

THE STAR NEWS

AL IHSAN SCHOOL OF EXCELLENCE

Editor-in-Chief: Selma Abazid

This issue was sponsored by Wael Saleh at Encompass Ohio Realty

You Snooze, You Win!

Written By: Noah Ahmed



United States- If you've ever woken up on the wrong side of the bed, you can feel the lack of sleep affecting your daily routine, but you can't feel it affecting your health and mood. No matter how much coffee you drink, it won't make up for your lack of sleep.

You probably experienced the effect of sleep on people, they may be more short-tempered, stressed, or impatient.

"Everything irritates me if I have a lack of sleep which isn't very recommended for a teacher mostly because the lack of sleep is usually due to thinking about students and their needs." says Mrs. Emily, a language arts teacher at Al Ihsan.

Some scientific studies have even shown that an insufficient amount of sleep is linked to some diseases. Sleep deprivation is a common problem that affects people at some point. Although it's difficult to avoid, it can be managed.

Based on the Harvard Medical website, it is proven that the side effects of sleep deprivation aren't permanent. Once a person sleeps well and sustains the amount of sleep they get, their mood often returns to normal. This is because of the fact that the body rests while sleeping, but the mind is still active, controlling the body's functions. Another factor of sleep is age; on average, adults require 7 to 9 hours of sleep, while children require 9 to 11 hours. Maintaining your sleep hours could go a long way in improving your well-being, but not keeping this balance has its own consequences.

"When I don't get enough sleep, I tend to forget stuff I learnt in the past, and when I get enough sleep I feel energized and I tend to listen more in class." explains Zackari Salti, an 8th-grade student. We spend a third of our lives asleep, so it's vital for everyone to use that time to sleep well.

Star Rants

Compiled By: Omar Alomari

- "To all the teachers, stop assigning projects."
- "What are the liquids snails make? Snail Polish!"
- "I haven't done the hokey pokey in years... I guess I forgot what it's all about."
- "Are you smart?!"

Islamic Corner

Compiled by: Faten Husni Odeh

"EXALTED IS HE WHO TOOK HIS SERVANT BY NIGHT FROM AL-MASJID AL-HARAM TO AL-MASJID AL-AQSA, WHOSE SURROUNDINGS WE HAVE BLESSED, TO SHOW HIM OF OUR SIGNS. INDEED, HE IS THE HEARING, THE SEEING."
[ISRAA]

During this month of Rajab, our beloved Prophet Muhammad (SAW) took the night journey from Makkah to Jerusalem and prayed in Masjid Al-Aqsa. There he prayed with other prophets of our past and was ascended to the Heavens. That night, our Prophet (SAW) received information on the number of daily prayers. This story is so beautiful and Masjid Al-Aqsa holds a special place in my heart as it should for all our Muslim brothers and sisters all over the world. It was the first Qibla and the center of our final days of the world when Jesus (AS) will come back and defeat the Anti-Christ. The Aqsa is at risk for being taken away from our Ummah. May Allah SWT protect it and remind us of its importance, ameen.

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Dear Abby

This issue was brought to you by:

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Saif Mohammed

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Dear Abby

Compiled by: Omar Alomari

Dear Abby, How should I tell my friends to stop fighting?

Dear Troubled One, even if you are the right one in an argument you should just let it go and be kind because you get good deed. I think it is very honorable that you are trying to fix your friends relationship. The Quran states, "And obey Allah and His Messenger, and do not dispute and [thus] lose courage and [then] your strength would depart; and be patient. Indeed, Allah is with the patient." [8:46]

*Sincerely, Omar Alomari**Chocolate for Charity*

Written by: Saif Mohammed



Al Ihsan School- Helpful students at Al Ihsan volunteer to sell Malley's chocolate bars in their spare time to raise money for the Islamic Center of Cleveland.

Everyone is in a good mood after spending their money on chocolate bars for a good cause. This was organized by the ICC Women's Committee and was made possible through the Malley's fundraising program. According to Sr. Hanan of the ICC Women's Committee, 50% of the funds raised from the event goes straight to ICC. Mrs. Faten, the high school history teacher, brought this to Al Ihsan knowing students would want to participate in raising money.

"I completed 20 volunteer hours selling chocolate bars which helped me complete the total civic duty hours for this quarter and almost the entire school year," said Omar Alomari, a 9th grader. Participating in selling chocolate for charity helped many students fulfill the volunteer hours needed for their requirements as students gained four volunteer hours for selling one box of chocolates (36 bars).

Student volunteers at Al Ihsan sold these chocolate bars to teachers, other students, parents, and family members. "I was honestly surprised and pleased of how quickly I sold out to the AQIS department," said, Noah Ahmed, a helpful volunteer. Students and teachers enjoyed buying chocolate bars from the sellers.

