



AL NOORI NEWS

Al Noori Muslim School

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

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SCHOOL NEWSLETTER

ISSUE 13 | TUESDAY 12TH OCTOBER 2021

وَأَتَاكُمْ مِنْ كُلِّ مَا سَأَلْتُمُوهُ وَإِنْ تَعَدُّوا نِعْمَتَ اللَّهِ لَا تَحْصُوهَا

إِنَّ الْإِنْسَانَ لَظَلُومٌ كَفَّارٌ ﴿٣٤﴾

And He gave you from all you asked of Him. And if you should count the favor [i.e., blessings] of Allah, you could not enumerate them. Indeed, mankind is [generally] most unjust and ungrateful. 14:34



Year 1 History -Family Structures work sample

Dear Parents/ Caregivers,

Assalamu 'alaikum wa rahmatullahi wa barakaatuhu.

Welcome to Term 4. The quote, "*change is the only constant in life*" is reflective of the 2020/2021. Last week there were announcements with regards to changes to the NSW government. Alongside this, we have seen changes made to the roadmap for the opening of New South Wales and schools again. Although change can feel unsettling, we are excited to have our students back on site earlier than anticipated. It has filled us all with much energy and optimism.

As part of the staggered return to school, the school will be taking a student wellbeing approach to ensure a smooth and happy return for all students. Parents are encouraged to continue to speak with their children and communicate any concerns with their child's teacher to ensure a successful transition.

MENTAL HEALTH WEEK

Mental Health Week is on from 11 to 15 October 2021. Parents and carers can register for free online events to learn how to understand and support their child's mental health and wellbeing.

The online events are led by some of Australia's best mental health and wellbeing providers. Click on the link to find out more: <https://tinyurl.com/4t6wsxxz>



WHOLE SCHOOL

Students will return to face-to-face learning in a phased approach, these phases will help ensure a smooth transition back to school which reflects the **Level 3 Restrictions** which are necessary to ensure the safety of the school community.

Level 3 Restrictions help ensure the safe return to school by implementing guidelines which have been recommended for our school. These guidelines include:

- All school staff are to be vaccinated
- Mask wearing requirements
- No parents and visitors on the school premises
- No school assemblies
- No incursions or excursions
- Students are to bring their own water bottles; bubblers should not be used by students.
- No mixing of different year groups
- Parents are to wait inside vehicles under the dismissal time specified below

Staggered dismissal times and allocated entry and exit points will help ensure safety during the morning and afternoon times.

Parents are expected to assist the school in ensuring the COVID-19 safe practices outlined in this newsletter are strictly followed.

ADMINISTRATION OFFICE

The school office will continue to operate via phone and email. Parents are not permitted to physically attend the office. All payments are to be made over the phone or through bank transfer.

Please continue to follow the COVID-19 restrictions and the NSW Health advice and do not come into the school office.

ROAD SAFETY REMINDERS

Please ensure you park in designated areas only. Driving or parking illegally puts our students at risk. The speed limit in the designated school car parks is 5km/h. The speed limit around the school zones is 40km/h. Help keep our students safe by parking legally and always driving safely.

Please do not park on private property or in front of driveways. Park in designated areas and walk to school with your child.

While the COVID-19 restrictions continue to be in place, parents are requested not to enter the school grounds. Please drop off your children at the school gates. Parents are also asked to maintain social distancing whilst dropping off or picking up their children.

MASK OR FACE COVERINGS

In schools, masks or face coverings are currently required in all indoor and outdoor settings for all adults and all indoor settings for students in Year 7 and above.

Masks or face coverings are recommended for:

- Outdoor settings for students in Year 7 and above.
- Indoor and outdoor settings for primary students.

VISITORS

Non-essential visits are not permitted on the school site. Parents are asked to stay in the car when dropping off and picking up children if it is safe to do so.

Parents must:

- Ensure they are physical distancing
- Avoid gathering outside of school gates
- Remain outside of school grounds
- Adhere to mask-wearing requirements
- Sign-in using the Service NSW QR code when entering the school.

ATTENDANCE AND UNWELL STUDENTS

In line with the NSW health advice, students must not attend school if they are unwell. Any student attending with flu like symptoms will be immediately sent home. Clearance certificates are required for any student returning to school after being unwell.

EARLY LEAVE

The primary office will not be issuing late notes and early leave notes this term. Students are expected to attend school by 8:30am and will be dismissed at the time specified above.

In the event of an emergency, parents can contact the school via phone and must not come on to the school site to pick up their children without prior approval.

