

# AL AMANAH COLLEGE

Success Through Knowledge

## NEWSLETTER

Issue 1

Thursday 27 February 2020

## Message from the Principal's Office

Dear Al Amanah College Families,

### Welcome Back!

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

It has been a pleasure to welcome back our families, students and staff members. I hope you all had a pleasant break and time for rest and relaxation. It was great to see so many during our orientation days. I am so delighted that you are part of our amazing learning community. I welcome and value your positive energy and dedication to excellence in education, and I look forward to working with you and your children.

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

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

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

### New Staff

We would also like to welcome back our staff who have returned from the holiday break with full energy and enthusiasm for the new academic year. Each year brings positive changes. This includes a few additions to our staff. We are delighted to welcome our new secondary school teachers Ms Hamdard (HSIE), Miss

Siddiqi (Mathematics and Science), Mr Gill (Mathematics and Science), Mrs Charaf (Learning Support), Mrs Attia (Junior HSIE and English) and Ms Awad (HSC English). A special welcome back to our primary school teachers, who were on leave during 2019, Mrs El Rifai, Ms Parker and Mrs Alterio. A Special welcome back to Mrs El Cheikh, returning Senior secondary school teacher (English).

### Student Placement

A great deal of time, effort and thought has gone into the process of student placement for the 2020 academic school year. Careful consideration was given to input from staff and families as well as student learning styles. Classrooms have been balanced academically and socially. Our class lists are structured to provide equitable class sizes at each grade level. Moving students is difficult without causing imbalances and inequities.

Thank you so much for being positive with your child and helping him or her understand that it is difficult to place all students with a preferred best friend or teacher. All our staff work hard to make school a positive experience for all students. Al Amanah College is eagerly looking forward to enriching your child's life. Thank you for understanding that it can take a few weeks for a child to acclimate to a new grade, peer group and teacher.

Thank you to all who are helping prepare for the new school year. Your commitment to ensuring that Al Amanah College remains a celebrated and successful school is awe-inspiring. I eagerly look forward to greeting students and families again. It remains an honour and privilege to serve as your principal. Please stop by and say hello. Together, I know we will make this school year one of growth and achievement for all children.

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

Warmest Regards,

Ayman Alwan  
Principal

### Dates to Remember

FRIDAY 28 FEBRUARY  
SRC Induction

MONDAY 2 MARCH  
School Clean-Up Week

MONDAY 9 MARCH  
SRC Breakfast

MONDAY 9 - 13 MARCH  
Healthy Harold Week

THURSDAY 19 MARCH  
School SRC Meeting

FRIDAY 20 MARCH  
National Day Against Bullying

SATURDAY 2 MARCH  
NAPLAN Parent Information Session

MONDAY 23 MARCH  
Harmony Day

MONDAY 23 MARCH  
Year 12 Biology Excursion

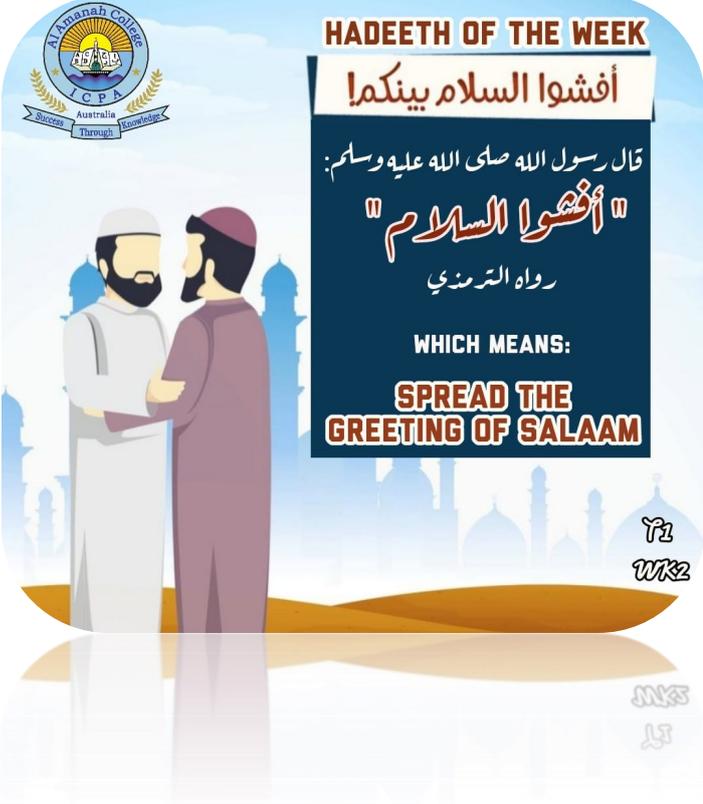
THURSDAY 26 MARCH  
Primary Athletics Carnival

THURSDAY 26 MARCH -  
WEDNESDAY 1 APRIL  
Year 12 Half Yearly  
Examinations

BACK  
TO  
SCHOOL

## الأحاديث الأسبوعية

### Hadiths of the Week



**HADEETH OF THE WEEK**

**أفشوا السلام بينكما**

قال رسول الله صلى الله عليه وسلم:

**"أفشوا السلام"**

رواه الترمذي

WHICH MEANS:

**SPREAD THE GREETING OF SALAAM**

٧٢  
WK2

قال رسول الله صلى الله عليه وسلم  
"المؤمن أخو المؤمن" رواه مسلم



which means:  
"A believer is the brother  
of other believers"

قال رسول الله صلى الله عليه وسلم:

"مَنْ يُرِدَ اللَّهُ بِهِ خَيْرًا يُفَقِّهْهُ فِي الدِّينِ" رواه البخاري

Which means:

Whoever Allah willed goodness for makes him knowledgeable in the Religion.

٧٤  
WK4

قال رسول الله صلى الله عليه وسلم

**خير الناس  
أنفعهم للناس**

رواه الطبراني

WHICH MEANS

"The best of  
people is the  
most beneficial  
to people"

٧٥  
WK5



## الإسراء والمعراج : المعجزة الباهرة

بسم الله الرحمن الرحيم

الحمد لله رب العالمين والصلاة والسلام على سيدنا محمد وعلى إله وصحبه الطيبين الطاهرين  
قال الله تعالى:

”سُبْحَانَ الَّذِي أَسْرَى بِعَبْدِهِ لَيْلًا مِّنَ الْمَسْجِدِ الْحَرَامِ إِلَى الْمَسْجِدِ الْأَقْصَا الَّذِي بَرَكْنَا حَوْلَهُ لِنُرِيَهُ مِن مِّنْ آيَاتِنَا إِنَّهُ هُوَ  
السَّمِيعُ الْبَصِيرُ“ سورة الإسراء

أجمع أهل الحق من سلف وخلف ومحدثين ومتكلمين ومفسرين وعلماء وفقهاء على أن الإسراء كان بالجسد والروح وفى  
البقعة، لَيْلًا مِنَ الْمَسْجِدِ الْحَرَامِ إِلَى الْمَسْجِدِ الْأَقْصَا.

