

HUMILITY

What Does Humility Mean?

*to be shy and modest, not thinking you are better than anyone

*not showing off about what you do

*being respectful of others

How Can we be Humble/Have Humility?

*remember that Allah swt is the All Powerful and All Knowing and that everything is His

*help others

*keep in mind that we are not perfect and no other person is either, so be forgiving

*do not boast/brag, have pride or be arrogant in any way

*May Allah SWT give us the taufiq to be His most humble servnats always.
Ameen.*



PAC NEWS

ISNA ELEMENTARY SCHOOL
PARENT ADVISORY COMMITTEE

FEBRUARY 2017
JUMADA AL-AWAAL 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:

HUMILITY

**MUHASABAH
SERIES:
PARENTS**

“And the servants of the Most Merciful are those who walk upon the earth in **humility**..”
~Quran 25:63

THEME:

SCIENCE &
TECHNOLOGY

PARENTS: WHAT DO YOU THINK?

1. RAMADHAN 2017

Would adjusting the school timings help our children keep up with Ramadhan spiritual activities (salaah, suhoor etc.)?

2. Safety & Neighbourhood Engagement

What more can we do to keep our school community safe? To engage more with the neighbours of the school?

**TELL US WHAT YOU THINK.
SEND US YOUR FEEDBACK VIA EMAIL!**

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JANUARY HIGHLIGHTS

ISNA PAC Laser Tag Event-January 27th, 2017



This term, ISNA PAC took the grade 6 to 8 students for laser tag on the evening of January 27th.

Students participated in a leadership workshop, where they learned about what it takes to be a good leader. Later they had pizza and took turns playing laser tag with their peers and with Br. Obaid, Sr. Vaseema and Sr. Dahlia.

Jazakum Allahu khair to all ISNA students, staff and volunteers for making it a fun filled successful evening!

**Keep an eye out for our next event,
coming soon in Sha Allah!**

HELPFUL TIPS

Parents' Corner

Helpful
Tips

KEEP YOUR KIDS
SAFE Online



Technology is all around us-more than ever before-with mobile devices that can fit in even the smallest of hands. Children are especially attracted to digital devices, and although they may have some educational benefits, they may also cause great harm if not properly used and monitored.

As parents it is our responsibility to oversee our children's day to day activities in all aspects of their lives, and ensure that they are healthy, safe and living according to the guidance in the Quran and the Sunnah of our beloved Prophet Muhammad (SAW). Educating ourselves first, and also having the best relationship possible with our children, can help us achieve this in Sha Allah.

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
- 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/>

***STAY TUNED FOR OUR UPCOMING TECH/CYBER SAFETY WORKSHOP FOR PARENTS IN MARCH (AFTER MARCH BREAK) IN SHA ALLAH!**

HELPFUL TIPS

Success for Students



ATTENTION STUDENTS: BE SMART...BE SAFE!

- Have open communication with your parents! Talk to them about the video games you play and the websites you use; don't keep any secrets from them!
- NEVER share your passwords with anyone other than your parents (or teachers if they must keep a record of it)

I am a Digital Citizen!

When I'm at school, I will use my **PERSONAL DEVICE** for **EDUCATIONAL PURPOSES** only.

*I will only use the assigned WIFI network when I'm at school.

*I will keep my device safe and secure at all times.

I listen to my **HEAD!** I will protect my **PRIVATE INFO** and the information of others.

*I will log out, and not share my login or password with others.

Think before you post!

I listen to my **GUT!** I make sure that I am **SAFE & APPROPRIATE** when I am online.

*I will visit appropriate websites that promote learning and are for educational purposes.

*I will follow Copyright Laws, and will remember to cite the sources I use for all my projects.

I listen to my **HEART!** I **RESPECT** myself and others when I am online. I use kind words, and remember that my "digital footprint" should not harm others.

I **STAND UP** and say "No!" to **CYBERBULLYING**. I will tell an adult if someone is being unkind or harmful.

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Healthy Eating Ideas

Italian Sweet Potato Bites

INGREDIENTS:

- | | |
|---------------------------------------|------------------------------------|
| 1 medium – sweet potato | 4 ounce – halal pepperoni |
| 1 tablespoon – olive oil | 3 tablespoon – sun-dried tomatoes |
| 8 slice – Mozzarella cheese | 2 1/4 ounce – black olives, canned |
| 1/4 cup, chopped – bell pepper, green | 1 teaspoon – Italian Seasoning |

PREPARATION:

1. Preheat oven to 450* F.
2. Clean and scrub sweet potato well. Pat dry and slice into 1/4-inch slices. Place slices on large baking sheet and drizzle olive oil over them, tossing and rearranging so each slice is lightly coated in oil. Arrange sweet potato slices so that they do not overlap and place them in the oven.
3. After 10 minutes, flip sweet potato slices and place them back into the oven for 5 minutes.
4. While the sweet potatoes cook, prepare your toppings. Cut mozzarella cheese slices into fourths, or whatever size will best fit your sweet potato slices. Chop green pepper into very small pieces.
5. Remove sweet potatoes from the oven, top with cheese slices and desired toppings, then sprinkle with Italian seasoning. Put back in the oven for 2-3 more minutes, until cheese is melted and bubbly. Allow to cool a bit before serving.



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. Give full respect to the security personnel who is on patrol in the morning and afterschool.
4. DO NOT BLOCK THE ENTRANCE TO ISNA ON SHERWAY DRIVE
5. Park your car as quickly as possible to keep the traffic flow smooth and NOT to hold up the cars behind.
6. When dropping off your kids at the front, do so quickly and efficiently to keep traffic flowing.
7. Do NOT block the bus lane
8. Take EXTRA care when reversing your car so NOT to damage any other nearby cars
9. If you do accidentally hit someone's car, take responsibility and report it to the school office ASAP.

JAZAKUM ALLAHU KHAIR