

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, Caregivers, Students and Staff;

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, peace be upon him, and protect his nation from that which he fears for it.

Semester one of 2017 brought many challenges as Al Amanah College continues to be a vibrant, well managed and effective school with strong Islamic, academic, social, cultural and sporting programmes.

Term three commenced with a professional development day during which teachers were inducted on the new TAA policies and procedures. Teachers continued evaluating their programmes and making all the necessary changes for 2018. This term is typically busy, exacerbated by many activities associated with Islamic celebrations involving our Arabic and Religion Departments lead by Mr Sabbagh and Mr Kassem. Some of this term's activities include our ^Id Ul-Adha fete and celebrations, Hijri year celebration, literacy and numeracy weeks, science week, book week, public speaking competition and education week.

Term Three is also a very demanding time for Year Twelve students as they enter the final phase of their schooling. The beginning of the term is the time when all practical submission for the HSC are due. Trial HSC Examinations week were held during weeks four and five. I encourage all HSC students to prepare thoroughly for their final HSC examinations.

With the onset of the Year Twelve students' final weeks of school, they will be immersed in the joy and excitement of reaching the end of their journey as school students. However, during that time, they should not switch off from their studies as every minute of effort will count towards going into the HSC.

School Aim

At Al Amanah College, our mission is to culti-

vate and sustain a collaborated environment that nourishes superbness in teaching, service and community engagement. Our aim is to provide a broad and balanced curriculum for all students in keeping with the requirements of NESA. Our highly experienced teaching staff members address the needs of all students, develop their skills and nurture their efficiency and learning performance for a high productive scholastic future.

NAPLAN

Our dedicated teachers focused on the learning needs of our Years Three, Five, Seven and Nine students and provided them with ongoing assistance in the preparation for the tests. Consequently, our students showed successful results and growth in their NAPLAN results this year. These results will assist the school to attain a further understanding of how our students are progressing, as well as providing extra information that allows us to develop and nurture our programs and activities that target areas of learning needs. I heartily congratulate both teachers for their loyal teaching, and students who have put in a massive effort and progressed in their learnings. I look forward to achieving better NAPLAN results in the coming years.

Finally, I would like to bring your attention to parent-school partnerships. One of the most important components of a school's success is having a healthy and supportive communication between families and the school. This positive relationship is one of the key factors that carries students to great achievements. I will kindly ask the caregivers to give importance to this matter and stay connected with school.

At this time I would like to wish our teachers, students and parents a happy and prosperous ^Id Ul-Adha.

Ayman Alwan
Principal

Dates to Remember

Monday 28 August - Friday 8 September	Year Eleven Yearly Exams
Tuesday 29 August	Grandparents/parents visit to the classrooms (K-6) 9:00am
Wednesday 30 August	K- 6 Book Week Parade
Thursday 31 August - Friday 1 September	^Id Ul-Adha Break
Tuesday 5 September	Public Speaking Competition Semi Final
Wednesday 6 September	^Id Ul-Adha School Fete
Thursday 7 September	Math Cup at Amity College
Monday 11 September	Year Three Bread Factory Excursion
Tuesday 12 September	Year Ten Science Excursion Kindy-Six Athletics Carnival
Wednesday 13 September	Year Two National Park Excursion
Thursday 14 September	Islamic Schools Gala Day
Friday 15 September	Year Twelve Graduation
Monday 18 - Friday 22 September	Year Ten Work Experience Week
Wednesday 20 September	Year Three-Six Public Speaking Competition Year Seven Vaccinations
Thursday 21 September	Primary School Arabic Poetry Competition
Friday 22 September	Hijri Year Celebration Last Day of Term Three



Hajj - The Journey of Life Time

As the *Hajj* season has commenced, truthful righteous believers started to feel in their hearts the blessings of this season. Some have started preparing themselves for this Holy journey to *Makkah* and *Madīnah*, the city of the Best Prophet, *Muhammad* peace be upon him.

Others who long for the Holy Cities of *Makkah* and *Madīnah* but are unable to go remained struck with grief and sadness because they are unsure whether or not they would be able to perform *Hajj* in the upcoming years.

