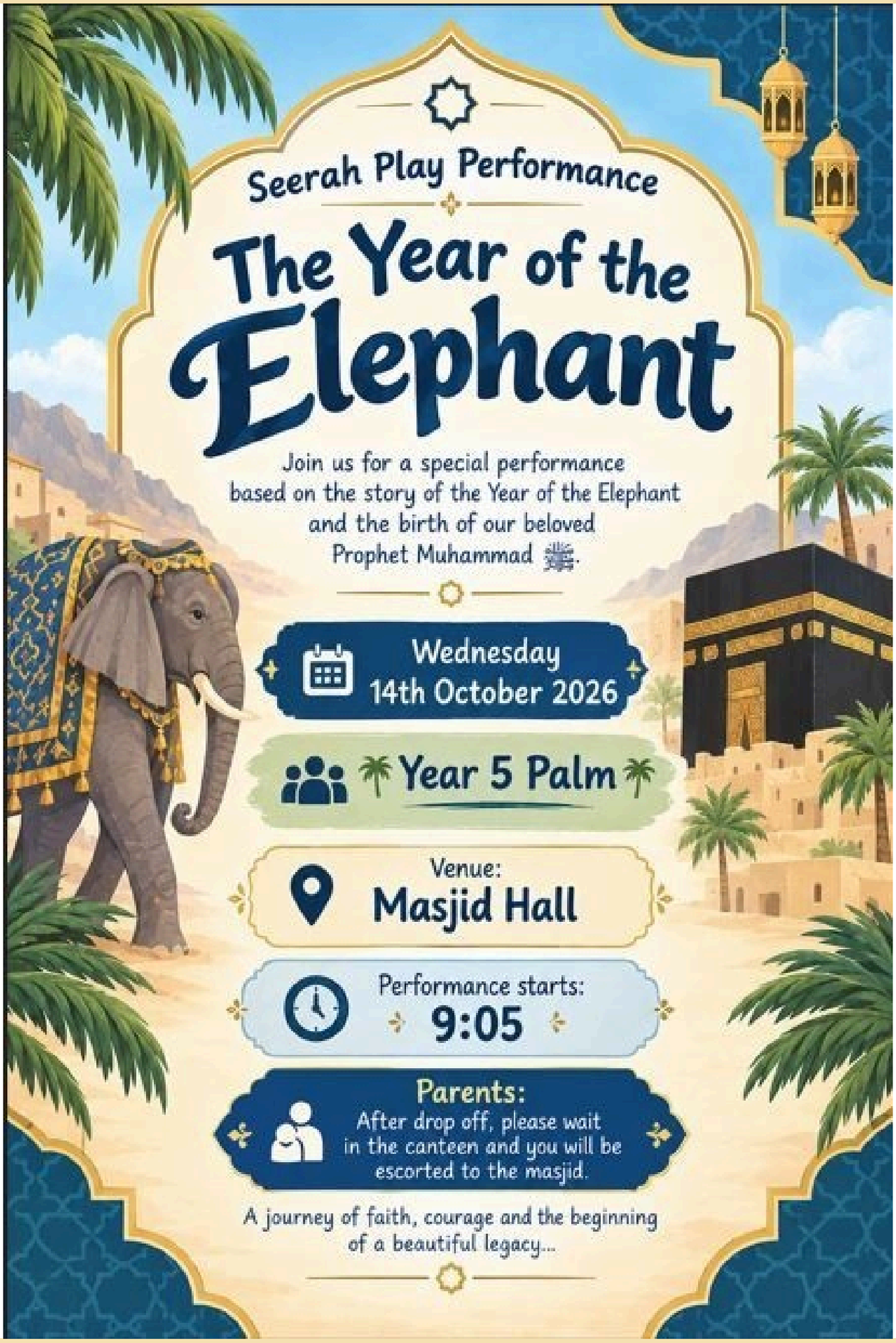
The Prophet ﷺ reminded us that 'piety is here', pointing to his chest, teaching us that true righteousness begins in the heart and is reflected in our actions and how we treat others.

