

# AL AMANAH COLLEGE

Success Through Knowledge

## NEWSLETTER

Issue 03

Tuesday 11 May 2021

## Message from the Principal's Office

Dear Parents, Students, Staff and community of Al Amanah;

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

The first few weeks of term two have been very eventful and exciting for us all. During the holy month of Ramadan, the school hosted a number of Iftar dinners such as the careers night, SRC and Year Six students and parents, the 2019 & 2020 Graduates recognition and finally the Year Twelve Iftar Dinner which was held at Omnia Restaurant. We thank the parents who joined in breaking their fast with us during this great month.

NAPLAN testing will be conducted on Tuesday 11 May, then after the Eid break, on Monday 17 May and Tuesday 18 May. Students will complete tests in language conventions, reading, writing and numeracy. The results will be received in term three they will assist the school in gaining more understanding of how our students are progressing, as well as providing important information which allows us to develop our programs and provide activities targeting learning needs. Good luck to all our NAPLAN students!

On behalf of Al Amanah College staff, I would like to extend our best wishes to our students and their families on the great occasion Eid El Fitr. We ask Allah ta'ala to accept all our good deeds and to gather us in Paradise with our beloved Prophet Muhammad ﷺ

On a last note, this joyous occasion of Eid El Fitr should not make us forget our brothers and sisters in other parts of the world who continue to suffer day after day. We ask Allah to relieve them and us from all calamities and ill returns; we ask Allah to grant us and them goodness, prosperity and victory with the return of Eid El Fitr next year.

Finally, I would like to thank all parents and carers for their continued support, and the teachers and administration staff for their dedication towards school's mission. I am looking forward to vitalizing supplemental partnership with the whole community of Al Amanah College. Eid Mubarak!

Yours Sincerely,

Ayman Alwan  
Principal  
11 May 2021



## Dates to Remember

WEDNESDAY 12 - FRIDAY 14 MAY  
Eid Break

TUESDAY 11, MONDAY 17, TUESDAY 18  
MAY  
NAPLAN Examinations

WEDNESDAY 19 MAY  
Eid Fete

MONDAY 24 MAY  
Year 12 Trials

WEDNESDAY 26 MAY  
Secondary School Girls Athletics Carnival

WEDNESDAY 2 JUNE  
Primary School Athletics Carnival

WEDNESDAY 9 JUNE  
Secondary School Boys Athletics Carnival

MONDAY 7 JUNE  
Photo Day

MONDAY 14 JUNE  
Public Holiday

THURSDAY 17 - THURSDAY 24 JUNE  
Year 7 - 10 Half-Yearly Examinations

FRIDAY 25 JUNE  
Term 2 Ends

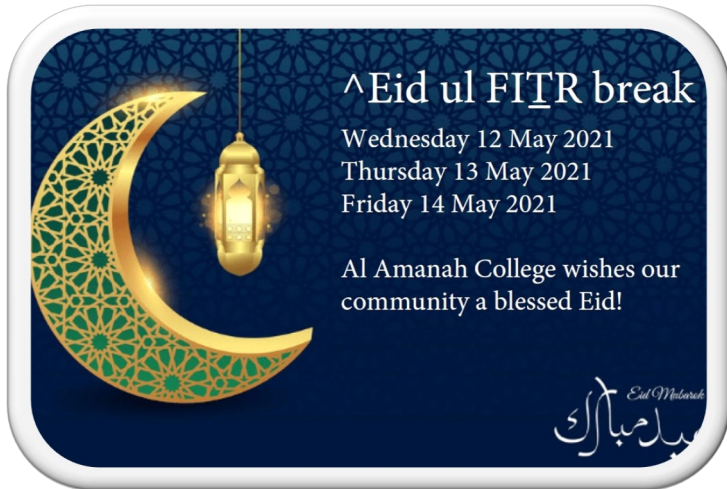
MONDAY 12 JULY  
Pupil Free Day - Staff Development Day

TUESDAY 13 JULY  
Term 3 Starts/Students Day One

MONDAY 19 JULY  
Eid Al-Adha (TBA)

## Reminders - Reminders - Reminders - Reminders - Reminders

### Eid Ul-Fitr Break



### NAPLAN Timetable Year Three, Five, Seven and Nine

Tuesday 11 May : Language Conversations and Writing

Monday 17 May: Reading

Tuesday 18 May : Mathematics

### 2022 Enrolments Open!

Al Amanah College is now accepting applications for enrolments from our school families and the wider community for Kindergarten to Year Eleven students. A child born between 1 August 2016 and 31 July 2017 will be eligible for Kindergarten in 2022. Expression of interest forms can be downloaded from the school website or taken from the front office.

Parents need to complete and return the form to the front office with the child's birth certificate, immunisation information and latest school report. Last day for accepting applications is Friday 18 June 2021. Please hurry as our numbers are filling up fast and places are limited. For further information please visit our website [alamanah.nsw.edu.au](http://alamanah.nsw.edu.au) or call the school's administration office on 9822 8022 or 97081220.

A banner for Al Amanah College enrolments. It features the school's logo and contact information for two campuses: Bankstown Campus (2 Winspear Avenue, Bankstown NSW 2200, P: +61 2 9708 1220, E: admin@alamanah.nsw.edu.au) and Liverpool Campus (55 Speed Street, Liverpool NSW 2170, P: +61 2 9822 8022). The banner includes photos of students and the text "Pursuing Academic Excellence" and "Enrolling now!".

### Uniform Expectations

Wearing school uniform provides a sense of pride and identification, as well as improving the tone and atmosphere. On some occasions and after many warnings we had to send students home to put on their uniform in full or to fix their hairstyle. However, if some students arrive to school with a non-compliant school uniform or hairstyle they would be sent to the front office immediately and the parents would be contacted to pick them up and bring them back to school with the proper uniform and hairstyle. In order to avoid such situations, please make sure to check your child's hairstyle, uniform and shoes and have them arrive to school on time. The same follow-up and consequence will apply to female students who arrive to school wearing make-up and nail polish. They will be sent to the front office until the situation is rectified. A notice to the teacher must be provided if your child is out of uniform.

