

ICOM INSIDER

The Official Newsletter of Islamic College Of Melbourne



TERM 4: 2022 International Leadership Trip, Year 12 Graduates, Parents and Students Conversation Starter Pack, Important Dates & Reminders and more!

Principal's Message



Assalamualaikum warahmatullah wabarakatuh.

Dear parents, guardians and students,

Alhamdulillah, we have had a great start to a successful Term 4. It was great to see our parents and students during Parent Teacher Interviews. These interviews are very valuable to discuss your child's progress and build strong relationship between home and school for the best interest of your children, our students.

The ICOM 2022 STEM Week was a great success. Students were exposed, with supervision, to multiple experiments throughout where they loved the experience and enjoyed getting involved in the education part of it.

During STEM Week, our students were encouraged to learn the essential skills of Science, Technology, Engineering and Maths through hands-on learning. These subjects are valuable for education and future career paths so that young people can build the future.

The last day of STEM week was celebrated with STEM dress up day in Primary school while in Secondary school, the day was packed with activities including Kahoot quiz finals, student led experiments, Paper Plane Flying competition, Rocket Launching competition and our major 'Millionaire hot seat' annual event.

During STEM Fair, which was celebrated on Parent Teacher Interviews day, students were able to put their

learnings and projects into displays and presentations for parents to enjoy during Parent Teacher Interviews Day.

I was proud of our incredibly insightful Year 11 students who featured in Al-Wasat magazine and contributed towards 'The views of the Youth on Elections' segment. The ability to write and express ideas is a very important skill that we equip our students with so they can be effective advocates for good cases.

I would like to thank parents and carers who ensure their children arrive to school on time every day. Going to school on time every day is the single most important part of your child's education. Students learn important things at school every day and missing school or arriving late to school puts them behind.

Missing school or arriving late can have a big impact on students academically and socially. It can affect their educational outcomes and, just as importantly, it can affect their wellbeing. Each missed or late arrival day is associated with falling behind in subject topics and assessment tasks.

There is no safe number of days for missing school or arriving late to school. As per the College Attendance Policy and Procedures, Students are expected to arrive to school on time every day by 8:35am.

After 2 years of interruptions due to Covid, Alhamdulillah, we were able to resume our Primary School Swimming Program this Term. Swimming is a very important life skill for all children which builds endurance, muscle strength and cardiovascular fitness. It is also a skill that we are recommended by the Prophet PBUH to teach it to our children.

The FIFA World Cup is only held once every 4 years and is the most watched sporting event in the world. It is estimated that the World Cup will be watched by 5 billion people across the globe. It is also the first time in history that the World Cup will be hosted by a Muslim country, Qatar. A proud moment for Muslims all over the world.

Continued on page 2.

Principal's Message (Continued)

The Islamic College of Melbourne will be celebrating FIFA World Cup Qatar 2022 during week 6 of this term with a special World Cup celebration day planned for Friday, 18 November.

Teacher Appreciation Day is a special day in the ICOM calendar and is thoroughly celebrated.

This year, we had a whole school assembly to celebrate Teacher Appreciation Day along with the last day of formal classes for our Year 12 students. It was a wonderful heart-warming day with the whole College coming together to celebrate these two significant occasions.

Year 12 graduates paraded the red carpet while the whole school cheered them on the completion of their school studies. Happy Teacher Appreciation Day to our superstar ICOM teachers and all the best to our Year 12 students.

College Principal Abdul M. Kamareddine congratulating and wishing our High School graduates a future full of faith, knowledge and success.



Important Reminders

- With the hay fever season amongst us, parents must advise the College of any medical conditions their child may have, whether it is severe or just a mild condition.
- The uniform for Term 4 & 1 is the Summer Uniform.
- If your child will not be returning in 2023, please submit a Student Withdrawal Form to the Administration Office by emailing it to admin@icom.vic.edu.au
- Please ensure you inform the College if your personal details have changed, including emergency contact numbers, phone numbers and addresses.

Important Dates

15 November 2022

Last exam for our VCE students

28 November 2022

Year 12 Graduation Night

2 December 2022

Year 6 Graduation Night

7 December 2022

Last Day of Term 4 for Foundation Students

8 December 2022

- Last Day of Term 4 for Years 1-12 Students
- Secondary Awards Night

19 December 2022

Office closes for Term Break

20 January 2023

Office reopens Term 1, 2023

31 January 2023

First Day of Term 1 for Years 1-12 students

1 February 2023

First Day of Term 1 for Foundation students

ICOM Sick Bay: Illness and when to keep your child at home

What is Gastroenteritis?

