

AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 04

Tuesday 27 June 2023

Message from the Principal's Office

Dear Al Amanah College Community,

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

This week marks the end of Term Two. It has been a very busy term for teachers, students and of course parents and carers.

The mid-year exams for the secondary school began on Monday 19 June and concluded on Tuesday 27 June. Within the first two weeks of term three, teachers will communicate the marks to the students and review the exams during class time. It is crucial for students to take notes on areas where they have identified weaknesses. While some parents may feel anxious about their child's performance in a specific exam and desire immediate feedback from the teacher, I kindly request that, unless necessary, you wait until the reports are issued at the beginning of term three. This will provide a comprehensive overview of your child's overall progress.

Kindly be aware that the interviews for both Secondary and Primary Parent/Teachers will take place on Tuesday 25 July and Tuesday 1 August, correspondingly, specifically during weeks two and three of term three. Parents will receive mid-year reports and primary students' portfolios during these interviews.

Year Twelve Working Hard Towards HSC

Term three in Year Twelve is a highly demanding period as students embark on the last phase of their school education. The first round of HSC examinations, known as trial one, will take place in weeks two and three,

followed by trial two in weeks five and six. These exams hold immense significance! I strongly urge students to prepare meticulously. Additionally, the commencement of term three marks the deadline for submitting all practical work for the HSC. Although the final weeks of the term can be enjoyable for Year Twelve students, it is crucial not to become complacent with their studies during this period. Every minute of effort will make a difference when sitting the HSC. Students are facing an arduous time, and we extend our best wishes to them as they navigate the submission period, the trial HSC exams, and the concluding weeks of their school journey.

Al Amanah College Students Wearing Uniform with Pride

A big *thankyou* to parents for their support in ensuring their children are wearing the correct school uniform. Often the colder months will bring a drop off in the standard of uniform being worn each day, however, we are receiving a significant number of compliments from various parts of the community and visitors to the school regarding how good our students look and the pride they clearly show in their school.

On behalf of the entire staff at Al Amanah College, I take this opportunity to extend our warm wishes and heartfelt greetings to all our staff, students and their families on the joyous occasion of Eid Ul-Adha. Eid Mubarak!

Wishing you a delightful, secure, and rejuvenating holiday. Please remember that school will resume on Tuesday 18 July.

Yours sincerely,

Ayman Alwan
Principal

Dates to Remember

TUESDAY 27 JUNE
Term Two Ends

MONDAY 17 JULY
Pupil Free Day
Staff Development Day Four

TUESDAY 18 JULY
Students Day One

FRIDAY 21 JULY
New Hijri Year Celebration

MONDAY 24 JULY - FRIDAY 4 AUGUST
Year 12 Trials One

TUESDAY 25 JULY
Secondary Teachers/Parents Night

WEDNESDAY 26 JULY
Eid Fete

TUESDAY 1 AUGUST
Primary Teachers/Parents Night

WEDNESDAY 9 AUGUST
Year 10 Elevate Session

THURSDAY 10 AUGUST
Year 11 Elevate Session

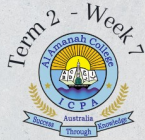
MONDAY 14 - FRIDAY 25 AUGUST
Year 12 Trials Two

THURSDAY 17 AUGUST
Year 11 Geography Excursion

THURSDAY 31 AUGUST - FRIDAY 11 SEPTEMBER
Year 11 Examinations

الأحاديث الأسبوعية

Hadiths of the Week



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ
كُلُّ مَعْرُوفٍ صَدَقَةٌ

which means

Any permissible favour
which is done in sincerity
is a charity

Narrated by As-Suyutiyy



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ
الْحَجُّ الْمَبْرُورُ لَيْسَ لَهُ جَزَاءٌ إِلَّا الْجَنَّةُ

which means

The reward of Hajj that is mabrur
is paradise because it erases
the major and minor sins

Narrated by Al-Bukhariyy



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ
أَفْضَلُ الْأَيَّامِ يَوْمُ عَرَفَةَ

which means

The best day of the year
is the day of ^Arafah
(which is the 9th day of the month of Thul-hijjah)

Narrated by Ibn Hibban



Hadith of the Week

قال رَسُولُ اللَّهِ ﷺ
بُيِيَ الْإِسْلَامُ عَلَى خَمْسٍ، شَهَادَةِ أَنْ لَا إِلَهَ إِلَّا اللَّهُ،
وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، وَإِقَامَ الصَّلَاةِ، وَإِيتَاءِ
الزَّكَاةِ، وَحَجِّ الْبَيْتِ، وَصَوْمِ رَمَضَانَ

which means

Islam has been built on five [pillars]:
Testifying that there is no God except Allah
and that Muhammad is the slave and Messenger of Allah,
establishing the Salah (Prayer), paying the Zakah (obligatory charity),
performing Hajj (Pilgrimage), and fasting Ramadan

Narrated by Al-Bukhariyy and Muslim

Hajj - The Journey of Life Time

As the *Hajj* season has commenced, truthful righteous believers started to feel in their hearts the blessings of this season. Some have started preparing themselves for this Holy journey to *Makkah* and *Madīnah*, the city of the Best Prophet, *Muhammad* peace be upon him.

