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PepTalk English Academy

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WELCOME BACK TO SCHOOL!



Dear Students,

Welcome to a brand new school year! We at Pep Talk English Academy are so excited to have you back and ready to learn, grow, and achieve great things.

Remember, every day is a new chance to challenge yourself, explore new ideas, and shine brighter than before.

We wish you all the success, happiness, and confidence as you embark on this journey. Believe in yourself – because we believe in you!

Let's make this year amazing together!

Best wishes,

PEPTALK ENGLISH ACADEMY

Welcome to School!

Middle School One Girls

We were counting the days for your return...
And now, the first page of our new diary has turned with your arrival



The school has taken on new life with your laughter and enthusiastic looks. Every step you take, every hello and smile, reminds us that school is not just about classes and books; it is a home for growth, friendship, and creating memories that will bring smiles for years to come. 🌱

Autumn with you feels different for us; full of hope, kindness, and learning. 🍁 ✨
We love you and are proud of your precious presence. 🌸



THE NEW ACADEMIC YEAR

Boshra Radan

Hello, my name is **Boshra**.

My last name is **Radan**.

I am 12 years old.

I like **fast food**.

One of my favorite foods is **pizza**.

I eat pizza with my family.

Goodbye!



Fatemeh Kalmori

Hello, today I want to talk about my goals for the new year.

This year, I want to learn English better and get a good result in the Merit test.

I want to do sports and read new books.

I want to try new things to know what I like.

I want to be calm and not stressed.

Zahra Mostafavi

I want to tell you my three main goals for ninth grade.

First, I want to learn new English words. I think vocabulary is very important for speaking. I will try to study new words every day in my notebook.

Second, I want to speak in class. It is a little difficult, but I will try to talk to my teacher and my friends in English. I also want to listen well and understand simple sentences when people talk.

Finally, I want to get good grades in this class. I will work hard, practice often, and always do my homework. I am excited about my journey to learn English.



THE NEW ACADEMIC YEAR



Fatemeh Marvi

This academic year, I want to focus on improving my study habits and staying organized. I plan to complete all my homework and assignments on time and review my lessons regularly. My another goal is to improve my artistic skills and become better at drawing and painting. I want to learn new techniques, try different styles, and express my ideas through art. Finally, I hope to use art as a way to relax, be creative, and share my feelings with others.

Fatemeh Marvi

Fatemeh Abolghasemi

As far as I know, the 12th grade is an important year, and I, along with all my friends, should do our best in studying and everything else. There are a lot of hopes and goals that I want to achieve this year. In the last year of high school, I want to make more friends to keep for the future, and I desire to create some memorable memories. Anyway, I would like to be a hardworking person, and I want to be a successful person. We must also choose a major, which is a critical part of this year because we shape our future with this choice. In general, we should enjoy this year and study hard alongside it.

I wish all your dreams come true this year.



MY GOALS THIS YEAR...



Tahoura Danesh

I study to achieve my dreams. I study math and physics to become a spacewoman. I go to the gym because exercising is good for me to have a healthy body.



Mahya Sadat Pourhashemi

Exercise is good for you, and it's very good for your heart. When you breathe, you take in oxygen from the air, and your heart sends the oxygen around your body. When you exercise, your body gets more oxygen, and your heart gets stronger. Exercise also makes your muscles strong. Exercises also make you more flexible.



Mohadeseh Azimzadeh

Exercise is very good for our health. It helps us stay strong. When we exercise, our heart becomes healthier and it makes us feel happier. Doing some kind of physical activity every day can help us live a better life.

WELCOME BACK

Peptalk English Academy



Reyhaneh Zahra Asadi

On **Saturday morning**, after the exam, we **went to a camp** with our school. We **studied about** the things that scientists do in the **laboratory**. One of the things they do is **study the bodies of creatures**. They study these things to make **medicines that help humans get better**. With our school, we went to a laboratory.

Armineh Hemati

Hi! My first name is **Armi**, and my last name is **Hemati Barati**. My favorite color is **pink** and I also like **pastel colors**. My favorite food is **pasta**, and my favorite animals are **cats** and **rabbits**. My favorite movie is **Harry Potter**. I like **ice cream** for dessert. My favorite sport is **volleyball**, and I'm very good at it. I like **spring**—spring is really beautiful. My favorite subjects are **sports** and **Persian**. I can make candles, and I can cook too!

Closing Ceremony of the 2nd Ominet Tournament!



