

# AL AMANAH COLLEGE

Success Through Knowledge

## NEWSLETTER

Issue 04

Thursday 30 June 2022

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

This week marks the end of Term Two. It has been a very busy term for teachers, students and of course parents and carers.

The secondary school mid-year exams commenced Wednesday 22 June was concluded on Thursday 30 June. Teachers will be announcing marks to the students during the first two weeks of Term Three. They will go over the exams during class time. It is very important for students to take notes about the areas in which they identified a weakness. Some parents can be anxious about their child's result in a particular exam and would like immediate feedback from the teacher. I ask that, unless necessary, you wait until the reports are issued at beginning of Term Three, so you get a full picture of how your child is progressing.

Please note that the Primary and Secondary Parent/Teachers' interviews will be held during week two of Term Three. Mid-year reports and primary students' portfolios will be distributed to parents during the interviews.

### Year Twelve Working Hard Towards HSC

Term Three is a very demanding time for Year Twelve as they enter the final phase of schooling. Trial One HSC Examinations will be held in weeks two and three whereas, Trial

Two HSC Examinations will be held in weeks five and six. These examinations are extremely important! I encourage students to prepare thoroughly. The beginning of Term Three is also the time when all practical submissions for the HSC are due. The final weeks of term are a great time for Year Twelve students, however, they need not to switch off from their studies during their final weeks - every minute of effort will count when going into the HSC. This is a very demanding time for students. We wish them all the best of luck through the submission period, their Trial HSC and the final weeks as school students.



### Al Amanah College Students Wearing Uniform with Pride

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

Eid Mubarak to all! Have a wonderful, safe and relaxing holiday. Remember we return to school on Tuesday 19 July.

Yours sincerely,

Ayman Alwan  
Principal

### Dates to Remember

- MONDAY 18 JULY  
Pupil Free Day
- TUESDAY 19 JULY  
Term 3 Starts
- THURSDAY 21 JULY  
Year 6 Gala Day
- MONDAY 25 JULY  
Primary School Parent/Teacher Night
- MONDAY 25 JULY - FRIDAY 5 AUGUST  
Year 12 Trial Examination 1
- TUESDAY 26 JULY  
Secondary School Parent/Teacher Night
- WEDNESDAY 27 JULY  
Eid Fete
- THURSDAY 11 AUGUST  
Year 11 Elevate Session
- MONDAY 15 - FRIDAY 19 AUGUST  
Primary School Science Week
- MONDAY 15 - FRIDAY 26 AUGUST  
Year 12 Trial Examination 2
- THURSDAY 18 AUGUST  
Year 11 SRC Principal Meeting
- THURSDAY 25 AUGUST  
Book Week Parade
- THURSDAY 30 AUGUST  
Primary School Athletics Carnival
- WEDNESDAY 31 AUGUST  
Year 12 First Aid Course
- THURSDAY 1 - FRIDAY 9 SEPTEMBER  
Year 11 Examinations

## Hajj - The Journey of Life Time

As the *Hajj* season has commenced, truthful righteous believers started to feel in their hearts the blessings of this season. Some have started preparing themselves for this Holy journey to *Makkah* and *Madīnah*, the city of the Best Prophet, *Muhammad* peace be upon him.

Others who long for the Holy Cities of *Makkah* and *Madīnah* but are unable to go remained struck with grief and sadness because they are unsure whether or not they would be able to perform *Hajj* in the upcoming years.

*Ibrahim Ibn Adham* was among many who travelled on foot to perform *Hajj*. One day and while walking to *Makkah*, he saw a man riding a camel. The man asked *Ibrahim Ibn Adham*: Where are you going? *Ibrahim* said: I am heading to *Makkah* to perform *Hajj*. The man said: but you need a ride to *Makkah* since it is extremely far. *Ibrahim* said: indeed, I have many but you do not see them. The man said: "Where are they? *Ibrahim* explained: In times of hardship, patience is my ride, in times of prosperity, thankfulness to Allah is my ride, and in times of feeling tempted to commit a sin, I remember that death is coming very soon. Upon hearing this, the man astonishingly said: keep walking; I swear by *Allah* with the strong faith you have in your heart, you are in a better situation than me.

There in *Makkah*, the hearts and the longing souls find their remedy and healing. People circumambulate the sacred House, the Holy *Ka'bah*, with ultimate submission to Allah as if saying: "O Lord, no matter how many times we circumambulate and turn, there is no refuge except with You."

