

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 community of Al Amanah;

Praise and thanks are due to our exalted God 'ALLAH' the lord of the worlds, the one who decreed all what happens in the universe and the one with whom we seek protection, sustenance and guidance. We ask him to enlighten our hearts with the knowledge of the holy Qura'n and all types of beneficial education and learning. May Allah raise the rank of our prophet Muhammad peace and blessing be upon him and protect his nation from that which he fears for it.

At Al Amanah College, we believe that a successful education is all about inspiration: inspired teaching to drive academic achievement, and responsible adult role modelling to encourage emotional intelligence. Students of Al Amanah College have progressed in leaps and bounds. Our students are growing in various ways. Our nurturing environment prepares our students for any path they choose after their schooling years.

Earlier this term, on the occasion of one of the greatest miracles "Al-Isra' & Al Miraj" of our Dearest Prophet and Master Muhammad, a celebration was held on Friday 28 April in the School Grand Hall. Students from Kindergarten to Year Twelve enjoyed their time as they listened to Qur'an recitation, a religious lesson about the occasion and Islamic chants. Well done to all the students who performed on the day. This term promises to be a very eventful and exciting term. We will be conducting many incursions, excursions and educational activities associated with the Islamic Events: Sayuban Ramadan and the annual Ramadan competition.

NAPLAN testing was conducted from Tuesday 9 - Thursday 11 May. Students completed tests in language conventions, reading, writing and numeracy. The results will be received in Term Three they will assist the school in gaining more understanding of how our students are progressing, as well as providing important information which al-

lows us to develop our programs and provide activities targeting learning needs.

On Thursday 18 May, Al Amanah College underwent registration and accreditation. NESA inspectors were very pleased with the quality work that has been produced. The head inspector commented that our school is fully compliant in all aspects and recommended approval for registration and accreditation for five years. No further recommendation has been made.

Furthermore, we are pleased to inform you that as of today we have become an approved Teacher Accreditation Authority. With this we have new responsibilities to ensure that our staff continue to grow and develop their teaching standards and become all accredited and to maintain their accreditation.

We would like to welcome back Mrs Halabi – one of our senior Secondary Teachers. Mrs Halabi will be teaching Junior Science. Welcome back Mrs Halabi!

Please note during the holy month of Ramadan school hours will be 8:15am - 2:30pm. (Parents are advised to collect their children promptly as no supervision will be provided after school hours.)

On behalf of Al Amanah College staff, I would like to extend our best wishes and congratulations to all students, families and friends on the coming of the holy month of Ramadan. We ask Allah ta^ala to accept all of our good deeds and to gather us in Paradise with our beloved Prophet Muhammad, may peace be upon him.

Finally, I would like to thank all parents for their continued support, our dedicated teachers and administration staff for striving towards their mission. I am looking forward to vitalizing supplemental partnership with the whole community of Al Amanah College. Ramadan Mubarak!

Yours Sincerely,

Ayman Alwan
Principal

Dates to Remember

Tuesday 23 May	2MFM Fundraiser
Wednesday 24 May	Sayuban Ramadan (Secondary) Gold Week Fundraiser (Primary)
Thursday 25 May	Sayuban Ramadan Islamic Wear Day (Primary)
Monday 29 May	Ramadan Timetable Starts ICAS Science Competition
Thursday 1 June	Photo Day
Friday 9 June - Thursday 22 June	Year Seven to Ten Half Yearly Examinations
Monday 12 June	Public Holiday
Tuesday 13 June	ICAS Writing Competition
Wednesday 14 June	ICAS Spelling Competition
Thursday 22 June	Year 12 Career Expo Excursion
Friday 23 June	ICAS English/Math Competitions
Monday 26 June - Tuesday 27 June	^Id Ul Fitr Break
Wednesday 28 June	^Id Fete
Friday 30 June	Last Day of Term Two



Ambassador Hawkins' Visit to Al Amanah College



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.

