

AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 05

Friday 28 August 2020

Message from the Principal's Office

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

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.

The start of the 2020 school year for most schools in NSW has been like no other in living memory. Bushfires, floods and the spread of COVID-19 have impacted schools and communities significantly. School leaders and teachers are currently working in ways they never have before. Navigating ever-changing health and education policies, using technology on a scale not planned for, implementing social distancing practices, planning a phased transition back to face-to-face teaching and all that while delivering quality learning-from-home experiences for their students and families: the complexity has been daunting.

Al Amanah College Board, staff and whole school community's response to the COVID-19 pandemic was prompt and best suited to the community as a whole. All stakeholders were affected in some way. Aligned with the school's vision; it was of vital importance that the School's response was first and foremost to meet the safety, needs

and wellbeing of its students, teachers and parents. Our Schools have been promoting digital learning for quite some time, our students and teachers have always been equipped with the latest technologies and have been trained how to use different teaching and learning platforms such as ClassDojo, Moodle and Microsoft Teams.



In saying that, one must admit that the COVID-19 acted as a catalyst to shift the mindset towards an agile working environment, it has increased level of flexibility and ability to adapt to a different working environment, it has also enhanced the staff's and student's technological skills. The School has found exponential growth in teacher skills and ability to deliver the Curriculum in a variety of modes.

One important aspect the School focused on, was the Students' Wellbeing: The School's Welfare Committee and Religion teachers were in regular contact with students in order to provide support and ensure their positive wellbeing.

Special needs students also played an important part in the School's COVID-19 plan. In order to minimise the impact on the stu-

Dates to Remember

WEDNESDAY 2 SEPTEMBER
Year 12 First Aid Course

THURSDAY 3 - FRIDAY 11 SEPTEMBER
Year 11 Examinations

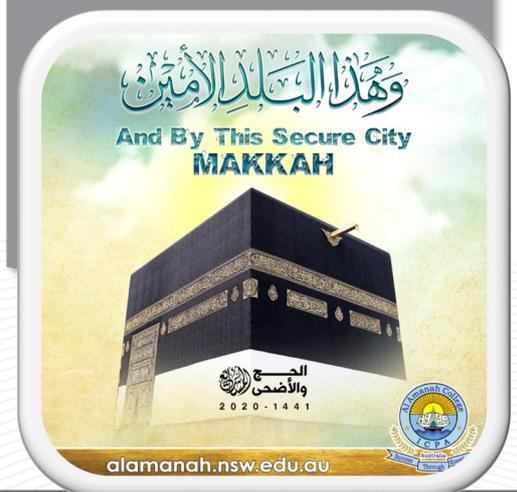
WEDNESDAY 16 SEPTEMBER
Year 7 Vaccinations

FRIDAY 18 SEPTEMBER
Year 12 Graduation

FRIDAY 25 SEPTEMBER
Term 3 Last Day

MONDAY 28 SEPTEMBER - FRIDAY 2 OCTOBER
School office open 9am—2pm

MONDAY 12 OCTOBER
Student Day One



dents with special learning needs, the Learning Support Department worked in collaboration with the School's Welfare Committee and Religion teachers. Teams calls were also made with all Learning Support students in order to maintain a routine with students and the setting of at least ONE daily goal.

The work of the School's Religion department was one of the main highlights during this Pandemic. The Religion department has worked tirelessly to produce interactive videos to all students in different grades, in addition to the pre-recorded Islamic and Qur'anic recitation videos, the Religion department delivered online Qur'anic and Islamic studies classes, this service was also extended to the parents of the School.

Teachers, students and parents of the School have been regularly surveyed during the online teaching and learning experience. They were given the opportunity to report any issues they have faced as well put forward suggestions for improvement, this process has made the whole experience more rewardable and effective.

In light of the pandemic, Al Amanah College continues to encourage its staff to become evaluative teachers and focus on continuous improvement and growth. Teachers were given the opportunity to:

- ⇒ Evaluate their own weaknesses

throughout the pandemic

- ⇒ Collect data and information of their practices throughout the pandemic and
- ⇒ Triangulate the data to demonstrate an area of improvement in their teaching practices

Many staff members are keen to continue with the skills they have gained and use a variety of modes for Curriculum delivery. As a School, the expectation is that teachers will now continue with the current practices and be always prepared to deliver curriculum in various forms.

