

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dear Parents, Students, Staff and Friends of 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.

Here we are at the end of another term. Year Twelve graduation was held on Friday 22 September which marked the end of their thirteen years of schooling. We thank all parents who were able to join us on the day. I would like to thank the Year Twelve advisors, teachers, parents for all their hard work and more importantly the 2017 graduates for successfully completing their HSC. I wish you all a time of happiness and rest and look forward to seeing great results in the HSC.

Our students have all moved forward in their learning and also enjoyed a range of activities both inside and outside the school. Next term promises to be as busy as in previous years with performances, assessments, end of year activities and, of course the summer holidays. We are all looking forward to a wonderful time of learning and fun.

We thank all the parents and community members who have come out to show their support for students during various school activities and assisted in building a stronger school community. We thank everyone who has taken the time to help us make Al Amanah College a strong and well-established school. We look forward to working in partnership with all involved with Al Amanah to maintain and enrich the strong sense of community that has always set apart our school from the rest.



Parents' Concerns

Parents are encouraged to discuss these issues their child's progress with his or her teacher.

We at Al Amanah College endeavour to ensure that the child's time with us runs as smoothly as possible, however, there may be occasions when parents have concerns about what has happened in a classroom, playground or on excursions.

Classroom Concerns

In the first instance parents should make an appointment through the office or Class Dojo to see the teacher. The teacher will then arrange a time for the appointment before or after school or during their RFF sessions. If the matter is not resolved, parents will then be asked to arrange an appointment to see the Coordinator or the Principal.

General School Concerns

Parents with concerns would be directed to make an appointment through the office to see the Coordinator or the Principal. Alternatively, parents may send an e-mail with their complaint to: admin@alamanah.nsw.edu.au

Ayman Alwan
Principal

Dates to Remember

Monday 18 September - Friday 22 September	Year Ten Work Experience
Thursday 21 September	Primary Arabic Poetry Competition
Friday 22 September	Hijri Year Celebration Last Day of Term Three
Monday 25 - Friday 29 September	School Office open 9:00am - 2:00pm
Monday 9 October	Term Four First Day
Monday 16 October - Friday 10 November	HSC Examinations
Friday 20 October	Year Eleven Presentation Assembly
Wednesday 1 November	Kindy Orientation Session One
Wednesday 8 - Friday 17 November	Year Ten Yearly Examination
Wednesday 8 November	Kindy Orientation Session Two
Thursday 9 November	Year Six Open Day
Wednesday 15 November	Kindy Orientation Session Three



الهجرة المباركة

الطلب" فيدعو خير الخلق صلى الله عليه وسلم ربّه فينقذ الله فرس سراقه، ويفترب متفكراً فيما حدث له، ويخبر النبي صلى الله عليه وسلم أخبار ما تريد بهما قريش من الأذى.

وهنا يخاطبه الرسول الأعظم فيقول له "كأني بك قد لبيت سوارى كسرى" رواه البيهقي في السنن. يمضى سراقه إلى قريش فيجد الناس يلتمسون (بطلبون) رسول الله صلى الله عليه وسلم فيقول لهم: "ارجعوا، فقد استبرأت لكم ما ههنا وقد عرفتم بصرى بالأثر" فرجعوا.

أسلم سراقه بن مالك سنة ثمان للهجرة، وبعد انهزام الفرس في معركة القادسية وعودة جنود المسلمين قام سيدنا عمر بن الخطاب رضى الله عنه وأبى سراقه سوارى كسرى كما أخبر النبي الأعظم محمد صلى الله عليه وسلم.

وتابع النبي محمد صلى الله عليه وسلم رحلته مع الصديق حتى وصل إلى المدينة المنورة حيث كان المسلمون من أهل المدينة ينتظرون وصوله. ولما علموا بوصول رسول الله صلى الله عليه وسلم عمت الفرحة والسعادة وأشرقت المدينة المنورة بنور النبي الأعظم. وكانت الهجرة فاتحة خير وتأسيساً للدولة الإسلامية التي كانت منطلقاً لنشر الدعوة. وتعليم الناس أمور دينهم.

قريش أن من يأتي بمحمد صلى الله عليه وسلم له مئة من الإبل، فعقد سراقه النية على أن يستأثر وحده بالغنيمة وخرج يطلب النبي الأمين وصاحبه الصديق.

