



AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 03

Friday 27 May 2022

Message from the Principal's Office

Dear Parents, Students, Staff and community of Al Amanah;

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 ﷺ and protect his nation from that which he fears for it.

The first few weeks of term two have been very eventful and exciting for us all. During the holy month of Ramadan, the school hosted several Iftar dinners such as the graduates recognition and careers night, SRC and Year Six students and parents, and the Year Twelve Iftar Dinner which was held at Omnia Restaurant. We thank the parents who joined in breaking their fast with us during this great month.

NAPLAN online testing was conducted from Tuesday 10 May until Friday 20 May. Students completed online tests in language conventions, reading, writing and numeracy. The results will be received in term three. They will assist the school in gaining more understanding of how our students are progressing, as well as providing important information which allows us to develop our programmes and provide activities targeting learning needs. Good luck to all our NAPLAN students!

On behalf of Al Amanah College staff members, I would like to extend our best wishes to our students and their families on the great occasion of Eid Ul Fitr. We ask Allah ta'ala to accept all our good deeds and to gather us in Paradise with our beloved Prophet Muhammad ﷺ.

A friendly reminder to our parents that we have officially launched the Sentral for Parents app to improve the efficiency of communication between school and home. The Sentral for Parents app can be downloaded from either Google Play or the App Store.



Once you download the app and register your email address, you will be asked to enter the individualised access key for your children, this was sent to you by email on 17 March 2022. If you are unable to locate the access key, please email: admin@alamanah.nsw.edu.au.

The URL for continued access to the portal is: <https://alamanah.sentral.school/auth/portal>

Finally, I would like to thank all parents and carers for their continued support, and the teachers and administration staff for their dedication towards our school's mission. I am looking forward to vitalizing supplemental partnership with the whole community of Al Amanah College. Eid Mubarak!

Yours Sincerely,

Ayman Alwan
Principal

Knowledge
is
power!



Dates to Remember

MONDAY 30 MAY

Photo Day

WEDNESDAY 1 JUNE

Year 12 Elevate Session

THURSDAY 2 JUNE

Year 10 Subject Selection Breakfast

THURSDAY 9 JUNE

Year 5 Western Sydney Airport Excursion

THURSDAY 9 JUNE

Year 10 Arabic Excursion

MONDAY 13 JUNE

Public Holiday

WEDNESDAY 15 JUNE

Boys Athletics Carnival

WEDNESDAY 15 JUNE

Year 3 Kamay Botany Bay National Park Excursion

WEDNESDAY 22 JUNE

Year 6 Gala Day

WEDNESDAY 22 - THURSDAY 30 JUNE

Year 7 - 10 Examinations

THURSDAY 23 JUNE

Year 11 and 12 Careers Expo Excursion

WEDNESDAY 29 JUNE

Year 2 Rouse Hill Estate Excursion

THURSDAY 30 JUNE

Kindy Calmsley Hill City Farm Excursion

FRIDAY 1 JULY

Term 2 Ends

TUESDAY 19 JULY

Term 3 Starts

الأحاديث الأسبوعية

Hadiths of the Week



Hadith of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
من قام ليلة القدر إيمانًا واحتسابًا
غُفِرَ له ما تَقَدَّمَ من ذَنْبِهِ

Whoever spends the Night of Al-Qadr performing acts of worship in faith and in seeking reward from Allah, their minor sins will be forgiven.

Related by Al-Bukhariyy



Hadith of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
من صام رمضان وأتبعه سبثًا من شوال كان كصيام الدهر

Related by Al-Bukhariyy

Whoever fasts the month of Ramadan then follows it with fasting six days of shawwal, it's as if they fasted the whole year (in terms of reward)



Hadith of the Week

قال رسول الله صلى الله عليه وسلم
لا يحل مال امرئ مسلم الا
بطيب نفس منه

It is not permissible to take the belongings of a Muslim except with their good will or permission



Hadith of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
أَكْثَرُ خَطَايَا ابْنِ آدَمَ مِنْ لِسَانِهِ

Which means

Most of the sins of the offspring of Adam are from their tongues

Related by At-Tabaraniyy



Hadith of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
صَلَاةُ الْجَمَاعَةِ أَفْضَلُ مِنْ صَلَاةِ الْفَذِّ بِسَبْعٍ وَعِشْرِينَ

Which means...

