



Call to the Light



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# MUAAZZIN

4<sup>TH</sup> DHUL-QI'DAH 1428

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## Important dates

27<sup>th</sup> Nov (Tuesday) – Year6 & 10 Graduation

## Hadith of the week

Hazrat Ibn Umar R.A. reports that Rasulullah Sal'am said: "When you meet a Hajji (on his way home) then greet him, shake hands with him and ask him to beg forgiveness of Allah on your behalf before he enters his home, for his prayer for forgiveness is accepted since he is forgiven by Allah for his sins."

Another Hadith explains the same point. Rasulullah Sal'am is reported to have said: "The Person in the way of Allah and the Hajji are members of Allah's deputation. Whatever beseech of Allah, is granted to them and whatever they beg of Him, they receive."

In another Hadith it is mentioned that Rasulullah Sal'am once prayed "O Allah, forgive the sins of the Hajjis and forgive the sins of him for whom the Hajji prays." It is reported that Rasulullah Sal'am made this duaa three times which emphasizes its importance. It is also reported that Hazrat Umar R.A. said: "The Hajji has the pardon of Allah and until the twentieth of Rabi ul Awwal Allah answers his prayers in which he begs forgiveness for anyone." For these reasons it has always been the custom and habit of the learned predecessors to welcome the pilgrims, to walk with them and to ask them to pray.

In another Hadith Hazrat Buraidah R.A reports that Rasulullah Sal'am said: "The expenses incurred during Hajj is like that incurred in the path of Allah; rewarded seven hundred times."

## 10 Healthy Eating Tips

### Red, orange, yellow vegetables

Brightly coloured skins indicate a potent antioxidant source, protecting your organs and skin from cellular damage. Tip: overcooking vegetables diminishes the antioxidant value.

### Deep sea fish

Canned or fresh, tuna, salmon, and sardines are a rich source of Omega 3 fatty acids, which is fuel for the brain and every cell in your body. Tip: Pregnant women should eat no more than one serve per week as deep sea fish are potential carriers of heavy metals.

### Rice

A low allergenic, gluten free grain which is easily tolerated by most. Tip: rice is a rich source of vitamin Bs that support the nervous system.

### Oats

This grain is high in silica that makes it great for skin, hair and nails, and is also a tonic for the nerves. Tip: breakfast on porridge when feeling the tension of everyday life.

### Prunes, plums, apples

Eating these high fibre fruits provides good roughage that keeps the intestines moving and healthy. Tip: leave the skins on fruit where possible for extra nutrients and fibre.

### Water

Drinking enough water improves memory, alleviates mild blues, can ease a headache and backache, and increases joint function. Tip: keep a jug at hand, on your desk, to remind you to drink more.

### Leafy greens

Green leafy salads and vegetables are a powerhouse of goodness. Rich in B vitamins and magnesium, they provide the cells with energy and deodorise the body. Tip: eat a mix of raw and lightly steamed greens to increase folate when planning a pregnancy.

### Wholegrains

The closer food is to nature the better, especially when eating grains. They benefit the cardiovascular and nervous systems, and are a great energy source. Tip: eat wholemeal pasta, cereal and bread for cardiovascular health.

### Almonds, brazil nuts, cashews

Nuts and seeds are full of good fats, proteins, and calcium for growing bones. Tip: buy as fresh and whole as possible and store in the freezer. Avoid completely if allergic.

### Berries & cherries

Rich in bioflavanoids and vitamin C these are anti-inflammatory and help in collagen production which means the signs of ageing appear slower. Tip: add frozen berries to smoothies in the off-season



## Grade 4 Writing

Alhamdulillah, our grade 4 Boys are geared up for the coming year, looks like these fine pieces of writing should impress a few grown ups or all of us perhaps. Our boys have done a great job at writing a recount of their Eid Fete, of which we would like to share three with you; they still retain the good memories of this wonderful day.

### EID FETE

On Thursday 18/10 the whole school had a fete. There were many rides e.g. the cyclone, jumping castle, bungee trampoline and much more. In the first period we had a footy match against the Hizf class; it was a draw. At the end of the game we shook hands. The scores were 14 /14. In the second period we went on the cyclone. I can describe the ride: Firstly it goes fast, secondly you can't get up from the chair and thirdly, "it's quite scary". After the cyclone we ate fairy floss, the deal was, "buy one get one free". Then it was recess time, I played down ball. After recess we had free time, we played soccer, I scored 3 goals. Then kamil scored 1. After a little while, we had Wudu and went to the mosque to pray. After prayer we had talim for 5 mins. After that we had lunch and played down ball. After lunch we went on the jumping castle and had ice cream.