ولما كان السخر (وهو وقت قبل الفجر) امتطى صهوة جواده وسلك طريق المدينة وبقي يبحث عن رسول الله صلى الله عليه وسلم وصاحبه الصديق، حتى إذا زالت الشمس وحملت الظهيرة فقد الكثير من الأمل في أن يجدهما.

وفي هذه الأثناء يقرب سراقه وهو يسمع قراءة النبي صلى الله عليه وسلم والصديق يكثر من الالتفات يمناً ويسرة خوفاً من عدو يريد بصاحبه وحبيبه شراً، فيرى سراقه قد أدركهما ويغلم النبي بذلك فيدعو النبي صلى الله عليه وسلم قائلاً: "اللهم اكفناه بما شئت وكيف شئت" رواه الإمام أحمد. وهنا تظهر إحدى معجزاته صلى الله عليه وسلم فتسوخ قوائم فرس سراقه في الأرض فيثب عنه خائفاً وقد علم أن لمطلوبه شأناً عظيماً عند الله. فيناديه سراقه ويسأله أن يدعو الله له قائلاً: "ادع الله أن ينجيني مما أنا فيه، فوالله لأعطين على من ورائي من

بعد ثلاث عشرة عاماً من بعث النبي الأمين صلى الله عليه وسلم قضاهاً في الدعوة إلى دين الله تبارك وتعالى، جاء الأمر الإلهي بالهجرة إلى المدينة المنورة بنور الهدى المحمدي، وذلك بعد أن هاجر قبله الكثير من أتباعه فاستجاب خير الخلق لأمر ربه وخرج يرافقه صاحبه الصديق في هذه الرحلة المباركة التي كانت حدثاً تاريخياً مهماً وتحوّلاً كبيراً في مسار هذه الدعوة الحقة، وأظهر الله تبارك وتعالى في هذا الحدث من المعجزات ما ثبت به قلوب المؤمنين الصادقين، وكان سبباً وعاملاً عظيماً في هداية أناس وإنقاذهم من الضلالة والشرك إلى الهداية والنور والسعادة الأبدية.

وتستوقفنا في هذه الهجرة المباركة إحدى المعجزات النبوية وهي التي شهدها أحد الفقانيين من قبيلة كنانة هو سراقه بن مالك، وذلك لما كان النبي المصطفى صلى الله عليه وسلم وصاحبه الصديق في طريقهما إلى غار ثور متواريين عن أنظار قريش الذين خرجوا يريدون قتلهما، ففي أثناء ذلك يلتقي أبو سفيان سراقه فيعرض عليه مائة من الإبل لقاء أن يرد النبي صلى الله عليه وسلم وصاحبه إلى قريش، بعد أن أعلن بين مشركي

The Migration of Prophet Muhammad

The immigration of Prophet Muhammad, otherwise known as the *Hijrah*, was not about running away from being killed, nor was it about fear, or a retreat from bidding the lawful or forbidding the unlawful. The *Hijrah* was done in obedience to what Allah had ordered. During the *Hajj* season, when the people gathered, the Prophet peace be upon him used to call them to *Islam* and say to them: "Say no one is God except Allah and then you will succeed".

The Prophet was very patient with what the blasphemers had done to him. His companions tolerated many types of torture including whipping, hitting, imprisonment, burning, and execution. Yet when they gained the support and aid from Allah, it was as if they had turned into a solid rock that could not be scratched. Their pious heartbeats and their silent supplications shook the hearts and thrones of the disbelievers.

Consider the words of our master Muhammad after the people had come to his uncle Abu Talib and asked: "What does your nephew want out of his call to *Islam*? If he wants status we shall give him it and we will not do anything without his consultation. If he wants money, we will collect it for him until he becomes the richest amongst us. If he wants to rule us, we shall give him the position of king". But the Prophet peace be upon him said to his uncle: "If they were to

place the sun in my right hand and the moon in my left, I would not leave this call to *Islam*". There is not a single prophet that left the call to *Islam*, nor is there a prophet who neglected the call to *Islam* due to hardships or calamities that had overcome him.

