

# DNGHS NEWS

VOLUME 1, ISSUE 1  
MARCH 2013

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Darun - Na'im

Girls' High School

Striving for Excellence in Spirituality,  
Morality and Education

## **Matters of the World**

Our hearts and  
thoughts are with  
our Muslim  
brothers and  
sisters

## **Introducing the Literature Club**

We are here to  
stay—in sha  
Allah

# introducing the Literature CLUB...

Headed by Mu'allimah Ruqaiyah, the Literature Club is a fun, interactive space where we express ourselves, share our ideas, and create art through words. The basis of the Literature Club is... well, literature—the love of reading and writing; novels, stories and poetry. But that's not all it's about. We also share a mutual love for food! So it is not uncommon for our meetings to have some yumminess on the agenda too.

So don't be scared off by the idea that you have to be a Shakespeare lover in order to be one of us—we don't discriminate. Expression and creativity are the essence of the club. And commitment.

If you are interested in joining us in our adventures and escapades, come over and talk to us. And don't forget to bring cake.

## We are:

Mishka Mohidin (Grade 11)

Fatima-Zahra Valli (Grade 11)

Zahra du Toit (Grade 10)

Ayesha Jones (Grade 10)

Ameerah Koorowlay (Grade 9)

Raygaanah Marlie (Grade 9)

Rabia Badroodien (Grade 8)

Ammaarah Bagus (Grade 8)

We hope you enjoy our very first issue of the **DNGHS News**. This is a first for us and a first for Darun-Na'im Girls' High School. We had so much fun 'going out into the field' and reporting on the major stories at

DNGHS. Enjoy the read, be entertained, and remember to make *du'ah* that we continue to grow and flourish, *in sha Allah*.

# FROM THE PRINCIPAL'S DESK

*Bismillahi Rahman ni Rahim*

In the name of Allah, Most Gracious, Most Merciful

**A**lhamdulillah, life at Darun-Na'im Girls' High School has been busy as usual. Besides the normal schooling programme and testing, the girls have had the opportunity to participate in various outings and activities: archery, keep-fit classes, visit to Body Worlds exhibition, hike up Rhodes Memorial, arts and craft classes, sports day preparation, to name a few!

It is wonderful to see our girls becoming active and enthusiastic about school. I want to take this opportunity to laud them for their efforts and to encourage them to continue to take responsibility and ownership of their environment.

School life is what we make of it. If we choose to be positive and open-minded we will find school to be a wonderful and amazing place. Not just for learning, but for developing and growing our personalities and for building relationships.

School should be the best years of one's life and, no matter how much time has gone by, one should be able to look back at their time at school with great fondness.

This reminds me of *my* school days... all those many years ago! I loved school. I always looked forward to going to school and I was hardly ever absent (hint, hint!). Being involved in sports, cultural activities and leadership programmes helped me to develop confidence and encouraged me to learn about the world. My friends were a huge highlight of each day and even after so many years, we still stay in touch.

This is the experience I would love each and every learner to have at DNGHS. No school is

perfect—mine certainly wasn't—and we had so many rules that we had to obey (I'm sure our girls can identify with this)! But I looked for the positive and appreciated the opportunities that were afforded to me.

Education is a right of each and every Muslim male and female. Islam strongly encourages us to seek knowledge so that we may know Allah and thereby worship Him to the best of our ability. But along with this right of education comes the responsibility that we will use it wisely and that it will be a means of benefit to others as well as ourselves.

Our beloved Messenger (Sallallahu 'alayhi wa Sallam) has said something to this

effect:

“A believer's thirst for knowledge is never quenched. He continues to hear and learn until he enters *Jannah*.”

[Narrated by Abu Sa'id al-Khudri (*RadiAllahu 'anhu*) in *Tirmidhi*]

Before signing off, I want to take this opportunity to acknowledge Mu'allimah Ruqaiyah and her Literature Club for the sterling work they have done in producing our very first newsletter. It has been a culmination of weeks of hard work and a wonderful team effort. I am thrilled and grateful to be surrounded by determined young women who have shown great initiative. Keep up the good work girls and I look forward to reading many more editions!

**-Mu'allimah Ameena Bagus-du Toit**  
Principal

***"If we choose to be positive and open-minded we will find school to be a wonderful and amazing place."***

# GETTING CRAFTY

-Rabia Badroodien

ON a Friday afternoon after school, some of our girls take part in an awesome art get-together. The Art Club is hosted by Auntie Kareema Allie, Zaahira Allie's mom, and she delightfully explains to the learners about scrapbooking, knitting, sewing and sand art, all of which sounds very interesting.