Ibrahim Ibn Adham was among many who travelled on foot to perform *Hajj*. One day and while walking to *Makkah*, he saw a man riding a camel. The man asked *Ibrahim Ibn Adham*: Where are you going? *Ibrahim* said: I am heading to *Makkah* to perform *Hajj*. The man said: but you need a ride to *Makkah* since it is extremely far. *Ibrahim* said: indeed, I have many but you do not see them. The man said: "Where are they? *Ibrahim* explained: In times of hardship, patience is my ride, in times of prosperity, thankfulness to Allah is my ride, and in times of feeling tempted to commit a sin, I remember that death is coming very soon. Upon hearing this, the man astonishingly said: keep walking; I swear by *Allah* with the strong faith you have in your heart, you are in a better situation than me.

There in *Makkah*, the hearts and the longing souls find their remedy and healing. People circumambulate the sacred House, the Holy *Ka'bah*, with ultimate submission to Allah as if saying: "O Lord, No matter how many times we circumambulate and turn, there is no refuge except with You."

There at the Holy *Ka'bah*, when you make contact with the black stone and kiss it, remember that the lips of the Messenger of *Allah* peace be upon him touched this blessed stone. As you raise your head from *sujud* (prostration) while praying before the *Ka'bah*, you will be overcome by the magnificence of the *Ka'bah*, and recall once again that you are indeed a slave to the Lord of this Sacred House.

When you are performing *sa'iyy* between Mount of *As-Safa* and *Al-Marwah*, remember the story of Lady *Hajar* and her

dear son Prophet *Ismā'il*. When Prophet *Ibrahim* *alayhis-salam* left them both in *Makkah*, which at the time was completely deserted and barren, Lady *Hajar* repeatedly asked him: "O *Ibrahim*, are we to be left alone in this valley with no water, food or companions?" Prophet *Ibrahim* intentions were only to fulfill what *Allah subhanahu wa-ta'ala* ordered him. Lady *Hajar* then said: "Did *Allah* order you to do this?" He replied, "Yes." Upon hearing this, eloquently and with a complete reliance on *Allah* she said: "Then we will not be lost." After that, by the will of *Allah*, fresh pure water sprung out from the ground in large quantities. It was given the name "ZamZam" water.

While wearing the clothes of *Ihram*, people gather on the land of *Arafat* and make supplication to *Allah subhanahu wa-ta'ala*. The Prophet peace be upon him said:

<<Devils are most humiliated, belittled, disturbed and frustrated during the Day of *Arafah*. This is due to the descent of great mercies and the forgiveness of major sins on that day.>>

After performing *Hajj* and *Umrah*, people visit *Al-Madīnah al-Munawwarah*, the second best city after *Makkah*.

In Praising *Al-Madīnah*, Prophet *Muhammad* peace be upon him said that the city of *Al-Madīnah* will always be in a better religious state than all other cities".

It is *Al-Madīnah* that *Ad-Dajjal* (the one-eyed imposter) will not be able to enter because it is guarded by great angels.

Also *Al-Bukhariyy* narrated that the Prophet peace be upon him said: "O *Allah*, bless *al-Madīnah* twice as much as *Makkah*".

In *Al-Madīnah* there is *ar-Rawdah*, an area between the grave of Prophet *Muhammad* peace be upon him and his pulpit. On the Day of Judgement, *ar-Rawdah* will be taken to Paradise.

Additionally, *al-Madīnah* is the city that contains the body of the best of *Allah's* creations, Prophet *Muhammad* may *Allah* raise his rank, therefore, the hearts of all Muslims long for it.

فريضة الحج

ال الله تعالى: { وَ لِلّٰهِ عَلَى النَّاسِ حِجُّ الْبَيْتِ مَنِ اسْتَطَاعَ اِلَيْهِ سَبِيْلًا } [سورة آل عمران/79]

وقال رسول الله صلى الله عليه وسلم "من حج فلم يرفث ولم يفسق غفر له ما تقدم من ذنبه" رواه الترمذى.

الحج من أعظم أمور الإسلام، ويجب على المستطيع في العمر مرة واحدة.

