



Call to the Light



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MUAAZZIN

17TH RAJAB 1428

Newsletter No.44

2ND AUGUST 2007

Important dates

- 6th Aug (Mon) – Curriculum Day – Students Free Day
- 30th Jul – 3rd Aug – Dental Health Week
- 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 Hurairah (Radhiyallahu anho) narrates that once the Prophet (Sallallahu alaihe wasallam) asked his companions, 'Do you believe that dirt can remain on a person bathing five times a day in a brook running in front of his door?' 'No', replied the companions, 'No dirt can remain on his body.' The Prophet (Sallallahu alaihe wasallam) remarked: So, exactly similar is the effect of salaat offered five times a day. With the Grace of Allah, it washes away all the sins'."

Message from the Principal

Dear Parents Teachers and students

Assalam-O-Alaikum

Alhamdulillah with the Grace of Allah (SWT) we have started Quran classes in our mosque. These classes have been organized for those males who are interested in learning Quran. It is an obligation (Fardh) upon every Muslim to recite Quran with proper tajweed. These classes are held from Maghreb till Isha. Whosoever is interested, please come to the mosque between these times and see Maolana Waseem up stairs.

We have been informed by the Moreland City Council that they are going to install No Stopping parking restrictions on one side of Baird Street, Link Parade and Dowling Street. The restrictions will be effective from 8-9am and 3-4pm, school days. These restrictions will be extended in Baird Street between 12-1.30pm on Fridays. Please take care of these restrictions while parking your cars or dropping off or picking up your children from the school.

Wassalam
Zulfiquar Ali

Curriculum Day

Parents are informed that the Term 3, Curriculum Day would be held on **Monday, 6th August 2007.**

Students are **NOT** required to attend as it would be a student free day and no classes would be held.

EMA Applications Reminder

Parents who are eligible for Education Maintenance Allowance (EMA) and did not submit an application form at the start of 2007 need to apply by Monday 6th August 2007 for the second instalment

Darul Ulum College Students win accolades in Australia-wide National Geographic Channel Australian Geography Competition

Students from Darul Ulum College of Victoria challenged their geographical skills and knowledge in the annual National Geographic Channel Australian Geography Competition.

With the geographical issues of global warming and sustainable environments on everyone's minds, approximately 86,000 entries were received from schools all over Australia.

Geography teacher, Ustaz Cem Huseyin, said that the results had just been received and the school's overall performance was very encouraging.

Alhamdulillah, some of our students really excelled this year with the following results: two students received distinctions, five received credits, and three students gained honourable mentions in the competition.

The competition is a joint initiative of the Australian Geography Teacher's Association and the Royal Geographic Society of Queensland, and proudly sponsored by National Geographic Channel.



Mathletics

Compiled by: Dr S Ansari



Alhumdulillah School administration has approved for Mathletics trial which is Australia's most widely used educational tool. As an on-line Mathematics resource, it is the next generation in learning, helping students enjoy Mathematics and improve their results. Mathletics covers the full primary and secondary curriculum.

After trial, InshaAllah we will use it in both primary as well as in secondary students. At this stage, the trial is for Year 8 and Year 9 students only. We encourage students to explore it at school as well as at home as students have given username and password. This is a complete online material and therefore students can access it from anywhere.

Botulism

Botulism is a rare but potentially fatal condition that causes progressive weakness. It is caused by nerve toxins made by the *Clostridium botulinum* bacterium, found worldwide in soil and sediments. This bacterium can get into the body via cuts, or it can grow and produce potent nerve toxins when foods are not properly cooked, preserved or canned. The toxin that causes this condition is one of the most powerful known poisons. Minute amounts are capable of severely damaging nerves and muscles. The three forms of botulism include intestinal, food-borne and wound botulism.

Symptoms in adults

- Dry mouth
- Nausea
- Vomiting
- Swallowing difficulties
- Speaking difficulties
- Visual disturbances, such as double vision
- Breathing difficulties.

