

# Al Amanah College

Success Through Knowledge

## NEWSLETTER

*"Pursuing Academic Excellence: Al Amanah College is committed to pursuing academic excellence and nurturing the individual abilities in a caring, educational and Islamic environment."*

### From the Principal's Office

Dear Parents, Students, Staff and Friends of Al Amanah College;



Praise be to the Lord Allah, The One with whom we seek protection, sustenance and guidance, I ask Allah to raise the rank of Prophet Muhammad and protect his nation from that which he fears for it.

Welcome to our March newsletter for 2017. In this edition we continue to share with you the achievements of our students, as well as provide you with some important information about the 2017 academic year.

In addition, we welcome back two of our dedicated Islamic studies teachers. Sheik Muhammad Eid and Sheik Samer Alshafie, who have recently returned from Egypt, after undertaking a training programme to become accredited Imams.

Term One always seems to be very busy and this year has been no exception. The SRC inductions, ceremonies and breakfasts were great successes. Student leaders enjoyed a beautiful breakfast with some executives, teaching and non-teaching staff, I thank the SRC coordinators for making this event a successful one. A special *thankyou* to our parents and caregivers for your ongoing support of Al Amanah College. We value your commitment and look forward to working with you to help and support your child in 2017.

Al Amanah College has recorded outstanding results in the 2016 NAPLAN examinations, with some outstanding individual and group achievements in literacy and numeracy. Students have made the College and its community very proud. We have worked towards continuous improvement and academic excellence in all areas of schooling. Congratulations to all the stu-

dents of 2016 and good luck to the 2017 students.

Finally, on a special note, I would like to personally thank all parent helpers and volunteers for their continued support and for the time spent participating in reading groups, school assemblies and various school events. We look forward to working with all involved with Al Amanah to maintain and enrich the strong sense of community that has always set our school apart from the rest.

Regards,

Ayman Alwan  
Principal

### 2017 Premier's Reading Challenge

The PRC is back again at our School! The challenge is a great way of inspiring your children to read more books and promoting a love of reading for pleasure and leisure. Please encourage your children to enter the challenge. They will receive the Challenge Competition Certificate if they can complete the Challenge before 21 August 2017.

You can still return the permission notes during the challenge period if you have not already done so. Those who have returned their permission notes to their class teachers can start the challenge immediately. Passwords are available from the class teachers.

As the students will be busy with Book Week celebration in August, it is better to start early so that the number of the required books can be completed before the challenge ends. It closes on 12 August 2016, so get ready!

### Dates to Remember

Tuesday 4 April	Years 7 - 12 Parent/Teacher Night
Wednesday 5 April	SRC Excursion Year One Excursion
Thursday 6 April	Secondary Girls' Athletic Carnival
Friday 7 April	Last Day of Term One
Monday 10 - Thursday 13 April	School Office Open 9:00am - 2:00pm
Friday 14 - Monday 17 April	Public Holiday
Monday 24 April	Term Two Starts Pupil Free Day
Tuesday 25 April	Public Holiday
Wednesday 26 April	Term Two/Students Day One
Thursday 27 April	Secondary Boys' Athletic Carnival
Friday 28 April	Issra <sup>^</sup> and Ma <sup>^</sup> raj Celebration
Monday 1 May	Year Nine History Excursion
Wednesday 3 May	14's Futsal
Thursday 4 May	16's Futsal
Monday 8 May - Friday 12 May	Year Eleven Half Yearly Examinations
Tuesday 9 May - Thursday 11 May	Years Three, Five, Seven and Nine NAPLAN Examinations



## Parents' Breakfast with the Principal and the Executives



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

All praise is due to Allah, the lord of the worlds and may Allah raise the rank of our master Muhammad and protect his nation from that which he fears for it.

A special event – Parents' Breakfast with the Principal, Mr Ayman Alwan and the executive team at Al Amanah College, was held on Friday 24 February 2017 at the grand hall of the Liverpool Campus.

Mr Alwan welcomed all parents in attendance and delivered a short speech about the importance of these sessions and communication with parents. He also suggested few tips on parenting. The event was very successful. Everyone enjoyed the informal discussions with the principal and his executive team.

The 'Breakfast with the Principal' session is a new initiative and will be made by the will of Allah a tradition in the school for the years to come.

