

AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 05

Friday 19 August 2022

Message from the Principal's Office

Dear Parents, Caregivers, Students and Staff;

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

Semester one of 2022 brought many challenges as Al Amanah College continues to be a vibrant, well managed and effective school with strong Islamic, academic, social, cultural and sporting programmes.

At the start of the term Darul-Fatwa, the Islamic High Council, held two Professional and Islamic awareness training sessions for our 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.

Moreover, teachers continued evaluating their programmes making necessary changes for 2022.

Term three is typically busy, exacerbated by many activities associated with Islamic celebrations involving our Arabic and Religion Departments and other departments across all KLAS. Some of this term's activities included our Eid Ul-Adha fete, the new Hijri year celebration and in various school activities and excursions.

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 is due. This year, our Year Twelve cohort have sat Trials One during weeks two and three. HSC Trials Two will be during weeks five and six. I encourage all students to continue preparing thoroughly for their final examination.

With the onset of the Year Twelve students' final weeks of school, they will be immersed in the joy and excitement of reaching the end of their journey as school students. However, during this time, they should not switch off from their studies as every minute of effort will count towards preparing for the HSC.

School Aim

At Al Amanah College, our mission is to cultivate and

sustain a collaborated environment that nourishes superbness in teaching, service and community engagement. Our aim is to provide a broad and balanced curriculum for all students in keeping with the requirements of NESA. Our highly experienced teaching staff members address the needs of all students, develop their skills and nurture their efficiency and learning performance for a high productive scholastic future.

NAPLAN

Our dedicated teachers focused on the learning needs of our Years Three, Five, Seven and Nine students and provided them with ongoing assistance in the preparation for the NAPLAN tests. Consequently, our students showed successful results and growth in their NAPLAN results this year. These results will assist the school to further understand how our students are progressing and provide us with extra information allowing us to develop and nurture our programmes and activities that target areas of learning needs. I heartily congratulate teachers for their loyal teaching, and students for their massive effort and progress in their learnings. We look forward to achieving better NAPLAN results in the coming years.

Finally, I would like to bring your attention to parent-school partnerships. We thank the parents for completing our annual satisfaction surveys. This feedback will greatly assist in our analysis of the school operation. One of the most important components of a school's success is having a healthy and supportive communication between families and the school. This positive relationship is one of the key factors that carries students to great achievements. I kindly ask the caregivers to give importance to this matter and stay connected with the school. The 'Sentral' school's app can now be downloaded on Apple or Android devices.

Yours Sincerely,

Ayman Alwan
Principal

Dates to Remember

MONDAY 22 AUGUST
Primary Book Week

TUESDAY 23 AUGUST
Year 11 Biology Excursion

WEDNESDAY 31 AUGUST
Year 12 First Aid Training

THURSDAY 1 - FRIDAY 9 SEPTEMBER
Year 11 Examinations

TUESDAY 6 SEPTEMBER
Year 12 End of Year Excursion

WEDNESDAY 7 SEPTEMBER
Year 6 Math Cup Competition

WEDNESDAY 7 SEPTEMBER
Year 5 Hyde Park Barracks Excursion

THURSDAY 8 SEPTEMBER
Year 1 Auburn Botanic Garden Excursion

MONDAY 12 SEPTEMBER
Primary Science Incursion

TUESDAY 13 SEPTEMBER
Year 4 First Fleet Park Excursion

THURSDAY 15 SEPTEMBER
Year 3 Botanic Garden Excursion

FRIDAY 16 SEPTEMBER
Year 12 Graduation

MONDAY 19 - FRIDAY 23 SEPTEMBER
Year 10 Work Experience

THURSDAY 22 SEPTEMBER
Public Speaking Competition

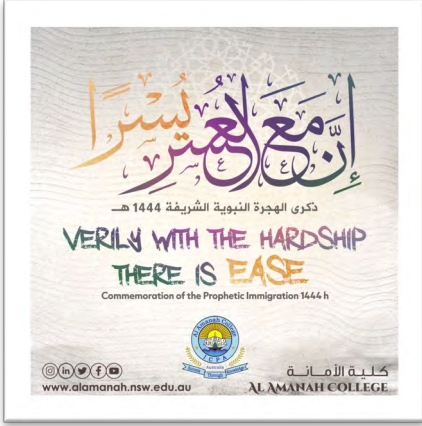
THURSDAY 22 SEPTEMBER
Term 3 Ends

TUESDAY 11 OCTOBER
Term 4 Starts

الهجرة المباركة

عنه وأبلس سُرَاقَة سوارى كسرى كما أخبر النَّبِيُّ الأعظم مُحَمَّدٌ صلى الله عليه وسلم.

