



Call to the Light



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MUAAZZIN

28TH JAMAADIYUL AWAL 1428

Newsletter No.40

14TH JUNE 2007

Important dates

- 20th June – Exams Commence
- 22nd June – Exams End
- 22nd June – Closing Date - Prep 2008 Applications

Hadith of the week

Virtues of Quran



Compiled by: Hafiz Ahmed Abdella
 Hadhrat Abu Sa'eed (RA) narrates that Rasulullah (Sallallahu alaihe wasallam) said:
 "Almighty Allah says; "If anybody finds no time for My remembrance and for begging favours of Me, because of his remaining busy with the Holy Qur'an, I shall give him more than what I give to all those who beg favours of Me. The superiority of the Word of Allah over all other words is like the superiority of Allah over the entire creation."

Times Tables Competition

Winners List

Numeracy Department

We are pleased to announce the winners for the maths times tables competition. Winners will be awarded with surprise presents inshaAllah.



1st prize winners

Name	Class
Aisha Elmi	Gr 3A
Abdur Rafae Bhatti	Gr 3B
Mohamed Merhi	Gr 3C
Mashkura Niaz	Gr 4A
Ibrahim Assafiri	Gr 4B
Muna Osman	Gr 5A
Olaym Nahas	Gr 5B
Aiza Ahmad	Gr 6A
Haluk Erciyas	Gr 6B

2nd prize winners

Name	Class
Shaker Allouche	Gr 3A
Hira Shah	Gr 3B
Maha Qureshi	Gr 3C
Zoha Ahmed	Gr 4A
Taha Shehab	Gr 4B
Sara Hussain	Gr 5A
Abdul Karim Fahour	Gr 5B
Noor Shadid	Gr 6A
Yahya Awal	Gr 6B

3rd prize winners

Name	Class
Asmah Samsudeen	Gr 3A
Khairia Abukar	Gr 3B
Fadhilah Shadid	Gr 3C
Fatima Ismail	Gr 4A
Yaseen Dala	Gr 4B
Sara Bakah	Gr 5A
Ahmed Nur	Gr 5B
Faiza Mohammed & Ayse Uguz	Gr 6A
Osman Ali	Gr 6B

English Poetry Competition

Grade 5A

English Department

Congratulations to all the grade 5 winners of the English poetry competition. These students will be awarded prizes due to their effort and achievement. Well done! As for those students who did not win, practise during the holidays and who knows; you may win next year!

1. 'Body' by Sana Azim

2. 'Butterflies' by Kimiya Ali

3. 'Allah' by Hajer Shiday

Sana's winning poem is included for your reading pleasure!



Body

My body is a poem
 That is full of rhymes
 That is what I thought about
 many times.
 For I have toes
 A chin and a nose
 Cheeks and lips
 Arms and hips
 Shoulders and thighs
 Brows and eyes
 Fingers and thumbs
 And ear drums.

Tooth and tongue
 Heart and lungs
 That's how I figured out
 My body's a poem.
 By Sana Azim, Grade 5A



Encourage Writing!

Early Years Department
Literacy Coordinator

Mrs H Almadhoun

Assalamoalaikum Parents:

Encourage your child to be involved in writing as often as possible. Writing could be either on the computer or on a paper.

Your child could be encouraged to try any of the following:

- Take notes of a Taleem lesson you've had as a family.
- Write a short story of their own.
- Reflect on a book they have read, e.g. nightly home reader.
- Write messages, emails, letters and postcards to other family members.
- Make greeting cards or invitations.
- Keep a diary or journal when you go on a trip or holidays. This is especially valuable if you are travelling and your child is missing school.
- Collect printed material such as brochures, leaflets and tourist guides and ask them to write some information from those materials.
- Complete lists for particular reasons, e.g. shopping lists, jobs to be completed, work to be done, people to be contacted....etc
- Give a diary, book or notebook as a present to another person
- Make scrapbooks about their favourite books, authors, interests, places.



