



Spectrum  
International  
School  
Turn Illuminated

# PU NEWSLETTER

ISSUE 7 • FEBRUARY 2025



## WELCOME TO FEBRUARY'S NEWSLETTER!

In this edition, we look back on February's achievements, including the Quran Competition, educational trips, and assessments. We also share exciting updates for March, such as Ramadan school timings, upcoming competitions, new ECA clubs, and important holiday dates.

As we step into March, we embrace the arrival of Ramadan—a time for reflection, kindness, and spiritual growth. This blessed month offers our school community an opportunity to strengthen our connection with Allah, foster generosity, and support one another in our journey of faith.

May this Ramadan bring peace, patience, and blessings to all. Ramadan Mubarak!

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# ISLAMIC REMINDER

## Making the Most of Ramadan

USTADZ SHADY MOHAB

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ

Alhamdu Lillah, we have reached the blessed month of Ramadan. This is a special time when Allah gives us many chances to earn rewards, seek forgiveness, and become closer to Him. May Allah help us to make the best use of this month by focusing on good deeds.

### 1. Fasting the Right Way

Fasting is not just about staying away from food and drink. It is also about controlling our words, actions, and thoughts.

The Prophet ﷺ said:

"من لم يدع قول الزور والعمل به، فليس لله حاجة في أن يدع طعامه وشرابه"

"If a person does not stop lying and doing bad things, Allah does not need him to stop eating and drinking." (Al-Bukhari)

### 2. Reading More Qur'an

Ramadan is the month of the Qur'an. Allah says:

"شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ."

"The month of Ramadan is when the Qur'an was sent down as a guide for people." (Al-Baqarah: 185)

### 3. Praying More (Taraweeh & Night Prayer)

The Prophet ﷺ said:

"من قام رمضان إيمانًا واحتسابًا غُفِرَ له ما تقدم من ذنبه."

"Whoever prays during Ramadan with faith and hope for reward will have his past sins forgiven." (Bukhari & Muslim)

### 4. Giving Charity

The Prophet ﷺ was very generous, and he gave even more in Ramadan.



# ISLAMIC REMINDER

## Making the Most of Ramadan

USTADZ SHADY MOHAB

### 5. Making Du'a

Ramadan is a time when Allah answers our prayers. The Prophet ﷺ said:

"ثَلَاثَةٌ لَا تَرُدُّ دَعْوَتَهُمْ: الْإِمَامُ الْعَادِلُ وَالصَّائِمُ حَتَّى يَفْطُرَ..."

"There are three whose supplications are not turned back: A just ruler, a fasting person until he breaks his fast...." (Authentic - At-Tirmidhi)

### 6. Searching for Laylatul Qadr

Laylatul Qadr is the most special night of the year. Allah says:

"كَيْلَةُ الْقَدْرِ خَيْرٌ مِنْ أَلْفِ شَهْرٍ"

"The Night of Decree is better than a thousand months." (Al-Qadr: 3)

The Prophet ﷺ told us to look for it in the last ten nights of Ramadan, especially on the odd nights (21st, 23rd, 25th, 27th, or 29th). This night is a chance to get many rewards and have our prayers accepted.

May Allah accept our fasting, prayers, and good deeds, and make this Ramadan a time of blessings for all of us.

وصل اللهم وسلم وبارك على سيدنا محمد وعلى آله وصحبه وسلم

*Ustadz Shady mohab*

ISLAMIC PROGRAM MANAGER

SPECTRUM INTERNATIONAL SCHOOL

# ACADEMIC MESSAGE

## A Celebration of Teamwork and Community

DR. ESSRA MAHMOUD

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalam Alaikum wa Rahmatullah wa Barakatuh

As we welcome the blessed month of Ramadan, we pray that Allah (SWT) fills your homes with peace, joy, and spiritual enrichment. This month is a time for reflection, renewal, and strengthening our connection and faith in Allah.

This Ramadan, our school's theme is Peace, a value deeply rooted in the teachings of Islam. We encourage everyone to embody this value through acts of kindness, compassion, and understanding. We also have activities for our students to encourage these values. Let us strive to cultivate inner peace through prayer, contemplation, and self-discipline, and extend that peace to our families, friends, and the wider community.