The blasphemers agreed to killing the Prophet peace be upon him. They encouraged one man from each tribe to hit the Prophet with their swords simultaneously so that his murder could be seen as done by all those tribes and so that no one from the Prophet's family could seek revenge. Angel *Jibril* came to the Prophet peace be upon him telling him about their evil plan. Angel *Jibril* ordered the Prophet not to sleep in the same place he used to. The Prophet then called upon *Aliyy Ibn Abi Talib* and instructed him to sleep on the same bed that the Prophet used to sleep on and to cover himself with the same green cloak that the Prophet used to cover himself with. *Aliyy* did this. A group of young blasphemers surrounded the Prophet's house. On his way out, the Prophet, peace be upon him, picked up a handful of dirt. He sprinkled it on their heads, as he recited *Ayahs* 1-9 from *Surat Yasin*.

Ayah 40 of *Surat At-Tawbah* means: "And he (the Prophet) would say to his companion not to be saddened, for they had sup-

port from Allah." The companion mentioned in this *Ayah* is *Abu Bakr as-Siddiq*. This *Ayah* does not mean that Allah is physically present with them in the cave, because *Islam* states that Allah exists without a place. Rather the actual meaning of this *Ayah* is that Allah is supporting and giving victory to them over their enemies.

Allah the Almighty saved the Prophet with the weakest spider web. A spider spun its web around the entrance of the cave where the Prophet was and nearby two doves had laid eggs. By the Will of Allah the Prophet was not seen by the blasphemers. The believers waited patiently in *Madinah* for the arrival of their beloved Prophet to their land. Some would go to the outskirts of *Madinah* every day waiting for him, others climbed trees to see if they could see him coming in the distance.

On midday of a very warm day, the *Ansar* went out in many groups to the outskirts of *Madinah* as usual, expecting the arrival of the Prophet. They heard one of them yelling loudly and saying: "the one you have been waiting for has arrived". Enthusiastically, hundreds rushed out to welcome and greet their master, Prophet Muhammad, while chanting.

May Allah return this holy occasion to us filled with blessings and peace, *Amin*.



Reminders - Reminders - Reminders - Reminders - Reminders - Reminders

Term Three Holidays

The College would like to remind all parents that the last day of Term Three will be on Friday 22 September 2017. Classes will resume on Monday 9 October 2017.

Kindergarten Orientation

Parents and Carers of students starting Kindergarten in 2018 are invited to attend information sessions as part of our orientation program.

For your information:

Kindergarten Orientation sessions are on

- Wednesday 1 November 9:00am – 10:30am
- Wednesday 8 November at 9:00am – 10:30am
- Wednesday 15 November at 9:00am – 10:30am

Al Amanah College - Liverpool Campus
55 Speed Street, Liverpool NSW 2170, Phone: (02) 9822 8022
Email: admin@alamanah.nsw.edu.au

Success Through Knowledge

Welcome to Al Amanah College
Kindergarten Orientation Dates
Session 1: Wednesday 1 November 2017 Time: 9:00am - 10:30am
Session 2: Wednesday 8 November 2017 Time: 9:00am - 10:30am
Session 3: Wednesday 15 November 2017 Time: 9:00am - 10:30am

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.

The time has come! School Hats - 'No hat, play under the shelter'.

The sun's intensity is building and we need to protect the children's skin once again. For those who need a new hat, please visit the office any Tuesday to purchase one.

Our K-10 school uniforms



Summer Uniform



Girls Uniform 7-10



Winter Uniform



Sports



AL AMANAH COLLEGE

2017 Book Week Parade

During Book Week, we celebrate children's literature and encourage the love of reading. This year's Book Week theme is 'Escape to Everywhere'. It makes us think about the world and the many different people who live here. The theme invites us to wonder, to escape, to imagine ourselves in the shoes of someone else in different places such as another country and see and feel what they do. Reading allows our students to be more compassionate and have more empathy towards others.

On Wednesday 30 August we had the Book Week parade and it was a great success. Students and parents had a fabulous time! We started off the parade with an amazing performance from the drumming band. Students then showcased one of their favourite book character and paraded in front of their parents and the primary school students. One student from each class was chosen as having the best costume and book pack.

Thankyou to all the English Committee teachers who organised Book Week. The hall was decorated beautifully and related to the theme 'Escape to Everywhere'. *Thankyou* also to our lovely parents who attended the parade.



2017 ^Id Ul Adha Fete

On Wednesday 6 September, Al Amanah College - Liverpool Campus held its annual ^Id-Ul-Adha Fete - 2017. Students enjoyed fun activities including henna, face painting, bead making, plaster painting, challenge centre, gladiator pit, jumping castle, bungee run, obstacle course, and a variety of delicious foods. A very big *thankyou* to all Al Amanah staff for all their hard work in making this a successful event. A special *thankyou* to all our students and parents for their support.