The Ambassador of Australia to the Arab Republic of Egypt, HE Mr Neil Hawkins, visited Al Amanah College - Liverpool Campus on Friday 31 March 2017, 3 Rajab 1438H.

A special assembly was held to welcome Mr Hawkins to Al Amanah College – Liverpool Campus. Mr Hawkins met some of the school's leadership team including the chairman of the board Dr Ghayath Alshelh OAM, Mr Alwan and Mr Adra - Al Amanah College principals, Mr Muhammad Chams, the school's Azhary Imams; Sheikh Chadi Al Kassem, Sheikh Amr Al Shelh, Sheikh Samer Alshafie, and Sheikh Abdullatif Nachar. Mr Neil Hawkins also met teachers and students from Years Five to Twelve.

The assembly began with a blissful recitation from the Holy Qur'an by our former graduate Hafith of the Holy Qur'an Mr. Muhammad Hazarvi, followed by Al Amanah College school choir performance - the Australian National Anthem and the school's Anthem.

This was followed by a short video projection which highlighted some of Al Amanah College's achievements over the past years.

Mr Ayman Alwan, Principal of Al Amanah College - Liverpool campus welcomed all the special attendees, and spoke about the achievements of the school and the importance of the role it plays in supporting and educating our students with the correct Islamic knowledge that is free of extremism.

Mr Alwan thanked Mr Hawkins for his continuous support to our Imams during their stay at Al-Azhar, wishing him a safe trip back to Egypt.

Dr Ghayath Alshelh OAM – Chairman of Al Amanah College and Mr Alwan presented Mr Hawkins with a special token of appreciation and gratitude.

Mr Hawkins delivered a speech in which he shed some light on the importance of his role as an ambassador and encouraged the students to consider a career in the various ministries. He then spoke about the important role we have as Australian Muslims and praised the work and effort that the religious studies department has achieved in supporting and educating our students with the correct Islamic knowledge that is free of extremism and in line with the teaching of Al-Azhar Ash-Sharif of Egypt.

The ambassador personally thanked Al Amanah College, its religious advisors, administrators and students for their effort and hard work in educating young Muslim Australians in spreading the true knowledge of Islam peace and harmony.

Years Eleven and Twelve students were given the opportunity to attend a Q&A forum with his excellency, in which they were able to ask him various questions in relation to his role as an ambassador, his life experience in the Middle East and discuss local and global current issues.

In conclusion of this eventful gathering, many photos were taken with the leadership team, Azhary Imams and senior students who attended.

الحمد لله والصلاة والسلام على رسول الله وعلى آله وصحبه.

قام سفير أستراليا في جمهورية مصر العربية الأستاذ نيل هوكنز بزيارة لمدرسة الأمانة ليفربول وذلك نهار الجمعة 31 آذار 2017 الموافق 3 رجب 1438 هـ

حيث أقيم احتفال ترحيبي في قاعة الأمانة الكبرى لسعادة السفير بحضور مدير مدرسة الأمانة في ليفربول الأستاذ أيمن علوان والمهندس بسام عدرا مدير إدارة الأمانة بانكستاون والدكتور غيات الشلح رئيس مجلس إدارة مدرسة الأمانة ومدير فرع ولاية نيو ساوث ويلز في جمعية المشاريع الخيرية الإسلامية الحاج محمد شمس بالإضافة إلى المشايخ الأزهريين: الشيخ شادي القاسم والشيخ عمرو الشلح والشيخ سامر الشافعي والشيخ عبداللطيف النشار.

