

AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 01

Thursday 7 March 2024

Message from the Principal's Office

Dear Al Amanah College Families,

Welcome Back!

Praise and thanks are due to Allah, the Lord of the universe. May Allah raise the rank of our Master and Prophet Muhammad ﷺ and protect his nation from that which he fears for them.

As we embark on another academic year, I am excited to welcome back our returning families and extend a warm welcome to our new families and staff members.

As the new academic year begins, I would like to remind everyone of the importance of working together in partnership to ensure that each student reaches their full potential. Our school community is stronger when we work together and support each other, and I encourage all parents to be actively involved in their child's education.

As a school community, we are committed to maintaining updated contact information for all our families. That's why we would like to remind you of the importance of using our school management system, Sentral, to keep your contact information updated, including your child's medical condition.

In addition, we would like to remind you of the importance of informing the administration office whenever your child is absent. If your child is unable to attend school, please log into your Sentral account and submit a request within three days of their absence.

I would like to welcome our new staff members and wish them a successful and fulfilling year. They bring with them a wealth of experience and expertise, and I am confident that they will play a significant role in helping our students succeed.



I would also like to welcome back our staff who have returned from the holiday break with full energy and enthusiasm for the new academic year. We are delighted to welcome our new secondary teachers, Mr Akkery (PDHPE), Mr Nafeh (Science) and Mr Muhammad Alwan (Religion). The new primary school teachers are Miss Kassem (Year Four), Mrs Nanavat (Year Three), Ms Delaney (Year Two), Ms El Wazze (Year One), Ms Nahas (Kindy), Mrs Zaman (Learning Support), Mrs Sabbagh (Learning Support Arabic) and Mr Bajouri (Religion). A special welcome back to Mrs Alterio (Year Three) who has returned after maternity leave and Mrs El-Zahab (Science) who returned after a leave of absence.

In conclusion, I am looking forward to another year filled with learning, growth, and opportunities for our students. Let us work together to make this the best academic year yet!

Sincerely

Ayman Alwan
Principal

Dates to Remember

MONDAY 11 MARCH
Expected Ramadan - TBC

WEDNESDAY 13 MARCH - MONDAY 25 MARCH
NAPLAN Examinations

FRIDAY 29 MARCH - MONDAY APRIL 1
Public Holiday

FRIDAY 5 APRIL
Last Day of Term One

WEDNESDAY 10 APRIL
Eid Ul Fitr - TBC

MONDAY 22, TUESDAY 23, WEDNESDAY 24 AND
FRIDAY 26 APRIL
School Office Open from 9am - 2pm

THURSDAY 25 APRIL
Public Holiday

MONDAY 29 APRIL
Term Two Starts
Staff Development Day Three/Pupil Free Day

TUESDAY 30 APRIL
Students Day One

MONDAY 10 JUNE
Public Holiday



الأحاديث الأسبوعية

Hadiths of the Week

قال الله تعالى في سورة الإسراء

سبحان الذي أسرى بعبده ليلاً من المسجد الحرام إلى المسجد الأقصى

Which means:

Clear from resembling the creations is Allah Who enabled His slave Muhammad to make the journey at night from Masjid Al-Haram to Masjid Al-Aqsa.



TERM 1 WEEK 2

قَالَ رَسُولُ اللَّهِ ﷺ

طلب العلم فريضة على كل مسلم. رواه ابن ماجه

Which means:

"Seeking the obligatory religious knowledge is an obligation upon every Muslim." Related by Ibn Majah

TERM 1 WEEK 3



TERM 1
WEEK 4

قَالَ رَسُولُ اللَّهِ ﷺ

إذا كانت ليلة النصف من شعبان فقوموا ليلها وصوموا نهارها. رواه ابن ماجه

Which means:

Spend the night preceding the 15th day of Sha'ban in acts of obedience and fast the day. Related by Ibn Majah

قَالَ رَسُولُ اللَّهِ ﷺ

﴿تَبَسُّمُكَ فِي وَجْهِ أَخِيكَ لَكَ صَدَقَةٌ﴾

رواه الترمذي

Which means:

Smiling to your brother is
REWARDABLE

TERM 1
WEEK 5

Related by At-Tirmidhiyy



TERM 1 WEEK 6

قال رسول الله ﷺ :

صُومُوا لِرُؤْيَيْهِ وَأَفْطَرُوا لِرُؤْيَيْهِ فَإِنْ عَمَّ عَلَيْكُمْ فَأَكْمِلُوا الْعِدَّةَ ثَلَاثِينَ
رواه النسائي

Which means:

Fast upon seeing the crescent and break your fast upon seeing it. If you could not see the crescent because it was cloudy, then finish the whole thirty days of the month.

Related by Annasa'yy

قال الله عز وجل في سورة البقرة

شَهْرُ رَمَضَانَ
الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ
هُدًى لِلنَّاسِ وَبَيِّنَاتٍ مِنَ الْهُدَى وَالْفُرْقَانِ

Which means:

"Ramadan is the month in which the Qur'an was sent down with guidance to people and clear verses of guidance that distinguishes between truth and falsehood."



TERM 1
WEEK 7

The Holy Month of Ramadan

Praise be to *Allah* and may *Allah* raise the rank of our Prophet *Muhammad* and protect his nation from what he fears for it.

Who Must Fast

Every accountable Muslim is obligated to fast the month of *Ramadan*. Therefore the child is exempted from fasting. However, it is an obligation on the parents or the guardian of the child or children to order them to fast once they reach seven 'lunar' years old providing their body can withstand that fasting, and they will not be harmed by it.

Additionally, for one to be obligated to fast, one must be of sound mind. Therefore Fasting is not obligatory on the insane person. Fasting is not obligatory on a person whose body cannot tolerate fasting, due to either old age or a severe illness.

The fasting of a menstruating or postpartum bleeding woman is not valid; however they have to make up the missed days. Breaking the fast is permissible for the sick person, pregnant woman and the nursing woman who cannot bear the hardship of fasting. However, they are obligated to make up the

missed days.

The one who is travelling a distance of two or more walking days has also the option of not fasting, provided one's travelling is not sinful.

Integrals of Fasting

1. Intending to fast the following day every night.
2. To abstain from sexual intercourse, masturbation, inducing vomit, apostasy and inserting anything with a volume into the head or body cavity through an open inlet, such as food or drink from dawn until sunset. One's pure saliva while still inside the mouth is excluded. One's fasting is valid as long as one does not become insane even if it were for a moment and one did not lose consciousness the whole day.

Note: It is obligatory upon all Muslims to preserve their faith in Islam and to protect it from apostasy (*riddah*), which invalidates and abolishes it may *Allah*, *ta'ala* protect us from this. Scholars of the four schools agreed that apostasy can be classified into three categories:

- a. Beliefs in the heart: such as believing that

Allah is a body or that *Allah* occupies a place.

- b. Actions committed by certain parts of the body: such as prostrating to the sun and throwing the *Mushaf* in the trash.
- c. Sayings of the tongue: such as swearing at *Allah*, or any of the prophets.

It is obligatory on the one who commits *riddah* to return to Islam immediately by uttering the two *shahadas*, leaving off whatever caused *riddah*, to regret having apostatized, and to intend not to return to committing anything like it.

Benefit: The asthma medication (puffer) that the patient uses by inhaling it while fasting invalidates his fast. This verdict has been issued by *Darul-Ifta'* in Egypt (number 557/ 2004).

The month of *Ramadan* is a great opportunity for the person to gain a lot of reward which can be earned by performing this obligation in worship and obedience to *Allah*, and by performing a lot of *Sunnah* deeds. Let the person work hard during this great and blessed month in order to become among the pious Muslims.

ج - الكفر القولي: كمن يسب الله أو يسب نبيا من الأنبياء أو ملكا من الملائكة أو يستهزئ بالصلاة أو الصيام أو أحكام الدين.

فإن استمرار إيمان الصائم شرط لصحة صيامه، والكفر مبطل للصيام. فمن وقع في الكفر وهو صائم فسد صومه وعليه العود فوراً إلى الإسلام بالنطق بالشهادتين والإمسك بقية النهار احتراماً للصيام ثم قضاء هذا اليوم بعد العيد فوراً.

ليلة الصيام أن تنوي صيام يوم غد من رمضان وإن لم تغتسل.

2. **الإمسك عن:** الأكل والشرب وعن إدخال كل ما له حجم ولو صغيراً إلى الرأس أو البطن أو الأمعاء ونحوها من منفذ مفتوح كالقلم أو الأنف أو القبل أو الدبر من الفجر إلى غروب الشمس ومن أكل أو شرب ناسياً ولو كثيراً لم يفطر ولو في صيام النفل لقوله: "من نسي وهو صائم فأكل أو شرب فليتيّم صومه فإنما أطعمه الله وسقاه". رواه البخاري. كما يجب الإمساك عن الجماع وإخراج المني بالاستمنا والجماع فإنه مفطر.