The objectives for these sessions are:

- To share with parents the school's direction and special programmes for the pupils.
- To address any concerns that parents may have.

To conclude a short but rather eventful morning, photos were taken with the parents and the executive team who participated in this gathering.

We look forward to seeing more parents attend these sessions.

## Two Special Assemblies

Two special assemblies were held at the grand hall to welcome back two of our religion teachers and Mr Alshafie and Mr Eid.

Mr Alshafie and Mr Eid left their families behind embarked on a journey for an extensive period to Al Azhar University in Egypt. This was to take part in an intensive course whereby they became accredited Imams and acquired the title of Sheikhs and Imams.

In celebration of Sheik Alshafie and Sheik Eid, Mr Alwan presented them with various gifts and memorabilia.

We extend our congratulations to Sheikh Alshafie and Sheikh Eid for the effort they have put in and the great achievements they have accomplished.





## Indonesian – Majles Ulama

### Al Amanah College

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

All praise is due to Allah, the lord of the worlds and may Allah raise the rank of our master Muhammad and protect his nation from that which he fears for it.

Dr Sheikh Salim Alwan, Chairman of Darulfatwa - the Islamic High Council of Australia, accompanied by five members of the Indonesian Majles Ulama:

Mr. Zulfa Mustofa Yusuf – General Secretary,

Mr. Robi Nurhadi – Secretary,

Mr. Muhammad Lukman Masyhur –

Treasurer Mr Deden Edi Soetrisna – Secretary and his wife Mrs Rike Roslimawati - Member of the committee,

Sheik Ibrahim Al Shafie – Deputy Chair of Darulfatwa and our School religious advisor and

Sheikh Bilal Homaysi,

Sheikh Amjad Arafat, the Azhary Imams:

Sheik Chadi Al Kasem, Sheik Abdulatif Al Nachar, Sheik Muhamamd Eid, Sheik Samer Alshafie, Sheik Amr Alshelh,

Mr Muhammad Chams, and

Mr Bassam Adra visited Al Amanah College - Liverpool campus on Tuesday 7 March 2017, 8 Jumadal-‘Akhira.

Sheik Amr Alshelh, Al Amanah College School Imam, welcomed all the special attendees, and spoke about some of the school’s achievements. Sheik Amr’s words were followed by some presentations from Al Amanah College’s students. The presentations began with a beautiful recitation of the verses from the holy Qur’an by a year twelve graduate and Hafith of the Holy Qur’an, Muhamamd Hazarvi. Various presentations by other students from all grades followed including the recitations of some of Prophet Muhammad’s Sayings – Peace be Upon Him in addition to the recitation of Imam Fakhruddin Ibn^Asakir’s paper in the creed of Ahlu-s-Sunnah and the poem of Imam Abdul-Ghaniyy an-Nabulsiyy in the essentials of the belief. A short video projection highlighting some of Al Amanah’s achievements over the past years was also shown. The gathering concluded with a lunch catered by al Amanah college’s talented employee Mrs Abdallah.

As a token of appreciation and gratitude for the prestigious visit, Mr Ayman Alwan and Dr Sheikh Salim Alwan Al Hussainy presented each special guest with a token of appreciation and gratitude, along with the 2016 school’s yearbooks, the BIRR ‘*The Way Forward*’ book and an Al Amanah pen. The guests personally thanked Al Amanah College, the religious advisors, administrators and students for their efforts and hard work in educating young Muslim Australians in spreading the true knowledge of Islam- peace and harmony.

To sum up a short but rather eventful afternoon, photos were taken with the leadership team, teachers and students who participated in this gathering.





## Harmony Day - Primary School

On Tuesday 21 March, the staff and students at Al Amanah College celebrated Harmony Day. This is the day we celebrate Australia's

cultural diversity. The central message for Harmony Day is that 'everyone belongs'. Today there are over 24 million

people living in Australia who all contribute different ideas, languages and custom.

Al Amanah College was privileged to have a visit by the SBS news crew. Students from different nationalities were interviewed and had the chance to portray what inclusiveness is all about. Students proudly displayed cultural objects and discussed their value and importance. Students were very excited to talk about their cultural traditions and what it means to be an Australian.

