

News

June (2) 2020



الكلية الإسلامية في لنفورد



Principal's Message

*Assalamu-Alaikum
Warahmatullahi Wabarakatuh*

بسم الله الرحمن الرحيم

Dear Parents/Guardians,

Alhamdulillah, Year 12 students have completed their Semester One exams and are ready to embark on the final semester of their school life. We are very proud of our Year 12 students and look forward to even better ATAR results this year, Insha-Allah. The success of our current Year 12 cohort must, like with all other cohorts, be attributed to great teamwork which started with energetic and passionate Kindergarten teachers and Education Assistants and continued throughout Primary School and finally completed in Secondary by our exceptionally hardworking and dedicated High School and Year 12 teachers. It is this fantastic teamwork and collegiality that has been the cornerstone of this College's great success.

Speaking of great results, there are amazing learning experiences and activities taking place in all classrooms in all corners of this College during every period of every day. You can have a glimpse of the learning taking place in each edition of the College's newsletter. This edition includes news from Kindergarten, Pre-Primary, Year One and Year Three as well as Eid Card activities undertaken by the Arabic Department. We also have a good variety of co-curricular activities on offer and volleyball is featured in this edition.

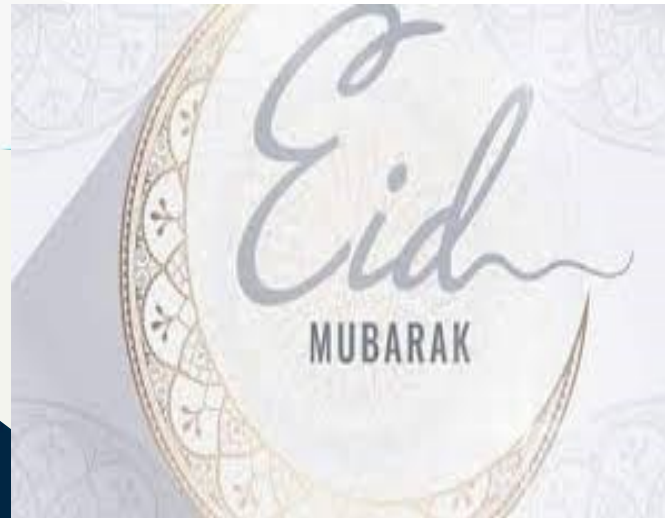
In line with all the improvements and excellent performance, we are also in the process of improving our uniform. The new uniform will be more comfortable and be more formal in appearance with brighter colours including blue and green. The uniform will be ready in January 2021, Insha-Allah. More details will be provided in due course.

Jazaak-Allahu Khairan for your continued cooperation and support.

Dr Popie Hossain Rhaman

In This Issue

- How to manage stress!
- Co-Curricular Volleyball
- Digital Technologies
- Year 3 Violet
- Welcome to Year 1 Gold
- Kindergarten Yellow
- Learning is fun in Pre-primary Green
- Eid Cards



How to Manage stress!

Helping Your Child Deal with Stress

AT SCHOOL

STRESS

To our students: How to manage stress! Our school had a wonderful workshop in Week 4 this term which was conducted by the Headspace organisation. We talked about our mental health, wellbeing, stress management and bullying, it was great to see our students attend and participate in the workshop.

Headspace workshop photos

Headspace is working hard to ensure young people can access services to support their mental health and wellbeing through phone and online services, during this uncertain time

Mastering the Art of Year 12 COVID-19 Style!

Year 12 was already challenging without COVID-19 turning it on its head. Uncertainty and changes to social connections are factors which impact upon how we feel and cope. But remember, education is a choice, so let's do our best. Learning from others, seeking skilled practitioners in human behaviour is one way of getting ahead. Our school's counselling services are still on!

**Learn
something new
For more useful tips,
please check:**

REACH OUT.com



Dear students,

- ◆ Hold on to your 'stability rocks'
- ◆ Accept that it's normal to be feeling stressed
- ◆ Practice tolerating uncertainty
- ◆ Draw on skills you've used before
- ◆ Talk to your family
- ◆ Stay up to date with the facts
- ◆ If you're feeling overwhelmed, seek support.
- ◆ Stay active (indoor exercise)
- ◆ Chat with your mates
- ◆ Make a homemade meal ☐
- ◆ Take a break from the news
- ◆ Watch or read something uplifting
- ◆ Learn something new.