وللحج ستة أركان لا يصح بدونها، وهي:

1. الإحرام: أى النية

2. والوقوف بعرفة

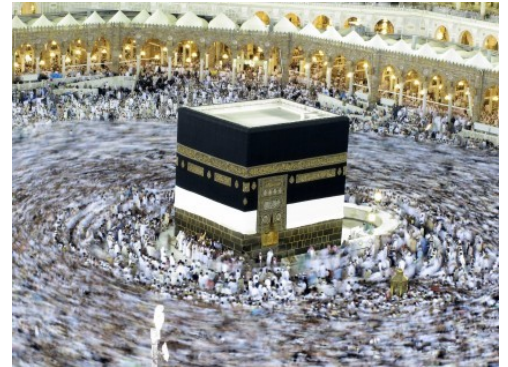
3. وطواف الإفاضة: أى أن يدور حول الكعبة سبع مرات فى وقته وبشروط

4. والسعى بين الصفا والمروة سبع مرات.

5. والحلق أو التقصير، أى أن يحلق شعره كله، أو يقص بعض شعره، ولو ثلاث شعرات. والمرأة تقصر ولا تحلق

6. والترتيب فى معظم الأركان

والذى يريد أداء فريضة الحج يجب عليه أن يصحح النية لله تعالى وأن لا يأتى بشئ يفسد حجه، وليتذكر دائماً أن الله يراه ومطلع عليه لا تخفى عليه خافية. وقد قيل: "ماكثر الضجيج وأقل الحجج" يعنى أن هناك من يذهبون لأداء فريضة الحج ويفسدون حجهم بالفسق والكفر والعياذ بالله، وهناك من يذهب خاشعاً يرجو ثواب الله تعالى إن أطاعه ويخاف عقابه إن عصاه، ويطلب من الله المغفرة والقبول وحسن الختام.





الهجرة إلى المدينة المنورة

لقي رسول الله ﷺ من مشركي قريش الأذى الكبير، ولما ماتت السيدة خديجة بنت خويلد، التي كانت تدعوه وتقف إلى جانبه صَعَبَ أمر وفاتها عليه وحزن عليها حزناً شديداً. وفي نفس العام مات عمه أبو طالب الذي كان يدافع عنه ونالت قريش من رسول الله ﷺ ما لم تكن تطمع به في حياة عمه أبي طالب، وازداد الأمر سوءاً حين جاء أحد كفار قريش ونثر التراب على رأس رسول الله ﷺ، فدخل بيته فقامت إليه إحدى بناته وصارت تغسل عنه التراب وهي تبكي ورسول الله ﷺ يقول لها: «لا تبكي يا بنية فإن الله تعالى مانع أباك». رواه البيهقي في الدلائل. ثم جاء الأمر من الله عز وجل بالهجرة إلى المدينة المنورة وبدأ المسلمون بالهجرة تباغاً، وصحب الرسول الأعظم سيدنا أبو بكر الصديق صاحب القلب الرقيق بعدما جاء الوحي على النبي بذلك، وكان رضي الله عنه تارة يسير أمام النبي ﷺ ومرة خلفه وعن يمينه وعن شماله خوفاً على رسول الله ﷺ من أذى مكروه ورسول الله ﷺ ثابت متوكلاً على الله عز وجل.



أقوال
طيبة

«لا إله إلا الله وحده لا شريك له،
أحدٌ أحدٌ، لم يلدْ ولم يولدْ،
ولم يكن له كفواً أحدٌ»
يقال 11 مرة.

هذا الذكر الوارد عن النبي ﷺ فيه ثوابٌ
عظيم، فقد ورد فيه أن من قاله إحدى
عشرة مرة كُتِبَ له ألفا ألف حسنة (أي
مليوناً حسنة).