ملاحظة: لما كان وقت الصيام من الفجر حتى المغرب وجب معرفة طرفي النهار على كل مكلف بالصيام. فمن أكل بعد الفجر معتقداً أن الفجر لم يطلع أي أنه لم يدخل وقت صلاة الصبح فسد صومه ولزمه القضاء وعليه الإمساك عن المفطرات باقي النهار وكذلك لو أكل قبيل مغيب قرص الشمس معتقداً أنه قد غربت الشمس ثم تبين له خلاف ذلك فسد صومه ولزمه قضاء هذا اليوم.

وكذلك يجب على المسلم الثبوت في الإسلام على الدوام في رمضان وغيره. فيجب عليه تجنب الوقوع في الكفر بأنواعه الثلاثة كما هو مقرر في المذاهب الأربعة:

أ - الكفر الاعتقادي: كمن يعتقد أن الله جسم أو ضوء أو روح أو ينكر فرضية الصلاة أو الصيام أو يستحل شرب الخمر

الحمد لله رب العالمين والصلاة والسلام على سيدنا محمد وعلى آله وصحبه وبعد.

الصيام واجب على كل مسلم بالغ عاقل قادر على الصيام غير الحائض والنفساء والمريض الذي لا يرجى شفاؤه والعجوز الذي يعجز عنه للكبر. فلا يصح الصيام من الكافر الأصلي ولا المرتد ولا يصح من حائض ولا نفساء ولو صامتا حال وجود الدم فعليهما إثم وعليهما القضاء.

ولا يجب الصيام على الصبي أي غير البالغ ولكن إذا أكمل سبع سنين قمرية من العمر يجب على ولي أمره أن يأمره بالصيام إذا كان مطيقاً له.

ولا يجب الصيام على المجنون ولا قضاء عليه ولا يجب أدائه على المريض الذي يضره الصوم ولا على المسافر سفرًا طويلاً وعليهما القضاء. ولو صام المريض والمسافر صح منهما، وإذا ضرهما حرم عليهما. ولا يجب الصيام على العجوز الفاني مخافة التلف والموت.

فرائض الصيام

1. **النية:** ومحلها القلب فلا يشترط النطق بها اللسان. وهي واجبة لكل يوم من رمضان في ليلته ولا يصح الصيام بدون النية، يقول بقلبه: "نويت صيام يوم غد من شهر رمضان". وعند بعض المذاهب يكفي أن ينوي في ليلة اليوم الأول منه عن جميع أيام رمضان فيقول بقلبه: "نويت صيام ثلاثين يوماً من شهر رمضان هذه السنة" ويجب على الحائض والنفساء إذا انقطع الدم



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ﴾

وَمَضَانُ ١٤٤٥

جمعية المشاريع الخيرية الإسلامية
ISLAMIC CHARITY PROJECTS ASSOCIATION

أَسْأَلُكَ أَجَلِي
Your days are more Beautiful
RAMADAN 1445H

إسلاميتة شهر رمضان المبارك

1445 H - 2024 R

ISLAMIC CHARITY PROJECTS ASSOCIATION AUSTRALIA
جمعية المشاريع الخيرية الإسلامية

RAMADAN رمضان	الإسكاف Imsak	الفجر Fajr	الشروق Sunrise	الظهر Dhuhr	العصر Aqr	المغرب Maghrib	العشاء Isha	March April	آذار / نيسان
Mon	1	05:13	05:23	06:50	1:15	04:41	07:23	08:50	11 الاثنين
Tue	2	05:15	05:25	06:51	01:14	04:40	07:21	08:50	12 الثلاثاء
Wed	3	05:15	05:25	06:52	01:14	04:39	07:20	08:48	13 الأربعاء
Thu	4	05:15	05:25	06:53	01:14	04:38	07:19	08:46	14 الخميس
Fri	5	05:16	05:26	06:54	01:14	04:38	07:17	08:44	15 الجمعة
Sat	6	05:16	05:26	06:54	01:14	04:37	07:16	08:43	16 السبت
Sun	7	05:18	05:28	06:55	01:14	04:36	07:15	08:42	17 الأحد
Mon	8	05:19	05:29	06:56	01:14	04:35	07:13	08:40	18 الاثنين
Tue	9	05:20	05:30	06:57	01:13	04:34	07:12	08:39	19 الثلاثاء
Wed	10	05:21	05:31	06:58	01:13	04:33	07:11	08:38	20 الأربعاء
Thu	11	05:21	05:31	06:58	01:13	04:33	07:09	08:37	21 الخميس
Fri	12	05:22	05:32	06:59	01:13	04:32	07:08	08:36	22 الجمعة
Sat	13	05:22	05:32	07:00	01:12	04:31	07:07	08:36	23 السبت
Sun	14	05:24	05:34	07:01	01:12	04:30	07:05	08:34	24 الأحد
Mon	15	05:25	05:35	07:03	01:11	04:27	07:01	08:28	25 الاثنين
Tue	16	05:25	05:35	07:02	01:11	04:28	07:02	08:30	26 الثلاثاء
Wed	17	05:25	05:35	07:03	01:11	04:27	07:01	08:28	27 الأربعاء
Thu	18	05:25	05:35	07:04	01:11	04:26	07:00	08:27	28 الخميس
Fri	19	05:25	05:35	07:04	01:11	04:25	06:58	08:25	29 الجمعة
Sat	20	05:26	05:36	07:05	01:11	04:25	06:57	08:24	30 السبت
Sun	21	05:27	05:37	07:05	01:10	04:24	06:56	08:23	31 الأحد
Mon	22	05:28	05:38	07:07	01:10	04:23	06:54	08:22	1 الاثنين
Tue	23	05:30	05:40	07:07	01:10	04:22	06:53	08:20	2 الثلاثاء
Wed	24	05:30	05:40	07:08	01:09	04:21	06:52	08:19	3 الأربعاء
Thu	25	05:31	05:41	07:09	01:09	04:20	06:50	08:18	4 الخميس
Fri	26	05:31	05:41	07:10	01:09	04:19	06:49	08:17	5 الجمعة
Sat	27	05:32	05:42	07:10	01:09	04:18	06:48	08:16	6 السبت
Sun	28	04:32	04:42	06:11	12:08	03:17	05:46	07:15	7 الأحد
Mon	29	04:33	04:43	06:12	12:08	03:17	05:45	07:13	8 الاثنين
Tue	30	04:33	04:43	06:13	12:08	03:15	05:45	07:12	9 الثلاثاء

لمعرفة بداية رمضان وانتهائه استمعوا إلى:



إذاعة
الجالية
الإسلامية

STAY TUNED
2MFM
MUSLIM COMMUNITY RADIO
www.2mfm.org

^Isha' Prayer will be held at these locations

Masjid As-Siddiq

2 Winspear Avenue - Bankstown

As-Salam Mosque

40 Hector Street - Chester Hill

Al-Iman Mosque

56 Nagle Street - Liverpool

Zakat-ul-Fitr

\$15 per person

Eid Prayer

will be held @ 7:00 AM



AAC Staff Development Day One

Al Amanah College Liverpool Welcomes Teachers

On Tuesday January 30 Al Amanah College Liverpool primary and secondary schools teachers returned to a warm welcome from the Principal, Mr Alwan, in the Grand Hall. Mr Alwan introduced new teachers and led a seminar covering school policies and procedures, roles and responsibilities, and child protection policies and procedures. The teachers completed the updated child protection course, cyber Security awareness training, and Anaphylaxis awareness.

During the session, Mr Alwan emphasised the significance of implementing school policies such as duty of care and expectations for staff performance reviews. The college and its staff members prioritise student wellbeing, positive learning environments, and safety at all times; as underscored in the child protection policies and staff code of conduct sessions.

We wish all staff a successful 2024 academic year and look forward to welcoming students back soon!



Religion and Arabic Teachers Training

On Wednesday 31 January, Darulfatwa the Islamic High Council of Australia held a training session for our Religion and Arabic teachers focusing on effective teacher delivery.

This session highlighted how to teach students in and simple methods to better understanding Arabic and Religion studies.

We would like to thank Darulfatwa for their time and commitment towards supporting our school!



Celebrating the Miracle Al-Isra' and Al Mi^raj (1445H)

حبًا بسيد العالمين محمد عليه افضل الصلاة وأتم التسليم وتحت شعار صدق رسول الله صلى الله عليه وسلم،

احتفلت كلية الأمانة الإسلامية في ليفربول بذكرى معجزة الإسراء والمعراج حضره جمع من الاهالي الكرام والأساتذة والطلاب. تخلل الحفل درسا دينيا تحدث فيه الشيخ سامر الشافعي عن هذه المعجزة العظيمة حيث أسري برسول الله من مكة أم القرى إلى المسجد الأقصى في فلسطين وقد جمع الله له الأنبياء فصلى بهم إماما، ثم عرج به إلى السماوات تشريفا له صلى الله عليه وسلم، كما تحدث الشيخ سامر عن رؤيته صلى الله عليه وسلم للعجائب التي نُقلت لنا عبر العصور.

