



# AL AMANAH COLLEGE

Success Through Knowledge

## NEWSLETTER

Issue 04

Tuesday 30 June 2020

## Message from the Principal's Office

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

Praise and thanks are due to our exalted God 'ALLAH' the lord of the worlds and may Allah raise the rank of our prophet Muhammad peace and blessing be upon him and protect his nation from that which he fears for it.

This week marks the end of Term Two. It has been a very busy term for teachers, students and of course parents and carers. We would like to welcome two new teachers to our Al Amanah College teaching team. Mrs Sia Ibrahim (Junior High School HSIE) and Miss Sara Al Nassir (Learning Support). They will commence at the beginning of Term Three.

The secondary school mid-year exams commenced Monday 22 June and will concluded on Friday 3 July. Teachers will be announcing marks to the students during the first two weeks of Term Three. They will go over the exams during class time. It is very important for students to take notes about the areas in which they identified a weakness. Some parents can be anxious about their child's result in a particular exam and would like immediate feedback from the teacher. I ask that, unless absolutely necessary, you wait until the reports are issued at beginning of Term Three so you get a full picture of how your child is progressing in.

Please note that the Primary and Secondary Parent/Teachers' interviews will be held during week two of Term Three. Mid-year reports and primary students' portfolios will be distributed to parents during the interviews.

### Year Twelve Working Hard Towards HSC

Term Three is a very demanding time for Year Twelve as they enter the final phase of school-

ing. Trial One HSC Examinations will be held in week one whereas Trial Two HSC Examinations will be held in weeks four and five. These examinations are extremely important! I encourage students to prepare thoroughly. The beginning of Term Three is also the time period when all practical submissions for the HSC are due. The final weeks of term are a great time for Year Twelve students, however, they need not to switch off from their studies during their final weeks – every minute of effort will count when going into the HSC. This is a very demanding time for students. We wish them all the best of luck through the submission period, their Trial HSC, and the final weeks as school students.



### Al Amanah College Students Wearing Uniform with Pride

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

Have a wonderful, safe and relaxing holiday. Remember we return to school on Tuesday 21 July.

Yours sincerely,

**Ayman Alwan**  
Principal

## Dates to Remember

- FRIDAY 3 JULY  
Term 2 Last Day
- MONDAY 20 JULY  
Pupil Free Day/Staff Development Day
- TUESDAY 21 JULY  
Students Day One/Year 12 Trials 1
- MONDAY 27 & WEDNESDAY 29 JULY  
Primary Teacher/Parent Nights  
From 4pm - 6pm
- TUESDAY 28 JULY  
Secondary Teacher/Parent Night  
From 4pm - 7:30pm
- TUESDAY 4 AUGUST  
Year 10 Vaccination
- FRIDAY 7 AUGUST  
Photo Day
- MONDAY 10 AUGUST  
Girls Athletics Carnival
- WEDNESDAY 12 AUGUST  
Eid Fete
- THURSDAY 13 AUGUST  
Boys Athletics Carnival
- MONDAY 17 AUGUST  
Science Week
- MONDAY 17 - FRIDAY 28 AUGUST  
Year 12 Trials 2
- THURSDAY 29 AUGUST  
New Hijri Year Break (TBA)

## الأحاديث الأسبوعية

### Hadiths of the Week

قال رسول الله صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ:  
"مَنْ صَامَ رَمَضَانَ وَأَتْبَعَهُ سِتًّا مِنْ شَوَّالٍ كَانَ كَصِيَامِ الدَّهْرِ"  
رَوَاهُ مُسْلِمٌ

30 DAYS RAMADAN + 6 DAYS SHAWWAL = 1 YEAR

Whoever fasts the month of Ramadan then he follows it with fasting six days of Shawwal, would almost be as if he fasted a full year.

T2 WK5&6

Hadith of The Week

قال رسول الله صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ:  
{لَا فَضْلَ لِعَرَبِيٍّ عَلَى عَجَبِيٍّ وَلَا لِعَجَبِيٍّ عَلَى عَرَبِيٍّ وَلَا أَحْمَرَ عَلَى أَسْوَدَ وَلَا أَسْوَدَ عَلَى أَحْمَرَ إِلَّا بِالتَّقْوَى}

رواه الإمام أحمد

Which means:  
No superiority is given to an Arab over a non-Arab nor to a non-Arab over an Arab nor a white person over a black person nor to a black person over a white person, except by level of piety.

قال رسول الله صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ:  
{مَنْ لَا يَرْحَمُ لَا يَرْحَمُ} رَوَاهُ الْبَيْهَقِيُّ

Which means: "He who has no mercy towards others, will receive no mercy from Allah"

وتواصوا بالرحمة

T2 WK8

Be Happy

قال رسول الله صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ:  
تَبَسُّمُكَ فِي وَجْهِ أَخِيكَ صدقة.

