



Call to the Light



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MUAAZZIN

10TH RAJAB 1428

Newsletter No.43

26TH JULY 2007

Important dates

- 27th Jul – School Tree Day
- 30th Jul – 3rd Aug – Dental Health Week
- 30th Jul – Grade 6 B Tuckshop
- 8th Aug – Arabic Writing Competition
- 13th Aug – Islamic & G. K. Quiz: Elimination Rounds

Hadith of the week

Virtues of Salaat



Compiled by: Hafiz Ahmed Abdella

Hadhrat Abu Uthman (RA) says: "I was once sitting under a tree with Hadhrat Salmaan (RA). He caught hold of a dry branch of the tree and shook it till all its leaves fell off. He then said to me, "O, Abu Uthman! (RA) Will you not ask me why I am doing this?" "Do tell me," I entreated. He said, "The Apostle of Allah (SAW) had done exactly like this before me, while I was with him under a tree.

He caught a dry branch of it and shook it, till all its leaves fell off". At this he said: O, Salmaan! (RA) will you not ask me why I am doing this?' I replied: 'Do tell me why you are doing this?' He remarked: "Verily when a Muslim takes wudhu properly and then observes his salaah five times a day, his sins fall off just as these leaves have fallen off. He then recited the following verse of the Holy Qur'an:

"Establish salaah at the two ends of the day, and at the approaches of the night. Verily, good deeds annul ill deeds. This is a reminder for the mindful."

[XI: 114]

Our Beloved Prophet

Your heart is as soft as a feather,
 And as white as snow,
 I heard about you even though I never saw you,
 Oh my beloved Prophet, peace be upon you,
 As you promised your beloved ones,
 You're going to see them one day,
 I hope I'll be one of them,
 Oh my beloved Prophet, peace be upon you,
 After you left this world,
 The world was nothing,
 But violence, killing and blood spilling,
 I know we were sent to earth
 To do good deeds, but what can I do?
 Oh my beloved prophet, peace be upon you,
 Your heart is as soft as a feather,
 And as white as snow.



S Shiday – Grade 7A

2007 International Competitions and Assessments for Schools (ICAS)

Alhumdulillah, we have received results for Science and Mathematics. A total of 107 students from Darul Ulum College of Victoria participated and out of which 2 students received distinction, 7 Credit and 98 received participation awards.



Junior Camp 2007

The first-ever three-day Junior Camp for Grades 4, 5 and 6 Boys is scheduled for the 20th, 21st & 22nd of August, 2007. The venue of the camp will be the Wombat Corner in Emerald.



Year 7 English

Grade 7B contributions

Br Abdulazim S

We have had a go at writing some limericks which are quite tricky to achieve the correct rhyme and rhythm. These are some samples from the year 7 boys. These ones were selected because they were the most humorous, all the boys wrote well.

Asim Malik

There was a fine swimmer called Bob
 Who retired because he was a snob
 He entered the army
 Because he was Pubjabi
 And finally got a real job!



.....
 There was a wise leader from Broome
 Who was shot out of a cannon with a boom
 His family cried,
 Because he almost died
 For he was becoming a groom.

Mohammednur Noordin

There was a fine swimmer called Bob
 Who was laughed at by a mob
 He fell over one day
 'You're clumsy!' they would say
 So all he could do was sob.



Taimoor Shah

There was a skater called Jet
 Who had a cow for a pet
 The cow's nose was runny,
 It was sold for money
 Now a new skate board – has Jet



Acne!

Compiled by: Dr S Ansari



What is acne?

Acne vulgaris, the medical term for common acne, is the most common skin disease. It affects nearly 100 million people worldwide. While acne can arise at any age, it usually begins at puberty and worsens during adolescence. Nearly 85% of people develop acne at some time between the ages of 12-25 years.

Helping yourself

- Don't squeeze spots - it makes things worse
- Be patient - sometimes improvement with treatment takes a while
- Use medicines as advised by your doctor
- Never be frightened to ask for help

The sebaceous glands lie just beneath the skin's surface. They produce oil called sebum, the skin's natural moisturizer. These glands and the hair follicles within which they are found are called sebaceous follicles. These follicles open onto the skin through pores. At puberty, increased levels of androgens (male hormones) cause the glands to produce too much sebum. Excess sebum combines with dead, sticky skin cells, a hard plug forms that blocks the pore.

Moderate and severe inflammatory types of acne result after the plugged follicle is invaded by *Propionibacterium acnes*, a bacterium that normally lives on the skin. A pimple forms when the damaged follicle weakens and bursts open, releasing sebum, bacteria, and skin and white blood cells into the surrounding tissues. Inflamed pimples near the skin's surface are called papules; when deeper, they are called pustules. The most severe type of acne consists of cysts (closed sacs) and nodules (hard swellings). Scarring occurs when new skin cells are laid down to replace damaged cells.

How's acne treated?

The goal with treatment is to prevent skin scarring, to prevent psychological distress and to shorten the time someone has to put up with acne.

