

# AL AMANAH COLLEGE

Success Through Knowledge

## NEWSLETTER

Issue 05

Friday 23 August 2019

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 2019 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 their professional learning with a PD titled: "Deepening Our Understanding of Vocabulary Development". We thank Sandra and Ben from the Association of Independent Schools for their services and continuous support. On the other hand, Darul-Fatwa the Islamic High Council held two Professional and Islamic awareness training sessions for Religion and Arabic teachers. The continued support and hard work received from Darul-fatwa to raise the level of Islamic awareness in the community and protecting its members from the ramifications of mischief and transgression is highly appreciated.

Teachers continued evaluating their programmes making necessary changes for 2020. This term is typically busy, exacerbated by many activities associated with Islamic celebrations involving our Arabic and Religion Departments and other departments across all KLAS. Some of this term's activities include our Eid Ul-Adha fete, 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. This year, our Year Twelve cohort have sat Trials One during weeks one and two. HSC Trials Two will be during weeks five and six. 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 this time, they

should not switch off from their studies as every minute of effort will count towards going into the HSC.

### 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 NAPLAN 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 programmes and activities that target areas of learning needs. I heartily congratulate both teachers for their loyal teaching, and students for their 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 the school. The school's app can now be downloaded on Apple or Android devices.

Ayman Alwan  
Principal

## Message from the Principal's Office

### Dates to Remember

THURSDAY 29 AUGUST

Book Week Parade

WEDNESDAY 4 SEPTEMBER

Year 12 First Aid Course

THURSDAY 5 SEPTEMBER

Primary Athletic Carnival

THURSDAY 5 -FRIDAY 13 SEPTEMBER

Year 11 Examinations

FRIDAY 6 SEPTEMBER

Hijri Year Celebration

FRIDAY 20 SEPTEMBER

Year 12 Graduation

MONDAY 23 -FRIDAY 27 SEPTEMBER

Year 10 Work Experience

THURSDAY 26 SEPTEMBER

Public Speaking Competition

FRIDAY 27 SEPTEMBER

Last Day of Term Three

MONDAY 14 OCTOBER

Term 4 Day One

THURSDAY 17 OCTOBER-TUESDAY

12 NOVEMBER

HSC Examinations



## الهجرة المباركة

عن رسول الله صلى الله عليه وسلم وصاحبه الصديق، حتى إذا زالت الشمس وحميت الظهيرة فقد الكثير من الأمل في أن يجدهما.

وفى هذه الأثناء يقترب سراقه وهو يسمع قراءة النبي صلى الله عليه وسلم والصديق يكثر من الالتفات بمئة وبسرة خوفاً من عدو يريد بصاحبه وحبيبه شراً، فيرى سراقه قد أدركهما ويُعلم النبي بذلك فيدعو النبي صلى الله عليه وسلم قائلاً: "اللهم اكفناهما بما شئت وكيف شئت" رواه الإمام أحمد. وهنا تظهر إحدى معجزاته صلى الله عليه وسلم فيسوخ قوائم فرس سراقه في الأرض فينب عنه خانقاً وقد علم أن لمطلوبه شيئاً عظيماً عند الله. فيناديه سراقه ويسأله أن يدعو الله له قائلاً: "ادع الله أن يجيبني مما أنا فيه، فوالله لأعطين على من ورائي من الطلب" فيدعو خير الخلق صلى الله عليه وسلم ربّه فينقذ الله فرس سراقه، ويقترب متفكراً فيما حدث له، ويخبر النبي صلى الله عليه وسلم أخبار ما تريد بهما قريش من الأذى.

وهنا يخاطبه الرسول الأعظم فيقول له "كأنى بك قد لبست سيواري كسرى" رواه البيهقي في السنن. بمضى سراقه إلى قريش فيجد الناس يلتمسون (يطلبون) رسول الله صلى الله عليه وسلم فيقول لهم: "ارجعوا، فقد استبرأت لكم ما ههنا وقد عرفتم بصرى بالأثر"

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أسلم سراقه بن مالك سنة ثمان للهجرة، وبعد انهزام الفرس في معركة القادسية وعودة جنود