There at the Holy *Ka'bah*, when you make contact with the black stone and kiss it, remember that the lips of the Messenger of *Allah* peace be upon him touched this blessed stone. As you raise your head from *sujud* (prostration) while praying before the *Ka'bah*, you will be overcome by the magnificence of the *Ka'bah*, and recall once again that you are indeed a slave to the Lord of this Sacred House.

When you are performing *sa'iy* between Mount of *As-Safa* and *Al-Marwah*, remember the story of Lady *Hajar* and her dear son Prophet *Ismail*. When Prophet *Ibrahim*

*alayhis-salam* left them both in *Makkah*, which at the time was completely deserted and barren, Lady *Hajar* repeatedly asked him: "O *Ibrahim*, are we to be left alone in this valley with no water, food or companions?" Prophet *Ibrahim* intentions were only to fulfill what *Allah subhanahu wa-ta'ala* ordered him. Lady *Hajar* then said: "Did *Allah* order you to do this?" He replied, "Yes." Upon hearing this, eloquently and with a complete reliance on *Allah* she said: "Then we will not be lost." After that, by the will of *Allah*, fresh pure water sprung out from the ground in large quantities. It was given the name "ZamZam" water.

While wearing the clothes of *Ihram*, people gather on the land of *Arafat* and make supplication to *Allah subhanahu wa-ta'ala*. The Prophet peace be upon him said: <<Devils are most humiliated, belittled, disturbed and frustrated during the Day of *Arafah*. This is due to the descent of great mercies and the forgiveness of major sins on that day.>>

After performing *Hajj* and *Umrah*, people visit *Al-Madīnah al-Munawwarah*, the second best city after *Makkah*.

In Praising *Al-Madīnah*, Prophet *Muhammad* peace be upon him said that the city of *Al-Madīnah* will always be in a better religious state than all other cities".

It is *Al-Madīnah* that *Ad-Dajjal* (the one-eyed imposter) will not be able to enter because it is guarded by great angels.

Also *Al-Bukhariyy* narrated that the Prophet peace be upon him said: "O *Allah*, bless *al-Madīnah* twice as much as *Makkah*".

In *Al-Madīnah* there is *ar-Rawdah*, an area between the grave of Prophet *Muhammad* peace be upon him and his pulpit. On the Day of Judgement, *ar-Rawdah* will be taken to Paradise.

Additionally, *al-Madīnah* is the city that contains the body of the best of *Allah's* creations, Prophet *Muhammad* may *Allah* raise his rank, therefore, the hearts of all Muslims long for it.

## فريضة الحج

قال الله تعالى: { وَيَلِّهِ عَلَى النَّاسِ حُجُّ الْبَيْتِ مَنِ اسْتَطَاعَ إِلَيْهِ سَبِيلًا } [سورة آل عمران/79]  
وقال رسول الله صلى الله عليه وسلم "من حجَّ فلم يرفث ولم يفسق غفر له ما تقدم من ذنبه" رواه الترمذى.

الحج من أعظم أمور الإسلام، ويجب على المستطيع في العمر مرة واحدة. وللحج ستة أركان لا يصح بدونها، وهي:

1. الإحرام: أى النية
2. والوقوف بعرفة
3. وطواف الإفاضة: أى أن يدور حول الكعبة سبع مرات في وقته وبشروط
4. والسعى بين الصفا والمروة سبع مرات
5. والحلق أو التقصير، أى أن يحلق شعره كله، أو يقص بعض شعره، ولو ثلاث شعرات والمرأة تقصر ولا تحلق
6. والترتيب في معظم الأركان

والذى يريد أداء فريضة الحج يجب عليه أن يصحح النية لله تعالى وأن لا يأتي بشئ يُفسد حجه، وليتذكر دائماً أن الله يراه ومطلع عليه لا تخفى عليه خافية. وقد قيل: "ما أكثر الحجيج وأقل الحجيج" يعنى أن هناك من يذهبون لأداء فريضة الحج ويفسدون حجهم بالفسق والكفر والعباد بالله، وهناك من يذهب خاشعاً يرجو ثواب الله تعالى إن أطاعه ويخاف عقابه إن عصاه، ويطلب من الله المغفرة والقبول وحسن الختام.





