

Quwwat-ul-Islam Girls' School

Our Girls

Ramadhan Special

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Ramadhan at Quwwat

Bismillah ar-Rahman ar-Raheem

بسم الله الرحمن الرحيم

All praise is due to Allah (swt), and peace and blessings be upon His Messenger (saw).

He said:

شهر رمضان الذي أنزل فيه القرآن هدى للناس وبينات من الهدى والفرقان فمن شهد منكم الشهر فليصمه

“The month of Ramadhan in which was revealed the Qur’an, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So, whoever of you is present at that month let him fast the month” [TMQ 2:185].

For the school Ramadan is a great opportunity to reflect on the strides we have made this year. As I look back as the Head Teacher of Quwwat ul Islam Girls’ School and reflect on our journey so far we have had many changes this year.

Change can sometimes be difficult but also brings with it the opportunities of things which are new and make us better.

Our Girls continue to amaze me with their enthusiasm and energy to learn. Our parents have so much commitment and input into the school and our teachers have been at the forefront of implementing the changes.

This fills me with great hope that we continue to improve as a school. This Ramadan we have again had a late opening from 10am and will in addition close from the 13th July for the last 10 days and Eid. This is so we can all make the most of this blessed month.

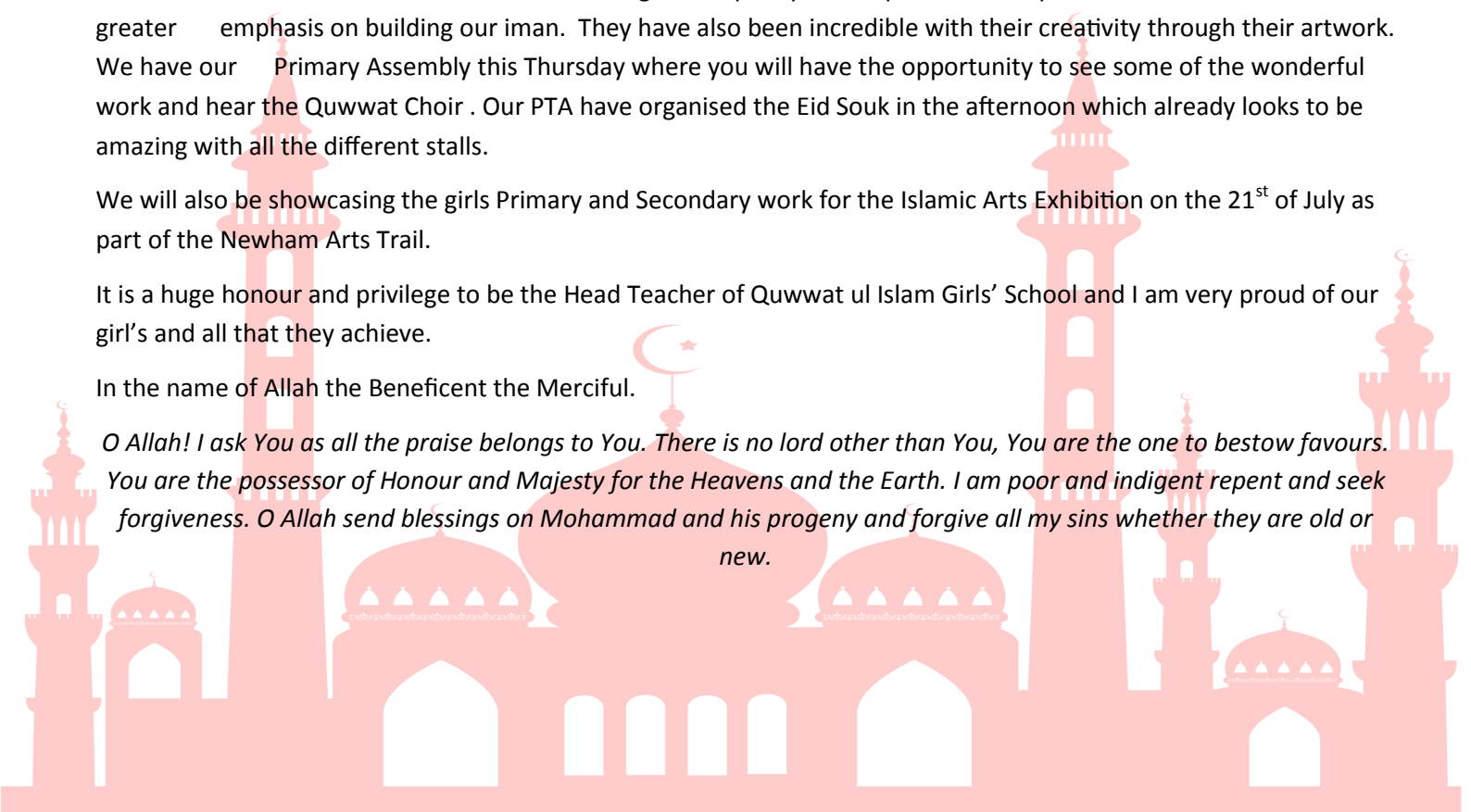
Our Ramadan timetable for our students has brought tranquillity and a spiritual atmosphere to the school with a greater emphasis on building our iman. They have also been incredible with their creativity through their artwork. We have our Primary Assembly this Thursday where you will have the opportunity to see some of the wonderful work and hear the Quwwat Choir. Our PTA have organised the Eid Souk in the afternoon which already looks to be amazing with all the different stalls.

