

# AL AMANAH COLLEGE

Success Through Knowledge

Message from the Principal's Office

## NEWSLETTER Issue 01 Monday 27 February 2023

Dear Al Amanah College Families,

#### Welcome Back!

Praise and thanks are due to Allah, the Lord of the universe. May Allah raise the rank of our Master and Prophet Muham-

mad  $\stackrel{\textcircled{}_{\scriptstyle{\scriptstyle{\oplus}}}}{=}$  and protect his nation from that which he fears for them.

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

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

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

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

I would like to welcome our new staff members and wish them a successful and fulfilling year. They bring with them a wealth of experience and expertise, and I am confident that they will play a signifi-



cant role in helping our students succeed.

I would also like to welcome back our staff who have returned from the holiday break with full of energy and enthusiasm for the new academic year. We are delighted to welcome our new secondary school teachers Miss Hussain (HSIE), Mr Abboud (Music), Miss Dabboussi (Mathematics) and Mr Sabbagh (Science and Religion). The new primary school teachers are Mrs Hawchar (Year Two), Mr Schanan (Year Five English) and Miss Chams (PE). A special welcome back to Ms El Rifai (Year One) who has returned after one year leave of absence.

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

Sincerely

Ayman Alwan Principal

#### MONDAY 6 March SRC Induction

WEDNESDAY 15 - MONDAY 27 MARCH NAPLAN Examinations Window

Dates to Remember

THURSDAY 23 MARCH Expected Ramadan - TBC

THURSDAY 6 APRIL Last Day of Term One

FRIDAY 7 - MONDAY 10 APRIL Public Holiday

TUESDAY 11 APRIL - FRIDAY 14 APRIL School Office Open from 9am - 2pm

TUESDAY 25 APRIL Public Holiday

FRIDAY 21 OR STURDAY 22 APRIL - TBC Eid UI Fitr

WEDNESDAY 26 APRIL Term Two Starts Staff Development Day Three/Pupil Free Day

THURSDAY 27 APRIL Students Day One



### الأحاديث الأسبوعية

Hadiths of the Week





قال رسول الله صلى الله عليه وسلم المؤمن أخو المؤمن which means

A believer is the brother of other believers Narrated by Musllim



Hadith of the Week

#### **قال رسول الله <mark>صلى الله عليه وسلم</mark>** خير النا<mark>س أنفعهم للنّاس</mark>

which means

The best of people is the most beneficial to people

**Related by Tabaraniyy** 



#### Celebrating the Miracle of Al Isra' and Al Mi^raj (1444 H)

On Friday 17 February, Al Amanah staff members, students and parents gathered to celebrate the glorious occasion of the miracle of Al Isra' and Al Mi^raj (1444h).

The Year Twelve captain and MC, Omar Alwan, initiated the ceremony by welcoming the attendees, and introducing Year Twelve student, Ayman El-Kabbout, to the stage for a heart-warming recitation from the Holy Qur'an. This was proceeded by Sheikh Amr Alshelh who provided an insightful Islamic lesson about the miracles that occurred during Al Isra' and Al Mi^raj (Journey of Enlightenment).

This was followed with a beautiful poetic recitation from selected primary students and an exciting performance by the talented AI Amanah Chanting band who performed beautiful Nasheed about our beloved Prophet Mohammed (Peace and Blessings be upon Him.) Sheikh Muhammad Halabi along with Sheikh Samer AI Shafie held a competition where students were able to participate and win cash prizes. Students had to correctly answer questions about the glorious event of AI Isra' and AI Mi^raj. May Allah reward all the participants and the AI Amanah Religion Department for their efforts in their organisation of this competition.

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

احتفلت كلية الأمانة الإسلامية بذكرى معجزة الإسراء والمعراج تحت شعار "المعجزة الإسراء والمعراج"

احتفاء بذكرى الإسراء والمعراج أقامت كلية الأمانة الإسلامية في ليفربول- سدني حفلة إنشادية في قاعة الأمانة الكبرى حضرها مدير المدرسة الاستاذ أيمن علوان والمشايخ والفريق العامل في مدرسة الامانة وطلاب المرحلتين الإبتدائية والثانوية كما حضرها بعض من أهالي طلابنا الكرام.