افتتح الاحتفال بتلاوة عطرة من القرآن الكريم تلاها الطالب المقرئ محمد هازارفي (حافظ للقرآن الكريم) ثم النشيد الوطني الأسترالي ونشيد مدرسة الأمانة من بعدها كانت كلمة للأستاذ أيمن علوان رحب فيها بالضيف شاكراً إياه على اهتمامه ورعايته للطلاب محمد هازارفي وللمشايخ الأزهريين خلال فترة تواجدهم في مصر واستقباله لهم ودعمهم. وتم عرض شريط مصور عن المدارس وإنجازاتها خلال العام الدراسي الحالي. هذا وقد قام الدكتور غيات الشلح والأستاذ أيمن علوان باسم مدرسة الأمانة بتقديم هدايا تذكارية لسعادة السفير الذي كان له كلمة شكر فيها مدرسة الأمانة على دعوته وعن سروره الكبير لتواجده بين المشايخ الأزهريين وطلاب الأمانة منوها بدور مدرسة الأمانة وتعاونها مع الأزهر الشريف في مصر وقد حث على مواصلة التعاون بين مدرسة الأمانة والأزهر الشريف لما فيه من خير لنشر الاعتدال والوسطية.

هذا وقد أتاحت الفرصة لطلاب الصف الحادي عشر والثاني عشر بالاجتماع مع سعادة السفير نيل هوكنز وطرح عليه بعض الأسئلة تتعلق بأوضاع الشرق الأوسط وعن خبرته وتجربته في البلاد العربية التي عمل فيها بالإضافة إلى بعض الأسئلة التي تتعلق بأستراليا وقد جاوب سعادة السفير الطلاب بشفاافية وقدم لهم بعض النصائح التي تقدمهم في المستقبل وفي ختام اللقاء التقطت بعض الصور التذكارية.

SRC Tree Tops Excursion

On Wednesday the 5 April, the primary and secondary SRC members attended an excursion to Tree Tops Adventure Park. The students enjoyed an eventful day in which they were able to test their strength and face their fears in a friendly and exhilarating environment. The excursion was an opportunity for them to work together as a team and strengthen their friendships.

The day began with a bus ride to the location where students first enjoyed their recess together. After having their harnesses put on they were talked through the safety precautions that need to be taken while on the course. Students first attempted a practice course before venturing further onto the four different levels. Hadi and Omar from Year Six completed courses with speed and excitement setting an example for the rest. After a tiring 1.5 hours on the course, students enjoyed their lunch in the nearby park.

High school SRC students enjoyed the challenging high ropes course which consisted of several elements including zip lines, rope climbing and obstacle circuits. The ropes course entailed three levels of difficulty including the green, blue and red circuits. Each level progressively became more challenging, however the SRC peers remained persistent through assisting each other with words of encouragement to ensure they stayed determined in finishing each level. Some senior students aged sixteen years and over were daring enough to complete the black course, which was the most challenging course on the circuit. The SRC students effectively showed the core values of commitment, teamwork, persistence, determination and leadership skills. The primary and secondary SRC students must be commended on their outstanding behaviour and manners throughout the day. On behalf of the SRC coordinators and volunteers, we greatly appreciate working along side such diligent and well-mannered SRC students.

The day was a memorable one for both students and teachers!



Mock Fire Drill

A mock fire drill was conducted on Thursday 6 April 2017 at Al Amanah College - Liverpool Campus with students and staff taking part. The aim of the mock fire drill is to raise awareness among students and staff about how to respond swiftly in times of such emergencies. It is also to ensure our evacuation procedures were known and understood by staff and students.

With so many new students and staff, this is an important lesson. At least two fire drills are conducted each year. An emergency such as a fire is signalled by a siren or a continuous ringing of the school bell or fire alarm. On the alarm, each teacher marshalled pupils out of the room and proceeded by the safest direct route to the allocated area and line up in class groups.

All classes went to the council's park across from the school through Speed Street playground. They assembled in home/class groups. Student rolls were then checked by their Home Class Teacher.

Fire wardens are responsible for checking each building prior to going to the evacuation areas. After each fire drill a review is conducted to see where the evacuation procedure can be improved.

In the event of a fire at lunch time or recess, everyone is to assemble in the same areas. Naturally for a lockdown the procedure is different and drills for this will also be conducted during the year.

Congratulation to everyone on their best effort so far.



