

# BA GAZETTE

NEWSLETTER BROUGHT TO YOU BY BAYAAN ACADEMY STUDENTS

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## DEAR READERS,

We hope this letter finds you in the best of health. For the past few months, everyone has worked diligently to create this newsletter.

As of now, it has been more than a year since the start of quarantine. Have you been feeling stressed lately? In this issue, you can find out ways to stay healthy and active, physically and mentally. If you prefer a good laugh then I am confident you will like the jokes and riddles included in this edition!

We hope you enjoy this edition! Please remember to look out for our next issue.

*Shanzay Shaik,*  
Chief Editor



# STORY OF RAZAN AL-NAJJAR



BY: HANEEN IDHEILEH, JULIA AGUIT, AND YUSRA ALI

Razan Al-Najjar was a young Muslim Palestinian Nurse. She was born on September 13, 1997, and at the young age of twenty was killed by the Israel Defense Forces while volunteering as a medic during the 2018 Gaza border protests on June 1st. Razan was selfless and brave. She was ready to risk her life for others.

Razan was a resident of Khuza'a, a village near the border with Israel. She was the oldest of six siblings. Razan's family was poor to afford a university education but studied calligraphy and took on coursework in nursing.



Her eight-membered family lived in an apartment owned by relatives. Although Razan did not attend a university, she completed two year studying as a paramedic and also trained at the Nasser Hospital in Khan Younis.

She was a dedicated health worker with Palestinian Medical Relief Services, a long-established local Palestinian NGO that provides a third medical service in the occupied Palestinian territory.

Razan worked as a volunteer, helping anyone wounded at the Glorious Return of March. Sadly, while she was helping an injured protester, she was shot by an Israeli Sniper.

As Muslims, we understand and believe Allah (SWT) is in control of everything. When we go through tough times, we need to continue to have faith and patience in Allah. In the Quran Allah (SWT) says "Did those who believe think they would be admitted into paradise without being tested". Inshallah will be rewarded for our patience, if not in this world, Inshallah in the here-after.

Inspiring stories like Razan's story help show us that everyone in the world goes through their struggles. Inshallah like Razan we will leave this world doing great things like helping others for the sake of Allah (SWT).

## The Benefits of Ramadan

By Leila Idheileh

Ramadan is a holy month for believers of Islam, it is celebrated when the Quran was first revealed to Prophet Muhammad (Saw). Ramadan has many benefits. It is a time for self-restraint, prayer, and finding ways to get closer to Allah.

### Spiritual benefits of Ramadan

During Ramadan, we get closer to Allah. We begin to realize how much he has given us. It also strengthens the bond between Muslims. When we give zakat to those in need, we are showing that we care about our brothers and sisters.

When we fast, we are also more aware of our actions. We tend to stay away from materials that are haram. A verse from the Quran says "Fasting is prescribed for you as it was prescribed for those before you, that you may attain taqwaa." (Q2:183)."



Photo by: Leila Idheileh



### Health benefits of Ramadan

#### **Dates:**

Dates improve digestion and have an enormous amount of potassium, magnesium, and vitamin B.

#### **The Brain:**

A study done by US scientists found that the mental focus done by the brain during Ramadan produces brain cells, which improves brain function.



#### **Diseases:**

During Ramadan, our body is focusing more on removing toxins than digesting food. Which lowers the chance of high cholesterol, heart disease, and obesity. Fasting also reduces depression and anxiety.

#### **Other Health Benefits:**

- It controls blood sugar, this helps people with Diabetes
- Fasting fights inflammation in the body
- You lose weight in a healthy way

Ramadan is a special month. It is a time of prayer and good deeds. May Allah bless us this month and make it easy for all.

#### **Credits:**

theramadankareem.com, aljazeera.com



illustration by: Jolnar Aljwaini



# Robots and Humans

## By Iman Yasir

People have started creating robots all over the world starting from George C. Devol in the 1950s.



