

AL AMANAH COLLEGE

Success Through Knowledge

NEWSLETTER

Issue 02

Thursday 15 April 2021

Message from the Principal's Office

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

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

Welcome to our April newsletter for 2021. In this edition we continue to share with you the achievements of our students, as well as provide you with some important information about the 2021 academic year.

Term One has always been very busy and this year has been no exception. With COVID restrictions being eased, the School events has returned to normal. The SRC inductions, Islamic ceremonies, breakfasts, harmony day and parents' sessions were great successes. Student leaders enjoyed a beautiful breakfast with executives, teaching and non-teaching staff, I thank the SRC coordinators for making this event a successful one. A special *thankyou* to our parents and caregivers for their ongoing support of Al Amanah College. We value your commitment and look forward to working with you to help and support your child in 2021.

We would like to inform you that the NAPLAN examinations will take place straight after Eid Ul Fitr break this year, i.e. starting from 14 May 2021. We wish our students the best of luck in their upcoming NAPLAN examinations this year. We also expect that all our students maintain a good study habits and routines during the term 1 holidays. Year 12 students will be sitting their half yearly examinations during week 1 of term 2 whereas Year 11 Students will be sitting their half yearly examinations during week 3 of term 2. We expect all our senior students to develop a study plan for their holidays and work consistently to achieve their full potential. Senior Students who require help

during the holiday are encouraged to email their teachers directly and/or the high school coordinator Mrs Dabboussi. All the best!

Senior Saturday classes initiative continues to be very effective, this initiative is aimed to strengthen our students' motivation and results. Senior students attend extra classes on Saturday to reinforce the content they learn throughout the week at school. The benefits of such an initiative have been fruitful as many students are finding that it keeps them accountable to working at a consistent and motivated rate. In addition to this, many students are finding that having their own teachers reinforce the work at a more personalised level gives them the extra edge they need to understand expectations even further.

Finally, on a special note, I would like to personally thank all parent helpers and volunteers for their continued support and for the time spent participating in reading groups. We look forward to working with everyone involved with Al Amanah to maintain and enrich the strong sense of community that has always set our school apart from the rest.

On behalf of Al Amanah College staff, I would like to extend our best wishes and congratulations to all students, families and friends on the approaching of the holy month of Ramadan. We ask Allah ta'ala to accept all of our good deeds and to gather us in Paradise with our beloved Prophet Muhammad, may peace be upon him.

May Allah protect our children, our families and our communities from any form of harm or illness. Have a safe holiday!

Regards,

Ayman Alwan
Principal

Dates to Remember

FRIDAY 2 - MONDAY 5 APRIL
Public Holiday

TUESDAY 6 - FRIDAY 9 APRIL
School Office Open from 9am - 2pm

MONDAY 19 APRIL
Pupil Free Day - Staff Development Day

TUESDAY 20 APRIL
Term 2 Starts/Students Day One
Ramadan Timetable Starts

TUESDAY 20 - TUESDAY 27 APRIL
Year 12 Half-Yearly Examinations

MONDAY 3 - FRIDAY 7 MAY
Year 11 Mid-Year Examinations

FRIDAY 14 - TUESDAY 18 MAY
NAPLAN Examinations

WEDNESDAY 19 MAY
Eid Fete

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

الأحاديث الأسبوعية

Hadiths of the Week

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
” إِنَّ الصِّدْقَ يَهْدِي إِلَى الْبِرِّ وَإِنَّ الْبِرَّ يَهْدِي إِلَى الْجَنَّةِ “
رواه البخاري ومسلم

Which means
”Truthfulness leads to righteousness and righteousness leads to Paradise”

T1 WK8


TRUST



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
” إِيَّاكُمْ وَالْكَذِبَ فَإِنَّ الْكَذِبَ يَهْدِي إِلَى
الْفُجُورِ وَإِنَّ الْفُجُورَ يَهْدِي إِلَى النَّارِ “
رواه البخاري ومسلم

Which means
Do not ever lie, because lying leads to very abhorrent sins, and those in turn lead to Hellfire

T1 wk9



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
” إِذَا جَاءَ رَمَضَانُ فَتُفْتَحُ أَبْوَابُ الْجَنَّةِ
وَعُلِّقَتْ أَبْوَابُ النَّيِّرَانِ وَضُفِّدَتِ الشَّيَاطِينُ “
رَوَاهُ مُسْلِمٌ

Which means
”When the month of Ramadan begins, the gates of the heaven are opened and the gates of Hellfire are closed and the [senior] devils are chained.”

Related by Muslim

T1 WK10



شَهْرُ رَمَضَانَ
شَهْرُ رَمَضَانَ الْمُبَارَكِ 1442 هـ
RAMADAN
THE MONTH OF
ENLIGHTENMENT
1442-2021

www.alamanah.nsw.edu.au



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.

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

ب - الكفر الفعلي: كرمي المصحف في القاذورات.

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 فسَدَّ صومه وعليه العود فوراً إلى الإسلام بالنطق بالشهادتين والإمسك بقية النهار احتراماً للصيام ثم قضاء هذا اليوم بعد العيد فوراً.

يكفى أن ينوى 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 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 كالنفس 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 الإمسك عن الجماع وإخراج المني بالاستمناء والمباشرة 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 الإمسك 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:

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

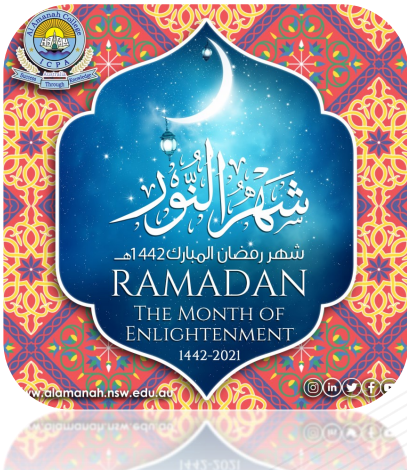
الصيام واجب على كل مسلم بالغ عاقل قادر على الصيام غير الحائض والنفساء والمريض الذي لا يرجى شفاؤه والعجوز الذي يعجز عنه للكبر. فلا يصح الصيام من الكافر الأصلي ولا المرتد ولا يصح من حائض ولا نفساء ولو صامتاً حال وجود الدم فعليهما إثم وعليهما القضاء.