One's reward for praying in congregation is twenty-seven times more rewardable than praying by oneself

Related by Muslim



Hadith of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
إِنَّ اللَّهَ يَحِبُّ أَحَدَكُمْ إِذَا عَمَلَ إِذَا عَمَلًا أَنْ يَتَّقَنَهُ
قِيلَ: وَمَا إِتْقَانُهُ يَا رَسُولَ اللَّهِ؟ قَالَ: "يُخْلِصُهُ مِنَ
الرِّيَاءِ وَالْبِدْعَةِ"

Which means: "Certainly Allah accepts for one of you when performing a good deed to perform it properly," someone said: "how is that, O Messenger of Allah?" he replied: "one does it only for the sake of Allah and according to the rules of the religion."

Related by Al-Suyutiyy

2023 APPLICATION FOR ENROLMENT - NOW OPEN

2023 Enrolment applications are now open please visit our website to download an Expression of Interest Form. Once complete please email through the form with the child's birth certificate, immunisation information proof of Australian residency/citizenship and latest school report to the school's e-mail address admin@alamanah.nsw.edu.au.

Last day for accepting applications is Friday 24 June 2022.

Please hurry as our numbers are filling up fast and places are limited. For further information please call the school's administration office on 9822 8022 or 9708 1220.

<http://www.alamanah.nsw.edu.au/enrolment/>



<http://www.alamanah.nsw.edu.au/enrolment/>

Speech Pathologist

Al Amanah College, Liverpool, is pleased to announce a new working relationship with a Speech and Language Pathologist. The pathologist will be providing ongoing assessments and therapy services on school premises within school hours. Speech and Language Pathology involves the diagnosis and treatment of communication disorders including difficulties with speaking, listening, understanding language, reading, writing, social skills, stuttering and using voice. School staff, together with the pathologist will be working closely to identify and support students presenting with communication difficulties or challenges and ensure they are able to access assessment, intervention and support.

The school's new partnership has been very beneficial for both staff and students. We look forward to continuing with this initiative into the future.



A friendly reminder to our parents that we have officially launched the Sentral for Parents app to improve the efficiency of communication between school and home. The Sentral for Parents app can be downloaded from either Google Play or the App Store.

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School Photos

"The School Photographer" will be at the school on Monday 30 May, 2022. Photograph order envelopes have been sent home. If you would like to get sibling photographs, please ask your child to collect an envelope from the front office. All envelopes must be sent with the student/s on the day whether you wish to make a purchase or not.

On the day of the event all students are required to be dressed in their full winter school uniform. Students who do not measure up to these standards will not be allowed to partake in this event. For example, students who are dressed in torn pants, wrong shirt, different coloured pants and or shirt, pants under tunic etc.

Eid-UI Fitr Fete 2022

On 18 May, Al Amanah College primary and secondary students celebrated the glorious event of Eid Ul Fitr with a fun-filled Eid fete. For primary school, the day consisted of many activities organised by the teachers including a variety of games and activities that sure did excite the students.

Activities consisted of face painting, cupcake decorating, Fish Cup, Bean Bag Throw, giant lawn games, mini sport shoot-outs and jumping castles. There was also a range of delicious food available for purchase for all teachers and students which included mini pizzas, ka^ak, chips on a stick, fresh lemon and carrot juice.

Before the secondary students attended the fete, a religious lesson was held in the Grand Hall. School Captain, Marwan Bajouri, welcomed Year Eleven student, Hadi Tabbara to the stage for a beautiful Quran recitation. Sheikh Amr Alshelh then delivered an insightful religious lesson about the importance of remaining patient and the value of Islamic manners.

Secondary students then enjoyed the activities at the fete which included jumping castles, reptile exhibitions, table hockey, pool, mini sport shootouts, and an adrenaline rush obstacle course. The biggest hit was the newest addition to the fete which was dodgem cars!

In order to keep the energy levels up and to satisfy their sweet tooth, students enjoyed the variety of Krispy Kreme donuts that are always a hit, lolly bags and spider drinks which was a fan favourite!

It was wonderful to see parents share this joyous occasion with their children as they were invited to attend the Eid Fete. The day was a huge success for all students with many students going home with fabulous prizes they won during the day, and memories to share.

Thankyou to all the dedicated students and teachers, as well as the event organisers who made the day a success.



SRC and Year Six Iftar Night

On Tuesday 5 April, Al Amanah College hosted its Annual SRC and Year Six Iftar night. Khadijah Abdallah, our current secondary school Captain, opened the ceremony by welcoming guests and expressed the joy of having students and members of our school community come together to share this special occasion during the holy month of Ramadan.

