

## NEWSLETTER | Message from the Principal's Office

Issue 04

Monday 13 September 2021

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

All praise and thanks are due to our Exalted God “Allah”, the Creator of all and to Him belong the endowments and proper commendations. I ask Him to bestow upon us guidance and wisdom. May Allah raise the rank of Prophet Muhammad, and protect His nation from that which He fears for it.

### Term 3

What a special term it has been! Term 3 has been an extraordinary term in the history of Al Amanah College due to the long lock-down of COVID 19 outbreak. First and foremost, I would like to take this opportunity to acknowledge and thank the entire community of Al Amanah college during these unprecedented times for their resilience, co-operation, compassion, patience, understanding and support.

Our priority is to move forward, get all our students back into school, and to attain face to face teaching, but still waiting for the recommendation of the health and education departments. Our aim is to provide a safe and calm environment for all students and staff and to immensely build and enhance collaborative partnerships between school, home, and community and we look forward to keeping up the good work together as one team to achieve better outcomes for the children. Also, we have communicated since the beginning of this term with families who do not have access to online learning opportunities to come to school for collection/delivery of students' learning packs.

### Thank You to Al Amanah College Staff

In regard to the school's response to the current and emerging challenges and stressful time associated with the COVID-19 outbreak, I would like to take this opportunity to acknowledge

and appreciate our magnificent English and Arabic coordinators (Mrs. Jalloul and Mrs. Ismail) along with their teachers who exerted a lot of efforts to lead our students' learning and wellbeing as smoothly as is possible in these uncertain times. My special thanks to our welfare teacher/ Mr. Krayem, learning support teachers and admin staff members for their high level of care, patience, and professionalism they have been displaying during the online learning period.



### Online-Learning

As students enter the new world of online learning which seems that this will continue until the government hits the target of achieving at least 70% of eligible double vaccinated people. I do appreciate all parents for supporting the students' learning at home and I acknowledge our teachers for doing their utmost to deliver the contents of all subjects and to provide the most up to date material via Teams, Moodle, igloo, and Dojo. However, please keep motivating and supporting your children and do not hesitate to contact me, our coordinators, teachers, welfare, and admin staff members for any clarification and assistance that the school can offer and cater.

Finally, I wish everybody a healthy and relaxing holiday. This short break is an opportunity for all students, teachers, staff members, and parents to rest and relax during these unprecedented times. I ask Allaah the Almighty to protect you all from any form of harm, illness, and to alleviate all calamities.

Yours Sincerely,

Principal

### Key Dates

**Thursday 16 Sep**

Last day of Term 3

**Monday 4 Oct**

Public Holiday

**Tuesday 5 Oct**

First Day Online

Learning Term 4

# الأحاديث الأسبوعية

## HADITHS OF THE WEEK

قال رسول الله صلى الله عليه وسلم:  
"أَفْضَلُ الْأَيَّامِ يَوْمُ عَرَفَةَ"  
رواه البخاري ومسلم

Which means:  
"The best day is the day of ^Arafah"

9 Dhul-Hijjah  
1442H  
Mon : 19/7/21

قال رسول الله صلى الله عليه وسلم:  
"لَا يَدْخُلُ الْجَنَّةَ قَاطِعٌ"  
رواه البخاري

T3  
WK 3

Which means:  
"The one who severs ties with his kin will not be amongst the first people who enter Paradise"

T3  
WK8

قال رسول الله صلى الله عليه وسلم: "لَا يَدْخُلُ الْجَنَّةَ عَاقٌ"  
رواه البخاري

Which means:  
"The one who immensely harms his parents will not be amongst the first people who enter Paradise"

قال رسول الله صلى الله عليه وسلم:  
"يَاكُم وَالظَّنُّ فَإِنَّ الظَّنَّ أَكْذَبُ الْحَدِيثِ"  
رواه مُسْلِم

T3  
WK6

Beware of suspicion, for it could be a severe falsehood.

قال رسول الله صلى الله عليه وسلم:  
"لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِلنَّاسِ مَا يُحِبُّ لِنَفْسِهِ"  
رواه الإمام أحمد

T3  
WK4

One will not have all the characteristics of the righteous believer until one loves for people that which one loves for oneself

T3  
WK5

قال رسول الله صلى الله عليه وسلم:  
"لَيْسَ مِنَّا مَنْ لَمْ يُوقِرْ كِبِيرَنَا وَيَرْحَمِ صَغِيرَنَا"  
رواه الترمذي

Which means:  
"The one who does not show respect to our elderly and mercy to our young, is not following our methodology"

