



AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 05

Message from the Principal's Office

Monday 23 August 2021

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

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

We are in very turbulent times indeed! I sincerely thank Mrs Dabboussi, Ms Sahyouni along with the school's Head Teachers and Stage Leaders who continue to lead our students' learning and wellbeing as smoothly as is possible in these uncertain times. My special thanks to our dedicated staff for their high level of care, patience and professionalism they have been displaying during the online learning period.

Our school is very quiet! Every day brings a new challenge - Year Twelve students in the greater Sydney region will not be returning to schools to undertake their trial examinations on-site, rather they will undertake their trials through an online/open book format. I have notified all Year Twelve students and parents of this late change and will continue to update them as each piece of information comes to us. The feedback from the online parent-teacher meetings has again been very positive with many more parents and carers able to attend than is the case when these are held at school. While I know that some families would prefer to have these meetings in person, at school, I know all families appreciate this alternative opportunity.

It appears that online learning will continue for some time with the Covid case numbers increasing. I am grateful to families for supporting your children's learning at home and I

know our teachers also appreciate your ongoing support.

Student and staff wellbeing are a priority for the school during this period of uncertainty. Teachers are conducting a number of wellbeing initiatives each week to support your children who are isolated from their friends. Nothing can replace the interpersonal experiences of actually being at school and in classrooms, however, we unfortunately have no control over this at this time. Please encourage your children to reach out to our welfare committee and religion department. I encourage you to do the same if they need any assistance with managing their moods, their learning schedules and/or their levels of motivation. We will continue to provide regular wellbeing advice and resources through this newsletter, via igloo, Moodle and through the Year Advisor wellbeing activities for students.

One of the most important components of a school's success is having a healthy and supportive communication between families and the school. This positive relationship is one of the key factors that carries students to great achievements. I kindly ask all parents to give importance to this matter and stay connected with the school.

I send all our families my best wishes and many positive thoughts as we all plough on through the lockdown.

May Allah protect our children, our families and our communities from any form of harm or illness.

Ayman Alwan
Principal

Dates to Remember

MONDAY 23 - FRIDAY 27 AUGUST
Book Week

MONDAY 23 - THURSDAY 9 SEPTEMBER
Year 12 Trial Examinations Two

WEDNESDAY 25 AUGUST - FRIDAY 3
SEPTEMBER
Year 11 Yearly Examinations

FRIDAY 17 SEPTEMBER
Term 3 Ends

MONDAY 20 - FRIDAY 24 SEPTEMBER
School Office Open 9am - 2pm

MONDAY 4 October
Public Holiday

TUESDAY 5 OCTOBER
Term 4 Starts
Students Day One



الهجرة المباركة

عنه وأبىس سُرَاقَة سوارى كسرى كما أخبر النبيّ الأعظم محمد صلى الله عليه وسلم.

وتابع النبيّ محمد صلى الله عليه وسلم رحلته مع الصديق حتى وصلا إلى المدينة المنورة حيث كان المسلمون من أهل المدينة ينتظرون وصوله. ولما علموا بوصول النبي صلى الله عليه وسلم عمت الفرحة والسعادة واشرفت المدينة المنورة بنور النبيّ الأعظم. وكانت الهجرة فاتحة خير وتأسيساً للدولة الإسلامية التي كانت منطلقاً لنشر الدعوة. وتعليم الناس أمور دينهم.



الصديق، حتى إذا زالت الشمس وحملت الظهيرة فقد الكثير من الأمل في أن يجدهما.

وفي هذه الأثناء يقترب سُرَاقَة وهو يسمع قراءة النبيّ صلى الله عليه وسلم والصديق يكثر من الالتفات يمينا ويسرة خوفاً من عدو يريد بصاحبه وحبيبه شراً، فبصر سُرَاقَة قد أدركهما ويعلم النبيّ بذلك فیدعو النبيّ صلى الله عليه وسلم قائلاً: "اللهم اكفناهما بما شئت وكيف شئت" رواه الإمام أحمد. وهنا تظهر إحدى معجزاته صلى الله عليه وسلم فبينما سُرَاقَة قد علم أن لمطلوبه شأناً عظيماً عند الله. فینادي سُرَاقَة ويسأله أن يدعو الله له قائلاً: "ادع الله أن ينجيني مما أنا فيه، فوالله لأعطين على من ورائي من الطلب" فیدعو خير الخلق صلى الله عليه وسلم ربه فيبقي الله فرس سُرَاقَة، ويقترب متفكراً فيما حدث له، ويخبر النبيّ صلى الله عليه وسلم أخبار ما تريد بهما قريش من الأذى.