Ibrahim Alshafie, primary school Captain, began the evening with a customary recitation from the Holy Qur'an. This was followed by an address by the Head Principal, Mr El Dana, who spoke about the value of education and how supporting a school community and creating strong partnerships is critical for any educational institution. Sheikh Amr Alshelh then took to the stage for an enlightening religious lesson.

A short video projection was played for guests while they enjoyed their Iftar meal. It is great to see our community come together, highlighting the values of the college and bringing together a community during the Holy Month of Ramadan.



تلاميذ الروضة والأول والثاني يودعون شهر رمضان

تم توزيع أكياس الحلوى على طلاب الصف التمهيدي والأول والثاني بمناسبة قدوم عيد الفطر السعيد وتشجيعاً من المدرسة لصيام هذا الشهر الفضيل وتم أخذ بعض الصور باللباس الإسلامى.



Annual Ramadan Competition Ceremony 2022 - Primary School

الحمد لله رب العالمين والصلاة والسلام على سيدنا محمد وعلى آله وصحبه وبعد:

أقامت مدرسة الأمانة الإسلامية احتفالاً بمناسبة توزيع الجوائز على المتسابقين في مسابقة رمضان لهذا العام 1443 تخلله تلاوة عطرة للطالبة هدى خان وكلمة لمدير المدرسة الحاج أيمن علوان حول المناسبة مشجعاً للمشاركين، ومحاضرة دينية للطلاب إبراهيم الشافعي.

نتقدم من طلابنا وأهاليها الأعزاء بأحر التهاني بهذه المناسبة العظيمة راجين من الله تعالى أن يعيدها علينا وعليكم بالخير واليمن والبركات. وكل عام وأنتم بخير.

ومن ثم تم توزيع الجوائز على المتسابقين على النحو التالي:

First Place	Second Place	Third Place
Ebraheem Khashashaneh	Omar Dabboussi	Ayesha Al Klink
Sarah Khan	Nourhan Soueissi	Zayn Kabbout
Sakinah Chamma	Ibrahim El Asmar	Judy Krayem
Muhammad Kfoury	Muhammad Moussa	Muhammad Karhani
Issa El-Mazloum	Aishah Majzoub	Maryam Khaddam
Mohammed Upletawala	Maya Kamand	Aasiyah Alshelh
Syeda Rehan	Ahmed Yahya	Assiya Massalkhi
Fatimah Alshafie	Dina Kamand	Mohamad Noun
Nojoom Khashashaneh	Hooriya Fathima	Maarya Saad
Maryam Vansiwala	Abdul Rahmman Ghannoum	Rowa Kahil
Talha Amin	Alina Karime	Hiba Kfoury
Natalie Balout	Qatrun-Nada Kabbout	Bilal Elkhahallak
Jibril Alwan	Karima Alshelh	Rahaf Hassan
Huda Khan	Hana Kamal	
Ibrahim Alshafie		



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

On Monday 9 May 2022, Al Amanah primary students attended the Ramadan Annual Competition Ceremony. The celebration started with a blessed recitation from the Holy Qur'an from our talented Year five student Huda Khan.

This was proceeded by the school principal Mr Alwan's recognition of Ramadan being a glorious month that should be dedicated to performing many acts of obedience and gaining rewards for the sake of Allah. Mr Alwan also congratulated all the participants and the winners of the annual Ramadan competition and wished the whole school community a blessed and joyous Eid-ul Fitr.

Our current Primary School Boys Captain, Ibrahim Alshafie then delivered an insightful Islamic lesson about the importance of displaying good manners. He emphasised that portraying good manners is essential and brings us closer to learning the Islamic knowledge. He also highlighted various stories regarding the Prophet (peace and blessings be upon him) displaying the characteristics and attributes of good manners. It was a beautiful and enlightening Islamic lesson.

For the Room Decorating Competition, the criteria for the chosen winner of the best decorated classroom are based on original, cost-effective, and handmade Ramadan themed decorations that are well arranged and colour coordinated.

The winners of the Ramadan competitions received their gift hampers on stage with their class teacher and SRC representatives. The winners were: 2M, 3K, 4E and 6H.

It was lovely to see students come to school dressed in Abayas and Islamic clothing for the occasion. Congratulations to Lujane Baltaji and Hamza Alwan for winning the best dressed Abaya award.