بعد ثلاث عشرة عاماً من مبعث النبي الأمي الأمين صلى الله عليه وسلم فضاءه في الدعوة إلى دين الله تبارك وتعالى، جاء الأمر الإلهي بالهجرة إلى المدينة المنورة بنور الهدى المحمدي، وذلك بعد أن هاجر قبله الكثير من أتباعه فاستجاب خير الخلق لأمر ربه وخرج برفاقه صاحبه الصديق في هذه الرحلة المباركة التي كانت حدثاً تاريخياً مهماً وتحوّلاً كبيراً في مسار هذه الدعوة الحقة، وأظهر الله تبارك وتعالى في هذا الحدث من المعجزات ما ثبت به قلوب المؤمنين الصادقين، وكان سبباً وعملاً عظيماً في هداية أناس وإنقاذهم من الضلالة والشرك إلى الهداية والنور والسعادة الأبدية.

وتستوقفنا في هذه الهجرة المباركة إحدى المعجزات النبوية وهي التي شهدها أحد القفانين من قبيلة كنانة هو سراقه بن مالك، وذلك لما كان النبي المصطفى صلى الله عليه وسلم وصاحبه الصديق في طريقهما إلى غار نور متواريين عن أنظار قريش الذين خرجوا يريدون قتلهما، ففي أثناء ذلك يلتقي أبو سفيان سراقه فيعرض عليه مائة من الإبل لقاء أن يرد النبي صلى الله عليه وسلم وصاحبه إلى قريش، بعد أن أعلن بين مشركي قريش أن من يأتي بمحمد صلى الله عليه وسلم له مئة من الإبل، ففقد سراقه النبي على أن يستأثر وحده بالضيعة وخرج يطلب النبي الأمين وصاحبه الصديق.

ولما كان السحر (وهو وقت قبل الفجر) امتطى صهوة جواده وسلك طريق المدينة وبقي يبحث



## 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 Talib* 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-Siddiq*. This *Ayah* does not mean that *Allah* is physically present with them in the cave, because *Islam* 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.

*Allah* 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 *Allah* 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 *Ansar* went out in many groups to the outskirts of *Madinah* 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 *Allah* return this holy occasion to us filled with blessings and peace, *Amin*.

## الأحاديث الأسبوعية

### Hadiths of the Week

Be Happy

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:  
تَبَسُّمُكَ فِيهِ  
وَجْهَ أَخِيكَ  
صَدَقَةٌ.

T3 WK1

Which means:  
"Meeting your brother with a smile is rewardable"

أَعِزَّةٌ مَبَارَكَةٌ  
Eid-Ul-Adha  
Al-Mubarak

تقبل الله طاعاتكم

T3 WK2

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:  
"أَفْضَلُ الْأَيَّامِ يَوْمُ عَرَفَةَ"  
رواه ابن حبان

Which means:  
"the best day is the day of ^Arafah"

T3 WK3  
9  
Dhul-Hijjah  
1440H

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "خَيْرُ بَقَاعِ الْأَرْضِ الْمَسَاجِدُ" رواه مسلم.

which means: "The best of the places on Earth are the mosques".

T3 wk2

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:  
"مَاءُ زَمَزَمَ لِمَا شُرِبَ لَهُ" رواه ابن ماجه

Which means:  
"Zamzam water is useful for whatever purpose it is drunk"

T3 WK5

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:  
"لِكُلِّ قَوْمٍ عِيدٌ وَهَذَا عِيدُنَا"  
رواه البخاري

Which means:  
For every people there is a ^Eid,  
and this is our ^Eid

T3 WK4



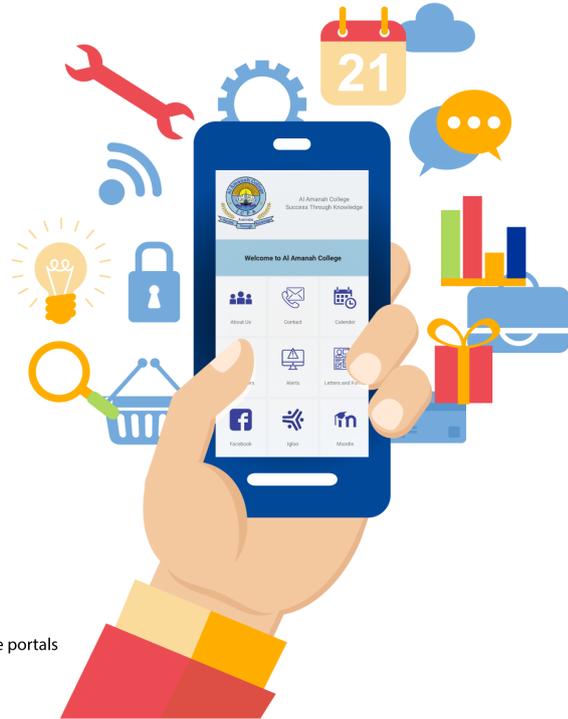
## Al Amanah College SCHOOL APP

Download this free app on your iPhone,  
iPad and Android Devices.

