



Call to the Light



MUAAZZIN

15TH RABI-UL-AKHIR 1428

Newsletter No.34

3TH MAY 2007

Important dates

4th May - Walk Safely to School Day
 8th May - Grade 9 AIM Tests Commence
 9th May - Grade 9 AIM Test End

Hadith of the week

Virtues of Quran

Compiled by: Hafiz Ahmed Abdella



"Fasting and the Qur'an will intercede for the slave on the Day of Resurrection. Fasting will say: 'O My Rabb! I prevented him from food and desires, so accept my intercession for him.' And the Qur'an will say: 'I prevented him from sleep during the night, so accept my intercession for him.' He ﷺ said: 'And they will (be allowed to) intercede.'"

[Ahmad, At-Tabarani, Al-Hakim, Sahih]

Discourses on Islamic Way of Life

The benefits of leading our lives according to Deen

Dear readers,

Assalam-o-Alaikum!

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

5. A person who leads his life according to deen. Allah (SWT) will make ease for him out of all hardships.

Allah (SWT) says,

"And whosoever fears Allah and keeps his duty to Him, He will make a way for him to get out (from every difficulty)." Surah 65:2

6. A person who leads his life according to deen, Allah (SWT) will sometimes open ways for the rizk of such person, by means that he wouldn't have thought of.

Allah (SWT) says,

"And He will provide him from (sources) he never could imagine." Surah 65:3

7. Allah (SWT) makes his (everyday) issues easy.

Allah (SWT) says,

"And whosoever fears Allah and keeps his duty to Him, He will make his matter easy for him." Surah 65:4

To be continued ...

Mufti Obaidur Rahman

(Translated by S M)



****Parents please don't miss this section****

Important Reminders

Administration

1. Parents are encouraged to check on their children's school uniform on a regular basis. Some students are coming to school with tattered uniform needing immediate mending.
2. Students are not permitted to bring to school mobile phones, MP3 players, CDs, DVD and any sorts of games. As far as USBs are concerned, teacher's approval is necessary before students are allowed to bring it to school and may only be used for research/project purpose(s).
3. Students on the boys' side will now be dismissed from the new basketball area. Parents are requested to come to the entrance to take their son(s). No students will now be permitted to go freely to the car park area unless parents show themselves up at the entrance area.
4. Ensure that your child has a healthy breakfast which is essential for his day of learning at school.
5. Most Physical Education (PE) classes are conducted in the basketball court. Therefore the basketball court is occupied by students and the teacher at that time. We request all parents/guardians, mothers in particular who come to school to pick their children up to stay away from the courts and keep their younger children clear of that area, while a PE lesson is being conducted. If you are walking towards the office, please walk around the courts.
6. We would also like to remind you not to enter the corridors during period 8. Please make an appointment through the office to see a teacher if the need arises. Any parent who has an appointment to see a teacher must report to the office first.

We appreciate your cooperation and understanding. Jazakumullahu Khair

Grade 9 - AIM Tests 2007

AIM (Achieve Improvement Monitor) tests for Year 9 would be held on **Tue 08th and Wed 09th May**. Please make sure your children are present at the school on these days.



Walk safely to School Day

This Friday – the 4th of May is declared as National Walk Safely to School Day. Parents are encouraged to park their cars some distance away from the school gates and walk with their children to the school. The objectives are to promote the health benefits of walking and help create regular walking habits at an early age. Moreover, this will help children develop the vital road-crossing skills they will need as they become mature pedestrians, InshaAllah



Tips for the Parents of young students Mrs Yesilyurt

Here are some hints to motivate young students to learn and enjoy mathematics.