T2 WK9

Which means:  
"Meeting your brother with a smile is rewardable"

قال رسول الله صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ:  
اغْتَنِمِ شَبَابَكَ قَبْلَ هَرَمِكَ رَوَاهُ الْإِمَامُ أَحْمَدُ

T2 WK10

"Make the most of your youth before you become old"

يا رسول الله صلى الله عليه وسلم

أعلمم بفتح حة الإسلام و التفتيش الضمير t.me/ahlossunnah t.me/correctcreed

## Reminders - Reminders - Reminders

### Driving and Parking Safely around the School

The beginning and end of the school day are busy times for pedestrians and drivers outside schools. You can help keep children safe by remembering the following:

- drop your child off and pick them up on the school side of the road
- never call out to them from across the road - it is very dangerous
- always take extra care in 40km school zones
- follow all parking signs - these help keep your child as safe as possible
- park responsibly even if it means you have to walk further to the school gate
- never double park - it is illegal and puts children at risk
- never do a U-turn or a three point turn outside the school as it puts children at risk of harm
- do not block neighbouring driveways
- do not park in neighbouring properties
- model safe and considerate pedestrian and driver behaviours to your child
- always give way to pedestrians particularly when entering and leaving the kerb
- always get in and out of the car through the 'safety doors'. These is the doors on the footpath side of the car.



### Uniform and Following School Rules

Wearing a uniform is a badge of pride, creates an identity for a school and is an important part of being a school student. It gives students a sense of belonging to a particular school and create an identity for the school in the community.”

A school uniform teaches students to dress smartly and take pride in their appearance it helps students to prepare for when they leave school and may have to dress smartly or wear a uniform.

Some people believe that a school uniform can improve learning by reducing distraction, sharpening focus on schoolwork and making the classroom a more serious environment, allowing students to perform better academically.

Therefore, all students are expected to attend school with full school uniform. Failure to do so will result in reprimand/consequence. Furthermore, all students are reminded to follow the rules at school. Obedience to school rules improve relationships between students and teachers and demonstrates that students care about their education. Showing respect to the rules of the campus help build a trust with teachers.

It is essential that school should have rules because without rules no one can learn. And without learning no one can grow. Rules are the most significant part of the school, which everyone should follow. ... Rules lead towards a disciplined life.

Al Amanah College endeavours to provide parents with the highest quality of professional services at all times! With this in mind we are very pleased to announce that all School uniform will now be sold directly through the supplier. This will provide parents with extended times for purchasing, improved stock availability and the convenience of online shopping.

The details for the Uniform Shop are as follows:

Faz Uniforms Pty Ltd  
Address: 15/364 Park Rd  
Regents Park NSW 2143  
Telephone: 02 9644 7999  
Website: [www.faz.com.au/uniformshop/](http://www.faz.com.au/uniformshop/)



Parents are welcome to visit the Uniform Shop from 9:00am to 3:00pm, Monday to Friday. The accepted methods of payment are cash and Eftpos only.

If you have any questions regarding this matter, please do not hesitate to contact the School Administration Office or the Uniform Shop directly on the number provided above.

**Beanies, hats and ties will still be available on campus.**

## Reminders - Reminders - Reminders

### NSW Premier's Reading Challenge

NSW Premier's Reading Challenge (PRC) aims to encourage a love of reading for leisure and pleasure in students, and enables them to experience quality literature.

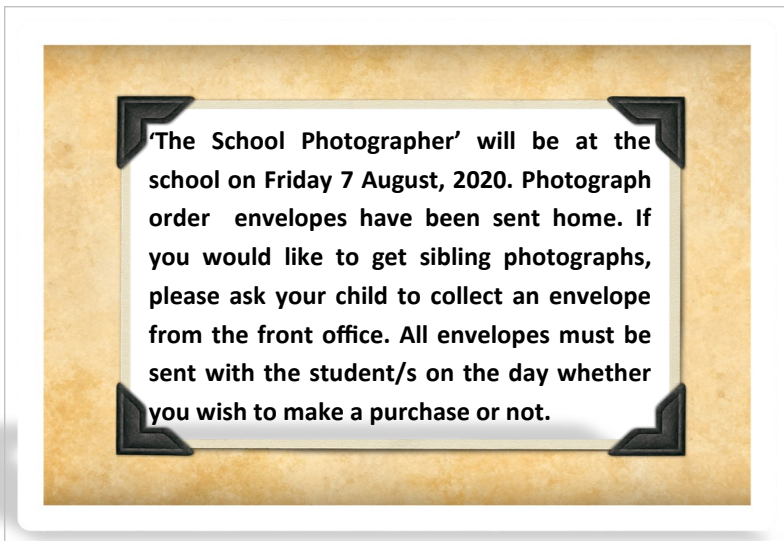
At Al Amanah College there are forty students who currently doing PRC 2020. Out of this, six students have already completed the challenge. Please note that students have eight more weeks to finalise their Student Reading Record.