عيد اضحى  
مبارك  
Eid Adha Mubarak



*Al Amanah College would like to extend  
its warmest wishes to the parents and  
students on the occasion of Eid Ul Adha.  
May Allah accept our good deeds, Ameen.*

تتقدم إدارة مدرسة الأمانة إلى الأهالي والطلاب الكرام  
بأصدق التهاني بمناسبة عيد الأضحى المبارك ونسأل  
الله تعالى أن يعيده علينا باليمن والبركات  
تقبل الله طاعاتكم

فَصَلِّ لِرَبِّكَ وَأَنْحَرْ ﴿٢﴾



# الأضحية

سُنَّةُ نَبِيِّنَا ﷺ وَشِعَارُنَا يَوْمَ الْعِيدِ

**SHEEP: \$160**

(1 PARTICIPANT ONLY  
RELIGIOUSLY)



**COW: \$1300**

(7 PARTICIPANTS ALLOWED  
RELIGIOUSLY)

**CAMEL: \$1450**

(7 PARTICIPANTS ALLOWED  
RELIGIOUSLY)



## Qurban

The Sunnah of our Prophet Muhammad ﷺ

 @SydneyQurban

We accept all kinds of Qurban including ^Aqiqah and Nadhr

Payment Options:

ICPA Office

45 Brancourt Ave  
Bankstown 2200

0490 372 440

Salamah Complex

40 Hector Street  
Chester Hill 2162

0415 479 247

Al Amanah College

55 Speed Street  
Liverpool 2170

0413 817 793

Please do not throw this paper in the rubbish or on the floor

يرجى عدم رمي هذه الورقة على الأرض أو في القمامة



EST. 1998

Sydney

**EID**  
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ADHA  
2022

*is back*

SATURDAY

**16 JULY**

SUNDAY

**17 JULY**

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## الأحاديث الأسبوعية

### Hadiths of the Week



#### Hadith of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
كل معروف صدقة

Which means...

Any permissible favour which is  
done in sincerity is a charity

Related by As-Suyutiyy



#### Hadith of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
لا يَدْخُلُ الْجَنَّةَ قاطع

Which means...

The one who severs ties with kin  
will not be admitted into Paradise  
with the first batch

Related by As-Bukhariyy



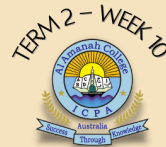
#### Hadith of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
من حج فلم يرفث ولم يفسق خرج من ذنوبه كيوم ولدته أمه

Which means...

Whoever performs Hajj without copulating or  
committing enormous sins is clear of his sins as he  
was on the day his mother gave birth to him

Related by Al-Bukhariyy



قال النبي صلى الله عليه وسلم  
"أفضل الأيام يوم عرفة"

وهو اليوم التاسع من شهر ذي الحجة

Which means...

The best day of the year is the day of Arafah  
(which is the 9th day of the month of Thul-hijjah).

Related by Ibn Hibban

## Covid Major Clean-Up - 28 May 2022

On Saturday 28 May, Al Amanah College resumed its Major Clean-Up sessions to help reduce the risk of the COVID-19 transmission.

This weekend, the School performed its 4th whole school major clean-up for 2022 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, bench tops chairs, door-knobs, doors, handrails, lockers, outdoor seats, play equipment and toilets, as well as the school's outdoor gym and Grand Hall.

The school is actively ensuring all staff members are maintaining regular personal hygiene practises through providing hand sanitisers in each classroom and antibacterial hand soap dispensers near all designated hand basins on a daily basis.

The school has been regularly enhancing its cleaning procedures to ensure the adoption of all reasonably practicable measures to reduce the spread of viruses or germs at our campuses.

We are ensuring our staff members, students and families are following the covid 19 procedures, staying safe and keeping healthy.



## Reminder! Reminder! Reminder! Reminder! Reminder!

### 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 your child's name and class.
- ◇ 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.



## Reminder! Reminder! Reminder! Reminder! Reminder!



### NSW Premier's Reading Challenge (PRC)

Currently, there are sixty three students, inclusive of seven from secondary school students who have started their PRC 2022 challenge.

Students have twelve more weeks to finalise their student reading records before the challenge closes on Friday 19 August 2022.

There are another seventy seven students who have returned their permission notes to enter the PRC Challenge but have not started their entries. Please do so as towards the end of the challenge students will be busy with the coming Book Week event.

If your child needs help with entering their reading record in the PRC website, I am happy to assist them during lunch breaks only. Just provide me with the list of book titles.

