



# 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

Postal Address  
75 Greenacre Road  
Greenacre NSW 2190

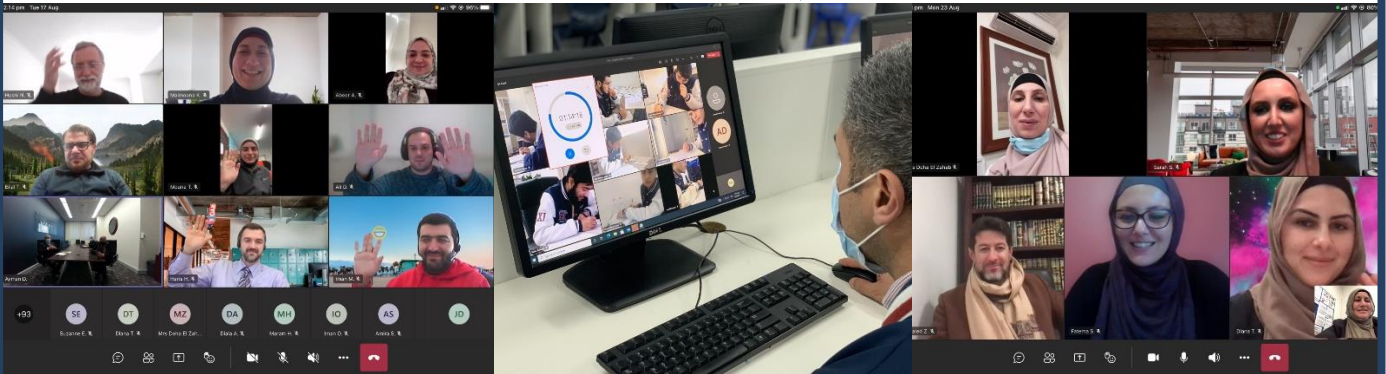
T: 02 8774 3000  
F: 02 9709 4122

W: [www.alnoori.nsw.edu.au](http://www.alnoori.nsw.edu.au)  
E: [info@alnoori.nsw.edu.au](mailto:info@alnoori.nsw.edu.au)

SCHOOL NEWSLETTER

ISSUE 10 | MONDAY 23<sup>rd</sup> AUGUST 2021

## WHERE THERE'S A WILL, THERE'S A WAY.



WHEN WE SUPPORT EACH OTHER, INCREDIBLE THINGS CAN HAPPEN!

Dear Parents/ Caregivers,

Assalamu 'alaikum wa rahmatullahi wa barakaatuhu.

As we work towards the end of a very different school term, we want to take this opportunity to acknowledge how challenging this term has been for many, and to express our deepest appreciation to our community. To our students, the staff have truly missed being able to connect and learn with you in person. We know that this term has been difficult, and you too have missed your teachers, friends, and the routine of school. Despite the distance, you have continued to impress us with your resilience, adaptability, and positivity.

We also want to thank our families. We know that this time has been challenging for many families in different ways and we thank you for your patience and support with learning from home. Please know that we continue to keep the health and wellbeing of our students and families foremost in our thoughts.

We know that each of our students and families are experiencing this pandemic in very different ways. Last week, our students took part in a wellbeing initiative, 'Resilience Retreat' where they spent half a day away from the screen and rejuvenating. We will be planning more wellbeing initiatives to support our students. The most important theme of the wellbeing initiatives revolves around one's acknowledgment of the importance of self-care. It is especially relevant during lockdown as they don't have face-to-face access to teachers, friends, and extended family.

Included in this newsletter are ten AMS Wellbeing Affirmation cards which we encourage you to use over the remainder of the term to maintain your positive mindset and overcome the challenges of COVID-19 remote learning period.

We encourage you all to stay connected and reach out to each other and the school whenever you need support, as your wellbeing is our priority. We ask Allah (SWT) to grant us all patience, resilience, and success during these challenging times.