### الإسراء

جاء جبريل عليه السلام إلى الرسول محمد صلى الله عليه وسلم فأخذه إلى المسجد الحرام وأركبه خلفه على البراق وهو دابة  
من دواب الجنة يضع حافره عند منتهى طرفه، ومرا بالمدنية وطور سيناء وبيت لحم حيث ولد سيدنا عيسى عليه السلام حتى  
أتيا بيت المقدس، وقد جمع الله للرسول عليه الصلاة والسلام جميع الأنبياء من آدم فمن بعده فى المسجد الأقصى تشريفًا له  
فصلى بهم إمامًا.

من عجائب ما رأى الرسول فى الإسراء:

الذين يمشون بالغبية: رأى قوما يمشون وجههم و صدورهم بأطراف نجاسية قال له جبريل "هؤلاء الذين يفتابون الناس"  
خطباء الفتنة: وراى أناسا تقرض السننهم وشفاهمهم بمقاريض من نار، قال له جبريل: "هؤلاء خطباء الفتنة". يعنى الذين  
يخطبون للنشر و الفتنة أى يدعون الناس إلى الضلال والفساد والغش والخيانة.  
تاركو الصلاة: وراى قوما ترضح رءوسهم ثم تعود كما كانت فقال جبريل: "هؤلاء الذين تتناقل رءوسهم عن تأدية الصلاة".

### المعراج

المعراج ثابت بنص الأحاديث الصحيحة وأما القرآن فلم ينص عليه نصا صريحا لكن ورد فيه ما يكاد يكون نصا صريحا.  
والقصد من المعراج هو تشریف الرسول بإطلاعه على عجائب فى العالم العلوى وتعظيم مكانته.  
عرج النبى محمد صلى الله عليه وسلم ومعه جبريل عليه السلام إلى السماء الأولى فوجد فيها آدم عليه السلام، وفى الثانية  
عيسى ويحىى عليهما السلام، وفى الثالثة يوسف عليه السلام، وفى الرابعة إدريس عليه السلام، وفى الخامسة هارون  
عليه السلام، وفى السادسة موسى عليه السلام، وفى السماء السابعة إبراهيم عليه السلام.  
فائدة جلية: إن الله خالق السموات السبع وخالق الأماكن وخالق كل شئ. كان الله موجودا قبل خلق الأماكن كلها وهو الذى لا  
يحتاج إلى شئ. قال الإمام على رضى الله عنه: "كان الله ولا مكان وهو الآن على ما عليه كان." أى كان الله قبل خلق المكان  
بلا مكان وبعد أن خلق المكان هو موجود بلا مكان، وحسبنا قول الله تعالى: "لَيْسَ كَمِثْلِهِ شَيْءٌ" أى لا يشبهه شئنا من مخلوقاته  
ولا يوصف بصفة من صفات المخلوقات. أما اعتقاد أن الرسول صلى الله عليه وسلم وصل إلى مكان فى السموات أو فوق  
السموات هو مركز لله تعالى فهو ضلال وتكذيب لقوله تعالى: "لَيْسَ كَمِثْلِهِ شَيْءٌ" وقوله تعالى: "وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ" أى  
لا شئيه ولا مثيل له.

من عجائب ما رأى الرسول فى المعراج:

البيت المعمور: وهو بيت مشرف فى السماء السابعة هو لأهل السماء، الملائكة، كالكعبة لأهل الأرض كل يوم يدخله سبعون  
ألف ملك يصلون فيه ثم يخرجون ولا يعودون أبدا.  
سدرة المنتهى: وهى شجرة عظيمة أصلها فى السماء السادسة ثم تعلق إلى ما فوق السابعة.  
الجنة: وهى دار السلام والتعيم. وهى موجودة فوق السموات السبع.



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

Praise be to Allāh, the Lord of the Worlds, the One Who exists without a place. May Allāh raise the rank of Prophet Muḥammad and his kind Al and Companions and protect his nation from what he fears for them. The miracle of al-Isra' is confirmed in the Qur'an. In Surāt al-Isra', Ayah 1, Allāh said:

“سُبْحٰنَ الَّذِيْ اَسْرٰى بِعَبْدِهٖ لَيْلًا مِّنَ الْمَسْجِدِ الْحَرَامِ اِلَى الْمَسْجِدِ الْاَقْصَا الَّذِيْ بَرَكْنَا حَوْلَهٗ لِنُرِيْكَ مِنْ ءَايٰتِنَا اِنَّهٗ هُوَ السَّمِيْعُ الْبَصِيْرُ”

Which means: (Praise be to Allāh Who enabled His slave, Muḥammad to make the journey at night from Masjid al-Haram in Makkah to Masjid al-Aqsa in Jerusalem, which is surrounded by a blessed land). This journey is also confirmed in the saḥih ḥadith. As such, there is scholarly consensus (ijma') Prophet Muḥammad journeyed in body and soul on the night of al-Isra' from Masjid al-Haram in Makkah to Masjid AL-Aqsa in Jerusalem. Moreover, these scholars indicated the person who denies al-Isra' is a blasphemer for belying the explicit text of the Qur'an.

### Al-Isra'

Angel Jibril came to the Prophet with the *burqa* one of the animals of Paradise. The *burqa* is a very fast animal; the length of the *burqa*'s stride is the farthest distance its eye can see Jibril and the Prophet mounted the *burqa* then it set forth.

The Prophet and Jibril arrived to al-Madīnah then to Tur Sīnā', then to Bayt Laḥm, where Prophet ʿIsā (Jesus) was born, until they entered the city of Jerusalem. There the Prophet went to Masjid al-Aqsa where Allāh assembled for him all the Prophets--from ʿĀdam to ʿIsā. Prophet Muḥammad moved forward to lead them all in prayer. This is an indication that the Prophet is higher in status than all the rest of the prophets and messengers.

On Prophet Muḥammad's journey from Masjid Al-Haram to Masjid al-Aqsa, Allāh enabled him to see some of His wondrous creations. The Prophet saw people whose lips and tongues were clipped with scissors made of fire. Jibril told the Prophet "These are the speakers of sedition (fitna) who call people to misguidance."

