



AL NOORI NEWS

Al Noori Muslim School

Our mission is for all students to be empowered, resilient and future-focused.

Principal | Ali Kak | B.Ed., M.Ed. Leadership

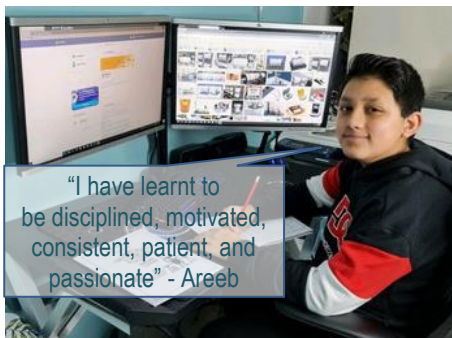
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SCHOOL NEWSLETTER

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"I have learnt to be disciplined, motivated, consistent, patient, and passionate" - Areeb



"I have learnt better time management, self-motivation, virtual communication, and collaboration." Ahmed



"I have learnt how to be independent and organise things on my own" - Sara

IT IS ALWAYS BETTER WHEN WE ARE TOGETHER

Dear Parents/ Caregivers,

Assalamu 'alaikum wa rahmatullahi wa barakaatuhu.

We hope everyone had an enjoyable Eid Ul Adha break, despite being in lockdown. It was difficult having Eid celebration plans disrupted. However, it is times like these that life lessons are learnt and provide opportunities to develop resilience in our children. Every day, whilst learning online, our students are seeing resilience modelled by our staff. They are learning to bounce back from sudden disruptions to routines and challenges of the moment and make the best of the situation. Unfortunately, a few days ago, it was announced that the lockdown period will be extended by four weeks, which means that 'Learning from Home' will also be extended for a further few weeks. We understand the pressures you are facing. You are not teachers, and your wellbeing is important too. Please do what you can, and our teachers are available to support your children.

eSAFETY FOR PARENTS

We encourage all parents to access the resources available on the Australian Government eSafety website which can be accessed at: <https://www.esafety.gov.au>. The website covers some of the key online safety issues for young people and includes online safety issues like managing time online, using parent controls and setting and responding to issues like cyberbullying and inappropriate content.



Webinars for parents and carers
Join one of our free webinars for parents and carers to learn the latest strategies for helping children stay safer online.

Skills and advice

Children under 5

Downloadable resources



WHOLE SCHOOL



SCHOOL ADMINISTRATIVE OFFICE

Since Canterbury-Bankstown was placed on Level 4 restrictions, all schools in our area were strongly urged to reduce the staff numbers to the absolute minimum needed to meet the immediate needs of the school.

All communication with the school must be via phone or through email. Please continue to follow the COVID-19 restrictions and the NSW Health advice and do not come into the school office.

HEALTH AND SAFETY TIPS

As we continue to access teaching and learning via MS Teams and ClassDojo, the significant increase in screen time may cause digital eye strain. Hence, we need to be proactive with implementing strategies to reduce eyestrain. Below are five tips for parents and students to promote good eye health.

1. **Apply the 20-20-20 rule.** This rule tells us to:

- Take breaks from screen every 20 minutes
- Focus on something 20 feet (6 metres away)
- Look at it for 20 seconds.

2. **Take breaks and blink often.** You must give your eyes adequate rest while using the screen. It would be best if you did not look at the screen for long hours continuously. Make sure you blink for one minute during this break. This may sound simple but is very necessary to prevent dry eyes.

3. **Reduce glare from your screen.** When the light is too bright, it gets difficult working on a laptop or any digital device. It is recommended to keep the lights directly above or behind you to minimise glare.

This applies for both fluorescent and natural lighting. Another alternative is to use an adjustable table lamp which can be used where light is required.

4. **Adjust visual and brightness settings.** Your eyes work harder when you see a bright screen or read tiny texts. A simple way to reduce squinting while reading is to adjust the brightness and text size. Keep adjusting the settings until you change the screen according to your utmost comfort. Increasing the contrast and decreasing the brightness may help in preventing eye strain.

5. **Get enough sleep.** One of the crucial ways that your eyes get the rest they need is when they are closed and relieved from light sources. Make sure you get 7-9 hours of sleep every night.

KINDERGARTEN TO YEAR 6

HALF-YEARLY REPORTS

The Primary Half-Yearly Reports will be released electronically. The reports will indicate the student's academic achievement and progress throughout the first half of the year.