Others who long for the Holy Cities of *Makkah* and *Madīnah* but are unable to go remained struck with grief and sadness because they are unsure whether or not they would be able to perform *Hajj* in the upcoming years.

Ibrahim Ibn Adham was among many who travelled on foot to perform *Hajj*. One day and while walking to *Makkah*, he saw a man riding a camel. The man asked *Ibrahim Ibn Adham*: Where are you going? *Ibrahim* said: I am heading to *Makkah* to perform *Hajj*. The man said: but you need a ride to *Makkah* since it is extremely far. *Ibrahim* said: indeed, I have many but you do not see them. The man said: "Where are they? *Ibrahim* explained: In times of hardship, patience is my ride, in times of prosperity, thankfulness to Allah is my ride, and in times of feeling tempted to commit a sin, I remember that death is coming very soon. Upon hearing this, the man astonishingly said: keep walking; I swear by Allah with the strong faith you have in your heart, you are in a better situation than me.

There in *Makkah*, the hearts and the longing souls find their remedy and healing. People circumambulate the sacred House, the Holy *Ka'bah*, with ultimate submission to Allah as if saying: "O Lord, no matter how many times we circumambulate and turn, there is no refuge except with You."

There at the Holy *Ka'bah*, when you make contact with the black stone and kiss it, remember that the lips of the Messenger of Allah peace be upon him touched this blessed stone. As you raise your head from *sujud* (prostration) while praying before the *Ka'bah*, you will be overcome by the magnificence of the *Ka'bah*, and recall once again that you are indeed a slave to the Lord of this Sacred House.

When you are performing *sa'iy* between Mount of *As-Safa* and *Al-Marwah*, remember the story of Lady *Hajar* and her dear son Prophet *Ismā'īl*. When Prophet *Ibrahim* *alayhis-salam* left them both in *Makkah*, which at the time was completely deserted and barren, Lady *Hajar* repeatedly asked him: "O *Ibrahim*, are we to be left alone in this valley with no water, food or companions?" Prophet *Ibrahim* intentions were only to fulfill what Allah *subhanahu wa-ta'ala* ordered him. Lady *Hajar* then said: "Did Allah order you to do this?" He replied, "Yes." Upon hearing this, eloquently and with a complete reliance on Allah she said: "Then we will not be lost." After that, by the will of Allah, fresh pure water sprung out from the ground in large quantities. It was given the name "ZamZam" water.

While wearing the clothes of *Ihram*, people gather on the land of *Arafat* and make supplication to Allah *subhanahu wa-ta'ala*. The Prophet peace be upon him said: <<Devils are most humiliated, belittled, disturbed and frustrated during the Day of *Arafah*. This is due to the descent of great mercies and the forgiveness of major sins on that day.>>

After performing *Hajj* and *Umrah*, people visit *Al-Madinah al-Munawwarah*, the second best city after *Makkah*.

In Praising *Al-Madinah*, Prophet *Muhammad* peace be upon him said that the city of *Al-Madinah* will always be in a better religious state than all other cities".

It is *Al-Madinah* that *Ad-Dajjal* (the one-eyed imposter) will not be able to enter because it is guarded by great angels.

Also *Al-Bukhariyy* narrated that the Prophet peace be upon him said: "O Allah, bless *al-Madinah* twice as much as *Makkah*".

In *Al-Madinah* there is *ar-Rawdah*, an area between the grave of Prophet *Muhammad* peace be upon him and his pulpit. On the Day of Judgement, *ar-Rawdah* will be taken to Paradise.

Additionally, *al-Madinah* is the city that contains the body of the best of Allah's creations, Prophet *Muhammad* may Allah raise his rank, therefore, the hearts of all Muslims long for it.

فريضة الحج

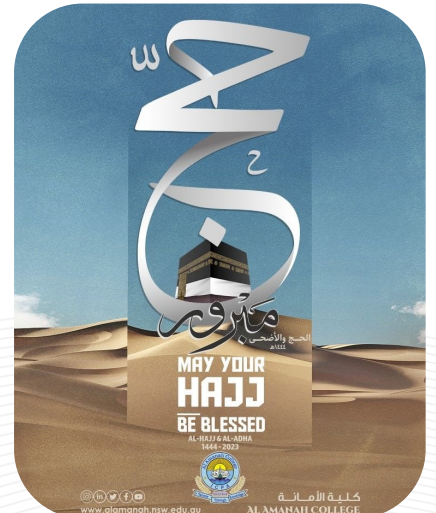
قال الله تعالى: { وَلِلَّهِ عَلَى النَّاسِ حِجُّ الْبَيْتِ مَنِ اسْتَطَاعَ إِلَيْهِ سَبِيلًا } [سورة آل عمران/79]
وقال رسول الله صلى الله عليه وسلم "من حج فلم يرفث ولم يفسق غفر له ما تقدم من ذنبه" رواه الترمذى.

