

The BIGS

Bulletin

April 2020

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Corona virus PRAYERS TO COMBAT COVID-19
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Today a Reader
Tomorrow a Leader

السلام عليكم ورحمة الله و بركاته

I pray you are all in the best of health and Imaan. I would like to thank you for supporting your daughters to be able to do their online learning and work on their learning packs. Whilst some schools have only given work packs, at our school we have set up online lessons for most of our classes. We have observed that the online platform as well as the materials provided have been helpful in enabling your daughters to continue with their learning in some form at home.

All pupils are expected to log in to their lessons as per the school timetable and registers are taken for every lesson. If your daughter is having difficulties logging in, please assist her and please ensure your daughter is on time. Also, ensure your daughters do all set work as this will be checked.

Please may I emphasise that your daughters are expected to behave during the online meetings and chats. Behaviour is monitored every lesson.

Safeguarding and well-being is at the core of everything we do and staff are available for pupils if they have any worries and safeguarding issues. Mentoring will also take place as per school timetable. If you have any worries or well-being concerns or require any help please contact Mrs Zenab or Mrs Nafeesa via the school email: admin@bigs.bham.sch.uk.

Thank you again for your continued cooperation. May Allah SWT keep everyone safe, make it easy for us, give us patience and help us and our families to get closer to Him. Ameen.

I wish you all a very blessed month of Ramadhan. May Allah SWT give us the ability to reap the best of rewards and blessings during this special month and may we continue with the good actions after Ramadhan too. Ameen.

R Mogra (Head teacher)

SUNNAH OF THE HOLIDAY

TO VISIT THE SICK / UNWELL

Ali رضي الله عنه reported: I heard the Prophet صلى الله عليه وسلم saying, "When a Muslim visits a sick Muslim at dawn, 70,000 angels keep on praying for him till dusk. If he visits him in the evening, 70,000 angels keep on praying for him till the morning; and he will have (his share of) reaped fruits in Jannah." [Tirmidhi]

In a world of frenzied social media, the only meaningful offer comfort and support in social networking is in real life, with the people around us; those in need of help and support, those who need a kind word or smile to make that difference to their world, or simply widening our circle of good friends and company. Despite his many responsibilities, the Prophet صلى الله عليه وسلم would always make time to visit people, keep the ties of kinship and bonds of friendship strong, and this was even more so when people were unwell.



When we take the time out to offer comfort and support in times of weakness and sickness, whether physical or emotional, we can truly begin to empathise with others. This also enables us to share in the tremendous rewards offered by such simple acts, acts which not only benefit us in the Afterlife, but build and fortify our relationships with those around us. Please be aware that due to the current coronavirus crisis, social distancing is crucial. Thus, avoid visits in person, and keep in contact via phone calls etc. instead.

'The philanthropist Melinda Gates told me the same. Her children don't have smartphones and only use a computer in the kitchen. Her husband Bill, the Microsoft co-founder, spends hours in his office reading books while everyone else is refreshing their homepage. The most sought-after private school in Silicon Valley, the Waldorf School of the Peninsula, bans technical devices for the under-11s and teaches the children of eBay, Apple, Uber and Google staff to make go-karts, knit and cook. Facebook's Mark Zuckerberg wants his daughters to read Dr Seuss books and play outside rather than use Messenger Kids. Steve Jobs's children had strict limits on how much technology they used at home.

It's astonishing if you think about it: the more money you make out of the tech industry, the more you appear to shield your family from its effects.'

~ Alice Thomson, The Times of London

8 PRODUCTIVE RAMADAN

EASY STEPS TO FINISH QUR'AN



THIS RAMADAN

InshaAllah!

STEP 1 Establishing an intention

And remember to renew it often!

STEP 2 Don't be overwhelmed

Eliminate negative thinking. Remind yourself that you are, Allah Willing, fully capable of achieving your Quraanic aspirations!

STEP 3 Plan ahead

Structure a realistic plan around your routine and block out time for your Qur'an goal.



Consider past Ramadans and learn from what happened.

ProductiveRamadan.com is a **MUSLIM** project.