The Rugby League Competition

Al Amanah College have once again become champions. We continue to dominate the Liverpool and Campbelltown district in rugby league. The juniors went throughout the competition undefeated and demonstrated total control over other teams.

Our junior programme has blossomed over the years by producing and catering for our gifted and talented sports stars. The seniors also did extremely well but missed out on the finals by one try. After a shoulder injury to Muhammad El Baba, the team kicked into gear and dominated the last two games with massive wins.

Players demonstrated fantastic sportsmanship and safety awareness throughout the day. I also want thank Adel Kandakji for helping me manage and coach the boys on the day. Congratulations and good luck at the final series in Term Two!

Mr Taiba



Senior Players

Abdullah Zahab
 Mohamad Abu Lebdeh
 Adam Chahine
 Mustafa Haddad
 Jaad Krayem
 Noah Abdallah
 Muhammad El Baba
 Hassan Ibrahim (MOTM)
 Hussein Hage Obeid



Junior Players

Adam Elkordi
 Azzam Krayem (MOTM)
 Abdelrahim El Wazzi (MOTM)
 Adam Abdallah
 Ahmad El Baba
 Abdullah Jirjees
 Zackaria Khaled
 Muhammad Abdallah



Star Student of the Week

K - 1

2 - 6

Week 10

Week 2

Week 3

Week 4

Week 5

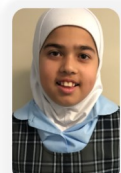
Week 10

Week 2

Week 3

Week 4

Week 5



Arabella
Majzoub

Al Hussain Al
Aliawy

Jana El
Masri

Ayah Abu
Elhassan

Yara
Hoblos

Tara
Rawanduz

Dina
Rawanduz

Malek
Babti

Samiya
Kobayssi

Mohamad
Al Bostani

KH

KM

KK

KH

1B

6J

5K

2S

2E

2K

Year Six Bike Safety Excursion

Year Six had a fantastic day learning about bike and pedestrian safety at the Campbelltown Bike Safety Centre. It was a day full of excitement as students rode their bikes around a designated track and had an opportunity to hold a license whilst they followed the road rules. Students were educated about hazards on the road and how rules can affect their everyday lives. Students also got an opportunity to ride during a 'Double Demerits' blitz as both teachers and parents ensured they were riding their bikes according to the rules.

We would like to give a special thanks to Mrs El Yassir and Mrs Ibrahim for helping out on the day.

Year Six Teachers
Mr Jamleoui and Miss Hall



Al Amanah College Students Wearing Uniform with Pride

A big *thankyou* to parents for their support in ensuring their children are wearing the correct school uniform. Often the colder months will bring a drop off in the standard of uniform being worn each day however we are receiving a significant number of compliments from various parts of the community and visitors to the school regarding how good our students look and the pride they clearly show in their school.



Annual Ramadan Competition 1438H

It is with great pleasure, we remind you that as in every other year Al Amanah College is holding its annual Ramadan competition. All students have already received the invitation letters that include all requirements and instructions about how to enter the competition. We encourage all students to take part with the correct intention in this great initiative.

Participants will be tested for this competition on Thursday 15 and Friday 16 June week eight of Term Two. Cash prizes will be given out to the top achievers and all participants will receive a certificate of participation. A special assembly will be held to announce the winners and recognise the great efforts made by Al Amanah College students.



مدرسة الأمانة تهنيء الجميع بذكرى معجزة الإسراء والمعراج

The Miracle of Al-Isra' and Al-Mi^raj

Friday 28 April 2017 / 1 Sha^aban 1438

Al Amanah College – Liverpool Campus successfully held an Islamic celebration on the occasion of the glorious miracle of Al Al-Isra' and Al-Mi^raj.