If you would like to discuss the report, please contact the respective teacher on ClassDojo.

CLASSDOJO

Congratulations to all the students, parents and teachers for transitioning to online learning smoothly and successfully. Achieving online engagement and regular interaction will ensure our students complete the assigned tasks and progress with their learning.

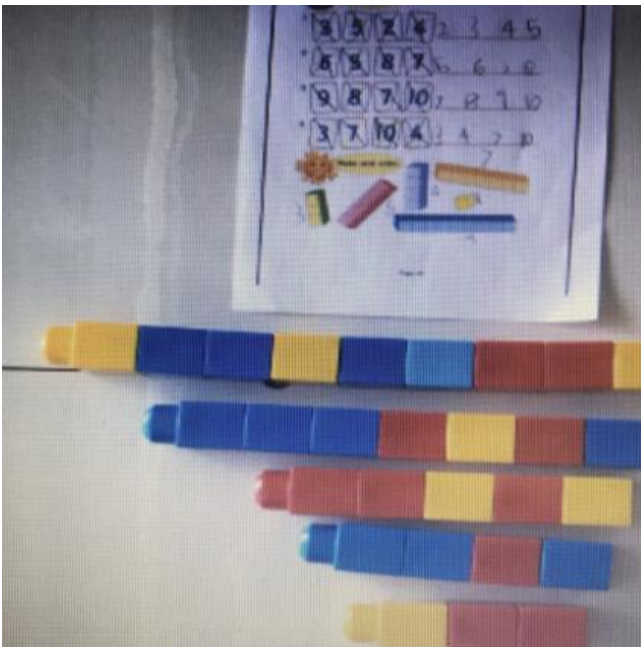
Encourage your child to be independent. Older students are welcome to interact with their teachers throughout the day and ask questions, seek clarification and give feedback through ClassDojo or MS Teams. We want our virtual classrooms and platforms to be as effective as possible.

Students from K-6 have uploaded excellent work samples on ClassDojo for every Key Learning Area. Teachers are providing regular feedback which the student or parent should be accessing. The feedback provided allows for the two-way communication to be maintained with a focus on the students' academic achievement & wellbeing.

Have a look at the wonderful work being uploaded on ClassDojo.



Think positive and positive things will happen.



MS TEAMS – LIVE TEACHING & LEARNING

Students in Grades 5 and 6 will have daily sessions on MS Teams. These sessions allow students to participate in live lessons and interact with their teacher in real time.

MS Teams live sessions will be launched for K-4 students soon. Class teachers will be posting information about MS Teams on the ClassDojo story. Thank you for your ongoing efforts during online learning.

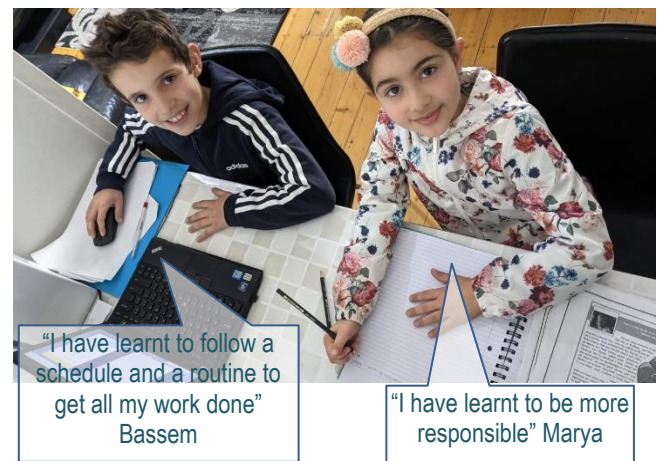
STUDENT WELLBEING

Learning while in lockdown is a challenge and it is not a reflection of one's abilities or talents. It is hard, we urge everyone to embrace **what CAN be done instead of what CAN NOT be done.**

The wellbeing of our students is paramount to their growth & development. We want students to be healthy, positive, strong, optimistic, resilient and have a strong sense of purpose. So, what can be done?

- Engage in the Mindfulness activities posted by teachers.
- Encourage your child, praise their efforts and reward their achievements.
- Make sure your child is having breaks similar, to the breaks of a regular school day.
- Take your child out for some exercise every day.
- Spread positivity and thankfulness (Shukr) to Allah (swt) through role modelling.
- **Speak to your child about the lockdown & learning from home. Re-assure children that we will transition back to school when it is safe for everyone.**

If COVID-19 has taught our students a lesson, it certainly is resilience, strength, and adaptability.



