

# NEWSLETTER

MARCH NEWSLETTER 2023

MESSAGE FROM THE DIRECTOR MRS. SHABANA SYED

DEAR LITTLE ANGELS FAMILIES

## RAMADAN MUBARAK 2023

May Allah swt always bless you and your family with joy, togetherness, and happiness.

As Almighty Allah says in the Quran:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

"Oh you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn piety and righteousness."

(Surah Al-Baqarah: 2:183)



Ramadan for the year 2023 is expected to begin on the evening of Wednesday, March 22nd lasting 30 days and ending at sundown on Thursday, April 20. Eid al Fitr 2023 is expected to be celebrated on Friday, April 21, 2023. This is the tentative date as the actual date of commencement of Ramadan 2023 is subject to the sighting of the moon.

## FIVE PILLARS OF ISLAM

The Five Pillars of Islam are the five core practices that all Muslims should follow.

- Shahadah - the reciting and profession of the Islamic faith.
- Salah – five daily prayers and performing ritual cleansing or wudu.
- Zakat - giving to charity based on one's wealth to help those less fortunate. Donations during Ramadan often hold much greater reward for the donor.
- Sawm – the process of fasting during the month of Ramadan. There are exceptions as to who can take part in fasting, but it is expected if you are of good health and sound mind.
- Hajj – the pilgrimage to Mecca, which every able-bodied Muslim must do at least once in their lifetime.

## WHAT IS RAMADAN?

Ramadan is a month of fasting and abstaining from things considered to be impure for the mind and body. Those partaking in Ramadan abstain from food, drink and impure thoughts between the hours of sunrise (Fajr) and sunset, allowing them instead to focus on prayer and connecting with Allah (SWT).

The act of fasting allows the individual to understand the pain and suffering of millions around the world who live their lives in poverty and famine, leaving the participant feeling more grounded and grateful for all that Allah (SWT) has given them. At the close of the month, Zakat donations during Ramadan are made and then Eid al-Fitr is celebrated with loved ones. Eid is a great time of feasting and celebration for Muslims, with gifts exchanged between loved ones.

## WHY FASTING IS SO IMPORTANT

Fasting during Ramadan is one of the Five Pillars of Islam. It was ordered in the Qur'an and is expected that all able Muslims (those who are mature and in good health) should fast from sunrise to sunset during the month of Ramadan.

During this time, fasting is more than just abstinence; it is a means of worship and for Muslims to feel a closer and deeper connection with Allah (SWT). Fasting allows each individual to understand what it means to go without and to learn patience with oneself and those around them, as well as compassion for those less

## IMPORTANT DATES TO REMEMBER:

- 1 • March 6th-10th: Dr. Seuss Week
- 2 • March 12th: Family Potluck
- 3 • March 12th: Daylight Saving Time
- 4 • March 15th: Field Trip: Planes of Fame
- 5 • March 22nd: Taraweeh Starts
- 6 • March 23rd: First Day of Ramadan
- 7 • March 27th-31st: SPRING BREAK-NO SCHOOL

# HIGHLIGHTS OF FEBRUARY

Can you believe it's already March!? Time is flying by! Ramadan is approaching.

The students have been working so hard and I thank all the parents and grandparents for helping out. You are a big part of your child's learning and your efforts are sincerely appreciated. Your support helps me run the activities smoothly and increases your child's learning and engagement. Thank you!

February was a busy month. The theme was Health and Hygiene. We had awesome guest speakers talk about germs, healthy Eating habits and to keep our body clean and went on a field trip to a dental office.

The Academy of Nutrition and Dietetics urges everyone to start small – one forkful at a time, and "Go Further with Food." Food, nutrition and eating skills are among the most important things you can share with children – food to fuel busy, successful lives, nutrition to nourish strong bodies and smart brains, and eating skills to enjoy the social aspect of meals with family and friends. Look for more helpful information at [www.choosemyplate.gov](http://www.choosemyplate.gov).

First, **Fiza Khan** taught the kids about germs. They did hands on activity to show how germs spread from one person to another. The kids got to rub their hands with hand sanitizer and glitter (which represents germs) and they rub their hands to see how germs spread. They even shook hands to see how germs transmit from person to another. Later they got to wash their hands with soap and water to get rid of the germs. What a fun activity! Kids loved this activity.

What a great presentation from **Doaa AlDabbar!** taught the kids about healthy and unhealthy foods. The kids got to learn about the digestive system and how the food breaks down when it enters our body. Then the kids learned about the 5 food groups- grains, protein, fruits and vegetables, dairy and fats. They got to pick things to make their own breakfast from the five groups. We learned about the food color present in candies is unhealthy and how it affects our body. Kids loved their individual portion size dinner set.

We made a **Friendship fruit salad**. Children were so excited to share and talk about the fruits they brought. They learned how each fruit is different from vegetables and talked about their exterior and that some seeds are big and small. They each got their own cutting board and plastic knives. The kids have great chopping skills. They enjoyed the fruits salad they made. Thanks to all the parents for contributing towards making this amazing salad.

