

Al-Muazzin

A CALLER TOWARDS SUCCESS

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Darul Ulum College Fortnightly Newsletter

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Hadith of the week

[Important] *The honour and respect of the words of Allah (SWT) and His Messenger (SAW) is obligatory on us. Due consideration needs to be given in the manner we dispose such material.*

Abu Hurairah Radiyallahu anhu narrates that Rasulullah Sallallahu alaihi wasallam said: **Anyone who performs wudu and performs it properly then comes to the Friday Salat, listens to the Khutbah (sermon) attentively, and remains silent, his sins between this Friday and the last one are forgiven; and also the sins for three additional days. But he who touches the pebbles during Khutbah (plays with them with his hands, or floor mats or clothes) then he has acted irrelevantly (due to which he lost the special reward for the Friday Salat.)**

[Muslim]

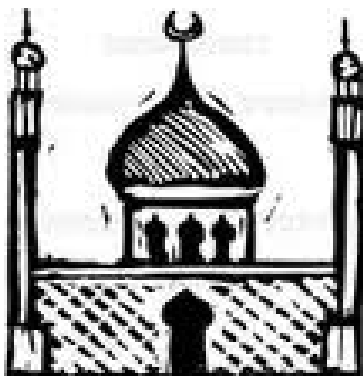
IMPORTANT!!!

Monday 2 April 2012:

The last date for submission of prep 2013 applications

Calendar of Upcoming Events

- ◆ 29th March:
End of Term 1
- ◆ 30th March:
Reporting Day
- ◆ 6th to 8th April:
Men's 3 Day Gathering
Venue: Darul Ulum Mosque
- ◆ 16th April:
Term 2 Commences - First day back to school for students



Sunnah Corner

Etiquettes of eating (continued)

- ❖ Food should be taken whilst sitting on the ground; one should not eat whilst standing or walking for it is the way of disbelievers. However there is no harm if one eats a morsel or two whilst standing.

Hadhrat Abu Hurairah (RA) narrated that a person served the Holy Prophet (SAW) food, Rasulullah (SAW) said to put it on the ground or on the straw mat.

- ❖ One should eat out of the plate from the side nearest to him and should not partake from the middle of the plate whether he is eating in his own plate or sharing with someone because the barakah descends in the middle.



Go for your life!

Tap Into Water Everyday

Water is an essential nutrient for life, aiding in digestion, absorption, body waste elimination, thermoregulation and prevention of dehydration. Water is the best drink for children when balancing fluid intake with daily bodily output. Water is extracted from some solid foods eaten and this can contribute up to approximately 20% of daily water needs. Tap water when fluoridated is the preferred option over bottled water as fluoride can protect both developing and erupted teeth against dental caries. Water intake helps for hydration and maintenance of optimal health in healthy infants and children and vary depending on environmental conditions, physical activity and metabolism, Adequate Intake values (AI) shown in the table below, are based on median population intakes in Australia. Children living in extremely hot environments may require higher than AI amounts to remain hydrated, especially if they are highly active. Sports Medicine Australia have specific fluid recommendations for children while exercising.

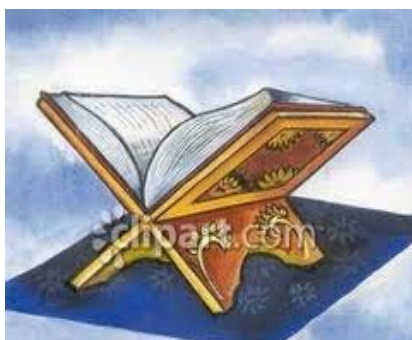


Adequate Intake Water Values for Infants and Children		
Infants	0-6 months	0.7L/day (from breast milk or formula)
	7-12 months	0.8L/day (from breast milk, formula, food, plain water and other beverages, including 0.6L as fluids)
Children	Boys and Girls 1-3 yr	1.0L/day (about 4 cups)
	Boys and Girls 4-8 yr	1.2L/day (about 5 cups)
	Boys 9-13 yr	1.6L/day (about 6 cups)
	Girls 9-13 yr	1.4L/day (about 5-6 cups)

HOLY QURA'AN

Virtues of Reciting the Holy Qur'aan

Here we mention some Hadith with regards to the excellence in reciting the Holy Qur'aan:



"Learn the Qur'aan and recite it, because the example of one who learns the Qur'aan, reads it and recites it in Tahajjud is like an open bag full of musk whose fragrance permeates the entire place. And the person who has learned the Qur'aan but sleeps while the Qur'aan is in the heart is like a bag full of musk with its mouth closed"



NOTICE BOARD

- After school programs and classes

Please be informed that for any **after school programs endorsed by the school**; details of the program, together with parent consent form will be sent home. Parents will be required to sign their consent and provide their contact details.

- Students pick up

All students in the female section of the school can only be picked up from the Girls section gates. Girls of grades 4-12 are not allowed to wait for their parents outside the gates or roam around the car park while waiting.

Students will be supervised from 3:45pm - 4:05pm on Mon - Thurs and 3:25pm - 3:45pm on Fri only. No supervision will be available beyond these times.