Children need to feel free to write. For them to be able to do that, they need lots of encouragement and praising.

Encouraging your children to write will really have a great impact on their academic results, social interaction skills and behaviour throughout their lives. All the best inshaAllah.

Writing Competition

Grades Prep - 4

A few weeks ago, we had the writing competition for grades prep- 4. Congratulations to the winners of this competition. JazakAllahu Khair to all other participants and good luck in the future competitions

Student		Class
Ayat Elmakari	1 st .	4A
Sakinah Faleel	2 nd .	4A
Sarah Mohamad	3 rd .	4A
Enes Kilic	1 st .	3C
Saffiyah Eleissy	2 nd .	3C
Noor- Elhouda Taha	3 rd .	3C
Rhoda Hamad	1 st .	1C
Bachar Elmakari	2 nd .	1C
Romaisa Khalid	3 rd .	1C



"You are What You Eat"

A Healthy Achievement

Mrs R Shah

PE Department

"You are What You Eat" has been our topic this term as many parents maybe well aware of.

Students critically analysed their own personal food consumption; keeping in mind that what we commonly consume daily contributes to a week,



which in turn represents our consumption in a month, and thus a year; most students were shocked at how much junk they were allowing to enter their mouths. Then considering the impact of such eating habits on the body within 10 years left us all a bit bewildered!! Students actively made a turn around by becoming conscientious consumers and by preparing a nutritious lunchbox for presentation. The contents had to meet the needs of diligent, hardworking, intelligent and growing Darul Ulum College students! ©

Points that were considered in the preparation were:

- Nutritional Value
- Appeal
- Cost
- Ease of preparation

I received quite a lot of positive feedback about our program from students and I really feel that we have reached a turning point in their realisation of the positive effects of healthy foods.

I do hope that parents will support our efforts by providing their children with healthy lunchboxes at school, and healthy meals at home.

Healthy Eating Schools...

"Beanz Meanz" ... More Beans Please!

Compiled by: Mrs Bahrudin

This "Beanz Meanz" vegetarian recipe is a great way to encourage kids to eat beans. It is packed full of fibre and high in protein (from kidney beans) as well loads of vegetables to ensure kids are meeting their daily nutrient requirements - for this reason beans are often called a vegetarian "meat".

Ingredients

- 2 tablespoon olive oil
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and minced
- 1/2 cup chopped carrot
- 1/2 cup chopped celery
- 1/2 cup chopped red capsicum
- 1 teaspoon ground cumin & chilli powder
- 800g (1 can) chopped tomatoes
- 800g (2 cans) red kidney beans, drained and rinsed
- 1 cup frozen corn kernels

Topping

- 1/2 cup shredded low fat cheese
- 1/4 cup chopped chives

Method

- Heat oil in large saucepan. Add cumin and chilli and stir until they become fragrant.
- Cook onion until translucent then add garlic.
- Add carrot, celery and red capsicum and cook until they soften slightly.
- Add tomatoes with juice and stir in with vegetables. Bring mixture to boil then reduce heat and allow to simmer for 15 to 20 minutes.
- Beans and corn can now be added to chilli mixture and stir to combine.
- Serve 1/2 cup of chilli on top of wholegrain toast, brown rice or noodles.
- Alternatively serve 1 cup by itself and top with shredded cheese and chopped chives.