وتابع النَّبِيُّ مُحَمَّدٌ صلى الله عليه وسلم رحلته مع الصديق حتى وصلا إلى المدينة المنورة حيث كان المسلمون من أهل المدينة ينتظرون وصوله. ولما علموا بوصولهم صلى الله عليه وسلم عمت الفرحة والسعادة وأشرقت المدينة المنورة بنور النَّبِيِّ الأعظم. وكانت الهجرة فاتحة خير وتأسيسًا للدولة الإسلامية التي كانت منطلقًا لنشر الدعوة. وتعليم الناس أمور دينهم.



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

وفى هذه الأثناء يقرب سُرَاقَة وهو يسمع قراءة النَّبِيِّ صلى الله عليه وسلم والصديق يكثر من الالتفات يمنة ويسرة خوفاً من عدو يريد بصاحبه وحبيبه سُرَاقَة، فيرى سُرَاقَة قد أدركهما ويعلم النَّبِيُّ بذلك فيدعو النَّبِيُّ صلى الله عليه وسلم قائلاً: "اللهم اكفنا بما شئت وكيف شئت" رواه الإمام أحمد. وهنا تظهر إحدى معجزاته صلى الله عليه وسلم فيتسوخ فوائم فرس سُرَاقَة في الأرض فينب عنه خائفاً وقد علم أن لمطلوبه شأنًا عظيمًا عند الله. فيناديه سُرَاقَة ويسأله أن يدعو الله له قائلاً: "ادع الله أن ينجيني مما أنا فيه، فوالله لأعمنّ على من ورائي من الطلب" فيدعو خير الخلق صلى الله عليه وسلم ربّه فينقذ الله فرس سُرَاقَة، ويقرب متفكرًا فيما حدث له، ويخبر النَّبِيُّ صلى الله عليه وسلم أخبار ما تريد بهما فريش من الأذى.

وهنا يخاطبه الرسول الأعظم فيقول له "كأنى بك قد لبست سوارى كسرى" رواه البيهقي في السنن. يمشى سُرَاقَة 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 سُرَاقَة بن مالك سنة ثمان للهجرة، وبعد انهزام الفرس في معركة القادسية وعودة جنود المسلمين قام سيدنا عمر بن الخطاب رضى الله

ثلاث عشرة عاماً من مبعث النَّبِيِّ الأُمِّيِّ الأُمِين صلى الله عليه وسلم فضاءً في الدعوة إلى دين الله تبارك وتعالى، جاء الأمر الإلهي بالهجرة إلى المدينة المنورة بنور الهدى المحمدي، وذلك بعد أن هاجر قبلة الكثير من أتباعه فاستجاب خير الخلق لأمر ربه وخرج برفاقه صاحبه الصديق في هذه الرحلة المباركة التي كانت حدثًا تاريخيًا مهمًا وتحولاً كبيرًا في مسار هذه الدعوة الحقّة، وأظهر الله تبارك وتعالى في هذا الحدث من المعجزات ما تبت به قلوب المؤمنين الصادقين، وكان سببًا وعاملًا عظيمًا في هداية أناس وإنقاذهم من الضلالة والشرك إلى الهداية والنور والسعادة الأبدية.

وتستوقفنا في هذه الهجرة المباركة إحدى المعجزات النبوية وهي التي شهدناها أحد القفائين من قبيلة كنانة هو سُرَاقَة بن مالك، وذلك لما كان النَّبِيُّ المصطفى صلى الله عليه وسلم وصاحبه الصديق في طريقهما إلى غار نور متواريين عن أنظار فريش الذين خرجوا يريدون قتلهما، فعى أثناء ذلك يلتقى أبو سفيان سُرَاقَة فيعرض عليه مائة من الإبل لقاء أن يردَّ النَّبِيُّ صلى الله عليه وسلم وصاحبه إلى فريش، بعد أن أعلن بين مشركي فريش أن من أتى بمحمد صلى الله عليه وسلم له مئة من الإبل، فعقد سُرَاقَة النية على أن يستأجر وحده بالغنيمة وخرج يطلب النَّبِيَّ الأُمِين وصاحبه الصديق ولما كان السحر (وهو وقت قبل الفجر) امتطى صهوة جواده وسلك طريق المدينة وبقي

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*.



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 full name 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 acquire at the front office.

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 arrives late (after 8:40am), he/she 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 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.

Please note: students will not be withdrawn from class until the parent/guardian arrives.

