

News

Langford Islamic College Newsletter



Principal's Message

Assalamu-Alaikum Warahmatullahi Wabarakatuh

Alhamdulillah, Term Two has commenced very well. I would like to extend a very warm welcome to all our new students and parents joining the College this term. This term is a short term with only nine weeks of schooling. There are many events for students, parents and the community to look forward to. I would like to thank all parents who have been using Norbury Way to drop and pick-up their children in the mornings and afternoons. Kindly note the following with regards to parking and using the surrounding streets responsibly to ensure a smooth flow of traffic and to respect our neighbours.

ONLY PICK-UP & DROP-OFF AT NORBURY WAY & JAMAICA CROSSING:

These streets are only to be used for drop-off and pick-up. Please do not park in these streets. Parents will only be permitted to wait 2-3 minutes for their children to arrive to be picked-up. Parents will need to go and come back if their children are late.

PARK IN MAIN CAR PARK ONLY, NOT ON THE STREET: Parents (especially of the younger children) are requested to park in the main car park and escort their children into the College. Please do not park your car on Jamaica Crossing as this is for drop-off and pick-up only. Parents should remain inside their car and only for 2-3 minutes. Please instruct your children to come quickly after school as you will not be permitted to park and wait for them.

PUBLIC TRANSPORT & PARKING AT NEARBY CAR PARKS: Students who are able to come to school using public transport are encouraged to do so with the permission of their parents. This will reduce pressure on traffic in the surrounding streets. Parents are also encouraged to park at nearby public car parks and walk their children to school. This will also reduce pressure on the flow of traffic and the College's parking facilities as well as provide an opportunity for parents to take a short walk with their children to school.

NAPLAN: Tests will take place from 15th May 2018 to 18th May 2018. We wish all Year 3, Year 5, Year 7 and Year 9 students the very best.

RAMADAN EARLY RELEASE: School will finish early and students will be released to go home at 2:45pm from Monday, 14th May 2018. All students must be picked up by 3:15pm at the latest. The normal finishing time will resume from Monday, 18th June 2018.

SPECIAL RAMADAN ASSEMBLY: All parents and the community are invited to attend the Special Ramadan Assembly and view the wonderful class displays in the hall on Thursday, 7th June 2018, starting at 9:00am.

LECTURE & COMMUNITY IFTAAR DINNER: All students, staff, parents and the community are invited to attend the Ramadan Lecture by Sheikh Yahya Ibrahim and break our fast together on Saturday, 9th June 2018.

EID-UL-FITR HOLIDAY: The College will be closed on Thursday, 14th June 2018 and Friday, 15th June 2018 for Eid-ul-Fitr (subject to confirmation).

Lastly, parents of students who are unwell are required to keep their children at home until they are well enough to attend school.

I look forward to another busy and productive term, Insha-Allah.

Dr Popie Hossain Rhaman

MAY
2018

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- ◆ Say No to Bullying

Upcoming Events

- ◆ UNSW Competition - Digital Technology (8 May 2018)
- ◆ NAPLAN (15-17 May 2018)

News from Year 6 Violet



Here we are at the end of the first term – it has been a long one but time has flown by. The students of Year 6 Violet have achieved many things, both in their learning and extra-curricular activities. As always, they continue to be a credit to our school in whatever they do. They are hard-working, determined students, always striving to do their best but more importantly, they are kind, caring and considerate young people.

We have done a lot of learning, not only through our books but also through practical activities. In Health, we learnt about healthy eating and the benefits of a physical lifestyle. The students then made delicious, healthy pizzas. We also studied human body systems, including the skeleton and the heart. Students then had the opportunity to observe and dissect lamb's hearts! Most of the students absolutely loved doing this but, of course, some were totally squeamish!



**By: Mrs G Rankin
Year 6 Violet**

For Design and Technology, students had to source their own designs and then build a piece of furniture from clothes pegs. Students were very excited at the hands-on nature of the task and I was truly amazed by the masterpieces that were created!



Some of the students then tried their hands at doing cross-stitching – a first for them all. Again, they produced beautiful pieces which will be part of our Ramadan decorations later on.



On 21 March 2018, we celebrated Harmony Day with an inspiring assembly. Students looked wonderful in their traditional dress. Students also had an opportunity to learn how to eat with chopsticks. They all gave it a go, some with more success than others!



To cap off a great term, we went on an excursion to the zoo, where students saw adaptation in action – something we've been learning about in Science. We also had the Ninja Warrior Boot Camp which was good!



