

**Hijri Year  
1438**

The Hijri calendar is the Muslim calendar, marked by when the Prophet Mohammed (SAW) did his Hijra (migration) from Makkah to Medina (known at that time as Yathrib).

The Prophet of Allah (SAW) was asked about fasting on the Day (10th of Muharram), whereupon he said:

“It expiates sins of the preceding year.”

[Sahih Muslim

*May Allah SWT make 1438 a blessed year for the entire Ummah. Ameen.*



# PAC NEWS

ISNA ELEMENTARY SCHOOL  
PARENT ADVISORY COMMITTEE

OCTOBER 2016

## Assalaamu Alaikum Dear ISNA Families,

We hope you had a wonderful September and are looking forward to the school's first term and the fall season as well. Please remember to stay tuned and informed through our monthly 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](mailto:isna.parentsvoice@gmail.com)

### BIRR Quality of the Month:

## RESPECT

The Prophet (SAW) said:  
“He is not one of us who does not have mercy on our young and does not **respect** our elders.”  
[Tirmidhi]

MUHASABAH  
SERIES:

RASULALLAH  
(SAW)

PERSONALITIES  
OF THE MONTH:

Syeda Fatimah (r.a)  
& her sons Hassan  
and Hussain (r.a)

THEME:

ISLAMIC  
CIVILIZATION

ISLAMIC  
CALENDAR:

MUHARRAM

## Please Share Some Coffee With Us!

### Parents Connect Coffee Morning

Every third Friday of the Month, from 8:15-9:00 a.m.

@ the ISNA Elementary school parking lot

**THIS MONTH: Friday, October 21st, 2016**

PLEASE DROP BY AND CONNECT WITH US...  
...AND HAVE SOME COFFEE OR TEA TOO!

### INSIDE THIS ISSUE:

|                         |     |
|-------------------------|-----|
| ILM Pursuit             | 2   |
| Trivia Info             |     |
| Traffic & Safety        | 2   |
| For Students & Parents  | 3   |
| ILM Pursuit Information | 4-7 |
| October Calendar        | 8   |
| Healthy Eating Ideas    | 8   |

# LOOKING AHEAD: OCTOBER

## ILM Pursuit Trivia for ISNA Students

**INCREASE YOUR KNOWLEDGE &  
GAIN REWARDS AT THE SAME TIME!!!**

**IT'S AS EASY AS 1-2-3**

**1**

**READ** THE PAC NEWSLETTER EVERY MONTH, and watch out for power point presentations on the LCD screens in the main lobby

**2**

**ANSWER** THE TRIVIA QUESTIONS AT THE END OF THE MONTH BY THE DUE DATE:

- ◆ Students in GRADES JK to 3 will receive it in their classes from their teachers and must hand it back to them by the due date.
- ◆ Students in GRADES 4 TO 8 will have it emailed to them at their ISNA email address and must complete and submit the electronic form by the due date.

**3**

**WAIT FOR THE RESULTS** to see how you did and be eligible to receive:

**certificates and prizes!**

“Whoever follows a path in pursuit of knowledge, Allah (SWT) will make a path to Jannah (Paradise) easy for him.”

[Sahih Bukhari]

## 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. Please give full respect to our brothers and sisters who volunteer in ISNA traffic control.
3. PLEASE DO NOT BLOCK THE ENTRANCE TO ISNA ON SHERWAY DRIVE

### PARKING & CAR ACCIDENTS

1. Handicapped spots can only be used by those with a valid Handicapped permit.
2. Please take extra care when parking your car and park inside the designated single parking spot (yellow lines), ensuring you leave plenty of room for the people in the cars next to you to be able to enter and exit their cars with no difficulty.
3. Please take EXTRA care when reversing your car so NOT to damage any other nearby cars.
4. If you do accidentally hit someone's car, please report it to the school office ASAP.