Please note that from 15 April 2020, students are allowed to add ten personal choice books instead of five books previously. With this new change the minimum number of PRC books that need to be read to complete the challenge has been reduced from 25 to 20 books for K - 2 and 15 to 10 books for Year 3 - 6. If you have any issues in regard to PRC 2020, please talk to the class teacher or directly to the librarian. Further information can be obtained from PRC website <https://online.det.nsw.edu.au/prc/home.html>.

Please be advised that all students including Year K - 2 are allowed to borrow books during the Term Two school holidays. Take this opportunity to add more required books to the PRC's Student Reading Record so that you can complete your challenge earlier!



### School Photos



### School Fees

Term Two school fees are now overdue! *Thankyou* to all who have already paid them. If you have not paid yet, please do so promptly.

Please remember to include your family key when paying online, so we can identify you.

### Student Absence Explanation on IGLOO

Parents are kindly reminded to explain their child/children's absence online through our igloo portal within seven days of the first day of absence.

### Entrance Exams Dates

Years 3 - 11 Entrance Exams	Wed 29/07/2020	Term 3 Week 1
Kindergarten Entrance Exams	Wed & Thurs 5-6/08/2020	Term 3 Week 2
Years 1 & 2 Entrance Exams	Tuesday 11/08/2020	Term 3 Week 3

## Bullying and Harassment

Al Amanah College does not tolerate bullying and harassment of students. Students who persistently bully other students will be subject to the Al Amanah College Welfare and Discipline system and risk suspension under the school suspension policy.

*Bullying is the repeated conscious desire to hurt, threaten, isolate, exclude or embarrass someone.*

### Bullying occurs when a person:

- Is called racist names
- Is called hurtful nicknames
- Is threatened
- Is sent hurtful notes or text messages
- Is teased in an unkind way
- Has rumours spread about them
- Has property damaged
- Is subject to cyber bullying

### Parents you can:

- ◆ Watch for signs of distress
- ◆ Listen to your child
- ◆ Give your child some strategies
- ◆ Advise your child to tell a trusted staff member
- ◆ Inform the school

### Possible signs and symptoms of being bullied

- ◆ Unwillingness to attend school
- ◆ Unusual emotional outbursts or mood swings
- ◆ Lack of confidence
- ◆ Damaged clothing or possessions



## Al Amanah College SCHOOL APP

Download this free app on your iPhone,  
iPad and Android Devices.

Al Amanah College School App Benefits:

- Direct contact with the college
- Updated alerts on all notifications and events
- Stay up-to-date with most current events
- View up-to-date newsletters
- View and download general school letters and forms
- Direct links to the school's facebook page, igloo and Moodle online portals

\*We encourage all parents to install this FREE APP\*



## COVID - 19 Major Clean-up #5 - 31 May 2020

Al Amanah College is actively taking all necessary precautions to prevent the potential spread of COVID- 19 by implementing another major clean-up of frequently high-touched surface areas in all parts of the school on Sunday 31 May 2020.

This weekend, the school in conjunction with its daily clean-up routine has performed the fifth whole school major clean-up which thoroughly included the total disinfection of all frequently touched surfaces. This included cleaning and disinfecting of all facilities within the school building and surrounding environment including desks, chairs, doorknobs, doors, handrails, window handles, lockers, teaching and learning aids, outdoor seats, play and sports equipment, the canteen area and all water and sanitation facilities.

The school on a daily basis is actively maintaining all personal hygiene protocols for staff members, students and families by reinforcing frequent handwashing and sanitation practices. This is achieved through equipping all handwashing stations with anti-bacterial soap dispensers and hand sanitiser dispensers in each classroom, at entrances and exits, and near lunchrooms and toilets. To further emphasise the importance of personal hygiene the school has placed posters and signs around the hallways and on all the school's social media platforms encouraging good hand and respiratory practices.

We are ensuring our students, staff members and families are staying safe and keeping healthy during the COVID-19 pandemic.



## COVID-19 Major Clean-up #6 - 13 June 2020

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 June 2020, to help reduce the risk of the COVID-19 transmission.

This weekend, the school in conjunction with its daily clean-up routine has performed the sixth whole school major clean-up which thoroughly included the total disinfection of all frequently touched surfaces. This included cleaning and disinfected all facilities within the school building and surrounding environment including desks, chairs, doorknobs, doors, handrails, window handles, lockers, teaching and learning aids, outdoor seats, play and sports equipment, the canteen area and all water and sanitation facilities.

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 #7 – 27 June 2020"

Al Amanah College is actively taking all necessary precautions to prevent the potential spread of COVID- 19 by implementing another major clean-up of frequently high-touched surface areas in all parts of the school on Saturday 27 June 2020.

This weekend, the school in conjunction with its daily clean-up routine has performed the seventh whole school major clean-up which thoroughly included the total disinfection of all frequently touched surfaces. This included cleaning and disinfected all facilities within the school building and surrounding environment including desks, chairs, doorknobs, doors, handrails, window handles, lockers, teaching and learning aids, outdoor seats, play and sports equipment, the canteen area and all water and sanitation facilities.