Library Book Week Competition

In conjunction with Book Week 2017, Al Amanah Library has organised a book cover competition for primary students. Students have been working on their entries during Home Reader sessions and lunch breaks from Week Three to Week Seven. We are pleased to see good participation and efforts from the students. Best entries will be used as part of the library decoration. *Thankyou* to the English committee for support and assistance, especially to Miss Parker, Mr Jamleoui, Mrs Alwan and Ms Sahyouni for choosing the winners.

Winners from every grade received prizes during assembly. Well done to the following winners:

Kindy:

Alyssa Hawchar
Jaydat Moussa
Azra Bilajac

Year One:

Omar Kassem
Narjis Aldhalimi
Nadima Elniz

Year Two:

Lammar Eid
Sama Kashesneh
Mohamad Al Boustani

Year Three:

Lana Awad
Zaara Yasir
Zainab Bilal

Year Four:

Majd Bakti
Aseel Kanj
Urwah Ali

Year Five:

Dalia Rawanduz
Sedra Schanan
Maheen Noman

Year Six:

Gazi Awad
Phutima El Yassir
Maram Al Atabi

Ms Aziz



Year Three Brasserie Bread Bakery

Without fail, the face of each and every child lit up as the bread they baked emerged from the oven – what a wonderful way to teach kids about real, flavoursome, nutritious food. It was teamwork and dedication! We produced the best pizza in town and took some bread home for dinner! What an exciting experience for all Year Three students.



Kindy - Six Science Fizzics Incursion

On Thursday 14 September our students attended the Science Fizzics Incursion. The presenter performed an exciting and entertaining science show for our students. 'The Big Fun Show' (Years Three - Six) involved students in exciting demonstrations highlighting gigantic bubbles, hair-raising electricity experiments, bubbling liquid nitrogen, levitating beach balls, a giant gyroscope, fire balls, coloured shadows, a flame equalizer and much more!

The show "Tick, Tick BOOM" (Kindy - Year Two) involved students in exciting activities focusing on air pressure differentials, exothermic vs endothermic chemical reactions, the effect of surface area on reaction rates, combustion requirements and properties of liquid nitrogen.

The presentations were amazing and the students enjoyed them. *Thankyou* to Miss Wilmot and Mrs Khalil for organising the incursion.



2017 Kindy - Six Primary Athletics Carnival

The K-6 Athletics Carnival was held today at Dwyer Oval. It was a wonderful and successful day. The day included many activities such as the running events, shot put, long jump, egg and spoon race, potato sac, relays, three- legged race and tug of war. Students were cheering for their team mates and the drums were played during the running events. The atmosphere was electric! The day ended with a tug of war game with the parents and teachers. Congratulations to the Newcombe team for achieving first place.

Thankyou to the students for showing good sportsmanship and the wonderful parents who assisted during the day. We were very grateful to have Mrs Malas, Mrs Krayem, Mr Chamma and Mrs Masri help us throughout the day. May Allah reward you. Our hard-working teachers did an excellent job making sure the day ran smoothly. A special thank you to Miss Adam and Mr Taiba for organising the Athletics Carnival, Mr Khan for taking photos and Mrs Abdullah for organising the lunch for our students. We look forward to the 2018 Athletics Carnival.



Islamic Schools Gala Day

The NRL had held a rugby league competition for the Islamic schools in the Sydney area. It was great to see both boys and girls enjoying themselves throughout the day. This was also a chance for Mr Taiba to have new players gain experience before next years West All Schools competition.

We participated in U10s and U12s competitions with four boys teams and two girls teams with players ranging from Year Three to Seven. The primary divisions did not have a final series but was great to see the kids be so competitive and so respectful with other Islamic students.

For some students it was there first gala day and they found it exciting. The students worked well together throughout the day and was fantastic to see the players from our school and other schools pick each other up after tackles or falling to the ground. As well as the older students mentoring the younger ones to help them improve on their skills and game sense.

Hopefully next year there will be even more players participate in next year.

Mr Taiba and Mrs Adam



Bullying and Harassment

Al Amanah College does not tolerate bullying and harassment of students. Students who persistently bully other students will be subject to the Al Amanah College welfare and discipline system and risk suspension under the school suspension policy.

Bullying is the repeated conscious desire to hurt, threaten, isolate, exclude or embarrass someone.