بعد كلمة الترحيب من عريف الحفل وتلاوة آيات من القرآن الكريم ألقى الشيخ الأزهري عمرو الشلح كلمة دينية تناول فيها شرحا لقصة الإسراء والمعراج وما فيها من معاني ودروس وعبر. كما وقدم بعض طلاب من المرحلة الإبتدائية قصائد في هذه المناسبة العظيمة.

وقدم فريق الأمانة الناشئة مجموعة من الأناشيد الخاصة بالمناسبة ولقد تميزوا بأدائهم وسط تفاعل كبير من الطلاب والأهالي.

نتقدم من طلابنا وأهاليهم الأعزاء بأحر التهاني بهذه المناسبة العظيمة راجين من الله تعالى ان يعيدها علينا وعليكم بالخير واليمن والبركات. وكل عام وأنتم بخير.



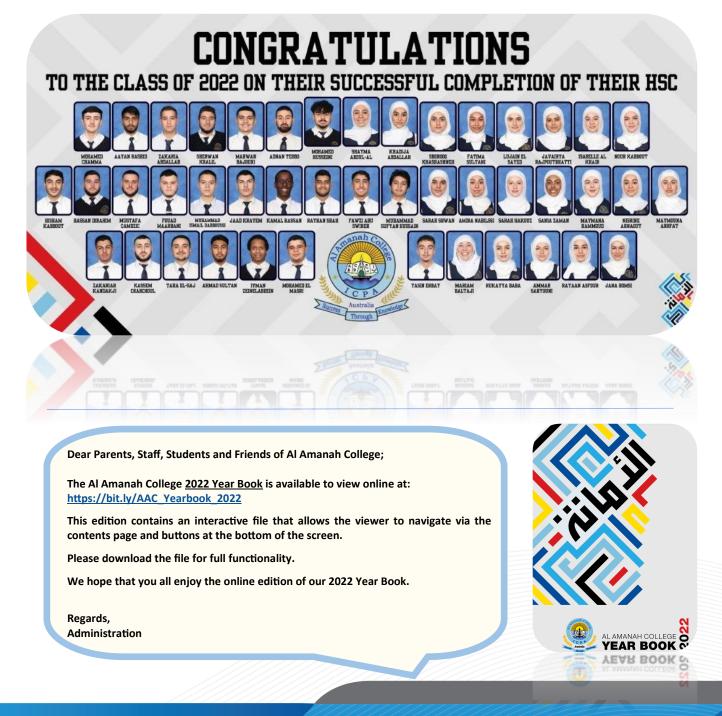


#### 2022 HSC Results

Congratulations to the class of 2022 for the successful completion of their HSC. The collective achievement of this graduating class has been through their growth, development and achievement in all aspects of their character which is demonstrated through their integrity and pride in their school. Given the challenges they faced during their final two years of schooling, the students have remained optimistic and maintained their values in their heritage and culture of our school.

The HSC class will matriculate to university studies in 2023. A significant number of students received offers of admission into their preferred courses in universities well before the release of the HSC results and ATAR. It is envisioned that all of the remaining students will receive offers of acceptance into various Universities in courses such as Business, Engineering, Computing, Law, Healthcare, Nursing, Sciences and various fields in Humanities such as teaching. It is also, pleasing to note that several Al Amanah students have received offers for double degree programs tenable in universities in 2023.

On a personal note, the Head Principal, Mr El Dana, the Liverpool Campus Principal, Mr Alwan and staff of the college would like to express their warmest congratulations to the Year Twelve graduates of 2022 and wish them success in their academic pursuits at university.