Students celebrated Harmony Day by wearing orange, which is the colour representing Harmony Day and participated in a range of activities. Harmony Day was also celebrated by selling orange food such as cakes and orange spider drinks. Students also had the chance to participate in art and craft activities and learnt about what makes Australia a diverse country. Students discussed the differences and similarities people have and learnt that Harmony Day is a day where we celebrate inclusiveness and a sense of belonging.

We thank all the SRC students and teachers who contributed to making the day a great success. A big thank you to all the parents who generously donated a cake.





## Primary School SRC Induction Ceremony - 2017

Al Amanah College has taken pride in providing our student representative leaders with an opportunity to enhance their skills and develop as admirable representatives of our school.

On Thursday 2 March, Al Amanah community came together for the 2017 SRC induction ceremony which was held in the grand hall. The SRC Induction Ceremony was hosted to acknowledge students who have been selected by their peers as members of the Student Representative Council for 2017. Parents and family members were welcomed to share this wonderful and exciting occasion to celebrate their children's achievement.

The ceremony began with a beautiful recitation of a few verses from the Holy Quran by a Year Five student - Noor Al Kasem. The school's principal Mr Ayman Alwan congratulated and welcomed the students who were elected for SRC by informing them of their role in working collaboratively with the school to improve our school. Mr Muhammad Halabi then addressed the audience providing them with an insightful lesson on the importance of being a pious leader and the benefits of the following the teachings of Al Amanah College. An introduction and a short speech were made by Ms Sahyouni and the SRC coordinators; Ms El Sabeh and Mrs Alterio. The student captains were then welcomed onto the stage and were greeted by Mr Alwan who proudly handed the badges to the class and school captains. To end the ceremony, the 2017 school captains Samira Eid and Hadi Tabbara presented memorable speeches which highlighted their goals as leaders of the primary school. At the end, parents and students came together to enjoy refreshments.

Our SRC students are highly motivated to begin 2017 with the skills and knowledge they have acquired over the years at Al Amanah College. We congratulate the following students on obtaining a highly respected position within Al Amanah College.

