



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Islamic Academy of New England

Newsletter



27 Rabi I 1431

March 12, 2010

*“Only those are Believers who have believed in Allah and his Messenger,
And have never since doubted, but have striven with their belongings and their persons
In the cause of Allah; such are the sincere ones.”
- Holy Quran, Sura Al-Hujurat, Ayah 15 -*

Assalamu alaikum w.b.

IANE-ANA Accreditation - A News Update -

Both Al-Noor Academy and the Islamic Academy of New England were visited earlier this week by members of the New England Association of Schools and Colleges (NEASC) as part of our schools' application towards accreditation.

The visiting team spent two full days observing our classes, attended our morning assembly and Dhur prayers, interviewed our students, faculty and governing bodies, reviewed our curriculum, inspected our facilities, and even spent time with our students during Gym!

Alhamdulillah, the team was very impressed with the quality of education our students are receiving, as well as the dedication of our faculty and staff. The team will now submit their recommendations to NEASC and a decision will be made by late June.

We thank all students, faculty, parents and our governing bodies for working together as a team towards improving our schools and sharing a common vision. We couldn't have reached this far without everyone's commitment and dedication.

This is our milestone, the start of greater things to come, inshaAllah, and we need your continuing involvement towards realizing the school's mission in all our endeavors. Please continue to support us and keep us in your dua'a.

Jazakum Allahu Khairan.

Wassalam,
Sr Nur'Izzah Khalil
Acting Principal

Reminder:

2010-11 Pre-Registration

Take advantage of the early registration discount and complete all registration papers immediately! Do note that enrollment of a class closes as soon as it reaches full capacity so do register your child today to avoid disappointment!

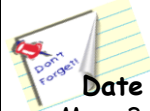
IANE-ANA "Family Social Night"

5-7pm, Sat, 3/20/10 @ Al-Noor Academy

Our PTO extends a warm invite to all IANE and ANA families to an evening of food, fun and games for everyone. Please RSVP by returning the **purple flyer** which was sent with your child earlier this week. We look forward to meeting and getting to know all our students, parents, staff and families better!

Congratulation to Our Box-Tops Winning Classes!!

We congratulate both our Kindergarten and 3rd graders for collecting the most BoxTops! They have earned themselves the much sought-after Pizza-Ice Cream party!! Students can still look forward to similar rewards by bringing in empty CapriSun juice packages! Keep up the good work!!



Mark Your Calendar

Date	Event
Mon, 3/15	2010-11 Open Enrollment Begins
Fri, 3/19	School Closed - Staff Development
Sat, 3/20	PTO-led "Family Social Night"
Thurs, 4/1	Science Fair Day

- Open House Invite -

Please join us if you would like to visit and discover what the Islamic Academy of New England (IANE) can offer!

When? Thursday, March 25th

9.00 am to 10.00am

Kindly contact Sr Dalal at 781-784-0400 to confirm your attendance. JAK.



Getting Kids to Sleep using a Bedtime Routine

from www.parenting.org

Most parents accept and even expect fatigue when caring for infants. However, when sleep problems persist into the preschool and school age years, strategies can be used to help your child (and you as parents) get a better night's sleep. Many children get far less sleep than the recommended amount. For instance:

- 3 year-olds typically require approximately 12 hours (including a nap)
- 10 year-olds generally need about 10 hours
- Teenagers should have about 9 hours of sleep each night .



Insufficient sleep is linked with a variety of consequences, some of which include irritability, delayed motor responsiveness, poorer memory and focus, and an array of health problems. Whether your child refuses to go to bed, repeatedly gets out of bed before falling asleep, crawls into bed with you during the night, or takes a long time to fall asleep, the guidelines below will help your child get a better night's rest.

Before Bedtime:

1. Create a bedroom environment that is conducive to sleep

- Remove electronics from her bedroom (telephone, television, videogames, etc.)
- Keep the bedroom cool and dark. If she wants some light, use one nightlight.
- If your child enjoys playing with toys when it's time for bed, make the toys inaccessible at bedtime (store them in the closet with child-proof handles).
- Keep it simple. Bedding and one security item (a stuffed animal or favorite blanket) are sufficient. Additional toys provide extra sources of distraction at a time when we don't want her to be distracted.

2. Develop a bedtime routine

- Create a short routine before bedtime that involves quiet activities that occur in the same order every night. For example, have a snack, put pajamas on, brush teeth, go to the bathroom, say prayers, and read one book. It is important that this routine remains the same every night because the routine cues your child that bedtime is approaching.
- The length of the routine depends upon how much time you have available at night. Every night, you should allocate roughly the same amount of time for this routine. If you are like most families, your evenings are busy and keeping the routine relatively short will ensure that you have time to complete this routine every night.

Bedtime:

1. Put your child to bed when he/she is still awake.

Children learn how to fall asleep through practice. If you always rock your child to sleep, she will rely on rocking whenever she wakes during the night and needs to go back to sleep...yes, even at 3 in the morning. It is okay to leave the door cracked open if you feel more comfortable doing so. If she attempts an escape, return her to bed and close the door for the rest of the night.

2. Tell her good night and remove yourself from the bedroom.





After Bedtime:

1. Ignore all of her attempts to summon you back to her room. This may include crying, pleading, demanding, coaxing, and even bargaining. Though this is difficult and even painful for some parents, it is highly effective and will resolve bedtime problems in a relatively short period of time.
2. If your child gets out of bed, transform into a robot-like version of mom or dad and immediately return her to bed. Specific techniques are as follows: lift her up under the arms so that she is facing the same direction as you are, carry her to bed, gently place her in the bed, and adjust the covers. During this time, do not talk to her, do not provide any type of affection (hugs, kisses, soothing, etc.), and of course, do not allow your child to delay bedtime.
3. If your child is behaving unusually at bedtime, it is okay to walk into the bedroom to check on her. When you are in the bedroom, walk around the room but do not talk to her. If your child stops protesting, it is likely that she simply wanted your attention. If your child appears unaffected by your presence, investigate further to ensure that there are no problems (soiled diaper, fever, etc.).
4. Persistence, persistence, persistence! When your child gets out of bed, return your escapee to her own bed every single time that she attempts an escape. It will be exhausting and time consuming initially, but in the long term, it will make the process much easier!

Additional considerations:

- If you think that your child may have a medical problem that affects her sleep or if you suspect that your child is sick, discuss your concerns with your pediatrician before using any of these strategies.
- Nightmares and night terrors are relatively common among children. When they occur, provide comfort for your child as quickly as possible. You can do this through playing relaxing music, speaking quietly, or reading. Once she is calm, return her to her own bed.
- The more regular your child's sleep schedule, the easier the bedtime and morning routines will be. Consistency is very important, even on weekends and summer vacations from school.
- Be consistent – insist that your child sleep alone in her bed every night. If you allow her to crawl into your bed in the middle of the night when she is sick, she may request this on nights when she is not sick.
- If you discover your child in bed with you during the night, immediately return her to her own bed.
- There are risks associated with sharing your bed with your child, including adults rolling onto the child, the child falling out of the bed, and increased sleep interruptions. In addition to these risks, this is a habit that is incredibly challenging to break. Initially, your child will probably resist your use of these strategies, though if you are consistent, it won't take long for her to realize that the changes will remain in place. Though it can be very difficult (and even painful) to listen to your child cry and plead at bedtime, the long-term benefits far exceed the short-term challenges.