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



قال رسول الله ﷺ
صَوْمُ الرُّبُوعِ تَمِيمٌ وَأَفْطَرُهَا رُبُوعٌ تَمِيمٌ
فَإِنْ غَمَّ عَلَيْكُمْ فَأَكْمِلُوا عِدَّةَ شَعْبَانَ ثَلَاثِينَ

1442H
رمضان المبارك 2021
Ramadan Prayer Timetable - SYDNEY



RAMADAN رمضان	الإمساك Imsak	الفجر Fajr	الشروق Sunrise	الظهر Dhuhr	العصر *Agr	المغرب Maghrib	العشاء *Isha'	April May	نيسان/ أيار	
Mon	1	04:35	04:45	06:15	12:07	03:11	05:40	07:08	12	الاثنين
Tue	2	04:36	04:46	06:16	12:07	03:10	05:37	07:05	13	الثلاثاء
Wed	3	04:36	04:46	06:16	12:07	03:10	05:37	07:05	14	الأربعاء
Thu	4	04:37	04:47	06:17	12:07	03:10	05:35	07:04	15	الخميس
Fri	5	04:41	04:51	06:18	12:07	03:09	05:35	07:02	16	الجمعة
Sat	6	04:42	04:52	06:19	12:07	03:08	05:34	07:01	17	السبت
Sun	7	04:43	04:53	06:19	12:05	03:07	05:33	07:00	18	الأحد
Mon	8	04:43	04:53	06:20	12:05	03:06	05:31	06:59	19	الاثنين
Tue	9	04:44	04:54	06:21	12:05	03:05	05:30	06:58	20	الثلاثاء
Wed	10	04:44	04:54	06:22	12:05	03:04	05:29	06:56	21	الأربعاء
Thu	11	04:45	04:55	06:22	12:05	03:03	05:28	06:55	22	الخميس
Fri	12	04:46	04:56	06:23	12:05	03:02	05:27	06:55	23	الجمعة
Sat	13	04:46	04:56	06:24	12:03	03:01	05:26	06:54	24	السبت
Sun	14	04:47	04:57	06:25	12:03	03:00	05:24	06:52	25	الأحد
Mon	15	04:48	04:58	06:25	12:03	02:59	05:24	06:52	26	الاثنين
Tue	16	04:48	04:58	06:26	12:03	02:59	05:22	06:49	27	الثلاثاء
Wed	17	04:49	04:59	06:27	12:03	02:58	05:21	06:48	28	الأربعاء
Thu	18	04:50	05:00	06:28	12:03	02:57	05:20	06:48	29	الخميس
Fri	19	04:50	05:00	06:28	12:02	02:56	05:19	06:46	30	الجمعة
Sat	20	04:51	05:01	06:29	12:02	02:56	05:18	06:46	1	السبت
Sun	21	04:52	05:02	06:30	12:02	02:56	05:17	06:45	2	الأحد
Mon	22	04:52	05:02	06:31	12:02	02:55	05:16	06:44	3	الاثنين
Tue	23	04:52	05:02	06:31	12:02	02:54	05:15	06:43	4	الثلاثاء
Wed	24	04:53	05:03	06:32	12:02	02:53	05:14	06:42	5	الأربعاء
Thu	25	04:53	05:03	06:33	12:02	02:52	05:13	06:41	6	الخميس
Fri	26	04:55	05:05	06:34	12:02	02:51	05:12	06:40	7	الجمعة
Sat	27	04:55	05:05	06:34	12:02	02:50	05:12	06:39	8	السبت
Sun	28	04:56	05:06	06:36	12:02	02:50	05:11	06:38	9	الأحد
Mon	29	04:57	05:07	06:36	12:02	02:49	05:10	06:38	10	الاثنين
Tue	30	04:57	05:07	06:37	12:02	02:48	05:09	06:37	11	الثلاثاء

يرجى عدم رمي هذه الورقة على الأرض أو في القاذورات

Please do not throw this paper in the rubbish or on the floor

The beginning and end of Ramadan is based on observing the new moon or completing 30 days

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ICPA accepts zakat money and donations and gives it to the deserving people. contact: 0490 372 440

To know the beginning and end of Ramadan listen to



ISLAMIC CHARITY PROJECTS ASSOCIATION
AUSTRALIA
www.icpa.org.au



1 April 2021

Dear Parents and Caregivers,

Following are the changes that will take place during the month of Ramadan:

- **Ramadan timetable** will be effective as of **Tuesday 20 April 2021**.
- **School hours will be 8:15am-2:30pm. Parents are advised to collect their children promptly as no supervision will be provided after 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. We request that you make alternative transport arrangements for your child/children to be picked up from the school if they use the public bus.
- **Islamic Wear Day:** during the month of Ramadan we will be holding an "ISLAMIC WEAR DAY" every Friday. Please ensure your child/children are dressed appropriately for the cold weather, wearing a skivvy underneath their Islamic dress and/or a jumper on top. Girls are also reminded to bring their prayer clothes with them.

The staff at Al Amanah College would like to take this opportunity to wish all students, parents and friends a happy, prosperous and rewarding month.

Thank you

Administration

Letter to parents and guardians

Dear Parent/ Guardian,

The NSW Department of Education has been investigating Al Amanah College at Bankstown and Liverpool in relation to the school's compliance with the *NSW Education Act 1990 (the Act)*. As the school receives funding from the NSW Government, the school must not operate 'for-profit'. This means that the school must ensure all payments using school funds are genuinely required to meet the educational objectives and requirements of the students and the operation of the school.

The Department's investigation found that the school was operating for-profit in the years 2011 to 2018 (inclusive). Amongst other things the school used its assets and income for purposes that were not needed for the operation of the school, including;

1. Since 2011, the school made payments (in the form of interest-free loans) to Salamah College Ltd. (a related entity) worth \$13.01 million.
2. Since 2011, the school made payments (in the form of interest-free loans) to Glenroy Private Ltd. (a non-government school in Victoria and a related entity) worth \$3.58 million.
3. The school purchased the property at 471 Chapel Road, Bankstown NSW in February 2006 for \$6.1 million. The property was purchased with an existing commercial lease registered on the title (Mantra Hotels - the tenant operated a hotel). That lease expired in 2016 but the school continued to use the property as a hotel (operated as Gardenview Hotel by a related entity) until 2019.
4. The school purchased the property at 8 Conway Road, Bankstown NSW in February 2012 for \$550,000 with the intention that the property support traffic access to the adjacent site at 471 Chapel Road, Bankstown, if that site was developed into a school campus. An existing residential house is located on this site. 471 Chapel Road, Bankstown was operated as a hotel and restaurant until 2019.
5. In 2016 the proprietor/school contracted Gardenview Apartments Pty. Ltd. for the refurbishment, repair and management of the hotel and restaurant located at 471 Chapel Road, Bankstown. The school paid this company \$165,000 for refurbishment costs. No market testing or competitive tendering process was undertaken to select the contractor, a related entity.
6. In Dec 2016 a rental appraisal indicated that 2-4 Winspear Avenue, Bankstown NSW (both properties the school is on) had a lease value of \$280,100 p.a. It is unlikely that building footprints of non-school buildings were excluded from the valuation. The 2 Winspear Ave lease states the school is liable for 100% of outgoings (no written lease for 4 Winspear Ave). In 2017 the school paid the Islamic Charity Projects Association Inc. at least \$23,000 more rent than what the rental appraisal indicated.
7. From 2015 the school made payments to a related entity for goods and services that were unreasonable in the circumstances having regard to the fact that financial assistance was provided to the school by the Minister. From 2012 to 2018 the school paid approx. \$3.5million to Darulfatwa Islamic High Council of Australia ("Darulfatwa"), a related entity. No market testing or competitive procurement practices were undertaken in relation to provision of these services. In 2014 the school paid Darulfatwa \$74,400 above the costs they were liable to pay.
8. In August 2011, the school paid Zamoquest Pty. Ltd, \$106,100 for landscaping (fencing), amenities and installation of playground equipment. At the time, two directors of the school were also directors and shareholders of Zamoquest Pty. Ltd.