Ismail Duzgun 4B

### Recount (Eid Fete)

On the Fete day, the first thing we did, was, we played a footy match. It was a very windy day, so I barely got to touch the ball. It was a draw, 12-12. Then we went over to the Cyclone. I went on four times, later we stopped to eat. The fairy floss sellers had made a bargain by that time, it was buy one get one

free, so I got two of them. Then we played down ball. After that, I bought a show bag and went around and bought other stuff as well. Soon it was time for a Soccer match. The score was 3-1. Then we ate hotdogs and drank juice. After that we went on the Jumping Castle. And then, it was time to go home.

Imran Mughal 4B

### RECOUNT (EID FAIR)

On Thursday every one was excited and happy because it was the Eid fair. We started off with a football match. We won by 30 points. Then we went on the cyclone. It was the best of all the rides. I went on the cyclone 9 times! At recess I ate fairy floss, popcorn and ice-cream. It was tasty. Then we had a soccer match. My team won by 4-0, and I scored a scissor, Hisham scored a volley, Mustapha scored a back kick and Ismail scored by booting into the goals. After that we ate food and prayed salaah-ul-zuhr. After that we went on the jumping castle. When we finished, we went in the class and our teacher read us a book about Prophet (SW). When he finished, a teacher came in and said that it was clean up time.

When we finished cleaning up, we went to our cars and we went home.

Abdullah Demir 4B

THE END



## Root or Base Words from Foreign Languages and Their Meanings

By Ms H. Almadhoun

Literacy Coordinator

Have you ever thought about the origin of these words?

( Origin: G- Greek, L- Latin)

Base Word	Origin	Means	Examples
accidere	L	to happen	accident, incident, decay
ad	L	to	adhesive, adhesion
atmos	G	vapour	atmosphere
audire	L	to hear	audible, audience
autos	G	self	automatic, automobile
bio	G	life	biology, biosphere
minus	L	small	minus, minimum, minimal
hydro	G	water	hydrant, hydraulic, hydrometer
monus	G	alone, single, one	monogram, monarch
movere	L	move	remove, motor, mobile
phone	G	sound	telephone, phonic, phonogram
prima	L	first	prime, primary, premier
scope	G	to see	telescope, microscope, periscope
semi	L	half	semi- final, semicircle, semiconscious
unus	L	one	unit, unity, unicorn
migrare	L	to go	migrate, migration, immigrant

Let's have a look at some Suffixes & Prefixes;

Suffix	Means of Indicator	Examples
- acy - acity - ency - ique	Indicates a word is a noun	primacy, accuracy tenacity decency, contingency mystique, antique, physique
- al - ation - ment - ery - ry - ure	Means an action, process, function, office	referral, denial, recital, retrieval realisation, communication sentiment, advertisement fernery, greenery, brewery poetry, dentistry erasure, denture, legislature
Prefix	Means of Indicator	Examples
- hyper - im-, in- - multi - micro - circum - ab- - de-	over ( exaggeration) in, into many very small about, around off, away from, departing out of, remove, opposite, reduce	hyperbole, hyperactive import, inland, inbreed multifaceted, story, multiply microwave, microscope circle, circumstances, circumference absent, abnormal, abduct



## ★ PHYSICAL ACTIVITY IDEAS ★



Fresh air and regular physical activity is essential to maintain a healthy body. There are many non-structured ways to encourage activity for children and the whole family.

- \* If school is within walking distance, walk instead of driving them to school. Enquire about Walking School bus in your state or territory.
- \* Visit the beach or park and take the cricket bat/ball and frisbee.
- \* Visit the Sick.
- \* Do some backyard gardening and build a vegetable patch .
- \* Walk to the Masiid for prayer.
- \* Visit the local park with playground equipment or take a footy .
- \* Take a bike ride and find favorite local spots for a picnic or drink stop.
- \* Find out, through recreation/community centres about your surrounding areas and organise a bush walk in the hills or outer city.
- \* Find outings that involve walking, e.g. visit the zoo or a museum.
- \* Participate in a community walk (e.g. all Australian states have a 'city to surf' fun run / walk plus many more community walks).
- \* Choose presents for children that encourage activity, e.g. kites, outdoor equipment, gift vouchers to outdoor activity parks, canoe hire, roller rinks.
- \* Encourage children and the family to help with household chores, such as painting, washing windows or sweeping leaves.