This helped students gain business and entrepreneurial skills. Mrs. Faten stated, "The charity event helped students learn how to conduct business transactions, gain volunteer hours, and have fun in the process."

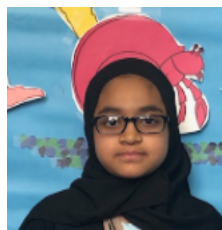
The Malley's chocolate fundraising program was an enjoyable way of performing charity work for an important masjid that caters to a large community. There were 35 students at Al Ihsan who willingly sold chocolate bars for the profits to go to ICC. The total amount of money these students raised was over \$1500. Thank you to all those who participated!

Star Students

Compiled by: Daoud Aburoumi



(KG-2nd) Elementary- Tala Amro
Tala is a pleasure to have in class. She always follows directions and school rules. Tala works very hard in all her subjects!

-Nadia Aziz/1st grade

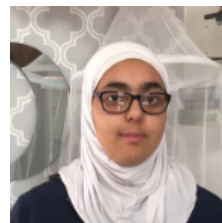
(3rd-5th) Elementary- Sana Bahadur

Sana stays on top of her own work. Additionally, she is always willing to lend a hand to her classmates. She is an asset to her class.

-Azera Haneef/Hifz-4th grade

(6th-8th) Middle School- Fatima Hamidan

Fatima has really picked up her game, and has maintained academic excellence. Rock on, Fatima!

-Emily Hill/8th grade

(9th-11th) High School- Rawand Abu-Jumah

Rawand always does her work with no complaints and with excellence, MashaaAllah

-Faten Odeh/11th grade

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Save the Date

Compiled By: Saif Mohammed

March-

March 26- AQIS Day (Plaza & Parma)

March 27- AQIS Day (Cleveland)

April-

April 7- **Al Ihsan School of Excellence Fundraiser at La Villa Conference and Banquet Center**

April 11- 12:30 Early Dismissal & Teacher-in-Service (Cleveland)

April 16- 4th Q. Progress Reports

April continued-

April 17- Earth Day (all campuses)

April (19-26)- No School (Spring Break)

April 29- Back to School

April (29-30)- MAP testing (Math, Language, Reading)

May-

May (1-10)- MAP testing (Math, Language, Reading)

May 6- Ramadan begins (tentative)

May continued-

May (6-10)- Ramadan Week

May 14- Pre-K 4 Grad- 9:30-10:30 am

May 15- KG Grad Parma 11:00-12:00

May 15- Kg Graduation Cleveland 9:00-10:00 AM

May 15- 8th grade Graduation Cleveland 10:30-11:30 AM

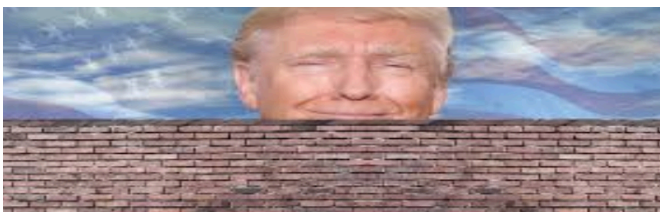
May 24- Last day of school

May 27- No School – Memorial Day

May (28-30) - Staff days

Trump Shutdown

Written By: Zackari Salti



United States-The Government shutdown affected nine operations, which are Homeland Security, Justice, State and Treasury, and several other agencies. Even though it ended almost two months ago it still has an ongoing impact.

The Government Shutdown started when Donald Trump, President of the U.S., and the Democrats clashed on whether Trump should be able to build the U.S. - Mexico wall using the government's money. Soon after, Trump commenced the government shutdown.

This may not have been the first shutdown but it was the longest in recorded American history. Harry Reid, a former U.S. Senator, says that "You know with a bully you cannot let them slap you around, because they slap you around today, they slap you five or six times tomorrow. We are not going to be bullied." When former Sen. Reid says bully, he means the government, and his remark on getting slapped constantly meant that if we do not stand up to the Government, they will keep on treating us poorly.

Some companies that helped the workers that were not getting paid were AT&T, T-Mobile, Gecko, Chase, etc. A few Muslims organizations came out to help the affected workers such as the Islamic Foundation of South Florida Food Pantry, the Islamic School of Miami, and Islamic relief.

If you would like to help the people affected by this catastrophe go donate to [Capital Area Food Bank](#) or donate to a local food bank near you.

Why Our School Should Have a Sports Facility

Written By: Naji Abuirmeileh



The opinion is divided; some say it's an inevitable necessity, others tend to think of it as an unaffordable luxury, but there is no doubt that the future of our school depends on improvement to our sports facility, so here are some things you should be informed of.

