

# Al Amanah College

Success Through Knowledge

## NEWSLETTER

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

### From the Principal's Office

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

Welcome to our November newsletter for 2017. In this edition we continue to share with you the achievements of our students, as well as provide you with some important information about the start of the 2018 school year.

I would like to begin by congratulating all the parents who performed Hajj this year. I would also like to wish everyone a Happy New Hijri year. *Kul ^ am wa antum bkheir.* A special congratulations to Hajj Muhammad Sabbagh and Mrs El Dana for performing Hajj.

Term Four always seems to be very busy and this year has been no exception. The new Hijri year celebration was a great success. Students enjoyed celebrating this great occasion and I thank all staff members for making this event a successful one. The successes and achievements that our students enjoy would not be possible without the partnership between the school and home. Thank you to our parents and caregivers for your ongoing support of Al Amanah College. We value it and look forward to continuing to work alongside to help and support your child in 2018.

Our Years Ten and Six students will be respectively farewelled on Friday 24 November and on Monday 11 December. These events will be held at the Liverpool campus and are always memorable for the students and their parents. The Year Six students will also be given the opportunity next week to attend an Open Day at the high school section at the Liverpool campus to allow them to become familiar with the high school and to participate in a fun Oz Tag game.

We will also be hosting our annual Kindy Orientation for our 2018 Kindergarten students. Session dates are as follows; Wednesday 1, 8 and 15 November from 9:00am - 10:30am. These sessions give students the opportunity to interact with peers and engage in fun Kindy activities. Parents attend workshops to familiarise themselves with general school information and procedures, literacy and numeracy sessions and ideas for healthy lunch boxes.

The information sessions are important and we would like to encourage all our 2018 kindy parents to attend three sessions.

Students from Al Amanah College achieved outstanding results when they participated in ICAS this year. Those students whose achievements were outstanding were rewarded with Certificates of Merit, Credit, Distinction and High Distinction. ICAS are developed for students in Years 2 to 12 and are sat annually. Each ICAS test is designed to assess students' academic ability in aspects of Computer Skills, English, Mathematics, Science, Spelling, Writing and NAPLAN session.

A general reminder to all parents on the importance of packing a healthy lunchbox. Health problems related to poor choice of food is common in our society. Too many Australian children are overweight, and have health problems related to diet. To help children develop healthy eating habits and become more responsible in making the right food choices, the school prohibits take away food such as McDonald's or the like.

On a final note, student reports will be issued during our Parent/Teacher interviews (primary) and End of Year Presentation Ceremonies (secondary), scheduled for Weeks Nine and Ten this term. Teachers will discuss your child's academic results and present their class assessments in their individual portfolios. It is very important that parents book an appointment to see the classroom teacher when forms are distributed, to avoid missing out.

I also extend my sincere thanks to the teaching and support staff at Al Amanah College, who throughout this year, have worked together to provide Al Amanah students with good teaching and learning programs.

Regards,

Ayman Alwan  
Principal

### Dates to Remember

Wednesday 8 - Friday 17 November	Year Ten Yearly Examination
Wednesday 8 November	Kindy Orientation Session Two
Thursday 9 November	Year Six Open Day Year Twelve University of Sydney Excursion
Wednesday 15 November	Kindy Orientation Session Three Robotics Competition
Thursday 16 November	Year Twelve New South Wales University Excursion
Tuesday 22 November	Mawlid Fundraiser
Tuesday 22 - Thursday 30 November	Years Seven - Nine Yearly Examination
Friday 24 November	Year Ten Graduation
Thursday 30 November	Primary Talent Quest
Monday 4 December	Mawlid Break Pupil Free Day
Tuesday 5 December Wednesday 6 December	Primary Parent/Teacher Interviews - 4:00pm - 6:00pm
Thursday 7 December	Mawlid Celebration
Friday 8 December	Years Seven - Nine End of Year Ceremony
Monday 11 December	Year Six Graduation
Tuesday 12 December	Years Kindy - Five End of Year Ceremony



## 2017 Public Speaking Competition

On Wednesday 20 September Years Three - Six Public Speaking Competition was held in Liverpool Campus. Students from the Liverpool campus competed with our sister campus, Bankstown Al Amanah College and our sister school Salamah College. Iman Rifi, Mariam Malah, Maysa El Masri and Hadi Tabbara represented the Liverpool Campus. The speeches were wonderful and engaging. Hadi Tabbara achieved first place and scored the most points in the competition. Congratulations to all our students who made it to the finals. You are all winners in our eyes and we are exceptionally proud of you.