Sports is not just about physical movement; It is the beginning of the soul's flight, teaching how to rise after defeat, shine with empathy, and triumph with faith. ✨
On the journey full of effort and hope, the girls of Middle School One, Noor al-Hoda Tazkiyah, competed in the closing ceremony of the 2nd Ominet Cup during Physical Education Week, with perseverance, discipline, and a shining spirit, alongside friendship. 🏆🤝

May you always be champions in the path of growth, effort, and belief in the life of your own. ❤️
We sincerely thank the mothers and families who were supportive and with our daughters on *Thursday, 24th of Mehr 1404* (October 16, 2025). 🌸

HAPPY SPORTS DAY TO EVERYONE



Exercise is one of the best ways to keep our bodies healthy and our minds strong. When we move, run, and play sports, we improve our muscles, boost our energy, and feel happier. Regular exercise also helps us focus better in school and stay active throughout the day.

On this special occasion of Physical Education and Sports Day in Iran, we congratulate all students, teachers, and athletes who inspire us to stay fit and healthy. Let's celebrate by making exercise a fun part of our daily lives and encouraging others to join in!

Wishing everyone a happy and active Sports Day!



Fatemeh Gholami

When we exercise, our body becomes stronger. Exercise helps us sleep well and eat better. We feel happy and full of energy. Exercise is good for our heart and our mind. Even 20 minutes every day can make us feel good. We can walk, run, swim, or play football.



Fatemeh Sadat Mohamadi

Exercise is really good for your heart because when you breathe, you take in oxygen from the air. Then your heart sends the oxygen around your body. When you exercise, your body gets more oxygen, and your heart gets stronger. Exercise also makes your muscles strong, so you can lift heavier things. Some exercises make you flexible. This means you can bend your body, legs, and hands more easily.



It's very good and amazing to have a strong and flexible body! Exercise every day for an hour or more because exercise is perfect for you. For example, playing chess is a type of exercise, but this exercise is perfect for your brain! So exercise is good for your entire body. Find exercises you like, like running in the park, playing soccer, swimming, or riding your bike.



As you know and have heard from different people, exercising has many advantages for our health. Exercising has different types, and each of them helps you with whatever you want. For example, if you want to lose weight, you should go to the gym and use the treadmill or dumbbells. And if you want to grow taller, you can play volleyball or basketball too.

After all this exercising, it helps you increase your confidence and also find new great friends.

Anyway, these aren't all its advantages. It also has mental benefits that some people don't pay attention to. It helps us reduce concentration anxiety and improve our focus, especially in our studies.

And some good news for sleepy people: It affects your sleep quality.

So we conclude that we should prioritize exercising because it helps us lower the risk of chronic diseases and improve mental health.

**Yeganeh Zahra
Joharifard**



DO SPORTS !

Exercising helps the body stay healthy.

When we exercise, the heart and muscles become stronger. It gives us new energy and reduces tiredness. Exercise also lowers stress and sadness. After exercising, people feel happier and calmer. If we exercise regularly, our life can be longer.

Hosna Ghadiri



DO SPORTS !

I like **volleyball** and **basketball**.
I've learned volleyball for three years and basketball for one year at school.

Reyhaneh Rabiee

One good sport is **football**.
I love football!
How many of our footballers do you know?

Anila Bolouri

I'm **Yekta**.
My favorite sport is **skating**.
I can skate in the park **without help**.
I went to skate class three years ago.
I like to skate with my friends.
I like **ice cream** while I skate!
My skate's color is **black and purple**.

Yekta Esfandiyar

Why should we exercise?



Exercising is very helpful because it is one of the best activities. Exercising makes my body stronger. It helps me control my weight. One of the benefits of exercising is reducing stress. Exercising also helps us with heart health and blood circulation. Finally, exercising helps us live a longer life.

Fatemeh Gholami

Why Exercise is Important



Have you ever heard that exercising is good for your health?

Have you thought about it? Let's find out why!

Exercise is an effective way to maintain both physical and mental health.

Regular exercise strengthens our cardiovascular system, improves blood flow, and reduces the risk of diseases such as high blood pressure, diabetes, obesity, and even cancer.

It also helps maintain a healthy weight, increases muscle strength, and strengthens bones—all important for a healthy and energetic life.

In addition to its physical effects, exercise plays an important role in mental health.

When you exercise, your body releases endorphins, a natural chemical that reduces stress and creates a feeling of happiness.

Exercise also helps reduce feelings of depression and anxiety, and it improves sleep quality.