**School Captains:** Hadi Tabbara  
Samira Eid

**School Vice Captains:** Omar Alwan  
Avan Rawanduz

### Year 3H

**Class Captains:** Iman Rifi  
Elhan Katovic  
**Class Vice Captain:** Aisha Bilajac  
Deen Beganovic

### Year 3P

**Class Captains:** Ghazi Rifi  
Ruqayah El Omari  
**Class Vice Captain:** Amina Muuse Abdalle  
Yousef Kandakji

### Year 4A

**Class Captains:** Mariam Mallah  
Nizar Halabi  
**Class Vice Captain:** Moustafa Chamma  
Aysha Hamouda

### Year 4N

**Class Captains:** Aseel Kanj  
Hasan Hanon  
**Class Vice Captain:** Aya Elfaki  
Ahmed Kandakji

### Year 5K

**Class Captains:** Halloum El Masri  
Zayaan Ahmed  
**Class Vice Captain:** Sedra Schanan  
Moses Baltaji

### Year 5W

**Class Captains:** Maysa El Masri  
Adam Khashashneh  
**Class Vice Captain:** Maheen Noman  
Mohammed Al Najar

### Year 6J

**Class Captains:** Phutima El Yassir  
Taha Sahyouni  
**Class Vice Captain:** Amar Masri  
Mustafa Al Khateeb

### Year 6S

**Class Captains:** Dora Rajab  
Ziyad Mohammed  
**Class Vice Captain:** Siham Nachar  
Yousef Elmalhy

**School Council**



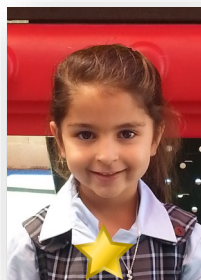


## Star Student of the Week



### K - 1

Week 3



Jannah Tessine

KH

Week 4



Jana El Masri

KK

Week 5



Laylah Alzoubaidi

KM

Week 6



Muhammad Ayan

1B

Week 7



Rokaya Abdallah

1R

Week 8



Mohammed Alkalaly

KM

Week 9

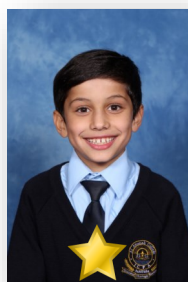


Roukaya Alkinani

1R

### 2 - 6

Week 3



Adam Elkordi

5K

Week 4



Maheen Noman

5W

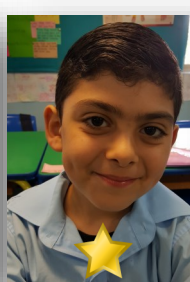
Week 5



Maria Noman

3P

Week 6



Hammam Maarbani

3H

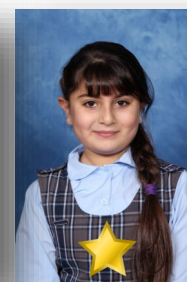
Week 7



Ayza Imran

4A

Week 8



Noor Mouslamani

4N

Week 9



Liyana Kabbout

6S

## National Day of Action against Bullying and Violence

### National Day Against Bullying

On Friday 17 March, Al Amanah College took part in the National Day Against Bullying. Teachers and students took part in activities that addressed and educated students about bullying. Knowing exactly what bullying is and understanding why it happens is critical to finding positive and lasting solutions for everyone involved. All primary students viewed various videos that educated them on different aspects of bullying including what bullying means, how to stop it from happening, ideas and strategies to prevent bullying, what you can do as a bystander and who to speak to if it continues. Teachers and students had class discussions about the topic, clarifying any enquiries or questions the students had. Every class then made their own anti-bullying poster and they were required to come up with a quote or saying about bullying. Some students were chosen to complete the drawing section of the poster. It was both an informative and engaging day for all students.

BULLYING. NO WAY!



## Cronulla Years Ten and Twelve Fieldwork Excursion

The Year Ten and Year Twelve students undertook their Geography field work investigation on Thursday 23 February, at Cronulla coastal dunes ecosystem. Both the year groups completed their fieldwork methodologies such as sketches, transects, observations and recording with the assistance of Mr. Rajab, Miss. Ech and Mr. Nand.

The day started off with academic pursuits such as understanding the impact of the elements of weather and human impacts on the sand dunes ecosystem. Students then investigated the management strategies implemented by the local government and volunteer groups such as coastal care.

Students will now proceed to use their fieldwork data, class notes and their own learning from independent research to complete an assessment of learning which carries a significant weighting in their semester one academic achievements.

The excursion was a fun day of learning for both the students and teachers alike.



## رحلة الصف الثامن إلى المطعم



كتب شادي خزعل الطالب بالصف الثامن:

قررت إدارة مدرستنا إقامة رحلة إلى مطعم "الخيال" لتتعرف على الطعام الشرقي، فخرجنا أنا وأصدقائي ومعلمتي في صباح يوم مشرق. أعطتنا معلمتنا ورقة أسئلة عن الرحلة التي سنقوم بها. وانطلقنا في تمام الساعة التاسعة والنصف صباحاً وبدأت رحلتنا الجميلة. عندما وصلنا طلبت منا المعلمة النزول في انتظام ودون إحداث فوضى. دخلنا المطعم والتقطنا بعض الصور التذكارية لنا ثم جلسنا حول الطاولة وبدأوا بتقديم المقبلات. ومن المقبلات: التبولة والحمص والبابا غنوج. ثم الطبق الرئيسي: صحن مشاوي لذيد. بعد انتهاء الأكل، طلبت منا المعلمة تجهيز أنفسنا للعودة إلى المدرسة حيث اصطفنا وصعدنا إلى الحافلة بهدوء، لقد كانت حقاً رحلة رائعة سنتذكرها ما حيناً!

## Secondary School SRC Induction Ceremony - 2017

The 2017 Al Amanah College Secondary School SRC Induction Ceremony was held on Tuesday 28 February, in the School's grand hall. The induction ceremony was officially opened by the newly elected Year Eleven captains Abdullah Rajab and Talia Saad. The presentation began with a beautiful recitation of the verses from the holy Qur'an by Abdulahi Mohamed. It was a ceremony dedicated to acknowledging the forty two students who have been elected by their teachers and peers. These students will be effectively representing their respective cohort by communicating their diverse needs and demonstrating their leadership and communication skills within the school and wider community.