The celebration began with a recitation from the Holy Qur'an, followed by a most enchanting Nawba sequence (traditional drumming). Islamic chants were performed by both the year 6 classes and the Al Amanah boys Islamic chanting band and an enlightening lesson relating to the events around the miracle of Al Al-Isra' and Al-Mi^raj was delivered by Sheikh Samer Alshafie. This was followed by a principal's address to the school. Mr Alwan gave an insightful speech in which he spoke about the importance of celebrating such occasions, and in the end, he asked the students to repeat this year's slogan.

Sweets were offered to commemorate this great occasion, which had indeed delighted all.

We would like to extend our best wishes and congratulations to the Muslim community on this great occasion.

وبهذه المناسبة نتقدم من جميع أبناء أمتنا عموماً وأبناء جاليتنا خصوصاً بأطيب الأمنيات وأعز التهاني سائلين الله تعالى التوفيق والسداد وأن يعيد علينا هذه الذكرى بالأمن والأمان والبركات.

وكل عام وأنتم بخير



The Holy Month of Ramadan

Praise be to *Allah* and may *Allah* raise the rank of our Prophet *Muhammad* and protect his nation from what he fears for it.

Who Must Fast

Every accountable Muslim is obligated to fast the month of *Ramadan*. Therefore the child is exempted from fasting. However, it is an obligation on the parents or the guardian of the child or children to order them to fast once they reach seven 'lunar' years old providing their body can withstand that fasting, and they will not be harmed by it.

Additionally, for one to be obligated to fast, one must be of sound mind. Therefore Fasting is not obligatory on the insane person. Fasting is not obligatory on a person whose body cannot tolerate fasting, due to either old age or a severe illness.

The fasting of a menstruating or postpartum bleeding woman is not valid; however they have to make up the missed days. Breaking the fast is permissible for the sick person, pregnant woman and the nursing woman who cannot bear the hardship of fasting. However, they are obligated to make up the missed days.

The one who is travelling a distance of two or more walking days has also the option of not fasting, provided one's travelling is not sinful.

Integrals of Fasting

1. Intending to fast the following day every night.
2. To abstain from sexual intercourse, masturbation, inducing vomit, apostasy and inserting anything with a volume into the head or body cavity through an open inlet, such as food or drink from dawn until sunset. One's pure saliva while still inside the mouth is excluded. One's fasting is valid as long as one does not become insane even if it were for a moment and one did not lose consciousness the whole day.

Note: It is obligatory upon all Muslims to preserve their faith in Islam and to protect it from apostasy (*riddah*), which invalidates and abolishes it may *Allah*, *ta^ala* protect us from this. Scholars

of the four schools agreed that apostasy can be classified into three categories:

- *Beliefs in the heart: such as believing that *Allah* is a body or that *Allah* occupies a place.
- *Actions committed by certain parts of the body: such as prostrating to the sun and throwing the *Mushaf* in the trash.
- *Sayings of the tongue: such as swearing at *Allah*, or any of the prophets.

It is obligatory on the one who commits *riddah* to return to Islam immediately by uttering the two *shahadas*, leaving off whatever caused *riddah*, to regret having apostatized, and to intend not to return to committing anything like it.

Benefit: The asthma medication (puffer) that the patient uses by inhaling it while fasting invalidates his fast. This verdict has been issued by *Darul-Ifra'* in Egypt (number 557 / 2004).

The month of *Ramadan* is a great opportunity for the person to gain a lot of reward which can be earned by performing this obligation in worship and obedience to *Allah*, and by performing a lot of *Sun-*

مبطل للصيام. فمن وقع في الكفر وهو صائم فسَدَ صومه وعليه العود فوراً إلى الإسلام بالنطق بالشهادتين والإمساك بقية النهار احتراماً للصيام ثم قضاء هذا اليوم بعد العيد فوراً.

فائدة: الذي عليه أهل العلم أن هذا البخاخ الذي يستعمله مريض الربو أثناء الصيام يعتبر مفطراً (راجع فتوى دار الإفتاء المصرية بالرقم المسلسل 557 بتاريخ 25/10/2004)

أخي المسلم، اعلم أن الصبر على طاعة الله سبحانه وتعالى أهون من الصبر على عذابه. وليكن لك في شهر رمضان محطة للتزود بصالح الأعمال فإن خير الزاد التقوى.