The Prophet saw angels smashing some people's heads with rocks. These heads would return to the shape they had been, and then the angles would smash their heads again-- and so on. Jibril told the Prophet, "These are the ones whose heads felt too heavy to perform prayer--the ones who used to sleep without praying."

The Prophet saw people scratching their faces and chests with brass finger nails. Jibril said, "These are the examples of those who commit gossip (ghibah)."

### Al-Mi'raj

After the Prophet took this night journey from Masjid al-Haram to Masjid al-Aqsa, he ascended to the upper heavens. There, Prophet Muḥammad saw Prophet Adam. Then Prophet Muḥammad ascended to the second heaven where he saw Prophets ʿIsa and Yahya then Prophet Yusuf in the third and Prophet Idris in the fourth. In the fifth heaven, the Prophet encountered Harun. On the sixth heaven he encountered Prophet Musa. And in the seventh heaven, saw Prophet Ibrahim.

Some of the wondrous creations Prophet Muḥammad saw in the Mi'raj:

**Al-Bayt al-Ma'mur:** which is to the angels, is like the Ka'bah is to us. Every day 70,000 angles go there; then exit from it, and never return. This will continue until the Day of Judgment.

**Sidrat al-Muntaha:** a very big and extremely beautiful tree. Its beauty is beyond description.

Then the Prophet ascended to what is beyond the seven skies; he entered Paradise. In Paradise, the Prophet saw some of the bounties Allāh prepared for the inhabitants of Paradise.

We ask Allāh that we would all die as Muslims. We ask Allāh to bestow on us the bounty of entering Paradise without torture.

# Reminders - Reminders - Reminders

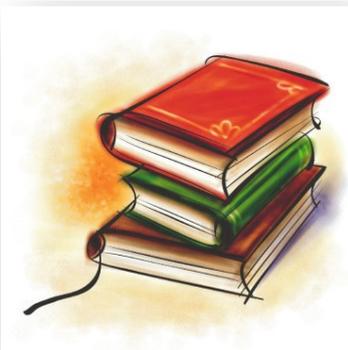
## Parents/School Communication

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

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

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

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



## Student Attendance

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

## School Uniform

As a part of school policies, students are required to attend school with correct school uniform and proper haircuts. Teachers will be checking students' uniform every morning. Students found wearing incorrect uniform or with inappropriate haircuts will be sent to the office and parents will be contacted and asked to either bring the correct uniform or take the student home. Please ensure your child labels all items of clothing. We have tubs of lost property on display in the office area. Many of the items are new and very costly. We have numerous items such as jumpers and hats. Please ask your child to check through lost property carefully.

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

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

## Nut Aware School

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





## SCHOOL BUS TIMETABLE

[www.transdevnsw.com.au](http://www.transdevnsw.com.au)

T: (02) 8700 0555



**Opal, the only way to travel to and from school**  
Although some might have a free pass, **all students must tap on and tap off, every time so we can adjust services if necessary.**

Report lost, stolen, or damaged card immediately. While waiting for the replacement Opal card, students must use a Child/Youth Opal card or purchase a Single Trip ticket. Visit [transportnsw.info/school-students](http://transportnsw.info/school-students) or call **131 500**

### Al Amanah College - Liverpool Campus (Liverpool)

T: (02) 98228022

**Effective Tuesday 28 January 2020**

Route Number	Departure Time	MORNING Route Description
S588	07:15	<b>From Bankstown Central (The Appian Way)</b> via The Appian Way (R) North Terrace (L) Bridge (L) South Terrace (R) Restwell (R) Macauley (L) Chapel (R) Canterbury, Milperra, Newbridge (L) Speed (R) Mill (L) Nagle (L) Atkinson (L) Speed to School <b>(07:50)</b>
S590	07:15	<b>From Bankstown Central (The Appian Way)</b> via The Appian Way (R) North Terrace (L) Bridge (L) South Terrace (R) Restwell (R) Macauley (L) Chapel (R) Canterbury, Milperra, Newbridge (L) Speed (R) Mill (L) Nagle (L) Atkinson (L) Speed to School <b>(07:50)</b>

Route Number	Departure Time	MORNING Route Description
S521	15:40	<b>To Bankstown Station (South Tce)</b> via Speed (R) Newbridge, Milperra, Canterbury (L) Chapel (R) Macauley (L) Restwell (L) South Tce to Bankstown Station <b>(16:15)</b>
S527	15:40	<b>To Bankstown Station (South Tce)</b> via Speed (R) Newbridge, Milperra, Canterbury (L) Chapel (R) Macauley (L) Restwell (L) South Tce to Bankstown Station <b>(16:15)</b>

**Legend:**

**(L)** Bus turns Left

**(R)** Bus turns Right

Updated 28 January 2020



## Information for schools and early childhood centres, students and their parents

There is an outbreak of novel coronavirus (COVID-19) in mainland China.

If students or staff have travelled from mainland China or been in close contact of a confirmed case of coronavirus, special restrictions apply.

This information sheet should be read in conjunction with the 'What you need to know' and 'Isolation guidance' information sheets at [www.health.gov.au](http://www.health.gov.au)

### Can students or staff members attend schools and early childhood centres?

Students or staff **can not** attend school or early childcare centre if they have:

- left, or transited through mainland China in the last 14 days (they must isolate themselves for 14 days from leaving mainland China)
- been in close contact with a confirmed case of coronavirus in the last 14 days (they must isolate themselves for 14 days after the date of last contact with the confirmed case).

The relevant school or childcare centre should be notified. Students may want to seek alternate arrangements for remote learning keeping in mind the isolation period, provided the person remains well, is a maximum of 14 days.

### What does isolate in your home mean?

People who need to isolate must stay at home and not attend public places, including work, school, childcare or public areas of university, higher education and vocational education campuses. Only people they usually live with should stay in the home. Do not see visitors. Where possible, ask others such as friends or family, who are not required to be isolated, to get food or other necessities.

If the person in isolation must leave the home or residence, such as to seek medical care, they are instructed to wear a surgical mask if they have one.

### What if a student or staff member becomes sick while in isolation?

Symptoms include (but are not limited to) fever, cough, sore throat, fatigue and shortness of breath.

If a student/staff member develops mild symptoms, they must:

- Isolate themselves from others at home and use a separate bathroom if available;
- Put on a surgical mask and if they don't have one, practise good sneeze/cough hygiene;
- Practise good hand hygiene; and
- Call a doctor or hospital and tell them the recent travel or close contact history.