GOOD ATTENDANCE FOR SUCCESS
Every Minute
in School Counts



Timetable

School Hours



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

Secondary	
Morning assembly	8: 15am
Recess	11:00am Mon - Thu 10:40am Fri
Prayer/Lunch	1:00pm- 2:00pm
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 are given at this time.

Students recite the Hadith of the week during morning assembly.

الأحاديث الأسبوعية

Hadiths of the Week

Term 3 - Week 1

Hadith of the Week

لعن رسول الله ﷺ الرَّجُلَ يَلْبَسُ لِبْسَةَ
الْمَرْأَةِ وَالْمَرْأَةَ تَلْبَسُ لِبْسَةَ الرَّجُلِ
which means

The Prophet ﷺ damned the man that wears any clothes specific to women and he damned the woman that wears any clothes specific to men.”

Narrated by Abu Dawud and others

Term 3 - Week 2

Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ
أَفْضَلُ الصَّيَامِ بَعْدَ رَمَضَانَ شَهْرُ اللَّهِ الْمُحَرَّمُ وَأَفْضَلُ
الصَّلَاةِ بَعْدَ الْفَرِيضَةِ صَلَاةُ اللَّيْلِ
which means

The most rewardable fasting after Ramadan is during Al-Muharram, and the most rewardable Prayer after the obligatory Prayer is the night Prayer.

Narrated by Muslim and others

Term 3 - Week 3

Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ:
إِنَّ الْعَبْدَ لَيَتَكَلَّمُ بِالْكَلِمَةِ لَا يَرَى بِهَا بَأْسًا
يَهْوِي بِهَا فِي النَّارِ سَبْعِينَ خَرِيفًا
which means

A slave may utter a statement which he deems harmless that results in his falling the depth of seventy years into hellfire

Narrated by At-Tirmidhiyy

Term 3 - Week 4

Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ
مَنْ وَسَّعَ عَلَى أَهْلِهِ يَوْمَ عَاشُورَاءَ
وَسَّعَ اللَّهُ عَلَيْهِ سَائِرَ سَنَتِهِ
which means

Whoever provides for his dependants lavishly on ^Ashura' (i.e., 10th of Al-Muharram), Allah will provide him with wide sustenance for the rest of his year

Narrated by Al-Bayhaqiyy and others

Term 3 - Week 5

Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ:
مَثَلُ الْمُؤْمِنِينَ فِي تَوَادُّهِمْ وَتَرَاحُمِهِمْ وَتَعَاطُفِهِمْ
مَثَلُ الْجَسَدِ إِذَا اشْتَكَى مِنْهُ عُضْوٌ تَدَاعَى لَهُ سَائِرُ
الْجَسَدِ بِالسَّهْرِ وَالْحُمَّى
which means

The Believers with their mutual love, mercy and care are like the body; when one of its parts is ill, all of other parts join to share its sleeplessness and fever.

Narrated by Al-Bukhariyy and Muslim

Term 3 - Week 6

Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ:
الْمَكْرُ وَالْجِدَاعُ فِي النَّارِ
which means

The one who harms a Muslim deceptively did an act for which he deserves the torture in Hellfire

Narrated by At-Tabaraniyy

Eid Fete at Al Amanah College

On Wednesday 27 July Al Amanah College held a fun filled fete to celebrate the joyous occasion of Eid Al-Adha. The Eid Fete was held at the school campus with primary school celebrating in the morning followed by high school for the remainder of the day.

Primary students enjoyed a range of activities organised by teachers including face painting, arts and craft, biscuit decorating, basketball competition, target shooting game, bean bag throw, monster crunch and bowling games. There was a range of delicious food available for purchase during the fete including Krispy Kreme donuts, spider drinks, hot corn, and special Eid gifts. The students celebrated this wonderful occasion while participating in a range of physical activities including Bungee Run and multiple jumping castles. A barbeque lunch was organised to celebrate this joyous occasion which everyone enjoyed. The secondary school boys and girls attended separate valuable religious lessons given by Sheikh Samer Alshafie and Sheikh Amr Alshelh. They also enjoyed the barbeque and a dessert selection of donuts and spider drinks with their friends.

The day was a huge success for the entire student body with many primary students going home with fabulous prizes they won during the day!

A big thankyou to all the teachers, students and staff who helped to ensure the success of this event.

SRC Coordinators



SRC Meeting With Principal

On Wednesday 3 August the SRC committee held a meeting with the College Principal, Mr Alwan, to discuss new ideas to help improve the school's environment.

Students participated by voicing their thoughts to the principal. Mr Alwan reminded us of the importance of being a member of the SRC. He discussed the significance of Al Amanah values, how we should guide our peers both religiously and academically, and how to represent our peers.