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.**

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. Our Year Twelve cohort have sat Trials One and Two. I encourage all students to continue with their preparation thoroughly for their final HSC examinations.

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.

Finally, we thank the parents for **completing our annual surveys reflecting on their experience during the Online learning period. This feedback will greatly assist 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 all parents to give importance to this matter and stay connected with the school.

Ayman Alwan
Principal



الهجرة المباركة

عنه وأليس سُرَاقَة سوارى كسرى كما أخبر النبيّ الأعظم محمد صلى الله عليه وسلم.

وتابع النبيّ محمد صلى الله عليه وسلم رحلته مع الصديق حتى وصلا إلى المدينة المنورة حيث كان المسلمون من أهل المدينة ينتظرون وصوله. ولما علموا بوصوله صلى الله عليه وسلم عمت الفرحة والسعادة وأشرفت المدينة المنورة بنور النبيّ الأعظم. وكانت الهجرة فاتحة خير وتأسيساً للدولة الإسلامية التي كانت منطلقاً لنشر الدعوة، وتعليم الناس أمور دينهم.



الصديق، حتى إذا زالت الشمس وحميت الظهيرة فقد الكثير من الأمل في أن يجدهما.

وفى هذه الأثناء يقترب سراقَة وهو يسمع قراءة النبيّ صلى الله عليه وسلم والصديق بكتر من الالتفات بمنة ويسرة خوفاً من عدو يريد بصاحبه وحبسه سزاً، فبصر سراقَة قد أدركهما وتعلم النبيّ بذلك فبدع النبيّ صلى الله عليه وسلم قائلاً: "اللهم اكفنا بما شئت وكيف شئت" رواه الإمام أحمد، وهنا تظهر إحدى معجزاته صلى الله عليه وسلم فتسوخ قوائم فرس سراقَة في الأرض فيثب عنه خائفاً وقد علم أن لمطلوبه شيئاً عظيماً عند الله. فيناديه سراقَة ويسأله أن يدعو الله له قائلاً: "ادع الله أن ينجيني مما أنا فيه، فوالله لأعطين على من ورائي من الطلب" فبدعوا خير الخلق صلى الله عليه وسلم ربّه فينقذ الله فرس سراقَة، ويقرب متفكراً فيما حدث له، ويخبر النبيّ صلى الله عليه وسلم أخبار ما تريد بهما فريش من الأذى.

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

أسلم سراقَة بن مالك سنة ثمان للهجرة، وبعد انهزام الفرس في معركة القادسية وعودة جنود المسلمين قام سيدنا عمر بن الخطاب رضى الله

بعد ثلاث عشرة عاماً من مبعث النبيّ الأميّ الأمين صلى الله عليه وسلم قضاهاً في الدعوة إلى دين الله تبارك وتعالى، جاء الأمر الإلهي بالهجرة إلى المدينة المنورة بنور الهدى المحمّدي، وذلك بعد أن هاجر قبله الكثير من أتباعه فاستجاب خير الخلق لأمر ربه وخرج برفقه صاحبه الصديق في هذه الرحلة المباركة التي كانت حدثاً تاريخياً مهماً و تحولاً 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.

وتستوفينا في هذه الهجرة المباركة إحدى المعجزات النبوية وهي التي شهدها أحد الغنائين من قبيلة كنانة هو سراقَة بن مالك، وذلك لما كان النبيّ المصطفى صلى الله عليه وسلم وصاحبه الصديق في طريقهما إلى غار ثور متوارين عن أنظار فريش الذين خرجوا يريدون قتلهما، ففي أثناء ذلك يلتقي أبو سفيان سراقَة فيعرض عليه مائة من الإبل لقاء أن يردّ النبيّ صلى الله عليه وسلم وصاحبه إلى فريش، بعد أن أعلن بين مشركي فريش أن من يأتي بمحمد صلى الله عليه وسلم له مئة من الإبل، فعقد سراقَة النية على أن يستأثر وحده بالغنيمة وخرج يطلب النبيّ الأمين وصاحبه الصديق