We would like to extend our best wishes and Eid Mubarak to our students, parents and staff.

Year Six Bicycle Safety Excursion 2022

What a fantastic day! Year Six had a fabulous day learning about bike helmet and pedestrian safety at the Campbelltown Bike Safety Centre.

The day was full of excitement as students rode their bikes around a designated track and had an opportunity to hold a license whilst they followed the road rules.

Part of the programme was to educate students about hazards and risks on the road and how rules can affect their everyday lives. Students also got the opportunity to ride during a 'Double Demerits' blitz as both teachers and parents ensured they were riding their bikes according to the rules.

Year Six Teacher
Mrs Khalil and Ms Haidar



Primary School NAPLAN Examinations 2022

On Tuesday 10 May, Year Three and Year Five students completed their first NAPLAN assessment. This year, we saw changes to the testing system with students completing their NAPLAN assessments online. The tests were conducted over the course of the week with students using devices to complete each component of the test. The first test for students was the Writing component. Students were asked to write a narrative matching based on a stimulus provided, with Year 3 student continuing to complete the assessment on paper.

On Wednesday 11 May, students completed the Reading component of the NAPLAN examinations where students were required to read various text types and answer comprehension questions based on the texts in their digital magazine.

On Thursday and Friday, students completed their Conventions of Language and Numeracy Assessments. With these tests being completed online, it gave students an opportunity to interact with a range of questions, using their digital skills to assist them.

We are very proud of all the Year Three and Year Five students who sat the NAPLAN examinations. Students performed well and used their allocated time wisely.

Well done Year Three and Year Five, you should all be very proud of your efforts!



Year Twelve Annual Iftar Dinner 2022

The 2022 Year 12 Iftar Dinner was held on Wednesday 14 April at Omnia Restaurant. Carrying the Al Amanah tradition, the 2022 Year Twelve seniors of Al Amanah College gathered for an iftar dinner with their teachers and school executives to celebrate the blessed month of Ramadan.

Following maghrib prayer the students and teachers enjoyed a wonderful iftar in an Arabian themed dinner, with a variety of delicious dishes served as a banquet. The evening was spent with staff and students spending quality time together, sharing stories and making memories.

Overall, it was an enjoyable night, and we wish all the Year Twelve students and their families a happy and blessed Ramadan. A special *thankyou* to Omnia Restaurant for their kind hospitality.



Amity Student Leaders Iftar Dinner

On Thursday 28 April 2022, the High School Coordinator, Mrs Dabboussi, alongside the Year Twelve School Captains, Vice Captains and SRC members attended Amity College for an annual student leaders iftar dinner on behalf of Al Amanah College. This was an initiative where the students were able to meet and liaise with other school leaders from the Liverpool and surrounding suburbs. The students were able to gain insight into the night's topic of 'Positive Peace.'

The speakers and student panel gave advice around taking action in our schools against bullying in order improve our future and hoping for positive peace through the current student leaders of today. Year Twelve students had an enjoyable and sociable experience meeting students from diverse cultures and sharing their common interests in educational studies.

A big *thankyou* goes to Amity College for their warm reception and hospitality through the evening.



Careers and Graduates Recognition Iftar 2022

On 14 April 2022, Al Amanah Secondary College hosted its second Annual Careers and Graduates Recognition Iftar for our Year Ten to Twelve parents and students. The evening was held for students to interact with some of our graduate students in various careers and hear about their success stories and support students in making decisions about their future. The evening was also held to celebrate and recognise the achievements of the 2021 graduates in their HSC.

Among our officials who were present at the evening: Chairman of Darulfatwa the Islamic High Council of Australia Professor Sheikh Salim Alwan Al Hussein, Chairman of Al Amanah College, Sheikh Fawaz Abboud, Head Principal of Al Amanah College; Mr Muhammad El Dana, Principal of Al Amanah College Liverpool College; Ayman Alwan, Principal of Al Amanah College Bankstown Campus; Bassam Adra, Principal of Salamah College; Wissam Saad, Al Amanah College Board Member; Mr Abdul Ghannoum, Mr Arakji, MP for Liverpool; Mr Paul Lynch, MP for Werriwa; Ms Anne Stanley; MP and Liberal Candidate for Werriwa Mr Sam Kayal, Councillor Charishma Kalyanda Councillor; Betty Green (Liverpool City Council).