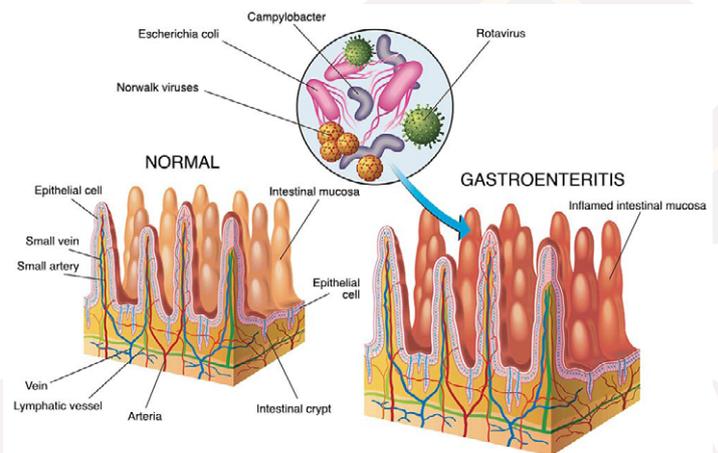
Gastroenteritis is a common condition that affects the gut (the stomach and intestines) and is often highly infectious. It is also known as 'gastro'.

Gastro is triggered by infection that causes inflammation of the lining of the digestive system. It can cause vomiting, diarrhoea, stomach pain and nausea.

What are the symptoms of Gastroenteritis?

If you have Gastroenteritis, you may have:

- Vomiting
- Diarrhoea
- Nausea (feeling sick in the stomach)
- Stomach pains
- Fever
- Headaches
- No appetite



Gastroenteritis symptoms usually last for 1 to 2 days, but occasionally they may persist for as long as 10 days.

How is Gastroenteritis treated?

Gastro should only last for a few days and does not normally require treatment. Medication for nausea or diarrhoea can be useful for adults, but may not be safe for children. Antibiotics are rarely helpful.

The most important treatment for gastroenteritis is to drink fluids. Frequent sips are easier for young children than a large amount all at once. Keep drinking regularly even if you are vomiting. You can also buy rehydration fluids from a pharmacy. These are the best fluids to use in cases of gastro, especially for children.

Try to eat small amounts of food often if you feel nauseous. When your appetite returns, start with bland, easy-to-digest foods, such as plain crackers, toast, bananas, rice and chicken.

Avoid milk and other dairy products as well as undiluted fruit juice, soft-drinks, or sports drinks because the sugar may make the diarrhoea worse. It is fine to eat once you feel like it.

<https://www.health.vic.gov.au/infectious-diseases/school-exclusion-table>

Ms Lois Foster
College Nurse

Secondary: Year 12 Complete Highschool

What a year it has been for the 2022 Cohort! The year began with the usual pronouncements and promises of forth coming academic brilliance such as, 'Walla, I will be the best student you have ever had', or 'you wait and see, I will smash a 45+ score for English.' Then the first essays came in. Hmm. It is, however, one of the great pleasures of being a Year 12 English teacher that we do actually get to see academic growth in students over the course of the year. But there is always the inevitable 'imagine if they had another term to keep developing thought at the end of the year. It is almost cliché to say that Year 12 goes fast. Nevertheless, as with all clichés there is an underlining truth to this statement. We say it over and over, and it is only realised at the end. But jammed into those three terms of Year 12, so much happens and everyone who has been through it understands that it is unlike any other year of schooling. It usually takes until the end of Term 1 for the reality to set in that, when students begin to understand that the 'business as usual' approach no longer works. Some students take it in their stride are able to navigate the endless SACs and AOSs that their teachers produce. For others, they soon learn that there is very little time for catch up at this level. Then there are the demands of being a teenager and the drama that is associated with that phase of life. Suddenly the girls are wearing more make up and the boys have joined the would-be-cool-guys club. Such are the demands on the young. When I reflect on the predictions that were made to us at the end of Year 11, and the students we ended up with at the end of Year 12, there is indeed much to be proud about how this cohort turned out. – Mr Nick

In some ways, teaching the cohort of 2022 has been a penguin walk writ large. While this might seem an esoteric boast, I am sure our Year 12s who remember the Tasmania Trip can empathise with their teachers' experience of waiting anxiously by the shore with the wind and cold picking up, hoping that what is promised will be worth the effort. To selfishly speak from just my own vantage point on the matter, I dare say that it was.

To spend a few moments longer in Tasmania – but not nearly as many as we were faced with when our first flight was cancelled -, I will challenge a private ICOM cliché; amongst many teachers, it is argued that the Year 12s undergo a transformation following the cohort iftar in Ramadan. I put it to you that the greater transformation was begun on the hills and valleys of the Apple isle.