Symptoms in babies

- Constipation
- Poor feeding
- Choking and gagging
- Weak, feeble cry
- Reduced movements of the limbs
- Inability to control head movements
- Increasing weakness and floppiness
- Paralysis
- Breathing difficulties.

Three forms of botulism

The three forms of botulism include:

- **Intestinal botulism** – this is the most common form of botulism. Children under the age of 12 months are most susceptible, but adults who have certain gastrointestinal problems may also be at risk. The incubation period for intestinal botulism is not known. The botulism is caused by consuming food, dust or soil that contains *Clostridium botulinum* spores, which then multiply inside the intestinal tract and produce toxins. Healthy adults aren't usually affected, because they have natural defences in their gastrointestinal tract that prevents the spores from germinating.
- **Food-borne botulism** – the toxins are eaten in contaminated food. The symptoms are severe and the poisoning is often fatal. Symptoms generally occur between 12 and 36 hours after eating the contaminated food.
- **Wound botulism** – this rare form of botulism is caused by contaminated soil or gravel invading a wound. Intravenous drug users are also susceptible. Symptoms occur after four days to two weeks.

Be careful when preparing home-preserved foods

Botulism has been associated with canned foods and, more recently, with vegetables in oil and some other foods. Take care when preparing home-preserved foods for eating. Discard all raw or canned food that shows any sign of being spoiled.

Don't taste food from swollen containers or food that is 'foamy' or has a bad odour. Don't rely on smells or 'blown' containers alone to signal food contamination, however, as it is not always possible to detect *Clostridium botulinum* bacterium in this way. When in doubt, throw it out.

Tips for preserving foods at home

Pressure cooking is the only recommended method for preserving low-acid foods such as meat, poultry, seafood and most vegetables.

Make sure you use the correct equipment, properly sterilise containers and always follow the manufacturers' instructions for your equipment. Use only recipes with tested proportions of ingredients and be sure to follow recommendations for time, pressure and safe preserving methods appropriate to the size of container, style of pack and kind of food being processed.

Preventing infection in babies

- Take care when preparing, handling and storing solid foods for baby.

Other precautions

- Wash any wound thoroughly with antibacterial soap and keep clean.

Where to get help

- Your doctor
- Always call an ambulance in an emergency.
Dial triple zero (000)
- Food Science Australia Tel. (02) 9490 8333 – for information on safe home bottling

Things to remember

- Botulism is a rare but potentially fatal condition that causes progressive weakness.
- It is caused by toxins made by the *Clostridium botulinum* bacterium.
- The bacterium is found in soil, sediments, raw foods (including seafoods) and honey.
- Foods that are not properly cooked, preserved or canned can be the vehicles for human botulism.
- Treatment options include purging techniques, antitoxin medication and supportive care.

Quiz Questions

1. What common chemical is used to help lower the temperature when making ice cream?

2. What word starting with 'C' describes solids whose atoms or molecules are packed in a regularly ordered, repeated pattern?

3. Which precious stones are usually mined from volcanic pipes?

a) Opals

b) Diamonds, or

c) Sapphires?

4. True or false: Oysters form pearls in response to irritants inside the shell?

5. What industrial process starting with 'F' refers to the breakdown of organic substances and their transformation into new products?

New Words In English.....

Compiled by: English Department

Br M Azim

SARCASTROPHE, n. An embarrassing and catastrophic event occurring when an individual attempts and fails to use humorous sarcasm [blend of *sarcasm* and *catastrophe*].

Context and source: "Todd's failed attempt at humorous sarcasm resulted in a sarcastrophe at dinner." (Internet)

SPEEL, n. An informal speech, usually brief and sometimes impromptu. Also *spiel*.

Context and source: "Now I'll give my little speel about drinking." (Conversation)

TROLL, n. A person who sends messages to a Usenet newsgroup to incite emotions and cause controversy. [Metaphorical extension of troll, a supernatural creature (dwarf) that lives in a cave.]