Congratulations to the winners:

- Year Three - Aiya Al Lami - Salamah College
- Year Four - Imama Nasir - Salamah College
- Year Five - Rawan Inaizi - Al Amanah College Bankstown Campus
- Year Six - Hadi Tabbara - Al Amanah College Liverpool Campus



## Kindy Sydney Aquarium Excursion

On Thursday 19 October 2017, Kindergarten ventured out to the Sydney Aquarium. KM, KH, and KK enjoyed a tour of the aquarium and we were amazed when watching beautiful sea creatures. The students enjoyed an educational lesson and had the opportunity to ask lots of questions about sea life. The highlight of the tour was a boat ride which took us through the icy penguin exhibition.

We ended our day by enjoying a harbour view lunch at Darling Harbour.



## مُباراةً في إلقاءِ الشَّعرِ العربيِّ



أقامت مدرستنا مدرسة الأمانة مُباراةً في إلقاءِ الشَّعرِ العربيِّ لطلّابِ الصَّفِّ الخَامِسِ والسَّادِسِ. تقدَّم إليها عددٌ من الطُّلابِ، تمَّ اختيارُ ثَماني عشرَ تلميذٍ، تباروا أمامَ رفاقِهِم و الأهلِي. وفاز من الصَّفِّ السَّادِسِ في المرتبةِ الأولى الطالبة سميرة عيد وفي المرتبة الثانية الطالبة سهام نشار، وفي المرتبة الثالثة الطالبة هناء ملص. وفاز من الصَّفِّ الخَامِسِ في المرتبة الأولى الطالب نور القاسم وفي المرتبة الثانية الطالبة ميساء المصري، وفي المرتبة الثالثة الطالب أحمد الصاج. نشكرُ جميعَ من ساهمَ في هذه المسابقةِ وخاصةً المعلمة زينة دمياطي لتنظيم هذه المناسبةِ ومدير مدرستنا على تشجيعه للطلاب، حيث كَرَّم الطلاب الأعاجم على مشاركتهم في هذه المُباراة وتتمنى التوفيق لطلابنا الأعزاء.

## Primary Arabic Poetry Competition 2017

On Thursday 21 September 2017, Al Amanah College Liverpool held its annual Arabic Poetry Competition for grades Five and Six. The competition focused on speaking emotively to entertain an audience. The eighteen participants spoke poetically and impressed the judges with their abilities and their fluency. Selected students recited beautiful poems of our beloved Prophet Muhammad, may peace be upon him. We were very proud of our students because the recitations were heartfelt and filled with emotions.

The judges had a hard time choosing the best poetry presenters from both grades.

After a short deliberation the Champion Presenters in each class were:

### Year Six

1. Samira Eid
2. Siham Nachar
3. Hana Malas

### Year Five

1. Nour Al Kasem
2. Maysa El Masri
3. Ahmad El-Saj

Thankyou to all teachers, judges and students for a wonderful event! A special *thankyou* to Mrs Demyati for organising the competition.

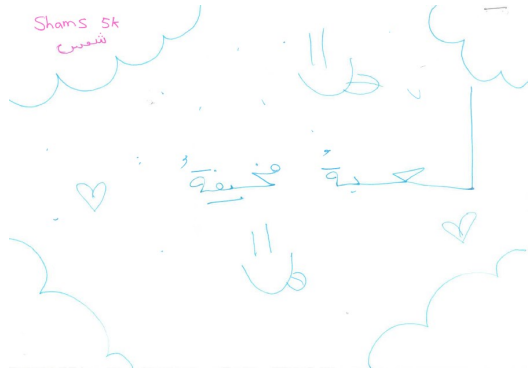
Congratulations to all students for their hard work in preparing their poems and presenting themselves so well with confidence.