وكانت المدينة المنورة تسمى يثرب وكان قد أسلم معظم أهلها بعد أن جاء قسم منهم في العقبة الأولى والثانية فبايعوه وبعث إليهم بعض أصحابه ليُعلموهم دين الله وينشروا بينهم هذا الدين الحنيف. فهاجر النبي ﷺ من مكة محل ولادته التي كانت أحب بلاد الله إليه يتحمل المشاق في سفره بعد أن أقام في مكة منذ البعثة ثلاث عشرة سنة يدعو إلى التوحيد ونبذ الشرك. ودخل النبي ﷺ المدينة ضحى يوم الاثنين فاستقبله المسلمون بسور وفرح عظيم بقدم أفضل خلق الله عليهم وإقامته بينهم، وقد أقام ﷺ بها عشر سنين بالإجماع. ثم إن ابتداء التاريخ الذي استعمله المسلمون بعد ذلك كان شهر المحرم من تلك السنة التي هاجر فيها.

Free Entry
Free Parking

Sydney EID FESTIVAL 2017

SAT SEPT 2 10am to 9pm 3 SUN SEPT

PAUL KEATING PARK - BANKSTOWN

FUN RIDES | JUMPING CASTLE | DIVERSITY STALLS
LIVE CHANTING BAND | FIREWORKS BOTH DAYS
AND MUCH, MUCH MORE!

SPONSORED BY

Byblos HOMEMADE FOOD www.byblosfood.com.au	HAMEC DESIGN STUDIO ARCHITECTURE ENGINEERING CONSTRUCTION www.hamec.com.au	AV@CADO AV & VIDEO	2MFM	AL AMANAH COLLEGE ICPA
perfectfit Joinery	BODYFIT GYM 48 West Street, Chester Hill NSW 2162 Ph. 048007117 Web. www.bodyfitgm.com.au	ZEIN ACCOUNTING D4 3464 3211	Sum Ph: 02 9422 1888 Fax: 02 9422 1888 124 Collier Street, Sydney NSW 2010	IPS SECURITY
CEDAR DESIGN Architectural Design	Quality Coaching We care about your future www.qualitycoaching.com.au			

WWW.FACEBOOK.COM/SYDNEYEIDFESTIVAL

Al Amanah College
ICPA
Success Through Knowledge

AL-ADHA EID FETE 2017

ONLY \$5 ENTRY

Jumping Castle
Obstacle Course
And much more!

COME DRESSED IN YOUR EID (CLOTHES)

Al Amanah College
Bankstown Campus

Al Amanah College
Liverpool Campus

TUESDAY
5 SEPTEMBER 2017
11AM - 2PM

WEDNESDAY
6 SEPTEMBER 2017
12PM - 3PM

Year Five Sustainability Centre Excursion

On Wednesday 2 August, Year Five students went on an exciting excursion to the sustainability centre. We left school at 8:30am and arrived at the venue at 9:30am.

As we arrived, we opened our eyes to the many features this seemingly barren asphalt area has hidden from view. Then we walked along the gravel "Path to Sustainability" to sense the peace and tranquillity that is being surrounded by nature brings.

As we arrived, we sat on the grass to have morning tea. Afterwards we went on a little tour to discover the place. We saw lots of trees, birds, ducks and grassy hills. We had to walk around the chicken pen until we came to a high hill to see the biggest windmill. Then we got put into four groups; worm farm, recycling, composting and gardening. Our favourite was the gardening tips session because we learnt a lot and each one of us got a plant to take home. After that we had lunch then had fun playing on the grass.

Finally we left the place! The day of our excursion was over and all we wished was it would have extended a little more. We had a super time !

Year Five Students



Legends Cup

Al Amanah College has continued its strong performance throughout the Liverpool and Campbelltown districts in rugby league.

Our junior boys made the final series and did extremely well by finishing third in the competition. Players were outstanding and continue to develop into elite athletes.

We continue working on qualifying for the NSW State Cup and we will hopefully bring the cup back to our school. Thank you to all the players who participated and trialled for the team.

I encourage all students to try out and continue adding a sense of competitiveness to our players and squads. Congratulations and well done on your achievements.



Kindergarten's Excursion to Calmsley Hill City Farm

On Thursday 10 August, Kindergarten students went to Calmsley Hill City farm by bus. We saw and patted a lot of native and farmyard animals. We were very excited to have a go at milking the cow. The best part was the tractor ride; it was very bumpy! We also enjoyed a variety of exciting shows and exhibits such as the stock whip show, the working dog show and the sheep shearing show. It was a wonderful day!



