



# ACTIVITIES WEEK 2015



As we all know, everyone here at Eden loves to have fun, so our school's staff, (especially Mrs Ahmed, our head teacher) arranged an exciting week packed full with activities! As has been said many times before, the school has worked really hard as a whole and so we truly deserved a break. What, with our trip to Thorpe Park and the exciting events taking place in and outside of school, who wouldn't be up in high spirits and ready to have fun?



On Wednesday 10th June, our wonderful Ms Hasan organised another spectacular leadership day: Apprentice Style. We looked at the qualities of a skilled leader and everyone found one in their inner selves. All forms had five groups which produced one product each, under categories of home fragrances, food packs, electronic clothing, board games and computer games. Every class chose the best product and presented it before being grilled in front of the three judges: Alan Sugar, Nick Hower and Karen Brady Ahmed, Ms Mahmood and Ms Hasan). With 7A, as the runner ups, creating an extraordinary Kids Travel Buddy (an earth shaped suitcase with many activities to entertain a child), 7C outdid them. They fashioned a Roll Top Warm Me (laptop that can transform into a tablet and can be carried as a handbag). They each won a delicious box of chocolates and the other participants chose a prizes from a selection provided by Ms Hasan. (Haadiyah Cassam 7D & Iqra Vahora 7B).

"It was a very interesting experience which helped me bond with my classmates in 7B."

Rufaydah

## BRITISH MUSLIM IDENTITY DAY

Prepared and arranged by Ms Mayet (Thank you!), Positive British Muslim Identity Day was a great success. Starting in the first half of the day, in our forms was a presentation that our learning-coordinators (our role models) conducted, about topics such as, extremism, terrorism, the 'Middle Way', our role models and most importantly why this is happening and how to tackle it. In the afternoon, Munir Zamir, a speaker from outside of

school (who had previously visited in the Autumn Term), came to discuss the matter in more detail and how it affects and influences different people. Everybody learnt new facts from the day and went away understanding the devastating impact that extremism and terrorism can have on human kind. (Iqra Vahora 7B & Haddiyah Cassam 7D)

# Thorpe Park Trip



"Best day ever with the Eden family. Sehar & Nageen 8B"

First and foremost, we would like to give a great thank you to all staff for accompanying and treating us to Thorpe Park, as well as having a lot of fun themselves. With great anticipation and excitement we rushed towards the awaiting thrills and fun and we escaped to our first ride, with lots more to follow it, such as: Stealth, Swarm, Colossus, Nemesis Inferno, Samurai, Flying Fish, Rush, Loggers Leap, Storm Surge, Zodiac, Quantum, X and a full day of fun...



## Summer Competition

Winner Badriyah Islam

Thank you to all the entries we had for the summer competition. There were a variety of entries from media pieces to art to short stories. We had a very difficult time choosing the winner, but ultimately it came down to a fantastically magical short story by Badriyah Islam (Year 7). Well done Badriyah!

(Suraiya Husain 8A)



Zara Khan -Runner Up

say magic isn't real, Is it really not? The magic I believe in, is one they don't know of, it's magic that can't even be described since words aren't worthy enough but I could always try to.

It's not the typical magic, it's not the witches and the wizards, but the sun and the wind. It's not the spells and curses, almost as if you're flying. Candy floss that melts in your mouth and energises you inside. It's a feeling like no other, seeing everyone around you; smiling, laughing, enjoying every moment as it goes by. Staring into the sky, with your head in the clouds. That's the real magic out there. A magic that can't ever be created in the same way. The magic of summer...

# SPORTS DAYS

## SUMMER 2015

This term we took part in two sports days. Sports day 1 was at the Olympic Park and sports day 2 was held at the Pool & Track.



Members of 8A get ready to try out rowing

On Thursday 23<sup>rd</sup> April 2015, Eden Girls' had their 5<sup>th</sup> annual Sports Day! It was a fantastic day, and everyone really enjoyed themselves, from students to teachers. We travelled there on two Double Decker coaches and we must say, the journey seemed to take forever!

When we got there, we were all escorted to different activities: some of us experienced outdoor canoeing,



others had fun doing fitness activities and the rest of us tried out some indoor rowing. We even got to practise jumping on the springy trampolines!

The groups that had a go at outdoor canoeing really enjoyed themselves, as they got to learn how to manoeuvre their way through the deep water. It was an exciting experience! When doing indoor rowing, the students had terrific races to see who the fastest rower was, and how many metres they could do in only 2 minutes. We've got to say, that had to be the most fun and tiring race we've ever had!