These matters caused the school to be in breach of the Act that governs the use of the NSW Government financial assistance provided to non-government schools in NSW.

The directors and senior management of Al Amanah College have admitted that the school operated for profit in the years indicated. The current school Board acknowledges this historical non-compliance to the students, parents and guardians and the school community.

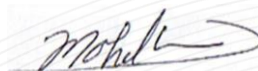
The Department has requested that Al Amanah College take steps to resolve these matters quickly to ensure stability and minimise disruption to students and staff of the school. The school has been placed on conditions and must comply with conditions in order to receive any future financial assistance from the Minister. A copy of those conditions can be found at <http://www.alamanah.nsw.edu.au/governance/>.

The school will continue to be monitored by the Department to assess the school's compliance with the Act.

Yours sincerely,



Chair of the Board
Al Amanah College



Head Principal
Al Amanah College

رسالة للوالدين والأوصياء

عزيزي ولي الأمر/الوصي،

لقد قامت دائرة التعليم في نيو ساوث ويلز بالنظر في أمر امتثال كلية الأمانة (AI Amanah College) في بانكستاون وليفربول لقانون التعليم في نيو ساوث ويلز لعام 1990 (القانون). نظرًا لأن المدرسة تتلقى تمويلًا من حكومة نيو ساوث ويلز، ينبغي ألا تعمل المدرسة "بهدف الربح". هذا يعني أنه ينبغي على المدرسة التأكد من أن جميع المدفوعات التي تستخدم أموال المدرسة تتفق بالفعل لتلبية الأهداف والمتطلبات التعليمية للطلاب وللأموال التشغيلية للمدرسة.

وقد تبين للدائرة بعد النظر بالأمر أن المدرسة كانت تعمل من أجل الربح في السنوات من 2011 إلى 2018 (ضمنًا). من بين أشياء أخرى، استخدمت المدرسة أصولها ودخلها لأغراض لم تكن تحتاجها لتشغيل المدرسة، بما في ذلك:

1. منذ عام 2011، سددت المدرسة مدفوعات (في شكل قروض بدون فوائد) إلى كلية سلامة المحدودة (Salamah College Ltd.) (كيان مرتبط) بقيمة 13.01 مليون دولار.
2. منذ عام 2011، سددت المدرسة مدفوعات (في شكل قروض بدون فوائد) إلى مدرسة جلينروي (Glenroy Private Ltd.) (وهي مدرسة غير حكومية في فيكتوريا وكيان مرتبط) بقيمة 3.58 مليون دولار.
3. اشترت المدرسة العقار في 471 تشابل رود، بانكستاون نيو ساوث ويلز في فبراير/شباط 2006 مقابل 6.1 مليون دولار. تم شراء العقار مع عقد إيجار تجاري قائم مسجل على العنوان (فنادق مانترا - المستأجر بيدير فندقاً). انتهى عقد الإيجار هذا في عام 2016 لكن المدرسة استمرت في استخدام العقار كفندق (تم تشغيله كفندق باسم Gardenview بواسطة كيان مرتبط حتى عام 2019).
4. اشترت المدرسة العقار القائم في 8 كونواي رود، بانكستاون نيو ساوث ويلز في فبراير/شباط 2012 مقابل 550,000 دولار بنية أن يدعم العقار وصول حركة المرور إلى الموقع المجاور في 471 تشابل رود، بانكستاون نيو ساوث ويلز، في حالة تم تطوير هذا الموقع إلى مدرسة. يوجد منزل سكني في هذا الموقع. تم تشغيل 471 تشابل رود، بانكستاون كفندق ومطعم حتى عام 2019.
5. في عام 2016، تعقدت المالك / المدرسة مع Gardenview Apartments Pty. Ltd. لتجديد وإصلاح وإدارة الفندق والمطعم الواقعين في 471 تشابل رود، بانكستاون. دفعت المدرسة لهذه الشركة 165,000 دولار تكاليف التجديد. لم يتم إجراء أي اختبار للسوق أو إجراء عملية مناقصة لاختيار المقاول، وهو الكيان مرتبط.
6. في ديسمبر/كانون الأول 2016، أشار تقييم الإيجار إلى أن 2-4 وينسبير أفينيو، بانكستاون، نيو ساوث ويلز (العقارين اللذين توجد عليهما المدرسة) كان لهما قيمة إيجارية قدرها 280,100 دولار سنويًا. من غير المحتمل أن تكون آثار المباني غير المدرسية قد استبعدت من التقييم. ينص عقد إيجار 2 وينسبير أفينيو على أن المدرسة مسؤولة عن 100% من المصروفات (لا يوجد عقد إيجار مكتوب لرقم 4 وينسبير أفينيو). في عام 2017، دفعت المدرسة لجمعية المشاريع الخيرية الإسلامية (Islamic Charity Projects Association Inc.) إيجارًا يزيد عما أشار إليه تقييم الإيجار بقيمة 23,000 دولار على الأقل.
7. اعتبارًا من عام 2015، دفعت المدرسة مدفوعات إلى جهة مرتبطة مقابل سلع وخدمات كانت غير معقولة في ظل الظروف مع مراعاة حقيقة أن الوزير قدم المساعدة المالية للمدرسة. من عام 2012 إلى عام 2018، دفعت المدرسة تقريبًا 3.5 مليون دولار لمجلس دار الفتوى الإسلامي الأعلى في أستراليا (Darulfatwa Islamic High Council of Australia) ("دار الفتوى")، وهو كيان مرتبط. لم يتم إجراء أي اختبارات للسوق أو ممارسات شراء تنافسية فيما يتعلق بتقديم هذه الخدمات. في عام 2014، دفعت المدرسة لدار الفتوى 74,400 دولارًا فوق التكاليف التي كانت مسؤولة عن دفعها.
8. في أغسطس/آب 2011، دفعت المدرسة لشركة Zamoquest Pty. Ltd مبلغ 106,100 دولار لتنسيق الحدائق (وضع سياج) ووسائل الراحة وتركيب معدات الملعب. في ذلك الوقت، كان اثنان من مديري المدرسة أيضًا مديريين ومساهمين في Zamoquest Pty. Ltd.

تسببت هذه الأمور في انتهاك المدرسة للقانون الذي يحكم استخدام المساعدة المالية المقدمة من حكومة نيو ساوث ويلز للمدارس غير الحكومية في نيو ساوث ويلز.

اعترف مدراء وكبار المديرين في كلية الأمانة أن المدرسة كانت تعمل من أجل الربح في السنوات المشار إليها. وإن مجلس الإدارة الحالي يقر بعدم الامتثال التاريخي للطلاب وأولياء الأمور والأوصياء والمجتمع المدرسي.

وقد طلبت الدائرة أن تتخذ كلية الأمانة خطوات لحل هذه الأمور بسرعة لضمان الاستقرار وتقليل الاضطراب لطلاب وموظفي المدرسة إلى الحد الأدنى. لقد تم وضع شروط للمدرسة وينبغي أن تمتثل لتلك الشروط من أجل تلقي أي مساعدة مالية في المستقبل من الوزير. يمكن العثور على نسخة من هذه الشروط على <http://www.alamanah.nsw.edu.au/governance>.

