



AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 03

Wednesday 30 May 2018

Message from the Principal's Office

Dear Parents, Students, Staff and community of Al Amanah;

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

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

On the last day of term one, on the occasion of one of the greatest miracles "Al-Isra' & Al Miraj" of our dearest prophet and master Muhammad, a celebration was held on Thursday 12 April in the School Grand Hall. Students from Kindergarten to Year Twelve enjoyed their time as they listened to Qur'an recitation, a religious lesson about the occasion and Islamic chants. Well done to all the students who performed on the day. This term promises to be a very eventful and exciting one. We conducted many incursions, excursions and educational activities associated with Islamic events, the annual Rama-

dan competitions and ^Id Ul Fitr fete which will be held soon.

NAPLAN testing was conducted from Tuesday 15 May through to Thursday 17 May. Students completed tests in language conventions, reading, writing and numeracy.

The results will be received in Term Three they will assist the school in gaining more understanding of how our students are progressing, as well as providing important information which allows us to develop our programs and provide activities targeting learning needs.

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

Finally, I would like to thank parents and carers for their continued support, our teachers and administration staff for their dedication towards school's mission. I am looking forward to vitalizing supplemental partnership with the whole community of Al Amanah College. ^Id Mubarak!

Yours Sincerely,

Ayman Alwan
Principal



Dates to Remember

Monday 11 June
PUBLIC HOLIDAY

Wednesday 13 June
ANNUAL RAMADAN COMPETITION
CEREMONY

Friday 15 June
^ID UL FITR BREAK

Wednesday 20 June
^ID FETE

Thursday 21 June
YEAR 7 GEOGRAPHY EXCURSION

Monday 25 June
YEARS 11 & 12 BUSINESS STUDIES
EXCURSION

Tuesday 26 June
KINDERGARTEN FARM EXCURSION

Tuesday 26 June
SECONDARY SCHOOL PHOTO DAY

Wednesday 27 June
PRIMARY SCHOOL PHOTO DAY

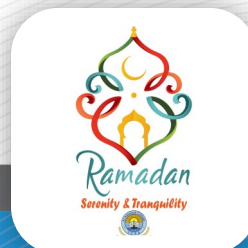
Thursday 28 June
HSC CAREER EXPO

Thursday 28 June
YEAR TWO DAM EXCURSION

Thursday 28 June - 5 July
YEARS 7 - 10 HALF YEARLY EXAMS

Tuesday 3 & Wednesday 4 July
PRIMARY SCHOOL PARENT/
TEACHER INTERVIEWS

Friday 6 July
LAST DAY OF TERM TWO



^Id Prayer and Recommended Acts on the Day of ^Id

^Id prayer can be performed in congregation, or individually any time between sunrise and noon. The best time of the *Eid* prayer is after the sun has reached the height of a spear (approximately 20 minutes from sunrise).

However if one missed it one should make it up. The *Eid* prayer is not preceded by the *adhan* (the call to announce the prayer time) or *iqamah* (the call to start prayer).

The one who performs the *Eid* prayer must satisfy the conditions and avoid the invalidators of prayer. The *Eid* prayer consists of two *Rak^ahs*.

It is initiated with the *opening takbir*, with the intention to perform ^Id Prayer with the *Imam*, followed by the opening supplication, and seven *takbirs*. In between each *takbir* of the seven *takbirs* one recites the following du^a':

"*Subhanallah, walhamdulillah, wala ilaha illallah, wallahu akbar*". Then one recites *al-Isti^adhah* (seeking refuge with Allah from the *shaytan* by saying "*A^outhu billahi minash-Shaytanir-Rajeem*"), *Suratul-Fatihah* and *Surat Qaf* or *Suratul al-'A^la* alternatively. In the second *rak^ah* one says five *takbirs* before reciting the *Fatihah* followed by *Suratul-Qamar* or *Suratul-Ghashiyah*.

If one started with the *Fatihah* leaving out any or the entire *takbirs*, ones prayer is still valid, however one would miss out on the reward of the *takbirs*. Hence one should continue with one's prayer order.

After the prayer, it is recommended that the *Imam* delivers two speeches (same as the Friday speech) starting

with nine *takbirs* in the first half of the *khutbah* and seven in the second. The *Imam* should teach the people the rules of breaking the fast, visiting one's relatives, and other significant matters pertaining to *Eid*.