Soon after lunchtime, we had a couple more sporty activities. It really encouraged us to run around and exercise more. Then, after we had a little rest, we started to make our way back to school, exhausted, yet exhilarated from such a long and enjoyable day!



First to the finish line. Year 7 students race the final leg of the relay race.



“Sports Days at Eden are great fun”

Ayesha Naz - 7A

Student had a great time trying out different sports on each of the different sports days. Looking forward to more days like this next year.

## MS RAHMAN SETS SAIL FOR TEAM GB

Ms Rahman will be sailing for Team GB in 2015’s World Clipper Race. She has already sailed over 5000 miles and has over 30 days at sea. We wish her all the best and want her to know that we will be cheering for her all the way.

Below is an extract taken from the official website.

The first race to Rio de Janeiro, Brazil will get underway on Monday 31 August at 1230 BST (1130 UTC) off Southend.

Noreen Rahman, a 32 year old maths teacher from London is sailing across the Atlantic Ocean in Leg 1 as part of the *GREAT Britain* crew. She wants to inspire people to challenge stereotypes. Noreen said: “I am a

traditional, Muslim Pakistani woman and I want people to know that we do not have to be restricted by the bubble society has put us in. I want girls like those I teach every day, to know that the world is their oyster and they can take part in challenges like sailing across the oceans.

“Already at my school, more girls are interested in sailing now and coming from London I cannot believe that Tower Bridge is going to open for me to sail through it. It makes me emotional just thinking about it.”



# IT'S ALL FUN & GAMES

RAMADHAN & EID SPECIAL

## RAMADHAN QUIZ

Email your answers  
to [totheedonian@eden-girlswalthamforest.tetrust.org](mailto:totheedonian@eden-girlswalthamforest.tetrust.org)

### 1. Why is the month of Ramadhan so special?

- A. It's everyone's favourite month
- B. It's the first month on the Islamic Calendar
- C. It's the month where the Quran was sent down to the Prophet (SAW)

### 2. Ramadhan is the .... Month of the Islamic calendar

- A. 21<sup>st</sup> B. 9<sup>th</sup> c. 1<sup>st</sup>

### 3. What does the moon look like before Ramadhan?



### 4. Which month comes before Ramadhan?

- A. Muharram B. Shabaan c. Rabi-al-awwal

### 5. Complete the sayings of the Prophet Muhamad PBUH.

|   |   |
|---|---|
| Takes suhoor as   | there is blessing in it.  |
| When the month of Ramadan comes                                     | in the odd nights of the last ten days of Ramadan.                        |
| There is a gate in paradise called Ar-Raiyan, and                   | the gates of Paradise are opened and the gates of Hell are closed.        |
| Whoever establishes prayers during the nights of Ramadan faithfully | all his past sins will be forgiven.                                       |
| Search for Lailatul Qadr  | those who observe fasts will enter through it on the Day of Resurrection. |

- A. It is better than a thousand days.
- B. It is better than a thousand months.
- C. The Angels come down during this night.
- D. The Quran was revealed on this night.
- E. It is the night when all the matters are written down for the coming year.

### 7. Which famous battle was fought against the Mushrikeen of Makkah during Ramadan?

- A. Battle of the Trench
- B. Battle of Uhud
- C. Battle of Badr

### TAKE A MOMENT TO APPRECIATE!

An 80 year old man got an infection in his ear which caused him to be near deaf. The doctors informed him that he had to undergo surgery to treat his illness. The man accepted to undergo surgery, as he couldn't hear anything except the sharp pain in his ears.

After successfully completing the surgery, a payment bill was sent to him for the costs of the surgery. The old man took a glance at the bill and he began to cry. When the doctor saw the state of the patient, he felt pity and told him that if the cost of the surgery was too high, then they would be able to make other arrangements.

The old man replied, "I'm not crying because of the money, I'm crying because Allah gave me hearing for 80 years and he never gave me a bill."

# RAMADAN RECEIPES

## Kuwaiti Chicken Biryani

**INGREDIENTS:** 2 ½ cups Basmati rice, 875ml water. 3tbsp Ghee, 1 med onion sliced, 2 garlic cloves, 500g skinless chicken breast, 2 cubes chicken stock, 2 medium tomatoes, 1 tsp ginger, 1.2 cup yoghurt.