Al Amanah College School App Benefits:

- Direct contact with the college
- Updated alerts on all notifications and events
- Stay up-to-date with most current events
- View up-to-date newsletters
- View and download general school letters and forms
- Direct links to the school's facebook page, igloo and Moodle online portals

\*We encourage all parents to install this FREE APP\*



## SRC Fundraiser for Bankstown Children's Hospital

Al Amanah College Primary and Secondary SRC held a successful fundraiser on Thursday 8 August 2019 to purchase gifts and toys for the Children's ward in Bankstown Hospital. Students actively donated and purchased cakes, muffins, waffles, sundaes, Krispy Kremes and cupcakes for the day and donated money to the worthy cause.

A big *thankyou* goes out to the students, families and teachers who donated the fundraiser.



## Reminders - Reminders - Reminders



### Keeping your children safe when dropping off and picking up at school:

- Slow down to 40km/h in the school zone and stay aware of crossings.
- Always park legally around the school.
- Always keep your seatbelt buckled until the vehicle has stopped.
- It is safest for children to get in and out of the car through the footpath-side door.
- Manoeuvres such as U-turns and 3-point turns are dangerous during the busy school drop-off and pick-up times.
- Model safe and considerate behaviour for your child - they will learn from you.
- Always give way to pedestrians, particularly when entering and leaving driveways.
- Never double park - it puts children at risk.
- Never park in a 'No Stopping' or 'Bus Zone'.
- 'No Parking' is for drop-off and pick-up only.

Please park safely and legally, even if it means walking further to the school gates. Parking signs are planned with children's safety in mind.

LIVERPOOL CITY COUNCIL

Liverpool City Council Road Safety Initiative

\* Penalties apply for parking illegally in school zones.



### NO PARKING/ KISS & RIDE AREAS:

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

Penalty \$191\* and 2 demerit points

LIVERPOOL CITY COUNCIL

Liverpool City Council Road Safety Initiative

\* Penalty applies in school zones. Minimum fine, subject to change



### Don't stop in a NO STOPPING zone

Penalty: \$344\* and 2 demerit points

LIVERPOOL CITY COUNCIL

Liverpool City Council Road Safety Initiative

\* Penalty applies in school zones. Minimum fine, subject to change



### Don't DOUBLE PARK

Penalty: \$344\* and 2 demerit points

LIVERPOOL CITY COUNCIL

Liverpool City Council Road Safety Initiative

\* Penalty applies in school zones. Minimum fine, subject to change



### Don't stop in a BUS ZONE

Penalty: \$344\* and 2 demerit points

LIVERPOOL CITY COUNCIL

Liverpool City Council Road Safety Initiative

\* Penalty applies in school zones. Minimum fine, subject to change

## Uniform Expectations

Wearing school uniform provides a sense of pride and identification, as well as improving the tone and atmosphere. On some occasions and after many warnings we had to send students home to put on their uniform in full or to fix their hairstyle. However if some students arrive to school with a non-compliant school uniform or hairstyle they would be sent to the front office immediately and the parents would be contacted to pick them up and bring them back to school with the proper uniform and hairstyle. In order to avoid such situations, please make sure to check your child's hairstyle, uniform and shoes and have them arrive to school on time. The same follow-up and consequence will apply to female students who arrive to school wearing make-up and nail polish. They will be sent to the front office until the situation is rectified. A notice to the teacher must be provided if your child is out of uniform. Starting Term Two your child/ren are to wear winter uniform.