The MC for the night was 2010 graduate, Mustapha Krayem, who welcomed the guests for the evening and introduced Muhammad Hazarvi to the stage for a blissful Quran recitation. This was followed by an address by the Head Principal, Mr El Dana who spoke of the values of education at Al Amanah College. Chairman of Darulfatwa Professor, Sheikh Salim Alwan, then took to the stage for an enlightening religious lesson. Secondary co-ordinator, Mrs Dabboussi, then introduced The 2021 Year Twelve cohort award recipients and brought them on stage to achieve awards for their exceptional results in the 2021 HSC. We congratulate all the award recipients on their efforts and achievements.

The College invited a unique panel of Al Amanah graduates who have continued their educational journey since leaving the school and have become successful members of the Muslim Australian community in their field. The panel included:

- Omar El Hawat - Structural Engineer (Graduated 2011)
- Hani Skaf - Lawyer (Graduated in 2010)
- Jasmine Hasha - Science and Business Studies Teacher (Graduated in 2007)

The Panel was asked a series of questions by MC Mustapha Krayem, and by current Year Twelve students in regard to their careers and educational experiences.

The evening was closed by Mrs Dabboussi who called the School Captains to the stage to award the panel members with a token of appreciation, as well as the Head Principal, El Dana, who was awarded a token of appreciation for his twenty four years of service to the school.

Al Amanah College wishes to thank all those involved in organising and catering for the event.



Secondary Saturday Classes



On Saturday 14 May, students from Year Eleven and Twelve attended their first Saturday classes at school featuring a range of subjects for each class in preparation for the upcoming Year Eleven half-yearly exams, and Year Twelve trial examinations.

The classes were highly beneficial and acted as an environment where students were able to ask questions about things they had trouble with, and work on past exam papers with the class teacher at hand.

Following the first half of the day was a refreshing barbeque and break for the students to energise themselves for their next and final class of the Saturday.

On behalf of myself and my peers, I would like to thank the school administration for providing us with the opportunity to attend these noteworthy classes from today until the end of the term.

Dora Rajab
Year Eleven Student



Year Ten Mock Interviews 2022



On Tuesday 10 May 2022, Corp-training in collaboration with Al Amanah College ran a workshop for Year Ten students which delivered valuable information and advice on how to achieve success in a first job interview.

An engaging slideshow was presented advising students on what to do and what to avoid doing during their first job interview. This was closely followed by mock interviews whereby the Year Ten students were given the great opportunity to be assessed on their resume and interview skills which they have been working on their roll call sessions.

The students found the seminar and interviews fun and beneficial. They are looking forward to going through their feedback from their interviewers from Corp-training. Students were asked about their skills, weaknesses, what they would like to improve on. Students were also asked about their achievements, what they know about the job, why they want this job, and some questions about their personal interests.

Students saw the value of the mock interviews as they were given feedback on resumes and how to confidently apply for a job in the real world.

Thankyou to all the teachers, year advisors, and employees of Corp-training who took time out of their busy schedules to guide the students through this process.



10th May 2022

YEAR 10 MOCK INTERVIEWS

"I now realise the benefits of this process"

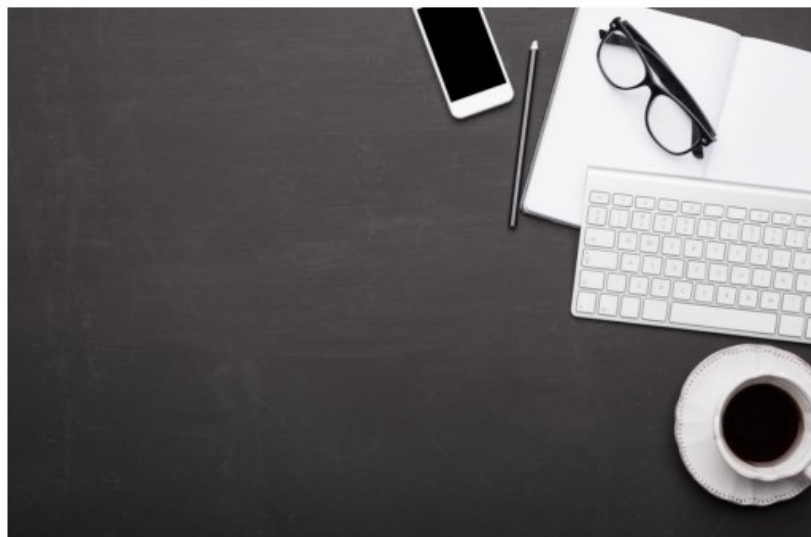
-Asiyah Kanj 10G

‘Our first experience of a job interview’

FINDING OUT

Last week, we year 10 students were told that we would have Mock interviews on Tuesday 10th May. Our first thoughts were “what in the world is that?”. Turns out, it's where a few employers with a lot of experience come in and interview us for a ‘fake job’.

