

ICOM INSIDER

The Official Newsletter of the Islamic College Of Melbourne



TERM 1: Primary Athletics, Secondary Athletics, ICOM Multicultural Week, Debating & Public Speaking, Important Dates, Reminders, and more!

Principal's Message



Assalamualaikum warahmatullah wabarakatuh.

Dear parents, guardians and students,

As Term 1 comes to an end at ICOM, I reflect on how successful it was alhamdulillah. I wish you all a safe term break and I pray that we all make the most out of the remaining blessed days of the blessed month of Ramadan.

Alhamdulillah, all 3 Athletics Days of Primary and Secondary Schools took place successfully in Term 1.

During Junior Primary Day, our juniors enjoyed an introduction to athletics with many special activities tailored to younger students while our Senior Primary and Secondary students were able to compete and rally on their housemates and taking part in all the traditional athletics events.

All participants were incredibly competitive while remaining sportsperson-like throughout the many engaging events, cheering each other on and lifting each other up when things got challenging.

Congratulations to our Primary Blue House Iman (Faith) and Secondary Green House Najah (Success) who came in first place. Many thanks to all staff who took part, especially our HPE departments who joined forces in making this day incredible for all involved.

Ramadan is always a special time that is thoroughly celebrated at the College. To mark the start of our Ramadan events for 2023, our entire Primary and Secondary School cohorts were invited to special Welcome Ramadan Assemblies.

In the Primary School assembly, the College gym was well and truly transformed into a Ramadan-themed sanctuary for all to enjoy, with our Primary School Captains leading the morning's program. With Nasheed performances and public speaking, the assembly had a great energy and naturally, a festive feeling. After the assembly, all of our primary school students met the Ramadan Man who gave them a special Ramadan gift. Our students were incredibly excited when they were told Ramadan Man was visiting as many students remember his visits from years past and were anticipating this year's visit greatly.

In the Secondary School assembly, the Secondary Village was decorated to welcome students and staff into a special program which started with Quran recitation and continued with students' performances that were thoroughly enjoyed by everyone. All of our Secondary students were gifted a Welcome Ramadan gift pack to celebrate the arrival of this blessed month.

Furthermore, our Primary and Secondary Schools Iftars were beautiful gatherings where students and staff came together to break their fast together in the holy month. The year 12 students stayed behind at the College for a special Qiyam night program which was spiritually uplifting and fulfilling.

Recently, our Year 6 students have recently returned from an educational tour of our national capital, Canberra. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage, and democracy.

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Principal's Message (Continued)

Along with the many mandatory educational programs and non-mandatory (yet enjoyable) activities, our students learnt the most about themselves and how they would fare away from the comfort, stability, and predictable environment back home. In a short period, we were able to notice the developments across the social, emotional, and psychological domains, and were actively involved in nurturing this development. We are proud of our students for their respective feats.

Every year, we are continually astonished by the generosity of parents, students and staff during our Orphan Sponsorship donation drive during the second last week of term. Since 2017, the College has raised money which goes to towards sponsoring 13 orphans to assist them with their schooling. Once these children finish their schooling, the College will sponsor another child to ensure 13 orphans are sponsored every year.

Finally, I look forward to seeing you all at the first Parent/Teacher Interviews for 2023. The interviews will be held on Monday, 24 April between 9:00am to 8:00pm. Parent/Teacher Interviews are an opportunity for parents to meet their children's teachers and a great way to promote communication between school and home. They allow both the teacher and the parents to work together toward their student's learning and social wellbeing.

Once again, I pray that everyone has a blessed Ramadan and I look forward to another successful term, insha'Allah.

Dr Abdul M. Kamareddine
College Principal



Important Reminders

- Parents are reminded to install SEQTA Engage to access important messages sent from the College.
- Parents are asked to keep their details, including email address updated with the College. You may do this through SEQTA Engage.
- Parents must advise the College of any medical conditions their child may have, whether it is severe or just a mild condition.
- The College cannot provide medication to students unless it has been prescribed to them. This includes hay fever tablets and paracetamol. If your child requires medication your child's name and directions must be on the label before handing any medication to the College nurse.
- The uniform for Term 2 & 3 is the winter uniform. All students are expected to wear the winter uniform, this includes the dark grey winter skirt or tunic and dark grey leggings/tights. This also means boys in Foundation to Year 4 must wear the long Charcoal pleated trousers and no longer the shorts.

