

# AL AMANAH COLLEGE

Success Through Knowledge

## NEWSLETTER

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

## NEWSLETTER

Issue 01

Friday 23 February 2018

## Message from the Principal's Office

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

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

It has been a pleasure to welcome back our families. I hope you all had a pleasant break and time for rest and relaxation. It was great to see so many during our orientation days. Every person I spoke to talked about the positive vibe Al Amanah College has.

I would like to welcome the new families to Al Amanah College and hope they feel at home. We look forward to establishing a strong partnership by working towards an exciting and productive year ahead.

I would also like to welcome back our staff, they have returned from the long holiday break with full energy and enthusiasm for the new academic year. A special welcome back to Mrs Alshafie, secondary Mathematics teacher, and Mrs Kassem, primary Arabic teachers. This year we have three new staff members. I would like to welcome Miss Al Amiri secondary Science teacher - Mrs Irfan and Mrs Dennawi primary school teachers. I know that you join me in welcoming them. We are happy to have them as part of our school community.

Our priorities for this year are clearly focused on pedagogy and communication. In the area of pedagogy, our specific focus will be on embedding our school Pedagogical Framework into our lesson design and delivery. The teaching of reading and the improvement of reading outcomes for every student will be a number

one priority. Communication will focus on improved communication with parents.

Our 2017 - 2021 strategic plan priority areas are: quality learning, quality teaching, student well being - parent partnership and leadership.

Again, we emphasize on the partnership between school and home. We consider it vital in the learning journey of each child. It will also strengthen the communication between students, parents and school. Consequently, we remind you to provide the following:

1. Your current email address so that we can send you the school newsletter or the like.
2. Inform the administration office in writing whenever your child is absent.
3. Inform the administration and the class teacher if there are any changes to your child's medical condition.
4. Update your contact phone numbers, address and employment details if there are any changes.
5. Approach our teachers, coordinator and myself if you have any concerns about your child.

Finally, all parents are again encouraged to approach me, our coordinators or the class teachers if they have any concerns about their child's progress. We look forward to vitalising supplemental partnership with the whole community of Al Amanah College.

I look forward to our journey ahead. If we can do our best and have integrity in the way we approach life's challenges, we will enjoy a positive and productive future.

Regards,

Ayman Alwan  
Principal

### Dates to Remember

THURSDAY 22 FEBRUARY

Boys' Swimming Carnival

MONDAY 26 FEBRUARY - FRIDAY 2

MARCH

Clean Up Week

TUESDAY 27 MARCH

Year Ten Parent/Teacher Night

4pm - 6pm

THURSDAY 1 MARCH

Years Three - Twelve SRC Ceremony

FRIDAY 16 MARCH

National Day Against Bullying

SRC Breakfast

TUESDAY 20 MARCH

Primary Athletics Carnival

WEDNESDAY 21 MARCH

Harmony Day

WEDNESDAY 21 - Thursday 29

MARCH

Year Twelve Mid-Year Examinations

BACK  
TO  
SCHOOL

# Reminders - Reminders - Reminders

## Student Attendance

School hours are from 8:15am - 3:30pm. All students must be at school at 8:15am and any pattern of continuous lateness even if a late note is obtained will result in the school calling the parents for an interview. Students need to be punctual to school in order for them to participate in the morning supplications and assembly. Lessons begin at 8:30. Students who arrive after roll call ends will need to obtain a late note from the office. These students will miss out on class time and this will affect their overall learning. It is also disruptive for the students who are punctual. We ask for your cooperation to ensure your child arrives on time in order to maximise their learning.

## School Uniform

As a part of school policies, students are required to attend school with correct school uniform and proper haircuts. Teachers will be checking students' uniform every morning. Students found wearing incorrect uniform or having inappropriate haircuts will be sent to the office and parents will be contacted and asked to either bring the correct uniform or take the student home.

Please ensure your child labels all items of clothing. We have tubs of lost property on display in the office area. Many of the items are new and very costly. We have numerous items such as jumpers and hats. Please ask your child to check through lost property carefully.

## School Hats - 'No hat, play under the shelter'

The time has come! 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 on Tuesday to purchase one.

## Nut Aware School

We strive to be a 'nut-aware' environment in order to minimise risks to students. Staff members are trained to administer assistance when allergic reaction occurs. For some children an even the smallest trace of nut product can result in an allergic reaction. Please be careful with the food you send your child/ren to school with.