At home, children learn when;

- There are pencils, scissors (safe one), crayons, a ruler (plastic one), paper to write on, tape measures, buckets and games to play.
- Possibly a calculator and a computer
- A place to store the materials
- People assist them when they need help
- The children are encouraged to attempt new tasks involving mathematics, such as learning to play a family card/board game, to buy items at a shop, or to measure ingredients in preparation for cooking
- Where support is offered when problems occur
- Efforts and achievements are encouraged, praised and shared with others.
- They see and hear parents and family members talking about using mathematics to solve everyday problems, for instance, people might be seen to measure while cooking, to calculate costs while shopping.
- People explain what they are doing and why
- They practice counting and calculating when exploring various problems
- They can enjoy doing the same task repeatedly, such as making a jigsaw
- They count, calculate, problem solve and share and distribute food or small toys.



Please remember to praise your children for their efforts and inject positive attitude about learning mathematics. Please avoid using negative comments about learning mathematics such as "I was never good at it, I do not like maths because it is hard, I can not do maths, too difficult for me." Let your child develop a positive attitude towards learning mathematics!



Lunch Time Fun

PE Department

Last term, the Hifz Girls organised a basketball match between students and teachers. It was a tough match with students winning by a narrow margin. The scores were **6 – 4**. Meanwhile, some teachers are training hard in preparation for a rematch soon. Last Friday, on the other hand, the Hifz Girls organised yet another match between teachers and students; this time it was volleyball. And guess who won? The teachers! The scores? **33 – 27**. Come on girls, the teachers are ready for a rematch anytime you are!

The Cholesterol Story

Part 1 of a remarkable 2 part series

Dr Shafiq Ansari

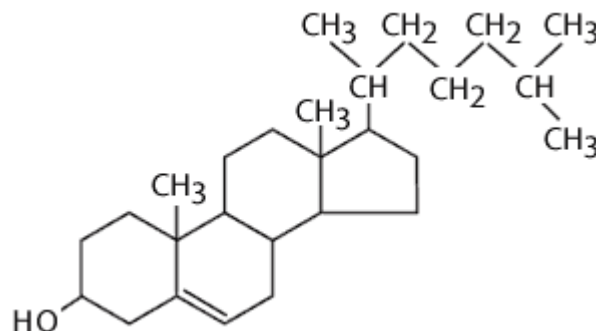
Science Department



Whenever we hear the word 'cholesterol' we think hamburgers, thick shakes, people who need a double seat in an aircraft, clogged arteries and an early death.

In fact cholesterol is essential to life. It's a compound – a steroid – that occurs naturally in the body. It's manufactured by the liver, and is essential for many of the body's metabolic processes. It helps make hormones like oestrogen, testosterone and adrenaline (the name originates from the Greek 'chole' meaning bile and 'sterEOS' meaning solid). It's used in the production of vitamin D, and also in the production of bile acids, which help the body digest fat and absorb fat-soluble vitamins in the small intestine.

Cholesterol is a sterol (a combination of steroid and alcohol) and lipid (a type of fat). It's found in foods such as eggs and dairy products and is also manufactured in the body, especially the liver. The trouble starts when we get too much cholesterol –



when the intake of fats in our diet causes the levels of cholesterol in our blood to rise to more than we need. If it rises above normal levels – that is, 5.5 mill moles per litre – it can build up into fatty deposits on the surface of our arteries, which can form calcium plaques. These narrow the arteries and block blood from flowing, leading to heart disease, stroke and other conditions. This is a condition known as atherosclerosis. High cholesterol is one of the risk factors for atherosclerosis, along with smoking, being overweight, and having high blood pressure. About half of all adult Australians have elevated blood cholesterol. For this we can thank our fondness for dairy foods, red meat, takeaway foods and processed foods rich in fats.

To be continued...

Br AA Shepherd

English

Plurals mean that there are more than one. English has many ways of making plurals. Usually we just add the letter 's', but sometimes we break the rules. For example 'mouse' becomes 'mice'. So what should 'house' become? And 'fish' stays 'fish'. So what should 'dish' become? And for our maths people, 'axis' becomes 'axes', and that is not used for cutting trees. Let's face it English is weird.

Mosques of the World

The **Grand Mosque of Damascus**, also known as the **Umayyad Mosque** (Arabic: جامع بني أمية الكبير transl. *Ġām' Banī 'Umayyah al-Kabīr*), is one of the largest



and oldest mosques in the world. Located in one of the holiest sites in the old city of Damascus, it is of great architectural importance.