Thank you

Al Amanah Library



### Entrance Exams Dates

Years 3 - 11 Entrance Exams	Monday 01/08/2022	Term 3 Week 3
Kindergarten Entrance Exams	Wed 03/08/2022 Wed 10/08/2022 Wed 17/08/2022 (Catch Up)	Term 3 Week 3 Term 3 Week 4 Term 3 Week 5
Years 1 & 2 Entrance Exams	Monday 08/08/2022	Term 3 Week 4

### Food Allergies

Some students are allergic to protein in common foods. Contact with certain food can be life threatening and induce what is called an anaphylactic reaction, usually within minutes of exposure.

The most common triggers of anaphylaxis are:

- Peanuts
- Tree nuts
- Cow's milk
- Egg
- Wheat
- Soy, and
- Fish and shellfish







# AL AMANAH COLLEGE

**Bankstown Campus**  
2 Winspear Avenue  
Tel: (02) 9708 1220  
Fax: (02) 9782 9134

**Liverpool Campus**  
55 Speed Street  
Tel: (02) 9822 8022  
Fax: (02) 9822 8011

**Postal address**  
P. O. Box 969  
Bankstown, NSW 2200  
[www.alamanah.nsw.edu.au](http://www.alamanah.nsw.edu.au)

7 April 2022

## Sentral for Parents App

Dear Parents/Guardians;

We are launching 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**.

The Sentral for Parents app allows you to monitor your child's school journey simply and efficiently. You will find numerous smart features that help streamline your day. Receive messages and notifications from teachers, report absences, make payments for school activities and more. The Sentral for Parents app helps you stay connected and informed about your child's education.

If you have recently changed your email address or mobile telephone number, please let us know so we can update our records.

If you have any question about the School App or if you are having difficulty logging in to your Sentral for Parents portal, please contact the school via email: [admin@alamanah.nsw.edu.au](mailto:admin@alamanah.nsw.edu.au).

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

Yours sincerely

Ayman Alwan  
Principal



## National Simultaneous Story Time 2022

On Wednesday the 25 May, Al Amanah College participated in the National Simultaneous Story time event for 2022.

The NSS is an annual event held by the Australian Library and Information Association that aims to encourage young children to read and enjoy books as well as teach them the value of literacy.

Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, childcare centres, family homes, bookshops, and many other places around Australia. This fosters a sense of community and excitement around reading, there were almost two million participants last year and Al Amanah College was proud to participate once again this year.

The official book chosen this year is titled *Family Tree* written by Josh Pyke. The book is a heartfelt celebration of family, community, and seasons of life to share. Students read and listened to the story and completed various activities that related to the text.

We encourage all students to value reading not only to improve their analytical abilities but to also stimulate memories and broaden their imagination.



## Science in Year One

In science, year one students have been learning about brilliant bubbles. Students were able to identify and discuss the properties of materials that can be used to make bubble wands. Students explored how materials that bend, twist and stretch are more/less suitable to make bubble wands. It was important to test the property of materials to know how we can use them in our everyday lives. They loved the experiment!



## Year Four Students Investigate Fabrics

During term two, Year Four students have been investigating the properties and suitability of different materials with different tensile strength. During an experiment conducted recently, Year Four students investigated whether different types of fabric such as lace, polyester, vinyl and cotton, are to leak, soak or repel water. Students further investigated why certain fabrics are selected for different purposes to produce clothing.

Year Four enjoyed this activity and look forward to more investigations of different fabrics in the upcoming weeks!

Ms El Sabeh and Ms Najjar  
Year Four Teachers



## Year Five Western Sydney Airport Excursion



On Tuesday 7 June, Year Five Students of Al Amanah visited the Western Sydney Airport Experience Centre as part of their geography learning for term two. Students were able to reflect on their knowledge and understandings of the construction of the new airport and its surrounding areas and see the actual site with what has been constructed to date. The students attended a seminar held by the tour guides at the centre. This included a presentation in which students viewed the vision, costs and future prospects of the Western Sydney Airport being built. The tour guides also shared some interesting statistics and facts about the site. An Aboriginal Community and engagement member also joined the seminar and talked to the students about the importance of Aboriginal connection to the land and their belongings. Students all listened attentively, and asked questions based on their curiosities about the site. Following the session, students completed some activities and had lunch at the venue. Overall, it was a wonderful day. We would like to thank the parent helpers who attended the excursion.



Mr Jamleoui and Mrs Hazarvi  
Year Five Teachers



## Year Six Science - Bread Making Investigation

During term two we have been studying the effect of heat on yeast. Students discovered that yeast are single-celled microorganisms that are classified, along with mould and mushrooms, as members of the Kingdom Fungi. We have conducted a range of experiments using yeast and observed specific changes.

