

# Madina Insider

*We raise children. Higher.*

## Save The Date

- December 14th is early dismissal
- December 25-January 1 is winter break

## Message from the Principal

The end of the calendar year marks the halfway line for our time in school, and with the multicultural fair completed, there seems to be a lull in school activities. This is however, far from the truth. Recently our 11th and 12th graders visited the First Church in Windsor for their Leadership class. Their presentations were based on shared values between the two faiths, and incorporating our common values back into society. Nerves were running amok that afternoon, but it was a great learning experience for both the presenters and audience! For field trips, students have been to Springfield Science Museum, and then we had the CT Science Center come to us for the 4th grade Stem chemistry activities. Students are engaged in daily routines of completing assignments and preparing for upcoming events such as State Science Fair and History Day.

The school is increasingly becoming more aware of the mental health wellness for all students. There is a lot that we are already doing, such as our character program, built on promoting social and emotional needs of our students: we continuously teach empathy, kindness, forgiveness and other principles integral to our obedience to Allah; our school culture fosters a safe and respectful environment conducive for students to seek adult help when the need arises;

teachers consistently teach ways to self-regulate emotions such as anger, and appropriate interactions; to resolve conflicts, both sides are heard and viable solutions are determined from students themselves; we are also seeking alternatives for punitive measures to maintain discipline- such restorative practices that will help students reflect on their behavior and its impact on others. Looking ahead, we are exploring into mental health first aid certification for all our teachers, building on a systematic framework for social emotional learning, and establishing mental health supports within the school.

On that note, I will end with a story that demonstrates the power of just listening and allowing people to unleash their anxieties and frustrations. It was read to us in assembly by a second grader. The story starts with an old woman who asks a young man to help her with her luggage as she travels to another city. Along the way, she expresses her insecurities and fears about the changes in society brought on by a wicked man and his followers. The young man listens to her patiently and without interrupting as he carries her load, and only at the end of the road, when asked, does he reveal that it was him that she had been talking about all along: Muhammad (PBUH).

### Inside this issue:

Message from the Principal Pg. 1

Student Work Pgs. 2 & 3

Entertainment Section Pg. 4

Student of the Month Pg. 5

Challenge Yourself and Reminders Pg.5

## Letter from the Editor

Assalamualaikum,

As we begin the month of December, there are several things going on. The school has been involved with numerous things. The tenth and eleventh grades have been conversing with the Jewish High School and building a relationship. The rest of the school is working on the science fair. This year, I, myself, plan on participating.

The science fair is a state-wide competition held by the State of Connecticut. It looks great on any resume and provides experience in both leadership and creativity. My classmates and I feel proud that our school offers an opportunity to participate in such an event.

Samir Khan  
Grade 9

## Paper Airplanes

Hi. My name is Asim. I'm going to teach you how I make paper airplanes. At the age of seven, I learned how to make my first glider. One day, I saw a cool plane on YouTube. I asked my father to make it. I tried to make it lots of times by watching my father. Then I learned how to make the first coolest paper airplane. Then I made lots of them. At school, I taught a kid named Keith how to make a glider.

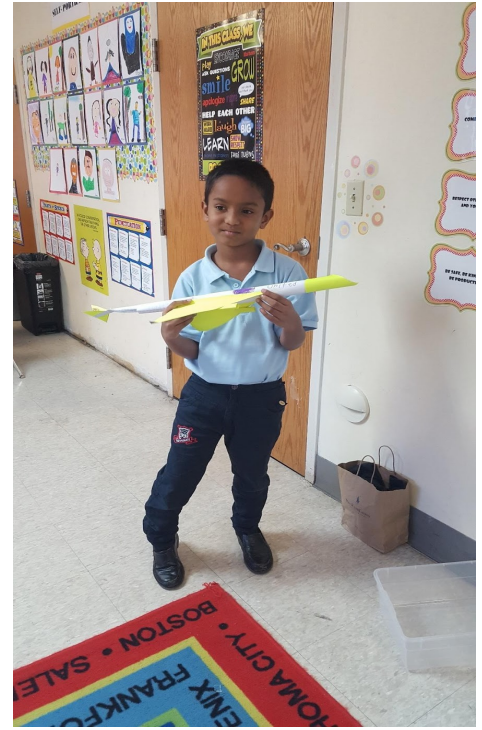
One day, we had a contest. We all voted to make paper airplanes. The teacher said, "Why don't we make an airport?" Then we got into groups. My group was supposed to make the plane, airport, the control towers, and runway. At the end, we

won fourth place in the contest. At that moment, I thought about how to design a cool paper airplane that looks realistic.