وهنا يخاطبه الرسول الأعظم فيقول له "كأنى بك قد لبست سوارى كسرى" رواه البيهقي في السنن. بمضى سُرَاقَة إلى قريش فيجد الناس يلتمسون (يطلبون) رسول الله صلى الله عليه وسلم فيقول لهم: "ارجعوا، فقد استبرأت لكم ما ههنا وقد عرفتم بصرى بالأثر" فرجعوا.

أسلم سُرَاقَة بن مالك سنة ثمان للهجرة، وبعد انهزام القريش في معركة القادسية وعودة جنود المسلمين قام سيدنا عمر بن الخطاب رضى الله

بعد ثلاث عشرة عاماً من بيعت النبيّ الأُمَيّ الأمين صلى الله عليه وسلم فضاهن في الدعوة إلى دين الله تبارك وتعالى، جاء الأمر الإلهي بالهجرة إلى المدينة المنورة بنور الهدى المحمدي، وذلك بعد أن هاجر قبله الكثير من أتباعه فاستجاب خير الخلق لأمر ربه وخرج يرافقه صاحبه الصديق في هذه الرحلة المباركة التي كانت حدثاً تاريخياً مهماً و تحولاً كبيراً في مسار هذه الدعوة الحقة، وأظهر الله تبارك وتعالى في هذا الحدث من المعجزات ما ثبت به قلوب المؤمنين الصادقين، وكان سبباً وعملاً عظيماً في هداية أناس وإنقاذهم من الضلالة والشرك إلى الهداية والنور والسعادة الأبدية.

وتستوقفنا في هذه الهجرة المباركة إحدى المعجزات النبوية وهي التي شهدها أحد القناتين من قبيلة كنانة هو سُرَاقَة بن مالك، وذلك لما كان النبيّ المصطفى صلى الله عليه وسلم وصاحبه الصديق في طريقهما إلى غار ثور معايرين عن أنظار قريش الذين خرجوا يريدون قتلهما، ففي أثناء ذلك يلتقي أبو سفيان سُرَاقَة فيعرض عليه مائة من الإبل لقاء أن يزد النبيّ صلى الله عليه وسلم وصاحبه إلى قريش، بعد أن أعلن بين مشركي قريش أن من يأتي بمحمد صلى الله عليه وسلم له منه من الإبل، فعقد سُرَاقَة اللبنة على أن يستأجر وحده بالقيمة وخرج يطلب النبيّ الأمين وصاحبه الصديق.

ولما كان السحدر (وهو وقت قبل الفجر) امتطى صهوة جواده وسلك طريق المدينة وبقي يبحث عن رسول الله صلى الله عليه وسلم وصاحبه

The Migration of Prophet Muhammad

The immigration of Prophet Muhammad, otherwise known as the Hijrah, was not about running away from being killed, nor was it about fear, or a retreat from bidding the lawful or forbidding the unlawful. The Hijrah was done in obedience to what Allah had ordered. During the Hajj season, when the people gathered, the Prophet peace be upon him used to call them to Islam and say to them: "Say no one is God except Allah and then you will succeed."

The Prophet was very patient with what the blasphemers had done to him. His companions tolerated many types of torture including whipping, hitting, imprisonment, burning, and execution. Yet when they gained the support and aid from Allah, it was as if they had turned into a solid rock that could not be scratched. Their pious heartbeats and their silent supplications shook the hearts and thrones of the disbelievers.

Consider the words of our master Muhammad after the people had come to his uncle Abu Talib and asked: "What does your nephew want out of his call to Islam? If he wants status we shall give him it and we will not do anything without his consultation. If he wants money, we will collect it for him until he becomes the richest amongst us. If he wants to rule us, we shall give him the position of king".

