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# MU'AZZIN

7<sup>TH</sup> SHA'BAAN 1428

Newsletter No.51

20<sup>TH</sup> SEPTEMBER 2007

## Important dates

**21<sup>st</sup> September** – Reporting Day**8<sup>th</sup> October** – First day of Term 4

## Hadith of the week

Abu Hurayrah relates that Rasulullah (SAW) said, "My Ummah were given five things for Ramadhaan which were not given to anyone except them. For them, the smell from the mouth of a fasting person is sweeter to Allah than the fragrant smell of musk. On their behalf the fish in the sea seek forgiveness for the fasting persons until they break their fast. Allah prepares and decorates a special garden in Jannah everyday and then says (to it), "The time is near when faithful servants shall cast aside the great trials of the world and come to you". In this month (for them) evil-minded Shaytaan is chained so as not to reach unto those evils to which they normally reach during other months besides Ramadhaan. On the last night of Ramadhaan they are forgiven".

The Sahaabah R.A. thereupon enquired, "O Messenger of Allah, is that last night Laylatul Qadr? Rasulullah (SAW) replied, "No. But it is only right that a servant should be given his reward on having completed his service".

## Congratulations to Grade 6 & 8 Students

We have more good news Alhamdulillah ---"Our Grade 6 & 8 students are in the top 50 in the Mathletics World Hall of Fame today". Well done, Grade 6 & 8 Students.

## Parent / Teacher Interviews

Dear parents,

Don't forget that this Friday is interview day to discuss the progress of your child with the respective teachers. There will be no classes nor supervision provided for the students.

MashAllah the children have worked hard during a very long term and inshAllah their efforts will be rewarded accordingly. Please take the time to discuss any matters of concern with the teachers.

## Do's In Ramadan

### **Eat and drink in moderation**

Remember we abstain from food and drinks by day, but we're not supposed to over-indulge in foods and sweets by night to make up for it. Be moderate,

remembering the Islamic etiquette of filling 1/3 of the stomach with food, 1/3 with drink and leaving 1/3 with air for comfort

### **Have Suhoor**

Be sure to wake up in the early hours of the morning to have some Suhoor. This meal can be whatever you desire. Remember the Prophet Muhammad PBUH said that there is much blessing and benefit in having this meal – so seek it!

### **Break your fast on dates and water**

The Prophet Muhammad PBUH has taught us to break our fast on dates and water. Dates have special vitamins and nutrients to help revitalize the body. The Sunnah is to eat them in odd numbers.

### **Recite and learn from the Quran**

Allah revealed the first verses of the Quran in this blessed month of Ramadan. Use this occasion to reap the rewards which He promises for recitation from this miraculous book and set goals to learn Surah's therein.

### **Give charity**

Give charity this month to help the poor and needy. Empathise with them through your hunger and thirst and remember that these feelings are a daily pattern for them in and out of Ramadan. Give as little or as much as you can, remembering to give it purely for the sake of Allah!

### **Accept invitations**

Ramadan is a time when people usually come together. You may receive multiple invites from family or friends. Try your best to accept them and get together with people. It is an encouraged act Islamically to accept invitations. While you're there try and make the most of them.

### **Attend the Traweeh prayers**

The Traweeh prayers are unique Ramadan prayers which can be performed at the mosque, in the park or at home. Wherever you may be try and pray them in congregation and encourage those around you to join you.

### **Abstain from all evil or forbidden actions and speech**

Remember, fasting during the month of Ramadan is not merely about abstaining from food and drink. To

observe a true fast we must also abstain from any evil/forbidden speech and actions. Be mindful of what you say, choosing either to speak good or keep silent. Avoid all haram (forbidden) speech and any unlawful actions so that your fast may be accepted.

### Forgive and seek forgiveness

Ramadan is a time when we can seek forgiveness from our creator. We can do this through our worship and supplications. However Ramadan should also be a time in which we strive to seek forgiveness from one another. Don't just seek forgiveness

### Mathletics

Secondary girls are enjoying their mathletics sessions. They are very keen to find each other on the web and compete against each other. Their typing skills and mental computation skills are showing great improvement. The girls have already said "Bye " to calculators.