Recommended acts on the day of Eid

- * It is *sunnah* on the day of ^Id to have a bath before going to the prayer.
- * To wear perfume.
- * To clip one's fingernails.
- * To wear the best of one's clothes.
- * To take different routes to and from the ^Id prayer.
- * To go early to the mosque excluding the *Imam*.
- * It is *sunnah* to have a light snack such as dates or the like before going to the prayer.
- * Walking to the prayer place.
- * Saying *takbirs* of *Eid* is highly recommended after the sunset of the last day of *Ramadan* and remains until the *Imam* says the opening *takbir* of the ^Id prayer. This includes saying *takbir* in one's home, the market places, mosques, and the streets.
- * Congratulating one another on the day of *Eid* is rewardable, as both *Ibn Hajar* and *Al-Bayhaqiyy* stated.
- * It is *sunnah* to spend the night preceding the day of ^Id in acts of worship such as praying or the like. Prophet *Muhammad* (peace be upon him) used to pray ^Id prayer consistently as it is *sunnah mu'akkadah*.

The first *Eid* prayer that the Prophet performed was in the second year after the *Hijrah* (migration).

Meaning of the Eid Takbirs

1. Allah is Great
2. No one is God except Allah.
3. Allah is Great and Praise is due to Allah.
4. Allah is Great.
5. Many praise is due to Allah.
6. Praise to Allah at the beginning of the day and at the end of the day.
7. No one is God except Allah
8. He fulfilled His promise and gave Victory to His slave.
9. He strengthened His soldiers and He alone defeated the *Ahzab*.
10. No one is God except Allah.
11. We do not worship anyone but Him.
12. Our worship is dedicated only to Him.
13. Even if the non-believers hate it.
14. We ask Allah to raise the status of (our master) Muhammad,
15. And the *Al* (Muslim wives and relatives) of our (master) Muhammad,
16. And the *sahabah* (Companions) of (our master) Muhammad.
17. And the *Ansar* (The people of Madinah who supported the Prophet) of (our master) Muhammad,
18. And the wives of (our master) Muhammad,
19. And the descendents of (our master) Muhammad, and save the (Muslim) Nation of (our master) Muhammad.
20. Oh Allah forgive me and my parents, and have mercy on them for the great efforts they exerted in raising me.

زكاة الفطر وأحكامها

اعلم يا أخي المسلم وفقنا الله وإياك لطاعته أن الفرائض هي أفضل ما يُتقرب بها إلى الله عز وجل ومن جملة هذه الفرائض المتعلقة بشهر رمضان زكاة الفطر. وزكاة الفطر تجب بإدراك جزء من رمضان وجزء من شوال بأن كان حياً عند غروب شمسٍ آخر يومٍ من رمضان. وعلى هذا تجب على الولي عن المولود الجديد الذي وُلد آخر أيام رمضان وأدرك جزءاً من شوال.

والمسلم يُخرج زكاة الفطرة عن نفسه وعن من عليه نفقتهم إن كانوا مسلمين. ومن كان له أبوان مسلمان فقيران وجب عليه أداء الزكاة عنهما.

ويجب على الرجل المسلم فطرة زوجته وأولاده الذين هم دون البلوغ. وأما الابن والابنة البالغين فلا يجب على الأب دفع زكاة الفطر عنهما وإنما يؤدي الولد البالغ عن نفسه إن استطاع وإن لم يستطع جاز لأبيه أن يدفع له أو عنه بإذنه.

وإنما تجب زكاة الفطر على من عنده مالاً فاضلاً عن دينه وكسوته ومسكنه وقوتٍ من عليه نفقتهم يوم العيد وليلته. وأما مقدار الزكاة التي يجب إخراجها عن كل واحد صاعٌ من غالب قوت البلد.

وفي بلاد الشام ونحوها يخرجون قدر ملء كفين معتدلين أربع مرات من القمح وهو المسمى بالصاع .

وعند السادة الحنفية : نصف صاع من بر، أو دقيقه أو سويقه، أو صاع من شعير أو دقيقه أو سويقه أو تمرٍ أو زبيبٍ أو قيمة ذلك.