Regular exercise increases self-confidence by improving your abilities and helping you feel stronger to face everyday challenges.

The important thing is that you don't need to train hard or spend a lot of time.

Even a 30-minute walk or bike ride can change your day.

The key to success is choosing an activity that you enjoy.

We all need to exercise to live a better life.

Fatemeh Azadi



Have you ever thought about how important exercising really is?

We are human, and just like mental health, we need to work on our **physical health too**.

Doctors say that the best training for our brain is **physical activity** every day.

When we exercise, our body works harder—even the cells in our nervous system.

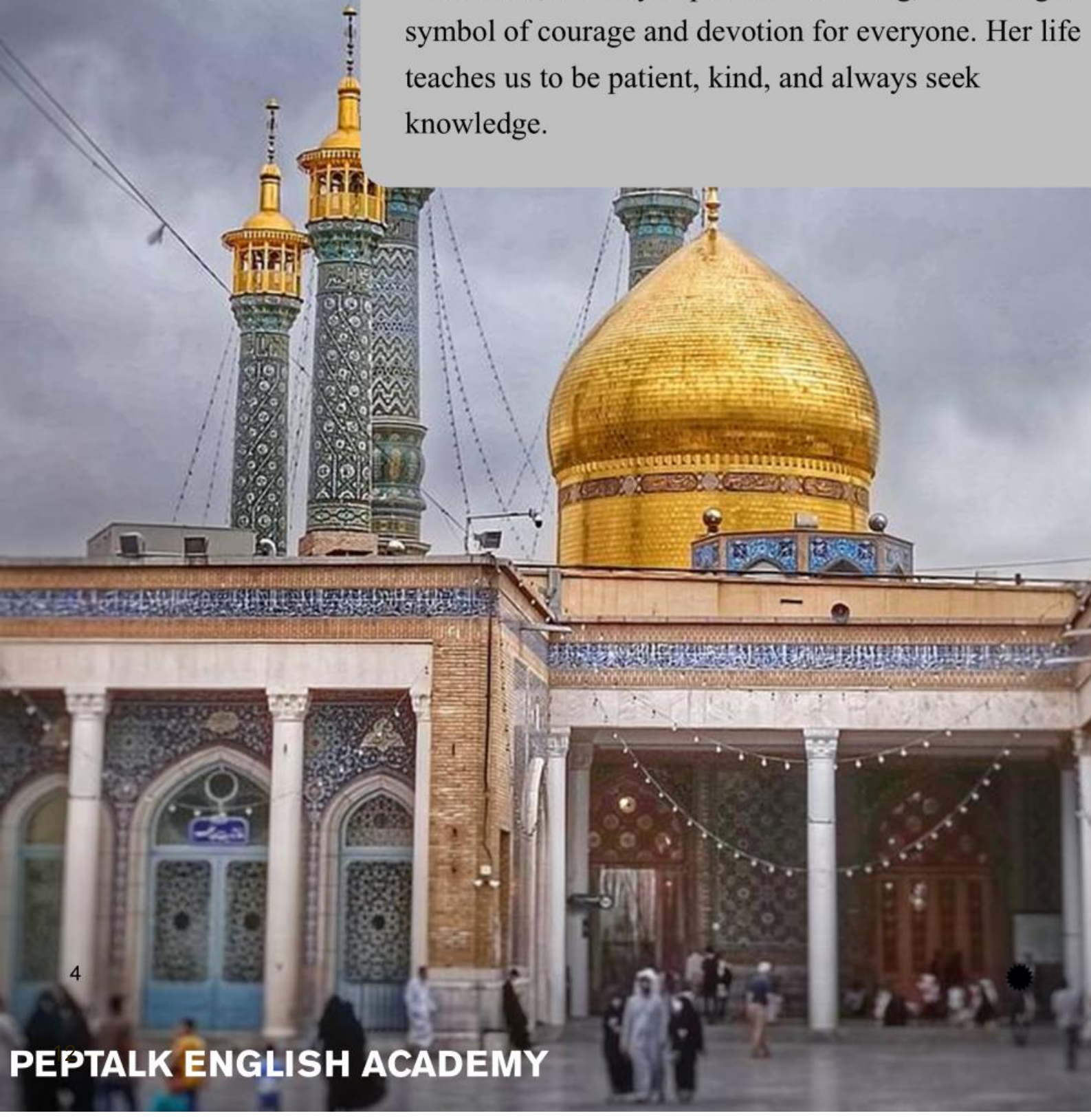
The nervous system is connected to the brain, and that's why exercise helps with both **mental and physical health**.