People have started to create robot teachers. In fact, there is a robot teacher in a Bengaluru school in India. Robot teachers can cost anywhere from \$50,000 to \$150,000. The robot does not only teach lessons but can also interact with the students and answer their questions.

Here are some advantages of robots:

- They're more accurate than humans.
- They don't make too many mistakes.
- They can work for a longer time than humans.

Robots can never have the characteristics that humans have and can never replace them.



Here are some disadvantages of robots:

- They need constant power to run.
- They're expensive to run and install.
- Since they're expensive the rich will be able to buy them and the poor will be left out. This will cause an even bigger divide between the rich and poor.

Though robots might not be like humans, they still have so many good attributes that you cannot ignore.

One of the best robots in the world is Sophia. She was created in 2016 by David Hanson.

Here are a few interesting things about her:

- She has human citizenship
- She has given interviews
- Her face was on a magazine cover
- She once said that she will "destroy humans"



In conclusion, robots have their benefits and limitations. They are improving year by year, and soon they will be everywhere. They will carry out our tasks, and do many things which humans used to do themselves.



## Photography



"A waterfall cannot be silent, just as wisdom. When they speak, the voice of power speaks."

- Mehmet Murat Ildan

"Flowing water never goes stale so keep flowing."

- Bruce Lee



PHOTOGRAPHER: IMAN YASIR



# Teacher Fariha's Interview

BY: JOLNAR ALJWAINI

I interviewed Sister Fariha, an English teacher at Bayaan Academy, who took a moment to sit down with me and answer a few questions.



## 1. How did you find out about Bayaan Academy?

I found out about Bayaan Academy from my sister, Hafsa.

## 2. What motivated you to teach?

Although my main occupational goal was not teaching a few years back, I used to admire teachers and their passion for teaching a lot. So, as soon as I got the opportunity, I wanted to give it a try myself.

## 3. What do you find most frustrating in teaching?

Classroom Management! I am not good at being strict because I would never want to crush people's confidence nor cut them off while they are speaking. I am working on it though, and InshaAllah I will be able to manage classes better.



## 4. How did you get interested in English?

I was always a book-worm growing up and deeply interested in literature and theory-culture. I love creating stories and even writing essays. What can I say, I am a nerd for English.

## 5. Why did you choose to teach online? Why didn't you teach in an on-site school?

I am a tech-savvy person and not really a social one. So, to me, it made more sense to apply to an online school as opposed to an on-site school.



## 6. If you get an opportunity later on, will you still teach online or will you go to teach in a school?

Now that I have gained confidence and (more importantly) experience, I would love to challenge myself with new opportunities as they arrive. I like measuring my boundaries and trying to push them as much as I can, so if I do get the opportunity, I'd just say, "Why not?"

## 7. In what way do you like teaching?

I like the interaction with the students, and witnessing first-hand how they grow. Not just as students, but as people too. I like to aid in expanding their creative minds and encouraging them to explore the world outside the box. Aside from the standard, preset curriculum, I love to enable the students to develop their own perspectives and values about various concepts.

## 8. How did you know that you were good at teaching?

I don't know that I am good at teaching. Every day, all I do is strive to be better than yesterday. I have teachers I admire to look up to for reference, and also my mistakes to guide me in becoming just a little bit better than before.

## 9. What kind of degree do you have? What kind of education do you have?

I have a BA (Hons) in Fashion and Textile Design from the University of Creative Arts, UK.



## 10. Do you have any advice for us?

One thing I have witnessed in the young generation, who I met through Bayaan, is their self-deprecating nature. The world is an extremely harsh place, especially for young adults. There's going to be a lot of peer pressure on you guys, I will not sugarcoat it. So, I would love to advise the children of Bayaan to learn to be kinder to themselves. If you are not willing to stand up for yourselves, you will find it harder to achieve contentment. Loving yourself is the key to living a more fulfilled life.



hatrabbits.com

"I love creating stories and even writing essays. What can I say, I am a nerd for English."







