

Ramadan Reminders

Ramadan is only one month away!

*start preparing yourself for this Holy month

*make intention to fast, give charity and do a lot more good deeds the whole month

*make a plan to get back on track with good habits and routines, both spiritually and physically

*make a plan on how you will manage your time wisely so you can balance ibadah and school/work

*May Allah SWT allow us to live to see another blessed Ramadan, complete all our fast successfully and accept all the good we do in the month and thereafter.
Ameen.*



PAC NEWS

ISNA ELEMENTARY SCHOOL
PARENT ADVISORY COMMITTEE

APRIL 2017
RAJAB 1438

Assalaamu Alaikum Dear ISNA Families,

Please remember to stay tuned and informed through our newsletter via email (also posted in the main lobby).

We would love to hear from you, so if you have any questions, comments or ideas about any of our activities, please feel free to drop off your suggestions anonymously in the suggestion box (main lobby) OR contact us via e-mail at:

isna.parentsvoice@gmail.com

BIRR Quality of the Month:

PERSEVERANCE

MUHASABAH SERIES:

CHARITY

"...but give glad tidings to those who patiently persevere – who say, when afflicted with calamity: 'To Allah we belong, and to Him is our return' – they are those on whom [descend] blessings from their Lord, and Mercy and they are the ones that receive guidance" [Quran 2:155-7].

THEME:

ENVIRONMENT & NATURE

IMPORTANT REMINDERS

*** School gates close at 4:15 p.m.**

Please ensure you have left the school premises before this time.

***Submit your PAC 2017-2018 Nomination Form By April 24th**

Nominate a parent who you think would be a good candidate for the PAC next year!

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UPCOMING APRIL & MAY EVENTS



PAC Coffee Connect



Please join us for some afternoon tea and coffee on:

Friday, April 21st, 2017 @ 2:30 p.m. (school front entrance)

Please drop by, enjoy a hot beverage and chat with us!

Parent Workshop: Social Media & Technology



When: Friday, April 28, 2017
@ 2:30-3:30 p.m.

Where: ISNA Library

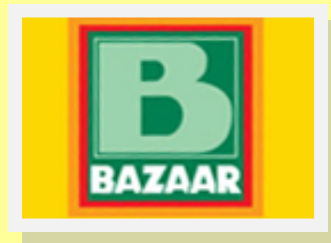
Topic: Social media and technology safety

2nd Annual ISNA PAC Bazaar + Carnival

When: Friday, May 12th, 2017

Where: ISNA School Ground

Come by and enjoy an afternoon of food, games and shopping!



HELPFUL TIPS

Parents' Corner

Helpful
Tips

KEEP YOUR KIDS
SAFE Online



As part of our series on social media and technology, we are continuing to share safety tips for parents.

Tips for Parents - Help Your Kids be Safe When Using Digital Devices

- **Educate yourself** about everything technology based that you and your kids use (the internet, social media and digital devices etc.)
- Keep **open communication** with your children; **talk to and ask** them about their internet use and gaming
- **Know** who your **children's friends** are both in person and who they are playing with online
- Keep strict time **limits** of when your kids use digital devices; make sure they have completed their homework and chores before they use them
- Keep devices in **open spaces**, where you can see them and also remember to store them away before bedtime
- **Restrict** device use when eating and around bedtime; keep eating for eating and sleeping for sleeping
- use the internet with your children when possible or at least **supervise** them; educate them about using only good, trusted websites and apps
- Experts don't recommend social media (e.g. Facebook) for pre-teens, but if your pre-teen (or teen) has an account, make sure you are also **linked** to that account and know all passwords to all accounts they have

FOR MORE INFORMATION ABOUT THIS TOPIC, PLEASE:

* **CHECK OUT:** <http://www.parentinginthedigitalworld.com/>

***IF YOU ARE INTERESTED IN LEARNING MORE, PLEASE JOIN US ON APRIL 28TH IN THE AFTERNOON FOR OUR SOCIAL MEDIA & TECHNOLOGY WORKSHOP FOR PARENTS!**

HELPFUL TIPS

Success for Students



ATTENTION STUDENTS: BE SMART....BE SAFE!