والقى كلمة ادارة المدرسة الشيخ محمد حليبي الذي هنا الحضور بهذه الذكرى العطرة. وكان لفريق الانشاد الديني من طلاب مدرسة الامانة وصلة انشادية رائعة ادخلت البهجة والسرور الى قلوب الحاضرين. تلا الدرس مسابقة دينية شارك فيها العديد من الطلاب. وفي نهاية الحفل وزعت الحلوى على الطلاب والأساتذة احتفالاً بهذه الذكرى الكريمة.

On Friday 9 February, Al Amanah staff members, students and parents gathered to celebrate the glorious occasion of the miracle of Al Isra' and Al Mi^raj (1445H).

Year Twelve student, Ayman Ali, began the ceremony by welcoming the attendees, and introducing Year Eleven student Amaan Shah to the stage for a heart-warming recitation from the Holy Qur'an. This was followed by an exciting performance by the talented Al Amanah College chanting band who performed beautiful Anasheed about our beloved Prophet Muhammad (Peace and Blessings be upon Him.)

This was proceeded by Sheikh Alshafie who provided an insightful Islamic lesson about the miracles that occurred during Al Isra' and Al Mi^raj (Journey of Enlightenment). Sheikh Samer Al Shafie along with Mr Kassem and Mr Sabbagh held a competition during which students were able to participate and win cash prizes. Students had to correctly answer questions about the glorious event of Al Isra' and Al Mi^raj. The ceremony ended with another heart warming Nasheed performance by the chanting band. May Allah reward all the participants and our Religion Department for their efforts in organising of this competition.

We would like to extend our best wishes and congratulations to the Muslim community on this great occasion.



Celebrating the Miracle Al-Isra' and Al Mi^raj (1445H)

Al-Isra' and Al-Mi^raj (1445h) Whole School Celebration



Al-Isra' and Al-Mi^raj (1445h) Whole School Celebration



Al-Isra' and Al-Mi^raj (1445h) Whole School Celebration



Al-Isra' and Al-Mi^raj (1445h) Whole School Celebration



Reminders - Reminders - Reminders

Parents/School Communication

Staff at Al Amanah College use e-mails together with the website for all forms of communication. The website is fast becoming a point of contact to receive an abundance of information and communication being accessible in the one place. We ask all parents to update their details by providing us with their current e-mail address, mobile phone numbers and home addresses. Al Amanah College website enhancements include:

- Easier to navigate information about the school
- A link to our Facebook and Twitter pages
- A Calendar that gives you a full insight into the current academic year
- Online stories available through our latest news and events
- Subscribe to our newsletter to receive our latest publications

Al Amanah College established an e-mail system a fast and easy communication between teachers and parents and to keep you updated and informed about class events and other important information. Therefore we ask parents and guardians to provide us with an e-mail address which is checked on a regular basis. Some of the following will be the things communicated through e-mail:

1. Al Amanah College - primary and secondary schools implemented a whole school token reward system. This reward system has been running successfully through an automated online 'Class Dojo.' Teachers reached the next phase of the programme, which is to provide parents with usernames and passwords to access the system. Through this system, you may monitor the behaviour of your child on a daily basis.
2. Important events reminders such as parent/teacher nights, P&C meetings and general school events.
3. Information that may not have reached you through a standard note sent home with your child.



Ramadan Timetable Changes

- Ramadan timetable will be effective as of Monday 11 March until Friday 5 April 2024.
- School hours will be 8:15am-2:30pm. **Parents are advised to collect their children promptly as no supervision will be provided after school 3:00pm.**
- The school canteen will be closed. Parents are required to provide a packed lunch for non-fasting students making sure their children have enough food to eat during recess and lunch.
- Students boarding school buses will be arriving back home an hour earlier. Parents are required to be home to receive the children when they arrive home.
- Students boarding the public bus from Bankstown to Liverpool in the morning will still be able to do that as usual.
- Students boarding the public bus from Liverpool to Bankstown in the afternoon. The bus will not be arriving an hour earlier. Students are required to walk to Liverpool Railway station.



Nut Aware School

We strive to be a 'nut-aware' environment in order to minimise risks to students. Staff members are trained to administer assistance when allergic reaction occurs. For some children, even the smallest trace of nut product can result in an allergic reaction. Please be careful with the food you send with your child/ren to school.

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 then 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.

GOOD ATTENDANCE FOR SUCCESS
Every Minute
in School Counts



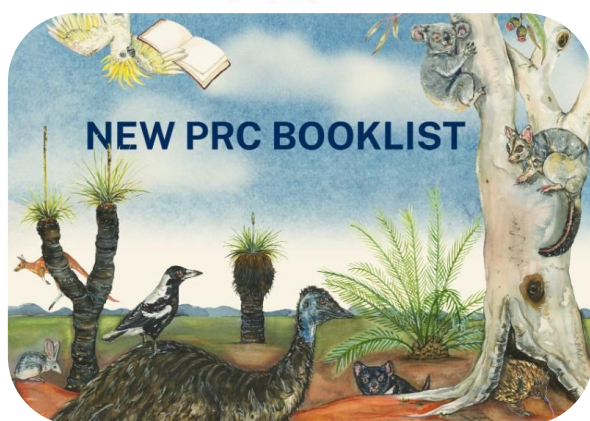
Premier's Reading Challenge 2024

The PRC is back again at our school! This year will be the twelfth year and we are hoping to get more participation among the students. Please encourage your child/ren to enter the challenge. If any student has not returned the signed permission note, they are still able to do so before the challenge officially closes on 23 August 2024.

Permission notes were given to students in week five. Please return the completed and signed permission notes to the year advisors or directly to the librarian so that your child/ren will be able to start the challenge immediately.

If you have any issues regarding the challenge, please contact the year advisor or the librarian.

www.premiersreadingchallenge.nsw.edu.au



NEW PRC BOOKLIST



Artwork by Sami Bayly

NSW Department of Education

2024 NSW Premier's Reading Challenge

Start reading now!

www.premiersreadingchallenge.nsw.edu.au



www.premiersreadingchallenge.nsw.edu.au

Start reading now!

Start reading now!
Challenge opens
Monday 26 February
Challenge closes
Friday 23 August

2024 NSW Premier's Reading Challenge

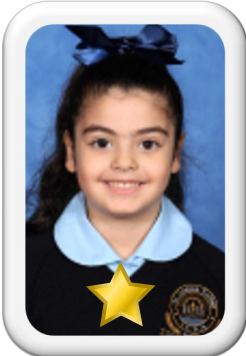
Click here for the
Student Experience site!

Star Student of the Week

K - 1

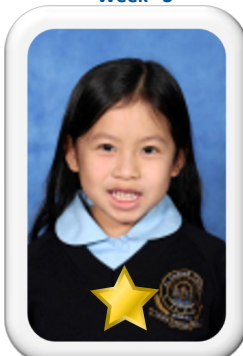
Arabic

Week 2



Serene Al Rifi
1A

Week 3



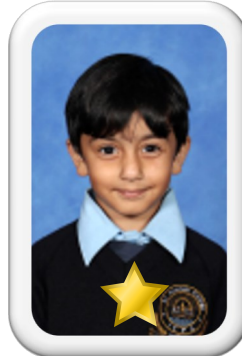
Madina Muslim
1B

Week 4



Alesha Sabreen
KZ

Week 5



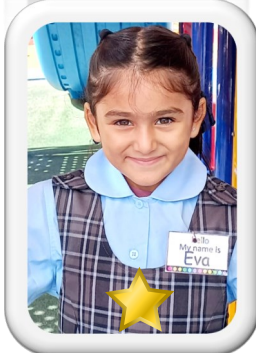
Farhan Shaikh
1B

Week 6

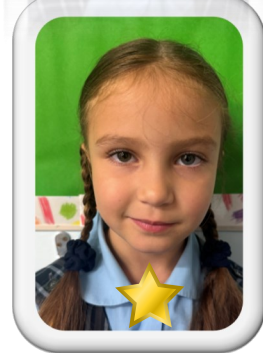


Camilla Alterio
KN

English



Eva Mohammad
KH



Layla El Baba
KZ
2 - 6



Ahmad Masri
KN



Madina Muslim
1B

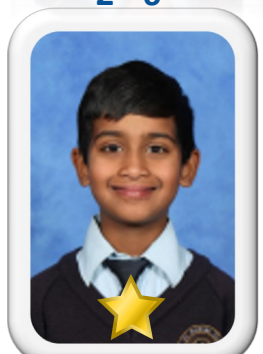
Arabic



Sophia Adnan
3A



Harris Abdurahiman
3N



Ahmed Yahya
4K

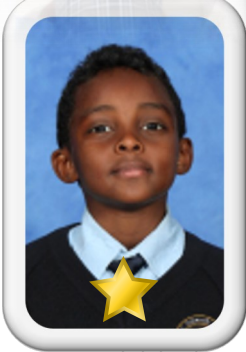


Mohammed Upletawala
4A



Dina Kamand
5E

English



Yaseen Abdelwali
4A



Sophia Adnan
3A



Lana Ebrahim
4K



Harris Abderahiman
3N



Younis Abdelwali
2M

Year Two - Six Primary School Assembly 2024

Primary School Assembly - Welcome to the 2024 School Year!