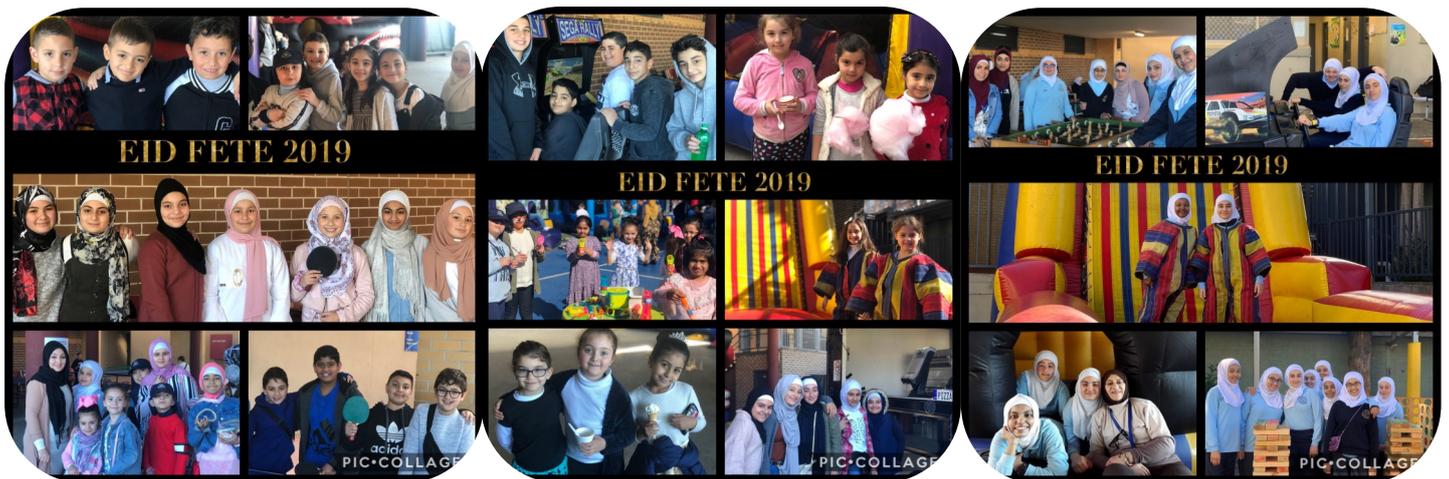
## 1440 Eid-UI-Adha Fete

The Prophet Peace Be Upon him said: "لكل قوم عيد وهذا عيدنا" which means 'for every people there is Eid and this our Eid' - narrated by Al Bukhariyy. Eid is a prestigious holiday celebrated by all Muslims around the world. Al Amanah SRC primary and secondary held a successful Eid fete on Wednesday 21 August 2019 to celebrate the glorious occasion of Eid-UI Adha and the achievement of Muslims who have completed the annual Hajj. The High School students were provided with an insightful religious lesson by the school Imam Shakyh Amr Alshleh about this glorious occasion and was followed by a beautiful performance by the school chanting band.

The school committee introduced food trucks which sold pizzas, gozlemes, potato-on-a-stick, milkshakes, ice cream and fairy floss. The school Eid fete also consisted of rides such as jumping castles, pirate ship, bungee run, sumo wrestling, arcade games, ice hockey and pool tables. The main feature of the day was that students were able to touch and carry different types reptiles including crocodiles, snakes, lizards and turtles. The day ended with the laughter of the students and the screams of joy. It was indeed a day well spent and was thoroughly enjoyed by the student.

May Allah accept the fasting of those who fasted the day of Arafah and grant forgiveness and reward for those who attended Hajj. We would like to congratulate the Muslim community and in particular parents and students on this great occasion.

Doaa Ahmed and Sania Owais





## Star Student of the Week



### K - 1

### 2 - 6

Week 1

Week 2

Week 3

Week 4

Week 5

Week 1

Week 2

Week 3

Week 4

Week 5



Abdullah El  
Ghourani

Anabia  
Muqadass

Hafsa Irfan

Mohummad  
Dib

Ali Aldhalimi

Lujain  
Allmzayen

Laylah  
Alzubaydi

Qatrun-Nada  
Kabbout

Aminah El  
Hallak

Mohamad  
Ibrahim

1K

1D

1D

KM

KR

2P

2A

2C

5S

5J

## فرحة العيد



قام طلاب المرحلة الابتدائية بالتعبير عن فرحتهم بقدوم العيد، حيث قاموا بتزيين صفوفهم وممرات المدرسة مع معلمى الدين واللغة العربية بصور جميلة عن العيد قاموا بتلوينها ..