STEP 4 Understanding Qur'an

Read the translation of the Juzz you will be reciting daily - it will be an uplifting experience.

STEP 5 Find Qur'an buddies & compete in good



Develop close bonds with brothers/sisters who are known for their attachment to the Qur'an

STEP 6 Seize the moment



Invest in a pocket-sized Qur'an and make it your Best Friend

Time tips: after Suhoor after Salah before sleep

STEP 7 Remain steadfast and consistent



The key to any success is consistency.

Remind yourself of the greatness of this month!

STEP 8 Make du'a to Allah Subhanahu wa Taala

Nothing can be achieved without the Aid and Guidance of Allah.



iQuran Lite

(on Play Store by *Beehive Innovation FZE*)

(on iTunes by *Beehive Innovations Services*)

✓ Available on **Play Store**: https://play.google.com/store/apps/details?id=com.guidedways.iQuran&hl=en_GB

✓ Available on **iTunes**: <https://apps.apple.com/gb/app/iquran/id285944183>



Read the Holy Quran in Arabic, alongside its translation. This app provides verse by verse audio playback, colour coded tajweed rules, several translations, different reciters, and much much more.



SCAN ME

Google Play



SCAN ME

iTunes

Dates for your Diary

	APRIL	23-31	<u>Term Break</u>
4-19	<u>Spring Break</u>		JUNE
20	Term 3 begins	8-19	End of year exams
23	English Language / Shakespeare Day	24	Open Day
		TBC	End of year trip
			JULY
23/24	Ramadan begins	16	Sports Day
		17-20	Teacher Training Days
	MAY		
11-15	Mental Health Awareness week	21	<u>Summer Break begins</u>
		TBC	Graduation & Awards Ceremony
21	World Day for Cultural Diversity		

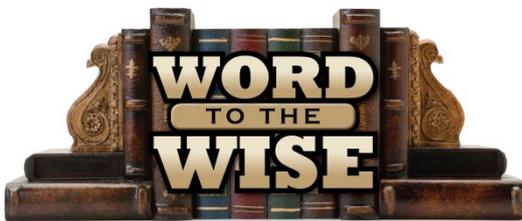
books
Islam
inspiring knowledge
Ilm
Story Corner
wisdom reading amal

Throughout this life, the experiences we encounter shape us as individuals, as well as our connection with Allah SWT. From the aftershocks of a near-miss car accident, to witnessing Allah's decree for a patient with a terminal illness.

Dhun Nūn Miṣrī RH once saw a scorpion heading towards a river, despite the fact that these creatures cannot swim. What further added to this strange scene was the turtle awaiting its arrival by the riverbank. Dhun Nūn Miṣrī RH felt a sense of curiosity, which was only increasing as the moments passed. The scorpion swiftly climbed upon the turtle's back, until transported onto dry land; it then scuttled towards a figure reclining against a tree. Dhun Nūn Miṣrī RH prepared to defend this man against the scorpion. Meanwhile, a snake slithered

towards the man. As the distance between the two was rapidly decreasing, the scorpion caught onto the snake and stung it. Instantly, the snake fell to the ground. Dhun Nūn Miṣrī RH approached the man, who he was now certain was a walī (close friend) of Allah. However, the stench of alcohol emitting from the youth soon crushed this hope. He awakened the individual, and recounted the entire incident. Upon hearing the story and seeing the lifeless snake lying at his feet, tears poured down the youth's cheeks, as he cried, 'O Allah, you are so generous! After committing a major sin I fell asleep, yet you stayed awake and protected me!' He vowed never to disobey Allah again.

Similarly, Allah sends us signs and reminders to put things into perspective for us. To bring us back to him. As advised by a highly respected teacher: *when one is intending to sin, remind yourself that Allah SWT is watching you, His servant, with love and mercy.* The way of the world is such that, upon committing a crime, one receives a permanent record, never to be forgotten. The court of the Most Merciful is such that, within a few seconds of istighfār, the slate can be wiped clean.



