AL IMAN NEWSLETTER

JULY 2023 | DHUL HIJJAH 1444





ISSUE 19

Term 3 Curriculum Day(Student Free Day): Monday 10th July 2023

Term 3 Students Begin: Tuesday 11th July 2023

Foundation - Year 2 Sports Day Thursday 17th Aug 2023

Year 3 - 12 Sports Day Thursday 7th Sep 2023

Term 3 Students Last Day: Thursday 14th Sep 2023

Term 3 Reporting Day: Friday 15th Sep 2023

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- Shukr: The Solution to all complaints
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- Lunch Physical Activity Challenge
- VCE: Term 2 News



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IMPORTANT DATES

Term 3 Curriculum Day	Monday 10th July 2023	
Term 3 Students Begin	Tuesday 11th July 2023	
Year 7 Girls Day Camp Excursion	Monday 31st July 2023	
Year 8 & 9 Girls Day Camp Excursion	Tuesday 1st Aug 2023	
Year 10 - 12 Boys Camp Excursion	Wed 2nd - Thur 3rd Aug 2023	
Year 10 - 12 Girls Day Camp Excursion	Monday 14th Aug 2023	
Year 7 - 9 Boys Day Camp Excursion	Tuesday 22nd Aug 2023	
Term 3 Students Last Day	Thursday 14th Sep 2023	



PRINCIPAL'S MESSAGE



Dear Parents, Staff and Students

Assalam-O-Alaikum

As Term 2 is ending, teachers have been assessing student learning and preparing the Semester 1 reports. Reports are sent home and it is time for families to celebrate the learning of their children.

I would like to congratulate all the students who have managed to improve in their learning, behaviour, understanding and recognition of Allah Subhanahoo Wata'ala and knowledge of His obedience. It is wonderful to celebrate so much talent across our school.

As we are committed to improved learning of our students, we also provide professional development opportunities to our staff during the term and especially during term break holidays.

Our new building is ready for occupation and students should be moving to the new building from the start of Term 3. We have had opportunity to carry out other maintenance work including changing the roof of Gym building.

Wishing a very Happy Eid Mubarak. May Allah Subhanahoo Wata'ala bless all of us with an opportunity to follow the footsteps of Hazrat Ibrahim Alaihe Salam and his family in their efforts and sacrifices to please Allah Subhanahoo Wata'ala.

We look forward to seeing our students return to school on Tuesday, 11th July.

Wassalam-O-Alaikum

Zulfiquar Ali - Principal



AL-NASIHAH

SHUKR: THE SOLUTION TO ALL COMPLAINTS

Allah has bestowed so many blessings upon humans that they cannot even be enumerated. Every direction glanced at, each event pondered over, and any possession thought about, all provide vivid proofs of the unlimited perpetual favours that are glaring at humans on the face day in and day out. Unfortunately, when asked to articulate an opinion on any subject, failure to acknowledge the positive aspect is a commonly normalized nature. It is due to this nature that Allah Almighty has called humans towards Him Kanūd.

"Man is, indeed, very ungrateful to his Lord" (Quran 100:6)

The word used for *kāfir* is extracted from *kufr*, which means to cover, hide, or conceal because the disbelievers conceal and hide the truth. The Arabs also call the ungrateful person a *kāfir* because he conceals and hides the favours of their Lord and focuses on the hardships and difficulties of his life, making them the centre of his attention.

Both *kufr*: Disbelief and Ungratefulness are severe attacks from Satan. Disbelief prevents one from entering Jannah, and ungratefulness leads to disbelief. When Satan said to Allah Almighty, "Then I will come (attack) upon them (humans) from their front side and from their behind, and from their right and from their left," he added, "You will not find most of them grateful" (Quran 7:17). This means that one great waswasa (whisper) and attack of Satan on humans is to make them ungrateful, making them focus on the negative outcomes, difficulties, hardships, calamities, inconveniences, and events that go against the desired expectations.

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To become grateful is not just a trait of the pious; rather, it is a protection and a shield from Satan's attacks and whispers. If one is overwhelmed by negative thoughts, they should follow the following three steps:

1. Ask Allah ﷺ to make them grateful.

The Prophet salso supplicated to become thankful. His supplication should be memorized. He supplicated:

"And make us from those who are thankful to your blessing, praise it, are worthy of it, and perfect it upon us." (Abū Dāwūd & Hākim)

2. Befriend those who are thankful, positive, appreciative, and do not regularly complain (the truly Pious).

The Prophet said, "A person is on the way of his friend, so take care of whom you befriend." (Abū Dāwūd & Tirmidhī).