To further emphasise the importance of leadership skills, the school Principal Mr Ayman Alwan acknowledged and congratulated the newly elected SRC members who will be working collaboratively with the school in initiating changes for the betterment of the school and the wider community. This was followed by an enlightening religious lesson presented by the school's Imam- Sheikh Amr Alshelh, whereby he focused on the importance of continuously obtaining religious knowledge and remaining humble in obtaining a position in the SRC. This was followed by the Year Twelve - school captains who each gave an insightful speech about the significance of upholding the school core values through their newly appointed leadership positions. The Year Twelve girl school captain Sara Kahil provided a heartwarming speech in the Arabic language, in which she focused on the role and values of women in Islam through the examples of honorable and pious Islamic women figures. Yusuf Abdullah's speech encompassed the implementation of Al Amanah core values of integrity, compassion, wisdom, work ethic, positivity and commitment by the SRC and the students as a whole. In addition, a short video projection highlighting some of Al Amanah's SRC achievements over the past year was also presented.

The ceremony ended with students being officially inaugurated into the SRC by receiving their badges. The following students must be congratulated on their achievement of obtaining a prominent position within the most respected school student society and most importantly, in becoming a leader of the school and wider community.

**School Captains:** Yusuf Abdallah  
Sara Kahil

**School Vice Captains:** Mahmoud El Saj  
Rouwayda Saad

### Year Seven Boys

**Captain:** Zakariah Kandakji  
**Vice Captain:** Mohamed Mhimid  
**SRC:** Mohammed Hussein

### Year Seven Girls

**Captain:** Shorooq Khashahneh  
**Vice Captain:** Sara Alaany – Vice Captain  
**SRC:** Javairya Rajpoutbhatti

### Year Seven M

**Captain:** Fatima Azzhara – Captain  
**Vice Captain:** Fawzi Abu Swireh  
**SRC:** Ahmad Sultan

### Year Eight Boys

**Captain:** Muhammad Alwan  
**Vice Captain:** Ahmad Massalkhi  
**SRC:** Ibrahim El Sayed

### Year Eight Girls

**Captain:** Malak Kabbout– Captain  
**Vice Captain:** Nourel Houda Al Hafedh

### SRC: Heba El Saj

### Year Eight M

**Captain:** Aiyah Marabani  
**Vice Captain:** Adam Chahine  
**SRC:** Rossel Al Obeidi

### Year Nine Boys

**Captain:** Houssam Jamous  
**Vice Captain:** Abdullah Qadri Rajpoutbhatti  
**SRC:** Muhammad El Mazloum

### Year Nine M

**Captain:** Danna Rajab  
**Vice Captain:** Tia Saad  
**SRC:** Mariam Abdallah

### Year Ten Boys

**Captain:** Shadi Khazaal  
**Vice Captain:** Abdulahi Mohamed  
**SRC:** Gazi Baltaji

### Year Ten Girls

**Captain:** Princess Zahab -  
**Vice Captain:** Batoul Chams –  
**SRC:** Zaara Mazhar

### Year Eleven Boys

**Captain:** Abdullah Rajab  
**Vice Captain:** Yusuf Sabbagh  
**SRC:** Yusuf Bebti

### Year Eleven Girls

**Captain:** Talia Saad - Captain  
**Vice Captain:** Henad Hage-Obeid  
**SRC:** Banine Alfartose

### Year Twelve Boys

**School Captain:** Yusuf Abdullah  
**Vice Captain:** Mahmoud El Saj  
**SRC:** Mohamad Srour

### Year Twelve Girls

**School Captain:** Sara Kahil  
**Vice Captain:** Rouwayda Saad  
**SRC:** Sarah Baltaji





## SRC Breakfast

Friday 10 March, 2017, officially marked the annual administrative SRC breakfast. The occasion provided the opportunity for the newly elected SRC primary and secondary students, the executive staff and teachers to express their ideas and considerations about future initiatives and fundraising ideas for the school.

The official ceremony was opened with a speech from the Year Twelve School Captain Yusuf Abdallah, who introduced Al Amanah principal Mr Ayman Alwan to the stage. Mr Alwan provided the students with a speech that emphasised the importance of leadership and playing an active role within the school and wider community. In addition, his heartwarming religious lesson focused on the significance of not missing out on any of the obligatory acts of prayers. This was then followed by the official opening of the breakfast buffet by the administrative staff and students.