Healthy skin needs a good intake of vitamins A, C and E, zinc and at least eight glasses of water a day. All of us should do this whether or not we have spots.

Mild acne

If someone only has a few spots occasionally, a medicated lotion or face wash that removes excess grease and cleanses the skin is all that's needed.

Gels, creams and lotions containing benzoyl peroxide are also helpful because its antibacterial and skin peeling action helps to reduce inflammation and unblock skin pores.



New Words In English.....

Compiled by: English Department

Br M Azim

BAGGRAVATION, n. A feeling of annoyance and anger one endures at the airport when his bags have not arrived at the baggage carousel but everyone else's bags have [blend formed from words bag and aggravation]. Context and source: "Nancy couldn't help but feel baggravation as she watched other passengers get their luggage and leave the airport." (Internet)

DISORIENT EXPRESS, n. A state of confusion. [novel formation].
Context and Source: "I felt like I was on the Disorient Express for good this time." (Newsweek 11/14/96)

EATERS COMA, n. A condition characterized by sluggishness, sleepiness, and often a lack of motivation to do anything but rest/relax or sleep; a condition whose onset occurs shortly after a meal, usually dinner.
Context and source: "I have a lot of homework to do, but I just ate a big dinner and now I've got eaters coma." (Conversation)

GINORMOUS- adj. extremely large [blend of gigantic and enormous]
Context and source: "Oh my! It is not gigantic. It is ginormous!" (Conversation)

LATE PLATE, n. Dinner/meal eaten after the regular (family-style) dinner is served (Rice University).
Context and source: "Late plate doesn't start until 6:15." (Conversation)

NETIZEN, n. A person who spends an excessive amount of time on the Internet. [blend of Internet and citizen].
Context and Source "...investors and Netizens alike were left wondering what went wrong. (Newsweek).

SHOPGRIFTING, v. to 'rent' something for free by purchasing it and then returning it within 30 days for a full refund. [Compound of shop + grift "to swindle"]
Context and source: His shopgrifting is totally shameless." (Conversation)

....To be continued.

Some Word Origins

Br M Azim

Algebra	Arabic
Atoll	Malay
Barbecue	Cuban
Capsule	Latin
Chilli	Spanish
Curry	Tamil
Dinner	French
Jungle	Hindi
Lemon	Persian
Sardine	Greek
Robot	Czech
Noodle	German



Healthy Eating Schools

Compiled By: Mrs Bahruddin



Water & Hydration

Even with the onset of cooler weather, it is still just as important to maintain adequate hydration throughout the day. Water is not only lost on hot days through sweating, but it is also lost through urine, perspiration and breathing during colder months. The best thirst quencher of all is plain water - it prevents dehydration, does not cause dental caries, has no energy or kilojoules, contains no caffeine and costs nothing. If choosing bottled water, ensure that it does not contain additives or flavourings.

Many drinks, including soft drinks, cordials, tea, coffee and fruit juices, may be high in sugar or caffeine. Drinks high in sugar promote dental caries, and children may fill up on sugary drinks while missing out on nourishing foods. Caffeine is inappropriate for children and may interfere with sleep patterns or increase the amount of water lost by the body, causing further dehydration.

Keep a bottle of water nearby, or a chilled bottle in the fridge, to encourage water consumption. Adding a squeeze of natural lemon, orange or lime juice can also make it more appetising. Also try freezing ice block containers full of 100% fruit juice to flavour water.

Asthma Friendly Schools



School Absenteeism

Statistics suggest that almost one million school days are lost to asthma each year indicating that asthma is a major health issue for young people in Australia today. Asthma continues to be the most common reason for admission to hospital for those under the age of 12 and can often be the cause of lethargy and disruption in the classroom. When asthma is well managed, quality of life improves and students can participate fully in all school activities.

Tips for good asthma management – help your child to achieve good asthma control:

- It is recommended that in consultation with their GP all students with asthma have an Asthma Action Plan. A copy should be given to the school.
- Asthma Action Plans should be updated regularly.
- If a student is experiencing asthma symptoms and taking their reliever medication excessively they should consult their GP.
- Students should know and avoid their triggers.
- Students should take additional reliever medication before and after exercise. Warming up prior to exercise and a cooling down period is also recommended.
- All students with asthma should be encouraged to recognise their own asthma

symptoms and take their blue reliever medication as soon as symptoms develop.

- Parents should ensure that their children have an adequate supply of appropriate medication at school.
- It is recommended that students use a spacer when taking medication.

If you have any questions or would like to discuss asthma further, please call the Asthma Helpline on 1800 645 130 or visit The Asthma Foundation of Victoria's website www.asthma.org.au



Calculating your reading rate/speed

People can be classified in 3 basic categories according to their reading speeds. Calculate your reading speed and find out which category you belong to.

500 – 1500 words per minute
250 words per minute
150 words per minute

Speed Reader
Average Reader
Average Speaker



Healthy Food

Sr N Ibrahim

In term two, grade 5 students were studying a unit about healthy food. Attached is a sample that Rayan has completed.