العيد فسحة واسعة من الفرح وفرصة رائعة لنشر المحبة بين أطفال المسلمين



## Science Week 2019

Primary students of Al Amanah participated in National Science Week. Over the week, students were able to participate in a variety of activities which included a sounds incursion, robotics exploration and a visit from a local bee keeper.

### Sounds Incursion

The students got into the groove and felt the vibrations in this comical exploration of the astounding world of sound, including hearing, pitch and amplification. The students thoroughly enjoyed engaging in activities that explored sounds from laser beam Slinky, spring drum, rain stick, whirly tube, screaming aluminum cans and more. The kids partook in the experience and become Foley artists as they created sound effects using everyday objects to tell a strange and spooky story. Other interesting sounds students explored are splashing tuning forks, music box amplification and learned about binaural hearing. Everyone had a great time and enriched their knowledge of science and the inner workings of the ear.

### Robotics incursion

The students participated in a highly engaging workshop real-time programming in a fun atmosphere. The Fizzics crew made coding easy and the students were given the opportunity to use innovative resources to control the robots' actions. Using laptops and EV3 Lego Mindstorms robots, students are asked to complete a variety of tasks whilst learning about basic programming. Students worked in collaborative teams that used persistence, clear communication and teamwork. The programming itself is based on Lego's easy-to-understand software, whereby students intuitively use simple 'drag and drop' icons to form their code. The students were so engaged and worked on beating other teams to complete a set of tasks! Overall, students thoroughly enjoyed the experience.

### Bee keeper visit

Students were provided with the opportunity to engage with the Sutherland Beekeeping Association. A visitor, Penny arrived and delved into the wonderful and interesting world of bees. The students learned about pollination, the need for bees for our food sources and the different types of bees. Students were engaged in seeing real worker bees in an enclosure. Throughout the incursion students learned about the why bees are drawn to plants, how they have adapted, native animals that are pollinators and which foods depend heavily on bees to be produced. Penny explained some of the important parts of her job and answered questions about being bee-keepers. Some students even were given the opportunity to try on a bee-keeping outfit. It was a worthwhile and interesting experience for the children to engage in one of the most important insects in the animal kingdom.

### Science Committee



## Top Five Primary Class Dojo Achievers

On Thursday 4 July, top five Primary class dojo achievers were invited to watch a movie in the Grand Hall. Students in 5J were also invited to be part of the event and were treated to a delightful afternoon. We thank all students who were invited for their exemplary behaviour and we look forward to more exciting events like this.

Keep up the amazing work!



## Year Two Oral Presentation

This term Year Two students practiced their speaking skills through an oral presentation.

On Tuesday August 6, Year Two teachers and students got together and wrote interview questions which the students took home to practice for the presentation.

On Wednesday 7 August students were paired for the interviews. They asked the questions that were compiled to find out what their partners' favourite place is.

August 15 and 16 were the big days! The students presented their speeches in their class reflecting on the interviews answers.

Year Two Teachers



## NRL - NSW State Cup

On Wednesday 7 August, Al Amanah, Liverpool students competed in the NSW State Cup. After dominating the Liverpool and Campbelltown district, we were appointed to represent the region.

After being placed in Pool B, students came up against Canterbury, North Sydney and Newcastle regions. All three regions are known to be heartlands of Rugby League.

We were able to qualify from Pool B and make it into the semi-finals. Take into account we only had three players with NRL experience and the rest of the students play football (soccer) at club level. This is an amazing achievement in itself as students are beginning to develop a game sense for other sports including Rugby League.

Our previous record at the state level was held in 2015 where our students were ranked fourth in NSW. This year, our current team lost the semi-final (22-20) in an exciting game of Rugby League. The other semi-final had results go our way and we finished third in NSW overall.

It has been a successful campaign and outstanding effort by the team. Thank you to the players for being dedicated, brave and well-mannered throughout the day. I would also like to congratulate all the students who trialed for the team.

As a school devoted to allowing students to excel in different sporting areas, we look forward to seeing more successful sporting stories unfold in the years to come.

Mr Taiba



## Big Science Competition Achievement

Year Nine student Mohammed Hussein has just received a certification of distinction in the Australian Science and Innovations Big Science Competition. This is a nation-wide competition that tests critical thinking skills and problem-solving skills across different fields of Science.

Congratulations on your marvellous achievement Mohammed!