Nutrition Australia (www.nutritionaustralia.org)



20 Exam Tips for Students

Part 2 of 2

Compiled by: Br Cem Hussein

13. Take your time to answer, for the Prophet (PBUH) said: *"Deliberation is from Allah (SWT) and haste is from the Shaytaan."*
14. Think carefully about the answer and choose the right answer when answering multiple-choice questions. Deal with them in the following manner. If you are sure that you have chosen the right answer, then beware of waswasah (insinuating whispers from the Shaytaan). If you are not sure, then start by eliminating the wrong or unlikely answers, and then choose the correct answer based on what you think is most likely to be correct. If you guessed at a correct answer then do not change it unless you are sure that it is wrong – especially if you will lose marks for a wrong answer. *Research indicates that the correct answer is usually that which the student thinks of first.*
15. In written exams, collect your thoughts before you start to answer. Write an outline for your answer with some words which will indicate the ideas which you want to discuss. Then number the ideas in the sequence in which you want to present them.
16. Write the main points of your answer at the beginning of the line, because this is what the examiner is looking for, and he may not see what he is looking for if it is in the middle of the page and he is in a hurry.
17. Devote 10% of the time for reviewing your answers. Take your time in reviewing, especially in mathematical problems and writing numbers. Resist the desire to hand in the exam papers quickly, and do not let the fact that some people are leaving early bother you. They may be among the people who have handed in their papers too early.
18. If you discover after the exam that you answered some questions incorrectly, then take that as a lesson in the importance of being well prepared in the future, and not rushing to answer questions. Accept the will and decree of Allah (SWT) and do not fall prey to frustration and despair. Remember the hadith of the Prophet (PBUH), *"If anything befalls you, do not say, 'If only I had done such and such.' Rather say, 'Qadar Allah wa maa sha'a kaan (the decree of Allah and what He wills happened),'* for saying 'if only' opens the door for the Shaytaan." [Saheeh Muslim].
19. Note that cheating is haraam whether it is in foreign language tests or any other tests. The Prophet (PBUH) said, *"Whoever cheats is not one of us."* It is wrongdoing and it is a haraam means of attaining a degree or certificate, etc., that you have no right to. The consensus is that cheating is a kind of cooperation in sin and transgression. So do without that which is haraam, and Allah (SWT) will suffice you from His bounty. Reject all offers of haraam things that come to you from others. Whoever gives up a thing for the sake of Allah,

Allah (SWT) will compensate him with something better. You have to denounce and resist evil, and tell the authorities about any such thing that you see during the exam, or before or after it. This is not the forbidden kind of slander rather it is denouncing evil which is obligatory.

Advise those who buy or sell questions or post them on the Internet etc., or who prepare cheat notes. Tell them to fear Allah (SWT), and tell them of the ruling on what they are doing and on the money they earn from that. Tell them that the time they are spending in preparing these haraam things, if they spent it in studying, or answering previous exams, or helping one another to understand the subject before the exam, that would be better for them than doing these haraam things.

20. Remember what you have prepared for the Hereafter, and the questions of the examination in the grave, and how to be saved on the Day of Resurrection. Whoever is saved from the Fire and admitted to Paradise will indeed have succeeded.

We ask Allah (SWT) to make us succeed in this world and cause us to be among those who are victorious and saved in the Hereafter, for He is the All-Hearing - Who answers the prayers.

Arabic Department Update

Br Abdullah El-Leissy

Arabic Department

Alhamdulillah, all Arabic teachers and students have been occupied for the whole period of this rather productive semester. Several extra curricula activities have taken place recently, such as the food stall.

Arabic Food Stall

The food stall was run by the grade 6 girls, year 9 girls and the year 8 boys. It was a successful event where students had the opportunity to explore their interpersonal as well as intrapersonal skills. Perhaps we need to emphasise more on the oral interaction in the target language when such events take place in the future inshaAllah. I would like to thank all teachers who contributed to this event and made it interesting and appealing for all students.

Year 9 Boys: Restaurant excursion

The year 9 boys were also taken to an excursion to a restaurant where they collectively had lunch, as their latest unit of work topic was about "Healthy eating habits." They were then required to complete several activities reflecting upon that outing. Attached are a couple of samples that students produced related to this topic.