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

وللحج ستة أركان لا يصح بدونها، وهى:

1. الإحرام: أى النية
2. والوقوف بعرفة
3. وطواف الإفاضة: أى أن يدور حول الكعبة سبع مرات فى وقته وبشروط
4. والسعى بين الصفا والمروة سبع مرات
5. والحلق أو التقصير، أى أن يحلق شعره كله، أو يقص بعض شعره، ولو ثلاث شعرات والمرأة تقصر ولا تحلق
6. والترتيب فى معظم الأركان

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






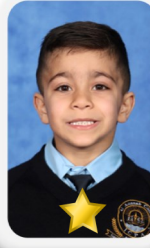
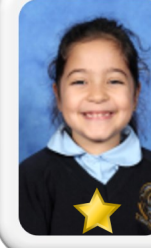
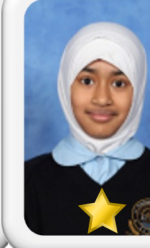




Star Student of the Week



K - 1

2 - 6

Week 7	Week 8	Week 9	Week 10	Week 7	Week 8	Week 9	Week 10
							
Rida Sharif 1E	Eshaal Shoaib KS	Aydin Masri KZ	Muhammad Ali Sabbagh 2H	Shahd El Darwich 2H	Afia Anika 5S	Mahroush Siddiqui 6J	Mohammed Abdelmaged 6E

Year Five Western-Sydney Airport Excursion

On Thursday 8 June, Year Five students visited the Western Sydney Airport Experience Centre to learn about the development of Western Sydney and surrounding areas as part of their Geography unit. At the centre, a presentation was held in which students learned about the goals, expenses and potential outcomes of the construction of the Western Sydney Airport. Students were able to reflect on their knowledge and understandings of the construction of the new airport and its surrounding areas and see the actual site with what has been constructed to date through a guided tour. Students showcased their curiosity through asking questions and note-taking important information, which was integrated into their Geography assessment. Overall, it was a wonderful day.

Ms Khalil and Ms Haidar
Year Five Teachers



Primary School Athletics Carnival

Al Amanah College's Primary Athletics Carnival in 2023 was a tremendous success. The day boasted fantastic weather, adding to the vibrant atmosphere. The students were commendably well-behaved, displaying remarkable sportsmanship throughout the event.

The parent race brought laughter and excitement to all in attendance. From the Kindergarten to Year Two category, the students enthusiastically participated in a range of novelty events such as the egg and spoon race, bean bag throw, potato sack race, three-legged race, and running races.

The Year Three to Year Six students showcased their talents in shot put, relay races, long jump, and the exhilarating 100m race.

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



Kindergarten Calmsley Hill City Farm Excursion

On Thursday, 15 June 2023, Kindergarten students embarked on their first excursion to Calmsley Hill City Farm. The air buzzed with excitement as they arrived at the farm, ready for a day of exploration and discovery.

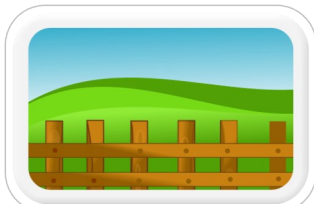
We began our day by visiting and feeding various native and farmyard animals including horses, sheep, birds and koalas. The next adventure kicked off with a bumpy tractor ride that had the children giggling with joy. They bounced along the farm trails, surrounded by magnificent sights of grazing animals.

Students then gathered around the cows for an interactive cow milking session. With wide eyes and curious minds, they learned the art of extracting fresh milk.

The kindergarten students were then treated to captivating shows, starting with the stock whip show and the sheep shearing show. They wrapped up the day by witnessing the extraordinary abilities of working dogs and how they are used on the farm.

Kindergarten left the farm with happy smiles and great memories. They felt grateful for the incredible adventure they had together.

Ms Sabbagh, Mrs Saraya and Mrs El Hawat
Kindergarten Teachers



Year Three Learn about Aborigines' Lifestyle

This term during history lessons, Year Three have been using their research skills to discover facts about Aborigines life before European settlement using variety of informative texts.

Teaching research skills provides students with the tools to successfully find and evaluate information available through the internet or from other various texts. These abilities are important for both academic and personal use and can help students maximise their use of various tools.

Through the research tasks, Year Three have learnt to understand more about Aborigines' lifestyle before European settlement and discovered how shelter, weapons, containers, toys and tools were made by natural resources in order for them to survive.

Ms El Sabeh and Ms Hazarvi
Year Three Teachers



Year One Excursion - Auburn Botanic Garden Excursion

In science, Year One students have learnt about features and characteristics of living things and their environment. They also learnt about how they could improve a local environment to encourage living things to thrive.