We learned many useful skills; among the things we learned to do was to make a door-hanger. "The first lesson was very boring; we made a fancy card," said Ameerah Karriem (grade 9).

identities and ideas. It's a fun hobby to keep us occupied during our spare time and during the holidays.



"The second lesson was better than the first; we could choose to make either a door-hanger or a bookmarker."



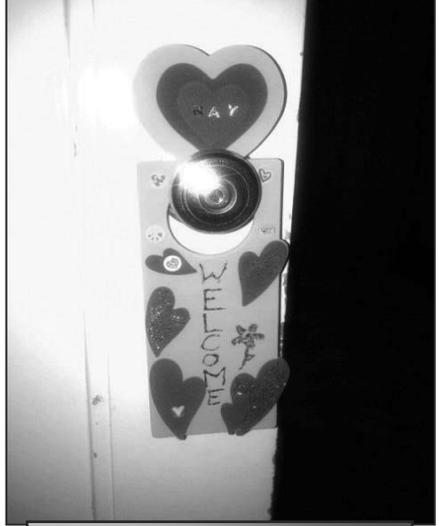
Made by Ammaarah Maroof (grade 8)

The students who take part in this club are very talented and they ended up with beautiful works of art at the end of the session. "All the girls chose to do a door-hanger," Ameerah continued, "that is why I chose to do a bookmarker." The Art Club allows us to be expressive and creative and it gives us a platform to show our unique



Door-hanger made by Zaynab Allie (grade 8)

Muneebah Pause in grade 8 said, "I really enjoy the Art Club and I like everything about it because you can learn different stuff every Friday."



Door-hanger made by Raygaanah Marlie (grade 9).

# BODY WORLDS EXHIBITION: THE PLASTINATION TECHNIQUE

-Mishkah Mohidin

The Body Worlds exhibition, by Gunther von Hagen, started in Rome. Von Hagen is a German anatomist who invented plastination, the method for preserving biological tissue specimens. The exhibition shows whole bodies which are plastinated in life-like poses and dissected to show various structures and systems of the human anatomy. Van Hagen's exhibition is now world-renowned as the "Body Worlds" exhibition. This exhibition is on display at the V & A Waterfront; it has been there since October 2012 and it was extended until the end of March 2013.



The human body reflects our inner-most nature, its growth and decline, its external beauty. The fascination of its organs has aroused man's curiosity for thousands of years. In anatomy, scientists have repeatedly attempted to fully grasp the processes within the human body. Thanks to the plastination technique, a body can now be displayed fully in a way that is more fascinating than ever before.

People have donated their bodies, and the bodies of their foetuses to help people understand the body inside and out.

In society we are told that abortion can take place before the foetus reaches three months, because a heart is only developed in the fourth month. That is untrue! Once the foetus reaches four weeks, the eyes and heart have already developed. Because people donated their bodies (and that of their foetus) for

plastination, we were able to see a four-week-old foetus with the tiniest body one has ever seen.

## How does plastination work?

Usually, the body has been deceased for two to three days when it reaches the institute for plastination. A substance is then applied to stop decomposition and plastination of the body takes several weeks.

To properly expose the structures within the body, great care is needed. It has to be perfect. After dissection the plastination process begins. The bodies are first dehydrated in acetone; the specimens are then impregnated with silicone in a refrigerated vacuum chamber. The acetone is then sucked out of the body allowing the plastic to fill every section of the body, even the tiniest of cells. After vacuum impregnation, it has to set in a pose. Once the pose is fixed, all the anatomical structures—every nerve and vessel—has to set in its correct position, which is complicated, using pins, ropes, needles and foam pads to put it in its correct place. Designing is an intellectual and precise endeavour, which requires planning to perfection. It usually takes weeks for the plastinate to be set with its anatomical dissection. Producing a full body plastinate takes 8 to 12 months.

All this information might seem boring as you read it here, but it is truly and absolutely amazing. Saying the words "*Allahu Akbar*" even seems inadequate when seeing how the inside of one's body works, the way everything coincides, the way Allah has created each one of us. It is amazing. It is perfection. As a grade 11 learner, learning—well, not even learning, just seeing everything, I don't and can't understand why there are still people in the world who do not believe in Allah, *SubhanAllah*.

The Body Worlds exhibition is still at the Waterfront until the 31<sup>st</sup> March. Please go, it's an unforgettable experience and learning curve.

