



BAHRAIN BAYAN  
SCHOOL'S WEEKLY

## FACULTY AND STAFF

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## INFO BOX

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MAY.07.20



## Ramadan phrases to learn

Check out this essential guide of phrases you need to know

### Iftar

This means "break fast". It is the meal at sunset to break the the fast.

### Suhoor

Pre-dawn meal before the fast begins for the day.

### Ramadan Kareem

A greeting that means "generous Ramadan".

### Ramadan Mubarak

Another greeting to wish people a happy Ramadan, which means "congratulations, it's Ramadan".

### Sawm

The word used for fasting and one of the five pillars of Islam.

### Zakat

This is another of the five pillars of Islam. It requires adult Muslims to pay 2.5 percent of their wealth to the needy. While It can be paid at any time during the year, but is more prominent during Ramadan.

### Salah

Prayer, another of the five pillars of Islam. Five prayer times are observed throughout the day, the first at dawn, then at noon, mid-afternoon, sunset and night.



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### **Tarawih**

Special congregational prayers held each evening during Ramadan, in addition to the five daily prayers.

### **\*\*Eid al-Fitr**

Meaning "feast of breaking the fast", this three-day celebration marks the end of Ramadan and the start of "Shawwal" - the tenth month in the Islamic calendar - with prayers, festivities, food and gifts.

### **'Siyam Kareem'**

Blessed fasting.

### **'Taqabbala Allah'**

My God accept your fasting/prayers.

### **'Embarak alaikum shahr Ramadan'**

May the month of Ramadan be a blessing for you.

### **'Eid Mubarak'**

Blessed Eid.

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**\*\*Eid al-Fitr for the year 2020 is celebrated/ observed on Sunday, May 24th.**



## Gergaoon

### The joyful celebration in Ramadan



**Gergaoon** is one of the most joyful celebration in Ramadan especially for kids in Bahrain. Of course with all the candies and the treats they are going to get at that night. Gergaoon is celebrated in Bahrain and the other gulf countries at the 15th night of Ramadan. Children will wander from house to house while signing the traditional song of Gergaoon to ask for Gergaoon treats. The streets at capital Manama, Muharraq city and all villages in Bahrain will be decorated with colorful lights and decorations that take you to the spirit of the celebration.



## **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 Luqaimat**

**Most Arabs enjoy Luqaimat in the Holy month of Ramadan, it is one of the popular desserts made in that month. If you could peak in any Arab Women's kitchen during the month of Holy Ramadan, you'll find a luqaimat batter resting on the kitchen table.**

### **Luqaimat...**

**is a popular Middle Eastern dessert consisting of deep-fried balls of pastry which are then covered with date syrup or honey. The dessert is traditionally made in the month of Ramadan, and consumed after iftar, or breaking the fast.**

### **Origins**

**The dish belongs to Arabian cultures.**

## Luqaimat recipe

### What You Need:

- 1 cup all purpose flour**
- ½ tsp instant yeast**
- ½ cup milk powder**
- 2 tbsp sugar**
- ½ tsp cardamom powder**
- pinch of saffron**
- lukewarm water as needed, approximately 1/3 cup**
- oil for deep frying**
- 1/2 cup date syrup or more for dressing**
- 1 tbsp sesame seeds for sprinkling**



### How To Make:

- **Add all purpose flour, yeast, milk powder, sugar, cardamom powder and saffron in a bowl and mix well.**
- **Slowly add water while gently mixing with your hand to get a sticky batter. The batter will be more like a dough than batter.**
- **Cover with a muslin cloth and allow to rest for a couple of hours in a warm place till it has doubled in size.**



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- **Heat oil and drop the batter by spoonful. (Dipping the spoon in water in between prevents the batter from sticking to the spoon and makes it easier to drop. Alternatively you can drop the batter in a zip lock bag. Cut out the corner of the bag and push to get a small ball of the batter in your hand. Drop this ball immediately in oil. You can dip your hand in water to avoid sticking.)**
- **Roll the dropped balls with a slotted spoon in oil for even cooking. Fry till they are dark golden brown in color. Remove from oil and place on a kitchen towel.**
- **Place them in a serving bowl and pour the date syrup on top, sprinkle with sesame seeds.**
- **Relish while still warm.**

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## Restaurants during ramadan

**Here is a list of restaurants open in the daytime, which you can order from during Ramadan , and guess what ! They offer our Bayan family a special discount too!**

**\*\*more restaurants to be added weekly**



**Exclusive offer to Bayan Family:**

**20 % Discount on direct orders and Take away:**

**To place your orders just call us on 17323217 every day from 1pm to 6pm and 9pm to 3am**

**\*\* Please present copy of your Bayan ID up on delivery or when collecting your items.**

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## Covid-19 updates

- Bahrain was ranked the 3rd among several countries including the US to have conducted more than 4,000 tests per million of their population for Covid-19.
- An automated chat service dedicated to providing information on Covid-19 has been introduced in Bahrain. The Health Ministry launched the service yesterday in collaboration with Facebook and WhatsApp.

**الحملة الوطنية لمكافحة فيروس كورونا (COVID-19)**

بالتعاون مع شركتي واتساب وفيسبوك عبر منصة الاتصالات العالمية لشركة انفوبيب  
**وزارة الصحة تدرش خدمة الواتساب باللغتين العربية والإنجليزية**

وزارة الصحة  
Ministry of Health

تتيح الخدمة لمستخدميها الوقوف على آخر المستجدات المتعلقة بفيروس كورونا (كوفيد 19) في مملكة البحرين والجهود الوطنية لفريق البحرين بقيادة سمو ولي العهد حفظه الله

يمكن الاشتراك في الخدمة المجانية المتاحة على مدار الساعة من خلال:

مسح رمز الاستجابة السريعة

**إضافة الرقم +973 32002001**  
إلى قائمة جهات الاتصال الخاصة بالمستخدم على تطبيق "واتساب" وإرسال كلمة "مرحباً" ليتم التواصل المباشر والرد القوي

مجمع واعبي  
Ministry of Health  
COVID-19

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#معا ضد الكورونا | #كلنا فريق البحرين

In collaboration with partners WhatsApp and Facebook through Infobip's global communication platform  
**The Ministry of Health delivers latest COVID-19 developments over WhatsApp in Arabic and English**

Public Awareness Campaign to Combat Coronavirus (COVID-19)

The service delivers up-to-date information to the population on the spread of COVID-19 and Team Bahrain's response to the global pandemic - led by HRH the Crown Prince

The chat services are free to use and available around the clock through:

**Adding contact number +973 32002001**  
To the user's contact list on "Whatsapp" and sending the word "Hi" for an immediate reply

**Scanning the QR code**

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#UnitedAgainstCovid19 | #TeamBahrain

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**Have a question ?**

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

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**or through the Bayan On Call**

**+97333244244**

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