



AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 6

Friday 28 September 2018

Message from the Principal's Office

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

All praise is due to Allah, the lord of the worlds and may Allah raise the rank of our master Muhammad and protect his nation from that which he fears for it.

Here we are at the end of another term. Year Twelve graduation was held on Friday 21 September, this event marked the end of their thirteen years of schooling. We thank all parents who were able to join us on the day. We would like to thank the Year Twelve advisors, teachers and parents for all their hard work. More importantly we extend our congratulation to the 2018 graduates for successfully completing their HSC. We wish you all a time of happiness and rest and look forward to seeing great results in the HSC.

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

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

Parents' Concerns

Parents are encouraged to discuss concerns and progress of their child with his or her teacher.

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



Classroom Concerns

At first parents should ask for an appointment through the office or class Dojo to see the teacher. The teacher will then arrange a time before/after school or during their RFF sessions. If the matter is not resolved, parents may wish to make an appointment with the Coordinator or the Principal to discuss the issue.

General School Concerns

Parents with concerns are advised to make an appointment through the office with the Coordinator or the Principal. Alternatively, parents may send an e-mail with their complaint to:

admin@alamanah.nsw.edu.au

Ayman Alwan
Principal

Dates to Remember

- Friday 28 September
TERM THREE LAST DAY
- Tuesday 2 - Friday 5 October
SCHOOL OFFICE OPEN (9:00am - 2:00pm)
- Monday 15 October
TERM FOUR FIRST DAY
- Thursday 18 October
HSC EXAMINATIONS START
- Thursday 25 October
NAPLAN AWARD CEREMONY
- Friday 26 October
YEAR 11 PRESENTATION ASSEMBLY
- Tuesday 30 October
YEAR 7 VACCINATION
- Thursday 1 November
KINDY AQUARIUM EXCURSION
- Wednesday 7 November
YEAR FIVE HYDE PARK EXCURSION
- Wednesday 7 November
KINDY FIRST ORIENTATION SESSION
- Monday 12 - Tuesday 20 November
YEAR TEN EXAMINATIONS
- Wednesday 14 November
KINDY SECOND ORIENTATION SESSION
- Thursday 15 November
YEAR SIX OPEN DAY
- Tuesday 20 November
MAWLID SCHOOL HOLIDAY (TBA)
- Wednesday 21 November
KINDY THIRD ORIENTATION SESSION
- Wednesday 21 - Wednesday 28 November
YEARS SEVEN - NINE EXAMINATIONS
- Friday 30 November
YEAR TEN GRADUATION

كلية الأمانة الإسلامية تستقبل السنة الهجرية في سدني

احتفاء بالعام الهجري الجديد وعودة حجاج بيت الله أقامت كلية الأمانة الإسلامية في ليفربول- سدني حفلة إنشادية في قاعة الأمانة الكبرى حضرها مدير المدرسة الاستاذ أيمن . علوان والفريق العامل في مدرسة الأمانة وطلاب المرحلتين الابتدائية والثانوية.

بعد كلمة الترحيب من عريف الحفل وتلاوة آيات من القرآن الكريم ألقى الأستاذ علوان كلمة بالمناسبة هنا فيها الحجاج بعودتهم سالمين غانمين. وقدم هدايا للحاج محمد عيد وهناه بعودته من الأراضي المباركة. كما رحب برجوع الشيخ محمد حليبي من الأزهر الشريف بعد حصوله على شهادة إمام أزهرى. راجين من الله تعالى ان يوفقهما لما يحب ويرضى.

وبعد كلمة المدير ألقى الشيخ عمرو الشلح الأزهرى كلمة دينية تناولوا "قصة الهجرة النبوية ومعانيها ودروسها وعبرها"

كما قدم طلاب الصف السادس أبياتا من الشعر فيها مدح النبي محمد صلى الله عليه وسلم .

وقدم فريق الناشئة مجموعة من الأناشيد الخاصة بالمناسبة ولقد تميزوا بأدائهم وسط تفاعل كبير من الطلاب.