2. **الإمساك عن:** الأكل والشرب وعن إدخال كل ما له حجم ولو صغيراً إلى الرأس أو البطن أو الأمعاء ونحوها من منفذ مفتوح كالنفس أو الأنف أو القبل أو الدبر من الفجر إلى غروب الشمس ومن أكل أو شرب ناسياً ولو كثيراً لم يفسد ولو في صيام النفل لقوله 8: "من نسي وهو صائم فأكل أو شرب فليتبمّ صومه فإنما أطعمه الله وسقاه". رواه البخاري. كما يجب الإمساك عن الجماع وإخراج المنى بالاستمناء والمباشرة فإنه مفطر.

ملاحظة: لما كان وقت الصيام من الفجر حتى المغرب وجب معرفة طرفي النهار على كل مكلف بالصيام. فمن أكل بعد الفجر معتقداً أن الفجر لم يطلع أي أنه لم يدخل وقت صلاة الصبح فسد صومه ولزمه القضاء وعليه الإمساك عن المفطرات باقي النهار وكذلك لو أكل قبيل مغيب قرص الشمس معتقداً أنه قد غربت الشمس ثم تبين له خلاف ذلك فسد صومه ولزمه قضاء هذا اليوم.

وكذلك يجب على المسلم الثبوت في الإسلام على الدوام في رمضان وغيره. فيجب عليه تجنب الوقوع في الكفر بأنواعه الثلاثة كما هو مقرر في المذاهب الأربعة:

أ - الكفر الاعتقادي: كمن يعتقد أن الله جسم أو ضوء أو روح أو ينكر فرضية الصلاة أو الصيام أو يستحل شرب الخمر.

ب - الكفر الفعلي: كرمي المصحف في القاذورات.

ج - الكفر القولبي: كمن يسب الله أو يسب نبياً من الأنبياء أو ملكاً من الملائكة أو يستهزئ بالصلاة أو الصيام أو أحكام الدين.

فإن استمرار إيمان الصائم شرط لصحة صيامه، والكفر

الحمد لله رب العالمين والصلاة والسلام على سيدنا محمد وعلى آله وصحبه وبعد.

الصيام واجب على كل مسلم بالغ عاقل قادر على الصيام غير الحائض والنفساء والمريض الذي لا يرجى شفاؤه والعجوز الذي يعجز عنه للكبر. فلا يصح الصيام من الكافر الأصلي ولا المرتد ولا يصح من حائض ولا نفساء ولو صامتاً حال وجود الدم فعليهما إثم وعليهما القضاء.

ولا يجب الصيام على الصبي أي غير البالغ ولكن إذا أكمل سبع سنين قمرية من العمر يجب على ولي أمره أن يأمره بالصيام إذا كان مطيقاً له.

ولا يجب الصيام على المجنون ولا قضاء عليه ولا يجب أدائه على المريض الذي يضره الصوم ولا على المسافر سفرًا طويلاً وعليهما القضاء. ولو صام المريض والمسافر صح منهما، وإذا ضرهما حرم عليهما. ولا يجب الصيام على العجوز الغايب مخافة التلف والموت.

فرائض الصيام

1. **النية:** ومحلها القلب فلا يشترط النطق بها للسان. وهي واجبة لكل يوم من رمضان في ليلته ولا يصح الصيام بدون النية، يقول بقلبه: "نويت صيام يوم غد من شهر رمضان". وعند بعض المذاهب يكفي أن ينوي في ليلة اليوم الأول منه عن جميع أيام رمضان فيقول بقلبه: "نويت صيام ثلاثين يوماً من شهر رمضان هذه السنة".

ويجب على الحائض والنفساء إذا انقطع الدم ليلة الصيام أن تنوي صيام يوم غد من رمضان وإن لم تغتسل.