- **DON'T TALK TO STRANGERS**-EITHER IN PERSON OR ONLINE!
- YOUR FRIENDS ONLINE SHOULD BE **PEOPLE YOU KNOW IN REAL LIFE!**



ZIP IT

Keep your personal stuff private and think about what you say and do online.




BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT


Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

 We ask permission before using the Internet.

 We only use websites our teacher has chosen.

 We immediately close any webpage we don't like.

 We only e-mail people our teacher has approved.

 We send e-mails that are polite and friendly.

 We never give out a home address or phone number.

 We never arrange to meet anyone we don't know.

 We never open e-mails sent by anyone we don't know.

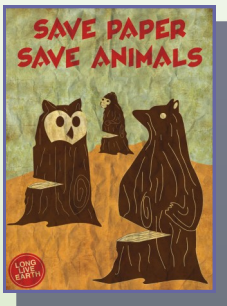
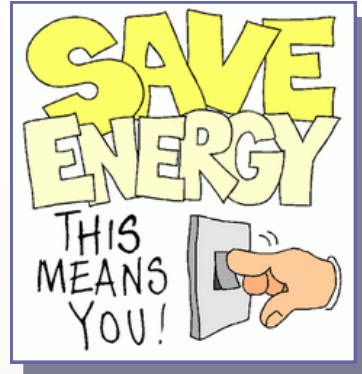
 We never use Internet chat rooms.

 We tell the teacher if we see anything we are unhappy with.

J. Barrett · A. H. Barton



ECO-FRIENDLY TIPS



Healthy Eating Ideas

Sweet Spinach Muffins

INGREDIENTS:

18 standard – cupcake liners

Dry ingredients:

2 cup – flour, whole wheat

$\frac{1}{2}$ teaspoon – baking soda

1 $\frac{1}{2}$ teaspoon – cinnamon

$\frac{1}{4}$ teaspoon – salt

2 teaspoon – baking powder

Wet ingredients:

$\frac{3}{4}$ cup – milk

6 ounce – spinach

1 teaspoon – vanilla extract

$\frac{1}{2}$ cup – honey

$\frac{1}{2}$ cup – butter, unsalted

1 large – banana

1 large – egg

PREPARATION:

1. Preheat oven to 350 F, and line a muffin pan with paper liners (or use silicone muffin cups sprayed with cooking spray).
2. Combine all dry ingredients in a large mixing bowl.
3. Melt butter. Blend the wet ingredients in a blender or food processor until completely pureed.
4. Pour the puree into the dry ingredient bowl, and fold together gently until just combined. (Do not over-mix.)
5. Spoon the batter into the muffin pan, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite browning.
6. Cool most or all of the way before serving.

Recipe from: <http://www.superhealthykids.com/recipe/sweet-spinach-muffins/?print=free>



Important Traffic & Safety Reminders



Jazakum Allahu khair to all of our ISNA parents who are cooperating to make our school environment safe for our students, staff, parents/guardians and neighbours. We need your continued support, so please keep the following in mind:

1. **DO NOT BLOCK THE ENTRANCE TO ISNA ON SHERWAY DRIVE**
2. **STOP AT ALL STOP SIGNS AND BUS SIGNALLING TO STOP**
3. **Give full respect to our brothers and sisters who volunteer in ISNA traffic control.**
4. **Park your car as quickly as possible to keep the traffic flow smooth and NOT to hold up the cars behind.**
5. **When dropping off your kids at the front, do so quickly and efficiently to keep traffic flowing.**
6. **Be patient and courteous! Give others a chance to clear the way before going ahead**
7. **Take EXTRA care when reversing your car so NOT to damage any other nearby cars**
8. **If you do accidentally hit someone's car, take responsibility and report it to the school office ASAP.**