By: Ms D El Gammel

Co-Curricular Volleyball



Benefits of playing volleyball

Whether it's the rush, adrenalin, speed, spikes, pure athleticism or the challenging nature of the game, there is no disputing the power of volleyball and people's love and pure enjoyment of the sport. Today the game of volleyball continues to grow and is today considered one of the most popular sports in the world. And the benefits of the game are truly endless.

Physical Benefits

1. Improves Cardiovascular Health
2. Improves your muscular system
3. Improves joint health
4. Weight loss
5. Improves hand eye coordination

Emotional Benefits

1. Improves interpersonal skills & builds teamwork
2. Encourages social interaction & an enhanced sense of happiness & belonging
3. Reduces stress & anxiety
4. Sportsmanship Develops self-esteem & boosts

In Term 2, a volleyball program was introduced for those who have a significant interest in the sport. The reason behind the implementation of the volleyball program was the countless benefits that the sport has to offer.

Students began the term with learning the fundamental skills of volleyball which are passing, setting, spiking, blocking, digging, and serving.

Following this training period, students then began to play team matches against each other. Students were categorised by year and skill levels to ensure safety and level of competitiveness



Due to the current Covid-19 pandemic, students have been instructed to maintain safe social distancing between each other to ensure their safety and well-being.



By: Mr A Ali

Digital Technologies



Digital Technologies has certainly become a very important part of our lives. We no longer use our computers, tablets and phones just for entertainment and messaging. These have become valuable tools for learning, working and keeping in touch with loved ones during the recent lockdown.

In our day to day dealing with technology, we need to keep ourselves and our information safe.

Here are the Top 10 Internet safety rules to follow to help you avoid getting into trouble online (and offline).

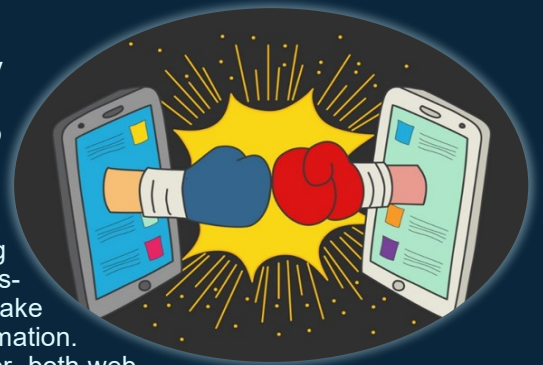
1. Keep Personal Information Professional and Limited

Potential employers or customers don't need to know your personal relationship status or your home address. They do need to know about your expertise and professional background, and how to get in touch with you. You wouldn't hand purely personal information out to strangers individually — don't hand it out to millions of people online.

2. Keep Your Privacy Settings On

Marketers love to know all about you, and so do hackers. Both can learn a lot from your browsing and social media usage. But you can take charge of your information.

As noted by [Lifehacker](#), both web browsers and mobile operating systems have settings available to protect your privacy online. Major websites like [Facebook](#) also have privacy-enhancing settings available. These settings are sometimes (deliberately) hard to find because companies want your personal information for its marketing value. Make sure you have enabled these privacy safeguards, and keep them enabled.



3. Practise Safe Browsing

You wouldn't choose to walk through a dangerous neighbourhood — don't visit dangerous neighbourhoods online. Cybercriminals use lurid content as bait. They know people are sometimes tempted by dubious content and may let their guard down when searching for it. The Internet's demimonde is filled with hard-to-see pitfalls, where one careless click could expose personal data or infect your device with malware. By resisting the urge, you don't even give the hackers a chance.

4. Make Sure Your Internet Connection is Secure. Use a Secure VPN Connection

When you go online in a public place, for example by using a public Wi-Fi connection, [PCMag](#) notes you have no direct control over its security. Corporate cybersecurity experts worry about "endpoints" - the places where a private network connects to the outside world. Your vulnerable endpoint is your local Internet connection. Make sure your device is secure, and when in doubt, wait for a better time (i.e., until you're able to connect to a secure Wi-Fi network) before providing information such as your bank account number.

To further improve your Internet browsing safety, use [secure VPN connection](#) (virtual private network). VPN enables you to have a secure connection between your device and an Internet server that no one can monitor or access the data that you're exchanging. Read more about [What is VPN](#)



5. Be Careful What You Download

A top goal of cybercriminals is to trick you into downloading malware — programs or apps that carry malware or try to steal information. This malware can be disguised as an app: anything

By: Mr J Delport

from a popular game to something that checks traffic or the weather. As [PCWorld](#) advises, don't download apps that look suspicious or come from a site you don't trust.