Ramadan is a time of increased spiritual focus and dedication. While we embrace the blessings of this holy month, we also recognize the importance of maintaining focus on our academic responsibilities. Seeking knowledge is also an Islamic obligation and it is crucial to strike a balance between our worship and our schoolwork. We encourage students to:

- **Plan and prioritize:** Create a study schedule that accommodates both prayer and schoolwork.
- **Utilize quiet study time:** Take advantage of the quieter moments during the day for focused study.
- **Seek support:** Don't hesitate to ask teachers for assistance if needed.
- **Maintain a healthy routine:** Ensure adequate rest and nourishment during non-fasting hours.

Our school has prepared a range of engaging activities throughout Ramadan, designed to reinforce our theme of Peace and nurture our Islamic values. These activities include Quran reflections, charity drives, discussions, Ramadan art projects, a Peace Tree, etc. We encourage everyone to participate and make the most of this blessed month.

May Allah (SWT) accept our fasts, prayers, and good deeds. We pray that this Ramadan brings us closer to Him and strengthens our bonds of unity and compassion.

Ramadan Mubarak!

*Prof. Dr. Essra Mahmoud, Ed. D, M. Ed*

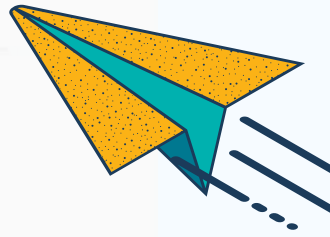
**ACADEMIC DIRECTOR & SCHOOL PRINCIPAL**  
SPECTRUM INTERNATIONAL SCHOOL





# STUDENT AFFAIRS

MONTHLY UPDATES



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# IMPORTANT NOTICE

## RAMADAN TIMINGS

Monday, Wednesday, and Friday	8:00 AM – 2:30 PM
Tuesday, and Thursday	<ul style="list-style-type: none"><li>• Enrolled in S-Clubs/ECA: 8:00 AM – 2:40 PM</li><li>• Not Enrolled in S-Clubs/ECA: 8:00 AM – 1:40 PM [After Zuhur Prayer]</li></ul>

## PUBLIC & SCHOOL HOLIDAYS ANNOUNCEMENT MARCH 2025

Details	
Nuzul Al-Quran	Tuesday, 18 March 2025
Q3 School Gazette Holiday	Thursday, 20 March, 2025 - Friday, 4 April, 2025

# PE SPORT HOUSE SHIRTS



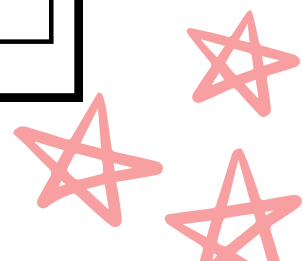
## PE SPORT HOUSE SHIRTS NOW AVAILABLE

Details	
House Colors	Red, Blue, Green, and Yellow

**NOTE**

The details of sport house allocation have been sent to your **guardian email** accordingly.

**This sports house shirt will be part of the school uniform** and is not limited to use on Sports Day alone. Students can also wear it during their PE and CCA sessions, ensuring greater utility and value for parents.



# How do I transfer school fees for my children?



## Bank Details :

**A/c Holder Name :** TAJAN INTEGRATED EDUCATION SDN BHD (1094206U)

**A/c No. :** 106570009914

**Bank :** AFFIN ISLAMIC BANK BERHAD

**Branch :** TRX, KUALA LUMPUR

**Swift :** PHBMMYKL

**Reference :** (student's name) & (students grade)

**Payment Details :** SCHOOL FEES/TRIP/EXAM FEE/VISA FEE

**Recipient Emails :** student.affairskl@spectrumiis.edu.my / finance@spectrumiis.edu.my

## Bank In / Cash Deposit

### Nearby branch :

Affin Bank Jalan Ipoh

**Located in:** Jalan Ipoh

**Address:** 468-11 & 468-11B, Batu 3, Jln Sultan Azlan Shah, Jalan Ipoh, 51200 Kuala Lumpur, Federal Territory of Kuala Lumpur

### **Operating hours:**

9:15 am to 4:30 pm (Monday to Thursday)

