

AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER Issue 05 Friday 31 August 2018

Dear Parents, Caregivers, Students and Staff;

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

Semester one of 2018 brought many challenges as Al Amanah College continues to be a vibrant, well managed and effective school with strong Islamic, academic, social, cultural and sporting programmes.

Term three commenced with a professional development day during which teachers continued the inquiry based-learning workshops. We thank AIS for their services and continuous support. Teachers kept on evaluating their programmes and making all the necessary changes for 2019. This term is typically busy, exacerbated by many activities associated with Islamic celebrations involving our Arabic and Religion Departments as well other departments across their KLAS. Some of this term's activities include our ^Id UI-Adha fete and celebrations, new Hijri year celebration, literacy and numeracy weeks, science week, book week, public speaking competition and education week.

Term Three is also a very demanding time for Year Twelve students as they enter the final phase of their schooling. The beginning of the term is the time when all practical submission for the HSC are due. Weeks four and six are the Trial HSC Examinations period. I encourage all students to prepare thoroughly for their final examination.

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

NEWSLETTER Message from the Principal's Office

School Aim

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

NAPLAN

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

Finally, I would like to bring your attention to parent-school partnerships. We thank the parents for completing our annual satisfaction surveys. This feedback will greatly assist in our analysis of the school operation. One of the most important components of a school's success is having a healthy and supportive communication between families and the school. This positive relationship is one of the key factors that carries students to great achievements. I kindly ask the caregivers to give importance to this matter and stay connected with school

Ayman Alwan Principal

Dates to Remember

Tuesday 4 September YEAR 12 FIRST AID COURSE

Thursday 6 September PRIMARY SCHOOL ARABIC POETRY COMPETITION

Thursday 6 - Friday 14 September YEAR 11 YEARLY EXAMS

Tuesday 11 September NEW HIJRI YEAR (TBA)

Thursday 13 September YEAR 2 JIBBON NATIONAL PARK EXCURSION

Friday 14 September NEW HIJRI YEAR CELEBRATION

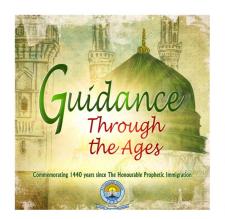
Tuesday 18 September YEAR 3 BRASSERIE BREAD FACTORY EXCURSION

Friday 21 September YEAR 12 GRADUATION CEREMONY

Monday 24 - Friday 28 September YEAR 10 WORK EXPERIENCE WEEK

Tuesday 25 September PUBLIC SPEAKING COMPETITION

Friday 28 September TERM THREE LAST DAY



الهجرة المباركة

بعد ثلاث عشرة عاماً من مبعث النّبيّ الأميّ الأمين صلى الله عليه وسلم قضاهنَّ في الدعوة إلى دين الله تبارك وتعالى، جاء الأمر الإلهى بالهجرة إلى هاجر قبله الكثير من أنباعه فاستجاب خير الخلق لأمر ربه وخرج يرافقه صاحبه الصّديق في هذه الرحلة ربه وخرج يرافقه صاحبه الصّديق مهمًا و تحولًا كبيرًا المباركة الذي كانت حدثًا تاريخيًا مهمًا و تحولًا كبيرًا في مسارهذه الدعوة الحقة، وأظهر الله تبارك وتعالى في هذا الحدث من المعجزات ما ثبّت به قلوب المؤمنين الصادقين، وكان سببًا وعاملًا عظيمًا في هداية أناس وإنقاذهم من الضلالة والشرك إلى الهداية والنور والسعادة الأبدية.

وتستوقفنا فى هذه الهجرة المباركة إحدى المعجزات النبويَّة وهى التى شهدها أحد القفائين من قبيلة كنانة هو سُراقة بن مالك، وذلك لما كان النّبيّ المصطفى صلى الله عليه وسلم وصاحبه الصديق الذين خرجوا يريدون قتلهما، ففى أثناء ذلك يلتقى أبو الذين خرجوا يريدون قتلهما، ففى أثناء ذلك يلتقى أبو الذي مراقة فيعرض عليه مائة من الإبل لقاء أن يَرَدُّ أن أعلنَ بين مشركى قريش أن من يأتى بمحمّد أن عليَ بين مشركى قريش أن من يأتى بمحمّد النية على أن يستأثر وحده بالغنيمة وخرج يطلب النبيّ الأمين وصاحبه الصّديق.