We like to extend our thanks to parents who attended the occasion, as their support and presence is highly motivating to students.

Even though three winners from each grade were chosen, all participants are winners for being selected to participate in the event. The competitors have shown superb sportsmanship with great enthusiasm.



## نموذج من عمل طلاب الصف الخامس



قامت الطالبة شمس الزبيدي من الصف الخامس بكتابة قصة قصيرة متضمنة بعض الصور التوضيحية مستخدمة المهارات اللغوية والكتابة التي تعلمتها في صف اللغة العربية.

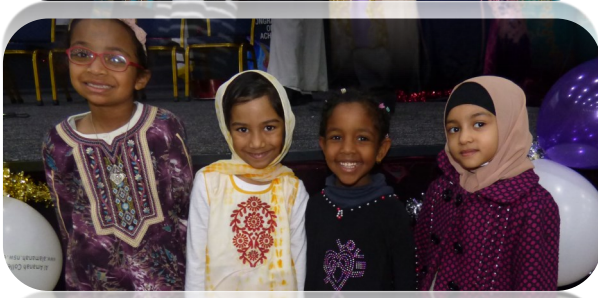


## Hijri Year Celebration 1439H

On Friday 22 September 2017, Al Amanah primary and high school students celebrated the blessed occasion of the New Hijri Year 1439. The occasion was marked with a beautiful recitation from the Holy Qur'an from the newly elected school captain Abdullah Rajab. This was preceded by Mr Ayman Alwan recognition of welcoming back of Hajj Mohammed Sabbagh and Hajjeh Faten El Dana from the blessed lands of Medina and Makkah – may Allah accept their Hajj.

In addition, Sheikh Samer Alshafie Al-Azhary provided an insightful Islamic lesson about the Prophet and his companions' migration from Makkah to Medina. This was preceded by a beautiful poetic recitation about our beloved Prophet Muhammed (Peace and blessings be upon him) by Year Five student Nour Al Kasem and a poetic recitation about Sheikh Nizar Halabi (may Allah have mercy on his soul) by Year Six Primary School Captain Samira Eid. In addition, students from Kindergarten to Year Two showcased their chanting talents by reciting the 99 blessed names of Allah.

Concluding this blessed occasion and celebration, the school's Islamic chanting group enlightened our ears with lovely Nasheed about our beloved Prophet Mohammed (Peace and Blessings be upon Him) and this great occasion. Wishing everyone and their families a happy and blessed Hijri New Year.



## Year Two Warragamba Dam Excursion

As part of our science unit 'Water works' Year Two went on an excursion to Warragamba Dam. The students were fascinated by the scenery of the dam and were very keen to learn and do hands-on activities related to their unit of work.



### Star Student of the Week

K - 1

2 - 6

Week 1

Week 2

Week 3

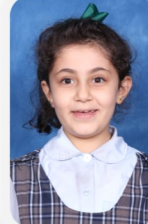
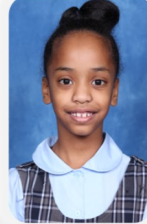
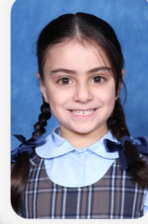
Week 4

Week 1

Week 2

Week 3

Week 4



Ibrahim Alshafie

Abrar Jawad

Ahmed Sulaiman

Lara Abu-Ali

Najiyah Adan Khan

Haya Mhimid

Nour Kfoury

Elhan Katovic

1B

KH

KM

KK

2E

2S

2K

3H

## NAPLAN Award Ceremony 2017- Al Amanah College Liverpool Campus

On Thursday 19 October, our first NAPLAN Award Ceremony was held in the Grand Hall to recognise the achievement of NAPLAN students in 2017.

These events are held to recognise the achievements of students who are excelling at literacy and numeracy and to hold their outstanding results in high regard.

Years Three, Five, Seven and Nine parents were invited and certificates were handed out to students who achieved the top two bands in three or more areas.

We would like to thank all teachers and school leaders for their continued work to ensure our students have the literacy and numeracy skills necessary to reach their full potential and experience a fulfilling life. We would also like to thank our dear parents for their full cooperation, patience and support at home.