# All the Girls went up the Hills...

## ...Well, most of them anyway.

–Raygaanah Marlie

ON Tuesday, the 26<sup>th</sup> of February, the junior learners of DNGHS went on a hike up Rhodes Memorial along with Mua' llimah Nasrien, Mua' llimah Shaheeda, Mua' llimah Leilah and Mua' llimah Ruqaiyah. The heat was an extreme scorcher, but it was an exciting adventure going up the mountain; something different to the usual sitting in class with the books.

The girls had lots of fun. Even after all the pain and sweat we still had the energy to run down the mountain and enjoy a picnic by the lion statues.

There were many learners who went only halfway up the mountain due to being prematurely exhausted after we initially took the wrong path. There were about twenty enduring girls, however, who went

right to the top! We applauded them and give them a virtual pat on the back.

The hike had several educational facets to it. There was a lot to learn about the heritage of Cecil John Rhodes as well as the geographical aspect of altitude and direction. Most importantly, though, we learnt and pondered about the creation of Allah (*Subhaanahu wa Ta'ala*). He who made the heaven and the earth is truly Great and we praise Him alone. The view from the top of the mountain was extremely breath-taking; we could

see right along the coast lines. This beauty was a reminder to us of the One who created it. *Alhamdulillah*.

We make *shukr* to Allah (*Subhaanahu wa Ta'ala*) for granting us such a great opportunity, and a big *shukran* to Mr. Allie for the transport.



# THE SUPER SUMMER MARKET DAY!

-Zahra du Toit and Ammaarah Bagus

ON Saturday the 23rd of February at the Wittebome Civic Centre in Wynberg, our school held its annual market day. The market day kicked off at 10:00 a.m. with the hall buzzing with so much excitement, stallholders getting ready for their customers, customers getting ready for the stalls—and such a variety of things to choose from! One couldn't resist indulging, giving in to the temptation, spending money and treating oneself and one's family to all that was on offer. Within those four walls of Wittebome Civic, there were over one hundred stalls on display. That left a lot of shopping temptation within an enclosed space with a lot of women.

From the comments and reactions of stallholders and buyers, the market day was a big success, *alhamdulillah*. Many agreed that there was a wide variety of goods to choose from, doing well to cater to the diversity of interests and needs of women. Some stallholders, however, expressed that they would have preferred it if their food orders could have been delivered to their stalls, rather than them having to queue for it at the kitchen counter while leaving their stalls temporarily unattended.

We enquired from the patrons about how they heard about the market day. A good number of women had heard about our market day through our sister schools, the various satellite schools of the Darun-Na'im Arabic and Islamic Studies Institute. Some of

the women were students of the Institute, while others were daughters, mothers, sisters—or some other family—of students at the Institute. It is thrilling to know that information can be spread so vastly simply via word of mouth.

Adding to the excitement of the day, it was the first time that the DNGHS Learner *Shurah* Council had their own stall. It went well for their first time, *alhamdulillah*.

This year it felt like the school took a big jump, compared to the previous years that we had a market day. We've consistently learned from our previous market days and have improved each time, *alhamdulillah*, though there is still much that we can learn for the next

time we hold an event like this. Allah willing, it will be just as great and fun as everyone has come to expect of the DNGHS market days.

We have so many people to thank for enabling us to host an event like this. So many hours of planning and hard work went in to it by the staff of the school, the *Shurah* committee, as well as their families. It is a huge help for the school in terms of fundraising, and it was loads of fun for us learners as it added fun and good memories to our year. The market day is one of our biggest events of the year and we, the learners of the school, always look forward to it and similar events like it because we get to help the school and feel that we are part of building something great.



# A WALK THROUGH PALESTINE

-Mu'allimah Ameena Bagus-du Toit

Palestine is a great land. It is the land of our first *qiblah*. The land of the *Anbiyaa* ('*alayhim as-Salaam*). The land that *Rasullullah* (*SallAllahu 'alayhi wa Salaam*) had to travel to, where he led all the *Anbiyaa* in *salaah*, and where he ascended to the heavens, in order to meet Allah (*Subhaanahu wa Ta'aala*).

Allah refers to the sacredness of *Al-Aqsa* in *Surah Al-Isra* (*surah 17*), verse 1:

“Glory be to God who has taken His servant for a journey by night from the sacred mosque to the farthest mosque, whose precincts We have blessed—in order that We might show him some of our signs: for He is the one who Heareth and Seeth all things.”

As Muslims, we all have an awareness of the situation in Palestine. We are aware that our brothers and sisters in that country have been oppressed for many years and that the lands which they were born on, as well as the lands which they have cultivated, have been taken away from them.