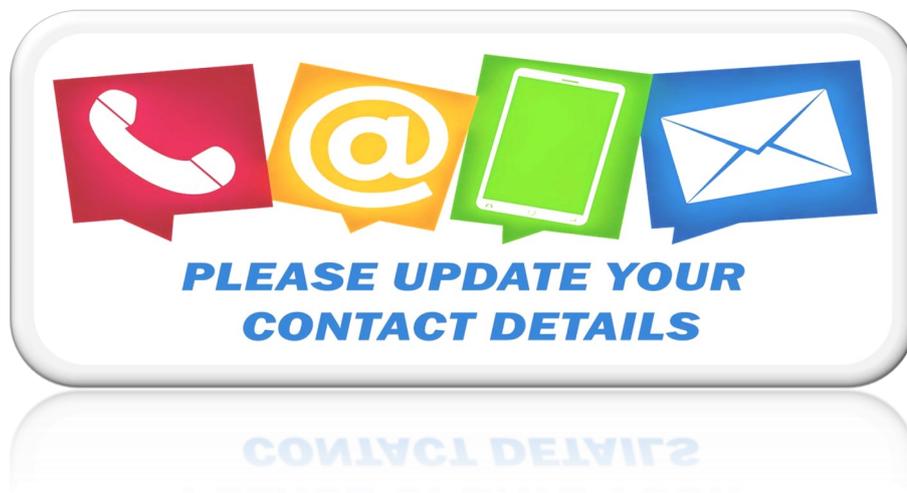
قال رسول الله صلى الله عليه وسلم:  
"مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَعْنِيهِ"  
رواه الترمذي

A way for the person to excel in Islam is not to interfere in the matters which do not concern one.

T3  
wk7

## Updating Contact Details

Please make sure to have your family contact details updated at the school office. This includes your address, phone numbers and emails. During this learning from home period, we may need to contact you.



## Online Attendance

Regular attendance at school is essential for students to achieve quality life outcomes. Schools, in partnership with parents, are responsible for promoting the regular attendance of students. Please remember that during our learning from home our teachers are still recording student attendance. This will go towards your child's attendance for Term 3 and our end of year report.

- If your child is engaged in their learning from home they will be recorded with an 'F' for flexible.
- If your child is sick and will not be involved in the days lessons they will be recorded with an 'S' for sick.
- If your child is not engaged in any learning they will be recorded with an 'A' for unjustified.



Please remember to notify your child's teacher or the school office if your child is sick to have this justified, otherwise they will be recorded as unjustified 'A'.

Whilst we are learning from home, we are encouraging families to continue with normal school routines where possible. It is important that you keep to routines such as waking up on time, brushing your teeth, having breakfast, getting changed and ready to start at the scheduled Teams session with the class teacher.

# Book Week

This year's theme for Book Week was 'Old Worlds, New Worlds, Other Worlds'. Although the world of literature was celebrated a little differently this year due to Covid19, that didn't stop us in parading our creative book character outfits on Microsoft teams! Little princesses, hero's and other creative characters brightened up our laptop screens and our day.

Students viewed many award-winning books, participated in various book activities such as a book scavenger hunt, character descriptions and added their artist brush to themed images. It surely was a busy week full of activities and fun.

The English Committee was beyond impressed with student's creativity both with their outfits and in keeping the theme 'Old Worlds, New Worlds, Other Worlds' alive in their activities! Congratulations to our winners: Adrita Hossion and Basam Al Ayoubi in KA, Alvina Tasnim and Junayna Hasan in KE, Dib El Huseein and Zohan Ashiq in 1D, Samir Bashir and Yassin Yassin in 1H, Ayah Elkheir and Omar Istanbouli in 2A, Talia El Zok and Lamis Abdallah in 2S, Sheikh Ayat Abdullah and Khadeejah Kassar in 3/4M, Mariam Irani and Aya Abu Lebdeh in 3J, Jannat Sader and Lilyan El Rifai in 4O, Ayah El Swaissi and Yara Haddad in 5L, Ghaliya Istanbouli and Noah Jalloul 6A!

Keep an eye on the door and be ready for a knock from your local postie, English Committee has a special delivery for our book week winners! We thank parents for their effort in helping their children participate in this annual event. Also, a big thank you to Al Amanah Bankstown Staff for their help in making this year's book week celebration a successful one.

English Committee



# Learning From Home

## **Create a Routine**

As much as possible try to keep to a normal routine for learning from home. It can be easy for school time and home time to merge into one which can be overwhelming at times. It can be helpful to create routines to differentiate this time and support being able to switch off from work or school time.

Some ideas around this could be:

- Taking a walk around the block or exercise when you finish school to mimic your usual travel home time (whilst still obeying the COVID-19 restrictions)
- Packing down your workspace at the end of the school day, closing computers and putting books away.
- Changing into different clothes for work or study time and home time

## **Take Regular Breaks**

Stepping away from the computer, getting some fresh air and stretching is important for everybody. If you do this on a regular basis everybody in the house will be more productive in their work and learning. It also supports good physical and mental well-being.