Kindergarten Red



We have had a wonderful start to the year with lots of happy smiling faces from children and their families. Our Kindergarten children have settled quickly into their classes and are having lots of fun. Our first term in Kindergarten is however quickly coming to an end and no doubt our students are a little weary and ready for a break. This has been a time of enormous change and adaption for all our students as they settle into the daily routines of Kindergarten. The greatest challenge has been the acceptance of the reality of being one of 30 children with three adults at their disposal. Needless to say, this means that for many of our children, there has had to be a major adjustment in their levels of self-regulation, patience, turn-taking, listening and in the consideration of others. Over the term, Sr Mariam, Sr Ayasha and I have seen a significant level of development in all these areas.

This term our students in Kindergarten Red have been involved in activities that help to develop their fine motor skills. These include tracing, copying, painting, drawing, cutting and pasting. They have also started learning some letters of the Alphabet, numbers 0-5, some colours and popular nursery rhymes.

The students have also thoroughly enjoyed refining their gross motor skills during Mr Anistino's sports sessions every Monday morning. We also look forward to participating in the Ninja Warrior Boot Camp taking place in the last week of school Insyah-Allah!

The educators in Kindergarten Red really enjoyed our first term with the students and we are absolutely amazed at all they have been able to achieve over the past ten weeks. We look forward to continue to engage with and to challenge the students towards becoming the best they can be!

Our Kindergarten students wearing different colours each week in line with our 'Colour of the Week'





Refining our fine motor skills

Look at what else we have been up to in Kindergarten Red!



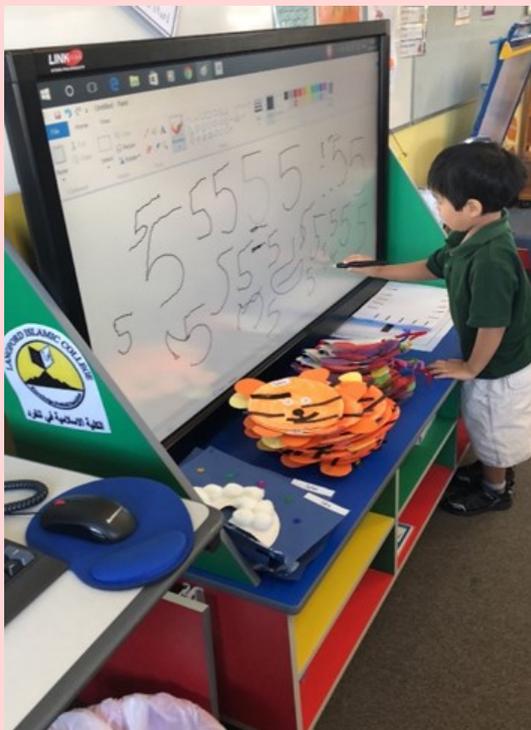
T is for Telescope!



Exercise just before home time



Happy Harmony Day!



Practising to write some tricky numbers on the Smart Board and using Playdough to form number shape and quantity



HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

 @BELIEVEPHQ

www.BelievePerform.com



LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child where they can thrive



SWAN VALLEY MASJID **OPEN DAY**

Saturday, 5th May
@11:30am

Swan Valley Masjid & Islamic Centre
1 Smallbrook Retreat, Caversham

WELCOME!



LUNCH AFTER DHUHR

Form more info Contact Br Sajit on 0402 962 231
bisp.com.au

Bullying Script

BULLYING

A: Hello potato bag hhhhhh.

B: I told you before I don't like it when you call me names and you still repeat it.

It is Bullying.

A: So, I do what I want.

B: Me too, I will do something.

A: What can you do softy hhhhhh.

B: I will ask someone for help, maybe the teacher, the discipline coordinator, the sheikh, the counsellor, my parents.

A: You love dobbing, scary cat.

B: You know what, I don't have a problem, but you do!

A: What?

B: Maybe you were bullied and harmed that's why you are trying to harm people or maybe you think it is funny and it is not.

A: Ammmm.

B: I can help you, friend. Would you like to talk to someone about it? Also, we can attend the headspace workshop/presentation to learn more about bullying.

A: So, people learn about bullying?! Interesting!! Let's go 😊

By: Sr Dahlia El Gammel
School Counsellor

Bullying



What is bullying?

Bullying is intentional and repeated negative behaviour directed towards another person by one or more people over time. It can be related to just about anything and can come in many forms. For example, bullying can include physical, verbal, social (like spreading rumours, excluding people, etc.) or sexual aggression, and it can be either online or face-to-face.



Cyber bullying is a form of bullying that uses technology (e.g. text messages, email and social networking sites such as Facebook, Instagram or YouTube), anonymously or not, to carry out the behaviour.