An example of the way the pious turn the negative into positive can be gauged from the following incident: Once Mufti Shafī's (may Allah have mercy on him) daughter complained to him about her tooth pain and commented that when teeth grow out and when they are plucked out, both instances they give extreme pain. He instantly replied, "Is pain the only thing your teeth have provided you? What about all the years they chewed for you your food without any pain? Have you forgotten Allah's favours upon you?"

3. Start thanking Allah Almighty for the general blessings that everyone benefits from.

My beloved teacher Mufti Muhammad Taqi Usmani (may Allah Almighty protect him) used to say that very few people thank Allah for the blessings that envelop everyone, and one should try to thank Allah for those blessings as well, like the rising and the setting of the sun, the night and day, and the different seasons and weather. Allah says:

"Say, Tell me if Allah were to impose the night over you, continuing forever up to the Day of Judgment, which god, other than Allah, would bring to you light? Then, do you not listen? Say, Tell me if Allah were to impose the day over you, continuing forever up to the Day of Judgment, which god, other than Allah, would bring to you night in which you may have rest? Then, do you not see? And it is out of His mercy that He has made day and night for you, so that you may have rest in it, and so that you may search for His grace, and so that you may be grateful." (Quran: 28:71-73)

Therefore, one should strive to become thankful slaves of Allah Most High and exhaust all their energy in trying to divert their attention towards the positive aspects of each event, incident, and occasion. May Allah Most High make us grateful.

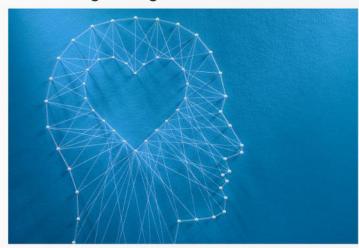
Maolana Ahmad Moim Siddiqui - Islamic Studies Teacher



WELLBEING DEPARTMENT

EMOTION COACHING FOR PARENTS AND CHILDREN

Emotions are a natural part of humanity. They are powerful signals that let you know how you're feeling at this moment or what it is you need. You may find your emotions more challenging to manage in some moments in life. In this regard, numerous research has shown the importance of emotional intelligence, which is the ability of us to understand and manage or regulate our own emotions and those around us.



Emotional intelligence helps recognise a person's own emotions as they occur. It is advised to not think of emotions as either positive or negative. Instead, everyone should think of them as appropriate or inappropriate. For example, feeling anxious is not a 'wrong,' 'bad,' or 'negative' emotion. It may be inappropriate sometimes; in which case the individual would need support with their anxiety.

However, feeling anxious can be highly appropriate in certain situations, such as being anxious to attend your workplace on time. – This helps us to develop an understanding of the situations other people are in. Besides, emotional intelligence involves using questions to find out more and then communicating back to the person to ensure you have listened to and understood them; they feel understood and listened to.

Therefore, it is vital to be aware of emotional intelligence since childhood as it increases the capacity to regulate emotions appropriately. Along with everything we are taught, emotional intelligence is also introduced to us, and parents are the first teachers in this regard. Children learn from observing how their parents, teachers, and people around them behave with each other as their own examples to follow. We can help children to understand their emotions better and develop emotional intelligence through "emotional coaching.