ولا بد من النية في أداء الزكاة وهو أن ينوي زكاة الفرض لقوله صلى الله عليه وسلم: **” إنما الأعمال بالنيات ”** أي أن الأعمال الصالحة لا تكون معتبرة إلا بالنية.

وتُعطى زكاة الفطر لأي صنف من الأصناف الثمانية المذكورة في القرآن الكريم المستحقين للزكاة كالفقير والمسكين.

ويجب أداؤها قبل غروب شمس يوم العيد ويحرم تأخيرها عنه بلا عذر مع العلم بأنه يجوز دفعها في أول رمضان. ولكن يسن دفعها قبل صلاة العيد.

أخي المسلم، لم يبق من رمضان الكثير فهلاً وطدت نفسك إلى أداء الفرائض وفعل الخيرات والميراث قبل أن يفارقنا شهر القرآن والبركات.

Zakah of Fitṛ

The *Zakah* of *Fitṛ* is due on every Muslim who is alive part of *Ramadan* and part of *Shawwal* (the month after *Ramadan*.) According to *Imam ash-Shafi'iy*, the due *Zakah* for each is a “*saʿ*” or four “*mudds*” (the fill of a pair of average-sized hands cupped together) of the most common staple food of one's area. However, according to *Imam Abu Hanifah*, the due *Zakah* is three “*mudds*” of wheat or six “*mudds*” of dates, barley or raisins. Alternatively one may pay the value of these “*mudds*”. **In Australia , it is estimated to be about \$ 5.00 (Year 2018).** One intends that any amount in excess of the due *Zakah* is given as a charitable donation.

It is an obligation upon the Muslim to pay the due *Zakah* for one and one's Muslim dependants if on the day of the Feast of *Fitṛ* (*ʿId-ul- Fitṛ*) and the night after it one has enough to meet one's debts, clothing, lodging, and sustenance, and the sustenance of those whom one must support.

The man must pay the *Zakah* of *Fitṛ* for his wife, non-pubescent children, and poor Muslim parents. He may not pay for his pubescent children or solvent parents without their permission. It is permissible to pay the *Fitṛ Zakah* any time during *Ramadan*, even on the first night. However, it is recommended to pay it during the day of the Feast and before the *ʿId* Prayer, because this mends the hearts of the poor people before the Prayer. It is prohibited to delay paying the *Fitṛ Zakah* until after the sunset of the day of the Feast without an excuse.

Recipients of Zakah

For all types of *Zakah*, the intention is obligatory upon setting one's *Zakah* portion aside or paying it to the deserving people. *Zakah* must be paid to the eight categories of Muslims deserving of *Zakah* as mentioned explicitly in the *Qurʻan* (*at-Tawbah*, 61):

﴿ إنما الصدقاتُ للفقراء والمساكين والعاملين عليها والمؤلفة قلوبهم وفي الرقاب والغارمين وفي سبيل الله وابن السبيل ﴾

Those (who are poor) who earn less than half their basic needs (*al-fuqaraʿ*);

Those (who are poor) who earn half, but less than what meets all their basic needs (*al-masakin*);

The *Zakah* workers who are assigned by the caliph (*al-ʿamiluna ʿalayha*);

The new converts to *Islam* whose hearts are to be reconciled (*al-muʿallafatu qulubuhum*);

The slaves who are short in satisfying their contract for purchasing their freedom from their owners (*ar-riqab*);

Those who are unable to pay their debts (*al-gharimun*);

The volunteer fighters (*fi sabilillah*);

The travelers who do not have enough to enable them to reach their destination (*ibn-us-sabil*).

It is neither permissible nor valid to pay *Zakah* to other than those eight types of Muslims specifically mentioned above. Hence, it is not valid to pay *Zakah* to any charitable project, hospital, or the like.

May Allah accept your deeds in this Blessed Month, and may Allah make this Ramadan a fruitful and joyous month for the Muslims at large.

Term One Events

SRC Leadership Seminar

The Liverpool Campus primary and secondary SRC students and their respective families were invited to attend the first SRC leadership seminar for the academic year 2018. The seminar was held at the school's Grand Hall on Friday 6 April.