We become angry and frustrated at the idea that the world has just stood by and allowed this tragedy to happen. We hurl insults at America and Israel for their blatant injustice and unfair treatment of the Muslims. But are we justified in blaming the Western forces for the situation in Palestine? Are they to blame for the fact that, at one stage, there were five to six people making *salaah* on Islam's third

holiest site? Are they still to blame for the fact that so many young women choose to not wear *hijaab*, or that so many young Palestinian males prefer to adopt a more modern lifestyle?

Perhaps we are not qualified to answer these questions as we are not living under an oppressive regime where our every human right is denied and violated. Our lands have not been stolen and our right to self-determination has not been denied!

The reality of Palestinians is bleak and dismal. One cannot imagine surviving under such circumstances, let alone raise a family and continue to live what loosely resembles a normal existence.

Yet the Palestinians that I met on my 5 week journey through the country in June 2010, told another story:

Our purpose of travel was for *da'wah*. To be a reminder to ourselves of the greatness of Allah (*Subhaanahu wa Ta'aala*) and the beauty of the *Sunnah* of *Rasulullah* (*SallAllahu 'alayhi wa Salaam*), which would ultimately serve as a reminder to our Muslim brothers and sisters.

We were most warmly received and welcomed. Great care and effort was made to ensure our every comfort and need was well taken care of.

Travelling through this land, one could easily understand why it is so coveted. There are trees laden with every kind of fruit imaginable. The soil is so fertile that just by spitting out a pip one could expect a tree to grow. Olive trees are a favourite. They are everywhere. There are some olive trees near *Al-Aqsa* that date back to the time of *'Isa* ('*alayhi Salaatu wa*

*Salaam*), *SubhanAllah!* The knowledge that the *Anbiyaa* of Allah (*Subhaanahu wa Ta'aala*) walked this sacred earth filled me with emotions that I could not describe. I felt honoured and humbled at the opportunity of walking on the same earth that was once walked on by the chosen of Allah (*'alayhim as-Salaam*). Despite the fact that this was a strange land to me, I felt as if I had returned home. The soldiers with their stoic expressions, huge guns and tanks could not deter me from returning again and again, *in sha Allah*.

I expected to encounter people who had given up on life. Who were angry and distraught? *'How could they still be smiling?'* I wondered. They seemed satisfied.

I discovered the reason for their contentment: Many of the people we met had turned their attention to Allah (*Subhaanahu wa Ta'aala*). They realise that all conditions come from Him, and that it is only He who can change it.

We can learn so many valuable lessons from our brothers and sisters in Palestine. We should learn to appreciate the many bounties and favours which Allah (*Subhaanahu wa Ta'aala*) has bestowed upon us. Appreciate the freedom that we have in our country, where we are able to practice our faith, wear our *hijab*, call the *athaan* loudly, establish Islamic schools, and so much more.

Let us not be too comfortable with the level of our Islam. Faith needs effort and striving for it to grow and thrive. If we do not feed our souls, they will rust.

For many of the people we met on

our journey through the beautiful and *mubarak* lands of Palestine, which is now called Israel, this has been the realisation: These people are turning to Allah for their every need and asking Allah to remove their hardships. They have a deep love and concern for their fellow countrymen, and very comfortably and sincerely will give *da'wah* in the most gentle and respectful manner.

It is a harsh reality in Palestine, as it is in many Muslim communities, that a great many Muslims do not make *salaah*. *Al-Aqsa Masjid* has the capacity for 5000 *musallis*, yet there are only a few *safs* for each *salaah*. Allah (*Subhaanahu wa Ta'aala*) promises us success if we guard

our *salaah*, so why do we not put our trust in the promise of Allah?

We have been deceived by the temporary existence of this life. All our energies have gone into making our stay in this short life comfortable, with

very little preparation for the eternal life in the Hereafter. We moan and complain and look for others to blame when our comfortable lives are disturbed, not realising that we should be looking within.

Allah (*Subhaanahu wa Ta'aala*) says in the *Qur'an* that He will not change the condition of a people unless they change it themselves—what are we waiting for? Now is the time for change! Let us, too, realise, like our brothers and sisters in Palestine, that Allah (*Subhaanahu wa Ta'aala*) grants victory to those who hold fast to his commandments and to the *sunnah* of *Nabi Muhammad (SallAllahu 'alayhi wa Sallam)*.



**SISTER NALAN DAL FROM TURKEY VISITED DARUN-NA'IM AND SHARED SOME THOUGHT-PROVOKING AND HEART-WRENCHING STORIES WITH US. HERE IS WHAT SOME OF OUR GIRLS HAD TO SAY ABOUT IT AFTERWARDS.**

“

What touched me the most was the story of the young boy who lost his life. The last words he wrote in his journal the night before his death were extremely and heartbreakingly sad. He started the entry with his *shahaadah*, as if he knew he was going to die. And the way he spoke of his obvious love for his mother and Islam. I did not know who he was, but I would have loved to.”