# LOOKING AHEAD: OCTOBER

## Success for Students



- ⇒ **KEEP USING YOUR AGENDA BOOK** to write down your homework and assignments as soon as you find out about them
- ⇒ **KEEP PAYING ATTENTION IN CLASS**, stay quiet and listen carefully
- ⇒ **REVIEW** your lessons each day to make sure you understand what you learned
- ⇒ **ASK** your teacher questions about things you don't understand, as soon as possible (do not wait until later)
- ⇒ **START STUDYING FOR A TEST OR WORKING ON AN ASSIGNMENT/PROJECT** as soon as you find out about the test date (remember slow and steady wins the race!)
- ⇒ **MAKE STUDY NOTES** and do more practice questions when reviewing for a test
- ⇒ **EAT HEALTHY** every day-AVOID FOODS WITH LOTS OF SUGAR AND FAT!!!
- ⇒ **SLEEP WELL EVERY DAY**- go to bed at a good time! Your body needs the rest!

## Parents' Corner



- **Help your child STAY organized, check their work every day**
- **Stay connected with your child's teacher via ISNA's AGENDA book**
- **Read Quran with your child for 15 minutes every day**
- **Set aside reading time for/with your child for 15-20 minutes every day**
- **Set a homework and bedtime routine for your child and stick to it every day**

## **Syeda Fatimah Zahraa (RA): The Beloved Daughter of Prophet Muhammad (SAW) and Mother of Hassan and Hussain (RA)**

### **Who was Fatimah (RA)?**

- The beloved and youngest daughter of our beloved Prophet Mohammad (pbuh)
- Fatimah (ra) was the youngest Muslim child in the beginning of Islam. She became Muslim at 5 years of age, as soon as her father was sent as a Prophet.
- What does the name Fatimah mean? It comes from the word "fitam" which means the one that is kept away from evil and bad character.
- Fatimah (ra) had four nicknames. They were 'Zahraa', "Batool", "Umm al-Hassan wal-Hussein" and the last was the nicest nickname "Ummu Abeeha".
- She was called Zahraa because she greatly resembled the Prophet in that she was white and her cheeks were *rosy*.
- The word Batool was used to refer to Maryam, the mother of Jesus (peace be upon him), whom Fatimah's worship resembled.

### **The Love Between Prophet Muhammad (SAW) and Fatimah (RA)**

- Allah's Messenger Muhammad (pbuh) said, "Fatimah is a part of me, and he who makes her angry, makes me angry (Sahih Al-Bukhari)
- She was always with the Prophet (pbuh) and trying to defend him just as a mother has these feeling towards her child, so she became known as "Umm Abeeha" by the Sahaba and scholars.
- The Prophet Muhammad (pbuh) said that, "Fatimah is the chief (sayyidat) of the women of Paradise except Maryam the daughter of Imran". (Jami` at-Tirmidhi)
- When her father Muhammad (pbuh) died, she went through a very hard time. She entered upon the Prophet (pbuh) when he was really tired and ill, and so he was unable to get up and kiss her, as was his usual. So she sat to the right of the Prophet (pbuh) while she was crying. The Prophet (pbuh) said "bring your ear closer to me O Fatimah", so he whispered something in her ear, so she cried. The Prophet (pbuh) again said "bring your ear closer to me O Fatimah" and he whispered something else in her ear, and so she laughed. Aisha later asked her after the death of the Prophet (pbuh), please tell me what he whispered to you, and she said, "firstly he said "O Fatimah I am going to die tonight," and so I cried, and when he saw me crying he said, "will you not be satisfied that you will be the first from amongst my family to follow me and that you will be sayyidat of the women of Paradise?", and so I laughed." (Sahih Al-Bukhari)
- 'A'ishah, talking of her, says she bore a remarkable resemblance to her father. She not only looked like him, but her way of speaking, sitting, standing and walking - in other words all her mannerisms and gestures were exactly like his. Whenever her father visited her she would receive him and kiss his forehead with respect. They were exceptionally close to each other and whenever she visited her father, he would stand up and receive her. If he saw her troubled or sad he would also be grieved, and if he saw her happy he would also be pleased.

### **An Amazing Personality**

- She had an enormous amount of patience.
- Her mother died when she was a little girl. And she saw her father who was known as "the truthful and trustworthy" being hit and hurt.
- When her father migrated he left her behind and she then migrated after him.
- She lost her three sisters and then all her brothers also died. She was patient though all of this.
- She saw her father as he was ill and dying between her hands.