We are excited to welcome everyone back for the commencement of the 2024 school year! with a warm welcome to both returning and new students, embarking on their educational journey at Al Amanah College primary school. On Thursday February 1 the school gathered for a special assembly to officially welcome students into the new academic year.

Mr Alwan, our school Principal, initiated the assembly with an engaging presentation, describing Al Amanah College's academic and religious expectations for 2024. He took a moment to recognise the new students and express appreciation for the dedicated teachers joining us for the academic year. Mr Alwan emphasised the importance of fostering a safe environment for all students. This was followed, by a special highlight included a video projection showcasing the enriching experience of Al Amanah College senior students during their educational trip to Malaysia.

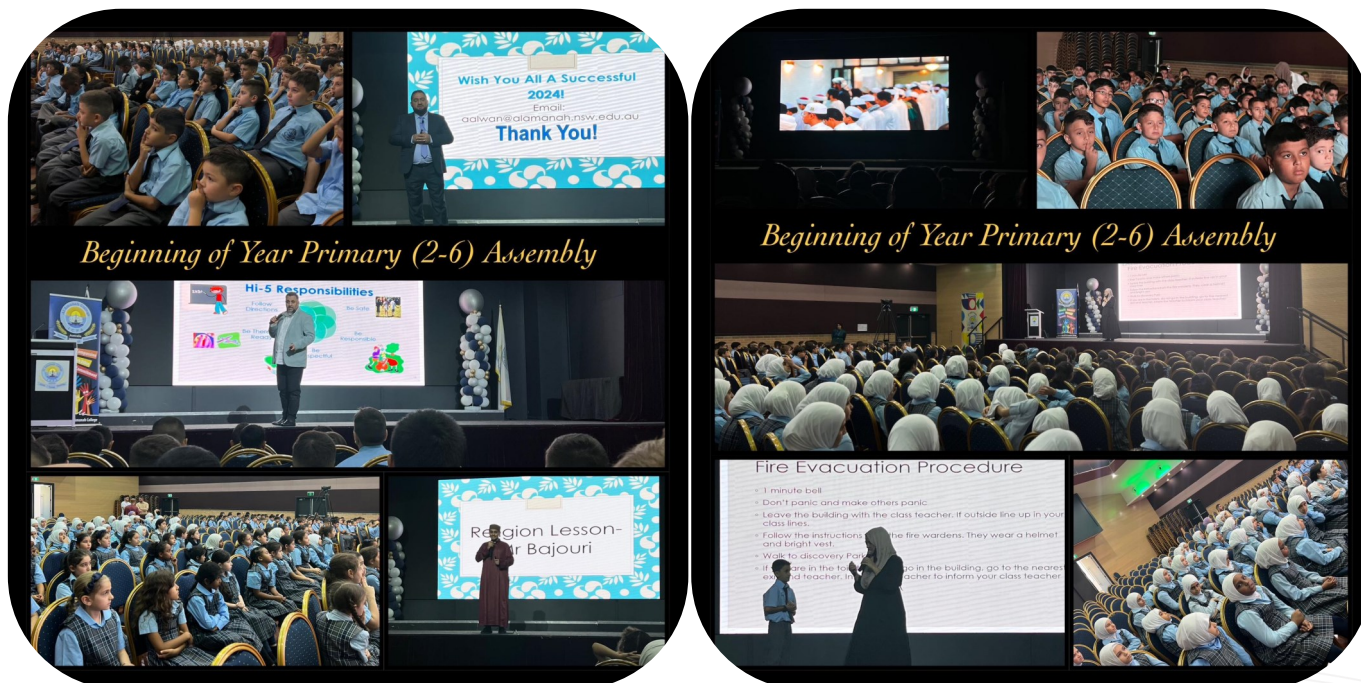
Mr Bajouri, a valuable graduate and religion teacher, shared insights into Islamic values he learned at school, emphasising his commitment to imparting these teachings to students.

Sheikh Mohamad Halabi took the stage to present the Students Welfare Committee's role and responsibilities, sharing ideas and strategies to nurture a safe environment with zero tolerance for bullying.

Ms Sahyouni then led a discussion on the school's expectations, fostering a collaborative dialogue among students about the significance of adhering to school rules. She also provided insights into general school procedures and daily routines.

Recognising that the beginning of a new year may evoke anxiety in students, Al Amanah College is dedicated to emphasising the importance of creating an environment where students feel known, valued, and cared for.

As we embark on this academic journey together, Al Amanah College extends its best wishes to all primary school students for a successful and fulfilling year ahead.



Kindergarten's First Day 2024

On Monday 5 February Kindergarten began their schooling journey at Al Amanah College, Liverpool. Parents and students attended a 'Tea and Tissues' morning tea where they received a small gift while saying goodbye to their child and their new teachers. The Principal, Mr Alwan, the primary school co-ordinator, Ms Sahyouni, and the Kindergarten's stage leader, Mrs El Hawat, discussed the importance of parent involvement, school routines and day to day procedures.

The students then continued the day in their new classes and participated in developmental play activities, literacy and numeracy games and enjoyed making their first day of Kindergarten crowns.

We wish our lovely new students all the best in 2024.

Kindergarten Teachers,
Mrs El Hawat, Ms Saraya and Mrs Nahas



Cyber Safety Workshop for Stage Three Students at Al Amanah College

On Thursday 8 February, Ms Demyati, the ICT teacher at Al Amanah College, conducted a focused workshop on Cyber Safety specifically for stage three students. The session aimed to teach students how to navigate online platforms and use their devices responsibly.

In today's digital age, understanding cyber safety is crucial. Ms Demyati covered topics like privacy protection, safe browsing, and social media usage, highlighting the importance of caution online.

The session was conducted to raise awareness for 'Safer Internet Day.'

This 'Safer Internet Day' encourages students to take three simple actions when approaching online safety: Connect. Reflect. Protect.

Connect: safely by keeping apps and devices secure and reviewing your privacy settings regularly.

Reflect: on how your actions online may affect others or your safety.

Protect: yourself and others by visiting [eSafety.gov.au](https://www.esafety.gov.au) to find out how to stay safe online and report online abuse.

Key takeaways included practical tips for enhancing online safety, such as adjusting privacy settings and recognising phishing attempts. Ms Demyati also stressed the need for open communication with trusted adults about online concerns.

The workshop reflects Al Amanah College's commitment to fostering responsible digital citizenship. By equipping stage three students with essential cyber safety skills, the school aims to create a safe learning environment where technology can be used for personal growth and academic success.



Primary School Sayuban Ramadan 2024

استقبالا لشهر رمضان المبارك وتحت شعار (رمضان ايامك احلى).
اقام طلاب القسم الابتدائي في كلية الأمانة الإسلامية ليغربول، سييان رمضان فاحتفلوا سويا وتشاركوا المطعومات والحلويات والعصائر فرحين بقدوم هذا الشهر الكريم.
وكان لفريق النوبة من طلاب المدرسة وصلة اسعدوا بها رفاقهم وادخلوا على قلوبهم الفرحه والسرور.
اللهم بلغنا رمضان واجعلنا من عتقائه آمين

Ramadan, 'The Month of Bounties'

Ramadan is a month of blessings, happiness, and reflection. On Wednesday 7 March, Kindy to Six students came together to welcome the month of Ramadan through Sayuban Ramadan. Students were asked to bring unique foods from home to share with their year grade and feast together in celebration of such a blessed month. In light of this, students learned to strengthen their bonds with one another through care and generosity. The chanting band concluded the event with a soothing embrace, making an atmosphere filled with a sense of peace and tranquillity. We thank all those who put in great effort to make the 2024 Sayuban Ramadan a successful one. May Allah accept our fasting. Ameen.



Year Seven and Eleven Orientation Day 2024

On Wednesday 31 January, both parents and students of Al Amanah College attended the Year Seven and Eleven Orientation Day conducted by the Principal, Mr Alwan. The orientation sessions encouraged and communicated the expectations of the students at Al Amanah College inclusive of academic effort and student behaviour. The sessions also highlighted the importance of parents, teachers and students all working collaboratively together to ensure success.

Mr Alwan and secondary co-ordinator, Mrs Dabboussi, emphasised the importance of time management and study skills to ensure optimum success in high school and the HSC examinations. Parents were reminded to use platforms such as Sentral and Moodle while students were encouraged to refer to these platforms regularly to organise themselves.