وَقُلْ رَبِّ ادْخُلْنِي مَدْخَلَ صِدْقٍ وَأَخْرِجْنِي مُخْرَجَ صِدْقٍ وَاجْعَلْ لِي مِنْ لَدُنْكَ سُلْطَانًا نَصِيرًا ﴿٨٠﴾

And say, "My Lord, cause me to enter a sound entrance and to exit a sound exit and grant me from Yourself a supporting authority."

**Whenever I feel overwhelmed, I keep it simple**

"And they have been commanded no more than this: To worship Allah, offering Him sincere devotion, being true (in faith); to establish regular prayer; and to practice regular charity; and that is the Religion, Right and Straight." (98:5)

**Tests are a normal part of life. I am patient when they come**

"You shall certainly be tried and tested in your possessions and in your personal selves, and you shall certainly hear much that will grieve you and from those who worship many gods; But if you persevere patiently and guard against evil then that will be a determining factor in all affairs." (3:186)

**My hardships are there to bring me closer to Allah**

"Allah does not want difficulty for you, but He wants to purify you, and to complete His favor upon you, that you may be grateful." (5:6)

**I call on Allah (SWT) whenever I need His guidance**

"And your Lord said, 'Call on Me, I will respond to you.'" (40:60)

**Every night I think of three things I am thankful for**

"...If you count the blessings of Allah, never will you be able to number them..." (14:34)

**Gratitude and patience are my predominant states of being**

"How excellent the affairs of the believer! His affair, all of it, is good for him, and this is not the case with anyone except the believer. If prosperity comes to him, he is thankful, and if adversity falls on him, he perseveres patiently. So it is good for him." (Muslim, Ahmad)

**When I want to change my life, I change myself first**

"... Surely Allah does not change the conditions in which a people are in until they change that which is in themselves..." (13:11)

**I seek Allah's help with patience and prayer**

"Nay, seek (Allah's) help with patience and prayer; and most surely it is a hard thing except for the humble ones." (2:45)

**I take my precautions and rely on Allah (SWT)**

A man said to the Prophet, "Should I tie up the legs of my camel and then rely upon God, or should I leave it free, and then rely upon God to take care of it?" The Prophet said, "Tie up its legs, and then rely upon God." (Tirmidhi)



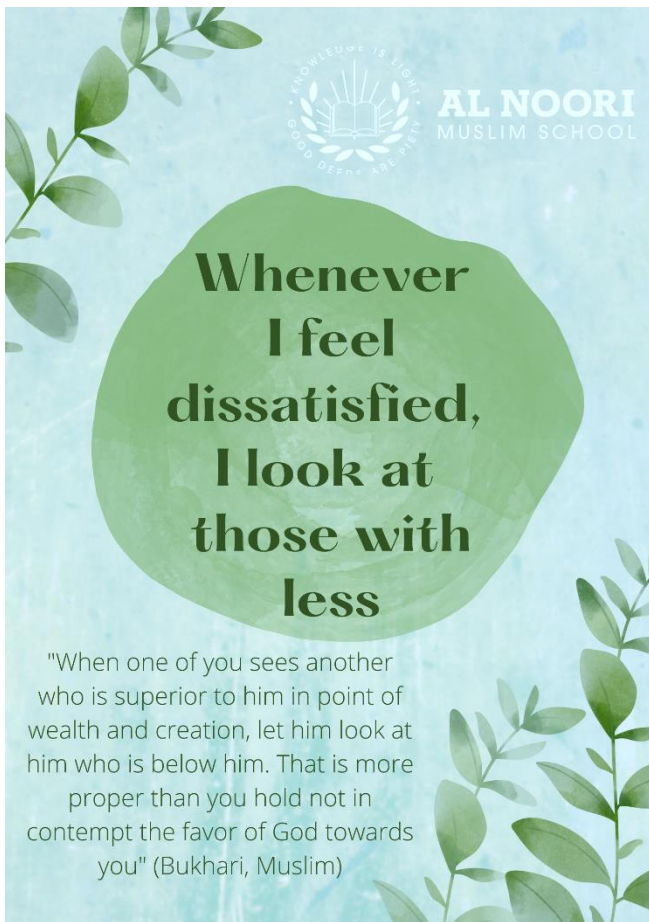
## SCHOOL PSYCHOLOGISTS MENTAL HEALTH TIPS

