



Call to the Light



# MUAZZIN

1<sup>ST</sup> RABI-UL-AWWAL 1428

Newsletter No.30

22<sup>ND</sup> MARCH 2007

## Important dates

23<sup>rd</sup> Mar – Salaat-ul-Istisqa (Prayer for Rain)  
 23<sup>rd</sup> Mar – Poetry Contest (Closing date)  
 29<sup>th</sup> Mar – School Clean up Day  
 30<sup>th</sup> Mar – Last day of Term 1  
 30<sup>th</sup> Mar – Reporting Day Term 1  
 16<sup>th</sup> Apr – Term 2 starts

## Hadith of the week

### Virtues of Quran

Compiled by: Hafiz Ahmed Abdella

"The best of you is he who learns the Qur'an and teaches it."

[Al-Bukhari]



## Discourses on Islamic Way of Life

### The benefits of leading our lives according to Deen

Dear readers,

You have already read in issue 28 of 'Al-Muazzin' that the foundation of success and happiness is the deen of Allah. We shall now put before you, some specific benefits of leading ones' life according to the deen. These benefits include:

- 1: Allah will grant all kinds of bounties and blessings. Allah, the Almighty says, "And if the people of the towns had believed and kept from evil, surely We would have opened for them blessings from the sky and from the earth" (Quran 7:96)
- 2: Allah will crown us with dignity, honour and respect. Allah, the Almighty says, "The respect and honour belong (entirely) to Allah, His messenger, and the believers. But the hypocrites do not know" (Quran 63:8). So this verse points out that honour belongs to the true believer, while the hypocrites are in the delusion that honour and respect are in the materialistic things of the world.
- 3: Allah will bring about love and unity among us. Allah says, "Lo! those who believe and do good works, the Merciful will bestow on them love." (Quran 19:96)
- 4: Allah will fill our hearts with satisfaction, contentment and gratification. Allah, the Almighty says, "Verily in the remembrance of Allah do hearts find satisfaction." (Quran 13:28)

To be continued ...

Mufti Obaidur Rahman

(Translated by Maulana Faizal Riza)



## Reporting Day Term 1

### Important

All parents and guardians are notified that due to some technical problems with the computer systems, the school would not be able to finalize the student reports by the end of this Term.

Therefore, the Interim reports would be mailed out in the 1<sup>st</sup> week of Term 2. Please note that the Reporting Day Interviews would go ahead as scheduled, but there would be **no** reports handed out on the 30<sup>th</sup> March.

## Salaat-ul-Istisqa (Prayer for Rain)

Salaat-ul-Istisqa will be held in congregation this Friday, 23<sup>rd</sup> March. All parents, students and Muslims are requested to attend the Jumma salat (prayer) at the School mosque. Salaat-ul-Istisqa would be held outside the mosque immediately after Jumma salat.

## Students' Daily Dismissal

### Important procedure Change

Dear Parents

There has been an increase in traffic around the school area during children's dismissal time. As a result of that, we have decided to review our policy & procedures regarding students leaving school grounds. New forms will be sent out early next week. Parents must fill a form for **each child** and return to the classroom teacher as soon as possible. The importance of this action is to ensure safety of your children and to determine the method of pick up by you.

The reviewed procedure is outlined below. Please read this section very carefully

1. Students who go home by bus will receive a bus pass.
2. Students whose parents authorise the gate duty teachers to allow their child to walk out through the green gate (ladies section) will receive a walking pass. These children may walk to the car, half way down the street or home.
3. All other students will be required to be picked up from within the school grounds (ladies section). Students will not be permitted out into the car park.

Jazakumullahu Khair for your cooperation.



## Harmony Day

Harmony Day was celebrated throughout the school on Wednesday, 21<sup>st</sup> March. It coincides with the United Nations International Day for the Elimination of Racial Discrimination.

The aim is to create/increase awareness of issues related to racism, participation, mutual respect, opportunity and a fair go for all and that each one of us is an important link/part of the whole community. Students participated in a wide range of interesting group activities.