A banner titled "Our school uniforms" showing four photos of students in their school uniforms. The photos show a boy and girl in a light blue shirt and grey skirt, a girl in a white hijab and grey skirt, a girl in a white shirt and grey skirt, and a boy and girl in a light blue shirt and grey skirt. The banner includes the Al Amanah College logo and the text "AL AMANAH COLLEGE".

## Eid Prayer and Recommended Acts on the Day of Eid

Eid prayer can be performed in congregation, or individually any time between sunrise and noon. The best time of the *Eid* prayer is after the sun has reached the height of a spear (approximately 20 minutes from sunrise).

However, if one missed it one should make it up. The *Eid* prayer is not preceded by the *adhan* (the call to announce the prayer time) or *iqamah* (the call to start prayer).

The one who performs the *Eid* prayer must satisfy the conditions and avoid the invalidators of prayer. The *Eid* prayer consists of two *Rak'ahs*.

It is initiated with the opening *takbir*, with the intention to perform *Eid* Prayer with the *Imam*, followed by the opening supplication, and seven *takbirs*. In between each *takbir* of the seven *takbirs* one recites the following du'a':  
 "Subhanallah, walhamdulillah, wala ilaha illallah, wallahu akbar". Then one recites *al-Isti'adhah* (seeking refuge with Allah from the *shaytan*) by saying "*A'outhu billahi minash-Shaytanir-Rajeem*", *Suratul-Fatihah* and *Surat Qaf* or *Suratul al-'A'la* alternatively. In the second *rak'ah* one says five *takbirs* before reciting the *Fatihah* followed by *Suratul-Qamar* or *Suratul-Ghashiyah*.

If one started with the *Fatihah* leaving out any or the entire *takbirs*, one's prayer is still valid, however, one would miss out on the reward of the *takbirs*. Hence one should continue with one's prayer order.

After the prayer, it is recommended that the *Imam* delivers two speeches (same as the Friday speech) starting with nine *takbirs* in the first half of the *khutbah* and seven in the second.

The *Imam* should teach the people the rules of breaking the fast, visiting one's relatives, and other significant matters pertaining to *Eid*.

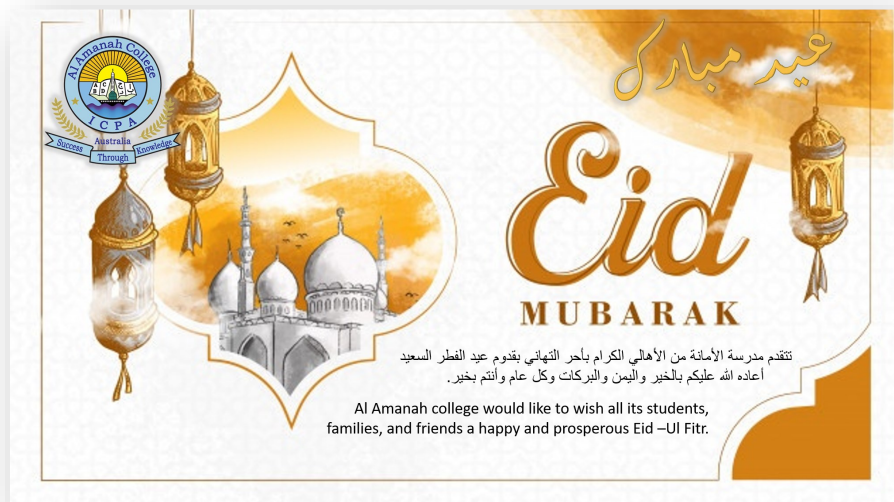
### Recommended acts on the day of Eid

- \* It is *sunnah* on the day of *Eid* to have a bath before going to the prayer.
- \* To wear perfume.
- \* To clip one's fingernails.
- \* To wear the best of one's clothes.
- \* To take different routes to and from the *Eid* prayer.
- \* To go early to the mosque excluding the *Imam*.
- \* It is *sunnah* to have a light snack such as dates or the like before going to the prayer.
- \* Walking to the prayer place.
- \* Saying *takbirs* of *Eid* is highly recommended after the sunset of the last day of *Ramadan* and remains until the *Imam* says the opening *takbir* of the *Eid* prayer. This includes saying *takbir* in one's home, the market places, mosques, and the streets.
- \* Congratulating one another on the day of *Eid* is rewardable, as both *Ibn Hajar* and *Al-Bayhaqiyy* stated.
- \* It is *sunnah* to spend the night preceding the day of *Eid* in acts of worship such as praying or the like. Prophet *Muhammad* (peace be upon him) used to pray *Eid* prayer consistently as it is *sunnah mu'akadah*.

The first *Eid* prayer that the Prophet performed was in the second year after the *Hijrah* (migration).

### Meaning of the Eid Takbirs

1. Allah is Great
2. No one is God except Allah.
3. Allah is Great and Praise is due to Allah.
4. Allah is Great.
5. Many praise is due to Allah.
6. Praise to Allah at the beginning of the day and at the end of the day.
7. No one is God except Allah
8. He fulfilled His promise and gave Victory to His slave.
9. He strengthened His soldiers and He alone defeated the *Ahzab*.
10. No one is God except Allah.
11. We do not worship anyone but Him.
12. Our worship is dedicated only to Him.
13. Even if the non-believers hate it.
14. We ask Allah to raise the status of (our master) *Muhammad*,
15. And the *Al* (Muslim wives and relatives) of our (master) *Muhammad*,
16. And the *sahabah* (Companions) of (our master) *Muhammad*.
17. And the *Ansar* (The people of *Madinah* who supported the Prophet) of (our master) *Muhammad*,
18. And the wives of (our master) *Muhammad*,
19. And the descendents of (our master) *Muhammad*, and save the (Muslim) Nation of (our master) *Muhammad*.
20. Oh Allah forgive me and my parents, and have mercy on them for the great efforts they exerted in raising me.