The khutbah explored some important lessons for our children: to celebrate other people's successes rather than feel jealous, to be honest and trustworthy, to include others rather than leave them out, and to stand up for others rather than let them down.

As parents, you can reinforce these messages at home by encouraging our children to speak kindly about others, show gratitude for what they have, be happy for their friends' achievements, and consider how their words and actions make others feel. We can also help them understand that being a good friend is not simply about spending time together; it is about being trustworthy, showing compassion and doing the right thing, even when it is difficult.

Our aim is to nurture children whose good character is rooted in sincere faith and reflected in their everyday choices. May Allah guide our children to have hearts free from envy, tongues that speak with kindness, and the courage to treat everyone with dignity, fairness and compassion. Ameen.

First Parent Performance 2026-27 Palm Class



SAVE THE DATES

ISLAMIA PRIMARY SCHOOL

SAVE THE DATES

Parent Diary • Autumn Term 2026

OCTOBER	
Fri 2 Oct	Seerah Exhibition
Throughout Oct	Black History Month
Wed 14 Oct	Year 5 Palm Parent Performance - The Year of the Elephant
Fri 16 Oct	World Food Day - food bank collection
Wed 21 & Thu 22 Oct	Parent Meetings

NOVEMBER	
Mon 9 Nov	Parent Coffee Morning - Sleep Hygiene, 8:45am (EYFS, Brent Nursing Team)
Fri 13 Nov	World Kindness Day
16-20 Nov	Anti-Bullying Week - 'Break the Silence'
Fri 20 Nov	World Children's Day
Wed 25 Nov	Year 2 Birch Parent Performance - Black History Month: Coming to England

DECEMBER	
Thu 3 Dec	International Day of Persons with Disabilities
Wed 7 Dec	Year 5 Cedar Parent Performance - Space
Wed 14 Dec	Year 6 Oak Parent Performance - World Arabic Language Day
Fri 18 Dec	World Arabic Language Day

Please save these dates. Further details and exact timings for parent performances will be shared by the school. Dates are subject to change where necessary.

Achieve • Belong • Thrive

BRENT MENTAL HEALTH SUPPORT

NHS
Central and North West London
NHS Foundation Trust

BRENT MENTAL HEALTH SUPPORT TEAM (MHST) LEAFLET

Islamia Primary school

Who are we?

The Brent Mental Health Support Team (MHST) is an early intervention service which works in partnership with primary and secondary schools in Brent to support children, their families and school staff build on their emotional understanding, wellbeing and resilience.

Meet the practitioner

Aisha Hasan
Trainee Education Mental Health Practitioner

What support can we offer?

Parents/Carers

- **1:1 Parent-led Guided Self Help** on:

Managing Child Anxiety (5-11yrs)
(overcoming worries and fears, e.g. of going to school and sleeping alone. Using relaxation techniques, encouraging brave behaviour, etc.)

Parents/Carers Feedback

"X was easy to talk to and explained things well."

"The EMHP was professional, knowledgeable, they knew how to deal with behaviours, and gave good advice."

Managing Behaviour Challenges (5-8yrs)
(e.g. following instructions, setting routines, special time, encouraging desirable behaviours, etc.)

- **Coffee mornings/afternoons,** e.g. on understanding and managing anxiety
- **Parent Workshops,** e.g. on sleep routines, child-led play, online safety.