Congratulations to all of these students for their hard work and exceptional results in NAPLAN. We wish students who will be participating in testing next year the very best.



## Year Five Hyde Park Barracks Excursion

Year Five students visited the Hyde Park Barracks in Sydney on Wednesday 25 October. Upon arrival, we were asked to place our bags in a special room, then we were put into three mixed groups. We went there because we have been learning about the colonisation of Sydney.

Inside the barracks we went to see a secondary source of the food they ate, try on the things they wore and see tools and equipment they used. In other rooms there were lots of hands on experiences including laying in hammocks like the ones the convicts slept in and holding a set of real shackles!

Outside the barracks, we got a better idea of how hard the convicts had to work six days a week (they only got one day off and that was Saturday). One of their main jobs was making bricks to build the early buildings of Sydney (including the barracks itself). They were expected to make 100 bricks.

The excursion was enjoyable and we learned lots of things. Seeing where the convicts lived, worked and viewing many primary sources helped us in understanding our history topic more.

### Year Five Students



## Year Eleven Graduation

The 2017 Year Eleven graduation ceremony took place in the Grand Hall on 20 October. We were celebrating student achievements and learning. The graduation ceremony marked the beginning of the 2018 HSC journey. Students were congratulated for their commitment to studies in the Year Eleven course given the fast-paced nature of their studies in 2017.

The following students demonstrated exceptional work ethics throughout their studies this year and have been awarded the following:

- Principal's Award – Zeinab Imtiaz and Banine Alfartose
- Achievement Award -Sakena Alwan and Firas El-Hawat
- Consistent Effort Award – Nour Suliman, Talia Saad, Mariam Amir and Mariana Noun

The \$20, 000.00 Western Sydney University Scholarship recipient - Banine Alfartose

The student Representative Council of 2018 was also inducted during the ceremony. The 2018 school leaders are as follows:

School Captains – Abdullah Rajab and Isra Zahr

School Vice Captains – Yusuf Sabbagh and Sakena Alwan

SRC member – Firas El-Hawat and Zeinab Imtiaz

The graduating students have already commenced their HSC course in week one of term four. The 2018 HSC class will need to maintain their commitment to study and adopt a strengthened understanding of the need to be reflective of their study habits.

Al Amanah College community wishes the 2018 HSC class success in their forthcoming academic undertakings.





## Study Tips for Year Ten Students

There are only a few weeks left for the Yearly Examinations. To maximise the potential to achieve their personal best, students need to plan an extensive study regime. Time management and effective study plan are absolutely essential for achieving that goal. Students need to reflect on their goals for Term Four and with assistance of their year advisors need to implement strategies to achieve success. The following are some tips for a successful result:

### Ten Habits of Highly Effective Students

Some people believe that really successful students are just born that way. True, some students are able to breeze through school with little or no effort. However, the vast majority of successful students achieve their success by developing and applying effective study habits.

The following are the top ten study habits employed by highly successful students. So if you want to become a successful student, don't get discouraged, do not give up, just work to develop each of the study habits below and you'll see your grades go up, your knowledge increase and your ability to learn and assimilate information improve.

1. Do not try cramming all you are studying into one session.  
Successful students typically space their work out over shorter periods of time and rarely try to cram all of their studying into just one or two sessions. If you want to become a successful student then you need to learn to be consistent in your studies and to have regular, yet shorter, study periods.
2. Plan when you are going to study.  
Successful students schedule specific times throughout the week when they are going to complete their studying -- and then they stick with their schedule. Students who study sporadically and whimsically typically do not perform as well as students who have a set study schedule.
3. Study at the same time.  
Not only is it important that you plan when you're going to study but that you also create a consistent, daily study routine. When you study at the same time each day and week your studying will

become a regular part of your life. You'll be mentally and emotionally more prepared for each study session and each study session will become more productive.