ولما كان السخر (وهو وقت قبل الفجر) امتطى صهوة جواده وسلك طريق المدينة وبقي يبحث عن رسول الله صلى الله عليه وسلم وصاحبه

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



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
"مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكْرِمْ جَارَهُ"
رواه البخاري ومسلم

Which means: "let one who believes in Allaah and the final day, be gracious to one's neighbour"



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
"أَفْضَلُ الْأَيَّامِ يَوْمُ عَرَفَةَ"
رواه البخاري ومسلم

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

T3 WK2
9 Dhul-Hijjah
1441H
Thu: 30/7/20



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

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



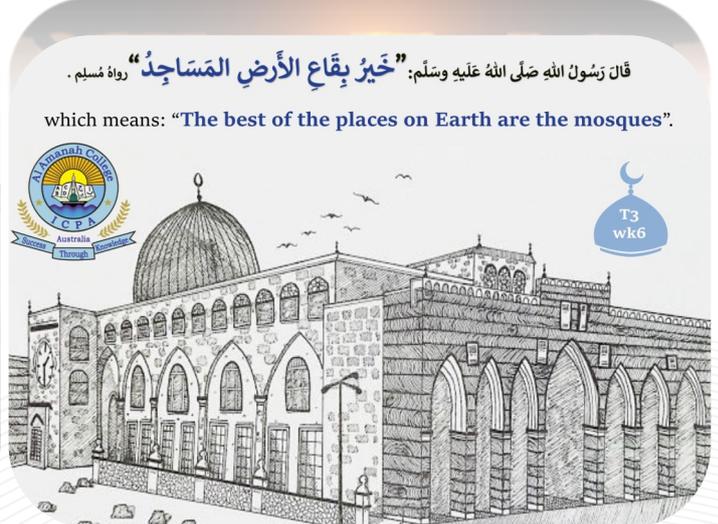
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
"اللَّهُ فِي عَوْنِ الْعَبْدِ مَا كَانُ الْعَبْدُ فِي عَوْنِ أَخِيهِ"
رواه مسلم

Which means:
Allah supports the slave so long as the slave is in support of his brother



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
"مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَعْنِيهِ"
رواه الترمذي

A way for the person to excel in Islam is **not to interfere** in the matters which do not concern one.



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".

“COVID - 19 Major Clean-up #8 - 18 July 2020”

Al Amanah College is actively taking all necessary precautions to prevent the potential spread of COVID-19 by implementing another major clean-up of frequently high-touched surface areas in all parts of the school on Saturday 18 July 2020.

This weekend, the school has performed the eighth whole school major clean-up which thoroughly included the total disinfection of all frequently touched surfaces. This includes enhanced and regular daily cleaning of high-touch surfaces such as desks, chairs, doorknobs, doors, handrails, lockers, outdoor seats, play equipment and toilets.

The school is actively maintaining all personal hygiene protocols for staff members, students and families by reinforcing frequent handwashing and sanitation practises on a daily basis. This is achieved through equipping all handwashing stations with anti-bacterial soap dispensers and hand sanitiser dispensers in each classroom, at entrances and exits, and near lunchrooms and toilets.

The school has been regularly enhancing its cleaning procedures to ensure the adoption of all reasonably practicable measures to reduce the spread of viruses and germs at our campuses. We are ensuring our staff members, students and families are staying safe and keeping healthy during the COVID-19 pandemic.



“COVID - 19 Major Clean-up #9 – 30 July 2020”



“COVID - 19 Major Clean-up #10 – 15 August 2020”



Uniform

Al Amanah College endeavours to provide parents with the highest quality of professional services at all times! With this in mind we are very pleased to announce that all School uniform will now be sold directly through the supplier. This will provide parents with extended times for purchasing, improved stock availability and the convenience of online shopping.

The details for the uniform shop are as follows:



FAZ Quality Garments & Apparel
 Address: 15/364 Park Rd
 REGENTS PARK NSW 2143
 Telephone: 02 9644 7999
 Website: www.faz.com.au/uniformshop/

Parents are welcome to visit the uniform shop from 9:00am to 3:00pm - Monday to Friday . The accepted methods of payment are cash and Eftpos only.