If they have serious symptoms such as difficulty breathing:

- Call 000, ask for an ambulance and notify the officers of the recent travel or close contact history.

If unwell, staff and students should be excluded from attending the school or early childcare centre until they are assessed by their primary care provider. The primary care provider will liaise with the local public health authority to determine when it is safe for them to return to usual activities.

## How can we help prevent the spread of coronavirus?

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses:

- wash hands frequently with soap and water, before and after eating, and after going to the toilet
- cover coughs and sneezes, dispose of tissues, and use alcohol-based hand sanitiser
- and if unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact).

## More information

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness—not coronavirus.

For the latest advice, information and resources, go to [www.health.gov.au](http://www.health.gov.au)

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of your state or territory public health agency is available at [www.health.gov.au/state-territory-contacts](http://www.health.gov.au/state-territory-contacts)

If you have concerns about your health, speak to your doctor.



**Umrah**  
2020 April Holidays  
April 12th - April 23rd

**5 STAR PACKAGE INCLUDES:**

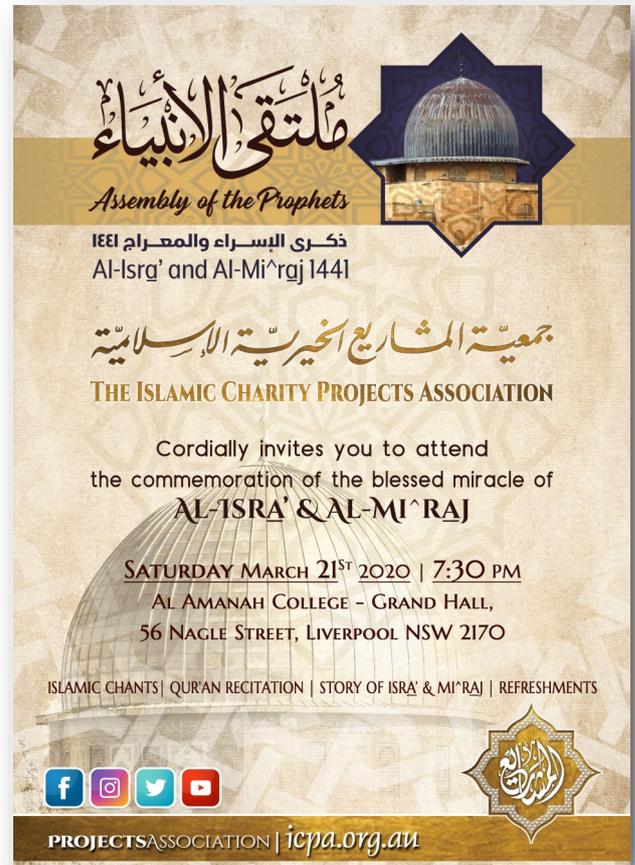
- Flying Etihad via Abu Dhabi
- Transfers to and from Airport
- 5 Nights Madinah, 5 Nights Makkah
- 5 Star Accomodation in Makkah and Madinah
- Walking Distance to Haram
- Tour Guides and Religious Guidance throughout
- Visa Processing
- Deluxe Buses
- Special Kids prices available
- Tri and Twin Share available upon request

**\$3500 P/P\***  
EARLY BIRD SPECIAL

Breakfast Included

\* OFFER EXTENDED - When booked and paid in full by February 15th. Price is \$3750 after February 15th. Limited spots available.

**BOOK NOW 0400 616 237**



**مَلَّتَقِي الْأَنْبِيَاءِ**  
Assembly of the Prophets  
ذكري الإسراء والمعراج 1441  
Al-Israq' and Al-Mi'raj 1441

جمعية المشاريع الخيرية الإسلامية  
THE ISLAMIC CHARITY PROJECTS ASSOCIATION

Cordially invites you to attend  
the commemoration of the blessed miracle of  
**AL-ISRA' & AL-MI'RAJ**

SATURDAY MARCH 21<sup>ST</sup> 2020 | 7:30 PM  
AL AMANAH COLLEGE - GRAND HALL,  
56 NAGLE STREET, LIVERPOOL NSW 2170

ISLAMIC CHANTS | QUR'AN RECITATION | STORY OF ISRA' & MI'RAJ | REFRESHMENTS

PROJECTSASSOCIATION | [icpa.org.au](http://icpa.org.au)



**LIVERPOOL SPEARS SPORTS CLUB**  
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EVERY TUESDAY AND THURSDAY - 6PM  
WHITLAM PARK 2 | BUSBY  
AGES 5 - ADULT

LIVERPOOLSPEARSSPORTS@GMAIL.COM 0424 486 371 | 0416 490 390

## Star Student of the Week

### K - 1

### 2 - 6

Week 2	Week 3	Week 4	Week 5	Week 2	Week 3	Week 4	Week 5
							
Musa Hammoud	Kadijatu Sesay	Ameer El-Hallak	Maryam Syani	Zerryn Mina	Asiyah El-Chiekh	Zahra Bajwa	Mohammed Abdelmaged
KK	KR	1E	1R	2S	2P	3E	3M

## من يوميات تلميذ

تعلم طلاب وطالبات الصف السادس في الأسابيع الأولى من الدراسة مهارة الكتابة والتعبير عن يومياتهم المدرسية فقاموا بكتابة نص تعبيرى قصير عن يومياتهم المدرسية وذلك بإشراف معلمة اللغة العربية

### من يوميات تلميذ

### من يوميات تلميذ

أعرفكم بنفسى: أنا رقية، طالبة في نهاية المرحلة الابتدائية، في الصف السادس، عمري إحدى عشرة سنة.

كل يوم أصحو من النوم في الصباح الباكر، فأتوضأ ثم أصلي الفجر، وأدعو لوالدي بالخير والتوفيق. بعد ذلك أرتدي ملابسى المدرسية، وأذهب إلى المطبخ حيث والدتي، فأحييها ثم أساعدها في إعداد الفطور.

بعدما أتناول فطوري، أودع والدي، ثم أذهب إلى المدرسة مشياً على الأقدام. أسير مع أخي لمدة عشر دقائق، وأتحدث معه عن أحوال الدروس والرفاق. أشاهد الطيور تطير فوقنا، والأزهار تتفتح بين الأعشاب. إذا رأيت البعض من أصدقائي مروا بجانبى، أحياه بالسلام وأمشي بقلية الطريق معهم.

وحين أصل أمام مبنى المدرسة، يستقبلني أصدقائي ويرحبون بي بابتسامة عريضة على ثغرم. أنتظر حتى يرن جرس الملعب، ثم أتوجه إلى الصف فوراً. أقضي اليوم بنشاط وسعادة، وأنتبه لشرح المعلم لكي أتذكر ملاحظاته.