Both classes wrote a procedure and made bread. We have learned that the yeast organism expel carbon dioxide as they feed off sugars. As the dough rises and proofs, carbon dioxide is formed; this is why the dough volume increases. The carbon dioxide expands and moves as the bread dough warms and bakes in the oven. The bread rises and sets.

Everyone participated in a positive and safe manner. Students were blown away by the results and devoured the white bread. Outstanding effort, Year Six!

Mrs Khalil and Ms Haidar  
Year Six Teachers



## Primary School Arabic/Religion Competition

بسم الله الرحمن الرحيم والصلاة والسلام على خير الأنبياء والمرسلين سيدنا محمد وعلى آله وأصحابه الطيبين الطاهرين.

اما بعد فقد قال ربنا عز وجل في القران الكريم : {وقل رب زدني علما}

حرصًا منا على تعليم طلابنا العلوم الشرعية الصحيحة ولتحسينهم من الدقائق قام أساتذة الدين واللغة العربية بتحفيظ طلاب المرحلة الابتدائية قصيدة الإمام عبدالغني النابلسي والتي ذكر فيها بعضًا من أهم أمور العقيدة الإسلامية الصحيحة أثناء حصص الصلاة وأقيمت مسابقة شارك فيها عدد كبير من الطلاب وتم توزيع الجوائز عليهم مما أدخل الفرح والسرور على قلوبهم بآذن الله فيهم ولكل من ساهم بهذا العمل .

Our dear students were asked to memorise the hadiths of our beloved Prophet Mohammad (peace be upon him) and Islamic texts. The teachers of the Arabic and the Religion department worked with the students to memorise the poem of Imam Abdul Ghani Al-Nabulsi during the prayer class. Subsequently, the Religion department held a competition in which many students participated. Prizes were distributed to several students which brought joy and happiness to their hearts.

May Allah protect and bless them for their contribution.

### Arabic and Religion Department



### درس أسماء الإشارة



تم بعون الله شرح دروس القواعد (أسماء الإشارة) لطلاب الصف الرابع بطريقة مشوقة وممتعة.

ثم أكمل الطلاب النشاط الذي يعتمد على مطابقة الصور والبطاقات بعد تقسيم الطلاب إلى مجموعات تعتمد على مستوى التلاميذ.



المعلمة إيمان  
معلمة اللغة العربية للصف الرابع

## Year Three Botany Bay Excursion

On Wednesday 15 June, Year Three visited Botany Bay and explored the many features of Kamay National Park. We had a fantastic experience learning about the discovery of Australia including the first Australians who lived in the area and the European settlers.

Students had the opportunity to participate in various fun activities throughout the day. We explored the point of first contact between Aboriginal people and the white settlers by dressing up in colonial costumes and re-enacting the events that took place at the time. We learnt how the Aboriginal people survived in their environment by going on a bush walk using a walking track and learning about the different types of preserved specimens of native plants and animals that exist in the area.

Students had the fun opportunity to build gunyas (Aboriginal shelters) using natural resources in the environment and sketched some of the native flora in the bush land. We had an enjoyable and exciting day and left Kamay National Park with an understanding of European colonisation from both Indigenous and European perspectives.

Year Three Teachers,  
Miss Siddiq & Miss Kabbout



## الحروف العربية في الصف التمهيدى

طريقة ممتعة لتعليم الطلاب في الصف التمهيدي الحروف الأبجدية مع تعلم أسماء الصور لكل حرف عن طريق استخدام هذه البطاقات.

هذه الطريقة تساعد الطلاب على تعلّم نُطق الحروف من الألف إلى الياء وتُنمّي لديهم مهارات القراءة والتذكر.



## Futsal Competition



On the Wednesday 25 and Thursday 26 May, selected students played in the NSW Futsal Championships. It was a day full of friendly competition, sportsmanship and fun!

For the Under 14s, we had three teams for girls and boys. The standout team was Al Amanah White with Jihad Chamma as the player of the day scoring eight goals!

Our girls U14 team also did a fantastic job on the day. We had Al Amanah Blue and Al Amanah White making it to the semi-finals, with Al Amanah white narrowly missing out on the final losing 2 - 1.

The U16 boys were divided into three teams with Al Amanah Gold being the standout and Daniel Saad as player of the day scoring four goals!

Teachers and students enjoyed the day and made many memories. *Thankyou* to the teachers who organised the event and well-done boys and girls for your efforts.