The event was very successful and was thoroughly enjoyed by the teachers and students. A big thank you goes out to all the students and parents who donated and contributed the tasty food, desserts and drinks for the event. The event was concluded with students working harmoniously together in cleaning and packing up.



## Clean Up Australia Day at Al Amanah College



Once again this year, students at Al Amanah got involved in Clean Up Australia Day by working together to collect and remove rubbish in our school grounds and from local parks. During the week starting Monday 27 February and up until Friday 3 March 2017, each grade was allocated a time and day in which they actively participated in Clean Up Australia day. During this time, teachers educated their students by informing them about the impact that rubbish has on our environment and the importance of working together as a team to ensure our school and community stays clean.

Clean Up Australia Day was an insightful experience for students which provided them with a sense of pride and achievement by contributing positively to their school and acknowledging the importance of keeping our school grounds clean.





## 2017 Girls' Swimming Carnival

Despite the gloomy weather Al Amanah students participated in the swimming carnival at Revesby Leisure Centre. This was an enjoyable event for all students and teachers. Al Amanah girls engaged in multiple activities such as: backstroke, freestyle and novelty races. Students were also allowed to bring water guns.

At it is year twelve's last year, Miss Kabbara put together a fun activity which was the swan leg race. It was very amusing to watch our peers fail miserably.

Seven to Twelve students dressed up for their house in, their team colour as their team was being judged. From colourful wigs to tutus all students looked very nice.

Mariam Chamma, Zaara Mazhar and Asma Inaizi were in charge of the go pro camera and they recorded videos and took photos of the students swimming and cheering on their team.

We thank Miss Kabbara for this pleasant event and all the effort she put in to make this an unforgettable experience. We hope to have many more of these events in the future.

Zaara Mazhar and Mariam Chamma  
Year Ten students





## 2017 Boys' Swimming Carnival

The 2017 boys' swimming carnival was surely a day to remember. From the occasional shower to a new lunch option it was truly different from the previous years. The day kicked off as soon as we got to the pool. It began with Year Seven freestyle and moved up all the way to the Year Twelve. Then it was time for the backstroke. After a few setbacks from the rain we were back in business and it was time for the finals. From the sound of Mr Rajab 'starting' to the chants in the grand stands the race was amazing. After that was over it was time for novelty events which were just a fun way to finish off the events. Finally, the burgers arrived! After they were devoured we jumped into the pool for an hour of free time which was when the fun really began.

We finished swimming, changed and arrived to school feeling exhausted after all that swimming. Overall, the 2017 boys' swimming carnival was a very thrilling day filled with fun and excitement. A big *thankyou* to all those helped make such a special event.

Mohab Sidaoui  
Year Ten Student





## Harmony Day – Secondary School

Tuesday 21 March marked the official celebration of Harmony Day. Harmony Day is intended to encourage cohesion and inclusion in Australia and promote a tolerant and culturally diverse society. The continuing message of Harmony Day is 'Everyone Belongs.' Today this central message was showcased through the overflow of students from both primary and secondary, wearing the colour orange which is symbolical of celebrating diversity and multiculturalism. Students enjoyed an array of activities and cakes and drinks at recess and lunch time. A special mention goes out to the SRC and non-SRC students who actively participated in assisting in the cake stalls.

Mr Alwan would like to thank all the students and teachers who donated to the event today.





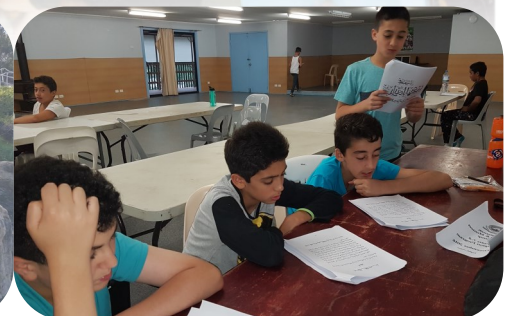
## Al Amanah Leaders and mentors camp

From Wednesday December 14 to Saturday 17 2016 - a group of twenty-one students from Years Seven and Eight embarked on a *Leaders and Mentors* camp. They went to Cataract Scout Park with Al Amanah College Imam-Sheikh Amr Alshelh and Al Amanah College welfare officer- Sheikh Chadi Kassem. The camp was based on a new initiative implemented by the school's Imam in order to educate and instill Islamic ethics and manners in order to provide the foundation to build a stronger cohort of leaders amongst the school and wider community.

