



HARMONY
Primary School

NEWSLETTER

SUMMER 1

Eid Celebrations

Harmony Primary School embraced the joyous occasion of Eid al-Fitr by hosting a vibrant celebration filled with festivities. Our school radiated diversity with students arriving in their traditional Islamic attire, beautifully illustrating the multicultural fabric of our community.



The highlight of the day was the ^Eid Picnic. An incredible array of delectable food and refreshing drinks were on offer for Harmony Primary students, with students returning for seconds. The picnic's resounding success would not have been possible without the generous support and assistance of our parents. We extend our heartfelt gratitude to everyone involved in making this event so memorable.



In the afternoon, under the radiant sun, the Harmony Primary School held Jumu^ah prayers outdoors. The natural setting provided a tranquil environment for prayer, fostering contemplation and gratitude for the abundant blessings bestowed upon us during the holy month of Ramadan. We are immensely thankful to Allah for his uncountable endowments upon us.

We wish everyone a joyous and blessed ^Eid and hope that it is full of memorable celebrations for all.



Chop! Slice! Mash!

This half term, our Year 1 students have been on a fascinating journey exploring sources of food and discovering the wonderful world of fruits and vegetables. We explored the importance of healthy eating habits



and the vital role fruits and vegetables play in maintaining a balanced diet.

In the spirit of hands-on learning, we took part in preparing our very own fruit salads. Armed with aprons, utensils and enthusiasm, we carefully washed, sliced, and diced an array of colourful fruits, transforming them into visually appealing and appetising salads. This project allowed us to develop essential fine motor skills, practice safe food handling techniques and foster a sense of independence. We then savoured the fruits of our labour by gathering for a picnic and enjoying our fruit salads

outside with our friends.



Through this project, our young artists gained valuable knowledge about the importance of healthy eating and making well-informed choices regarding the foods they eat, laying the foundations for a lifetime of well-being insha'Allah.



HUMAN SURVIVAL

Exploring the extraordinary facts of human resilience

In Year 2 we have been investigating some of the core principles of human survival, focusing on good hygiene routines, exercise, and healthy habits. We have been engaged in a variety of activities to foster our understanding of these subjects.

We first discovered the importance of hand washing. We practiced hand washing techniques, ensuring we wash our hands with soap and water for at least 20 seconds. We learned that clean hands help keep germs at bay, thereby protecting our health and the well-being of those around us.

Next, we explored the realm of dental hygiene, and embraced

the importance of brushing our teeth twice a day. We discovered the correct technique of circular motions and understood the significance of reaching every part of our mouth,

keeping in mind that our dazzling smiles will become apparent with proper commitment to dental care!



Keeping our bodies active and healthy became our focus in the next phase of our project. We engaged in various exercises, including stretches, jumping jacks, balancing and much more. Monitoring our heart rates, we deepened our understanding that exercise is key to maintaining a strong and resilient body.



BMX PUMPING SESSIONS A HIT WITH HARMONY STUDENTS

The Year 3 and Year 4 students have been actively participating in regular BMX pump sessions, honing their coordination and cycling skills. Our young riders from Harmony Primary School have been displaying a positive attitude, brimming with enthusiasm and eagerness to practice and refine their riding abilities. Witnessing these enthusiastic learners transform into confident bike riders is truly inspiring.

Under the guidance of experienced BMX instructors, we were introduced to the fundamentals of pumping - a technique that harnesses the rider's body weight to generate forward momentum. Through diligent practice we have mastered pumping on various obstacles, including ramps, bumps, and curves.

Undoubtedly, the BMX pump sessions proved to be a resounding success. The students have not only acquired valuable skills but also enjoy every moment of the experience. They are on their way to becoming accomplished bike riders, poised to relish the joy of cycling for many years to come.



ISLAMIC HERITAGE IN THE MODERN WORLD



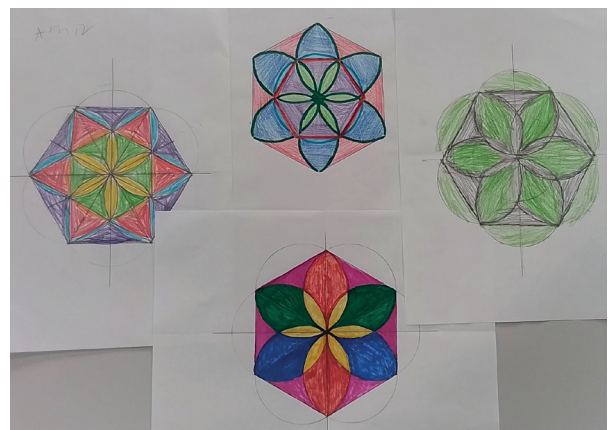
This summer term, Year 3 and 5 visited the Islamic exhibition at the Victoria and Albert Museum.

Guided through the exhibits, we explored the artistic and cultural heritage through the artefacts, calligraphy, textiles, and intricate ceramics on display.

The immersive journey proved to be a valuable educational experience for us, providing a detailed insight of Islamic society's development throughout history. As we admired the various artefacts, we gained a deeper understanding of how Islamic traditions have manifested through architectural designs.

Our visit to the Victoria and

Albert Museum aligned with our ongoing exploration of our Islamic topic, providing a more comprehensive outlook on how Muslims shaped societies across different eras through innovation. We were able to draw connections between the influences of Muslims during the Roman Empire and the impact of Muslims on modern society. The exhibit acted as a visual narrative, vividly illustrating the journey of Islamic civilization and its enduring contributions to the world.



Something's Brewing in Year 6

Year 6 kicked off their summer term by exploring the world of coffee!

We have been diving into the origins, geographical wonders, and quirky traditions associated with this fascinating beverage. Legend has it that an Arab goat herder named Kaldi stumbled upon the energising effects of coffee when he noticed his goats becoming more energetic after eating coffee cherries direct from a coffee plant.

We've also explored how coffee became such an important part of different cultures around the world and how it travelled with

these cultures through the centuries.

We have been traversing the globe, exploring the different regions where coffee is grown, harvested, and manufactured, and discovering how soil and the growing environment affect the final taste of the beans.

Our study into the journey of coffee has unearthed the traditions, cultures, hospitality and industry of it has developed, as over centuries, as it has seeped into the fabric of our lives.