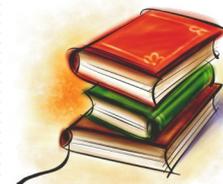
## Parents/School Communication

Staff at Al Amanah College use emails together with the website for all forms of communication. The website is fast becoming a point of contact to receive an abundance of information together with all the home communication being accessible in the one place. We encourage all parents to update their details by providing us with their current email address and mobile phone numbers. Al Amanah College website enhancements include:

- Easier to navigate information about the school
- A link to our Facebook and Twitter pages
- A Calendar that gives you a full insight into the current academic year
- Online stories available through our latest News & Events
- Subscribe to our newsletter to receive our latest publications

Al Amanah College established a fast and easy communication link between teachers and parents to keep you updated and informed about class events and other important information. Therefore we ask parents and guardians to provide us with an email address which is checked on a regular basis. Some of the following will be the things communicated through email:

1. Al Amanah College - primary and secondary schools implemented a whole school token reward system. This reward system has been running successfully through an automated online 'Class Dojo.' Teachers reached the next phase of the programme, which is to provide parents with usernames and passwords to access the system. Through this system, you may monitor the behaviour of your child on a daily basis.
2. Important events reminders such as parent/teacher nights, P&C meetings and general school events.
3. Information that may not have reached you through a standard note sent home with your child.



# 2017 Al Amanah College End of Year Events

## Mawlid Celebration

On Thursday 7 December 2017, Al Amanah primary and high school students celebrated the Mawlid which commemorates the blessed occasion of the birth of the best of all creations – our master Prophet Muhammed (peace and blessings upon him). The Mawlid is a joyful event during which Muslims gather to thank Allah for sending Prophet Muhammad, (peace be upon him). The Muslims commemorate this event repeatedly every year on 12 Rabee` al`Awwal, which is the day when the Prophet was born. During this event, the Muslims come together, recite Qur`an, praise the Prophet, speak about the honourable life of the Prophet and his attributes, learn about Islam, and serve food.

The Mawlid celebration started with the entrance of the school Principal Mr Ayman Alwan carrying the blessed hair of the Prophet (peace and blessings be upon him). He was accompanied with the Nawbee and the Al-Azhary Imams. The occasion was marked with a beautiful recitation from the Holy Qur`an from a young and talented Year One student Bilal Elha llak. This was proceeded with Mr Ayman Alwan`s recognition of Darulfatwa in spreading the true creed of Islamic knowledge and showed his gratitude to all the students and their families who attended the Multicultural Mawlid in Sydney Olympic Park.

This was proceeded with beautiful poetic recitations about our beloved Prophet Muhammed (Peace and blessings be upon him) by Year Five students Nour Kassem and Maysa El Masri. In addition, Sheikh Samer Alshafie Al-Azhary provided an insightful Islamic lesson about the birth of the most beloved Prophet and the lineage of the Prophet. (Peace and blessings be upon him). Sheikh Alshafie emphasised the good innovation of the Mawlid despite the classification of this by some ignorant people as an innovation of misguidance.

Concluding this blessed occasion and celebration, the school chanting band enlightened our ears with a lovely nasheed about our beloved Prophet Muhammed (Peace and Blessings be upon Him). Each primary and secondary student along with their parents and teachers had the opportunity to seek the blessings from the Prophet`s hair (Peace and Blessings be upon Him). This was a moment that the students were able to express their undying love for greatest creation on this Earth. A big *thankyou* and gratitude goes to Darulfatwa for providing this opportunity to the students, parents and teachers.



## Year Six Luna Park Excursion

Year Six had an amazing time as they embarked on their final primary excursion to Luna Park. The day was filled with excitement and laughter as students ended the year together. Year Six travelled by bus to North Sydney and were accompanied by Al Amanah Bankstown and our sister school Salamah College. It was exciting to see students come out of their comfort zones and take on different rides and mazes. Students spent most of the day on rides, exploring Coney Island and spending many memorable moments with their friends. A special mention to all the teachers and parent helpers who attended the excursion as without your help the day would not have been possible. Congratulations to all our Year Six graduates. We hope you have a good break!



## Year Six Graduation 2017

What a wonderful day to graduate! It was with much excitement that Year Six, 2017 came together one last time to celebrate the conclusion of our primary years. As is custom, we began with a beautiful recitation from the Quran which was followed by an engaging speech by the head principal Mr El Dana. We enjoyed listening to the Arabic and English speeches of the school captains before clapping for our students during the awards ceremony. The proceedings ended on a high note with a presentation by the students and refreshments for all. Thank you to the parents who came to watch their children on this special day.



