

AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 05

Monday 28 August 2023

Message from the Principal's Office

Dear Parents, Caregivers, Students, and Staff Members,

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.

Reflecting upon the challenges of the first semester of 2023, Al Amanah College remains a dynamic and well-managed institution, fostering a robust blend of Islamic, academic, social, cultural, and sporting endeavours.

The ongoing activities of Term Three are notably busy, particularly due to the involvement of our Arabic and Religion Departments alongside other KLAS departments in various Islamic festivities. These include the Eid Ul-Adha fete, the celebration of the Hijri new year, and various school-related events and excursions.

For Year Twelve students, Term Three represents a crucial phase as they approach the final stages of their academic journey. The term commences with the submission of practical components for the HSC. This year, our Year Twelve cohort undertook Trials One in weeks two and three, while Trials Two are scheduled for weeks five and six. I urge all students to maintain diligent preparation for their impending final examinations.

As Year Twelve students embark on the culmination of their schooling years, it is vital that they maintain their focus on studies. Every moment of effort invested now will significantly contribute to their HSC preparations.

School Objective:

At Al Amanah College, our mission is to foster a collaborative environment that cultivates excel-

lence in teaching, service, and community engagement. We aim to deliver a comprehensive and balanced curriculum aligned with NESI guidelines. Our dedicated teaching staff, armed with extensive experience, cater to the diverse needs of our students, nurturing their skills and enhancing their learning capabilities for a successful academic future.

NAPLAN Achievement:

Our committed educators have concentrated their efforts on the educational requirements of Years Three, Five, Seven, and Nine, providing continuous support in preparation for the NAPLAN tests. This dedication has yielded positive outcomes, with our students achieving notable growth and success in their NAPLAN results this year. These achievements offer valuable insights for our school's progress, enabling us to fine-tune programs and activities that target specific learning needs. My heartfelt congratulations go to our teachers for their unwavering commitment and to our students for their remarkable progress. We eagerly anticipate further improvements in NAPLAN performance in the upcoming years.

In conclusion, I would like to emphasise the significance of the partnership between parents and the school. We extend our gratitude to parents for their participation in our annual satisfaction surveys, as this feedback significantly informs our operational analysis. Effective communication between families and the school is a cornerstone of success. It is my humble request to caregivers to prioritise this aspect and maintain an active connection with the school.

Yours Truly,

Ayman Alwan
Principal

Dates to Remember

TUESDAY 29 AUGUST
Girls Swimming Carnival

THURSDAY 31 AUGUST - FRIDAY 8 SEPTEMBER
Year 11 Examinations

WEDNESDAY 13 SEPTEMBER
Year 6 Gala Day

FRIDAY 15 SEPTEMBER
Year 12 Graduation

MONDAY 18 - FRIDAY 22 SEPTEMBER
Year 10 Work Experience

THURSDAY 21 SEPTEMBER
Public Speaking Competition

FRIDAY 22 SEPTEMBER
Term 3 Ends

TUESDAY 26 - FRIDAY 29 SEPTEMBER
Year 6 and 7 Camp

MONDAY 25 - FRIDAY 29 SEPTEMBER
School Office Open from 9am - 2pm

MONDAY 9 OCTOBER
Term 4 Starts
Pupil Free Day
Staff Development Day Five

TUESDAY 10 OCTOBER
Students Day One

FRIDAY 13 OCTOBER
Mawlid Celebration

FRIDAY 20 OCTOBER
Year 11 Assembly Presentation

WEDNESDAY 25 OCTOBER
SRC Parents Breakfast



Sunday, 24 September

Australian Multicultural Mawlid Concert 2023

MORE TICKETS ARE ALSO AVAILABLE AT THE DOOR. Please make your way down to the Mawlid Celebration and grab your tickets at the check-in

Event by [Islamic Charity Projects Association - Australia](#) and [ICPA Chanting Band](#)

Save the date .. Sunday 24 September 2023 ..

The biggest Muslim Concert of the year

The Multicultural Mawlid Concert Join us with all your family and friends for a celebration to remember! There will be Special International guest chanter Khaled Alatyer and Part 2 of the highly anticipated play ***The Golden Script Two Wings*** produced by Adam Ali.

For more information: www.facebook.com/events/s/multicultural-mawlid-concert-2/1689203474925371/

الأحاديث الأسبوعية Hadiths of the Week



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ

أَفْضَلُ الصَّيَامِ بَعْدَ رَمَضَانَ شَهْرُ اللَّهِ الْمُحَرَّمِ
وَأَفْضَلُ الصَّلَاةِ بَعْدَ الْفَرِيضَةِ صَلَاةُ اللَّيْلِ

which means

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

Narrated by Muslim



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ

مَنْ وَسَّعَ عَلَى أَهْلِهِ يَوْمَ غَاشُورَاءَ وَسَّعَ اللَّهُ عَلَيْهِ سَائِرَ سَنَتِهِ

which means

The one who generously spends on the day
of 'Ashura', Allah will expand his sustenance
for the rest of the year

Related by Al-Bayhaqiyy



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ

إِنَّ الْعَبْدَ لَيَتَكَلَّمُ بِالْكَلِمَةِ لَا يَرَى بِهَا بَأْسًا
يَهْوِي بِهَا فِي النَّارِ سَبْعِينَ خَرِيفًا

which means

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

Related by Al-Tirmidhiyy



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ

لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِلنَّاسِ مَا يُحِبُّ لِنَفْسِهِ

which means

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

Related by Imam Ahmad



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ

لَا يَدْخُلُ الْجَنَّةَ قَتَاتٌ

which means

The talebearer will not be
among the first people to enter Paradise

Related by Al-Bukhariyy & Muslim



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ

تَهَادَوْا تَحَابُّوا

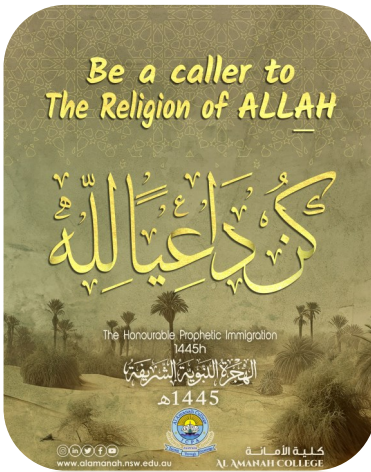
which means

Offer a gift to one another to nurture love
amongst you.