But the Prophet peace be upon him said to his uncle: "If they were to place the sun in

my right hand and the moon in my left, I would not leave this call to Islam". There is not a single prophet that left the call to Islam, nor is there a prophet who neglected the call to Islam due to hardships or calamities that had overcome him.

The blasphemers agreed to killing the Prophet peace be upon him. They encouraged one man from each tribe to hit the Prophet with their swords simultaneously so that his murder could be seen as done by all those tribes and so that no one from the Prophet's family could seek revenge. Angel Jibril came to the Prophet peace be upon him telling him about their evil plan. Angel Jibril ordered the Prophet not to sleep in the same place he used to. The Prophet then called upon Aliyy Ibn Abi Talib and instructed him to sleep on the same bed that the Prophet used to sleep on and to cover himself with the same green cloak that the Prophet used to cover himself with. Aliyy did this. A group of young blasphemers surrounded the Prophet's house. On his way out, the Prophet, peace be upon him, picked up a handful of dirt. He sprinkled it on their heads, as he recited Ayahs 1 - 9 from Surat Yasin.

Ayah 40 of Surat At-Tawbah means: "And he (the Prophet) would say to his companion not to be saddened, for they had support from Allah."

The companion mentioned in this Ayah is Abu Bakr as-Siddiq. This Ayah does not mean that Allah is physically present with them in the cave, because Islam states that Allah exists without a place. Rather the actual meaning of this Ayah is that Allah is supporting and giving victory to their enemies.

Allah the Almighty saved the Prophet with the weakest spider web. A spider spun its web around the entrance of the cave where the Prophet was and nearby two doves had laid eggs. By the Will of Allah the Prophet was not seen by the blasphemers. The believers waited patiently in Madinah for the arrival of their beloved Prophet to their land. Some would go to the outskirts of Madinah every day waiting for him, others climbed trees to see if they could see him coming in the distance.

On midday of a very warm day, the Ansar went out in many groups to the outskirts of Madinah as usual, expecting the arrival of the Prophet. They heard one of them yelling loudly and saying: "the one you have been waiting for has arrived". Enthusiastically, hundreds rushed out to welcome and greet their master, Prophet Muhammad, while chanting.

May Allah return this holy occasion to us filled with blessings and peace, Amin.

الأحاديث الأسبوعية Hadiths of the Week

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
"أَفْضَلُ الْأَيَّامِ يَوْمُ عَرَفَةَ"
رواه البخاري ومسلم

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

T3 WK1
9 Dhu-Hijjah
1442H
Mon : 19/7/21

الهجرة
1443
مَنْبِعُ الْأَمْجَادِ
Al-Hijrah
1443
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قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
"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"

قال رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
" 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 رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
" لَيْسَ مِمَّا لَمْ يُوقَرِ كَبِيرَنَا 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 رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
إِيَّاكُمْ وَالظَّنَّ فَإِنَّ الظَّنَّ أَكْذَبُ الْحَدِيثِ
رواه مُسْلِمٌ

T3 WK6

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



COVID 19 Major Clean Up - 10 July 2021

With the increase of COVID 19 cases and the implementation of the new NSW lockdown restrictions, Al Amanah College has resumed its extensive deep cleaning sessions of frequently high-touched surface areas in all parts of the school on Saturday 10 July 2021.

The school has performed the first school major clean-up for the upcoming term three which included the thorough and total disinfection of all frequently touched surfaces. This includes enhanced and regular daily cleaning of high-touch surfaces such as desks, chairs, door-knobs, doors, handrails, lockers, outdoor seats, play equipment and toilets, as well as the school's outdoor gym and Grand Hall in preparation of school events and exams.

The school is actively ensuring all staff members, students and families are practising social distancing and maintaining regular personal hygiene practises through providing hand sanitisers in each classroom and antibacterial hand soap dispensers near all designated hand basins on a daily basis, as well as abiding by online teaching guidelines.

The school will still maintain its daily disinfection routine and major clean ups as needed, to ensure the adoption of all reasonably practicable measures as well as reduce the spread of viruses or germs at our campuses.