We will also be showcasing the girls Primary and Secondary work for the Islamic Arts Exhibition on the 21st of July as part of the Newham Arts Trail.

It is a huge honour and privilege to be the Head Teacher of Quwwat ul Islam Girls’ School and I am very proud of our girl’s and all that they achieve.

In the name of Allah the Beneficent the Merciful.

O Allah! I ask You as all the praise belongs to You. There is no lord other than You, You are the one to bestow favours. You are the possessor of Honour and Majesty for the Heavens and the Earth. I am poor and indigent repent and seek forgiveness. O Allah send blessings on Mohammad and his progeny and forgive all my sins whether they are old or new.



POETRY

Allah's Creation

Allah made the trees,
even the seven seas.
He made the sky,
for birds to fly.
He made the angels from light,
he even made our beautiful sight.
That is a lot information,
all about Allah's creation.

Hajra Hussain
Yr 5

He broke her.

He broke her trust, he broke her dreams.
He broke her confidence, he broke her self-esteem.
He nearly broke her heart.
Her heart was safe you see, it wasn't his to break.
It belonged to Allah Alone.
Her love for him was greater than any created being.
So she rebuilt her dreams,
Confidence and Self-esteem.
She rebuilt her trust, relationships and, everything.
Broken again she would never be.
She now depended on something unbreakable,
Her faith in Allah,
The Supreme.

(Anonymous)

Unusual Baklava

Ingredients

- 1kg (2lb) broccoli, cut into florets
- 2 tbsp olive oil
- bunch spring onions, finely sliced
- 1 x 250g tub ricotta cheese
- 1 x 200g pack halloumi, grated
- 2 x 200g packs feta, crumbled
- 2 eggs, lightly beaten
- 2 tbsp dried mint
- 25g (1oz) fresh dill, finely chopped
- 25g (1oz) fresh flat-leaf parsley, chopped
- 75g (3oz) melted butter
- 9 sheets filo pastry
- 40g (1 1/2oz) flaked almonds
- 6 tbsp clear honey



Preheat the oven to gas 4, 180°C, fan 160°C. Bring a large pan of salted water to the boil. Cook the broccoli for 2 minutes, then drain. Refresh in cold water, then drain again. Finely slice, then set aside. Heat the oil in a pan set over medium heat. Add the spring onions and cook until softened. Transfer to a large bowl and add the broccoli, ricotta, halloumi, feta, eggs, dried mint and fresh herbs. Stir to combine, then season to taste and set aside.

Unfold the filo sheets and cover with a damp cloth. Brush a 30cm x 20cm (12in x 8in) baking tin with melted butter and line with a sheet of filo (trim if needed). Brush with butter and repeat until you have a base 3 layers thick.

Spread half the broccoli mixture over the filo base and scatter over half the almonds. Repeat step 3, adding a further 3 layers of pastry to the tin, and then topping with the remaining broccoli mixture and almonds.

Continue layering up the remaining 3 pastry sheets as before, buttering between each addition. Lightly score the surface in a square pattern. Brush the top layer with the remaining butter and splash with water. Bake for 35-40 minutes, until golden. Remove from the oven and leave to cool.

Cut the baklava into squares and drizzle with the honey.