## Years Kindy - Five Presentation



### PRINCIPAL'S AWARDS

Ayesha El Asmar  
 Jibril Alwan  
 Al Hussain Al Aliawy  
 Alyssa Hawchar  
 Taliyah Hawchar  
 Azra Bilajac  
 Huda Khan  
 Diyana El Masri  
 Ibrahim Alshafie  
 Karima Alshelh  
 Sama Khashashneh  
 Najiyah Adnan Khan  
 Mohammad Abduljabbar  
 Aliyah Kasseem  
 Mariah El Bandar  
 Mohamad Al Boustani  
 Ruqayah El Omari  
 Maira Noman  
 Elhan Katovic  
 Iman Rifi  
 Mariam Mallah  
 Mohamad Bakr El-Zahab  
 Ahmed Kandakji  
 Noor Mouslemani  
 Maysa El Masri  
 Adam Khashashneh  
 Zayaan Ahmed  
 Mariam Srour

KH Mariam Arrfat  
 KH Ahmad Hazarvi  
 KM Jacob Adra  
 KK Jad El Masri  
 KK Ahmed Sulaiman  
 1R Jaydat Moussa  
 1R Aminah El Niz  
 1B Yaseen Al Timimi  
 1B Ayah Ibrahim  
 2E Bilal Elhallak  
 2E Saifan Ahmmed  
 2S Rahaf Hassan  
 2K Muhammad Ayan  
 2K Leena Alaany  
 3P Yara Hoblos  
 3P Lammar Eid  
 3H Ahmad Abdallah  
 3H Samiya Kobayssi  
 4A Haya Mhimid  
 4A Omar Hammoud  
 4N Malek Babti  
 4N Noor Khfoury  
 5W Samir Trad  
 5K Zahra Alsawafi  
 Zainab Bilal  
 Jude El Tayeb  
 Bashir Kamal  
 Muhannad Mouslimani  
 Lana Awad  
 Amar Kashashneh

### ACHIEVEMENT AWARDS

KH Omnia Abu Elhassan  
 KH Muhammad Khan  
 KH Aysha Hamouda  
 KM Daniel Saad  
 KM Muhammad Arrfat  
 KM Hasan Hanon  
 KK Daniyal Siddiqui  
 KK Jacob Alsawafi  
 KK Fouad Karime  
 1R Nour Al Kasem  
 1R Aiyad Hassan  
 1R Muhammad Bilal  
 1B **VALUES AWARDS**  
 1B Abrar Jawad  
 1B Laylah Alzubaydi  
 2E Lara Abu Ali  
 2E Jacob Reyad  
 2E Safreen Aziz  
 2S Meena Sulaiman  
 2S Noah El Moubayed  
 2S Raghd Mihmid  
 2K Ruhama Musfz  
 2K Zahra Sultan  
 2K Ayza Imran  
 2K Ali Zeinelabdein  
 3P Samia Owais  
 3P Sedra Schanan

### CONSISTENT EFFORT AWARDS

4A Arabella Majzoub  
 4A Noah Maarbani  
 4A Rehaan Kureshi  
 4N Lamees Mohamed  
 4N Daad Trad  
 4N Amal Al Sweidan  
 5W Hana Katovic  
 5W Laith Eid  
 5W Ibrahim Kerdi  
 5W Aiesha Rajab  
 5K Ayesha Raad  
 5K Inas El Saj  
 5K Sherin El Ghourani  
 5K Razzan Abdulla  
 5K Mustafa Ahmed  
 KH Sarim Aamir  
 KM Osman Swayze  
 KK Yousef Kandakji  
 1R Zaara Yasir  
 1B Maria Alrahoumi  
 2E Moustafa Chamma  
 2S Urwah Ali  
 2K Aya Elfaki  
 3P Danya Makouk  
 3H Yara Hammad  
 4A Adam Abdullah  
 4N Shams Al Zubaidy  
 5W Abdullah Jirjees  
 5K



**OUTSTANDING ATHLETES AWARD**

Omar Zein 3P  
 Galeb El Hussein 3H  
 Yusef Darwich 4A  
 Azzam Krayem 4N  
 Mohammed El Hussein 5W  
 Ahmad El Saj 5K

**SPORTS AWARDS**

Qatrun-Nada Kabbout KH  
 Natalie Balout KM  
 Jibril Abdallah KK  
 Sadia Zaman 1R  
 Paris El Wazzi 1B  
 Adem Bilajac 2E  
 Jinaan El Baba 2S  
 Kenzie Sirelkhtim 2K  
 Aaminah Baba 3P  
 Tamineh El Refaieh 3H  
 Ghfran Abdalla 4A  
 Adam Karat 4N  
 Ellaa Zein 5W  
 Adam El-Kordi 5K