–Ayesha Jones



“

A Turkish lady came to the Darun-Na'im Masjid to talk to us about her experience with Muslims who are struggling overseas. What stood out most for me was how she told us that she moved away from Turkey for eleven years because she could not wear *hijab*. Who knew even women in Muslim countries have hard times wearing *hijab*?”

–Ammaarah Bagus

“

She was a Turkish lady who had to leave her country for eleven years because she wore *hijab*. And there was no place for her to study the *deen* there. There was also an 18-year-old boy who went on the convoy with the Turkish lady and one day, at the time of *Fajr salaah*, the boy died. It was so sad and I became so emotional while listening to her story.”

–Ameerah Koorowlay



“

Sister Nalan Dal spoke to us about herself and her *hijab*. She had to leave her country because she wanted to wear *hijab*. She had to leave her family and friends and was away from them for eleven years. It really touched my heart because she was so devoted in wearing *hijab* that she left everything. She also told us a story about a man who was devoted to Islam and you think to yourself, ‘Would I do that for Islam, or for Allah (*Subhaanahu wa Ta'aala*)?’”

–Rabia Badroodien

# FUN, FREE AND FREAKY

-AYESHA JONES AND ZAHRA DU TOIT

Yay! It's the holiday! It's the time of the year when there's no school and all you want to do is have lots and lots of fun, fun, fun!

Don't spend all your time holed up in your room, eyes glued to the computer; or your fingers constantly typing texts to your friends.



There are lots of fun things to do that do not necessarily have to involve technology. Go out for lazy walks on the beach, soak up some vitamin D; wear t-shirts that say weird things like, "Will you be my stinky cheese?". Run wild as though Hitler himself is after you with a gun.

It doesn't matter. Spend time reading, exploring your inner self, exercising, playing games, laughing like a loon, dancing like the crazed.

Spend time with your family and your friends. Do things you've never

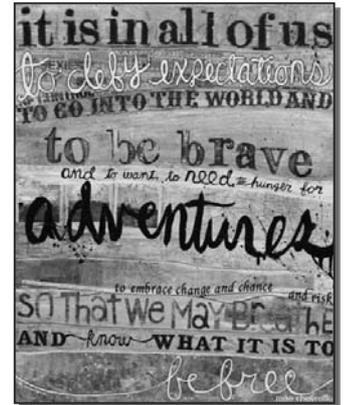
tried before, do voluntary work, give a homeless person your sweetest smile and your last chocolate truffle; visit the orphanage; make silly jokes with little kids who'll charm you with mesmerising smiles; take a trip to the old age home and have hilariously serious conversations with a sweet, old lady; drop in some spare change at the counters at the supermarket.

Be spiritual. Read *Qur'an*, keep your promises, make *thikr*, meditate, and always try to follow the straight path.

Try new, exotic foods and bake an apple pie. There are loads of enjoyable desserts that are healthy. There is no special need to eat junk food other than that it's delicious.

Don't eat sugary fizzers and salty crisps; snack on nuts and dried fruits instead.

It doesn't matter. The point is to have fun; be free, be freaky.



EAT  
WELL  
TRAVEL  
OFTEN

# MATHS

by Qudsiya Brey



**5 - 1 = 4**

Why does Maths have to be so hard?

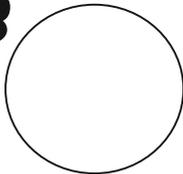
Well, we have to know it so we don't become a retard.

Maths is a subject that has all the boring stuff;

Integers, equations—it's just so tough!

All you see are numbers and angles,

**8**

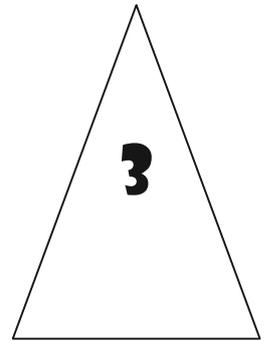


Squares, circles, and lots of triangles!

Diameter, circumference, radii...

And 3.14 is the value of Pi.

Maths is a funny subject,  
It doesn't only contain numbers,  
But it also has the alphabet!



## PUNNY HUMOUR

- Energizer Bunny arrested—charged with battery.
- A pessimist's blood type is always b-negative.
  - Corduroy pillows are making headlines.
  - Every morning is the dawn of a new error.
- Reading while sunbathing makes you well, red.