



AIAKKPC

eNEWSLETTER



ADVANCEMENT
FAITH - DETERMINATION



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5 May 2020

Message from Ms Leyla Mohamoud



Dear Parents, Guardians
Assalamu Alaykum Wr. Wb.

I would like to take this opportunity to say Ramadan Mubarak to all of you and May Allah SWT accept our obedience.

These unique and unprecedented times mean that this will be a Ramadan to remember. Like so many other places, our school is closed and partially open for students that need to be at school. For the time being, our mission and reason for being are not confined to four walls. We are still teaching, and our students still learn. From all accounts, our students, teachers and parents are adapting to this different type of learning and teaching. I congratulate everyone for their efforts.

As an Academy, we are committed to reviewing and adapting our remote learning program to meet the needs of our students. We thank you for completing the survey and we will take your feedback into consideration.

However, our priority is the wellbeing of our students and therefore, please take each task and day as it comes. There will be days where everything works out and there will be days where they don't and that is ok.

Education is more than academics. What if our children learn more about themselves as people?

What if they have more empathy, they enjoy family connection, they can be more creative and entertain themselves, they learn to love to read, they love to express themselves in writing.

What if they enjoy the simple things, like their own backyard and sitting near a window in the quiet?

What if they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?

What if this generation are the ones to learn to cook, organize their space, do their laundry, and keep a well run home?

What if they learn to stretch a dollar and to live with less?

What if they learn to plan shopping trips and meals at home?

What if they learn the value of eating together as a family and finding the good in sharing the small delights of the everyday?

What if they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers like truck drivers, grocers, cashiers, custodians, logistics, and health care workers and their supporting staff, just to name a few of the millions taking care of us right now while we are sheltered in place? What if among these children, a great leader emerges who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?

As you sit around the dinner table for Iftar, I encourage you to ask the question, "What are you grateful for?"

Keep safe and Healthy.

Thank you again for your continued support and patience.

Ms. Leyla Mohamoud
Head of Campus

AFFIRMATION OF DEMOCRATIC PRINCIPLES and PRACTICES

The Australian International Academy of Education declares and affirms that school programmes and leading practices embrace the following important principles:

1. The promotion of peace, harmony and understanding through intercultural interactions.
2. All Australians have equal rights before the law. We reject any form(s) of discrimination based on race, religion or gender.

3. The rule of law and respect for the rights of others.
4. The values of fairness, openness, sharing and giving a hand, looking after neighbours, tolerance, understanding and acceptance.
5. People are free to choose and practice their religions. But we reject those who preach violence and hatred in the name of any religion.
6. The right of individuals to enjoy freedom of speech, expression and association. But we reject verbal and written abuses and transgressions against others under the cover of freedom of speech and expression.
7. The Australian system of democratically elected governments and councils is the best that serves the interest of all Australians.

Ms Rabia Jones



Dear Parents

The coronavirus has brought about different stresses and because these are unusual times we need to support our children and one another, our children though they may not express it are going through their own trauma's, not seeing their friends and teacher, not seeing family members such as

grandparents, cousins, aunties and uncles. Child play therapy is available for our children and this service can be accessed.

Child-centred play therapy is a non-direct form of counselling. As therapists, they don't interfere, rather follow the child's lead. They are there to facilitate and support expression and make children aware of their own experiences through acceptance and empathy. Once a safe place and trust are developed, the child begins to work through complex inner experiences using the natural language of play and the careful facilitation of a skilled play therapist. The child learns and develops the capacity to better communicate and work through and overcome their troubled feelings and behaviours. Their dedicated work also extends to parents and caregivers through parent counselling, filial therapy, special playtime support, parent education, and emotional support.

We have our very own play therapy Hub here in the Inner North of Melbourne. Please follow the link in order to meet the team and if you need an appointment please contact them.