According to MCCC - The Marine Corps Community Services - practicing competitive sports frequently is essential for the proper growth of youths.

Emily Hill, the Middle and High School English teacher, was asked if she knew of any general benefits to playing sports, and answered, "Sports keep you healthy and keep you out of trouble." To add to Mrs. Hill's accurate remark, the competitive feeling and attitude one acquires while practicing sports could be transferred to one's academic attitude.

Faten Odeh teaches social studies and journalism, but accepted the challenge of teaching high school gym when she heard they needed the class for graduation. During an interview, she said after a month of experience, she noticed that sports and physical education nurture a student's overall confidence.

In addition to excelled performances in core subjects, sports simply improve one's health status. According to Kaiser Family Foundation, about 50% of all adolescents throughout America are overweight, with over 45% of them qualifying for a demotion to obesity. This means out of every 10 young adults one sees, 5 of them are likely to be overweight, with 2 of the 5 likely to be obese.

To conclude, these are all the reasons why our school needs a stronger and more modern sports facility. I hope I explained to you, the reader, why and how having an improved Physical Education system for our school would aid all the students in their schoolwork.

The Truth Behind Easter

Written By: Daoud Aburoumi



It's the time of year where people fill the stores with Easter bunnies, plastic colored eggs and marshmallow peeps in preparation of Easter on April 21st- but one has to wonder what these items have to do with Easter.

Millions of Christians around the world celebrate Easter because they believe that Jesus was resurrected from the dead but this is in stark contrast to Islamic beliefs. As Muslims, we believe Jesus was pulled up to the heavens And [for] their saying,

"Indeed, we have killed the Messiah, Jesus, the son of Mary, the messenger of Allah ." And they did not kill him, nor did they crucify him; but [another] was made to resemble him to them. And indeed, those who differ over it are in doubt about it. They have no knowledge of it except the following of assumption. And they did not kill him, for certain." [4:157]

Some just celebrate Easter for the fun of it- not understanding the traditions and the root of Easter. Well, now it comes to the truth, what do bunnies have to do with Easter? Bunnies usually give birth to a big litter of babies (called kittens), so they became a symbol of a new life. Now you might ask, what do eggs has to do with Jesus? According to History.com, eggs are an ancient symbol of new life that have been associated with pagan festivals celebrating spring.

Easter is a more important holiday compared to Christmas. "Just like Christmas, Easter isn't actually in the Bible so I don't celebrate it" stated Mrs. Alicia the upper grades math teacher. According to William E. Vine, a classical scholar and theologian, "The term 'Easter' is not of Christian origin. It is another form of Astarte, one of the titles of the Chaldean goddess, the queen of heaven." However, the history of Easter reveals ancient pagan roots and wasn't always a Christian holiday. It is believed the term Easter is literally derived from the term Eostre, the name of a Teutonic feminine deity.

The first recorded celebration of Easter was in the 2nd century according to BBC. They celebrated Easter in the church which was one of the most ancient festivals of the Christian faith. They would hold a small cross made of a palm leaf and they would remember the palm leaves which the people of Jerusalem waved when Jesus arrived, and to remember the cross on which he died. Which as Muslims, we believe our beloved Jesus will not die until he defeats the Antichrist in the end of times.

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Teacher Feature

Written By: Naji Abuirmeileh

8th grade Homeroom- Emily Lorraine Hill, the 8th grade Girls Homeroom, and 6-9th English teacher has been nominated for this month's *Teacher Feature* because of her dedication to her students.

Hill was born in Lafayette, Indiana, and later moved to Egypt at the age of 8 after accepting Islam. Being raised mostly in Egypt, Hill learned how to read, write, and speak Arabic fluently.

Hill joined the Al Ihsan staff in 2017, the year she moved to America from Egypt. She graduated from university in 2006 with a bachelor's degree in English education where she also minored in foreign languages and translation.

She has taught English in Egypt for 11 years in International Islamic schools. Hill enjoys teaching students and tries planning her lesson to be very helpful and interactive for her students.

When Hill was asked why she chose to teach at Al Ihsan, she stated, "It's not about the district, it's about the school. I have always chosen to teach at Islamic schools because this is where I feel most comfortable. Being surrounded by Muslims is the best way to preserve your religion."

Not only do her students enjoy having her around but so do her colleagues, "Mrs. Emily is a positive influence on me as a person. The older one gets, the more selective one becomes when it comes to choosing friends, *Alhamdulillah* I found a good friend in Mrs. Emily who always steers me in the right direction," said Mrs. Faten.