The school's principal Mr Alwan, welcomed all the SRC students and their parents to the seminar and thanked them for their attendance. He shed some light on the importance of such events in the school's calendar and on the importance of the role of the SRC leaders in our school and the wider community. Mr Alwan then introduced the school's religion teacher and Imam Sheikh Amr Alshelh Al-Azhary who provided the parents and the SRC students with an important religious insight on the qualities and characteristics of a being a leader and role model within the school and wider community. Imam Alshelh emphasised this through explaining the characteristics and traits of the Prophets and pious Islamic figures in history who displayed good manners, respect and integrity amongst their nations. Hence it is important to follow in the path of these significant Islamic figures and display these characteristics in order to provide an ongoing leadership commitment within the school and wider community. The students thoroughly enjoyed the lesson. May Allah reward the SRC students for their dedication and commitment towards the betterment of the school community.

After the seminar, Imam Alshelh listened to some of the parents' concerns and feedback while enjoying some light refreshments. We are looking forward to seminar number two that will be held during term two. We hope to see more parents at these events insha' Allah.



كلية الأمانة تهنيء الجميع بذكرى معجزة الإسراء والمعراج

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

Thursday 12 April 2018 / 27 Rajab 1439H

كلية الأمانة الإسلامية تحتفل في ذكرى الإسراء والمعراج في سذني تحت شعار قدس الإسراء بين مكة والسماء.

احتفاء بذكرى الإسراء والمعراج أقامت كلية الأمانة الإسلامية في ليفربول- سذني حفلة إنشادية في قاعة الأمانة الكبرى حضرها مدير المدرسة الأستاذ أيمن علوان والفريق العامل في مدرسة الامانة وطلاب المرحتين الإبتدائية والثانوية كما حضرها جمع من أهالي الطلاب. بعد كلمة الترحيب من عريف الحفل وتلاوة آيات من القرآن الكريم ألقى الأستاذ علوان كلمة بالمناسبة هنا فيها الحضور من أهالي ومعلمين وطلاب بهذه الذكرى العظيمة.

وبعد كلمة المدير ألقى الشيخ سامر الشافعي الأزهري كلمة دينية متناولاً "قصة الإسراء والمعراج وما فيها من معاني ودروس وعبر". كما قدم الطالب نور القاسم كابتن المرحلة الإبتدائية قصيدة في هذه المناسبة العظيمة.

وقدم فريق الأمانة الناشئة مجموعة من الأناشيد الخاصة بالمناسبة ولقد تميزوا بأدائهم وسط تفاعل كبير من الطلاب والأهالي. نتقدم من طلابنا وأهاليهم الأعزاء بأحر التهاني بهذه المناسبة العظيمة راجين من الله تعالى ان يعيدها علينا وعليكم بالخير واليمن والبركات. وكل عام وأنتم بخير.

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

The celebration began with a recitation from the Holy Qur'an, followed by a most enchanting Nawba sequence (traditional drumming).

Liverpool Campus principal Mr Alwan welcomed and congratulated all attendees on this great occasion and gave an insightful speech in which he spoke about the importance of celebrating such occasions. This was followed with an enlightening lesson relating the events around the miracle of Al Al-Isra' and Al-Mi^raj. It was delivered by Sheikh Samer Alshafie Al-Azhary.

An Islamic poem related to the occasion was performed by the primary school captain Noor Kasem. Concluding this blessed occasion and celebration, the school's chanting band enlightened our ears with a lovely nasheed about this great miracle.

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

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

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

وكل عام وأنتم بخير



Term Two Events

SRC Tree Top Adventure Park Excursion

On Thursday 12 April 2018, the primary and secondary SRC members attended an excursion to Tree Tops Adventure Park. The students enjoyed an eventful day in which they were able to test their strength and face their fears in a friendly and exhilarating environment. The excursion was an opportunity for them to work together as a team and strengthen their friendships.

The day began with a bus ride to the location where students first enjoyed their recess together. Year 6 students had the opportunity to join high school SRC in the adult course where they were physically challenged and had to work as a team to get through the course. Some students whizzed through it including Alyssa El Masri and Daniyal Siddiqi making it to the second course. They were accompanied by Mrs Alterio. The rest of primary had their harnesses put on and they were talked through the safety precautions that need to be taken while on the course. Students first attempted a practice course before venturing further onto the four different levels. Maria El Bandar and Mohammad Abduljabbar completed the children's course with ease. After a tiring 1.5 hours on the courses students enjoyed their lunch in the nearby park.