Of course, change is a gradual process. And, we happy teachers might bemoan the over-enthusiastic commentary on the length of bus rides, and liberal interpretations of lights out, and the less said about the three consecutive nights of parmiganas the better, but we too cannot overlook the vigour and focus that took hold of the Year 12s upon their return.

Neither can we overlook the laughs, the tears, the spaghetti by the bucketful, what might be called nachos by the generous, the mad flapping of our arms amongst the treetops, inner-city bird strikes, getting resoundingly lost in Wineglass Bay, struggling with the UT WiFi, important lessons in kitchen knife safety, and connecting with the Muslim community of Hobart which made such change possible. – Mr Callum

Mr Nick Cummins
SAP Coordinator

Mr Callum Delbridge
Assistant IB Coordinator





College Principle Abdul M. Kamareddine awarding Certificate of Completion to Year 12 graduates. Photos continued on page 8,



VOTE



THE VIEWS OF THE YOUTH ON ELECTIONS

The importance of voting has been well undermined in current society. In Australia, voting is mandatory, yet approximately 5% of voters do not take voting seriously. It is detrimental to understand the impact voting has on the future of your nation. With the upcoming 2022 State elections, as Muslims, we should thoroughly consider whom our votes go towards. As a minority group representing only 3.2% of Australia, our votes should go to derive a beneficial outcome towards the Ummah, or to protect the Ummah. For instance, with the increase in vandalism rates at mosques throughout Australia, Muslims eligible to vote should utilise the opportunity to seek to attain a candidate who will strictly enforce further punishments towards vandals, as well as restrictions to prevent the issue from reoccurring. Voting is a timeless act but has long-term impacts on us as citizens of a state/country, hence, it should not be taken lightly, so think before you decide to irrationally vote.



Benazir Shafiz
(Student at Islamic College Of Melbourne)



Democracy. Oh, a word so exquisite and potent it makes even the most influential global actors think twice before enacting their self-serving plans. But zoom in a little from the 'global level', right down to 'state' in the midst of a show-down between the guy we loved to hate and blame during the COVID era, and another Guy, who claims the other is "the most divisive premier we've ever had". But remember, in politics, there is never a 'best candidate', there is only the 'lesser of two evils' – and it is only if the entire population of Victoria votes, can the least schismatic candidate command the lead. And maybe we're in need of this new blood.

Rahemah Danish
(Student at Islamic College Of Melbourne)

Narratives around futile voting systems are debunked fallacies - a citizen's vote is the most potent tool in a democratic society like our Australia. Voting allows citizens to reclaim power over the affairs of their nation and pledge commitment to the future of their people. To be included in this ritual is a blessing, and the Muslim communities of Victoria should fulfil their duty in the upcoming state elections to ensure our cogent judgments are considered. To vote is to approach the prospect of witnessing our shared concerns, priorities and values reflected in institutions of power so that Australian politics can bring us all together, not tear us apart.

Sumaiyya Baloch
(Student at Islamic College Of Melbourne)



Secondary: STEM Week

STEM moves beyond simple test performance and focuses on developing higher level thinking skills by connecting classroom learning to the real world. It emphasises collaboration, communication, research, problem solving, critical thinking, and creativity skills, that students need in order to be successful in today's world, regardless of specific interests or career goals.

Students at ICOM were fortunate enough to experience STEM week away from the online platform this year and participate in various STEM activities that included:

- A number of science experiments done through external presenters and through students.
- Opportunity to create a model of a bridge from straws to have a chance to win prizes.
- Opportunity to take part in the paper plane flying competition to have a chance to win prizes.
- Be able to participate in The amazing race to have a chance to win prizes.
- Participate in maths and science quizzes to have a chance to win prizes.
- Take part in The millionaire Hot Seat to have a chance to win prizes.
- Stem Fair featured a reptile show, student work models, student activities and games around the areas of STEM, Photo booth and food stalls.



ICOM: International Leadership Trip (boys)

Asalamu Alaikum Warahmatullah Wabarakatuh,

Turkey was the first destination on our International Leadership Trip, and arguably the most beautiful. We landed in Istanbul where we stayed at the Ottoman's Life Hotel Deluxe for 5 days. During our visit, we learnt about the rich history present in Istanbul, and visited many monumental sites such as the Hagia Sophia, Topkapi, and the DolmaBahce Palace, and many more places. We also visited the Grand Bazaar in Turkey where we purchased many Turkish goods and learnt many tricks about how to bargain the Turkish way.