Now I'm in third grade. On the first day of school, I built the body of the airplane. Then I folded the back edge by folding the sheet in half. Then I drew a triangle and cut it out. I folded the edges of the wings and glued it on the plane body. I did not make a tail wing and tail fin until after. That was the coolest paper airplane I ever made.

Asim Mohamed-Kasim

Grade 3



## Springfield Museum Fieldtrip

Asalamu Alaikum my good friends. Today we will read about my field trip to the Springfield Museum. So let's begin.

We began by checking out one of the art museums where the Japanese art exhibit was. The tour guide was nice; she let us make origami paper Shogun (samurai helmets). She showed us Japanese weapons. The coolest one was the Japanese Long Arm. It was not used by the Chinese ninjas because

it was too bulky. Then we looked at the Dr. Seuss Museum. We got to see his accessories and handwriting (which was neat). We got to see his drawing skills which were nice too. We also learned that Dr. Seuss traveled a lot. He traveled to various places like Peru.

Wali Sheikh

Grade 3



## Understanding ADHD

Children who have ADHD often have other mental illnesses such as depression, anxiety, and oppositional defiant disorder, which means they can't control themselves.

American Psychological Association (APA) said it affects 5% of children from age 4-17. They also say it affects more boys than it affects girls.

Children who have ADHD often have poor social skills. They are sometimes bullied by their peers and are excluded from social activities. They are usually very intelligent, creative, and compassionate, but are labeled as "weird" or "misfits" by their classmates and others who interact with them. ADD is another form of ADHD, though that term is not used anymore. Inattentive ADHD used to be called ADD. People with ADD have difficulty focusing on their work, but there are no signs of hyperactivity.

I think everyone should be loved and be cared about by their classmates. Chances are there is at least one classmate who could be suffering all this. If a person that has ADHD is alone, ask him to play with you. It will mean more than the world to them.

We must know about ADHD and we must have kindness and compassion for people with it. Please, help people who have this disorder.

Anas Hales  
Grade 5

## Chocolate!

I feel like a queen on her throne,  
While eating a nougat Toblerone.

Say, don't I look so phat,  
Munching on my bar of Kit Kat?

Just looking at those cups of Reese's peanut butter,  
Makes my tummy's butterflies flutter.

Oh what fun rolling in hay,  
While eating a Milky Way!

What perfect feelings of bliss,  
Come from that little Hershey Kiss.

If you get that glorious sweet tooth,  
Go ahead! Have a Baby Ruth!

I will show you some really cool tricks,  
If you give me your yummy Twix!

I'll sob and be all in tears,  
If I don't find my Three Musketeers.

I'll stop now to avoid an angry punch...  
(As long as I can have that last remaining Crunch!)

Salma Mahmoud and Family  
Grade 5

## Self-Portrait Ayaan Chowdhury Kindergarten



## Clara, Reader of All

Once upon a magical time, in a kingdom barren of books, was a young 12-year-old girl. Now this was no ordinary girl. She is beautiful and thoughtful and clever, and she isn't village-born! She was really born in France, and as a little girl she loved to hear her papa and auntie read stories and fairytales. But when her beloved papa died (the same way her mother died, with the *plague*), she lost all interest and knowledge in her cherished books, and since her aunt had family in a far away village (who never got in contact with Clara or her aunt after helping them settle) in a kingdom called None-Booklandia, who were willing to contribute money to help buy a house and some food and to give Clara's aunt a small job. This kingdom was sad and grieving, for there were no books to bring joy. They were, for some reason Clara did not know, banned forever.

And so poor Clara lived her boring, same-as-yesterday everyday life, until the day of her 12<sup>th</sup> birthday. After receiving a small gift from her aunt and being told to go out and get some pastries and baguettes from the bakery. On her way home, a very gothic and creepy woman stopped her, handed her a thick package wrapped in evergreen wrapping paper and a white bow holding in place a white note saying, "Happy Birthday, Clara!" And because Clara was so excited, she ran the rest of the way home, the basket of pastries and French bread swinging wildly on her arm.