Rasūlullāh sallallāhu 'alayhi wasallam said:

When Allah tests a Muslim with a bodily affliction (illness etc.), Allah says (to the angel who records his pious deeds), 'Continue recording the pious deeds he committed in his state of good health.' If Allah grants him a recovery, He will cleanse him and purify him. If Allah grants him death, He will forgive and have mercy on him. - Ahmad

Rasūlullāh sallallāhu 'alayhi wasallam said:

Plague is a (means of) martyrdom for every Muslim. - Bukhari and Muslim

It is mentioned in Abu Dawud that when a believer dies, a legion of angels descend to comfort the dying believer. They huddle around, their faces beaming with light, holding a shroud cut from the cloth of paradise to take his soul. If your loved one died alone, be consoled that as believers, they would have had the angels around them Insha Allah.

Five (categories of) people are martyrs: The one

(who passes away) through plague, and due to a disease in the stomach, the one who drowns, the one on whom a building falls, and a martyr in the Path of Allah. - Bukhari and Muslim

If a loved one dies, know that there are countless pleasures of the akhirah, and Insha Allah they will now attain many blessings, especially due to the fact that they are shaheed. They are now free from all the trouble and hardships of this world.

Rasūlullāh sallallāhu 'alayhi wasallam said regarding plague: *Allah has made it a mercy for the believers. When a plague falls, whosoever remains in his plague affected settlement, with patience, with the hope of gaining reward, and knowing, that only what Allah has decreed for him will happen. He will receive the reward of a shaheed.* - Bukhari

This reward of martyrdom is promised for the individual who fulfils the 4 conditions mentioned:

1. To remain (not flee)
2. Have patience (not complain)
3. Hope for reward
4. Understand that all is from Allah

If a person happens to pass away, the reward is additional. Subhanallah!

Source: <https://muslimahsurvivalguide.weebly.com/taziyah.html>

BIG news

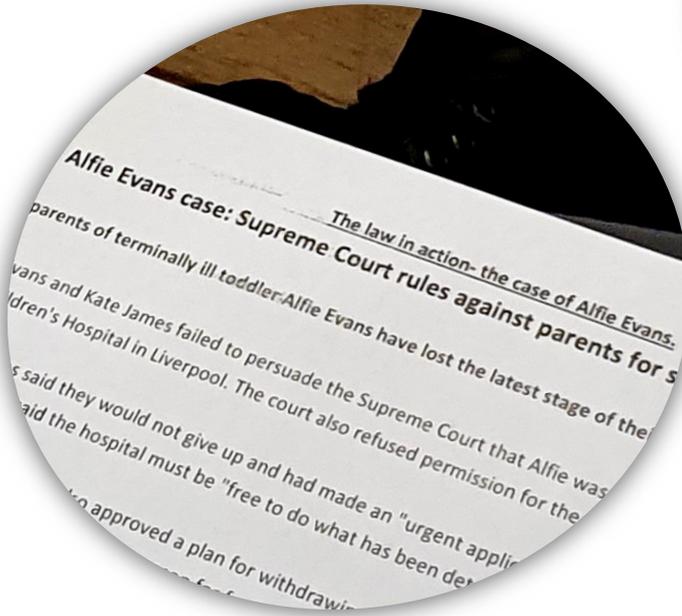
30/01/20 - Learning about the Law

Our Year 10 students visited Central Saint Michael's Sixth Form. The vice-principal, Dr. David Craik, shared his thoughts regarding our students.

It was a real pleasure to meet a group of really focused and intelligent students. They are well ahead of where I would expect 15 year-olds to be in confidence and academic development. They were very keen and able to analyse and discuss real, live court cases. I could see many of these students becoming legal professionals such as solicitors and barristers in years to come.

I look forward to next year's visit and meeting more students from this school.

The whole day was a real pleasure, the students were: intelligent, well-behaved and clearly well-taught. A real credit to Birchfield.



13/02/20 - Sacred Heart Church visit

Our Year 8 students took a trip to Sacred Heart Church to find out more about the Catholic religion.

13/02/20 - Internet Safety workshop

Our students had a whole school discussion regarding internet safety and online presence.

14/02/20 - Hajj workshop

Our pupils made stations for each day/event of Hajj. They had a range of activities to carry out and started off at checkpoints. They had an opportunity to practice and perform the rites of Hajj.