When it comes to food in Turkey, WE GOT SPOILED. We experienced places such as SZN Burak, Chef Eyad and Meat Moot - a delicious smoked meat establishment, we enjoyed a wide variety of different cuisines commonly served in Turkey.

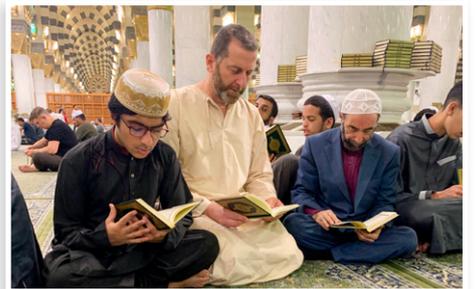
After Turkey, we made our way to Madinah, where we reunited with Mr Koubar. The feeling while walking into the Prophet's mosque for the first time was exhilarating. Most of us believed that we weren't worthy of the experience and didn't deserve this opportunity, but we were wrong! The moment we walked into the mosque, we were in tears and our hearts felt at ease. Alhamdulillah for the unforgettable experience, where we were able to pray all the daily prayers in Prophet Muhammad's (s.a.w) mosque, visit his grave, send our salam to him as well as experiencing the kindness of the people of Madinah. Just like the Prophet Muhammad (p.b.u.h) said upon his ummah "May Allah (subhana wa ta'ala) make us from the people of Madinah, end our life in Madinah, and may He make us from the people of Baqi, from the people of the Rawdah, from the people of Uhud and the Shuhudah of Uhud."

After Madinah we made our way to Makkah. We traveled the way in our ihram clothing and boarded a 5 hour bus ride. It was comfortable wearing the ihram for 3 days straight. The instant we made contact with the Kabah, and set our eyes on the greatest place in the Islamic history, our hearts melted feeling surreal yet amazing sensation like no other. Alhamdulillah some got to make umrah twice, while others were able to do it 3 times. After making Tawaf 7 times, we made our way to the Safa and Marwa where we would walk and run up and down 7 times between the two mountains in a very relatively packed space. This was done in remembrance of what Hajar did many years back in an attempt to find water.

After the tawaf, a number of the boys shaved a portion of their hair to exit ihram. We are truly grateful for the experiences in Makkah and Madinah and we pray that everyone is blessed with the same experience. InshaaAllah everyone gets to do umrah and/or hajj some day, and visit the beautiful country of Turkey.

Thank you ICOM for allowing this trip to take place, and want to give our thanks and appreciation to all the organisers and scholarships provided by the generosity of Dr Abdul and the school that helped make this wonderful trip possible.

Abdul, Ayman and Talal
Secondary Students



ICOM: International Leadership Trip (girls)

Asalamu Alaikum Warahmatullah Wabarakatuh,

Although thinking about the trip was very exciting, frankly it felt oddly mundane leading up to it. It seemed as though nothing special was going on and that it was just like any other day. Partly, I feel that could have been because I was more fixated on the fact that the term would be ending soon. I never really enjoyed term breaks and would much rather be at school than not. It always takes much too long to get used to returning to school, and I did feel it distracted me from the excitement of the trip.

So for me, I only truly started to feel the thrill and enthusiasm of going on this trip on the drive to the airport, because that in itself was a genuine experience. Being at the airport was a reminder that this was really happening. Alhamdulillah, I made sure not to take that for granted as we made our way through the departure gates and took our first steps into our journey to our destination together, Istanbul.

Surely, one of the strangest part of the trip was realising that we were in fact, not relying on our parents, and we had to be more responsible in everything we did. Just the thought alone that we had set foot in a completely different country without our parents left us both in denial and awe. The air, the food, the atmosphere, it was almost too much to process. Walking down the streets of Istanbul to pray Fajr early in the morning or go shopping, enjoying the sunsets and picturesque views was an immensely grateful experience.

Throughout the trip, we called our parents to communicate our amazing finds and experiences, and to show them pictures of the beautiful scenery we have been experiencing; we also managed to learn a couple of phrases and would repeat them to the shopkeepers. Interacting with the people in Turkey really allowed us to deepen our understanding of their culture and different etiquettes.

The food was something we will not forget. Our meals varied from a variety of meats and dips to knafeh, fresh juices and Turkish ice cream, with most being prepared as a live show. We learnt that strangely enough, honey tastes really good with salty meat and bitter Turkish tea tastes really good paired with sweet dessert. We also had the chance to buy different local snacks such as Simit (paired with triangular cheese) and shared roasted chestnuts from street vendors.



