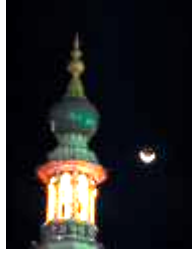




Call to the Light



MU'AZZIN

13TH SHA'BAN شعبان 1427

Newsletter No.14

7TH SEPT 2006

Important dates

8th Sept – Laylatul - bara'ah19th Sept – Animal Farm incursion

Freedom!

A night is almost upon us when Allah Almighty will forgive a huge number of people and set them free from the Fire. There are so many merits and special events of this night that there is not enough space here to mention all of them. Some of them are listed here:

- An account of our deeds are presented before Allah.
- A list of persons to die for the coming year is prescribed.
- People are attended by special divine mercy.
- Allah forgives those people on this night who ask for forgiveness.
- Allah bestows his mercy on those who pray for mercy.
- Allah accepts the dua of those who ask except those who have malice in their heart for another Muslim. This continues until they remove this bad feeling from the heart.

This very special night is called Laylatul –Bara'ah (the night of freedom from the Fire). So what are some things that we can do on this special night? Here is a list of suggestions:

1. Stay awake for as much of the night as possible, and be busy in individual iba'dah (worship). If this is not possible for any reason, then at least to get up in the second half of the night (the hours before Fajr starts).
2. Performing salah. No fixed number is prescribed, do as many as you wish. Really concentrate in each rakat to make it as valuable as possible. Just remember that our deeds will be weighed, which means the better we do a deed, the more weight it will have.
3. Reciting the Holy Quran.
4. Performing thikr (remembering Allah through various prescribed words. One in particular which has proved useful through many ahadith is the third kalimah:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

5. Supplicating to Allah through dua. Through asking Allah whatever we want or need, then

we actually draw closer to our Rabb. It is different when we ask people, they normally get annoyed when we continuously approach them for some favour or request. Not so with Allah the Mujeeb, Who answers all our duas.

6. Those who are ill or too weak to stay up the night, can at least fall asleep with thikr on their lips. Allah is well aware of how much we can do, and awards us according to how much effort we are able to make. Allah does not burden us with more than what we can withstand or bear.

A note on fees

If parents are paying tuition fees electronically or depositing money into our bank account then they should notify the school as well. If you do not receive a receipt within four working days of transferring the money into our account, please ring the school and inform us of the details. Those parents, who are depositing money into our account, should call the school the same day and notify us. Otherwise, all such payments which are not followed up with any information would be treated as DONATIONS to the school

- Br Zulfiquar Ali

Hadith of the Week

“This is the middle Night of Sha’ban. Allah frees in it a large number of the people from Fire, more than the number of hair growing on the sheep of the tribe Kalb. But He does not even look at a person who associates partners with Allah, or at a person who nourishes malice in his heart (against someone), or at a person who cuts off family ties, or at a man who leaves his clothes extending beyond his ankles (as a sign of pride), or at a person who disobeys his parents, or at a person who has a habit of drinking wine”

Story of the week

This story is about the sheer kindness shown by our beloved Nabi (sallallahu alayhi wasalam) even at times when he has the full opportunity to teach someone a lesson. Yet the overriding factor was

always to forgive, and this led to (more often than not) people embracing Islam whole heartedly.

Once on the return journey from some location, the Prophet (sallallahu alayhi wasalam) and his companions stopped for some rest. It was a hot afternoon so the people rested under the shade of some trees. The Prophet (sallallahu alayhi wasalam) did the same and hung his sword from the branch of the tree he was under.

After some time a Bedouin happened to pass by and found an opportunity to grab the sword of our beloved Nabi. He defiantly stood with the sword over the Prophet (sallallahu alayhi wasalam), who had woken up by now, and said to him: "Who will save you from me?!"

"ALLAH!" replied the Prophet (sallallahu alayhi wasalam) with full trust in Allah. As soon as he said this, the man's hands trembled and he dropped the sword. Thereupon, the Prophet (sallallahu alayhi wasalam) placed over the Bedouin and asked "who will save you from me?"

The man asked for mercy and through the kind heart of our Prophet (sallallahu alayhi wasalam) he let the man go. This man then returned to his people and told them that he had come from the best man.

Kindness goes a long way and is never wasted.

Student health -Br Cem

It has been observed by me that students, especially in secondary levels, are drinking a lot of soft drinks and eating large amounts of junk food. We have seen students drinking the energy drinks called "V" drinks, which have excessive amounts of **caffeine** and other stimulants – definitely not designed for students! Regarding such drinks, according to the Food Safety Promotion Board in England, they are **not** suitable for children under 16 years of age, and should **not** be consumed in association with sport and exercise as a thirst quencher. Here are some statistics collected in NSW:

Overweight and Obesity:

The prevalence of overweight and obesity among students aged 7-16 has **increased** from **11%** in 1985 to **20%** in 1997 to **25%** in 2004. Students aged 9-12 had some of the highest rates – up to **33%**.

Food Habits

- 65 – 70% of students reported eating at least 2 pieces of fruit each day (The Australian Dietary Guidelines for Children and Adolescents recommends children should eat at **least 3** serves of fruit each day).

- Only 15-25% of students ate the recommended **4 serves of vegetables** per day (The Australian Dietary Guidelines for Children and Adolescents), with most students eating 2 serves per day.