## زكاة الفطر وأحكامها

اعلم يا أخي المسلم وفقنا الله وإياك لطاعته أن الفرائض هي أفضل ما يُتقرب بها إلى الله عز وجل ومن جملة هذه الفرائض المتعلقة بشهر رمضان زكاة الفطر. وزكاة الفطر تجب بإدراك جزء من رمضان وجزء من شوال بأن كان حياً عند غروب شمس آخر يومٍ من رمضان. وعلى هذا تجب على الولي عن المولود الجديد الذي ولد آخر أيام رمضان وأدرك جزءاً من شوال. والمسلم يخرج زكاة الفطرة عن نفسه وعن من عليه نفقتهم إن كانوا مسلمين. ومن كان له أبوان مسلمان فقيران وجب عليه أداء الزكاة عنهما. ويجب على الرجل المسلم فطرة زوجته وأولاده الذين هم دون البلوغ. وأما الابن والابنة البالغين فلا يجب على الأب دفع زكاة الفطر عنهما وإنما يؤدي الولد البالغ عن نفسه إن استطاع وإن لم يستطع جاز لأبيه أن يدفع له أو عنه بإذنه. وإنما تجب زكاة الفطر على من عنده مالا فاضلاً عن دينه وكسوته ومسكنه وقوت من عليه نفقتهم يوم العيد وليلته. وأما مقدار الزكاة التي يجب إخراجها عن كل واحد صاع من غالب قوت البلد. وفي بلاد الشام ونحوها يخرجون قدر ملاء كفين معتدلين أربع مرات من القمح وهو المسمى بالصاع. وعند السادة الحنفية: نصف صاع من بر، أو دقيقه أو سويقه، أو صاع من شعير أو دقيقه أو سويقه أو تمر أو زبيب أو قيمة ذلك. ولا بد من النية في أداء الزكاة وهو أن ينوي زكاة الفرض لقوله صلى الله عليه وسلم: "إنما الأعمال بالنيات" أي أن الأعمال الصالحة لا تكون معتبرة إلا بالنية. وتعطى زكاة الفطر لأي صنف من الأصناف الثمانية المذكورة في القرآن الكريم المستحقين للزكاة كالفقير والمسكين. ويجب أداؤها قبل غروب شمس يوم العيد ويحرم تأخيرها عنه بلا عذر مع العلم بأنه يجوز دفعها في أول رمضان. ولكن يسن دفعها قبل صلاة العيد. أخي المسلم، لم يبق من رمضان الكثير فهلاً وطدت نفسك إلى أداء الفرائض وفعل الخيرات والمبرات قبل أن يفارقنا شهر القرآن والبركات.

## Zakah of Fitr

The *Zakah of Fitr* is due on every Muslim who is alive part of *Ramadan* and part of *Shawwal* (the month after *Ramadan*.) According to *Imam ash-Shafi'iy*, the due *Zakah* for each is a "sa" or four "mudds" (the fill of a pair of average-sized hands cupped together) of the most common staple food of one's area. However, according to *Imam Abu Hanifah*, the due *Zakah* is three "mudds" of wheat or six "mudds" of dates, barley or raisins. Alternatively one may pay the value of these "mudds". In Australia, it is estimated to be about \$ 5.00 (Year 2021). One intends that any amount in excess of the due *Zakah* is given as a charitable donation.

It is an obligation upon the Muslim to pay the due *Zakah* for one and one's Muslim dependants if on the day of the Feast of *Fitr* (*ʿId-ul-Fitr*) and the night after it one has enough to meet one's debts, clothing, lodging, and sustenance, and the sustenance of those whom one must support.

The man must pay the *Zakah of Fitr* for his wife, non-pubescent children, and poor Muslim parents. He may not pay for his pubescent children or solvent parents without their permission. It is permissible to pay the *Fitr Zakah* any time during *Ramadan*, even on the first night. However, it is recommended to pay it during the day of the Feast and before the *ʿId* Prayer, because this mends the hearts of the poor people before the Prayer. It is prohibited to delay paying the *Fitr Zakah* until after the sunset of the day of the Feast without an excuse.

### Recipients of Zakah

For all types of *Zakah*, the intention is obligatory upon setting one's *Zakah* portion aside or paying it to the deserving people. *Zakah* must be paid to the eight categories of Muslims deserving of *Zakah* as mentioned explicitly in the *Qur'an* (at-*Tawbah*, 61):

﴿ إِنَّمَا الصَّدَقَاتُ لِلْفُقَرَاءِ وَالْمَسْكِينِ وَالْعَامِلِينَ عَلَيْهَا وَالْمُؤَلَّفَةِ قُلُوبِهِمْ وَفِي الرِّقَابِ وَالْغَارِمِينَ وَفِي سَبِيلِ اللَّهِ وَابْنِ السَّبِيلِ ﴾

- Those (who are poor) who earn less than half their basic needs (*al-fuqara'*);
- Those (who are poor) who earn half, but less than what meets all their basic needs (*al-masakin*);
- The *Zakah* workers who are assigned by the caliph (*al-ʿamiluna ʿalayha*);
- The new converts to *Islam* whose hearts are to be reconciled (*al-mu'allafatu qulubuhum*);
- The slaves who are short in satisfying their contract for purchasing their freedom from their owners (*ar-riqab*);
- Those who are unable to pay their debts (*al-gharimun*);
- The volunteer fighters (*fi sabillillah*);
- The travellers who do not have enough to enable them to reach their destination (*ibn-us-sabil*).

It is neither permissible nor valid to pay *Zakah* to other than those eight types of Muslims specifically mentioned above. Hence, it is not valid to pay *Zakah* to any charitable project, hospital, or the like.

May Allah accept your deeds in this Blessed Month, and may Allah make this Ramadan a fruitful and joyous month for the Muslims at large.