Important Dates

22 April 2023

Eid-ul Fitr

24 April 2023

Parent Teacher Interviews

24 April 2023

Multicultural Day Fair

25 April 2023

ANZAC Day
Public Holiday

26 April 2023

First Day of Term 2 for
Students

28 April 2023

Eid Festival

9 June 2023

Quran Awards Night

12 June 2023

King's Birthday
Public Holiday

13-16 June 2023

Hajj Week

15 June 2023

Foundation to Year 2
Hajj Day

16 June 2023

Year 3 to Year 6
Hajj Day

19-22 June 2023

Primary Literacy Week

22 June 2023

Primary Character Day

22 June 2023

Last Day of Term 2 for
Students

18 July 2023

First Day of Term 3 for
Students

Welcome Ramadan

Ramadan is always a busy and exciting time at ICOM. To mark the start of our Ramadan events for 2023 The College welcomed all of our Primary students and staff with a very special Ramadan assembly.

The College gym was well and truly transformed into a Ramadan-themed sanctuary for all to enjoy, with our Primary School Captains leading the morning's program and College Principal Dr Abdul M Kamareddine reading a very special story to all of the students in attendance.

With Nasheed performances and public speaking, the assembly had a great energy and naturally, a festive feeling.





As an extra-special part of our Primary School Ramadan celebrations, all of our primary school students met the Ramadan Man who gave them a special Ramadan gift.

Our students were incredibly excited when they were told Ramadan Man was visiting as many students remember his visits from years past and were anticipating this year's visit greatly.



On a separate day, our entire Secondary School cohort were invited to a special Welcome Ramadan Assembly where they were addressed by the College Principal who gave a concise verbal presentation on the importance of Ramadan, its spiritual significance and its effect on our students and their wellbeing.

The morning started with a Quran recitation and continued with students' performances that were thoroughly enjoyed by everyone.

All of our Secondary students were gifted a Welcome Ramadan gift pack to celebrate the arrival of this blessed month.





Our Lord! Give us good in the world and good in the Hereafter, and save us from the torment of the Fire of Hell
(Surat Al-Baqarah, 2:201)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

ICOM Iftars

On the first Friday of Ramadan, the College hosted a successful iftar for the Secondary School students, a night filled with Islamic reminders, poems, Nasheeds and quizzes. It was a beautiful sight of students and staff participating in the competitions, enjoying breaking their fast together and thoroughly enjoying the Iftar program in this blessed month.

The Year 12 students stayed behind and had a spiritual Qiyam night at the College.







On the following Friday the College hosted our Annual Primary School Iftar with special guest, Mahde Hallab.

Mahde is a Law Student at Monash University whose passion is to Empower the Muslim Youth through Mentoring and Communication. He delivered an entertaining and engaging speech which was well received by our students.

Students and Staff then broke their fast with dates and water and prayed Maghrib together before enjoying the rest of iftar together.

The night was a success, ending with quizzes and giggles session led by our College Principal Dr Abdul M Kamareddine.

The College is proud of all students and staff who collaborated in the organisation of the night. Thank you and may Allah accept all your efforts and prayers in Ramadan.



Leadership, Careers and Pastoral Care

As part of the Year 10 LCPC subject, students run Community Awareness Campaigns over the course of the term. The 10A class took the lead this year by organising a Food Drive for Muslims that are in need of financial support.

This campaign was done in partnership with the Halal Food Bank, whom organised the tubs and will then sort, package and distribute the items gathered. The food drive campaign consisted of students bringing food items for the cause, with a competition in place - each classroom competing who can gather the most items for the cause.

Alhamdulillah, our students were able to raise 40 tubs full of food that included rice, flour, lentils, biscuits, sugar, milk, canned fruit, tuna, amongst many other non-perishable food items. With the immense competition that took place, it was difficult to choose one winning classroom, therefore three winning classes were announced: Class 7D, Class 9A, and Class 10A.

Congratulations to all winning classes and excellent work from everyone that participated in this cause.



ICOM Athletics Days

Our Annual Primary Athletics Carnival took place over two action-packed days at Wootten Road Reserve.

During Junior Primary Day, our juniors enjoyed an introduction to athletics with many special activities tailored to younger students while our Senior Primary students were able to compete and rally against their housemates, taking part in all the traditional athletics events during the Senior Primary Athletics.

All participants were incredibly competitive while remaining sportsperson-like throughout the many engaging events, cheering each other on and lifting each other up when things got challenging.