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.

New Hijri Year Celebration 1440H

The glorious occasion of the great day in which our Master and Prophet Muhammad (peace be upon him) migrated to Al-Madinah is an event celebrated by Muslims all around the world.

On Friday 14 September 2018, Al Amanah primary and high school students celebrated the blessed occasion of the New Hijri Year 1440. The occasion was marked with a beautiful recitation from the Holy Qur'an by Muhammad Alwan a Year Nine student. This was preceded with Mr Ayman Alwan recognition of welcoming back Shaikh Muhammad Eid from the blessed lands of Medina and Makkah – May Allah accept his Hajj. In addition, Mr Alwan officially welcomed back a dedicated Islamic studies teacher, Shaikh Mohamad Halabi, who has recently returned from Egypt, after undertaking a training programme to become an accredited Imam. We humbly ask Allah to re-ward them greatly and grant them a high status in Paradise.

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



الأحاديث الأسبوعية

Hadith of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
"لَا يَدْخُلُ الْجَنَّةَ قَاطِعٌ"
رواه البخاري

T3
WK7



Which means:
"The one who severs ties with his kin will not be amongst the first people who enter Paradise"

قال رسول الله صلى الله عليه وسلم:
"الصَّبْرُ ضِيَاءٌ"
رواه مسلم

This Hadith Means:
Patience is enlightenment

T3
WK9



قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
"لَا يَدْخُلُ الْجَنَّةَ عَاقٌ"
رواه البخاري

T3
WK8

This Hadith means
"The one who immensely harms his parents will not be amongst the first people who enter Paradise"



قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "مَنْ صَمَتَ نَجَا"
رواه الترمذي

Which means:
Silence leads to safety

Term Three Holidays

The College would like to remind all parents that the last day of Term Three will be on Friday 28 September 2018. Classes will resume on Monday 15 October 2018.

Kindergarten Orientation

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

For your information:

Kindergarten Orientation sessions are on

- Wednesday 7 November at 9:00am - 10:30am
- Wednesday 14 November at 9:00am - 10:30am
- Wednesday 21 November at 9:00am - 10:30am

Welcome to Al Amanah College



Al Amanah College Students Wearing Uniform with Pride

A big *thankyou* to parents for their support in ensuring their children are wearing the correct school uniform. Often the colder months will bring a drop off in the standard of uniform being worn each day however we are receiving a significant number of compliments from various parts of the community and visitors to the school regarding how good our students look and the pride they clearly show in their school.

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

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



Summer Uniform

Our K-10 school uniforms



Girls Uniform 7-10



Winter Uniform



Sports



AL AMANAH COLLEGE



Star Student of the Week



K - 1

2 - 6

Week 7

Week 8

Week 9

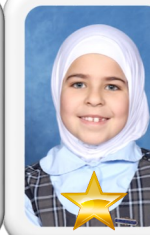
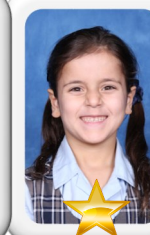
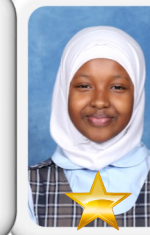
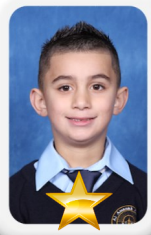
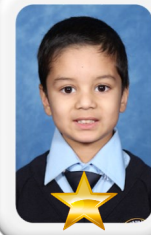
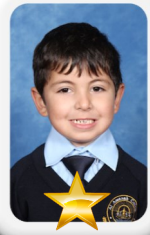
Week 10

Week 7

Week 8

Week 9

Week 10



Mohammad
Darwich

Ayesha El
Asmar

Abdullah Yasir

Zain Tabikh

Muhammad
Khan

Dina Ahmed

Samar Anis

Iman Rifi

1A

1H

1A

1A

5I

6J

3A

4D

جانب من بعض أنشطة الصف التمهيدي أثناء حصة القراءة



Year Six Maths Cup Excursion

On Thursday 6 September Year Six students attended the annual Maths Cup Competition at Amity College, Prestons.