Sydney

# EID FESTIVAL IS BACK 2021

SATURDAY

15 MAY

SUNDAY

16 MAY

FIREWORKS ON SATURDAY @ 9PM

11AM - 9PM

MCLEAN RESERVE, BASS HILL

FREE ENTRY | FREE PARKING

SCAN CODE TO NAVIGATE TO THE FESTIVAL



FUN RIDES, JUMPING CASTLES, DIVERSITY STALLS  
LIVE CHANTING BAND AND MUCH, MUCH MORE!

SYDNEYEIDFESTIVAL



## الأحاديث الأسبوعية

### Hadiths of the Week


  
 قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
   
**”الصَّيَامُ وَالْقُرْآنُ يَشْفَعَانُ لِلْعَبْدِ يَوْمَ الْقِيَامَةِ“**
  
 رواه الإمام أحمد
   
 Which means:
   
 Fasting and Qur'an intercede for the slave on Judgment Day
   



  
 قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
   
**( تَسَحَّرُوا فَإِنَّ فِي السَّحُورِ بَرَكَةً )**
  
 رواه البخاري ومسلم
   
 Which means:
   
 "Eat Sahur the pre-dawn meal. Surely, there is a blessing in Sahur"
   
 (Related by al-Bukhari and Muslim)
   





  
 قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
   
**”مَنْ قَامَ لَيْلَةَ الْقَدْرِ إِيمَانًا وَاحْتِسَابًا  
 غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ“**
  
 رَوَاهُ الْبُخَارِيُّ
   
 Which means
   
 "Whoever spends the Night of Qadr in acts of worship in faith and in seeking reward from Allah, One's past minor sins will be forgiven"
   



  
**T2 WK4**
  

  
 قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
   
**”تَهَادَوْا تَحَابُّوا“**
  
 Offer a gift to one another
   
 to nurture love amongst you


  
**عيد مبارك**
  
**Eid Mubarak**
  


Al Amanah College would like to extend its warmest wishes to the parents and students on the occasion of Eid Al-Fitr. May Allah accept our good deeds, Ameen.
   
 تتقدم إدارة مدرسة الأمانة إلى الأهالي والطلاب الكرام بأصدق التهاني بمناسبة عيد الفطر السعيد ونسال الله تعالى أن يعيده علينا باليمن والبركات تقبل الله طاعاتكم
   


## SRC Treetops Excursion 2021

On Thursday 1 April, the primary and secondary SRC students attended an excursion to 'Tree Tops Adventure Park.' The students enjoyed an eventful day in which they were able to test their strength and face their fears in a friendly and exhilarating environment. The excursion was an opportunity for them to work on team and friendship building.

The school SRC students enjoyed completing the challenging high ropes course which consisted of several elements including zip lines, rope climbing and obstacle circuits which had three levels of difficulty. Each level progressively became more challenging and harder, however the SRC peers remained persistent through assisting each other with words of encouragement to ensure they stayed determined in finishing each level. This showed how strong our student's team building skills are, and how this course helped develop them even more.

The SRC students effectively showed the core values of commitment, teamwork, persistence, determination and leadership. The primary and secondary SRC students must be commended on the outstanding behaviour and manners the students displayed throughout the day. We would like to extend our gratitude to the SRC coordinators.

The day was an enjoyable and memorable for all students and teachers!



## Al Amanah Leaders and Mentors Camp April 2021

Al Amanah College Leaders and Mentors camp is one of many initiatives that the school is undertaking as part of the national chaplaincy programme that the Australian government introduced in 2016. Our camps are designed to support a variety of learning areas and to strengthen the well-being of targeted students. The school acknowledges the receipt of government grants to support its mission in the areas of pastoral care. The school's Imam Sheikh Amr Alshelh has been working alongside the school's Principal Mr Alwan to implement the school's pastoral care programme that was developed in 2016, with the "Leaders and Mentors Camp initiative being one important aspect of the programme.

From Saturday 3 April 2021 and until Tuesday 6 April 2021, a group of Year Eleven students from Al Amanah College embarked on a Leaders and Mentors Camp to Point Woolstencroft Sports and Recreation Centre with the school Imam Sheikh Amr Alshelh, Mr Darwish, Mr Taiba and ex-student Bahaa Al-Kasem. The main purpose for the leaders and mentors camp is to instil the school's Islamic ethics and positive values in our children at a young age to help them grow into successful and responsible individuals. Having positive values enables us to form meaningful and trusting relationships with others and empowers us to lead a fulfilling life. These are important ingredients for successful, responsible and productive individuals. These values are essential in the foundation for building a stronger cohort of leaders amongst the school and the wider community.

The camp involved the students undertaking daily sessions of religion lectures about the importance of possessing and displaying the great characteristics of a pious muslim. The students were also given lectures about the lives of the Prophet's companions and how their portrayal of the good characteristics helped spread the call of Islam. Students also grasped a better understanding of the school values implemented.

In addition, students were given an opportunity to learn to grow into a team that looks towards the embitterment of the Australian Muslim community in the years to come. The camp involved many different learning activities including team-bonding and leadership skill sessions, which were complemented by participating and enduring the challenge of kayaking, archery and bike riding.

Furthermore, all students will be attending lectures in order to complete the potsherd care programme that the school will continue to provide in 2021 and beyond.

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

Sheikh Amr Alshelh  
Al Amanah College Imam





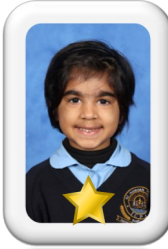


## Star Student of the Week



### K - 1

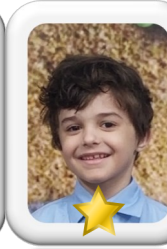
Week 1



Syeda Rehan

1E

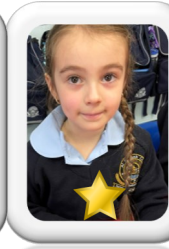
Week 2



Sulaiman Camdzic

KH

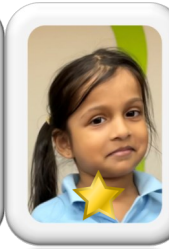
Week 3



Amira El Chami

KE

Week 4

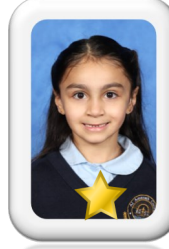


Alisha Shah

KE

### 2 - 6

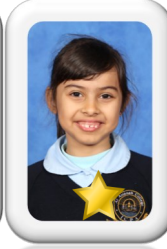
Week 1



Fatimah Alshafie

2P

Week 2



Sarah Khalifa

2S

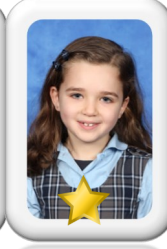
Week 3



Hussain Al Najar

3E

Week 4



Rowa Kahil

3S

## Reading and Writing at Kindergarten

This term, Kindergarten will be focusing on developing their writing skills and constructing sentences.