Congratulations to our Primary Blue House Iman (Faith) who came in first place, earning the most house points for the day. Many thanks to all staff who took part, especially our Primary departments who joined forces in making this day incredible for all involved.





The Islamic College of Melbourne's Secondary Athletics Carnival is one of the most anticipated sporting events of the school year and by far the largest, with our entire secondary cohort coming together for a day of physical tests and triumphs.

The day was enjoyed by all Secondary students and staff with the competitions being incredibly close as always. Well done to everyone who took part and an enormous thank you to all staff who helped set up and run this great event

Congratulations to our Green House Najah (Success) for placing first in the total points tally for the day, with Blue House Iman (Faith) coming in 2nd and our Yellow House Ilm (Knowledge) placed 3rd.



Debating & Public Speaking

We are delighted to share the news of our students' remarkable success at the first round of debating evening of the term held at Williamstown High School Bayview Campus on Tuesday, March 7th, 2023.

We came away with six wins on the night.

Our students put on an impressive display of critical thinking and public speaking skills, and we are proud to announce that five of our students achieved the title of best speaker in their respective debates. Arham Ali from 10C, Sarina Tahajeeb from 10C, Hefsa Rafique from 9C, Khadija Kamran from 10A, and Nosayba Aljibaly from 11C on their exceptional achievement.



The Debating team also performed incredibly well during the second round on Tuesday 28th of March, back at Williamstown High School. We are proud to share that our team achieved four fantastic wins against Westbourne Grammar, Victoria University Secondary College, Suzanne Cory High School, and Williamstown High School. Congratulations to our debaters for their outstanding efforts and hard work.

We would also like to acknowledge the exceptional performance of our students who received the Best Speaker awards. Congratulations to Ameerah Faheem and Iraj Rizvi of Year 10 and Hefsa Rafique of Year 9. Your hard work and dedication towards Debating have paid off, and we are proud of you.

During the tournament, our students shared an iftar together at Williamstown High School, which was a wonderful opportunity for them to strengthen their friendships and share in the spirit of Ramadan. Our students also took the time to pray between the debates, showcasing the importance of balancing academic excellence with religious practices.

Mr Jarrod Carrington

Debating and Public Speaking Coordinator



Canberra Camp – Year 6

Alhumdulilah, our Year 6 students have recently returned from an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. With Allah's (SWT) provision, we were able to benefit from this trip.

Along with the many mandatory educational programs and non-mandatory (but enjoyable) activities, our students learnt the most about themselves and how they would fare away from the comfort, stability, and predictable environment back home. In a short period, we were able to notice the developments across the social, emotional, and psychological domains, and were actively involved in nurturing this development. We are proud of our students for their respective feats.

The mandatory educational programs included: Parliament House – A highlight of our trip. We toured the Senate and House of Representatives, and were engaged in activities via Parliamentary Education Office. It was here that we watched the vote for the Referendum (Machinery Provisions) Amendment Bill 2022 and met our Federal Electorate, Joanne Ryan, who dedicated her time to speak with us.

Museum of Australian Democracy (MoAD), National Electorate Education Centre (NEEC), The Australian War Memorial, National Museum of Australia, National Gallery of Australia.

The non-mandatory programs included Questacon, Australian Institute of Sport, Australian National Botanic Garden (Twilight Tour), Anzac Parade, Mount Ainslie Lookout, National Arboretum Canberra, iPlay, Royal Australian Mint, National Capital Exhibition.



Students from our school have recently undertaken an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$45 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

With the permission and protection of Allah (SWT), we had a safe and successful trip. Students displayed high levels of respect and sensitivity to the public and relevant settings. We are proud of the achievements of our student throughout this camp and look forward to reviewing and reflecting to continue to improve these trips. Alhumdulilah.

This was a combined effort from the students, the staff, and the parents for preparing these students prior and during the camp. May Allah reward all involved in this camp. Ameen.

Mr Omar Abdo

Head of Primary Student Services



Market Fresh

Assalamou alaikum wa rahmatullahi wa barakatuhu.

Earlier this term, our Year 3 students participated in the Market Fresh Schools Program and as you can see by the photos, they thoroughly enjoyed themselves.

Having a healthy, balanced diet plays an important role in our overall health and wellbeing.

Our brain needs plenty of nutrients to function and keep us well. Eating well helps to reduce the risk of physical and mental health problems. It also helps with sleeping patterns, energy levels, and general health. Some foods can lift mood, energy levels, and concentration, while others can have the opposite effect.