Narrated by Imam Malik

الهجرة المباركة

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



وفي هذه الأثناء يقترب سراقة وهو يسمع قراءة النبي، صلى الله عليه وسلم، والصديق يكثر من الالتفات بمنة وبسيرة خوفاً من عدو بريذ بصاحبه وحبيبه شراً، فيرى سراقة قد أدركهما ويغلم النبي بذلك فيدعو النبي، صلى الله عليه وسلم، قائلاً: "اللهم اكفاه بما شئت وكيف شئت" رواه الإمام أحمد. وهنا تظهر إحدى معجزاته صلى الله عليه وسلم فيسوخ قوائم فرس سراقة في الأرض فينب عنه خائفاً وقد علم أن لمطلوبه شيئاً عظيماً عند الله. فيناديه سراقة ويسأله أن يدعو الله له قائلاً: "ادع الله أن ينجيني مما أنا فيه، فوالله لأعطين على من ورائي من الطلب" فيدعو خير الخلق صلى الله عليه وسلم ربّه فينقذ الله فرس سراقة، ويقترب متفكراً فيما حدث له، ويخبر النبي 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 سراقة 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 سراقة بن مالك سنة ثمان للهجرة، وبعد انهزام الفرس في معركة القادسية وعودة جنود المسلمين قام سيدنا عمر بن الخطاب رضى الله عنه واليس سراقة سوارى كسرى كما أخبر النبي الأعظم محمد، صلى الله عليه وسلم.

ثلاث عشرة عاماً من مبعث النبي الأمين صلى الله عليه وسلم قضاهن 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 برفقه صاحبه الصديق في هذه الرحلة المباركة التي كانت حدثاً تاريخياً مهماً وتحوّلاً كبيراً في مسارهذه الدعوة الحقّة، وأظهر الله تبارك وتعالى في هذا الحدث من المعجزات ما ثبت به قلوب المؤمنين الصادقين، وكان سبباً وعاملاً 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 الغافلين من قبيلة كنانة هو سراقة بن مالك، وذلك لما كان النبي المصطفى صلى الله عليه وسلم وصاحبه الصديق في طريقهما إلى غار ثور متواريين عن أنظار قريش الذين خرجوا يريدون قتلهما، ففي أثناء ذلك يلتقي أبو سفيان سراقة فيعرض عليه مائة من الإبل لقاء أن يرد النبي صلى الله عليه وسلم وصاحبه إلى قريش، بعد أن أعلن بين مشركي قريش أن من يأتي بمحمد صلى الله عليه وسلم له مئة من الإبل، فعقد سراقة النية على أن يستأثر وحده بالقيمة وخرج يطلب النبي الأمين وصاحبه الصديق ولما كان السخر(وهو وقت قبل الفجر) امتطى صهوة جواده وسلك طريق المدينة وبقي يبحث عن رسول الله صلى الله عليه وسلم وصاحبه الصديق، حتى إذا زالت الشمس وحملت الظهيرة فقد الكثير من الأمل في أن يجدهما.

The Migration of Prophet Muhammad

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

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

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

But the Prophet peace be upon him said to his uncle: "If they were to place the sun in my right hand and the moon in my left, I would not leave this call to Islam". There is not a single prophet that left the call to Islam, nor is there a prophet who neglected the call to Islam due to hardships or calamities that had overcome him.

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

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

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

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

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

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

Reminders - Reminders - Reminders - Reminders - Reminders - Reminders

Lost Property

Dear parents/caregivers,

There has been a very large accumulation of lost property items at the school. We urge all parents who have had their child/children lose items at the school to check our lost property boxes and cupboards.

Lost property boxes are located in the front office while the cupboards are located in the red stencilled area outside the old hall.

Kindly inspect the boxes and cupboards before the end of the term. Any items remaining after that day will be disposed of at the school's discretion.

Yours Sincerely,
Administration



- ◇ Make sure that all school items and clothing are clearly labelled with full name and school.
- ◇ Students are not to bring valuable items to school, as the school will not be held responsible for any lost items. If something is lost enquire at the front office.

Attendance

It is important that your child arrives at school on time (8:15am). Children like to have a few minutes before the day starts to do things such as catch up with their friends.

If your child arrives late (after 8:40am), he/she will need to get a late slip from the front office; this is the same process if you are taking your child out of school early for any reason. This partial absence is noted on your child's report.

As the school is responsible for the welfare and safety of students, it is necessary for us to know their whereabouts at all times. If parents wish to collect children during school hours, they must go to the office first to sign their children out of the school. Written permission is required from the parents or guardians for any other person to collect your child and identification must be sighted.

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

GOOD ATTENDANCE FOR SUCCESS
Every Minute
in School Counts



Timetable

School Hours

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

Secondary	
Morning assembly	8:15am
Recess	11:00am Mon - Thu 10:40am Fri
Prayer/Lunch	1:00pm - 2:00pm
School finishes	3:30pm

- A morning assembly is held each day commencing at 8:15am in the undercover areas.
- Children recite verses from the Qur'an and say the morning supplications.
- Brief information and messages are given at this time.
- Students recite the Hadith of the week during morning assembly.