Primary Police Visit - Liverpool Campus

On Thursday 10 August we had a special visit from a local police officer. She spoke about her role in the community and showed us gadgets police officers use including handcuffs, pepper spray, baton and bullet proof vest. Students were also informed about cyber safety so they can stay safe using the Internet.

Thankyou to the local police for the informative session.



Year Four Elizabeth Farm Excursion

On Wednesday 16 August, the Year Four students went on an excursion to Elizabeth Farm. This historic farm linked into their learning about the First Fleet and life of the Indigenous Australians prior to British settlement.

After the students were introduced to their tour guides and told a little history of the 200 year old farm, they were split into two groups. Some of the experiences that they had were washing clothes using wash boards, looking at secondary Aboriginal artefacts, making sound scapes of what it would have been like on the first fleet and exploring the farm house. Life sure was different 200 years ago!

Once the tour finished the students went across to the park to have lunch and play some games in the sun before heading back to school.



Star Student of the Week K - 1

Term 2

Week 10



Samir Ejje

KM

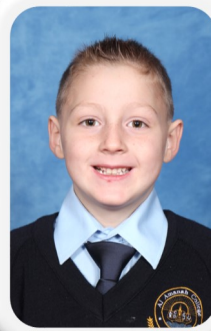
Week 1



Abbas Hanon

1R

Week 2

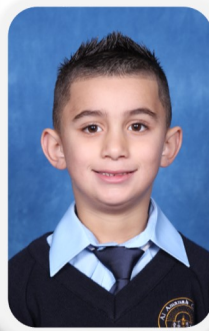


Zane Baba

KM

Term 3

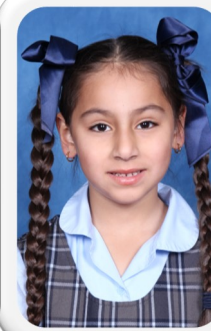
Week 3



Zain Tabikh

KK

Week 4



Ayesha El Asmar

KH

Week 5



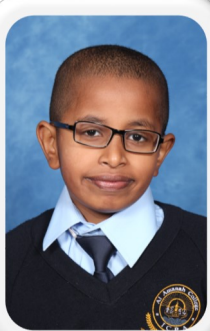
Aaliya Kobayssi

1B

2 - 6

Term 2

Week 10



Ali Zeinelabdein

4N

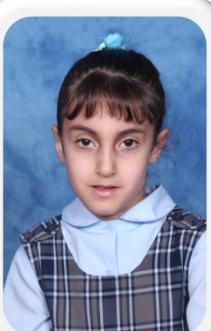
Week 1



Muhammad Bilal Ibrahim

5K

Week 2



Sama Khashashneh

2E

Term 3

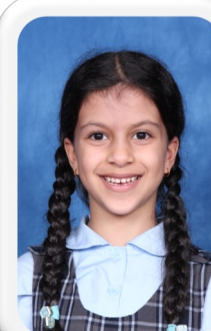
Week 3



Mohammad Abduljabbar

2S

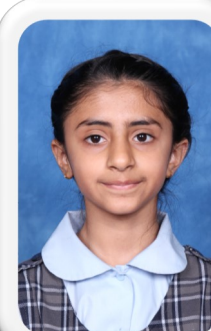
Week 4



Zahra Alswafi

2K

Week 5



Zainab Bilal

3P

2017 HSC Study Camp

The 2017 annual Year Twelve study camp will be one of the remarkable moments that will be forever ingrained in our memories. Many tears of happiness and laughter were shed during these times. We attempted to study by trying to keep with the rigid study timetable. The highlight of the camp was the insightful religious lessons that we had three times a day by Mr Alshafie, may Allah reward him greatly.

Throughout the week we were united and developed a close bond during moments such as the camp-fires, flying fox and the

giant swing. The overall experience allowed both students and teachers to engage in a positive, social environment, giving all that were involved a chance to get away from everyday life and spend some time with each other to simply have fun. The event was organised ahead of the upcoming dreaded Year Twelve trial examinations, to well prepare the cohort and to avoid the stressful, sleepless nights.