CANTEEN

The school canteen will be closed and will not open until all cohorts have returned to school. Please ensure you pack your child a nutritious lunch box full of fruits and vegetables. Please avoid packing processed snacks.

UNIFORM DEPARTMENT

The uniform department will continue to operate online and only take pre-orders. Distribution will take place outside of school hours and collection times will be communicated to parents via phone and/or email. An updated uniform price list and order form will be emailed to all parents when students return to school.

MORNING ARRIVAL

Students must not arrive at school prior to 8:00am, there is no supervision before this time. Students will be unable to enter through the administrative block and will be required to wait in vehicles with Parents & Caregivers until the school gates open.

HELPFUL TIPS FOR COMING BACK TO PRIMARY SCHOOL

Your teacher is looking forward to seeing you and we know that you are looking forward to seeing your friends. Sometimes learning from home felt easy, sometimes it felt a bit hard. Everyone has a different learning from home story to tell. Here's some helpful tips for you as you get ready to return to school.

- GET READY** (Socks icon): Check your uniform and shoes still fit, and repack your school bag. Your school will have hand sanitiser and masks, but you can take your own too!
- BE SAFE** (Mask icon): Safety first – wear your mask. Sneeze or cough into your elbow, put used tissues in the bin, and wash your hands during the day and before you eat.
- SCHOOL WORK** (Books icon): Try your best. Let a teacher, parent or a carer know what you found easy or hard when working from home. They are there to help you.
- FEELINGS** (Smiley and frowny faces icon): It can help to talk. It's ok to feel a little unsure, worried, nervous, happy, angry or any feeling in between. Talking to your parent or a carer, your teacher or other staff is important when you feel unsettled or are worried about a friend.
- HAVE SOME FUN** (Smiley face icon): Your teacher wants you to enjoy being back at school. Join in the classroom and break-time fun, and play outside with your friends and classmates.
- EAT** (Apple icon): Food is fuel for your body and brain. Don't forget to eat breakfast and grab a healthy lunch and keep your water bottle topped up!
- SLEEP** (Bed icon): Nothing beats a good sleep. Go to bed early and keep phones and other devices in another room, so you're not disturbed. It might take a little time to get back into your routine.

There are more ideas on looking after yourself on the Department of Education's [student mental health and wellbeing](#) pages. NSW Department of Education

NSW GOVERNMENT

RETURN TO SCHOOL IN TERM 4

The NSW Premier announced a Back-to-School Road Map which outlines a staggered return to school. The staggered return to face-to-face learning is being implemented in conjunction with the Public Health Order requirements.

The following is the return to school schedule for the primary school.

KINDERGARTEN

The Kindergarten students will return to face-to-face learning as of the **Monday the 18th of October 2021** which is **Week 3 of Term 4**.

Day & Date	Classes to resume
Monday the 18 th of October	K Orange & K Blue
Tuesday the 19 th of October	K Red & K Green
Wednesday the 20 th of October	K Purple & K Yellow

Kindergarten students will be dismissed at 2:15pm from the Greenacre Rd Gates.

K Purple, K Orange and K Yellow will be dismissed from the Greenacre Rd sheltered walkway.

K Green, K Blue and K Red will be dismissed from the middle gate on Greenacre Rd.

YEAR 1

The Year 1 students will return to face-to-face learning as of the **Monday the 18th of October 2021** which is **Week 3 of Term 4**.

Day & Date	Classes to resume
Monday the 18 th of October	1 Green & 1 Orange
Tuesday the 19 th of October	1 Yellow & 1 Red
Wednesday the 20 th of October	1 Purple & 1 Blue

Year 1 students will be dismissed at 2:45pm from the Greenacre Rd Gates.

1 Yellow, 1 Blue and 1 Purple will be dismissed from the gate next to the Admin Block on Greenacre Rd.

1 Green, 1 Red and 1 Orange will be dismissed from the middle gate on Greenacre Rd.

YEAR 2

The Year 2 students will return to face-to-face learning as of the **Monday the 25th of October 2021** which is **Week 4 of Term 4**.

Day & Date	Classes to resume
Monday the 25 th of October	2 Red & 2 Blue
Tuesday the 26 th of October	2 Orange and 2 Green
Wednesday the 27 th of October	2 Purple & 2 Yellow

Year 2 students will be dismissed at 2:45pm from the Noble Ave Gates. Alternatively, if your child has a sibling in K-1 you can request early leave by writing to the class teacher and your child will wait with their younger sibling at the allocated K-1 gate.

