



Term Events

Academic Excellence Awards
Lego Day
Puzzle Day
Hijab Day
Afrikaans Week
Grade 11 Cake Sale
Inventor's week
Pre-Ramadan Pop Up
Horizon Maths Challenge
Asmaa Turere Jalsa
Spelling Bee
Pre-Eid fun day



Eid Mubarak

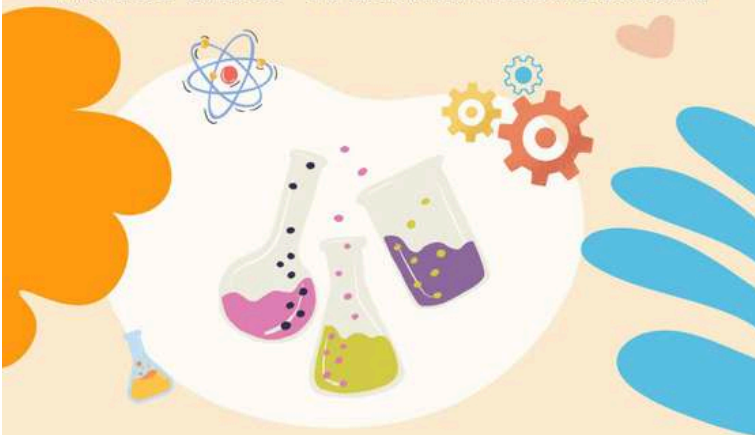
What perfect timing...

The closure of school term one coincides with Eid celebrations!

May the short holiday be a recharge for your mind, body and spirit. Remember, we return to school on 02 April and close again on 18 April for another lonnnggg break (which everyone is looking forward to). Hang in there...

PS: When we return, we will be getting ready for our Annual Athletics 2025!

MAKE A LAVA LAMP WITH MRS TASNIM EBRAHIM



1.

Start by adding one table spoon of baking soda in a glass



2.

Then fill the glass 1/2 full with Vegetable oil



3.

next pour some vinegar into small cups and add food colouring to dye the vinegar your favorite colour



4.

Finally, use a dropper to add the colored vinegar to the oil

AND FINALLY YOU HAVE YOUR VERY OWN
LAVA LAMP!

Eid Mubarak to everyone, I hope you enjoy this edition of NMS Connect.

Mrs M Khan

Marketing & PR Manager



IMPORTANT DATES!

SCHOOL REOPENS TERM 2

02 April 2025

EASTER BREAK

18 April - 5 May 2025

ANNUAL ATHLETICS DAY

10 May 2025



It has been wonderful to witness school life returning to the classroom and corridors of NMS. I would like to commend our learners for the way in which they have embraced the start of the 2025 academic year and returned to working hard in their Academic and Islaamiya studies. We have enjoyed a positive and productive term and can look forward to building on this momentum in term 2.

The biggest highlight of term 1, was our first Hifz Graduation Jalsa after only 14 months of opening our Hifz class. May Allah accept the efforts of our graduate, Asmaa Turere and make her an inspiration for many students to embark on the journey of memorising the holy Qur'aan. Aameen.

The term also saw our clubs return in full swing and the introduction of the table tennis club has been extremely popular with our learners. It remains extremely encouraging to see learners having so much of fun and challenging each other in their respective clubs.

2025 sees NMS focusing on learner emotional well-being. To this we have acquired the services of an in-house counsellor who is available at school to assist learners with successfully managing the pressures and stresses which they experience. Alhamdulillah, we have received lots of positive feedback from learners who are benefitting from this service at NMS. We have also started a social-emotional learning (SEL) programme with our grade 7 learners aimed at developing the skills to understand and manage emotions, build healthy relationships and make responsible decisions. Ultimately promoting well-being and success in various aspects of life.

We were blessed to experience the blessed month of Ramadhaan during the term. Daily advices and words of inspiration were given to learners during our morning assemblies, coupled with a morning Zikr. It was touching to witness the number of learners who kept their fasts and engaged in other acts of good deeds during the month. May Allah accept all our good deeds and allow us to continue with these after the month of Ramadhaan. Aameen.