High school SRC students enjoyed enduring the challenging high ropes course which consisted of several elements including zip lines, rope climbing and obstacle circuits. The ropes course entailed three levels of difficulty including the green, blue and red circuits. Each level progressively became more challenging, however the SRC peers remained persistent through assisting each other with words of encouragement to ensure they stayed determined



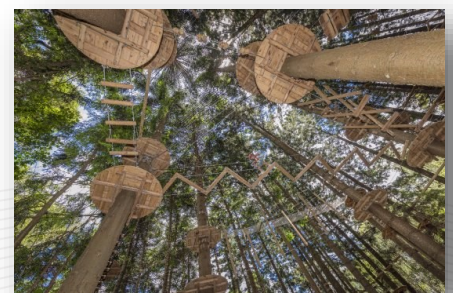
SRC EXCURSION 2018



in finishing each level. Some of the senior students aged sixteen years and over were daring enough to complete the black course, which was the most challenging on the circuit. The SRC students effectively showed the core values of commitment, teamwork, persistence, determination and leadership skills. The primary and secondary SRC students must be commended on their outstanding behaviour and manners displayed throughout the day. On behalf of the SRC coordinators and volunteers, we greatly appreciate working alongside such dili-

gent and well-mannered SRC students.

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





Star Student of the Week



K - 1

Term 1

Term 2

Week 10

Week 11

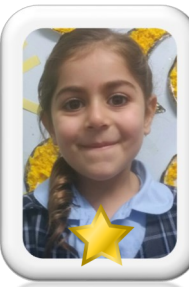
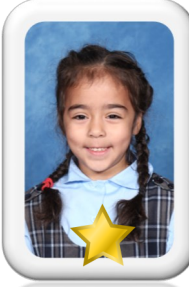
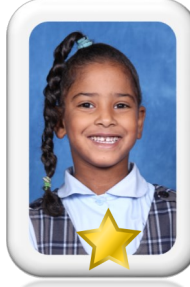
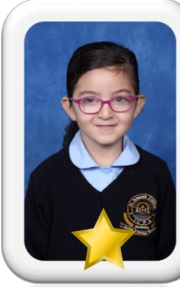
Week 1

Week 2

Week 3

Week 4

Week 5



Madinah El-Kabbout

Ali Riaz

Ayah Abou Elhassan

Laylah Alzubaydi

Mikail Dabboussi

Hala Mouslemani

Adyan Talha Amin

1H

KM

1H

1A

1H

KK

KM

2 - 6

Term 1

Term 2

Week 10

Week 11

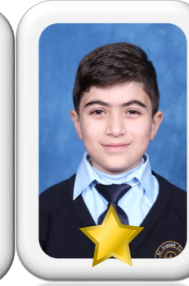
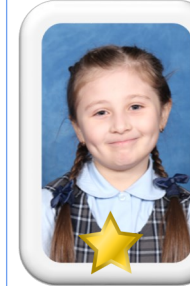
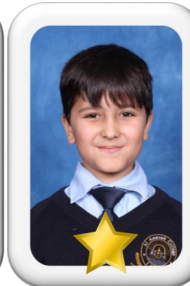
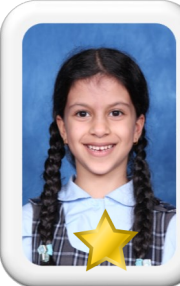
Week 1

Week 2

Week 3

Week 4

Week 5



Zahra Alsawafi

Birhat Younis

Hana Katovik

Issra El Sayed

Niza Halabi

Issa Homsy

Jalal El-Kabbout

3A

3H

2W

6P

5K

3B

2W

عينات من أعمال تلاميذ الصف السادس

تتميز شجرة الزيتون بالمتانة والقوة والقدرة على النمو في الظروف الصعبة، وهي شجرة ذات أهمية اقتصادية كبيرة. تتحمل شجرة الزيتون الجفاف والحرارة الشديدة، كما أنها تزدهر في التربة الفقيرة. تعتبر شجرة الزيتون من أكثر الأشجار قيمة في مناطق البحر المتوسط، حيث تُنتج زيت الزيتون الشهير. كما أنها تزين الحدائق والبساتين بأوراقها الخضراء اللامعة. تتميز شجرة الزيتون بأوراقها المصنوعة من مادة الشمع، مما يجعلها مقاومة للحشرات والأمراض. كما أنها تزدهر في المناطق الجبلية والريفية. تعتبر شجرة الزيتون من أكثر الأشجار قيمة في مناطق البحر المتوسط، حيث تُنتج زيت الزيتون الشهير. كما أنها تزين الحدائق والبساتين بأوراقها الخضراء اللامعة.