أعود إلى المنزل في الساعة الثالثة وأربعين دقيقة ظهراً، فأستريح قليلاً، ثم أبدأ بدروسي. بعد أن أنتهي، أتناول طعام العشاء وأجلس مع عائلتي قليلاً، ثم أذهب إلى النوم باكراً.

أعرفكم بنفسى: أنا مهند، طالب في نهاية المرحلة الإبتدائية في الصف السادس، عمري إحدى عشرة سنة.

كل يوم أصحو من النوم باكراً أتوضأ ثم أصلي الفجر، وأدعو لوالدي بالخير والتوفيق.

بعد ذلك أرتدي ملابسى المدرسية، وأذهب إلى المطبخ حيث والدتي وأختي الكبيرة، فأحييهما ثم أساعدهما في إعداد الفطور.

عندما أتناول فطوري، أودع والدي، وأنتقل مع أبي بالسيارة إلى المدرسة، لما تتوقف السيارة أمام مبنى المدرسة، أنزل وأتوجه إلى الصف فوراً. أقضي اليوم بنشاط وسعادة، أثناء الحصص أنتبه جيداً لشرح المعلم، وأدون ملاحظاته وتنبهاته.

أحب اللغة العربية والدين ولا أمل من تعلمهما.

أعود إلى المنزل في الساعة الثالثة والنصف، فأستريح قليلاً قبل أن أذهب لممارسة الرياضة مع أصدقائي، وعندما أعود أراجع دروسى، وأحل وظائفى وأتناول طعام العشاء، ثم أوي إلى الفراش مبكراً كي أصحو في الصباح نشيطاً.

مهند

6A

رقية

6J

## 2020 Kindergarten's First Day Tea and Tissues

On Monday 3 February Kindergarten students officially started their school journey at Al Amanah College. They attended a Tea and Tissues morning tea with their families, where they were welcomed by our principal Mr Alwan. Parents and grandparents received a small gift as they handed their children over to their new teachers. Most students were eager to start their school day with a smiling face and a few tears were shed by some.

On their first day at school Kindergarten enjoyed being introduced to literacy, numeracy and developmental play activities. They enjoyed their lunchtime with our wonderful Year Six students watching over them.

The final session of the day was their Arabic and religion lesson which they thoroughly enjoyed.





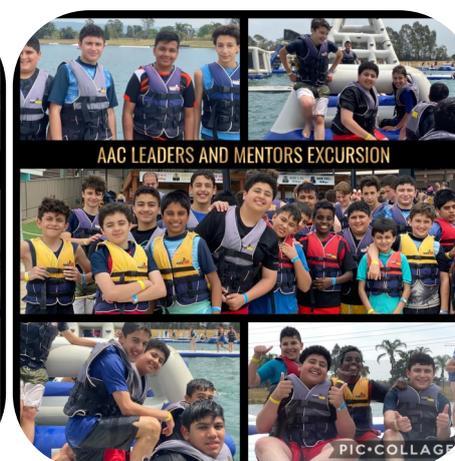
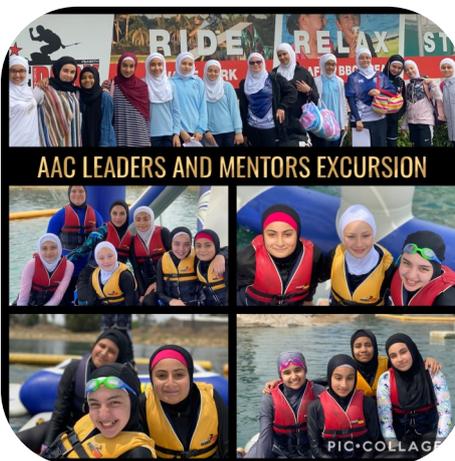
# 2019 Al Amanah College End of Year Event

## 2019 Arabic and Religion High Achievers Excursion

On Thursday 12 December 2019 selected students from Year Six - Nine attended a Leaders and Mentors end of year excursion to Cables Aqua Park in Penrith. The students were selected based on their outstanding academic achievements in their religious studies and Islamic ethics. This year we had an increase in the number of students attending the excursion due to this rewarding incentive, hard work and commitment throughout the school year.

Throughout the day students enjoyed a fun filled day in the water exploring the various inflatable water obstacles and slides. The perfect weather allowed the students to enjoy the sessions and to soak in the summer sun. The students were well behaved throughout the two sessions and have effectively implemented the Islamic ethics and manners taught at school.

*Thankyou to all who made the day even more memorable for the students.*



# Staff Development Days - Term One 2020

## AAC Staff Development Day One

On 28 January 2020, Al Amanah College Liverpool Primary and Secondary teachers were welcomed back by Al Amanah College Principal Mr Alwan in the Grand Hall. The College Principal welcomed the new teachers and conducted the seminars Back to Basics Conduct and also Child Protection Policies and Procedures. During the question-answer session Mr Alwan provided feedback to teachers to assist with implementing behaviour management strategies within the classroom and to ensure the safeguard of all students' wellbeing at Al Amanah College. The college and staff prioritise student wellbeing and safety at all times, hence Child Protection knowhow is valued by all stakeholders at Al Amanah College. The Principal also wished all staff a successful 2020 academic year.



## Staff Development Day Two



On Wednesday 29 January, secondary teachers spent the day working together in preparation for the new school year. The highlight of the day was the Elevate Session for teachers which will springboard the teachers into bringing many essential skills into the classrooms and showing students:

1. How to improve their note taking skill
2. How to use and the benefits of using past paper
3. How to become independent learners

The teachers were highly impressed by the evidence provided from the research and the success stories of Elevate's affiliated schools. We look forward to the same success with our students at Al Amanah College.

## Primary School Staff Development Days

On Tuesday 28 and Wednesday 29 January 2020, teachers of Al Amanah College, Liverpool and Bankstown campuses, were involved in a practical Staff Professional Development Day looking at the new InitialLit programme developed by specialty researchers at Macquarie University. InitialLit is an evidence-based whole-class literacy programme providing all children with the essential core knowledge and strong foundations to become successful readers and writers. InitialLit is a three-year programme, covering the first three years of school (Kindergarten - Year Two). The release of InitialLit marks a departure from remedial literacy education for MultiLit, instead addressing initial instruction in the hope that by providing strong foundations in reading and writing from the outset, fewer children will fall behind and require more intensive intervention.