Ramadan Changes



Dear Parents,

Following are the changes that will take place during the holy month of Ramadan:

- ♦ **Ramadan timetable will be effective as of Monday 29 May 2017.**
- ♦ **School hours will be 8:15am - 2:30pm. Parents are advised to collect their children promptly as no supervision will be provided after school hours.**
- ♦ **The school canteen will be closed. Parents are required to provide a packed lunch for non-fasting students making sure their children have enough food to eat during recess and lunch.**
- ♦ **Students boarding school buses will be arriving back home an hour earlier. Parents are required to be home to receive the children when they arrive home.**
- ♦ **Students boarding the public bus from Bankstown to Liverpool in the morning will still be able to do that as usual.**
- ♦ **Students boarding the public bus from Liverpool to Bankstown in the afternoon. The bus will not be arriving an hour earlier. Students are required to walk to Liverpool railway station.**
- ♦ **Islamic Wear Day: during the month of Ramadan we will be holding an “ISLAMIC WEAR DAY” every Friday. Please ensure your child/children are dressed appropriately for this cold weather, wearing a skivvy underneath their Islamic dress and/or a jumper on top. Girls are also reminded to bring their prayer clothes with them.**

Please note: Last day of Term Two will be Friday 30 June, classes will resume on Tuesday 18 July 2017.

The staff at Al Amanah College would like to take this opportunity to wish all students, parents and friends a happy, prosperous and rewarding month.

Thank you

Administration



Boys Athletic Carnival

The Boys Athletics carnival was a successful event. The students really dressed and represented their colours proudly. The atmosphere was exciting seeing all students participating and fighting to come first. The teachers vs seniors in tug of war was a great indication to show how strong our male teachers are. Students were encouraged to participate in all carnival events increasing their results each year. Year Eleven student Jalal Hussein reached an amazing 160cm in the High Jump. After all the events students were allowed to enjoy a nice game of soccer and footy.

Miss Kabbara
PDHPE Teacher



Girls Athletic Carnival

On Tuesday 2 May, Years Seven to Twelve girls attended the athletics carnival. The day was filled with fun and laughter as we enjoyed various courses, games and races to compete for the most points in our house colours. The day began with performing various activities including long jump, shot put, discus, javelin and 100m races. Afterwards, every team gathered at the house colours to cheer on their teammates participating in the 200m, 400m and relay races. Recess was followed thereafter. After this was the seniors verse teachers tug of war. It was no surprise that the seniors won however, it was still a good effort from the teachers. After every year group participated in the tug of war, we began competing in the sack races. Every house colour cheered on for the students in the same colours, during the year group races. Lunch and prayer were afterwards. The day was concluded with some free time and a relaxing drive back to school. Overall it was a great and memorable experience and we both enjoyed the role as house colour captains. We look forward to the next carnival, in shaa Allah, and hope to gain as many memories as we had on 2 May, 2017.

Princess Zahab and Batoul Chams



Year Twelve Arabic Excursion

'Truly... an insightful experience!'

With these words, a Year Twelve student expressed her impression of yesterday's beneficial excursion which has provided a valuable journey for students as they approached their Year Twelve graduation.

On Tuesday 8 May, 2017 the Arabic excursion gave students the opportunity to visit the Muslim gravesite, including their loved ones buried there, where they could make supplication for them. At the cemetery, the teacher took the opportunity to emphasise knowledge of the correct Islamic burial techniques, which students had been previously enlightened with. Students were also taught about the land shortage for burials, which will affect every Muslim at one stage or another, as well as the availability of different funeral services for the Muslim community.

The first stop of this excursion was a visit to the Islamic High Council of Australia, Darulfatwa where students were warmly welcomed by his eminence Sheikh Ibrahim El-Shafie, who enlightened their hearts with honest and valuable advice.