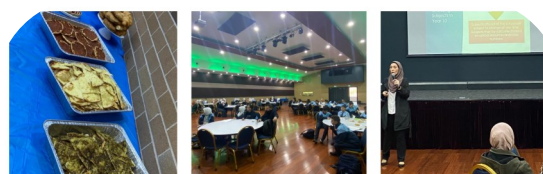
## Year Ten Subject Selection Session 2022

On 2 June, a breakfast was held for Year Ten student and parents to provide information on the subject selection process for Years Eleven and Twelve. The information session provided understanding of the process to transition Year Ten students into their senior studies. The Principal, Mr Alwan, welcomed and addressed the parents and guests for attending the information session and highlighted the importance of our school values with emphasis on academic achievement, as well as the support network within the school.

The Secondary Coordinator, Mrs Dabboussi, highlighted the importance of Year Ten students successfully completing their HSC all my work programme with NESAs, as well as work experience, corp training and mock interviews programme. These initiatives undertaken by the school, aim to develop Year Ten communication skills necessary for not only studies in the Stage Six courses, but also for the workplace should students seek part-time employment while completing their senior years of schooling.

The Curriculum Coordinator, Mrs Kassem, provided attendees with elaborate information to help students and parents make wise decisions regarding course selection in Year Eleven. Students were encouraged to think about their subject strengths, and how to best ensure successful results. Assessments in the senior school and the process of grading and calculating external assessments (ATAR) was also highlighted by Mrs Kassem so that parents and students understand the importance of planning and goal setting in schooling.

The session concluded with parent/teacher meeting and sharing a lovely breakfast organised by the SRC. We hope that sessions like these effectively establish communication with parents and students so that the school is in a position to enable the achievement of the best outcomes of students.



## Year 10 Subject Selection Breakfast



## Year Ten Arabic Excursion

### رحلة قسم اللغة العربية للصف العاشر

في التاسع من شهر حزيران/يونيو نظمت مدرسة الأمانة رحلة للصف العاشر. بدأنا الرحلة بزيارة الى مقبرة روكوود حيث استمعنا الى درس ديني ألقاه علينا الأستاذ/ سامر الشافعي، مدرس مادة الدين والقراءن في المدرسة، بعد ذلك قرأنا الفاتحة وبعض الأدعية وأهدينا ثوابها لأموات المسلمين.

ثم اتجهنا بعد ذلك الى دار الفتوى - المجلس الإسلامي الأعلى في استراليا - فاستمعنا إلى درس ديني عن أهمية تعلم وتعليم علم الدين ألقاه علينا الدكتور الشيخ/إبراهيم الشافعي.

توجهنا بعد ذلك الى مبنى محطة الإذاعة الإسلامية حيث اطلعنا على التطور الذي مرت به الإذاعة وطريقة العمل في كواليس الإذاعة هذا و اتيحت الفرصة لعدد من الطلاب لتجربة بعض المعدات الإذاعية .

أما محطتنا الأخيرة فكانت مطعم الخيال حيث تناولنا طعام الغداء وقمنا بتطبيق ما تعلمناه في دروس اللغة العربية عن الصحة والغذاء.

لقد استمتعنا جميعا بهذه الرحلة ونشكر إدارة المدرسة والمعلمين الذين اتاحوا لنا هذه الفرصة للحصول على قدر كبير من الفوائد الدينية والعملية.

الطالبات:

رجاء حموش وميساء المصري  
من الصف العاشر



## Year Eleven and Twelve Western Sydney Careers Expo Excursion 2022

On Thursday 23 June, our Year Eleven and Twelve cohorts attended the 2022 Western Sydney Careers Expo at Sydney Olympic Park. The senior students continually look forward to and see value in this excursion as they get to explore the vast range of opportunities of careers and study options post HSC. Different universities around Sydney displayed exhibitions which outlined course requirements, and other exhibitions showed employment services, colleges and academies, careers advisors, as well as organisations for different apprenticeships.

Students had the opportunity to visit all the exhibitions which sparked their interest and gathered information on how they could pursue these paths post HSC as well as participate in activities, and ask representatives at the exhibitions questions about careers and courses they were interested in.

In addition to the exhibitions there were numerous seminars organized by NESAs, which provided valuable information on study tips, subject selection, exam techniques and careers for various subjects.

The Western Sydney Careers Expo also helps prepare students make informed decisions about selecting undergraduate courses, the nature of learning at university, scholarship opportunities, as well as special entry requirements.

Students were able to see the value of the exhibition in encouraging effective study plans in order to attain the ATAR requirements for their preferred course. It even inspired students to pursue their passions for the career path they are interested in.