I would like to thank all the parents who made the payment of \$25 per child for the mathletics session and would like to kindly remind all the parents of *involved* students to send the amount with their children as soon as possible if the payment is still not made.

### Some reflections from Yr 7 Girls,

*When I played Mathletics I had so much fun and I really got addicted to it. When I became 1st in the top 100 students ( which i never dreamt of), I got so excited and I realised that I can do it. The best part is my maths is actually improving. .... Sevde isitan....*

*Mathletics website allows you to learn and have fun at the same time. A variety of things to learn and do, the best part is versing other people from all over the world. ....Salam Merhi....*

*When I first went on the MATHletics, a rush of excitement went through me and I was very eager to verse other people or at least try! Now whenever I go home the first thing I do is go on the computer and get ready for the challenge. mathletics is a fun way to learn Maths and now is my best subject. I want to thank my teacher for this opportunity. ... Ann Mian.....*

*Mathletics is a really educational and fun program. I was really excited about the program. When I started I was amazed at how well designed this program was. I highly recommend this program to all students and I thank our teachers to provide this opportunity for us. ....Mardiyah Ali.....*

### Junior School Awards

Congratulations to all students for participating in maths competitions; the students were all very good and it was very hard for us to choose the best ones. Here is the list of the winners for the maths competition for junior classes.

1 <sup>st</sup> prize winners	2 <sup>nd</sup> prize winners	3 <sup>rd</sup> prize winners
Prep A Afra Hammadi	Gr 1A Amne Merhi	Gr 1C Ali Abubakar
Prep B Afnan Zia	Gr 1B Adam Dennaoui	Gr 2A Mutesembilah Abbasi
Prep C Shoaib Anwar	Gr 1C Shiffa Hussein	Gr 2B Ertugrul Erciyas
Gr 1A Baraa Glaious	Gr 2A Ayesha Mansoor	Gr 2C Syed Ali
Gr 1B Khaled Uddin	Gr 2B Mujahid Wilson	
Gr 1C Fatima Siddiqui	Gr 2C Salahudin Osman	
Gr 2A Mahassen Chamra		
Gr 2B Rami Dennaoui		
Gr 2C Jamal Ali		

### Prep - 4 Writing & Spelling Competition:

Ms H. Almadhoun

Congratulations for all the winners of the Writing & Spelling Competition ( Grades Prep – 4). You have done great efforts mashallah. Keep up the good work inshallah.

Gr	Students	
P A	Aisha David	1 <sup>st</sup> .
	Motaz Ellessey	2 <sup>nd</sup> .
	Afra hammadi	3 <sup>rd</sup> .
P B	Bothayna Abukar	1 <sup>st</sup> .
	Ruqayah Khan	2 <sup>nd</sup> .
	Anas Ahsan	2 <sup>nd</sup> .
	Tajmira Badroon	3 <sup>rd</sup> .
	Jomana Alashi	3 <sup>rd</sup> .
P C	Shoaib Anwar	1 <sup>st</sup> .
	Rumaisa Rahman	2 <sup>nd</sup> .
	Ella Mustapha	3 <sup>rd</sup> .
	Orwa Mian	3 <sup>rd</sup> .
1 A	Halima Abukar	1 <sup>st</sup> .
	Raihanah Rizwan	2 <sup>nd</sup> .
	Ebbad Din	2 <sup>nd</sup> .
	Beyza Guler	3 <sup>rd</sup> .
	Aisha Giftakis	3 <sup>rd</sup> .
	Mostafa Nur	3 <sup>rd</sup> .
1 B	Zaineab Iqbal	1 <sup>st</sup> .
	Khaled Uddin	2 <sup>nd</sup> .
	Summaya Sayan	3 <sup>rd</sup> .
	Mahfujul Hoque	3 <sup>rd</sup> .
1 C	Ali Abubaker	1 <sup>st</sup> .
	Rafeeqa Rizwan	2 <sup>nd</sup> .
	Hoda Mattoun	3 <sup>rd</sup> .
2 A	Sarah Hassanein	1 <sup>st</sup> .

