



Iqra Academy

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Principal News letter

Asalaamu Alaikum. I hope you will all be in highest state of health and Imaan by the Grace of Allah.

Health, Fitness & Well-Being at Iqra Academy:

At Iqra Academy we work hard to improve the Health, Fitness and Well-Being of all our Students. Students are regularly fitness tested and have many opportunities to participate in physical activity and sports. We believe the benefits are numerous and sets up our students for a full school life and for work and life in the future;

Physical Health – Health Benefits. Regular physical activity can improve physical health and reduce health risks. As well as making everyday tasks easier, physical activity can provide other health benefits which include;

Improved function of body organs

Stronger muscles, bones and joints

Reduced risk of obesity and associated health problems, such as heart disease and diabetes

Decreased blood pressure and cholesterol

Increased life expectancy.

Fitness Benefits;

Regular physical activity can also improve fitness levels and physical ability. Fitness benefits include;

Greater strength and muscular endurance

Improved cardiovascular fitness

Greater flexibility

Better performance

Emotional Health. Regular physical activity can help improve emotional health. Emotional benefits include;

Improved confidence and self-esteem

Reduced risk of depression

Relief from stress and tension

Improved ability to deal with pressure and manage emotions

Increased endorphin levels, which help improve mood.

Social Health. Regular physical activity can help improve social health. Social health benefits include;

Opportunities to meet new friends and form new relationships

Opportunities to catch up with existing friends

Better leadership and teamwork skills

Improved social skills.

In September 2019, as part of our GCSE Options, we will be offering our students the BTEC Level 1 & 2 Award in Sport qualification.

In March 2018, Iqra Academy won the 'Health & Well-Being' National Award at the AMS Faith Schools National Education Awards Ceremony in Birmingham. Iqra Academy also won the FA Community Award for 'Best Inclusive Project,' as they set up a weekly girls Football Academy for all Thomas Deacon Education Trust Schools. The weekly sessions are run by qualified coaches from the Peterborough Ladies FC and are aimed at encouraging girls into football and to support community integration. Iqra Academy has also been supported by ICA Sports Football Club, where they have played many of their home games and by Arsenal Ladies FC, of which Iqra Academy is a Sister School and receives support and professional coaching. Iqra Academy also runs a weekly after School Cricket and Netball Academies.

Michael Wright, Principal at Iqra Academy states;” The Schools development of Football and Health and Well Being has had a dramatic impact on Students, Staff, and the whole School. Iqra is now a happier and healthier school, students are more confident and have greater opportunities in sports and Health initiatives, to fulfil their potential as active British Muslim women. Student Recruitment has trebled, behaviour has improved and Student Attendance records have risen to an average of 96% across the School.”

Below are some diary dates for you to note:

- **Monday 1st April – School Well Being Club -lunchtime**
- **Tuesday 2nd April – School Book Club – lunchtime**
- **Tuesday 2nd April – Football Academy -3.15pm Gladstone**
- **Wednesday 3rd April – Combined Cadet Force**
- **Wednesday 3rd April – Student led Primary Schools Football Tournament**
- **Thursday 4th April – Louise Soden visit to Governing Board meeting**
- **Thursday 4th April 2019, Term Ends for Students.**
- **Saturday 6th April – Staff Training Day, Madani, Leicester**
- **Wednesday 24th April 2019, Term Starts for Students**
- **Monday 6th May 2019, May Day Bank Holiday**
- **Tuesday 21st May – Cricket/Football at London Road Stadium**
- **Monday 27th May to Tuesday 4th June 2019, Half Term.**
- **Wednesday 5th June – Student timetables resumes**
- **Sunday 16th June – Peterborough Governor Conference**
- **Monday 24th June – Year 10 Mock Examinations week**
- **Thursday 4th July – Year 7 Transition Day at Iqra.**
- **Friday 5th July – Build a Business event (Years 8 & 9).**
- **Tuesday 9th July – Student Leadership Conference**
- **Thursday 11th July – Student Annual Awards Ceremony**
- **Thursday 18th July 2019, Term Ends for Students.**

Warm regards,
Dr Michael Wright - Principal