It's all about gaining that little bit of experience to help boost our confidence for future job interviews. When we found out, we had a million and one questions. These included, “what job are we applying for?”, “what are they going to ask us?”, “what do we need to prepare?”, and so on. Our teachers were practically drowning in questions and had to answer all of them. After our year advisors explained the process to us, we were a little relieved and thankful that they had put up templates for us to follow.



“we were in this together”

PREPARING

The weekend passed and we had kind of forgotten about the interviews we had to do on Tuesday. We all went to the sample resumes that our teachers provided us with and filled them out based on our personal interests, contacts, skills, weaknesses, achievements, experiences, subjects, and references. We printed our resumes and put them in clear folders to ensure that they wouldn't be damaged for the interview.

When the day came, we were all a little nervous and still just the tiniest bit confused. After all, we had no experience and no idea what to expect. In the morning we had an assembly in the hall and a presentation was prepared for us by a woman named Nikki. She told us that she had been interviewing year 10 students at our school for 8 whole years. This made me feel a little relieved because I knew that she was experienced and was used to the system our school had put into place. She was very engaging and asked us many questions throughout the presentation. She explained the entire process including what questions they may ask us, how we should present ourselves, some do's and don'ts, what qualities interviewers are looking for, what would make us stand out in a crowd, the best way to write a resume, and most importantly she reminded us to be ourselves!. After asking her a few questions she gave us some advice and tips that were really helpful and beneficial for future job interviews. When the presentation concluded we all went to class and sat in silence waiting for the door to swing open and for someone to call out our names because we were next in line.

INTERVIEWS

When I sat in my chair waiting for the three students to finish their interviews, I started getting cold feet, but knowing that my friends were feeling the same way, it reassured me that we were in this together. My name was finally called and probably with a pale face, I walked up to the woman who was interviewing me. She had a big smile on her face and was rather welcoming and comforting. She shook my hand and began the interview process by initially introducing herself and cracking a couple of jokes so I would loosen up a little. I was asked about my skills, weaknesses, what I would like to improve on, my achievements, what I know about the job, why I want this job, and some questions on my personal interests.

POSITIVES

Coming out of the interview I realized that I had been overly stressed about this process. I also realized the value of the mock job interview. I now have a resume which I can improve upon utilizing the feedback I was given. Walking into a real interview I have an advantage. I am confidently ready to apply for a job in the real world. Thank you to all the teachers, year advisors, and employers who took time out of their busy schedules to hold our hands and guide us through this process.

, By Asiyah Kanj 10G

Secondary School Ramadan Competition 1443h - 2022

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

To commemorate the Holy month of Ramadan the school annually holds the 'Annual Ramadan Competition Ceremony' to encourage all the teachers and students to participate in various competitions to celebrate the Blessed month of Ramadan.

The assembly was run by School Vice-Captain, Fouad Maarbani, who welcomed Year Eleven student Omar Alwan to the stage for a beautiful Qur'an recitation. Shaykh Amr Alshelh was then introduced to the stage for an insightful religion lesson about the importance of remaining steadfast in fulfilling our religious obligation and keeping up with good deeds after the holy month of Ramadan.

This year's Ramadan competition involved memorisation of some chapters from the Holy Quran and sections of the summary of obligatory knowledge.

First prize was awarded \$100 cash, second prize \$75, third prize \$50, fourth \$40 and fifth \$35 as well as their chance to win \$20.

This year, the competition was very close in scores, and we had some students tie in the same position. It was lovely to see all students' participation and enthusiasm for this year's competition. The winners were awarded their prizes on stage with Shaykh Chadi Al Kasem and Shaykh Amr Alshelh.