Who is InitialLit for?

- Schools seeking a reading programme that incorporates a synthetic approach

to the teaching of phonics alongside a rich literature and vocabulary component

- Schools that would like to see thorough and consistent instruction across classrooms in a year level, and a reduction in the number of children needing support in higher grades.
- Teachers looking to provide an evidence-based approach to reading and spelling that is aligned with the Australian National Curriculum.

InitialLit focuses on two main components:

1. Phonics, to systematically and explicitly teach the basic alphabetic code in a set sequence. In addition to learning letter-sound correspondences and how these are applied to reading and spelling, children will be introduced to common morphemes and simple grammatical concepts.
2. Vocabulary, oral language and listening comprehension through quality chil-

dren's literature. Detailed lessons, including writing tasks, are provided for each of the storybook titles selected for use with the programme.

We look forward to continue working with teachers to further develop their knowledge and skills where they will be able to implement these fantastic new programmes beginning this year. Kindergarten Teachers will implement the programme in the coming weeks with Years One and Two to begin in 2021-2022.



## 2020 Welcome Back Assembly

Thursday 30 January marked the first day back for primary and high school Al Amanah students. The College Principal Mr Alwan welcomed all returning and new students, he spoke about the benefits of being a student at Al Amanah College and emphasised on the importance of studying and revising on a consistent basis to ensure they achieve their academic goals for 2020. Mr Alwan congratulated the 2019 cohort for their excellent results and wished the 2020 cohort the best of luck in their HSC this year.

This was followed by a religious lesson by the school captain, Muhammad Alwan, who provided an insightful Islamic lesson about the importance of consistently doing good deeds with the proper intention for the sake of Allah. He stated people in the modern era have deprived themselves from many goodness due to their keen-

ness to watch TV, go on social media and listening to that which that does not benefit them. He emphasised that one single good deed for example saying tasbih could erase more than that of the bad deeds.



The 2019 Al Amanah graduate Shadi Khaazal introduced the Al Amanah College Alumni Coaching Club - a new school tutoring initiative - which provides the students with afternoon tutoring services at Al Amanah College with selected high achieving 2019 HSC graduates.

The School Coordinators Mrs Dabboussi and Ms Sahyouni addressed the students and reminded them of the school's expectations. They highlighted the importance of students' striving to achieve their growth stage, their academic and behaviour expectations throughout 2020.

On behalf of Al Amanah College, we wish all our students and their parents a very successful 2020. Looking forward to seeing everyone energised and motivated for this academic year.

## Peer Support Training Programme

On Friday 7 February 2020, selected Year Ten students were chosen to participate in the peer support training programme. The peer support programme is an integral part of the induction and transition of Year Seven students into high school. This programme is a student-led programme which provides a fun and engaging environment for students to address social issues. The peer support programme encourages peer connections throughout the school and assists students developing practical skills to enhance social and emotional well-being. The peer support training session involved Miss Baker equipping the Year Ten students with essential leadership skills and the development of communication skills, self-confidence and self-esteem.

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



## Year Eleven Elevate Session

How do I study? A question overly asked throughout our high school lives.

On Friday 14 February, Elevate Education in collaboration with Al Amanah College ran a workshop for Year Eleven student by delivering a seminar teaching the students how to study SMART. The spokesperson Jasper mentored the students through various effective strategies that are useful for study skills as they try to progress into their HSC year. With the study skills and methods acquired, the Year Eleven cohort are now equipped with the tools they need to construct a pathway to success and to implement and teach these strategies to the junior cohort as part of Al Amanah's peer mentoring programme.

Halima El-Zahab  
Year Eleven Student



## Year Ten Elevate Seminar

On Monday 17 February 2020, Elevate Education in collaboration with Al Amanah College ran a workshop for Year 10 students by delivering a seminar titled 'Student Elevation'. This session was presented by the Elevate spokesperson Nelly who guided the students through various key ideas and habitual study techniques including; learning how to plan effectively, the beliefs of peak performing students, mapping motivation and how to establish and set goals.

At the end of the seminar, the students were asked to fill out an evaluation form about their overall thoughts about the session. The students found the seminar to be highly motivating and educational and they resonated with the key message to not sabotage their study beliefs by saying 'we can't do it'. We encourage the students to use the skills and strategies learnt in today's session to empower their study habits more effectively.

Khadija Abdallah  
Year Ten Student

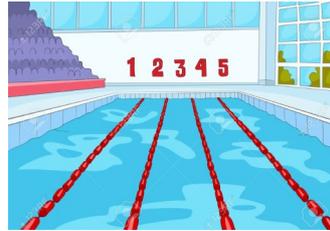


## Girls' Swimming Carnival

On Tuesday 18 February 2020, Al Amanah College held its annual Girls' Swimming Carnival at Revesby Swimming Pool. Girls decided to take the plunge and participate in a variety of swimming events such as freestyle, backstroke and the novelty events. Students were dressed in amazing costumes and colours and the best-dressed colour went to Fraser (red). Our main event the All Stars race provided students from any age with the quickest time to verse each other.

The following were the girls' results from the previous heats, which placed them in the All Stars Race.

Malaak Alawieh:	46 seconds
Halimah El-Zahab :	52 seconds
Amani Abu Swireh :	54 seconds
Nour Alawieh:	55 seconds
Khadija Abdallah :	1.01 minutes
Tania Diab :	1.03 minutes
Aliah Hassan:	1.05 minutes



The winner of the All-stars race was Nour Alawieh! Well done Nour with her timing of 49 seconds, second Malaak Alawieh at 50 seconds and third Halima El- Zahab at 51 seconds. The All Stars races was proceeded with the the highly anticipated novelty events which provided an increased level of engagement and enjoyment for our students who may not have participated in the main swimming events.

The girls presented themselves with fantastic conduct and behaviour throughout the swimming carnival and as a result all students were given two hours of free time to relax and have fun with their friends.

It was an enjoyable day and we would like to thank all the teachers for supervising and assisting throughout the day.



## ATO Schools Education Programme

The Australian Tax Office incursion was an event for Al Amanah Year Nine - Twelve students that was held on Thursday 20 February 2020. As our students may start part-time and casual work it is necessary that the school tries to prepare them for the real world. The purpose of these sessions was to give the students an insight about the basic understanding of:

- Why we pay tax?
- What a tax file number is and how to get one?
- Declaring your tax file number to your employer
- Superannuation – or “Super”
- What a tax return is and how to lodge a claim and the importance of protecting their TFN?

Students found it very beneficial as it gave them a basic idea of what they need to do before they start any employment and how the tax system works in Australia. It was a great session that was enjoyed by the students.