Morning Assembly

Staff Development Day Four - Term Three

On 17 July, Al Amanah College primary and secondary teachers were welcomed back by Principal, Mr Alwan, who conducted the staff development session on new processes and policies regarding the new teacher platform 'employment hero' and the annual performance review process. Staff development days are intended to foster learning, collaboration and motivation amongst staff, and encourage teachers to use their expertise to address school initiatives.

During the session, the importance of self-evaluated practices and referring to the teaching standards was emphasised, as well as how to answer the questions for the annual teaching performance reviews. Primary and secondary teachers then went over the school plan and evaluated their teacher goals for term three.

We wish all staff members a successful term three.



Hijri New Year Celebration

On Friday 21 July 2023, Al Amanah College celebrated the blessed occasion of the New Hijri Year 1445. The MC Omar Alwan, school captain, introduced Yasmine El-Kabbout to the stage for a beautiful recitation from the Holy Quran. Selected primary school students then took to the stage for a beautiful performance.

Sheikh Samer Alshafie Al Azhary provided an insightful Islamic lesson about the Prophet and his companions' migration from Makkah to Al Madina. The blessed migration displayed an honourable strife for human excellence and contained several lessons of patience, forbearance, knowledge and wisdom; enrichment for future generations to implement and use to iron out difficulties, overcome hardships and learn to persevere. This was preceded with a beautiful Islamic poem memorisation by Jibril Alwan.

For the first time this year Al Amanah College chanting group joined our celebration and moved the audience with their beautiful voices.

As usual the ICPA Youth Islamic chanting band delighted the audience with lovely Anasheed about our beloved Prophet Muhammed (Peace and Blessings be upon Him) and this great occasion.

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

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

مدارس الأمانة تحتفل بالعام الهجري الجديد

بمناسبة حلول العام الهجري الجديد أقامت مدرسة الأمانة الإسلامية احتفالا لطلابها. أفتتح الإحتفال بتلاوة آيات من القرآن الكريم تلتها الطالبة ياسمين القبوط من الصف الحادي عشر.

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

هذا وقد قام الطالب جبريل علوان بالقراءة قصيدة عن الهجرة المباركة.

كما وكان لفريق طلاب مدرسة الأمانة وصلة إنشادية رائعة عن المناسبة ابهروا بها رفاقهم.

وكعادته أدى فريق الإنشاد الديني للناشئة في جمعية المشاريع الخيرية الإسلامية وصلة إنشادية رائعة عن الهجرة النبوية الشريفة ومدحوا رسول الله صلى الله عليه وسلم فأدخلوا البهجة والسرور الى قلوب إخوانهم الطلاب الذين سعدوا بهم وشاركوا معهم بمدح النبي الأكرم صلى الله عليه وسلم.

وكانت كلمة الختام لمدير المدرسة الأستاذ أيمن علوان حيث فيها الطلاب على أخذ العبر من هجرة النبي الأكرم صلى الله عليه وسلم والافتداء بسيرته العطرة والالتزام بتعاليم الدين الإسلامي، كما شكر فيها كل من ساهم في إنجاح هذا الحفل الذي تخلله أيضاً توزيع الحلوى للجميع.



Eid Ul-Adha Fete at Al Amanah College 2023

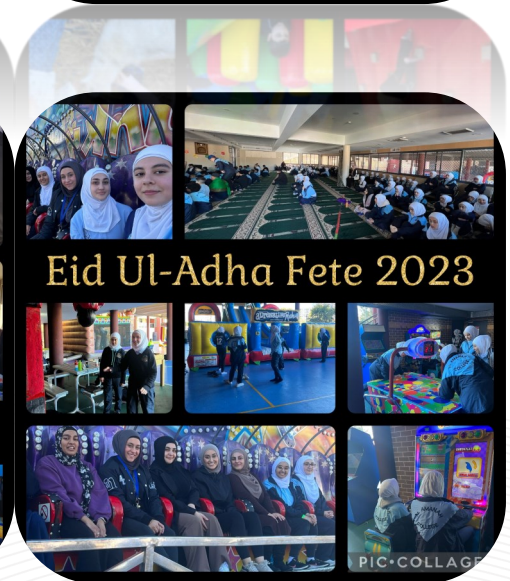
On Wednesday 26 July Al Amanah College held a fun filled fete to celebrate the joyous occasion of Eid Ul-Adha. The Eid Fete was held at the school campus with primary school celebrating in the morning followed by high school for the afternoon.

Primary students enjoyed a range of activities organised by teachers including face painting, pin the tail, dart throws, ring toss, henna, mask making and coin toss. There was a range of delicious food available for purchase during the fete including burgers and chips, falafel, chips on a stick, ka'ak, spider drinks, and ice cream. The primary and secondary students experienced this wonderful occasion while participating in a range of physical activities including multiple jumping castles, Kindy farm, disco-chair rides, and flying chair rides.

The secondary school boys and girls also attended a valuable religion lesson given by Sheikh Samer Alshafie.

The day was a huge success for the school with many primary and secondary students going home with fabulous prizes they won during the day and fun filled memories with their friends.

A big *thankyou* to all; the teachers, students and staff members who helped during the day ensuring another popular event.