Throughout the day, students were engaged in various quizzes, puzzles and challenging tasks designed to test their mathematical ability.

Students competed against a number of different schools in the Sydney region.

Well done to the students who participated throughout the day:

Jacob Al Sawafi,

Maysa Elmasri,

Aiyad Hassan,

Zayaan Ahmed,

Adam Khashashneh

and Daniyal Siddiqui.



مُباراةً في إلقاءِ الشَّعرِ العربيِّ

أقامت مدرستنا مدرسة الأمانة مُباراةً في إلقاءِ الشَّعرِ العربيِّ لطلّابِ الصّفِّ الرابعِ والخامسِ والسادسِ. تَقَدَّمَ إليها عددٌ من الطُّلابِ، تمَّ اختيارُ واحدٍ وعشرين تلميذًا، تباروا أمامَ رفاقهم و الأهالي.

وفاز من الصّفِّ السادسِ في المرتبةِ الأولى الطالب نور القاسم وفي المرتبةِ الثانيةِ الطالبة يانا موسى، وفي المرتبةِ الثالثةِ الطالبة ميساء المصري.

وفاز من الصّفِّين الرابعِ و الخامسِ في المرتبةِ الأولى الطالبة مريم ملاح وفي المرتبةِ الثانيةِ الطالب بكر الذهب وفي المرتبةِ الثالثةِ الطالبة أمينة أبو الحسن وفي المرتبةِ الرابعةِ الطالبة لانا عوض وفي المرتبةِ الخامسةِ الطالبة إيمان ريفي. كما نشكر فريق كلية الأمانة للانشاد على ادائهم الراقي وعمل ما قدموه لنا من مدائح نبوية ترقق القلوب.

نشكرُ جميعَ من ساهمَ في هذه المسابقة وخاصة المعلمة زينة دمياطي لتنظيم هذه المناسبة ومدير مدرستنا على تشجيعه للطلاب، حيث كرمَ جميع الطلاب على مشاركتهم في هذه المباراة. نتمنى التوفيق لطلابنا الأعزاء.

Primary Arabic Poetry Competition 2018

On Friday 7 September 2018, Al Amanah College Liverpool held its third annual Arabic Poetry Competition for grades Four, Five and Six. The competition focused on speaking emotively to entertain an audience. The twenty-one participants spoke poetically and impressed the judges with their abilities and their fluency. Selected students recited beautiful poems of our beloved Prophet Muhammad, may peace be upon him. We were very proud of our students because the recitations were heartfelt and filled with emotions.

The judges had a hard time choosing the best poetry presenters from the three grades. After a short deliberation

the champion presenters in each class were:

Year Six

1. Nour Al Kasem
2. Jana Moussa
3. Maysa El Masri

Years Four and Five

1. Mariam Mallah
2. Bakr El-Zahab
3. Omnia Abu Elhassan
4. Lana Awad
5. Iman Rifi

Thankyou to all teachers, judges and students for a wonderful event! A special *thankyou* to Mrs Demyati for or-

ganising the competition.

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

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

Even though eight winners were chosen, all participants are winners for being selected to participate in the event. The competitors showed superb sportsmanship with great enthusiasm.



Library Book Week competition



In conjunction with the Book Week 2018 'Find Your Treasure', Al Amanah Library organised 'Book Hunt' and 'Guessing the number of PRC books' competitions from Week Three to Week Six. Students from Years Three to Six had the opportunity to 'hunt' for clues and solve questions and riddles in the Library during lunch breaks. The lower primary students had the chance to draw and colour favourite things that they treasure. We were pleased to see good participation and effort from the classes. Some grades have more prizes due to greater participation and efforts. *Thankyou* to the English Committee for support and assistance, especially to Miss Parker, Miss Siddiq and Ms Sahyouni. Winners for each grade received their prizes during assembly. Well done to the following winners!