27/01/20 - Interfaith Trip

Our Year 7 students visited Cardinal Wiseman Catholic School to take part in interfaith workshops, learning about people from other religions, and also teaching others about Islam. They discovered similarities and differences in their identities through group work.

03/02/20 - Global Acts of Unity

Global Acts of Unity is a campaign promoting unity, tolerance and understanding in schools. Global Acts of Unity use the power of words every day to help spread a message of unity, tolerance and understanding. Mike Hains visited our school to talk about these important issues faced today.

We had a really, really good day with the students and staff at this great school. - Mike Hains

Good afternoon

I hope you're well. A quick note to say a huge thank you for helping to organise Mike's visit to your school. I'm so thrilled to hear that it was such a great success, Mike thoroughly enjoyed meeting your students.

04/02/20 - UoB visit BIGS

Students from the University of Birmingham came to present a range of career options to our students. We had students visit from different fields: Maths, Law, Politics, Policy and Economics (PPE), English Literature, Economics and Medicine.

12/02/20 - Palace Theatre

Our Year 10 and 11 students visited the Palace Theatre in Redditch as part of their History curriculum.



02/03/20 - Arabic Spelling Bee

Our Year 7 and 8 students took part in an Arabic language spelling competition. Parents and guardians of students were also invited, and came to witness this competition.



Learn Arabic, for it strengthens the intelligence and increases one's noble conduct.

11/03/20 - AMS Football Tournament

Students from Year 9 and 10 took part in a football tournament against other schools, organised by AMS (Association of Muslim Schools). Our team came in 3rd place. Well Done! >



05/03/20 - World Book Day

Students and teachers dressed up as characters from a book to celebrate World Book Day.

<

Ofsted Inspection 2020

School report



Inspection of Birchfield Independent Girls' School

30 Beacon Hill, Aston, Birmingham, West Midlands B6 6JU

Inspection dates: 11–13 February 2020

Overall effectiveness **Good**

The quality of education **Good**

Behaviour and attitudes **Good**

Personal development **Good**

Leadership and management **Good**

Previous inspection grade **Requires Improvement**

Does the school meet the independent school standards? **Yes**

< “All staff aim to develop pupils’ ‘passion for knowledge and excellence in manners and conduct’, as set out in the school’s motto: ‘In the footsteps of Aisha (RA)’. They achieve this very well. Pupils are polite, behave well and show a determination to achieve highly in their academic studies.

Leaders are determined that pupils will achieve well, and the vast majority do in most subjects. Pupils are excited about education and have high aspirations for their future.

Leaders’ work to improve behaviour has been very successful. Pupils show a high level of respect towards one another and all staff. They demonstrate responsible and mature attitudes towards learning and socialising at break times. This creates a happy, calm and positive atmosphere across the school.

There are very positive relationships between staff and pupils. Pupils trust staff and know that they will help them if they are worried about anything. Many pupils told us that bullying does not happen in school, but they know that they can report any concerns and where to get help if needed.”

Alhamdulillah our school received a *Good* outcome this year in the Ofsted inspection. Please visit <https://reports.ofsted.gov.uk/provider/27/103591> for the full report.

Admission Information

Admission forms can now be filled out online and emailed to admin@bigs.bham.sch.uk. Please visit www.bigs.bham.sch.uk/our-school/policies-and-forms/ for an e-copy of the form. Note that if you are waiting to hear from us, we are still processing applications and will get back to you shortly.

Visit our website
www.bigs.bham.sch.uk for school updates.
Information regarding online learning and the COVID-19 crisis, as well as new admission information is all on our website.

Contact for Support during the COVID-19 crisis

Any parents who have concerns regarding health issues, well-being, exams, safeguarding, or need extra support during this difficult time can contact Ms Nafeesa or Ms Zenab, the Designated Safeguarding Lead, via the school email: admin@bigs.bham.sch.uk. Please visit www.bigs.bham.sch.uk/safeguarding/ for more information.