Mini Spa Day was such a hit with the children. **Amnah Ahmed** pampered the kids with facials. She had them use a body scrub to take out dead skin and then applied a clay mask on the hands. At first it was wet and then the kids saw the process of drying up and later they washed their hands. This takes out the dirt from underneath our skin. After this we applied lotion to our hands. Lastly the kids got to experience the aroma therapy using jasmine essential oil. This was an amazing and informative presentation.

## FIELD TRIP TO WESTERN UNIVERSITY DENTAL HEALTH SCIENCE

What a great way to expose our children to the resources available around our community. Alhamduillah From Western U Dental Health Dr. Sahar Mirfasi (my friend) and a student teacher were kind enough to talk about the importance of eating healthy, brushing and seeing a dentist. I can see how well most of my kids' communication skills have improved over the years. They got to take home a toothbrush, a toothpaste and a toy.

# MOVING INTO MARCH

## READ ACROSS AMERICA AND RAMADAN

For the upcoming month here are some fun activities we will be working on.

The students have been working very hard learning the alphabet letter names, producing the letter sounds, and improving their writing skills. It's an exciting time of year as the students' abilities expand and strengthen. We will continue to work on and expand on the students' knowledge of math concepts like quantities, patterns, measurement and data collection, oral counting, and number writing. This month we will be reviewing patterns and sorting. We will be working on rhyming and continuing to recognize beginning sounds. We will also continue working on segmentation of words.

Read Across America Week was launched in 1998 by the National Education Association as a way to celebrate readers around the world. The purpose was to invite people young and old to foster their love of reading, whether it be comic books, newspapers, magazines, chapter books, or any other piece of literature.

**Celebrate Read Across America Week** with us by dressing up each day of the week **March 6th-10th** with the following activities.

Keeping in mind the importance of reading to your child on a daily basis, I have invited

guests to read Dr. Seuss books to our kids. This is going to be an awesome experience for the kids to spread the love of reading.



"The more that you read, the more things you will know. The more that you learn, the more places you'll go." -Dr. Seuss





# WHAT ARE GERMS?

FIDA KHAN

WHAT ARE GERMS AND HOW TO KEEP CLEAN AND HEALTHY?





# FRIENDSHIP FRUIT SALAD

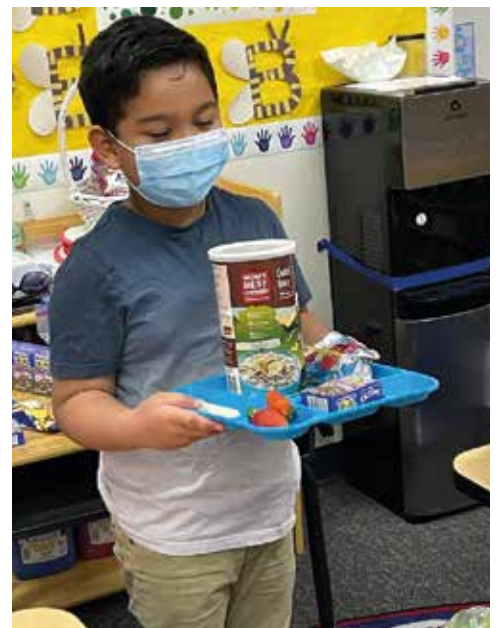




# HEALTHY FOOD HABITS

DOAA ALDABBOR

DIFFERENTIATING HEALTHY VS UNHEALTHY FOODS





# MINI SPA DAY

AMNAH AHMED

MINI SPA DAY FOR KIDS





# NATIONAL CHILDREN'S DENTAL HEALTH MONTH

## FIELD TRIP TO

### WESTERN UNIVERSITY OF DENTAL MEDICINE HEALTH SCIENCES

Raises awareness of how important it is for children to develop good oral habits at an early age to ensure a lifetime of healthy smiles





# FEBRUARY CLASS ACTIVITIES





# AT HOME ACTIVITIES

## Learning At Home Activities: Copycat!

Play a game of “copycat” with your child. Encourage them to copy your actions! Have them help you clean the house by copying your actions of sweeping, vacuuming, and wiping down surfaces.



**Estimated time:** 20 minutes

**Materials:**

Optional broom, vacuum, wipes, and other cleaning supplies safe for children

**Subject:** Social-emotional



## How to Make Meatballs

### Ingredients:

- 1 egg, lightly beaten
- 1/2 Cup of bread crumbs
- 1 onion, chopped fine
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 1/2 lbs. ground beef

### Directions:

Mix together the egg, bread crumbs, onion, salt and pepper in a separate bowl.

Add the ground beef and mix with your hands until well combined. To make meatballs, take a piece of hamburger mixture the size of a golf ball or smaller. Roll between hands forming into



a uniform ball. To cook meatballs, place in a skillet until browned on each side. Continue to cook until no longer pink. Or cook in a 13 x 9 or cookie sheet in the oven. Meatballs can also be cooked in the crock pot.