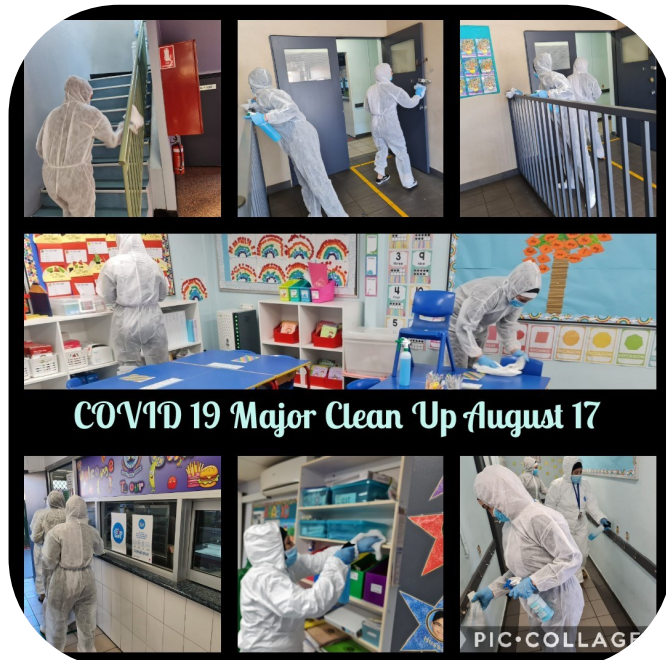
Covid 19 Major Clean Up - August 17 2021

With the increase of COVID 19 cases and the continuation of the new NSW lockdown restrictions and lockdown, Al Amanah College has resumed its extensive cleaning sessions of frequently high-touched surface areas in all parts of the school on Tuesday 17 August 2021.

The School performed its second school major clean-up for term three which included the thorough and total disinfection of all frequently touched surfaces. This includes enhanced and regular daily cleaning of high-touch surfaces such as desks, desktop computers, chairs, doorknobs, doors, handrails, lockers, outdoor seats, play equipment and toilets, as well as the school's outdoor gym and Grand Hall in preparation of school events and exams.

The school is actively ensuring all staff members are practising social distancing if attending school grounds, and maintaining regular personal hygiene practises through providing hand sanitisers in each classroom and antibacterial hand soap dispensers near all designated hand basins on a daily basis, as well as abiding by online teaching guidelines and lockdown restrictions.

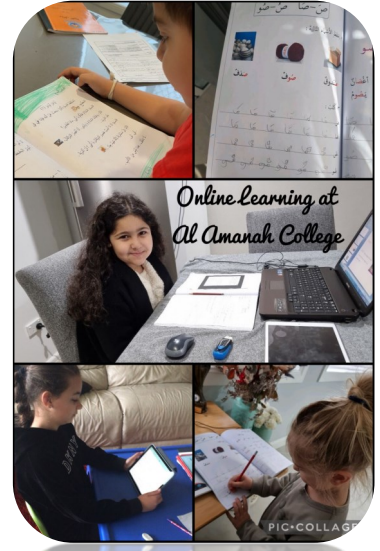
The school will still maintain its daily disinfection routine and major clean ups as needed, to ensure the adoption of all reasonably practicable measures as well as reduce the spread of viruses or germs at our campuses.



Online Learning Week One

This week was the first week of term three and students at Al Amanah began online learning again during these unprecedented times. The primary students have been following a timetable each day, with online activities and tasks allocated for each subject. They have also been attending multiple daily Microsoft teams meetings with their English teachers as well as their Arabic and Religion teachers, where the teachers have been conducting lessons and assisting students with their online work.

The students should be very proud of themselves for adapting to online learning quickly and successfully!



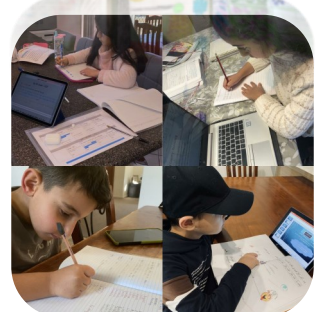
Online Learning Week Two and Three

We hope everyone had a wonderful Eid Break, despite the lock down and restrictions.

Over the past two weeks, the primary students have amazed us with their fantastic efforts with their online learning. They have continued following their online learning timetable each day, and completing their online activities and tasks allocated for each subject. Our primary students have also continued attending their multiple daily Microsoft teams meetings with their English teachers and their Arabic and Religion teachers, and submitting their online work via Moodle or Class Dojo.