**SRC 2017**

Dora Rajab Class Captain  
 Ziyad Mohammed Class Captain  
 Siham Naachar Class Vice Captain  
 Yousef El Malhy Class Vice Captain  
 Phutima El Yassir Class Captain  
 Taha Sahyouni Class Captain  
 Amar Masri Class Vice Captain  
 Mustafa Al Khateeb Class Vice Captain  
 Hadi Tabbarah School Captain  
 Samira Eid School Captain  
 Omar Alwan School Vice Captain  
 Avan Rawanduz School Vice Captain



## 2017 Year Seven to Nine Award Presentation Ceremony

On Friday 8 December, 2017 Al Amanah College held a Year Seven to Nine Award Presentation Award ceremony to commemorate the students' academic and sporting achievements throughout the year.

A big congratulations to all the award recipients on the day. On behalf of Al Amanah College we would like to wish all the families and the students a safe and enjoyable holiday!



### YEAR SEVEN PRINCIPAL AWARDS

Fatima Azzhara	7M
Shorooq Khashashneh	7G
Khadija Abdullah	7G
Sara Dhafer Alaany	7G
Abubakar Abdullah	7B

### YEAR SEVEN CONSISTENT EFFORT AWARDS

Loujane Abbas	7M
Sarah Hakouz	7M
Fariza Tanzim	7M
Maymona Arafat	7G
Taha El Saj	7B
Sherwan Khalil	7B

### YEAR SEVEN ACHIEVMENT AWARDS

Jaad Krayem	7M
Nour Eddine Younes	7M
Shayma Abdul-Al	7M
Sarah Shwan	7M
Isha Shah	7G
Javairya Qadri Rajpoutbhatti	7G
Mariam El Yassir	7G
Rayhan Shah	7B
Kamal Hassan	7B
Mohmaed Hussein	7B



### YEAR EIGHT PRINCIPAL AWARDS

Alae Jamous	8G
Muhammad Alwan	8B
Iyad Muhammad	8B
Rossel Alobeidi	8M
Yassmin Kabbout	8M
Sabrina Kfoury	8G
Halima Zahab	8G

### YEAR EIGHT ACHIEVMENT AWARDS

Malak Kabbout	8G
Ayah Awad	8G
Heba ELSaj	8G
Muhammad Nachar	8B
Omar Mallah	8B
Majdaldeen Sidaoui	8B
Mohamad Bakir	8B
Aiyah Marabani	8M

### YEAR EIGHT CONSISTENT EFFORT AWARDS

Sania Owais	8G
Ameera Kanj	8G
Ahmad Khaled	8B
Issa Awick	8B
Rachid Trad	8M

### YEAR NINE PRINCIPAL AWARDS

Numeer Imtiaz	9B
Nada Khaled	9M
Tia Saad	9M
Mariam Abdallah	9M
Danna Rajab	9M
Bilal El Omari	9B

### YEAR NINE ACHIEVMENT AWARDS

Mohamad Farhat	9B
Houssam Jamous	9B
Abdullah Qadri Rajpoutbhatti	9B
Yahya El Masri	9B
Tehreem Warach	9M
Rhyanna Husseini	9M

### YEAR NINE CONSISTENT EFFORT AWARDS

Ayman Baltaji	9B
Adeeb Thottasseri	9B
Ayah Saad	9M
Ibrahim Moussa	9M



# Term One 2018

## Teachers' Professional Development Day One

On Monday 29 January, our first staff development day session was held for the primary and high school teachers. The session was run by the Principal, Mr Alwan who addressed important issues relating to child protection, school procedures and the school plan. The day was a great success allowing teachers to prepare for the school year.



## Primary Teachers Professional Development Day Two

On Tuesday 30 January, our second staff development day was held in the Grand Hall. Primary teachers from the Liverpool and Bankstown Campus attended a full day PD about Inquiry Learning. Ms Sue Pikes, Association of Independent Schools Literacy Consultant introduced our staff to the concept of inquiry-based learning to enhance students' curiosity and creativity as well as providing them with a sense of purpose as learners. Inquiry learning allows our students to be more actively involved in lessons by allowing them to negotiate parts of the curriculum so they can investigate/research their answers to their questions.