YEAR 3

The Year 3 students will return to face-to-face learning as of the **Monday the 1st of November 2021** which is **Week 5 of Term 4**.

Day & Date	Classes to resume
Monday the 1 st of November	3 Orange & 3 Green
Tuesday the 2 nd of November	3 Purple & 3 Blue
Wednesday the 3 rd of November	3 Red & 3 Yellow

Year 3 students will be dismissed at 3:20pm from the Noble Ave Gates. Alternatively, if your child has a sibling in K-2 you can request early leave by writing to the class teacher and your child will wait with their younger sibling at the allocated K-2 gate.

YEAR 4

The Year 4 students will return to face-to-face learning as of the **Monday the 1st of November 2021** which is **Week 5 of Term 4**.

Day & Date	Classes to resume
Monday the 1 st of November	4 Blue & 4 Yellow
Tuesday the 2 nd of November	4 Orange & 4 Green
Wednesday the 3 rd of November	4 Purple & 4 Red

Year 4 students will be dismissed at 3:20pm from the Noble Ave Gates. Alternatively, if your child has a sibling in K-2 you can request early leave by writing to the class teacher and your child will wait with their younger sibling at the allocated K-2 gate.

YEAR 5

The Year 5 students will return to face-to-face learning as of the **Monday the 1st of November 2021** which is **Week 5 of Term 4**.

Day & Date	Classes to resume
Monday the 1 st of November	5 Blue & 5 Purple
Tuesday the 2 nd of November	5 Orange & 5 Green
Wednesday the 3 rd of November	5 Red & 5 Yellow

Year 5 students will be dismissed at 3:20pm from the Stage 3 Campus.

YEAR 6

The Year 6 students will return to face-to-face learning as of the **Monday the 25th of October 2021** which is **Week 4 of Term 4**.

Day & Date	Classes to resume
Monday the 25 th of October	6 Blue & 6 Yellow
Tuesday the 26 th of October	6 Red & 6 Green
Wednesday the 27 th of October	6 Purple & 6 Orange

Year 6 students will be dismissed at 3:20pm from the Stage 3 Campus.

“Do what you can, with what you’ve got, where you are”

HELPFUL TIPS FOR RETURNING TO HIGH SCHOOL

COVID 19 has required everyone to make changes: how we live, how we socialise, how we learn.

Everyone has a story about learning from home and while there are similarities, your story is unique.

Whatever your experience, it's normal to feel a wide range of emotions that may change from week to week. In returning to school, it's important to think about what will help you prepare for your return, manage any worries you might have and re-focus your thinking.

Your feelings are important. If you need to, there are lots of people you can talk to.

GETTING READY

- Get organised before the day. You may have had a growth spurt while away – so check your uniform and shoes still fit.
- Check your timetable to know what lessons you'll be having - if in doubt ask your teacher or classmate
- Pack your bag the day before with everything you need.
- Be sure to have a mask and hand sanitiser. Your school will also have some supplies if needed.

SAFETY

- Know the rules around wearing masks at school and while travelling. If you need more information, look at your school's website and Facebook page, or contact a teacher or year adviser.
- Remember COVID safe practices are for the safety of everyone in the school community so follow all instructions on physical distancing and hand washing.
- If you feel unsafe, or are worried about safety, talk to a trusted adult in the school.

BE KIND TO YOURSELF

- Go easy on yourself – give yourself the same supportive advice that you'd give to a good friend.
- Life has been different and it may take time to adjust. Be realistic in your thinking about how long it might take.
- Talk with your teachers about your work and call out your current strengths and any challenges. They are there to help you.
- Contact a friend before the first day back and arrange a time and place to meet.
- Try and focus on the things you can control like trying your best with your school work and see change as an opportunity to learn and grow. Some things are out of our control and worrying can be tiring.
- Talk with your family and friends to help prepare yourself for returning to school.

NSW Department of Education
NSW GOVERNMENT

KEEP CONNECTED

- Challenging times can be easier to get through together, so stay connected and be there for each other.
- Go easy on each other and be patient. By being calm those around you will also relax.
- Look out for your friends and classmates. If you think someone is having a tough time, it's a good idea to reach out and offer support. [ReachOut](#) has some helpful tips on how to start the conversation.