The class teachers are loving receiving pictures of our students working hard at home as we are missing seeing their faces in the classroom each day.

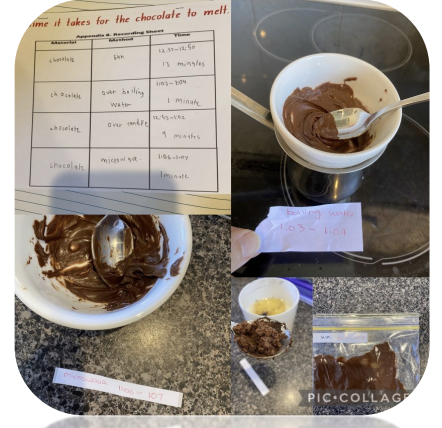
We would like to thank all the parents for supporting their children during online learning. We understand that this is a very challenging time, and we appreciate all that you are doing to support your child's learning!



Year Three Online Learning Science Investigation!



This term, Year Three are learning about different heat sources in science. The students sources of heat as part of their online learning. In week three, students conducted a science experiment at home where they investigated how chocolate can be melted using different heating methods such as melting the chocolate in a microwave, using a candle, in the sun and on the stove. Year Three students enjoyed implementing this experiment as it provided them an insight into how different methods can be applied to changing the state of matter of chocolate from solid into liquid.



وحدة الدين واللغة العربية والتعليم عن بعد

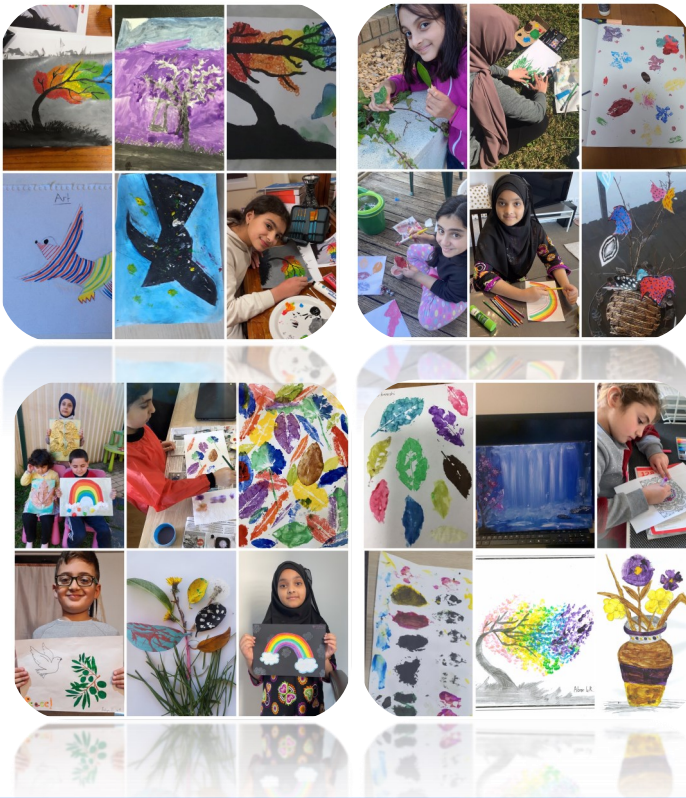
نظرا للظروف المستجدة والحاجة للتعليم عن بعد قامت وحدة الدين واللغة العربية في مدرسة الأمانة ليفربول بمواصلة التعليم وتقديم البرنامج الاسبوعي لطلابها الأبناء عبر برنامجي دوجو ومودل. وكذلك تابع الأساتذة التعليم المباشر بخصص أسبوعية عبر برنامج تيمز.

كما وقد قام الأساتذة بتحضير دروس مسجلة حتى يتمكن الطلاب من الإستماع إليها ومراجعتها مرارا وتكرارا. وكان تواصل الأساتذة بطلابهم مثنياً مما سهل على طلابنا فهم دروسهم وحل وظائفهم بسهولة.

كما ولا ننسى شكرا أهاليها الكرام على جهودهم وتعبهم بمتابعة أولادهم والسهر على تربيتهم سائلين المولى عز وجل أن نجد ثمرة الجهد هذا بنجاح طلابنا وتفوقهم متمنين لهم مستقبلا مزهراً ومشرقاً.