Year One students were given an opportunity to attend an excursion to Auburn Botanic Garden on Thursday 22 June 2023.

Students observed wildlife and minibest in their natural habitats. They enjoyed the excursion and had a lot of fun.

Mrs Basir and Ms El Rifai
Year One Teachers



Socialising Online Information Session

On 15 and 22 June, Al Amanah College held an awareness session pertaining to socialising online safely for students in Grades Three to Six. It was an informative session hosted by our school Sheikh Amr Alshelh. Sheikh Amr raised awareness about current issues students face when interacting with others using online platforms such as scams, fraud, cyber bullying, and invasion of privacy. Students were advised on how to respond if faced with such matters and reminded about abiding by their Islamic values when interacting with others online.

Thankyou, Sheikh Amr, for a very informative presentation.



Socialising Online Information Session



Year Three Botany Bay Excursion

On Thursday 22 June, Year Three visited Botany Bay and explored the many features in Kamay National Park. Year Three had a fantastic experience learning about the discovery of Australia and the first Australians who lived in the area. The excursion allowed students to explore different perceptions of Australian history and understand the advent of European colonisation from an indigenous and European perspective. The students had the opportunity to follow the footprints of Captain James Cook, Sir Joseph Banks and their crewmates from the first arrival in Botany Bay in 1770 and reflect on the effects colonisation had had on Aboriginal culture. Students learnt to appreciate the incredible coastal landscape and bushlands and imagined what it was like to live in Botany Bay before, during and after colonisation. Year Three explored the point of first contact between Aboriginal people and the white settlers by dressing up in colonial costumes and re-enacting the events that took place at the time. Year Three also learnt how the Aboriginal people survived in their environment by going on a bush walk using a walking track and learning about the different types of preserved specimens of native animals that exist in the area. Students also had the fun opportunity to build gunyas (Aboriginal shelters) using natural resources in the environment. To end the day, Year Three got to experience whale watching as they witnessed humpback whales migrating north to warmer waters, swimming as close as 200 meters from the coast! Year Three had an enjoyable and exciting day and left Kamay National Park with an understanding of European colonisation from both indigenous and European perspective.



الأرقام في الصف الأول

طلاب الصف الأول يتدربون على كتابة الأرقام باللغة العربية

ومحاولة إيجاد العدد الناقص من بين بقية الأعداد.



Arabic Numbers				
٥	٤	٣	٢	١
٥	٤	٣	٢	١
١٠	٩	٨	٧	٦
١٠	٩	٨	٧	٦

المعلمة إيمان
معلمة الصف الأول

1E



Secondary Schools Leadership Programme

On Wednesday 31 May, school captains Siham Nachar and Omar Alwan along with SRC coordinator Ms Chams, were invited to take part in the Secondary School Student Leadership Programme.

This programme offers Year Twelve student leaders the opportunity to develop their knowledge of the system of government, parliamentary proceedings, learn about the role of the Governor and meet their Member.

Siham and Omar were able to visit both the Upper House and Lower House of Parliament in New South Wales, as well as to have a tour of the Governor's house. They were also able to meet with her excellency the Hon. Margaret Beazley and other student leaders from other schools around the state.

Overall, this excursion gave the students a greater understanding of leadership and responsibility.

Siham Nachar
Secondary School Captain



Year Ten Subject Selection Session 2023

On Thursday 1 June, a breakfast was held for Year Ten student and parents to provide information on the subject selection process for Years Eleven and Twelve. The information session provided understanding of the process to transition Year Ten students into their senior studies. The Principal, Mr Alwan, welcomed and thanked the parents and guests for attending the information session and highlighted the importance of our school values with emphasis on academic achievement, as well as the support network within the school.

Secondary school coordinator, Mrs Dabboussi, highlighted the importance of Year Ten students successfully completing their HSC all my work programme with NESA, as well as work experience, corptraining and mock interviews programme. These initiatives undertaken by the college aim to develop Year Ten communication skills necessary for not only studies in the Stage Six courses, but also for the workplace should students seek part-time employment while completing their senior years of schooling.

Curriculum Coordinator, Mrs Kassem, provided attendees with elaborate information to help students and parents make wise decisions regarding course selection in Year Eleven. Students were encouraged to think about their subject strengths, and how to best ensure successful results. Assessments in the senior school and the process of grading and calculating external assessments (ATAR) was also highlighted by Mrs Kassem so that parents and students understand the importance of planning and goal setting in schooling.

The session concluded with parent teacher meeting and sharing a lovely breakfast organised by the SRC. We hope that sessions like these effectively establish communication with parents and students so that the college is in a position to enable the achievement of the best outcomes of students.



Y
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A
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10



Year Nine Commerce Excursion



On May 22 and June 5, the Year Nine Commerce classes went on a class excursion to Westfields. The journey included visiting different stores that sell similar products and comparing the prices to get a sense of how pricing strategies differ between businesses, which was a useful learning experience. The students received knowledge about pricing strategies and consumer behaviour by observing firsthand how various businesses set their prices for their goods and services.