1. Place rice, and water in a medium saucepan and cook with stirring until it boils. Cover and simmer for 15 minutes or until rice is cooked. Remove from heat and spread over a large platter to cool slightly.
2. Meanwhile, heat ghee in large saucepan, cook onion with stirring for 4-5 minutes or until golden brown in

colour. Add garlic and ginger and stir until fragrant. Add chicken and stir until it's cooked.

3. Add chicken stock cubes, tomato, yogurt, lemon juice, tomato paste and spices. Bring to boil and simmer for 10 minutes. Remove from heat and set aside.
4. In a medium sized pot, place half the quantity of the prepared rice and the chicken mixture on top. Sprinkle the chopped coriander and mint over the chicken mixture and cover the top with the remaining rice.
5. Pour the saffron water on top. Cover firmly with the pot lid and cook over low heat for 30 minutes or until rice is completely cooked.



## FILO FINGER PASTRIES

**INGREDIENTS:** 2 tbsp Olive oil, 1 onion, 1 tbsp toasted pine seeds, 400gm minced lamb, 2 Maggi chicken stock cubes, 60 ml water, ¼ cup raisins, 100g mozzarella cheese, 2 tbsp fresh coriander, 2 tbsp fresh mint, 1tsp black pepper, 1 pack filo pastry

1. Warm olive oil in a pan, cook onion and pine seeds over medium heat for 5 minutes or until golden brown.
2. Add lamb and cook over medium heat for 5-8 minutes. Add chicken stock cubes and water. Cook for another 3 minutes. Remove from heat and set aside to cool.

3. Add raisins, mozzarella cheese, coriander, mint and black pepper to the meat mixture. Stir until well-combined.
4. Cut each filo pastry sheet into 3 strips. Add a table-spoon of lamb mixture at one end side of the sheet. Fold



- the ends and roll to form a finger shape. Brush the ends with water to enclose.
5. Place fingers on an oven tray and bake in a 190°C hot oven for 15- 20 minutes until golden brown.
6. Serve with green mixed salad.

## CHOCOLATE ORANGE TARTS

**INGREDIENTS:** 250 gm crushed cookies, 100 gm melted butter, 340 gm cream, 200 gm melted chocolate, 125ml fresh orange juice, 1 tsp orange zest grated, 1tbsp gelatine powder, dissolved in 2 tbsp

Combine cookies and melted butter in a mixing bowl and mix well. Press cookies mixture into the base and sides

- of 26 cm loose bottom tart tin and set in the fridge for 10 minutes.
2. In a medium bowl, combine cream, melted chocolate, orange juice and orange zest. Pour the dissolved (halal) gelatine over with constant stirring then pour evenly over the prepared base.
3. Set in the fridge for 3 hours or until filling is firm.



## DIY EID

### Teardrops

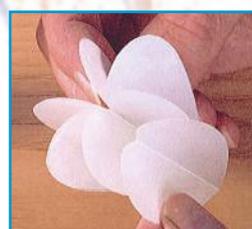
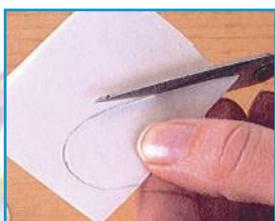
Vellum is great to work with, as it creases beautifully and is stiff enough to hold it's shape. After the six folded vellum hearts have been glued together, a short metal eye pin (used in jewellery making) is inserted down the centre and the end formed in a loop with pliers to keep it in place. Eye pins can be found in most bead shops and some craft retailers, or order

To make multiple shapes cut six hearts from the sheets of vellum paper, fold in half with the centre of the heart placed along the fold.

To assemble the shapes place 5 of the hearts side by side, then butt up against each other and glue adjacent halves of the heart together

Add the sixth heart, gluing one half to the fifth heart and one half to the first heart to complete the shape. Press all the joined sides together firmly.

To add the wire hanger take an eye pin and push it carefully down the centre of the decoration until the eye rests until the centre on top of the shape. Using pliers, twist the other end of the pin into a loop to keep in place. Make several and thread several to make a garland.



# SCHOOL IS OUT! SCREAM AND SHOUT

## Valentines Park

Valentines Park is a whole 130 acres, and is the largest green space in the London Borough of Redbridge, between Ilford and Gants Hill. The park is full of exciting and daring things to do in any weather! Enjoy yourself with your family and try canoeing or sailing or get some exercise with their well equipped gym gear. Set yourself free in the nature and beauty of the parks fields, lakes and bridges. (PLUS - Stop for a little ice-cream on the way!)