The school on a daily basis is actively maintaining all personal hygiene protocols for staff members, students and families by reinforcing frequent handwashing and sanitation practises. This is achieved through equipping all handwashing stations with anti-bacterial soap dispensers and hand sanitiser dispensers in each classroom, at entrances and exits, and near lunchrooms and toilets. To further emphasis the importance of personal hygiene the school has placed posters and signs around the hallways and on all the school's social media platforms encouraging good hand and respiratory practises.

We are ensuring our students, staff members and families are staying safe and keeping healthy during the COVID-19 pandemic.



### Whole School Staff Lunch

On Tuesday June 2, a whole school staff lunch was organised in recognition of the hard work and effort of all staff members who successfully responded and adapted to the new challenge during the COVID-19 pandemic. On behalf of the school board and executives Mr Alwan thanked our dedicated school staff for their flexibility and devoted nature, working towards the continuous growth of this fantastic school community.



### SRC Meeting with School Principal

On Wednesday 17 June 2020, the Primary and Secondary SRC students attended their second meeting with the school principal Mr Ayman Alwan. The students were acknowledged for their patience and dedication to their online study at home during the time of the COVID-19 pandemic. The students were also reminded to ensure that they promote positivity and to uphold the school's ethos and values at all times by being responsible role models. The SRC team were excited to discuss new initiatives to be implemented in Semester Two and are eager to begin planning for the new events to be conducted.



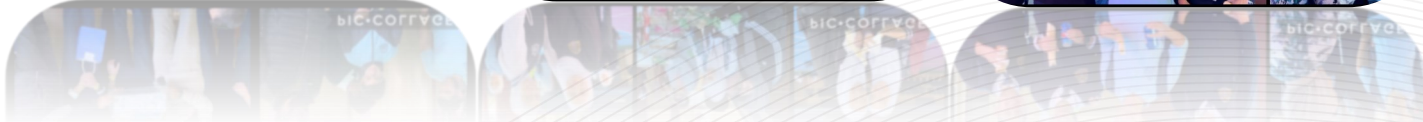
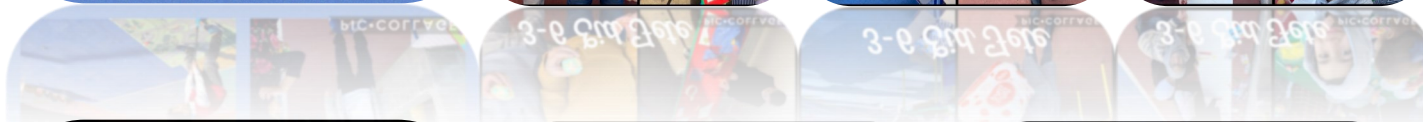
## Eid Al Fitr Mini Fete

On the blessed occasion of Eid Ul-Fitr, Al Amanah Primary and Secondary students celebrated the glorious event on Wednesday 3 June with a fun-filled mini Eid fete. For Primary School, the day consisted of many activities organised by the teachers including a variety of games and activities that sure did excite the students.

In order to keep the energy levels up and to satisfy their sweet tooth, students enjoyed the variety of Krispy Kreme donuts that are always a hit! Students were treated to a delightful BBQ which entailed delicious chicken and kafta sandwiches. Thank you to all the teachers who assisted in organising the BBQ.

After a half-day filled with excitement, High School students and teachers were invited to attend a religious lesson by Shaykh Amr Alshleh (Secondary Boys) and Shaykh Samer Alshafie (Secondary Girls).

Thankyou to all the dedicated students and teachers who made the day a success. A big thank you for all the hard effort and dedication.