I would like to express my heartfelt gratitude to all those who have generously contributed to our Educate a Learner Campaign. Your contributions make a profound difference to the learners who continue benefitting from this campaign. May your generosity be rewarded abundantly. Aameen.

We look forward to welcoming you back on the 2nd of April as we embark on a busy and exciting term. Thank you for your support of our school and for helping us to make such a great start to the year. Wishing you and your children a happy, safe and restful break.



**EDUCATE
A LEARNER**

MC Ismail Ebrahim

NAME:

Shabana

SURNAME:

Sonpra Ismail

YEAR OF GRADUATION:

2010

CURRENT JOB TITLE:

Educator - Thorntree Preparatory School

WAS IT EASY CHOOSING YOUR CAREER

Very easy, I had decided in Grade 3.

WHAT INFLUENCED YOUR CAREER DECISION?

Ma'am Tasmia Moosa & Ma'am Shamimah Tilly.
They played a huge role in my school career and my life as a whole.

WHAT WERE YOUR FAVOURITE SUBJECTS AT SCHOOL AND WHY?

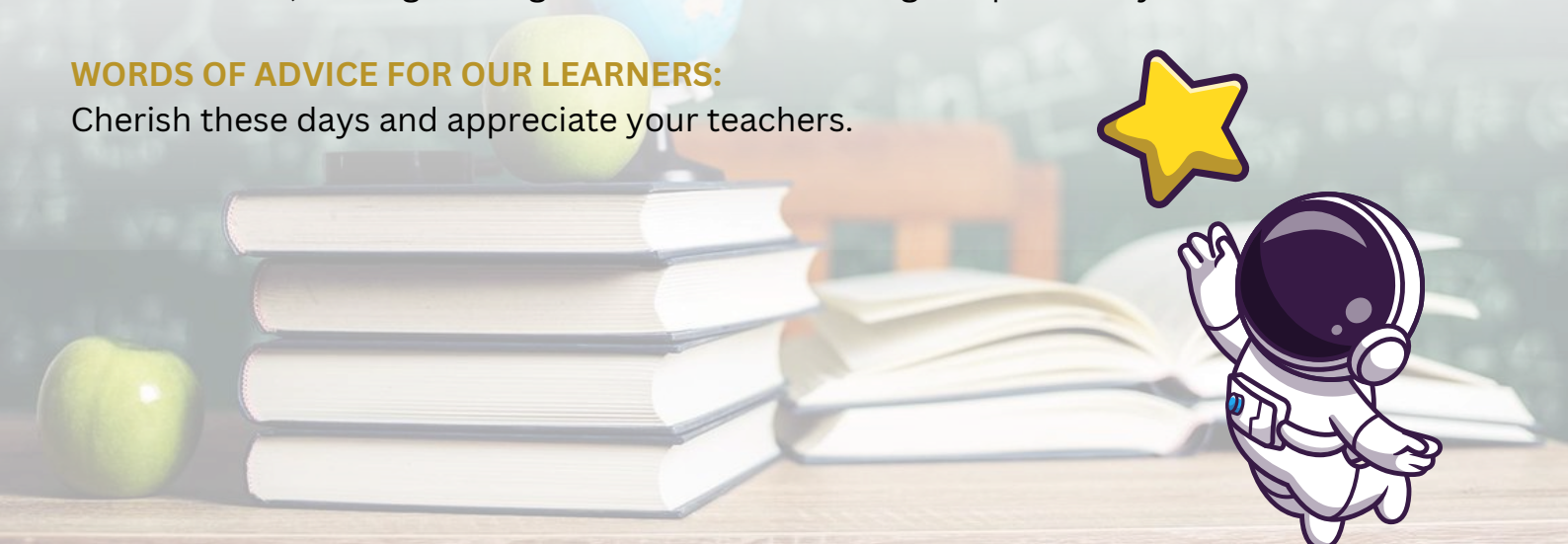
English.
I've always had a love for the language. I am an avid reader.
My love for books grew as a kid.