Ms Azizal Aziz
Librarian



Library Book Week Competition Winners

Treasure Hunt Competition

	First Prize	Second Prize	Third Prize	Bonus Prizes
Kindy	Rowa Kahil KM	Melek Abduljabbar KK	Summer Hamid KK	x
Year 1	Asiyah Nabilssi 1A	Mariam Arrfat 1A	Daad Trad 1A	Natalie Balout 1R
	x	x	x	Abdein Zeinelabdein 1R
Year 2	Deyana Sabbagh 2W	Raheem Akari 2W	Fatima Elbaba 2W	x
Year 3	Meena Sulaiman 3B	Samir Trad 3B	Rameen Irfan 3B	Mustafa Ahmed 3H
	Rami Al Saeedi 3B	Haya Mhimid 3H	Reham Mohamed 3B	Mohammad Abduljabbar 3H
	x	x	x	Birhat Younis 3H
Year 4	x	x	x	x
Year 5	Abdul Raheem 5I	Ali Zeinelabdein 5I	Huseyin Al Atabi 5I	x
Year 6	Nour Al Kasem 6P	Jana Moussa 6P	Jaiyana Mina 6J	Sedra Schanan 6P

Guessing PRC Books

	First Prize	Second Prize	Third Prize	Bonus Prizes
Year 1	Fatimah Ahmad 1R	x	x	x
	Muhammad Elbaba 1R	x	x	x
Year 2	Hana Katovik 2W	Edin Beganovic 2W	Safreen Aziz 2W	x
Year 3	Sama Khashashneh 3H	Ahmad Abdallah 3H	x	x
	Jannah Arnaout 3H	x	x	x
Year 4	Ghazi Rifi 4S	Maria Alrahoumi 4S	x	x
Year 5	Melissa Khazaal 5I	Aya Elfaki 5I	x	x
Year 6	Yehya Abboud 6P	Dina Rawanduz 6J	Rawan Mohamed 6J	x

Year Two Jibbon Beach Excursion

On Thursday 13 September, Year Two students visited Jibbon Beach which is part of the Geography unit 'Oh! The Places You'll Go' and got to learn about indigenous connections to the land. Students had the opportunity to explore the land in which the Dharwad people once occupied thousands of years ago. The students were introduced to two rangers who gladly took the students for a stroll along the beach to observe the beautiful ocean view and seaside cliffs. They also had the chance to explore the bush during a bush walk where they got to see Aboriginal rock carvings. Students also looked at preserved animals and discovered how they were used by the Dharwad people. They listened to and watched the ranger explain and demonstrate the use of tools and artefacts. Year Two enjoyed their excursion at Jibbon Beach and left the site with lots of knowledge.



Primary SRC Leadership Seminar

On Thursday 13 September, the primary SRC students attended a special seminar that was given by Shaikh Amr Alshelh Al Azhary. The seminar focused on leadership from an Islamic perspective. Shaikh Amr Alshelh pinpointed manners and skills the students should portray at all times. The seminar was held in the Grand Hall and parents were invited to attend. After the very informative lesson students and parents were then invited to enjoy morning tea together. It was a very enlightening and educational seminar for both students and parents.



Year Three Brasserie Bread Bakery Excursion

On Tuesday, 18 September Year Three attended an excursion to the Brasserie Bread Bakery. They baked bread was filled with nutrition and flavour, and we learnt about how Brasserie Bakery is working with farmers from the best wheat growing regions in Australia.

There were two sessions; one provided students with the agricultural knowledge and how the bread is made. The second session was a hands-on baking course where students had an opportunity to make pizza and scrolls. We ended the day with a lovely lunch at a nearby park. We all had an enjoyable day.

Mrs Huseincehajic, Ms El Sabbagh and Miss Siddiq
Year Three Teachers



Year Four Elizabeth Farm Excursion



On Thursday 20 September, Year Four had the pleasure of attending an excursion to Elizabeth Farm in Rose Hill. The purpose of the visit was to learn more about Australia's past, including the experiences of the first settlers and convicts.