Year Four Online Learning - Visual Arts



The Year Four students have been participating in art activities during online learning. The art activities involved the students collecting resources from the outdoors such as leaves, sticks, rocks and flowers. Learning from home can be challenging so we wanted to give students an opportunity to take a deep breath, have a change of scenery and to feel engaged. Engaging with art is essential as children communicate through artistic expression. The students absolutely loved the idea, and the teachers were amazed with their creativity and originality!

A strong sense of support was developed as parents and the Year Four teachers also participated in the activities. Parents and students expressed their gratitude as it was a great way to look after their well-being and to bond with their families.

It was lovely to see the many happy faces that we miss dearly. Looking forward to seeing many more great art pieces.

Keep up the great work, Year Four!

Year Five Bake Off

Over the weekend, Mrs Collins and Mrs Adam challenged Year Five students to a Bake Off!

We asked the students to bake or make something sweet, if they were able to and had the time. The motivation behind this was to boost everyone's wellbeing and encourage the students to do something fun with their families that is away from their laptops!

We have some fantastic entries and the students who participated all said that they had a lot of fun. Year Five is going to continue thinking of activities that we can do together to help us stay connected and stay positive during this challenging time.



Western Sydney University Careers Expo 2021

On 24 June, our Year Eleven and Twelve cohorts attended the 2021 Western Sydney Careers Expo at Sydney Olympic Park. Due to COVID restrictions, all attendees were required to wear face masks upon entry. The senior students continually see value in this excursion as they see the vast range of opportunities to explore careers and study options post HSC. The exhibitions were comprised of different universities around Sydney, employment services, colleges and academies, careers advisors, as well as organisations for different apprenticeships. Students had the opportunity to visit all the exhibitions which peaked their interest and gathered information on how they could pursue these paths post HSC.

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

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

Students were able to see the value of the exhibition in encouraging the need to plan and implement effective study plans in order to attain the ATAR requirements for their preferred course. Overall, the 2021 Year Eleven and Twelve cohort had an enjoyable day whilst gaining insightful information about various careers and university pathways.



Year Twelve Trials One

During the second week of term three our high school team continued to adjust to the tightening restrictions put in place by the NSW Health. As a result, the HSC Trial One which was a learning task for mathematics was administered completely online, marking it as the first official examination to be conducted virtually by Al Amanah College.

The Mathematics department prepared for this adjustment by transferring the examination paper from hardcopy to an online quiz which students accessed at the same time that they would have completed the exam in person. Year Twelve students were required to attend class online and the regular exam procedure took place with roll marking, instructions, 'duaa' recitation and continuous supervision throughout the entire duration of the quiz. They were able to contact teachers throughout the exam for any questions or support needed.

In addition, the school has put in place a student well-being support plan to assist them in their studies during this unprecedented time, in particular the Year Twelve students undergoing crucial HSC studies.

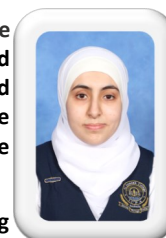
We are proud of our Year Twelve students for adhering to the change and cooperating with the adjustments. They have truly proven to be resilient and capable, especially in a time of extreme pressure on their educational experience. We would like to thank the parents for their support in these difficult times as well as the high school department for continuously serving our students even during the lockdown period.

Well done Year Twelve.



Sabrina Kfoury - State Winners Prize (Business Studies Competition)

Al Amanah College would like to congratulate Sabrina Kfoury in Year Twelve on receiving the State Winners Prize (Business Studies Competition). Students in Year Eleven and Twelve Business Studies and Economics class were invited to participate in the national competition held by the University of New South Wales. Sabrina Kfoury performed exceptionally well in the Year Twelve Business Studies Competition and has been awarded the State Winners Prize. The award demonstrates Sabrina's knowledge and conscientious effort in learning, as well as her outstanding competence in the subject.



Unfortunately, due to the ongoing restrictions, award ceremonies will not be held but instead Sabrina will be receiving her trophy.

Al Amanah would like to congratulate Sabrina for her efforts and wish her and the Year Twelve cohort all the best in their HSC.