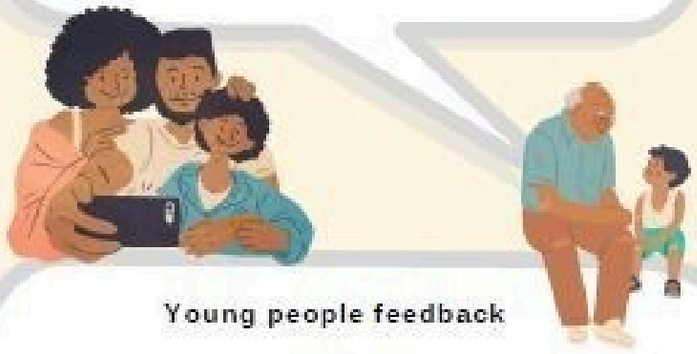
Children

- **Brain Buddies** - Year 4-6 whole class workshops on emotion regulation
- **Workshops and Assemblies,** e.g. on transitions, self-esteem
- **1:1 or Group Specialist Work,** e.g. with Cognitive Behavioural Therapy (CBT), Senior Wellbeing Practitioner (SWP), Play Therapy, Art Therapy and Dramatherapy

School Staff

Case discussions and Consultations

"Once the referral was made the communication was really quick. X showed empathy, and was supportive."



Young people feedback

"I understand my brain more than ever" - Yr 6

"I really looked forward to this each week because I knew I would be able to tell you anything and not get judged" - Yr 6

"The therapists really took everything I said seriously and they always plan very fun activities." - Yr 4

If you think your child could benefit from accessing 1:1 support from MHST, please speak to us or the school Assistant Headteacher – Aysha Islam

Attendance
Every School Day Matters

Attendance Success – Four Consecutive Weeks!

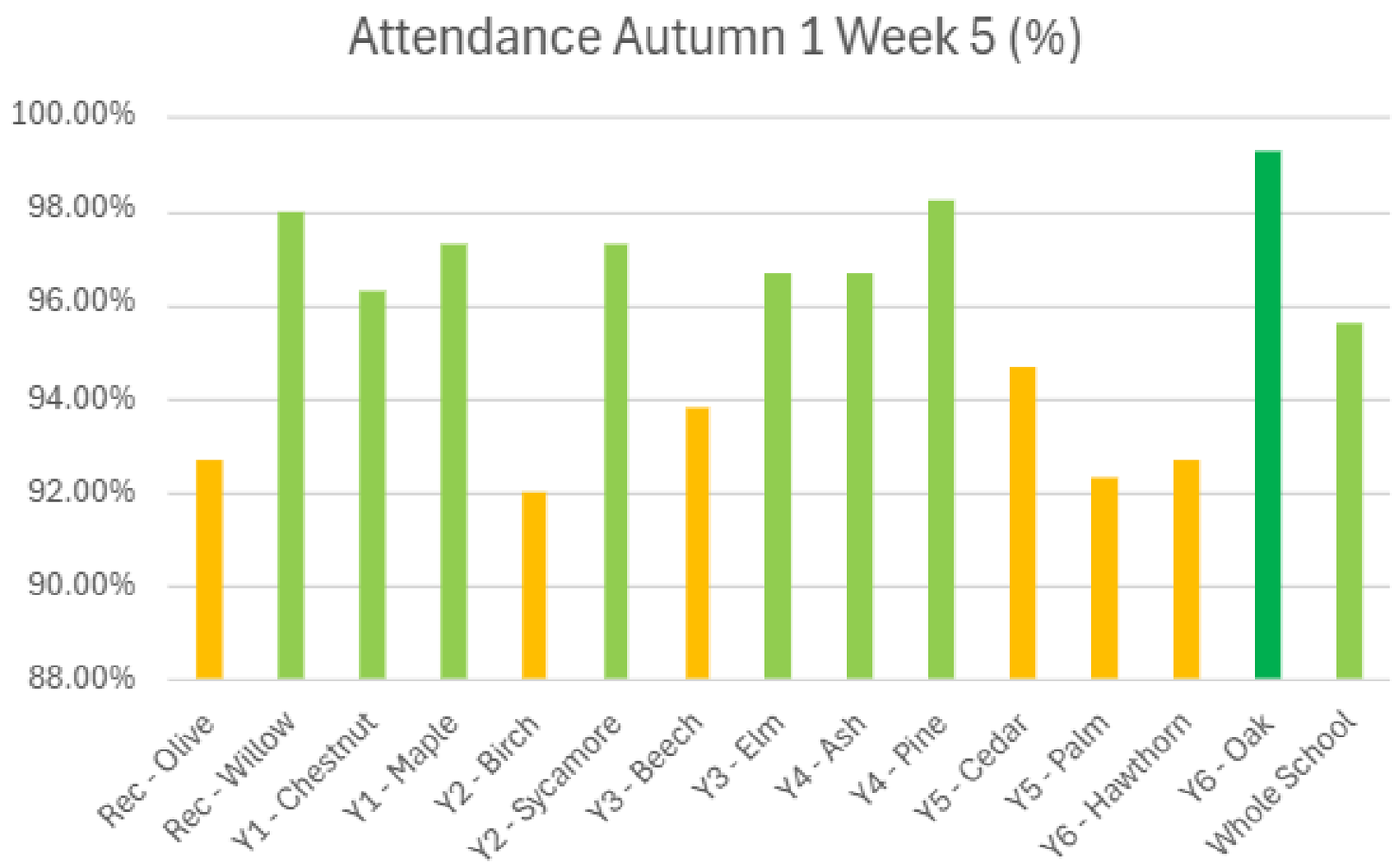
Assalaamu Alaikum, Dear Parents and Carers, Alhamdulillah!