ستواصل الإدارة مراقبة المدرسة لتقييم امتثال المدرسة للقانون.

وتفضلوا بقبول فائق الاحترام،

رئيس المدرسة
كلية الأمانة

رئيس مجلس الإدارة
كلية الأمانة

Version_03032021_Final

CERTIFICATION: This is to certify that the foregoing Arabic text is a true and correct translation from the English language, to the best of the translator's knowledge and ability, prepared by Mona Ahmed Kamal ElDin Khalil Naguib ElFeky, NAATI-credentialed translator (NAATI identification number CPN0TR03J). 12 April 2021.



Lying

Lying is among the sins of the tongue. It is to utter false information while knowing that what one is saying is not the truth. It is sinful (*haram*) whether done seriously or jokingly.

The Prophet, *sallallahu alayhi wa sallam*, said:

لَا يَصْلِحُ الْكُذْبُ فِي جِدٍّ وَلَا فِي هَزَلٍ

Which means: "Lying is not good, whether in seriousness or joking." (Related by *al-Bayhaqiyy*).

The Prophet, *sallallahu alayhi wa sallam*, also said what means: "Truthfulness leads to piety and piety leads to Paradise. The Muslim who continues to be truthful will then be recorded as a truthful person. Do not ever lie, because lying leads to very abhorrent sins, and those in turn lead to Hellfire. One keeps on lying and seeks to do that until one is recorded as a liar in some books of *Allah*." (Narrated by *Ibn Majah*).

In this honorable saying, the Prophet, may *Allah* raise his rank and protect his nation from that which he fears for it, urged us to speak the truth and warned us against lying. Lying is saying what is different from the truth. This act is forbidden in serious and joking matters.

If a Muslim says what is different from the truth, knowing this, then he has fallen into the sin of lying. An example of a lie is for a person to say, 'I hit that person' when the truth is he did not do it.

If a lie causes harm to another Muslim, then this is a great sin.

There are many things that are among the sins of the tongue and fall under the category of lying. They include: swearing by *Allah* to a lie, false testimony, and falsely attributing something to *Allah* and His Prophet.

An example of this lying is if someone says: *Allah* created in such and such a direction a mountain of gold. Although we know that *Allah* has the power to create it, if this mountain does not exist, this person's claim is contrary to reality.

Falsely attributing something to the Prophet is when someone lies and says that the Prophet said a statement that he did not say.

The Prophet, *sallallahu alayhi wa sallam*, said:

إِنَّ كَذِبًا عَلَيَّ لَيْسَ كَكَذِبِ عَلَيَّ أَحَدٍ،
فَمَنْ كَذَبَ عَلَيَّ مُتَعَمِّدًا فَلْيَتَّبِعُوا مَقْعَدَهُ مِنَ النَّارِ

Which means: "Falsely attributing something to me is not like falsely attributing something to anyone else. Let the one who knowingly lies about me take a place in Hellfire." (Related by Muslim).

Attributing a false matter to *Allah* may result in blasphemy, like if one claims that *Allah* made something *halal* when one knows that it is *haram*, or vice versa.

So, it is important to train your tongue to speak the truth and to avoid lying. Lying is an ugly habit. There are many people who have the habit of lying a lot, making others call them liars and unable to trust them.

In conclusion we wish to warn you of what people call an "April's Fool Joke" as many people have been harmed or hurt due to many lies that people spread on the first day of April.

May *Allah* protect us from being involved in such dishonest activities and may *Allah* give us the strength to avoid such practices when they tend to infect our Muslim Society. Ameen

Community Building Partnership 2019 - 2021



As part of the Community Partnership Program offered by the NSW Government, Al Amanah was privileged to be selected as part of the programme and awarded with a \$50,000 grant to be used under the programme's playground transformation scheme. The programme objective was to enhance school facilities, meet community needs, increase participation in activities and improve the capacity around schools.

Al Amanah College Principal and Project Manager, Mr Alwan, utilised the grant to enhance the facilities around the school including a new outdoor playground gym installed at the secondary school. This addition was put in place to promote health and fitness and improve physical education activities in the school's sport programme. In addition to this, the funds were used around the school for court line markings used in sports games such as basketball and volleyball. The school also improved the maintenance by installing bird netting around the playground, painting the school playground, fencing, and providing an extensive outdoor seating area for the students.

Al Amanah College community would humbly like to extend their gratitude to the NSW Government and Community Partnership Programme for their generosity to the school.

SRC Breakfast 2021

The Annual SRC breakfast with school's executives was officially held on Wednesday 10 March 2021. This occasion gave the opportunity for the newly elected SRC primary and secondary students to express their ideas and considerations about future initiative ideas for the school and community to the executive staff and teachers.

The official ceremony was opened with a welcome from the Year Twelve school vice-captain, Yassmin Kabbout, who introduced the Principal Mr Alwan to the stage. Mr Alwan provided the students with a short advice on the importance of leadership and playing an active role within the school and wider community. This was then followed by the official opening of the breakfast buffet by the administrative staff.

The event was very successful and was thoroughly enjoyed. A big *thankyou* goes out to all the students and parents who donated the tasty food, desserts and drinks for the event. The event was concluded with students working harmoniously together in cleaning and packing up.





مدرسة الأمانة تهنيء الجميع بذكرى معجزة الإسراء والمعراج

The Miracle of Al-Isra' and Al-Mi^raj

Friday 12 April 2021 / 28 Rajab 1442H

كلية الأمانة الإسلامية في سدني تحتفل في ذكرى الإسراء والمعراج ١٤٤٢ هـ تحت شعار "لقد رأى من آيات ربه الكبرى"

احتفاء بذكرى الإسراء والمعراج أقامت كلية الأمانة الإسلامية في ليفربول/سدني حفلة إنشادية في قاعة الأمانة الكبرى حضرها مدير المدرسة الأستاذ أيمن علوان والفريق العامل في مدرسة الأمانة وطلاب المرحلتين الابتدائية والثانوية كما حضرها جمع من أهالي الطلاب عبر الفايبر بوك.

بعد كلمة الترحيب من عريف الحفل مروان باجوري وتلاوة آيات من القرآن الكريم ألقى الأستاذ علوان كلمة بالمناسبة هنا. فيها الحضور من أهالي ومعلمين وطلاب بهذه الذكرى العظيمة وبعد كلمة المدير ألقى الشيخ عمرو الشلح الأزهرى كلمة دينية متناولاً قصة الإسراء والمعراج وما فيها من معاني ودروس وعبر.

كما قدم بعض طلاب من المرحلة الابتدائية قصائد في هذه المناسبة العظيمة.

وقدم فريق الناشئة من خريجي المدرسة مجموعة من الأناشيد الخاصة بالمناسبة ولقد تميزوا بأدائهم وسط تفاعل كبير من الحضور.

Al Amanah College students, teachers and parents through Facebook Live celebrated the blessed occasion of the Miracle of Al Isra' and Al Mi^raj on Friday 12 March 2021/28 Rajab 1442H, under the slogan "Indeed, He ﷺ saw some of the astonishing creations of his Lord".

