

AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 03

Friday 31 May 2024

Message from the Principal's Office

Dear Al Amanah College Community,

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

The last four weeks of Term One were particularly special as we observed the blessed month of Ramadan. Our school organized several iftar dinners in the grand hall, offering an opportunity for students and staff to come together to break their fast. Year Six students, along with the Student Representative Council, Careers team, and graduates, were recognized for their outstanding contributions at a memorable ceremony held in the grand hall. A notable event was the Ramadan competition on Friday, 5 April, where students actively participated, showcasing their talents and dedication. We celebrated the winners by awarding them prizes and certificates to acknowledge their remarkable efforts. Additionally, both primary and secondary students had the chance to embark on various educational excursions, broadening their horizons beyond the classroom. Furthermore, on Monday, 8 April, our secondary school seniors attended the Amity Student Leaders Iftar, where they had the opportunity to network and engage with fellow student leaders from other institutions. Finally, on Monday, 15 April, the Year Twelve Annual Iftar took place, marking an important milestone for our graduating students.

As we transitioned into Term Two, the initial weeks were brimming with excitement and a variety of events that enriched our students' educational experience. On Tuesday, 7 May, the school held a secondary parent-teacher interview night, followed by the primary parent-teacher interviews on Wednesday, 8 May. A highlight of the fourth week was the primary

and secondary girls' athletics carnivals, which promoted healthy competition, teamwork, and physical fitness.

I would like to take this opportunity to express my heartfelt gratitude to our dedicated support staff. Their unwavering commitment and tireless efforts behind the scenes ensure the smooth functioning of our school. We are truly thankful for their contributions, as they play an indispensable role in creating a positive learning environment for our students.

Furthermore, I extend my sincere appreciation to all parents and carers for their continued support and trust in our educational institution. Your involvement and partnership in your child's education are invaluable, and we are grateful for the strong bonds we have established with our parent community.

Lastly, I would like to acknowledge the hard work and dedication of our exceptional teachers and administrative staff. Their passion for education and commitment to our school's mission are evident in the progress and achievements of our students. I am confident that together, we can further strengthen our partnership with the entire Al Amanah College community, ensuring vibrant and enriching educational journeys for all.

As we look ahead to the coming weeks, I encourage everyone to stay focused, work hard and support one another. Let us continue to strive for excellence in all that we do and embrace the values of respect, unity and lifelong learning that define our school.

Thank you, and I wish you all continued success.

Warm regards,

Ayman Alwan
Principal

Dates to Remember

WEDNESDAY 5 JUNE
Year 11 Othello Symposium

MONDAY 10 JUNE
Public Holiday

TUESDAY 11 JUNE
Year 8 Science Excursion

WEDNESDAY 12 JUNE
Year 3 Kamay Botany Bay Excursion

THURSDAY 13 JUNE
SRC Tree Tops Adventure Park Excursion

MONDAY 17 JUNE
Eid Ul Adha (TBC)

WEDNESDAY 19 JUNE
16's Futsal

THURSDAY 20 JUNE
14's Futsal

THURSDAY 20 JUNE
Year 11 and 12 Biology Zoo Excursion

MONDAY 24 JUNE - TUESDAY 2 JULY
Year 7 - 10 Half Yearly Examinations

WEDNESDAY 26 JUNE
Eid Fete

THURSDAY 27 JUNE
Year 11 and 12 Western Sydney Careers Expo Excursion

MONDAY 1 JULY
Kindy Calmsley Hill City Excursion

FRIDAY 5 JULY
Last Day of Term Two

الأحاديث الأسبوعية

Hadiths of the Week

قَالَ رَسُولُ اللَّهِ ﷺ:

الْمُؤْمِنُ أَخُو الْمُؤْمِنِ.

رواه مسلم

Which means:

"The believer is the brother of the believer".

Related by Muslim

TERM 2
WEEK 1

قَالَ رَسُولُ اللَّهِ ﷺ:

يَا غُلَام... سَمِّ اللَّهَ وَكُلْ بِيَمِينِكَ، وَكُلْ مِمَّا يَلِيكَ.

رواه البخاري

Which means:

"O young man, start with the name of Allah, eat with your right hand, and eat from the closest side of the plate to you".

Related by Al-Bukhariyy

TERM 2
WEEK 2

قَالَ رَسُولُ اللَّهِ ﷺ:

أَكْثَرُ خَطَايَا ابْنِ آدَمَ مِنْ لِسَانِهِ.

رواه الطبراني

Which means:

"Most of the human's sins are from his tongue".

Related by At-Tabaraniyy

Term 2 Week 3

قَالَ رَسُولُ اللَّهِ ﷺ:

صَلَاةُ الْجَمَاعَةِ تَفْضُلُ صَلَاةِ الْفَدِّ بِسَبْعٍ وَعِشْرِينَ مَرَّةً.

رواه البخاري

Which means:

"Praying in congregation is more rewardable than praying individually by 27 times".

Related by Al-Bukhariyy

TERM 2
WEEK 4

قَالَ رَسُولُ اللَّهِ ﷺ:

لَيْسَ الشَّدِيدُ مَنْ غَلَبَ النَّاسَ، وَلَكِنَّ الشَّدِيدَ مَنْ غَلَبَ نَفْسَهُ.

رواه ابن حبان

WHICH MEANS:

"The strong person is not the one who overpowers people, rather, he is the one who restrains himself".

RELATED BY IBN-HIBBAN

TERM 2
WEEK 5

قَالَ رَسُولُ اللَّهِ ﷺ:

تَهَادَوْا تَحَابُّوا.

رواه الإمام مالك

Which means:

"Gift each other and love will nurture amongst you".