Star Student of the Week

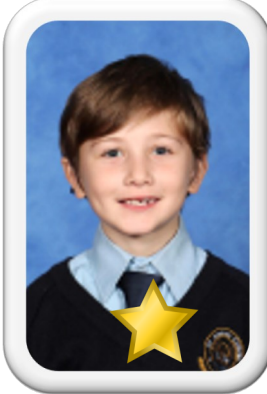
K - 1

Week 2



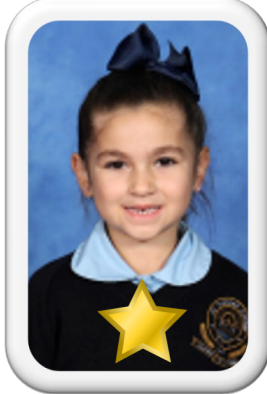
Imtissal El Baba
1B

Week 3



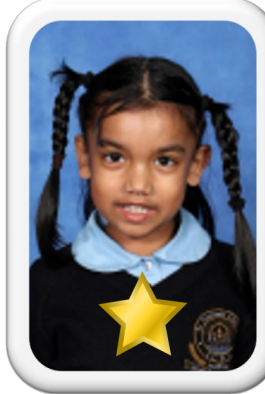
Emran Katovik
1E

Week 4



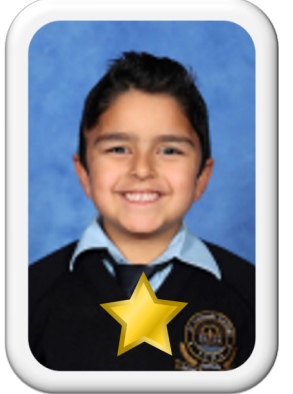
Aleena Bajouri
KH

Week 5



Wania Bint Alam
KS

Week 6



Youssef Toameh
KZ

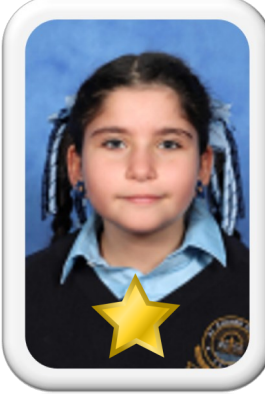
2 - 6

Week 2



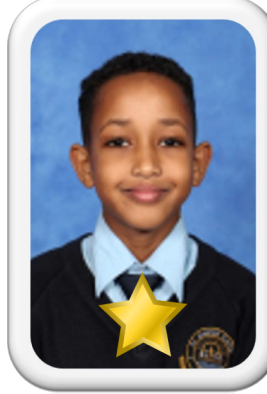
Zayne Abdelrazzek
4K

Week 3



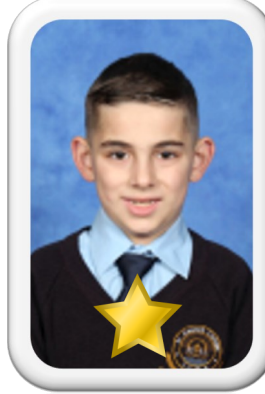
Farah Al Bouostani
3E

Week 4



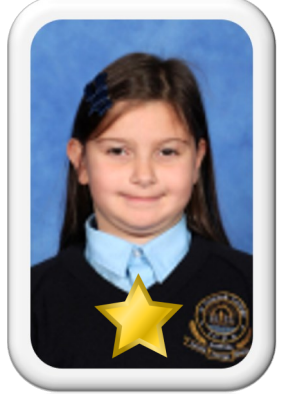
Mohamed Elibad
4D

Week 5



Ahmad Elbaba
3H

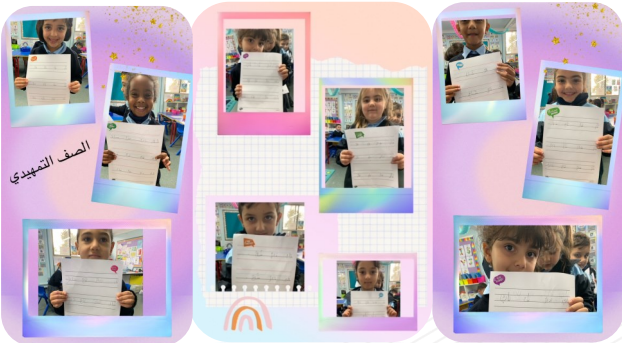
Week 6



Aminah Karhani
2H

طلاب الصف التمهيدي و الأصوات

طلاب الصف التمهيدي يقومون بكتابة الكلمات المكونة من ثلاثة أحرف. الهدف من هذا النشاط هو تمييز الصوت الطويل والصوت القصير في الكلمة وكيفية ربط هذه الأصوات لتسهيل عملية القراءة والكتابة لطلاب المستوى التمهيدي.



الكتابة والنسخ فى الصف الأول

بدأ طلاب الصف الأول بنسخ الدرس كاملاً والهدف من ذلك رفع مهارة الكتابة والنسخ وتعويد الطلاب على الكتابة بشكل أسرع وذلك تحضيراً لهم للمستوى الثانى.



نشاط الصوت الطويل والصوت القصير لطلاب الصف الأول



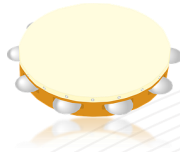
Kindergarten and Music

This term in Music, Kindergarten students have been exploring sounds and their connection to the environment. From bird whistles to rustling leaves. They have been discovering how sounds mirror our surroundings.

While singing familiar songs, they have been creating a harmonious classroom atmosphere. Students have also used their voices, body percussion and percussion instruments sound to develop beats and music.

Their adventure also included a joyful performance of "Old McDonald," where they danced, giggled, and mimicked animal sounds.

Kindergarten Teachers



2023 Book Week Activities at Al Amanah College ... "Read, Grow, Inspire,"

We are happy to share the exciting highlights of the recently concluded Book Week, which took place during week six of term three. This year's theme, "Read, Grow, Inspire," was a great success that left an exciting mark on our students.