Bullying occurs when a person:

- is called racist names
- is called hurtful nicknames
- is threatened
- is sent hurtful notes or text messages
- is teased in an unkind way
- has rumours spread about them
- has property damaged
- is subject to cyber bullying

Possible signs and symptoms of being bullied:

- unwillingness to attend school
- unusual emotional outbursts or mood swings
- lack of confidence
- damaged clothing or possessions

Parents you can: -

Watch for signs of distress

- Listen to your child
- Give your child some strategies
- Advise your child to tell a trusted staff member
- Inform the school



جانب من أعمال الصف التمهيدي KH داخل الصف وكيفية عمل الظرف



Star Student of the Week

K - 1

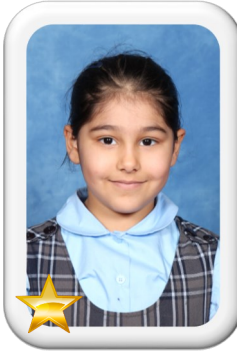
Week 6



Aiesha Rajab

1B

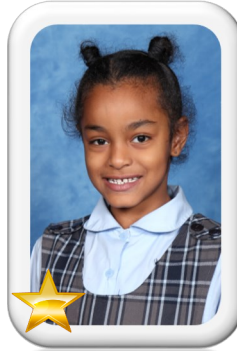
Week 7



Narjis Aldhalmi

1R

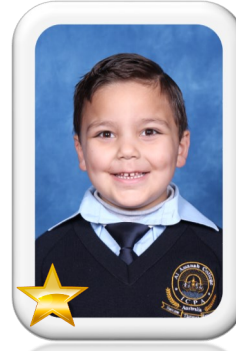
Week 8



Lamees Mohamed

KM

Week 9



Yaseen Al-Timimi

KK

Week 10



Noah Maarabani

KH

Week 10



Amelia Sabbagh

KH

2 - 6

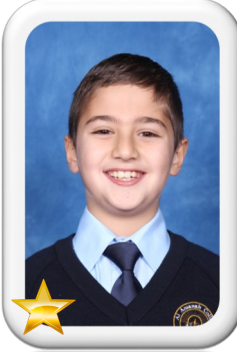
Week 6



Zaara Yasir

3H

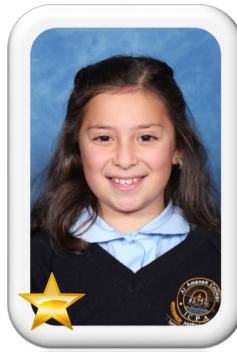
Week 7



Bakr El-Zahab

4A

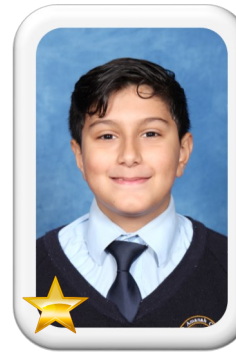
Week 8



Aseel Kanj

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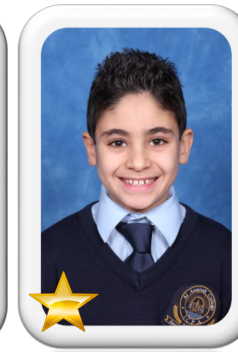
Week 9



Fouad Karime

5W

Week 10



Edris Alchaar

6S

Week 10



Phutima El Yassir

6J

Malaysian Batu Pahat High School Boys' Visit

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.

Malaysian boys from Batu Pahat High School in Johor – Malaysia with their respective families and teachers visited Al Amanah College - Liverpool campus on Friday 25 August 2017, 3 Thul-Hijjah 1438. The football players met the School's leadership and Religious teams including the Principal Mr Alwan, Sheikh Shadi Al Kasem, Sheikh Amr Alshelh and Mrs Dabboussi as well as some teachers and students from year seven-nine .

Mr. Alwan welcomed all the special attendees, spoke about some of the achievements of Al Amanah College, the importance of such visits and the partnerships between the two schools.

The main objectives of the visit were:

1. To expose students from both schools to the diversified community of Australian/Malaysian Muslims which they had not experienced before.
2. To expose the Malaysian students to the Australian education system.
3. To strengthen the brotherhood and to encourage further interactions and relationships between the two schools.