SEMESTER 2 SRC MEMBERS

Congratulations to the following students for being selected to join the Student Representative Council (SRC) for Semester 2. These students have been selected based on their outstanding leadership and communication skills. They have shown compliance to school and playground rules and act as a role model for their peers.

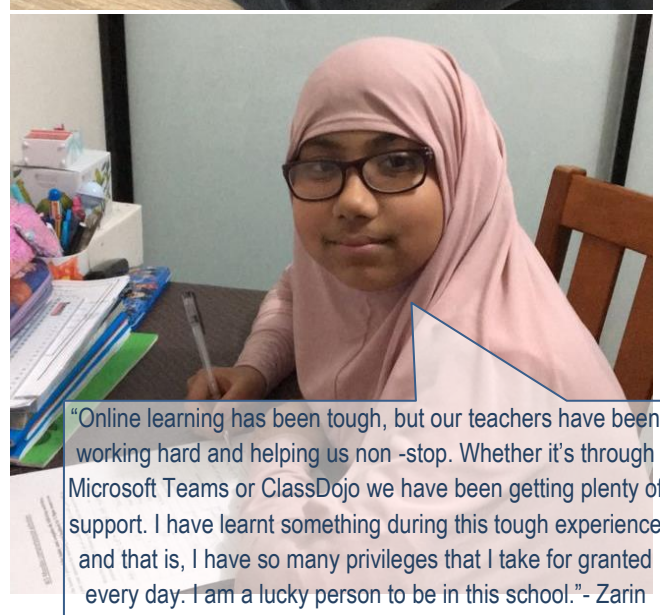
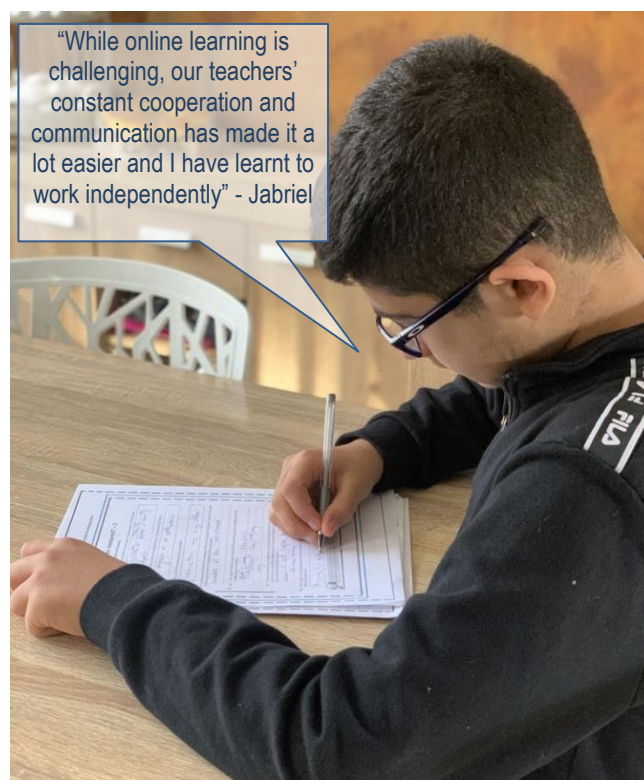
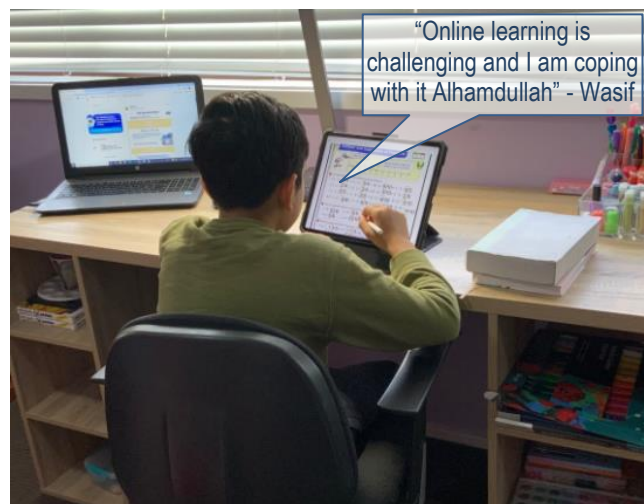
Congratulations!

