



23 April 2021

Dear Parents/Guardians,

NEWSLETTER



Assalamu Alaykum WRWB,

Ramadan Kareem and welcome back to all students and staff. It was great to observe staff of all three campuses connecting with each other at the Staff Development Day on Monday, something which was not possible this time last year during the peak time of COVID-19.

Term 2 is a busy Term with Ramadan, Iftar Dinners, ANZAC Ceremonies, NAPLAN and EID, along with many significant academic, fund-raising and sporting events, which culminates with exams, reports and parent - teacher meetings.

Ramadan is a blessed month for a special reason. It is the month in which guidance for mankind was revealed to Prophet Muhammad (SAW) by the creator. This message has been perfectly preserved both orally and textually in the form of a book, the *Qur'an*. It's the month of reading and understanding the Quran and time for reflection.

I welcome all new staff to the School. Amongst them are two new staff at Hoxton Park Campus. Mr Riaz Ali has joined our maintenance team and Ms Sharifa Bhuiya who is part of the administration team.

Ramadan Initiatives

Students across the three campuses are involved in numerous activities during the month of Ramadan in line with the core values of the faith, such as, kindness, forgiveness, empathy and charity. These activities include, Daily Hadiths, The Can and Blanket Drive, Classroom decoration and Posters, Quran Competition, sponsorship for Orphans and Ramadan Quiz.

While **Eid** has not yet been confirmed, I will advise the School Community once I receive confirmation from Sheikh Fawaz.

Premier's Iftar Dinner

The honourable Gladys Berejiklian MP hosted the annual Premier's Iftar Dinner on Tuesday, 20th April. It was my pleasure to attend the Iftar dinner and for the first time I was accompanied by our 6 School Captains of the three campuses. I understand it was the first Iftar dinner which included school students. I spoke with many Principals who were equally delighted.



MFIS Iftar Dinners

We have commenced MFIS annual iftar dinners across all campuses. On Wednesday night, Greenacre Secondary SRC students hosted the first Iftar. It was a great privilege to welcome to the School our special guest, Mr Jihad Dib MP, Ms Tania Mihailuk MP, representatives of Canterbury-Bankstown Council, LMA, Human Appeal, AIS, Bankstown Police, School

Board, School Lawyers, Midford-uniform suppliers, parents, staff and students.

The atmosphere was vibrant and fun, just as such gatherings should be. The stalls added to the atmosphere. I am very grateful to the School Captains and Vice Captains for hosting the event and the whole SRC team who dedicated so much of their personal time in preparing and setting up, serving and cleaning up after the event. Also a huge thank you to our Heads of Wellbeing for their guidance and organisation of the event.

Parents are welcome to join us at the upcoming iftars on the following dates:

Greenacre Primary Campus: Thursday, 29th April

Hoxton Park Campus: Wednesday, 28th April

Beaumont Hills Campus: Friday, 30th April

We encourage parents and students to contact the Administration Office to purchase tickets as soon as possible due to limited seating available.



Islamic Sciences and Research Academy (ISRA) Annual Studies of Religion Iftar

For the first time our School partnered with ISRA to hold their Annual Studies of Religion Iftar at our Greenacre Campus on Thursday, 22nd April. The Association for Studies of Religion and ISRA assist HSC and Preliminary students studying Studies of Religion by inviting students across New South Wales to experience first-hand a Ramadan iftar (dinner).

The aim of the night, 'A Taste of Ramadan' allowed Studies of Religion students to experience and understand more about Ramadan and how Muslims break their fast and pray, while also allowing them to meet and interact with Muslim students. Staff and students of the following schools attended the Iftar; St John Bosco College, St Bede's Catholic College, Inaburra School, Amity College, All Saints Catholic College, MLC School, Marist Catholic College, Clancy Catholic College, Chevalier College, SCEGGS, St Agnes Catholic High School, Edmund Rice College, Emmaus Catholic College and Cherrybrook Technology High School. Our SRC and selected Studies of Religion students attended and engaged in conversation with students of different faiths and shared their reflections of Ramadan and its significance.



ANZAC Commemoration Assemblies

Special assemblies are being held across all campuses to commemorate ANZAC day. The SRC members played an important role at our Greenacre Primary campus in helping the School commemorate our soldiers who fought at Gallipoli during The Great War. On this day, we remember all those who served our nation in times of war. We remember with pride their courage, their compassion and their comradeship and acknowledged the losses and sacrifices of their families.



Please note, Monday, 26th April is **not** ANZAC Day public holiday and **School will operate as per normal**. While New South Wales lists ANZAC Day as a public holiday, it doesn't offer a supplementary public holiday when it falls on a weekend. Our website has now been updated to reflect this. Please accept our apologies for any inconvenience this may have caused.

The Can and Blanket Drive

The can and blanket drive as mentioned earlier, is a key Ramadan initiative. The significance and rewards of charity have a close relationship with Ramadan. The fasting days and prayer-filled nights soften hearts and create ripples of compassion and generosity.

