



AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 06

Tuesday 20 September 2022

Message from the Principal's Office

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

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 that which he fears for it.

Here we are at the end of another term. Year Twelve graduation was held on Friday 16 September, this event marked the end of their thirteen years of schooling. We would like to thank the Year Twelve advisors, teachers and parents for all their hard work. More importantly we extend our congratulation to the 2022 graduates for successfully completing their HSC. We wish you all a time of happiness and rest and look forward to seeing great results in the HSC.

Our students have all moved forward in their learning and enjoyed a range of activities at the school. Next term promises to be as busy as in previous years with performances, assessments, end of year activities and of course, the summer holidays.

We are all looking forward to a wonderful time of learning and fun.

Parents' Concerns

Parents are encouraged to discuss concerns and progress of their child with his or her teacher.

We at Al Amanah College endeavours to ensure that the child's time with us runs as smoothly as possible, however, there may be occasions when parents have concerns about what has happened in a classroom or playground.

Classroom Concerns

Parents should contact the teacher through Sen-tral and/or class Dojo. The teacher will arrange a time before/after school or during their RFF sessions. If the matter is not resolved, parents are encouraged to contact the school for an appointment with the Coordinator or the Principal to discuss the issue.

General School Concerns

Parents with concerns are advised to make an appointment through the office with the Coordinator or the Principal. Alternatively, parents may send an e-mail with their complaint to:

admin@alamanah.nsw.edu.au

School Fees

2022 school fees are now overdue! *Thankyou* to all who have already paid them. If you have not paid yet, please do so promptly. Please remember to include your family key when paying online, so we can identify your payment.

School Uniform

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

School uniform is now sold by:

Faz Uniforms Pty Ltd
15/364 Park Rd
Regents Park NSW 2143

Alternatively, you can purchase online via through: <https://faz.com.au/uniformshop/index.php/>

Yours Sincerely

Ayman Alwan
Principal

Dates to Remember

MONDAY 19 - FRIDAY 23 SEPTEMBER
Year 10 Work Experience

WEDNESDAY 21 SEPTEMBER
Term 3 Ends

TUESDAY 11 OCTOBER
Term 4 Starts

WEDNESDAY 12 OCTOBER
Year 7 - 9 SRC Speeches

THURSDAY 13 OCTOBER - FRIDAY 11 NOVEMBER
HSC Examinations

FRIDAY 14 OCTOBER
Mawlid Celebration

WEDNESDAY 12 OCTOBER
Primary Arabic Poetry Competition

WEDNESDAY 26 OCTOBER
Kindy Orientation Session 1

THURSDAY 27 OCTOBER - WEDNESDAY 9 NOVEMBER
Year 10 Yearly Examinations

WEDNESDAY 2 NOVEMBER
Kindy Orientation Session 2

WEDNESDAY 9 NOVEMBER
Kindy Orientation Session 3

THURSDAY 10 NOVEMBER
Year 6 Open Day

WEDNESDAY 16 - THURSDAY 24 NOVEMBER
Year 7 - 9 Examinations

FRIDAY 18 NOVEMBER
Year 10 Graduation

الأحاديث الأسبوعية

Hadiths of the Week



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ
لَيْسَ مِنَّا مَنْ لَمْ يُوقِّرِ الْكَبِيرَ وَبَرَّحِمِ الصَّغِيرِ وَيَأْمُرَ بِالْمَعْرُوفِ
وَيَنْهَ عَنِ الْمُنْكَرِ

which means

He who does not respect the elderly, who is not merciful to the young, does not command the lawful and forbid the unlawful is not following our methodology

Narrated by Ahmad and Others

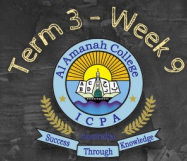


قال رَسُولُ اللَّهِ ﷺ
لَا يَجِلُّ لِمُسْلِمٍ أَنْ يَهْجُرَ أَخَاهُ فَوْقَ ثَلَاثِ
لَيَالٍ يَلْتَقِيَانِ فَيُعْرِضُ هَذَا وَيُعْرِضُ
هَذَا وَخَيْرُهُمَا الَّذِي يَبْدَأُ بِالسَّلَامِ

which means

It is prohibited for a Muslim to shun his fellow Muslim to the point of leaving out addressing him with Salam when they meet for more than three consecutive nights. The best among them is the one who initiates saying Assalamu ^alaykum to the other.