Secondary School Online Learning

During the fourth week of term three, our secondary school team continued to adjust to the tightening restrictions put in place by the NSW Health. As a result, teachers have been collaboratively working together to educate each other on different methods in which to have an engaging virtual lesson, which ensures learning.

All teachers have worked together through online meetings to best utilise Microsoft teams, and other programmes to create flowing and informative lessons that can be used in all subjects. Teachers and students have found strategies such as class notebook on Microsoft teams, as well as the breakout rooms function on Microsoft teams for group work, effective and enjoyable.

The teachers and students have all done an excellent job in adhering to the change and cooperating with the adjustments. They have truly proven to be resilient and capable, especially in a time of extreme pressure on their educational experience.

We would like to thank the parents for their support in these difficult times as well as the high school department for continuously serving our students even during the lockdown period.



Year Eleven Online Elevate Session



On 11 August Al Amanah Year Eleven students attended an Online Elevate Education workshop via Zoom called 'Memory Pneumonic', which was run to equip students with effective study skills, to improve their memory skills for study. The Year Eleven students were given excellent advice by the Elevate spokesperson Juliet, who advised students whilst making the lesson enjoyable by linking the lesson to real life experiences of the students. They were given useful advice on how to save time while studying and how they can boost exam results through concentration and memory retention. The seminar reflected on common mistakes made by students and how to fix them, as well as how to implement active study skills to remove distractions while studying, time management strategies, and how to improve their concentration for efficiency. The Elevate spokesperson Juliet also mentored students on how to be more consistent and provided constructive feedback on how to achieve success. The students participated with the lesson actively and filled out a manual of writing activities whilst interacting.

Al Amanah College appreciate the time and effort of Elevate Education and would like to thank them in helping our students along their Year Eleven journey.

Congratulations Year Twelve 2021

As the trial examinations started, and Year Twelve have their final lessons with their teachers, we say a bitter sweet goodbye to our beloved Year Twelve cohort of 2021. Our wonderful students made sure their last lessons with their teachers were as interactive and enjoyable as possible and that all left with a smile.

On behalf of the Year Twelve teachers, we are all proud of every one of our student's achievements over the years, especially their perseverance during the many challenges of 2021.

We would like to remind our students to remember that the gates of this school will always be open for them. We also extend our gratitude to the parents of the Year Twelve cohort who have worked tremendously hard to ensure that their children achieve their very best.

It has been a long road, with many ups and downs, but we would like to end by advising our students to rely on Allah and always have the correct intention for the sake of Allah as they approach their first exams on Monday. The staff members at Al Amanah and Year Twelve teachers are thankful to have been teaching this fantastic cohort, and wish our students the best for their trial and HSC examinations. A big congratulations to the 2021 HSC students on completing their high school studies!

Message from the Principal

Dear Year Twelve Students,

We have reached the end of your Year Twelve schooling and it is with a heavy heart that I send you this email as we enjoy every year to see you all together and enjoy our times within school grounds as you say goodbye to your teachers and your friends. In saying that, we have made history with you all and it was lovely to see you all enjoy your calls with your teachers this week and make the most out of a bittersweet situation.

As we have mentioned to you previously, rely on Allah and the blessings within our school community. Keep our ultimate goals of the hereafter in mind at all times and this will give you great comfort. Set your intentions for the sake of Allah as you started your first on Monday. I wish every one of you all the best for your trial examinations. Congratulations on completing your Year Twelve studies!

Please reach out at any time if you need anything. You have been given our mobile numbers for any urgent queries. Please do not hesitate to contact either myself or Mrs Dabboussi at any time.

Regards
Ayman Alwan

طلاب الصف الثاني عشر يودعون مرحلة دراسية



مرحلتنا المتوسطة بدأت من الصف السابع وأنتهت بنا في الصف الثاني عشر، قمنا بدراسة اللغة العربية مع معلمتنا الغالية "منى". من صفنا الصغير المتواضع بأفراده، قمنا بتعزيز علاقات غالية وثمينة بيننا لا يمكن محوها من قلوبنا ولا تقدر بثمن وتشاركنا معا الذكريات الجميلة التي ستكون دوما محفورة في قلوبنا. كان صف اللغة العربية من الصفوف المميزة جدا بفضل معلمتنا الغالية التي ساعدتنا في تحسين مهارتنا الكتابية والقراءة والتحدث باللغة العربية بطلاقة، ما سيتيح لنا الفرص العديدة في مجالات العمل في المستقبل القريب. وها نحن نصل الى نهاية الطريق، اذ كان اليوم هو آخر يوم نتعلم فيه اللغة العربية في مدرستنا.