<https://playtherapyhub.com/meet-play-therapy-melbourne/>

At the same time as we continue on the road of online learning, we need to look after ourselves. We need to self care and so here is some advice from an expert in the field

https://synergeticplaytherapy.com/5-tips-for-keeping-your-sanity-during-work-home-video/?utm_source=Synergetic+Play+Therapy+Community+Conversations&utm_campaign=72eb74d819-EMAIL_CAMPAIGN_2020_01_13_12_47_COPY_01&utm_medium=email&utm_term=0_c2693e8f08-72eb74d819-327963426&mc_cid=72eb74d819&mc_eid=92ea26c2c9

m_medium=email&utm_term=0_c2693e8f08-72eb74d819-327963426&mc_cid=72eb74d819&mc_eid=92ea26c2c9

Please take care of yourself and remember that we are all in this together.

Rabia Jones

Ramadan Message



Dear Parents & Guardians,

Assalamu Alaikum

Alhamdulillah, Allah (SW) has favoured us with many blessings, health and free time to name a few. We are so fortunate these days that we are spending quality time with our children and family. In normal situations the

parents are so busy with the daily routines going to work for long hours and have rarely time to spend with their loved ones.

Some people work day shifts, while others work night shifts. However nowadays everyone is staying home, so let's make the most of it. Let's enjoy our family time, let us value each other's presence by appreciating what we have. Let us get to know each other really well, let us take our time during our salat, let us spend more time with Allah's book, let us turn to Allah (SWT).

This life is very short, and as Prophet Mohammad (s) has advised in a great hadith:

"Take benefit of five before five: Your youth before your old age, your health before your sickness, your wealth before your poverty, your free time before you are preoccupied, and your life before your death". Narrated by Ibn Abbas.

What a wonderful Hadith this is and most of us know it, but unfortunately very few of us apply in their lives. We are young now fit and strong and are able to do many things but we tend to use this young age to spend lots of hours at work to make more money for this temporary life rather than for the eternal life in Jannah.

We are healthy now Alhamdulillah but that can be easily lost and we might get sick, so let's use this good health by going to Hajj, fasting voluntarily, praying all the sunnah prayers.

We have money now Alhamdulillah so why not give to those who don't have, charity is the best thing you can do nowadays because whatever you give to others, you are actually giving to yourself as it will be saved for you.

We have lots of free time now so let's spend our lives according to what pleases Allah, let's spend our lives in obedience to Allah (swt), let's reflect on our lives, our work, our families, how can we better our relationship with Allah. This life can easily end; every day we hear of so many people dying from Covid-19 or other sicknesses or accidents. Let us increase our good deeds by having good relationships with our families, our children, our neighbours and all the people that we come across, even smiling at the face of your brother is charity.

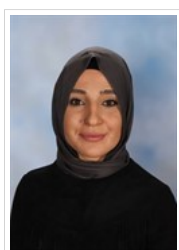
On another note, I'd like to congratulate you and the Muslim Ummah on the arrival of the holy month of Ramadan. Inshallah

this Friday will be the first day, May Allah (swt) enable us to fast it with the right level of faith and the highest level of reward. Therefore, during this month as it is a holy month we want the students to reflect spiritually on themselves and on their actions, we encourage them to spend some time reciting the Quran if not they can listen to it from YouTube or Quran explorer.

The work will be reduced during this month to allow students and parents alike to focus on their spiritual aspect of Ramadan. This is a great blessing indeed to fast Ramadan at home so we can do the best we can to maximise our rewards and to spend the holy days and nights inshallah remembering Allah and praying and reciting His Holy book the Quran.

Mr Nasrallah Chaarani
Campus Imam & Religion coordinator.

Message from Ms Pinar



Assalaamu alaykum,

Firstly, I would like to say Ramadan Mubarak to everyone! It definitely is a different Ramadan for all of us. I wanted to write to let you know the importance of self-care and how important your mental health and well-being is during this coronavirus COVID-19 pandemic. The

outbreak has impacted us all in various ways on an international scale. It is completely normal and understandable for us to feel afraid, anxious, worried and overwhelmed by the constant changes and alerts and the constant news and media coverage regarding the spread. While it's important to keep up to date and be well informed of the constant changes, it is just as important to take care of your mental health and well-being. Especially now with the added pressure of remote learning. Therefore, I wanted to provide some coping strategies during this difficult time, remember we are all in this together.

If any parents or students need support during this time, please do not hesitate to contact me. You can contact me through teachers or call the office to organise an appointment. I am here to support all of you.