Year Seven students also had the opportunity to participate in activities with teachers, who delivered a brief induction to expectations of high school and facilitated ice-breaker and self-esteem activities. Year Seven roll call teachers/year advisors also went through an information session with the students which involved looking at their orientation booklet, curriculum booklet and assessment policy.

Al Amanah College wishes all families and their children a successful 2024.

Orientation Day 2024

Year 7



7

Orientation Day 2024

Year 11



11

Secondary School Day One Assembly 2024

Welcoming Back our Secondary School Students!

Al Amanah College is delighted to announce the return of our students on Thursday 1 February for the new school year. The high school students were welcomed today with a whole school assembly in the grand hall featuring morning supplications and a warm welcome from the school Principal, Mr Alwan.

Sheikh Samer Alshafie shared a valuable Islamic advice, while Mr Kassem outlined school RBM policies, and Mrs Dabboussi, the high school co-ordinator, provided an exciting overview of the upcoming year.

It is with great pleasure that we welcome our students back ready for a year filled with growth, knowledge, and success!



Welcome Back! High School Assembly



Year Twelve Elevate - Enhancing Study Skills and Motivation

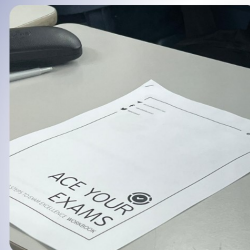
On Thursday 8 February students in Year Twelve at Al Amanah College participated in a session facilitated by 'Elevate'. The focus of the session was on refining study techniques, cultivating a positive mindset, and adopting effective strategies for HSC preparation. During the session, students had the opportunity to establish both personal and collective goals to guide their individual study routines at home.

The discussion emphasised the significance of practicing with past examination papers as a pivotal method for enhancing exam performance. The presenter guided students through a sample study preparation framework, which included setting incremental deadlines prior to studying. Additionally, students received insights into practical tools such as check-lists, organising methods, and the psychological aspects of sustaining motivation.

Al Amanah College extends its gratitude to Elevate for delivering this insightful session. We look forward to future seminars and collaborations with them this year.



Year 12 Elevate Session Study Skills Program



Islamic Wear Day

Embracing our culture and Islamic values with pride on Islamic Wear Day! On Friday 9 February we celebrated Al-Isra' and Al-Mi'raj and students were invited to wear their Abayas. We saw a variety of students showcasing the beauty of Abayas with colourful and modest outfits.

Thankyou to all participants for wearing their Islamic garments on this special occasion and highlighting the significance of our dress code in reflecting our rich heritage and values.



Al-Isra' and Al-Mi'raj (1445h) Islamic Wear Day



Peer Support 2024

The inaugural peer support session took place on Monday, February 12, where students collaborated to enhance their social skills and acquire new knowledge applicable to high school. Leading the activities were the Year Ten students who imparted fresh perspectives and fostered teamwork among their junior students.

The Year Ten commenced their training on February 8 working together to develop expectations and techniques. In their session on Monday, Year Seven students achieved a sense of accomplishment and pride in their newfound abilities. The high school peer support team looks forward to a year of collaboration to build confidence, trust and bonds among our students.

High School Peer Support Year 10 Training Session



High School Peer Support First Group Session



Year Ten Elevate Session

Our Year Ten students participated in their first Elevate session aimed at fostering crucial skills for their academic journey. This session highlighted the significance of starting to cultivate these skills early in Year Ten, as they lay the foundation for future success. Students learned about reinforcing motivation to develop a growth mindset and overcoming obstacles to achieve their goals effectively.

The session emphasised the importance of studying, setting goals, and planning as key components of success. Students gained insights into different mindsets and how they influence goal attainment. Through interactive lessons and activities, students grasped the significance of acquiring these skills for lifelong use.

Al Amanah College extends gratitude to 'Elevate' for conducting this impactful session and looks forward to future seminars to further support students in their academic journey.

ELEVATE

Year 10 Elevate Session Enhancing Study Skills



Year Twelve Biology USYD and UNSW

On Thursday 15 February the Year Twelve Biology students embarked on an educational excursion to the University of Sydney and the University of New South Wales.

Initially, our visit commenced at the University of Sydney (USYD), where we engaged in DNA profiling experiments and deepened our understanding of the process through hands-on demonstrations. We conducted DNA extractions from strawberries and explored the inheritance patterns of diseases through experimental investigations. The students found the utilization of advanced technology captivating, particularly our interaction with equipment such as the micropipettes, the PCR machine and gel electrophoresis apparatus. This excursion significantly enriched and solidified our comprehension of the topic of heredity, in which all the students really enjoyed.

Subsequently, we proceeded to the Museum of Human Disease at UNSW, where we gained valuable insights into our forthcoming modules on infectious and non-infectious diseases. Through the analysis of case studies, we observed varying disease severities and delved into discussions regarding their causes and potential treatments. Additionally, we visually encountered numerous infectious and non-infectious diseases within the human body which elicited profound interest among our group. The museum visit proved to be both educational and enlightening.

Overall, the excursion proved to be highly enjoyable and immensely valuable in enhancing our learning and understanding.

Dounia El Masri
Year Twelve Student

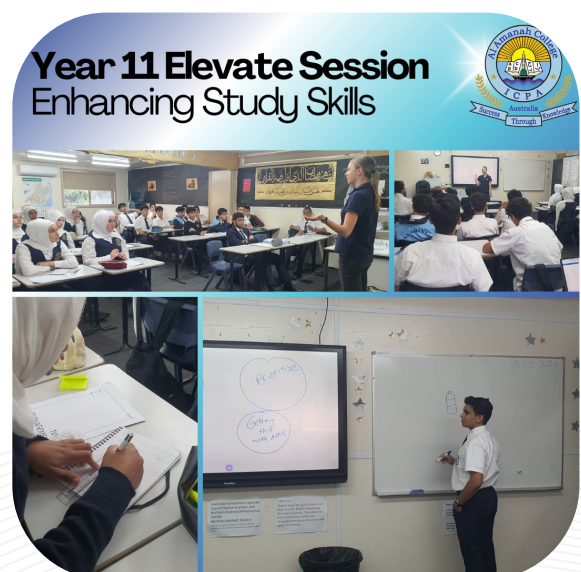


Year Eleven Elevate Session

Our Year Eleven students participated in another Elevate session aimed at fostering crucial skills for their academic journey. This session highlighted the significance of starting to cultivate HSC study skills early in Year Eleven, as they lay the foundation for future success. Students learned about reinforcing motivation to develop a growth mindset and overcoming obstacles to achieve their goals effectively.

The session emphasised the importance of studying, setting goals, and planning as key components of success. Students gained insights into different mindsets and how they influence goal attainment. Through interactive lessons and activities, students grasped the significance of acquiring these skills for lifelong use. This was part of a series of sessions scheduled by the school for our Year Ten, Eleven and Twelve students.

Al Amanah College extends gratitude to 'Elevate' for conducting this impactful session and looks forward to future seminars to further support students in their academic journey.



Year Ten Principal Information Session A Nourishing Start to a New Academic Year

Earlier this year, Al Amanah College held its Year Ten Principal Information Session aimed at supporting students in understanding the expectations of senior years and their journey into HSC studies. The session commenced with Mrs Dabboussi warmly welcoming and inviting everyone to have breakfast which was very nicely prepared by the school staff. This was followed by Mr Alwan's address with words of gratitude, praising Allah for the blessings bestowed upon this esteemed institution, Al Amanah College. Mr Alwan reminded students and parents alike about the significance of their intentions as they embarked on this new academic year. He emphasised that the journey ahead demanded not only exemplary behaviour but also unwavering dedication to academic pursuits. He spoke about the school's values, deeply rooted in integrity and compassion, and how every student was entrusted with upholding these principles. The session concluded with a renewed sense of commitment among the students and a collective determination to Honor the legacy of Al Amanah College and make the most of the opportunities that lay ahead.

Moustafa Darwich
Year Ten Student



Year Eleven and Twelve Principal Information Session

As the academic landscape evolves, so does the educational journey of the seniors in Year Eleven and Twelve. It is not all about wearing the white shirt but rather how we compliment the standards of Al Amanah College both behaviourally and academically. The introduction of the HSC system brings about changes that demand careful consideration and adaptation. The Year Eleven and Twelve Principal Information Session and breakfast revolved around the importance of understanding and meeting the standards set by the school to ensure success in the HSC. The session, led by Mr Alwan followed by Mrs Kassem and Mrs Dabboussi who covered essential information about the HSC procedures and marking processes. Parents and senior students gained a comprehensive understanding of the system, including how assessment marks become moderated, internals weigh and our overall HSC exams, and lastly the ATAR which is known a rank. The event fostered open communication, clarification on queries and ensuring that everyone is well-informed and prepared for a successful HSC. We would like to thank the school for their hospitality during the breakfast and their support for our journey into the HSC.