Additionally, students found reduced rates on items they usually purchase and discovered new products or services they were previously unaware of.

Overall, it was a joyful and educational experience for all of the students.

Aisha Bilajac
Year Nine Student



Year Eleven Seymore Theatre Excursion

On 5 June, the Year Eleven advanced English class visited Seymore theatre to watch an adaptation of Othello. The show consisted of in-depth analysis of scenes from the playscript, allowing us to gain an understanding of the key concepts and underlying message through a new perspective. This skill cannot only be used in Othello but can be applied to any future analysis we will face relating to Shakespeare.

It was the first time seeing a play, for most of the students, witnessing actors play their roles with such talent along with its interactive aspect made the experience so much more surreal.

This excursion would definitely be considered a memory to look back on of our senior year.

Maysa El Masri
Year Eleven Student



Parent Cyber-Safety Seminar

On Friday 9 June Al Amanah College organised parent seminars to address a topic of paramount importance: cyber-safety. Sheikh Amr Alshelh delivered a seminar for parents, where he delved into the importance of safeguarding children's use of the internet and electronic devices, and provided advice for how parents can help their children navigate the online world safely.

During the seminar, the importance of cyber-safety was emphasized by discussing the risk factors of concerning online content, child grooming and unwanted contact, gaming, excess screen time and cyber-bullying. Sheikh Amr provided information on how to detect signs of these risks which can be overlooked at times, and what solutions to implement should harmful situations arise. Strategies to help protect children from harm online and other potential risks effectively communicated by showing parents how to implement measures at home which ensure restricting access to inappropriate content. In addition, parents were advised on how to successfully collaborate with their children to establish routines at home to assist with cyber-safety, and what to do in harmful situations to help with a child's emotional and mental well-being.

The session was successful and the parents who attended found the sessions insightful and eye-opening as they were made aware of risk factors previously overlooked. They were given useful tips with how to productively advise their children with appropriate navigation of the online world. If parents would like to attend another one of these sessions, please contact the secondary co-ordinator, Mrs Dabboussi, on her email gdabboussi@alamanah.nsw.edu.au.



Secondary School Girls Athletics Carnival 2003

The 2023 annual girls' athletics carnival was held at Dwyer Oval on Wednesday 7 June. With an emphasis on participation and healthy competition, secondary school students were eager to run onto the field and participate in a series of sports including discus, long jump, shotput, high jump, javelin and a 100-metre race. The students showed their house colours, had fun, participated and competed, and cheered their peers on to enter the competitions.

Well done to all the students who participated in the activities and a big congratulations to those who placed first, second and third in the all-stars race. The winning teams were:



First Place: **Yellow** - 1258 points
 Second Place: **Green** - 1201 points
 Third Place: **Red** - 1124 points
 Fourth Place: **Blue** - 938 points

Overall, the day was enjoyable and fun for all who attended. A special thanks to all the staff who made sure the carnival was exciting and ran smoothly.



Year Twelve Modern History Excursion

On Wednesday 21 June, the Year Twelve Modern History class went on an excursion to Macquarie University.

The students visited the Macquarie University History Museum. They attended two seminars hosted by Historian Dr Keith Rathbone, which explored the 'Power and Authority' HSC unit. The seminars enhanced the students' knowledge and allowed them to develop historical skills through source based activities which gave them insight into the lives of historians.

The Modern History students were able to ask questions to the Macquarie University historians and have gained extensive knowledge about their HSC topic. Overall, this excursion was informative and enjoyable.

Siham Nachar
Year Twelve Student



Year Eleven and Twelve Careers Expo

On Thursday 23 June, the Year Eleven and Twelve cohorts of Al Amanah College attended the Western Sydney Careers Expo held at Sydney Olympic Park. This event provided a unique platform for students to delve into a multitude of career possibilities and discover the vast array of study options available after HSC. With enthusiasm in the air, students and teachers alike embraced the opportunity to gain invaluable insights and chart their paths towards a promising future.

The expo showcased a diverse range of exhibitions, each offering a distinct perspective on career paths and higher education. Local universities proudly presented their offerings, providing comprehensive information on course requirements and shedding light on the unique features of their academic programmes. Exhibitions dedicated to employment services, colleges, academies, careers advisors, and apprenticeships added further depth to the students' exploration, ensuring they were well-informed about the opportunities awaiting them.

Students had the chance to engage with exhibitors representing their desired fields of study. They actively sought answers to their burning questions, eagerly inquiring about career prospects, entry requirements, and the intricate details of their chosen courses. In addition to the captivating exhibitions, the Western Sydney Careers Expo hosted a series of seminars organized by the New South Wales Education Standards Authority (NESA). These seminars provided knowledge, offering practical study tips, guidance on subject selection, examination techniques, and detailed information about potential career paths aligned with various subjects.