### Reminders - Reminders - Reminders

#### **Parents/School Communication**

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

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

To strengthen the communication between the school, students, and parents. We remind you to provide the following:

- 1. Your current e-mail address so that we can send you any official correspondences, the school news-letter, or the like.
- Inform the administration office whenever your child is absent and within three days of their absence by emailing <u>admin@alamanah.nsw.edu.au</u>
- 3. Inform the administration and the class teacher if there are any changes to your child's medical condition.
- 4. Update changes to your contact phone numbers, address, and e-mail details by e-mailing <u>admin@alamanah.nsw.edu.au</u>
- 5. Approach our teachers, coordinators, or me if you have any concerns about your child.



#### **School Uniform**

As a part of school policies, students are required to attend school with correct school uniform and proper haircuts. Teachers will be checking students' uniform every morning. Students found wearing incorrect uniform will be sent to the office and parents will be contacted and asked to either bring the correct uniform or take the student home. Students with inappropriate haircuts will be sent home.

Please ensure your labels all items of clothing. We have tubs of lost property on display in the office area. Many of the items are new and very costly. We have numerous items such as jumpers and hats. Please ask your child to check through lost property carefully.

#### School Hats - 'No hat, play under the shelter'

The time has come! The sun's intensity is building and we need to protect the children's skin once again. For those who need a new hat, please visit the office on Tuesday to purchase one.

#### **Nut Aware School**

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

#### Attendance

It is important that your child arrives at school on time. Children like to have a few minutes before the day starts to do things such as catch up with their friends.

Morning assembly is held at 8:15am, all students are required to line up in their designated areas.

If a primary student arrives late (after 8:40am), he/she will need to get a late slip from the front office. Secondary students are to get a late slip (after 8:45am).

As the school is responsible for the welfare and safety of students, it is vital for us to know their whereabouts at all times. If parents wish to collect children during school hours, they must go to the office first to sign their children out of the school. Written permission is required from the parents or guardians for any other person to collect a child. Identification for person collecting the student must be sighted.

### GOOD ATTENDANCE FOR SUCCESS Every Minute in School Counts

#### First Aid Course at Al Amanah College

At the end of last year 2022 the staff member attended, as part of development day, a first aid course. On Thursday 8 December CPR First Aid Australia, conducted the First Aid Course at Al Amanah College for the staff. The First Aid Course provided both teaching and non-teaching staff, with the nationally accredited qualification to be a First Aid representative in the school and other required situations.

The course delivered highly practical scenarios that focused on real life safety in which the participants could potentially put into practice during their duty of care. It was a requirement of the course that participants perform a minimum of two minutes of CPR using the DRABCD method on several mannequins that ranged form an infant, a child, and an adult that were placed on the floor with five cycles of both compression and ventilation. In addition, the participants examined various common allergic reactions and how to effectively administer an EpiPen in a potential anaphylactic situation and common or life-threatening injuries including nosebleeds, choking and burns.

The practical session coupled with the pre-course theory equipped the participants with sufficient training and knowledge which allowed them to confidently recognise and respond to emergencies using basic life support techniques.

After the successful completion of the course, each Al Amanah staff member was awarded and issued with a First Aid certificate.



#### 2023 Staff Development Day Two - Principal Whole School Workshop





On the 30 January 2023, Al Amanah College primary and secondary schools teachers were welcomed back by the college Principal, Mr Ayman Alwan, in the Grand Hall. Mr Alwan welcomed the new teachers, and conducted a seminar on school policies and procedures, roles and responsibilities, and the child protection policy and procedures. The session also highlighted the accreditation process and the use of the platform 'Employment Hero'. During the session, Mr Alwan provided information about the importance of implementing school policies and procedures such as duty of care and expectations of staff performance reviews. The College and staff prioritise student wellbeing, as well as the importance of positive learning environments, and safety at all times, which was highlighted in the child protection policy and staff code of conduct sessions. Teachers engaged with these procedures through reading modules and completing quizzes on 'Employment Hero' and a principal led discussion amongst staff members.

We wish all staff at Al Amanah College a successful 2023 academic year.







#### Week Five Visiting

On 21 February 2023 Al Amanah College Principal, Mr Ayman Alwan, school Imam Sheikh, Amr Alshelh, Religion department Coordinators, Sheikh Muhammad Sabbagh and Sheikh Chadi Al Kassem visited two of our beloved school community families.