- 20% of students drank **fruit juice** each day, with around 40% consuming juice up to 4 times per week.

Juice supplies calories and vitamins, but is low in fibre and is **not** a substitute for fresh fruit.

- A little more than half of boys surveyed drank at least **300ml of milk** each day, but only 25-30% of girls. 60% of students drank full cream milk, rather than the recommended reduced fat.

- Almost 60% of boys and over 40% of girls drink greater than 250ml of **soft drink** daily, with 7-12% of boys drinking over 1 litre per day!

- About 20% of boys and 10-15% of girls drank **soft drink** with their lunch at school

- 20-30% of students eat confectionery (**lollies, and chocolate**) at least 4 times per week with around 10% eating it daily. This **doesn't** include cakes, biscuits, pies and sausage rolls.

- **Skipping meals** is associated with poor eating habits and being overweight and obesity.

Source: The NSW School Physical Activity and Nutrition Survey (SPANS), conducted in 2004.

Year 9 & 10 Girls play- Ms Zeynep Sertel

We have prepared a play for school "Now you Know" which will take place next week, Thursday.

Grades 1 to 8 to the play and

will enjoy our as learn

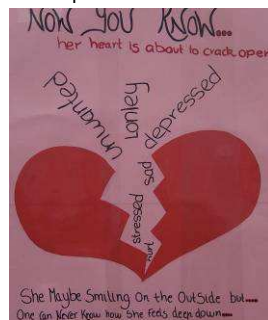
points on the of friendship

effects of Make sure you

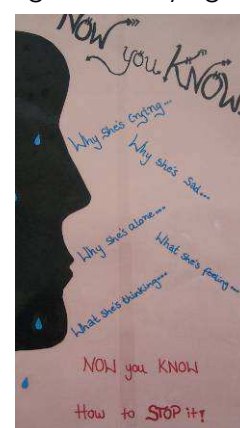
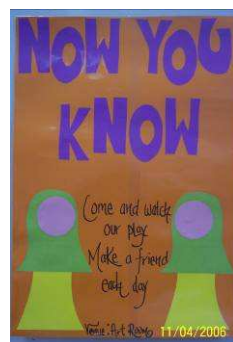
for posters give you hints

Come around, answer questions and earn prizes! Hope to see you next week!

See posters prepared by Year 9 & 10 girls on bullying.



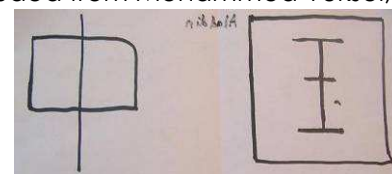
are all invited we hope you play as well important importance and the bullying. look around which can on the play.



5B Art- Br

Abdul Azim Shepherd

The boys had a Chinese calligraphy lesson. All the students did a great job at writing the Chinese words, some were more accurate than others. A small sample has been included from Mohammed Yuksel, Mustapha Tartoussi, Abubakr Azman,



Alladin El-sayed and more. The boys painted as well as used markers to create the words. It would have been

$$\begin{aligned}
 &2) ((8 \times 3!) / 3) + 8 \\
 &= ((8 \times 3 \times 2 \times 1) / 3) + 8 \\
 &= (48 / 3) + 8 \\
 &= (16) + 8 \\
 &= 24
 \end{aligned}$$

The alphabet in the code is written backward: A=Z, B=Y, and so on.

I	V	W	F	X	V	W	H	K	V	V	W	A	L	M	V
R	E	D	U	C	E	D	S	P	E	E	D	Z	O	N	E

X	L	M	H	G	I	F	X	G	R	L	M	Z	S	V	Z	W
C	O	N	S	T	R	U	C	T	I	O	N	A	H	E	A	D

W	V	G	L	F	I
D	E	T	O	U	R

G	F	I	M	O	V	U	G
T	U	R	N	L	E	F	T

I	V	H	G	H	G	L	K
R	E	S	T	S	T	O	P

T	Z	H
G	A	S

Copy the following timetable of the five daily Salawat and hang it in your room. Color the happy face if you said your Salah and color the sad face for the times you did not say your Salah. Let us Pray to Allah (SWT) that He helps us to offer our prayers on time every day, Amin.

Your Name _____

Isha								
Maghrib								
Asr								
Zuhr								
Fajr								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

U	L	L	W
F	O	O	D

W	V	V	I	X	I	L	H	H	R	M	T
D	E	E	R	C	R	O	S	S	I	N	G

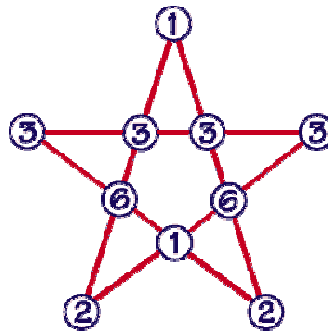
For this week:

Searching 4 stars

First draw a star on a piece of paper. Put a circle at every place where two lines meet. Think of four numbers between 0 and 9.

Now fill in the circles with those numbers only. Make the four numbers along every straight line add up to the same number.

The numbers 1, 2, 3, and 6 were used to make this star below:



Now it's your turn. Can you pick four numbers on your own and arrange them so that each line of numbers adds up to the same number?