We had all gone to the Süleymaniye Mosque in which there was a specific place where the Sultan, (Sultan Süleyman Türbesi) was buried. We were obligated to take our shoes off and make dua for the sultan. As soon as everyone had finished, we headed back to the bus for our next activity. We did the usual head count when we realised someone was missing. It was sheikh Omar. The last place anyone had seen him was in the mosque making dua for the Sultan. So both of our tour guides at the time had to go back to the mosque and look for sheikh Omar. While the other teachers tried calling him over and over on the phone but he would not answer. After about 10 to 15 minutes, we saw the tour guides and sheikh Omar walking back to the bus. As soon as sheikh Omar walked in, the entire bus started clapping for him. The sheikh was so embarrassed he started blushing.

And so, just as soon as it started, we now found ourselves back on the airplane leaving from Abu Dhabi to Melbourne; and just as my luck had it, I was once again seated at a non-functioning TV screen. Excellent timing for a 13-hour consecutive flight back home!

However, despite that, I still did find some joy in the smaller things, like a cup of apple juice served to me once every few hours and engaging in conversation with a nice lady who was queued with me for the bathroom. Alhamdulillah, I found that this was a great opportunity for me to get closer to Allah by reciting thikr and reading Quran from my phone that lasted almost an hour at 1% battery. I certainly felt more at ease during that time.

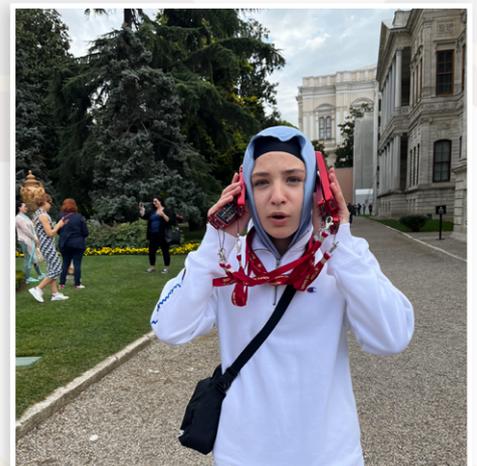
Landing at Melbourne airport at around 5am with not much sleep on the plane was something else entirely. Waiting for what felt like half an hour at the crowded baggage carousel, to collect our belongings was a unique experience too. Once that was all over, and we walked out of the airport arrival gate, what we saw afterwards was just what we needed. It was the comforting and welcoming embrace of our parents seeing that we're finally back home. On our way back from the airport, we could not stop ourselves from eagerly blathering on about all the stories and adventures we had shared as peers and teachers. Even though jet lag took a huge toll on us by the irregular sleep patterns for the next two days, we would not have had this trip any other way.

Advice for students who are going next year

We definitely recommend you to plan ahead and to get organised early. You cannot be silly on a trip, especially that it was an International one! You have to create a check list and make sure you have everything you need, especially when it comes to flights! Also, make sure that your friends are also organised. Just when we arrived at the airport to head back home, one of our girls had noticed she left her passport back at the hotel. Keep in mind it was a one hour drive up and another hour back. We were very lucky to get her passport back to us in time, or we would have missed our flight back home.

Auni, Benazir, Marwa, Maryam Yasmine

Secondary Students



Secondary: The Angel Soup Charity

On the 26th of October, the Year 11 LCPC IB students participated in a soup charity 'The Soup Angel' with Ms Nicole. The Soup Angel was founded by Ms Nicole in March 2020 during the first Covid Lockdown in Melbourne to provide healthy, nutritious, home cooked soups for the elderly and those in need in the streets.

Our LCPC IB girls got into the kitchen with enthusiasm and motivation for this initiative. They helped in cooking two types of soups, Potato and Leek Soup as well as Chunky Vegetable Soup. The girls started by peeling and cutting up the vegetables, then they labelled the tubs with the correct ingredients list and tubbed the soup up to be donated to Mosque Virgin Mary

Thank you to Ms Lina, our Year 11 coordinator who assisted with the students after school hours in the kitchen. We look forward to more Soup initiatives at ICOM over the coming years, InshaaAllah.



Secondary: Wellbeing Workshop

On Thursday 6th November the REACH Foundation visited ICOM to facilitate a wellbeing Workshop called 'Connection' for our Year 7 students.

The aim of the workshop was to encourage positive self-expression and normalise individual differences within the group as they shared their experiences of high school so far. Students built awareness of behavior and its impact on others, and how it can affect individuals in different ways.

Youth workers Oli and Cam had a lot of fun with the students as they were encouraged to be open and honest with each other in order to build strong, meaningful friendships - the foundation of our school community at ICOM.