Here are some strategies to cope with social distancing, self-isolation or quarantine

- Perspective – try to see this time as unique and different, not necessarily bad, even if it something you didn't necessarily choose
- Connection – think of creative ways to stay connected with others, including social media, email and phone
- Be generous to others – giving to others in times of need not only helps the recipient, it enhances your wellbeing too. Is there a way to help others around you?
- Stay connected with your values. Don't let fear or anxiety drive your interactions with others. We are all in this together!
- Daily routine – create a routine that prioritises things you enjoy and even things you have been meaning to

do but haven't had enough time. Read that book, watch that show, take up that new hobby.

- Try to see this as a new and unusual period that might even have some benefits.
- Limit your exposure to news and media. Perhaps choose specific times of day when you will get updates, and ensure they are from reputable and reliable sources.

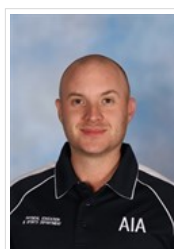
Here is some more strategies to help your children to cope through COVID-19;

- Give your children extra attention and reassurance. Where possible, minimise their exposure to media and social media that may heighten their anxiety
- Acknowledge your own feelings about the situation and let children know its okay to share their own feelings, thoughts and emotions
- Include your children in plans and activities around the house
- Do fun activities together as a family, go outdoors & go for a walk
- Most importantly try to have a schedule during remote learning, after class is over let children have something to look forward to.

If you are concerned about your child's well-being please do contact me or seek professional help externally.

MS Pinar Sahin
School Counsellor

PE:Message from Mr Andrew Dillon



Hi Parents/Guardians,

Assalamu Alaikum Wr. Wb.

Hope you are well and Ramadan Kareem.

Whilst we are remote learning it is very important for parents and students to stay active!

Staying at home can provide a challenge to remain physically active.

To keep a positive mindset and a healthy wellbeing it is important to be active. There are many ways we can achieve this at home with little or no equipment and limited space.

Some examples are:

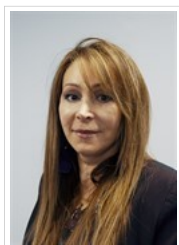
- Take short breaks throughout the day and play with your brothers and/or sisters.
- Help your mum, dad or guardian with chores such as cleaning or gardening.
- Follow various fitness circuits on a variety of apps or from YouTube.
- Walk with mum and dad outside or at a park (remember to stay 1.5m apart from people).
- Whenever/wherever possible stand up to complete schoolwork rather than sitting down.

Nutrition is also important for your health and wellbeing. So please make sure you're eating healthy foods and drinking plenty of water when you do break your fast.

Continue to stay safe and active!

**Kind regards,
Mr Andrew Dillon**

Special Needs



Remote Learning Resources and Information to Support Learning and Wellbeing in the Home

In this newsletter, we have provided you with a range of online resources for use at school or at

home, to support the education community to sustain learning and wellbeing at this time. Resources are quality assured, freely available and aligned to the Australian Curriculum and the Australian Student Wellbeing Framework. There are also resources tailored to support and promote wellbeing for children and young people and to help all members of our education community to keep safe, resilient and well in this time of crisis.



Early Childhood Resources (Prep – 2):

<https://www.echr.edu.au/resources>

Scootle - Explore Scootle using the new guest login. Search and browse relevant teaching and learning resources for use at home.

<https://www.scootle.edu.au/ec/p/home>

Digital Technologies Hub: collection of activities has been designed for you to complete in your home or around your local community to assist in building your child's knowledge of the Digital Technologies curriculum. These activities require minimal preparation from you and the knowledge required to enable you to complete the tasks with your children has been included.

<https://www.digitaltechnologieshub.edu.au/families/learning-at-home>

Science Stuff - There are plenty of fun DIY activities that can be done from home.