ولما كان السَحَر(وهو وقت قبل الفجر) امتــطی صـــهوة جواده وسلك طريـق المدينة وبقی يبحث عن رســـول الله صلی الله عليه وسلــم وصاحبــه

الصّديق، حتى إذا زالت الشمس وحميت الظهيرة صلى فقــد الكثير من الأمــل فى أن يجدهما.

> وفى هذه الأثناء يقترب سراقة وهو يسمع قراءة صلى الله عليه وسلم والصّديق يكثر من النّبيّ الالتفات يمنة ويسرة خوفاً من عدو يريد بصاحبه وحبيبه شُرًا، فيِّرْي سُراقَة قد أُدركهمًا وَيُعْلِمُ النَّبِيّ بَذلك فيدعو النّبيّ صلى الله عليه وسلم قَائلًا :"اللهم اكفناه بما شئت وكيف شئت" رواه الإمام أحمد. وهنا تظهر إحدى معجزاته صلى الله عليه وسلم فتسوخ قوائم فرس سراقة في الأرض فيثب عنه خائفًا وقد علَم أن لمطلوبه شأنًا عظيمًا عند الله. فيناديه سُراقة ويسُأله أن يدعو الله له قائلًا: "ادع الله أن ينجيني مما أَنَّا فيه، فوالله لَأعميَنَّ على منْ ورائى من الطلب فيدعو خير الخلق صلى الله عليه وسُلم ربَّه فينقذ الله فرس سُراقة، وَيقترب متفكرًا فيمًا حدثٌ له، ويخبر النّبيّ صلى الله عليه وسلم أخبار ما تريد بهما قريش من الأذي.

> وهنا يخاطبه الرسول الأعظم فيقول له "كأنى بك قد لبستَ سِوارى كسرى" رواه البيهقى فى السنن. يمضى سراقة إلى قريش فيجد الناس يلتمسون (يطلبون) رسول الله صلى الله عليه وسلم فيقول لهم: "ارجعوا، فقد استبرأت لكم ما ههنا وقد عرفتم بصرى بالأثر" فرجعوا.

> أُسلُم سُرافَة بن ماًلك سنة ثمانٍ للهجرة، وبعد انهزام الفرس فى معركة القادسيّة وعودة جنود المسلمين قام سيدنا عمر بن الخطاب رضى الله عنه وألبس سُراقة سوارى كسرى كما أخبر النّبيّ الأعظم محمّد

The Migration of Prophet Muhammad

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

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

Consider the words of our master Muhammad after the people had come to his uncle Abu <u>Talib</u> and asked: "What does your nephew want out of his call to Islam? If he wants status we shall give him it and we will not do anything without his consultation. If he wants money, we will collect it for him until he becomes the richest amongst us. If he wants to rule us, we shall give him the position of king". But the Prophet peace be upon him said to his uncle: "If they were to place the sun in my right hand and the moon in my left, I would not leave this call to Islam". There is not a single prophet that left the call to *Islam*, nor is there a prophet who neglected the call to *Islam* due to hardships or calamities that had overcome him.

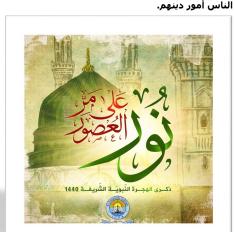
The blasphemers agreed to killing the Prophet peace be upon him. They encouraged one man from each tribe to hit the Prophet with their swords simultaneously so that his murder could be seen as done by all those tribes and so that no one from the Prophet's family could seek revenge. Angel Jibril came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

Ayah 40 of Surat At-Tawbah means: "And he (the Prophet) would say to his companion not to be saddened, for they had support from Allah." The companion mentioned in this Ayah is Abu Bakr as-Siddig. This Ayah does not mean that *Allah* is physically present with them in the cave, because *lslam* states that *Allah* exists without a place. Rather the actual meaning of this *Ayah* is that *Allah* is supporting and giving victory to them over their enemies.