## Year Ten and Twelve Geography Fieldwork Excursion - Cronulla Beach

The Year Ten and Twelve Geography students undertook fieldwork investigation of the coastal ecosystem at Cronulla on Monday 24 February 2020.

Studies in the Year Ten Geography course requires students to undertake fieldwork investigation to apply their knowledge of geographical processes in the environment. Year Ten students are studying the forces that shape and change coastal environments such as sand dunes, beaches and headlands.

The Year Twelve students also investigated the biophysical interactions within the coastal environment as part of their HSC studies. They observed the natural and human impacts on the environment and the management strategies that have been implemented by the Sutherland Shire Council to reduce the risk of damage to the ecosystem.

Students used techniques such as observation and recording, measurements and sketch work to gather fieldwork data on geographical processes such as erosion and deposition of sand. Students will now proceed to complete their assessment of learning using their primary data collected during the excursion.

Students and teachers had a great day out at Cronulla.



## Year Ten Principal Parent Information Session

On Tuesday 25 February 2020, Al Amanah College held a Principal Information Session for Year Ten students and their respective parents. The College principal Mr Alwan welcomed and addressed the parents and guests for attending the information session. The principal highlighted the following key messages during the event:

- \* **College expectations:** Year Ten students are strongly encouraged to prioritise their academic achievements by implementing goals-oriented study plan consistently throughout the year.
- \* **Parent involvement:** Parents and care givers play a vital role in facilitating academic excellence of their children by consistently communicating with teachers and Al Amanah executives regarding progress achieved by students and matters relating to behaviour when they arise.
- \* **Communication Modes:** There are a range of platforms of communication inclusive of Class Dojo, Emails, SMS, pre-arranged face to face meetings and the use of phone calls are existing methods of communication which need to be harnessed better to ensure the best possible academic outcome of students.
- \* **Igloo:** Investment into Igloo a new platform of parent communication will further strengthen communication between the school and home whereby parents will be able to access real time information such as attendance records, school events such as excursion details and incursions, student timetable as well as academic records pertaining to assessment tasks and learning tasks.

This was preceded by the Secondary Curriculum Coordinator Mrs Kassem who guided the students through the main sources of information needed for their academic pathway and to successfully complete their Year Ten academic studies. The students were informed about the requirements of completing all course work to a satisfactory standard, in order to meet the demands of the Year Ten course.

The Year Ten cohort were given an insight by Mrs Dabboussi about the work experience placements and the positive, motivational and rewarding experience that it involves. This will commence in the last week of school in term three, giving the students an opportunity to find out what is involved in the career pathway that they are considering.

The Year Ten students have been encouraged to develop and maintain a careful balance between their studies and extra-curricular activities throughout the year, as Year Ten is a critical year; all students are expected to achieve an average of 70% and above across all subjects.

The parents, students and staff enjoyed having breakfast together during the session. The event concluded with Year Ten subject teachers and parents taking advantage of the opportunity to discuss student academic progress. We wish our Year Ten cohort the best of luck!



Year 10 Principal Information Session



## Year 10 Principal Information Session



## Peer Mentoring Programme

Senior students in Year Eleven and Twelve commenced the Personal Learning Goals Peer Mentoring Programme at Al Amanah College on Tuesday 25 February 2020. The programme aims to facilitate effective time management and goal-oriented undertakings in academic pursuits by all students in high school.

An allocated team of Year Eleven and Year Twelve students have been assigned to a roll call class in the junior school (Years Seven to Ten cohorts). In the initial phase of the program, each team will be engaged in building the foundation for junior students' skills in developing SMART academic goals for each of their subject areas. The senior students through their allocated roll call group will further assist students to develop clear strategies and a study timetable so that students in Years Seven to Ten classes can put into action their realistic and effective strategies to achieve their academic goals. At the end of each term, senior students will assist students in evaluating their goals and strategies.

We wish the senior students success in providing utmost support and dedication to the junior school in building a culture of goals oriented and reflection-based study habits at Al Amanah College.

Ajay Nand



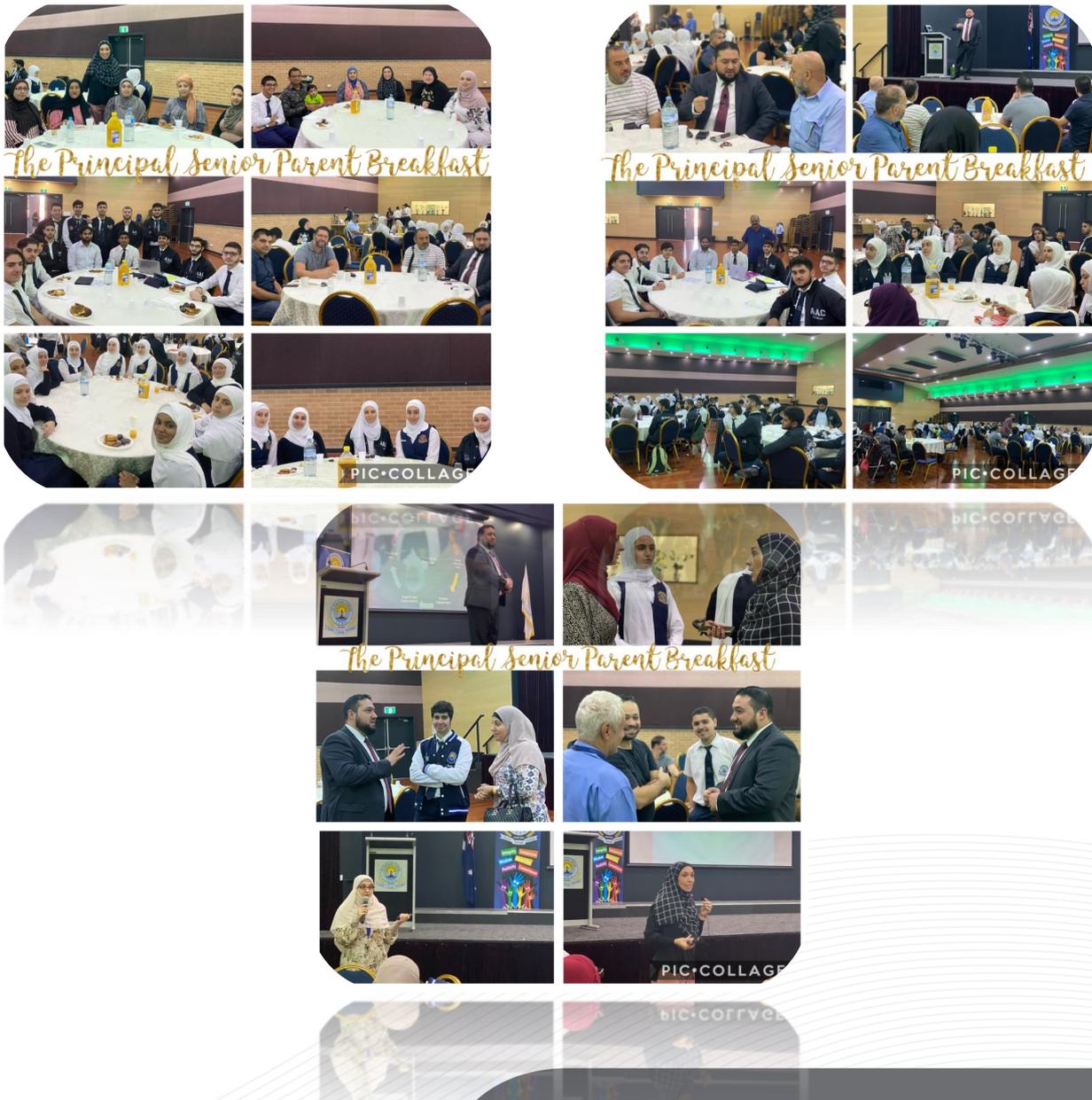
## Principal/Senior Student/Parent Breakfast 2020

