

January 2017 Newsletter



The inauguration of the President of the United States



is a ceremony to mark the commencement of a new four-year term of a president of the United States. Since 1937, **Inauguration Day** takes place on January 20 following a presidential election. The most recent presidential inauguration ceremony was the swearing in of Donald Trump to a **four-year term of office on Friday, January 20, 2017.**

Farewell President **Obama!** *‘The future rewards those who press on. I don't have time to feel sorry for myself. I don't have time to complain. I'm going to press on.’*

Your Brain Needs ZZZZZS

Your body and your brain need sleep. Scientists say that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

- Most kids between 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night.
- Without sleep kids may feel cranky, unable to think clearly, have a hard time following directions, or get into arguments. A school assignment that's normally easy may feel impossible, or they may feel clumsy playing their favorite sport or instrument. Too little sleep can affect growth and the immune system — which keeps them from getting sick.

How to Catch Your ZZZs

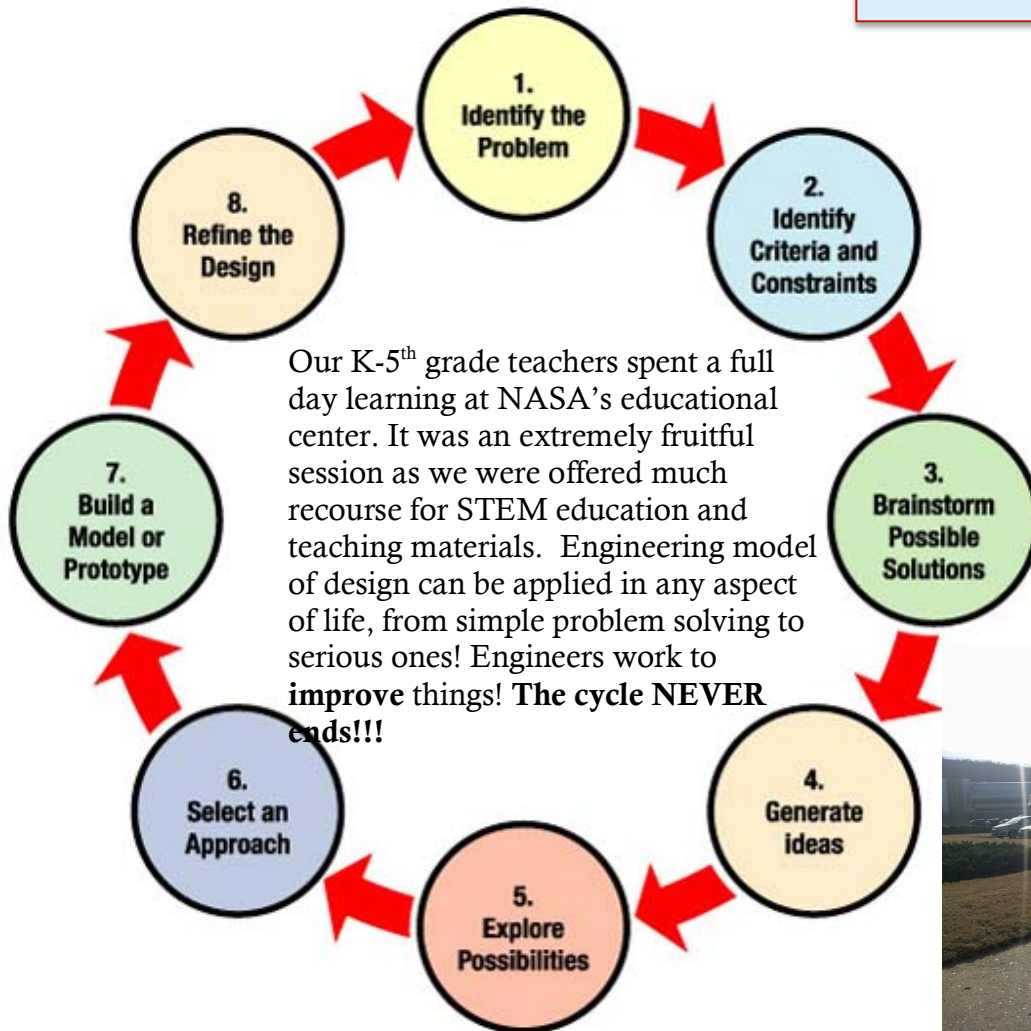
- Try to go to bed at the same time every night; this helps your body get into a routine.
- Follow a bedtime routine that is calming, such as reading. Limit foods and drinks that contain caffeine. These include some sodas and other drinks, like ice tea.
- Don't have a TV in your room. Research shows that kids who have one in their rooms sleep less. If you have a TV, turn it off when it's time to sleep.
- Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don't exercise just before going to bed. Do exercise earlier in the day — it helps a person sleep better.
- Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you'll train your body to associate bed with sleep.