Congratulations to the following winners:

First Place	Second Place	Third Place	Fourth Place	Fifth Place
Muhammad Khan and Ruqayah El Omari	Zaara Yasir and Adam Khashashneh	Noor Mouslemani, Mouaad Djemana, Fawaz Jamous, Sama Khashashneh, Amar Khashashneh	Jasmine El-Kabbout and Muhammad Kassar	Hamsa Radwan and Rama Dannoun

At the end of the ceremony, teachers and students were able to seek blessings from the hair of the Prophet Muhammad (peace and blessings upon him). We thank the religion department for organising this, May Allah reward them.

A big *thankyou* to all those who participated and congratulations to all the award winners!



SRC Tree Top Excursion 2022

On Wednesday 25 May, the SRC members of Al Amanah College embarked on their annual excursion to tree tops obstacle park. Upon entering the obstacle course SRC were given a detailed explanation of how to manoeuvre our way through the different levels.

The obstacle course allowed the SRC leaders to improve their communication, perseverance, and leadership skills, working as a team to surpass any challenges they were faced with.

We would like to thank the SRC body for their valiant efforts. A big thankyou to the supervising teachers from the secondary and primary schools who accompanied the students and provided normal support and encouragement throughout the day.

Overall. It was an enjoyable day full of challenges and excitement! We look forward to Tree Tops in the upcoming year.

SRC Coordinators



Parents Health Tips

Get active each day

Being active helps us stay healthy. Find lots of ways to be active each day.

HOW MUCH ACTIVITY SHOULD KIDS DO EACH DAY?

Toddlers 1-2 years Preschoolers 3-5 years

3 hours active play across the day

- Standing up
- Moving around
- Active toys

School age 5-12 years

1-3 hours physical activity across the day

Be active so your breathing and heart beats faster:

- fast walking
- riding a bike or scooter
- playing sport



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years).

TIPS TO GET KIDS ACTIVE

- Babies need 30 minutes of tummy time each day.** Encourage them to crawl.
- Toddlers can walk instead of using a stroller.**
- SCHOOL:** Walk, ride a bike or scooter to school.
- Choose toys that help kids move.**
- Limit screen time each day.** Choose active play instead.
- Encourage kids to try a range of sports.**
- Look for lots of ways to be active each day.**
- Show your kids you like being active too.**
- Outdoor play is best.** Keep active indoors when it's hot or raining.



Turn off screens + get active

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.

HOW MUCH SCREEN TIME EACH DAY?

0-2 years	NO screen time	Choose active toys and play instead of screens
2-5 years	Less than 1 hour per day	Less screen time can help kids' sleep and growth
5-12 years	Less than 2 hours per day	Not including homework time

What is a screen?



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years).

TIPS TO MANAGE SCREEN TIME

- Eat together as a family.** No screens at meals for parents and kids.
- Before screen time -** sleep, play outdoors, read and enjoy family time.
- No screens in bedrooms,** especially at night.
- Take toys or books instead of screens** when going out.
- Monitor kids' screen time.** Set limits if needed.
- Sit less. Move more.** Move every hour.
- Help kids sleep.** Stop using screens 1 hour before bed.
- Parents - be a good role model.** Reduce your screen time too.
- Dance to music, or play video games that get you on your feet.**



Eat more vegetables and fruit

Vegetables and fruit taste great and keep us healthy. Everyone should eat fruit and veggies every day. Most kids eat fruit each day but they don't eat enough veggies.*

HOW MANY VEGETABLES SHOULD KIDS EAT EACH DAY?

2-3 YEARS	4-8 YEARS	9-18 YEARS
2½ Serves	4½ Serves	5 Serves

A serve of vegetables and legumes/beans is:

- ½ cup vegetables (fresh, frozen or canned)
- 1 cup green leafy vegetables
- ½ cup legumes/beans/lentils
- 1 medium tomato
- 8 vegetable sticks

These count as a vegetable serve

HOW MUCH FRUIT SHOULD KIDS EAT EACH DAY?