Narrated by All-Bukhariyy and Muslim



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ
مَنْ أَفْتَى بِغَيْرِ عِلْمٍ لَعَنَتْهُ مَلَائِكَةُ
السَّمَاءِ وَالْأَرْضِ

which means

The Angels of the sky and Earth damn the one who gives an Islamic Judgment without knowledge

Narrated by Ibn ^Asakir



Hadith of the Week

قال رسول الله ﷺ
إِنَّمَا أَنَا رَحْمَةٌ مُهْدَاةٌ

which means

I am a gifted mercy

Narrated by Al-Bayhaqiyy

Term Three Holidays

The College would like to remind all parents that the last day of Term Three will be on Thursday 22 September 2020. Classes will resume on Tuesday 11 October 2020.

We wish all parents and their children a joyful and rewarding holiday.

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.

The time has come! School hats - 'No hat, play under the shelter'.

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

Our K-10 school uniforms



Summer Uniform **Girls Uniform 7-10** **Winter Uniform** **Sports**



AL AMANAH COLLEGE

Kindergarten Orientation Sessions



AL AMANAH COLLEGE
LIVERPOOL
Success Through Knowledge

Kindergarten Orientation Dates:

- Session 1: Wednesday 26 October 2022 (Week 4)
- Session 2: Wednesday 2 November 2022 (Week 5)
- Session 3: Wednesday 9 November 2022 (Week 6)

Time: 9:00am - 10:00am



Welcome to our school – where great minds grow!

📍 55 Speed Street, Liverpool NSW 2170 ☎ (02) 9822 8022 ✉ admin@alamanah.nsw.edu.au

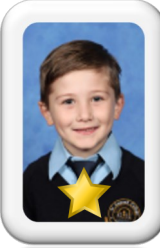
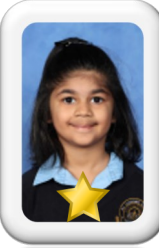
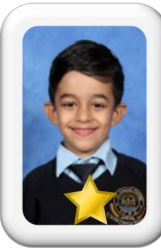
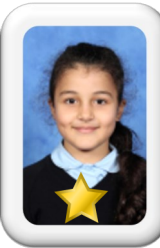


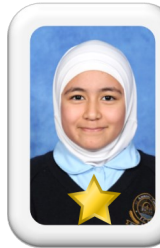
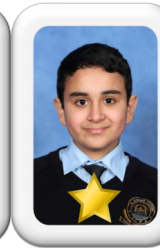
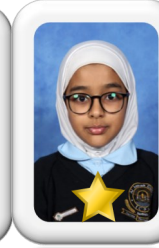

Star Student of the Week



K - 1

2 - 6

Week 7	Week 8	Week 9	Week 10
			
Emran Katovic	Aaleen Syeda	Muhammad Moussa	Zaina Mansi
KS	KE	1B	1B

Week 7	Week 8	Week 9	Week 10
			
Aminah El Niz	Jad El Masri	Huda Khan	Sadia Zaman
5H	5J	6H	6K

'The Big Veggie Crunch' at Al Amanah College

'The Big Veggie Crunch' is a health initiative to motivate the 94% of children across NSW who are not eating enough vegetables. To assist our community, Primary students of Al Amanah College participated in the challenge. Throughout the week classes competed with each other to become the class who consumed the highest number of vegetables. The purpose of this health initiative was to engage, raise awareness and consult the school community about increasing vegetable consumption in a fun way.

Excitement and determination were evident as students strategically prepared salads to boost the number of vegetables they consumed. Across the week, Kindy - Six students recorded an outstanding 1471 vegetables consumed. Congratulations to the winning class of this event, 6K! With an incredible score of 216 vegetables, 6K have won an extra sport session.