Yara Hammad
Year Twelve Student



Year Twelve Darulfatwa Visit

The Year Twelve students were taken on a Darulfatwa Excursion, where they visited a number of places to strengthen their religious belief. The excursion began with a visit to our undoubtable destination; the graves. At Rookwood Cemetery we recited Al Fatiha to our brothers and sisters in Islam that left this world before us. After which we were reminded of death and the importance of working for our hereafter. Later we visited the 2MFM radio station where we experienced how the station operates and were given an opportunity to become volunteers.

Our next stop was Darulfatwa where Sheikh Ibrahim El-Shafie emphasised the importance of learning our religion in order to avoid committing sins. The final stop was an Arabian restaurant to eat lunch.

The excursion was an amazing experience it allowed us a change of scenery and encouraged to seek more knowledge about our religion and work more for the hereafter.

Jasmine Kabbout
Year Twelve Student

في الثاني والعشرين من فبراير 2024 قامت مدرسة الامانة بتنظيم رحلة للصف الثاني عشر في تجربة مميزة ستبقى في ذاكرتنا. وقد بدأت الرحلة بزيارة مقبرة روكوود ، للاعطاء بيقين الموت وبمن رحلوا . وقد امتعنا الاستاذ الشافعي بدرس ديني مؤثر حثنا فيه على عدم تضييع انفسنا واولقاتنا في حياتنا القصيرة بما لا خير فيه ، وان علينا ان نستغل هذه الاوقات الثمينة في العمل من اجل اخرتنا، هذا وقد اختتمنا الزيارة بقراءة سورة الفاتحة لمديرتنا الراحل الحاج محمد الدنا و المديرية الحاجة نفيسة، رحمهما الله، ورحم امواتنا المسلمين.

وبعد ذلك قمنا بزيارة محطة الاذاعة الاسلامي (نوا ام اف ام) في مجمع السلام، حيث تم شرح تاريخ نشأة الاذاعة، ومدى تقدمها ونموها عبر السنين. ثم قمنا بجولة في استديوهات الاذاعة واتيت لنا الفرصة لتسجيل نصائح دينية لاستخدامها خلال البرامج التي سيتم بثها لاحقا.

بعد ذلك، قمنا بزيارة دار الفتوى، حيث القى الشيخ ابراهيم الشافعي كلمة شجع فيها على طلب العلم والعمل على تحصيل المعرفة الدينية لحماية انفسنا واهلينا، كما سلط الضوء على أهمية التوكل الحقيقي على الله سبحانه وتعالى.

وبعد اداءنا صلاة الظهر، ذهبنا بنا الحافلة لتناول الغداء في المطعم حيث استمتعنا بطبق متنوع ولذيذ، وقضينا وقتا ممتعا مع الاصدقاء.

واخيرا نتوجه بالشكر الى الاستاذ الشافعي و الاستاذة منى الماروق وكل من شاركنا في هذه التجربة الجميلة والنفيسة والتي ستبقى في ذاكرتنا

ميساء المصري
طالبة بالصف الثاني عشر.



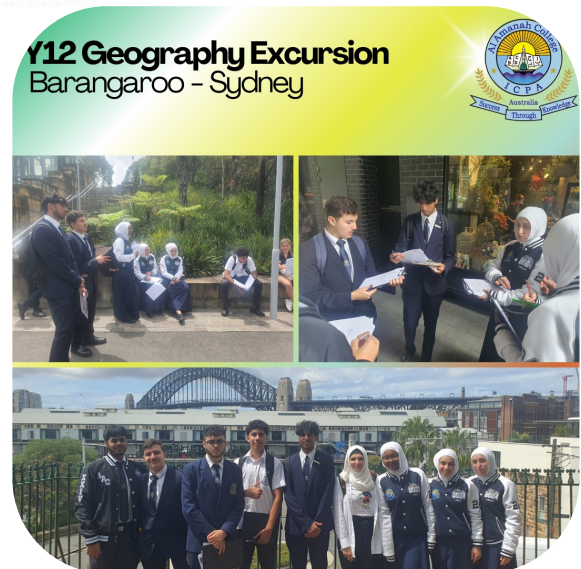
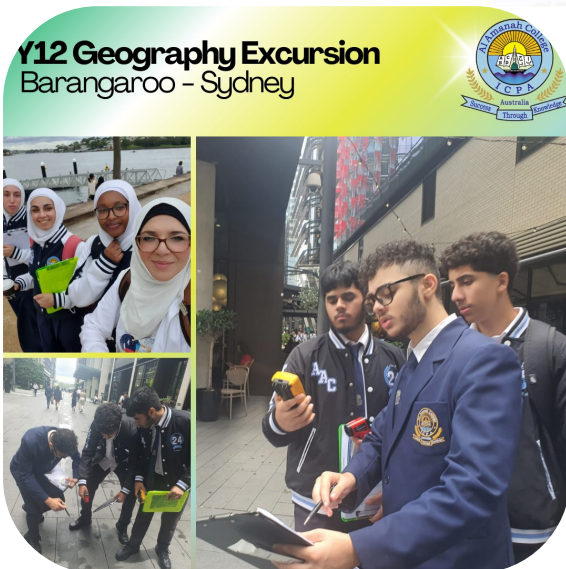
Year Twelve Geography Excursion

The Year Twelve senior Geography class recently embarked on a field work excursion at Barangaroo in Sydney, focusing on urban places. Employing various techniques like constructing transects, conducting environmental assessments, and interviews, students thoroughly examined the urban landscape. They utilized modern technology for detailed documentation, including GPS plotting of photographs.

Assessing noise pollution and urban heat islands provided insights into environmental and social aspects. All data collected was primarily emphasising a hands-on approach. Fieldwork aimed not only at observation but also at gathering evidence to evaluate economic, environmental, and social sustainability. Students actively formulated and tested hypothesis, enhancing critical thinking and applying geographical principles in a real-world context. This excursion bridged classroom learning with practical application, offering a holistic perspective on urban Geography. Engagement with the environment, class discussions, and guidance from the tour director, Austin, contributed to a memorable learning experience for the students.

We would like to thank Mrs Halabi for her effort and support to our learning.

Yara Hammad



Year Nine and Ten Cyber Safety Workshop

On Friday 23 February 2024, all students from Years Nine and Ten were given the opportunity to attend a session about Cyber Safety held by the school ICT teacher Ms Demyati. During the session, students were taught how to keep themselves protected online by ensuring they access websites safely, avoid disclosing their information and mindful of bullying. Some key factors included ways to keep information private and who to speak in case of cyberbullying. The session was very beneficial for all students as the use of the internet is a common part of their lives, and knowing how to navigate the cyber space is essential.

Maysaloun Hammoud
Year Ten Student



Cyber Safety Session

Year 9 and 10



Investing in Women: 2MFM Workshop in Partnership with Al Amanah College

On February 23 the Year Ten, Eleven and Twelve students attended a valuable workshop held by 2MFM in partnership with our school, Al Amanah College. The workshop invited four confident and accomplished women who shared their personal stories and words of motivation. Through insightful and interactive discussions, they provided invaluable guidance on navigating STEM careers, emphasised the importance of networks, and offered practical tips and tricks for job applications, leaving a lasting impact on the young women in attendance.

The presenters included:

- Mrs Raniya Parapil, who graduated from our school and is engineer graduate from UNSW, highlighted the constant dedication of our teachers at Al Amanah College and the profound impact they have on our lives. Mrs Parapil shared her experience as a Muslim woman working in a large agency and how staying true in her values has made her a stronger person.
- Mrs Rosl Refaat, also a UNSW graduate in chemical engineering and a technical project manager in the NSW Defence Force, emphasised the critical role of networks: 'It is not just what you know, but who you know.' however, she emphasised that to leverage these connections, one must first accomplish the first step and take an opportunity towards networking.
- Ms Zeina Tebbo, another graduate of the school with a degree in Chemical Engineering from UNSW and excelling in supply chain management brought her extensive hiring experience to light.
- Ms Sarah Baltaji who also graduated from Al Amanah College and attained a degree in legal studies and is now appointed in HR, emphasised the significance of pursuing careers aligned with our passions. She highlighted the importance of determination, asserting that persistence coupled with passion can propel us to remarkable heights.

These women have many more accomplishments. They are problem solvers and share traits of humbleness, confidence, kindness and strength. We were privileged to meet them, with a special thanks to Deema Jalloul from 2MFM for working with our school to organise this workshop. Her kindness, confidence, and the delightful gift bags she provided added an extra touch of fun and generosity as they were distributed to the girls who participated by answering questions. The school would like to thank 2MFM for their partnership and we look forward to more workshops just like this!

In conclusion, they have imparted a valuable lesson: whether you pursue a career in STEM or in other fields, the workplace is great opportunity to show the world what Muslim women are made of!