## Secondary Teachers Professional Development Day Two

On Tuesday 30 January 2018, Al Amanah staff attended various professional development workshops which provided the teachers with Al Amanah's core vision for the 2018 academic year.

At Al Amanah, professional development courses are a vital element in improving and sustaining quality of teaching and learning within our schools through collegial and collaborative partnerships with the NSW Association of Independent School (AIS). On Tuesday 30 January, Al Amanah high school teachers were given an opportunity to undertake a whole day professional development workshop by an experienced AIS facilitator Kath Murdoch titled, "Enquiry Based Learning." The Enquiry based learning program provided and equipped teachers with effective teaching strategies which can be applied within the classroom to promote independent and student-oriented learning in order to achieve student learning intentions and outcomes. The staff thoroughly enjoyed the workshop and a follow-up evaluative workshop will be conducted in term two to see the progression and implementation of the core ideas into teaching practice.

The staff at Al Amanah are continuously striving to improve and achieve academic excellence through promoting a resilient, positive and engaging learning environment for the students at Al Amanah College.



## 2018 First Day Back to School Assembly

On Wednesday 31 January 2018, Al Amanah College students greeted the 2018 academic year with a very warm welcome back assembly hosted by school Principal Mr Ayman Alwan. The assembly was informative, including short Islamic advice, school vision and values, school formalities and the 2018 important dates. The assembly provided the students with an insight into the positive school vision and education program for 2018. Al Amanah College students were encouraged to approach the 2018 academic year with great diligence and motivation. This was effectively achieved through the school principal Mr Alwan's explanation of the formula for self-motivation ( $\text{Value} \times \text{Expectation} = \text{Motivation}$ ). Through the application of this formula it is encouraging students to set themselves SMART goals that will help shape focus, direction and motivation this year. This whole school positive education approach will underpin the roll call and subject lessons and thus in turn promote intrinsic and independent motivated learners.

We are looking forward to a very productive 2018 educational year and assisting the students to fulfil their potential in all aspects of their lives within the school and wider community.



## Peer Support Training Programme

On Thursday 8 February, selected Year Ten students were chosen to participate in the peer support training programme. The peer support programme is an integral part of the induction and transition of Year Seven students into high school. The training programme involved the high school SRC coordinators Miss Baker and Miss Ech equipping the Year Ten students with essential leadership skills and the development of communication skills, self confidence and self-esteem.

Year Ten students must be commended on their great level of enthusiasm and motivation in completing all the set activities in the peer support programme. We are looking forward to the implementation of the peer support programme beginning in term one - week four.



## 2018 Tea and Tissues



On Thursday 1 February, Al Amanah College invited all our 2018 kindergarten parents to a 'Tea and Tissues' morning event to commemorate the beginning of our new students' school journey. This event provided the parents with the opportunity to celebrate their child's first day of kindergarten as well as a supportive environment to say goodbye. It was an exciting day for all! Each student had an opportunity to take a special photo with their proud parents before saying goodbye and being escorted to their classroom. There were many delicious refreshments and of course plenty of tissues for those who needed it! Parents also received a special gift from the school to help with the goodbye process and mark their child's first full day at Al Amanah College. Ms Kurdi and Miss Mc Gahey were very impressed with the bright smiles and hard work of all of our newest students. The new students' first day went smoothly and after a few days, we are very happy to see our newest students handling school life so well. A special thank you goes to the Year Six students who helped make the day such a success. We are looking forward to watching all of these students learn and grow. Exciting times are ahead!



## Principal /Senior Student /Parent Breakfast

The inaugural senior students/parent breakfast was held on 20 February in the Grand Hall at Al Amanah College, Liverpool campus. The event was attended by parents and caregivers who had an opportunity to learn more about new initiatives undertaken in the senior school to facilitate quality learning and achievement by students in Year Eleven and the HSC course through a 'question and answer session' with the principal Mr Alwan.

The college principal emphasised on the vital role of ongoing two-way communication between the school and parents to ensure senior students pursue their academic goals consistently throughout both the years of studies in the Stage 6 course. Parents were encouraged to be actively involved in communicating with the executive staff and every subject teacher using medium of communications such as email, class dojo, Igloo and phones so that parents are empowered to take a more active role in their child's attainments. Attendees were also delighted to learn about the scholarship programme to be offered to the five top high achieving students from the 2018 Year Eleven cohort. The scholarships will become an annual programme as of 2018 academic year.