- VCE Attendance

We would like to remind our VCE students and parents that all year 11 and 12 students are required to attain a minimum of 95% attendance to each unit they have undertaken. Please also note that no SACs will be repeated if the student misses out due to being absent on the day of a specific SAC. The allowed maximum of 5% absenteeism will only be accepted with a medical certificate stating exact dates or a consent form which can be obtained from the coordinator and must be signed before an official.

ACADEMIC PROGRESS



One of DUCV's aims this year is to ensure that 'no student is left behind' and this is achieved in our 'Guaranteed Learning Goal'. Our dedicated team members' target at DUCV is to ensure that your child achieves well above the 60% benchmark. Our teachers are working collaboratively and diligently using a range of teaching strategies and resources to ensure that your child reaches their full potential.

This support process has already commenced for years 5 and 7 this term. Extra support is being provided for students to further prepare them for the NAPLAN testing which will take place in term 2 insha'Allah. Another intervention and support program will also be introduced next term to ensure that your child is provided with the opportunity to enhance their skills and abilities.

Alhamdulillah students in the Middle Years have made significant progress in Mathematics this term. In recent unit tests, the majority of the students have achieved well above 60%.

DUCV is making every effort to provide students with enhanced learning opportunities by also offering incursions that supplement topics and programs learned in the classroom. For example, the Grade 6 students had an incursion on 'Chemistry & Matter' where they had plenty of hands on activities and great fun in enhancing their learning.

For the students who are not meeting benchmarks, we have Academic Progress Contracts where the students in consultation receive the support of their teachers who closely monitor their progress.

We endeavor to contact parents at any opportunity to discuss student progress and we would like request you to speak with us if your child is facing any problems in their academic success.



STAY IN TOUCH

"Healthy Eating"

Written by Ms. Hadeel Almadhoun

The diet of teenagers must maintain growth and development. Teenagers go through major physiological changes. Therefore, the food choices that they make can play a leading role in their body and brain developments. Ensuring that there is a variety of healthy food choices at home is very important when promoting healthy dietary habits. Highlighting the benefits of healthy dietary habits is also very important. For example, a healthy diet can;

- Help you keep a healthy body weight and a fit shape
- Give you more energy to enjoy all kinds of physical activities
- Support your body while you are growing and developing so that you can reach your full potential
- Help you focus and concentrate more and make the right choices in your daily life decisions
- Fortify your immune system so that you can fight diseases



On the other hand; some studies suggest that what you eat affects your mood. A good balanced diet will ensure you have all the essential nutrients needed for your brain to function well. In simple terms it's all about **variety**, **balance** and **moderation** in your diet.



Variety means that you must include many different foods from each level of the Food Pyramid. **Balance** means that you must eat the right amounts of foods and **Moderation** means that you are careful not to eat too much of any one type of food.

So; are you ready to make some changes in your diet?

- Start to drink two more glasses of water a day.
- Add one piece of fruit a day to your dietary intake.
- Try to reduce the fat used when preparing your meals
- Have high-protein breakfast instead of breakfast with high sugar and low on nutrition. Healthy breakfast helps young people to maintain a healthy weight and to be active.

- Choose wholemeal or whole grain bread instead of white.
- Get rid of the fat in raw meat before cooking it.
- You may need to eat smaller portions than you currently eat.
- Eat more slowly and make sure not to reach the "full" state when you eat your meal.
- Substitute deep fry with shallow or pan fry and better still to substitute frying altogether with baking.
- Many energy drinks contain lots of sugar and caffeine. These ingredients can give you a short brief feeling of energy, but they are very bad for you. You can end up putting on weight, feeling anxious, finding it hard to sleep, and maybe getting addicted.
- Eliminate or reduce fattening and sugary foods, and replace them with healthier options such as fruits.

For us as Muslims, diet plays a very important role in the daily life of a believer. There are many verses in the Holy Qur'an which draws a man's attention towards his health and the importance of maintaining a healthy body and soul. It is necessary to ensure that the physical body is kept healthy so that the soul and spirit may also remain healthy. For this reason Islam has prohibited certain foods due to their ill effects and permitted all other pure, good and clean food products.



The Qur'an was not restricted to mentioning the permissible and impermissible foods but it goes to the extent of giving useful tips regarding a balanced diet, a diet which contains most of the useful ingredients required for the growth, strengthening and repairing of the human body. The most balanced diets consist of meat, fish, fresh milk, fruits and vegetables. Islam teaches us many other etiquette's of eating and drinking. The Prophet (SAW) made a point of developing remarkably clean and healthy eating habits among his followers. He asked the companions to wash their hands before and after, to start eating with the praise of Allah (SWT), to eat using the right hand, not to eat until they really felt hungry, not to eat and drink excessively. Finally, by praising and thanking Allah (SWT).

With this I conclude, the importance of healthy eating, a balanced diet and hygiene can be understood in the light of the Qur'an and Sunnah. Islam has stressed on the importance of healthy dietary habits right from the start.