## **The Importance of Sleep**

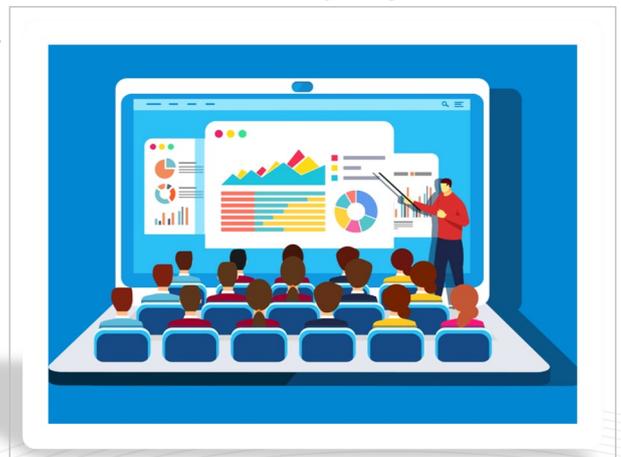
Getting enough sleep can be difficult when our routines have changes. Sleep is important for healthy bodies and brains. Children aged 5 to 13 years need to get 9 to 11 hours of uninterrupted sleep each night.

### ***Poor sleep can:***

- Make it difficult to focus or make decisions
- Decrease memory
- Increase mood changes, irritability and behaviour
- Increase desire for foods that are likely to make it difficult to maintain a healthy weight
- Decrease ability or desire to be active and exercise

### ***Tips for a good sleep:***

- Have a consistent bedtime routine
- Avoid screen time 1 hour before bedtime
- Avoid playing or doing schoolwork on bed
- Create a calm environment for sleep: minimise loud unpredictable noise



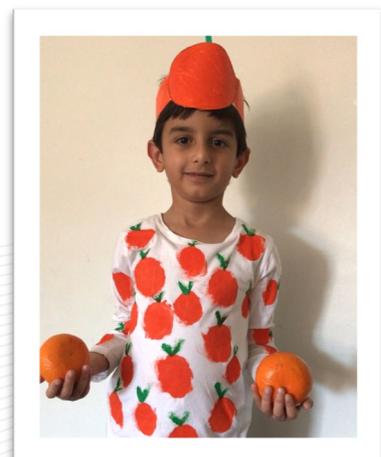
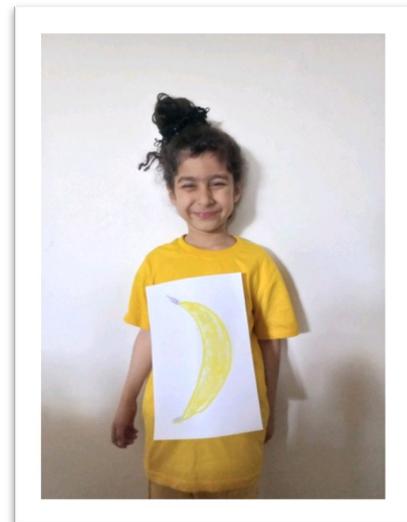
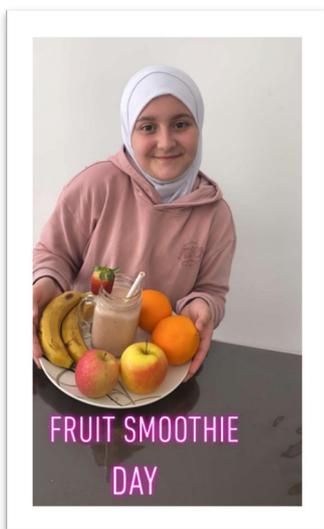
## Science Week

During Week 6, students of Al Amanah College Bankstown participated in National Science Week. They designed and made a variety of different foods to depict the 2021 theme 'Food: Different by Design'. Students in lower primary created their own salads and soups whilst Year 3 and Year 4 made burgers and smoothies. We had some delicious looking Willy Wonka inventions made by Year 5 and Year 6 students. It was great to see students getting involved and having fun!



## Fruit & Vege Week

Did you know that eating a diet high in plant foods such as fruit and vegetables is good for us and good for the planet? On Wednesday 8<sup>th</sup> September Al Amanah College celebrated and had a Fruit & Veggie fiesta. Students flooded Teams with the colours of the rainbow representing all the scrumptious fruits and vegetables. Fruit & Veggie month is all about encouraging children to eat more fruit and veg for healthy minds and bodies. Students rolled up their sleeves and tried some new and fun recipes and upper primary created magnificent artworks of fruit bowls, Picasso pear and Monet mango.



# 100 Days of Kindy

During their online learning session on Friday 20 August, KA and KE at the Bankstown Campus, celebrated 100 days of Kindergarten.

Students made a '100 Days' hat and glasses, which they loved colouring in. Students and their teachers also discussed their most fond memories and enjoyed delicious snacks. It was a great online celebration which was thoroughly enjoyed by all. Well done Kindergarten, a great achievement indeed!