The three key ideas that the SRC members discussed were:

- Organising events where students would generate money through fundraisers.
- Allocating roles for students in both high school and primary school
- Organising recycling bins.

Overall, the meeting was a great success and we thank all those involved.

Yara Mhalhal
8G Student



SRC Cake Stall Fundraiser

Al Amanah College SRC held a fundraiser on Thursday 4 August to raise funds for the New Hijri Year Celebration. Students and teachers donated cakes, cupcakes and donuts to sell. The fundraiser was a huge success, with plenty of money being raised for various. The school commends the SRC Committee and the Coordinators on their remarkable sales and organisation. We also thank the students, parents and teachers for their support.



Hijri Year Celebration

On Friday 5 August 2022, Al Amanah College celebrated the blessed occasion of the New Hijri Year 1444. The MC, Hadi Tabbara Year Eleven Class Captain, introduced Ayman El-Kabbout to the stage for a beautiful recitation from the Holy Quran. Selected Primary School students then took to the stage for a beautiful performance.

Sheikh Samer Al Shafie Al Azhary provided an insightful Islamic lesson about the Prophet and his companions migration from Makkah to Medina. The blessed Migration displayed an honourable strife for human excellence and contained several lessons of patience, forbearance, knowledge and wisdom; enrichment for future generations to implement and use to iron out difficulties, overcome hardships and learn to persevere. This was preceded with a beautiful poetic recitation and performance by the kindergarten students led by Ms Iman.

Sheikh Samer Alshafie and Sheikh Mohammad Halabi announced the winners of the Hijra Competition. Students were asked various questions regarding the beautiful occurrences on this event for an opportunity to win prizes.

Congratulations to the winners of the Islamic poem Memorisation Competition Bilal El Hallak, Heba Kfoury and Ibrahim Alshafie. The poem was memorised during prayer time. Bilal has outstandingly won the major prize (iPad), whereas Heba and Ibrahim won \$100 cash each.

The ICPA Youth Islamic chanting band delighted the audience with a lovely Nasheed about our beloved Prophet Mohammed (Peace and Blessings be upon Him) and this great occasion.

The school principal, Mr Alwan, concluded the event by thanking the religion department for their tireless efforts and congratulated the school community on this great occasion. Mr Alwan spoke about the importance of this great occasion in the Islamic calendar and the importance of following and implementing the teachings of our Master prophet Muhammad, peace be upon him.

Wishing everyone and their families a happy and blessed Hijri New Year.

مدارس الأمانة تحتفي بالعام الهجري الجديد

بمناسبة حلول العام الهجري الجديد أقامت مدرسة الأمانة الإسلامية احتفالا لطلابها. أفتتح الإحتفال بتلاوة آيات من القرآن الكريم تلاها الطالب أيمن القبوط من الصف الحادي عشر.

وألقى الشيخ الأزهري سامر الشافعي درسا عن الهجرة المباركة شرح فيها ما حصل مع رسول الله صلى الله عليه وسلم من أحداث ومع بعض أصحابه رضوان الله عليهم خلال رحلة هجرتهم من مكة إلى المدينة المنورة.

هذا وقامت وحدة الدين واللغة العربية بتوزيع جوائز نقدية على الطلاب الذين شاركوا في المسابقة التي قام بتقديمها الشيخ محمد حلي والشيخ سامر الشافعي.

كما تم تقديم جوائز وهدايا للفائزين في مسابقة تحفيظ قصيدة 'الترك بأثار النبي صلى الله عليه وسلم'، وقد فاز بالمسابقة الطالب بلال الحلاق حيث حاز على الجائزة الكبرى. وحاز الطالبان ابراهيم الشافعي وهبه كفوري على جائزة نقدية بقيمة ١٠٠ دولار لكل منهما.

وقد أدى فريق الإنشاد الديني للناشئة في جمعية المشاريع الخيرية الإسلامية وصلة إنشادية رائعة عن الهجرة النبوية الشريفة ومدحوا رسول الله صلى الله عليه وسلم فأدخلوا البهجة والسرور الى قلوب إخوانهم الطلاب الذين سعدوا بهم وشاركوا معهم بمدح النبي الأكرم صلى الله عليه وسلم. وكان لطلاب صف الروضة أيضا فقرة لطيفة في هذه المناسبة.

وكانت كلمة الختام لمدير المدرسة الأستاذ أيمن علوان حث فيها الطلاب على أخذ العبر من هجرة النبي الأكرم صلى الله عليه وسلم والافتداء بسيرته العطرة والالتزام بتعاليم الدين الإسلامي، كما شكر فيها كل من ساهم في إنجاح هذا الحفل كما هنا الطلاب المشاركين في المسابقة.

