

# LITTLE ANGELS PRESCHOOL NEWSLETTER

## JULY NEWSLETTER 2021

### Message from the Director Mrs. Shabana Syed

**Assalamualaikum Dear Parents,**

Alhamdulillah, Hajj Season has arrived. I pray that Allah (SWT) grants good to you in this world and in the Hereafter. Eid Mubarak to all families and our community from Little Angels Preschool. May Allah (SWT) grant us all the opportunity to visit his Holy city and experience its unparalleled tranquility. May these special days bring peace, happiness, and prosperity Ameen.

"On the auspicious **occasion of Eidul-Adha**, may Allah swt accept our good deeds and forgive all our mistakes and sins. May Allah swt shower us all with peace and harmony and ease the sufferings of everyone by blessing us with his love." Ameen



**IMPORTANT DAYS**

**JULY 5<sup>th</sup> INDEPENDENCE DAY**

**NO SCHOOL**

**JULY 19-21 EID UL-ADHA**

**NO SCHOOL**

# EidUlAdha



## 01

The word 'Eid' means 'feast' or 'festival'. Each year Muslims celebrate both Eid al-Fitr and Eid al-Adha - but the names often get shortened to just 'Eid', which is why it can be confusing.

Eid al-Fitr - which means 'festival of the breaking of the fast' - is celebrated at the end of Ramadan for a month when Muslims fast.

Eid al-Adha coincides with the end of Hajj - the annual Islamic pilgrimage to Mecca in Saudi Arabia and is generally considered the holier of the two.

Hajj is a once-in-a-lifetime activity that is a duty for those who can afford it, and who have not already performed it.

Festivals in Islam are based on the lunar calendar - which is around 11 days shorter than the solar calendar.

Being based on the lunar calendar which means the dates of both the Eids change each year, but Eid al-Adha is always a little over two months after Eid al-Fitr.

On both Eids, many Muslims will go to special prayers at their local mosque and have a day of celebrations with family and friends.



## 02

### DID YOU KNOW?

Every year, approximately 3 million Muslims travel to Saudi Arabia for the Hajj.

#### What is Eid al-Adha?

The holiday celebrates the prophet Ibrahim and his steadfast faith to Allah. According to a story in the Quran, Allah comes to prophet Ibrahim in a dream and commands him to sacrifice his son Ismail as an act of obedience. As prophet Ibrahim is about to commit the act, Allah stops him and replaces his son Ismail with a sheep or a ram. Eid al-Adha is marked with the sacrifice of an animal, with sheep, cows, or goats being common choices. The meat is then distributed to family, neighbors, and the poor.

Eid al-Adha also signifies the end of Hajj, a five-day pilgrimage that cleanses the soul of sins and instills a sense of quality and brotherhood among the Muslim community.

During the last three days of Hajj, men are required to shave their heads and remove the white garments worn during the pilgrimage, while women cut off a lock of hair as a sign of spiritual rebirth.

Muslims who are financially stable are expected to participate in the pilgrimage at least once in their lifetime, as it constitutes one of the five pillars of Islam.

The celebrations continue with visits to family and friends and feasts, with children receiving gifts such as money and new clothes.

# Our First Preschool Garden!

Our Little Angels Preschool had fun gardening with our brand-new garden beds this past month planting fall flowers, summer squash, spinach, radishes, basil and mint.

Gardening with preschool students has so many benefits and I are looking forward to experiencing them with my students.

We all know the benefits of being outside, but gardening offers amazing developmental opportunities for kids. For one, it engages all their senses, touching and feeling the dirt, smelling the flowers and herbs, seeing all the vibrant colors and hearing the sounds of nature while outside. Gardening also helps children develop their fine motor skills. Digging holes for plants, carefully pruning and picking ripened vegetables are just a few examples of how gardening can help kids enhance their fine motor skills.

We are also looking forward to snacking on some of the vegetables and herbs. While many children struggle to try new foods, caring for their own often encourages them to try and taste what they have personally grown.

We are also thrilled to share our love of the Earth with our students. When children garden, they learn the importance of taking care of the Earth to see their flowers and vegetables grow. It's also a great opportunity to work in subjects of recycling, up-cycling and using natural ingredients.

Children can learn new skills, have fun, play and develop self-confidence by spending time in the garden tending plants and growing their own food. Most children enjoy being outdoors and love digging in the soil, getting dirty, creating things and watching plants grow.

## CHILDREN LEARN FROM GROWING THINGS

People of all ages can enjoy gardening, but children in particular will have lots of fun and gain special benefits. Gardening is educational and develops new skills including:

- ✓ **Responsibility**– from caring for plants
- ✓ **Understanding**– as they learn about cause and effect (for example, plants die without water, weeds compete with plants)
- ✓ **Self-confidence** – from achieving their goals and enjoying the food they have grown
- ✓ **Love of nature** – a chance to learn about the outdoor environment in a safe and pleasant place
- ✓ **Reasoning and discovery** – learning about the science of plants, animals, weather, the environment, nutrition and simple construction
- ✓ **Physical activity** – doing something fun and productive
- ✓ **Cooperation**– including shared play activity and teamwork
- ✓ **Creativity**– finding new and exciting ways to grow food
- ✓ **Nutrition** – learning about where fresh food comes from.



# GARDEN PICTURES





# Cooking with kids

One of my fondest memories as a young mother was cooking with my own children. They loved being beside me at the kitchen counter, measuring, stirring, and pouring. They are grown now, but I am lucky to have the opportunities to cook with my students.

## SOME OF THE RECIPES WE MADE



## Learning At Home Activities: Paper Airplanes

Make paper airplanes with your child! Use the link to learn about how to fold a piece of paper into an airplane. Who can fly their plane the highest? The farthest? The fastest?



**Estimated Time:** 20 minutes

**Materials:**

Paper

**Subject:** Science

# MIXED BERRY

- ✓ 1 Cup raspberries or blackberries
- ✓ 1 Cup blueberries
- ✓ 1/2 Cup vanilla yogurt
- ✓ 1/2 Cup frozen strawberries
- ✓ 1 Cup sliced bananas
- ✓ 1/2 Cup
- ✓ 2-3 ice cubes

Mix until smooth and top it with some raspberries and a blueberry in the middle enjoy!

