



AHA Newsletter

FEBRUARY 2021

AL-HIDAAYAH ACADEMY, GWARINPA, ABUJA.

From the head teacher's desk

Dear Parents,

Let me start by issuing a sincere apology for this newsletter coming to you late. I hope that you and your families are all doing well.

CATs and study routines

As the students round up their CATs this week, I feel the need to urge parents to be more involved in the students' study routines. Our teachers work hard to give the students the information and knowledge they need but students have to study and engage with the material to develop mastery and we need parents to support the work we (students and teachers) all do in school, at home.

Here are a few proven study principles you can encourage your child(ren) to abide by:

1. How you approach studying matters: Being in the right mindset is important in order to study smarter. Sometimes you can't "force" yourself to be in the right mindset but you have to find techniques to get yourself in the right mood so as to resume a regular study routine.
2. Where you study matters: A lot of people make the mistake of studying in a place that really isn't conducive to concentrating. A place with a lot of distractions makes for a poor study area. Rather, find a quiet place, with little to no distractions.
3. Bring everything you need, nothing you don't: Don't forget the things you need to study for the class, exam, or paper you're focusing on for the study session. Nothing is more time-consuming and wasteful than having to run back and forth regularly because you forget an important book, paper, or some other resource you need to be successful. But don't take that phone or gadget with you as playing games, checking your feeds, texting, and watching videos are all wonderful distractions *that have nothing to do with studying*.
4. *Make a schedule you can stick to*: Too many people treat studying as the thing to do when you get around to it or have some spare time. But if you schedule study time just as your class time is scheduled, you'll find it becomes much less of a hassle in the long run. Instead of last-minute cramming sessions, you'll be better prepared because you haven't put off all the studying into one 12-hour marathon.
5. Take breaks (and rewards!): Because so many people view studying as a chore or task, it's human nature to avoid it. If, however, you find rewards to help reinforce what you're doing, you may be

pleasantly surprised by the change you may find in your attitude over time.

6. Keep healthy & balanced: Finding balance isn't really something that can be taught, it's something that comes with experience and simply living. But you can work to try and keep your health and body balanced, by doing what you already know – exercise regularly, eat right and sleep well.

A few other things to encourage are for the students to outline and rewrite notes (studying is NOT just reading your notes), use memory games where possible (like mnemonic devices) and practice alone or with friends that are serious about studying (studying for 2 minutes and 'gisting' for 20 minutes are not good study habits).

As always, if you have any other queries or questions, please contact the school admin who will direct your query to the appropriate member of staff. My door is always open so please feel free to contact me or my deputy.

May Allah's blessings and protection be with you, aamiin.

Ms. Hameedah
Ag. Head teacher

Student Led Conference

Our student led conference remains optional this term but is compulsory for Year 9 and 11 students. It will be coming up on the 23rd and 24th of this month; please save the dates. This event is one of our key opportunities to work together as school and family to help the students be the best versions of themselves bi-ithniLlah.

Important dates in March, 2021

DATE	EVENT
Mar. 8 -12	Continuous Assessment Test
Mar. 15 -19	Quran Competition
Mar. 23 -24	Student Led Conference

My First Inter-house Sports

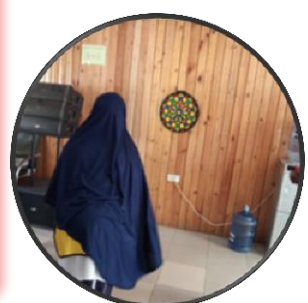
By: Shahidah Abdullahi Binugo

This was my first inter-house sports in Al-Hidaayah and I really enjoyed it. It was a memorable event for me. It was very different from my old school because we only did track events there and only the star students participated. We usually go to the National Stadium and the event lasts for a few hours; so hearing that the games were going to last for a week, I was both curious and excited.

I enjoyed the event because it gave every student the opportunity to participate in different games and sports. I was able to play new sports and know my likes, strengths and weaknesses. I was also able to build on my new skills and strengths. It gave me more knowledge on the sports I was interested in and how scores were given for each game.

It was also a new thing learning that no one was to be invited to watch due to the ongoing pandemic. At first, I thought it was going to be boring without a larger audience but it turned out to be better than I expected, because it meant less pressure on the participants.

The best part of the week was the 'cheering' part. I believe without it people would have failed to play at their best, so I tried my best to cheer every house on. At the end of each day, I tried not to worry too much on the points and to only focus on this new-found experience.



My Last Inter-house Sports

By: Tamazem Isyaku

This one was quite different from the previous inter-house sports events. We couldn't play any contact sports so some games were played a little differently. Quite a few new games were introduced as well. My house, Red house, had won 2 inter house sports competitions in the past and I wanted to do the same in my third and last inter-house sports in Al-Hidaayah. I wanted it now more than ever because leaving behind a legacy of 3 first place trophies would be a pretty unbeatable record to set on my way out of the school.

And so it was on! People cheered their houses (though some of them seemed to support other houses more than theirs) while housemasters furiously screamed from the side lines. Although it was a very tight contest, my house got off to a good start. We were battling Green House for first place up until the final day. We were in the lead and I could feel the trophy within our grasp but little did I know how shocking the ending would be! The matches became tougher with Yellow House catching up fast. Both Red and Green Houses were dropping points and it all came down to one dodgeball match between two Houses, Green and Yellow! If Yellow House won, they would win the whole competition. However, if it was Green they would be tied with us. The former ended up happening. The notorious Yellow House, with the fiercely competitive Housemaster, won the competition.

It was disappointing but at least second place was better than nothing. Most importantly though, I am really going to miss all the action. I will miss playing the games, the chanting and competing for medals. I will also miss all the fun but I will always have the memories... and my medals.



February in pictures