Ali D Ali
Year 9 B



”تذكرة المنظم“

- اتمت تنظيمه بحسب طرق الكبار
- تاريخ الترتيب: 5/1/2025
- اتمت الترتيب التي تاملتها: عضاء على عضاكه

لغير فائدة الوجبة التي تناولتها

القائمة الخاصة بالصحة	القائمة للمنتخب (البروتين...)	النوع المطلوب المتواجد في طبقه
يساعد على بناء العضلات وهرمونات	البروتين	الدجاج
يساعد على بناء العضلات مرارة مضاد	البروتين	المعصنة
يساعد النملورا بالتحاقة	الكوبولايرات	الارز
يحفظنا الطراقة وساعد على بناء العضلات	البروتين	المعصنة
على النوم ، مر التلورا	الكالسيوم ، الكوبولايرات	البن
يساعد على المرضم	الالياف	ملفوف
على المرضم	الالياف	الخيزر
على المرضم	الالياف	الخبز
يساعد على المرضم	الالياف	الخبز
يساعد النملورا بالطراقة	الكوبولايرات	الخبز التركيبي
على الشهر	الكالسيوم	البوظة

medication may shorten the length and severity of illness. Consult a doctor to discuss treatment.

- Avoid exposure to dust, alcohol, fumes and tobacco smoke as much as possible.

Consult a doctor if symptoms such as difficulty in breathing, coughing up green-yellow phlegm or severe headache develop.

Aboriginal Dot Art



Rokaya
Year 9

Did you Know...

That a Pi $\pi = 3.14159\ 26535\ 89793\ 23846\ 26433\ 83279\ 50288\ 41971\ 69399\ 37510\ 58209\ 74944\ 59230\ 78164\ 06286\ 20899\ 86280\ 34825\ 34211\ 70679\ 82148\ 08651\ 32823\ \dots$ (And it goes on!)
Lucky they only expect you to know till 3.14 in your next Mathematics Exam.

The Beauty of Maths

Numeracy Dept.

Who thought Maths can't be fun!

Part 2

- $1 \times 1 = 1$
- $11 \times 11 = 121$
- $111 \times 111 = 12321$
- $1111 \times 1111 = 1234321$
- $11111 \times 11111 = 123454321$
- $111111 \times 111111 = 12345654321$
- $1111111 \times 1111111 = 1234567654321$
- $11111111 \times 11111111 = 123456787654321$
- $111111111 \times 111111111 = 12345678987654321$



SUDOKU # 6

Difficulty Rating: Easy

	3	4	8	2		5		
9	8	7			1			
2				4		6	9	
7			2	6				
5	2						3	6
				3	4			7
	1	5		9				4
			5			9	8	3
		6		8	7	1	2	

Sudoku provided by Sudoku.com.au



Flu Facts - tips and treatment

Influenza (the flu) is caused by a highly contagious virus, which is spread by coughs and sneezes. Flu epidemics occur when there are minor changes in the nature of the virus so that more people are susceptible.

Pandemics (world-wide epidemics) occur when there are major changes in the virus, can cause very large numbers of deaths. There are three types of flu virus - A, B, and C. Influenza A is more likely to cause epidemics.

Flu symptoms

Flu symptoms develop one to three days after infection and include:

- High fever, chills and sweating
- Sore throat
- Weakness
- Headache and generalised muscle and joint pains (legs and back)
- A non-productive cough that can later become more severe and productive.



Flu versus the common cold

The flu is more than a bad cold.

- Cold symptoms last one to two days while the flu can last up to a week.
- The flu causes a high fever. A cold sometimes causes a mild fever.
- Muscular pains and shivering attacks occur with the flu but not with a cold.
- Colds cause a runny nose, while the flu usually starts with a dry sensation in the nose and throat.

Flu treatment

There are now specific anti-viral drugs available, but their effectiveness is very limited. The recommended treatment for flu is:

- Stay in bed and rest until the temperature has been normal for 48 hours.
- Drink enough fluids to maintain normal urine output.
- Take paracetamol to control fever, aches and pains (adults can use aspirin). Early use of anti-viral