Related by Imam Malik

TERM 2
WEEK 6

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 *sujūd* (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'iyy* between Mount of *As-Safa* and *Al-Marwah*, remem-

ber the story of Lady *Hajar* and her dear son Prophet *Ismā'īl*. 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: { وَلِلَّهِ عَلَى النَّاسِ حُجُّ الْبَيْتِ مَنِ اسْتَطَاعَ إِلَيْهِ سَبِيلًا } [سورة آل عمران/ 97]

وقال رسول الله صلى الله عليه وسلم "من حج فلم يرفث ولم يفسق غفر له ما تقدم من ذنبه" رواه الترمذي.

الحج من أعظم أمور الإسلام، ويجب على المستطيع في العمر مرة واحدة.

وللحج ستة أركان لا يصح بدونها، وهي:

1. الإحرام: أي النية

2. والوقوف بعرفة

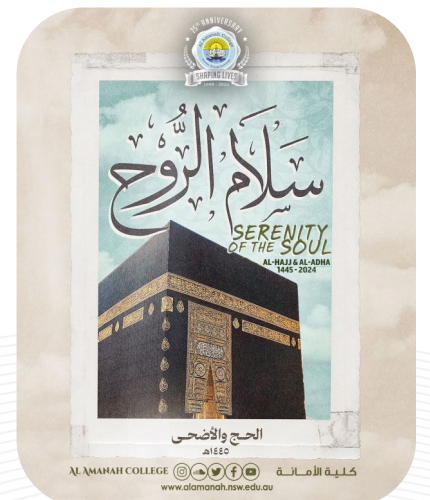
3. وطواف الإفاضة: أي أن يدور حول الكعبة سبع مرات في وقته وبشروط

4. والسعى بين الصفا والمروة سبع مرات

5. والخلق أو التقصير، أي أن يخلق شعره كله، أو يقص بعض شعره، ولو ثلاث شعرات والمرأة تقصر ولا تحلق

6. والترتيب في معظم الأركان

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





حج وسلامة

AL AMANAH COLLEGE WOULD LIKE TO WISH
ALL OF OUR STUDENTS AND THEIR FAMILIES A
JOYOUS EID, EID MUBARAK!

كَلِيَّةُ الْأَمَانَةِ تَتَمَنَّى لِجَمِيعِ الطُّلَّابِ وَالْأَهَالِي الْكَرَامِ
عِيدَ أَضْحَى مُبَارَكًا. كُلُّ عَامٍ وَأَنْتُمْ بِخَيْرٍ، تَقَبَّلَ اللَّهُ
مِنَّا وَمِنْكُمْ صَالِحَ الْأَعْمَالِ، حِفْظَ مَبْرُورٍ وَسَعْيٍ
مَشْكُورٍ وَثَنِّ مَغْفُورٍ إِنْ شَاءَ اللَّهُ.

كَلِيَّةُ الْأَمَانَةِ

AL AMANAH COLLEGE



www.alamanah.nsw.edu.au



Reminder! Reminder! Reminder! Reminder! Reminder!



The banner features the Al Amanah College logo on the left, which includes a circular emblem with a sun, a building, and the text 'Al Amanah College', 'ICPA', 'Australia', and 'Success Through Knowledge'. To the right of the logo is a large group photo of students and staff. Further right is a circular inset showing three young boys in school uniforms standing next to a yellow and orange striped cake. To the right of that is another circular inset showing a group of students in school uniforms playing drums. At the top center, there is a circular emblem with the text '25th ANNIVERSARY', 'Al Amanah College', and 'SHAPING LIVES 1998-2023'. Below the group photo, the text 'AL AMANAH COLLEGE' and 'ENROLMENT 2025 NOW OPEN!' is displayed. Below this, the contact information for the Liverpool and Bankstown campuses is provided. At the bottom, the website URL and email address are listed.

AL AMANAH COLLEGE
ENROLMENT 2025 NOW OPEN!

Liverpool Campus
55 Speed Street
Liverpool NSW 2170
P: +61 2 9822 8022

Bankstown Campus
2 Winspear Avenue
Bankstown NSW 2200
P: +61 2 9708 1220

www.alamanah.nsw.edu.au admin@alamanah.nsw.edu.au

2025 Enrolments Open!

Al Amanah College is now accepting applications for enrolments for Kindergarten to Year Eleven students. A child born between 1 August 2019 and 31 July 2020 will be eligible for kindergarten in 2025.

Expression of Interest forms can be downloaded from the school website or by collecting them from the front office.

Completed EOI form, child's birth certificate, immunisation information, a copy of the Medicare Card, proof of Australian residency and the child's latest school report must be attached to the application. All documents are to be returned to the front office or via email to :

admin@alamanah.nsw.edu.au

For further information click on the following link:

<https://www.alamanah.nsw.edu.au/enrolment/> or call our Liverpool campus on 02 9822 8022 or Bankstown campus on 02 9708 1220.

The last day for accepting applications is Friday 23 June 2024.

Please note that our placements are limited.

Dear Parents,

We would like to express our appreciation to all parents who usually collect their children's academic reports on time. For those who are unable to do so due to unforeseen circumstances, we kindly request that you make every effort to collect the reports as soon as possible.

We take this opportunity to remind parents of the conditions for the release of the school's academic reports:

Mid-Year Reports:

- All fees for term one and two must be paid in full

End of Year Reports:

- All fees for the year must be paid in full by the conclusion of term three
- All books, in students' possession (where applicable) must be returned in an acceptable condition or paid for
- Laptops, in students' (Year Four - Ten) possession, must be returned in an acceptable condition or paid for

We kindly remind you that the above-mentioned conditions also apply to students who are moving to other educational institutions. It is important that all payments are made by the due date to ensure that the release of academic reports is not hindered.