The 2023 'Book Week' commenced during week six of term three. This year's theme is "Read, Grow, Inspire". The theme is focused on how literature has the capacity to develop a child's inner world and how it can plant the seed of motivation for them to express their own creativity. "Read, Grow, Inspire", recognises the role of literature as the guiding light, nurturing soil, and enriching source that boosts our students toward growth and creativity. With good literature, our students can grow and flourish.

Throughout 'Book Week', our students enthusiastically engaged in a variety of book-related activities, ranging from captivating read-aloud sessions to creating interactive book reviews, designing miniature books, and more. These activities were thoughtfully designed to foster a real love for reading and encourage active participation during reading sessions.

In addition, our school librarian organised a separate activity during library sessions in weeks five and six. Students were invited to participate in a book cover design competition using the shortlisted books of 2023. Our library was full of colours with the creative designs completed by all students. Winners were selected from each class to receive a special gift from our dedicated librarian.

A highlight of 'Book Week' was the opportunity for students to showcase their creativity by decorating their classroom doors with imaginative decorations. Students were provided with many sparkling ideas, inviting them to introduce their unique flair into their classroom's visual appeal. As part of a friendly competition, the classes with the most outstanding door decorations were rewarded with a delightful basket of treats to be shared among the students.

'Book Week' concluded with a sense of accomplishment and enrichment. The dedication and enthusiasm of our students and teachers were truly heartwarming, turning this event into a remarkable success.

Thankyou for joining us in celebrating the love of literature and nurturing an enduring passion for reading. Together, let us continue to foster a love for reading and inspire a new generation of creative minds.

English Committee



Science Week at Al Amanah College... *Innovation: Powering Future Industries*

The school theme for National Science Week in 2023 is Innovation: "Powering Future Industries". The theme incorporates the advancement in technology in all industries, especially using artificial intelligence (AI).

Al Amanah College students were actively engaged and enthusiastic as they participated into their relevant activities.

Here's a brief overview of the experiments conducted by each grade:

- Kindy / Year One students: They took part in a captivating bubble mixing experiment.
- Year Two students: Engaged in a Self-Driving Tractor activity that challenged them to showcase their thinking and inquiry skills by designing their own tractors.
- Year Three students: Undertook a fascinating lava lamp experiment, exploring different materials to make mesmerising lava lamp effects.
- Year Four students: Embarked on a hands-on journey of crafting race clothespin cars using buttons, wooden cloth pegs, drinking straws, and twisted bread ties.
- Year Five students: Conducted vibrant fireworks experiment in a glass, to simulate a stunning fireworks display.
- Year Six students: Showcased their scientific and inquiry skills through an experiment simulating a volcanic eruption.

It was pleasing to see our students fully engaged and immersed in these interactive experiments. This hands-on approach not only helps them grasp scientific concepts but also nurtures critical problem-solving and inquiry skills that are invaluable for their learning journey.

Science Committee

Mrs Khalil, Miss Hazarvi and Mrs Basir



Al Amanah Leaders and Mentors Camp 2023

From Monday 2 to Friday 5 July, Al Amanah College Year Ten and Eleven boys' cohort embarked on a leaders and mentors camp at Pont Woolstencroft Sports and Reaction Centre with the school Imam Sheikh Amr Alshelh, Mr Taiba, Mr Eid, and ex-students/volunteers Muhammad Alwan, Muhammad Zahab and Muhammad Nachar.

The camp was organised by the school Imam, Sheikh Amr Alshelh, alongside the Principal, Mr Alwan, aiming to form and develop values in a team environment. The college's aim is to instill Islamic ethics which are crucial for the development of a stronger community and future generations.

The students were involved by undertaking daily sessions of religion lessons about the importance of possessing and displaying the great characteristic of a pious Muslims, as well as lectures about the lives of the Prophet's companions.

Teachers and students were actively participating in outdoor activities such as kayaking and archery. They also enjoyed indoor team bonding activities and leadership skills sessions. Overall, the camp was enjoyable for everyone! The students were provided with an enriched understanding of Islamic values and leadership skills.

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

Sheikh Amr Alshelh



Year Twelve Study Camp 2023

On Monday 10 July the Year Twelve cohort embarked on three day HSC study camp. The camp was held at Cataract Scout Park in Appin, whilst the Year Twelve girls had their camp at Glenfield Scout Park. With the HSC approaching, the Year Twelve study camp gave students the opportunity to undergo daily study sessions of different subjects examining past HSC exams, whilst marking fun memories and bonding with their peers.

Students also participated in a wide range of activities such as bubble soccer, campfires, visiting cataract dam, bush walking. They made life long memories. The students also benefited from the highlight of the study camp which was the Islamic Lectures conducted daily by our religion leaders and mentors. Sheikh Ibrahim Alshafie, Sheikh Fawaz Abboud, Sheikh Samer Alshafie, Sheikh Amr Alshelh and Sheikh Mahmoud Alwan visited and delivered informative religion lessons to the students. May Allah reward them for spreading the true knowledge and creed of Islam.

The HSC Study Camp was highly beneficial for all who attended and was truly a time of happiness to be remembered.

On behalf of the Year Twelve cohort, we would like to express our gratitude and thanks the teachers and volunteers who assisted and dedicated their time to making the camp an enjoyable experience for all.



'Thank You' Year Twelve Mentors!

The last week of term two was the final week for the Year Twelve mentors with their roll call classes. The year Seven to Ten students alongside with their year advisors, organised thoughtful gifts for the mentors to express their gratitude for the help with their high school journey. It was a bittersweet moment as the mentors reflected on the journey they had, where they offered guidance and support every step of the way.

The students expressed their appreciation for the mentors, unwavering commitment to helping them navigate the academic and social aspects of high school, and providing them with support during stressful times.