6. Choose Strong Passwords

Passwords are one of the biggest weak spots in the whole Internet security structure, but there's currently no way around them. And the problem with passwords is that people tend to choose easy ones to remember (such as "password" and "123456"), which are also easy for cyber thieves to guess. Select strong passwords that are harder for cybercriminals to demystify. [Password manager software](#) can help you to manage multiple passwords so that you don't forget them. A strong password is one that is unique and complex — at least 15 characters long, mixing letters, numbers and special characters.

7. Make Online Purchases From Secure Sites

Any time you make a purchase online, you need to provide credit card or bank account information - just what cybercriminals are most eager to get their hands on. Only supply this information to sites that provide secure, encrypted connections. As [Boston University](#) notes, you can identify secure sites by looking for an address that starts with [https](#): (the S stands for *secure*) rather than simply [http](#): They may also be marked by a padlock icon next to the address bar.

8. Be Careful What You Post

The Internet does not have a delete key, as that young candidate in New Hampshire found out. Any comment or image you post online may stay online forever because removing the original (say, from Twitter) does not remove any copies that other people made. There is no way for you to "take back" a remark you wish you hadn't made, or get rid of that embarrassing selfie you took at a party. Don't put anything online that you wouldn't want your mom or a prospective employer to see.



9. Be Careful Who You Meet Online

People you meet online are not always who they claim to be. Indeed, they may not even be real. As [InfoWorld](#) reports, fake social media profiles are a popular way for hackers to cozy up to unwary Web users and pick their cyber pockets. Be as cautious and sensible in your online social life as you are in your in-person social life.

10. Keep Your Antivirus Program Up To Date

Internet security software cannot protect against every threat, but it will detect and remove most malware - though you should make sure it's to date. Be sure to stay current with your operating system's updates and updates to applications you use. They provide a vital layer of security.

Reference: <https://usa.kaspersky.com/resource-center/preemptive-safety/top-10-internet-safety-rules-and-what-not-to-do-online>

A few notes on dealing with a cyber bully

How to deal with a bully: There is no simple solution to bullying or cyberbullying, or a foolproof way to handle a bully. But since bullying or cyberbullying is rarely limited to one or two incidents - it's far more likely to be a sustained attack over a period of time - like the bully, you may have to be relentless in reporting each and every bullying incident until it stops. Remember: there is no reason for you to ever put up with any kind of bullying.

Don't blame yourself: It is not your fault. No matter what a bully says or does, you should not be ashamed of who you are or what you feel. The bully is the person with the problem, not you.

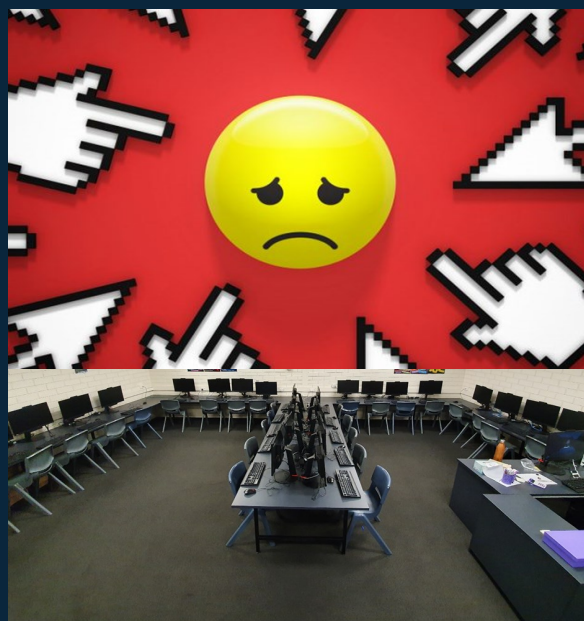
Try to view bullying from a different perspective: The bully is an unhappy, frustrated person who wants to have control over your feelings so that you feel as badly as they do. Don't give them the satisfaction.

Don't beat yourself up: Don't make a bullying incident worse by dwelling on it or reading cyberbullying messages over and over. Instead, delete any messages and focus on the positive experiences in your life. There are many wonderful things about you so be proud of who you are.

Learn to manage stress: Finding healthy ways to [relieve the stress](#) generated by bullying can make you more resilient so you won't feel overwhelmed by negative experiences. Exercise, meditation, positive self-talk, muscle relaxation, and breathing exercises are all good ways to cope with the stress of bullying.