The 2023 Western Sydney Careers Expo proved to be an enlightening and transformative event for Year Eleven and Twelve students. It not only exposed them to a vast range of career and study options but also empowered them with the knowledge and confidence to make informed decisions about their future paths. We enjoyed the excursion and left with new aspirations and possibilities for our future study.

Yara Hammad
Year Eleven Student



Senior Student ALUMNI Session

During week nine Alumni student, Halima El-Zahab, visited Al Amanah College to meet with the Year Eleven and Twelve cohort and give them an insight into her studying experiences. During her visit, she shared her invaluable experiences of university life and offered insightful advice on effective study habits.

Halima's HSC and university journey has been nothing short of inspiring. Graduating with an extremely impressive mark, she pursued a path in medicine, driven by her passion for caring for others.

Our visitor spoke to the students about her university experience, and highlighted opportunities for personal growth, intellectual exploration, and the importance of developing a well-rounded study routine. Her story resonated with the students, many of whom were eagerly awaiting their own entry into higher education.

Halima also shared her effective study habits with us, which have helped her excel academically. Recognizing the challenges faced by students when it comes to time management and effective studying, she provided practical advice and strategies like going over past papers. Students were given the opportunity to ask questions about how to improve their study habits and experiences and were advised on how to dedicate time for studying, organise tasks based on priority, and how to minimise distractions so that they can make the most of their study sessions. She also spoke about active learning techniques such as teaching content to others, and engaging in group discussions, to encourage deeper understanding, retention, and critical thinking, and emphasized the importance of using online libraries, and academic databases. Halima also stressed the importance of seeking feedback from teachers as a proactive approach to academic success.

On behalf of Year Eleven and Twelve, we would like to thank Halima for her inspiring presentation which provided us with invaluable insights into university life and effective study habits. Her journey from student to accomplished academic served as an inspiration and motivated us to aim for excellence.

Yara Hammad
Year Eleven Student



Future of Female Leadership Forum - Orbispace Initiative

On Wednesday 22 June selected students from Year Eight participated in the Future of Female Leadership Forum run by the Orbispace institute at the Sydney Startup hub in the city. We had a networking lunch with mentors, which was very informative, and gave us insight into how we can learn and move forward within STEM careers. We were also given the opportunity to learn how to prototype an app and learn skills that entrepreneurs use when starting a business. We felt very motivated and inspired by the mentors and the people around us who worked with us on the day.

Mariah El Bandar and Sherin El-Ghourany
Year Eight Students






Don't stop in a NO STOPPING zone

Penalty: \$362* and 2 demerit points

Liverpool City Council Road Safety Initiative * Penalty applies in school zones. Minimum fine, subject to change



NO PARKING/ KISS & RIDE AREAS:

YOU MAY ONLY STAY 2 MINUTES & DRIVER MUST REMAIN WITHIN 3 METRES OF THE VEHICLE

Penalty \$201* and 2 demerit points

Liverpool City Council Road Safety Initiative * Penalty applies in school zones. Minimum fine, subject to change



Don't stop in a BUS ZONE

Penalty: \$362* and 2 demerit points


Liverpool City Council Road Safety Initiative * Penalty applies in school zones. Minimum fine, subject to change



A yellow kerbside line means NO STOPPING - do NOT stop here at all

Penalty: \$283*

Liverpool City Council Road Safety Initiative * Minimum fine, subject to change



Don't DOUBLE PARK

Penalty: \$362* and 2 demerit points

Liverpool City Council Road Safety Initiative * Penalty applies in school zones. Minimum fine, subject to change



Keeping your children safe when dropping off and picking up at school:

- Slow down to 40km/h in the school zone and stay aware of crossings.
- Always park legally around the school.
- Always keep your seatbelt buckled until the vehicle has stopped.
- It is safest for children to get in and out of the car through the footpath-side door.
- Manoeuvres such as U-turns and 3-point turns are dangerous during the busy school drop-off and pick-up times.
- Model safe and considerate behaviour for your child - they will learn from you.
- Always give way to pedestrians, particularly when entering and leaving driveways.
- Never double park - it puts children at risk.
- Never park in a 'No Stopping' or 'Bus Zone'.
- 'No Parking' is for drop-off and pick-up only.

Please park safely and legally, even if it means walking further to the school gate. Parking signs are planned with children's safety in mind.

Liverpool City Council Road Safety Initiative * Penalties apply for parking illegally in school zones.

School Zone Penalties

Effective 1 July 2022, penalties apply in school zones - (minimum fines, subject to change)
* these values are doubled during designated holiday/long weekend periods

Offence	Minimum Fine	Minimum Loss of Demerit Points
Stop on or near:		
• A pedestrian crossing	\$481	2
• A children's crossing	\$481	2
Double park	\$362	2
Stop on or across a driveway	\$362	2
Make an illegal U-turn	\$362	2
Use a mobile phone while driving	\$481	5*
Not give way to a pedestrian on a pedestrian crossing	\$603	4
Not reverse vehicle safely	\$283	3
Park on path/strip	\$362	2
Parallel park close to dividing line/strip	\$362	2
Exceed 40km/h in a school zone in a light vehicle:		
• 10 km/h and under	\$211	2*
• Over 10 km/h	\$379	4*
• Over 20 km/h	\$632	5*
• Over 30 km/h	\$1,224	6*
• Over 45 km/h	\$2,778	7*



The minimum penalty for disobeying 'No Parking' is \$201 and 2 demerit points. You may only stop here for 2 minutes and must stay within 3 metres of your vehicle.