اشرف المعلمة / زينا ديماطي

شجرة الزيتون
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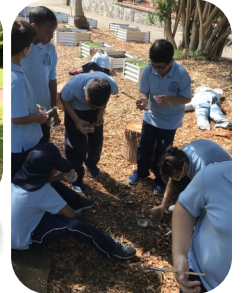


فوزي زعيبي الصف السادس

Year Three Royal Botanic Gardens Excursion



On Thursday 5 April Year Three students attended an excursion to the Royal Botanic Gardens. We began with a lovely bus ride to the gardens where students enjoyed their recess with a wonderful view of the various plants at the garden. The programme was called 'mini beasts' and it focused on the life cycle of plants and animals. Students began with a tour of the garden where they had first hand experience of looking for various bugs in the pond and throughout the garden. Students then completed a range of indoor activities which included examining various animals and drawing scientific observations. The students then enjoyed their lunch together before making their way back to school. The day was very enjoyable with students engaging in a range of hands on activities which further enhanced their understanding of life cycles.



botanic

Year Four Royal Botanic Gardens Excursion



At the end of Term One, Year Four embarked on an excellent excursion to the Royal Botanical Gardens, Sydney. The day was aligned to our science unit, "Plants in Action." Students were given the opportunity to visit the greenhouse and plant a sunflower seed, collect plant samples, investigate seeds and stages of growth and even visit the Calayx to view the Southern Hemisphere's largest vertical plant display. Year Four would like to thank our parent helpers: Mrs Sahyouni and Mrs Hasan for assisting us on a wonderful excursion.



Primary School Healthy Harold Incursion

During weeks ten and eleven of Term One (Tuesday 3 April - Wednesday 11 April) the Life Education van came to Al Amanah College and students from Kindergarten to Year Six were able to attend lessons with Healthy Harold. Each class attended a lesson which was catered to the students' age groups and was specific to what they are learning about in health throughout the year. All students loved attending the lessons and were able to take home a work booklet after the lessons which were filled with activities and games relating to their lesson. We look forward to more Healthy Harold incursions in the years to come.



Year Five Macarthur Centre for Sustainable Living Excursion

On Wednesday 9 May, Year Five students went on an exciting excursion to Macarthur Centre for Sustainable Living. The aim of the excursion was to enrich their knowledge of being eco-friendly at a citizen level and to get a better grasp of the concept of sustainability.

The excursion focused on the following points:

- **Sustainable Living:** Learn all about sustainability and cool ways to reuse, reduce and recycle. Learn about composting, worm farming, reducing rubbish and making a newspaper pot with a seedling.
- **Power Sources:** Learn all about renewable and non-renewable energy and how power is generated from the environment. Learn about solar, hydro-electric and wind energy.
- **Sustainability in Our Rubbish-** learn about food waste, food avoidance, food recycling, waste contamination, litter and dumped waste.

We left school at 8:30am and arrived the venue at 9:30am. As we arrived, we sat on the grass to have morning tea. Then we went on a little tour to discover the place. We saw lot of trees, birds, chickens 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 were put into three groups: worm farm and composting, recycling and gardening. Our favourite was the gardening tips session. 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 Macarthur Centre and went back to school. We had a super time!

Year Five Teachers and Students



Primary Literacy Parent Workshop

On Thursday 10 May, our primary students' parents were invited to attend a literacy workshop focusing on effective reading strategies. They gained a range of strategies to enable them to assist their child with comprehension. *Thankyou to Miss Wilmot for organising the workshop.*



Primary School Pre Ramadan Celebration (Sayubaan Ramadan)

On Friday 11 May our primary students gathered for the Sayubaan Ramadan event. The students enjoyed the picnic and were excited for the upcoming month of Ramadan. Thank you to our generous parents for preparing the breakfast dishes.

Wishing our families a blessed Ramadan.