Your prompt attention to these guidelines is greatly appreciated. If you have any queries or concerns regarding the payment of school fees, please do not hesitate to contact us.

Should your family be experiencing financial difficulties, please do not hesitate to e-mail: accountsreceivable@alamanah.nsw.edu.au.

We thank you for your understanding and cooperation.

Regards
AAC Administration

Reminder! Reminder! Reminder! Reminder! Reminder!

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 their loss. Inquiries regarding lost item can be made at the front office.



Uniform Expectations

Wearing school uniform provides a sense of pride and identification, as well as improving the tone and atmosphere. On some occasions and after many warnings we had to send students home to put on their correct uniform in full or to fix their hairstyle. If students arrive to school with a non-compliant school uniform or hairstyle they would be sent to the front office immediately and the parents would be contacted to pick them up and bring them back to school with the proper uniform and hairstyle. In order to avoid such situations, please make sure to check your child's hairstyle, uniform and shoes and have them arrive to school on time. The same follow-up and consequence will apply to female students who arrive to school wearing make-up and nail polish. They will be sent to and remain at the front office until the situation is rectified. A notice to the teacher must be provided if your child is out of uniform.



Our school uniforms



AL AMANAH COLLEGE

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



Alumni Iftar Dinner 2024

On Wednesday 3 April, the first official Al Amanah College Alumni Iftar was held, drawing together generations of graduates, families, and esteemed community members. The foyer of the Grand Hall buzzed with sincere joy as attendees spanning from the inaugural group who graduated in 2007 to the most recent graduates in 2023 filled the room. Conversations were filled with shared memories, congratulations for achievements, and joyful reunions with cherished teachers from their school days. The event began with warm welcomes extended to all attendees initiated by the MC Hani Skaf. Continuing with the Alumni theme, the Qur'an was then recited by graduate Mohammad Mahfoud.

This was followed by a heartwarming speech presented by Mr Alwan who reflected on the vision of Al Amanah, established in 1998, and honored the legacy of the late Hajj Muhammad El Dana, the school's founding principal. There were heartfelt tributes to individuals like Deputy Principal, Hajjeh Nafisa Mehio, and the Liverpool Campus's first Deputy Principal, Hajj Wissam Saad, for their significant contributions. Mr Alwan reminisced about the school's growth, from its early years to the establishment of the high school in 2002.

The formation of the Al Amanah College Alumni marked a milestone, recognising the impact of past graduates and their ongoing role in shaping the institution. Attendees were encouraged to give back to the community and support each other, fostering a sense of unity and shared purpose.

The event then continued with a special lesson presented by graduate Sheikh Mahmoud Alwan who spoke of the importance of seeking the religious knowledge and valuing the endowments that have been bestowed upon us.

To bring seventeen years of memories together a nostalgic video was played which had attendees reflecting on the memories they hold from their time at Al Amanah College. As the evening progressed, attendees mingled and shared experiences, with graduates offering guidance and support to recent alumni. The event concluded with prayers for those facing hardships, particularly the Palestinian people, and wishes for continued success and prosperity for the alumni community.

Overall, the first 'Alumni Iftar Night' was a memorable occasion, highlighting the enduring legacy of Al Amanah College and the continued commitment of its alumni to making a positive impact in their communities.



Alumni Iftar Dinner 2024

Alumni Iftar Dinner



Alumni Iftar Dinner



Alumni Iftar Dinner



Alumni Iftar Dinner



Al Amanah College Hosts Inaugural Umrah Recognition Dinner

Thursday 16 May marked a momentous occasion for Al Amanah College as it held its first-ever 'Umrah Recognition Dinner.' The event celebrated a significant milestone, honouring the students who recently undertook a profound journey to perform Umrah. This special evening was held in the school's grand hall, inviting families and friends to join in the celebration of both personal and institutional achievements.

The night commenced with a warm welcome from Omar Alwan, a recent graduate of Al Amanah College, who had also participated in the Umrah trip. Omar shared his heartfelt experiences, describing the journey as a deeply special period in his life. His speech set a reflective and celebratory tone for the evening.

Following Omar's speech, Amaan Shah, a current Year Eleven student who also embarked on the Umrah journey, delivered a beautiful Qur'anic recitation. His recitation was a reminder of the significance of the trip.

Mr Alwan, who organised and attended the trip, then took to the stage. He warmly welcomed all attendees and expressed his profound gratitude. Mr Alwan shared insightful words about the trip's value, emphasising how such experiences enrich the students' lives and strengthen the school community.

The evening continued with a religion lesson by Sheikh Mahmoud Alwan, a graduate of Al Amanah College who played a crucial role in the trip. Sheikh Mahmoud assisted the students in navigating the rules of Umrah and the holy sites of Makkah and Madina providing valuable guidance and support.

In a heartfelt address, Mr Mehio spoke about the importance of the Umrah trip for the school. He highlighted how such journeys foster a deeper love for the religion and cultivate a sense of brotherhood among the students. The evening continued in a ceremony recognising the students who attended the Umrah trip. Each participant received an award of recognition, celebrating their dedication and growth. The celebration continued with a video presentation, allowing everyone to relive the memorable journey and reflect on the profound experiences shared by the students.

We extend our heartfelt thanks to the organizers who worked tirelessly to make this trip a reality. Their efforts have provided our students with an opportunity to deepen their faith and build lifelong memories. Al Amanah College looks forward to continuing this tradition and supporting our students in their religious and educational journeys.