It was fantastic to see the students contributing positively to this initiative and the staff at Al Amanah College hope the healthy eating habits continue after the event.

Yours sincerely,

PDHPE Committee
Mr Sabbagh and Miss Haidar



الصف الأول يقرأ العربية



لقد قام طلاب الصف الأول بالعمل ضمن مجموعات للتدريب على القراءة.

فقامت المجموعة الأولى بوضع الأصوات القصيرة مع البطاقات ذات الصوت القصير وضع الأصوات الطويلة مع البطاقات ذات الصوت الطويل.

أما المجموعة الثانية قامت بنسخ الكلمات المولفة من عدة حروف.

وبالنسبة للمجموعة الثالثة قامت بالترداد مع المعلمة.

فكانت هذه إحدى الطرق التي استخدمت لكي يعرف طلاب المرحلة الأولى بعض الأصوات والكلمات.

المعلمة: إيمان البيك
معلمة اللغة العربية



2022 Book Week Dreaming with Eyes Open...

As a part of the school's objectives, our goal is to cultivate a love of reading in our students. For Book Week, parents and grandparents were welcomed to attend a workshop in the school's grand hall. The workshop was very informative and focused on strategies to help parents assist their child with reading at home. Parents and grandparents were then invited to visit classes to read books to the class and hear their child read. The parents assisted students while they engaged in a range of book week related activities. Students also participated in a Library Book Week competition, where prizes were awarded to the top three entries in each class!

During their Religion and Arabic sessions, teachers read Islamic story books to students. They used the newly purchased Islamic picture books, these books have been written in a simplified and visual manner for the students to easily understand.

A big *thankyou* to the parents, for reading to the students and spending time with them in class! The kids were very excited, yet, very well behaved and respectful!

English Committee



Year Five Hyde Park Barracks Excursion

On Wednesday 7 September 2022, students in Year Five attended the Hyde Park Barracks Excursion in Sydney. This Excursion was organised as part of student learning about Australian colonies and the life of convicts before and after settlement. Whilst attending the Barracks site, students had the opportunity to reflect on their history learning in class about the mistreatment and life of convicts, as well as how colonial life has changed overtime and the first fleet. Upon arriving at the venue, students were placed into three groups with tour guides explaining the life at the Barracks, and questioning students about their knowledge and understandings of convicts. This was followed by the tour guides sharing stories and taking each group around the site to observe the dioramas, appliances, clothing and artefacts. Students were thoroughly engaged when visiting each of the rooms. They mainly enjoyed the Hammocks room in which they had the opportunity to sleep on the hammocks and observe how tough convict life had been. The tour had been interesting with students and teachers asking questions about the changes in the building since settlement and how such primary resources had been found and kept till date.

Year Five Teachers
Mr Jamleoui and Mrs Hazarvi



Year Six Math Cup Competition

On Wednesday 8 September, Year Six students from Al Amanah College, Liverpool attended the annual Maths Cup Competition at Amity College, Prestons' Campus. Throughout the day, students were engaged in various quizzes, puzzles and challenging Maths activities designed to test each student ability. Students competed against a number of different schools in the Sydney region.

Congratulations to the following students who attended; Ibrahim Alshafie, Jalal El-Kabbout, Muhammad Ayan, Karima Alshelh, Huda Khan and Sewar Mansi for their achievement in placing 13th out of 75 teams, just short of the semi-finals.

Keep up the great work!

Mr Jamleoui



Primary Science Week Incursion

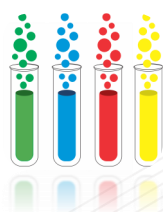
On Monday 12 September, Kindy - Six students participated in a long-awaited science incursion where they were exposed to a variety of experiments with the purpose to enhance their working scientifically skills.

One of our school's focus points is encouraging our students to be active learners. Students and teachers were given an opportunity to participate in various programs that enabled them to enhance their scientific knowledge. The programs allowed students to make connections to their current science topics, their everyday life experiences and to develop their knowledge and understanding of scientific forces and movements.