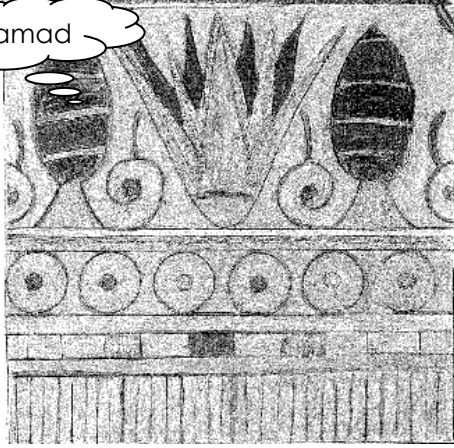
الطعام الصحي

الطعام مفيد للشهوان والحيوان والنبات.
الطعام الصحي لذيق وعفيد للجسم.
يجتنب الطعام الصحي على الفيتامين والبروتينات
بين نشاط الطعام في الصباح والغذاء والعشاء.
ينقسم الطعام الصحي إلى أربع مجموعات
المجموعات هي اللبن والحبوب والفاكهة
والخضراوات - الرضخ الغذائية
ينقسم إلى ثلاث مجموعات هي أخذية
البناء مثل الحليب والبيض والدجاج اللينوم.
أخذية الطاقة والحدوة مثل الزيت والأرز
والعسل والمكرونة وأخذية الوقاية
البطاطا والقمح والبطيخ والجزر والبرنقال.
أنا أحب التفاح ولكن أخطأ العوز.
عن ريان خالد مبارك

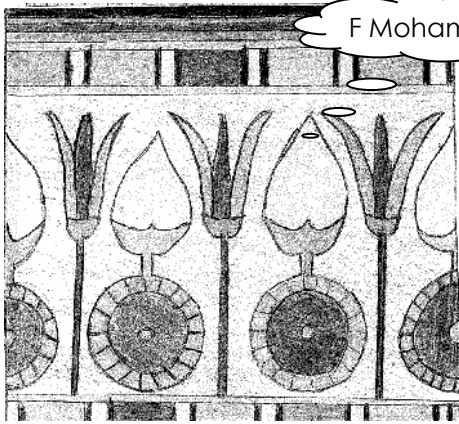
Year 7 Girls Ancient Egyptian Designs Sr Amira

Last term the year seven girls were learning about Ancient Egypt. They produced some lovely designs based on original ancient Egyptian designs.

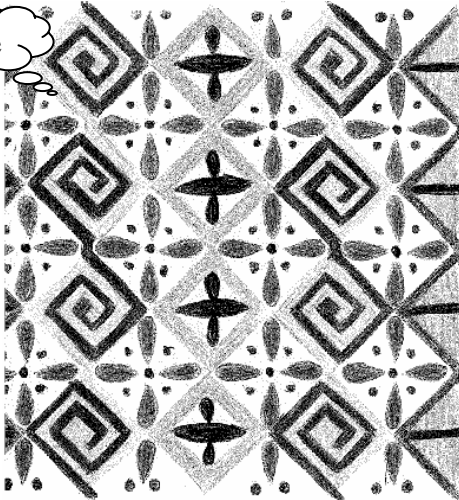
K Mohamad



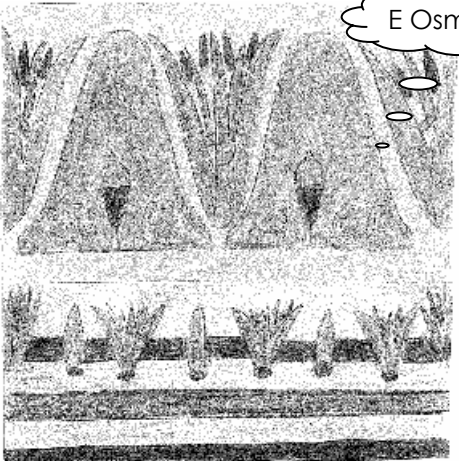
F Mohamed



Sevde



E Osman



ARABIC WRITING COMPETITION



VALUABLE PRIZES TO BE WON!!

GRADE 5 & 6:
GROUP 1: 200 WORDS
GROUP 2: 100 WORDS



YEARS 7 TO 10:
GROUP 1: 400 WORDS
GROUP 2: 100 WORDS

DUE DATE: 8TH OF AUGUST 2007

مُسَابَقَةٌ فِي التَّعْبِيرِ - جَوَائِزٌ قِيَمَةٌ لِلْفَائِزِينَ!!

الصَّفِّ السَّابِعِ - العَاشِرِ: | الصَّفِّ الخَامِسِ وَالسَّادِسِ:

المجموعة أ:

200 كَلِمَةٌ

المجموعة ب:

100 كَلِمَةٌ



المجموعة أ:

400 كَلِمَةٌ

المجموعة ب:

100 كَلِمَةٌ

التَّارِيخُ: 2007 / 8 / 8

SUDOKU # 8

Difficulty Rating: Easy

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

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