The students were dressed in servants' costumes before heading through the homestead to learn about the duties early settlers performed. After the tour, we enjoyed our lunch at the adjoining park. We send our gratitude to Mrs Rajab and Mrs Mohamed who came along to help us on the day.

Miss Hall



Public Speaking Competition



On Tuesday 25 September, Years Three - Six students from Al Amanah College Bankstown, Al Amanah College Liverpool and Salamah College competed in the Public Speaking Competition.

Students presented fantastic speeches and engaged the audience. A job well done to all students who made it to the finals and congratulations to the winners.

The winners are:

	Salamah College	Al Amanah College/Liverpool
Year Three	Taline Sabieddine	
Year Four	Mariam Mosawi	
Year Five		Mohamad Bakr El-Zahab
Year Six		Maysa El Masri

Year One Excursion to Vaucluse House

On Tuesday 25 September, Year One students went to Vaucluse House and explored the ways of life for different household members at Vaucluse House in the nineteenth century.

The tour of the house began in the service wing, visiting the former well, dairy, scullery and kitchen, where we discovered how the Wentworth family's forty servants ran the household without the help of plumbing, power or electrical appliances.

We were so excited to visit the beautiful drawing room and bedrooms and try out some of the outfits that children wore in the nineteenth century.

The best part was when we had the opportunity to do some of the servants' chores and play some of the games enjoyed by children in the nineteenth century such as croquet, skittles, cup and ball, quoits and hoops.

We had a wonderful day!



Kindy - Six Class Top Five Dojo Achievers Excursion

This week our top 5 class Dojo achievers were rewarded with an excursion to Tik Tocs or Flipout.

The students and teachers had a wonderful time!

Congratulations to these students for their excellent behaviour this term



Year Twelve Excursion - A Day to Reflect

"It was a heart touching, emotional and educational experience".

With these words, Year Twelve students expressed how happy and excited they were to have participated in this year's excursion planned to complement the work being done in class on the Arabic, HSIE and Religion units.

The day started with a visit to the Muslim Cemetery in Rookwood, where they had the chance to see firsthand how the burial of Muslims is carried out in the old and the new section of the Muslim cemetery. Students had also the chance to visit the graves of their loved ones who had passed away and to recite verses of the Qur'an and also make supplication for them.

After this sentimental visit, Year Twelve students' second stop was at Darulfatwa, the Islamic High Council of Australia where they were welcomed by his eminence Sheikh Ibrahim Al Shafie. Students enjoyed listening to an informative lecture in which Sheikh Ibrahim discussed issues that are of importance to youth. Following the lecture, students were each presented with a gift pack. Commenting on the visit to Darulfatwa, one of Year Twelve students said: *"The lesson inspired us to stay connected to Darulfatwa even after we graduate to remain within the circles of religion"*.

To complement the work being done in class on the Arabic unit "Media", students' next visit was to the Muslim Community Radio, 2MFM where they

were greeted by the 2MFM crew. They were presented with a talk which inspired them to choose a career path related to the field of media such as producing and presenting.

After performing Althuhur prayer at As-Salam mosque, the day was concluded with a delicious lunch where students enjoyed a variety of Lebanese dishes at Titanic Restaurant - Bankstown. *Thankyou* for your hospitality.

At the end of the day, Year Twelve students sincerely thanked the school for organising such an "eye opening" excursion which has allowed them to reflect on their future life choices. A special *thankyou* to Darulfatwa and 2MFM for making this day a great success.



Year Twelve First Aid and CPR Course

Year Twelve students attended the cardiopulmonary resuscitation (CPR) course in the Grand Hall at Al Amanah College on 4 September. Participants in the course successfully obtained the CPR accreditation at the completion of the training.

Students actively participated in all aspects of the training programme including the theory, practical application and brainstorming learning sessions. A number of interesting medical, legal, ethical and safety issues were brought up during the course in which the senior students demonstrated excellent understanding.