The Fizzics Education crew gave students the opportunity to participate in a range of fascinating scientific experiments. Students engaged in an interesting initiative that was a highly attractive workshop real-time programming in a fun and upbeat atmosphere.

All the students and teachers who attended the 'Big Science Big Fun Show' workshop on Monday thoroughly enjoyed the experience, particularly the nature of the activities provided.

Science Committee
Mrs Khalil and Mrs Hazarvi



Year Four First Fleet Park Excursion

On Tuesday 13 September, Year Four ventured to The Rocks and were transported back in time to the days of the first contact and colonial exploration. Students were guided by two enthusiastic rangers that explained the lifestyle of the governors and the convicts back in the late 1700's.

The students were very excited to be given a hands-on experience and an opportunity to put themselves into the shoes of the Europeans who first set foot on Australia's shores, dressing up and re-enacting scenes from the colonial days during the nineteenth century.

The excursion was a great experience and provided students with an opportunity to expand their knowledge and understanding about our beloved country.

Ms El Sabeh and Mrs Naseef
Year Four Teachers



Year Six Gala Day Stage Three League Tag Inter-school Gala

Al Amanah College Bankstown and Liverpool Campuses held it's inter-school Gala Day on Wednesday 14 September. This event brought together our Year Five and Six students to participate in League Tag matches at Neville Reserve, the home of Spears Sports Club. The Gala Day was run by the NRL Development team.

Students faced a number of challenges throughout the day which they happily overcame. All participants showed great sportsmanship.

The non-competitive Gala Day allowed students to showcase their skills in a fierce environment. We look forward to next term's competition!



Year Three Botanic Garden Excursion

On Thursday 15 September, Year Three students took part in an exciting excursion to Auburn Botanic Gardens. As part of their science unit, which involved exploring liquids, gases and heat, students engaged in various activities that explored the different ways we can use these states of matter. The rangers gave a wonderful presentation about what a liquid is, what gases are and what heat is. Students were able to identify and differentiate between these three states of matter, and that you must ADD or REMOVE heat to change the state. Students witnessed how liquid nitrogen can turn into water and ice. They also witnessed how to create snow!

For the first activity, students created a lava lamp by mixing oil into water and placing a mentos inside to create the lava lamp effect. Students then explored the effect of mixing liquids and solids together to create heat, which then turns into gas. Students applied heat to a liquid to create gas, which then exploded the soda water EVERYWHERE.

For the second activity, students were given an array of materials to launch a rocket using vinegar and bi-carb soda. Next, students created their rockets using paper and sticky tape. They then used the force of air pressure gases to launch their rockets as far as possible! Students learned how each shape and design of the rockets affects performance. This was a unique, engaging and action-packed activity focusing on pressurised gas and how humans use this in their every-day life.

Lastly, students engaged in a slime making activity by getting their hands all dirty and slimy! Students identified that the slime created is both a solid and liquid as it shares properties of both states of matter.

It was a fantastic day! *Thankyou* to wonderful parent helpers who joined us.

Miss Kabbout and Mrs Khalil
Year Three Teachers

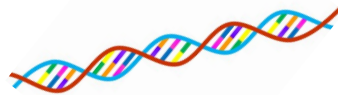


Year Eleven Biology Excursion



On Tuesday 23 August, the Year Eleven Biology class went on a profitable excursion to the Badu Mangroves nearby Sydney Olympic Park in an effort to understand the science behind sampling. The class embarked on a beautiful walk through the wetland, accompanied by an expert on the area. They investigated the number of various species in the area and explored the history of the Australian ecosystem.

The class experienced a hands-on investigation and was continuously curious regarding the beautiful forest and the creatures within it. Students found this excursion greatly informative and it heightened their understanding of the course. In reflection, they found this to be an amazing opportunity to expand their learning.



Year Twelve First Aid Training

On 31 August, Year Twelve students attended First Aid course and the cardiopulmonary resuscitation (CPR) course in the Grand Hall at Al Amanah College. Participants in the course successfully achieved the First Aid and CPR certification at the completion of the training.