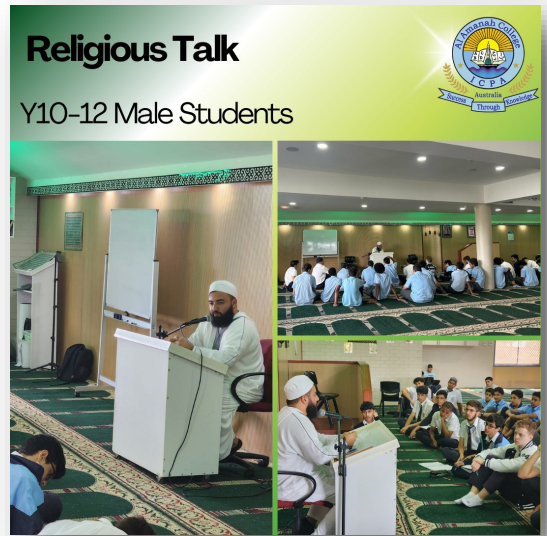
Angelina Abou Ali,
Year Eleven Student



Secondary School Boys Religion Session

On Friday 23 February the Year Ten, Eleven and Twelve boys had the opportunity to attend a special religion lecture. The session commenced with general religious advice from Sheikh Samer Alshafie who reminded the students of the importance of intention, seeking knowledge and staying sincere. The session continued with guest speaker Sheikh Mahmoud Alwan, an Al Amanah College graduate. He spoke to the students about important religion matters that would concern them in school, outside of school, interactions with family, friends and parents and how to present themselves in university settings and in the workplace. He spoke about the importance of close to one another and how to stay strong and steadfast even in a university setting. Sheikh Mahmoud also highlighted the importance of seeking the knowledge of Islam, teaching others about the values of the religion through the manners we display and revising the religious knowledge. He gave the students valuable advice that will assist them in navigating life in school and outside.

We extend our heartfelt thanks to Sheikh Mahmoud for dedicating his time and expertise to benefit our students. We ask Allah to bless our students and support them in their educational journey both in our schools and outside of our schools.



Secondary School Sayuban Ramadan 2024

Our annual Sayuban Ramadan was organised for Years Seven to Twelve students on Wednesday 28 February. This festive occasion was held to celebrate the upcoming glorious and Holy Month of Ramadan. The students celebrated this great occasion with their respective year with a shared dishes brought by the students. It was held in the Nagle Street and Speed Street playgrounds.

A big *thankyou* to the SRC Coordinators for organising this special occasion, and to all the staff members and students who helped. Overall, it was an enjoyable day for all our staff and students.

On behalf of Al Amanah College, we wish all the students and their families a Ramadan Mubarak and may the month be filled with blessings.



Girls Swimming Carnival 2024

The 2024 Girls Swimming Carnival was held at Auburn Pools on Monday 26 August and proved to be a huge success yet again. The high school girls showed their enthusiasm by swimming in various races including the freestyle, backstroke and novelty races. As always, house colours were radiating with cheers encouraging their fellow peers to reach the end of the finish line. The students were given two hours of free time to relax and have fun and make memories with friends.

Congratulations to the top eight students:

1. Celine Alawieh
2. Maryam Nemer
3. Najiyah Khan
4. Daad Trad
5. Jada Obeid
6. Quatrul-Nada Kabbout
7. Hana Katovik
8. Lara Abou Ali



A big congratulations to the winners of the races and well done to all the participants in the races for their efforts.

Overall, the day was fun filled and memorable for the high school girls. We look forward to future events with our students!

Boys Athletics Carnival 2024

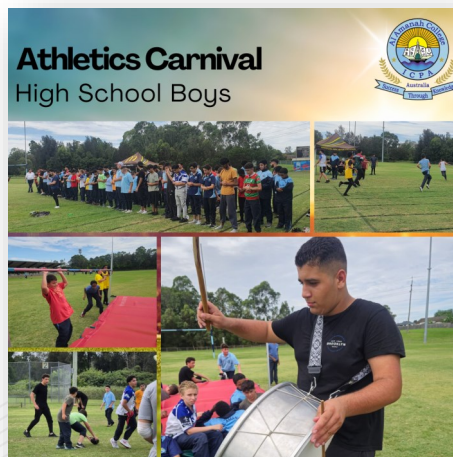
The 2024 annual boys athletics carnival was held at Dwyer Oval on Monday 26 February. With an emphasis on participation and a healthy competition, high school students were eager to run onto the field and participate in a series of sports including discus, long jump, shotput, soccer, rugby league and a 100-metre race. The students showed their house colours respect by having fun while abiding by the rules and by encouraging their peers to enter the competitions.

Well done to all the students who participated in the activities and a big congratulations to the top eight!

1. Ali Haidar
2. Ahmed Omar
3. Laith Eid
4. Ibrahim Elibad
5. Mustafa Ahmed
6. Mohamad Al Boustani
7. Omar Zein
8. Zayd Obeid



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



Peer Support - Week Five

On Wednesday 28 February selected Year Ten student mentors and the Year Seven cohort participated in another peer support session for the year.

The aim of this programme is to ensure the Year Seven students transition easily into High School life with the help of their Year Ten peer support leaders. The session established the mentors and mentees through a variety of 'get to know me' activities, and the second session focused on friendships and building support networks.

One of the Peer Support mentors and SRC member, Koda Tebbo, has given feedback on the session saying: *"Throughout the lessons I have had with the Year Seven's during peer support I have discussed many valuable points and ideas on how to improve their studies and how to study for certain subjects and how to note take for any important points such as math and science. Furthermore, I have allowed the students to have time to think about any questions that they wanted to ask related to studying and how to note take. In addition, the students by the end of the lesson were able to understand everything that they were struggling with and able to implement what I have taught them."*

We hope the Year Seven cohort benefit from this valuable programme and continue their journey into High School with ease. We are looking forward to the upcoming peer support sessions which will delve further into building self-esteem.

 Peer Support



Secondary School Boys Swimming Carnival 2024

The 2024 Boys Swimming Carnival was held at Auburn Pools on Thursday 29 February and proved to be a huge success yet again. The high school boys showed their enthusiasm by swimming in a number of races including the freestyle, and the all-star races.

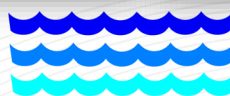
Our main event was the top superstars race followed by free time where students were given time to relax and have fun and make memories with friends.

The all stars for freestyle were:

1. Mikail Dabboussi
2. Adem Bilajac
3. Zakaria Darwich
4. Ali Diab
5. Laith Eid
6. Zakaria Hakouz
7. Mohamed Al Khair
8. Bakr El-Zahab
9. Moustafa Darwich

The all stars for backstroke were:

1. Magboul Elibad
2. Ali Kazemi
3. Omar Zein
4. Mohammad Abduljabbar
5. Muhammad Khan
6. Mikail Dabboussi
7. Moustafa Darwich
8. Laith Eid



A big congratulations to the winners of the races well done to all the participants in the races for their efforts.

Overall the day was fun filled and memorable for the high school boys.

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.

PENALTY
\$215
+ 2 DEMERIT POINTS



No Stopping

You are not permitted to stop on a length of road with a no stopping sign.

PENALTY
\$387
+ 2 DEMERIT POINTS



Bus Zone

You must not stop your vehicle in a Bus Zone unless you are driving a public bus.

PENALTY
\$387
+ 2 DEMERIT POINTS

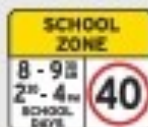


Mobile Phone Use

Do not use a hand held mobile phone while driving.

PENALTY
\$514
+ 5 DEMERIT POINTS

School Zone Speeding Offences



40km/h is the speed limit.
Children are vulnerable in school zones.

MIN PENALTY
\$225
+ 2 DEMERIT POINTS

Pedestrian Crossings

Do not stop or park on or near a marked crossing.

PENALTY
\$514
+ 2 DEMERIT POINTS

Driveways

Do not stop on or across a driveway.

PENALTY
\$387
+ 2 DEMERIT POINTS

Intersections

Do not stop within 10 metres of an intersection.

PENALTY
\$514
+ 2 DEMERIT POINTS

Parallel Parking

Do not park too close to double barrier or dividing centre line.

PENALTY
\$387
+ 2 DEMERIT POINTS

Double Parking

Do not double park in a school zone.

PENALTY
\$387
+ 2 DEMERIT POINTS

Footpath and Nature Strip

Do not stop on a footpath, nature strip or obstruct ramp or path access.

PENALTY
\$387
+ 2 DEMERIT POINTS

**LIVERPOOL
CITY
COUNCIL**

*Fines current as of October 2023. Fines and demerit points are subject to change.



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

Penalty: \$302*

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



Don't stop in a NO STOPPING zone

Penalty: \$387* and 2 demerit points

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



Busy school zones are NO place for illegal Uturns

Penalty: \$387* and 3 demerit points

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



Don't DOUBLE PARK

Penalty: \$387* and 2 demerit points


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



Don't stop in a BUS ZONE

Penalty: \$387* and 2 demerit points

LIVERPOOL CITY COUNCIL
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 \$215* and 2 demerit points

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



Parents Health Tips

Children and Hydration

Our bodies are made up of approximately seventy percent water. Water has many important functions in the body, including; regulating your body's temperature, digesting food and excreting waste. Your body loses water throughout the day when you sweat, breathe and urinate. It is important to replace the water you have lost to prevent yourself from becoming dehydrated.