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



Star Student of the Week

K - 1

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6



Mustafaraza
Vansiwala

KH

Judy Krayem

KS

Ameera Raad

KE

Jamal Al Said

1M

Noora Soueid

1B

Aminah Karhani

K/1H

2 - 6

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6



Ahmed Yahya

2D

Youssed Alzubaidy

2E

Lezeta Yilmaz

3K

Lamar Alyafeai

3S

Rowa Kahil

4C

Hussain Al Najar

4E

نحن نكتب نحن نلون

هذا جانب من بعض النشاطات يقوم
التي يقوم بها تلاميذ الصف التمهيدي
أثناء درس اللغة العربية.

المعلمة نسرين
معلمة اللغة العربية



Year Two Rouse Hill Estate Excursion

As part of the History unit 'Uncovering the Past', Year Two students visited Rouse Hill Estate where they had an opportunity to explore working areas of the former farm, and investigate what life would have been like for children living in the 1800's.

Students enjoyed visiting the old milking shed and exploring the beautiful stables that the Rouse family built for their horses. They participated in chores that would have been part of daily life for children living on the farm. Students also had the chance to feed the chooks, hang out washing and pump water from a water tank.

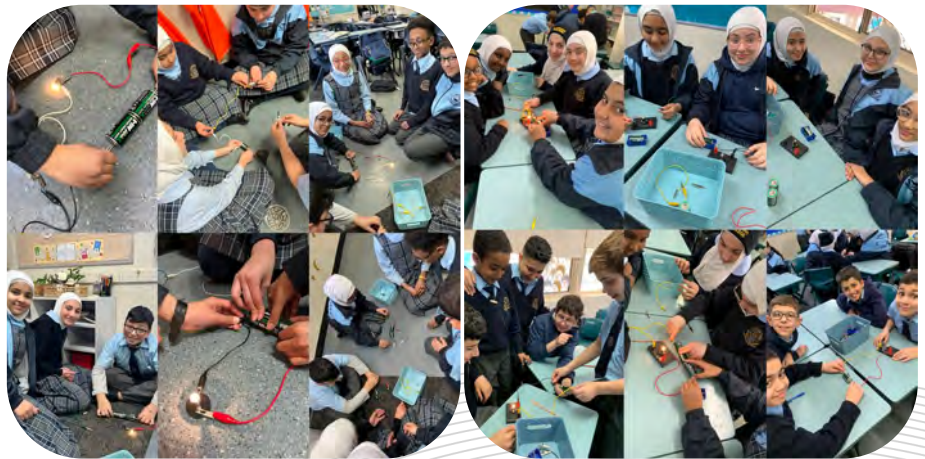
It was a great experience!

Ms Dennawi & Mrs El-Mazloun
Year two Teachers

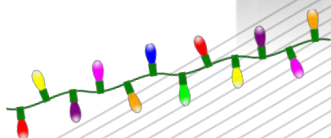


Year Six - Light Show

This term, Year Six are learning about electricity for science. In class they had the opportunity to explore the science of electricity and light. Students were involved in multiple opportunities to discuss sustainability in terms of energy usage and renewable versus non-renewable energy sources. Students will continue to learn about how electricity produces light. To consolidate what has been learnt in theory, students had the opportunity to build a simple circuit using wire, switches, bulbs, and batteries. Students did a fantastic job at building their very own simple circuit intending to design their own light festival in class as part of their inquiry focus. They were so intrigued by the results that they enthusiastically made their own investigations by adding extra batteries and bulbs.



Well done, Year Six!



Al Amanah Leaders and Mentors Camp July 2022

From Saturday 2 July until Tuesday 5 July, Year Eleven boys embarked on a Leaders and Mentors Camp to Point Wollstonecraft Sports and Recreation Centre with the school Imam Sheikh Amr Alshelh.

The main purpose for this camp is to instil the school's Islamic ethics and positive values in our youth to help them grow into successful and responsible individuals. Al Amanah College Leaders and Mentors camp is one of many initiatives that the school undertakes as part of the National Chaplaincy Programme introduced by the Australian Government in 2022. Our camps are designed to support a variety of learning areas and to strengthen student well-being. The school acknowledges the receipt of government grants to support its mission in the areas of pastoral care. The School's Imam Sheikh Amr Alshelh under the guidance of the school Principal, Mr Alwan, has worked to implement this programme with the "Leaders and Mentors Camp" initiative in order to build values which are essential for building a strong cohort of leaders amongst the school and the wider community.