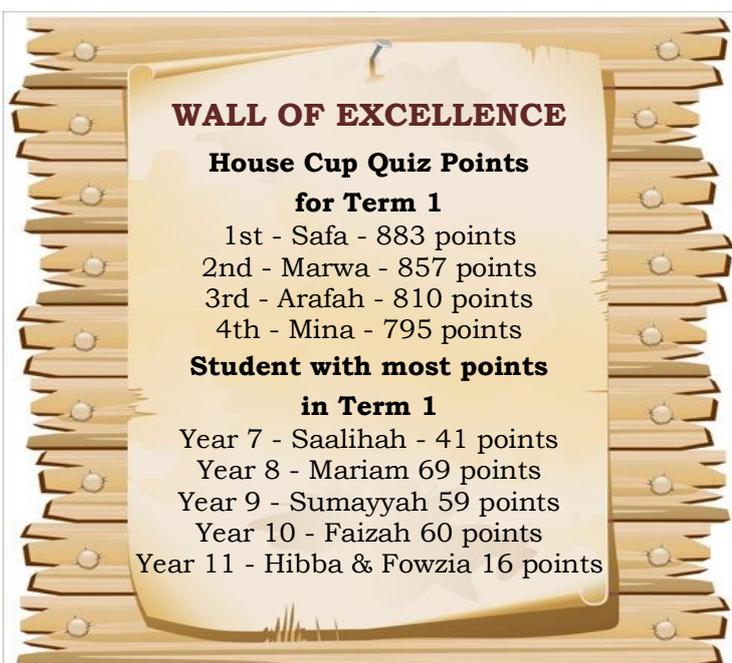
Websites to use for more information

www.forwardthinkingbirmingham.org.uk - Forward Thinking Birmingham is the provider of mental health services for people up to the age of 25 in Birmingham. They offer support, care and treatment for all 0-25s through one organisation, making it easier for you to access the right support at the right time.

www.the-waitingroom.org - TWR provides an alternative approach to taking control of your own health and well-being. It is a virtual bridge across "The Information Chasm" that connects support services to the recipient almost instantly. TWR provides Birmingham and Solihull citizens with the best access route to both local and national services in the UK. Through a minimum number of clicks you can find the right services to meet your needs with the services being available within 24 Life Domain areas.

www.childline.org.uk - Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, their trained counsellors are here to support you.

www.findfoodbanksbrum.org.uk - This website provides news and information on issues related to food banks, other charitable services and national developments on food and economy; but also incorporates a basic directory listing. They help make it easier for people of the West Midlands region to locate their local food banks, and also for food banks themselves to have access to a single shared and comprehensive resource.



WALL OF EXCELLENCE

House Cup Quiz Points for Term 1

1st - Safa - 883 points
2nd - Marwa - 857 points
3rd - Arafah - 810 points
4th - Mina - 795 points

Student with most points in Term 1

Year 7 - Saalihah - 41 points
Year 8 - Mariam 69 points
Year 9 - Sumayyah 59 points
Year 10 - Faizah 60 points
Year 11 - Hibba & Fowzia 16 points

A special mention and a Well Done to all those students who have been working hard despite the current coronavirus crisis. Keep trying and sending in your work on time. Inshallah you will see the benefits and reap the rewards. Excellent Effort!



Some art work sent in by a student

Combat Coronavirus

Prayer for protection and cure from all illnesses

The same prayer applies for Muslims and non-Muslims; Allah will *inshallah* (God willing) cure/protect them from illnesses including coronavirus. Ameen.

The procedure below was given by Shaykh-ul-Hadith Hazrat Molana Abdul Rahim Motala RH and Shaykh-ul-Hadith Hazrat Molana Yusuf Motala RH during the SARS epidemic in 2003.

Procedure

The procedure below should be followed precisely:

1. Recite **3 times** any Durud Sharif (salutations) upon Prophet Muhammad ﷺ, example below:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ النَّبِيِّ الْأُمِّيِّ وَعَلَى آلِهِ وَسَلَّمَ تَسْلِيمًا

Translation: O Allah, bestow your blessings upon the unlettered Prophet and upon his family; and bestow your Mercy upon him and his family.

2. Recite **3 times** Surah Al-Fatihah of the Quran (Surah 1 below):

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنِ الرَّحِيمِ ﴿٣﴾ مَلِكِ يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾ إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾

Translation:

In the Name of Allah, Most Gracious, Most Merciful.