<https://www.thegist.edu.au/families/getting-her-interested-in-stem/at-home-activities/>

Celebrations: Teaching children about cultural celebrations around the world is a great way to get them excited about diversity.

https://www.ella.edu.au/media/9711/everyday_ella_ideas_celebrations.pdf?mode=pad&rnd=132133822260000000

Cooking: Ideas for cooking - Cooking is more than just preparing food. It is a reason to celebrate, a chance to come together with family and friends.

https://www.ella.edu.au/media/9675/everyday_ella_ideas_cooking.pdf?mode=pad&rnd=132110295740000000

Counting: Every day counting & solve simple problems

https://www.ella.edu.au/media/9669/everyday_ella_ideas_counting_2019_languages.pdf?mode=pad&rnd=132102583860000000

Making Art: Easy ways to get creative at home – ideas for making art.

https://www.ella.edu.au/media/9709/everyday_ella_ideas_making_art.pdf?mode=pad&rnd=132119899750000000

Reading : When you read with your child often, good things happen. You are close together, looking at the same thing. Your child will hear many new words and phrases. You can ask each other questions about the book and talk about what is happening in the story.

https://www.ella.edu.au/media/9629/everyday_ella_ideas_reading.pdf?mode=pad&rnd=132086155340000000

Supporting Wellbeing During Difficult Times

This is a space for educators, parents and students to build safe, inclusive and connected school communities that promote wellbeing and learning.

https://studentwellbeinghub.edu.au/?utm_medium=email&utm_campaign=ESA%20News_April%202020&utm_content=ESA%20News_April%202020+CID_54d444f5150d0e3502e79b15652b55e3&utm_source=ESA%20News&utm_term=Visit%20the%20Student%20Wellbeing%20Hub

Ms Enza Sacco
Special Education

Online Learning & Student Reflection

Alperen Erbas 5C:

I think it was weird. It made me feel like I was the only person in school and like I normal talk with my friends in the morning and play down ball and at lunch we cannot play footy. I really wish school goes back to normal. We are here because our parents work and we have to put on hand sanitiser and we have to go into Zoom and Google Meets. We also in the first week had to use social distancing but now we are not because the government said that kids don't need to social distance. Zoom is fun because I get to see all my friends and Google Meets is better for us because we listen when the teacher says a story or something.

Angel El-Cheikh 5D:

I think that it's good that a little bit of people are coming to school because there's not too much people and if the whole school comes there will be too much gathering and if you want your friends to come school you can just make new friends or you can go on Zoom, Google Meets or you can call them at home. Also, at school it's a bit better than home because if you need help you can just tell the teacher because at home if your parents are working no one can help you and even if you miss your normal teacher you can speak with her on Zoom and Google Meets.

Adam Wahby 5B:

I think it's not too bad actually because some of my class mates and friends from other classes are coming. I think it's great that we have to use Zoom and Google Meets because it's a better way to communicate during the corona virus. The only thing I don't like is that we can't play with balls during recess and lunch. But I wish that all my class mates and friends came because it's more fun. I really like how in Ramadan we finish at 2.00.

Mariam Abou-Eid 5B:

I think it is a bit boring because my friends are not here, but it is fun because we get free time when we finish our work. The last time I came here we had to stay 2.5 metres away from our friends, but now we don't have to. We are doing stuff like as if

we are at home but I stead of school every day we have a Zoom meeting for the roll. At school it is kind of worse because it is the same as at home but instead wearing uniform. But overall I think it is good because for the parents that work and have kids they can still send them to school.

Samir Akkari 5B:

I have done much better at school because we have our supervisors explaining stuff to us. It has been much easy for my whole family. It has been really fun. I have been really happy to get out of the house.

Karim Abbouchi:

It's different and hard, I'm missing my friends and teachers

Zayd Abouchi:

I miss being in my classroom

Jamila Abbouchi:

I like the Zoom classes the most because I get to see my friends and teachers.

It's very overwhelming sometimes because there is so much work'



Important Dates to Remember

24th May	Eid- al-Fitr (TBC)
8th June	Queen's Birthday Holiday
15th June	Report Writing Day
26th June	Last Day of Term 2 for Students and Teachers
27th June – 19th July	Term 2 Holiday Period
20th July	First Day of Term 3 for students
31st July	Eid-al Adha Holiday for staff and students (TBC)
17th September	Last Day of Term 3 for students
18th September	KKCC Parent-Teacher Student Conference
19th September – 4th October	Term 3 Holiday Period
5th October	First Day of Term 4
3rd November	Melbourne Cup
30th November	Report Writing Day (no students)

9th December

Last day of school for
2020 for students