The camp involved the students undertaking daily sessions of religious lessons about the importance of possessing and displaying the great characteristics of a pious Muslim. The students were also given lectures about the lives of the Prophet's companions and how their portrayal of the good characteristics helped spread the call of Islam. In addition, students were given an opportunity to learn and grow as a team that looks towards bettering the Australian Muslim community into the future.

Despite the challenges of the extremely rainy weather conditions, students and teachers participated in indoor team bonding activities and leadership skills sessions. The students were also able to participate in outdoor activities such as kayaking and archery. Overall, the camp was enjoyable for all involved. It left the students with an enriched understanding of Islamic values. We thank all volunteers for their assistance and valuable time.

We ask Allah to strengthen us and to protect our children and enable them to spread the true knowledge of Islam, in a peaceful and harmonious way.

Sheikh Amr Alshelh
Al Amanah College Imam



AAC Year Twelve Study Camp 2022

This year our Year Twelve students had the opportunity to attend the traditional study camp of Al Amanah College. Students undertook approximately four educational study sessions daily in different subjects which comprised of examining past HSC exams for all subjects. Furthermore, in preparation for the upcoming Trials and HSC exams, students collaborated with each other by explaining concepts and theoretical knowledge, in order to assist with answering the set questions.

Despite the wet weather conditions, students still managed to have fun and socialise as well as benefit from the highlight of this study camp which was the Islamic lectures conducted each day by our religious leaders and mentors. Dr Sheikh Salim Alwan Al-Husainiyy also visited and delivered an informative religious lesson to the students. May Allah reward them for spreading the true knowledge and creed of Islam.

This HSC study camp was highly beneficial for all the attendees. It was truly a week to remember, filled with happiness, joy and knowledge. On behalf of the Year Twelve cohort, we would like to express our gratitude and thank the teachers and volunteers who assisted and dedicated their time with making the camp an enjoyable experience for the students.



Year Ten Elevate Session

On July 28 Year Ten attended another Elevate study session. The session was run by Adam who gave each of us a "Guide to Success" workbook and began by emphasising that in order to achieve your personal best, you must complete all three steps, which are learn, master, and create. The advisor not only listed these three steps, but he also explained how to complete them to the best of your ability.

To complete the first step of studying (LEARN), Adam provided four rules: use the provided syllabus, make notes throughout the term, use a folder and loose leaf paper to make your notes, and pay attention to space and colour with the use of trigger words and highlighters/different coloured pens. It is well known that most people all over the world need to cut the number of words in their notes by 80%. Adam perfectly explained how using trigger words can help someone who struggles to remember large chunks of their notes. The second step Adam covered was 'Master,' in which he provided three rules and explained them in detail so that students could endure ways to master their studying. The three rules ranged from using a review system by taking notes and consistently reading these notes, to using mind mapping, which I see as a very beneficial form of studying because it consists of one big heading, subheadings, and trigger words to further enlighten your memory. The use of past papers was one of the main rules that Adam consistently reminded us of. It has been stated that it is highly productive to complete three past papers prior to your exam; these past papers can be completed with an open book and open time; after completing these past papers, it is critical to have these checked by a teacher. Furthermore, completing past papers provides the student with a good idea of what to expect and the types of questions they will face in an exam.

The third step Adam enlightened us on was 'CREATE', where he gave us one simple rule 'extra reading', to complete this step Adam expressed that students will need to cover content as the term goes on, consistently check their syllabus, check past papers and whilst completing things, students must also look for quotes, counter-arguments, facts and stats. Another key point Adam emphasised is the use of different colours whilst writing. When a student has a page full of information with the use of one colour, it is a lot harder to distinguish between the main points and the less important points.

Overall, the Elevate Session was an amazing experience filled with laughter and joy. Adam expressed how beneficial these sessions are and really helped many of the students have a clear image of how to study for the upcoming exams.

Mariam Srour
Year Ten Student



Year Eleven Elevate Session

On Friday 12 August 2022, Year Eleven students attended an elevate session 'Memory and Mnemonics' which outlined the importance of paying attention, study environments, memory storage, and memory retrieval. This session was highly beneficial, as it allowed the students an insightful outlook into the functions of our thought process, and the way we retain information with studies by researchers to further support their claims. It also provided the students with methods to implement during their study sessions to improve their memory retainment skills, and increase their attention span whilst effectively studying.

Many students interacted with the presenter, expressing their interest in the subject matter and asking questions to improve their study habits and implement new techniques during their routines.

The Year Eleven cohort would like to thank Al Amanah College for allowing us the opportunity of attending this beneficial elevate session, and will be sure to implement the techniques which we were introduced to in future study sessions.