Accreditation in the CPR course makes senior students more job and post-school studies ready. It provides invaluable skills and knowledge which upskills our 2018 graduating students.

The Year Twelve group thoroughly enjoyed the day, especially as they have just completed their HSC trial exams.



UNSW Business Studies and Economics Competition Awards presentation

The University of New South Wales (UNSW), Australian Economics and Business Studies competitions provide the opportunity for students to test their economics and business studies skills against students from all across Australia and the Asia-Pacific. This Year, five senior Al Amanah College students achieved outstanding results in the Business Studies completion. In recognition of their attainment the following students attended the awards ceremony with other participants from high schools across Australia:

- * Yousuf Bebti
- * Ahmad Hamouda
- * Shadi Khazaal
- * Bahaa Al kassem
- * Ali Dhafer Alaany

The award recipients above obtained a High Distinction award in the competition. A High Distinction achievement constitutes a placement in the top 5 %

of the performance.

The Business Studies and Economics Competitions aim to assess students on:

- Knowledge and reasoning of economic theories relevant to the Australian economy
- Application of basic economic concepts, tools and theories
- An understanding of Australia's role in the global economy
- Insights into recent economic developments, both domestically and internationally
- General knowledge of topical business issues and current affairs
- Practical business related calculations and analysis and reasoning in a business context

The competition questions are set in conjunction with academics from UNSW Australia with an aim to provide a set of interesting and challenging

questions to encourage and stimulate discussions amongst students and teachers. It encourages awareness of current economics, business and political environment.

The award recipients have demonstrated exceptional knowledge and skills in Business Studies, Economics and Australia in the global economy. The award recipients are congratulated for their outstanding results. Al Amanah College students and staff are proud of the students' performance in the UNSW Business Studies competition.



Secondary School Mathematics Competition

On Wednesday 19 September, the first Mathematics competition was held at Al Amanah College; leaving a mark as one of the most memorable competitions held at our school for high school students.

After a semester worth of hard work and dedication, the Year Eleven cohort suggested their idea of a Mathematics competition in light of attaining a joyful experience for our students.

In an attempt to form an environment that encourages the growth of individuals both Islamically and educationally, a group of Year Eleven students as well as the Mathematics committee have worked tirelessly to organise a competi-

tion to showcase the academic capabilities of the high school students at our school.

Team leaders organised daily sessions which were held at lunch time to prepare and train their teams for the approaching tournament. The teams were made up of one member from each year group. They were each equipped with the expertise needed for the contest. The competition was organised by the following students; Shadi Khazaal, Bahaa Al Kassem, Mariam Karime, Mohab Sidaoui, Fatima El Chiekh, Ahmad Aldhalimy, Mohammad Hamid, Abdulahi Mohamad, Kinaat Hameed, Ali Alaany and Princess Zahab.

Mr Rajab, Dr Hajje, and Mr Dgaich took the role of judges, ensuring there was no confusion throughout the competition.

By the host Tia Saad teams were given Mathematics questions. They were based on their grade level. Following the cheerful laughter, intense rivalry and passionate dedication, three teams were awarded with trophies and medals and were praised for their hard work and commitment.

This competition provided a rewarding and memorable experience for all contestants, leaders and judges as a successful event which showed our students' devotion for Mathematics.



2018 Year Twelve Graduation

Year Twelve students of Al Amanah College attended their graduation ceremony in the Grand Hall on Friday 21 September. His Eminence Dr Shaikh Salim Alwan - Chairman of Darulfatwa Islamic High Council of Australia, and Head Principal Mr El Dana and the college Principal - Mr Ayman Alwan, invited guests, teachers and students to congratulate the Year Twelve students on their success in completing their journey spanning thirteen years of schooling. The 2018 Year twelve cohort have demonstrated leadership and academic excellence as the senior students of Al Amanah College.

Though the graduating students have completed their schooling at the college and bid their farewell, they remain part and parcel of the Al Amanah community.

The graduating class is strongly encouraged to share their knowledge and experiences of the ethos of Al Amanah College and Islamic teachings as they embark on their journeys into post school tertiary education in 2019 at various universities and workplaces.