Al Amanah College Hosts Inaugural Umrah Recognition Dinner

Umrah Recognition Dinner



Umrah Recognition Dinner



Umrah Recognition Dinner



Umrah Recognition Dinner



Umrah Celebration Assembly

On Friday 17 May, Al Amanah College held a special assembly to celebrate the recent Umrah trip undertaken by our male students. The assembly, attended by students from Years Five to Twelve, began with a heartwarming drumming entry as the students marched into the grand hall, greeted by enthusiastic cheers from their peers.

MC Nour Kassem, one of the students who participated in the Umrah trip, opened the assembly with a warm welcome. This was followed by a beautiful Qur'anic recitation by Amaan Shah, another participant of the Umrah journey.

The Principal, Mr Alwan, who played a pivotal role in organising the entire Umrah trip, then addressed the students. He expressed his honour in leading this special trip and provided a summary of the events, highlighting the places visited in Makkah and Madinah. He praised the students for their dedication to the acts of Umrah, congratulated them on their efforts, and encouraged them to continue spreading Da'wah with sincerity.

The assembly featured a video presentation showcasing the key moments of the students' experiences during the trip. We extend our heartfelt thanks to all the organisers who worked tirelessly to make this trip possible. Their efforts have provided our students with a valuable opportunity to deepen their faith and make lifelong memories. Al Amanah College looks forward to continuing this tradition and supporting our students in their religious and educational journeys.

Umrah Recognition Assembly



Umrah Recognition Assembly





Star Student of the Week



K - 1

Week 1

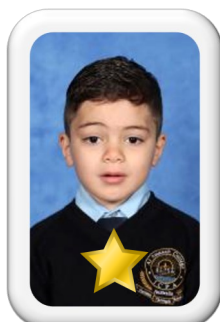
Week 2

Week 3

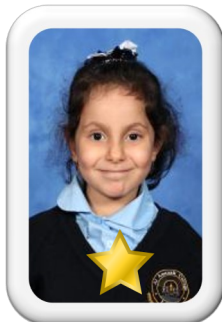
Week 4

Week 5

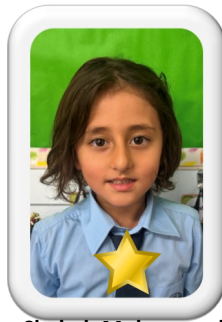
Arabic



Aydin Masri
1E



Iman Kfoury
1B



Shahab Mohammed
Amin
KZ

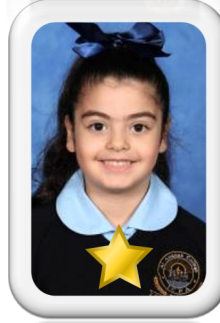


Muhammad Kahil
1B

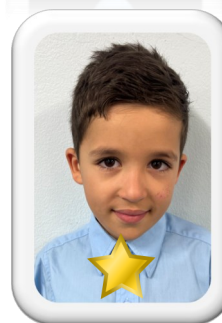


Ahmad Masri
KN

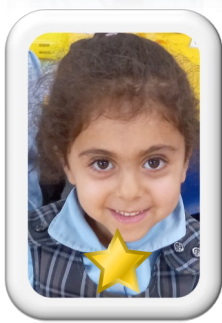
English



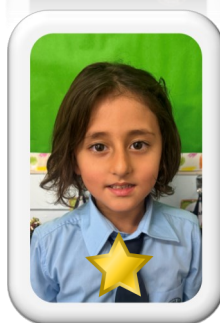
Serene Al Rifi
1E



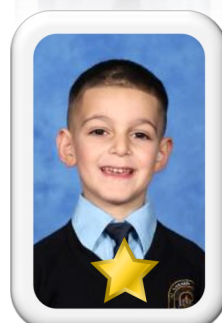
Allam Elasmr
KN



Asil Shakas
KH



Shahab Mohammed
Amin
KZ



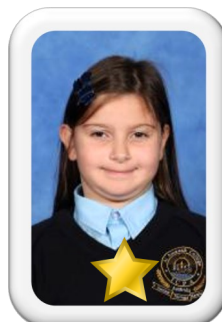
Ahmet Hamza Aydogan
1B

2 - 6

Arabic



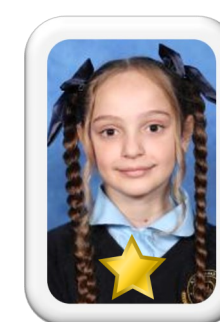
Shahd El Darwich
3A



Aminah Karhani
3E



Salim Alwan
4K



Malaak Raad
4A



Amina Baig
5E

English



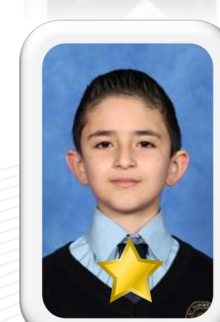
Adeelah Peerbaccus
4A



Basam Al Ayoubi
3A



Ahmed Yahya
4K



Jamal Al Said
4A



Elena Maamary
2D

Primary Students Celebrating the End of Ramadan

On Friday 5 April, 2024, primary students and their teachers came together to commemorate the culmination of this holy month with a Ramadan celebration. It was a day to acknowledge the hard work and pursuits of our students. Awards were presented to those who demonstrated outstanding effort and achievement in the competition, highlighting the dedication and passion for learning that our students possess.

Our primary students at Al Amanah College had been engaging with great zeal in Ramadan competition. This academic endeavour was an opportunity to allow students to learn several statements from the honourable scholars such as Al Imam Ali, Imam Al Tahawi, and Al Imam Al Harari. The students have also memorised several Hadiths of the Prophet, peace be upon him, which is instrumental in their spiritual and ethical development.