The incursion was run as part of the Leadership, Careers and Pastoral Care Program (LCPC) that is undertaken by all secondary students to ensure everyone feels safe at school. The program also seeks to ensure that that student ambitions are supported and that they know where to reach out to for help if it is needed. Building well-rounded, emotionally resilient students is a key goal of the Wellbeing Department at ICOM alongside the school community's strong focus on Faith, Knowledge and Success.



Secondary: ICOM MIRROR

Although ICOM cohort were only recently exposed to the ICOM Mirror, the idea has been around for quite some time, dating back to a discussion we had in Year 7 with our Careers Coordinator, Mr Haroun; it was to be called the 'ICOM Gazette'. However our 'brilliant light bulb' was without a body and a plan at the time. We lacked conviction and when we were asked to produce a proposal, we spent years procrastinating up until the end of our 10th year of school.

The idea was resurrected by a simple English task given to us by our IB Assistant Coordinator, Mr Delbridge - to write a news article. With vivid memories of Year 7 and the proposal in hand, we sprinted to Mr. Haroun, who after breaking down into (rightful) laughter, took our sample and presented it to the Secondary Education Committee, where it ultimately got approved. The ICOM Gazette, now known as 'ICOM Mirror', set us off on an indelible journey with an incredible team.

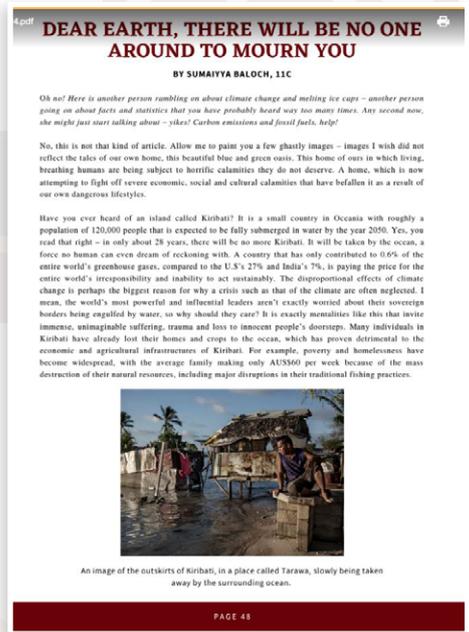
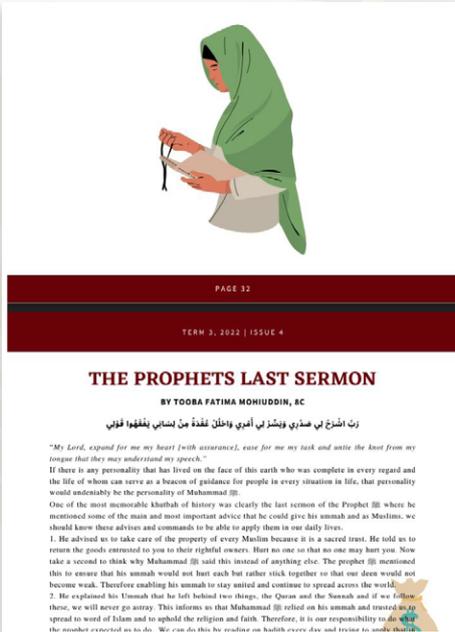
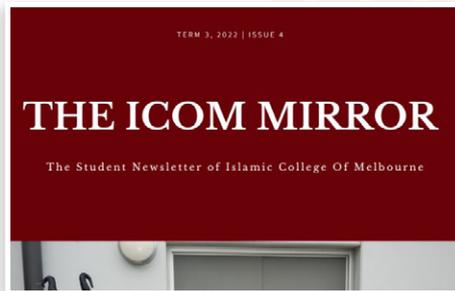
We have forgotten the harrowing process of establishing and producing a magazine that is now read by the entire school, but will never forget those who in the last few weeks have submitted their excellent articles, contributing to the project that, InshAllah will continue to flourish long after we graduate, and continue to reflect the true spirit of our magnificent school that is the Islamic College of Melbourne. We have full confidence that our successors will encourage those who are reluctant to write, to do so, to get involved in the school community and strive to accomplish the unfathomable yet marvelous.

ICOM Mirror was an idea by two Year 7 girls, and now a tale of teamwork, commitment, late nights, deadline threats and one too many cups of coffee.

To those who have made the ICOM Mirror more than just a high-school project - from our editor, Mr. Omar Lahham, our supervisor, Ms Zainab Shakoor, Mr Haroun, the school photographer, Ms Hind, our supportive teachers, fellow students and the entire ICOM Mirror Team, we thank you sincerely for your invaluable efforts.