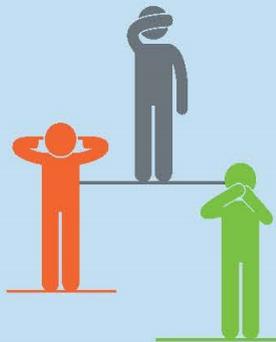


Bullying can take place just about anywhere. Some common places are schools, workplaces, home and online; basically any environment where people interact with each other. Bullying is also common, with up to 46.8% of Australian secondary school students reporting they have been bullied in some form over the past 12 months¹.

Who is a bully?

A bully can be an individual or a group of people. A bully is usually a person who does not value or feel good within themselves (has low self-esteem) or has been a victim of violence themselves. Bullying is often a way of making themselves feel more powerful or "look cool" in front of others. Bullies can also be motivated by jealousy, lack of knowledge, fear or misunderstanding.

A bully can be anyone, including friends, a boyfriend or girlfriend, brother or sister, or an extended family member. A bully can also be an older person, or someone in a position of power such as a teacher, parent or boss.



The bystander

Someone who sees or knows about bullying, but does nothing to stop it, is known as a bystander. A bystander plays a significant role in bullying.

If you find yourself in this position, try not to accidentally support the bully by standing by and doing nothing, laughing at the person being bullied,

or by "liking" nasty photos or posts online. It can help to tell the person being bullied that you are there for them, as they may be feeling very alone. If you see bullying and do not feel comfortable taking action yourself, report it to a trusted adult and let them know you want to be kept anonymous.

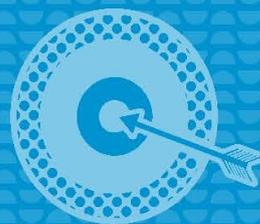
The effects of bullying

People who have been bullied may feel alone, unsafe, afraid, stressed, ashamed and rejected. Often they will feel that there is no escape and may take measures to 'fit in' by changing their appearance, acting differently, and may even go so far as to hurt themselves or others.

Bullying is not simply "part of growing up". Research shows that being bullied can have serious effects on your physical and mental health, and your performance at school and at work which can affect you even into adulthood². Severe bullying can be traumatic for young people, especially peer bullying, as peer relationships are important at this stage of life. Experiencing bullying can also increase the risk that someone will develop depression and anxiety in the future.



Bullying



If you are being bullied

It's important to remember that if you are being bullied it is not your fault. There is nothing wrong with you; it is the result of someone else's behaviour, attitude or beliefs. Everyone is different; we are all individuals and you don't need to change who you are.

Dealing with these negative feelings can be hard and seeking help is one way to help you to overcome them. By identifying these feelings you may be able to find ways to get bullying to stop and get the feelings to stop.

Don't be afraid to let someone know that you are being bullied as soon as it starts happening, especially if you feel like it is having an effect on your mental health. Not saying something can make it hard for you to handle the problem on your own and can lead to more serious mental health issues in future.

Ways you can support a friend who is being bullied

► **Ask them about their situation.** Remember to be respectful and understanding. They may not necessarily feel like answering and that is okay.

► **Let them know they are not alone.** It may help them to know that a lot of other young people are going through what they are.

► **Provide reassurance.** Emphasise that the bullying is not their fault. Remind them that they are not responsible for what is happening to them and that they do not have to handle this on their own.

► **Make sure they are safe.** Sometimes this may require you to take action and speak up, even if they don't want you to. Speak with them if this might be the case.

► **Be prepared to seek help.** Help them decide how to approach the situation. Discuss who they could talk to about the situation, such as a trusted adult. If the bullying is at school, a trusted teacher is a good place to start.

► **Look out for their mental health.** Bullying can have a serious effect on someone's mental and physical health. If you feel like your friend is struggling because of bullying they may need professional support. Their local general practitioner (GP) or **headspace** centre is a good place to start.

Other useful websites

- Lifeline – www.lifeline.org.au
- Kids Help Line – www.kidshelp.com.au
- Bullying No Way – www.bullyingnoway.gov.au
- The Alannah and Madeline Foundation – www.amf.org.au/bullying
- Cybersmart – www.cybersmart.gov.au



For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

References: ¹Hemphill, SA, Tollit, M, & Kotovski, A. (2012). Pastoral Care in Education, 30(2), 99-112. ²Arseneault, L, Bowes, L, & Shakoor, S. (2010). Bullying victimization in youths and mental health problems: 'Much ado about nothing?'. *Psychological Medicine*, 40(5), 717-729.

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, **headspace** makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