The Hazarvi family were visited due to the passing of their grandfather in Pakistan, our condolences once more to the family and loved ones, may Allaah have mercy on his soul, Aameen.

The Shah family were visited due to illness and major surgery in the family, support and love are again given to the family and we ask Allaah to alleviate their hardships and protect them, Aameen.

May Allaah accept our deeds and forgive our sins, Aameen.





#### 2023 Primary School Assembly - Welcome Back

Welcome to the 2023 school year! Al Amanah College is delighted to welcome our students and staff back to school. We would like to extend a very special welcome to our new students particularly kindergarten students who are officially commencing their learning journey at Al Amanah College Primary School.

The College Principal, Mr Alwan, and the primary school co-ordinator, Ms Sahyouni, held an assembly on Tuesday 31 January and welcomed back returning, and new students to primary school. The principal also welcomed several new teachers, who have commenced at Al Amanah College for the Year 2023. Mr Alwan engaged students in a PowerPoint presentation of Al Amanah College's academic and religious expectations for the Year 2023. He recognised the efforts of teachers who have prepared for the year ahead during the break along with the challenges the college faced over the past few years. Mr Alwan praised students for their effort and devotion, which represents students' willingness to engage in their learning for the year ahead.

Ms Sahyouni facilitated a discussion on the schools' expectations, and students engaged in a collaborative dialogue about the importance of school rules. Mr Halabi conducted a religious lesson, and students were guided through daily procedures.

Al Amanah College would like to wish all Primary School students a successful year ahead.









#### 2023 Kindergarten's First Day

On Wednesday 1 February, Kindergarten began their schooling journey at Al Amanah College. Parents and students attended a Tea and Tissues morning tea where they received a small gift while saying goodbye to their child and their new teachers. The Principal, Mr Ayman Alwan, and primary co-ordinator, Ms Sahyouni; discussed the importance of parent involvement, school routines and day to day procedures.

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

We wish our lovely new students all the best in 2023.

Kindergarten Teachers, Mrs El Hawat, Miss Sanli and Ms Sabbagh





#### The Orbispace Initiative

On Wednesday 7 December, 2022, five Year Eight students have competed against a number of schools from throughout NSW in a Pitch Competition in which they have presented a STEM business solution as part of their participation in the Orbispace Initiative.

We have also engaged with keynote speakers including the Minister of Finance and other female leaders in the STEM field. The students have done an outstanding job, and received great feedback from the judges. Throughout the participation in the Orbispace Initiative this semester the girls involved have learned presentation skills, problem solving and prototyping skills and I am very proud of their effort.

Well done Maysaloun, Aisha, Jude, Rukayah and Yara!

Mrs Slater Science Teacher



7

#### 2023 Year Seven and Eleven Orientation Day

On Friday the 27 January, both parents and students of Al Amanah College attended the Year Seven and Eleven orientation day conducted by Principal, Mr Alwan. The orientation sessions encouraged and communicated the expectations of the students at Al Amanah inclusive of academic effort and student behaviour. The sessions also highlighted the importance of parents, teachers and students all working collaboratively together to ensure success.

**S**TÊM

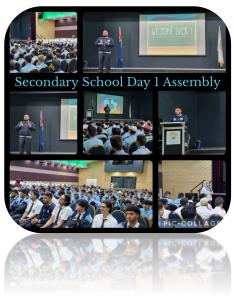
The Principal, Mr Alwan and secondary co-ordinator, Mrs Dabboussi emphasised the importance of time management and study skills to ensure optimum success in high school and the HSC examinations. Parents were reminded to use platforms such as Sentral and Moodle while students were encouraged to refer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

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

Al Amanah College wishes all families and their children a successful 2023.



#### 2023 Secondary School Day One Assembly



On the 31 January 2023, Al Amanah College secondary students were welcomed back by the Principal, Mr Alwan, and the secondary school co-ordinator, Mrs Dabboussi. Years Seven to Twelve were greeted by the Principal and reminded of their academic and religious expectations in order to ensure success and rewardability. This was followed by an enlightening religion lesson by the school captain, Omar Alwan, who reminded us about the importance of having the right intention. The secondary coordinator, Mrs Dabboussi, concluded with an informative session about time management, and reminded students of the importance of the use of our new online platform Sentral in order to get organised.