If you have any questions regarding this matter, please do not hesitate to contact the school administration office or the uniform shop directly on the number provided above.

Lost Property

Dear parents/caregivers,

There has been a very large accumulation of lost property items at the school. We urge all parents who have had their child/children lose items at the school to check our lost property boxes and cupboards.

Lost property boxes are located in the front office while the cupboards are located in the red stencilled area outside the old hall.

Kindly inspect the boxes and cupboards before the end of the term. Any items remaining after that day will be disposed of at the school's discretion.

Yours Sincerely,
 Administration



- ◇ Make sure that all school items and clothing are clearly labelled with name class and school.
- ◇ Students are not to bring valuable items to school, as the school will not be held responsible for any lost items. If something is lost ask about the item at the front office.

Timetable

School Hours

Primary		Secondary	
Morning assembly	8: 15am	Morning assembly	8: 15am
Recess	10:20am	Recess	11:00am Mon - Thur 10:40am Fri
Lunch/Prayer	1:00pm - 2:00pm Mon - Thur (K & 1) 12:30pm - 1:30pm	Prayer/Lunch	1:00pm- 2:00pm
School finishes	3:30pm	School finishes	3:30pm

Morning Assembly

A morning assembly is held each day commencing at 8:15am in the undercover areas.

Children recite verses from the Qur'an and say the morning supplications.

Brief information and messages may be given at this time.

Students recite the Hadith of the week during morning assembly.

Attendance

It is important that your child arrives at school on time (8:15am). Children like to have a few minutes before the day starts to do things such as catch up with their friends.

If your child arrive late (after 8:40am), you will need to get a late slip from the front office; this is the same process if you are taking your child out of school early for any reason. This partial absence is then noted on your child's report. Students will need to get a late note from the office if they arrive to school at or after 8:40am.

As the school is responsible for the welfare and safety of students, it is necessary for us to know their whereabouts at all times. If parents wish to collect children during school hours, they must go to the office first to sign their children out of the school. Written permission is required from the parents or guardians for any other person to collect your child and identification must be sighted.

GOOD ATTENDANCE FOR SUCCESS
Every Minute
in School Counts

1441 Eid-UI-Adha Mini Fete

On the blessed occasion of Eid-UI-Adha Al Amanah primary and secondary students celebrated the glorious event on Wednesday 12 August 2020 with a mini Eid fete. The day consisted of BBQ which entailed delicious kafta and chicken sandwiches. In order to keep the energy levels up and to satisfy their sweet tooth, students enjoyed Krispy Kreme donuts.

After a half-day filled with excitement, high school students and teachers were invited to attend a religious lesson by Shaykh Amr Alshleh. The lesson that was given by Shaykh Alshleh emphasised the importance about the obligation of Hajj including the integrals and the process of Hajj. They listened to stories about people who have travelled to Hajj, the benefit of doing good deeds for the sake of Allah and that one must be patient when inflicted with calamities.

Thankyou to all the dedicated teachers, volunteer staff and students who made the day a success.





Eid Fete 2020



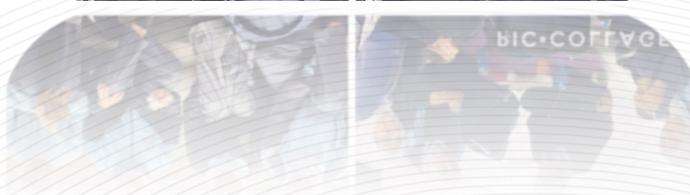
Eid Fete 2020



Eid Fete 2020



Eid Fete 2020



Star Student of the Week

K - 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
					
Nojoom Khashashneh 1E	Mazen Abdelmagid 1H	Fatima Soueid 1R	Hasseb Altaf KK	Syeda Arshman Rehan KR	Rima Dunia 1E

2 - 6

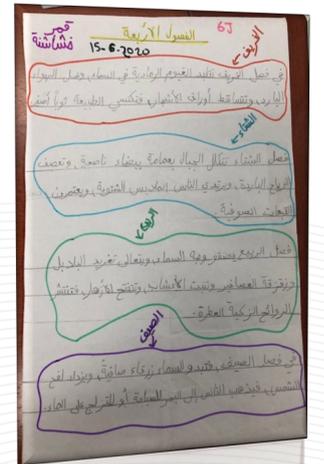
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
					