WHAT ARE YOUR FONDEST MEMORIES OF NMS?

The community and support that I've always received from the school and my teachers.
And of course, making lifelong friends who are still a great part of my life.

WORDS OF ADVICE FOR OUR LEARNERS:

Cherish these days and appreciate your teachers.



OUR SCHOOL COUNSELLOR



I would like to take this opportunity to introduce myself as the new school guidance counsellor at NMS. My name is Aakifaa Bava Gani and I take pleasure in being a part of this dynamic and outstanding school community.

As a counsellor, my primary goal is to support our students in their academic, social and emotional development. I am here to provide guidance, encouragement and a listening ear to help our students navigate any challenges they may face. Whether it's academic support, friendship issues, or personal concerns, I am dedicated to ensuring that each student feels safe, valued, understood and empowered to succeed.

I want to emphasize that seeking support from a counsellor is a positive and proactive step. My role is to assist students in problem-solving, building resilience and achieving their personal best. There is no stigma or negative connotation attached to asking for help—it is actually a sign of strength and self-awareness. I would like to encourage students to reach out to me whenever they need support or simply want to talk. I am also there to help with career guidance, building self-esteem and study skills.

I am available between 8:00am and 12:00pm, Mondays to Thursdays and can be contacted for appointments during these hours. Thank you for welcoming me into your school community. I look forward to beginning this journey with you and to contribute to the success and happiness of our students.

Aakifaa Bava Gani



NMS **CONNECT** FOUNDATION PHASE

This term has been a rewarding journey as I continue to teach my Grade 1 class. The beginning of the school year was filled with excitement and anticipation, not only for my students but also for me. I've had the opportunity to witness their growth in ways that are both inspiring and humbling.

The children are eager learners and every day brings new surprises. From mastering basic reading and writing skills to learning simple math concepts, their progress has been incredible. Their curiosity and enthusiasm make teaching such a joyful experience, even on challenging days. One of the most rewarding parts of my job is seeing their faces light up when they finally understand a concept they have been struggling with. It's moments like these that remind me why I became a teacher.

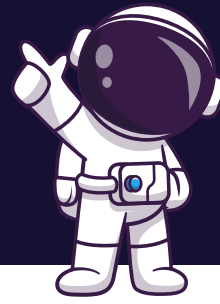
However, it's not always easy. The classroom management, balancing individual needs, and preparing lessons can be demanding. The bonds I have formed with my students make every challenge worth it. Watching them grow into confident learners and compassionate friends has been a deeply fulfilling experience.

Overall, this term has reaffirmed my passion for teaching. The journey is just beginning, and I look forward to the many milestones and memories we'll continue to create together.

Maiam Almaz Bava



INTERMEDIATE PHASE



On the 26th of February 2025 we had our annual Intermediate Phase Spelling Bee Competition. As this has become a tradition at NMS, our grade four, five and sixes were looking forward to the day with great anticipation. The elimination stages were held in the classrooms where every learner had a fair chance to participate and compete to qualify for the finals.

Four learners from each class, that is eight learners per grade went to the finals. I must commend all our learners for a healthy competitive spirit and clear show of dedication and preparation during the elimination stages. This is pleasing as it gives the satisfaction of knowing that even though only eight learners went to the finals, the rest of the class also benefitted from the spelling bee process.

The finalists showcased their linguistic abilities, hard work and dedication. One good thing is that this competition also gives an opportunity to those learners who are not usually high fliers to also shine and excel. The learners did very well and made their parents and teachers very proud.

As the English Department, it is our greatest wish that the Spelling Bee Competition helps to enrich our learners' vocabulary, boost their confidence and enhance their personal growth as well as impact positively on their schooling career. All the participants were wonderful, they showed great zeal and passion for language.