Enjoy Ramadhan

Ramadan is upon us once again, Alhamdulillah. It is an opportunity to boost our imaan and renew our relationship with Allah SWT. Ramadan is also an opportunity to draw closer as a family, weather it be through performing taraweeh together or enjoying iftar as a family. Due to our hectic lifestyles, we are steadily witnessing the disintegration of family meal times. Iftar, a meal full of barakah and blessing is one meal we can enjoy together.

Children's lack of involvement leaves them feeling demotivated. Hence, efforts to make Ramadan fun and enjoyable for children, should be a priority for parents. Young children feel excited and will happily take part in preparing for iftar. Happy children means stress free mum's.

Here are a few fun practical ideas to keep your family entertained this Ramadan.

Ramadan Challenge

Each family member sets themselves a personal challenge, which must be clearly visible. An ideal place to display would be, for example on the fridge door or on a family notice board, where it would serve as a reminder and induce healthy competition between family members. The family member that successfully reaches their target is rewarded with a gift from the rest of the family.

Surat Mulk is a nice and simple surah to memorise as a challenge. It consists of 30 ayahs so you can aim to memorise one ayah a day. Encourage friends and family to get involved so that you can keep each other motivated. Surah Mulk has numerous benefits, one of which, is it comes as a relief from the punishment of the grave for the one who recites it.

Ramadan moon and star

Cut out moon and star shapes from old shoe boxes or cereal boxes. You can either decorate the cut out shapes with kitchen foil, or with silver coloured glitter and hang from the ceiling. Alternatively, you can also make Ramadan buntings and lampshades.

Encourage children towards charity

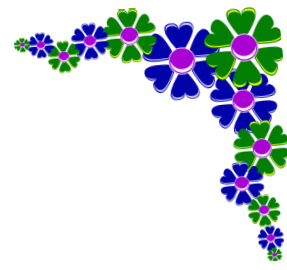
Ramadan is the best month to give charity, don't forget the rewards are enormous. We should try to give charity everyday, at least during the month of Ramadan. You can encourage children by asking them to save a pound everyday and at the end of the month it can be put towards a charity of their choice, such as sponsoring an orphan.

Non-muslim Neighbours

This Ramadan try to Share the experience with a non-Muslim neighbour or friends by inviting them for iftar. The lack of awareness about Ramadan amongst our non- Muslim neighbours and peers is enormous and shows our lack of effort to promote our deen. Popular foods such as Somosas and kebabs can be used as a gesture of good will to initiate good relations.

Healthy eating.

As a family discuss the benefits of fasting, making specific references to detox and how our bodies are amanah and we should take care of it best we can. You could discuss and try healthier alternatives for iftar and suhoor.



Mums Corner

Ramadhan can be a difficult time to decide what to cook.

Whether it's preparing a feast or simple Iftar, it can be a struggle deciding to fry or not to fry! This Ramadhan we get a glimpse of what our PTA mums have been cooking up in the kitchen.

Salad



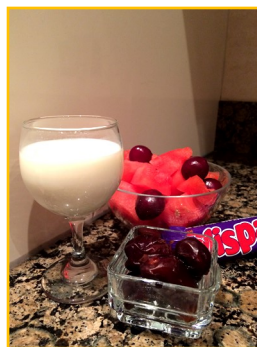
Sister Amana

Avocado bake



Sister Fatima

Sister Rita



Simple Iftar

Egg Muffins



Ajwa dates with butter & almond

Sister Kanwal



Dhay Paley. Fruit Salad. Chicken & veg pilau. Almond & date milkshake. Chicken & sweetcorn spring rolls. Salad.

Sister Ayesha
Simple Sehri



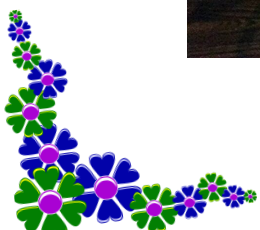
Sister Afia



Banana, date & almond milkshake. Moroccan Harrira. Stuffed cheese bread. Green beans. Fruit salad. Roasted baby potatoes.



Lasagne, roast potatoes, Chunky salad, mango milkshake & fruit salad.



Just for Laughs

An Imam got up after Friday prayers and announced to the people:

"I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."

Once in Ramadhan Nasruddin was relaxing in the shade of a walnut tree. After a while he marvelled at the pumpkins growing on vines and the small walnuts growing on a majestic tree.

'Sometimes I can't understand the ways of God!' he pondered. 'Small walnuts grow on a majestic tree and huge pumpkins on delicate vines!'