## Star Student of the Week



### K - 1

Week 5



Taliah Trad

KR

Week 6



Youseph Abdelwali

1E

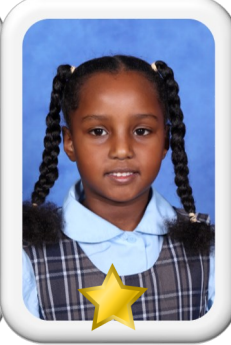
Week 7



Mahed Muhammad

1H

Week 8



Rafeef Hasan

1R

Week 9



Malak Raad

KK

Week 10

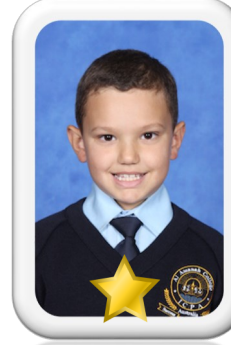


Adam Sadek

KR

### 2 - 6

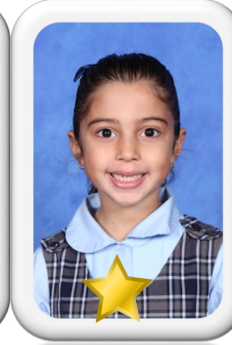
Week 5



Jibril Abdallah

3E

Week 6



Eleena Eid

2P

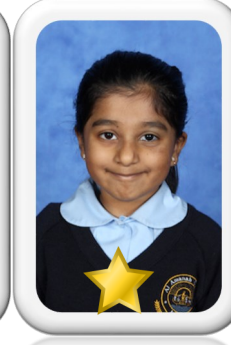
Week 7



Adyan Talha Amin

2S

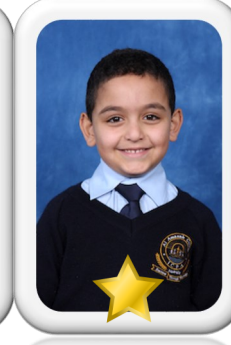
Week 8



Manha Irfan

3M

Week 9



Elias El-Saj

4R

Week 10



Joumana Khalifa

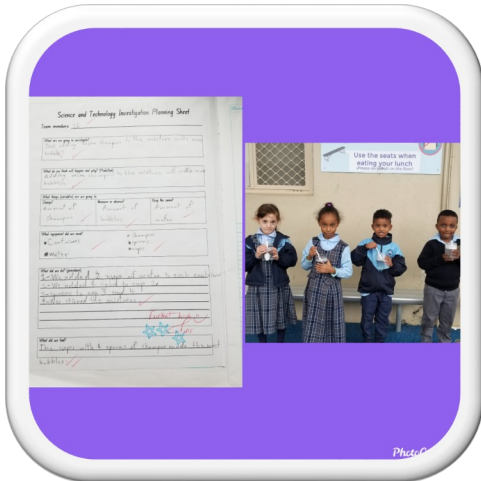
4K

شرح درس أسماء الإشارة لطلاب الصف الثالث بطريقة مبسطة وواضحة تجعل الدرس سهلاً وواضحاً للتلاميذ



## Year One Brilliant Bubbles

This term, Year One students are having so much fun studying the unit "Brilliant Bubbles" in science. They discussed the different possibilities to make bubbles at home and at school and investigated different bubble recipes with the aim of making their own bubble mixtures. Year One students explored how the amount of soap added to water can affect the quality of bubbles produced by the resulting mixture. They tested whether an additive (white sugar, corn flour, glycerine or baking powder) would produce bigger or longer lasting bubbles when added to their bubble mixture. The Year One students examined the properties of materials to identify which materials can be used to make their own bubble wands. They described how the properties of the different materials are suitable for making their bubble wand's ring and handle. 1E, 1R and 1H made some awesome designs and constructed some very unique bubbles wands!!!



## Hands on learning in Year Five

This term in science, Year Five have been studying the topic 'States of Matter: Solids, Liquids and Gases'. Through hands-on investigations and research, we have explored the properties of solids, liquids and gases, and analysed how states of matter can be changed and reversed.

As part of our unit, we have investigated how to change the state of chocolate from a solid into a liquid and then reverse it through making Rocky Road. We first made Rocky Road as a class and observed how it demonstrates reversible change (and also how yummy it is!). Students in Year Five then formed collaborative teams in order to design a device that would enable them to make Rocky Road within a one hour time limit. Their device must have the capability to melt chocolate as well freeze it within the given timeframe. This week, they will be working on making a model of their device using materials from home. The groups will be then presenting and reflecting on their devices and models.

We have been extremely impressed with Year Five's collaboration and cooperation during their group work. They have been working very effectively and respectfully to develop some creative and inspiring devices!



Mrs Collins and Mrs Jomaa  
Year Five Teachers

## Science Melting Moments



During Term Two, Year Three have been learning about different states of matter in our science unit called 'Melting Moments'. We have been focusing on how solids, liquids and gases change state and the properties of natural and processed materials. Students investigated how different properties of materials affected their suitability for food products. This week, students designed and made their own insulated lunchboxes using different materials such as; aluminium foil, glad wrap, cotton balls, plastic containers and shredded paper. Students were given a piece of bread to test their designs.

We really enjoyed this scientific investigation!

Ms El Sabeh, Miss McGahey and Miss Natasha Siddiqui  
Year Three Teachers

## Reading Your Child's Report

Could try harder . . . always does her best . . . lacks concentration . . . can be distracted . . . a pleasure to teach . .

Do these comments, taken from a batch of student reports sound familiar?

Student reports bring mixed feelings for parents/carers. Pleasure and pride if students are performing well but considerable angst when children are not progressing as you hoped.

Reports can sometimes mean anxious times for children too. Will my parents/carers be disappointed or proud?

Kids of all ages take their cues from their parents/carers, so your reaction to their school report can affect the way they see themselves as learners and as people.

Before you rip open the sealed envelope containing the report do a little self-check to see if you are in the right frame of mind:

1. Are your expectations for your son or daughter realistic and in line with their ability?

Expectations are tricky. If they are too high then kids can be turned off learning. Too low and there is nothing to strive for. Pitch your expectations in line with your child's abilities. A quick check of your child's last report cards may provide you with a good yardstick.