InitialLit is an evidence-based whole-class Literacy programme that we have been utilising daily in the classroom. This programme helps students develop foundation skills and the essential core knowledge required in reading and writing.

We cannot wait to see our intelligent students use their sounds and word knowledge that they have developed within these sessions to become successful readers and writers!



## Year One and the 'Brilliant Bubble'

This term in science, Year One students have begun learning about "Brilliant Bubbles".

To begin the unit, we started with a spectacular show of bubbles! The students were engaged and wondered about how bubbles are formed, as well as how they could make their own bubble mixture.

Year One will continue experimenting with bubbles this term and are super excited!

Year One Teachers  
Mrs Huseincehajic and Ms El Refai



## Drama in Year Two

Creative Arts allows students to develop the complex skills required to create and test ideas, generate creative works with confidence, shape inquiry and critically evaluate and reflect on what they do. During term two, Year Two students have been focusing on the elements of drama. They loved using facial expressions and body language to portray different emotions! Our next step is to put these facial expressions into actions.

Amazing work Year Two!

Ms Parker and Mrs Sphor  
Year Two Teachers



## Year Eleven Combined English Classes

As part of collaborative teaching strategies, the English faculty has continued to develop combined lessons for senior classes to deliver workshop style lessons and engage students.

For the last day of term one, the Year Eleven English class had a group session titled "HSC Mentality" to encourage students to stay motivated and find their academic drive. They discussed their senior year experience in term one, the strategies they can utilise towards studies for term two and ways to stay motivated looking forward to their HSC.

The group session also highlighted the importance of considering career opportunities even in Year Eleven in order to have a drive towards a set goal. The students enjoyed participating in the group lesson and found great benefit in the skills that were taught.

We hope the senior classes remain motivated in their approach to study and use their holiday time to catch up on material and practice for their upcoming examinations.



## Careers Night Iftar 2021

On the 23 April 2021, Al Amanah Secondary School hosted its first ever 'Careers Night Iftar' in order to allow Year Ten - Twelve students to interact and hear from graduate students from 2010-2015 about their careers and success stories. The event was held to help students in making decisions about their future. Having previous graduates guide future graduates in their decision serves the long-term school vision.

Mrs Awad, a 2010 graduate and current Al Amanah College teacher opened the ceremony by welcoming the guests and expressing the joy that the school felt to have its vision come to life. Mr Hazarvi who graduated in 2016 launched the event with a customary recitation from the Holy Quran. This was followed by an address by the Head Principal Mr El-Dana who spoke of the values of education. Dr Sheikh AlShafie then took to the stage for an enlightening religious lesson. The Member for Werrima - Ms Stanley MP then addressed the audience with words of support and highlighted the importance of the role the school plays in shaping the future of its students.

The College invited a unique panel of Al Amanah graduates who have continued their educational journey since leaving the school, and have become successful members of the Muslim Australian community in their field. The panel included:

- **Nadia Zahr:** Graduated in 2010, studied a Bachelor of Arts – media, culture and communication at Macquarie university and currently working as a radio presenter and producer at 2MFM the Muslim Community Radio
- **Faiza Kakat:** Graduated in 2011, studied a Bachelor of Medicine and a Bachelor of Surgery - A diploma in Child Health and Sydney Child Health Programme - currently employed as a Senior Resident Medical Officer and GP Registrar at the Royal Prince Alfred Hospital.
- **Sandy Al Aweik :** Graduated in 2011, studied a Bachelor of Commerce – Professional Accounting with the degree of Bachelor of Law at Macquarie University. Achieved a Graduate diploma in legal practice at the college of law and currently employed as a human resources manager at Salamah College.
- **Idris El shafieh :** Graduated in 2014, studied a Bachelor of Engineering majoring in Mechanical Engineering at the University of NSW - currently employed as a project manager at Comdain Infrastructure.
- **Nadine Sawda :** Graduated in 2015, studied a Bachelor of Arts and a Bachelor of Education in secondary teaching at the University of NSW - currently employed as a Special Education Teacher at Al Amanah College Liverpool.

The evening was concluded with a speech from the Member for Liverpool, Mr Paul Lynch, who awarded the panel members with a token of appreciation and emphasised his happiness towards the success stories he heard on the night. Al Amanah College wishes to thank all those involved and hopes that the Year Ten, Eleven and Twelve students in the audience benefited from the stories of success shared.

We extend our best wishes to our families and the Muslim community and wish them all Ramadan Mubarak and a happy and prosperous Eid Ul-Fitr.



## Premier's 2021 Iftar Dinner

On Tuesday 20 April 2021, our College Head Principal, Mohammad El Dana, and the Year Twelve School Captains Muhammad Alwan and Halima El-Zahab attended the 2021 Premier's Iftar dinner hosted by NSW Premier Gladys Berejiklian at the Bankwest Stadium. *Thankyou* to the NSW Premier the Hon. Gladys Berejiklian for her kind iftar invitation to share in the breaking of the fast during the holy Month of Ramadan.

Special thanks to all those in our Premier's office for supporting this important event and to Dr Geoff Lee, Minister for Sport and Multi-culturalism, for hosting this Iftar in the heart of Parramatta city.

It was great to be in the presence of the MP's, community leaders, Imams and sheikhs.