This global pandemic has undoubtedly changed the way we live, and it has certainly not been an easy feat coping with the outbreak of the virus, strict lockdowns, self/family isolations, an inability to connect with others the way we used to etc. I would like to congratulate you all for making it this far. We are all learning to adapt to the ever-changing situation, and you are doing an amazing job at mastering the multiple hats you are wearing at home. Naturally, juggling all that is going on around us and within our households may result in us feeling overwhelmed, thus it is paramount to prioritise our mental wellbeing.

Here are some mental health tips:

- Practice self-compassion and allow yourself to simply feel. Know that 'it is ok not to feel ok'. This acknowledgement of our own emotions is paramount in enabling us to take actions to implement change.
- Take it day by day- there is no benefit in catastrophising and worrying about an unpredictable future, focus on the here and now, and what is within our control. Trust in Allah's wisdom.
- Stay connected to family and friends through means available- phone calls, video calls, text messages etc. This ensures we have a strong support network and prevents us from feeling alone or socially isolated. Being in lockdown does not mean we need to lose connectedness. We can be closer than ever now, as we help each other navigate our difficulties.
- Look after your body and engage in self-care- this includes eating well, getting enough sleep and exercising. If this seems daunting, start small and do what is within your means. An overall healthy lifestyle has been proven to improve mental health.
- Ensure to incorporate down-time into your family's daily routine- this could be a family board-game, baking, movie night, or simply enjoying a cup of tea and unwinding. It is crucial to slow things down and press pause on our busy lives to re-energise.
- Partake in acts of compassion and kindness. Not only is this encouraged in Islam, but helping others ultimately helps us feel better too.
- Take some time out during the day to practice gratitude. When we actively think about all that we have to be grateful for, some of our worries can dissipate, and it can help us view the world through refreshed lens.

As with other world-wide pandemics, Insha'Allah, this too shall pass. We are praying for everyone's safety,



## STUDENT WELLBEING SURVEY

The global COVID-19 situation and Delta 2 variant has impacted heavily on the way we live. The anecdotal feedback received from students indicated impacts on their mental health and wellbeing.

The school is seeking feedback from students about their wellbeing and mental health. Students are encouraged to participate in the online Student Wellbeing Survey to provide constructive and anonymous feedback to the school, so that we can better prepare to support our students. Use your phone or tablet camera to access the online Student Voice Survey using the following QR Code below:



<https://forms.office.com/r/jf2aivnNPp>

health, and wellbeing. Always remember, we are all going through this together and are here to support each other as a school community. Please reach out if you require support- we will be there for you.

## COVID AFFECTED FAMILIES

We want to wish all the families affected by COVID, the very best in health and we make dua for your speedy recovery. May Allah (SWT) keep our community safe from all harm. Ameen.

## SCHOOL ADMINISTRATION 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.

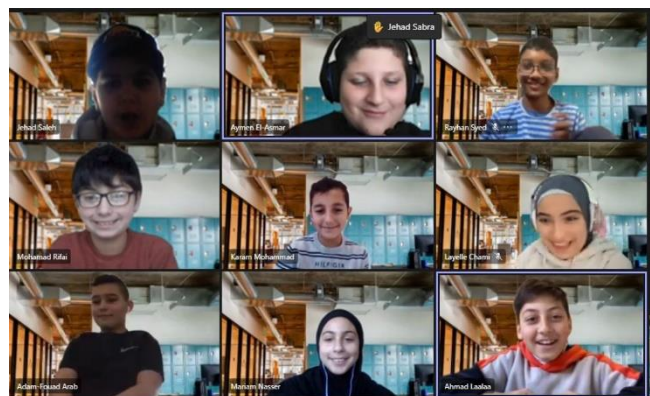
All communication with the school must be via phone or through email. Please continue to follow the COVID-19 restrictions and the NSW Health advice and do not come into the school office.