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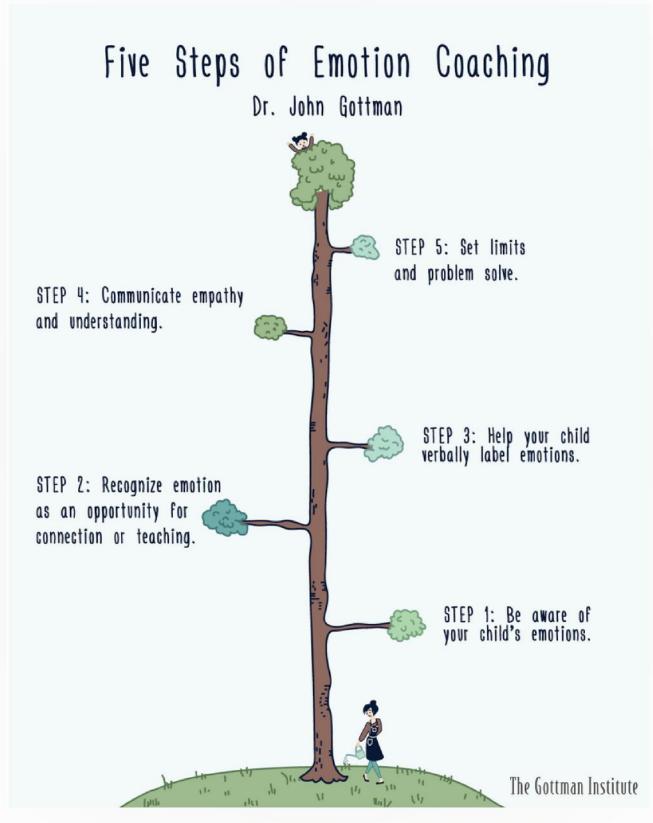
Emotion coaching helps children to value the different emotions they experience, why they occur, and how to handle them. In this respect, you can coach your children about emotions calming them, paying attention, understanding their thoughts and and feelings, helping understand themselves. This will help your children to feel loved, supported, respected, and valued, with and an emotionally supportive foundation, you will be much more successful at setting limits problem-solving. and Emotion coaching also helps children become comfortable with their feelings and learn to constructively express their emotions.





When your child expresses challenging emotions or misbehaves in some manner, try to figure out the underlying cause of their feelings. Put the steps of Emotion Coaching to work in your relationship with your child. Treat your child as an emotional being: they are not to be seen but to be heard. Put yourself in your child's shoes and think about the situation. This helps us to understand the issues that are impacting their behaviour. It does not accept the behaviour but allows us to have empathetic thoughts.





Dr John Gottman determines the 5 steps of emotional coaching which helps identify children's emotions and how to regulate them.

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If someone ignores my pain and depression, dismisses my needs, and my voice is not heard, and puts me down, how would I feel in such a situation? Do I feel lost, frustrated, shame, unloved, or neglected? By reflecting on your own emotions, identify the appropriate way to respond to a child's emotions. The research found that when a child perceives they're being neglected emotionally, they are twice as likely to develop mental disorders such as anxiety and depression by age 15. It is essential to contemplate how we deal with our child's emotions.

From then on, use active listening techniques to ensure your child's feelings are heard and understood. Studies find that children with emotion-dismissing parents have more negative emotions. On the other hand, parents accepting the concept of emotional coaching for children can lead to an indirect effect in regulating their children's feelings positively. When we come across a child reacting emotionally or behaving in a way that we can't tolerate, ask yourself first why your reaction is that way. Ask yourself why your reaction is to respond, possibly with intolerance, annoyance, or anger. Maybe someone ignored your feelings when you were growing up, and you mirrored those reactions.

Eventually, we are humans, and we are prone to make mistakes. Now it is time to slowly learn to break that cycle of emotional indifference and be more understanding and empathetic toward each other.

Abu Hurairah (may Allah be pleased with him) reported that the Prophet Muhammad (peace be upon him) said: "Whoever does not show mercy to our young ones nor acknowledge the rights of our elders is not from us." (Sunan Ibn Majah)

This hadith highlights the importance of showing compassion and mercy towards children. It reminds us that children's emotional well-being should be taken into consideration, and they should be treated with kindness and care.

References

Please visit the following websites for more information. Besides, I'll be pleased to answer any further queries you might have any concern regarding emotion coaching.

https://explore.bps.org.uk/content/bpsecp/32/1/31

https://www.relationshipsnsw.org.au/blog/emotion-coaching-for-parents/

https://journals.sagepub.com/doi/pdf/10.1177/0265407514562560

https://www.beyondblue.org.au/general/search-results?keywords=emotion

Md Naser Khan - School Counsellor



PRIMARY

YEAR 2: A JOURNEY INTO TERM 2

Ms Saima - Year 2B & 2D Form Teacher

In term 2, the Year 2 students were exposed to a variation of indoor and outdoor learning experiences. These ranged from identifying and recognising simple mixtures found indoors in our homes, and our school environment, as well as found outdoors such as shops, supermarkets, and our outdoor environment.