We would want to give special mention to the top three. In grade 4, in third position was Bibi Ayesha Hurzuk, second position, Motheo Antonia Sebola and in first position was Fatima Noor Mahomed. In grade 5, in third position was Makanaka Mhumha, second position, Saihaan Nagdee and in first position was Muzammil Mohamed Ali. In grade 6, in third position was Arfa Anwar, second position, Muhamad Abdu Malin and in first position, Yusuf Kalla. The support and cheers from their peers and parents also deserve a special mention as it affirms the fact that with love and support, we can go far.

Mariam M Makwinda



HIJAB
DAY



AFRIKAANS
WEEK



INVENTORS
WEEK

PUZZLE
DAY



LEGO
DAY



GRADE 11
CAKE-SALE



SPELLING
BEE



PRE RAMADAAN
POP UP

PRE-EID FUN DAY



ACADEMIC EXCELLENCE AWARDS 2025





Horses and cows sleep while standing.



Despite their fluffy white fur, Polar Bears actually have black skin.



A cockroach can survive for about a week without its head before dying of starvation.



Blue whales are the largest creatures to ever roam the Earth.

A snail can sleep for up to 3 years.

The average outdoor cat lives only 3 years, while indoor-only cats can live 16 years or longer.



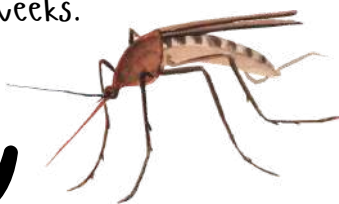
Sharks are immune to every disease, including cancer.



A honeybee has two stomachs: one for honey and one for food.

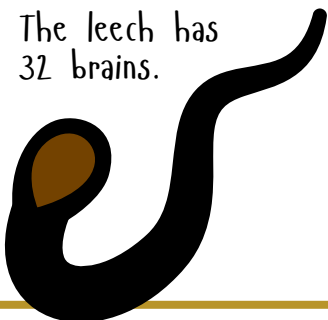


The average housefly lives only 2 to 3 weeks.



A mosquito's proboscis has 47 sharp edges to help it cut through skin and even protective clothing.

The leech has 32 brains.



For every human, there are approximately one million ants

Elephants weigh less than the tongue of a blue whale.



باسمہ تعالیٰ

All praise belongs to Allah who has created us so beautifully, provides for us unconditionally and blessed us with the wealth of Imaan.

Peace and salutations be upon our beloved Master and leader Nabi Muhammad (SAW), his noble family and companions (RA).

We are honoured and grateful to have witnessed and been part of a wonderful journey where one of our students, Asmaa Turere, in Grade 8 - has completed her hifthul-Qur'aan. We hosted a Jalsa in her honour on 24 February, 2025.



About Asmaa:

Asmaa Turere has a passion for Qur'aan like no other. I remember her telling me that if her sleep breaks, she will wake up and read her Qur'aan. It is so admirable to find such a quality present in the youth today. This is something that we, as adults can aspire to attain such passion for Islam and the Qur'aan.

May Allah accept and allow this to continue in the lives of our precious students.

Apa Zaheera Raviat

Hartelike Groete aan almal

At NMS our chosen second language is Afrikaans, many of our students and children often ask why did the school choose Afrikaans? Why out of our 11 other official languages did they decide on Afrikaans?