The mosque holds a shrine which is said to contain the head of John the Baptist (considered as a prophet by Christians). The tomb of Saladin stands in a small garden adjoining the north wall of the mosque.

History

The spot where the mosque now stands was a temple of Hadad in the Aramaean era. The Aramaean presence was attested by the discovery of a basalt orthostat depicting a sphinx, excavated in the north-east corner of mosque. The site was later temple of Jupiter in the Roman era, and then a Christian church dedicated to John the Baptist in the Byzantine era. Many years after the Muslims conquered the area, under the Umayyad caliph Al-Walid I, the church was demolished and between 706 and 715 the current mosque built in its place. At that point in time, Damascus was one of the most important cities in the Middle East and would later become the capital of the Umayyad caliphate.

Construction and architecture

Construction of the mosque was based on the house of the Prophet in Medina, which had many functions: it was a place for personal and collective prayer, religious education, political meetings, administration of justice and relief of the sick and homeless. The caliph asked and obtained from the Emperor of the Byzantine Empire 200 skilled workers to decorate the mosque, as evidenced by the partly Byzantine style of the building.

The new mosque was the most impressive in the Islamic world at the time. The building was considered one of the marvels of the world, because it was one of the largest of its time. The prayer hall

Damascus

consists of three aisles, supported by column of the Corinthian order. It was the first mosque to have such a shape and this way, the visitors could see the *mihrab*, the alcove indicating the direction of Makkah (the *qibla*), and each other more easily. The interior of the mosque is reminiscent of the Dome of the Rock in Jerusalem. It contains a large number of mosaics and geometric patterns. It is thought that the mosque used to have the largest golden mosaic in the world, at over 4.000 m². In 1893 a fire damaged the mosque extensively and many mosaics were lost, although some have been restored since.



Whole Quran memorised at the age of 82

An Interview with Umm Saalih,

A Grandmother Who Completed Memorizing the Quraan at Eighty-Two



Compiled by: Hafiz A Abdella

I have found an interview of an 82 year old woman who memorised the Quran at this age. She said that she had memorised 10 juz when she was a little girl, but later got busy in life - marriage, kids etc, so could not complete the memorization of the entire Book, thus picked up later in life.

When she can do it, insha Allah anyone can. All we need is sincerity in pursuing our goals and aid from Allah subhanahu wa ta'ala.

Al-Hamdulillaah, the One who said (what means): *'And in truth We have made the Qur'aan easy to remember; but is there any that remembers?'*

Surah 54: 32

Many all over the world memorize the Qur'aan, and it is not strange to see the youth memorizing the Noble Qur'aan and an early age. Al-Hamdulillaah, the One who made the Qur'aan easy for remembrance, had made it easy for Umm Saalih, age 82.

In the upcoming issues of Al-Muazzin, an in-depth interview with this lady would be published as a multiple part series.

To be continued...

Bus Survey

A number of parents have approached the school with regards to having a bus service arranged. This survey is to help determine the requirements for such a service and the place of residence, to indicate the areas which need to be covered. Please cut on the dotted line above and fill out the following survey and return it to the office if you are interested in this service.

When do you need the bus service? (Please circle one only)

Morning

Afternoon

Both



Your Suburb: _____

Phone: _____

Parent/ Guardian Name: _____

Number of children needing the bus: _____

Student Name: _____

Class: _____

Healthy Eating Schools...

The Glycaemic Index & Children

Compiled by: Mrs Bahruddin

There is no doubt that many have heard of the Glycaemic Index (GI). But do you really understand it and know how the GI can help in the management & prevention of overweight and obesity?

The GI is based on the type of carbohydrate in foods and indicates their ability to raise blood glucose levels. Low GI are digested slower producing a more gradual rise in blood glucose levels. Low GI foods have been shown to be more filling and can reduce overeating. They provide children with a more sustained form of energy.