As a cohort, we explored different materials and mixtures, had hands-on experiments in our classrooms. We also had an incursion with a scientist from 'Mad about Science', who explored a range of mixtures that are found around us in our indoor and outdoor environment. Students were asked to highlight their experiences in a poster, which they presented to the class as a project and added towards their summative assessment.

The work put towards these presentations by the students is worth mentioning, mashaAllah, however, our intention for the coming terms in to excel in all areas of our curriculum gradually, ultimately reaching our learning milestones by the end of term 3 and end of year!















In the area of Mathematics, we delved into money, and measurement of objects within the class using formal and informal units of measurement. Students were able to successfully work through group tasks related to money/Australian currency and measurement. It was amazing to see the enthusiasm and energy working through the assigned tasks in a manner that showcased team collaboration with an added ingredient of healthy & positive competition making these activities a worthwhile learning experience for students and teachers alike.

Actively working, hands on activities learning about measurement:









Arts in term 2 was focused on 'Drama' where students used their acting skills, body language, pronunciation, and voice modulation to perform various acts throughout the term. Students performed on Jack and the beanstalk of as a part quite was assessment. It experience to see students grow from feeling shy and uncomfortable to confidently saying their lines and even preparing for their act by bringing props (scarves, boots, hats) Mashallah. from home Overall. Alhamdullilah, it was a wonderful experience, and we look forward to many more Inshallah.









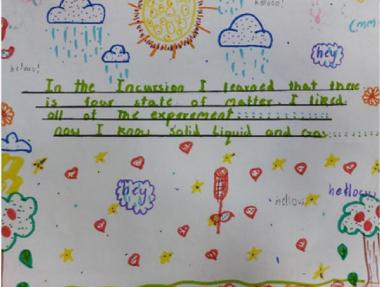
YEAR 3: MAD ABOUT SCIENCE - SOLIDS, LIQUIDS AND GASSES

Year 3 Teachers

The Year 3 students this term had the exciting opportunity to participate in an incursion conducted by 'Mad About SCIENCE'- the experts in Primary school science workshops and Incursions. Students had the opportunity to explore the three common states of matter – solids, liquids and gases in a selection of hands-on experiments. The Australian curriculum for Year 3 science was magnificently covered in a range of activities which showed changes in the states of matter in a beautiful and fun way.





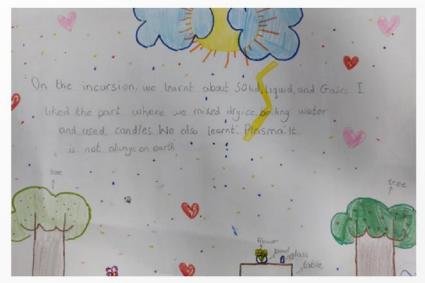




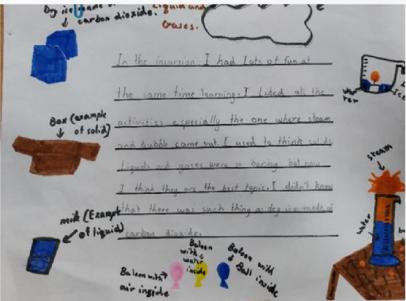
From dry ice mixing with boiling water to create a continuous steam, to gaseous fire extinguishers and bubbles the students could hold in their hands, we can confidently say that the students loved every moment and learned a lot of valuable scientific information.

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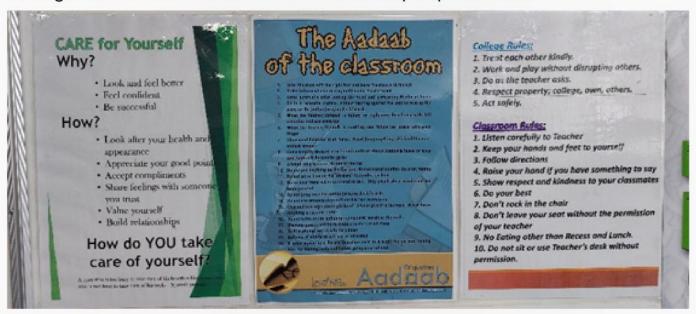


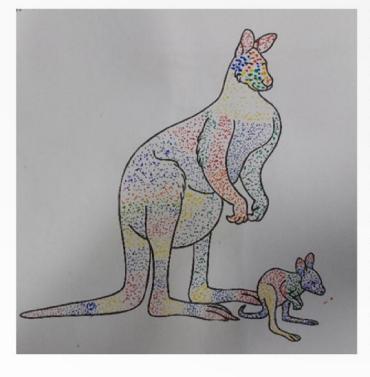


YEAR 3: COMPOSITE CLASSES - A SUCCESSFUL SEMESTER

Ustaz MD Abu Yusuf and Ustaz Keir McKenzie-McHarg - 3B & 3D Teachers

This year at Al Iman College, some classes have been learning in an environment where 2 classes of the same year level are combined in one room with two teachers. This practice is known as a composite class, and throughout semester 1 it has been successfully implemented.