We encourage all students to approach the academic year with a positive mindset and wish them all a prosperous 2023.



#### Year Ten - Twelve Elevate Sessions - Term One Week Three

During week three Year Ten, Eleven, and Twelve students at Al Amanah College attended an 'Elevate' sessions. Each year group focused on different areas for growth and improvement. Year Ten looked at ways in which motivation can be reinforced to create a growth mindset, and how to overcome obstacles in order to achieve goals successfully. Year Eleven explored time management strategies, and Year Twelve delved into study skills and how to improve exam performance.

Throughout the session, students were given an insight into the three steps of success which included belief, goals, and planning. This was explored along with types of student mindsets and their impact on one's goals. The students were educated on performance psychology and academic performance through engaging lessons and activities. The students all enjoyed the sessions and saw the importance in learning such skills that will be utilised for the rest of their life.

On behalf of Al Amanah College, we would like to thank Elevate for conducting this session. We look forward to other seminars with them in the future.





QQ Peer Support

#### Peer Support Training

On Tuesday 14 February, selected Year Ten students attended their first peer support training session. We participated in team building exercises including activities which are based on building friendships, recognising support networks and the dangers of all forms of bullying and peer pressure. We even enjoyed delicious pizza provided by the SRC teachers. The students learned many leadership and support skills, which we will be used to mentor the Year Seven students on their journey in high school, ensuring they have a comfortable and supportive environment. We thank Ms Chams, Mrs Hasha, Miss Al Amiri and all other teachers involved for organizing such a wonderful and informative session.



20 Peer Support

Aalia Najafi Year Ten Student

#### Peer Support Session



On Thursday 16 February selected Year Ten student mentors and the Year Seven cohort participated in their first peer support sessions for the year.

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

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





#### Year Twelve Biology Excursion

On Thursday 16 February, Year Twelve Biology students attended a kick-starter at the University of Sydney which provided them with background knowledge on their current fifth module Heredity. The students were given the opportunity to conduct experiments learnt about in class, further extending their knowledge for the HSC Biology course.

At the beginning of the day, students attended the morning session of the kickstarter program, where they were given a worksheet to fill out along with experimental work with extracting DNA as well as learning about how to track a sickle cell disease using these methods. After the session, students were given a short prayer and lunch break.

During the second session, students examined plasmid DNA and DNA resistance alongside the difference between synthetic enzymes and natural enzymes and the effect that they hold on resistance. The students were able to participate in hands on experimentation and enjoyed the insight into these methods which were applicable in microbiology, microchemistry and the like.

On behalf the Year Twelve Biology class, I would like to take this opportunity to thank the school for giving us the opportunity to attend this highly beneficial kick -starter course at the University of Sydney.

Dora Rajab Year Twelve Student





#### Year Twelve Geography Excursion

On Wednesday 22 February, the Year Twelve Geography class went on an excursion to Barangaroo to conduct fieldwork in the area. The students also evaluated the use of urban dynamics for the redevelopment of Barangaroo.

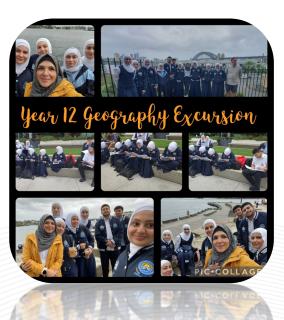
Students used maps, fieldwork booklets and devices to conduct primary data for their assessment task. The students also explored the newly developed area, and discussed the reasons for urban renewal and urban consolidation and its impact on social sustainability, economic sustainability and environmental sustainability.

This excursion allowed the students to use their geographical skills to answer questions, and evaluate Barangaroo's urban planning targets.

Overall, it was an exciting experience which gave the Geography students a thorough understanding of urban dynamics, and the impacts it has on Baranga-roo.