## SRC and Year Six Iftar Night

On Monday 26 April, Al Amanah College, Liverpool hosted its Annual SRC and Year Six Iftar night. Halima El-Zahab our current School Captain opened the ceremony by welcoming guests and expressed the joy of having students and members of our school community come together to share this special occasion during the holy month of Ramadan.

Taha El-Saj, Year Eleven student and SRC member, began the evening with a customary recitation from the Holy Qur'an, this was followed by a speech by the Head Principal, Mr El Dana, who spoke of the value of education and how supporting a school community and creating strong partnerships is critical for any educational institution. Sheikh Muhammad Halabi then took to the stage for an enlightening religious lesson.

It was also a great privilege to see the youth chanting band perform and led by Sheikh Mohammad Sabbouh. *Thankyou* to those youth who are continuously involved in these great performances and for providing this service to the community.

We extend our best wishes to our families and the Muslim community and wish them all a Ramadan Mubarak and a happy and prosperous Eid Ul-Fitr.



## Graduates Recognition Dinner 2021

On Wednesday, 5 May 2021, Al Amanah College hosted a special Iftar dinner to acknowledge the achievements of its 2019 and 2020 HSC cohorts. Special guests, parents, staff, students and 2019 and 2020 graduates were invited to this special recognition Iftar dinner. The 2019 and 2020 HSC students have achieved some of the best results in the history of Al Amanah College, they have worked continuously hard to attain academic excellence in all areas of schooling as well as their tertiary studies.

The evening was hosted by MC Miss Sibal Chams, a graduate of the 2016 cohort and a current teacher at Al Amanah College Liverpool Campus. The evening was then officially opened with a beautiful recitation from the Holy Qur'an by a Year Twelve student and SRC member, Alae Jamous. The School's Head Principal, Mr Mohamad El Dana, then delivered a speech and spoke about the value and appreciation for the academic tradition of the school. Dr Sheikh Ibrahim Alshafie, the school's religious advisor, then took to the stage for an enlightening religious lesson. Following this, the ICPA president Hajj Mohammed Mehio gave an enlightening speech and spoke about the growth of education at Al Amanah College and the sense of pride in achievement of our graduate students. 2019 and 2020 graduates Mohab Sidaoui and Nada Khaled gave an encouraging speech about the pathway to success and the gratitude towards Al Amanah College.

We wish to congratulate the 2019 and 2020 achievers on their awards and look forward to having them giving back to the community. Congratulations!

### High Achievers of 2019:

Selena Abu Lebdeh – Bachelor of Education/Secondary Education (UTS)  
Bahaa Al Kasem – Bachelor of Business/Bachelor of Law (UTS)  
Mohamed Elmostafa Hamid - Bachelor of Commerce (Macquarie University)  
Rouhaifa Mariam Karime – Bachelor of Speech and Hearing (Macquarie University)  
Shadi Khazaal – Bachelor of Engineering (Major Civil)/ B. Arts (Major Politics & International Relations) - UNSW  
Abdullahi Mohamed  
Princess Zahab – Bachelor of Pharmacy (USYD)

### Outstanding Achievers of 2019:

Kainaat Hameed: Completed HSC with Band 6 in Advanced Mathematics. Currently studying towards a Bachelor of Mechanical & Mechatronic Engineering / with diploma in Professional Engineering Practices at UTS

### Distinguished Achievers of 2019:

Fatima El Cheikh Khalil: Completed HSC with Band 6 in Business Studies and Biology. Currently studying Bachelor of Art/Science at UNSW. ATAR of 92.7

Ali Dhafer Alaany: Completed HSC with Band 6 in Business Studies, Biology and Advanced Mathematics. Currently pursuing a bachelor's degree in Bachelor of Business (Major in Accounting and Finance) /Engineering (Major in Civil) at UNSW. ATAR of 94

Mohab Aldeen Sidaoui: Completed HSC with Band 6 in Business Studies, Biology and Geography. Currently pursuing studies in Bachelor of Bus/Law at UTS. ATAR of 95.4

### High Achievers of 2020:

Mohamed Farhat – Bachelor of Nursing (UTS)  
Yahya Jacob El Masri – Bachelor of Mechatronic Engineering (Honors)  
Ahmad Walid Dabboussi – Bachelor of Commerce/Bachelor of Law (UOW)

### Outstanding Achievers of 2020:

Tia Saad: Completed HSC with Band 6 in Business Studies. Currently studying toward a Bachelors degree in Business and Cyber Security at Macquarie University

Rhyanna Hussein: Completed HSC with Band 6 in Mathematics Standard 2. Currently studying Bachelor of Occupational Therapy at WSU

Deema Jalloul : Completed HSC with Band 6 in Biology and Business Studies. Currently studying Bachelor of Health Science at UTS

Abdullah Alobeidi

Completed HSC with Band 6 in Business Studies and Mathematics Standard 2. Currently Bachelor of Business and Engineering at UTS

Abdullah Qadri Rajpoutbhatti: Completed HSC with Band 6 in Business Studies. Currently studying Bachelors in Business and Information Systems at UTS

## Graduates Recognition Dinner 2021

### Distinguished Achievers of 2020:

**Nada Khaled:** Completed HSC with Band 6 in Biology. Currently studying Bachelor of Oral Health at University of Sydney. 90.45

**Mariam Abdallah:** Completed HSC with Band 6 in Business Studies. Currently pursuing Bachelor of Business and Law at UNSW. Currently pursuing studies in Bachelor of Commerce and Law at UNSW. ATAR 90.60

**Danna Rajab:** Completed HSC E3 Extension 2 Mathematics. Currently pursuing studies in Vision Science at University of Sydney. ATAR 91.60

**Numeer Imtiaz:** Completed HSC with Band 6 in Business Studies and Geography. Currently pursuing a bachelors in Advanced Science and Commerce at UNSW. ATAR 94.10

**Adeeb Abdul Malik Thottasseri:** Completed HSC with Band 6 in Business Studies and Geography. Currently pursuing studies in Bachelor of Business and Law at UTS. ATAR 94.65

**Bilal El Omari:** Completed HSC with Band 6 in Business Studies, Biology and Arabic Continuers and a E4 Arabic Extension. Currently studying Bachelor of Mechatronic Engineering (Major in Bio-Medical) at UNSW. ATAR 95.20



## Year Twelve Iftar Dinner 2021

Carrying Al Amanah College's tradition, the 2021 Year Twelve seniors gathered at 'Omnia Restaurant' at Brighton Le-Sands on Friday 7 May for an iftar dinner to celebrate the blessed month of Ramadan and the end of their thirteen years of school. We are proud of our Year Twelve students achievements and we wish them all the best in their HSC this year.