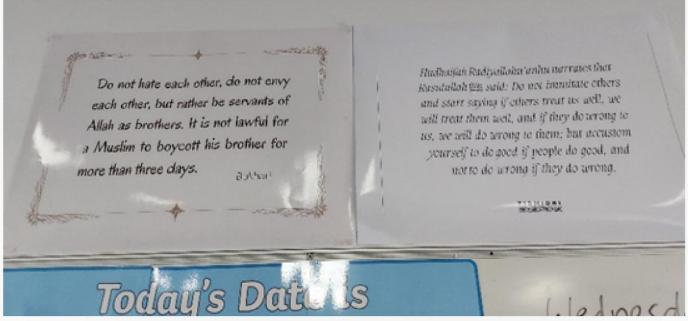


One of the year levels that has been learning in this way is Year 3. 3B and 3D have been combined in one large open classroom since the start of the year, with two teachers to ensure that each student gets the help and attention they need and deserve. With the help of our excellent support staff, there are sometimes up to four teachers in the class to work with students in smaller groups where needed, ensuring that students receive of learning a range experiences.

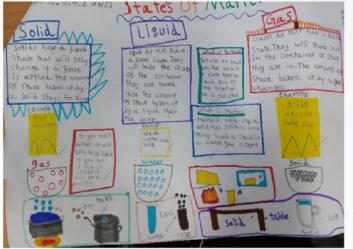


In a class with many students such as this, students have been able to expand their friendship groups and experience a lot more inquiry-based learning than they usually would be able to, with students working together to research topics and learn about them.





Alhamdulilah, we thank Allah first and foremost for granting success in the learning journey of the Year 3's this semester, followed by our support staff, all of the parents for their understanding and support, and our wonderful students.



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SECONDARY

7A & 7C: SCIENCE - RENEWABLE AND NON-RENEWABLE RESOURCES

Ms Amal and Ms Zarina - Secondary Science Teachers

In science, students have been learning about the earth's natural resources. They learnt that some resources found in the environment can be used by humans, without the requirement to be significantly changed. Students learnt about synthetic resources which natural resources that significantly altered by humans to make something new. Students studied the difference between renewable and nonrenewable resources and made models different of electricitytypes generating plants. They used cards, old boxes, string, wire, pen, paint, and other resources for making models.







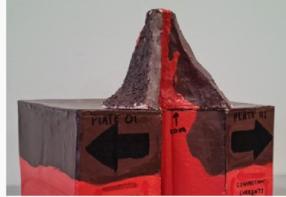




YEAR 9A: SCIENCE - TECTONIC PLATES

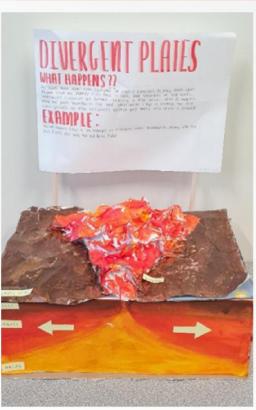
Ms Amal Shihata - Science Teacher





In Term 2, Year 9 students explored Earth Science and studied the depth of our planet and what makes up our land. We learnt about how earthquakes occur, how volcanos erupt and the movement of tectonic plates. We dated back to millions of years ago and investigated the supercontinent, Pangaea. The movement of plate tectonics inspired us to create a project about different plate boundaries. We created converging plate boundaries, diverging plate boundaries and transform plate boundaries. The class used cardboard, tissues, lego blocks, coloured paper and paint to design unique models. Collectively, we shared our ideas and expressed our opinions to create an effective learning environment.