Annual Ramadan Competition Winners 2024

	First Place	Second Place	Third Place
Kindergarten:	Luqman Karhani - KH Layla El Baba - KZ	Muhammad Eid - KH Reyhana Al Klink - KZ	Madina Al Ayoubi - KH Layla El-Hallak - KZ
Year One:	Farhan Shaikh - 1B Ali Mohamad - 1E	Nabiya Fatima - 1B Walid Dennawi - 1E	Youssef Toameh - 1B Muhammad Ali Sabbagh - 1E
Year Two:	Mustafaraza Vansiwala - 2H	Ayesha Al Klink - 2H	Nourhan Souessi - 2H
Year Three:	Muhammad Kfoury - 3A Muhammad Karhani - 3E	Liyana Sankari - 3A	Sophia Adnan - 3E
Year Four:	Israa Toameh - 4A	Mohammed Upletawala - 4A	Luluwa Ghannoum - 4A
Year Five:	Mohamad Noun - 5E Ahmed Kassem - 5H	Muhammad Mahed - 5E Ibrahim Mallah - 5H	Dina Kamand - 5E Zakaria Abdallah - 5H
Year Six:	Zafreen Shaik - 6E Maryam Vansiwala - 6J	Hussain Al Najar - 6E Jouri Trad - 6J	Jasmine Sahyouni - 6E Ahmed El Obied - 6J



Kindy Blending Sounds into Words

In kindergarten, children embark on an enchanting journey of blending sounds to create words. Through engaging activities, they learn sounds like "i" and "o," seamlessly blending them into words like "p i t" and "p o t." Guided by teachers and supported by parents, this adventure nurtures a love for language and literacy. With each sound unlocked, children gain confidence in their reading and communication skills. Whether through interactive games, storytelling, or rhyming activities, every moment in the classroom and at home is an opportunity for discovery. Together, we celebrate the language and joy of learning, paving the way for a bright future filled with a lot of possibilities.

Mrs Hawat, Ms Saraya and Ms Nahas
Kindergarten Teachers



Primary Parent Teacher Interviews Night

We extend our gratitude to all parents who participated in our recent 'Parent Teacher Interview Night' held on Wednesday 8 May. This event promoted collaboration and dialogue between educators and parents across all grade levels, from Kindergarten to Year Six.

During these meetings, our dedicated teachers offered comprehensive insights into the academic progress, social development, and overall well-being of each student. These discussions served as invaluable opportunities to address any concerns and highlight continuing achievements.

As we reflect on the success of this event, we reaffirm our commitment to fostering a strong partnership between home and school. Your active involvements is essentials in supporting the continued growth and success of our students.

Our warmest thanks once again to all parents for their attendance and participation.



Year One Health

In Health, Year One students have been learning about eating well and being energised. They are developing a better understanding of nutrition, a balanced diet, and the importance of healthy foods in providing them with energy and promoting strong, healthy growth. As part of their learning students engaged in a hands-on activity where they cut, pasted and labelled the five different food groups. They also analysed their own diet and the ways in which it can be improved.

Well done Year One !



Year Two Featherdale Sydney Wildlife Park Excursion

On Monday 20 May our Year Two students embarked on an unforgettable adventure to Featherdale Sydney Wildlife Park. The day was packed with excitement, learning, and close encounters with the fascinating animals we had been studying in our English unit.

Our visit began with a warm welcome from the friendly staff at Featherdale. The students were thrilled to explore the park, starting with the reptile section where they saw snakes sliding up the glass and met Max, the brand new saltwater crocodile. The kids were amazed by Max's size and shared interesting facts about crocodiles they had learned in class.

Next, we moved on to see the echidnas, those curious spiny creatures we had read about. The students were fascinated by their unique appearance and behaviours. The adventure continued as we approached the owl exhibit. Seeing these beautiful birds up close was a highlight, and the students enjoyed identifying the different types of owls they had learned about in class.

One of the most exciting parts of the day was the visit to the kangaroo area. The students walked through, taking photos and coming up close with these iconic Australian animals. Everyone had a wonderful time gently touching the kangaroos creating memories to last a lifetime.

The wombats also made a big impression on our young explorers. Watching these sturdy animals move around their enclosures sparked many curious questions from the students. The interactive learning experience continued as we visited the koalas. Each student had the incredible opportunity to take a memorable photo while touching a koala. The joy and excitement on their faces were priceless!

Unexpected highlights included encounters with little penguins and wallabies. The diversity of animals at Featherdale Wildlife Park provided a rich and engaging learning experience for everyone.

Our trip to Featherdale Wildlife Park was not just an educational outing but also an adventure that brought our English unit to life. The students left with a deeper understanding of the animals we had studied and made memories of their hands-on wildlife experience.



Chinese Gardens Year Six Excursion

On Tuesday, 21 May, our Year Six students had an exciting adventure visiting China Town and the Chinese Gardens. Students explored and loved the lively atmosphere of China Town. They saw beautiful red lanterns, explored busy markets, and learned about the history and culture of the area. Next, they visited the peaceful Chinese Gardens. They walked through lovely gardens, saw architectural bridges and pavilions, and relaxed by the koi fishpond. Students learned about the garden's design and its importance in Chinese culture. Students finished the day by practicing their origami skills and had an opportunity to try their hand at calligraphy.

The day was full of learning and fun, and students asked lots of questions and enjoyed discovering new things about Chinese heritage.

Mr Jamleoui, Mrs Khalil, and Mrs El-Mazloun
Year Six Teachers



Primary Athletics Carnival

On Thursday 23 May, Al Amanah College held their annual Primary Athletics Carnival. It was an incredible success, as the day boasted fantastic weather, adding to the vibrant atmosphere. The students displayed remarkable sportsmanship throughout the event.

From the Kindy to Year Two category, the students enthusiastically participated in a range of novelty events such as the egg and spoon race, bean bag throw, potato sack race, three-legged race, and running races. The Year Three to Six students showcased their talents in shot put, relay races, long jump, and the exhilarating 100m race.