Overall, the students and teachers had an enjoyable day whilst gaining valuable information about various careers and university pathways.



## Casula Powerhouse Arts Centre 2022

On Friday 24 June, Year Twelve students attended the Casula Powerhouse Arts Centre. The students valued this excursion as it gave them an opportunity to see a live dramatic performance in a multimodal format. The performance which our Year Twelve cohort viewed was titled 'I Was There' which detailed the real-life experience of refugees who re-enacted parts of their eventful journey to Australia. This was highly significant for two modules in HSC English as it was based around the concept of human experiences and related to prescribed texts explored in both Standard and Advanced HSC English.

Students had the opportunity to understand the personal experiences of Afghan refugees throughout the performances, whilst emotionally affecting the audience through creating a collective experience. The performance allowed the students to gather ideas on how they could express concepts of human experiences in their HSC. At the end of the performance, students had the opportunity to ask the performers about their experiences, feelings, and how they were able to express their family hardships and traumas in a performance.

This inspired students to create ideas and understand the way of expressing human experiences. Thus, this enhanced the students' understanding for the common module, Texts and Human Experiences and Craft of Writing.

Additionally, there will be a follow-up lesson on the play which was viewed. This allows students to share their thoughts and emotions on the experiences of the performers which was shared to the students being the audience.

Overall, the students and teachers had an enjoyable day, whilst benefitting from viewing a range of first-hand stories and experiences suitable for their HSC English studies.





## Ten Habits of High Effective Students

Some people believe that really successful students are just born that way. True, some students are able to breeze through school with little or no effort. However, the vast majority of successful students achieve their success by developing and applying effective study habits.

**1. Do not try cramming all your studying into one session.**

Successful students typically space their work out over shorter periods of time and rarely try to cram all of their studying into just one or two sessions. If you want to become a successful student then you need to learn to be consistent in your studies and to have regular, yet shorter, study periods.

**2. Plan when you are going to study**

Successful students schedule specific times throughout the week when they are going to complete their studying – and then they stick with their schedule. Students who study sporadically and whimsically typically do not perform as well as students who have a set study schedule.

**3. Study at the same time**

Not only is it important that you plan when you are going to study at the same time each day and each week, your studying will become a regular part of your life. You will be mentally and emotionally more prepared for each study session and each study session will become more productive.

**4. Each study time should have a specific goal**

Simply studying without direction is not effective, you need to know exactly what you need to accomplish during each study session. Before you start studying set a study session goal that supports your overall academic goal (i.e. memorize thirty vocabulary words in order to ace the vocabulary section on an upcoming English test).

**5. Never procrastinate your planned study session**

It is very easy, and common, to put off your study session because of lack of interest in the subject, because you have other things you need to get done first or just because the assignment is hard. Successful students DO NOT procrastinate studying. If you procrastinate your study session, your studying will become much less effective and you may not get everything accomplished that you need to. Procrastination also leads to rushing, and rushing is the number one cause of errors.

**6. Start with the most difficult subject first**

As your most difficult assignment or subject will require the most effort and mental energy you should start with it first. Once you have completed the most difficult work it will be much easier to complete the rest of your work. Believe it or not, starting with the most difficult work will greatly improve the effectiveness of your study sessions and your academic performance.

**7. Always review your notes before starting an assignment**

Obviously, before you can review your notes you must first have notes. Always make sure to take good notes in class. Before you start each study session and before you start a particular assignment review your notes thoroughly to make sure you know how to complete the assignment correctly.

**8. Make sure you are not disturbed while you are studying**

When you are disturbed while you are studying you, (1) lose your train of thought and (2) you get distracted – both of which will lead to very ineffective studying. Before you start studying find a place where you will not be disturbed.

