

The Fairview Forum

Ramadan

By: Nora Adas



What is Ramadan?

([Source](#))

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community.

Who celebrates Ramadan?

Ramadan is a holy month of fasting, introspection and prayer for Muslims, the followers of Islam.

How is Ramadan celebrated?

Muslims fast in Ramadan from dawn (sunrise) until dusk (sunset). This includes abstaining from drinking, eating, immoral acts and anger. And NO not even water. During Ramadan, Muslims wake up before dawn to eat the first meal of the day, called Suhoor, which has to last until sunset. This means eating lots of high-protein foods and drinking as much water as possible right up until dawn, after which you can't eat or drink anything. Acts of worship such as prayer, reading the Quran (The Quran is the muslims holy book) and charity are also encouraged during the holy month. Muslims also believe the Quran was revealed in Ramadan.

What age should muslims start fasting?

Children of the Muslim faith are expected to begin fasting once they have reached puberty, usually by the age of 14. Younger children do not need to fast

What celebration is celebrated after Ramadan?

Eid al Fitr also called the "Festival of Breaking the Fast", is a religious holiday celebrated by Muslims worldwide that marks the end of the month-long dawn-to-sunset fasting of Ramadan. It is declared after a

crescent new moon has been sighted or after completion of thirty days of fasting if no sighting of the moon is possible. *Eid* celebrates the return to a more natural disposition of eating, drinking

What do muslims decorate their house with in Ramadan?

The flickering lights, fairy lights, electrical tea lights, and decorative lamps are some of the best decorative items to create a joyful atmosphere at home during festivals like Ramadan. In fact, in some Muslim countries, people also decorate their homes with lanterns to welcome the month of Ramadan.

What are some good foods to eat during suhoor? (Suhoor is the meal consumed early in the morning by Muslims before fasting, before dawn)

Here's what muslims eat for suhoor to stay energetic during Ramadan:

Whole oat pudding. Oats are a great source of fiber that slow down the release of energy, keeping you full for longer. Peanut butter and bananas, Poached Eggs, Watermelon and halloumi, Fruit smoothie, Quinoa porridge and Frozen yoghurt parfait with granola and berries are all good options

Ramadan Mubarak! c:

Popular places to go at lunch

By: Jonis Loney

As we all know, if you had your parents sign the permission form to go off school property at lunch, there is a lot you can do. But what are people doing? Here at The Fairview Forum we have made a list of popular activities that people do at lunch off school property and even inside too! But before we get into that, please remember that we are only telling you what spots are popular, we aren't saying where you should and shouldn't go. That is the school, property owner or your parent / guardian's responsibility. Also keep in mind that whenever you go off school property you will not be supervised, so be careful.

Number one, The WD Piercey Sportsfield Park.

One popular spot to go is the WD Piercey Sportsfield Park. (Which most students simply refer to as 'the field') The easiest way to get there is via leaving through the gym doors and heading straight down Frederick Ave. After you reach the intersection you just cross the street and then the field is on your left. The field is a good spot for relaxing with friends. (Following all covid safety protocols of course.) because of its many bleachers. There is a little wooded area at the back of the field that some students spend most of their lunch in. You have to be careful though. There are some short drops and poisonous mushrooms, so don't eat anything you find there and be careful.

Number two, Super Mike's.

Super Mike's is a small locally owned convenience store about a kilometer from the school. The way to get there is pretty straight forward, all you do is walk down Rosedale Ave until you get to the fourth intersection, and then it will be on your right. This spot is less popular than the WD Piercey Sportsfield Park, but some students still go there. It is most likely less popular because it is farther away and you would only go there to buy some snacks. Please make sure that you are wearing a mask when you enter the store.

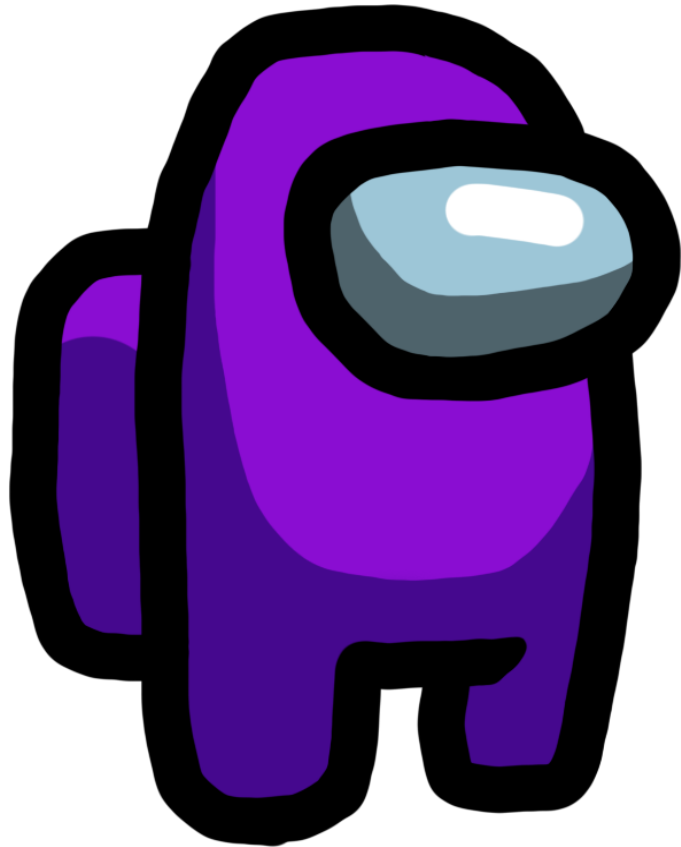


(Source)

Popular things to do inside.