EMOTICON, n. A symbol, usually found in e-mail messages, made up of punctuation marks that resembles a human expression. [Blend of emotion and icon]

Context and source: "I received a strange symbol at the end of an e-mail and was informed that it is called an emoticon."

mentee

n. a person who is advised, trained, or counselled by a mentor.

shoulder-surfing

n. the practice of spying on the user of a cash-dispensing machine or other electronic device in order to obtain their personal identification number, password, etc.

upskill

v. [often as *noun* **upskilling**] teach (an employee) additional skills.

· (of an employee) learn additional skills.

....To be continued.

Some Word Origins

Br M Azim

Jasmine	Arabic
Bamboo	Malay
Banana	Spanish
Coffee	Italian
Soy	Chinese
Anaconda	Tamil
Vampire	French
Bangle	Hindi
Jackal	Persian
Water	Greek
Satan	Hebrew
Mango	Malayalam



Healthy Eating Schools



Breakfast

Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

Glucose

Glucose, your body's energy source, is broken down and absorbed from the carbohydrates you eat. In the morning, after you have gone without food for as long as 12 hours, your glucose levels have dropped. When this happens, your body compensates by releasing the glucose that has been stored in your muscle tissue and liver, called glycogen. Once all of the energy from the glycogen stores is used up, the body breaks down fatty acids to produce energy. Without carbohydrate, fatty acids are only partially oxidised, which can cause reduced energy levels. Breakfast, therefore, can boost your energy levels as well as your metabolism for the day.

Essential vitamins, minerals and nutrients

Breakfast provides a significant proportion of the day's total nutrient intake and offers the opportunity to eat foods fortified with nutrients such as folate, iron, B vitamins and fibre. Essential vitamins, minerals and other nutrients can only be gained from food. So, even though your body can usually find enough energy to make it to the next meal, you still need to top up your vitamin and mineral levels to maintain health and vitality.

Skipping breakfast

Extensive research in Australia and overseas has found:

- Many children who skip breakfast are significantly heavier than those who eat breakfast.
- Skipping breakfast can diminish mental performance. Breakfast helps learning, as you are better able to pay attention and are more interested in learning.
- Eating high fibre breakfast cereals reduces fatigue.
- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.
- People who eat breakfast have more nutritious diets than people who skip breakfast, and have better eating habits as they are less likely to be hungry for snacks during the day.

'Going without' becomes more common with advancing age - approximately 15 per cent of teenagers and one third of adults don't eat breakfast.

Why we skip breakfast

Some common reasons for skipping breakfast include:

- Not enough time
- Too tired to bother
- Wanting to spend the extra time dozing in bed
- No readily available breakfast foods in the house.

...To be continued

Asthma Friendly Schools



Minimising Triggers

Knowing about triggers is an essential part of understanding and living with asthma. Triggers cause inflammation or swelling in the airways and make asthma symptoms worse. Although it is unlikely for students to be able to avoid all their asthma triggers all of the time it is helpful if they are aware of what their triggers are and reduce exposure to them when possible.

People with asthma have extra sensitive airways that react when exposed to certain things. Asthma is very individual and personal triggers differ from one person to another. Some triggers can set off attacks suddenly, causing the muscles around the airways to twitch and tighten.

This is the time of year when colds and flu are widespread. These are common triggers for many people with asthma, particularly, school age children. To help your child minimize asthma symptoms over winter, ensure that they are closely following their Asthma Action Plan and have sufficient supplies of their asthma medication.

Exercise is the one trigger that people with asthma should not avoid. Exercise induced asthma affects 50-60% of people but with the correct management students with asthma can enjoy participating in all sport. It is recommended that they warm up and take a couple of puffs of their blue reliever medication before activity and cool down efficiently afterwards. It is also beneficial if their day-to-day asthma is under control.

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