Students actively participated in all aspects of the training programme including the theory, practical application, and brainstorming learning sessions. A number of interesting legal, ethical and social issues were brought up during the course in which the senior students demonstrated excellent understanding.

Accreditation in the First Aid and CPR course makes senior students more job and post school studies ready. It provides invaluable skills and knowledge which upskills our 2022 graduating students.

The Year Twelve group not only found the session highly beneficial, but thoroughly enjoyed the day especially as they have just completed their HSC Trial Examinations .



Year Twelve End of Year Excursion

On Tuesday 6 September, the 2022 Year Twelve cohort embarked on a full-day excursion, made up of an educational, emotional and heart touching experience.

The day started with a visit to the Rookwood Muslim Cemetery, where they had the chance to see how the burial of Muslims is carried out, and also had the chance to visit the graves of their loved ones who had passed away and to recite verses of the Qur'an and also make supplication for them.

Following this sentimental visit, the Year Twelve students' second stop was at Darulfatwa, the Islamic High Council of Australia

where they were welcomed by his eminence Sheikh Salim Alwan. Students enjoyed listening to an informative lecture in which Sheikh Salim Alwan discussed issues that are of importance to the youth.

Furthermore, to complement the work being done in class within the Arabic unit "Media", the students' next visit was to the Muslim Community Radio, 2MFm, where they were greeted by the 2MFm crew. They then were presented with a talk which inspired them to choose a career path related to the field of media such as producing and presenting.

After performing the Dhuhr prayer at As-Salam mosque, the day was concluded with

a delicious lunch where students enjoyed a variety of Lebanese dishes at 'Arabian' Restaurant - Chester Hill.

At the end of the trip, the Year Twelve students sincerely thanked the school staff members for organising such a "eye opening" excursion which has allowed them to sincerely reflect on their future life choices. A special *thankyou* to Darulfatwa and 2MFm for making this day a great success.

Khadija Abdallah
Year Twelve Student



يوم الثلاثاء الواقع في السادس من أيلول أعدت مدرستنا رحلة ختامية للصف الثاني عشر. وكانت هذه الرحلة ممتعة وتثقيفية تشمل عدة أماكن.

كانت أولى المحطات زيارة لمقابر المسلمين حيث تجولنا داخلها وصرنا نتعرف على قبور أقربائنا ومعارفنا الذين سبقونا إلى تلك الديار وقرأنا لهم سورة الفاتحة ودعونا لهم بالرحمة والمغفرة ثم دعونا لأنفسنا بالوفاة على كامل الإيمان والثبات دوماً على دين الإسلام.

وكانت المحطة الثانية إلى إذاعة الجالية الإسلامية في منطقة تشسترهيل وهناك اطلعنا على كيفية سير العمل الإذاعي وتعرفنا من بعض الإداريين في الإذاعة على الخدمات التي تقدمها الإذاعة للجاليات العربية وغيرها في شتى أنحاء البلد، ثم تابعنا المسير وتجوّلنا في أنحاء الإذاعة لتتعرف أكثر لغرفها، فدخلنا غرفة الاستديو والتسجيل وغرفة البث المباشر وتعرفنا على المذيعين داخلها وقمنا بالتقاط الصور التذكارية مع بعضنا البعض خصوصاً أننا في سنتنا الأخيرة من المدرسة.

ثم بعد ذلك انتقلنا إلى دار الفتوى - المجلس الإسلامي الأعلى في أستراليا واستمعنا إلى محاضرة دينية مفيدة ونافعة من فضيلة الدكتور الشيخ سليم علوان. وقد قام بتوجيهنا وتشجيعنا على أهمية الإلتزام بتعلم علوم الدين وأهمية التحلي بالأخلاق الإسلامية الرفيعة التي ينبغي أن يتحلى بها المسلم في كل زمان ومكان.

وبعدها دخلنا إلى المكتبة الإسلامية التابعة للمسجد والتي تحتوي على الكتب الدينية النافعة والمفيدة وقمنا بشراء بعض الكتب الدينية والثقافية النافعة بالإضافة إلى المسابح والعطورات.