Just then a walnut snapped and fell on Nasruddin's bald head. He got up immediately and, lifting up his hands in supplication, said 'Oh my God! Forgive me for questioning your ways! You are All-Wise. Where would I be now if pumpkins grew on trees!'

An elderly lady was well-known for her Iman and for her confidence in talking about it. She would stand in front of her house and say Alhamdulillah "Allah be praised" to all those who passed by. Next door to her lived an atheist who would get so angry at her proclamations he would shout, "There ain't no Lord!!" Hard times came upon the elderly lady, and she prayed for Allah to send her some assistance. She would pray out loud in her night prayer "Oh Allah! I need food!! I am having a hard time, please Lord, PLEASE LORD, SEND ME SOME GROCERIES!!" The atheist happened to hear her as she was praying, and decided to play a prank on her. The next morning the lady went out on her porch and noted a large bag of groceries and shouted, "Alhamdulillah, Allah be praised!." The neighbor jumped from behind a bush and said, "Aha! I told you there was no Lord. I bought those groceries, God didn't." The lady started jumping up and down and clapping her hands and said, "ALHAMDULILAH WA SHUKRILLAH". He not only sent me groceries, but he made the devil pay for them!"

Purification of the Heart

Allah SWT says in the Quran:

قَدْ أَفْلَحَ مَنْ زَكَّاهَا

**“He has succeeded who purifies the soul”
Surah Shams 91:9**

Rasulullah SAW has said:

In the body there is a morsel of flesh which, if it be sound, all of the body is sound and which, if it be diseased, all of the body is diseased. This part of the body is the heart’.”

Bhukari/Muslim

The command to purify our hearts is an essential Islamic teaching. This is known as “Tazkiyyatun – Nafs”.

In this blessed month of Ramadhan Quwwatul Islam girl’s school have been focusing on achieving inner spirituality.

Islam is a way of life and teaches us how to integrate our daily life with our Deen. This year at Quwwatul Islam we recognised the difficult challenges our students face in Ramadhan and we decided to take a different approach towards our teaching.

We chose the theme “Tazkiyyatun Nafs – Purification of the Soul” and introduced a spiritual Ramadhan timetable which targets the different aspects on how to improve ourselves in this month.

This was also to help our students realise that our success in this life and the hereafter depends upon the purification of our hearts. We must purify our hearts from spiritual sins such as greed, envy, arrogance, pride and anger. In their place we must adorn the heart with spiritual virtues such as generosity, humility, love for Allah and kindness.

We hold Halaqahs with the students in which we learn how to identify all these different traits and the remedies for them.

We emphasised on our Quranic lessons as this blessed month is the month in which the Quran was revealed. We included the different targets and knowledge we should all strive to seek which includes: Recitation, Hifdh, and Tajweed.

We tend to usually study about the prophet’s life, his history and timeline however this time we decided to look at Seerah from another angle. We are currently studying the characteristics and features of the prophet to enhance our love for the prophet which the students are finding fascinating and capturing.

Advice for parents during Ramadhan

I often hear from our students that at times they feel pressured to recite the Quran and as they see it as force it becomes a burden on them. Instead I advise parents that in any action do always tell your children the virtues behind the act.

Ramadhan is an auspicious opportunity for believers to renew their commitment to their creator. This commitment must be both outward and inward so that a Muslim not only recites more Quran and offers more units of prayer but we also need to do this with reflection, humility and attentiveness. So, together with recitation parents can help their children by holding daily or weekly circle time in which they can sit together as a family and reflect on Quranic verses, listen to talks or read from books and wholeheartedly ponder and reflect over the purpose of our existence and the changes that can be implemented within us. This will enable parents to support their children and help them reflect on their internal and external qualities.

These children are the next generation in the Ummah and we all have a responsibility to ensure that the Tarbiyyah of our children is done in the correct manner in order for them to be able to hold onto their Deen in all aspects of life.

May Allah SWT accept all our deeds in this blessed month. May he forgive us unite us all, guide us and keep us all steadfast on the straight path.

Ameen.

Ms A Bulbulia
Islamia Teacher
Head of Secondary



EID SOUK

At Quwwat-ul-Islam Girls School

Come along with your family and join us on

Thursday 9th July 2015

2:30-4:00pm

Jilbabs/Abayas

Asian clothing

Eid gifts

Henna/Mendhi

Dessert table

Iftary food

Face Painting

Art work displays

MY RAMADAN CHECKLIST

Tick off your good deeds as you do them each day in Ramadan....make your intention only to please Allah and earn His reward!

[illegible]