4. Each study time should have a specific goal.  
Studying without direction is not effective. You need to know exactly what you need to accomplish during each study session. Before you start studying set a study session goal that supports your overall academic goal (i.e. memorize 30 vocabulary words in order to ace the vocabulary section on an upcoming Arabic test.)
5. Never procrastinate during your planned study session.  
It is very easy and common to put off your study session because of lack of interest in the subject, because you have other things you need to get done first or just because the assignment is hard. Successful students DO NOT procrastinate when studying. If you procrastinate during your study session, your studying will become much less effective and you may not get everything accomplished that you need to. Procrastination also leads to rushing, and rushing is the number one cause of errors.
6. Start with the most difficult subject first.  
As your most difficult assignment or subject will require the most effort and mental energy you should start with it first. Once you've completed the most difficult work it will be much easier to complete the rest of your work. Believe it or not, starting with the most difficult work will greatly improve the effectiveness of your study sessions and your academic performance.
7. Always review your notes before starting an assignment.  
Obviously, before you can review your notes you must first have notes. Always make sure to take good notes in class. Before you start each study session and before you start a particular assignment, review your notes thoroughly to make sure you know

how to complete the assignment correctly.

8. Make sure you are not disturbed while you are studying.  
When you're disturbed while you are studying you (1) lose your train of thought and (2) you get distracted -- both of which will lead to very ineffective studying. Before you start studying find a place where you won't be disturbed.
9. Use study groups effectively.  
Ever heard the phrase "two heads are better than one?" Well this can be especially true when it comes to studying. Working in groups enables you to (1) get help from other students when you're struggling to understand a concept, (2) complete assignments more quickly, and (3) teach others whereby helping both the other student and yourself to internalize the subject matter. However, study groups can become very ineffective if they're not structured and if group members come unprepared. Effective students use study groups effectively.
10. Review your notes and schoolwork and over the weekend.  
Successful students review what they've learned during the week over the weekend. This way, you're well prepared to continue learning new concepts at the beginning of each week that build upon previous coursework and knowledge acquired the previous week.

Students can also access information on study plans, study skills and time management plans on Moodle.





STANSW  
**young Scientist**

### Prize Winner 2017

Congratulations to Rouhaifa Mariam Karime who received the Western Sydney University Award and a \$500 cheque at the STANSW Young Scientist Awards ceremony for her Science investigation 'The effect of Non- Pharmacological Treatment for People with Dementia'. The ceremony was held at the University of Wollongong on 1 November, 2017.



### Year Eight to Botany Bay National Park Excursion

On Thursday 2 November, a group of excited Year Eight students arrived at school eagerly waiting for their next adventure to begin. The weather was warm, and the year eights hopped on the school bus ready to depart. During the way, the classes began to sing songs and chant madihs as well as discuss how much they looked forward for their trip. After one and a half hours of driving, the group of thirteen and fourteen year olds had finally arrived at their destination where they were warmly welcomed by their two tour guides.

Once everyone had settled down, the two tour guides began teaching them about the native species of Australia and the tools and sustainable methods the Aboriginal people had used in the past. Soon after that the students hiked on one of the national park's tracks and learnt many intriguing facts from one of the tour guides about different types of plants and animals. Along the way, the year eights had spotted several things including possums and large termite nests.

Once the track was over, everyone headed down towards the beach to learn a little bit about Captain James Cook and the First Fleet. After that, the group walked a little further down towards the water where they sat down to hear a little more from the tour guide as well as touch and play with the cool, salty ocean water. Towards the end of the journey, everyone sat down to eat their lunch and then headed towards the museum before they departed.

Once again, there was an explanation and once that was complete the students were allowed to look around the museum. There they saw several artefacts including maps, tools used by both the British and the Indigenous people of Australia and old drawing equipment. The year eights also spotted a model of the ship 'The Endeavour', which had arrived several hundred years ago at the shores of Botany Bay.



## SRC End of Year Breakfast

On Friday 3 November 2017, the 2017 primary and secondary SRC held an annual end of year breakfast for the executive staff, the student representatives and their parents. The special engagement was to commemorate their special achievements, hard-work and dedication as active members of the SRC team throughout this year.