The Year Eleven Vice-Captain and MC Marwan Bajouri initiated the ceremony by welcoming the school attendees, followed by a heart-warming and touching recitation from the Holy Qur'an recited by the Year Twelve SRC member Alae Jamous. The College Principal, Mr Alwan, addressed the attendees by emphasising the blessed endowment and the recognition of the school in teaching and spreading the true creed of Islamic knowledge, and reflected on the great occasion of the miracle of Al Isra' and Al Mi^raj.

This was proceeded by Imam Shaykh Amr Alshelh Al-Azhary who provided an insightful Islamic lesson about the miracle of Al Isra' and Al Mi^raj (Journey of Enlightenment), and the importance of acquiring knowledge which adheres to the true creed of Islam.

This was followed with a beautiful poetic recitation in Arabic about the Journey of Enlightenment by Mohammad Kassem and Samar Anis from primary school.

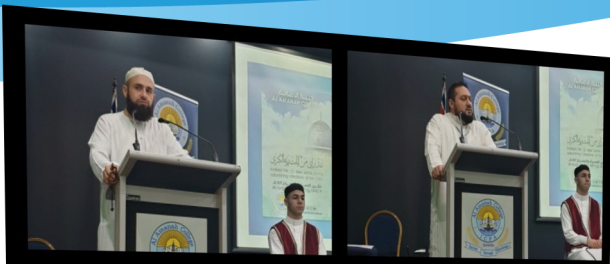
The chanting band, with special guests whom were Al Amanah graduates and ex-students, enlightened us with beautiful anasheed about our beloved Prophet Mohammed (Peace and Blessings be upon Him).

Concluding this blessed occasion and celebration awards were handed out to students for the best dressed as well as the winners for the Al-Isra' and Al-Mi^raj competition. May Allah reward all the participants in the competition for their participation and the Al Amanah Religion Department for their efforts in organisation of the competition. Sweets were offered to commemorate this great occasion, which had indeed delighted all.

On this great occasion, Al Amanah College Principals, the executives, the teachers and all other staff members would like to extend to the parents and the Muslim community their congratulations and best wishes for a prosperous year of success, safety and happiness.

من جميع أبناء أمتنا عموماً وأبناء جاليتنا خصوصاً بأطيب الأمنيات وأعز التهاني سائلين الله تعالى التوفيق والسداد وأن يعيد نتقدم وبهذه المناسبة علينا هذه الذكرى بالأمن والأمان والبركات

وكل عامٍ وأنتم بخير



Al-Isra' and Al-Mi'raj Celebration



Al-Isra' and Al-Mi'raj Celebration



Al-Isra' and Al-Mi'raj Celebration



Al-Isra' and Al-Mi'raj Celebration



COVID-19 Major Clean-up - #3 - 13 March 2021

Al Amanah College has implemented another extended and increased cleaning of frequently high-touched surface areas in all parts of the school on Saturday 13 March 2021, to help reduce the risk of the COVID-19 transmission.

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

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

The school has been regularly enhancing its cleaning procedures to ensure the adoption of all reasonably practicable measures to reduce the spread of viruses or germs at our campuses. We are ensuring our staff members, students and families are staying safe and keeping healthy during the Covid-19 pandemic.



COVID-19 Major Clean-up #4 - 26 March 2021



With the easing of restrictions and the improvement of the COVID situation in NSW, Al Amanah College has implemented its last extensive cleaning session of frequently high-touched surface areas in all parts of the school on Saturday 27 March 2021.

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

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

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



Star Student of the Week



K - 1

Week 7

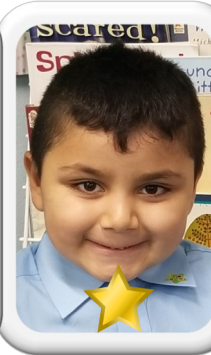
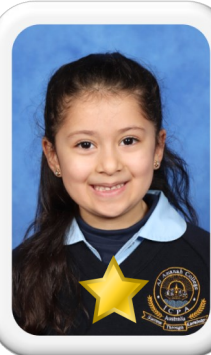
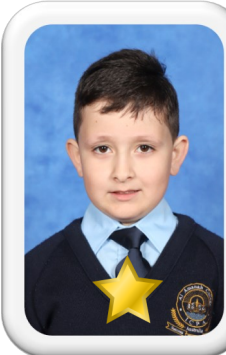
Week 7

Week 8

Week 9

Week 10

Week 10



Youssef Alzubaidy
1E

Maya Kamanad
1H

Adil Gilany
KH

Zayn Masri
KS

Jacob Hassan
KE

Salim Alwan
1H

2 - 6

Week 7

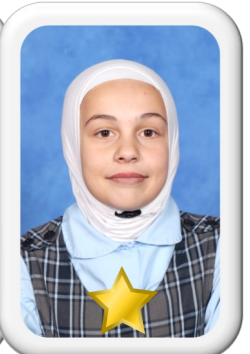
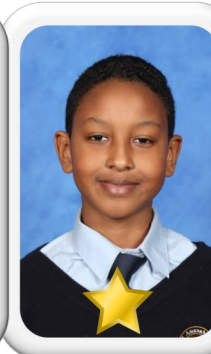
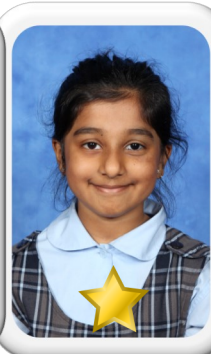
Week 7

Week 8

Week 9

Week 10

Week 10



Aminah El Niz
4B

Manha Irfan
4H

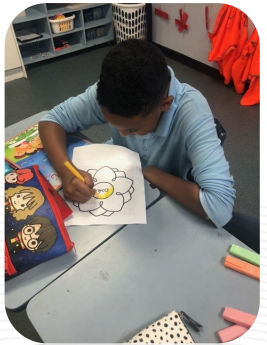
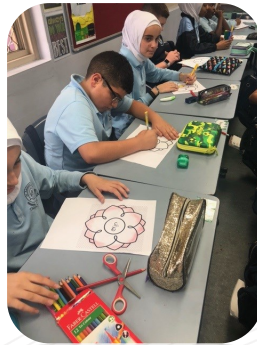
Sewar Mansi
5A

Aisha Ain
5C

Musrapha Ahmed
6A

Ayeesha Raad
6J

الصف السادس أثناء قيامهم بنشاط في درس القواعد



Clean Up Australia Day at Al Amanah College

Over the course of one week, students of Al Amanah College participated in Clean Up Australia Day.

This insightful experience provided awareness of how important it is to keep our local and school environment clean and clear of rubbish.

In week six, each grade was allocated a time and day in which they actively participated in picking up rubbish in our school. Years Five and Six had the opportunity to clean up the park across the street from the school. During this time, students were made aware of how critical it is to spread the word that Australia's waste challenges go far beyond one day. It is recognition of the impact that litter has on our environment and the importance of working together as a team to ensure our school and community stays clean.

Students have truly stepped up to clean up our school. Australia Day was an insightful experience for students which provided them with a sense of pride and achievement by contributing positively to their school and acknowledging the importance of keeping our school grounds clean.