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

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

May All<u>ah</u> return this holy occasion to us filled with blessings and peace, <u>Amin</u>.



الله

عليه

وتابع النّبيّ محمّد صلى الله عليه وسلم رحلته مع

الصّديق حتى وصلا إلى المدينة المنورة حيث كان

علموا بوصوله صلى الله عليه وسلم عمت الفرحة

والسعادة وأشرقت المدينة المنورة بنور النّبيّ

الأعظم. وكانت الهجرة فاتحة خير وتأسيسًا للدولة

الإسلامية التي كانت منطلقًا لنشَر الدعوة. وتعليم

المسلمون من أهل المدينة ينتظرون وصوله.

وسلم.

ولما

الأحاديث الأسبوعية





Al Amanah College has been working in partnership with University of Al-Azhar Ash-Sharif of Egypt and Darulfatwa -Islamic High Council of Australia. The aim is to develop Islamic studies programmes to support and equip our Islamic studies teachers with the skills and knowledge needed for teaching in the 21st century. This will undoubtedly improve the Islamic professional standing of our schools' teachers and leaders.

Our school is pleased to announce that one of our dedicated Islamic studies teachers has travelled to Egypt at the end of June 2018 to undertake a two-month professional development course to become an accredited Azhary Imam. This will have a positive impact on our schools' communities as well as the wider Australian community.

We congratulate Shaikh Mohamad Halabi for this great achievement. We humbly ask Allah to grant him strength to serve his community.



Reminders - Reminders - Reminders - Reminders - Reminders - Reminders





إذا كنتَ تجيدُ قراءةَ الشعر العربي وَتتمتعُ بِمهاراتِ الإلقاء

\star نحن نبحث عنك!

6 - 9 - *2018*

وحدة الدين واللغة العربية - كلية الأمانة ليفربول

A Contract of the second secon

Please make sure that ALL your children's belongings (clothes, lunch boxes, drink bottles, stationery, etc.) are CLEARLY LA-BELLED with your child's name. Labelled property can be easily returned to its owner. On the blessed occasion of ^Id UI Adha, AI dents enjoyed taking turns on the pony rides Amanah primary and secondary celebrated the glorious event on Wednesday 29 August 2018 with a fun-filled ^Id fete. The day consisted of many rides and activities including the virtual reality ride, the basketball bungee run, wrecking ball challenge, velcro wall, jumping castles, the Pole Joust and the rock climbing. In order to keep the energy levels up and to satisfy their sweet tooth, students enjoyed the variety of sweet and chocolatey delights of waffles, dutch pancakes, Krispy Kreme donuts, and melts ice cream. A BBQ was also prepared which entailed delicious meat, kafta and chicken sandwiches and BBQed corn. Primary stu-

2018 ^Id Ul Adha Fete

and various activities including face-painting.

After a half-day filled with excitement, high school students, teachers and parents were invited to attend an ^Id UI Adha celebration in the Grand Hall. The event was marked with a beautiful recitation from the Holy Quran, a religious lesson about the Hajj pilgrimage by Sheikh Samer Alshafie and a lovely Nasheed by Years Nine and Ten students.

Thankyou to all the dedicated students and teachers who made the day a success. A big thankyou for all the hard effort and dedication by the ICPA Staff and Muslim Scout volunteers in making this day a memorable one.











K - Six End of Term Two Bowling Excursion for the Class Dojo Top Five Achievers

On Friday 6 July our top five class Dojo achievers were rewarded with a bowling excursion for their amazing behaviour this term. The excursion was fantastic! Students had a wonderful time. *Thankyou* to our parent helpers, Mrs Rifi, Mrs Aamir, Mrs Katovik and Mrs Alchaar.