She burst through the door and dropped the basket on the kitchen table. Then she bolted up the ladder and to her bedroom loft. She was just about to rip open the package when her aunt called her down for breakfast. Her package would just have to wait. After breakfast and helping with the dishes, Clara went back up to her room. This time she opened the package without any interruptions. But all Clara found was an emerald green book, with intriguing, fancy-looking golden letters. Why a bunch of words were so interesting to Clara was because of the fact that she didn't know how to read or write. After her father passed on, Clara and her aunt barely had enough money to get food, let alone school! So Clara

continued on with her day, doing the house chores and feeding the few chickens they had. Later that evening, before falling asleep, Clara looked over at the book, wishing she could read it. She fell asleep feeling uneasy and watched. The next morning, Clara awoke, astonished to see instead of one book, there were now two!

And instead of green, the books were now both a vibrant shade of blue. For the rest of the week, there were 30 books, all in a neon shade of pink. "Stop! Please stop!" cried Clara in panic because her room was fairly small and she was running out of space to put the books. Suddenly, all the books stashed in her room stopped changing and multiplying and changing color. And they all turned back to the shade of green they originally were.

Hesitantly, Clara started experimenting with different commands. "Two, disappear!", "Jump once!", and finally, "Half, disappear!" Now the books all looked like they had been sliced in half. "Oops" giggled Clara to herself. "Half the books here, disappear!"

By now, with all the commands Clara had made, there were only two books left. And that's when Clara got an extraordinary idea. What if she asked the books to teach her to read and write? So she asked the books and they did! One book opened to a random page and started to speak in a high pitched voice, explaining how to pronounce letters. A few months later, Clara could read and write anything she wanted.

Eventually, Clara's aunt found out, but instead of getting mad, she told Clara about a wonderful idea she had. What if they started a secret library? And in about a year, there was a new library in None-Booklandia, and the name was later changed to Booklandia because the kingdom was later known for its abundant resource of books. Clara had helped begin a new era of books in this kingdom that used to be barren of books. And she is now known as Clara, Reader of All.

Ghita Elamrani  
5<sup>th</sup> Grade

## ABC's of Controlling Anger

In a hadith narrated by Abu Hurayrah (ra), a man asked the Prophet Muhammad (saw) for advice. The Prophet said: "Do not get angry". The man repeated his request and the Prophet repeated the same advice: "Do not get angry". The man asked for advice a third time and again got the same response from the Prophet: "Do not get angry".

The Prophet (saw) was not denying that people do not get angry when he gave this advice. The Prophet knew that it is human nature to have emotions and feelings. As human beings, there are times when we feel glad or sad, scared or mad. This is in our nature. The Prophet was giving this advice because he understood that there are consequences to how people behave when they are angry. These consequences may either be negative or positive. Most times, people say or do things that they later regret if the behavior leads to negative consequences. Sometimes, the behavior leads to a break in ties with family members, friends or brothers and sisters in faith. However, there are other times, when people are able to resolve the issues that made them angry while maintaining those ties amicably. These are those times when people's behavior when angry leads to positive consequences.

The Prophet (saw) was saying that people have a choice of behavior when they get angry in the advice that he gave the man. The choice is in either letting the anger control us in such a way that we act, react or behave in ways that lead to negative consequences or that we control our anger in such a way that we respond or behave in ways that lead to negative consequences.

As Muslims who are striving for excellence in our deeds and in our character, and for the pleasure of Allah, we should try as much as possible to make the choice of controlling our anger and not let it control us. The following is the ABC's of how we can control our anger. A is for Anger. B is for Behavior and C is for Choice and Consequences.

**A (ANGER):** Anger is a natural human feeling. Therefore, we should not pretend nor deny that we are angry. It is better to accept and acknowledge the anger. This makes it easier to recognize the feeling when it is stirred in our hearts. Recognizing the feeling early helps us to control the anger and behave in ways that lead to negative consequences.

**B (BEHAVIOR):** The Prophet (saw) has provided us with many tips on how to control our anger and behave when we recognize that we are angry.