قمنا بتوديع معلمتنا الغالية بطريقة مختلفة حيث ارسلنا لها الصور كي نعبر عن حبنا وشكرنا لها لكونها معلمة رائعة في طريقة تعليمها وصبرها علينا. سنشتاق اليك يا معلمتنا وشكرا لكونك سندا ثابتا لنا خلال رحلتنا المدرسية 2021.

من الصف الثاني عشر

Shaping Positive Eating Behaviours

Teaching children positive eating behaviours during childhood can set them up with healthy eating habits for life. Developing a positive relationship with food, as well as a balanced approach to eating, can lead to better health outcomes in the long run. Nowadays, an alarming 25% of Australian children are being classified as overweight or obese. This is the direct result of a number of behaviours including :

- Higher than recommended consumption of 'occasional' or 'extra' foods that are high in added fat, sugar and salt, especially fried potatoes, sugar-sweetened soft drinks, ice cream, cordials, meat pies and margarine.
- Lower than recommended consumption of fruit and vegetables.
- More food being purchased away from the home (e.g. take away).
- Evening meals being eaten in front of the television.
- In increase in screen time (iPads, television, computers).
- A decrease in the amount of incidental activity such as walking to and from school.
- A drop in outdoor playtime.

What can parents do?

Parents often underestimate their role in the development of healthy eating habits. Speaking positively to your children about healthy foods and role modelling balanced eating is the first step in helping kids develop a healthy relationship with food. And remember, actions speak louder than words! Children watch, listen and learn through observation, and then follow what they see. Set your children up for life by being a positive role model and create healthy habits from the start.

How?

- Enjoy all foods in moderation.
- Do not binge on 'occasional' or 'extra' foods.
- Cook meals at home and try to encourage your children to help you. Involve your kids in the menu planning and shopping, too.
- Talk about healthy foods from the five food groups and what they do for your body. For instance, "this apple is so crunchy and delicious - it is flesh is helping to keep me stay regular and it's filling me up with its nutritious sweetness." Or "these carrot sticks contain a super nutrient called beta carotene that helps my eyes stay sharp and focused. Or "this delicious glass of milk contains calcium - it helps my bones and teeth stay strong."
- Ensure your child's diet is balanced and contains a variety of foods from all the five food groups.
- Encourage your children to eat a nutritious breakfast every day using foods from the five food groups.
- Encourage water instead of soft drink and or other drinks containing added sugars. Toss in lemon or lime wedges to flavour water.
- Avoid negative language around less healthy foods such as 'bad' or 'fattening'. It is not the type of food that is bad, it is the amount and how often the food is eaten that can be problematic. Instead, refer to these foods as "occasional" or "extra" foods and keep portion sizes small.
- Place a limit on the number of "occasional" or 'extra' foods eaten each week. These foods shouldn't be eaten daily. Make sure the whole family sticks to this rule and have other, more nutritious snacks available.

- Fill your fridge and pantry with a variety of healthy foods that are easily accessible such as whole fruit, whole grain crackers with slices of reduced-fat cheese, reduced-fat yoghurt or pre-sliced veggie sticks with hummus or reduced fat cream cheese.
- Discourage eating in front of the television or computer as this is often done mindlessly without paying attention to hunger cues and can result in the consumption of unnecessary kilojoules (energy).
- As often as possible, eat together at the dinner table and turn off the television, even if the whole family is not present.
- Be mindful and listen to hunger cues. Most children are great at eating to their hunger so let your child stop eating when they do not want anymore. Children will eat when they are hungry regardless of the food on offer, so always have healthy options available.
- Children start to form food likes and dislikes from an early age, so always offer variety. It may take many attempts for your child to like a new food, so do not give up. Offer small amounts and try presenting it in a fun engaging way.



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