K Blue	Zayn Eldeen El Zoobi	Aisha Ahmed
K Yellow	Mehmet Ahyan	Aleena Hazim
K Green	Muhsen Bakkour	Ayeesha Barake
K Red	Ahmad Alshaer	Taghrid El Chami
K Purple	Ali Alkhair	Souad Zaim
K Orange	Ahmed Dehaibi	Aisha Khan
1 Yellow	Hashir Abdullah	Yassmina Samman
1 Blue	Hamza Tessini	Lara Natfaji
1 Green	Adam Assad	Sareea Tahleem
1 Orange	Isaac El Hassan	Nima Assoum
1 Red	Obaida Mahmoud	Zena El Khatib
1 Purple	Mohammed Zaki Malik	Aleena Saadieh
2 Yellow	Omar El Zohbi	Mariam Hasna
2 Purple	Selma Harbas	Ibrahim Baig
2 Blue	Khaled Saleh	Fatima Nasser
2 Green	Aydin Moelock	Kenzy Osman
2 Red	Mohamad Meksassi	Zunaira Inaaya
2 Orange	Sami ElZebdeh	Rawdha Bhuiyan

We look forward to the SRC Presentation Assembly, upon return to school, where students will be presented with their prefect badge.

**"If everyone is moving forward together,
then success takes care of itself"**

Henry Ford



"Online learning has taught me to wake up earlier and how to adapt with different areas" - Amina



"Online learning has taught me that I need to be more self-independent and it allows me to have a better time management for subjects I have to complete in the time given" - Rayhan



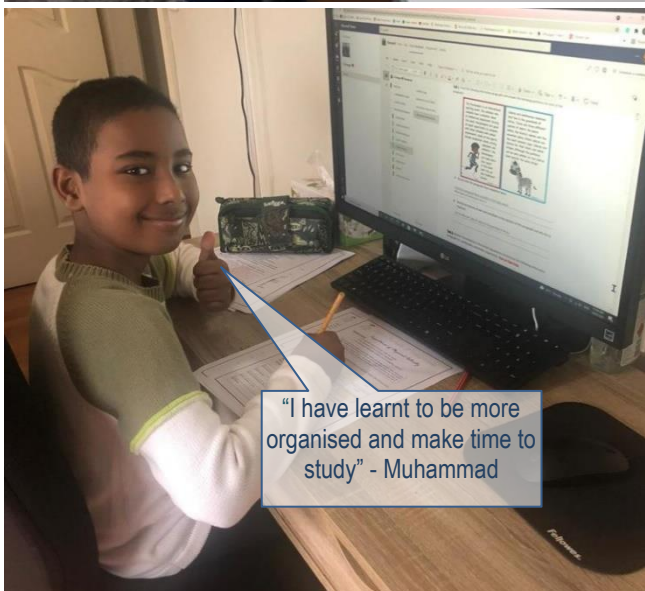
"I have learnt how to use a computer better and to be more organised" - Karam



"Online learning has taught me to be more independent and organised" - Mariam



"I have learnt to be more organised and make time to study" - Muhammad



If you love your learning space, you will love to learn a little more.

Thank you to all our parents for doing everything you can to help your child succeed with learning from home. By creating a consistent space for learning and making education part of the daily routine, you are promoting lifelong learning as a priority for your child.

