



11 September 2020

Dear Parents/Guardians,

NEWSLETTER



Assalamu Alaykum WRWB,

State Government Funding Restored

The future and financial security of Malek Fahd Islamic School is assured. As advised by the School Board in the Information Update on Wednesday, 9th September, the NSW Minister for Education and Early Childhood Learning, the Hon Sarah Mitchell MLC has confirmed that our State Government funding is to be restored. The School is now able to move ahead in so many exciting directions. Already, many of the targets in the *2018 – 2021 Strategic Plan* have been achieved. In coming years, other things that were delayed because of uncertainty about School funding will be put in place. More information about these things and how parents, students and staff will be involved will soon be advised. Congratulations to our School community and thank you for your support during these challenging times. I would also like to thank our dedicated School Board members, and Chairman Dr Bennett, for their considerable effort in securing the School funding.

Year 12 Attendance

The Year 12 students completed their HSC trial examinations on Friday 4th September. In coming weeks, it will be very important that all students attend school to receive their trial results and receive feedback from teachers. Students who continue to work hard during this period are often well-rewarded in their HSC examination. I ask that you support the School and indeed your child's learning by ensuring that they attend every lesson between now and Thursday, 24th September. Your child may tell you that he/she can be more productive at home studying, this is not the case. Our students have had a disrupted year due to COVID-19 and every minute that they can spend in their class with their teacher is essential. Home is full of distractions, for example television, technology and mobile phones which impact on the productivity of study.

R U OK?

R U OK? Day (Thursday 10th September) is the national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs. Throughout the week the School held numerous awareness and teambuilding activities together with wellbeing presentations, across the three campuses. Students participated in the R U OK? Conversation Corner, which was aimed to encourage students to start a conversation with others to check-in on how they are feeling. Life's challenges can leave people feeling helpless, hopeless, afraid, disconnected and at genuine risk. Early-intervention and open communication can reduce stigma, break down barriers and build trust which in turn promotes long-term, positive behavioural change that saves lives now and into the future.



Students had the opportunity to learn the 4 simple steps to an R U OK? Conversation (1. Ask R U OK?, 2. Listen, 3. Encourage Action, 4. Check-in). Connecting with those around us regularly and meaningfully is one thing everyone can do to make a difference for someone who may be struggling, emotionally, with mental health, or need a friend to speak to, whether at home, work, school or in sports.

Thank you to our School Counsellors, Wellbeing, Welfare, and the Executive team for your extraordinary efforts in promoting and organising all the events. Each campus will send out a newsletter detailing all the activities they undertook.



Social Media - Think Before You Click

** The eSafety Commissioner encourages parents, carers and educators to avoid raising the specifics of the graphic videos directly with young people who have not heard or been already exposed to. They do encourage proactive conversations with children and young people about distressing content they may come across while online and who they can turn to if they feel upset or distressed by anything online. **

We all know social media can be addictive and that it can really impact on how we act and feel. Some of you may have come across or viewed distressing content online. Maybe you feel OK or strong enough to view graphic content, but even a "one off" exposure can have serious impacts and take a toll on you later on. When we are exposed to distressing things online, it can negatively affect our mental health, our thought processes, our emotional well-being and our relationships.

It is also possible to experience secondary trauma, which means the transfer of traumatic experiences from one person (in content) to another person (viewer). Repeated exposure to distressing content embeds disturbing sights and sounds in your mind and can be difficult to forget. It can interfere with sleep, hinder your ability to concentrate, affect your mood, your mental health and may influence how you view yourself, others, and the world around you. The effects of this trauma can be long lasting. It crucially important we maintain our self-care, control and monitor our internet habits and be mindful of the type of videos and images we expose ourselves or other to.

We strongly advise you:

1. Avoid and not watch distressing and graphic content. Immediately skip or close.
2. Not share distressing and graphic content. Be mindful that you may inadvertently harm others by exposing them to graphic content. Think about how you have an Islamic responsibility to look after others who may be vulnerable and to speak good or remain silent.
3. Reach out for support. If you experience any symptoms of distress related to viewing graphic content online, reach out for support from a teacher, counsellor, parent, or other trusted adult. Report distressing content to trusted adults, your social platform, or the eSafety Commissioner at www.esafety.gov.au/report/illegal-harmful-content

Tips for parents to help limit young people’s exposure to harmful content online:

- Engage in your child’s online activities – ask what apps, sites and games they’re using and make sure they’re age appropriate.
- Use parental controls on devices to help limit what your child is exposed to.
- Help them report and block upsetting content they see on social media sites or apps.
- Let them know they can come to you about anything upsetting they see online.