The ICOM Mirror zealously awaits the journey that lies before us.

Rahmeah & Sumaiyya Secondary Students



Secondary: Counselling Services

Starting a conversation as a parent can be difficult, especially if you're worried that your child is having a hard time. It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you both to talk about feelings and to provide comfort.

Here's some conversation ideas to start things off...

General Questions

- How are you feeling?
- What do you want to talk about?
- What was the best and worst bit of your day?
- If you could start today again, what would you do differently?
- What did you do today that you are proud of?

Serious Questions

- What was the biggest problem you had today?
- Do you want to talk about what's going on?
- How can I support you through (issue)?
- Is there anything that you need from me? Space, time to talk, time to do something fun

Fun Questions

- If you were an animal, which one would you be?
- If your life was a movie, which one would it be?
- What's your favourite thing about school and why?
- If an alien had landed in your class today, what would you have been embarrassed for them to see?

You're the leading expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts. Reassure them that if they don't want to talk now, they can talk to you at any time. You can also follow up conversations with encouragers:

Encourages

- I love you, nothing can ever change that.
- You can talk to me, I'm here for you.
- If you need to talk to someone else, that's okay too.
- If you talk to me about what is worrying you, I can do my best to help.
- Even if I don't understand, know that I want to.
- We're going to get through this together.

If you are concerned about anything that has come up in a conversation, try your best to tell them how you see things, and be clear about any actions you are going to take. Try to provide comfort and reassurance.

We hope this helps you as parents the next time you would like to start a conversation with your child. Try using one of the prompt questions the next time you're picking or dropping off your child.

Ms Zainab Shakoor
Secondary Counsellor

Mr Melih Bal
Secondary Counsellor

Primary: Year 2 Olden Days Fun

Term 3 was an amazing term filled with many learning experiences that engaged, excited, enhanced and assisted our learning of the olden days. Year 2's immersed themselves in the past by exploring what technology, tools, games, cooking items, phones and school life was like in the past. We were able to make comparisons between life in the past to present day times. Year 2 students created an amazing display with various items from the past and added to this collection with their olden day project items. We have enjoyed learning about the past but are thankful for the advancements we have today.

Ms Stephanie Allen
Year 2 Team Leader



Primary: Year 2 Build a Billy Cart

This term in Science, the Grade 2s have been learning about Forces. As part of their investigations and inquiry they had the opportunity to build their very own Billy Cart! All students used tools safely with the great supervision from an instructor who demonstrated how to safely use tools and the steps to building a Billy Cart. Year 2 teachers were also around guiding the students in building their very own simple machine. This hands on activity engaged each and every student and made learning about Forces fun and easy to absorb!

Ms Joumana Ammouche
Year 2 Teacher



Primary: Footy Day

Late in Term 3, our school partook in the annual Footy colours day. This year the event was extended over an entire week as students engaged in football (AFL) focused activities. They developed their handball, kicking and marking skills. They were also treated to a fun jumping castle as a reward for their hard work and positive attitude.

Our students are currently preparing to compete in the annual Islamic Schools Cup. They have been training afterschool all term in Futsal and Basketball. The competition provides a wonderful opportunity for our students to interact with other students in the Islamic community.

The Fifa World Cup is almost upon us, and to celebrate the biggest sporting tournament in the world, the P.E department are running fun lunchtime activities for our students on Friday 18th of November. Students will receive prizes for their efforts and are showing excitement towards the tournament which is being held in Qatar.

Mr Demitrios Sirilas

P.E & Interschool Sports Coordinator



Primary: Counselling Services

At ICOM, we are fortunate enough to have school counsellors. In order to form a greater appreciation of this role, it perhaps behoves us to understand their function. School Counsellors design and deliver School Counselling Programs that improve Student outcomes. They lead, advocate and collaborate to promote equity and access for all students by connecting their School Counselling Program to ICOM's academic mission and school improvement plan.

Counselling is a confidential service provided to students. This, nonetheless, may remain something of a mystery to many people, who understand little about what counselling actually means. Unfortunately, there can be stigma attached to receiving help for mental well-being. There seems to be a common misconception, for example, that if one is in counselling, they must be suffering from some 'serious' mental problems. This reaction may come from a place of fear, or simply from a lack of knowledge. The reality is that all sorts of people access counselling. Although some may have complex mental health problems, many do not. Counselling is a space where our students can go if they need someone to talk to, about a difficult transition or emotions that have become increasingly challenging to manage.