2-3 YEARS	4-8 YEARS	9-18 YEARS
1 Serve	1½ Serves	2 Serves

A serve of fruit is:

- 1 medium (apple, banana, orange or pear)
- 2 small (apricots, kiwi fruit or plums)
- 1 cup diced or canned fruit

TIPS TO HELP KIDS EAT VEGGIES

- ADD TO EVERY MEAL**
 - Solid on sandwiches/wraps
 - Offer cut up veggies as snacks
 - Fill half the plate with veggies
- ENCOURAGE YOUR CHILD**
 - Show them you like eating veggies too!
 - Add veggies to food they already like
 - Be positive and patient. It takes 10 to 15 times to like a new food!
- TRY A VARIETY**
 - Different colours
 - Buy in season



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www.healthyliving.nsw.gov.au

Parents Health Tips

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group

- Fruit** +
- Vegetables** +
- Dairy** +
- Wholegrains** +
- Lean meat & alternatives**

= A Healthy Lunch Box

MAKE WATER YOUR DRINK **PACK ICE TRICKS TO KEEP FOOD COOL** **USE A THERMOS TO KEEP FOOD WARM**

MILK recommendations

DAIRY FOR CHILDREN
Dairy is an important food group for children. Dairy foods provide fat, protein, vitamins, and are a rich source of calcium for strong bones and teeth. It is important to ensure your children are having the right type of dairy foods. The information below is consistent with the Australian Dietary Guidelines 2013.

LET'S TALK MILK
It is important to consider the type of milk you are providing children as they progress through the various stages of life. The following outlines the most appropriate type of milk for age.

From 12 months of age:
✓ Cow's milk can be introduced into the diet of children

12 months to 2 years of age:
✓ Full fat milk (4% fat) is recommended for children as they are undergoing rapid growth and development, and milk is a major source of the energy and fat they require during this stage of life

2 years of age and older:
✓ Reduced fat milk (1.5-2% fat) is recommended for children aged 2 years and older by the Australian Dietary Guidelines
✓ Consumption of reduced fat dairy products is an important habit to establish in the early childhood years
✓ As a greater variety of foods are introduced into their diet, children rely less on milk to meet their energy needs.
✓ Reduced fat milk contains the same amount of protein, vitamins and minerals as the full-fat varieties, without the unhealthy fats. Therefore children can reap the health benefits of milk without the excess energy and unhealthy fats.

MORE INFO
Western Sydney Munch & Move team
www.healthykidswesternsydney.com.au
E-mail: WSLHD-MunchAndMove@health.nsw.gov.au

NSW GOVERNMENT HEALTHY EATING ACTIVE LIVING

HEALTHY lunchbox snacks

Swap snacks that are high in fat, sugar, salt and low in fibre for quick and easy healthy snacks!

HEALTHY SNACK IDEAS: ✓	SNACKS BEST LEFT OUT OF THE LUNCHBOX: ✗
<ul style="list-style-type: none"> ✓ Pikelets ✓ Fruit bread ✓ Plain rice cakes ✓ Air-popped popcorn ✓ Wholegrain crackers ✓ Reduced fat yoghurt ✓ Reduced fat cheese ✓ Vegetable sticks eg celery, carrot, capsicum ✓ Cherry tomatoes ✓ Corn cob ✓ Cucumber ✓ Fruit (whole or sliced) eg grapes, orange segments, kiwi fruit, mango slices, pear, apple, banana 	<ul style="list-style-type: none"> ✗ Muffins and cakes ✗ Sweet biscuits ✗ Savoury biscuits ✗ Muesli bars ✗ Sweet rice bars ✗ Fruit straps ✗ Chocolate ✗ Lollies ✗ Potato chips ✗ Corn chips ✗ Processed cheese & biscuits ✗ Soft drink ✗ Flavoured milk ✗ Fruit drinks

SWAP!

Choose water as a drink

Water is the best drink. It has no added sugar. Fruit juice, soft drink, sports drinks and cordials have a lot of sugar. Kids should not drink these every day. Tap water is the best choice. Most tap water contains fluoride which helps kids grow strong teeth.

HOW MUCH SUGAR IS IN DRINKS?

DRINK	SUGAR
No added sugar Water	0g
No added sugar Plain milk	0g
100% fruit juice	Not every day, limit to 1/2 cup (125mL)
Cordial	10g
Energy drink	10g
Fruit flavoured drink	10g
Flavoured milk	10g
Sports drink	10g
Soft drink	10g

1 teaspoon = 4g sugar

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

AGE	WATER
1-5 years	5 x 250ml glasses = 1.25 litres
6-12 years	6 x 250ml glasses = 1.5 litres

TIPS TO HELP KIDS DRINK MORE WATER

- Show them you like drinking water too
- Drink water throughout the day
- Take a bottle of water when you go out
- Pack water with your child's lunch
- Choose water as a drink when playing sport
- Save money - don't buy sugar sweetened drinks

EXTRA WATER FOR ACTIVE

HEALTHY EATING ACTIVE LIVING

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