The Principal senior student parent breakfast was held on Wednesday 26 February in the Grand Hall at Al Amanah College. The event was attended by a pleasing number of parents and caregivers who had an opportunity to learn more about new initiatives undertaken in the senior school to facilitate quality learning and achievement by students in Year Eleven and the HSC.

The School's Principal Mr Alwan emphasised on the vital role of ongoing two-way communication between the school and parents to ensure senior students pursue their academic goals consistently throughout both the years of studies in the stage six course.

Parents were encouraged to be actively involved in communicating with the executive staff and every subject teacher of their children using medium of communications such as email, class dojo, Igloo and phones so that parents are empowered to take a more active role in their child's attainments. Attendees were also delighted to learn about the scholarship program to be offered to the five top high achieving students from the 2020 Year Eleven cohort. The scholarship programme has become an annual programme as of 2018 academic year.

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



## Parents Health Tips

# Crunch&Sip®

## معلومات للوالدين

### ما هو Crunch&Sip®؟

Crunch&Sip® هو برنامج مدرسي رئيسي يتناول بموجبه الأطفال الفواكه و/أو الخضراوات ويشربون الماء في وقت محدد خلال وجودهم في الصف كل يوم.

### الأهمية في ذلك هو أن:

يساعد Crunch&Sip® على ضمان تناول أطفالك للخضراوات أو الفواكه التي يتم إرسالها معهم إلى المدرسة بدلاً من إمكانية عدم تناولهم لها لولا هذا البرنامج. إن هذه فرصة ممتازة للتشجيع على تناول الخضراوات حيث أن النحوت تشير إلى أن الأطفال لا يأكلون ما يكفي من الخضراوات في حين أنهم في الغالب يأكلون ما يكفي من الفواكه. تمّذ الفواكه والخضراوات الأطفال بالمغذيات الحيوية الهامة لبناء الصحة الجيدة للأطفال، الآن وفي المستقبل.

Crunch&Sip® يشجّع الأطفال على اختيار الفواكه أو الخضراوات كوجبة خفيفة والماء كشراب. وهو يمكّنهم من "إعادة شحن أنفسهم" وإعادة الماء إلى أجسامهم مما يساعد على تحسين التركيز والأداء العقلي والجسدي. نادراً ما يشرب الأطفال ما يكفي من الماء وغالباً ما يتسوّون الشرب إلا إذا تمّ تذكيرهم، علماً بأن عدم الشرب يمكن أن يسبب الصداع وسرعة الانتهاء. لكن Crunch&Sip® يعطيهم الفرصة لشرب الماء وتجنّب التجفاف.

### الأمر التي عليك القيام بها:

أرسل قنبلة ماء وبعض الفواكه أو الخضراوات مع طفلك إلى المدرسة لكي يشارك في Crunch&Sip®. يجب أن تكون الفواكه أو الخضراوات جاهزة لتناولها في غرفة الصف. راجع خلف هذه الصفحة للاطلاع على بعض المقترحات.

# 6 نصائح عملية

## لزيادة تناول الخضراوات والفواكه في البيت

- كن قدوة لأطفالك**  
دع أطفالك يرونك وأنت تستمتع بتناول الخضراوات والفواكه وشرب الماء.
- دع الأطفال يشاركون**  
ارزق مع أطفالك واصطحبهم للتسوق واطبخ معهم، إذ يزداد احتمال تناولهم طعاماً ساعدوا في تحضيره.
- ضعها في متناولهم**  
في البيت، بشر تناول الخضراوات والفواكه بوضعها في أماكن يسهل رؤيتها والوصول إليها. ضع طبقاً من الفواكه، مثلاً، على الطاولة، وضع قطعاً من الخضراوات أو الفواكه على مستوى نظر الأطفال في البزاد.
- جرب Crunch&Sip® في البيت**  
خصص وقتاً في نهاية الأسبوع أو خلال العطلة المدرسية لتناول وجبات خفيفة سريعة مكوّنة من الفواكه والخضراوات.
- استمر في محاولاتك**  
قد يحتاج الأمر لعرض مأكولات جديدة على الأطفال لغاية عشر مرّات قبل أن يبدأوا بتجربتها. فلا تستسلم إن هم رفضوا طعاماً جديداً في المرة الأولى!
- اجعلها جزءاً من كل وجبة**  
مكّر في كيفية استطاعتك إضافة الخضراوات إلى كل وجباتك. مثلاً، أضف الخضراوات المبروشة كالجزر والكوسى إلى "البولونيز" و"فطيرة الراعي" ومرق الباستا وحشوات البرغر.




# 6 tips

## to increase fruit and vegetables at home

- Be a role model**  
Let your kids see you enjoying fruit, vegetables and water.
- Get the kids involved**  
Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.
- Make it accessible**  
At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.
- Try Crunch&Sip® at home**  
Make time on weekends or during school holidays for a quick snack of fruit or veggies.
- Keep trying!**  
Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!
- Include it in every meal**  
Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherd's pie, pasta sauce and burger patties.

# Crunch&Sip®

## Information for parents

### What is Crunch&Sip®?

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

### Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

### What you need to do:

Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.