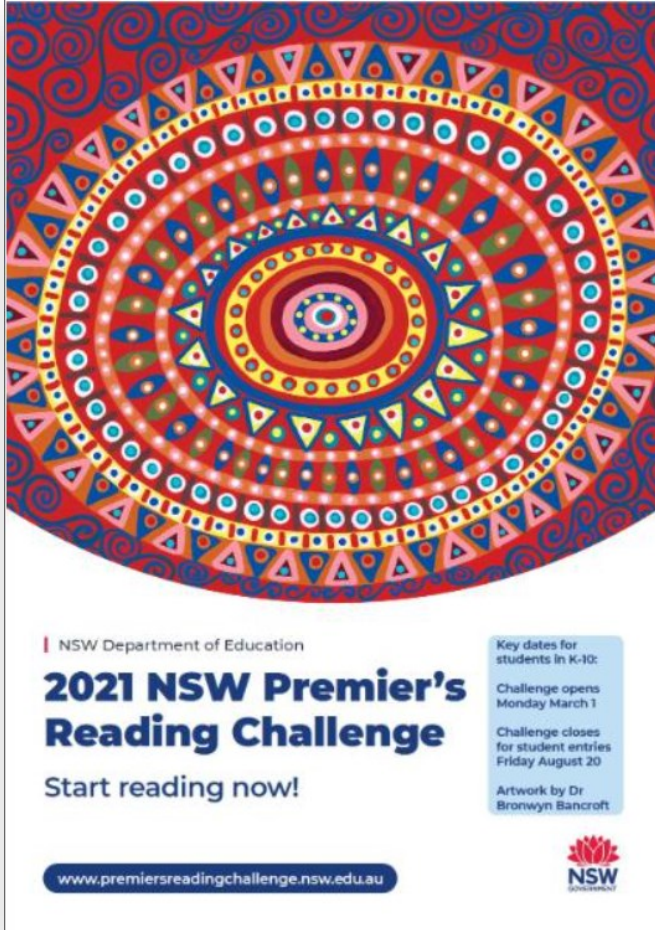
'The Big Veggie Crunch Week' at Al Amanah College

In week eight, Primary students of Al Amanah College participated in 'The Big Veggie Crunch.' The purpose of this health initiative was to engage, raise awareness and consult the school community about increasing vegetable consumption in a fun way. Across the week, each class recorded a tally, recording the number of vegetables consumed and were educated about the nutritional content and value of vegetables. The initiative was a huge success as a total of 2025 vegetables were crunched over Vegetable Week.

Students displayed heart-warming attitudes by encouraging and commending one another for making healthy choices. Congratulations to the winning class of this event, 6A! With an incredible score of 313 vegetables, 6A have won an extra sport session in Week nine. The staff at Al Amanah College are beyond proud of the students contributing positively to this initiative and hope the healthy eating habits continue after the event.



2021 NSW Premier's Reading Challenge



The PRC is back again at our school!

The challenge is a great way of inspiring the students to read more books and promoting a love of reading for pleasure and leisure. Please encourage your child/ren to enter the challenge. They will receive the Challenge Competition Certificate if they can complete the challenge. Furthermore, students who are completing their fourth year this year will receive their gold certificate. Last year, we had about one-third of all primary students completed their challenge and eight of them received gold certificates.

Please return the permission notes to the class teachers so that your child/ren can start the challenge immediately if you have not done yet.

We hope to see an increase in participation from our students this year. If you have any issues regarding the challenge, please contact your class teacher or the librarian directly.



Librarian
Ms Aziz



International 'Read to Me' Day

'International Read to Me' day was celebrated on Friday 19 March at Al Amanah College. It is a national campaign aimed at overcoming the barriers to reading which are faced in different countries and communities. To mark this special day, teachers read quality literature to their students and engaged in discussion about how lucky we are to have access to resources and quality education that enables us to develop our skills in reading and to be able find a love of reading for leisure.





National Day of Action against Bullying and Violence

National Day Against Bullying

On Friday 19 March Al Amanah College set out to take action against bullying by creating awareness and promoting the National Day of Action against Bullying.

This year, students, teachers and schools nationwide celebrated this year's theme of [Bullying. No Way! Take action every day.](#)

The NDA gives schools the chance to take action and empower young people to be part of the solution when addressing bullying in their school community. It provides an opportunity to focus on bullying and the changes we can all make to help create safer communities for everyone.

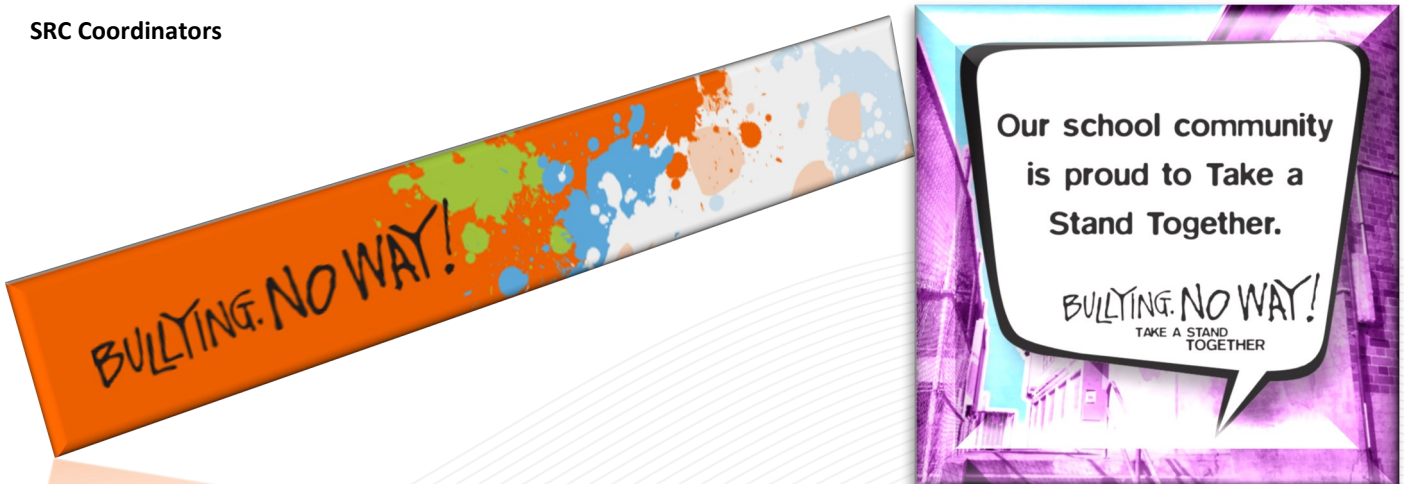
Students had an opportunity to wear wristbands to help promote awareness along with watching videos during our weekly assembly. Teacher and student education was a clear focus for this year's theme, allowing schools to understand and identify the key aspects of the term bullying and what can be done to stop it.

The national definition of bullying for Australian schools say:

- Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.
- Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records)
- Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Here at Al Amanah College, we are working hard to ensure that our teachers and students are continuously educated about issues that refer to bullying, working closely with the Welfare Committee on a regular basis.