وكانت نهاية هذه الرحلة الشيقّة والممتعة غداء في مطعم (أرابيان) للمأكولات اللبنانية حيث استمتعنا جميعاً بتناول الأطباق اللذيذة والشهية.

وأخيراً باسمي وباسم طلاب الصف الثاني عشر أتقدم بأحر الشكر والتقدير والامتنان لإدارة مدرستنا الحبيبة لقيامها بمثل هذه الرحلات الغنية بالفوائد والمليئة بالمنافع وللمعلمين الذين رافقونا في هذه الرحلة الممتعة.



لجين السيد
طالبة بالصف الثاني عشر

Year Twelve Graduation

On Friday, 16 September, the long-awaited Year Twelve 2022 graduation ceremony was held in the Liverpool Campus Grand Hall. Teachers, parents, students and community members gathered to celebrate the achievements of the 2022 cohort. Congratulations to all Year Twelve students on their success in completing their thirteen-year schooling journey. We are so proud of the 2022 Year Twelve for demonstrating resilience and positivity throughout their education. It was rewarding to finally see the teachers, parents and students celebrate with family and friends in a large gathering.

The ceremony was hosted by our school captain, Khadija Abdallah, who welcomed Zakaria Abdallah to the stage for a blissful Qur'an recitation. This was followed by an insightful speech delivered by Head Principal, Mr El Dana, about the values of Al Amanah College. The school's religious advisor, Sheikh Ibrahim Alshafie, took to the stage for an enlightening religion lesson which expressed gratitude for the Islamic guidance Al Amanah provides for its students. Year Twelve Arabic Continuers student, Lujain El Sayed, followed this with a lovely Arabic speech about the importance of the Arabic language that has been emphasised at Al Amanah. Year Twelve Advisor, Miss Rima Baddah, then delivered an emotional speech highlighting the loved moments throughout the students' high school journey and the qualities of each student in the 2022 cohort. The final speech for the night was by school captain, Marwan Bajouri, who delivered a heart-warming speech which captured the high school experience and spoke of the qualities of his peers and teachers.

Secondary school co-ordinator, Mrs Dabboussi, was invited to the stage to announce the achievement award winners and graduation certificates and portfolios to the students. The 2022 graduates were awarded their certificates, a trophy, and a small gift from the school.

Congratulations to the graduates of 2022!

The new 2023 Captains were also introduced and had their badges handed over by their predecessors. Congratulations to the following 2023 SRC students:

School Captain Awards

SRC members - Sarah Hakouz and Fawzi Abu Swireh
Vice Captains - Amira Nabilssi and Fouad Maarbani
School Captains - Khadija Abdallah and Marwan Bajouri

2023 SRC Members

SRC members: Maysa Ibrahim and Yusuf Hakouz
Vice Captains: Samira Eid and Hadi Tabbara
School Captains: Siham Nachar and Omar Alwan

Well done SRC students!

Al Amanah College also congratulates the following 2022 award recipients:
Consistent Effort Awards

Lujain El Sayed
Muhammad Sufiyan Hussain
Iyman Zeinelabdein
Nisrine Arnaout

Achievement Awards

Khadija Abdallah
Adnan Tebbo
Shorooq Khashashneh

Principal Awards

Fawzi Abu Swireh
Mohamed Hussein

Special Achievement Awards 2022

Most Dedicated student of Year Twelve: Adnan Tebbo

Innovation Award: Kamal Hassan

Leadership Awards: Marwan Bajouri and Fouad Maarbani

ADF Awards

The Australian Defence Force- Long - Tan Leadership and teamwork Award: Fawzi Abu Swireh

Defence Force Future Innovators Award: Rayhan Shah

Mentor Awards

Muhammad Hussein
Fawzi Abu Swireh
Ismail Dabboussi
Sarah Shwan
Iyman Zeinelabdein

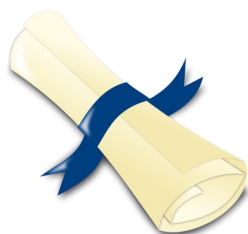
Sports Awards

Sports person of the year: Yasin Erbay

Age Champion: Fawzi Abu Swireh

The 2022 Year Twelve video was then introduced by the School's vice-captain, Fouad Maarbani, the graduation video showcased the treasured memories and moments throughout the Year Twelve students high school experience and showed us what they were inspired to be in future.