The minimum penalty for parking in a 'Bus Zone' is \$362 and 2 demerit points. You cannot stop here at all.



The minimum penalty for disobeying 'No Stopping' is \$362 and 2 demerit points. You cannot stop here at all.

SCHOOL ZONE OFFENCES WHAT ARE YOU RISKING?*

FACT Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need YOU to take extra care when driving and parking around school zones.

No Parking (KISS & RIDE)  You have 2 minutes to drop-off or pick-up and must stay within 3 metres of your vehicle.	Pedestrian Crossings Do not stop or park on or near a marked crossing.
No Stopping  You are not permitted to stop on a length of road with a no stopping sign.	Driveways Do not stop on or across a driveway.
Bus Zone  You must not stop your vehicle in a Bus Zone unless you are driving a public bus.	Intersections Do not stop within 10 metres of an intersection.
Mobile Phone Use  Do not use a hand held mobile phone while driving.	Parallel Parking Do not park too close to double barrier or dividing centre line.
School Zone Speeding Offences  40km/h is the speed limit. Children are vulnerable in school zones.	Double Parking Do not double park in a school zone.
	Footpath and Nature Strip Do not stop on a footpath, nature strip or obstruct ramp or path access.

*Fines current as of 1 July 2022. Fines and demerit points are subject to change.

Live Life Well @ School

What's Happening

June 2023

World Environment Day - 5 June

Held annually, this year's event will focus on beating plastic pollution. You can use the event as an opportunity to share waste-free lunchbox ideas with families. Illawarra Shoalhaven Local Health District has created a great visual resource for low-waste lunchbox ideas.



Fruit & Veg Month 2023 - Register today!



Registrations are now open for Fruit & Veg Month, which runs from Monday 28 August to Friday 22 September.

Get ready to munch into some fresh produce and share how important these foods are to a healthy lifestyle when Fruit & Veg Month returns later this year. The health promotion event aims to encourage NSW primary school students to eat more fruit and vegetables. Sign up today! Schools that register receive free resources including class posters, classroom activities and student reward stickers. To find out more, visit the [Healthy Kids Association website](#).





FMS of the month - side gallop



Side gallop or side slide is a skill where you move sideways while the body and eyes are facing forward. It is a basic locomotor movement that is used in sports and games such as tennis, basketball and dance.



Skill components

1. Smooth rhythmical movement.
 2. Brief period where both feet are off the ground.
 - 3. Weight on the balls of the feet.**
 - 4. Hips and shoulders point to the front.**
 5. Head stable, eyes focused forward or in direction of travel.
- (Introductory components marked in bold).



TOP TIPS

You can use the FMS lanyard cards to teach students all of the skill components. To order the lanyard cards,

[CLICK HERE](#)



Fast start activity cards



A fast start activity provides students with an opportunity to engage in moderate to vigorous physical activity within the first few minutes of a lesson. The Fast Start activity cards provide examples of how physical activity can start quickly while maximising movement time and engagement.

Alphabets

Stage: Early stage 1 upwards

Category: Whole class

Activity set-up

- Set out the playing area (25 students = approximately 25m x 25m).

How to play

- Students move around the playing area using a nominated locomotor movement. The teacher calls out a letter of the alphabet and students form groups of three to make the shape of that letter.



Fast starts is a physical activity resource developed as a joint initiative between the NSW Department of Education and NSW Health.



Equipment

- 8 markers (to set out playing area).

Increase/decrease challenge

- Vary the number of students required in each group.
- Students must form multiple letters to make up a word.

Additional variations

- The teacher calls out a math problem and students need to make the numbers to indicate the answer.
- Vary the locomotor movements used.

Sample questions

- How did you move your body to participate effectively?
- How can you use and adapt different skills in the game to improve success?
- How can you refine your strategy to be successful in the game?
- What would you do differently next time?

The activity cards have been adapted from the Fundamental Movement Skills in Action resource and apply a wide range of movement skills. You can access the activity cards [here](#).





Save money at the supermarket



Buying in season and planning your meals are two quick tips from Crunch & Sip. The ideas are listed on a newsletter insert that you can share in your communication with families. Newsletter inserts cover topics such as:

- Pack more vegetables into your day.
- What if the lunchbox comes back full?
- How much sugar is in that drink?
- Health swaps.
- Sandwich builder.



DOWNLOAD



The Crunch & Sip newsletter inserts are available online.

Allergy training for canteen staff



CLICK HERE



To access the free training.