Congratulations to all participants for their outstanding efforts and terrific sportsmanship. We extend our heartfelt appreciation to the dedicated staff who made this memorable event possible.



Year Four Lizard Log Western Sydney Parklands



On Monday 27 May the Year Four students participated in an exciting excursion on forces, learning all about friction, gravity, air pressure, and magnetism.

During our excursion, we started with an engaging science presentation where students participated in fun experiments, dressed in lab coats, goggles and gloves, exploring the roles and importance of scientists. The students learned about various forces such as air pressure, magnetism, gravity, and friction, and classified them as contact or non-contact forces.

The activities included creating and manipulating slime to understand force properties, designing and launching air pressure rockets to study movement, racing custom-made billy carts to observe the effects of rolling and teamwork, and conducting soda bag explosions to explore air pressure and friction, ending the day with a Tug-o-War game.

The day was filled with hands-on learning and interactive fun!!



The National Simultaneous Storytime 2024

On Wednesday, Kindy to Year Six students participated in the National Simultaneous Storytime event. Every year, a picture book written and illustrated by an Australian author and illustrator is read simultaneously in libraries, schools, and many other places around Australia. The motive of this event is to foster a sense of community and excitement around reading.

This year's official book was '*Bowerbird Blues* by Aura Parker.' The words and illustrations in the book encourage imagination and confidence in young readers, as well as a love, curiosity and passion for nature.

Students enjoyed listening to the book being read to them followed by completing fun activities related to the story.

English Committee



Amity College Iftar Dinner

On Monday, April 8, Al Amanah College's Secondary SRC coordinators, Mrs Hasha and Ms Baddah, alongside the Year Twelve SRC students, attended Amity College for an annual Student Leaders Iftar dinner. Representing Al Amanah College were captains Ayman Ali and Maysa El Masri, vice-captain Aiyad Hassan, and SRC student Moses Baltaji. This gathering provided a unique opportunity for student leaders to exchange ideas with counterparts from diverse school communities, broadening perspectives and inspiring innovative approaches for community enhancement. During the event, students engaged in discussions about social justice initiatives they've participated in and seized opportunities to share reflections on the evening with all attendees. The evening, filled with intellectual engagement and delightful culinary experiences, fostered unity among peers from different cultural backgrounds. Al Amanah College extends gratitude to Amity College for their warm hospitality, anticipating future collaborations and unity among student leaders.



Secondary Parent Teacher Interviews

On Tuesday 7 May, Al Amanah College held 'Secondary Parent Teacher Night' for the 2024 academic year.

The interviews provided an opportunity for the parents and teachers to discuss student progress, strength, weaknesses and to goals to work on for academic success. They allowed them to discuss how to prepare well for the half yearly examinations coming up this term.

Parent teacher meetings have a positive impact by facilitating open and honest conversations between parents and teachers and allows them to better understand student academic and social experiences.

We look forward to more parent teacher nights in future and encourage all parents to continue communication with teachers to build positive networks between our school and parent community.



Year Ten Arabic and Religion Excursion

On Wednesday 15 May, our Year Ten students attended an annual Arabic excursion which serves as an enjoyable and educational trip. The excursion began with a visit to the Muslim cemetery, where the bus stopped briefly in front of the grave of our former principal, Mr Mohammed Al-Dana. The students recited Al-Fatiha for his soul and for the souls of the Muslims.

Afterwards, the students headed to visit the Muslim Community Radio Station 92.1FM where Miss Jalloul greeted the students and took them on a tour inside the radio station, showing them the broadcasting rooms and giving them the opportunity to record some chants in the recording room with the Radio presenter Ms Abir.

The students then visited Darulfatwa the Islamic High Council of Australia where Sheikh Ibrahim El Shafie welcomed the students and gave them a valuable lesson. The excursion ended with a lunch at a local Lebanese Restaurant 'Arabian' where students enjoyed a delicious meal consisting of various Lebanese dishes.

This excursion was an enjoyable and beneficial experience for all students, they learned about matters concerning the Arab community and its traditions in Australia.

Thankyou to our teachers in the Arabic and Religion department for organising this valuable trip for our Year Ten students!

رحلة الصف العاشر

قام طلاب الصف العاشر نهار الأربعاء برحلة ترفيهية وتعليمية ممتعة، بدأت الرحلة بزيارة مقابر المسلمين حيث توقفت الحافلة قليلا أمام قبر مديرنا السابق محمد الدنا وقام الطلاب بقراءة الفاتحة عن روحه وأرواح المسلمين كافة.

بعد ذلك توجهنا لزيارة محطة الإذاعة الإسلامية حيث كانت إحدى موظفات الإذاعة بانتظارنا وأخذتنا في جولة داخل غرف الإذاعة والبيت المباشر ومنحتنا الأخت "عبير" الفرصة في غرفة التسجيل لتسجيل بعض الأناشيد بأصوات الطلاب.

بعدها دخلنا إلى مبنى دار الفتوى حيث كان بانتظارنا فضيلة الشيخ "إبراهيم الشافعي" فاستقبلنا واعطى الطلاب درساً قيماً نافعا. وصلنا إلى المحطة الأخيرة من رحلتنا الممتعة، ذهبنا لتناول الغداء في مطعم لبناني حيث استمتعنا بوجبة لذيذة من شتى أنواع الأطباق اللبنانية. كانت هذه الرحلة تجربة ممتعة ومفيدة لجميع الطلاب حيث تعلمنا الكثير عن أمور تخص المجتمع العربي وتقاليده في استراليا. شكرا لمعلمينا في وحدة اللغة العربية والدين ولكلية الأمانة على منحنا هذه الفرصة المفيدة.