Year Six Gala Day - Term Two 2018

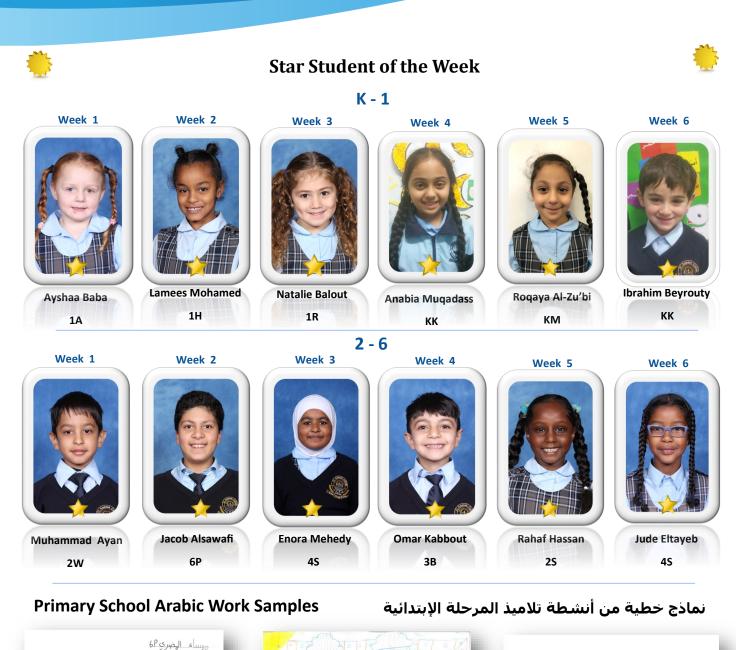
Throughout the term Year Six students have been learning about European Handball. They engaged in different training drills which taught them the skills required to play the game.

Salamah College, Al Amanah Liverpool and Bankstown campuses competed in our end of term Gala Day to promote both the game and healthy living. Students from all schools enjoyed lunch and the competition together.

We had high school students officiating the games and the students really took the competition serious but throughout the day we seen outstanding sportsmanship from all students.

Thankyou to all involved to ensure we had such a positive day.









الأرانب الأرانب هي من الثدييات، عندما تلد الأرانب يكون لديها

كميات كبيرة من الأطفال،الأر انب هي حيو انات عاشبة مما يعنى أنها تأكل النباتات فقط والأكل المفضل لديها الجزر والملفوف الأرنب حيوان أليف يركض بسرعة ويقفز عاليًا ووبره ناعم وعيناه كبيرتان له جسم مستطيل وأننان طويلتان وله عدة ألوان.





It might be said

2018 Book Week Parade

Al Amanah College Liverpool Campus held its annual Book Week Parade on Thursday 30 August 2018. Book Week was established by the Children's Book Council of Australia in 1945 with the aim of engaging the community with literature for young children. Each year, schools and public libraries across Australia spend a week celebrating books, and Australian authors and illustrators. This year, the theme for Book Week is 'Find Your Treasure'. The theme provides our children with an exciting invitation to explore different books.

On Tuesday, 29 August parents were invited to the classrooms to listen to their child read. This builds a strong culture of school-parent partnership and encourages the child to read more to his parents at home.

Each class from K-6 along with their teachers came dressed as their favourite character for the Book Week parade. They paraded in front of their parents and the primary school students. One student from each class was chosen for having the best costume and book pack. The parade was an amazing experience for all. The range of costumes and colour made the parade look even more spectacular. The children had a terrific time marching around the school and really appreciated the older students taking an active interest in the event.

Thank you to the English Committee who organised Book Week. The Grand Hall looked spectacular with beautifully decorated props related to the theme, 'Find Your Treasure.' Also thank you to our lovely parents who attended the parade.



Al Amanah Leaders and Mentors Camp July 2018

Al Amanah College leaders and mentors camp is one of many initiatives that the school is undertaking as part of the national chaplaincy programme that the Australian government introduced in 2016. Our camps are designed to support a variety of learning areas in the classroom and to strengthen the wellbeing of targeted students. The school acknowledges the receipt of government grants to support its mission in the areas of pastoral care. The school's Imam Sheikh Amr Alshelh has been working alongside the school's Principal Mr Alwan to implement the school's pastoral care programme that was developed in 2016, with the "Leaders and Mentors Camp initiative being one important aspect of the programme.