As the Year Twelve students now focus on their upcoming HSC examinations, they carry with them the lessons learnt on the valuable journey of being a mentor.

On behalf of the year advisors and Year Seven to Ten students we would like to thank the Year Twelve students for their dedication and efforts and wish them all the best in their HSC exams.



Secondary Parent/Teacher Interviews

On Tuesday 25 July, Al Amanah College held parent/teacher interviews in the grand hall. It was encouraging to see everyone in person and having face to face interactions. The meetings provided an opportunity for the parents and teachers to discuss student progress, strength, weaknesses and to set/evaluate goals to work on for academic success from term one. Half yearly examination results were also discussed during the meetings. Students were given their half yearly reports, and were able to develop SMART goals for the rest of the year with the collaboration of parents and teachers.

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

We look forward to more parent teacher nights in future and hope we can continue to build positive networks between our school, parents and community for the betterment of the school.



Year Nine English/History Excursion

On Tuesday, August 1 Year Nine Students embarked on a History and English excursion. The students visited The Story Factory in Parramatta to learn about the ways poetry is used in the real world and how they can tap into their own poetic skills. The workshop focused on student personal and emotional writing by exposing them to a collection of engaging activities using different model texts, structures, and scaffolds. The students were exposed to poetry literacy modes and methods for self expression, much like those used by young poets.

The next stop was the Parramatta Female Factory, a significant historical site. The place served as a convict home in 1818, where female convicts were detained and put to labour for the colonial government. During their visit, students learned about the harsh and stringent conditions these women endured. They had an opportunity to ask questions based on their studies. Students were able to appreciate the learning beyond the classroom as they were given to various information on the harsh experience of convict women.

Feedback from Students:

"We enjoyed a fun and educational excursion where we learned how to write a poem that captured our love for the things that give us comfort. Also, in learning past events to further improve our knowledge on Australian history. We would certainly welcome the opportunity for a visit to both educational sites!" Aisha Bilajac and Maysaloun Hammoud

"I learnt about the different social classes at the Female Factory and their way of life" Leen Mansi

"I really liked the atmosphere of the workshop and the presenter was fun. It was a good experience" Zayd Obeid

"They had good hospitality and I learnt about ways to structure a poem and that really benefitted me" Koda Tebbo

Aisha Bilijac and Maysaloun Hammoud
Year Nine Students



Year Nine English Incursion

On 8 August, the Year Nine cohort participated in part two of the Poetry Workshop from the company 'Story Factory'. The workshop follows the excursion they attended to the Story Factory Parramatta a week before which had students engage in a variety of creative activities. Writer and Poet Bilal Hafda along with volunteer Kevin Beltrame attended the school to continue the program with the students.

The session started with students discussing ideas for their poems in a fun practical way. Students learnt to write a poem like poet using a three-step procedure for editing: cut, add and change. Students also learnt the rhythm of thinking while constructing a poem.

At the end of the session, students were able to come up with their own poem by visually representing it with coloured paper and symbols. Bilal and Kevin gave students individualised feedback on their poems. We would like to thank Story Factory for coming to our school and helping us write our poems in a creative way.

Yara Mhalhal and Leen Mansi
Year Nine Students



Victor Chang Science Awards



Congratulations to Jasmine El- Kabbout and Maysa El Masri who have received the prestigious Victor Chang School Science Award for their outstanding achievements in Science at Al Amanah College.

The students, along their parents and teachers were invited to attend the award ceremony at the ANSTO facility in Lucas Heights on Wednesday 9 August, where leading scientists shared inspirational stories.

Winning students and attendees were also invited to participate in a facility tour of ANSTO following the presentation.



Year Eleven Biology and Geography Excursion

On August 16 the Year Eleven Biology and geography students embarked on an enriching and educational excursion to Centennial Park. The purpose of this excursion was to delve deeper into the subjects they are studying through an engaging and interactive experience.

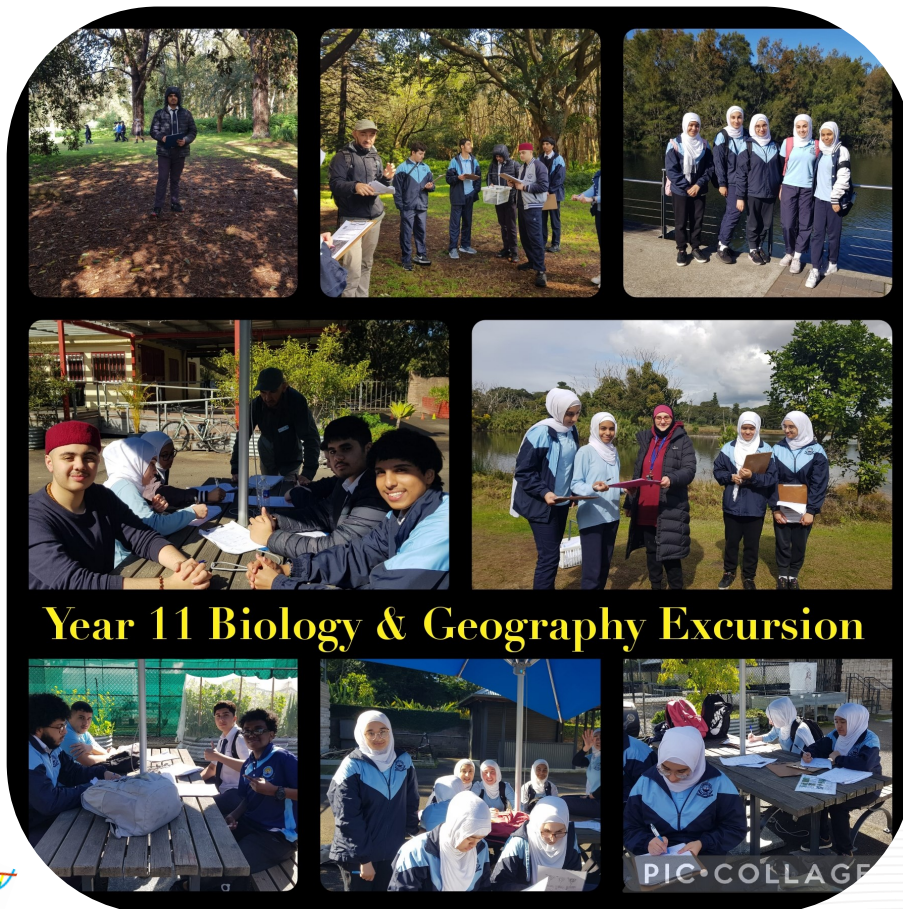
During the visit, the geography students had the opportunity to gather primary data, which they later employed to increase their comprehension of environmental components. Similarly, the biology students gained a more profound insight into selection pressures involving biotic and abiotic factors within an ecosystem.