Stay Cool at School

As part of our school's anti-bullying campaign, a group of students gather together once a week to take part in a social skills program called 'Stay Cool at School. These students enjoy collaborative activities which introduce them to the life skills they need for safe play at school. They are very enthusiastic to join in the fun and games each week. This is a very enjoyable and valuable learning experience for our junior students.



Secondary School Athletics Carnivals

The girls' athletics carnival was held on Thursday 5 April 2018 and the boys' Athletics carnival was held on Wednesday 11 April 2018. They were a raging success. During both events students were dressed to represent their house colours.

Throughout the races, students expressed a high level of excitement and supported their team through chants. At the girls' athletics carnival, the students were competitive and showed good sportsmanship.

Congratulations to:

Fatima Azzhara of Year 8 at 15.43 seconds for the 100m Race, making her the fastest female across all age groups.

During the boys' athletics carnival the races and high jump event were the highlight of the day. The boys were competitive and passionate about all racing events. We introduced a new 100m racing event of our best racers from all age groups. Before the race started we were excited to see who would come first as they all achieved a time within the range of thirteen seconds.

Mr Rajab triggered the Starter gun and the race was on. With their persevering efforts shown on their faces the winners were:

- Jalal Hussein - Year Twelve
- Houssam Jamous - Year Ten
- Mohamed Bakir - Year Nine
- Muhammad Alwan - Year Nine

- Adel Kandakji - Year Eleven
- Mohab Sidaoui - Year Eleven
- Yahya Masri - Year Ten
- Merajul Shovan - Year Ten

First: Jalal Hussein at 12.88
Second: Houssam Jamous at 13.06
Third: Mohamad Bakir at 13.44 s

The high jump event was another event to watch having Jalal Hussein jump at a height of 166cm – a new school record. The Al Amanah chanting boys were enthusiastic and joyful playing the drums and singing while celebrating their house colours.

We would like to thank all the teachers and staff for their efforts to make both carnivals a success. Looking forward to the next year carnivals.



Year Nine History Excursion

A walk through the city on a fine Tuesday morning, who would not want that? On 8 May, Year Nine students took a long bus ride to the Hyde Park Barracks in Sydney. They spent time listening to Islamic songs and chants. As they hopped out of the bus, the sight of the Hyde Park Barracks Museum captured the students' attention and they stopped to take selfies with some of the primary sources at the location. The young historians took a tour of the Hyde Park Barracks building where they learnt about the lives of the convicts during the Industrial Revolution and

how their lives took a turn for the better when they moved to Australia. This tour allowed the students to learn about the living conditions of the convicts as well as witness weapons, tools and even cutlery that they may have used.

The tour guides lectured the students on how young girls were treated while living as convicts. They had the pleasure of dressing up as these young women. The students were taken to a room of hammocks, where they relaxed and took a break from all the new information that they were

taking in by learning about the crowded conditions that the convicts had to live in. Year Nine then took another bus ride to the Justice and Police Museum just five minutes away. They sat in a courtroom and watched a video about a murder mystery. They were then asked to dress up as various members of court and re-enact the situation learning about numerous factors of the case. A big *thankyou* to the teachers who organised the excursion.

Rossel Alobedi
Year Nine Student



FUTSAL Regional Competition

What a day! Arriving at the Michael Clark Centre at Carnes Hill shortly before the first kick off, all the nerves settled down with our first win. Our Team won a total of three games and tied one.

The boys showed tremendous determination through this regional competition. As a coach I am proud of their efforts and fortitude. Our final match came and their performance levels increased scoring two goals.

The end of the match finished with a sudden death round of penalty shootouts. Missing one goal led to our defeat. However, due to our team's



performance and scoring an outstanding thirty-seven goals in total we have been invited to States for the first time.

Al Amanah under 14s team placed third in the regional competition. Well done boys!!

I would like to give a special thanks to Abdullah Zahab for playing as goal keeper. He saved many goals for which he was not prepared for. Ahmad Massalaxhi scored nineteen goals, Muhammad Nachar scored ten, Mohammad Bakir scored six and Omar El-Sayed scored two.

Miss Kabbara

Year Ten Student and Parents Subject Selection Evening

Year Ten students and parents' subject selection evening was held on 8 May. The information session provided parents and students with information pertaining to transition of 2018 Year Ten students to senior school in 2019.