## 2019 Future of Female Leadership



Future of Female Leadership initiative



Future of Female Leadership initiative



Year Twelve School Captain Princess Zahab, Year Eleven Class Captain Nada Khaled and SRC Tia Saad alongside SRC coordinator Miss Baker represented Al Amanah College amongst the fifty student leaders who were exclusively invited to attend the 2019 Future of Female Leadership Programme. The students were selected from hundreds of females across the state based on their thoughtful, creative and impressive biography submission.

The Future of Female Leadership lunch was a unique initiative by Orbispace which offered the students an opportunity in collaborating with innovative and entrepreneurial women in various leadership positions. The initiative included an introductory session and an official welcome from Jobs for NSW and a tour of the Sydney Startup Hub. This was preceded by the students gaining an insight into Australia's leading corporates in a series of presentations about innovation and female leadership in various business fields. Students were engaged and took part in a mindfulness coaching session with former Silicon Valley corporate Leader Julie Demsey. The most anticipated event of the evening included a one-on-one fully catered style lunch which provided the females students connecting young women with Australian's leading female innovators.

To conclude the day's event a strong message by leading entrepreneur Jackie Owens stated that 'according to current statistics female leaders have the ability to change the corporate world through their innovative and creative skills.'



Future of Female Leadership initiative



## Year Eleven Biology Excursion

As we ventured out into Lockland Centennial Swamp, the Year Eleven Biology Class of 2019 investigated the biotic and abiotic interactions of the area on Monday 5 August 2019. The day began with a brief overview of the biological interactions and we hence began to explore the treasures of this parkland. Upon immediate arrival, we were bombarded with the great abundance of flying fox bats. These bats coloured the canopy red and black as they hung, peacefully resting on the thin branches of the trees. In order to maintain the delicate balance existent between biotic and abiotic interactions, we measured and recorded the soil conditions, canopy coverage and pH levels, on its effect on the flying fox abundance. We returned to school having completed a crucial depth study and were fuelled by the fulfilment of this experience.

Nada Khaled  
Year Eleven Student



## Netball Gala Day



On Wednesday, 7 August 2019, students from Year Eight to Year Ten girls set out to compete in the Netball Gala Day in Endeavour Sports Park in Fairfield. The girls represented the school by displaying great sportsmanship skills and kind manners towards the opposing teams. Although it was the first time both teams played netball together, the girls performed very well even scoring a few points along the way.

Overall, it was a great experience and it opened opportunities for the students to become enthusiastic to engage in different sports. We look forward to advancing the girls as a team and competing in such events in the future.

Halima El-Zahab  
Year Ten Student

## Elevate Study Skills Programme

On Thursday 22 August 2019, Elevate Education in collaboration with Al Amanah College ran a workshop for Year Eleven students titled Study Sensai.

Students worked through the strategies that are useful for study skills as they progress into their HSC year. Strategies students have been given through the school's mentoring programme were reinforced by a recent school graduate who used workable strategies himself.

The workshop was both useful and enlightening for the students.

We wish all Year Eleven students the best as they move into their HSC courses.



## Year Seven - Nine Read-A-Thon Competition (Term One - Term Two, 2019)

The English Department at Al Amanah College has promoted the love of reading in a Read-A-Thon Competition from Years 7 to 9. The competition was held from Term 1 to Term 2, 2019. The aim of the competition was to promote reading for pleasure and improve students' literacy skills.

We THANK all the parents that have been promoting reading at home by encouraging their son or daughter to read on a daily basis. Your support throughout this competition is highly appreciated!

Prizes and medals have been awarded to students who have read the most books throughout the competition and we CONGRATULATE the following winners:

Winners	Name of Student / Class	Total Books
1 <sup>st</sup> Place	Samira Eid 8G	71
2 <sup>nd</sup> Place	Siham Nachar 8G	60
3 <sup>rd</sup> Place	Rabia Imtiaz 8G	57
4 <sup>th</sup> Place	Jasmine El Kabbout 7G	46
5 <sup>th</sup> Place	Maysa El Masri 7G	45



### Random Acts of Kindness

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 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, teacher, 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.

## 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 employers
- 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 non halal food/drinks under any circumstances.
- 2) Not neglect daily Islamic obligations while working.
- 3) Not take any property that does not belong to you. The employer offered you trust so be trustworthy.
- 4) 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, especially 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 - its 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.
- Encourage your children to eat a nutritious breakfast every 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 pre-sliced 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.



### 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