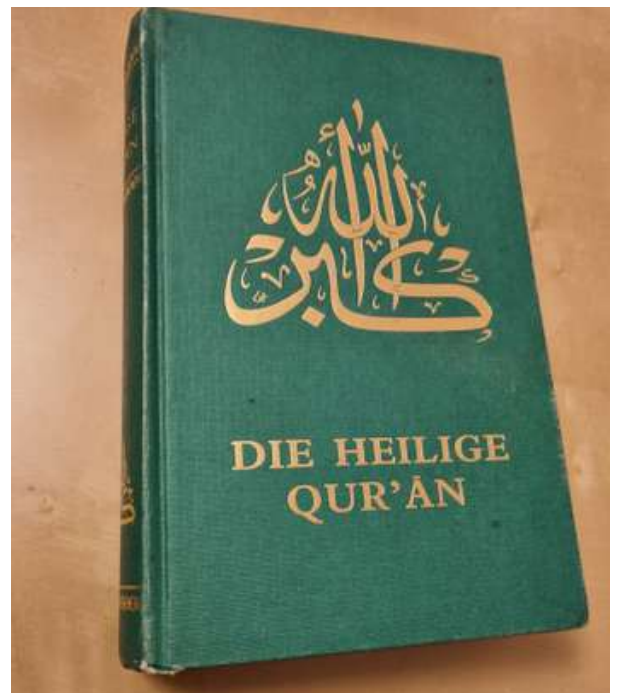
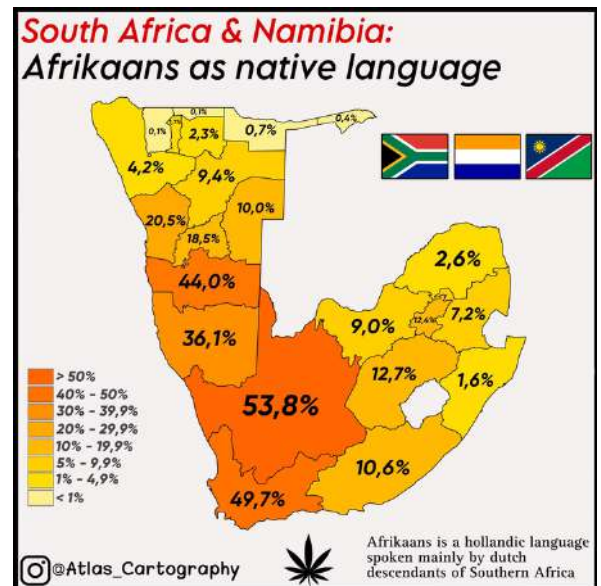
Thus, I have decided to talk a bit about the Muslim community's unique ties to the Afrikaans language. As many of our students know, Afrikaans is kind of a mixture language that has evolved into its own identity.

The language got its origin when the Dutch, French Huguenots and German settlers came to South Africa, it became a combination or slang language often spoken by slaves and workers so that everyone could understand each other, which is also one of the reasons Afrikaans got the nickname "Kombuis taal", meaning kitchen language as it was many times spoken by the workers in the kitchen.

The first Muslims to come to South Africa were slaves that were brought over from Malaysia and by the 1840s Afrikaans replaced the language spoken by the descendants of these people. Afrikaans by this time could only be spoken and not written correctly as it used spelling from 3 different languages, thus the Muslim community of the Bo-Kaap actually started writing the first ever Afrikaans texts, using the Arabic alphabet, it was only later changed to the Latin alphabet, and many times today we still find missing sounds in Afrikaans that serve as a reminder that Afrikaans actually needs to use the Arabic alphabet to make sense! The first Afrikaans Qur'aan was published in 1961.

As you can see Afrikaans and Muslims share a deep connection! I hope you found this short explanation as interesting as I did, as Afrikaans is actually such a cool and fun language to speak.