Spend time doing things you enjoy: The more time you spend with activities that bring you pleasure - sports, hobbies, hanging out with friends who don't participate in bullying, for example - the less significance bullying or cyberbullying will have on your life.

Reference: <https://www.helpguide.org/articles/abuse/bullying-and-cyberbullying.htm>



Year 3 Violet



With Term 2 drawing to a close it is time to reflect on some of the activities we have enjoyed over the last weeks.



Procedure Writing

In Term 2, our Literacy unit addressed the purpose, structure and language features of the procedure text type. In one of the activities, students followed a set of instructions to create the most commonly constructed paper planes, known as 'The Dart'. Students were given the opportunity to fly their paper plane outside the classroom as well as learned the technique for throwing a paper plane when the goal is achieving distance. Through this activity, students were able to recognise the purpose and the importance of writing clear instructions when writing procedure texts.



By: Mrs R Alhabsyi

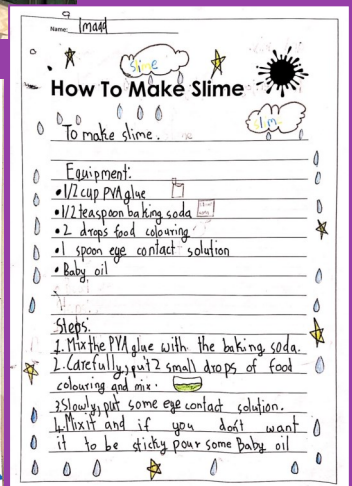
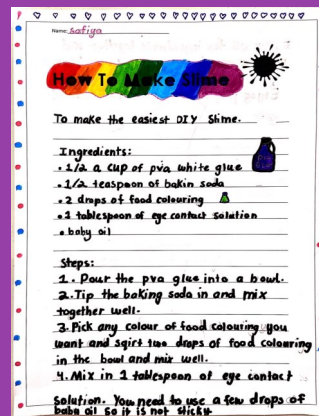
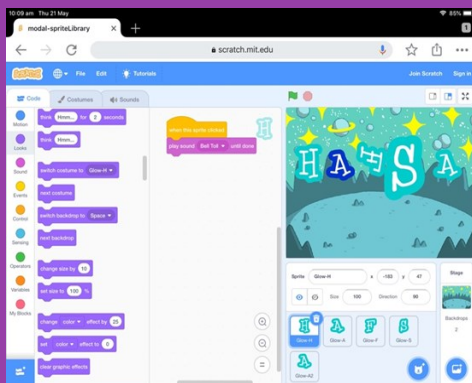
Slime - Solid, Liquid or Gas?

In Science, we made slime and investigated the question of the slime's state of matter.

Students learned that *not all substances can be easily classified on the basis of their observable properties*. They discovered that slime has characteristics of a solid and liquid.

It was a good opportunity for students to review and write a procedure text explaining how to make slime.

Scratch - Animate Your Name



The concept of programming was introduced in Year 3. The students used the website called Scratch to gain experience with coding as they animate the letters in their name.

Visual Arts

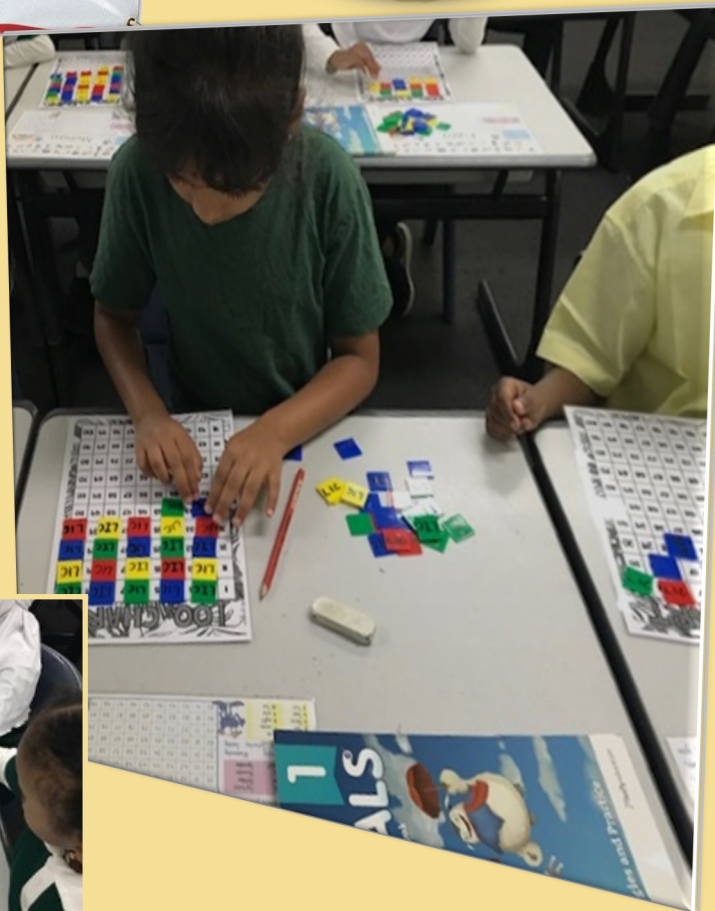
The students had great fun making a tasbih and decorating a gift box for Eid. Masha-Allah, the students did a fantastic job. Well done.