## Lee Valley Leisure Park

Lee Valley Regional Park is a 10,000-acre park, much of it green spaces, running through the northeast of Greater London, Essex and Hertfordshire from the River Thames to Ware, through areas such as Stratford, Clapton, Tottenham, Enfield, Walthamstow, Cheshunt, Broxbourne and Hoddesdon. At Lee Valley enjoy yourself with a number of different activities such as canoeing, rapid riding, ice-skating, horse-riding and much much more! So, what are you waiting for?

## Larkswood Leisure Centre

Enjoy yourself with swimming, exercising, and many more fun-filled activities and why not let the little ones join in, with the toddlers' water world? You can even choose different timings and types of swimming to suit your style! It'll be a blast!

## Vestry House Museum:

Vestry House Museum is the local history museum for the London Borough of Waltham Forest, and stands in the village of Church End, Walthamstow. The museum is a must-have place to go if you want to learn more about history!

## Crystal Palace Park

You can't miss the chance to snap a selfie with the Victorian dinosaur sculptures at Crystal Palace Park! The unique park also features mysterious sphinx statues and a fishing hole.

## The Horniman Museum and Gardens:

The Horniman Museum has been operating since the Victorian era, and has a stellar free collection, plus an aquarium and a gorgeous view of its gardens and the whole of Central London. The closest station is Forest Hill and the fare from Zone 1 is £3.30.

### Ruislip Lido:

There's no need to head to Brighton when the Ruislip Lido beach is a short trip from Northwood Hills underground station. The lido is set on the edge of Ruislip Woods and features a 60-acre sand beach. The closest station is Northwood Hills and the fare from Zone 1 is £5.10.

### Morden Hall Park

Once a Deer Park, the rural escape in Morden Hall Park is now a haven for nature and wildlife, and will give you a much needed breath of fresh air.

### The William Morris Gallery

The William Morris Gallery, opened by Prime Minister Clement Attlee in 1950, is the only public museum devoted to the English Arts and Crafts designer and early socialist, William Morris. At the gallery you can learn so much about this highly respected

### Hampstead Heath:

For gorgeous views, gardens, and fresh air, Hampstead Heath is the perfect London escape. The sprawling green space lies just outside of central London and features historical buildings, waterfronts, and a varied habitat of animals and foliage. The closest Station is Golders Green and the fare from Zone 1 is £3.30

### Painshill Park -

Discover the magical landscape park at Painshill, where artificial follies including a grotto and ruins were constructed in the 18th century. There's also a vineyard on site.

### Danson Park

Danson Park occupies over 150 acres in Bexley, and is full of gorgeous landscaping and fountains. It's perfect place to find a private picnic spot and spend the day.

### London Wetland Centre:

Escape the buzz of the inner city with a visit to the London Wetland Centre. The charity trust focuses on conserving wildlife and offers a sanctuary from the outside world for a wide range of animals and plant life. The closest station is Barnes and the fare from Zone 1 is £3.30

### Epping Forest:

The sprawling Epping Forest is a prime getaway, which you can visit without breaking the bank or wasting time on a long trip to the countryside. The expansive forest encompasses natural beauty and historical landmarks; you can plan an itinerary or simply wander to find hidden gems among the wildlife. Hollow Ponds is also a part of Epping Forest that is situated just off Whipps Cross Roundabout. Hollow Ponds offers a great variety of things to do in summer. Go boat riding with your family and friends or go back to your childhood and feed the awaiting ducks. The closest station is Loughton and the fare from Zone 1 is £5.10.

### Richmond Park -

Answer the call of the wild with a trip to the vast Richmond Park in west London. The area features dense woods and sprawling fields, and there's always a good chance of a deer sighting!

### Gunnelsbury Park

This gorgeous sanctuary with gardens, sport pitches, and lovely ruins is tucked away near Acton Town in West London.

# EDEN HIGHLIGHTS 2014/15



EID EXTRAVAGANZA



STUDENT SHURA



FOOD FOR ALL CAMPAIGN



CENTRE OF CELL



COMIC RELIEF



MUSEUM OF LONDON



ENIGMA CLUB



FOOD FOR ALL



OLYMPIC PARK



MUSLIM YOUTH FESTIVAL



ART COMPETITION

THORPE PARK



NEW SCOTLAND YARD



WORLD HIJAB DAY



GUEST SPEAKERS