This program exposed our students to new varieties and types of fruit and vegetables, increased awareness of the importance of eating fruit and vegetables as part of a healthy well balanced diet, created new opportunities for learning at school and at home, and highlighted the fresh produce supply chain (paddock to plate) here in Victoria.

Alhumdulilah, our students enjoyed themselves throughout the program. This program will be running for our Year 2 students later in the year inshallah. We hope that all students share their learning at home, are mindful of what they consume, and stay healthy in all aspects of their life.

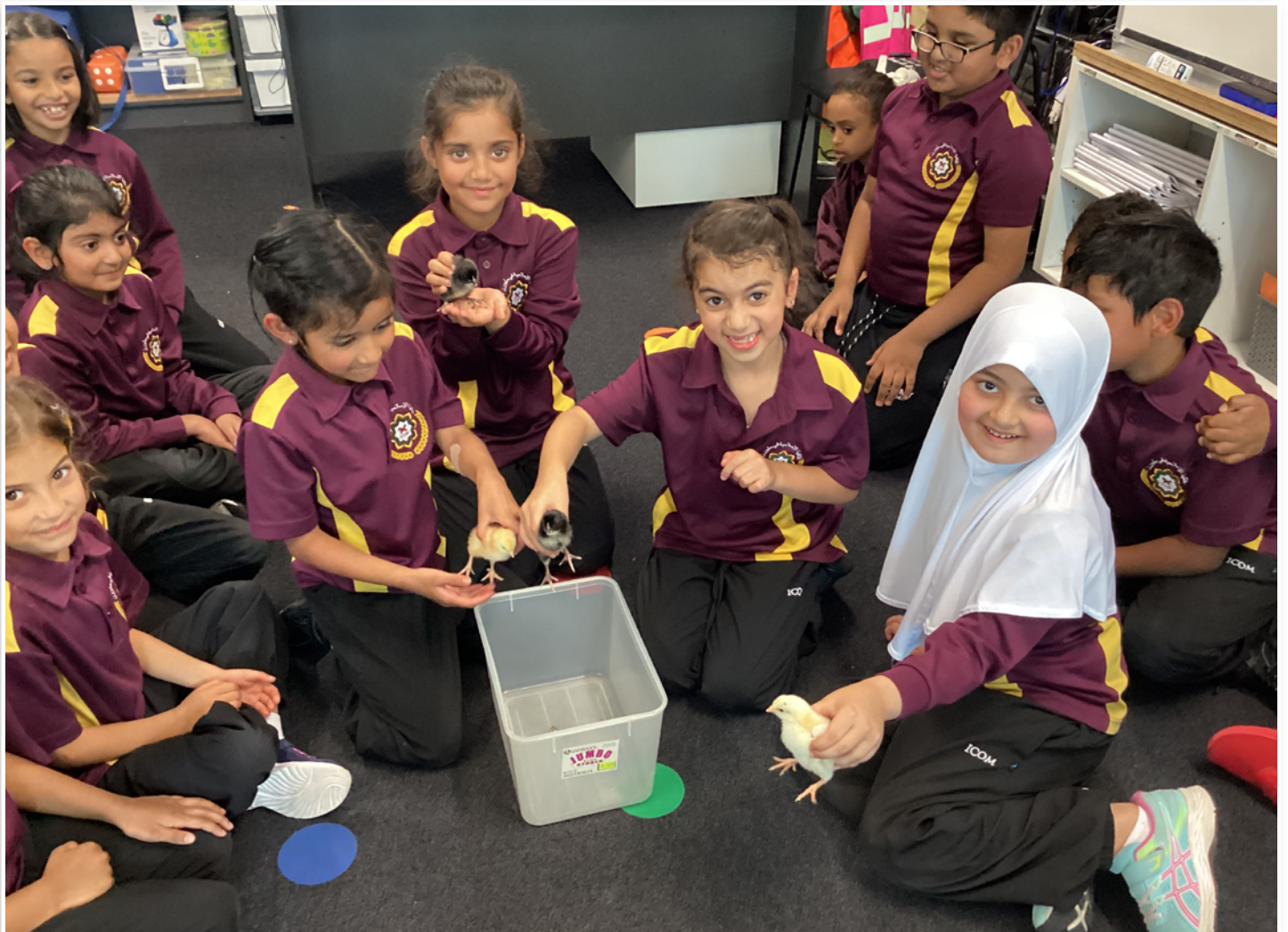
Mr Omar Abdo

Head of Primary Student Services



Science: Chicken Life Cycle

During Term 1, students in Year 2 have been focussing on the life cycles of living things. We were lucky enough to witness the chicks hatch from an egg to grow bigger and bigger each day. We loved observing the chicks during feeding time and we never said “no” to holding the chicks. We grew a great bond with our chicks over the weeks they spent with us and were sad to see them go. We have loved learning about a chicken’s life cycle.