9:15 am to 4:15 pm (Friday)

**Phone:** 012-2341639

## Cheque

**Please make cheque payable to :**

TAJAN INTEGRATED EDUCATION SDN BHD

## Credit Card/Debit Card

### **School Operations Hour :**

Monday - Thursday : 7:45am - 4:30pm

Friday : 7:45am - 3:30pm

Saturday, Sunday & Public Holidays : Closed

## What Next?

**Send the payment proof via email to :**  
student.affairskl@spectrumiis.edu.my  
finance@spectrumiis.edu.my

### **With the details**

**Reference :** (student's name) & (students grade)

**Payment Details :** SCHOOL FEES/TRIP/EXAM FEE/VISA FEE

Effective **February 17**, cash payments will no longer be accepted at the school office. Please ensure all payments are made through alternative approved methods.



**CONTACT US**

## **UPDATING STUDENTS INFORMATION**

Parent may send updated address, home phone or students' updated Passport front page and identity card (IC) or MYKID in order for us to updating our records

### **Student Affairs department can be reached via**



[student.affairspu@spectrumiis.edu.my](mailto:student.affairspu@spectrumiis.edu.my)



0389289652 (PU) or 0389289552 (PU)



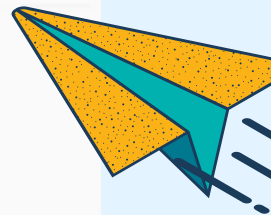
[student.affairspu@spectrumiis.edu.my](mailto:student.affairspu@spectrumiis.edu.my)





# ADMISSIONS

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# RENEWAL CONFIRMATION FOR ACADEMIC YEAR 2025/2026

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

Dear Parents/Guardians,



May this message find you and your family well.

As we are going to embark on the journey towards the upcoming academic year AY25/26, an official email of renewal confirmation has been sent to you (Spectrum guardian Email).

The school is highly prioritize our current students for seat renewal before the peak enrollment season begins as it is anticipated a high volume of new applications coming in. Securing your confirmation now ensures that your child's place is reserved, allowing us to better plan and allocate resources for the coming year.

**Renewal Confirmation Form :**



**<https://forms.gle/ggk2vkF6x3gKobTX8>**

Thank you for your cooperation and support.



**Spectrum  
International  
School**  
Turn Illuminated



**Connect  
Your Friends and**

**GET  
Rewards!**

**Refer your friends to Spectrum  
and grab special benefit of  
Referral Program for your children's  
academic renewal.**

**Referral Promo!**  
*(For Existing Parents)*

- **Special discount** of School Tuition for the **eldest child** in the **next academic renewal**.
- Promotion entitlement is based on **numbers of recommended Parents/ Families**.

*\*T&C applied*

Scan me  
REFERRAL  
DETAILS!



For further information, please contact:

+6017-625 9303   
+603-8928 9652

[www.spectrumiis.edu.my](http://www.spectrumiis.edu.my)



# SPECTRUM REFERRAL PROGRAMME

**SPREAD THE WORD, SHARE THE REWARDS!**

## Empower Your Child's Journey

*Enroll at Spectrum International School, where academic excellence meets Islamic values. Cultivate a well-rounded education that nurtures student growth through sports, digital learning, emotional intelligence, and character building.*

## EARLY BIRD PROMO !

- 50% Off Registration Fee
- 15% Off Tuition Fee
- Up to 10% Payment Term Discount
- Sibling Discount Applicable

*\*T&C Applied*

**Seats Are  
Limited,  
Reserve Your  
Spot Now!**



[Click Here](#)

**Join Now!**





# MEDIA RELEASE

FORM



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# MEDIA RELEASE FORM


Dear Parents/Guardians,

At Spectrum International School, we are committed to providing a safe and enriching learning environment for our students. As part of our efforts to showcase the vibrant school community and celebrate our students' achievements, we often post pictures and videos on our school website and official social media channels, such as

 [Facebook](#)

 [Instagram](#)

 [LinkedIn](#)

 [YouTube](#)

Request you to give consent to the school to take photographs, recordings, derivative works including examination results of the child and to use in any media and for whatever purpose as the School shall deem fit, including without limitation for any promotional materials within the Spectrum's Education Group, including the website of the School and other educational institutions within Spectrum's Education Group.