Siham Nachar Year Twelve Student





# ais

#### **COMPULSORY SCHOOL ATTENDANCE** Information for parents and carers

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. Schools work in partnership with parents and carers to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

# Legal responsibilities for **PARENTS AND CARERS**

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The Education Act 1990 requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with NSW Education Standards Authority for home schooling.

Once enrolled, children are required to attend school each day it is open for students.

#### The importance of ARRIVING ON TIME

Arriving at school and class on time:

- Makes sure that students do not miss out on important learning activities early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to spend time with their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents or carers.



#### Absences FROM SCHOOL

Sometimes your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment during school hours
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances (e.g. attending a funeral)

Following an absence, you must provide your child's school with an explanation of the absence within seven school days. However, the school may contact you to discuss the absence if they have not received an explanation from you within two days. Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens, the principal will let you know the reasons why they have made this decision.

The school may request medical certificates or other documentation when frequent or long-term absences are explained as being due to the child's illness. Principals may also seek parent's permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the absences can be recorded as unjustified.

# When your child has difficulties ATTENDING SCHOOL

You should contact the school as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to support within the school or linking your child with appropriate external support networks.

The principal may seek your assistance to help develop an Attendance Improvement Plan that identifies the issues that prevent your child from attending school regularly and collaborates with you and your child to seek strategies to enable your child to get to school.

#### Consequences of CONTINUED ABSENCES

Some of the following actions may be undertaken:

#### Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference that is convened by a person authorised by the Secretary of the NSW Department of Education. The conference will help to identify the supports your child may need to have in place, so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as undertakings) to support your child's attendance at school.

The Compulsory Schooling Conference is the final school-based intervention that can be taken to address matters of unsatisfactory school attendance. It is important to understand that the school may refer the case to the Department of Education Legal Services to take further action where children of compulsory school age continue to have unacceptable unexplained or unjustified absences from school, despite attempted interventions at the school level.

Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a Compulsory Schooling Order. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

Prosecution in the Local Court

School and Department legal staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

## Travel during

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school before the proposed period of travel. An Application for Extended Leave-Travel may need to be completed. Absences relating to travel will be marked as leave on the roll and will contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.



#### School LEAVING AGE

In New South Wales, students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

#### Working in PARTNERSHIP 🔫

Working collaboratively with students and their families is the best way to support the regular attendance of students at school. We look forward to working in partnership with you to support your child to fulfil their life opportunities.

Please get in touch with the school for support with getting your child to school.

Adapted and updated for use by Independent Schools from the NSW Department of Education Compulsory School Attendance-Information for parents (2015) document.

#### Ten-Day Lunch Box Menu

Below are a few healthy lunch box ideas to inspire you year-round. We always recommend thinking of each lunch box in terms of the five food groups and making sure they're all represented:

- Dairy: the foods in this group are excellent sources of calcium, which is important for strong, healthy bones. Not many other foods in our diet contain as much calcium as dairy foods.
- Fruit: fruit provides vitamins, minerals, dietary fibre and many phytonutrients (nutrients naturally present in plants), that help your body stay healthy.
- Grain (cereal) foods: always choose whole grain and/or high fibre varieties of breads, cereals, rice, pasta, noodles, etc. Refined grain products (such as cakes or biscuits) can be high in added sugar, fat and sodium.
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds: our body uses the protein we eat to make specialised chemicals such as haemoglobin and adrenalin. Protein also builds, maintains, and repairs the tissues in our body. Muscles and organs (such as your heart) are made of protein.
- Vegetables, legumes and beans: vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fibre and phytonutrients (nutrients naturally present in plants) to help your body stay healthy.









Double decker sandwich

Sushi bread sandwich

Corn flitters with Turkey slices Pikelet lunch served with hard boiled egg Mini wrap rolls



Junior school wrap



Egg salad roll on a wholemeal bread



Pasta salad work



Turkey salad Sandwich



Turkey salad wrap

#### **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/AlAmanah.College
- c @AlAmanahCollege or @AlAmanahCollege
- admin@alamanah.nsw.edu.au
- 📐 www.alamanah.nsw.edu.au