Werribee Zoo - Year 1

On Thursday 2nd March and Friday 3rd of March 2023, the Year One's went to the Werribee Open Range Zoo.

The Year One's participated in a program called 'Habitat haven' where students uncovered how living things grow, change and survive in nature. Students used magnifying glasses to look for different insects, and explored different animal features such as: ostrich, emu and bird feathers and eggs replicas, then watered some plants for the animal's habitats. You are truly super hero's year ones!

Then students went on a safari tour where they saw camels, zebras, rhinos, giraffes, antelopes and bulls. The Year ones loved the tour as they were so close to the animals to an extent where a giraffe stopped in the middle of the road, we waited for the zoo keepers to move it away so we can continue with our tour. What an experience we all had!!

Lastly, we walked through the African and Australian trails and looked at the different animals. We saw the lions, hippos, wild dogs, gorillas, monkeys, kangaroos, koalas and cheetahs. What an awesome day we all had

Ms Aida El Houli

Year 1 Team Leader



Reptile Show - Year 3

In Term 1, Year 3's focused on Biological Science where the main emphasis was to identify variations in the features of animals. For student's to have hands on experience, they attended an incursion called 'Reptile Incursion' It was one hour 'action-packed' educational workshop where students got to touch, hold and engage with Reptiles, Insects and Mammals. The students were enthralled and engaged when they observed the animals. The presenter enthusiastically and gently introduced each animal, told us a story about them and we learnt all about their habitat and other interesting facts. It was a very interactive experience for the children, as they were able to ask questions as we went along. The students were very comfortable holding the animals and by the end, a majority of us had an experience of touching the snake.

Ms Cennet Or

Year 3 Team Leader



Ecoline Excursion – Year 3

Students in Year 3 went on excursion to Ecolinc, which teaches students how to be environmentally sustainable. Students learned how to grow a plant and what it needs to grow, how to check the moisture levels of soil and know that this will determine whether the soil is an ideal environment for plants to grow. Students had a fantastic time acting as bees while they learnt how pollination occurs and its importance. Finally, students got the opportunity to use microscopes to take a close look at the different parts of flowers. It was a fantastic day overall, which was enjoyed by all students.

Ms Cennet Or

Year 3 Team Leader



Fairytale Fiasco – Foundation

On Wednesday 15th of March and Thursday 16th of March, the Foundation students participated in an incursion at school called “Fairytale Fiasco.” Students learned about the imaginative and creative world of fairytales in this fun drama workshop. During the workshop students entered into Fairytale Land where things were not what they had seemed! A terrible spell was cast on Fairytale Land where mice roared and dragons fled. During this incursion students recreated fairytale stories learnt throughout Term 1 through dance and performance. They had so much fun!

Ms Michelle Culjak

Foundation Teacher & Team Leader



Teddy Bear Picnic – Foundation

On Friday 10th of March, the Foundation students had Teddy Bears Picnic Day at school. Students loved bringing their teddy bears and soft toys to school to share with their friends. It was so lovely to see the students participating in all the fun activities we had planned for the day. Students enjoyed a chocolate milk drink and teddy bear biscuits for snack. They loved eating the 'delicious' teddy bear biscuits for snack in the company of their teddy bears, school friends and teachers. On the day we also had a Teddy Bears Picnic Parade where we had a special Teddy Bear guest called BOB the Bear. We all had an amazing day together!

Ms Michelle Culjak

Foundation Teacher & Team Leader





Counselling – Tips and Guidelines

Counselling plays a vital role in supporting students' mental health and well-being. With the pressures of academic expectations, social interactions, and personal development, students may experience stress, anxiety, or other mental health challenges. School counsellors provide a safe and confidential space for students to talk about their struggles and develop strategies to manage their emotions and behaviours.