Children are at a greater risk of dehydration than adults. This is because in relation to their size, children have a larger proportion of their skin available to lose sweat and be exposed to heat. Additionally, children do not always recognise that they are thirsty, and if they are not encouraged and reminded may forget to drink. Luckily, there are a few ways to tell if your child is hydrated.

How do I know if my child is hydrated?

Frequent bathroom breaks or wet nappies are the easiest way to tell if your child is hydrated. You can also look out for these common symptoms of dehydration:

- Headaches
- Poor concentration
- Thirst
- Cracked lips
- Dry mouth
- Constipation
- Lethargy
- Dark urine



How much water does my child need?

The amount your child needs will vary depending on their age, size and level of activity. For children under eight years of age, at least four to six glasses of water is recommended. For children older than eight years of age a minimum of six to eight glasses is recommended.

If your child is playing sports or is very active they will need extra fluid, see our section on [hydration for active kids](#). Kids will also need more fluid on hot days or when unwell.

Tips to help your kids stay hydrated!

- Pack a water bottle for school and when you go out. Try a frozen water bottle in summer.
- Encourage your child to drink water before, after and during physical activity
- Always offer water with meals and snacks
- Encourage your child to drink water, even if they do not like it!

Tips for kids who do not like water

- Try adding slices of fruits such as lemon or orange to water, for variety and flavour.
- Let your kids choose their own drink bottle or serve water in colourful glasses or jugs.
- Be a role model! Make a point of drinking water with your kids.
- Experiment with temperature; try having a jug of water in the fridge, adding ice-cubes, or even warm water in winter.

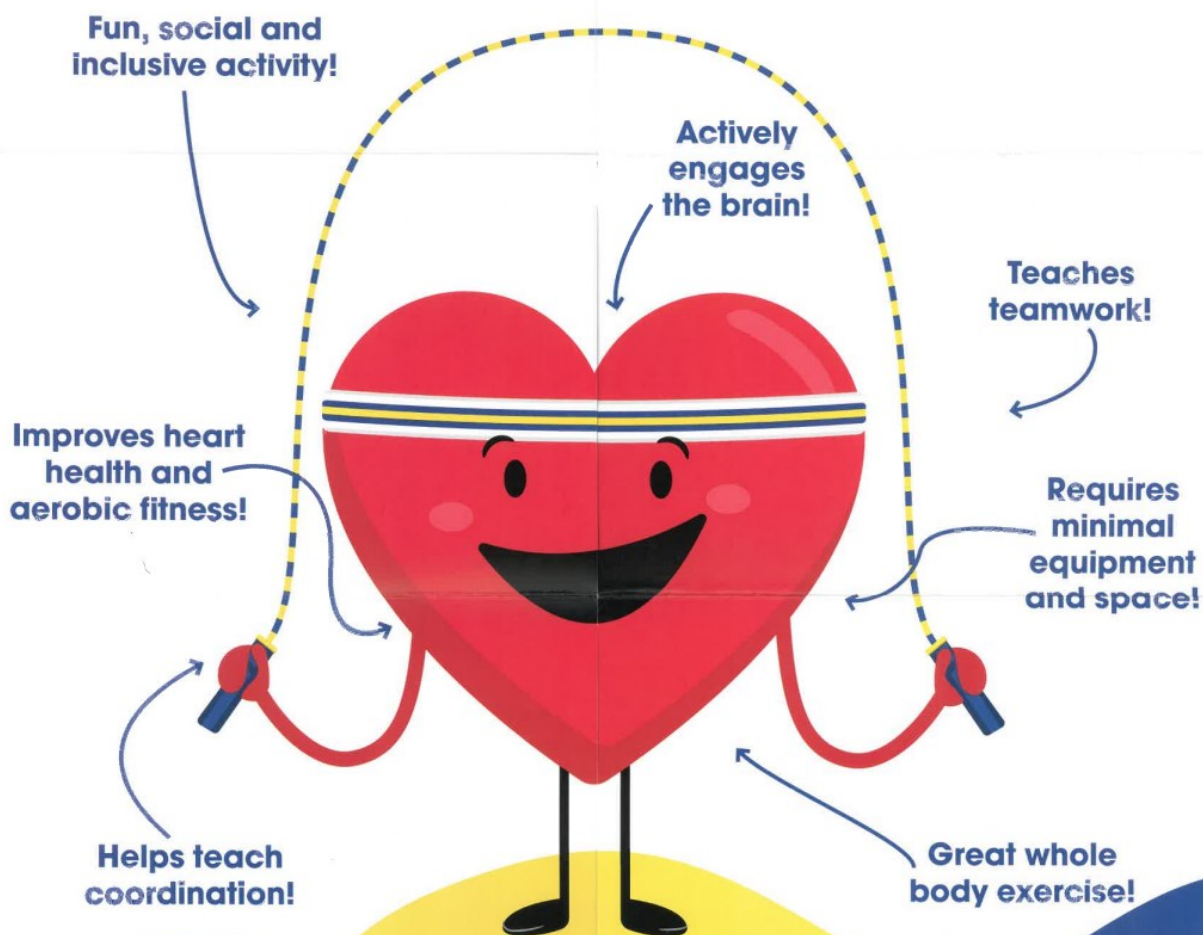


Water is the best choice to keep your kids hydrated throughout the day. Water contains no extra energy and can quench your thirst. Other fluids such as milk, juice and sweetened drinks can also contribute to your child's fluid intake. For more information on drink choices for your kids, check out the Drinks section of: healthy-kids.com.au





JUMP ROPE for HEART



Ready to get skipping?

Running Jump Rope for Heart is a breeze! It's ready-made and can be run anytime, anywhere. It gets students to move more, eat better and have fun all whilst fundraising to help support lifesaving heart research. This year we've updated our online portal, simplified the program, and made sure our lesson plans align with the curriculum perfectly.

We're looking for amazing primary schools to help us celebrate our 40th birthday. So come and join the party!

To register, scan the QR code or visit jump rope.org.au/getskipping



Parent Health Tips

Sunsmart Snippet

Choose a sun smart hat



Broad-brimmed, bucket and legionnaire styles

Wearing a sun smart hat everyday protects your face, head, neck and ears, and reduces the amount of UV radiation reaching your eyes by 50%.

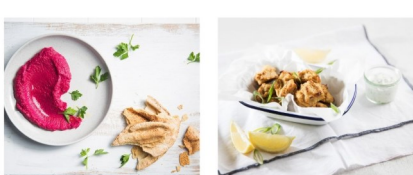
Baseball caps and sun visors DO NOT protect the cheeks, ears and back of the neck and are not recommended.

www.sunsmartnsw.com.au



Nutrition Snippet

AUTUMN FRUIT AND VEG.



Try these delicious recipes!

- Beetroot hummus
- Cauliflower nuggets
- Healthy apple crumble
- For more autumnal recipes visit healthylunchbox.com.au

healthylunchbox.com.au



Nutrition Snippet

WHAT IS THE HEALTHY LUNCH BOX?



A one-stop-shop for everything you need to know about packing a healthy lunch box.

Here's what you'll find on the [website](http://healthylunchbox.com.au):

- Interactive lunch box builder that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Informative blogs about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthylunchbox.com.au



Nutrition Snippet

CHOP UP FRUIT AND VEG.



Kids are more likely to eat fruit and veg if they are chopped and ready to eat!

Check out other [top tips](http://healthylunchbox.com) on how to encourage your kids to eat more fruit and veg at:

healthylunchbox.com

healthylunchbox.com.au



Healthy Lunch Box recipe

Fried rice muffin.



Perfect as an alternative to sandwiches!

A great source of energy.

- Suitable for freezing
- Great after school snack
- Dairy free and nut free
- Try brown rice for a nutty flavour!

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



Healthy Lunch Box recipe

Fried rice muffins



Ingredients

1 cup jasmine rice, cooked and cooled
100g cooked chicken, shredded
1/4 cup frozen peas
1/4 cup frozen corn
1 small red capsicum, finely chopped
2 spring onions, thinly sliced
2 garlic cloves, crushed
2 eggs, lightly beaten
2 tbsp reduced-salt soy sauce
1/4 cup wholemeal flour
Olive oil spray

Method

Preheat oven to 200°C. Lightly spray a 12 cup muffin tray with olive oil.

Add chicken, peas, corn, capsicum, spring onion, garlic, egg, soy sauce and flour to the rice and stir to combine. Spoon mixture evenly into the muffin tray. Lightly press with the back of spoon and spray with a little more oil.

Bake for 20 to 25 minutes or until golden and just firm to touch. Stand for 10 minutes then carefully remove.

For more recipes visit: healthylunchbox.com.au



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