The ceremony began with Year Nine SRC vice- captain Tia Saad as MC who officially started the formalities. This included hearing a rather heart-warming Quranic recitation from Moustafa Al Hafedh which was proceeded with the choir and distinguished guests singing along to the national and school anthems. This was followed by a beautiful and inspiring speech by the school Principal Mr Ayman Alwan, who congratulated the primary and secondary SRC students for their assistance throughout the many school based fundraising initiatives and working towards the betterment of the school and the wider community. He also made an acknowledgement to the dedicated and motivated primary and secondary SRC coordinators Ms Alterio, Ms El Sabeh, Miss Ech and Miss Baker.

Year Six school captain Hadi Tabbara explained with utmost enthusiasm about his reflections of his experiences of SRC for 2017. He emphasised the importance of leadership and teamwork skills the SRC members were able to develop and acquire as a result of extensive leadership and religious seminars conducted by Sheikh Alshleh Al-Azhary and meetings with the Principal Mr Alwan, the School Coordinators Ms Sahyouni and Mrs Dabboussi. This same message was reflected in an Arabic speech by Year Six school captain Samira Eid. Year Eight student Rossel Alobeidi placed significant emphasise on the hard work and commitment the SRC team played in various fundraising initiatives including Harmony Day, Gold Week, 2MFM Radio Station fundraising and ^Id Fetes.

To show our gratitude for the students dedication and commitment towards the school, they were invited to a breakfast with their families, relatives and executive members who enjoyed the variety of food and desserts.

On behalf of Al Amanah College we would like to express our sincere gratitude to the parents, students and staff members who donated towards the breakfast and other events throughout the year. *Thankyou* to 2017 SRC team for devotion and assistance towards the school. May Allah reward you all.

SRC Committee



## Choose Water as a Drink

### Did you know?

- Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.
- In NSW, 55% of boys and 46% of girls in Year Six drink more than one cup of soft drink a week. By Year Eight, these figures rise to 68% of boys and 50% of girls.

### Water

Drinking water is the best way to quench your thirst. Even better, it does not come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.

Drinking water instead of sweetened drinks also prevents dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

### Ideas to help you to drink more water

- Pack a water bottle whenever you go out.
- In summer, pack a frozen water bottle in your child's lunch box.
- Do not keep sweetened drinks at home; make cold water available instead.
- Water down sweetened drinks – such as cordials or fruit juice – for a short time and then start to replace them with plain water.
- When playing sport, encourage kids to drink water rather than sports drinks or energy drinks.
- Serve plain water in decorative jugs. Add slices of lemon, orange or mint for flavour and, in summer, add ice cubes to keep it chilled.

- Serve sweetened drinks in smaller glasses and only have them occasionally – not every day.

### Milk

Milk is a nutritious drink for kids and teens and a great source of calcium, which is important for growing strong bones and teeth.

- From two years of age, children should drink reduced fat milk. It contains much the same nutrients as full cream milk but is lower in unhealthy saturated fats and lower in energy (kilojoules).
- Children under two years of age should not drink reduced fat milks as they need the extra energy (kilojoules) for their growth and development.

### Fruit juice

Giving kids and teens whole fruit to eat is a better choice than offering fruit juice to drink.

While whole fruit contains some natural sugars, which make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

### Sweetened drinks: soft drinks, cordials and sports drinks

Soft drinks, cordials, sports drinks and flavoured mineral waters often have large amounts of sugar and kilojoules. In fact, a

can of soft drink contains around 10 teaspoons of sugar.

Drinking too many sweetened drinks can cause a range of problems including tooth decay, poor appetite, picky eating, change in bowel habits and putting on excess weight. These drinks should only be consumed occasionally – not every day.

### Remember:

- Choose water as a drink and eat fruit.
- Sweetened drinks such as soft drinks, fruit juice drinks, cordials, sports and energy drinks are not a necessary part of a healthy diet.
- Regularly offering sweetened drinks makes it harder to choose water as a drink.
- If sweetened drinks are on the menu, try not to include them every day and choose healthier options, such as watered-down versions of favourite drinks. These will still quench your thirst, but without the excess sugar and kilojoules. It can also help reduce the preference for strongly sweetened drinks.



Promoting and influencing healthy food choices for children

For more information: [healthy-kids.com.au](http://healthy-kids.com.au)

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