

#### ALBAYAN: "NATIONAL WITH WORLDWIDE HORIZONS"

إنها البيان. "الوطنية بآفاق عالمية"

# RAMADAN KAREEM!

رمضان كريم!

15 APR 2021

BAHRAIN BAYAN SCHOOL'S WEEKLY





## RAMADAN LIVE BROADCAST



تابعونا يوميا في البث المباشر الساعه الثانية ظهراً على قنوات السوشل ميديا و طوال ايام الاسبوع عدا الجمعة والسبت

Follow us daily on the live broadcast at 2 pm on our social media channels and throughout the week except for Friday and Saturday

ها هو شهر رمضان المبارك يلقي بظلاله الوارفة بالإيمان.. الباعثة لليقين.. الناشرة للطمأنينة شهرٌ نرجوا فيه من الله أن يزيل عنا به الغمة.. وأن يكشف الوباء عن الأمة. شهرٌ نثمن فيه الجهود المضنية لغريق البحرين الوطني راجين من العلي القدير أن يكتب أجرهم و يجعل جهدهم في موازين الحسنات ويبلغكم الشهر الكريم وأنتم في أفضل حال..كل عام وأنتم بخير ....لا تنسوا التطعيم



# BAYAN OUTREACH PROGRAM (RAMADAN)



















بشائر النجاح من برنامج البيان للتواصل مع خريجي البيان خارج البحرين. نتمنى للجميع رمضان مبارك وسعيد وآمن. واذا وصلتكم نقصتنا شاركونا فرحتكم والبيان دايما بيتكم ومكانكم.



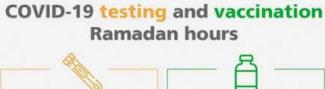
The Alumni Outreach Committee has sent out Ramadhan boxes to our dear Alumni around the world, which were received with great joy! We wish everyone a blessed, happy and safe Ramadan!





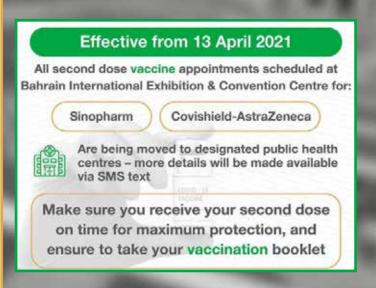
# GENERAL NEWS IN BAHRAIN











#### Vaccination timings and locations during Ramadan

Specified PCR testing sites as well as vaccination sites have been announced.

Locations of certain vaccinations have also been moved.

More details will be able via SMS.

Please make sure/don't forget to get vaccinated!



## **HEALTH TIPS DURING RAMADAN**





#### **Follow Traditional** Ramadan Schedule

Enrich your days and night with prayer and meditation for a rewarding Ramadan. Be ready to receive the blessings and favour.

#### No Binge-eating at Iftar

Over-indulging on food is against the rules of fasting and leads to obesity. The Iftar meal should be light, combined with fluids to ensure healthy diet.

and Fitness

**Maintain Health** 



## 10 Tips

Have a check on your health and fitness to keep yourself energetic during the day of fasting.





#### **Get Ample Rest**

**Less Sugar** 

and are low in nutritional content.

Foods high in sugar content

should be avoided. They only elevate calorie intake

> Make yourself equipped for fasting on all days during Ramadan by having adequate rest and sleep.

Stay Hydrated

Consume as much as water between Iftar and sleeping

time to help keep hydrated

and reduce thirst during the

following day of fasting.



#### **Never Skip** Suhur

Suhur helps in keeping you active during fasting hours in the day. Serves as the source of energy, taking Suhur reduces excessive thirst as well.



Continue cycling, biking, treadmill and elliptical workouts. Perform these low intensity training preferably before Suhur or at a time that best works.



#### **Get Fruits** and Fiber-Rich Food

**Break the Fast** 

Dates help stabilise blood-glucose

It should be followed by consumption

level and prevents overeating.

of fruit juice or vegetable soup.

with Dates

Take in lots of fruits and fiber-rich foods to complement water intake as well as to help the body detox.





















# RAMADAN RECIPES! RECIPES TO MAKE WITH

**VIMTO** 

## Vimto Popsicles

#### Ingredients:

2 cups of yogurt

4 tablespoons of Vimto syrup

1 cup of raspberries (fresh with crushed ice, or frozen)

1 tsp vanilla syrup



## How to make

Add the raspberries to a blender, mix everything together in a bowl and then add them to a popsicle mold (or a simple ice cube tray instead)! Freeze them for four hours and enjoy after Futoor!!

## Did you know?

Vimto is a soft drink that contains the juice of grapes, raspberries and blackcurrants, flavoured with herbs and spices. The original recipe was invented in 1908 by (John) Noel Nichols.



# RAMADAN RECIPES! RECIPES TO MAKE WITH

**VIMTO** 

### **Vimto Cheesecake**

<u>Ingredients:</u>

12-18 biscuits 100g unsalted butter

\*For the Vimto Cheese filling:

1/2 cup yogurt 300 g cream cheese 500 ml whipping cream 1 tsp vanilla 6 tbsp Vimto Cordial 1/4 cup hot water 1/4 cup cold water



### How to make

Crush the biscuits and mix with melted butter, Place crushed buscuits in a baking dish and chill in the refrigerator

\*For Vimto Cheese Filling:

Whisk plain yogurt, cream cheese, vanilla and Vimto cordial in a bowl

Whip the cream in another bowl until stiff then mix slowly on the Vimto cream cheese mixture. Pour the Vimto mixture over the crackers base then leave in the refrigerator for at least 4 hours, Garnish Vimto cheesecake with mixed berries and serve cold.



## POPULAR GAMES DURING RAMADAN





#### Carrom

Carrom is a indoor tabletop game. It is between billiards and table shuffleboard. The game was started in India. The game is played in many countries across the world. It is played for fun and as a competitive sport. Carrom uses simple equipment which lets many people play.

### **Dominoes**

Dominoes is a game played with small tiles called dominoes. The earliest known reference to dominoes dates back to the Yuan Dynasty in China in the 1200s AD.





## RAMADAN RESTAURANT OFFERS!





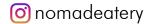








20% discount on take away and direct delivery, order through instagram page or direct call and order (pickup). For Bayan staff and teachers. 10% discount on dine-in (iftar open til 2am).





# RAMADAN RESTAURANT OFFERS!











### Crepafe

25% Discount on menu price for takeaway/ Dine in for the staff / students on showing their School ID's.

ocrepafe\_bh



# RAMADAN RESTAURANT OFFERS!





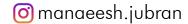






#### **Manaeesh Jubran**

20% Discount for staff / students on showing their School ID's.





# HOPE YOU ENJOYED THIS WEEK'S INFO BOX

## Looking forward to your feedback!

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