To conclude, the camp was beneficial for all attendees and was truly a week to

remember as all students and teachers enjoyed the time we had together. It was a week filled with knowledge, joy and happiness and the class looks forward to perhaps doing it all again on the summer holidays, post-exam (and stress) period. We would like to thank all the teachers who contributed in making the camp a unforgettable one. Good luck with the class's future endeavours!

Mahmoud El-Saj and Mohamad Srour
Year Twelve SRC members



2017 Leaders and Mentors Camp



From Monday 10 to Thursday 13 July, 2017 - a group of nineteen students from Year Ten embarked on a Leaders and Mentors camp to Cataract Scout Park with Al Amanah College Imam-Sheikh Amr Alshelh and Al Amanah College Health teacher Mr Taiba. The camp was based on a new initiative implemented by the school's Imam in order to educate and instil 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 memorize what they had learnt

from each lecture. As a result, the boys completed the whole program, this will enable them to participate in the next Al Amanah's Leaders and Mentor camps. Which will take place early next 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 Challenge Valley and abseiling.

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

The Australian Geography Competition



The Australian Geography Competition is conducted across the country in secondary schools in Years Seven to Twelve. The competition assesses geographical knowledge and skills with a focus on fieldwork, spatial technologies and analytical skills. Participation in national competitions enriches our students learning experiences and provides them with an excellent yardstick to evaluate their own learning.

Al Amanah students achieved outstanding results in the 2017 competition with two students attaining results in the top 1% in the country and seven students receiving high distinction. Congratulations to all top achievers!

Stage Six Exams

Year Twelve students have been taking their HSC Trial Exams since Monday 7 August Week Four and concluded their exams on Friday 18 August Week Five. A timetable for the examination has been designed to allow every student ample breaks and an adequate level of time to effectively carry out study and problem solving in preparation for the exams.

Year Eleven students will be undertaking their Yearly Exams beginning on Monday the 28 August and write their last examination on Friday 8 September. All senior students are advised to:

1. Follow a study timetable and review the timetable based on the effectiveness of their study regime.
2. Construct mind or concept maps and or flow charts so they have a visual depiction of a topic. Making connections to related skills and applying the concepts to case studies as per the course requirements is necessary
3. Allow adequate rest during the study sessions and practice digital time off to avoid distractions while studying.
4. Get in touch with their teachers for clarifications regarding concepts and skills they may need assistance with.
5. Practice writing responses to exam type questions under time constraints because time management is an essential exam skill.

Students and staff at Al Amanah wish all Stage Six students success in their exams.

Study Skills

THE FOUNDATION FOR LIFELONG LEARNING

Rock-Climbing - A Memorable Experience

Who could forget the experience of such an event? Every Wednesday, throughout the past three weeks Years Seven, Eight, Nine, and Ten girls set off every recess to the Villawood Rock-Climbing centre, where they had the time of their lives! How so? Well, within such a recreational, and cleverly-manufactured location, the students had the opportunity to participate in various courses, rather than the concurring progressions during every visit. In reference to courses, this indicates the countless pathways and choices for climbing rocks, including discovering caves, which were 'pitch-black', and 'dark as night'. In fact, torches are a must in such a place, since some stretch to the approximate distance of fifty- metres! Climbing up, or climbing down, it is up to the investigator to contemplate which pathway they believe will enable them to successfully and strategically complete the 'dark maze'. In fact, I, personally, saw many girls recoil in shock after enduring only the first few seconds of the typical experience in the 'caves'.

The rocks which we climbed were a 'far cry' from being considered as effortlessly manageable, or meant for young children. That being said, there are rock-courses of all difficulties, ranging from levels which young children would attempt, to strengthen their climbing skills, inclusive of walls which extended to ceilings; obviously

meant for adults! I mean, imagine having to pull yourself up using both your hands, and legs! However, this is not only based on the distances to which the walls extend, but also the rocks! Some were as small as golf- balls, whereas others were ramps which could ease pressure for those who were climbing. Amusingly, many girls had fallen, since the rocks were tremendously challenging to balance on!