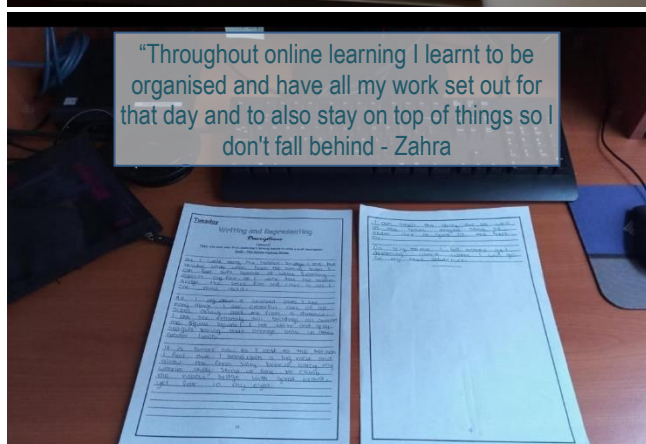
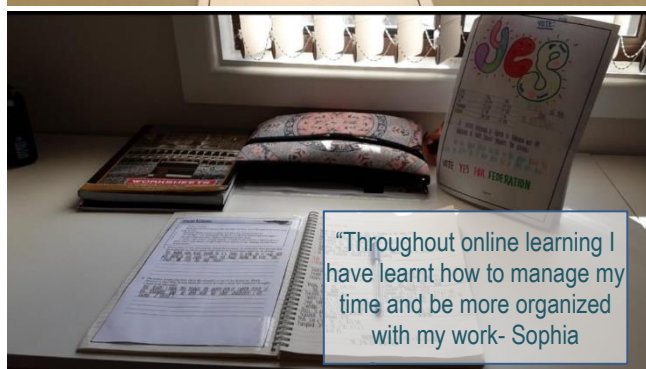
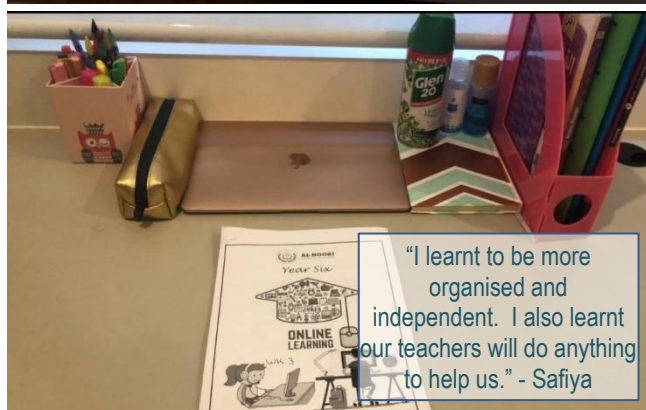
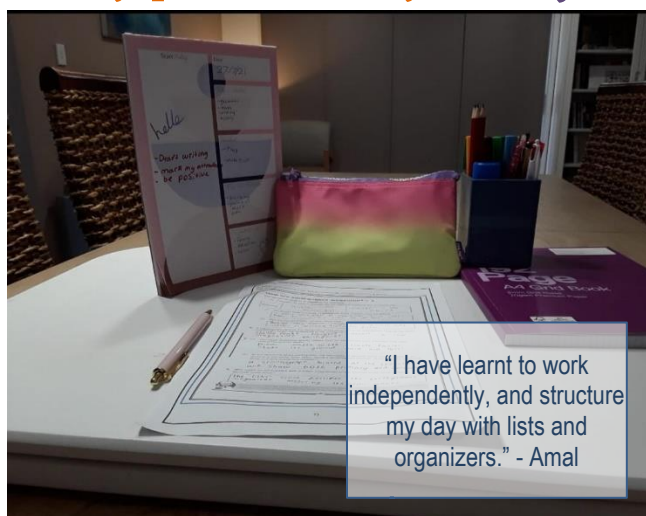
"Also just wanted to say how smooth everything has been. I think last year was a learning curve for everyone, but this year has been amazing and so much less stressful Alhamdulillah. You all have done a wonderful job assigning manageable tasks, so just wanted to say a massive thank you!"

Stage 2 Parent

"I feel more prepared, organized and ready for my online learning experience this time around and have tried to focus on my learning rather than my worries about lockdown" - Ayeisha



I am capable. I am strong. If I believe in myself., I can turn my dreams into a plan, and my plan into my reality.



YEAR 7 TO YEAR 12

ATTENDANCE AND ROLL MARKING

Parents are reminded that students are required to log in on Microsoft Teams between 8:30am– 8:40am (during Period 1). Students are expected to follow their timetables. If your child is unable to attend an online class, they need to inform their teachers by sending them an email with their justification.

Sentral Period by Period rolls are marked and will be used by subject teachers and the welfare coordinators to record and track student attendance. Welfare coordinators will contact parents of any student who demonstrates any concerning attendance patterns.

SEMESTER ONE REPORTS

Semester One reports will be distributed electronically to all parents in the coming week. Parents who wish to receive feedback on certain subjects will be provided with an opportunity to speak to their child's subject teacher in the near future.