And this is just **one** of the endless benefits of exercise! Well... do you have any more excuses not to do it?

Melika Zarandi

HAZRAT MASOUMEH'S BIRTH ANNIVERSARY

Hazrat Masoumeh was a brave and kind woman who loved learning and helping others. She traveled a long way to reach the city of Qom, where she shared her knowledge and faith with many people. Despite facing difficulties, she stayed patient and strong, becoming a symbol of courage and devotion for everyone. Her life teaches us to be patient, kind, and always seek knowledge.





THE RECIPE OF MY FAVORITE FOOD !

Zahra Ahmadinejad

For making pasta, we need: spaghetti, cream, vegetables, milk, pepper, salt, and cheese. First, we should cook the spaghetti with water. Then, we drain the spaghetti and put it in the pot. Add other ingredients and wait for the cheese to melt. Then you can serve and eat it.

Peptalk English Academy

Zeynab Mofateh

I like **pizza**. I like **rice**. I like **hamburgers**.
I want to **study more**.
I want to be a **contestant**.

Zeinab Moallemi

Boil a big pot of water.
Add one spoon of salt to the boiling water.
Put the pasta into the pot carefully.
Stir it sometimes so it does not stick.
Cook for about 8-10 minutes until the pasta is soft.
Drain the water using a strainer.
Put the pasta back in the pot.
Add some butter, olive oil, or tomato sauce.

Mobina Eshtiyagh

I have many favorite foods, but today I want to tell you the recipe for one of my favorite special foods. One of them is Alfredo Pasta.

For the pasta, we need: chicken, pasta, and sauce. Oh! Of course, we need other ingredients for the pasta sauce. These are: mushrooms, flour, milk, and cream. Combining these ingredients will give you a delicious pasta!

Fatemeh Mirjafari

Pasta is good food and very yummy. My favorite food is pasta. Pasta is from Italy. Pasta has onions, milk cream, cheese, flour, mushrooms, and chicken. Pasta has a lot of protein and is very helpful.

First, mix flour, sugar, baking powder, and a pinch of salt in a bowl. Then, add milk, eggs, and melted butter. Stir the mixture until it is smooth. Heat a pan and pour some batter on it. Cook for a few minutes until bubbles appear. Flip the pancake and cook the other side until golden brown. Finally, serve with fruit.

Sarah Behgooy



Ingredients: Rice flour (200 grams), sugar (500 grams), cornstarch (1/2 cup), water (180 ml).
First, mix all the ingredients together until it becomes a paste. Cook the dough in a special way, then roll out the dough and mold it. Finally, fill the inside of the mochi dough with your favorite ingredients. You can also use cream, pistachio cream, or caramel cream.

Zahra Rasaf



Hi! My favorite food is **Alfredo pasta**, and I want to explain how we can make it:

First, cook the pasta. Boil water in a big pot, add some salt, then put the pasta in and cook for 8–10 minutes.

Drain the water.

In a pan, melt the butter, add the garlic, and cook for 1 minute.

Pour the cream into the pan, stir, and cook for 2–3 minutes.

Add parmesan cheese, then add the cooked pasta to the pan.

Mix well so the pasta is covered with the sauce.

Add salt and pepper to taste.

Mona Bagheri

The topic is “Your Favorite Food,” but my favorite food is **Ghormeh Sabzi**, and everyone knows that recipe!

So, I decided to write about a more interesting dish called **Anar Bij**.

Anar Bij is a delicious southern Iranian food made with **pomegranate seeds, rice, aromatic herbs, and spices**.

This gives it a sweet and sour taste.

First, the pomegranate seeds are cooked until soft.

Then they are mixed with rice and spices.

Finally, the dish is **garnished with walnuts**.

It’s a **special dish**, often served to important guests during traditional celebrations.

Forogh Ajdari



MY FAVORITE FOOD!

Now, after preparing all the ingredients, let's start the preparation steps:

Mix all the dry ingredients together, then add the remaining ingredients except the butter.

Mix together until it becomes a dough.

Knead the dough with butter for at least 5 minutes until it becomes smooth.

Now, the dough needs to rest in a warm place for an hour to fully rise. After resting, shape the dough into your desired shape and place them on the baking tray.

6. Let the dough rest again until it doubles in size.

7. Place the croissants in a hot oven for 40 to 50 minutes. (It's best to brush them with butter beforehand.) After taking them out of the oven, let them cool. You can serve them with chocolate sauce and fruit.