We understand the importance of safeguarding the privacy and security of our students. Therefore, we kindly request your consent before posting any pictures or videos featuring your child on our social media platforms. Please carefully read and complete the following consent form:



[SIS Release Form](#)

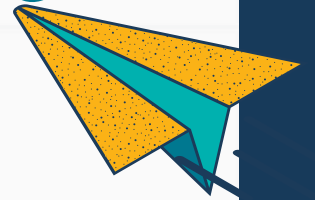


**Spectrum**  
**Wonders**  
Learn, grow and fly!



# EARLY CHILDHOOD

MONTHLY UPDATES



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Welcome to January 2025

In February, students worked together on their **Precious Water PBL**, exploring water cycles, sea life, and sustainability through hands-on learning. For March, we will be welcoming the month of Ramadan, May ALLAH SWT allow us to reach Ramadan, help us in fasting, prayers, and accept our deeds.

Children will then dive into Earth's Treasures, discovering landforms, volcanoes, and Earth's layers while creating beautiful landscapes.

*Nuramirah Norissham*

Assistant Educator Leader for Early Childhood



## FEBRUARY RECAP



Our young learners successfully collaborated on their Project-Based Learning (PBL) journey for the theme "**Precious Water**." They explored various sub-concepts, including:

- **Water Cycles & Weather** – Understanding how water moves through nature.
- **States of Matter** – Discovering how water changes form.
- **Sea Life & Pirates** – Exploring ocean habitats and adventures.
- **Sustainability** – Learning how to care for our water resources.

Through hands-on activities and teamwork, students gained valuable knowledge while fostering creativity and problem-solving skills!



# WELCOMING MARCH & RAMADAN

THIS MONTH, WE ARE EXCITED TO EMBARK ON A NEW THEME: "EARTH'S TREASURES." CHILDREN WILL DIVE DEEP INTO EXPLORING ELEMENTS FOUND BENEATH THE GROUND, INCREASING THEIR UNDERSTANDING OF EARTH'S FASCINATING FORMATIONS.

## KEY LEARNING AREAS:

**EARTH LAYERS** – UNDERSTANDING THE DIFFERENT LAYERS THAT MAKE UP OUR PLANET.

**VOLCANOES** – DISCOVERING HOW THEY FORM AND ERUPT.

**CAVES** – EXPLORING HIDDEN UNDERGROUND WORLDS.

**LANDSCAPES** – CREATING ARTISTIC REPRESENTATIONS OF NATURAL LANDFORMS.



## MARCH PBL PROJECT

CHILDREN WILL DESIGN AND CREATE BEAUTIFUL LANDSCAPES WHILE LEARNING ABOUT LANDFORMS! TEACHERS WILL ALSO ENGAGE IN MEANINGFUL DISCUSSIONS ON COLLABORATING WITH FAMILIES TO ENHANCE LEARNING EXPERIENCES.

WE LOOK FORWARD TO ANOTHER EXCITING MONTH OF DISCOVERY, CREATIVITY, AND MEANINGFUL CONNECTIONS!





# PRIMARY

MONTHLY UPDATES

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# PRIMARY STAGE

## EXCITING EVENTS AND UPDATES!



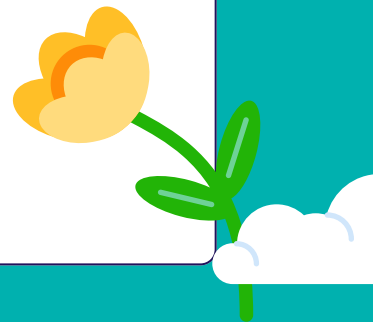
Assalamualaikum warahmatullahi wabarakatuh,  
Dear Parents and Students,

As we welcome the month of **March**, our hearts are filled with anticipation and gratitude. This month is particularly special as we prepare for **Ramadan**, a time of reflection, generosity, and spiritual growth. It is a beautiful opportunity for us to strengthen our connection with Allah, seek forgiveness, and embody kindness in our daily lives.