U + ME = US

### **Web of Harmony**

Grade 2C Tarbiya

Children discussed the importance of harmony and belonging. All children sat in a circle and they said something nice about the person sitting opposite to them. A few other relevant issues were also discussed and much reference was made to the example provided to us by our beloved Prophet (S.A.W).



### **Harmony Brick wall**

Grade 3 C

Grade 3 C has celebrated Harmony Day by completing the Brick wall activity. It represents Muslims as one brick wall. If one falls then all may fall. Muslims should always work in Harmony.

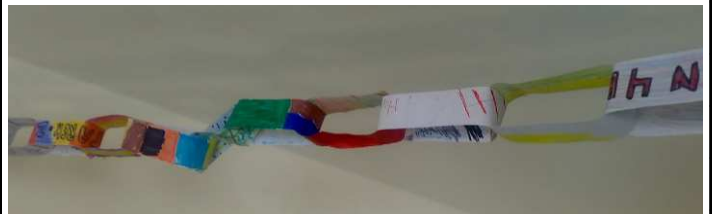
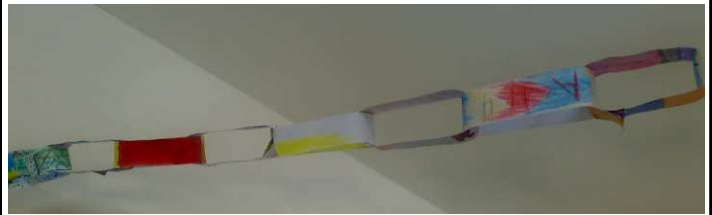


### **Chain of Harmony**

Grades 4B, 5B, 6B & 7B

The students from the Boys section made a long paper chain with each link, representing each student as an important part of their school community.

Each student was given a strip of paper to write his name on. Each class made a paper chain with their form/homeroom teacher. All the chains from each class were linked together.



The students all over the school were encouraged to accessorize in orange. Some students wore orange arm-bands, hairclips, flowers and bracelets etc. Others brought handkerchiefs and scarves. Soon, the school will have a Report Writing and/or Poster Making Competition for the students to reflect on the impact Harmony Day has on their feelings, as well as contributions they have made or hope to make, as Muslims, towards a diverse and harmonious multicultural society.

### **Weekend Tuition**

This term we have done trial test -1 for AIMS maths and English for years 3, 5, 7 and 9. Based on the

results, we have organized free tuition for students of these classes, on the weekend. The teachers select students who need extra support in Maths and English. The first weekend class was held last weekend 17<sup>th</sup> March and the next one is this weekend 25<sup>th</sup> March. There will be no classes during holidays, but classes will resume after the school holidays. If you have any queries, please feel free to ring the appropriate class teacher.

Jazakumullahu Khair  
Subhani S M Faleel  
Standardised Assessment Coordinator

## Behind the headlines

### **Know your fats**

Dr. Shafiq Ansari

You might have heard this week that fast food stores have been asked to reduce their levels of trans-fatty acids and saturated fats (commonly shortened to trans-fats and sat-fats). It can be confusing trying to keep up with diet recommendations – what is good for you and what to avoid.

Fats play an important role in nutrition and are vital to a healthy diet. It would be impossible and unwise to remove all fat from your diet, since fat is important for the production of energy and for carrying valuable fat soluble vitamins like vitamin D, vitamin E and vitamin K throughout the body. In addition, fat plays a very important role in regulating various bodily functions.

But too much fat can be harmful. Excessive levels of dietary fats have been associated with heart disease, stroke and high cholesterol levels.

But what is a trans-fatty acid and why should we avoid it? Trans-fatty acids are found in numerous foods, particularly commercially packaged goods and fried food commonly available at fast food outlets. Prior to trans-fatty acids, food was cooked with lard, palm oil or butter which are high in saturated fat. Researchers found that saturated fat increases LDL cholesterol which may increase the risk of heart disease.