## KINDERGARTEN TO YEAR 6

### K-6 MS TEAMS CLASSES

The **K-6 MS Teams Guidelines** were posted on ClassDojo last week. Parents, caregivers and students are expected to adhere to the guidelines. All students are expected to log onto MS Teams and attend the live classes with their **Class Teacher**, **Arabic Teacher** and **Islamic Teacher**. These classes will allow students to engage in curriculum lessons, ask questions and receive the required support to be able to successfully complete daily tasks.

The MS Teams classes have helped to maximise learning outcomes and ensure students are effectively consolidating key ideas. Our IT Staff are available during school hours to provide assistance and support. Issues may be emailed to [helpdesk@alnoori.nsw.edu.au](mailto:helpdesk@alnoori.nsw.edu.au)



## PARENT APPRECIATION – WE WANT TO THANK YOU.

We cannot have achieved success with online teaching and learning had it not been for the efforts of our parents and caregivers. We understand that it is difficult, but you are doing a brilliant job and we really appreciate your efforts.

The support and encouragement you offer our teachers is incredibly heartfelt and uplifting. During such a pandemic, a simple **'Like'** or **'Comment'** helps foster that sense of partnership. School staff continue to be available through ClassDojo or via phone (school administrative office) and will support students and their families throughout this pandemic.

Thank you to the parents who continue to support the school and staff.



**Mona Karim** (Baraa K's parent)

Thank you Mrs elzahab. Just wanted to say I'm very happy with the best support Alnoori is giving our kids i these hard times. 😊



**Mahmudul Haq MAMUN** (Mashiat And Ishraq's Parent) (Mashiat H's parent)

Thank you



**Mohammed I Khan** (Iyaad K's parent)

Jazakallahukhyran



**Kaled El Hassan** (Bilal E's parent)

Thank you all.



**Nada Kamran** (Rameen K's parent)

Thank you



**zein marhba** (Maria E's parent)

thank you



**Iffat Shammi** (Soha S's parent)

Thanks



**zein marhba** (Maria E's parent)

thanks



**Md Moniruzzaman** (Farhan Z's parent)

thanks



(Zunayna R's parent)

Thank you! 😊



**NuNuzhat Miner** (Nuraz M's parent)

JazakAllahu khairan



**PARVES AHMED** (Adnin A's parent)

Thanks 🙏



**Yusuf Shinnag** (Yahya S's parent)

Jazakom Alla khairan





Amatullah Tasneem (Laiba N's parent)  
Thank you!



Krizia Fontarum Sabih (Sophia S's parent)  
Thank you!



Jabeen Noorina (Zayna A's parent)  
thank u!



Ruba Hazim (Yara H's parent)  
Thanks 😊



(Zunayna R's parent)  
Thank you 🙏



zein marhba (Maria E's parent)  
thank you

## KINDERGARTEN FAMILIES

Thank you for helping your children make such amazing homes for **The Three Little Pigs**.



Aydin Nesirwan 10 d...



Abir Harmouche 10 d...



Rayaan Nasser 10 d...



Israa Abbas 10 days



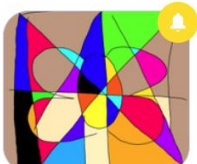
Ayesha Barake 10 d...



Tahlia Sage 10 days

## YEAR 1 FAMILIES

Thank you for helping your children complete the **Cubism Butterfly**. They are outstanding.



Adam Asaad 4 days



Hanniya Rizwan 4 d...



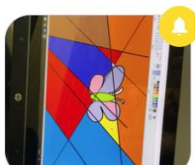
Dylan Samara 4 days



Affan Hasan 4 days



Jawad Mahamud 4 d...



Areeba Islam 4 days

## YEAR 2 FAMILIES

Thank you for helping your children complete the Vincent Van Gough **'Sunflowers'** artwork. Very impressive indeed.