Laylah Alzubaydi 3E	Qatrun-Nada Kabbout 3S	Jacob Obeid 2S	Huda Khan 4K	Lujane Baltaji 2P	Razzan Abdalla 5C

نماذج من بعض أعمال طلاب المرحلة الابتدائية في صفوف اللغة العربية

تلاميذ الصف الثالث أثناء تلوينهم فرحاً بقدوم العيد المبارك.



قام بعض طلاب الصف السادس بعمل ملخص عن الفصول الأربعة بعد أن تعلموا عن الفصول داخل الصف.



Healthy Food Fundraiser

On Wednesday July 1, Al Amanah College held a Healthy Food Fundraiser for Primary students.

Students were asked to bring in a healthy snack to sell at recess and lunch. The Primary students did an amazing job bringing in a variety of healthy food options! It is important that all students work towards bringing in healthy food to school each day and the fundraiser was a great way to promote healthy eating.

The fundraiser was a huge success! The SRC students did an excellent job setting up and assisting teachers to sell the healthy food. We would like to thank all parents and students who contributed to the fundraiser!

SRC Committee



Top Five Primary Class Dojo Achievers

Congratulations to all the top dojo achievers this term!

As a reward, the top classes and top five students from the other classes watched a movie in the Grand Hall.

On Thursday 2 July the top students from Kindergarten to Year Two along with 1E and KR watched the movie 'Home'.

On Friday 3 July the top five students from Year Three to Six as well as 3M watched the movie 'Charlie and the Chocolate Factory'.

Keep up the fantastic effort!

Keep up the amazing work!



K-5

Year Twelve Annual Dinner

Carrying Al Amanah tradition, the 2020 Year Twelve students of Al Amanah College gathered together at Armani restaurant on Wednesday 8 July 2020 for a dinner which celebrated our high school journey thus far. The dinner was an event we all impatiently looked forward to marking one of our last gatherings as high school students.

It was a well-deserved break and a reminder of the things that mattered most; *family and friendship*. Being a Year Twelve student, it is easy to immerse ourselves in the 'life of school', worrying about the stresses of exams and assignments; often forgetting the support network which surrounds us.

We shared stories, laughter and captured the moment by taking an array of pictures; forever serving as tangible memoirs. Teachers and students were able to converse outside of the school environment, forming deeper, more meaningful connections. I will always be grateful for a staff which has now become *family*.

I would like to thank the Al Amanah college staff members for putting such a humbling experience together, Armani Restaurant for hosting a delightful dinner, and above all, my peers for making this high school experience worthwhile.

Nada Khaled

2020 Year Twelve Student/School Vice Captain



Year Eleven Elevate Study Skills Programme

On Wednesday 29 July 2020, Elevate Education in collaboration with Al Amanah College ran a workshop for Year Eleven students titled 'Time Management'.

Students worked through effective time management strategies that are useful for study skills as they progress into their HSC year. This will assist students to reinforce and use these strategies through the school's mentoring programme in their allocated roll call classes.

The workshop was both useful and enlightening for the students. We wish all Year Eleven students the best for their upcoming yearly exams and as they transition into their HSC courses.



Year Twelve Elevate Study Sessions

This term saw the Elevate Team visit Al Amanah College for all Year Ten to Twelve students. Each year group had their own sessions that cater to their individual cohort needs. The Year Twelve participated in their last session from Elevate and found that each session has assisted them in different ways. Mariam Abdallah from Year Twelve writes:

“With ambitions to improve student performance and behavioural change, Elevate Education sessions at Al Amanah College enhance student productivity and classroom contributions. Increasing motivation, building confidence, and increasing exam performance, as students, we have acknowledged and adopted the constantly reiterated methods of study and combatting examination pressures. With our last session ‘*Finishing Line*’ on Monday 3 August 2020, Year Twelve recognised the significance of time management as we near the end of our schooling career. An enjoyable lesson, we were farewelled with a summary of previously introduced topics such as mnemonics and a reminder of the responsibilities and commitments we have pledged to our school since our high school journey in 2015.