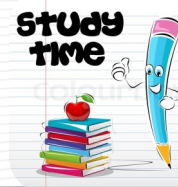
**9. Use study groups effectively**

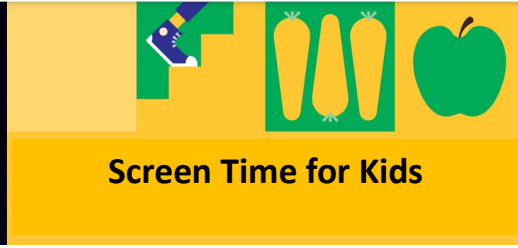
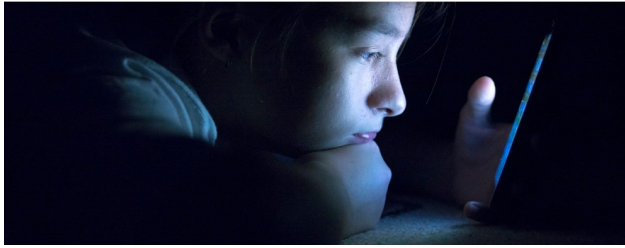
Ever heard the phrase “two heads are better than one”? Well this can be especially true when it comes to studying. Working in groups enables you to (1) get help from other students when you are struggling to understand a concept, (2) complete assignments more quickly and (3) teach others whereby helping both the other student and yourself to internalize the subject matter. However, study groups can become very ineffective if they are not structured and if group members come unprepared. Effective students use study groups effectively.

**10. Review your notes, and schoolwork over the weekend**

Successful students review what they have learned during the week over the weekend. This way, you are well prepared to continue learning new concepts at the beginning of each week which builds upon previous coursework and knowledge acquired the previous week.

Students can also access information on study plans, study skills and time management plans on Moodle.





As young children grow and develop, they need more time in active play, less time sitting and enough [sleep](#) each day to be healthy. Time away from screens is time they can be active and build social skills.

After all, our bodies aren't designed to sit for long periods – we need to move to stay healthy.

Small changes in screen time habits can benefit a child's physical, social, psychological and cognitive development. Plus, making changes together can help the whole family have healthier screen use, including [parents](#).

## What is screen time?

Screen time is spending time in front of a:

- computer
- game
- mobile or smart phone
- tablet or iPad
- TV



How much screen time is too much?

For healthy development, the Australian government guidelines recommend:

- babies and toddlers [under 2](#) have no screen time
- pre-schoolers aged [2 to 5](#) have no more than 1 hour per day
- children aged [5 to 17](#) have no more than 2 hours per day (not counting school activities)

## Why is too much screen time a problem?

Research from [CoLab](#) shows that too much screen time can affect children's health and development in many ways.

Social, emotional and cognitive

- Difficulty with social skills and relationship building, for example between children and their parents
- Reduced motivation and self-esteem
- Cognitive development – screens can distract children from exploration and play
- Exposure to inappropriate content can impact future behaviour

Physical

- Disrupted sleep due to exposure to blue light (learn more about the [effects of screens on sleep](#))
- Language delays and reduced verbal interactions
- Not getting enough physical activity which can lead to obesity
- Problems with eyesight development as a result of a lack of sunlight
- More likely to snack on unhealthy foods and not eat enough fruit and veggies

## Tips to help reduce screen time for the whole family

Establishing positive routines and habits early can make it easier to manage your family's screen time in the long run. Here are some ideas to get you started.

- **Establish rules and routines**  
Start by encouraging no screens at meal times or in the bedroom. Help to reinforce the rules by eating together as a family without screens and restricting screens before bed.
- **Break up and limit screen time**  
Try setting a timer for 20-30 minutes (give a 5 minute warning before time is up).
- **Work towards screen-free days**  
Start by replacing just half an hour of screen time with [activities you can do as a family](#). You could even come up with a reward system for spending less time on screens as a positive incentive to reduce screen time.
- **Break the habit out of the home**  
When going out, consider taking toys and books instead of screens.
- **Be a role model**  
Demonstrating positive habits yourself can influence the whole family's relationship to screens.

## Activities to replace screen time

While screens can be useful for learning and entertainment, they can not replace the health benefits of being active, like developing social skills and improving sleep. Consider balancing screen time with other activities your family enjoys that promote health and develop new skills, such as:

- cooking together (check out these [family friendly recipes](#))
- getting active through [play or family activities](#)
- reading a book or have story time
- going for a walk or bike ride
- getting creative with art and craft



## Healthy screen use for adults

Finding your own balanced and positive ways to use screens can also set good examples for children. Here are some ideas for balancing out your screen time during the day.

- **Relaxation and entertainment** – mix it up and make sure screen time is just one of the ways you relax (not the only way)
- **Sitting at the desk** – take regular breaks to stand up, get some water or take a short walk
- **Communication and social media** – Set aside some phone-free time each day, so you can be 'in the moment' with your family. If it is not urgent, hold off responding to messages if you're in the middle of listening or talking to someone.

**Tip:** If you want to check how much time you are spending on your screen, you can monitor your usage in the settings, or consider a timer or app to help reduce your screen time. Learn more about [managing adult screen time](#).

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