To maximize the effects of school counselling, students can use several strategies to enhance the therapeutic process. Firstly, it is imperative that students be honest and open with their school counsellor. This is essential to ensure that the counsellor understands the student's challenges and can provide appropriate support. Counsellors are trained to help students process their feelings and thoughts without judgment. Therefore, students should feel comfortable sharing their concerns and experiences with their counsellor.

Secondly, setting goals can help students identify what they want to achieve through counselling. Goal-setting provides direction and focus for the therapeutic process. Students can work with their counsellor to establish short-term and long-term goals and track their progress over time. By having measurable objectives, students can gain a sense of achievement and motivation to continue the counselling process.

Thirdly, attending counselling sessions regularly is crucial for achieving the desired outcomes. Consistent attendance allows students to build rapport and trust with their counsellor. It also ensures that the counselling process remains ongoing, and progress is not disrupted by missed sessions. Therefore, students should make

every effort to attend their counselling appointments.

Fourthly, active participation in counselling sessions is essential. Counselling is a collaborative process, and students should be involved in their therapeutic journey. Participating actively can involve asking questions, sharing their thoughts and feelings, and engaging in activities or exercises recommended by their counsellor. This allows students to gain insight into their challenges and learn new coping skills to manage them.

Fifthly, practicing self-care is essential for promoting students' mental health and well-being. Self-care activities include exercise, mindfulness, meditation, journaling, and spending time with friends and family. Counsellors can provide guidance on self-care practices that may benefit students' mental health.

Sixthly, students and parents must be patient with the counselling process. Change takes time, and counselling is not a quick fix. It is normal to experience setbacks, and students should not be discouraged by them. Counsellors are trained to help students navigate setbacks and guide them towards achieving their goals.

Lastly, students as well as their families should utilize resources available to them. School counsellors may recommend additional resources to support students' mental health, such as support groups or online resources. Students can also access academic resources such as tutoring or academic support programs. These resources can complement school counselling and provide additional support to students.

To conclude, counselling at ICOM is a valuable resource for students' mental health and well-being. By being honest and open, setting goals, attending sessions regularly, participating actively, practicing self-care, being patient, and utilizing available resources, students can maximise the effects of school counselling. Seeking support from school counsellors is a sign of strength, and students should not hesitate to seek help if they are struggling with their mental health.

The Wellbeing Team



Primary Quran

At the beginning of every school year, majority of our year 5 and 6 students would have set their ultimate Quran Class goals to memorise and understand the Quran. Learning how to read and understand Quran in Arabic are the most desirable skills our students strive to attain.

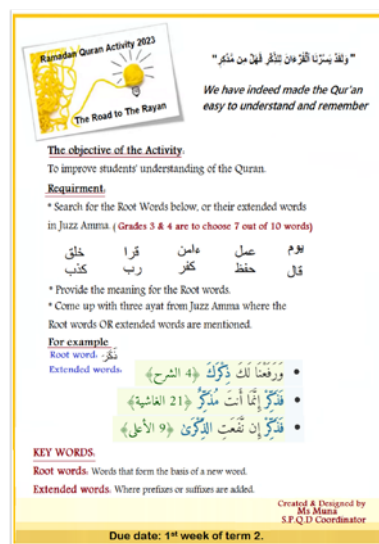
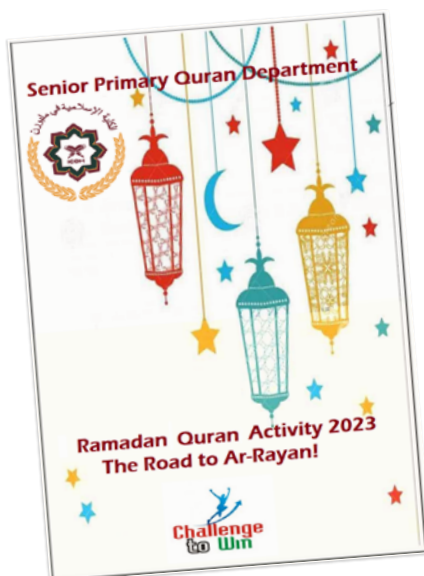
For the 2023 Ramadan Quran activity, the Senior Primary Quran Department chose this concept to be the theme for this year's Ramadan activity across grades 3 to 6. The purpose of this activity is to get students to grasp the words they read as quickly and as effortlessly as possible and for that purpose a worksheet has been designed to stimulate their participation.

This activity was generated to engage students and motivate them to get more involved in the Quran class whilst also enjoying the learning process.