Ahmed Ibrahim Chelili 3 d...



Saheer Mohamed 3 d...



Wildan Dereinda 3 d...



Layelle Chamseddine 3 d...



Zaynab El sayed ahmad 3 d...



Ruhan Amin 3 days

## YEAR 3 FAMILIES

Thank you for helping your child develop the **Safety in your Home** posters. What a fantastic way to reinforce important safety messages while completing the assigned PDH work.



Azalea M 12 days



Abdullah Dabboussi 12 d...



Adnan Amoudi 12 d...



Alina Stroganova 12 d...



Jawad AL-HAKIM 12 d...



Hanan SALEH 12 d...

## YEAR 4 FAMILIES

Thank you for allowing your child to complete the **Egg Drop Experiment**. It was a great way for our students to learn about air resistance.



Tasneem Dadoun 12 d...

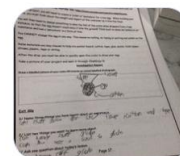


Maryam El Hassan 12 d...

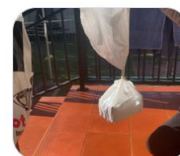


Aisha Akra 12 days

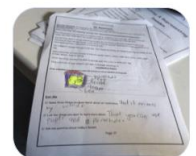
Aug 10



Biial Allam 13 days



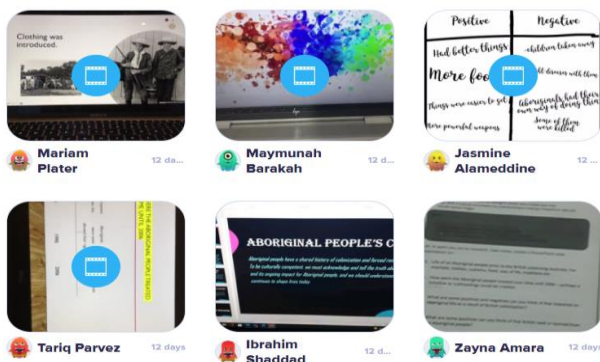
Hamza El-Cheikh 13 d...



Adam Chamma 13 d...

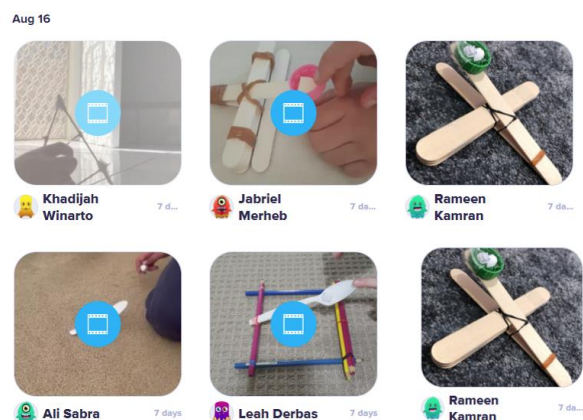
## YEAR 5 FAMILIES

Thank you for continuing to ensure your child has everything they need to complete their weekly lessons. The students' **History Presentations** were very informative and reflective of their outstanding technological skills.



## YEAR 6 FAMILIES

Thank you for continuing to ensure your child has everything they need to complete their weekly lessons. The students' **STEM CATAPULT** creations were spot on! They did a wonderful job creating their catapults.



## FAMILY WELLBEING

The wellbeing of the family unit is paramount to the growth and development of our wonderful students. Families are greatly encouraged to follow the 10 steps for family wellbeing to help foster positive routines and discussions in the home.

Activities such as setting daily schedules, having open dialogue with family members about how everyone is feeling and taking some time away from the screens, will help the family unit support one another and get through this pandemic.



## 2021 BOOKWEEK



**Old Worlds, New Worlds and Other Worlds** is the theme for the 2021 BOOKWEEK.

The annual BOOKWEEK is a celebration of books, a celebration of the stories told by authors and a celebration of fictional and factual literature. It is important that we engage our students in celebrating such events, even whilst learning from home, it gives students a sense of normality and 'not missing out' on fun activities.