Tuffron Nelza



RESPECT IN OUR EDUCATION SYSTEM

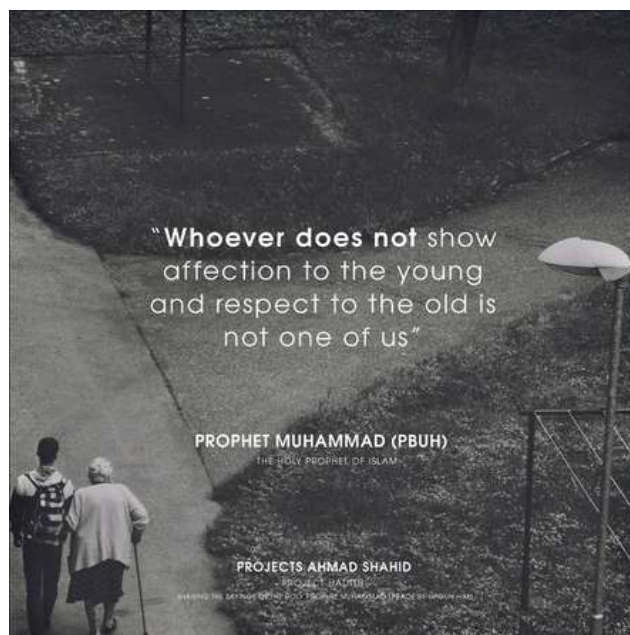


Respect is a cornerstone of a successful learning environment, encompassing not only treating teachers with courtesy but also valuing the diverse perspectives and experiences of every student, creating a safe space for open dialogue and academic growth.

One of the greatest challenges facing teachers in today's times is the concept of Respect between the generations. As teachers we need to foster a ***Positive Learning Environment Through Mutual Understanding and Valuing the Diversity*** which exists in our schools."

Respect, according to the Oxford dictionary is, "due regard for the feelings, wishes, rights or traditions of others." If the meaning of respect is generally agreed upon by different generations, then why is the carrying out of respect such a battleground between generations? Between teachers and our learners.

If we are to build a society where respect for others is part of the fabric of daily life then every child should experience respect at school, have it modelled to them and learn what it means from the day they enter until the day they leave. Respect needs to be threaded through the learning environment.



According to the Qur'aan, "respect" is a fundamental principle, emphasizing the importance of treating everyone with dignity, particularly highlighting the need to respect one's parents, elders, scholars, and even those who may hold different beliefs, all stemming from the understanding that every human being is created by Allah and deserves to be treated with honour.

Key verses in The Qur'aan, illustrating this include:

Surah Al-Isra (17:23) which explicitly instructs to speak kindly to parents, and Surah Al-Hujurat (49:11) which condemns mockery and disrespectful behaviour towards others. If anything, we are bound by the word of Allah (SBWTA) in terms of respect not the concept of Generation Gaps.

Over time, the meaning of respect has evolved. Today, we tend to think of respect as a sign of admiration or esteem. We might respect someone because of their achievements or their position in society. Or we might simply respect someone because they are kind and goodhearted. Only a few individuals treat respect as something that is unconditional due to elders or those in authority. In their eyes, respect is a one-way street that may or may not be reciprocated. For example, "I respect my teacher because she's in a position of authority."



In their eyes, respect is a one-way street that may or may not be reciprocated.

For example, “I respect my teacher because she's in a position of authority.” Gen Z children and adolescents tend to view respect as something that is earned, not given unconditionally.

When we respect someone, we are acknowledging their positive qualities and behaviors, regardless of whether we agree with all their choices or not. It is an optimistic view of how they are living their life and the impact they're making on the world.

Gen X parents and teachers tend to view respect as something that is unconditionally due to elders or those in authority. In their eyes, respect is a one-way street that may or may not be reciprocated. For example, “I respect my teacher because she’s in a position of authority.”

Gen Z children and adolescents tend to view respect as something that is earned, not given unconditionally. In their eyes, respect is a two-way street that must be reciprocated, or it will be lost. For example, “I will respect my teacher if she respects me.”

Considering this generation gap, it is important for Gen X teachers and parent to know that they can choose to try to strong-arm their Gen Z children and adolescents into respect; however, if they do, they will most likely find themselves frustrated and their kids exasperated.

So, what are we adults to do?

- Understand - we cannot demand our children to feel respect for another person, but we can teach them how to act respectfully toward another person.
- We can teach them what respectful behaviour looks like—not talking back, not raising their voice, paying attention to the other person and so on.

As adults we can give consequences when we see our children acting disrespectfully to train them toward more respectful behaviour.

- We must have healthy dialogue about why our children feel disrespected and validate their feelings.

In these ways, we can address the issue of respect without creating an unproductive and often times divisive argument between generations, between the elderly and the present generation we are educating for the future.