Big News!

Congratulations to Mustafa Tareki, in fifth grade, our Geography Bee Champion, and Talia Elkhatib, in fourth grade, the runner up. The completion took 90 minutes with many challenging questions for our students to conquer.



Mustafa's essay on "Gettysburg Battlefield National Park" also has won **First place** for the district in "Daughters of American Revolution ma-sha-Allah! He will receive his award at the luncheon on Feb 2nd in-sha-Allah. A fantastic honorable way to start 2017 for IAH and our dear students! His essay goes to state competition.



EXPERIENCE
THE 2017 ECLIPSE
ACROSS AMERICA

AUGUST 21, 2017 [FIND OUT MORE](http://eclipse2017.nasa.gov)

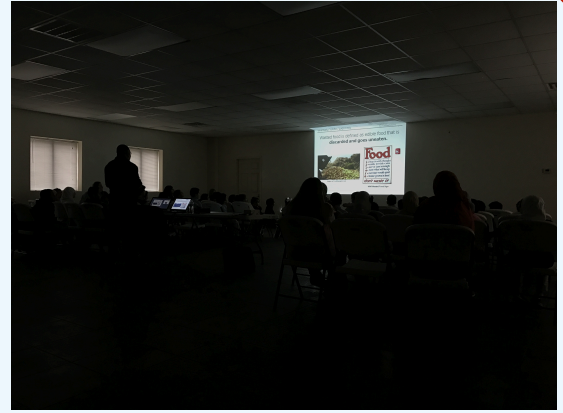
<http://eclipse2017.nasa.gov>

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Exciting Events!

Sumayyah Ouazaz's (Second grade) father, Rachid Ouazaz, a research assistant in the department of nutrition and hospitality management at Alabama A & M University, visited our school to discuss the crucial topic of **"food waste"**. He is also a member of the national academy of nutrition and dietetics.

He spoke to our students about food waste in America, the topic that takes part of the academy's initiative "The future of food in America". The session was very informative for all of us, something to be mindful about.



وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ
الْمُسْرِفِينَ ﴿٣١﴾

"And eat and drink but waste not by extravagance, certainly He (Allāh) likes not *Al-Musrifūn* (those who waste by extravagance)."

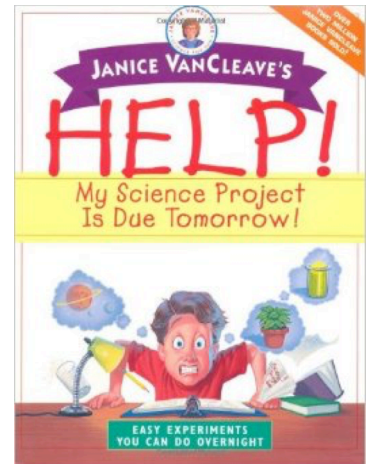
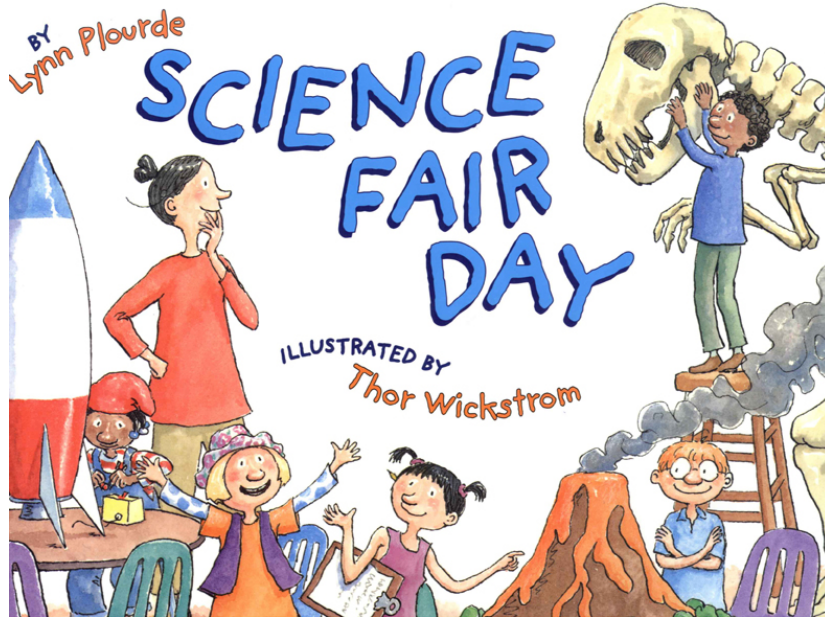
Qur'an: Sūrat-ul-'A'rāf, Verse 31



**"\$165 Billion
Worth of Food
Waste enters
Landfills each
Year!"**



Upcoming Events!