- Praise be to Allah, Lord of the universe.
- Most Gracious, Most Merciful.
- Master of the Day of Judgment.
- You alone we worship; You alone we ask for help.
- Guide us in the right path;
- the path of those whom you blessed, not of those who have deserved your wrath nor those who have gone astray (Ameen)

3. Recite **131 times** the following:

يَا سَلَامُ

Translation: O Giver of Peace!

Transliteration: Yaa Salaamu

4. Recite **3 times** the following:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُنُونِ، وَالْجَذَامِ، وَ الْبَرَصِ، وَ مِنْ سَيِّئِ الْأَسْقَامِ

Translation: O Allah, I seek your refuge from insanity, mutilation, leprosy and from all serious illnesses.

5. Recite **78 times** the following:

يَا مُحِيطُ

Translation: O The One who encompasses everything!

Transliteration: Yaa Muheetu

6. Repeat **3 times** any Durud Sharif (salutations) upon Prophet Muhammad ﷺ, example below:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ النَّبِيِّ الْأُمِّيِّ وَعَلَى آلِهِ وَسَلَّمَ تَسْلِيمًا

Translation: O Allah, bestow your blessings upon the unlettered Prophet and upon his family; and bestow your Mercy upon him and his family.

7. Now one should **blow on a glass of water and drink it** or **blow on a tablespoon of honey and lick it**.

It is reported that the companion Abdullah ibn Umar (Ra) would read this Dua when leaving his home:

اللَّهُمَّ سَامِنِي وَسَلِّمْ مِنِّي

O Allah keep me safe, and keep others safe from me

(Al Adabul Mufrad)

A comprehensive dua for protection from coronavirus and other harms.

time out

say what you see



Answers to last issue's Time Out

Say What You See: big time, middle of the road, tomatoes | Riddle Me This: Adam AS, hateem, Isa AS, Zayd ibn Harithah RA | Missing Delegations: South Africa, Brazil, Mexico

Email your Time Out answers to newsletter@bigs.bham.sch.uk The first person to email us the correct solutions wins a small prize!

ANY SUGGESTIONS, COMMENTS AND FEEDBACK WELCOME!
WRITE TO US VIA EMAIL OR SIMPLY SCRIBBLE YOUR THOUGHTS ONTO A PIECE OF PAPER AND HAND IT IN TO OUR TEAM!

SMUPOKE

BBB Wax

**Final
5, 4, 3, 2, 1...**

Name the country..

Home quarantine quiz.

- 2 + (R) + key =
- 🔗 + (A) =
- 🏠 + 🏢 =
- (O) + 🧔 =
- 🐶 + (A) + (R) =
- J + 📢 =
- 👤 + 📺 =
- 🍷 + U + 🧑 =
- 👄 + (A) =
- U + 📺 =
- (P) + (A) + 🧔 =
- 🇬🇧 + 🇨🇦 + (A) =