Additional Support Services:

eSafety Commissioner (for kids, families and educators): <https://www.esafety.gov.au/>
Hayat Muslim Crisis & Helpline: 1300 9933 98
Islamicare Parent and Youth Hotline: 1800 960 009
<http://islamicare.org.au/>

Kids Helpline Official: 1800 55 1800.

<https://kidshelpline.com.au/>

Headspace 1800 650 890. <https://headspace.org.au/>

Suicide Call Back Service: 1300 659 467.

<https://www.suicidecallbackservice.org.au/>

Lifeline 13 11 14. <https://www.lifeline.org.au/>

Beyond Blue 1300 22 4636.

<https://www.beyondblue.org.au/>

Daffodil Day

On Friday, 28th of August, Malek Fahd Islamic School held a very successful fundraiser for the bright cancer researchers. The School raised over \$4000 for the Cancer Council. Thank you to our extremely generous community.



Kindergarten and Year 7 Orientations

Given the increasing concerns of COVID-19, Kindergarten and Year 7 orientations will be postponed until further notice.

School Uniform

Please ensure your child is in full School Uniform every day. A reminder to all parents that ankle socks are not permitted for boys or girls.

Beaumont Hills Campus Update

It was wonderful news to hear this week that Malek Fahd Islamic School’s State Government funding is to be restored. It clears the way and gives us confidence

to push ahead to make our School the best it can be for your family.

This is especially so at Beaumont Hills Campus. I am pleased to share with you our initiatives for Beaumont Hills, one of which you will see as early as next Monday when work begins to lay turf on the Campus oval. It will include irrigation to convert rocky ground into an attractive and useable space for the recreation and enjoyment of our students.

That is just the first of many initiatives for Beaumont Hills. We will also:

- Introduce an Opportunity Class (OC) for exceptionally talented and gifted students. It starts next year from Year 5. Places are open for children already at the School and others who decide to enrol and join our growing community.
- Build a new staircase at the side of the high school building to create a new classroom in the space that Mr Shameem uses as an office. This will be completed by the end of this year.
- Hire a demountable hall for prayers and assembly. This will happen before the end of the year and will replace the current hall which is too small. It will also accommodate Mr Shameem's new office.
- The existing hall will return to classroom use and, over the December vacation, will be subdivided to house two classrooms, an office space and sick bay.
- Assess support and demand for a dedicated bus service from the key areas in which many families live, including Merrylands, Blacktown and Rooty Hill. Mrs Khan will conduct a survey to ascertain if it is feasible.
- Complete a masterplan that investigates the staged development of Beaumont Hills to accommodate the 1600 student population that the Development Approval permits. When it is ready, we will share the masterplan with parents, staff and students for consideration and comment. We hope to do this next term.

On top of this and in support of Beaumont Hills growth, the Hills Shire Council has granted two key approvals to:

- Increase student numbers from 390 to 450, which means an increased intake for 2021
- Widen the important Mungerie Road access to assist traffic flow with the increase in students. The widening will be in two stages, the first of which is scheduled for completion for the start of 2021 school year.

I am very pleased to share this news with you and look forward to keeping you updated. The School community will be advised for the plans for the Hoxton Park campus in the near future.

Once again and on behalf of the School staff and leadership, I thank you for being a part of our Malek Fahd Islamic School community. We appreciate the trust that you place in us when you entrust your children's education to us.

School Uniform Shop

The Uniform Shop will close for the Term 3 School holidays on Friday 25th September at 4.00 pm. It will reopen on Monday 12th October from 9.00am to 4.00pm. The uniform shop will return to normal hours on Tuesday 13th October. Parents are requested to make an appointment for fittings and purchase of uniforms by calling on 0498 518 916 or email malek.fahd@midford.com.au.

You are also welcome to purchase uniforms online at your convenience and your order will be filled when the store is next open.

Website: <https://schoolshop.midford.com.au/login/>
passphrase: malek1989

Kind regards,



Mr Bruce Rixon
Principal