At school, we strive to create a meaningful Ramadan experience for our students—one that nurtures spiritual awareness, academic excellence, and a strong sense of community. Below, we share important updates and upcoming events for this blessed month.

May Allah bless us all with strength, patience, and sincerity in our ibadah. **Ramadan Mubarak!**

Warm Regards,  
Mdm Suraya Kamarudin  
Primary Stage Principal  
Putrajaya & Kuala Lumpur



## FEBRUARY RECAP – A MONTH OF GROWTH & LEARNING

### QURAN COMPETITION (3RD – 7TH FEBRUARY)

Our annual Quran Competition was a wonderful opportunity for students to showcase their dedication to memorization and recitation. We are incredibly proud of their efforts in strengthening their connection with the Quran.



# FEBRUARY RECAP A MONTH OF GROWTH & LEARNING



## LOWER PRIMARY/ECE FAMILY ENGAGEMENT 2 (8TH FEBRUARY)

Parents of Little Primary and Early Childhood Education students joined us for another engaging session. Together, we explored ways to support early learning, and it was heartwarming to see such enthusiastic participation from both parents and students.



## Q3 UPPER & LOWER PRIMARY EDUCATIONAL TRIPS (10TH & 12TH FEBRUARY)

Our students enjoyed exciting educational trips, bringing their classroom lessons to life. These hands-on experiences helped students deepen their understanding of various subjects while having fun with their peers.



## UPPER PRIMARY Q3 ASSESSMENT (24TH – 28TH FEBRUARY)

At the end of the month, Upper Primary students completed their Q3 assessments. A big thank you to parents and teachers for their continued support!

As we step into March, we look forward to even more growth and shared experiences!

# WHAT'S HAPPENING THIS MONTH?

Details	
Monday, Wednesday, and Friday	8:00 AM – 2:30 PM
Tuesday, and Thursday	<ul style="list-style-type: none"> <li>Enrolled in S-Clubs/ECA: 8:00 AM – 2:40 PM</li> <li>Not Enrolled in S-Clubs/ECA: 8:00 AM – 1:40 PM [After Zuhur Prayer]</li> </ul>

## RAMADAN SCHOOL TIMINGS

To accommodate the spiritual practices of Ramadan, the school schedule was adjusted. Please refer to the official school announcement for updated class timings and dismissal time.

## A HEARTFELT THANK YOU TO OUR PTA TEAM

We extend our sincere appreciation to our PTA members for their hard work in decorating key areas of our school with beautiful Ramadan-themed displays. Your efforts have created a warm and festive atmosphere for everyone to enjoy.



## CLASSROOM RAMADAN DECORATIONS – A JOINT EFFORT

Our students, teachers, and parents have come together to decorate classrooms in celebration of Ramadan. It is heartwarming to see our school filled with lanterns, calligraphy, and inspiring messages, all reflecting the spirit of this holy month.

## HIPPO ENGLISH LANGUAGE COMPETITION- PRELIMINARY ROUND

The competition will take place on March 19th and will be a paper-based exam featuring multiple-choice questions, a Reading section, and a Use of English section. To help students prepare, we will provide past papers and additional support materials for practice before the exam.

# Hippo



## KANGAROO MATH COMPETITION

We are excited to announce that the Kangaroo Math Competition is coming up on April 30, 2025, at the PU Campus! This international contest is a great opportunity for students to enhance their problem-solving skills through a set of challenging multiple-choice questions.

# EXCITING NEWS

## **New ECA Clubs**

We are excited to introduce new Extra-Curricular Activity (ECA) clubs at the Putrajaya Campus this month! We are pleased to offer Football for Boys and Netball for Girls as part of our new ECA clubs. The payment for each club is RM300 per semester. Sessions will follow the same schedule, with Upper Primary and Secondary students attending on Tuesdays and ECE and Lower Primary students on Thursdays. These new additions provide students with more opportunities to develop their skills and explore interests!

## **Mid-Term Assessments Successfully Completed**

Alhamdulillah, our students have completed their mid-term assessments with dedication and hard work. A big thank you to our teachers and parents for their continuous support in guiding the students through their learning journey.