Staff members, students and parents of Al Amanah college congratulate the 2022 Year Twelve class and wish every student success in their HSC results and future endeavours.



Year Twelve Graduation





GOVERNMENT HOUSE
SYDNEY

Dear Year 12 Student,

My name is Margaret Beazley and one of my roles as Governor of New South Wales is to connect to the broad and diverse community of our State. At the moment, as you do your final preparation and study for your HSC exams, you are very much on my mind.

Year 12 is always a challenging year for every student sitting the HSC. There are the constant assessments and exams. There is the worry about marks and what the best path will be for you to take as you move beyond school.

When, at the end of 2020 and into 2021, you commenced your final two years of school, you were still very much impacted by the restrictions of COVID-19 and the disruption that caused to your studies and to your sporting and social life. It is hard to think of a generation so impacted in that way.

The first month of school this year, although better, was still surrounded by uncertainty and confusion as COVID cases continued. However, for you the devastation of the floods, and not only once, has been something that not many people experience in a lifetime. It has been a year when the word *resilience* was often used.

When people speak of resilience, I think of you and the fortitude and spirit you have shown in keeping going with your studies as you look to your future. You are a true champion and the inspiration your courage has given to the rest of the community is worth its weight in gold. We owe a deep debt of gratitude to you.

My best wishes for the exams and for next year as you step into the next chapter of your life, which you can do with confidence in yourself, knowing that you have overcome so many challenges so far.

Go well.

Her Excellency the Honourable Margaret Beazley AC KC
Governor of New South Wales

Free family fun at the Parliament of NSW

Friday
7 October
10am to 3pm

FREE ENTRY



Cartooning workshop

Draw people and objects with the award-winning illustrator and cartoonist Eric Lobbecke. Every half hour from 11:00am, finishing at 2:00pm

Vote for me!

Learn how to vote with the NSW Electoral Commission. Every half hour from 10:00am

Mock Committee Hearing

Have your say as a participant in our committee hearings. Every half hour from 10:00am

AUSLAN interpreters available

\$4
Democracy Sausage

The Public Café open

Visit us at Australia's oldest Parliament as it opens its doors for **Family Fun Day**, an open day packed with free, fun activities for children from 4 to 12 years and their families. In addition to the above, there will be many activities on offer for families to enjoy, including craft, tours of our historic chambers, roving musicians and more...! (You might even get to meet some very important people.)



BOOK NOW



BOOKINGS ESSENTIAL

P: (02) 9230 2047

E: communityengagement@parliament.nsw.gov.au

WHERE

6 Macquarie Street, Sydney - opposite Martin Place

MORE INFORMATION

www.parliament.nsw.gov.au/events

Parents Health Tips

Shaping Positive Eating Behaviours

Teaching kids 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, TV, 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 – as 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 kids 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's not the type of food that's bad, it's 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 TV 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 TV, even if the whole family isn't 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 don't want anymore. Kids will eat when they're 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.
- Avoid using food as a reward or bribe, or holding back on foods as punishment. Use activities or trips to the park as alternatives.

Do not forget about physical activity!

Being physically active is an important part of a healthy lifestyle. Here are some tips to get your family on track:

- Limit all screen time to two hours or less a day.
- Make time for your kids to play outside or be active for at least an hour every day.
- Be a role model and make physical activity a family event by going for a bush walk, playing family cricket, playing in the park or kicking a ball around.
- Start increasing incidental exercise such as walking to school or the shops, taking the stairs (not the lift), sweeping the path or doing some gardening.
- Choose "active" presents such as balls or kites to replace DVD's, and play station games.



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