## One of the Greatest Gifts for Us via Fatimah (RA)

- Fatimah (ra) used to get very tired with so much hard work. On one occasion after a battle, a lot of wealth was collected by the Muslims. 'Ali (ra) suggested that she should go to the Prophet (peace and blessings be upon him) and ask him for a maid to help.
- Fatimah (ra) went to see her father and request him for some help. He was not at home and she left a message with 'A'ishah (ra). At night, before going to sleep, her father came to visit her. He told her that he would give her something much better than a slave girl. And he taught her some phrases in praise of Almighty Allah. These, he said, were better than any maid. And he taught her to recite thirty-three times SubhanAllah (Glory be to Allah), thirty-three times Alhumdulillah (All praise is for Allah), thirty-four times Allah-u-Akbar (Allah is the greatest).
- Today we remember this as Tasbeeh-ul-Fatimah and Muslims practice this to get virtues of this tasbeeh.



## Fatimah's (RA) Marriage and Children

- Fatimah (ra) was married to Ali Bin Abi Taleb (ra), and they had five children:
  - 1) Al Hassan ibn Ali,
  - 2) Al Hussain ibn Ali,
  - 3) Muhsin ibn Ali,
  - 4) Zaynab bint Ali,
  - 5) Umm Kulthum bint Ali.

## **Prophet Muhammad's (SAW)**

### **Beloved Grandsons Hassan and Hussain (RA)**

#### **Prophet Muhammad's Love for Hassan and Hussain (RA)**

- The Prophet (pbuh) loved these two grandchildren dearly. He used to say that they were like blossoms and would be the leaders of the youths of Paradise.
- Usamah bin Zayd says that one day he saw the Prophet (pbuh) carrying something wrapped in a sheet. He asked him what he was carrying. He opened the sheet and what did he see, but these two little boys all wrapped up in their grandfather's arms.
- It is reported that once, Hassan (RA) approached the Holy Prophet (pbuh) and climbed on his shoulders. A person, (who was present) remarked, "O blessed son! What a nice steed you have". In reply, the Holy Prophet (pbuh) declared, "And how nice a rider (too)." [Sunan al-Tirmidhi, Kitab al-Manaqib, Manaqib al-Hassan wa al-Hussain, Hadith no. 3809, Vol. 5, Page 432]
- Once, when the Holy Prophet (pbuh) was in ritual prostration, Imam Hassan wrapped himself on the blessed back of the Holy Prophet (pbuh). Due to this, the Holy Prophet (pbuh) lengthened the ritual prostration so that he (Hassan) would not fall when the Prophet raised his head. [Musnad Abu Ya'la, Musnad Anas bin Malik, Hadith no. 3415, Vol. 3, Page 21]
- The Prophet (pbuh) declared: "These two sons of mine are the leaders of the youth in Paradise." [Sunan al-Tirmidhi, Kitab al-Manaqib, Manaqib al-Hasan wa al-Hussain, Hadith no. 3793, Vol. 5, Page 426]
- The Prophet (pbuh) has also stated that, "Their friends are my friends, their enemies are my enemies." [Sunan Ibn Maja, Kitab al-Sunnah, Fadl al Hasan wa al Hussain, Hadith no. 143, Vol. 1, Page 96].
- He has also stated that, "These two are the swords of the heavens." He has also stated that, "Hussain is from me and I am from Hussain. May Allah keep him as a friend who keeps Hussain as his friend. Hussain is a grandchild from among grandchildren." [Sunan al-Tirmidhi, Hadith no. 3800, Vol. 5, Page 429].
- He has also declared that, "They are my sons and the sons of my daughter. O Allah! I have kept them in my friendship; You also keep them in Your friendship and keep him as Your friend who keeps them as his friends." [Sunan al-Tirmidhi, Kitab al-Manaqib, Hadith no. 3794, Vol. 5, Page 427].

## THE GOLDEN DAYS OF ISLAM: REVIVING ISLAMIC HISTORY

### THE MONTH OF MUHARRAM

## The Sacred Month of Muharram

**Muharram** is the first month of the Islamic Calendar. The word "Muharram" means "Forbidden." Even before Islam, this month was always known as a **sacred** month in which all unlawful acts were forbidden, prominently any kind of fighting.