The high school coordinator, Mrs Dabboussi, shared her vision encouraging students to practice goals oriented study habits while being reflective on targets and striving to maximise the use of time for academic pursuits. Senior students are also encouraged to use data to inform themselves of the effectiveness of their study regime. The executive staff and teachers look forward to build a stronger parents involvement to maximise student success in the HSC.



## Sports for Schools Programme

This year Al Amanah will be participating in the exciting Coles 'Sports for School' programme. Through this programme we will be able to get new sporting equipment for our school and all we need you to do is shop for your groceries at Coles.

From Monday 12 February, we are collecting Coles 'Sports for Schools' vouchers. You will receive ONE voucher for every \$10 spent at all participating Coles Stores. You are required to give all the vouchers to either primary SRC coordinators Mrs Alterio or Ms El Sabeh or to high school SRC coordinators Miss Baker or Miss Ech or alternatively, place them in the collection box in the Front Office.

Start collecting the vouchers. With your support, by the end of the promotion, we will be able to get some great sports equipment including footballs, soccer balls and basketballs.

If you would like to know more visit [coles.com.au/sportsforschools](http://coles.com.au/sportsforschools)

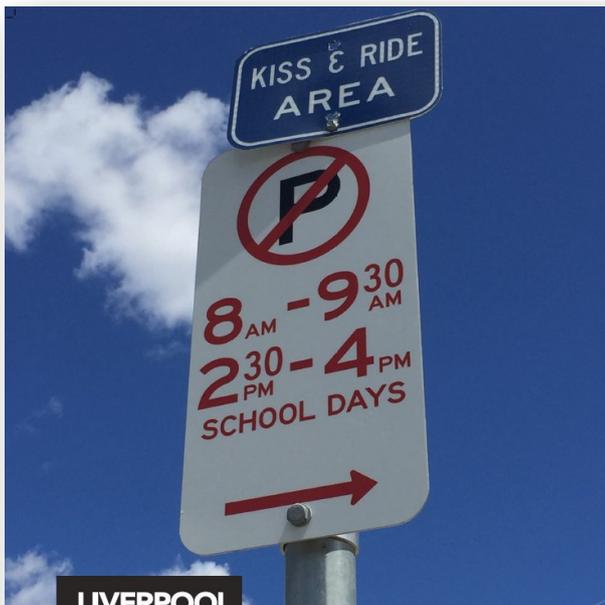


**coles**  
**SPORTS for SCHOOLS**  
2018

**SUPPORT OUR SCHOOL AND GET COLLECTING**

We would love your help collecting Coles Sports for Schools for our school. Tell your friends and family to get involved as well, because the more vouchers we collect, the more sports gear our school will receive.

## Announcement from Liverpool City Council



### NO PARKING/ KISS & RIDE AREAS:

YOU MAY ONLY STAY 2 MINUTES &  
DRIVER MUST REMAIN WITHIN  
3 METRES OF THE VEHICLE

**Penalty \$183\* and  
2 demerit points**

**LIVERPOOL  
CITY  
COUNCIL**

Liverpool City Council Road Safety Initiative \* Penalty applies in school zones. Minimum fine, subject to change

## Ten-Day Lunch Box Menu

Below are a few healthy lunch box ideas to inspire you year-round. We always recommend thinking of each lunch box in terms of the five food groups and making sure they're all represented:

- **Dairy:** the foods in this group are excellent sources of calcium, which is important for strong, healthy bones. Not many other foods in our diet contain as much calcium as dairy foods.
- **Fruit:** fruit provides vitamins, minerals, dietary fibre and many phytonutrients (nutrients naturally present in plants), that help your body stay healthy.
- **Grain (cereal) foods:** always choose whole grain and/or high fibre varieties of breads, cereals, rice, pasta, noodles, etc. Refined grain products (such as cakes or biscuits) can be high in added sugar, fat and sodium.
- **Lean meats and poultry, fish, eggs, tofu, nuts and seeds:** our body uses the protein we eat to make specialised chemicals such as haemoglobin and adrenalin. Protein also builds, maintains, and repairs the tissues in our body. Muscles and organs (such as your heart) are made of protein.
- **Vegetables, legumes and beans:** vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fibre and phytonutrients (nutrients naturally present in plants) to help your body stay healthy.



Double decker sandwich



Sushi bread sandwich



Corn fritters with  
Turkey slices



Pikelet lunch served with  
hard boiled egg



Mini wrap rolls



Junior school wrap



Egg salad roll on a  
wholemeal bread



Pasta salad work!



Turkey salad  
Sandwich



Turkey salad wrap

### Liverpool Campus

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