Following Maghrib prayer the students and teachers enjoyed a wonderful iftar with a variety of delicious dishes in a relaxed Arabian themed atmosphere. They spent quality time together, sharing stories and making memories. We thank 'Omnia Restaurant' for their great hospitality.

It was an enjoyable night, we looking forward to a great HSC memories ahead. We wish all the Year Twelve students and their families a prosperous and happy Eid-UI- Fitr.



## We are working in your area

4 May 2021

Dear Parent

We're upgrading the wastewater network on Atkinson Street, Liverpool near Al Amanah College. Upgrading wastewater networks in Sydney enables new communities to grow.

We are planning to start work from **Monday 10 May 2021** and expect to finish by **late-June 2021**, weather permitting. We will keep you informed as our work progresses.

**This work will involve:**

- road excavation including saw cutting and trenching
- removal of existing and installation of new wastewater pipe
- restoring impacted areas in line with Sydney Water and Council requirements.

**For parents using Nagle Street and Speed Street**

- Our work will involve crossing the intersection of Nagle Street and Atkinson Street.
- To minimise disruption and maintain vehicle access our work will be completed in smaller sections.
- Work is anticipated to reach Nagle Street on Wednesday 12 May and will cross the intersection by 6 pm, Friday 14 May.
- While we are working across the intersection you may experience slight delays, please allow extra travel time if travelling by car on these days.
- Traffic control will be on site to maintain access to and from Nagle Street under stop/slow during this period.
- Our work will not impact access to Speed Street.

**What you need to know**

- We'll make every effort to minimise impacts from this work; however, you may experience temporarily construction impacts including noise, dust and odour.
- We'll be working in the roadway next to the kerb. A temporary compound/laydown area will travel along the street as we progress.
- To keep traffic moving on street parking will be temporarily unavailable on Atkinson Street, between McGowen Crescent and Charles Street for the duration of our work.
- Our traffic controllers will help traffic flow while keeping you safe.
- Please allow extra travel time when dropping off and collecting your children.

**Our work hours**

- 7 am to 6 pm Monday to Friday.
- No work is planned for public holidays.



**Where do I get more information and help?**

If you would like to know more, please contact our community engagement team on 1300 653 817 or [westregiondelivery@sydneywater.com.au](mailto:westregiondelivery@sydneywater.com.au). If you need to make special arrangements with us, please reach out so we can work with you.

**Wastewater upgrade route**



Thank you for your understanding and cooperation during this essential work.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Trevor Mondon'.

Trevor Mondon  
Project Manager

**Interpreter Service 13 14 50**

**Arabic • Chinese • Greek • Italian • Korean • Vietnamese**

إذا كنت تحتاج إلى مترجم، يرجى الاتصال بالرقم أعلاه.

如果您需要傳譯員的協助，請致電以上的號碼。

Αν χρειάζεστε διερμηνέα, τηλεφωνήστε στον παραπάνω αριθμό.

Se vi serve un interprete, telefonate al numero indicato sopra.

동역사가 필요하시면 위의 번호로 전화하십시오.

Nếu quý vị cần thông dịch viên, hãy gọi đến số trên đây.



## Australian Early Development Census

### Playing our part to build a national picture of child health

In early 2021, our school, along with thousands of others across the country will begin preparations for the fifth Australian Early Development Census (AEDC).

The AEDC gives us a national picture of the development, health and wellbeing of children in their first year of full-time school. Since 2009, the census results have helped communities, schools and governments plan services and develop better policies to target support for children and families.

Children don't miss any class time, and parents/carers don't need to supply schools with any new information for the census. The AEDC gives us data at a school and community level - it isn't an assessment of individual children.


Some teachers have also noticed that completing the assessments made them more aware of the needs of individual children and the class as a whole and that the census results are useful in planning for transitions to Year 1 and developing class programs.

Participation in the AEDC is voluntary. Parents/carers don't need to take any action unless they choose not to include their children in the census.

To find out more about the census and how communities are using the data to help children and families visit the AEDC website: [www.aedc.gov.au](http://www.aedc.gov.au).

If you have any questions, you can contact the Primary Coordinator, Ms Sahyouni.

## Parents Health Tips



# Live Life Well @ School

April 2021

### What's Happening


**AISNSW Online Modules**  
Live Life Well @ School: Starting the Journey online training is available on AISNSW. This training starts on 19 April to 11 June. For more information see [here](#).


**NSW Premier's Sporting Challenge**  
In the 10 week Challenge (10wC), students and staff record and track their physical activity over a 10 week period as they aim to be more active, more often. 10wC can be completed any time during terms 2 and 3. For more information, please see [link](#).

**Race Around Australia**  
Race Around Australia (RAA) has been added to the Premier's Sporting Challenge suite of programs for term 2. Schools will have the choice of registering individual teams for the 10 week Challenge (10wC), Race Around Australia (RAA) or both! For more information see [link](#).


### Resource of the month

**Go time! Energisers**  
Stuck for an idea for energisers? This is a great resource that has been broken down into various stages for schools. Find it [here](#).





**HEALTHYEATING  
ACTIVELIVING**





# Live Life Well @ School

## PARK & WALK/RIDE

**If you live too far from school to walk, you can try "Park & Walk".**

**This is where you park a short way from the school and have the kids walk (or ride) the rest of the way under your supervision.**

**Benefits of this include:**

- Less traffic around the school
- Less air pollution
- Exercise for you and your children
- Chance to socialise with other families and children
- Chance to talk about road safety



[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

### Case Study - Crunch & Sip at CHNPS

Recent changes in Chester Hill North Public School's bell times resulted in longer learning sessions between breaks. With this, the school identified the need for students to have a short break to refuel and rehydrate in class.