If one has a broken leg, they would not think twice about receiving medical treatment such as a plaster cast or physiotherapy. With a broken leg, it is easy for people to see that one may need some allowances while healing takes place. Emotional difficulties, however, cannot be 'seen' as easily. Treatment may also not be a clear cut - and this can make it much more difficult for people to help, or even sympathise. A mental health condition affects people in different ways, whereas a broken leg will affect people in more or less the same way. A broken leg is likely to require an x-ray, possibly a cast or surgery, and then recovery time to allow bones to heal. When it comes to depression, for example, some people will need anti-depressants, others will manage with exercise and supportive family and friends, and some might benefit from counselling.

It is understandably difficult for people to understand what happens in therapy if they haven't experienced it for themselves. The stigma which is sometimes attached to counselling in some communities can mean that people feel they are inadequate if they are seeking help. They may feel pressure to 'cope', especially if everyone else appears to be happy and devoid of 'issues' (though this may be a misleading impression!). One thing that counselling can do is to help a person see that no one is perfect or 'super-human.' We all have times when we find things difficult; but we often don't realise that others may be feeling the same - precisely because those feelings are often kept hidden.

Fortunately, societal awareness of the benefits of looking after our mental health has improved in recent years, and this has highlighted that many of us are dealing with difficult issues, and that being open can help. Asking for help can put us in a vulnerable position, and this can feel scary. But having somewhere confidential to go, such as counselling, can help. Counselling represents a space where it is safe to open up, even if it is difficult to open up to family and friends. This can help to build up self-confidence, and to see that we are never alone.

Mr Furkhan Jabbar
Primary Counsellor

Ms Ola Lahham
Primary Counsellor



Primary Library News

Asalamu Alaikum Warahmatullah Wabarakatuh,

What an incredible Term 4 it has been so far in the ICOM Library Ma'sha'Allah.

Ms Haifa organised and conducted the ICOM Library skills club from Foundation to Year 6. Students learnt about the features of fiction and non-fiction books. There were also fun activities after reading the books, such as organising the Dewey Decimal System numbers in order. All the primary students enjoyed it very much and learnt new things about the ICOM Library. Insha'Allah it will continue in 2023.

Ms. Humairaa assisted students finding books and putting stamps on the new books, which were all then catalogued. Al hamdu'Allah we now have 50,000 books and resources. Yes- you guessed it, we are still cataloguing Ma'sha'Allah.

In addition, Ms. Caspian had organised and conducted the ICOM Library writing and comics club for the primary students. The students have enjoyed writing and creating their own stories. Their work was amazing.

Sub'hana'Allah how time flies and the year of 2022 is nearly ending. A friendly reminder to all students that they must return all ICOM Library books that they borrowed in the book drop off/return chute by the 14/11/2022. All take home reader books are due back to the homeroom teacher by the 21/11/2022. There will be no more borrowing of books from the above dates due to being the end of year. Please ensure that all ICOM Library books are returned to avoid a library fine.

Jazak'Allah Kheiraan and Thank you

Ms Haifa Atatreh
Primary Teacher Librarian

Ms Humairaa Suliman
Primary Librarian



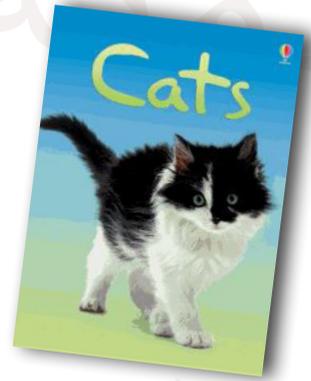
Featured Book: Cats

Author: Anna Milbourne **Date published:** 2004

This is a non-fiction book, which is all about cats. You can read and find this fantastic book in our ICOM Library under the call number 636.8 MIL.

You can also watch this video on the link below:

<https://www.youtube.com/watch?v=fS7wMTtRtbM>



Secondary Library News



End of the year means end of assessments. Which also means that there's a lot of printing going on in the Senior School. With jams and rescues the students got to learn a lot about how the inside of an almost industrial level looks.

While the junior school was introduced to the wonders of Comics, some admirable artists decided to join in the fun. Producing Japanese-styled Manga panels and silly stories about exams; their creativity is never ending!

With an ever-expanding collection, it's easy for students to find a book in the library to interest them. While sometimes a recommendation makes the decision easier, quite often the students can have long chats about their favourite finds and bragging about how long they were kept up turning pages... though that last part will usually get them a playful scold from Ms Caspian for neglecting their sleep.

The library wouldn't function without our lunchtime volunteers or our avid readers and the staff team can't wait for the students to explore all the new books coming in 2023!

Mr George Demetrios

Head Librarian

Ms Caspian Hendrey

Secondary Librarian

