



AL IMAN COLLEGE – EARLY LEARNING CENTRE

## NEWSLETTER

Term 2, 2021

Assalamu'alaikum

Dear Parent(s) and Guardian(s),

Alhamdulillah, this year we could celebrate Eidul Fitr and we had a fun day during Eid Fete taking the

rides, enjoying delicious goodies and play with the farm animals. We will love to work closely together and feel free to give us any suggestion and we

welcome parent's volunteer. We would like to take this opportunity to thank Sr Jameelah and Sr Naiyar for volunteering during our recent Eid Fete. I will be leaving the team and InshaAllah Sr Noor will be replacing my position from Term 3 onwards. JazakAllah Khair for your support and trust during my time working at AIC ELC.

### REMINDERS

1. Keep yourself updated with the allergy alert stated at the entrance.

Avoid packing any allergy food in your child's lunch box.

2. Avoid bringing personal toys to AIC ELC.

3. Do train your child to clean themselves after toileting.

4. Check out the lost & found items near the sign in/out area for your child's missing jacket and belongings.

5. Do not send your child to school if he/she is unwell.

W'salam,  
Ms Ayu  
ELC Coordinator  
rahayu@aliman.vic.edu.au

**It is related by Abu Hurayrah Radiyallahu 'anhu that the Prophet Sallallahu 'alaihi wasallam said: In the last night of Ramadan the decision of forgiveness is taken for my followers. He was asked: O Messenger of Allah! Is it on Laylatul Qadr (night of power)? "No", replied Prophet Sallallahu 'alaihi wasallam, "it is not Laylatul Qadr (night of power) but when the workman completes his job, he is paid full wages". (Musnad Ahmad)**

### IMPORTANT DATES

25<sup>th</sup> June

Last day for Term 2

26<sup>th</sup> June till

11<sup>th</sup> July

School holidays

12<sup>th</sup> July

Kinder starts for Term 3

20<sup>th</sup> till 22<sup>nd</sup> July

Eid holiday subject to moon sightings

29<sup>th</sup> July

Eid Fete

17<sup>th</sup> September

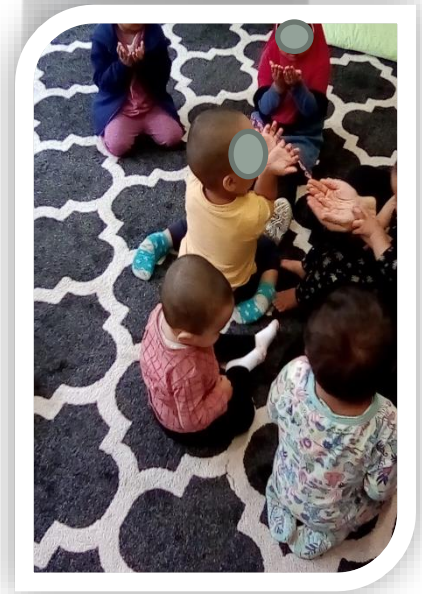
Last day for Term 3

## TERM 2 TOPICS

### VEYLDF

The children are having fun as they engaged with activities such as learning to write their names, understanding the routines, numbers, shapes and colours.

Our classrooms transform into various corners. We had travel agency, transportation and construction happening at ELC. We learnt about road safety, risk management and lots of sensory activities as we play and learn together.



### Islamic

Ramadhan is our theme this term. We learnt about the importance of Ramadhan, counting the 30 days, and learning about the good deeds that we can practice in the holy month. We created lantern and card to welcome both Ramadhan and Eid. The children had a great time celebrating Eid with Eid Fete and Eid Morning Tea with the mothers.

Dua such as Islamic greetings, Ta'awwudh and Tasmiyah were taught for the children to recite daily.

## TAKE AWAY FOR PARENTS

### Easy ways to boost your immunity and avoid colds and flu this season.

#### 1. Boost your diet

Eating foods that are high in vitamin C will help keep your immune system strong, so include fruit and vegies such as lemons, kiwifruit, capsicum and broccoli in your weekly shop. If you are struggling to get the recommended two serves of fruit and five serves of vegies each day, try juicing them. Nutritionist Zoe Bingley-Pullin recommends making juices that consist of two-thirds vegetables and one-third fruit. A blend of carrot, beetroot, spinach, and lemon is a stress-busting combination that will boost your immune system. Ensure your diet also includes plenty of lean meats, fish, poultry, low-fat dairy, legumes, wholegrains, nuts, and seeds, and use lots of herbs and spices.

#### 2. Exercise regularly

It is vital to keep your workout regimen up during winter, with a recent study showing that a moderate level of regular exercise has a long-term cumulative effect on immune response. Lead researcher Professor David Nieman from Appalachian State University in the US reported that study participants who went for a brisk walk several times a week reduced the number of sick days they took by about 40 per cent. "Regular aerobic exercise, five or more days a week for more than 20 minutes a day, rises above all other lifestyle factors in lowering sick days during the winter cold season," Professor Nieman says. But do not go overboard. Overly strenuous exercise releases the stress hormone, cortisol, in the body, which can weaken the immune system.

#### 3. Stay connected

Socializing helps strengthen your immune system by keeping you active and reducing your stress levels, so avoid the temptation to rug up on the couch all winter. Invite friends over for dinner or host a games night, visit local museums and art galleries, wrap up warm and go for a walk in the park with your family.

#### 4. Scrub up

Frequent hand washing is one of the best ways to avoid getting sick and spreading illness as it limits the transfer of bacteria, viruses, and other microbes, according to the Mayo Clinic in the US. This is important during winter when we tend to cough and sneeze more frequently. Wet your hands and lather up with soap for 20 seconds to help dislodge germs and rinse well under running water.

#### 5. Sleep well

Lack of sleep can have a serious effect on your immune system, making you more vulnerable to catching colds. A study from Brazil found lack of sleep can result in a substantial decrease in the white blood cells that help to fight infection in the body. Create a relaxing bedtime routine, such as soaking in a warm bath. Avoid watching TV or using your computer just before bedtime and turn the lights down low an hour before you turn in for the night, as it will boost the release of melatonin in the brain. Also try to go to bed and get up at the same time every day, even on weekends.