*“Verily, the number of months with Allah is twelve months (in a year), so was it ordained by Allah on the Day when He created the heavens and the earth; of them four are Sacred (i.e. the 1st, the 7th, the 11th and the 12th months of the Islamic calendar). That is the right religion, so wrong not yourselves therein...” (9:36)*

## Fast of Ashoora

'**Ashoora**' is the **10th day of Muharram**. On this day Prophet Muhammad (pbuh) **fasted** in Makkah with Quraish. When He migrated to Al-Madeenah, he found the Jews fasting on this day. He continued fasting on that day and ordered the Muslims to fast too.

Imam Muslim narrated from Ibn 'Abbas (RA) said: "When the Messenger of Allah (pbuh) fasted on the day of 'Aashoora' and commanded that it should be observed as a fast, they (his Companions) said to him: Messenger of Allah (pbuh) it is a day which the Jews and Christians hold in high esteem. Thereupon, the Messenger of Allah (pbuh) said: When the next year comes, God willing, we would observe fast on the 9th. But the Messenger of Allah (pbuh) died before the advent of the next year."

## Important Days of this Month

- ◆ The **10th** of Muharram as the **Day of Ashoora**
- ◆ **Fasting** on the **9th and 10th** or **10th and 11th** of **Muharram**

## Some Important Historical Events of this Month

- ◆ Marriage of the Prophet Muhammad (pbuh) to Safiyyah bint Huyayy ibn Akhtab (RA), 6 A.H.
- ◆ March of the Prophet Muhammad (pbuh) to Khaybar, 7 A.H.
- ◆ Martyrdom of Al-Husayn (RA) on Friday, 61 A.H

# ISNA PAC CALENDAR OF EVENTS

## October 2016

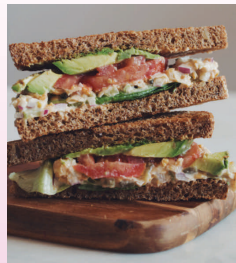
| Sun | Mon                                       | Tue                          | Wed                          | Thu                          | Fri                          | Sat |
|-----|---|------------------------------|------------------------------|------------------------------|------------------------------|-----|
|     |   |                              |                              |                              |                              | 1   |
| 2   | 3   | 4                            | 5                            | 6                            | 7                            | 8   |
| 9   | 10 <i>Statutory Holiday</i>               | 11                           | 12                           | 13                           | 14                           | 15  |
| 16  | 17 <i>ILM Pursuit Winners Recognition</i> | 18                           | 19                           | 20                           | 21                           | 22  |
| 23  | 24 <i>ILM Pursuit Trivia</i>              | 25 <i>ILM Pursuit Trivia</i> | 26 <i>ILM Pursuit Trivia</i> | 27 <i>ILM Pursuit Trivia</i> | 28 <i>ILM Pursuit Trivia</i> | 29  |
| 30  | 31  |                              |                              |                              |                              |     |

## Healthy Eating Ideas

### Classic Tuna Salad Sandwich

**INGREDIENTS:**

- \*2 celery stalks, finely chopped
- \*1/4 small red onion, finely chopped (optional)
- \*15-ounce can water packed tuna , completely drained
- \*1/4 cup of mayonnaise
- \*2 tablespoons capers , drained and finely chopped
- \*2 tablespoons of fresh finely chopped parsley
- \*1/2 apple, cored and finely chopped
- \*2 tablespoon fresh lemon juice, plus more if desired
- \*2 slices of bread
- \*Dash of salt and black pepper



**PREPARATION:**

Mix all ingredients together in a bowl, breaking up any large pieces of tuna, until well combined. You can toast the bread before making the sandwich, if desired.

### HEALTHY FACTS ABOUT TUNA

- ◆ is a rich source of omega-3 fatty acid which fights inflammation, and helps lower the risk of cardiovascular disease
- ◆ is a rich source of vitamin B12, B6, and niacin
- ◆ tuna sandwich provides iron, zinc, magnesium, sodium and lots of protein
- ◆ Stick with light tuna because its has less mercury than white albacore tuna