From Monday 16 July 2018 and until Thursday 19 July 2018, a group of Year Elven and Year Twelve students from Al Amanah College embarked on a leaders and mentors camp to Cataract Scout Park with the school Imam Shaikh Amr Alshelh and the school's PE teacher Mr Mohammed Taiba. The main purpose for the leaders and mentors camp is to instil the school's Islamic ethics and positive values in our children at a young age to help them grow into successful and responsible individuals. Having positive values enables us to form meaningful and trusting relationships with others and empowers us to lead a fulfilling life. These are important ingredients for a successful, responsible and productive individual. These values are essential for building a stronger cohort of leaders amongst the school and the wider community.

The camp involved the students undertaking two long, rich sessions of religious lectures per day. This was in the area of the Hadeeth of the life of our Master Muhammad (peace be upon him) and entailed stories and historical facts that enriched students' Islamic knowledge. Students also grasped a better understanding of the school values implemented.

In addition, students were given an opportunity to learn and grow into a team that looks towards bettering the Australian Muslim community into the future. The camp involved many different learning activities including teambonding and leadership skill sessions, which were complemented by participating and enduring the challenging giant swing, abseiling and caving.

This year we added an exciting activity which we called treasure hunt. During this event, we had a special visit from Al Amanah's Principal Mr Ayman Alwan and Head of Religion Department Shaikh Shadi Kassem who enjoyed watching our students on their treasure hunt.

A crash course of using a compass and maps was given. Students were split into three groups. Each group had a professional compass, a map to scale and the first hint that led to the next hint all the way until they found the treasure. This was exhilarating and very challenging. The benefits of this activity are too many to mention but some were:

- Sharpens navigational skills
- Builds teamwork skills
- Enables exploration and discovery
- Patience and responsibility
- Rewarding experience
- Promoting social interaction
- Problem solving skills

Furthermore, all students will be asked to attend lectures in order to complete the potsherd care programme that the school will continue to provide in 2018 and beyond.

We ask Allah to strengthen us and to protect our children and enable them to spread the true knowledge of Islam, in a peaceful and harmonious way.

Shaikh Amr Alshelh Al Amanah College Imam



HSC Study Camp

From Monday 9 July to Thursday 12 July a group of Year Twelve Al Amanah students and teachers embarked on HSC study camp to Cataract Scout Park in Appin. The camp was primarily based on students examining past HSC exams across all KLA subjects and revising and writing a band six response to the set questions in preparation for the upcoming exams.

The study camp involved the students undertaking approximately three educational study sessions each day on various subjects. As a result, all the students used this opportunity to collaborate with each other to explain concepts or theoretical knowledge to assist with answering the set questions in the exams. This was to further assist students to prepare for the upcoming HSC trial exams in term three and to avoid procrastination and stressful nights at home.

The highlight of the study camp was the Islamic lectures each day conducted by Shaikh Amr Alshelh, Shaikh Ibrahim Alshafie, Shaikh Samer Alshafie and Shaikh Chadi Kasem. May Allah reward each religious leader and mentor for spreading the true knowledge and creed of Islam.

Throughout the week, Year Twelve students engaged in various fun and social activities including the infamous campfires, flying fox and the giant swing. Students were able to closely bond with each other throughout these events and develop teamwork skills to achieve their ultimate goals and conquer their fears outside their comfort circle.

The HSC study camp was highly beneficial for all the attendees and was truly a week to remember. It was a week filled with happiness, joy and knowledge. We would like to thank all the teachers and volunteers who assisted and dedicated their time for making the camp an enjoyable experience for the students.

We wish our Year Twelve students the best of luck in their HSC this year.