Bon appétit!

**Reyhaneh
Golroonia**



Hello there! I'm Mahtab Khodaei.
First of all, I'm **not a picky person at all!** I eat whatever my mom makes... well, not always.

I don't have one specific favorite food, but if I had the opportunity to **choose between all the foods I like**, I would pick a dish that, first of all, is **made by my mother**—ugh, her cooking is amazing.

Secondly, I don't want it to contain a lot of meat. I'm not a vegan, but I really don't like meat.

Thirdly, I don't want it to look ugly—I want it to be crispy too.

Guess what?

I just realized what my favorite food is: **French fries!**

Mahtab Khodaei



Today I want to tell you about my favorite food—**pizza!**

How to make it:

1. First, we need to make dough with flour and water.

2. Shape it into a circle.

Put cooked chicken or meat, pizza cheese, bell peppers, and mushrooms on top.

Now, we put our pizza in the oven for **30 minutes**.

And now... our pizza is ready to eat!



Reyhaneh Sheykhi

Pasta is one of my favorite foods. I love it because it's easy to make and very tasty.

Pasta comes from **Italy**, but some people believe that **noodles** were first made in **China** thousands of years ago.

Later, pasta became very popular in Italy. Italians learned to cook pasta with tomatoes, cheese, meat, and vegetables.

Today, pasta is famous all over the world.

There are many types: some are long like **spaghetti**, and others short like **penne** or **macaroni**.

There are also fun shapes like **farfalle**, which look like little butterflies.

Let's cook pasta!

Boil some water in a pot and add a little salt.

Add the pasta and cook it until it's soft.

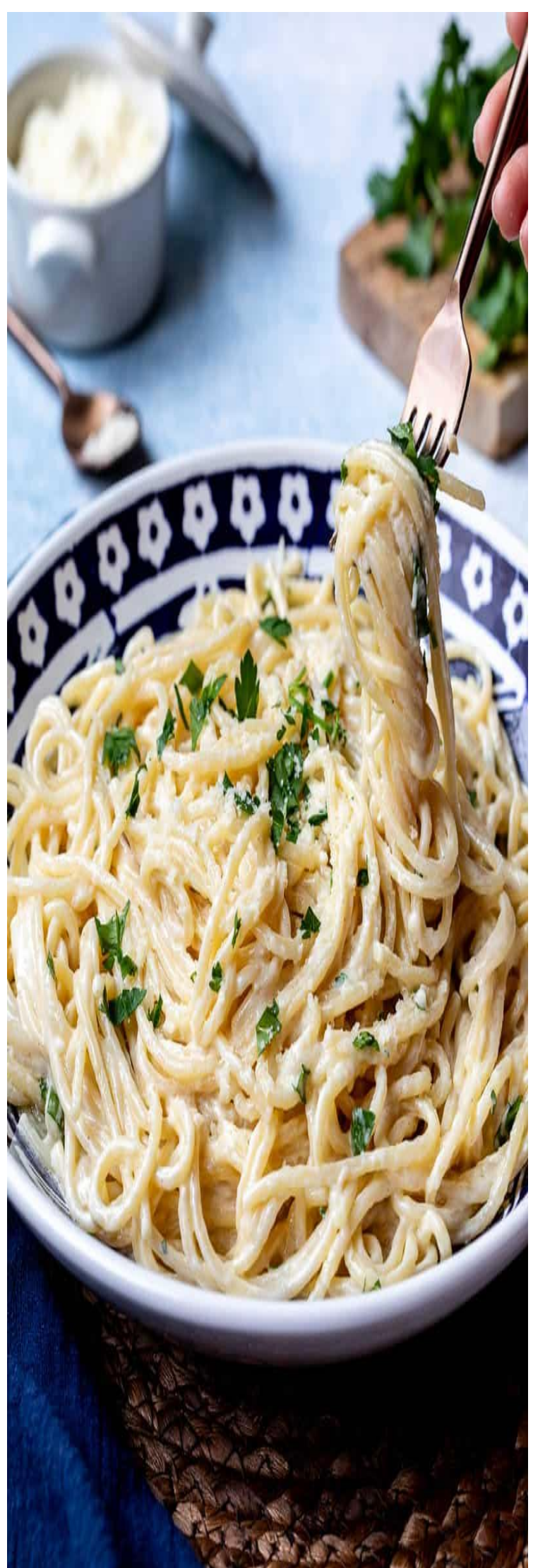
While it's cooking, make the sauce: cook onions and tomatoes in a pan, and add salt and pepper.