	Amina Yassin Yesra Elsayed Minha Abbasi	2 <sup>nd</sup> . 2 <sup>nd</sup> . 3 <sup>rd</sup> .
2 B	Mahaam Benti- Adil Erugrul Erciyas Sara Elsayed	1 <sup>st</sup> . 2 <sup>nd</sup> . 3 <sup>rd</sup> .
2 C	Bahja Abdi Salaheddin Osman Sayed Ali	1 <sup>st</sup> . 2 <sup>nd</sup> . 3 <sup>rd</sup> .
3 A	Yasemin Hussain DilarahaleNur ER. Saif Alshi	1 <sup>st</sup> . 2 <sup>nd</sup> . 3 <sup>rd</sup> .
3 B	Abdulrafai Bhatti Sara Seleq Amina Giftakis Zoha Khaled Summayah Rahman	1 <sup>st</sup> . 2 <sup>nd</sup> . 2 <sup>nd</sup> . 3 <sup>rd</sup> . 3 <sup>rd</sup> .
3 C	Mohamed Merhi Fariha Molla Yumna Zia	1 <sup>st</sup> . 2 <sup>nd</sup> . 3 <sup>rd</sup> .
4 A	Alia David Aabeer Khan KhairulBarittah Khan Sakeenah Faleel Hanan haddad	1 <sup>st</sup> . 2 <sup>nd</sup> . 2 <sup>nd</sup> . 3 <sup>rd</sup> . 3 <sup>rd</sup> .
4 B	Hisham Ali Faysal Bhatti Kamil Beirouti	1 <sup>st</sup> . 2 <sup>nd</sup> . 3 <sup>rd</sup> .

## Science Department

Dr Shafiq Ansari

### Did you know?

Use your own mug for takeaway hot drinks – a mug gets used around 3000 times in its life, using 30 times less solid waste and 60 times less air pollution than using the same number of takeaway cardboard cups.

## Anaemia

### What causes it?

A shortage of iron is the most common cause of anaemia. Iron is needed to make haemoglobin.

A lack of iron may also be due to a dietary deficiency. As well as iron, vitamins B12 and folic acid are also needed to make properly functioning red blood cells.

### What are the symptoms?

Some people with anaemia but don't have any symptoms for months. When symptoms do appear, common ones include feeling weak and tired, lethargy, sometimes having dizzy episodes and feeling faint.

As the anaemia becomes more severe, shortness of breath, palpitations, headaches, sore mouth and gums, and brittle nails may cause problems.

### Who's affected?

Anyone can suffer with anaemia. Most often it affects women of childbearing age, men and women over 75, growing children and teenagers. Usually it's because their diet doesn't contain enough iron, vitamin B12 and folic acid.

### What's the treatment?

Treatment depends on the cause of the anaemia. If it's due to a lack of iron, eating iron-rich food be all that's needed.

Foods that are rich in essential nutrients include:

- Iron - red meat, liver, green vegetables, eggs, dried apricots, sardines, spinach, fortified breakfast cereals, wholemeal bread
- Vitamin B12 - meat, poultry, fish, eggs, milk, cheese, fortified breakfast cereals
- Folic acid - wheatgerm, broccoli, green cabbage, pulses, nuts, yeast extract

Sometimes it's advisable to take iron supplements to speed the process up. It's also important to have plenty of vitamin C because it helps the body to absorb iron.

### Last week Quiz Answers

1. The CN Tower in Toronto, Canada.
2. Ticks and mites.
3. c) Weight. One carat is defined as 200 milligrams.
4. CERN.
5. True.

## Healthy Eating Schools... Mrs Bahrudin

### VEGGIE GARDENING FOR CHILDREN

With the school holidays coming up coinciding with the start of spring and the warmer months, it is the best time to start gardening. It is not too strenuous and an excellent activity to engage the children in, while they are fasting.

It will also be a good excuse to start organising that neglected area in time for Eid!