Finally, on behalf of the Year Twelve cohort, I thank the contributions of this school in providing us with the best possible education we could have asked for and appreciate all the sacrifices the College has made in ensuring we achieve ‘Success through Knowledge’.”



2020 Secondary Boys Athletics Carnival

On Thursday 13 August 2020, Al Amanah College held its annual Secondary School Boys Athletics Carnival. Our students were engaged in a variety of field events including discus, shot put, javelin, long jump and high jump.

Students' participation was Al Amanah's biggest yet and the boys were aiming to break their very own personal bests and other records. Our standing record for our 100m race was 11.06 seconds. The highlights of the day was the All Stars Race and Relay Races, which saw the fastest times from Al Amanah College.

Our athletes shone in the track events, with our top eight 100m runners proceeding to the All Stars Final race. These runners were:

- Adam Chahine - 11'06"
- Mohammed Farhat - 11'94"
- Daniel Saad - 12'01"
- Yahya El Masri - 12'10"
- Shadi Awad - 12'15"

- Muhammad Alwan – 12'17"
- Muhammad Camdzic – 12'62"
- Houssam Jamous – 13'06"

The winners of the all-stars race were:

- 1st Adam Chahine - 11 seconds
- 2nd Muhammad Alwan - 11.94 seconds
- 3rd Mohamed Farhat - at 12.04 seconds

Well done boys, amazing results!

We then held our junior and senior relay races.

The winners of the First Heat Relay Race was the red team (Fraser) who consisted of the following students:

- Abdulrahman Eltayeb, Azzam Krayem, Abdullah Jirjees and Adam Chahine.

Coming in Second Place - Green House

- Hadi Tabbara, Omar Alwan, Omar Elrashid and Huseyin Al Atabi

Coming in Third Place – Blue House

- Abdulrahman Al Trufi, Muhammad Hussain, Ahmad Elbaba and Benjamin El Masri

The winners of the Second Heat Relay Race was the Yellow team (Lilly) who consisted of the following students:

- Adnan Tebbo, Muhammad Camdzic, Muhammad Al Khateeb and Adam Chahine

Coming in Second Place – Red House

- Fawzi Abu Swireh, Sam Swayze, Muhammad Alwan and Shadi Awad.

Coming in Third Place – Green House

- Hicham Kabbout, Muhammad Chamma, Mohamed Farhat and Yahya El Masri

It was a very enjoyable day and we would like to thank all teacher for supervising and assisting throughout the day.

Congratulations to all of our participants!



Year Eleven SRC Speeches

On Friday 21 August 2020, selected Year Eleven Girl students presented an SRC speech for a prestigious leadership position for the 2020/2021 SRC team in front of their cohort and the executive team. Each candidate presented an excellent and well-articulated speech that advocated their skills and attributes that would assist them in demonstrating their potential role in a leadership position for the betterment of the school and wider community.

This year during recess and lunchtime in the computer room, High School students are going to be given the opportunity to vote online for one student from the list of selected nominees whom they believe would be the best candidate for the school captain position.

We wish each and every Year Eleven nominee the best of luck and each one is truly deserving of a position in the SRC leadership team of 2020/2021.



Year Eleven SRC Speeches

On Tuesday 25 August 2020, the Year Eleven Boys SRC 2020/2021 candidates were given the opportunity to present their speeches in front of the executive team and their cohort. The students expressed their passion and dedication to the school and what it would mean to them to become a part of the senior leadership team. The students also touched on the past leaders in Islam, specifically our Master Prophet Muhammad (peace be upon him) and how his strong leadership skills have inspired them to strive to become great leaders of Al Amanah College and the wider community.

This year, the Years Seven to Nine students will have the opportunity to watch the videos of the speeches during roll call. They will be given the chance to select from the list of nominees who they believe to be the best candidates for the senior leadership team by voting online during recess and lunch in the computer room.

We wish the Year Eleven Boy nominees every success!