The hunger and thirst felt during fasting reminds us that the world is filled with people who are unable to find enough food or drink for their needs and allows us

to experience the suffering of the poor, thus encouraging them to help the needy.

The Prophet (Salla-Allaahu alaihi wa sallam) said: "The best charity is the one which is given in Ramadan."
[Tirmidhi]

Every year the MFIS community donate non-perishable items to local charities to give to those less fortunate during the sacred month. Students are encouraged to donate items such as rice, pasta, lentils, canned food and blankets. We are also hoping to get a group of students to participate in the distribution of these items. Among the communities targeted to receive the donation include underprivileged families, refugees and non-profit organisations that run soup kitchens and orphanages.

2021 NAPLAN

As previously advised, due to the Eid-ul-Fitr holidays, NESAs has approved the School's request to change the 2021 NAPLAN dates. Please see table below for Years 3, 5, 7 and 9 NAPLAN:

NAPLAN 2021 paper test timetable for MFIS.

Year	Tuesday 11 May	Monday 17 May	Tuesday 18 May
Year 3	Language conventions: 45 minutes Writing: 40 minutes	Reading: 45 minutes	Numeracy: 45 minutes
Year 5	Language conventions:4 5 minutes Writing:40 minutes	Reading: 50 minutes	Numeracy: 50 minutes
Year 7	Language conventions: 45 minutes Writing: 40 minutes	Reading: 65 minutes	Numeracy: 65 minutes
Year 9	Language conventions: 45 minutes Writing: 40 minutes	Reading: 65 minutes	Numeracy: 65 minutes

Sports during Ramadan

Conscious of Ramadan, I have requested of Heads of Campus that sports activities to be modified during Ramadan and the intensity to be reduced to support students at this time.

Homework Hub

Parents are reminded that Homework Hub will not operate during Ramadan but will be returning after Eid.

Road safety when driving through the School

We need your help to ensure the safety of every child at the School. I ask all parents to practise safe driving and parking at the School and to be patient and not rush when dropping and picking up their children in the mornings and afternoons. It is essential that all parents follow the instructions of security and teachers in the guidance of traffic and students during the peak times, before and after school hours. At a supervised crossing, observe the directions of the school crossing supervisor and model safe and considerate behaviour for your child as they will learn from you. Remember to always give way to pedestrians, particularly when entering and leaving driveways. It is essential to use the drop-off and pick-up area.

Parent Portal

The parent portal is up and running. It keeps you up to date with information regarding your children. The features of the parent portal are:

- Newsletter communication and general correspondence
- Parent Teacher interview appointments
- Secondary student timetable
- Student absence notifications
- Academic reports

Many families have registered for the parent portal over the Term break. We encouraged all the parents to register for parent portal by visiting the link below.

<https://mfis.sentral.school/auth/portal>

Please email our IT staff if you need any assistance. The email for IT is: itsupport@mfis.nsw.edu.au

School Uniform

Students must arrive at school each day in full School uniform. A School tie is compulsory for the boys and the girls must only wear the plain white hijab. The hijab must be pinned and worn appropriately. Boy's top button must be done up and tie pushed up into the collar. Socks for all students must be above the ankle. Please ensure your child is in full School Uniform every day.

Head of PDHPE

The Head of PDHPE, Mr Geoff Spotswood has left Malek Fahd Islamic School. Mr Spotswood worked at the School for three years. During that time, he made a significant contribution to our PDHPE and Sports program. We thank Mr Spotswood for his commitment and wish him well in his future endeavours.

In due time the School will undertake a recruitment process for Mr Spotswood's replacement. In the meantime, to ensure continuity in these important areas of School life, his leadership duties will be performed by Mr Greg Kinch.

School Fees

Term 2 school fees statements have been issued. The school fees are due for payment at the start of each term. The prompt payment of these fees will ensure the school is able to continue to provide quality education for the students. For families that have balances outstanding from last Term, we ask that these fees are paid in full immediately to bring your accounts in order. The school thanks the parents in advance for their assistance in paying fees on time.

Sheikh's Message

Praise be to Allah the Lord of the World and may the Peace & Blessings of Allah be Upon our Beloved Prophet Muhammad(SAW). The Prophet (peace be upon him) said: "This is a month, the first part of which brings Allah's Mercy, the middle of which brings Allah's forgiveness, and the last part of which brings emancipation from the hellfire." [Bukhari] As quickly as Ramadan has commenced it is as quickly passing us by. Therefore, I remind myself and others the days of Ramadan are blessed but are finite. It is for that reason we should do our utmost best to utilise this blessed month which can serve as a benefit for every single one of us by increasing us in our faith and by making use of every passing moment to accumulate as many good deeds as possible. As we all know the obligated deeds are multiplied 70 fold and the sunnah acts are equal to the reward of a single obligatory act.