Nevertheless all students had the desire for the simplest of beverages, the aim being to cool them from the 'radiating' heat of their bodies due to excitement. Some had bought tall, and widely- sized 'slurpies', whereas some others preferred a bottle of water. Food was bought, such as packets of potato chips and bars of Cadbury chocolate. But, when the clock struck twelve-thirty in the afternoon, it was finally time for the high school girls to return to school. They were sad to leave for the last time, as they had aspired to revisit.

Overall, the experience of the high school girls at the Villawood Rock-Climbing Centre was truly an experience to remember, where friendships were extended, and team-work was applied, to successfully complete all courses of the challenges. Personally, I sincerely enjoyed my rock-climbing experience, as it assisted me in

strengthening my skills in climbing walls, figuring my way out of silent caves, and making new friends! I would like to thank Miss Kabbara, for organising the recreational event, Mrs El-Zahab for devoting her personal time to take care of us, and all staff which contributed to the organisation of the event. What an experience!

Danna Rajab
Y 9M



SRC Captain Speeches Assembly

A whole school assembly was organised on Friday 18 August, 2017. During the special assembly, the selected Year Eleven students presented their school captain speeches to the whole school which outlined their reasons for their nomination for the prestigious leadership position. This was one of selection processes that the students to have to go through and they will be undertaking a short interview with the executive staff of Al Amanah College in week six. All the students delivered speeches of a high calibre and we wish them all the best of luck on the final nomination and selection process. The 2018 Year Twelve SRC team will be inducted at their graduation ceremony in week eight.

The following students that were short listed for final selection process:

Year Eleven Boys:

Firas El Hawat
Adam Hawchar
Yusuf Sabbagh
Abdallah Rajab

Year Elven Girls

Sakena Alwan
Zeinab Imtiaz
Aysha Kaseem
Israh Zahr
Mariam Moussa



University of New South Wales – Business Studies and Economics Competition

Students in Years Eleven and Twelve Business Studies and Economics class participate the national UNSW competition. The following students have done exceptionally well and been awarded with a monetary prize and invitation to the Awards Ceremony:

1. Adam Hawchar
2. Zeinab Imtiaz
3. Banine Alfartose



The awards ceremony will take place on:

Thursday 7 September 2017 at 6:00pm - 8:00pm at Leighton Hall, John Niland Scientia Building, UNSW, Kensington, Sydney.

Youth Discrimination forum

On Tuesday 15 August, Al Amanah College students and SRC Coordinator Miss Mary Baker attended the annual Youth Discrimination discussion forum in Parramatta. The following students were selected to attend the seminar including Firas El Hawat, Zeinab Imtiaz, Princess Zahab, Mariam Abdallah, Tia Saad, Nada Khaled and Danna Rajab. Upon arrival the students were introduced to various schools in the Sydney region and were given an introduction to the role and the nature of the NSW Anti-Discrimination board. The students were able to gain an insight into the initial complaints handling process and how it works if a person was to lodge a complaint about a form of harassment they have experienced. The main objective of the Anti-Discrimination Advisory Board in regards to the forum was to try to initiate change and build awareness amongst the youth about the services they provide to the general public. This was effectively achieved through group discussions whereby students collaborated with other schools outlining their perspectives on the various forms of bullying students encounter on a daily basis. Al Amanah students provided detailed analysis on what are the limits that currently exist within the Anti-Discrimination Law and the barriers that youth encounter in accessing these services.

We were provided with great feedback from Claire Williams (Community Education Officer) who stated 'The forum was fantastic and your students were wonderful'. It was a great opportunity for the students to gain an insight into the pressing issues within society and be able to contribute and provide feedback to the Advisory Board.