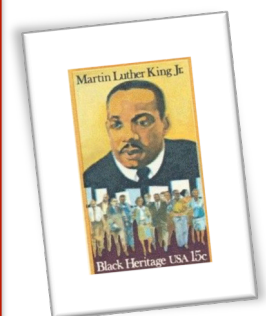


Feb 1 st	Tuition is Due
Jan 30	Science Projects are due
Feb 3 rd	Winner is announced/projects are taken home
Feb 6 th	Progress Reports
Feb 23 rd	African American Wax Museum



February is the **African American History Month!** To celebrate and honor this month, IAH will host a “wax museum” on **Feb 23rd, at 9:30**, followed by speakers. Refreshments will be served. Please join us:)

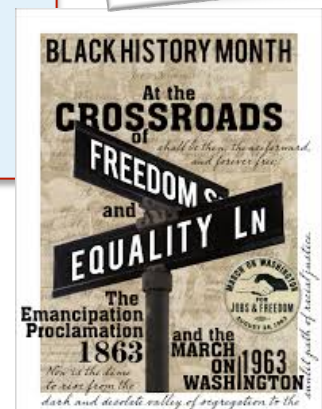
<http://www.africanamericanhistorymonth.gov>



Black History Month



Exploring African-American History through Books, Websites, & More



Looking Back...

IAH had its annual Cultural Fair and Fundraising dinner, on Saturday, January 21st. Much love, devotion, and hard work was put in the program to make it a successful event. We even were blessed to hear from IAH alumni and their families. It brought the community closer and warmed hearts of many. We are truly grateful to Allah (swt) and to our volunteers and all the effort that you put forth to make this event successful.

“And hold firmly to the rope of Allah all together and do not become divided. And remember the favor of Allah upon you -

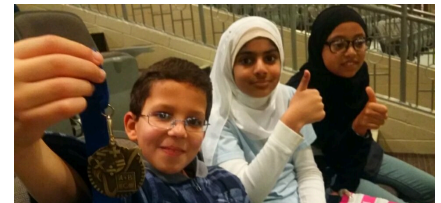


وَأَعْتَصِمُوا بِحَبْلِ اللَّهِ جَمِيعًا وَلَا تَفَرَّقُوا وَاذْكُرُوا نِعْمَتَ اللَّهِ عَلَيْكُمْ إِذْ كُنْتُمْ أَعْدَاءً
فَأَلَّفَ بَيْنَ قُلُوبِكُمْ فَأَصْبَحْتُمْ بِنِعْمَتِهِ إِخْوَانًا وَكُنْتُمْ عَلَى شَفَا حُفْرَةٍ مِنَ النَّارِ فَأَنْقَذَكُمْ
مِنْهَا كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ آيَاتِهِ لَعَلَّكُمْ تَهْتَدُونَ ﴿١٣﴾



Our Math Team participated in a math competition at Randolph school and got seventh place. We are extremely proud of these bright students!

Mimi Hughes, marathon swimmer & reading specialist teacher, visited our school during the Friday activity period and addressed students in grades 3-5th on setting goals and making a difference in the world.



Looking Back...



A milestone worth noting - the **100th day** is the perfect time to have fun with the number **100** while exploring counting, sorting, patterning, measuring and various other math concepts.

Our Fifth graders' visit to Space and Rocket Center!

- [Neighborhood Earth](#)
- [The Science of Archimedes](#)
- [Celestial Dreams: The Art of Space Jewelry](#)
(Integration of Visual Arts)



PhotoGrid

Remember!



PTO

Please direct all inquiries to
PTO_IAH@yahoo.com

We would like to thank all the parents and volunteers who helped with the Cultural Fair and Fundraising. Without your help and dedication to our school, such great events would not be possible. You helped give our students and community members a special memory.

ETIQUETTE

[et-i-ket, kit]

unwritten code of behaviour expected in a certain setting according to a norm within a group or society

Hygiene Etiquette & Practice:

To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in a wastebasket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

<https://www.cdc.gov/healthywater/pdf/hygiene/hwfamily.pdf>



COUGHING AND SNEEZING ETIQUETTE



Avoid the use of open hands or closed fist to cover your cough. It spreads germs through the air and makes it easy to transfer the germs to other surfaces through touching.

Cough or sneeze into the fold of your arm, trapping germs within the easily washable fabric of your clothes.

REMEMBER

Proper coughing and sneezing etiquette prevents the spread of germs!





Remember to visit our store at IAH!

We now sell healthy snack packs
(Goldfish/Cheez-it/health bars) for \$.50!



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