Last Ramadan was unique in the way that we were in the midst of a global pandemic but thanks to Allah the worst of it is behind us and this Ramadan as we are all back together at the school and are taking part by running events such as Iftars, Quran competitions, Islamic trivia, class room decorations and fundraising for orphans. On that note I would like to thank all students/staff across all three campuses for the

generous donations. I would like to leave you with a beautiful hadith Narrated by Abu Huraira(r.a): The Messenger of Allah (saw) said:“... *whoever fasts during Ramadan out of sincere faith and hoping to attain Allah’s rewards, then all his past sins will be forgiven.*” (Bukhari).

May Allah (swt) accept all of our good deeds, forgive our sins, and grant us Jannatul Firdos

Sheikh Fawaz, School Chaplain

WELLBEING CORNER

Ramadan - Eat Right and Stay Healthy

Ramadan is one of the most important months of the year for Muslims. It is very important to look after your mental and physical health during Ramadan.

- **Good nutrition**

During Iftar drink plenty of water, and eat a good balance of starchy carbohydrates, vegetables, proteins, and dairy, for natural fats. Having these nutrients in your meals helps keep you hydrated and full for a longer time and can even boost your immune system. The foods that spike blood sugars should be avoided. Fruit’s vegetables, oats and barley will help you control your appetite and will help keep you going throughout the day.

- **Avoid some ingredients.**

Some of the things you need to avoid are salt, caffeine, sugars, and processed foods. You can swap deep fried foods, such as samosas, for healthier alternatives such as dates and fruits. Similarly, try to swap sugary foods like doughnuts, ice cream and cakes with things like fruit salads and yogurts.

- **Exercise**

Muslims observing Ramadan will find it challenging to be active. But being physically active has significant health benefits, which is why it is important to keep exercising regularly throughout Ramadan. However, it is important to note that your energy level and patience during the fasting day will not be the same. Light exercises for 15-30 minutes – such as walking, jogging, yoga, or stretching. Walking is the easiest form of exercise to fit into your day while fasting.

- **Plan ahead**

If you have assignments exams and assessments, you need to plan ahead, students need to feel more energised during the day. as such, it is important to plan your meals. Do not skip Suhur and to keep up with

your sleep. What you eat has an impact on your energy levels the next day – so again focus on eating quality, high-nutrient foods. Perhaps make a daily to-do list and write down things that you are finding challenging and plan how to combat them efficiently. And if you can, try to go outside during your lunch break, as this can improve your mental health. Make sure you are looking after yourself to ensure you stay healthy throughout the month.

- **Ramadan- Prayers/Charity**

All students should attend to all the Fard prayers and try to pray as many Sunnah prayers as possible as prayers give a lot of satisfaction, where you are able to connect with the creator, give charity, feed poor, reflect on your past and improve your behaviour as you pass through the month of Ramadan. The whole idea is to renew yourself and become a better human being. You only have 20 more days to go.

For charity, this year we are supporting 7 orphans through Baitul Zakat in Lebanon 4 by Greenacre Primary and 3 by Greenacre Secondary and Hoxton Park supports 4 through Human Appeal and this year Beaumont Hill is organizing coin donations which will go to depending on collection to several orphans through Human Appeal during the Holy month of Ramadan. We have also sent 200 Ramadan food packs for \$50 each from parents and teachers at school which has been sent to Lebanon for distribution to poor and refugees.

Iftar/Quran Competition/ Islamic Quiz

All campuses are organising Iftar dinners for the students, parents and teachers, to bring out the spirit of breaking fast and the getting the school community together. It was a great feeling to be able to breakfast together at Greenacre secondary organized by the SRC on Tuesday.

Both primary and secondary wellbeing staff have encouraged the students to decorate the classrooms. The classes best decorated will be judged and prizes will be presented to the best decorated class.

The Islamic Studies Department is organizing Quran Competition and Islamic Quiz at all the campuses and then final one for all the campuses at Greenacre Campus where both students from Primary and Secondary will be participating and winners will be awarded prizes for 1st 2nd and 3rd places.

Ramadan Planner

Our school website has Ramadan Planner for 30 days for Secondary students and activities for Primary students. Parents may access the site and find it very useful for the students to read and reflect daily.

Mr Ahmed, Deputy Principal of Pastoral and Community

2021 School Term Dates

Please be advised following are the remaining School term dates for 2021.

Term 2 - Tue, 20th April to Fri, 25th June 2021

Term 3 - Tue, 13th July to Fri, 17th September 2021

Term 4 – Wed, 6th October to Fri, 10th December 2021

School Uniform Shop

All parents are required to schedule appointments for their child's school uniform through the Midford online via: <https://Midford.as.me/MalekFahdIslamicSchool> or purchase online by:

- Selecting Malek Fahd Islamic School Uniform Shop from the online School Shops tab
- Registering a new account - the unique school pass phrase: Malek1989 will be required.
- Add your personal information, create a username and password

Should you require further information or details, please feel free to contact 0498 518 916.

Kind regards,



Mr Bruce Rixon
Principal