Information from the [Healthy Kids Association](#).



Are there children in your school with allergies or special diets? Are you unsure of how to cater for their needs safely and adequately?

It is important for children to have safe options available to them at the school canteen, however, it can be difficult to know how to properly cater for their needs. Free allergy training is available to help you understand more about allergens and how to best cater for allergies and special diets in your school canteen.

LEARN MORE



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

Parent Health Tips

Nutrition Snippet

5 TIPS TO REDUCE YOUR GROCERY BILL



1. Buy fruit and veg that is in season
2. Buy staple ingredients in bulk
3. Go frozen
4. Create a meal plan and shopping list
5. Reduce the amount of meat in your meals

To find out more visit
healthylunchbox.com.au/blog/5-tips-to-reduce-your-grocery-bill/



Nutrition Snippet

SUPER SOUPS

With the colder weather upon us, soups are an ideal way to eat more vegies!



Our hearty soups are perfect for lunch - just pack in a thermos to warm up tummies at school on a cold day. Give these recipes a go:

- [Red lentil soup](#)
- [Veggie pasta soup](#)

Get these recipes at:
healthylunchbox.com.au



Nutrition Snippet

VEGETABLE CONGEE

Serves: 4 Prep time: 10 mins

Cooking time: 40 min

Ingredients



- 1 cup long grain white rice, rinsed
- 4 cups reduced salt vegetable stock
- 3 cups water
- 5cm knob of ginger, peeled & thinly sliced
- 3 stalks celery, chopped
- 1 carrot, peeled & diced
- 2 cups broccoli florets
- 2 spring onions, green part only thinly sliced (optional)

Method

1. Add the rice, stock, water and ginger to a large pot and bring to the boil.
2. Reduce heat to low and simmer for 30 minutes. Stir occasionally to prevent clumping or sticking.
3. Add the celery, carrot and broccoli and simmer until the vegetables are tender.
4. Garnish with the spring onion (optional).

For this recipe and more visit:
healthylunchbox.com.au



Nutrition Snippet

WINTER FRUIT AND VEG



Try these winter warming recipes:

- [Zucchini and cheese arancini](#)
- [Mac'n'cheese](#)
- [Apple crumble](#)

For these recipes and more visit:
healthylunchbox.com.au



Sunsmart Snippet

Create a morning checklist

Help your child remember what they need to do every morning before school



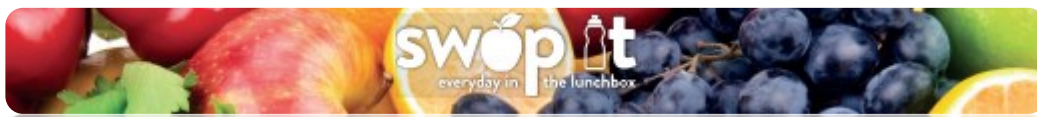
- Wash my face
- Brush my teeth
- Get dressed
- Pack my school bag
- Apply SPF30 or higher sunscreen
- Wear my sun smart hat

Download and print off the morning check list from the SunSmart website and stick on your fridge, so you don't forget!

www.sunsmartnsw.com.au



Parent Health Tips



Tips For Fussy Eaters

Having a fussy eater in the house can make packing a healthy lunchbox full of everyday foods a challenge. Follow our tips for fussy eaters to help your child introduce a wider variety of healthy foods into their lunchbox.

1. Involve your child:

- Talk to your child and find out what foods they like. Discuss healthier options and let your child know why they are important. Focus on things such as brainpower and energy.
- Involve your child in the planning and preparation of their lunchbox. Why not use our 'SWAP IT Everyday Lunchbox Planner' with your child?
- Try new foods with your child at home before adding them to the lunchbox. Eating together in an environment they feel safe can help. Role model to your child just how much you enjoy the food. Remember, it's not uncommon for children to dislike new foods the first time they try them. It can often take many attempts, so continue to expose your child to new foods.

2. Make it easy:

- Keep snacks bite size so they can quickly eat and play.
- Some kids may be put off by unappealing squashed foods. Store easily squished items such as grapes in containers. Remember to make sure the lids are easy to open.

3. Keep it simple:

- Keep the lunchbox simple and limit the number of choices. Too many options can be overwhelming and confusing for children and often results in the lunchbox coming home with uneaten food.
- Apply the ¾ rule, choose three everyday items your child knows and likes and one everyday item that is new for them in the lunchbox. It's ok to repeat everyday items in the lunchbox if they're healthy. If your child loves a cheese and tomato sandwich

4. Keep it separate

- Picky eaters often don't like their food touching. Using bento style lunchboxes, small containers or silicone muffin cases can help.

5. Mix it up and make it fun

- Keep the lunchbox colourful and try our rainbow vegetable kebabs.
- Make sandwiches into fun shapes with cookie cutters – who wouldn't love an animal sandwich?
- Surprise your child with stickers or smiley faces on their fruit.



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