لين منسي وراما دنون
طالبتان بالصف العاشر



Leadership Excursion

On Thursday 16 May, we, the school captains, Maysa El Masri and Ayman Ali recently were granted an opportunity to visit the state government office as part of a specially arranged leadership programme. This enlightening experience provided us with a deeper understanding of political processes and the workings of government.

The visit began with an engaging Q&A session with various local council members. We showcased our curiosity and leadership potential by asking insightful questions, sparking meaningful discussions on various community issues and the role of local government in addressing them.

Following the Q&A session, we were invited to observe Question Time. Essentially, this was a front-row seat to witness the intense political debates on some of the state's most controversial topics.

The day culminated with an informative tour of the Government House, providing us an insight of the rich historical and cultural significance of its development. We had the honour of meeting her excellency Margaret Beazley, the current Governor of New South Wales. During this memorable encounter, she shared her inspiring story of leadership, detailing her journey and the challenges she has overcome. Her words resonated deeply with us as young leaders, encouraging the pursue of developing our own leadership paths with determination and resilience.

This visit not only broadened our understanding of governmental operations but also reinforced our commitment to leadership and community service, undoubtedly shaping our perspectives and actions, advancing our leadership skills and hence allowing us to become better leaders for our future.

I would like to thank Ms Chams for taking us on this excursion and express my gratitude for the invitation to this memorable programme.

Maysa El Masri
School Captain

Student Leadership Excursion Parliament House



Secondary Basketball Tournament

On Thursday 16 May, a group of high school boys attended a basketball competition at Bankstown Basketball Stadium against other schools. The boys were excited for the competition as they enjoy playing games at school and during sports sessions. The boys in division one played through tough teams but held a strong mental game to remain close while division two played with grit and determination to make their teams have a hard time and making sure they were no easy opponent.

A special mention for the following students who played with great determination and perseverance throughout each game.

- Jehad Chamma
- Zayd Obeid
- Ali Haider



Thankyou to all the boys who played to their best ability and a special *thankyou* to sports teachers, Isaac Akerry and Hassan Nafeh.

We look forward to participating in more sports competitions in future.



Secondary Girls Athletics Carnival

The 2024 annual girls' athletics carnival was held at Dwyer Oval on Wednesday 23 May. With an emphasis on participation and healthy competition, high school students were eager to run onto the field and participate in a series of sports including discus, long jump, shot-put, high jump, javelin and a 100-metre race. The students showed their house colours honor by having fun, participating and competing, and cheering their peers on to enter the competitions.

Well done to all the students who participated in the activities and a big congratulations to those who placed first, second and third in the all-stars race. Overall, the day was enjoyable and fun for all who attended. A special thanks to all the staff who made sure that the carnival was exciting and ran smoothly.

Athletics Carnival
High School Girls



Athletics Carnival
High School Girls



Athletics Carnival
High School Girls



Ten Habits of High Effective Students

Some people believe that really successful students are just born that way. True, some student 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 habit.

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.

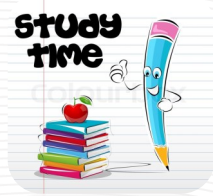
9. Use study groups effectively

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.



Crunch and sip your way to good eating habits



Getting children to eat fruit and vegetables can be a challenge for many parents but the Crunch & Sip program is there to help. The primary school program has a range of in-language resources to help parents follow Crunch & Sip at home. The program sets a time each day for children to refuel by eating fruit and vegetables and stay hydrated by drinking water. The resources are available in Arabic, Chinese Simplified, Macedonian and English.

Other Crunch & Sip tips for parents include:

- Send your child to school with a water bottle and ready to eat fruit or vegetables.
- Find time on weekends and school holidays to Crunch & Sip.
- Be a role model to your children.
- Get the kids involved in shopping, cooking and growing food.
- Trying adding vegetables to all meals.
- Keep fruit and vegetables in a fruit bowl on the counter.



In the swim with Project Harmony

Families with children aged three to six and living in south west Sydney can sign up for free swimming lessons through Project Harmony. Royal Life Saving NSW has partnered with the NSW Office of Sport to run Project Harmony to ensure no preschool child misses out on essential swimming and water safety skills.

The program provides 10 complimentary swimming lessons to preschool children who have previously lacked access to such programs. It will run at Mt Annan Leisure Centre and Michael Wenden Aquatic Leisure Centre and Whitlam Leisure Centre until July.

Parents need to have a NSW First Lap Voucher for their child to join Project Harmony.



[LEARN MORE](#)



Healthy Family Bulletin

Protect your family from whooping cough

There's a high number of cases of whooping cough (also called "pertussis") in our community this year, especially in school-aged children. Whooping cough can make children very sick, and is especially dangerous for babies. Whooping cough spreads easily from person to person.

Signs to look for:

- It starts with a runny nose, fever and cough.
- The cough gets worse at night, and sometimes won't stop.
- Children may vomit after coughing. Babies can turn blue and may even stop breathing.

The best protection is vaccination.

This protection builds up over several doses. Pregnant women should get vaccinated between 20 and 32 weeks gestation. Babies should have vaccinations at age six weeks, four months, six months and 18 months.

READ MORE →



Children should have another vaccination before school, when they are four years old and again in Year Seven. This last dose can be given at school through the NSW Health vaccination program. If you think you might have whooping cough, it's important to see your doctor for testing. If it is this disease, antibiotics can help you get better more quickly and stop you from passing whooping cough to others.

Quitting is a breath of fresh air



THE FACTS ABOUT VAPING

NSW Health has developed this infographic to share important facts about e-cigarettes, known as vapes, and e-cigarettes. The infographic is for general information only. It is not intended to be used as a medical or health advice. For more information, visit www.health.nsw.gov.au.