Miss Jung reached out to our team to receive information about Crunch&Sip and how to implement it successfully. She shared this information to school staff through an information session and to parents via the school bulletin and Facebook page.

The teachers proactively promoted the program in class by setting the rules of Crunch&Sip and displaying posters to show the types of food and drinks allowed. Classes also use the school's compost bins after Crunch&Sip breaks.

Year 6 SRC students helped classrooms collect data on daily student participation in Crunch & Sip. Classes with the highest student participation each week were rewarded with healthy fruit and veggie snacks. In Week 6 of Term 1 2021, 70.2% of Chester Hill Public School students have successfully participated in Crunch&Sip.

The school uses their Facebook page and school bulletin to actively update and inform the school community about Crunch&Sip. Each week they announce the percentage of participation, winning classes of the week and provide suggestions and questionnaires for parents and careers.



Positive feedback has been received from all parents, with one family sharing "I think Crunch&Sip is great because it will get my child to be interested in eating a variety of fruits and vegetables".

Fantastic work, Chester Hill North PS!

### FMS of the Month - Catch

# Catch



**Skill components**

- 1. Eyes focused on the object throughout the catch.**
- 2. Feet move to place the body in line with the object.**
- 3. Hands move to meet the object.**
4. Hands and fingers relaxed and slightly cupped to catch the object.
5. Catches and controls the object with hands only (well-timed closure).
6. Elbows bend to absorb the force of the object. (Introductory components marked in bold)

**Teaching cues**

**Say to the students:**

- Watch the object move into your hands
- Cup your hands
- Move to the ball
- Relax your hands
- Point your fingers up for a high ball
- Point your fingers down for a low ball
- Bend elbows to absorb the force of the object.

Get Skilled: Get Active © 2000 NSW Department of Education

For more information about fundamental movement skills and activities such as warm up and games, check out [FMS in Action](#).

### Canteen Support

Have you submitted your 2021 Menu Check yet? Canteens are required to submit their menus every 2 years under the Healthy School Canteen Strategy. Your Live Life Well @ School Health Promotion Officer is available to assist canteens through this process. For more information, please see [here](#) or get in touch at SWSLHD-LiveLifeWell@health.nsw.gov.au



## Parents Health Tips

### Live Life Well @ School

#### FRUIT, VEGETABLE & WATER BREAK

Research says that a chance to “refuel” by eating fruit and vegetables in class can help students focus.

Our school offers Crunch & Sip, a set time in class for students to have fruit and/or vegetables and water.

Here is how to pack for Crunch & Sip:



✓




✗

[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)


### Live Life Well @ School

#### FUSS FREE MEAL TIMES


Fussy eating is a challenge for many parents - you are not alone! Be patient and keep trying.



Eat together at meal-times. Role model eating and enjoying the food.



Offer small portions - if they are still hungry, they can go back for more.



Involve them in shopping, cooking, and gardening

Remember: the adult provides the food, but the child decides if and how much they will eat. Praise the smallest try. Don't give in and serve something else, especially sometimes foods. No child will starve themselves unless sick.

[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

### Live Life Well @ School

#### HEALTHY KIDS ARE SMART KIDS

Research tells us:

- Students who are more fit had better NAPLAN scores
- Students performed better in tests after walking for 20 minutes
- Adding physical activity into maths lessons improved test scores and on-task behaviour
- Students who are active outside of school had better test results than their peers

Adding exercise into children's day does not seem to take away from academic time

Instead it improves the **QUALITY** of time they spend learning

[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

### Live Life Well @ School

#### MAKE SCREEN-TIME QUALITY TIME

You can make sure that screen-time is quality time:



1. Use screens to get kids moving (e.g. dance, yoga)
2. Be involved - ask them questions to make them think what they are doing, and why
3. Work with your child to set boundaries. This will make them more likely to follow the rules.
4. Be clear about the consequences of not switching off
5. Set screen-free times and rooms
6. Be a good role model

Read more: [eSafety.gov.au/parents](http://eSafety.gov.au/parents)

[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

## Backyard Tips for Parents

Children love to play and the backyard, courtyard or local park are great places to learn, explore, make up games and have fun. Backyard games can be inventive and encourage sustained concentration and application by kids.

Backyard games do not have to be complicated or expensive – a bit of chalk, a ball or a skipping rope can all get a game underway. Playing in the backyard also allows children to be noisy and messy, physically challenge themselves and move in ways that are not possible indoors.

Encouraging your kids to play is an important way you can support their health, coordination, self confidence and happiness.

### Try these popular games

- Hide and seek
- Skipping
- Hopscotch
- Throwing and catching games, like knocking down a target
- Chasing games, like tag and stuck in the mud
- Racquet games against a wall
- French cricket or backyard cricket
- Running and jumping



### Tips for backyard games

- Check your backyard, courtyard or park and remove or block off unsafe areas
- Let your children explore and make up their own activities and rules - try not to interfere
- It is more fun if your child has a 'friend or two' (or you) to play with
- Focus on what your child can do, not what they can not
- Make active play fun and positive
- Be patient and provide plenty of time for your children to practise movements
- Be active with your children – have fun and be a role model

### Staying safe

- Slip, Slop Slap, Seek, Slide – make sure your child wears sunscreen, sun glasses, clothing and a hat to protect him/her from the sun. Play in the shade when you can.
- Being active means children will need extra fluids, especially if it is hot and humid. Make sure they have regular drinks of water while they are playing.

#### 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](https://facebook.com/AIAmanah.College)
-  @AIAmanahCollege or @AIAmanahCollege
-  [admin@alamanah.nsw.edu.au](mailto:admin@alamanah.nsw.edu.au)
-  [www.alamanah.nsw.edu.au](http://www.alamanah.nsw.edu.au)