We are now very much looking forward to what Term 3 is going to bring.





Welcome to Term 2! We are very proud of the students in Year 1 Gold. The students have worked very hard in all areas of their learning. I take this opportunity to thank all parents for your ongoing support during this challenging time.



Mathematics

students learnt how to skip count by 2s, 5s, and 10s using pop sticks, objects and 100s chart. Students had so much fun working with their partners and grouping objects in groups of 2, 5 and 10.



By: Mrs T Chia

Science

Living and Nonliving Things

Students were excited to go for a nature walk to identify and draw living and nonliving things that they found during their walk.



Visual arts

Painting a Pineapple

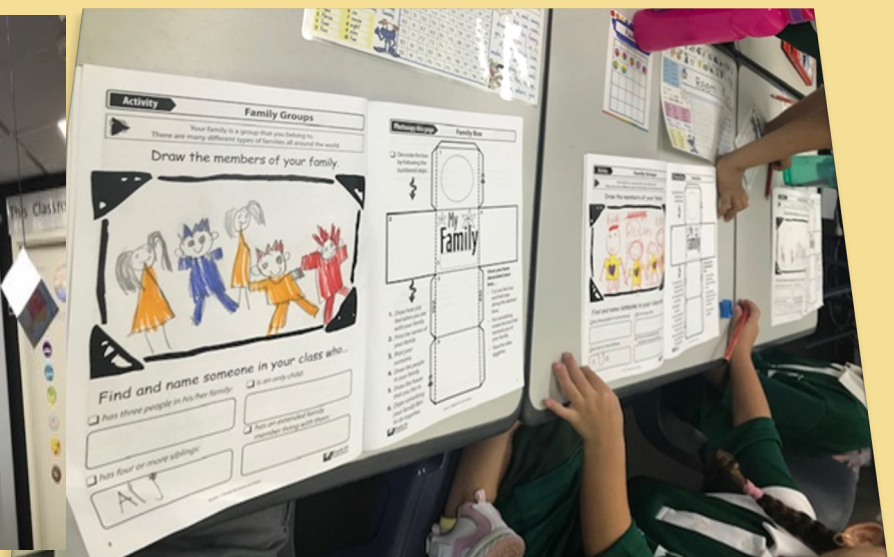
Students used oil pastels as their medium to paint this picture. Students busy experimenting different ways to apply colours and textures.



History

Family Structure

Students were working hard decorating their family box. We asked students to draw the people in their family and to draw their facial emotions of how they feel when they are with their family.



KINDERGARTEN

Yellow

What we have achieved so far...



Term 2 themes we are focusing on:

My 5 Senses / Healthy Habits

Assalamu'alaikum Warahmat-
ullahi Wabarakatuh,

Sr Shahin, Sr Nora, and I are so impressed with how well our new kindergarteners have settled into their school routines, establishing friendships, and ensuring all children feel safe, secure and supported in all that they achieve and do.

I can't believe we have completed a term already and are onto another one! Amongst all that has happened, Kindy Yellow children have learnt so much, Alhamdulillah. Please enjoy reading all our achievements and success in such a short time, **Subhan Allah!** 😊

Colours

We love learning about colours and experimenting with paints to mix our colours together. Kindy Yellow are so good at learning their colours that they can name all the colours we have learnt through quick flash cards and the hide and seek colour game.

The children's favorite day is Thursday as they get to dress up in the colour of the week.