Therefore, manufacturers started to use the healthier vegetable oils in their food production. As liquid vegetable oils are not stable to heat and can go rancid easily, scientists began to "hydrogenate" liquid oils so that they can better withstand food production process and provide a better shelf life. As a result of hydrogenation, trans-fatty acids are formed.

Similar to saturated fatty acids, trans-fatty acids also increase LDL cholesterol (the bad cholesterol) and lower HDL cholesterol (the good cholesterol) therefore increasing the risk of heart disease.

The best fats (oils) to choose are mono-unsaturated and polyunsaturated varieties, such as olive, sunflower or canola.

## Story of the week

### **Prophet Yunus (alayhis salam) Part 2 of 2**

In his loneliness, he started to think over what had happened in the town, and came to realize that



he should not have acted so hastily and in such a quick-tempered manner. Instead, he should have stayed and kept on speaking to the people and ask them to return to Allah. In this despair, Yunus (alayhis salam) started to pray with all his heart to Allah. He said;  
*"There is no god but you: glory to you: I was indeed wrong!"*

[Surah Anbiyaa: 87]

Allah hears the prayers of those who pray to Him and those who believe in Him.

Allah heard Yunus (alayhis salam)'s prayer, and he caused Yunus (alayhis salam) to come out of the fish's stomach, and to be swept by the waves of the sea onto the shore.

Poor Yunus (alayhis salam) was in a terrible state! He lay on the shore, weak, ill and helpless. He felt dreadfully miserable, but Allah caused a tree to grow and this tree provided Yunus (alayhis salam) with shade and nourishing fruits, alhamdulillah.

Before long, Yunus (alayhis salam) had recovered his health and strength.

When he was better, Allah sent Yunus (alayhis salam) back to the town. This time, though, the people there listened to Yunus (alayhis salam) when he told them: "You should believe in Allah and worship Him alone. You must do good."

## Mosques of the World

### Oman

In 1992 Sultan Qaboos directed that his country of Oman should have a **Grand Mosque**. A competition for its design took place in 1993. After a site stretching to 416,000 square meters was chosen near Muscat, construction commenced in 1995. Building work took six years and four months.



The Mosque is built from 300,000 tonnes of Indian sandstone. The main prayer hall is square (external dimensions 74.4 x 74.4 meters) with a central dome rising to a height of fifty meters above the floor. The dome and the main minaret (90 metres) and four flanking minarets (45.5 meters) are the mosque's chief visual features. The main prayer hall can hold over 6,500 worshippers, while the women's prayer hall can accommodate 750 worshippers. The outer paved ground can hold 8,000 worshippers and there is additional space available in the interior courtyard and the passageways, making a total capacity of up to 20,000 worshippers.



A major feature of the design of the interior is the prayer carpet which covers the floor of the prayer hall. It contains, 1,700 million knots, weighs 21 tonnes and took four years to produce, and brings together the classical Tabriz, Kashan and Isfahan design traditions. 28 colours in varying shades were used, the majority obtained from traditional vegetable dyes. It is the largest single piece carpet in the world. This hand-woven carpet was produced by an Iranian Carpet Company at the order of the Diwan of the Royal Court of Sultanate of Oman to cover the entire floor of the main praying hall. The carpet measures over 70 × 60 meters, and covers the 4343 square meter area of the praying hall, all in a single piece. The newly built Grand Mosque was inaugurated by Sultan of Oman on May 4, 2001.

**Poetry Corner**

**Haiku and Cinquain**

**Grade 7B**

Boys from Grade 7B had a go at different styles of poetry. They penned down various poems of *Haiku* and *Cinquain* styles.

**Good Riddance**



I wish I could fly  
All the way into the sky.  
Then I say bye-bye.

Ahmed Beluli

**Pen**



Soft, grip  
Inky, smooth, colourful  
Writing, drawing, panting  
Staedtler.

Hamza Abbas

**Friends**



Always know what to  
Say to you when you are sad.  
Make you glad, when mad.