Teachers have posted activities and ideas for BOOKWEEK, these are greatly encouraged but not compulsory.

**Reading for leisure is FUN!**  
**"Reading is to the mind what exercise is to the body"**

During these difficult times, reading for leisure can be relaxing and a stress relief. As you do your best to support your children, we would like to take this opportunity to share with you the benefits of reading for leisure.

Leisure reading, also known as pleasure reading and independent reading, is when a reader self-selects reading from a wide range of texts like narrative fiction, nonfiction, personal and social sources. It is vital to encourage and model reading for enjoyment around your child and set reading habits that will continue throughout their lives.

Below are some amazing physical, social and mental benefits of reading for leisure:



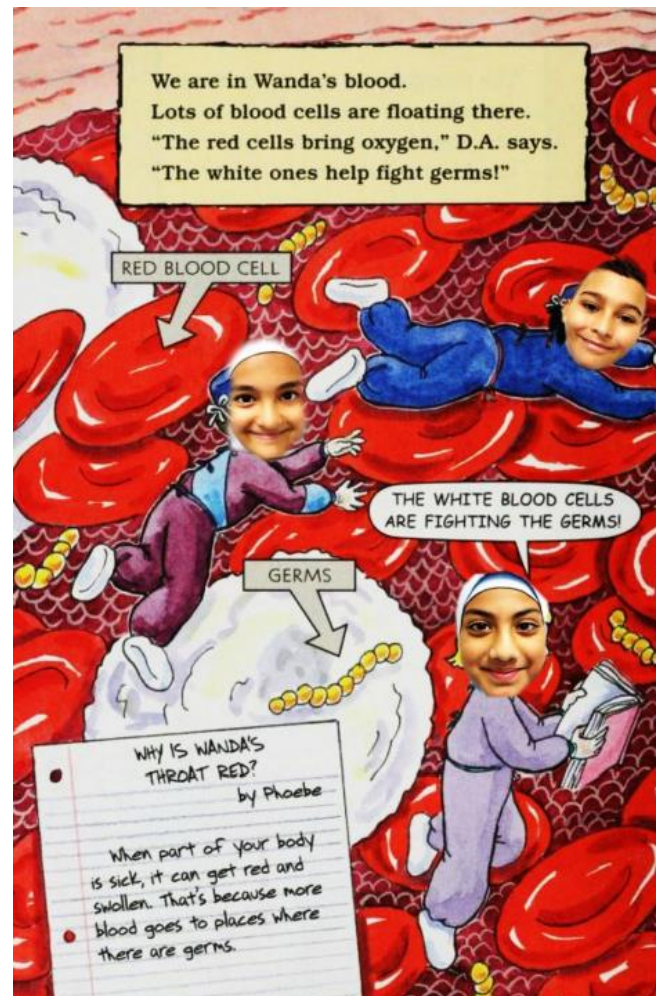
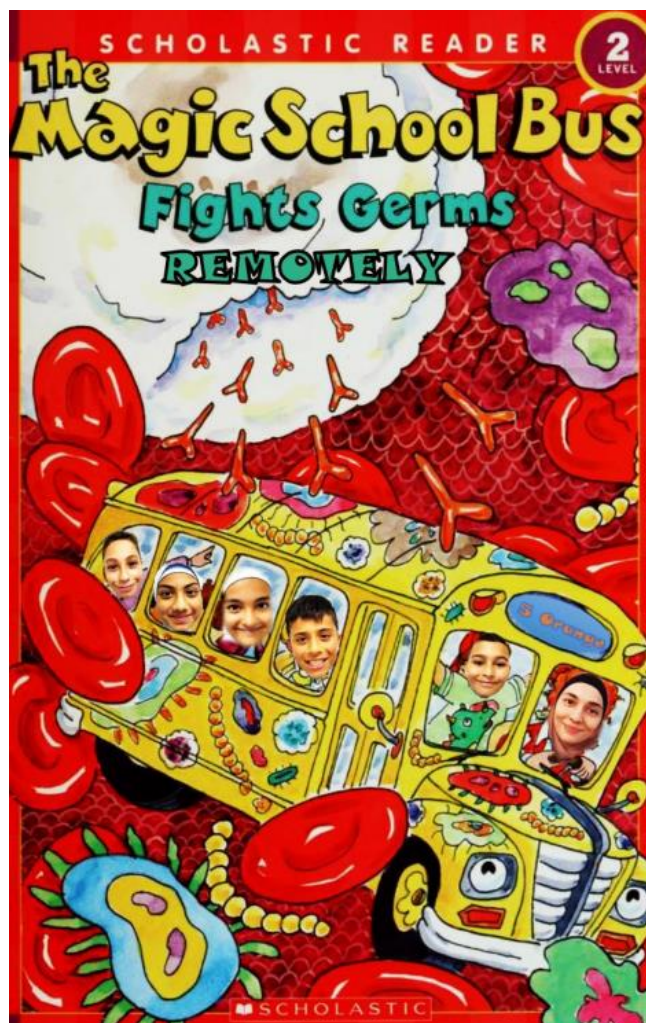
- Keeps your brain healthy
- Reduces stress
- Increases your knowledge
- Expands your vocabulary
- Improves memory
- Improves your thinking skills
- Improves focus and concentration
- Helps you sleep better
- Improves writing skills