SRC Coordinators



STEM and Year Four

STEM is an educational curriculum that focuses heavily about science, technology, engineering, and mathematics. The application of the STEM programme in the Key Learning Area of Science is the focus in Year Four this year.

To identify the effect of soil and water on living things, Year Four students worked in collaborative learning teams to explore how different concentrations of watering method can affect plant growth. Prior to the session, we prepared the water using three different elements (spray, cup and drop stopper) and poured it on three of the plants. In groups, students discussed some variables that may affect how soil and the different watering methods affects plant growth and record a list in the class science journals, such as the amount of water, the type of plant and the frequency of watering.

Key Questions that students will investigated then answer in their science journals:

- Could too much water supply be the reason the plants aren't healthy or growing well?
- What signs do you think indicate that too much water might be the reason?
- How much water do you think plants are able to tolerate to grow healthy?

Students were very excited to observe and share results.

Year Four Teachers
Mrs Khalil, Mrs Basir & Miss Haidar



Year Four National Maritime Museum Excursion



On Monday 22 March, Year Four classes travelled to the National Maritime Museum for an excursion on their current History unit on Early Explorers.

The start of the day was very interesting due to weather conditions.

Our trip to the museum was more than just a day out of the classrooms. With so much to see and do, explore and discover, it is a journey of adventure, packed with unique education opportunities and designed to inspire. The activities were directly aligned with the syllabus and support teaching requirements.

We visited the HMB Endeavour (in one of the most historically accurate tall ship replicas in the world). The experience on the Endeavour highly engaged the students as we are studying about the early explorers in class.

Students were introduced to the eighteenth century world of exploration. They explored both above and below decks. They learnt about life on board for the crew, marines, officers, and gentlemen by viewing different parts of the ship including Cook's cabin.

Finally, the excursion was a great way to engage students with inspiring subject matter and ignite their love of learning.

Year Four Teachers
Mrs Khalil, Mrs Basir & Miss Haidar



Year Five and the Music

Year Five is studying Music this semester. We have been learning how to play, read and notate simple music notes. In groups, we have made up our own rhythms and performed these using body percussion. This week, Year Five had their first session in the music room where we began playing beats on the drums. It has been fantastic to see our wonderful Year Five students working collaboratively together!



Harmony Day

On Tuesday 22 of March Al Amanah College celebrated Harmony Day. This is the day when we celebrate Australia's cultural diversity and share what we have in common. The central message for Harmony Day is that 'everyone belongs'.

Harmony Day celebrates the fact that Australians come from all over the world. Today there are over 21 million people living in Australia. They all contribute different ideas, languages and customs to our country. The diversity of people who live in Australia make it such an interesting and special place to live. It is celebrated around Australia each year to celebrate our multicultural society.

Students celebrated Harmony Day by wearing their Islamic cultural clothes to school to represent their culture. This brought awareness of the differences and similarities people have and taught our students that Harmony Day is a day where we celebrate inclusiveness and a sense of belonging.

It was fantastic to come together and be involved in such an important day.



Year Six Gala Day Stage Three European Handball Inter-School Gala

Al Amanah College Bankstown and Liverpool Campuses held its inter-school Gala Day on Tuesday 30 March. This event brought together our Year Five and Six students to participate in European handball matches at Neville Reserve, the home of Spears Sports Club.

Students faced a number of challenges throughout the day which they happily overcame. All participants showed great sportsmanship. Participating students received a well done ribbon for their efforts in the non-competitive Gala Day.

Thankyou to Spears Sports Club for hosting the event. We look forward to next term's competition



Plants in Year Three



This Term, Year Three students have been learning about the life cycle of plants in our science unit titled 'Beeing Curious'. We have investigated the parts of a seed and analysed the four main stages in a plant's life cycle which are seed, seedling, mature plant, and flower/fruit.

Students had the opportunity to plant their very own seeds and observed and documented the germination process by recording changes, making predictions, and measuring the growth as our seeds sprouted. We watched as the seeds began their lifecycle growing from a seed into seedlings and then transitioning into mature plants. Not only did we plant our own seeds, but we also experimented with chlorophyll, creating chlorophyll rubbings using leaves and constructed our very own beehives using recyclable materials.

This unit sparked so much interest in year three students that they began planting seeds of their own in their gardens at home. Who knew we would have so many future botanists amongst us!



Primary School Sayuban Ramadan

On Wednesday 31 March, Al Amanah College primary students came together for our annual Sayuban Ramadan Breakfast. This festive occasion was held to celebrate the upcoming glorious and holy month of Ramadan.

Students celebrated this great occasion by bringing in breakfast items to share with their peers and teachers. Each class sat around a picnic rug in the various playgrounds and enjoyed manoush, pastries, salads, desserts, cakes, and drinks. A special *thankyou* goes out to the parents, students and teachers for providing the delicious food and drinks for this special event.

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.



Year Ten Mock Interviews

On Thursday 4 March 2021, Corp-training in collaboration with Al Amanah College ran a workshop for Year Ten students by delivering a seminar which delivered valuable information and advice on how to achieve success in a first job interview.

An engaging slideshow was presented advising students on what to do and what to avoid doing during their first job interview. This was closely followed by mock interviews whereby the Year Ten students were given the great opportunity to be assessed on their resume and interview skills which they have been working on during their roll call sessions.

The students found the seminar and interviews fun and beneficial, and look forward to going through their feedback from their interviewers from corp-training.



Secondary School Sayuban Ramadan 2021

Our annual Sayuban Ramadan was organised for Years Seven to Twelve students on Wednesday 24 March 2021. 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 groups with a special BBQ held in the Nagle street playground. Religion lessons were also given by Sheikh Amr AlShelh and Sheikh Samer AlShafie, which enlightened students on the benefits of the glorious month of Ramadan. A big thank you goes out to our SRC co-ordinators Miss Ech and Miss Al Amiri for organising this special occasion, and to all the staff members and students who helped out. 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. May the month be filled with blessings and a lot of acts of obedience.



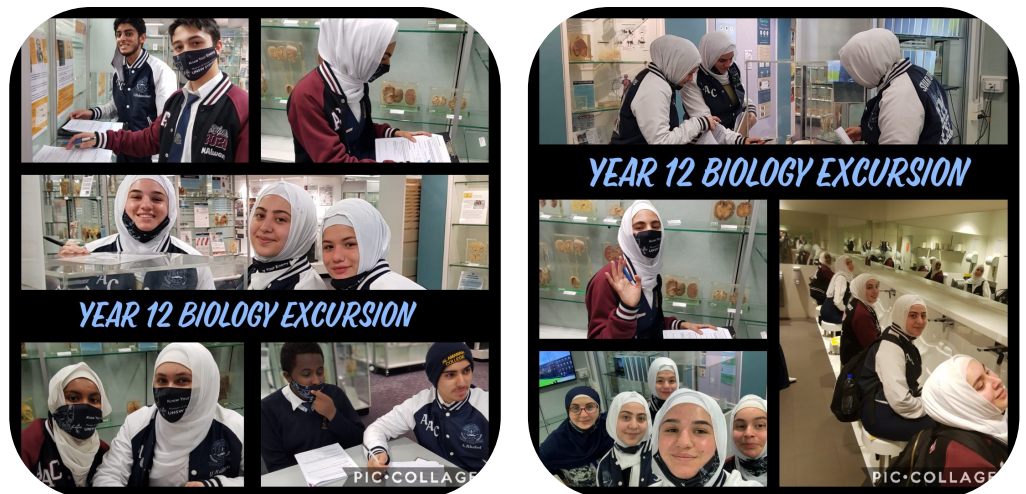
Year Twelve Biology Excursion

In the midst of a global pandemic that sparked our interests of infectious and non infectious diseases, our Year Twelve Biology cohort was determined to expand our studies by visiting the Museum of Human Disease at the University of New South Wales.

