

**RESPONSIBILITY
&
LEADERSHIP**

**What Does
Responsibility
Mean?**

- *to be reliable and dependable
- *to be obligated to do something

**What Does
Leadership
Mean?**

- *to guide or lead a group of people
- *to set a good example for others to follow

**How Can we be
Responsible
Leaders?**

- *work hard with our own mind and hands
- *help others
- *take our work and duties seriously
- *be honest and good
- *be a good role model for others

*May Allah SWT give us the taufiq to be responsible leaders in our community and do good for His sake always
Ameen.*



PAC NEWS

ISNA ELEMENTARY SCHOOL
PARENT ADVISORY COMMITTEE

DECEMBER 2016

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:

LEADERSHIP

**MUHASABAH
SERIES:**

TAHARAH

**“And do not commit abuse
on the earth, spreading
corruption.”
~Quran 2:60**

THEME:

**HEALTHY
LIVING**

THANK YOU PARENTS!

**A HUGE THANK YOU
To all parents who came out for the
PAC Parents Connect Coffee After-
noon on Dec. 2nd!**

**We enjoyed meeting and speaking to you all!
Please keep an eye out for our next event in the
new year In Sha Allah.**

**INSIDE
THIS ISSUE:**

December Highlights	2
Helpful Tips	3
Healthy Eating Ideas	4
Traffic & Safety	4

DECEMBER HIGHLIGHTS

ISNA PAC Family Fun Night-December 9th, 2016



This term, ISNA PAC held a movie night on the evening of December 9th, 2016 in the school gymnasium.

Jazakum Allahu khair to all ISNA parents, students, staff and volunteers for making ISNA PAC's family fun night a huge success!

ILM PURSUIT TRIVIA

The ILM Pursuit Trivia Program is being redesigned. Stay tuned for more information coming soon in Sha Allah!

HELPFUL TIPS

Parents' Corner

Helpful Tips



THE IMPORTANCE OF SLEEP

As parents, many of us are unaware that our children are not getting enough sleep. For their health and growth, we need to focus on the sleeping halves of their lives as much as the waking part.

Sleep experts recommend the following amount of sleep in a 24-hour period:

- ⇒ Infants: 14-15 hours
- ⇒ Toddlers (1-3 years): 12-14 hours
- ⇒ Preschoolers (3-5 years): 11-13 hours
- ⇒ School-aged children (6-13 years): 10-11 hours



Enough sleep allows children to:

- *Pay attention in school and remember what they learned
- *Be creative thinkers and make good choices
- *Fight illness
- *Be in a good mood with peers, teachers, and parents
- *Solve problems better, play sports and games better

Tips for Parents - Help your kids to get better sleep by reminding them to:

- Keep their bedrooms cool, dark, and quiet
- Go to bed at the same time every night
- Avoid drinking anything that contains caffeine (tea, coffee, soft drinks)
- Exercise during the day (at least 3 hours prior to bedtime)
- Avoid big meals before going to sleep
- Have a consistent bedtime routine (warm shower, read salaah and Quran, etc.)



Success for Students



*** Get some good rest, have a good bedtime routine & remember to say your duas every day!**



DU'AA WHEN GOING TO SLEEP

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

"O Allah, by Your name I live and die"
(Sahih Bukhari, Sahih Muslim)



DU'AA WHEN WAKING UP

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

"All praise be to Allah, who gave us life after killing us
(sleep is a form of death) and to Him will we be raised and returned".
(Sahih Bukhari, Sahih Muslim)

Healthy Eating Ideas

Cheese and Tomato Breakfast Muffins



Preparation Time: 15 mins

Baking Time: 25 mins

Yield: 12 muffins (4 to 6 servings)

INGREDIENTS:

*15 mL (1 tbsp) softened butter (optional)

*4 slices whole-grain bread (about 1 L/4 cups when torn or sliced)

*125 g (4 oz) Cheddar, Mozzarella or Havarti cheese

*180 mL (¾ cup) grape tomatoes

*4 eggs

*2 mL (½ tsp) dried basil or oregano

*A pinch of each of salt and pepper

*125 mL (½ cup) milk

*10 mL (2 tsp) Dijon or yellow mustard

PREPARATION:

What you can do :(1). Preheat oven 180°C (350°F).

What they can do :(2). Butter 12 cups of a muffin pan or line with nonstick parchment or silicone liners.

What they can do :(3). Tear bread into small pieces or place on a cutting board and cut into small cubes. Shred cheese on the coarse side of a box grater.

What you can do :(4). Cut tomatoes into halves, or into quarters if large.

What they can do :(5). Crack eggs into a large bowl and whisk until blended. Add basil or oregano, salt, pepper, milk and mustard, then whisk until frothy.

What they can do :(6). Add bread and stir to coat. Add shredded cheese and tomatoes and stir to combine.

What they can do :(7). Spoon about 60 mL (¼ cup) into each prepared muffin cup, pressing lightly.

What you can do :(8). Bake for about 25 minutes or until puffed and a knife inserted in the centre comes out clean. Let cool for 5 minutes before serving

Tip: Serve these with a glass of milk and fruit salad for a delicious and balanced breakfast.

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. The maximum speed limit on school property is 5 km/hr.
2. Give full respect to our brothers and sisters who volunteer in ISNA traffic control.
3. **DO NOT BLOCK THE ENTRANCE TO ISNA ON SHERWAY DRIVE**
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. Do NOT block the bus lane
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.

JAZAKUM ALLAHU KHAIR