Integrated Studies

We have been learning many important health and wellbeing activities such as why our senses are so important to us: they help us see, hear, touch, taste, and feel. We also have been looking at what foods and drinks are healthy and unhealthy and what they do to our bodies, as well as teeth and hand hygiene. We are now experts on brushing our teeth and washing our hands!



By: Mrs C Rusdu

Literacy

We worked so hard in Term 1 that not only have we learnt the upper and lower case letters S, A, T, P, I, and N but also how to form the letters and their corresponding sounds. Because we are so clever we are practising our phonological awareness by hearing/listening to sounds at the beginning of words and then trying to produce words that begin with certain sounds!

All students have been working so hard in learning how to write their first name and ensuring the first letter is a capital letter. Students never cease to amaze us with their ability to quickly grasp new skills and concepts. **MASHALLAH**



Mathematics

Kindy Yellow is such a clever bunch that most know how to count to at least 20, and form all the numbers from 1 to 10.

We will be learning and trying some experiments to learn about length and mass soon, inshallah ☺

all our students demonstrate the correct pencil control & grip as well as the correct scissor hold and accurate cutting.

Fine Motor Development

Kindy Yellow has been working extremely hard on our fine motor development and skills. Sr Carly has been ensuring



Social Skills, Self Regulation and Resilience

Just look at some of the pictures below to see how far our students have come in learning to navigate through understanding and expressing their emotions, sharing, and never giving up even though some things may be hard! They have learnt how to work together and what to do if someone is upsetting them, and most importantly growing together and having FUN ☺



Learning is FUN!

IN PRE - PRIMARY GREEN

TERM 2 FOCUS

TAKE A PEEK!



I would like to take this opportunity to thank all parents for your enthusiasm and continued positive involvement and support during a time of unprecedented changes globally.

Your ongoing support to help your child achieve the very best possible learning outcomes is sincerely appreciated.

Well done to all Pre-Primary Green students, I am very proud of all your continuous efforts. I can hardly wait to see what you will achieve in Semester Two!

By: Mrs C Hart-Farah

In English this term, students continued to develop their phonics and phonological awareness skills. They had fun with songs, rhymes, poems, stories and finding patterns of rhymes, initial/final sound, onset/rime, consonants and vowels. Our language focus has been on rhyming, alliteration, sentence segmenting, syllable blending, segmenting, single letter sounds, digraphs, diphthongs and retelling stories using pictures and or props.

In Mathematics this term, students developed their number understanding which included connecting names, numerals and quantities. They have developed fluency in counting numbers in sequences, creating, repeating and extending patterns using

different shapes and moving their positions. Students have also been working on explaining

the order and duration of events and connecting the events and days of the week.

Finally, in Mathematics students have been sorting, describing and naming two-dimensional shapes.

Can you hear the rhyming words?



What day is it?



Number Understanding, Patterning and Shapes in PPG



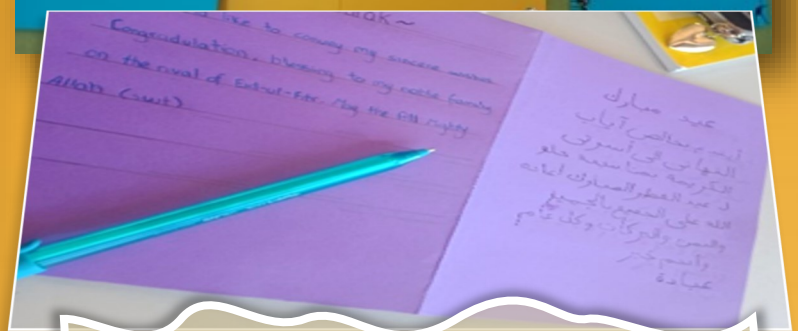
**AWESOME
ALLITERATION**



Created Eid Cards



The students from Year 5 to Year 10 have been working extremely hard in Arabic. They have been learning new words, grammatical rules and how to apply those rules in their writing. Each year group has been progressing and using their newfound knowledge to communicate with one another in class as well as reading their Arabic texts with fluency, Alhamdulillah.



This term we have created Eid cards written in Arabic and translated in English. In the Eid card students wrote the following message:

"I would like to convey my sincere wishes, congratulations and blessing to my noble family on the arrival of Eid - ul-Fitr. May the Almighty Allah (SWT) return the day to all, with virtue, good fortune, blessings, happiness and success. May the day come each year while you enjoy the best of virtue, happiness and success.

By: Mr A Suria & Sr S Elezaby