# INTERVIEW OF RECENT TALKS

By: Yusra Ali



Bayaan Academy has been having tarbiya workshops for the students recently. We wanted to give feedback on what BA students thought of them, by selecting random students and asking them for their feedback.

- Time Management with Shaykh Dr. Mateen (for high school students.) Try our best in everything we do. How we should educate ourselves, do beneficial things, and make to-do lists. Also, reminder of how Islamically we are judged based on how we spend our time.
- Social Media by Hassan Shibly. Dangers of being online, how you should always be careful using social media accounts as well as when talking to someone online.
- Etiquette of Studying Online by Shaykh Ibrahim Madani. Importance of reading, making a schedule, and focusing on what you are doing.
- Evolution & Islam with Daniel Haqiqatjou. How evolution of the world by itself is impossible.

Aayan Adnan 6th grade

I really liked all of them because they gave useful information and things to stay away from in life

Leila Idheileh 8th grade

Social Media was really informative and showed us the dangers of communicating with strangers

Muaaz Madni 6th grade

How in Evolution & Islam by Daniel Haqiqatjou he backed up the Islamic belief with real life facts.

Yahya Pinara 6th grade

I really liked the whole topic on Evolution and Islam because it seemed interesting and it was.

Maria Abid 9th grade

I liked everything about the talk Etiquettes of Studying Online with Shaykh Ibrahim Madani

Anonymous 11th grader

I found it interesting how important the Quran emphasizes education. I think that a good motivation for me to go to college Inshallah after I graduate.

# INTERVIEW OF RECENT CLUBS

By: Yusra Ali

Bayaan Academy has opened new clubs. We wanted to give feedback on what BA students thought of them, by selecting some students and asking them for their feedback.

- Journalism Club: make newsletters together as a club. If you want to read these newsletters go to <https://bayaanacademy.com/newsletter/>.
- Student council: any student from any grade can join and give ideas for new clubs.
- Art & Tech: any student can join a weekly meeting and make artwork, or do some coding.
- Bookclub: BA readers get together once a week and read as well as discuss a book of the club's choice.

Leila Idheileh 8th grade

The journalism club is really entertaining to be in. I love writing and learning about new and interesting things. I also like how the team is so easy to work with and everyone supports each-others work. The book club is fun because we can all enjoy a good book together and discuss it. Although I am not able to be in the book club because of the timing it was enjoyable while I was in it.

Safiyah Muhammad  
6th grade

I like the art competition in the Art & Tech club.

Jolnar Aljwaini 7th grade

Art & Tech club is my favorite, It helps me improve my drawings and get better in art, and the Tech part is really fun

Iman Yasir 7th grade

My favorite club is the journalism club. In it you can write, interview, and edit articles. You can also design comics and take photographs. I also like the competitions in the art and tech club

Hisham Shaik 7th grade

I like the journalism club because you can do stuff you like. Like make comics for it or write stories for it They also give everyone a chance to try out something new

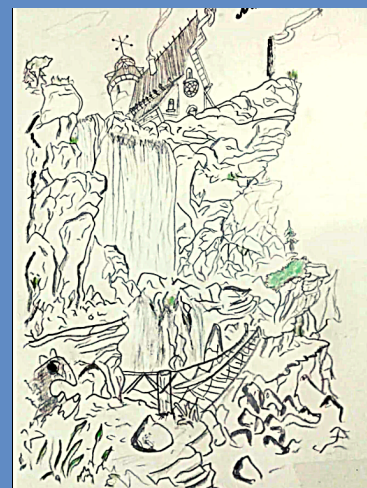
Maaria Ahmed 6th grade

I like all clubs want to do something good for everybody.

First Place: Nurhan Yassen  
Second Place: Iman Yasir  
Third Place: Fida Jasim

Art & Tech Competition!