TERM 3 ASSESSMENT

Term 3 assessments and their weightings will be modified to suit the current online learning environment and ensure that no student is disadvantaged. Any assessment requirements will be communicated clearly to all students in line with the School's Assessment Policy. Assessment Overviews and Notifications will be distributed via email and MS Teams.

STUDENT WELLBEING

The Al Noori Muslim School community has adopted the [#weinthistgether](#) spirit. We acknowledge the challenges of remote learning and balancing that with responsibilities work-from-home parents. This is why it is important that parents and their children create their own healthy remote learning routines to suit their family culture.

Here are some suggestions and tips to keep it together:

Develop a planner that helps your child structure their day, set goals, and plan for breaks. It's important for parents to help their children establish balanced learning experiences by continuing to foster their child's independence but also ensuring they take breaks away from the screen.

If possible, encourage your child to use different learning spaces. Do not limit learning to one area or one sitting. Your child may be able to read some of their

work outside or in a different part of the house especially if the lesson has an independent component that does not require them in front of the screen. If there are multiple siblings sharing devices, communicate with your child's teacher to let them know. Teachers can set up work and lesson explanations for completion by students at a later time.

After timetabled class, reduce your child's use of screen-time to give themselves a break. Make sure they are switching off from all types of screens such as TV, computers, phones etc at least 1 hour before bedtime. Young people need around 8 hours of sleep a night. Research has revealed direct links between poor sleep quality and the use of electronic devices prior to sleeping. The studies have also associated visual stimulus with increased stress and fatigue. Discuss this with your child and agree to reduce all forms of visual stimulus well ahead of bedtime.

Get the family active. Being in front of a screen or sitting for extended periods calls for some physical activity. Enjoy some quality outdoor time to help release stress.

Encourage your child to read. Local libraries have provided free access to online borrowing facilities and e-libraries. Check your local library or council website for further details. Model the importance of reading by picking up a book yourself. Share the ideas in the book or have a discussion!

Lockdown is also a great opportunity to spark your child's curiosity and allow them to immerse themselves in a hobby. We are sure many students are already engaging in their own activities and want to hear from them!

We encourage high school students to share how they are safely passing the time during lockdown by emailing their relevant welfare coordinator who will share these with the school community the next newsletter.

Support is always available for students. High school teachers, school psychologists and the welfare coordinators are available for students from 8:00am-4pm to answer questions or seek assistance with any concerns. Email is the best and quickest way of communication.

Resources to further support learning and working from home can be found online including the University of Sydney's Teacher Education website: <https://www.sydney.edu.au/arts/schools/sydney-school-of-education-and-social-work/resources-for-parents-working-at-home-with-kids.html>

YEAR 12 HSC STUDENTS

We recognise and are aware that our HSC students have been impacted by the COVID-19 pandemic. We would like to assure our students that we will be doing everything we reasonably can to support our students and to ensure that they experience success in their HSC.

At present, we are waiting on further advice from NSW Health with regards to Year 12 students returning to school and the required arrangements. All Year 12 students will be receiving an email soon with regards to the COVID-19 requirements and the scheduled HSC Trial examinations which are due to start on Wednesday, 18 August 2021. Please check emails regularly to ensure that you are up to date with the latest information from the school.

HSC Examinations

NESA has announced that the HSC exams have been postponed until the 19th of October 2021. The HSC results will now be available on the 17th of December 2021.

SMH HSC Study Guide

The 2021 SMH HSC Study Guide is now available and can be accessed at the following link: [HSC Study Guide 2021 | The Sydney Morning Herald \(smh.com.au\)](https://www.smh.com.au/education/hsc/hsc-study-guide-2021-1.5000000). The Study Guide is packed with exam tips, advice from past students and example questions. It is the go-to guide to help our students prepare for the HSC and includes some study hacks too.

#StayhealthyHSC

The stay healthy, stay active and keep connected during the HSC resource will help our students with study tips, self-care resources and support information for students and parents. The Stay Healthy HSC resources can be accessed at the following link: [Stay healthy HSC \(nsw.gov.au\)](https://www.nsw.gov.au/health/healthy-hsc).

Finally, we are extremely blessed at Al Noori Muslim School to have such dedicated staff supporting the continuity of learning for your children whilst trying to support their own children learning from home, vulnerable family members and their own family's health and safety during this pandemic. I would like to thank you and every teacher across NSW for their hard work and dedication during this time.

We pray for everyone's safe return to school soon.

Wassalaam



Mr Ali Kak
Principal