Madih Concert at Al Amanah College Bankstown Campus

On Thursday 9 August 2018, our Year Nine music class visited Al Amanah College Bankstown Campus to perform a madih concert for years K - 2. The event started with a special lecture from Shaikh Alshelh, followed by a concert. The students performed a variety of famous nasheed and the primary students had a wonderful

time. Thankyou to Aladdin Kassem for Boys chanting group: Ibrahim El Sayed, operating the sound equipment and Omar El-Sayed, Omar Mallah, Ahmad Yusra Ghazzawy for taking videos and Massalkhi, Muhammad Nachar, Majimages!

Girls chanting group: Nourel Houda Al Hafedh, Halimah El Masri, Ameera A special thankyou to Mrs Jalloul for Kanj, Nada Kerdi, Aiyah Marabani, arranging a delicious lunch for our Aalyssaa Mina and Hanine Mosleh.

daldeen Sidaoui, Rachid Trad, Abdullah Zahab.

musicians!



Year Eight Science Excursion

ed their school very well, and It was an enjoyable day of learning for all.

Mrs Slater Science Teacher





State Futsal Competition 2018

This was the first 14U Team to make it to states in Al Amanah history. I was very proud of what the boys accomplished in the regional championships. They were amazed with the talent shown by many schools,

On Thursday 9 August 2018, Year Eight

students went on a Science excursion

to Sea life Sydney Aquarium and Wildlife World. The students were given

many opportunities to observe differ-

ent organisms and investigate how they are adapted to their environments including a keeper talk at Wildlife World where we could interact with animals. The students represent-



however this did not deter them from wanting to win each game. Their fortitude was shown throughout the day and they won two games and lost one.



It was a fantastic effort by the boys. Well Done!

Miss Kabbara Secondary PE Teacher



During the year, our students have shown exemplary kindness towards their teachers and peers. As educators, we have noticed that we are a mirror for our students. When students observe examples of kindness, they will know how to show kindness to others.

Children are naturally empathetic at an early age and they are often rewarded for being clever and assertive, but not often for showing compassion. If we fostered children sharing or being kind to one another, children will live up to that expectation.

Kindness, empathy, compassion and love grow from appreciation and respect, and in turn children replicate



Random Acts of Kindness

more of the same.

The high school students were asked to create a list of everyday opportunities to show kindness. Here are some of the ideas that helped them get started:

- Smile at people you recognise
- Talk to a student you've never talked to before
- Sit with a student who usually sits alone in class or on the bus
- Talk to the new student in class
- Help a sibling or friend with homework
- If someone is being mean to someone, tell them it is wrong and tell an adult
- Offer to help your parents, teach-

er, friend, neighbours etc...

- Compliment at least one person each day – sister/brother, mum, dad, teacher, friend
- Hold the door for the person behind you when you go through a door
- If someone drops something, pick it up for them
- Be polite and say 'Thank you'
- Give toys you no longer play with to those who are in need

Students were reminded that they can make a difference each day. They can brighten people's lives through small efforts: a smile, a look of recognition, shared laughter, a kind word and being polite to all.



Qudos Bank Arena - An Excursion of a Lifetime

Hearts beating furiously, smiles stretching incredulously, and exhilaration warping young minds. On Thursday 30 August 2018, Years Ten and Eleven Health students endeavoured on an expedition to visit Qudos Bank Arena, with the aim of being educated about road safety, and the essentiality of its eradication upon individuals who are inexperienced. Students arrived at the arena by 10am. We were joined by seventy-thousand additional students, upon the amphitheatre's entrance. However, the perspective at which the arena was perceived was unequivocally amazing. The program began with a demonstration of an authentic car accident, which had recently occurred. The death, survivals, and sentencing of individuals were clearly depicted through impeccable acting skills. Essentially, students were presented with hearttrembling, distressing matters of people involved, and victimised of such horrific catastrophes on roads, inclusive of the strategies implemented in their management.

Road safety is so important for us to learn in order to avoid deaths, and injuries of individuals within Australia; all students had visualised such an aspect throughout the programme. I thank Miss Kabbara, Mr Dghaish, Mr Alshelh, and Mrs Dabboussi for contributing to the organisation of the excursion.