The day commenced with an illuminating information session, where the students were educated about the natural habitats present in the forest, with a particular focus on flying foxes. This theoretical understanding was then translated into practice, as the students observed these bats and employed techniques they learnt in class, and during the session to calculate the abundance of the bats in nature. The students engaged with various technologies designed to measure soil moisture, humidity, and the like. After being split into groups, the students conducted a series of tests while traversing a bushwalk, actively applying the knowledge learnt in class in a real-life context.

After a short break for lunch and prayer, the students collaboratively discussed the primary data they had gathered. Comparing and contrasting the data they collected, with the help of the tour guide and Mrs Kassem, the students collectively analysed the similarities and differences in their results. This allowed them to understand the underlying factors that contributed to these variations, further enhancing their understanding of the topic.

The overall experience was both enjoyable and enlightening. It provided a vivid learning encounter that enhanced our comprehension of the subjects under study. The practical engagement and visual learning elements of the excursion proved valuable in reinforcing our understanding of the modules covered in topics of study.

Samia Owais
Year Eleven Student



Year Ten Work Experience 2023

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

What is Work Experience?

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

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

What are the Benefits of Work Experience?

This programme will enable students to:

- Experience the world of work.
- Gain insight into paid work.
- Recognise the value of work place learning.
- Increase knowledge on the nature of work,

such as new technology, work place "rights" for employers and employees.

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

Advice to Year Ten on Work Experience

1. Before starting work experience:

- Read and work through the work experience resource booklet
- Ring the employer at least one week before starting the work experience to find out:
 - ◇ Starting time
 - ◇ Finishing time
 - ◇ Dress code
 - ◇ Any other special requirements
- Be responsible for finishing the work experience - Assessment Log Book

2. During work placement learning programme:

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

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

3. After work placement learning programme:

- Collect Assessment log book and employer assessment form from the employer
- Thank the employer for the opportunity

4. Important Islamic Advice:

During work placement learning programme;

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

Mr Kumar
Careers Advisor



WELLBEING OPPORTUNITY TERM 3, 2023

Mental Health Month Five Ways to Wellbeing 2023 Schools Creative Project

The Five Ways to Wellbeing are simple actions that people can take in their everyday life that are proven to improve wellbeing, and the ability to cope with the ups and downs of life.

The Five Ways are: Connect, Be Active, Take Notice, Keep Learning, and Give.

The Five Ways to Wellbeing Schools Creative Project is a creative art competition that helps to celebrate October's Mental Health Month with K-12 school-aged children in South Western Sydney.

In 2023, the project will be in its third year and complements the PDHPE and Visual Arts Curriculum. A Teachers' Guide is available to support classroom learning across all stages.

The competition is open from August to mid-October, with winners announced in December. Both schools and individual students can win prizes.

For more information, or to express your school's interest, please contact the Mental Wellbeing Health Promotion Team at:

SWSLHD-Wellbeing@Health.nsw.gov.au



Live Life Well @ School

What's Happening

July 2023

Education Week - 31 July to 4 August



The week is a wonderful time to celebrate 175 years of public education in NSW. To be held during Week Three of Term Three, Education Week also honours the achievements of our schools, teachers and students. A range of resources including an event toolkit, posters, social media tips and videos are available to help schools prepare to be part of Education Week.

[LEARN MORE](#)



Schools Tree Day - 28 July



Turn your school's tree day actions into valuable classroom learning! Schools have free access to lesson plans, digital worksheets, digital toolboxes, Smartboard lessons and a host of other resources to teach lessons that will last a lifetime.

[READ MORE](#)





Fruit and Veg Month - 28 August to 22 September

This year's theme is Fruit & Veggie STEMs: learn all about the science behind fruit and veggies. Fruit & Veg Month is an event for NSW primary schools and managed by Healthy Kids Association. It aims to encourage children and their families to eat more fruit and vegetables. Growing, exploring, understanding and eating fruit and vegetables is important for our health.

Registration is FREE for primary schools in NSW! Resources include lesson plans for each stage, family resources, recipe ideas and a student competition. Schools will also receive printed classroom posters, student reward stickers and canteen suggestions when they register. Be part of the fun and sign up for Fruit & Veg Month today!

[REGISTER NOW](#)



Winter flu shot can keep you safe

Influenza (flu) is affecting children this year. A free flu shot is available for priority groups including children up to age 5. The flu shot is safe, and it can protect families and the community from getting seriously sick.

The priority groups include:

- Children from 6 months to under age 5.
- People aged 6 months and older with serious health conditions.
- Pregnant women.
- Aboriginal and Torres Strait Islander people aged 6 months and over.
- People who are aged 65 years and over.