DO YOU KNOW WHAT YOU'RE VAPING?

<p>Many vapes contain nicotine making them very addictive.</p>	<p>The nicotine in 1 vape can be =50 cigarettes.</p>	<p>If you vape you are 3 times as likely to take up smoking cigarettes.</p>
<p>Vaping has been linked to serious lung disease.</p>	<p>Vape aerosol is not water vapour.</p>	<p>Vaping can irritate the same harmful chemicals found in cigarettes, such as tar, nicotine, and other harmful chemicals.</p>

NSW Health logo and QR code.

Smokers and people who vape are encouraged to quit the habit and enjoy a breath of fresh air on World No Tobacco Day, on Friday 31 May.

This year's theme aims to protect children from the tobacco industry and the marketing of these products through social media and streaming platforms. It's also a time to start conversations about the dangers of smoking and vaping. If you are thinking about quitting the habits, a range of support is available to help you:

- Speak to a GP or health service about quitting support.
- Visit [Growing Health Kids in South West Sydney](#) for facts for parents and carers.
- Speak to [Quitline](#) counsellors or the [Aboriginal Quitline](#) by phoning 13 7848 (13 QUIT).
- Find online tools and resources at [iCanQuit](#).

For more tips for families,

CLICK HERE →



Healthy Family Bulletin

Make a screen time plan to keep your children safe



To find out more, visit the eSafety Commissioner website.



Creating a screen time family agreement plan with your children is a great way to help everyone stay safe online, manage the impacts of screen use and promote healthy habits and lifestyles.

Working on the rules together can help families get the most out of screen time, plan some fun activities during non-screen time use and build stronger bonds and social connections with others.

Here are some tips to help you get started:

- Include your children so the plan becomes a family decision.
- Work on the plan together. Children are more likely to follow the rules if they have contributed.
- Use a reminder such as '10 minutes to switch off' to help children transition from the screen to other activities.

Take the challenge and exercise right

Whether you like bike riding, walking the dog, sport or gardening, it's time to get moving for 30 minutes a day for 30 days in May.

The Exercise Right Challenge is a great way for families to get active and enjoy healthy habits every day. It could also be the motivation you need as we move towards winter.

People can also take part in Exercise Right Week, which runs from 20 to 26 May, and host or join an activity near them.



[MORE INFO](#)

Celebrate in May

Heart Week

6-12 May. Never miss a beat! See your GP for a Heart Health Check. [Read more.](#)

National Families Week

13-19 May. Thank the important people in your life. [Learn more.](#)

Volunteer Week

20-26 May. Make a difference to others. [Click here](#) for more.





Recipe - Fast vegetable spaghetti



This quick, easy and tasty vegetable spaghetti recipe will become a family favourite. The recipe serves 4-6 people.

Preparation time: 10 minutes. **Cooking time:** 10 minutes.

Ingredients:

- 500g spaghetti or pasta
- 2 teaspoons vegetable oil
- 1 small onion, thinly sliced
- 1 small celery, thinly sliced
- ½ capsicum, seeded and diced
- 1 small zucchini, diced
- 570g tomato-based pasta sauce
- ¼ cup grated parmesan cheese

Method:

1. Cook and drain the pasta.
2. Heat oil in a saucepan, add onion and cook until soft.
3. Add the rest of the vegetables and mix well.
4. Lower heat, cover and cook for 5-7 minutes.
5. Add pasta sauce to vegetables and heat thoroughly.
6. Remove sauce from heat and serve over the pasta.
7. Sprinkle with grated cheese.

LEARN MORE >>

Celebrate Mother's Day at storytime

Mums and their bubs can share stories and songs at Mother's Day Storytime events at Fairfield's libraries.

Storytime is a fun way to develop children's brain development, imagination and listening and communication skills.

The fun reading events are held from 10.30am to 11.30am at Smithfield Library on Monday 6 May, Bonnyrigg and Cabramatta Libraries on Wednesday 8 May and Fairfield and Wetherill Park Libraries on Friday 10 May.

Mother's Day evening storytime will also be held at Wetherill Park Library from 6.30pm to 7.30pm, on Tuesday 7 May.

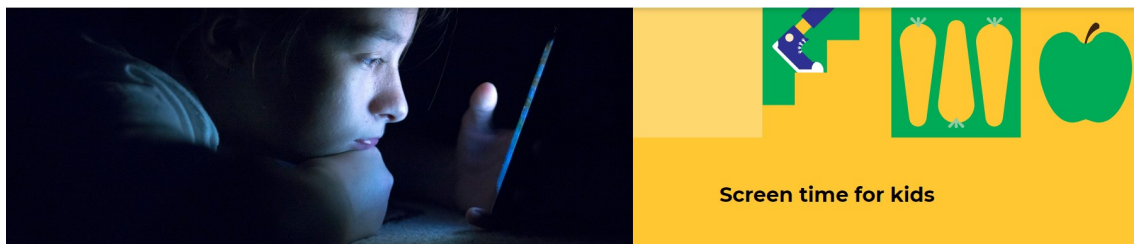
To find out more, [click here](#).



Mother's Day will be held on Sunday 12 May. A picnic, lunch or get together with loved ones are also fun ways to celebrate the day.



Parent Health Tips



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



Parent Health Tips

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 are 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](#).

Liverpool Campus

55 Speed St
Liverpool NSW 2170
P +61298228022
F +61298228011

Bankstown Campus

2 Winspear Avenue
Bankstown NSW 2200
P +61297081220
F +61297829134

 facebook.com/AIAmanah.College
 @AIAmanahCollege or @AIAmanahCollege
 admin@alamanah.nsw.edu.au
 www.alamanah.nsw.edu.au