Danna Rajab Year Ten Student



Year Ten Work Experience 2018

This year there are about forty-two students who have the opportunity to participate in work experience and they will gain an invaluable insight into the workplace environment. Work experience presents a new learning challenge for our students about adapting to a different environment. As always, we have very high expectations of our students presenting themselves with dignity and always upholding school values and ethos. We wish our Year Ten students all the very best with this year's work experience and hope they will return to school in term four with greater maturity and sense of responsibility.

What is Work Experience?

Al Amanah College is very proud of its work experience programme. It gives its students the opportunity to experience the "world of work", broaden their knowledge and help decide on possible career options, through a short term placement. Work experience allows students to:

- Observe different types of work being done
- Ask questions about the work
- Gain skills and knowledge
- Undertake supervised work that is appropriate to the students' levels

What are the Benefits of Work Experience?

This programme will enable students to:

- Experience the world of work
- Gain insight into paid work

- Recognise the value of work place learning
- Increase knowledge on the nature of work, such as new technology, work place "rights" for employers and employees.
- Establish an informed decision for career choices and career opportunities
- Further develop practical and theoretical skills associated with the workplace.
- Improve interpersonal skills
- Increase self-esteem and self confidence
 Establish possible contacts with employ-
- ers • Explore a range of workplace experiences
- Gain a positive attitude towards work

Advice to Year Ten on Work Experience

1. Before starting work experience

- Read and work through the work experience resource booklet
- Ring the employer at least one week before starting the work experience to find out:
 - Starting time
 - ♦ Finishing time
 - ♦ Dress code
 - **Any other especial requirements**
- Be responsible for finishing the work experience
 - Assessment Log Book
- 2. During work placement learning programme

- ^{*} Be positive and enthusiastic.
- * Be polite, courteous and respectful.
- * Communicate in an effective manner.
- * Utilize skills and knowledge appropriately.
- * Observe rule and regulations of the work place.
- * Follow instruction in the work place.
- * Notify the school/employer if absent
- * Notify the employer if late.
- Dress appropriately in accordance to workplace standards and the school Islamic policy.
- * Put in 100% effort to make the most of the work experience opportunity.

3. Important Islamic Advice

During work placement learning programme:

- 1) Not consume any none-halal food/ drinks under any circumstances.
- 2) Not neglect daily Islamic obligations while working.
- Not take any property that does not belong to you. The employer offered you trust so be trustworthy.
- Avoid putting yourself in a situation where there is not a third party in the same room.
- 5) Remember that you are an Australian representing Muslims, so be the best to make everyone proud.

Mr Kumar Careers Advisor



Shaping Positive Eating Behaviours

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

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

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

What can parents do?

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

How?

- Enjoy all foods in moderation.
- Do not binge on 'occasional' or 'extra' foods.
- · Cook meals at home and try to encourage your children to help you. Involve your kids in the menu planning and shopping, too.
- Talk about healthy foods from the five food groups and what

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

- Ensure your child's diet is balanced and contains a variety of foods from all the five food groups.
- day using foods from the five food groups.
- Encourage water instead of soft drink and or other drinks containing added sugars. Toss in lemon or lime wedges to flavour water.
- Avoid negative language around less healthy foods such as 'bad' or 'fattening'. It is not the type of food that is bad, it is the amount and how often the food is eaten that can be problematic. Instead, refer to these foods as "occasional" or "extra" foods and keep portion sizes small.
- Place a limit on the number of "occasional" or 'extra' foods eaten each week. These foods shouldn't be eaten daily. Make sure the whole family sticks to this rule and have other, more nutritious snacks available.
- Fill your fridge and pantry with a variety of healthy foods that are easily accessible such as whole fruit, whole grain crackers with slices of reduced-fat cheese, reduced-fat yoghurt or presliced veggie sticks with hummus or reduced fat cream cheese.

Discourage eating in front of the television or computer as this is often done mindlessly without paying attention to hunger cues and can result in the consumption of unnecessary kilojoules.



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