Flu in kids under 5 can be serious



If your child is 6 months to 5 years, visit your GP for a FREE flu shot today!



www.health.nsw.gov.au/flu

Tips for parents when their child is sick:

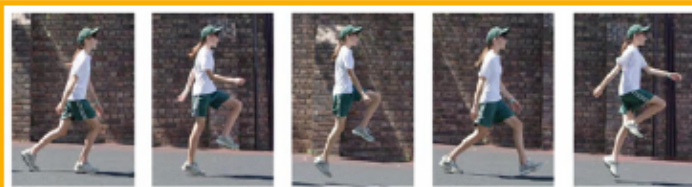
- Keep your child at home.
- See your GP or call HealthDirect on 1800 022 222.

[LEARN MORE](#)



FMS of the Month - skipping

The Fundamental Movement Skill of the month is skipping. Skipping is a rhythmical locomotor skill that is basic to many children's games. It is also essential to good footwork in numerous sports, such as basketball, netball, touch and many forms of dance.



Skill components

1. Shows a rhythmical step-hop.
2. Lands on ball of the foot.
3. Knee of support leg bends to prepare for hop.
4. **Head and trunk stable, eyes focused forward.**
5. **Arms relaxed and swing in opposition to legs.** (Introductory components marked in bold).



A great way to practice the FMS of skipping is through games.
Shark tag: How to play



1. Scatter several hoops throughout a defined playing area.
2. Three students are 'sharks' who each hold a beanbag.
3. The other students are 'fish' who move around the playing area by skipping.
4. The sharks try to tag the fish with their beanbags. The fish can jump into a hoop to be safe. Only one fish can be in hoop at one time and after a three second count the fish must leave the hoop.
5. Fish that are caught must skip around the perimeter of the play area and then re-join the game.
6. After a certain time count all the fish caught by the sharks.
7. Choose new sharks and play again.



Active travel for part of the way



Are children and families at your school incorporating active travel into their day? Often there is no option but to drive children to school. To encourage active travel, find a parking spot near the school and walk or ride for part of the journey.

Families can enjoy extra physical activity and increased social interaction. It will also teach children about road safety. For more information on Park and Walk or Ride, [CLICK HERE](#)





A tasty resource for teachers



Food&ME is a series of evidence-based nutrition education units (from Preschool to Year 8) that align with the Australian Dietary Guidelines (2013) and are linked to the Australian Curriculum: Health and Physical Education. Food&ME offers a suite of nutrition-focused education resources that support schools to deliver the Classroom Learning action area of Fresh Tastes - it's practical, convenient and ready for the classroom.



[Read More](#)

>> Food&ME have been developed by Nutrition Australia ACT in consultation with teachers from ACT schools and ACT Health staff. The resources are great for schools in NSW.

School canteen food safety

School canteens will need to meet new food safety requirements by 8 December, including having a nominated food safety supervisor. The supervisor's role is to make sure the service is handling food safely. They are required to have completed recognised, formal certification in current food safety practices, particularly in high-risk food. The supervisor is required to be involved in the day-to-day food handling activities and be available to supervise and give directions to food handlers at the service.



- For more information, visit the [NSW Food Authority website](#) or contact the [NSW Food Authority](#) or your local council.
- School canteen staff can also phone the NSW Food Authority on 1300 552 406 or email food.contact@dpi.nsw.gov.au



Canteen staff may have tried the healthy nachos (left) at the Healthy Kids Expo on 6 June at Rosehill. With only seven ingredients, this easy recipe is sure to be a winner at your canteen! Use the suggested ingredients, add extra vegetables or replace the beef mince with legumes for a vegetarian option. For the recipe, [click here](#).



Get in touch at SWSLHD-LiveLifeWell@health.nsw.gov.au

Live Life Well @ School

What's Happening

August 2023

Aboriginal and Torres Strait Islander Children's Day - 4 August

Schools, families and communities are invited to celebrate Aboriginal and Torres Strait Islander Children's Day at Fairfield Hospital.

The event will take place on the grass area behind the children's ward, from 11am to 2pm. Activities include information stalls, performers, lucky door prizes and fun to celebrate the strengths and culture of children.

- For event information, email the hospital's Aboriginal Liaison Officer [Katrina Filewood](#).
- To read more about Aboriginal and Torres Strait Islander Children's Day, [click here](#).



Dental Health Week

7-13 August

It's a time to focus on good oral health and how to care for your teeth and gums. Good oral health can prevent diseases of the body. [Click here](#) for lesson plans to integrate oral health and nutrition into core subjects.

Children's Book Week

19-25 August

Read, Grow, Inspire is the theme of this year's event. The Children's Book Council of Australia has also shortlisted a number of titles for Book of the Year, check them out [here](#)!

Healthy Bones Action Week

21-27 August

Dairy Australia has a range of resources to help parents, teachers and children build healthy bones. They include a 'dairy' and exercise journal, jigsaw puzzle, indoor and outdoor activities and lesson plans. Find the resources [here](#).



Sunsmart Snippet

What's the UV right now?

Remember to **SLIP, SLOP, SLAP, SEEK and SLIDE** when the UV is 3 or above.



SLIP



SLOP



SLAP



SEEK



SLIDE

Check the SunSmart app everyday to find out your local sun protection times.

sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box

Shaping Positive Eating Behaviours

Teaching children positive eating behaviours during childhood can set them up with healthy eating habits for life. Developing a positive relationship with food, as well as a balanced approach to eating, can lead to better health outcomes in the long run.

Nowadays, an alarming 25% of Australian children are being classified as overweight or obese. This is the direct result of a number of behaviours including :

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

What can parents do?

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

How?

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

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



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