## **Year 6 Mock Exams**

To prepare our Year 6 students for their upcoming final exams, Mock Exams will take place from 10th – 14th March 2025. Let's encourage our students to put in their best effort, and may Allah grant them success.

## **Important March Holiday Dates**

- Nuzul Al-Quran Holiday – 17th March 2025 (Monday)
- Q3 School Gazetted Holiday – 20th March 2025 – 6th April 2025
- School resumes on 7th April 2025

## **Welcoming Ramadan with Open Hearts**

As we welcome the blessed month of Ramadan, let us instill in our children the values of patience, gratitude, and kindness. Ramadan is more than just fasting—it is a time for self-reflection, generosity, and deepening our connection with Allah.

May Allah grant us strength in our fasting, accept our prayers, and bless our families with His endless mercy and guidance. Wishing you a spiritually fulfilling and rewarding Ramadan. Ramadan Kareem!

# PHOTO GALLERY



**Q3 Assessments**



**Spelling Bee Champions**

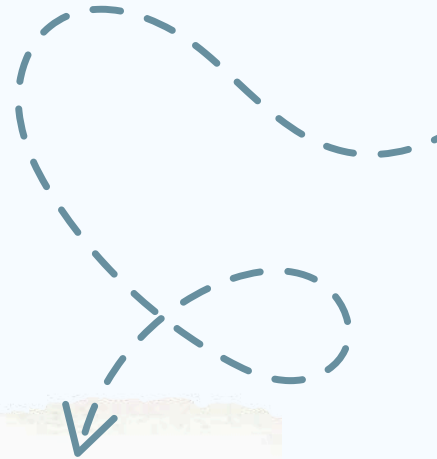


**Quran Competition Finals**



**Primary Learning Trip**





# SECONDARY

MONTHLY UPDATES

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# SECONDARY STAGE



Assalamu Alaikum Warahmatullahi wabarakatuh

Dear Parents, Students, and Colleagues,

February has been a month of achievements and growth. As we approach Ramadan, let us embrace this time for reflection, self-improvement, and spiritual renewal. May Allah (SWT) bless our students with success in their studies and guide them on the path of knowledge and righteousness.

Warm regards,

*Dr. Fouzia Khan*  
Principal - Secondary Stage

## FEBRUARY SUCCESS STORIES



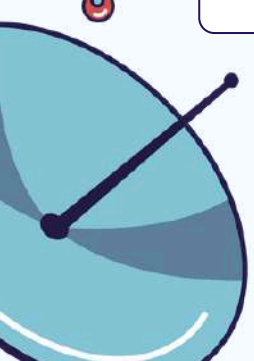
### QURAN COMPETITION

We held our annual Quran Competition, where students showcased their memorization and recitation skills. This event celebrated the love for the Quran and encouraged students to strengthen their connection with the words of Allah (SWT).



### Y9 BOOSTER LESSONS (ENGLISH, MATHS, SCIENCE)

The Year 9 Booster Lessons for English, Maths, and Science started in February, offering extra support to help students prepare for their assessments.





# FEBRUARY SUCCESS STORIES

## ASIA WORLD MODEL UNITED NATIONS (AWMUN) ACHIEVEMENT



Alhamdulillah, we proudly congratulate Kenzio for being awarded Best Delegate at the Asia World Model United Nations (AWMUN). His exceptional dedication, critical thinking, and leadership in international diplomacy have brought great honor to our school. A heartfelt thank you to Kenzio's parents for their support and to Mr. Rauf for his invaluable guidance throughout this journey.



## ISLAMIC ETIQUETTES WORKSHOP FOR GIRLS

Year 9 girls, under the guidance of Tr. Salam, conducted an enriching workshop on Islamic etiquettes. The session focused on manners, modesty, and daily practices that align with Islamic teachings, helping students develop a stronger sense of identity and faith.

## RAMADAN DECORATION COMPETITION

Students participated in a Ramadan decoration competition, beautifully adorning their classrooms and common areas to welcome the blessed month. Their creativity and enthusiasm reflected their excitement for this sacred time.



## ANNUAL DATES PACKING AND DISTRIBUTION 2025

Our students took part in the annual tradition of packing and distributing dates before Ramadan. This initiative fostered the spirit of giving and reinforced the importance of giving.