Dora Rajab
Year Eleven Students



Year Ten Work Experience 2022

This year there are about fifty-five students who have the opportunity to participate in work experience and they will gain an invaluable insight into the workplace environment. Work experience presents a new learning challenge for our students about adapting to a different environment. As always, we have very high expectations of our students presenting themselves with dignity and always upholding school values and ethos. We wish our Year Ten students all the very best with this year's work experience and hope they will return to school in term four with greater maturity and sense of responsibility.

What is Work Experience?

Al Amanah College is very proud of its work experience programme. It gives its students the opportunity to experience the "world of work", broaden their knowledge and help decide on possible career options, through a short term placement. Work experience allows students to:

- Observe different types of work being done
- Ask questions about the work
- Gain skills and knowledge
- Undertake supervised work that is appropriate to the students' levels

What are the Benefits of Work Experience?

This programme will enable students to:

- Experience the world of work
- Gain insight into paid work
- Recognise the value of work place learning
- Increase knowledge on the nature of work, such as new technology, work place "rights" for employers and employees.
- Establish an informed decision for career choice

es and career opportunities

- Further develop practical and theoretical skills associated with the workplace.
- Improve interpersonal skills
- Increase self-esteem and self confidence
- Establish possible contacts with employers
- Explore a range of workplace experiences
- Gain a positive attitude towards work

Advice to Year Ten on Work Experience

1. Before starting work experience

- Read and work through the work experience resource booklet
- Ring the employer at least one week before starting the work experience to find out:

- ◇ Starting time
- ◇ Finishing time
- ◇ Dress code
- ◇ Any other special requirements

- Be responsible for finishing the work experience
- Assessment Log Book

2. During work placement learning programme

- * Be positive and enthusiastic.
- * Be polite, courteous and respectful.
- * Communicate in an effective manner.
- * Utilize skills and knowledge appropriately.
- * Observe rules and regulations of the work place.

- * Follow instruction in the work place.
- * Notify the school/employer if absent
- * Notify the employer if late.
- * Dress appropriately in accordance to workplace standards and the school Islamic policy.
- * Put in 100% effort to make the most of the work experience opportunity.

3. After work placement learning programme

Collect **Assessment log book** and **employer assessment** form from the employer

Thank the employer for the opportunity

4. Important Islamic Advice

During work placement learning programme:

- 1) Not consume any non halal food/drinks under any circumstances.
- 2) Not neglect daily Islamic obligations while working.
- 3) Not take any property that does not belong to you. The employer offered you trust so be trustworthy.
- 4) Avoid putting yourself in a situation where there is not a third party in the same room.
- 5) Remember that you are an Australian representing Muslims, so be the best to make everyone proud.

Mr Kumar
Careers Advisor



SCHOOL ZONE OFFENCES

WHAT ARE **YOU** RISKING?*

FACT

Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need **YOU** to take extra care when driving and parking around school zones.



No Parking (KISS & RIDE)

You have 2 minutes to drop-off or pick-up and must stay within 3 metres of your vehicle.

PENALTY
\$201
+ 2 DEMERIT POINTS

Pedestrian Crossings

Do not stop or park on or near a marked crossing.

PENALTY
\$481
+ 2 DEMERIT POINTS



No Stopping

You are not permitted to stop on a length of road with a no stopping sign.

PENALTY
\$362
+ 2 DEMERIT POINTS

Driveways

Do not stop on or across a driveway.

PENALTY
\$362
+ 2 DEMERIT POINTS



Bus Zone

You must not stop your vehicle in a Bus Zone unless you are driving a public bus.

PENALTY
\$362
+ 2 DEMERIT POINTS

Intersections

Do not stop within 10 metres of an intersection.

PENALTY
\$481
+ 2 DEMERIT POINTS



Mobile Phone Use

Do not use a hand held mobile phone while driving.

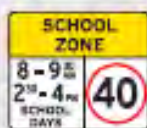
PENALTY
\$481
+ 5 DEMERIT POINTS

Parallel Parking

Do not park too close to double barrier or dividing centre line.

PENALTY
\$362
+ 2 DEMERIT POINTS

School Zone Speeding Offences



40km/h is the speed limit. Children are vulnerable in school zones.

MIN PENALTY
\$211
+ 2 DEMERIT POINTS

Double Parking

Do not double park in a school zone.

PENALTY
\$362
+ 2 DEMERIT POINTS

Footpath and Nature Strip

Do not stop on a footpath, nature strip or obstruct ramp or path access.