**TAKE REFUGE WITH ALLAH.** Anger is from shaytan and so we should take refuge in Allah from shaytan. We do this by saying *A'udhu billahi min ash Shaytanir Rajim* (I seek Allah's protection/refuge/shelter from Shaytan, the Accursed one.)

**BE QUIET.** The chances are highly likely that whatever we say when we are angry would not be

good. It is also possible that the response to whatever we say when we are angry would also not be good. This would make the situation worse. Therefore, we should refrain from saying or doing anything as much as possible when we are angry.

**CHANGE POSITION.** If we are standing when angry, we should sit down. We should lay down if we are sitting when angry. This change in position would help to direct the anger away. It would also change our body language from an aggressive posture to a non-threatening posture. This would help to not make the situation worse.

**MAKE WUDHU AND OR DRINK WATER.** Anger comes from the devil, the devil was created of fire, and fire is extinguished only with water. Therefore we should try as much as possible to go and make wudhu if wudhu. We can always drink water with our wudu if we not able to go make wudu immediately for any reason. Either way, the water helps us quench the fire of anger

**PRAY 2 RAKATS.** Allah commands us in Surah Baqarah to seek help with patience and prayer so when we are angry, we should pray 2 rakats nawafil prayers. The prayers would help shift the focus from our anger to Allah (swt) and bring calmness into our hearts. We are also forgiven for any sins we may have committed and reap the rewards of making

Salaat.

**C (CHOICE AND CONSEQUENCE):** Once we behave if the way that the Prophet Muhammad (saw) recommended and our anger is now under control and we feel calm, then we can choose to resolve the situation that led to us being angry in the first place. A positive resolution would be helpful for us and for the person whom our anger was directed against. We can choose this by approaching the person and speak to them in a way that is gentle and makes it easy for them to communicate with us and does not make them defensive. An example of how we can do this is by saying: *When you said (whatever they said that made us feel angry) I felt angry* or *said (whatever they did that made us feel angry) I felt angry*. The consequences of making this choice is sure to be positive.

May Allah protect us from the consequences of our anger and guide us in the right way. Ameen.

Br. AbdulMalik

Islamic Studies Teacher

## Entertainment Section

V D B V M E C L K T H G M P H  
V S F I U O Q L E G A Y O X S  
J B U G G H E H A Q D I Q I R  
V S P N K Y P U A M I R O W Z  
L V A R N O P H Y K T P Q U L  
T H N W R A Y H A S H U J I S  
U I Z P M I H Q H R R Y Z Y X  
M A L S I B J A I A U E B Z P  
A L L A H B M Y N M J S C P Z  
S R H C Z C M P V B H H Z I V  
O Z E X T U C U O Q H A Y A Q  
R A M A D A N G L K X J Q H L  
J O K S X G P W V N T J O L Z  
V A F Y G Z F V F O J F S C Q  
Z S K W H F U F Z F U M L E H

ALLAH      HAJJ      PROPHET      RAMADAN      SUNNAH      ZAKAT  
HAYAA      ISLAM      QURAN      SAWM      SURAH      HADITH

## Students of the Month



Zain Hashmi  
1st Grade

Zain is a hardworking student. His work is always neat and organized. He is attentive in class and kind to his friends.



Salma Abuteen  
6th Grade

Salma is a wonderful student who always goes above and beyond in regards to her school work--leading her to excel in all her classes. She respects her peers and teachers and overall has superb behavior.



Al-Yaman Zoghol  
9th Grade

Al-Yaman is an extremely hard working and inquisitive student. He has an energetic approach to learning that is refreshing and is always well-prepared, polite, and respectful.

*Love Madina Academy? Absolutely.  
Absolutely, Love Madina Academy.*

**Reminders**

**Challenge Yourself!**

**How many Surahs are in the Quran?**

The first student to bring to the principal the correct answer to the "challenge yourself" question will receive an award and will be recognized in the upcoming edition of the Newsletter.

**Last month's winner:**

**Habiba Abdelrehim - 2nd Grade**

The biggest of all  
sins is being the  
reason behind  
one's sorrow

[www.PostsQuotes.com](http://www.PostsQuotes.com)

Madina Academy  
519 Palisado Avenue  
Windsor, CT 06095

Phone: 860-219-0569  
Fax: 860-219-0649  
E-mail: [info@madinaacademy.org](mailto:info@madinaacademy.org)