Below is one website where you can access free online books:

<https://www.funbrain.com/books>

Recommended books for your children from this website are:

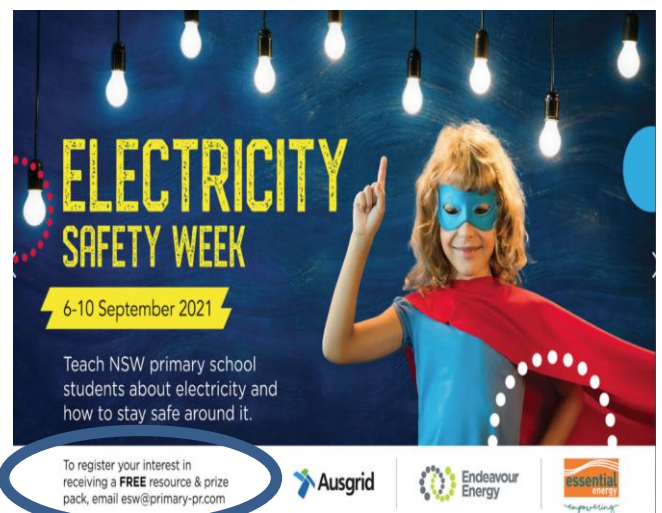
Kindergarten – Gong Wrecks Everything  
 Year 1 – Daisy Nuzzlehead Paints Everything  
 Year 2 – Stink and the Worlds Super Stinky Sneakers  
 Year 3 – Diary of a Wimpy Kid  
 Year 4 – Tom Gates- Everything is Amazing  
 Year 5 – The Cat that Broke the Internet's Back  
 Year 6 – The Unpetables



## ELECTRICITY SAFETY WEEK

Electricity Safety Week is a state-wide program designed to teach students about electricity and how to be safe around it.

Electricity Safety Week will be held in NSW primary schools on **6-10 September 2021**. The aim of Electricity Safety Week is to teach children to stay safe around electricity both at home and outdoors ([www.ausgrid.com.au](http://www.ausgrid.com.au)).