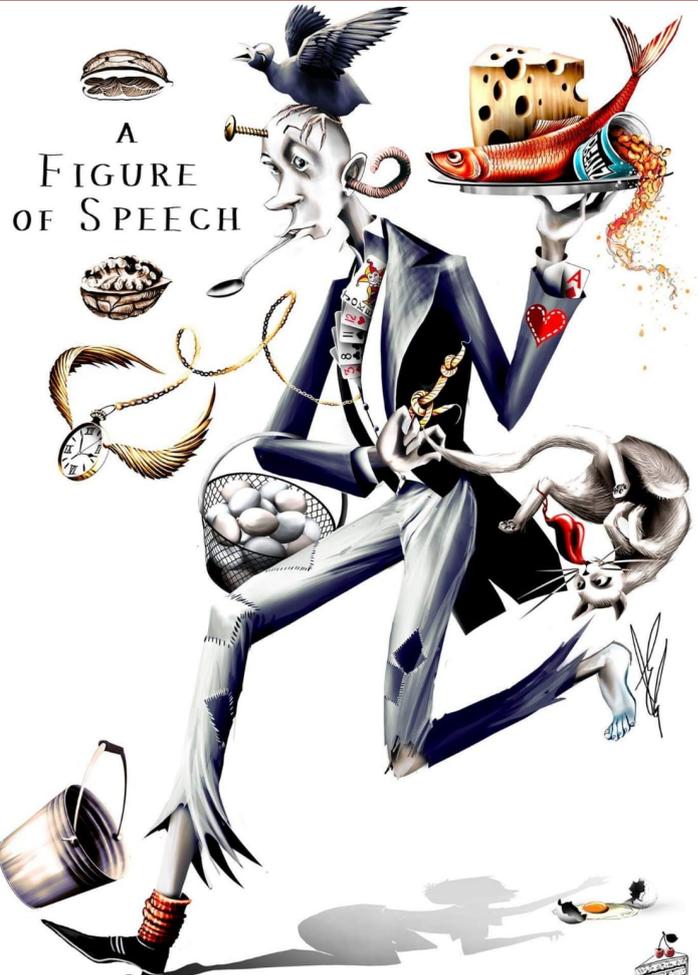
- 👋 + 🍵 =
- 🍏 + (R) =
- 👔 + 🚗 =
- 💩 + 🏠 =
- 🍌 + 🥛 + 🍴 =
- F + 🧑 + 🧊 =
- 🗣️ + 🧑 + 🍼 =
- 🔔 + 🧑 =
- ✖ + ➡ =
- l + 🧑 =
- 👔 + 🏠 =
- (M) + 🏠 + 👁 + (A) =
- ⬇ + 🏠 =

www.puzzles-world.com

ha
ha
ha

MULLA NASRUDDIN NEARLY FELL INTO A POOL ONE DAY. A MAN WHOM HE KNEW WAS NEARBY, AND SAVED HIM FROM FALLING IN. EVERY TIME THIS MAN MET NASRUDDIN, HE WOULD REMIND HIM OF THE EVENT AND HOW HE SAVED HIM. AFTER SEVERAL TIMES, NASRUDDIN TOOK HIM TO THE WATER, AND JUMPED IN. HE STOOD WITH HIS HEAD JUST ABOVE THE WATER, AND SHOUTED, "NOW I AM AS WET AS I WOULD HAVE BEEN IF YOU HAD NOT SAVED ME, SO LEAVE ME ALONE!"

FIND 27 FIGURES OF SPEECH IN THIS PHOTO. E.g. 'Time Flies'



BUILDING BLOCKS

Solve the anagrams by rearranging the letters, and place the answers horizontally in the grid so that the letters in the squares reading diagonally from top left to bottom right reveal a famous building. The first word has been done for you.

S	T	E	E	P	L	E

- EEELPST
- AIMNNOS
- CEHIMNY
- AACHRWY
- EEHKLOY
- BDIOORU
- EELMPST

27 TO FIND...

Scholars have advised to supplicate with the following names of Allah for protection:

يَا قَوِيُّ، يَا قِيَوْمُ، يَا قَائِمُ، يَا قَدِيمُ، يَا حَيُّ، يَا قَادِرُ، يَا مُتَّقِدِرُ، يَا قَدِيرُ، يَا قَاهِرُ، يَا قَهَّارُ

The Prophet ﷺ used to supplicate often **100 times** in one single gathering:

اللَّهُمَّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الْعَفُورُ

The Messenger of Allah صلى الله عليه وسلم used to supplicate in gatherings, however the companions state that even during salaah, the Messenger of Allah صلى الله عليه وسلم used to supplicate **a hundred times**:

اللَّهُمَّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الْعَفُورُ

How wonderful if we made it our daily habit (even if only once) too, that as soon as we complete our dua

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا

(before salaam) we immediately supplicate the above a hundred times! It will barely take up more than three or four minutes!

