

## **INFO BOX**



The celebration of Eid Al-Fitr marks the end of Ramadan. Eid is an Arabic word meaning "festivity", while Fiá¹r means "breaking the fast". The holiday celebrates the conclusion of the 29 or 30 days of dawn-to-sunset fasting during the entire month of Ramadan. This is a day where Muslims around the world try to show a common goal of unity.

The first Day of Eid starts with Eid prayers early in the morning where Muslims gather and exchange greetings & wishes of happy Eid "Eid Mubarak" with each other. Non-Muslims can watch Eid Prayers at the mosques (e.g. AlFateh Mosque) As a Bahraini tradition during Eid, families have a traditional breakfast meal together - Balalet - which is a traditional Bahraini dish. By noon time families and friends gather for lunch (Ghozi) & adults give money (ranges from 100 fils to more than BD20) for children in celebration of Eid.

Different types of snacks will be served during the day to the family members, such as the traditional deserts (Halwa, Zalabya), fresh fruits, traditional nuts (matay), and different kinds of beverages (Arabic tea and coffee, juices, and water).

Before lunch or after four in the afternoon, men gather in popular Majalis, located in different neighborhoods, to exchange greetings as well. The days of Eid will be declared a national holiday.



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What are the traditional dishes served in Ramadhan?

in this section you will discover exciting new dishes every week . this week our dish will be Sagoo Halwa

Bahraini halwa is basically made using corn starch instead of sago, but Sago Halwa has its own taste. And halwa has to be there in every kind of occasion, it is considered as a hospitality code.

## Sago halwa Recipe

Preparation time: 1 hour - 1.30 hours

## **Ingredients:**

2 1/2 - 3 cups Sugar

5 cups Water

50 gram Unsalted butter

1 tsp Saffron

1 1/4 cup Sago

1 1/4 cup Rose water

2 tbsp cardamom powder

nuts (pistachios, almonds, walnuts), toasted



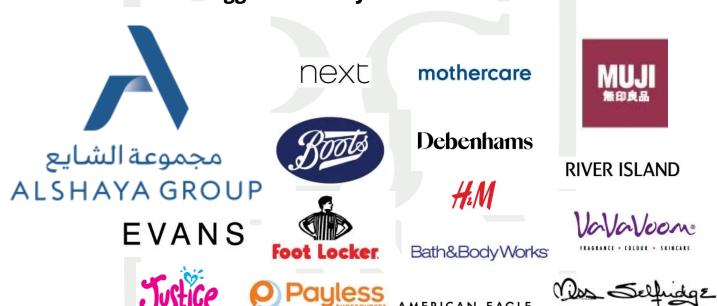


## **Preparation**

- Infuse the saffron in rose-water, and sago in normal water for about 30 min to one hour.
- In a big pot or wok on medium heat add sugar and stir until it melts and turns brown.
- Add butter to the sugar and stir until it becomes toffee, beat if necessary to remove lumps.
- Add one tbsp of cardamom powder and stir.
- Blend sago and water until it becomes white paste and add it to the toffee mixture, and cook until it becomes smooth and lumps free.
- Add rest of the cardamom and stir until it gets mixed well and then add infused Saffron and rose-water to the mixture and cook for some time.
- When you see it started becoming thick but soft and little chewy turn of the heat and pour it directly in the serving tray and top it with desired nuts and set it to cool down.



Due to the current situation with the Coronavirus (Covid-19) we recommend shopping from home! here are some suggestions for you ...



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**Covid-19 updates** 



His Majesty King Hamad praised society's collaborative efforts to limit the spread of the Coronavirus Disease (Covid-19).

His Majesty addressed citizens and residents through a speech broadcast on BTV today where he wished Muslims a blessed Eid.

"We express our sincere and deep gratitude for the collective efforts to adhere to precautionary measures to combat this pandemic and supporting efforts exerted by the national team to combat Covid-19," he said.





Authorities have announced an unconditional extension of the validity of all visit visas and residence permits as part of measures to combat the coronavirus disease.

The decision of the Nationality, Passport and Residence Affairs (NPRA) directorate comes in line with the directives of the Government Executive Committee.



For any inquiries you can always contact the Human Resources Department through email:

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