PENALTY
\$362
+ 2 DEMERIT POINTS

LIVERPOOL
CITY
COUNCIL

*Fines current as of 1 July 2022. Fines and demerit points are subject to change.

School Zone Penalties

- Effective 1 July 2022, penalties apply in school zones -
(minimum fines, subject to change)

* these values are doubled during designated holiday/long weekend periods

Offence	Minimum Fine	Minimum Loss of Demerit Points
Stop on or near: <ul style="list-style-type: none"> • A pedestrian crossing • A children's crossing 	\$481 \$481	2 2
Double park	\$362	2
Stop on or across a driveway	\$362	2
Make an illegal U-turn	\$362	2
Use a mobile phone while driving	\$481	5*
Not give way to a pedestrian on a pedestrian crossing	\$603	4
Not reverse vehicle safely	\$283	3
Park on path/strip	\$362	2
Parallel park close to dividing line/strip	\$362	2
Exceed 40km/h in a school zone in a light vehicle: <ul style="list-style-type: none"> • 10 km/h and under • Over 10 km/h • Over 20 km/h • Over 30 km/h • Over 45 km/hr 	\$211 \$379 \$632 \$1,224 \$2,778	2* 4* 5* 6* 7*



The minimum penalty for disobeying 'No Parking' is **\$201** and **2 demerit points**.
You may only stop here for **2 minutes** and must stay within **3 metres** of your vehicle.



The minimum penalty for parking in a 'Bus Zone' is **\$362** and **2 demerit points**.

You cannot stop here at all.



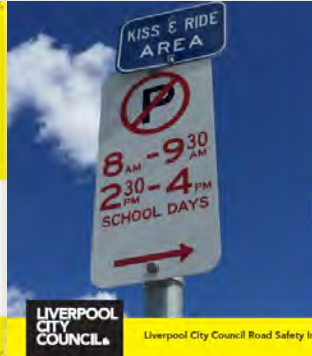
The minimum penalty for disobeying 'No Stopping' is **\$362** and **2 demerit points**.

You cannot stop here at all.



Don't stop in a NO STOPPING zone

Penalty: \$362* and 2 demerit points



NO PARKING/ KISS & RIDE AREAS:

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

Penalty \$201* and 2 demerit points



Don't DOUBLE PARK

Penalty: \$362* and 2 demerit points



Don't stop in a BUS ZONE

Penalty: \$362* and 2 demerit points



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

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

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



Liverpool City Council Road Safety Initiative

* Penalties apply for parking illegally in school zones.

Healthy Family Bulletin

Australian Dietary Guidelines

Did you know that the food pyramid was replaced with a plate model?

The Australian Guide to Healthy Eating, (right) is a food selection guide which visually represents the proportion of the five food groups recommended for consumption each day.

The five groups are:

- Grains (cereal) foods, mostly wholegrain and/or high cereal high fibre varieties
- Vegetables and legumes/beans
- Lean meats, poultry, fish, eggs, tofu, nuts and seeds
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- Fruit.



Physical activity

Getting active each day is one of the ways to a healthier lifestyle.

Did you know? Only one in four kids in NSW are active enough.

Daily physical activity is important for kids' growth, development and wellbeing.

READ MORE

- For more information, click [here](#).
- For translated information, click [here](#).

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)
This resource was developed by Western Sydney Local Health District, published June 2021.



Time for a flu shot



Everyone six months and older is recommended to get an influenza vaccine each year.

Some residents are more vulnerable to the influenza virus and can suffer more serious complications from influenza.

The following people are eligible for free influenza vaccination through the National Immunisation Program:

- People aged 65 years and over
- Pregnant women (at any stage during pregnancy)
- All Aboriginal and Torres Strait Islander people aged 6 months or over
- All children aged 6 months to less than 5 years
- People aged 6 months and over with certain medical conditions that increase their chance of severe influenza and its complications.

Speak to your GP or immunisation provider about getting vaccinated against influenza. Find more information [here](#).

Your Active Kids voucher



Families can access two separate \$100 vouchers for each school-enrolled child to get involved in physical activity.

For more information or to apply for a voucher, [CLICK HERE](#)



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.
- An 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 (energy).
- As often as possible, eat together at the dinner table and turn off the television, even if the whole family is not present.
- Be mindful and listen to hunger cues. Most children are great at eating to their hunger so let your child stop eating when they do not want anymore. Children will eat when they are hungry regardless of the food on offer, so always have healthy options available.
- Children start to form food likes and dislikes from an early age, so always offer variety. It may take many attempts for your child to like a new food, so do not give up. Offer small amounts and try presenting it in a fun engaging way.



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