Mr. Alwan then introduced Sheikh Amr Alshelh, the school's Imam who delivered a beautiful religious lesson that emphasised on the interconnected roles of Darulfatwa and Al Amanah College in spreading the true creed and knowledge of Islam and to remain steadfast on the correct teachings of our beloved Master and Prophet Muhammad Peace and blessings upon him. This was closely followed by a short video projection highlighting some of Al Amanah's achievements over the past years. The guests were presented with a private breakfast in honour of the presence of our special guests.

Following, a friendly football match between the Batu Pahat High School boys and Al Amanah College boys football teams was enjoyed at Discovery Park. After the match the special attendees attended Friday congregation prayer at school.

As a token of appreciation and gratitude for the prestigious visit, Mr Alwan presented each guest with a special gift. 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 and presented the school with gifts of gratitude.

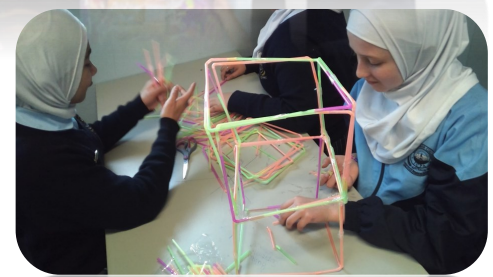
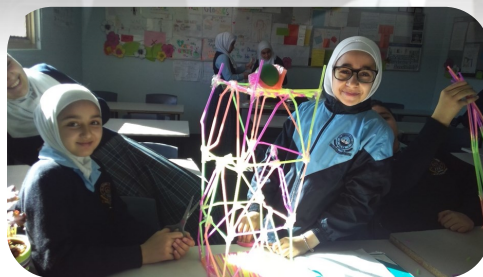
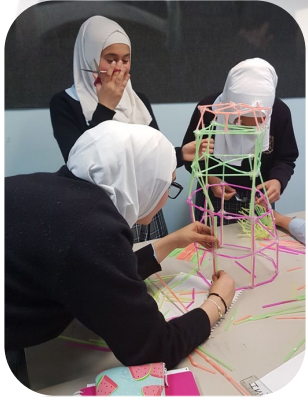
To conclude a short but rather eventful day, photos were taken with the leadership team, and with the teachers and students who participated in this gathering.



Al Amanah High School Celebrates National Science Week

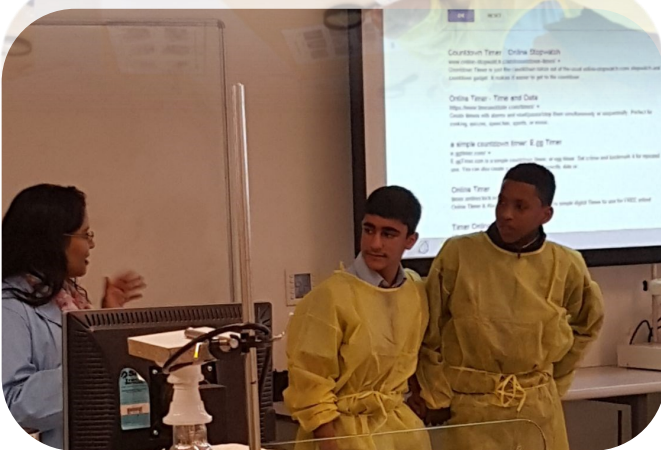
To celebrate National Science Week 2017, students from Years Seven - Ten participated in a bridge/tower building competition during their science classes. The bridges/towers were constructed using only straws and sticky tape. Years Seven and Eight students worked in small groups to make the tallest tower that can hold the weight of a tennis ball, while year Nine and Ten competed to make the sturdiest and well-designed bridge.

A big congratulations to our prize winners who worked very well together and demonstrated their exceptional problems solving skills.



Year Ten Science Excursion

On Tuesday 12 September 2017 Year Ten students had an immensely enjoyable science day at the University of Technology Sydney. They attended a physics workshop where they applied their problem-solving skills to generate the largest amount of electricity using thermos generators and various materials. This was followed by an intriguing lecture on current research in biotechnology - using parasitic worms to treat autoimmune diseases! Their last session was a forensic workshop where they looked at ways forensic scientists analyse evidence from crime scenes. The senior lecturers at UTS were very impressed with the students' depth of inquiry and interest in these fields. Well done Year Ten!



2017 Year Twelve Graduation

On 15 September Year Twelve students celebrated their thirteen years of schooling during their graduation ceremony in the Grand Hall . As a group, the graduating class has impressed Al Amanah community with achievements in the classroom and in the community. The cohort willingly and enthusiastically grasped leadership opportunities, both formal and informal, to positively influence the student body as a whole.