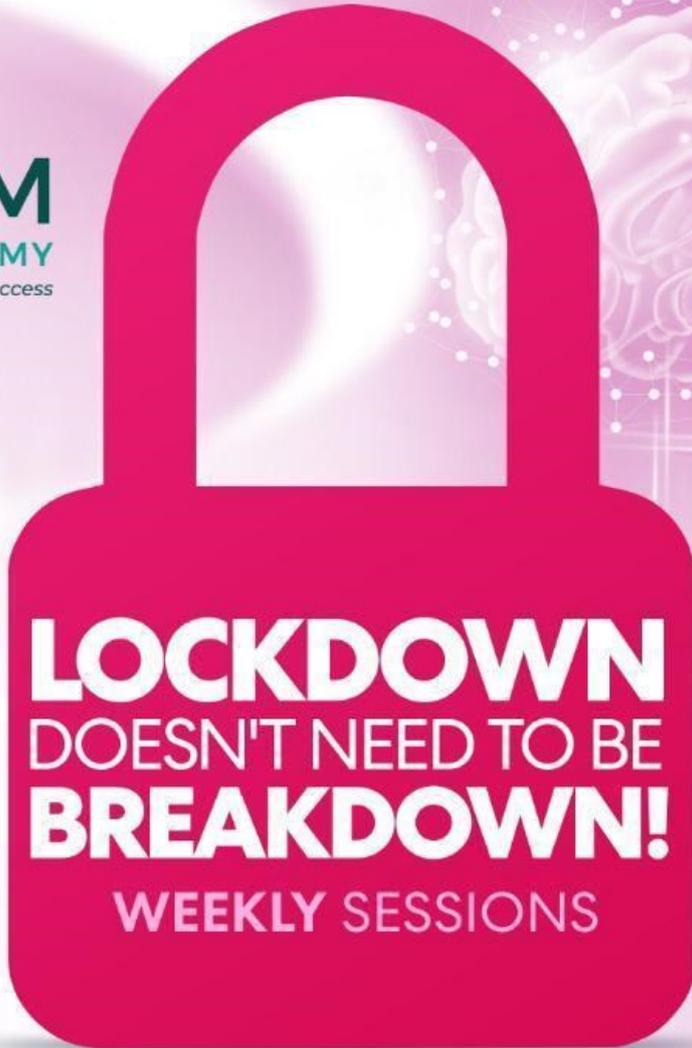
This is a supplication of the Prophet ﷺ to be recited during an epidemic:

اللَّهُمَّ سَكَّنْ هَيْبَةَ عَظَمَةِ قَهْرَمَانِ الْجَبْرُوتِ بِاللُّطِيفَةِ النَّارِيةِ الْوَارِدَةِ مِنْ قِيصَانِ الْمَلَائِكَةِ حَتَّى تَنْسَبَ بِأَدْيَالِ لُطْفِكَ وَكَرَمِكَ وَتَعْتَصِمُ بِكَ مِنْ إِنْزَالِ قَهْرِكَ، يَا ذَا الْقُوَّةِ الْكَامِلَةِ وَالْقُدْرَةِ الشَّامِلَةِ، يَا اللَّهُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، عَزَّ جَاهُكَ وَجَلَّ تَنَاوُكَ وَلَا إِلَهَ غَيْرُكَ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الطَّعْنِ وَالطَّاعُونِ وَالنُّجْبَةِ وَسُوءِ الْمُنْقَلَبِ فِي النَّفْسِ وَالْأَهْلِ وَالْمَالِ وَالْوَالِدِ. اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ عَدَدَ ذُنُوبِنَا حَتَّى تُغْفَرَ، اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ صَاحِبِ الْخُرُوصِ وَالْكَوْثَرِ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُمَّ كَمَا سَمِعْتَ مِنَّا مُحَمَّدًا صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَأَمَهْنَا، وَأَعْمَرْنَا وَأَعْمَرْنَا مَنَازِلَنَا، وَلَا تُهْلِكْنَا بِذُنُوبِنَا وَسَيِّئَاتِنَا وَارْحَمْنَا بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ، فَسَيَكْفِيكُمُ اللَّهُ وَهُوَ السَّمِيعُ الْعَلِيمُ، وَحَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ.

An appeal to all to supplicate with the above alongside turning to Allah in repentance and seeking His forgiveness.



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(mental health first aider, managing anger and potential aggression instructor barts health NHS, medical lab assistant in microbiology)

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