Miss Mary Baker

Malaysian University Students' Visit to Al Amanah College

Al Amanah College of Australia held a welcoming seminar and breakfast in the community Grand Hall in Liverpool on Thursday 17 August, 2017 for our special guests from the Malaysian Management and Science University (MSU). The academics from MSU approached Mrs Faten El Dana OAM (Head of Arabic Studies at Al Amanah College) to bring their business management students to gain an insight and encourage them to explore possibilities and opportunities under their international exposure programme to experience the real globalisation world and to develop a global mindset. The MUC students were able to interact and liaise with the female senior students and provided them with an opportunity to gain greater understanding of the community based services these students are involved with and contribute to. The special attendees enjoyed a group photo and a light lunch to end what was regarded as a great and insightful event. The attendees stated this was clearly a highlight of their trip to Australia and expressed their gratitude for the warm hospitality they experienced.

We hope this engages the international communities to work more closely together.



Shaping Positive Eating Behaviours

Teaching children positive eating behaviours during childhood can set them up with healthy eating habits for life. Developing a positive relationship with food, as well as a balanced approach to eating, can lead to better health outcomes in the long run.

Nowadays, an alarming 25% of Australian children are being classified as overweight or obese. This is the direct result of a number of behaviours including :

- Higher than recommended consumption of 'occasional' or 'extra' foods that are high in added fat, sugar and salt, especially fried potatoes, sugar-sweetened soft drinks, ice cream, cordials, meat pies and margarine.
- Lower than recommended consumption of fruit and vegetables.
- More food being purchased away from the home (e.g. take away).
- Evening meals being eaten in front of the television.
- In increase in screen time (iPads, television, computers).
- A decrease in the amount of incidental activity such as walking to and from school.
- A drop in outdoor playtime.

What can parents do?

Parents often underestimate their role in the development of healthy eating habits. Speaking positively to your children about healthy foods and role modelling balanced eating is the first step in helping kids develop a healthy relationship with food. And remember, actions speak louder than words! Children watch, listen and learn through observation, and then follow what they see. Set your children up for life by being a positive role model and create healthy habits from the start.

How?

- Enjoy all foods in moderation.
- Do not binge on 'occasional' or 'extra' foods.
- Cook meals at home and try to encourage your children to help you. Involve your kids in the menu planning and shopping, too.
- Talk about healthy foods from the five food groups and what they do for your body. For instance, "this apple is so crunchy and deli-

cious - it is flesh is helping to keep me stay regular and it's filling me up with its nutritious sweetness." Or "these carrot sticks contain a super nutrient called beta carotene that helps my eyes stay sharp and focused. Or "this delicious glass of milk contains calcium - it helps my bones and teeth stay strong."

- Ensure your child's diet is balanced and contains a variety of foods from all the five food groups.
- Encourage your children to eat a nutritious breakfast every day using foods from the five food groups.
- Encourage water instead of soft drink and or other drinks containing added sugars. Toss in lemon or lime wedges to flavour water.
- Avoid negative language around less healthy foods such as 'bad' or 'fattening'. It is not the type of food that is bad, it is the amount and how often the food is eaten that can be problematic. Instead, refer to these foods as "occasional" or "extra" foods and keep portion sizes small.
- Place a limit on the number of "occasional" or 'extra' foods eaten each week. These foods shouldn't be eaten daily. Make sure the whole family sticks to this rule and have other, more nutritious snacks available.
- Fill your fridge and pantry with a variety of healthy foods that are easily accessible such as whole fruit, whole grain crackers with slices of reduced-fat cheese, reduced-fat yoghurt or pre-sliced veggie sticks with hummus or reduced fat cream cheese.
- Discourage eating in front of the television or computer as this is often done mindlessly without paying attention to hunger cues and can result in the consumption of unnecessary kilojoules (energy).
- As often as possible, eat together at the dinner table and turn off the television, even if the whole family is not present.
- Be mindful and listen to hunger cues. Most children are great at eating to their hunger so let your child stop eating when they do not want anymore. Children will eat when they are hungry regardless of the food on offer, so always have healthy options available.
- Children start to form food likes and dislikes from an early age, so always offer variety. It may take many attempts for your child to like a new food, so do not give up. Offer small amounts and try presenting it in a fun engaging way.



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

twitter.com/AlAmanahCollege or @AlAmanahCollege

Email: admin@alamanah.nsw.edu.au

Web site: www.alamanah.nsw.edu.au