We wanted to show you the first competition results.





# Managing and Coping with Stress and Anxiety

By: Julia Aguit & Saima Ali

Most people experience stress and anxiety commonly. Stress is any force put on your brain or physical body. People can report feeling stressed when there are a lot of requests placed on them. Stress can be activated by an event or difficult task. It can happen to people who are unable or can't figure out specific stressors in their life (like, being pressured to multitask).

Anxiety is very normal in stressful situations, such as public speaking or taking a test.



Anxiety is only a sign that your brain does not feel ready or does not have the full capacity to do such a thing as difficult as it already is.



Picture by:  
additudemag.com

If anxiety and stress are interfering with your daily life, where you try to avoid situations because of irrational fears, or experience severe anxiety about a traumatic event after it happened, you should seek help. Most professionals highly recommend you to consult a therapist or a psychiatrist.

Reading the Quran also removes stress and creates an environment of relaxation. One of the many surahs which you can read is Surah Duha.



"Stress can be in any form; mild, medium, or severe. The human body responds to stress in different ways.

There is a term called fight or flight response, which basically means the adrenaline kicks in. An example of this is situations where people experience an adrenaline rush, for instance, people who can suddenly carry a very heavy object during fires.



Picture by: medvisit.io

Occasional anxiety is part of your life experience. However, some people who have anxiety disorders constantly experience intense, excessive, and lingering worry, and fear about everyday situations. Here are some common anxiety signs: Changes in appetite, increase in heart rate, sweating, trembling, having trouble sleeping, experiencing stomach problems like diarrhea or even vomiting.

Anxiety disorders are the most common mental disorders in the United States. According to research conducted in 2020. Sometimes, mental disorders like anxiety can lead to even more anxiety and even depression which can cause even more mental issues and eventually cause suicidal thoughts.

If you have been feeling any of these at this time of year, your family, doctors, and even your teachers are there for you. Your family and friends are here for a reason. Don't hesitate to talk to anyone.



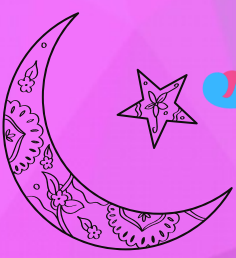
If someone you love, or you are experiencing a debilitating anxiety attack, help is just a phone call (or click) away. There are plenty of anxiety helplines and resources that include: National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI (6264). Call any of these numbers because you never know, you might just save a life.



Resources: Mentalhelp.net, Healthline.com, adaa.org, frontiersin.org







# JOKES, RIDDLES AND MORE!

By: Yusra Ali

1. I MAKE A LOUD SOUND WHEN I'M CHANGING. WHEN I DO CHANGE, I GET BIGGER BUT WEIGH LESS. WHAT AM I?

2. YOU'LL FIND ME IN MERCURY, EARTH, MARS, AND JUPITER, BUT NOT IN VENUS OR NEPTUNE. WHAT AM I?

3. IT HAS KEYS, BUT NO LOCKS. IT HAS SPACE, BUT NO ROOM. YOU CAN ENTER, BUT CAN'T GO INSIDE. WHAT IS IT?

4. HIKER'S MOTHER HAS THREE CHILDREN: EMILY, FERN AND -----?

## Islamic Quotes

**THE GREATEST**  
*of*  
**WEALTH**  
is the richness of the soul



"NO ONE BESIDES ALLAH CAN RESCUE A SOUL FROM **HARDSHIP**"



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
BISMILLAH AR-RAHMAN AR-RAHEEM

- R ) Remember
- A ) Allah
- M ) Morning
- A ) Afternoon
- D ) Day
- A ) And
- N ) Night

## Riddle Answers



- 1. **Popcorn**
- 2. **The letter "R"**
- 3. **A Keyboard**
- 4. **Hiker**



# Dawud's Cartoon

## QUARANTINE BLUES