The Secondary School Coordinator highlighted the importance of Year Ten students successfully completing their HSC. All my work program with NESAs. This is so for students in senior years clearly understand and appreciate the requirements involved in undertaking assessments of learning in the Year Eleven and Year Twelve courses. Work experience in year ten, corptraining and mock interviews program details were elaborated upon to highlight the initiatives undertaken by the college to develop Year Ten communication skills necessary for not only studies in the Stage Six courses but also for the job market should students seek part-time employment while completing their senior years of schooling.

The Secondary School Curriculum Coordinator provided attendees with information to help students and parents make wise decisions regarding course selection in Year Eleven. Students were encouraged to think about career aspirations in the long term while making their subject selections for studies in 2019, keeping in mind the job market of the future. Assessments in the senior school and the process of grading (internal assessment and HSC assessment and ATAR) were also highlighted by Mrs Kassem so that parents and students understand the importance of planning and goal setting in schooling.

The session concluded with a parent/teacher meeting which further strengthens communication between the college and the community. Attendance to information sessions undertaken by Al Amanah aim to facilitate effective communication with parents and students so that the college is in a position to enable the achievement of the best outcomes of students.



Secondary School Pre Ramadan Celebration (Sayubaan Ramadan)

An annual Sayubaan Ramadan was organised for Years Seven to Twelve on Wednesday 9 May, 2018. This festive occasion was celebrating the upcoming glorious and Holy Month of Ramadan. The students celebrated this great occasion with their respective year groups with a special luncheon held in Nagle and Speed Street. Students and teachers enjoyed an array of food including manoush, pastries, salads, desserts, cakes and drinks. A big thank you goes out to the parents, students and teachers for providing food and drinks for the special occasion.

On behalf of Al Amanah College, we wish all the students and their families Ramadan Mubarak and may the month be filled with blessings.





NSW Police Force

With your help, a safer community.

DRIVING OFFENCES IN SCHOOL ZONES

Disobey 'No Parking' Sign

DROP OFF & PICK-UP ONLY



8 AM - 9:30 AM
2:30 PM - 4 PM
SCHOOL DAYS

- ONLY stop to drop off or pick up
- Stay within **3 meters** of your car
- Stay less than **2 minutes**

Fine = **\$183**
& Lose 2 Points

'KISS & DROP' ZONE

Section 168 Road Rules 2014



Fine = **\$330**
& Lose 3 Points

Child or Passenger Not Restrained
(Not wearing a seat belt or not in a child seat)

Sections 265, 266, 267 Road Rules 2014

Fine = **\$439**
& Lose 4 Points

Driver Uses Mobile Phone When Not Allowed by Law

DO NOT talk, text or view your phone while driving.

Section 300 Road Rules 2014



Fine = **\$330**
& Lose 2 Points

DO NOT STOP for ANY reason

Section 167 Road Rules 2014

For more information see: Road Rules 2014

<http://www.rms.nsw.gov.au/roads/safety-rules/road-rules/index.html>

*Fines are current as of December 2017. Fine amounts change regularly.

For up-to-date fine amounts see: <http://www.rms.nsw.gov.au/roads/safety-rules/demerits-offences/index.html>

SATURDAY

16 JUNE

SUNDAY

17 JUNE

Sydney
EID
FESTIVAL
2018

10AM - 8PM

PAUL KEATING PARK, BANKSTOWN

FREE ENTRY | FREE PARKING



Vegetables

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

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

Why are vegetables important?

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

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

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

How many veggies do children need each day?

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

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

A serve of vegetables is equivalent to

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

What to look for

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

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



Reminders - Reminders - Reminders

2019 Enrolments

Al Amanah College is now accepting applications for enrolments for Kindergarten to Year Eleven students. A child born between 1 August 2013 and 31 July 2014 will be eligible for Kindergarten in 2019. Expression of Interest forms may be downloaded from the school website or collected from the admin office at 55 Speed St, Liverpool. Parents will need to complete and forward or drop the Expression of Interest form with the child's birth certificate, immunisation information and latest school report. Last day of accepting application is **Friday 29, June 2018**.

School Photos

'The School Photographer' will be at the school on Tuesday 26 June (secondary students) and Wednesday 27 June (primary students). Photograph order envelopes have been sent home. If you would like to get sibling photographs, please ask your child to collect an envelope from the front office. All envelopes must be sent with the student/s on the day whether you wish to make a purchase or not.

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