When the pasta is ready, drain it and mix with the sauce.

Finally, if you like, sprinkle cheese on top.

Now you have a delicious pasta—enjoy it with friends or family!

Sana Bakhtiyari



PASTA IS MY FAVORITE!

In this text, I want to talk about my favorite food recipe, and it is pasta. I know everybody has at least tried pasta, whether in a restaurant or a cafeteria. But I can say that pasta in cafeterias or restaurants is not always very delicious. I have a recipe for this, and we're going to learn and talk about it.

The ingredients for pasta are: pasta, milk, cream, chicken, mushrooms, parmesan cheese, and parsley. First, we must boil the pasta. While the pasta is boiling, we cut the chicken into small pieces. Then, we cook the chicken and add spices to it. At the same time, we chop the mushrooms. Try to chop the mushrooms into small pieces because if they are too big, you might feel like you're eating mushrooms instead of pasta. Pour butter into a frying pan and add the chopped mushrooms. Cook them on high heat until the water is absorbed, for about a minute.



After that, serve it in a pretty bowl, and I suggest sprinkling some chopped parsley on top and some parmesan cheese.

At the beginning of the text, I said that pasta made in restaurants or cafeterias isn't always delicious. But now you can see that my recipe is not much different from the pasta we eat outside. In my opinion, the time spent cooking pasta and the hunger and impatience we feel at every moment makes the pasta taste ten times more delicious to us, rather than going to a restaurant and waiting for our food in a hurry.

**Fatemeh Sadat
Fareghiyan**



Hello, my topic is **Favorite Food: Gormeh Sabzi**. First, we put the beans in water to soak them. Then, we fry the vegetables and finally, we mix the vegetables with water, turmeric, salt, and spices until they are cooked.

Reyhaneh Baghei

Sauté the onion in oil until golden. Add turmeric and mix.
 Add the meat and cook until browned.
 Add the sautéed vegetables and mix well.
 Add water to cover and add pierced dried lemon (amani lemon).
 Add kidney beans.
 Cook the stew over low heat for 2-3 hours until the meat is tender.
 Add salt and pepper.
 Serve with rice.

Put the lasagna sheets in boiling water and cook until done. Then, fry the meat, bell pepper, onion, and spices in oil until cooked. Place the boiled lasagna sheets in a non-stick pan and pour the meat mixture over them, then add another layer of lasagna sheets.

Sprinkle the pizza cheese on top and place it in a preheated oven. Bake for 30 minutes at 150°C. Then, arrange it on a plate. To make it more beautiful, decorate it with parsley leaves and serve with sauce. Now our delicious lasagna is ready!

Zeinab Bastami



Tiam Astarki





First, to make the Nutella milkshake, pour 4 scoops of vanilla ice cream into a blender. Add a quarter cup of milk and a teaspoon of breakfast cream to the ice cream, and blend. Add a tablespoon of Nutella to the ice cream in the blender and pulse twice until the Nutella is well mixed. Dip the mouth of the glass into a chocolate dish and then dip it in grated chocolate. Pour a little chocolate sauce into the glass. After decorating the glass, pour the Nutella shake into it. Decorate with pastry cream, Nutella, and grated chocolate.

Zeinab Sasan



Hello, my name is Saba, and my last name is Sarabi. I like cooking and baking.

Today I'm going to teach you how to make a quick and delicious breakfast. This breakfast is very tasty!

Egg, flour, sugar, salt, oil, honey, milk, baking powder, vanilla. Mix all the ingredients.

Then, heat a frying pan on the stove and pour the mixture into the pan to cook.

Now we have a delicious breakfast! We can decorate it with fruit, Nutella, and honey.

Saba Sarabi



=

I love spaghetti because it's delicious. No matter how it's made, it always makes me feel good—especially with sauce! **How to cook it:**

Fill a pot halfway with water and boil it.

Chop the onion and fry it with the minced meat until the color changes.

Add salt, pepper, and spices.

Chop and add the mushrooms.

Add tomato paste and cook until the meat changes color.

Break the spaghetti in half and boil it until soft, then drain it.

Let the spaghetti rest in the pot for a few minutes.

And now, your tasty spaghetti is ready to enjoy!



Zahra Akbarzadeh



**“The most pious among people is the one
who refrains from the forbidden.”**

— Imam Hassan Askari (AS)





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