We are delighted to share that our whole-school attendance has met our

95% target for four consecutive weeks! This is a fantastic achievement, and we would like to sincerely thank all our parents, carers and pupils for their continued efforts and commitment to excellent attendance and punctuality.

MashaAllah, Allahumma baarik! A special congratulations to Year 6 Oak, who achieved the highest attendance this week with an impressive 99.3%! Oak Class has now topped the attendance charts in three out of the first five weeks of this academic year. Well done!

As the weather changes and we approach the end of this half term, we encourage all families to maintain these positive routines and continue prioritising attendance wherever children are well enough to attend school. Every school day matters, and every effort makes a difference! Jazakum Allahu Khairan for your continued support. May Allah (SWT) bless our children with good health, beneficial knowledge and continued success. Ameen.



Safeguarding Matters

Healthy Sleep, Happy Learners

This week we would like to share the benefits of sleep. Good sleep helps children feel refreshed, manage their emotions and arrive at school ready to learn.

This week's poster shares practical tips, including keeping a consistent bedtime, limiting screens before bed and creating a calm, comfortable sleeping environment. A quiet bedtime routine with reading and du'a can help children unwind.

Allah (SWT) reminds us in the Qur'an:

"And made your sleep [a means for] rest" (Surah An-Naba, 78:9).

Let us help our children value this blessing by making healthy sleep a family priority.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday®

The National College®

Pupil Premium

ISLAMIA PRIMARY SCHOOL

ESTABLISHED 1983

IS YOUR CHILD ELIGIBLE FOR PUPIL PREMIUM?

An easy check could unlock extra support for learning.

WHAT IS PUPIL PREMIUM?

Extra government funding for schools to improve outcomes for eligible pupils.

WHY DOES IT MATTER?

It can help fund:

- Additional teaching and learning support
- Resources and enrichment opportunities
- Support for pupils' wellbeing

ALREADY RECEIVING FREE SCHOOL MEALS?

It is still worth checking!

Free meals do not automatically mean your child is registered for pupil premium.

APPLYING IS SIMPLE — WE CAN HELP!

1. Contact the school office.
2. We will help you check eligibility and complete the application.
3. If eligible, your registration can bring extra funding to the school.

PARENTS' EVENINGS — LATER THIS MONTH

Support with applications will be available. Please ask us!

Y6 Parent Reminder

Secondary Transfer

Secondary school applications for September 2027 must be completed and submitted by 31 October 2026.
Please apply in good time to avoid missing the deadline.If you need help completing your application, please contact the school office—we are happy to support you.
Follow the link to our school website for further information and guidance.

ISLAMIA PRIMARY SCHOOL

ESTABLISHED 1983

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