2. Do you believe that children learn at different rates? There are slow bloomers, late developers and steady as-you-go kids in every classroom, so avoid comparing your child to siblings, your friends' children and even yourself when you were a child. Instead look for individual progress.

3. Are you willing to safeguard your child's self-esteem rather than deflate it?

Self-confidence is a pre-requisite for learning, so be prepared to be as positive and encouraging as possible. School reports come in different formats. Some are prescriptive while some use grading systems such as A, B, C, etc. with room for teacher comments. Regardless of the format school reports should provide you with an idea of your child's progress in all subject areas, their attitude and social development.

Here are some ideas to consider when you open your child's report:

Focus on strengths. Do you look for strengths or weaknesses first? The challenge is to focus on strengths even if they are not in the traditional 3Rs or core subjects.

Take into account your child's effort and attitude to learning. If the report indicates that effort is below standard, then you have something to work on. If your child is putting in the required effort, then you cannot ask for any more than that, regardless of the grading.

Broaden your focus away from academic performance to form a picture of your child's progress as a member of a social setting.

How your child gets along with his or her peers will influence his happiness and well-being, as well as give an indicator to his future.

The skills of independence and co-operation are highly valued by employers so don't dismiss these as unimportant.

Take note of student self-assessment. Kids are generally very honest and will give a realistic assessment of their progress. They are generally very perceptive so take note of their opinions.

Discuss the report with your son or daughter talking about strengths first before looking at areas that need improvement. Ask for their opinion.



## Best Dressed Abaya Competition

During the holy month of Ramadan, the secondary students of Al Amanah College, were given an opportunity to dress up in Islamic dress every Friday. Votes from their peers were taken for each class, in order to determine who was wearing the 'best dressed abaya'. The competition allowed students to take pride in our Islamic traditions as set by our Prophet Muhammad (may blessings and peace be upon him).

Although, some of our students were at home remote learning, there were many students who attended school in their best Abayas. A big thankyou to all those who participated!

We would like to congratulate the following students from each class, for their 'Best dressed Abayas':

1. Y7B: Mohammed Bakr El-Zahab
2. Y7G: Amira Kabbout
3. Y8G: Sedra Schanan
4. Y8M: Samia Owais
5. Y9G: Dalia Diab
6. Y9B1: Mahmoud Massalkhi
7. Y10G: Jasmine Sabbagh
8. Y10M: Shayma Abdul-Al
9. Y11G: Sania Owais
10. Y11B: Iyad Mohammed
11. Y12M: Mariam Abdallah



## Best Decorated Classroom Competition Winners

To commemorate the Holy month of Ramadan the school annually holds the 'best decorated classroom competition' to encourage all the teachers and the roll call students to actively decorate their allocated classroom to celebrate this blessed month. The criteria for the chosen winner of the best decorated classroom is based on original, cost-effective and handmade Ramadan themed decorations that are well arranged and colour coordinated.

Congratulations to the following winners for the best decorated classroom for 2020:

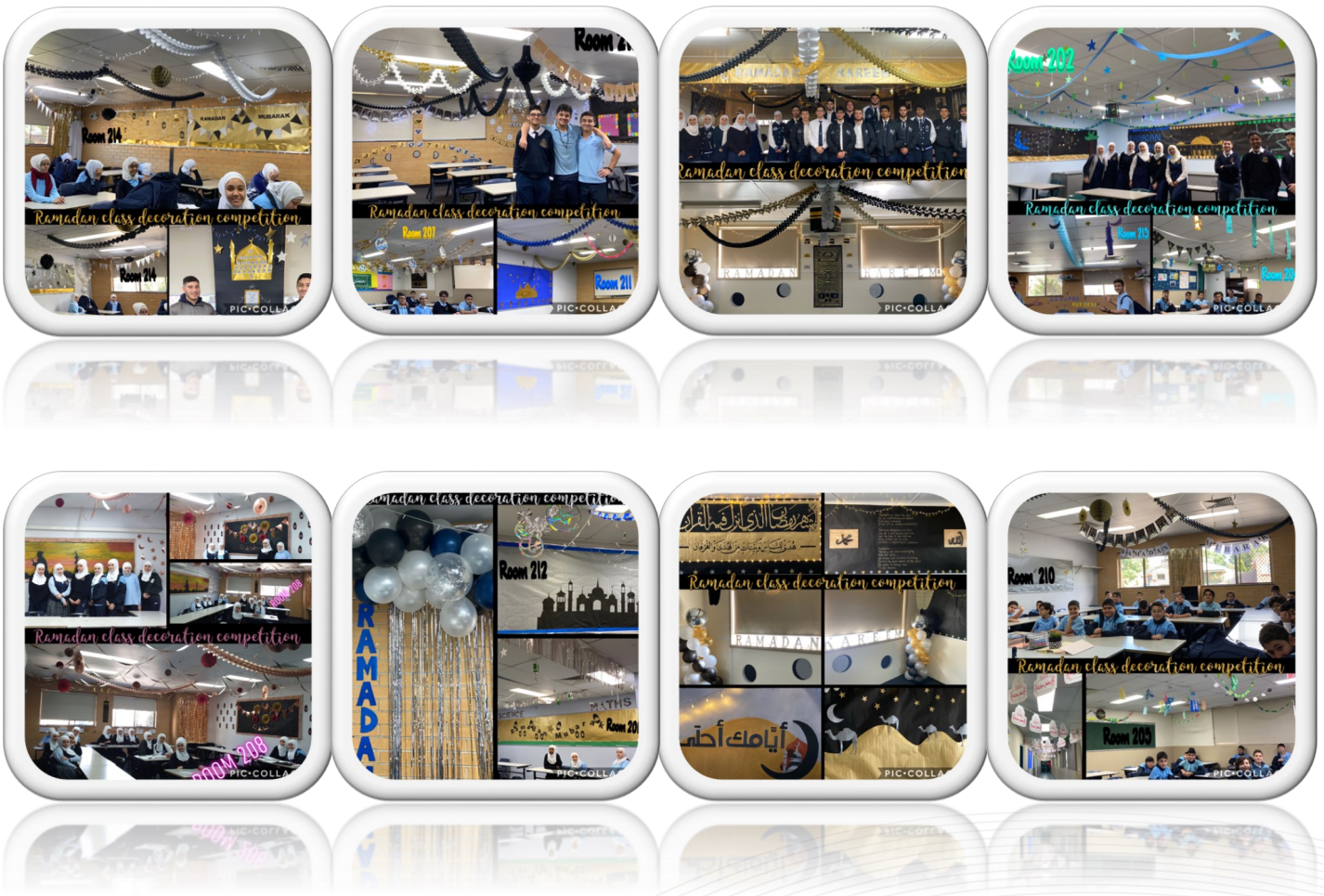
First place: Year 12M - Room 216

Second place: Year 11M - Room 202

Third place: Year 10G - Room 208

The winners of the Ramadan competitions received their prizes during the mini Eid Fete Wednesday 3 June.

On behalf of Al Amanah College School board and executives, we would like to extend our best wishes and Eid Mubarak to our staff members and their families.



## Study Tips for Year Ten Students

There are only a few days left for the half yearly examinations. To examine the potential to achieve the personal best students need to plan an extension study regime. Time management and effective study plan are absolutely essential for achieving that goal. Students need to reflect on their goals for Term Two and with assistance of their year advisors need to implement strategies to achieve success. The following are some tips for a successful result:

### Ten Habits of High Effective Students

Some people believe that really successful students are just born that way. True, some student are able to breeze through school with little or no effort. However, the vast majority of successful students achieve their success by developing and applying effective study habit.

#### 1. Do not try cramming all you are studying into one session

Successful students typically space their work out over shorter periods of time and rarely try to cram all of their studying into just one or two sessions. If you want to become a successful student then you need to learn to be consistent in your studies and to have regular, yet shorter, study periods.

#### 2. Plan when you are going to study

Successful students schedule specific times throughout the week when they are going to complete their studying – and then they stick with their schedule. Students who study sporadically and whimsically typically do not perform as well as students who have a set study schedule.

#### 3. Study at the same time

Not only is it important that you plan when you are going to study at the same time each day and each week you are studying will become a regular part of your life. You will be mentally and emotionally more prepared for each study session and each study session will become more productive.

#### 4. Each study time should have a specific goal

ImPLY studying without direction is not effective, you need to know exactly what you need to accomplish during each study session. Before you start studying set a study session goal that supports your overall academic goal (i.e. memorize thirty vocabulary words in order to ace the vocabulary section on an upcoming English test.)

#### 5. Never procrastinate your planned study session

It is very easy, and common, to put off your study session because of lack of interest in the subject, because you have other things you need to get done first or just because the assignment is hard. Successful students DO NOT procrastinate studying. If you procrastinate your study session, your studying will become much less effective and you may not get everything accomplished that you need to. Procrastination also leads to rushing, and rushing is the number one cause of errors.

#### 6. Start with the most difficult subject first

As your most difficult assignment or subject will require the most effort and mental energy you should start with it first. Once you have completed the most difficult work it will be much easier to complete the rest of your work. Believe it or not, starting with the most difficult work will greatly improve the effectiveness of your study sessions and your academic performance.

#### 7. Always review your notes before starting an assignment

Obviously, before you can review your notes you must first have notes. Always make sure to take good notes in class. Before you start each study session and before you start a particular assignment review you notes thoroughly to make sure you know how to complete the assignment correctly.

#### 8. Make sure you are not disturbed while you are studying

When you are disturbed while you are studying you, (1) lose you train of thought and (2) you get distracted – both of which will lead to very ineffective studying. Before you start studying find a place where you will not be disturbed.