One game that some students play is among us, (I'm sure you've heard of it.) It is commonly played locally in class 7-5 using a student's wifi hotspot on low data mode (turning off mobile data and wifi and turning on the hotspot). To our knowledge it can be done by anyone with a wifi hotspot. Among us is played almost daily in class 7-5 and is definitely setting an example for the other classes for "covid safe, social, fun, games" Drawing and reading is also done by many of the students at the school, and as long as nobody circulates and goes around the classroom, it is covid safe. As you can see, there are many options to entertain yourself at lunch just remember to follow covid safety protocols!

([Source](#))



Motivation

By: Sofia Mengual-Clare

Life can be hard. Life is actually VERY hard if you choose it to be. Life is in your hands, you choose the path you want to go down. But the main key to life is never giving up. It's so easy to just say that you give in and you're tired. But what's really hard is NOT giving up. Not giving up is so difficult, I bet everyone has felt like they wanted to give up a million times and maybe they have. But at the end of the day what is best. Working hard, taking time and doing the thing you want you to accomplish? Or giving up and looking back regretting that decision. You choose.

Either if it's working out and getting very fit to finishing an art piece you wanted to finish for a long time. The time to start making progress is today. Even if it's a tiny bit everyday it's at least a step towards and you are going someplace other than nowhere.

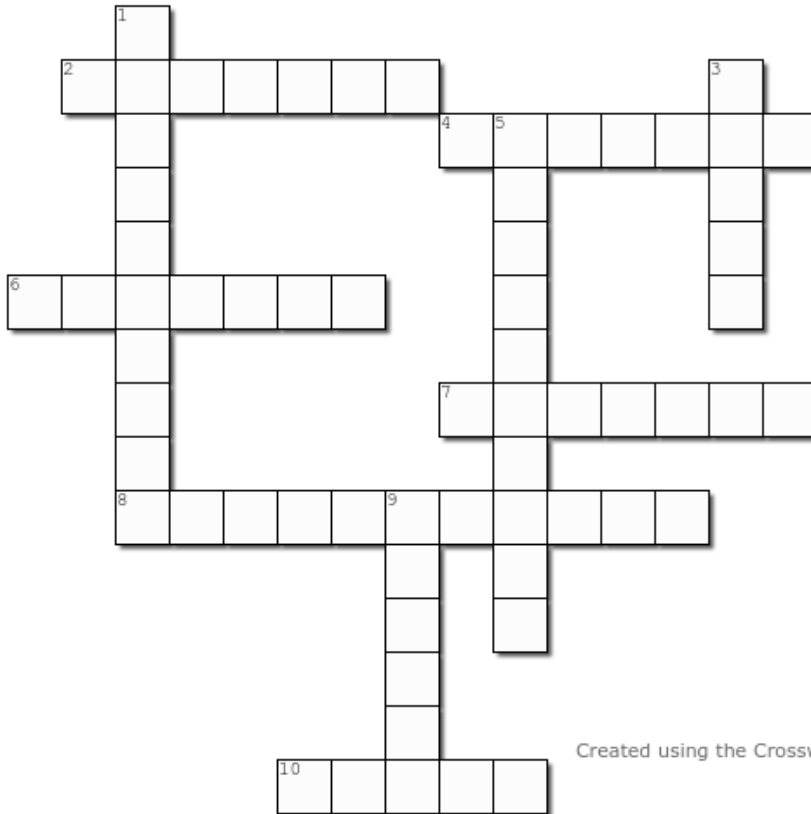
Is today just another day? One day?

Or is today day one. The day you start going somewhere. The day you start your journey and when you finally accomplish or maybe not even, but it's result makes you feel so proud.

I hope this motivated some people to follow what they love doing or hope to do because sometimes we just need a little push or reminder. Have an amazing day, FJHS.

April 14 Fairview Forum Crossword

Complete the crossword puzzle below



Down

1. 60 Rosedale Avenue, Halifax, Nova Scotia
3. a meal eaten in the middle of the day, typically one that is lighter or less formal than an evening meal.
5. the reason or reasons one has for acting or behaving in a particular way.
9. the morning meal eaten by Muslims before the sun has come up during Ramadan

Across

2. a follower of the religion of Islam.
4. Super popular game in 2020
6. the ninth month of the Muslim year, during which strict fasting is observed from sunrise to sunset.
7. abstain from all or some kinds of food or drink, especially as a religious observance.
8. Among Us characters
10. the Islamic sacred book

Created using the Crossword Maker on TheTeachersCorner.net

Question of the fortnight:

Where do you like to go at lunch?

Où aimez-vous aller pendant l'heure du dîner?

(You can answer on our website/ Vous pouvez répondre sur notre site web)

A couple of jokes to tell your friends.

By Adri van Mil

Why did the witches' team lose the baseball game?

Their bats flew away.

Can a kangaroo jump higher than the Empire State Building?

Of course. The Empire State Building can't jump.



Scan Me^

Check out our website!

Or go to: <https://sites.google.com/gnspes.ca/thefairviewforum>

Questions? Comments? Suggestions? You can contact us at

fairviewfourm@gmail.com or on the contact page on our website.

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