The day began with a stomach-churning presentation of common diseases such as Cirrhosis and Atherosclerosis that gave us an insight into the multitude of diseases that we are yet to learn about and discover as students. By visiting stations of criminal biology and epidemiology, we were able to feed our interests in biological processes that are altered due to disease and how these diseases can be prevented as well as controlled.

Overall, the Year Twelve class enjoyed a day of discovery into the inner-workings of the human body and possible health-related career paths that could stem from interacting with the specimens in the museum.

Halima El-Zahab
Year Twelve Student

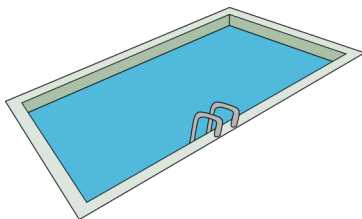


Girls Swimming Carnival

The girls' second swimming carnival was a success yet again as the girls were eager to discover the new venue at Fairfield City Leisure Centre. Whilst continuing to encourage competition through a series of freestyle and backstroke races, the day was set for the girls to enjoy a day out of swimming to improve mental wellbeing and encourage their interest in sports. Al Amanah College prioritises student wellbeing and sports activities in a healthy and safe environment.

Overall, the day was filled with enjoyable activities and a delicious lunch that made the day memorable for the high school girls.

Halima El-Zahab
Year Twelve Student



SRC Leadership Seminar

On Friday 26 March, the SRC participated in a seminar held by Sheikh Amr Al Shelh, on the topic of bullying. All types of bullying were prominently discussed, and thoroughly explained throughout the session, with links back to the religion. We were advised of the consequences of bullying, and how to be a reliable member of the SRC, catering to those who have experienced bullying in the past, serving as a very educational and insightful seminar. The seminar is an example of what the school ethos and the SRC body uphold at Al Amanah College. All the students found the seminar beneficial and extend their gratitude to Sheikh Amr Al Shelh for his religious advice and guidance.



Knowledge
is
power!

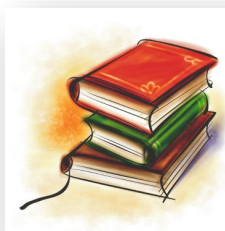


Secondary Parent/Teacher Night 2021

On Tuesday 30 March 2021, Al Amanah College held Parent Teacher interviews for Years Seven to Twelve. Teachers and parents talked about assessments results and areas for improvement.

Parents and teachers discussed the students' progress, as part of the development of their academic achievement at school. They worked together to come up with strategies to support the students to work to their full ability and potential.

We hope that we can continue to build positive teacher and parent relationships for the betterment of the school.



Live Life Well @ School

March 2021

What's Happening

Active Kids Expo

Fairfield City Council with support from South Western Sydney Local Health District, is hosting the Active Kids Expo. This event provides families with school aged children the opportunity to find out about local sports and active recreation activities, plus receive assistance in signing up for their Active Kids Vouchers. To register and for more information, visit [here](#).

Ride2School Day

National Ride2School Day provides an opportunity for students, parents and teachers to try riding, walking, skating or scootering to school.

When: Friday 19 March 2021

For more information or to register, click [here](#).



A profitable healthy school canteen webinar 2021

Healthy Kids Association are running virtual profitability workshops for school canteens. The two-part webinars provide an introduction to profitability and the best practices for running a viable canteen.

When: 15 March 2021 and 16 March 2021, register [here](#)

28 April 2021 and 29 April 2021, register [here](#)

Vegetable Week/ Big Veggie Crunch

Vegetable Week this year runs from Monday 15 March to Friday 19 March. The Big Veggie Crunch is a free, quick and fun event that attempts to break the record for the highest number of children eating vegetables simultaneously.

Big Veggie Crunch: 10am, Thursday 18 March 2021

FMS of the Month - Vertical Jump

The fundamental movement skill of the month is the vertical jump, which involves being able to jump as high as possible.

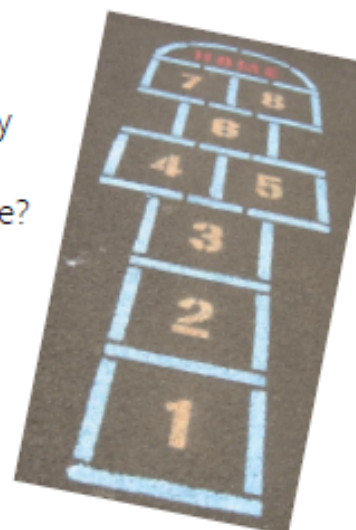


Skill components

- 1 Eyes focused forward or upward throughout the jump.
- 2 Crouches with knees bent and arms behind the body.
- 3 Forceful forward and upward swing of the arms.
- 4 Legs straighten in the air.
- 5 Lands on balls of feet and bends knees to absorb landing.
- 6 Controlled landing with no more than one step in any direction.

Resource of the month

Providing an environment that supports physical activity encourages students to be active in their play time. Did you know you can hire our playground markings for free? Contact your Health Promotion Officer or e-mail SWSLHD-LiveLifeWell@health.nsw.gov.au, if you're interested.



HEALTHYEATING
ACTIVE LIVING



Parents 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%.

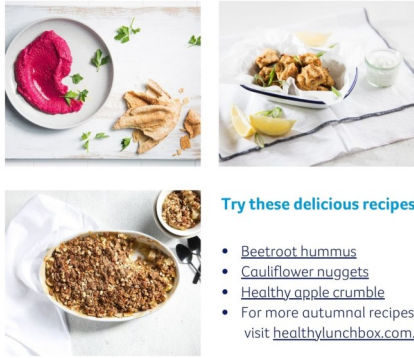
Baseball caps and sun visors DO NOT protect the cheeks, ears and back of the neck and are not recommended.

www.sunsmartnsw.com.au



Nutrition Snippet

AUTUMN FRUIT AND VEG.



Try these delicious recipes!

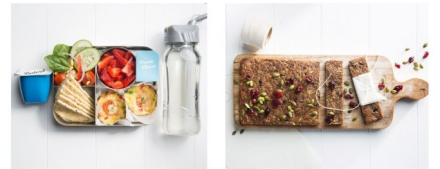
- [Beetroot hummus](#)
- [Cauliflower nuggets](#)
- [Healthy apple crumble](#)
- For more autumnal recipes visit healthylunchbox.com.au

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:

- [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](#) 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
- ¼ cup frozen peas
- ¼ 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
- ¼ 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