Cereal & grains: 5 - 9 serves per day

1 serve = 1/2 cup (70-120g)

e.g. wholegrain breads, porridge, basmati rice, natural popcorn, wholemeal pasta etc

Fruits: 1 - 2 serves per day

1 serve = 1 medium whole piece or 1/2 cup (60 -75g) berries e. g. stone fruits, apples, pears, bananas, grapes, oranges

Vegetables & legumes: 2 - 5 serves per day

1 serve = 1/2 cup cooked or 1 cup chopped salad e.g. most vegetables are low GI, as well as all legumes (baked beans, kidney beans, lentils etc)

Milk & milk products: 2 - 3 serves per day

1 serve = 1 cup milk or 30g cheese

e.g. low fat milk and dairy foods like cheese and yoghurt

The following are great examples of low GI foods and are also high in micronutrients and have very little saturated fat. The recommended number of serves for children is included as well. Note that the GI only applies to foods that are high carbohydrate (fat foods don't have a GI).

Nutrition Australia (www.nutritionaustralia.org)

Student Samples

Note to Readers:

Student samples are randomly selected by Teachers and/or the editor. Generally, they are **not** edited in order to maintain the creativity of Student work.

<p>I saw a Monster under my bed!</p> <p>One night I heard this noise under my bed "Rrrraaa" it said. I was so scared to look under my bed, so I shivered in fright under my covers. The next morning I woke up and I looked under my bed and there was nothing, absolutely nothing, it was clean as clean can be. I quickly got ready for school. I told my friends but they didn't believe me.</p> <p>The next night when I went to bed I checked under my bed. There was nothing under my bed so I just went to sleep. That night I heard the same noise "Rrrraaa" it said. I was too scared to look so I just stayed in bed. The next morning I looked and you know what I found NOTHING! That day when I went to school I told my friends again but they just wouldn't believe me.</p> <p>That night I checked everywhere in my room, nothing. In the middle of the night I heard "Rrrraaa" so I looked under my bed there was a blue, fluffy coat. Then I got out of my bed and told it to come out, it was a monster, the monster's name was Tim. After that day me and Tim became best friends. When I took him to school my friends believed me. Then we lived happily ever after.</p>	<p>Kimiya Ali Gr 5A</p>
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The War on Turkey

Hayrullah Konak

Gr 8B

They suffered for many years
The flowing of dreaded bloodshed and tears
For long there were no smiles, nor cheers
That's what happened in the war of Turkey

The outsiders made fun acts,
We tried to make many comebacks
But there were piles of dead Turks in stacks
That's what happened in the war of turkey

The whole of Turkey was taken over,
The army became more weak and slower
But they fought and fought and fought even though
they were lower
That's what happened in the war of Turkey

The whole entire country was a total mess
Finally though, we got a chance for success
We gained more stocks and defeated our pests
That's how we won back, the war on Turkey.

What's next? (Solution: Last Week)

1, 4, 9, 20, 35, 66, 91

Formula: (Numbers x Prime Numbers)

For those who still can't figure this out, ask your Maths teacher to help you out with it.



What's next?

31, 28, 31, 30, 31, ?

This week's sequence will also challenge most students. Time each other to see who gets it first.

This week's Important Clue: Think outside the Box.

Science Quiz Answers (Last Week) Science Dept.

1. Inside a pumpkin. It's the edible green part inside the white hull of the seeds.
2. True.
3. Cardiovascular disease.
4. a) A pile of broken rock at the base of a hill.
5. Larry.

Quiz Questions



1. To what does the trophic level of an animal refer?
2. What is the name of the first white dwarf star that was discovered?
3. If Australia is considered to be a continental land mass, what is the world's largest island?
4. What is the more familiar name for sodium hydroxide?
 - a) boric acid,
 - b) caustic soda or
 - c) epsom salts
5. True or false: Human created CO₂ emissions are small compared with natural CO₂ exchange?

Answers for this week will be provided next week inshaAllah.