Our Quran department aims to extend this program to start from year 3 to run throughout the entire school year, in a more comprehensive and structured scheme where students learn the most frequent lists in the Quran. By doing so, our students would graduate primary school completing Juz Amma, in addition to the most frequent words and their meaning, which will guide students in having a clear and correct understanding of the book of Allah.

Ms Muna Abubaker

Senior Primary Quran Coordinator



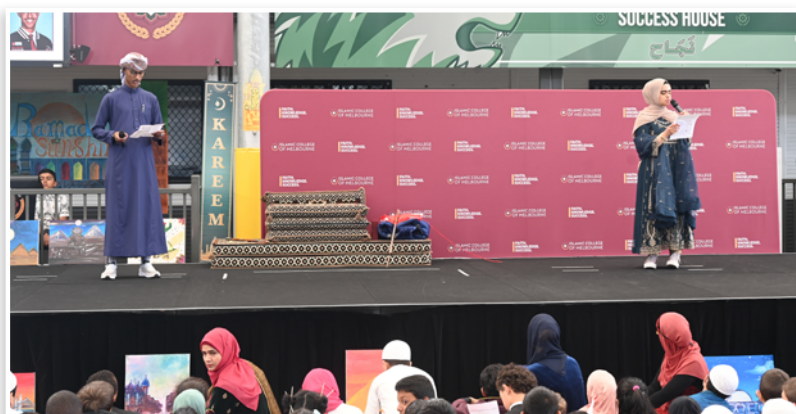
Multicultural Day

To mark the final week of Term 1 for 2023, the college celebrated ICOM Annual Multicultural Week with the last day being a special Multicultural Day. We saw culture come alive, as we celebrated all our rich differences with acceptance and unity.

It was incredible to see our students representing both their traditional cultures and chosen Wonder Countries – Greece, Egypt, Turkey, Iraq, Mexico, China and Jordan.

The day started off with a College assembly, that brought together both Primary and Secondary Schools.

The Assembly was truly remarkable with our Primary College Captains taking the stage as our official MC's for the morning before our Secondary College Captains were welcomed to the stage to recite a powerful and moving piece of the Islamic history.





As part of the Multicultural Day Assembly, a group of selected Year 12 students and the College Principal put together a performance that was thoroughly enjoyed by the whole school.

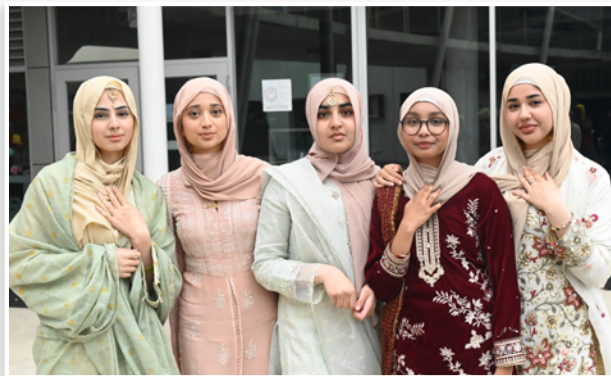
Bey Coronation was the title of the performance which is inspired by the Ertugrul series and the Kayi tribe which led to the establishment of the Ottoman Empire.

With additional performances, speeches and competitions, it was great to see our students celebrating this fantastic day together! Mostly, we remembered that Australia unites us all and we are so fortunate to be here and celebrating together!

What an amazing way to end the term, Alhamdulillah!









Library News

The final weeks of Term 1 saw the library celebrate both Ramadan and Multicultural Week with displays of a variety of interesting books associated with the weeks in question, as well as activity sheets for students to learn more about both Ramadan and our multicultural society.

It has also been great to see so many students using the library resources and facilities when completing assessments or studying for tests and examinations. Library staff are always happy to help in these situations, finding the best available information for students to use, as well as offering advice on the use of photocopiers or the catalogue when undertaking and completing research.

ICOM Library welcomed two new librarians to the school during Term 1. Ms Syeda, comes with a passion for supporting all ICOM students by providing them with accurate and ethical information, as well as promoting literacy skills that will help students become successful learners and Ms Norma will be providing high quality customer service to the ICOM community, performing daily routines to maintain service levels, and supporting in the provision of library services, programs, and promotions.

The ICOM library wishes all students a happy break and we look forward to seeing you all return refreshed for Term 2!

Mr George Demetrios
Head Librarian

Ms Humairaa Suliman
Librarian