In conclusion we can build a culture of respect in our schools but requires a commitment from all stakeholders - students, teachers, administrators, and parents - to actively promote positive interactions, value diversity and create a safe learning environment where everyone feels valued and respected.

Mr F Kinnie

TIPS AND STRATEGIES FOR LEARNERS

A TEACHER'S GUIDE TO MANAGING STRESS



Stress is an inevitable part of life, and as learners, you are no strangers to its presence. Balancing academics, extracurricular activities, social life, and personal responsibilities can sometimes feel overwhelming. However, managing stress effectively is crucial for your well-being and academic success.

As a Life Orientation educator, I am here to provide you with some practical tips and strategies to help you navigate and alleviate stress.

1. What is Stress ?

Stress is your body's natural response to challenges or demands. It can manifest in various forms, including physical symptoms like headaches or fatigue, emotional symptoms like anxiety or irritability, and behavioral symptoms like changes in eating or sleeping patterns. It is essential to recognize these signs so you can address them promptly.

2. Identify Your Stressors

The first step in managing stress is to identify the sources of your stress. These can range from academic pressures, such as exams and assignments, to personal issues, such as family dynamics or peer relationships. Once you have pinpointed your stressors, you can begin to develop strategies to address them.

3. Develop a Healthy Routine

Establishing a consistent daily routine can significantly reduce stress. Ensure that your schedule includes time for studying, physical activity, relaxation and socializing. Prioritize tasks and set realistic goals for yourself. Break larger tasks into smaller, manageable steps to avoid feeling overwhelmed.

4. Practice Time Management

Effective time management is key to reducing stress. Use tools like planners or digital calendars to organize your tasks and deadlines. Allocate specific time slots for studying, breaks and leisure activities. Avoid procrastination by tackling tasks early and staying on top of your responsibilities.

5. Stay Physically Active

Regular physical activity is a proven stress-reliever. Engage in activities you enjoy, whether it's jogging, swimming or playing padel. Exercise releases endorphins, which are natural mood enhancers. Aim for at least 30 minutes of physical activity most days of the week.

6. Maintain a Balanced Diet

Nutrition plays a crucial role in managing stress. Fuel your body with a balanced diet that includes whole grains, lean proteins, fruits, vegetables and healthy fats. Avoid excessive consumption of caffeine and sugar, as they can exacerbate stress and anxiety. Stay hydrated by drinking plenty of water throughout the day.

7. Get Adequate Sleep

Sleep is vital for your mental and physical health. Aim for 7-9 hours of quality sleep each night. Establish a bedtime routine that promotes relaxation, such as reading a book or practicing mindfulness. Avoid screens and stimulating activities before bedtime, as they can interfere with your sleep.

8. Practice Dhikr and Relaxation Techniques

Incorporating dhikr and relaxation techniques into your daily routine can help manage stress effectively. Techniques such as deep breathing, meditation and progressive muscle relaxation can calm your mind and reduce anxiety. Take a few minutes each day to practice dhikr, focusing on the present moment and letting go of worries.

9. Set Realistic Expectations

It's important to set achievable goals and expectations for yourself. Acknowledge your limitations and avoid taking on more than you can handle. Celebrate your accomplishments, no matter how small and be kind to yourself when things don't go as planned. Always remember: **YOU ARE WORTHY.**

10. Seek Professional Help if Needed

If stress becomes overwhelming and begins to interfere with your daily life, don't hesitate to seek professional help. School counselors, psychologists and therapists are trained to provide support and guidance. It's important to address stress early to prevent it from escalating into more serious mental health issues.

Managing stress is a crucial skill that will benefit you throughout your life. By incorporating these tips and strategies into your daily routine, you can effectively reduce stress and enhance your overall well-being. Remember, it's ok to ask for help and take time for yourself. Your mental and physical health should always be a priority.

As your educator, I am here to support you in your journey. Together, we can create a positive and stress-free learning environment where you can thrive and achieve your goals.

Mrs Tasmin Moosa



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NMS CONNECT ISSUE 3 | MAR 25