## QUARTER 3 ASSESSMENT (24TH – 28TH FEBRUARY)

Students were assessed on their academic progress through Quarter 3 evaluations. These assessments served as an important step in reminding us of the importance of striving for excellence in all we do.





# UPCOMING EVENTS IN MARCH



## YEAR 9 CHECKPOINT AND IGCSE MOCK EXAMS

Students will undertake their mock exams to prepare for the upcoming Y9 Cambridge Checkpoint and IGCSE examinations. These exams will provide valuable insights into their readiness and highlight areas that need further improvement.



## RAMADAN PROGRAMME

The school has planned a spiritually enriching Ramadan Programme, including Ramadan reminders, Taddabur Al-Qur'an, Tilawatul Qur'aan, the Ramadan Post Dhakker series, a Ramadan tracker, and initiatives like food basket and clothing donation drives.



## RAMADAN GRAND IFTAR AND POTLUCK

Students, teachers, and parents will come together for a community potluck iftar, fostering unity and gratitude during this blessed month. This gathering will be an opportunity to break fast together and reflect on the spirit of Ramadan. Additionally, the school will host a special Grand Iftar exclusively for Parents, teachers and staff.



## END OF RAMADAN AND EID UL-FITR HOLIDAY

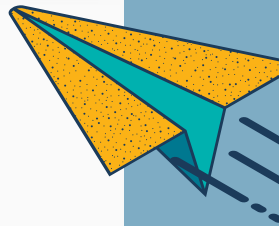
The school will close for the Eid ul-Fitr holiday, allowing students and staff to celebrate this joyous occasion with their families and loved ones.





# STUDENT COUNCIL

MONTHLY UPDATES



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# STUDENT COUNCIL

## MESSAGE FROM THE DEPUTY HEAD BOY AND DEPUTY HEAD GIRL

Assalamu Alaikum Warahmatullahi Wabarakatuh

Dear fellow students,

February was a month of achievements, teamwork, and preparation for Ramadan. As we move forward, let's stay committed to our studies and participate actively in upcoming events.

**FATHURROZI FAUZI (DEPUTY HEAD BOY)**  
**WAN ZAHRA AI'SYA (DEPUTY HEAD GIRL)**

## FEBRUARY SUCCESS STORIES

### WELCOME RAMADAN

The student council participated in welcoming Ramadan activities, exploring how people from different parts of the world prepare for and celebrate this blessed month.

### SPECTRUM TALENT SPOTLIGHT

Students highlighted the diverse talents within our school, showcasing skills in sports, science, public speaking, and various other fields. This initiative aimed to encourage self-confidence and inspire students to pursue their passions.

## UPCOMING EVENTS IN FEBRUARY

### EID DECORATION

Students will take part in decorating the school to celebrate Eid, creating a festive and joyful atmosphere to mark the end of Ramadan.

### CONTRIBUTING TO SUSTAINABLE DEVELOPMENT

The Student Council will lead initiatives promoting sustainability, such as waste reduction campaigns and eco-friendly projects. These efforts will align with the Islamic principle of being Khalifah (stewards) of the Earth, reminding us of our responsibility to care for Allah's creation.

# How to Maintain Energy While Fasting

## Choose Nutritious Foods

Have nutritious meals during Sahur and Iftar, such as vegetables, fruits, proteins, and complex carbohydrates. Avoid high-fat foods that can make you feel tired quickly.



## Drink Plenty of Water

To avoid dehydration, make sure you drink enough water after Iftar and before Sahur. Aim for at least 8 glasses of water a day to keep your body hydrated.



## Get Enough Sleep

Ensure you get enough sleep each night, even though your sleep schedule might change during Ramadan. Adequate sleep helps restore energy and keeps your body healthy.



## Eat Balanced Portions

During Iftar, avoid overeating. Eat balanced portions slowly, allowing your body to digest properly and provide enough energy without feeling overstuffed or fatigued.



## Manage Emotions and Stress

Managing stress is crucial during fasting. Take time for relaxation, meditation, or prayer to keep your body calm and energy levels stable.



By Nurse Lili



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International  
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**For more information, please contact:**

 **PU Campus : 03-8928 9552**