Abdul-rahman Omara

**Welcome**



Whenever you step in front of my doorstep  
Enter with care and when you do so  
Laugh like mad. Then  
Come inside with care if you want to.  
Otherwise jump around like mad. But if  
Mum catches you then it will be your  
End

Asim Malik

ALLAH



We need him and,  
He needs no one.  
Truly he is the one,  
Who has no father or son.  
Everything in creation was by him begun.  
With His power anything could be done,  
Ask ALLAH for His pardon and,  
You will enter the garden.

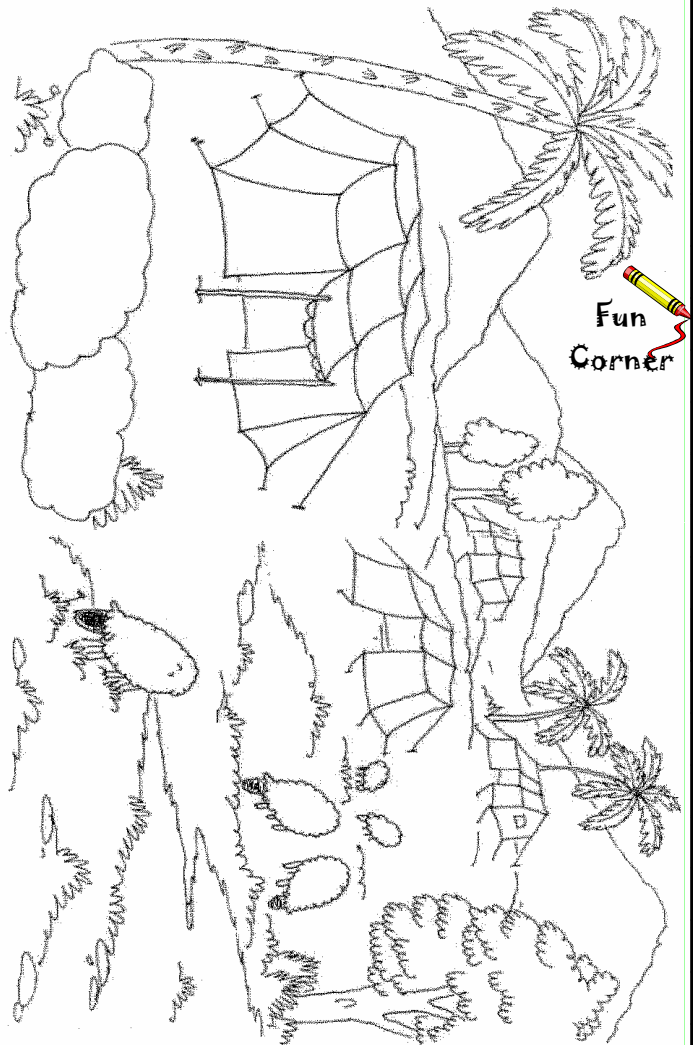
Hajer Shiday (5A)



**Clouds**

They float through the sky  
Sometimes they drop precious rain  
Down on the dry land

Rizwan Muhammed (4B)



Fun  
Corner

**What's next? (Last week) 1, 4, 9, 16, 25, 36, 49**

Now for this week's sequence. This is for the real number nerds. Come on... let's see who gets it first!

**What's next? 0, 6, 24, 60, 120, 210, ?**

**Science Quiz Answers (Last week)**

1. 212 °F
2. True. Helium, neon, argon, krypton, xenon, and radon.
3. Monkey Puzzle.
4. The Newton.

5. Cassava. The cassava is the staple food for more than 250 million people in Sub-Saharan Africa, yet is less than ideal for a healthy diet.

### Science Quiz Questions

1. How many carats are there in pure gold?
2. Name 3 countries which contain part of the Amazon Rainforest?
3. Which bird flies annually from pole to pole?
4. What type of laser is used in CD and DVD players?
5. True or false? A dog can die within 15 minutes of eating a cane toad.

Answers for this week will be provided next week  
Insha Allah.