Al Amanah College community congratulate the following outstanding achievements of the students who have set benchmarks in various areas of learning and schooling:

Consistent Effort Awards:

- Jalal Hussein
- Talia Saad

Achievement Awards:

- Zeinab Imtiaz
- Israh Zahr

Principal Awards:

- Firas Attieh
- Sakena Alwan
- Banine Al Fartose

Special Achievement Awards 2018 :

Most Dedicated student of Year Twelve:

- Aysha Kasseem

Innovation Award:

- Firas Attieh

Leadership Award:

- Abdullah Rajab

Most Outstanding:

- Firas El Hawat

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

- Yusuf Sabbagh

USYD has a Future Leaders Scheme for School Captains:

- Abdullah Rajab
- Israh Zahr

USYD DUX:

- Sakena Alwan

Sports Awards: (Age Champion)

- Jalal Hussein
- Mariam Moussa

Sports person of the year:

- Yusuf Sabbagh
- Mariana Noun

School Captain Awards:

- Israh Zahr
- Abdullah Rajab

SRC Awards:

- Yusuf Sabbagh
- Firas El-Hawat
- Sakena Alwan
- Zeinab Imtiaz



The graduating students commence their HSC examination study break from 22 September and begin their HSC examinations on 18 October. The graduates will now be engaged in refining their skills to successfully write their HSC examinations. All senior teachers at Al Amanah College look forward to providing ongoing feedback to the graduating class over the HSC study period.



Ramadan Classroom Decoration Competition Winners

Y 11G had won the Ramadan classroom decoration competition and they celebrated their achievements with a delightful meal at Eat Shawarma and a delicious desert at Chocolate Del Mondo on Wednesday 19 September, 2018. The girls had a very momentous afternoon with their year advisor Mrs El-Ayoubi as they indulged in so many different types of food and deserts. A great team effort from the Y 11G class.

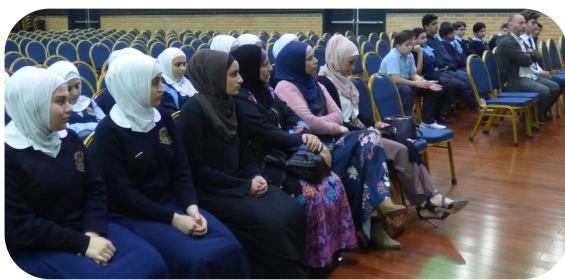
We wish them well in all endeavours set before them!



Secondary SRC Leadership Seminar

On Thursday 27 September 2018, SRC secondary school and parents attended a SRC leadership seminar. The SRC leadership seminar was conducted by the school's religious teacher and Imam Shaikh Amr Alshelh Alazhary, who provided the 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. He emphasised this through explaining the characteristics and traits of Prophets, pious and noble 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 and display good manners within the school and wider community.

The students thoroughly enjoyed the lesson and may Allah reward the SRC students for their dedication and commitment towards betterment of the school community.



Parent Tips

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

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

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

Keep the Cupboards Free of Unhealthy Snacks

As a parent, you often have to 'go with the flow'. Parents are supposed to be firm on not giving in to junk food – sure, children could have treats now and again, but generally we stick to good, healthy food at every mealtime. We are to avoid the "pester power" by simply

not having unhealthy snacks in the cupboard.

Talk about Healthy Foods and Encourage Kids to Try New Tastes

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

Join/Set up a Neighbourhood Co-op

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

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

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

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

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

Get Involved in a Team Sport

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

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Liverpool Campus

55 Speed St
Liverpool NSW 2170
P +61298228022
F +61298228011

Bankstown Campus

2 Winspear Avenue
Bankstown NSW 2200
P +61297081220
F +61297829134

- facebook.com/AIAmanah.College
- @AIAmanahCollege or @AIAmanahCollege
- admin@alamanah.nsw.edu.au
- www.alamanah.nsw.edu.au