Written by students Alanur Bingol and Rania Ahmed











HPE & EXTRA CURRICULLAR

LUPA (LUNCH PHYSICAL ACTIVITY) CHALLENGE FOR YEAR 5 & 6

Ustaz Hafizzudin Ng - HPE Coordinator

Alhamdulillah our Year 5 and 6 boys participated in a student-run 5 a-side football tournament that lasted 3 weeks! The tournament was conducted at every lunch play from Monday-Thursdays.



Round 2

CAME 1 REF. Enhan

FALCON

The Raders

SHADOWFIRE

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Students regularly checking the LUPA board for fixtures and results

Our SRCs use an online platform to create fixtures and maintain all data! board for fixtures and results



The Year 9 organizers and officials worked very closely together and set out appointments to ensure proper conduct of the matches

Our Year 9 SRC seniors, along with Year 9 student volunteer officials, took charge of the event and was involved in the officiating, scorekeeping and ensuring that the event went smoothly!

Such events prove very important for our boys, especially the participants and organizers, as it provides opportunities for our students to develop leadership, teamwork, organizational skills and learning to make decisions on their feet.



Top 3 teams from each league (Year 5 and Year 6) won medals for themsevies. Players who showed oustanding performances were awarded individual recognition such as Fair Play, Top Score and Best Goalie awards.



Individual LUPA Awards



Medals for winning teams and certificates for the Year 9 organizers and officials

Students were all smiles on the last day of the term as the well-deserved winners received their medals and trophies by the Principal amidst their fellow schoolmates.



Players receiving awards from our Principal

Our Year 9 organizers did not leave empty-handed, ending the term with a moment of recognition and receiving certificates for their effort and dedication. Seeing them in action on the ground was indeed a reward in itself for us educators.

We would like to thank the management, staff and students involved in making the event a successful one!



ANNUAL EID CELEBRATION

Extra Curricular Department

Alhamdulillah we thank Allah SWT for giving us the opportunity to host our annual Eid Celebration for the staff and students this term. It was a day filled with joy as people were going on the rides and trying out all the different activities.

It was nice to see the smiles on people's faces and everyone enjoying themselves. The weather was also great Alhamdullilah. Jazākumullāhukhairā to everyone who was involved in organising and helping out. Thanks to all the Maintenance Staff, IT Staff, Male and Female Support Staff for the BBQ and food preparation; the teachers, support staff and volunteers in helping supervise the students, running the activities and food stalls; as well as the Management and Office Staff for their ongoing support. This day would not run without all your support and Duas. We look forward

to having more events at the college InshaAllah.





















VCE 2023: TERM 2 NEWS

Ust M Abdul Rashid & Ms Mahrukh Ali - VCE Coordinators

Congratulations to all our VCE students on completing Unit 1 (year 11) and Unit 3 (year 12) in term 2. Term 3 is challenging and will pass quickly. We strongly encourage our year 12 students to stay on task, not be distracted, and prepare well for their final race (final exams). Follow your learning routines and do your best!

GAT 2023

Year 12 Students did their GAT test on the 15th of June, the General Achievement Test (GAT) is a pen-and-paper test of general knowledge and skills taken by students while completing their senior secondary studies. For our students to do their best, we also had a practice GAT test for our students on the 24th of May.





The GAT plays an important role in the quality assurance of VCE assessments and provides students with an opportunity to demonstrate they meet the Victorian Literacy and Numeracy Standards expected at a senior secondary level. GAT results will be used to help calculate a student's Derived Examination Score for any student whose exam performance is affected by illness, accident, or personal trauma. The GAT results are also used to help validate the accuracy of school-based and external assessments.

VCE Class of 2023 Jackets:

Every year the Year 12 VCE students will receive "Class of Year" jackets from the school, this tradition started in 2021, with our very first VCE year 12 students who received the "Class of 2021" school jackets, last year our year 12 students received the "Class of 2022" and in term 2 our current year 12B (VCE) students received their "Class of 2023" jackets, students were excited to wear their personalised class of the year jackets.



VCE teachers and students BBQ:

It is our tradition that the year 12 students host the BBQ for their peers and teachers. Following the tradition, on the 17th of May, our students had year 12 opportunity to host a barbeque for VCE teachers and all VCE students. Boys dressed as chefs prepared a delicious BBQ of chicken, Kofte. Students and staff enjoyed the delicious BBQ to celebrate the VCE batch of 2023. Masha Allah, the event created a great way to connect and build friendly relationships with our VCE students.