The camp involved the students undertaking approximately three sessions of religious lectures per day in the area of the personal obligatory knowledge. Each session was closely followed by an individual study session whereby each student was asked to memorise what they had learnt from each lecture. As a result, most of the boys accomplished the whole programme, which will enable them to participate in the next *Al Amanah's Leaders and Mentor* camps. These will take place later this year. In addition, students were given an opportunity to learn, and grow into a team that looks towards bettering the Australian Muslim community in the future. The camp involved many different learning activities including team-bonding and leadership skill sessions, which were complemented by participating and enduring the challenging giant swing and water slide.

We ask Allah to strengthen us and to protect our children and enable them to spread the true knowledge of Islam, in a peaceful and harmonious way.

Sheikh Amr Alshelh  
Al Amanah College Imam





## Mindful Eating

It is not uncommon these days to be constantly grazing on food without taking time to enjoy a full meal – it is definitely not mindful eating. Often pre-packaged, these convenience foods are lacking in nutrients linked to increased risk of diet related diseases. Being time poor, more of us are eating on the run, or in front of our computers or televisions – and often when we are not hungry. Instead, we should be choosing to eat mindfully; brining our attention and focus to the present moment. Practising mindful eating can help to bring back an appreciation and enjoyment of food.

### 1. Sit at the dinner table for your meal

It is important to pay attention while eating, rather than grazing mindlessly. Put the phone down, log off your computer, turn off the television and enjoy

your food. That way, you will be less likely to overeat. Take the time to talk to family members about their lives and have a conversation. A meal should be a positive and enjoyable time for all.

### 2. Rate your hunger level

If your child says she/he is hungry, ask them to rate her/his hunger level on a scale of one to ten with one being very hungry, five being satisfied and ten being so full that they feel sick. Do this throughout the meal and if they are not hungry, do not force them to eat a whole meal. If your child is hungry, they will keep eating. Encourage them to stop eating once they rate their hunger as five and not to keep eating until they reach level ten.

### 3. Let kids serve themselves

If your child is old enough, allow them to serve themselves

how much they would like to eat. While you can provide guidance so that they have enough veggies on their plate, allow them to decide how much will fill them up.

### 4. Encourage slow eating

Set the pace for the meal by eating slowly yourself. Take time to chew food properly and put your cutlery down before each mouthful. Aim to take at least twenty to thirty minutes to finish eating your meal. Make this a rule so your children know they will be sitting there for thirty minutes so they might as well eat their food slowly instead of rushing off to see what is on television or check their phones.

### 5. Discuss the food

At the dinner table, discuss how much you like or dislike a certain food. Ask your child to describe the taste or texture and

if they do not like it, encourage them to explain why that is the case.

### 6. Make nutritious snacks easy to access

By having fruits in bowls on your kitchen bench or vegetable sticks cut up and in the fridge, your child is more likely to eat these foods. Stock your pantry and fridge with nutritious snacks.

### 7. Do not buy “occasional” items

By having confectionery, chips and other less nutritious items in the house, you just have to keep saying ‘no’ when they ask for these foods. Avoid buying these foods at the supermarket, it will be easier to say “no” in the supermarket once, than have to say it a numerous times if you bring the product home.



## Glimpse of the Month



### Liverpool Campus

55 Speed St  
Liverpool NSW 2170  
P: + 61 2 9822 8022  
F: + 61 2 9822 8011

### Bankstown Campus

2 Winspear Avenue  
Bankstown NSW 2200  
P: + 61 2 9708 1220  
F: + 61 2 9782 9134



**f**acebook: [facebook.com/AlAmanah.College](https://www.facebook.com/AlAmanah.College)

**t**witter.com/AlAmanahCollege or @AlAmanahCollege

**E**mail: [admin@alamanah.nsw.edu.au](mailto:admin@alamanah.nsw.edu.au)

**W**eb site: [www.alamanah.nsw.edu.au](http://www.alamanah.nsw.edu.au)