Year Twelve students will now be preparing to undertake their HSC examinations commencing on 16 October and concluding on 7 November. This year a significant number of students have applied for early offer opportunities to pursue their undergraduate studies at University of Sydney, Macquarie University and University of Wollongong – Western Sydney Campus. It is envisioned that with their continued commitment to studies and refinement of their knowledge and skills in their various HSC course studies, 100% of the graduating students will be receiving entry into university studies in 2018.

The students are strongly advised to know what to expect in each of the exam papers and to have a clear understanding of how best to manage time during every examination. For each course you are studying, know the rules and requirements in each course rubric and inherent skills. The college community wishes the graduating class well in their preparations for the examinations we have no doubt the 2017 graduates will excel in their HSC exams and make everyone proud in their post schooling studies and careers.

Congratulations on making it to the end and all the best in the future you all have chosen!

The awards recipients are :

Principal Award

- Yusuf Abdallah
- Rawah Asfour

Achievement Award

- Mahmoud Elsjaj
- Adam Saboun
- Sarah Baltaji

Consistent Effort Award

- Zahra Kusnadi
- Sariah Al-Aweik
- Ali Sobh

Most Dedicated student

- Mohamad Srour

The Australian Defence Force - Long - Tan Leadership and teamwork Award

- Mahmoud El-Saj

Sports Awards

- Taha Zahab Boys Age Champion
- Mohamad Srour Boys Age Champion
- Iman Chehab Girls Age Champion
- Zahra Kusnadi Girls Sports person of the year

Innovation Award

- Sarah Baltaji

DUX or Most Outstanding student award. USYD offers guaranteed places in their university based on ATAR results

- Yusuf Abdallah

Leadership Award

- Sara Kahil



Parent Tips

Raising a family is a busy task and there are many challenges along the way, as well as many rewards. Getting your kids to eat well and be active are common goals for many parents and they can add to the fun of family life!

Here we provide some tips on how to get your kids eating well and being active.

- Keep the cupboards free of unhealthy snacks they can pester you for.
- Talk about healthy foods and encourage them to try new tastes.
- Join, or set up, a neighbourhood Fruit and Vegie Co-op for the freshest and cheapest way to feed a family.
- Find new and creative ways to incorporate extra vegies in every meal.
- Encourage a range of sports and then go with what the kids prefer.
- Get involved in team sports and volunteer as a coach or manager.

Keep the Cupboards Free of Unhealthy Snacks

As a parent, you often have to 'go with the flow'. Parents are supposed to be firm on not giving in to junk food – sure, children could have treats now and again, but generally we

stuck to good, healthy food at every mealtime. We are to avoid the “pester power” by simply not having unhealthy snacks in the cupboard.

Talk about Healthy Foods and Encourage Kids to Try New Tastes

When the children are older starting to get interested in cooking themselves. You serve meals with serve-yourself vegetables or salad. That way, the kids are empowered to try a bit of what they like, and it also generates discussions about healthy foods amongst the whole family.

Join/Set up a Neighbourhood Co-op

The tip is to join or set up a local fruit and vegie co-op. In some neighbourhood, fruit and vegie co-ops are very popular. The way it works for a family is that they have seven families involved, and each week one family is responsible for going to the markets and buying a carload of fresh fruit and vegetables, then dividing it between the families. It is fun to do the shop, buying up boxes of fresh produce! Of course, each family get the freshest fruit and vegies around and it is also very cost effective for a family. And then every week, you are working your way through it all before the next lot arrives!

Find New and Creative Ways to Incorporate Extra Vegies in Every Meal

There are always opportunities to add in extra vegies when you are cooking. You take it on as a challenge – make lasagne having five types of vegetables in it.

Try a Range of Activities but Stick with the Ones the Kids Enjoy

As for being active kids gain a lot of self-esteem through physical activity. You have always encouraged activities such as swimming, football and athletics. You also focus on “personal bests” rather than just winning. However, there is nothing worse than forcing a child to keep up an activity they are not enjoying. We suggest trying it for a set period, and if they are not enjoying it, move onto something else – you are bound to find something they love sooner or later.

Get Involved in a Team Sport

Team sports are also a great way to keep kids active and healthy, and they often provide a great social outlet for the parents as well! Encourage your children to play a team sport.



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