#### 9. Use study groups effectively

Ever heard the phrase “two heads are better than one”? well this can be especially true when it comes to studying. Working in groups enables you to (1) get help from other students when you are struggling to understand a concept, (2) complete assignments more quickly and (3) teach others whereby helping both the other student and yourself to internalize the subject matter. However, study groups can become very ineffective if they are not structured and if groups member come unprepared. Effective student use study groups effectively.

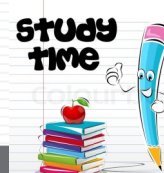
#### 10. Review your notes, and schoolwork over the weekend

Successful student review what they have learned during the week over the weekend. This way, you are well prepared to continue learning new concepts at the beginning of each week that build upon previous coursework and knowledge acquired the previous week.

Student can also access information on study plans, study skills and time management plans on Moodle.

The best of luck with your exams!

*A reminder that Work Experience is still on! Please secure a suitable placement during the school holidays.*



## Senior Student Study

Term Two of studies in the Stage Six courses is drawing to an end. It is essential for senior students to devote some time during the upcoming break towards their learning while also enjoying a well-deserved break! It is strongly advised that the 2020 HSC and Year Eleven class engage in:

1. Planning and successfully implementing a study regime over their two week break. It is recommended that Year Eleven and Twelve students take leadership in formulating a plan to accommodate family and personal commitments whilst also making time for academic pursuits
2. In academic - knowledge driven courses such as Business Studies, Biology, Economics, Geography and Chemistry it is vital that ample time is spent in readings to ensure preparations for the HSC Trial One, HSC Trial Two Exams are well underway during the break. It is also essential that all syllabus concepts, skills and rubric requirements for these courses are clearly understood by all students.
3. In English it would be advisable for all students to ensure all prescribed texts and rubric requirements are well understood. In Mathematics solving problems is key to success.
4. The use of past Year Eleven Yearly Exams and HSC Exams for practice under time constraints is an excellent idea as well to assess success points. Note the past exams and marking criteria/guidelines are available on NESA website and on Moodle.

Learning resources will continue to be available on Moodle and it is a great pathway to remain engaged with academic work. Mr Nand will continue to be available via e-mail over the break in the event you have any queries regarding your university applications inclusive of scholarships and early offer applications.

### Update on Elevate

Senior students engagement with the Elevate program aims to improving student performance through high impact study skills workshops. Elevate draws upon over fifteen years of research into the habits of the country's top students, Elevate's high impact seminars and workshops help students improve their study techniques, increase motivation, build confidence, and enhance exam performance. Moreover, senior students engagement in the Elevate programs has significantly strengthened their skills to plan and implement the Senior Mentoring Program in the junior school.

Elevate's study skills seminars are designed to achieve behavioural change amongst students. It isn't enough that students simply understand what they need to do in their study. The challenge in any study skills programme is getting students to use and apply the skills they learn. Elevate gets students using the skills from its seminars by using an integrated process that works.

I would like to take this opportunity to wish all senior students a pleasant Term Two holidays.

## Peer Mentoring Programme



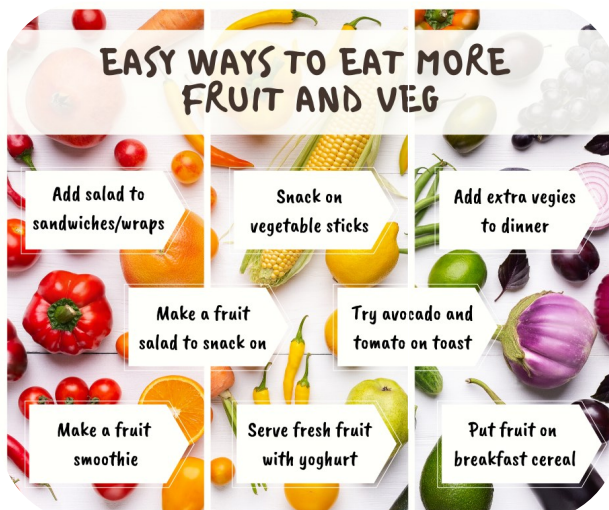
The worldwide pandemic that took over our lives slowed our progress in education by quickly adopting to both online learning and the physical classroom setting. It has now become our duty, as the seniors and role models of Al Amanah College, to revive the mentoring programme and instil the motivation back into the mindset of our student. The peer mentoring programme aims to rejuvenate the minds of our students from Years Seven to Ten. Having senior mentors go into their allocated roll call room to ensure all students adopt a positive growth mindset to help them to achieve their academic goals by adopting and implementing study timetables, effective study techniques and how to write study notes. In doing so, we hopefully will be able lift up their spirits and regain the momentum to ensure they become the future educated Muslim leaders of this country.

Halima El-Zahab  
Year Eleven Student





## Parents Health Tips



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