Safer Speed Zones for Liverpool

Published 7 Jul 2020

“As COVID-19 restrictions ease, we are seeing a higher volume of people walking, cycling and exercising in the area,” said a Transport for NSW spokesperson.

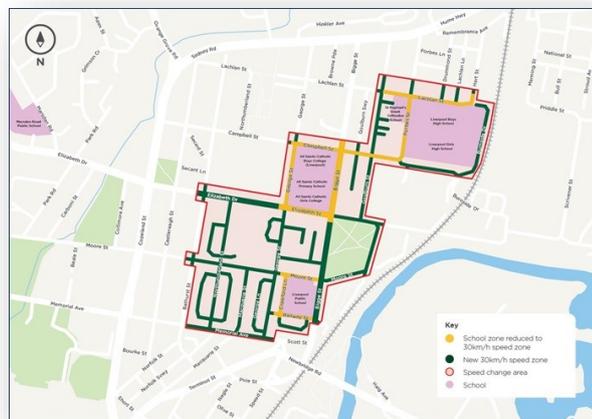
“To support the increase in activity and improve safety, the existing 50 km/h and 40 km/h speed limits will be reduced as Transport for NSW works to transform Sydney’s streets through active transport measures.

“We know Liverpool is one of our most walkable cities and we want to continue to keep our community safe as they go about their daily walks, commutes, exercise and general recreation here in the CBD area and around a number of local schools.”

There are a number of school zones within the two new 30 km/h zones, with the school zones to also operate at 30 km/h as part of the change.

New 30 km/h school zones will be introduced for:

- Liverpool Public School;
- Liverpool Girls High School;
- Liverpool Boys High School;
- All Saints Catholic Primary School, Liverpool;
- All Saints Catholic College, Liverpool.



“Special 30 km/h orange school zone signs and road markings will be installed to emphasise the reduced school zone speed limit.

“Pedestrians have a 40 per cent risk of dying in a crash with an impact speed of 40 km/h, but this falls to a 10 per cent risk when the impact speed is 30 km/h,” said a Transport for NSW spokesperson.

“We’ve been working with local councils to identify busy pedestrian locations and we want to provide the community with a safer environment to exercise and move around while ensuring they’re able to practise physical distancing.”

Once the new speed limits are operational, the existing speed camera on Bigge Street in Liverpool in front of All Saints College will enforce the new 30 km/h speed limit during school zone times.

Temporary speed humps will also be installed on Bigge Street between Campbell and Elizabeth streets to support the reduced speed zone.

The Spokesperson said these are just some of the measures being put into place across Sydney.

“We will continue to monitor the situation closely and work with local councils to identify busy locations where we can implement changes to ensure people can safely distance themselves.”

The new safe speed zones follow the release of the NSW Government’s COVID Safe Transport Plan which outlines the enhancement of pedestrian access to allow more people to take up active transport.

Speed cameras within the new reduced speed zones will operate in warning mode for one month from the date of installation during which time drivers caught travelling over the new 30 km/h speed limit will be sent a warning letter to encourage them to change their behaviour.

Fines and demerit points will be sent to offending drivers once the warning letter period has finished.

Speed camera locations are available to view on www.saferroadsnsw.com.au



FAZ UNIFORMS PTY LTD

15/364 Park Road

Regents Park NSW 2143

20 July 2020

Re: Covid-19 Update

Dear Customers,

As Covid-19 situation continues to evolve, we would like to update our customers on our position.

Our aim is to focus on the wellbeing of our staff and customers, our approach to be sensible and satisfy the needs of our diverse community.

We are always receiving advice from the Australian authorities and the NSW Health.

Therefore, we are undertaking a number of measures to minimize the health risks of our staff and customer:

- Limited number of customers will be allowed at the shop
- Social Distancing is to be maintained
- Online ordering is available via our online shop: www.faz.com.au/uniformshop
- All new student of 2021 (K - Year 7) must purchase their school uniforms **as soon as acceptance letter is received.**

We do recommend our customers to use our online services and would like to ensure our priority is to maintain our customer service and minimise disruption.

Please be assured we will remain fully operational; our business is stable and we will continue to provide the high quality service you expect from us.

Thank you for your continued support.

Regards

FAZ Uniform

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