Students then headed to the Muslim Community Radio Station, 2MFM, where through their interaction with the radio staff they learnt about effective strategies in which they can contribute to the Islamic community. Year Twelve students were also made aware of, as one of the students reflected, 'an opportunity to let the true image of Islam, the voice of moderation to reach far and beyond.'

Additionally, and to complement the work being done in class on the Arabic unit "Media" Year Twelve students undertaking the Arabic subject, were taught by Mrs El Dana about a variety of radio tasks including recording & editing.

After a full and busy day, students found their next destination at Greenacre in the Khayyal Restaurant, for a tasty and satisfying BBQ meal.

This excursion has proven to be truly an essential experience for students to reflect on their present and future decisions guiding them towards a clear and correct path. It was indeed, as another student described it, a 'Enjoyable and different by all means.'



Year Seven to Ten Half Yearly Examinations

The Year Seven to Ten students will commence their examinations in Week Nine and continue through to Week Ten. The students were given study guidelines from Term One to use as a basis for their time management and study routine. All students are to remain consistent and continue to study throughout the examination period and speak to teachers if they need assistance.

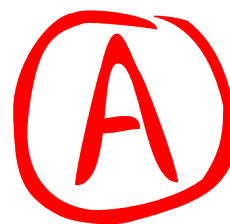


Parent/Teacher Nights

Primary parent/teacher night will be held in Term Three on Wednesday 19 and Thursday 20 July.

Secondary parent/teacher night will be held in Term Three on Tuesday 25 July. Mid Year Reports for years Seven to Ten students will be distributed on the night.

These evenings are very important and we strongly suggest parents come and ask teachers for strategies to help students at home.



Vegetables

The Australian Dietary Guidelines recommend eating a variety of vegetables every day. Vegetables should make up a large part of your daily food intake and they are encouraged at every meal – and snacks too!

Research shows that only 8.6% per cent of four to eight year olds in Australia eat the recommended serves of vegetables each day. As kids get older, this number decreases with 4.6% of nine to thirteen year olds meeting their requirements. The most commonly consumed vegetable are potatoes.

Why are vegetables important?

Vegetables provide vitamins, minerals, dietary fibre and many phytonutrients (nutrients naturally present in plants) that help your body stay healthy. Since vegetables are low in kilojoules (energy) relative to many other foods, including them every day can help prevent excessive weight gain. They may also help protect against chronic diseases such as heart disease, stroke and some types of cancers. Different vegetables and fruit can help

protect the body in different ways, so choose a variety of colours everyday, such as:

- green (broccoli, spinach, peas)
- orange (carrots, pumpkin, sweet potatoes)
- yellow and red (capsicum, tomatoes, corn).
- purple (beetroot and purple cabbage)

How many veggies do children need each day?

	2-3 years	4-8 years	9-11 years	12-18 years
Boys	2 ½	4 ½	5	5 ½
Girls	2 ½	4 ½	5	5

Note: the number of serves varies according to activity levels, age and health status.

A serve of vegetables is equivalent to:

- ½ cup cooked green or orange vegetables; cooked dried or canned beans, peas or lentils; sweetcorn
- 1 cup green leafy or raw salad vegetables
- ½ medium potato or other starchy vegetables
- 1 medium tomato

What to look for

Remember that you do not always have to rely on fresh vegetables-frozen, canned or dried varieties are all suitable too. When it comes to choosing canned or dried veggies, check the ingredients list and choose those with reduced or no added salt, no added fat or sugar, and that is canned in natural juices, not syrup.

The intake of some salted, dried, fermented or pickled vegetables has been associated with an increased risk of some cancers so it is recommended to limit these foods as much as possible. Also limit fried vegetables such as potato and vegetable chips and crisps as they add unnecessary kilojoules (energy) and added salt to your diet. Chips and crisps do not fall into the vegetable food group but are classed as “occasional” or “extra” foods.



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



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

twitter.com/AlAmanahCollege or @AlAmanahCollege

Email: admin@alamanah.nsw.edu.au

Website: www.alamanah.nsw.edu.au