DON'T FORGET YOUR PHYSICAL HEALTH

- Food is fuel for your brain and body. Eating a healthy balance of food throughout the day and drinking water helps improve your mood and concentration, and boosts your energy levels and supports general health. And it all starts with breakfast!
- Stay active. Returning to school may make you physically and mentally tired for a while. Spend some time doing something physical at the end of the day to boost your mood.
- Sleep is essential. Give your brain a rest so it can recharge. Get into the routine of sleeping 8-10 hours so you can wake up in the morning refreshed and ready to learn. Uninterrupted sleep is best, so put your phone on silent or even better, in another room.

FEELINGS

- You may experience a range of emotions about returning to school: worried, excited, nervous, angry, happy or any emotion in between. Take your time to reconnect with teachers and other students and settle back into the school routine.
- Think of a time when a challenge made you feel nervous or worried. Remember the strategies you used to manage those emotions and reflect on how you moved through that situation.
- It can be tough, but try to focus on the good things no matter how small they may seem. It's important to seek out the positives to help build your confidence, and focus on your strengths.

MORE HANDY TIPS

If you do feel overwhelmed there are lots of things you can do:

- Take some deep breaths, walk away to another area or talk about it with your mates.
- Use an app like [Smiling Mind](#) to practise mindful meditations to help you relax. [Reachout.com](#) has heaps of other apps you can check out!
- Speak with your support network: family, teachers, Year Adviser, school counsellor or student support officer.
- Contact a helpline by phone or online. Kids HelpLine ([Kidshelpline.com.au](#) or 1800 55 1800) or [headspace](#) (1800 650 890) are two places you can contact. They are free of charge.
- Your local doctor is also someone you can talk to.

You will find more ideas on how to look after yourself and your friends on the Department of Education's [student mental health and wellbeing](#) pages.

NSW Department of Education

YEARS 7 - 10

The Years 7-10 students will complete their yearly examinations online in weeks 4 and 5. More information on their return to face-to-face learning will be advised once the yearly examinations have been completed. The Yearly Examination Timetable is below for your reference. Students are asked to communicate with their teachers on MS Teams with regards to the examination format and revision material.

Day & Date	Classes to resume
Dates to be advised	Year 7, Year 8, Year 9, Year 10 will receive more information after the Yearly Online Examinations

Years 7 - 10 Yearly Examination Timetable					
Week 4					
Year	Monday 25 October	Tuesday 26 October	Wednesday 27 October	Thursday 28 October	Friday 29 October
7	Study Leave	Study Leave	Science	Islam & Civilisation	
8	Study Leave	Study Leave	Science	Islam & Civilisation	History
9	Study Leave	Study Leave	Science	Islam & Civilisation	
10	Study Leave	Study Leave	Science	Islam & Civilisation	English

Years 7 - 10 Yearly Examination Timetable (Continued)					
Week 5					
Grade	Monday 1 November	Tuesday 2 November	Wednesday 3 November	Thursday 4 November	Friday 5 November
7	English		Mathematics	PDHPE	
8	English		Mathematics	PDHPE	
9	English	History	Mathematics	PDHPE	Commerce
10		History	Mathematics	PDHPE	Commerce

YEAR 11

The year 11 students will return to face-to-face learning from Monday the 25th of October.

Students are to attend school no earlier than 20 minutes before Roll Call.

The students are required to follow the COVID Safe protocols set by the school.

While at school, face masks are required in all indoor and outdoor setting for all high school students (unless eating or exercising).

All entry to the high school MUST be from the Greenacre Road gates.

Day & Date	Classes to resume
Monday the 25 th of October	Year 11

YEAR 12

The year 12 students will return to school on Monday the 18th of October.

Students are to attend school no earlier than 20 minutes before their scheduled examination. All students are required to follow the COVID Safe check-in by scanning the QR code once they enter the school grounds. While at school, face masks are required in all indoor and outdoor setting for all Year 12 students (unless eating or exercising).

All entry to the high school MUST be from the Greenacre Road gates.

Day & Date	Classes to resume
Monday the 18 th of October	Year 12

Preference to continue online learning

Thank you to all the parents who communicated with us that they would like online learning to continue for a short time longer. If you are anxious about sending your children to school and would like to continue with online learning, please complete the form below by clicking of the link or accessing it via the QR code. If the school has sufficient student numbers to conduct online classes, you will be notified. Your patience and support are greatly appreciated as we manage to cater for everyone's needs at this challenging time.

<https://forms.office.com/r/5bRqJR9nJ9>



May Allah SWT keep you safe and in good health.

Wassalaam

A handwritten signature in black ink, appearing to read 'Ali Kak', is positioned above the printed name.

Mr Ali Kak
Principal