Veggie gardens are a fantastic way to introduce children to whole foods, like vegetables. A spare patch of soil or even a few pots is all kids need to grow their own veggie patch.

Children love to grow things and they love food, bringing fun and enjoyment to the whole process. Children will especially love their home-grown veggies incorporated into the family meals.

The following vegetables are some of the more successful and easy options to grow in a child's small patch during the warmer months:

Broad beans  
Zucchini

Carrots  
 Beans  
 Snow peas  
 Tomatoes  
 Cherry tomatoes  
 Potatoes  
 Silver beet  
 Lettuce (all varieties)  
 Baby spinach & Rocket  
 Capsicum  
 Corn

So the next time you go shopping, don't forget to buy some seedlings.

Let each child choose the vegetable plants they want. Give each child full responsibility from planting in to watering, feeding and weeding around their own plants - just like they would look after a pet.

Make a rule that they can water their plants with only recycled water. They will have to collect their own whenever they wash their hands, take wudhu or volunteer to wash the rice or fruits when you are cooking. You will be amazed at how much water we are wasting and depriving the plants, trees and grass. Remind them to make dzikr while tending to their plants. In that way, not only are they planting their veggie gardens, they are also planting their vast gardens in Jannah!

While you are at it, why not get some for yourselves too. Herbs are a really good choice. There is nothing more convenient than to have your own fresh coriander, parsley, shallots, mint, curry leaves and bay leaves whenever you need!

### Spekkoek (Lapis Legit)

This "thousand layer cake" is often served with coffee or tea. This is a very rich cake and should be served in thin slices.



#### **Ingredients:**

225 gr butter, softened.  
 230 gr sugar.  
 10 large eggs, separated.  
 pinch of salt.  
 150 gr flour.  
 2 tablespoons confectioners (icing) sugar.  
 Spice mixture:  
 2 teaspoons cinnamon.  
 1 teaspoon ginger.  
 1 teaspoon aniseed.  
 ½ teaspoon nutmeg.

½ teaspoon cardamon.  
 ¼ teaspoon cloves.  
 ( all spices are ground )

#### **Preparation:**

Cream butter and sugar together with an electric mixer. Beat in eggs yolks a few at a time. In another bowl, using clean beaters, beat the egg whites with the salt until stiff. Fold into yolk mixture. Fold in sieved flour.

Divide batter between two bowls. Add the spice mixture to one bowl and mix in well. Line the bottom of a buttered 9" (25 cm) round cake pan (or springform pan) with wax paper and butter the wax paper. Pour about ½ cup of the spice batter into the pan, spreading to form a thin (about pancake thickness) layer. Place pan under a preheated broiler (oven grill) for 2 minutes, or until the layer is firm and very lightly browned. Spread ½ cup of the plain batter over the top and broil until firm. Repeat layering and broiling until all batter is used. Let cake cool, then remove from pan. Sprinkle top with confectioners' sugar. Serve in thin slices.

**By Sumaiya Shah**

### Indonesian Recipes by 6A

#### **Shrimp Stew!**



#### **Ingredients**

- 2 Pounds Large Shrimp
- 1 Lemon Juice
- 1 Teaspoon Salt
- 5 Medium Shallot -- sliced
- 4 Small Red Chiles -- sliced
- 1 Inch Ginger Root -- sliced
- 1/4 Teaspoon Turmeric
- 2 Tablespoons Tamarind Paste -- dissolved in
- 1/4 Cup Water
- 3 Cups Coconut Milk
- 1 Teaspoon Lemongrass

**Serves: 6**

#### **Directions**

Peel and define shrimp. In a bowl toss with 1 tablespoon lemon juice and salt. Let Stand 15 minutes. In food processor, blend shallots, chiles, ginger, turmeric, tamarind Liquid with half cup of coconut milk to form paste. In a large skillet, combine paste With remaining coconut milk and lemongrass. Bring mixture to a boil over moderate heat. Cook stirring occasionally about 10 minutes. Add shrimp mixture and cook 15 minutes or until sauce is thickened. Adjust salt and lemon juice. Serve hot with rice. **By Nora Kassab 6A**