## YEAR 7 TO YEAR 12

### WEEKLY WELLBEING CHECK-INS

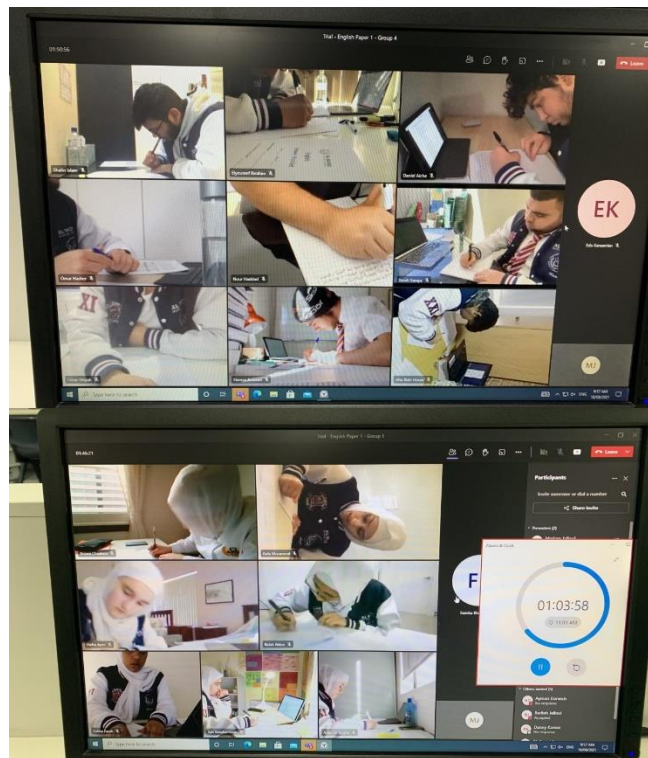
Every Monday, the Welfare Coordinators and School Counsellor send out an email to check-in with students, offering tips and resources on surviving online learning and lockdown. We encourage students to participate in the surveys and utilise the tips to maintain a balanced and positive mindset during the online learning period.

### HSC TRIALS AND PRELIMINARY YEARLY EXAMINATIONS

We have successfully completed the first week of HSC Trials online. Thank you to the dedicated HSC staff and students who completed multiple runs of the online test capabilities.

To minimise anxiety and to suit the online learning environment, the HSC trials were modified and conducted as open-book assessments. The challenge is usually the ability to adapt to change and our students and staff worked extraordinarily well to manage any issues that may have occurred.

The HSC cohort have led the way for the Year 11 Preliminary Yearly exams which will also be conducted online in an open-book examination format in Weeks 8 to Week 9.



### NSW UN YOUTH EVATT COMPETITION

Congratulations to our Year 9 students Anhaar Kareem and Nesrin Khalifa for their progression to the semi-finals of the New South Wales UN Youth Evatt Competition. Evatt is a Model United Nations Security

Council diplomacy competition for students in Years 9-12.

Although Anhaar and Nesrin, did not proceed to the next round we commend their excellent debating and persuasive skills and look forward to future student participation in such competitions.

*"Both Nesrin Khalifa (9G1) and I, Anhaar Kareem (9G1), had the opportunity to compete in the UN Evatt semi-finals. The competition focuses on speaking skills, teamwork and diplomacy and allows participants to engage in a mock UN meeting, in the place of a country. We were assigned Tunisia and had a really great time learning more about international relationships."*

*"We discussed with 14 other delegates, representing different countries, and discussed solutions to global affairs, including neo-colonialism and political instability. While, unfortunately, we did not progress to the grand finals, it was a wonderful opportunity that we both learned so much from. We are so grateful, to have had the privilege to compete, Alhumdullillah!"*

### AUSTRALIAN BRAIN BEE CHALLENGE



The Australian Brain Bee Challenge (ABBC) is a competition for high school students in Year 10 to learn about the brain and its functions, learn about neuroscience research, find out about careers in neuroscience and to dispel misconceptions about neurological and mental illnesses.

The purpose of the ABBC provides current and accurate information on the latest advances in neuroscience research, its value to the community, and promote careers in science and technology.

Congratulations to Shadman Rahman who proceeded to Round 2 of the Competition. Shadman was in the top 55 students out of 550 students who competed in Round 1 across the state.

We look forward to receiving Shadman's Round 2 results soon.

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

Wassalaam

*Ali Kak*

Mr Ali Kak  
Principal