

# ICOM INSIDER

The Official Newsletter of the Islamic College Of Melbourne



**TERM 3:** ICOM STEM Week, ICOM R U OK Week, ICOM Footy Week, Primary Wellbeing, Year 2 Werribee Excursion, Important Dates, Reminders and more!



## Principal's Message



*Assalamualaikum warahmatullah wabarakatuh.*

Dear parents, guardians and students,

I trust this message finds you all in good health. As we reach the end of another term, I am eager to reflect upon the eventful journey our students have shared over these last few weeks at ICOM. Term 3 has been a dynamic blend of learning, personal growth and unforgettable moments for our students. Throughout this term, our students have demonstrated unwavering commitment and determination, both academically and in embracing the values that form the core of our school's mission.

To start, our Year 9 students embarked on separate camps for girls and boys, which proved to be an impactful experience. These camps provided a unique opportunity for our students to step out of their comfort zones and connect with the natural world. During these camps, students engaged in a range of activities, from bushwalking to team-building challenges that tested their problem-solving skills. The experience taught them not only to navigate the great outdoors but also to navigate the challenges of life with resilience, cooperation and a positive spirit. We are grateful to our dedicated staff who accompanied our students, providing guidance, mentorship and ensuring their safety throughout these enriching journeys.

Secondary Literacy and Humanities Week was a true celebration which saw our students enthusiastically participate in a range of activities such as the Amazing Race, House Feud and the ever-popular student led Market Day. The MasterChef Competition, where students showcased their culinary expertise and creativity in two rounds, was a great success. A Murder Mystery activity also grabbed everyone's attention, challenging students to solve a thrilling Ottoman inspired mystery. The highlight of the week was undoubtedly Character Day and the Character Day Assembly, where students dressed up as their favourite literary characters, listened to the inspiring speeches of students running for school captains and witnessed the epic conclusion to the mysterious death of the Sultan Abdul III. Overall, Secondary Literacy Week was a fantastic success and a great accomplishment by both our Secondary Humanities & English Departments.

Mental health is of utmost importance, and the school dedicated a week to raising awareness and supporting one another. Our R U OK Week celebrations included workshops on emotional well-being, mindfulness activities and open dialogues about mental health challenges. It was heart-warming to witness the compassion and empathy our students showed to their peers, reinforcing the idea that it's okay to ask for help and that we are a community that cares. The R U OK dress-up day was a sea of yellow and positivity as students proudly wore yellow t-shirts, wristbands, and accessories. Primary students displayed messages of hope and support at our central SRC hub, a visual reminder that at ICOM, we are committed to nurturing not just academic excellence but also the emotional wellbeing of our students.

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STEM (Science, Technology, Engineering, and Mathematics) education is a cornerstone of our curriculum at ICOM. STEM Week was a time when students delved into a world of discovery, innovation, and problem-solving. Students conducted fascinating experiments, explored cutting-edge technologies, and tackled real-world challenges in the fields of science and mathematics. The creativity and ingenuity on display were truly remarkable and reinforced our commitment to nurturing the next generation of innovators and problem-solvers.

Finally, our recent Parent-Teacher Interviews provided valuable insights into your child's progress. These one-on-one meetings allowed for in-depth discussions about your child's strengths, areas for improvement, and strategies for academic success. It was heartening to see the dedication and enthusiasm of both parents and teachers as they worked together to support our students' growth and development. The STEM Fair held between Parent-Teacher Interviews was similarly a tremendous success. The school grounds were transformed into a bustling exhibition space filled with innovative displays, interactive reptile demonstrations and a passionate science show presentation. It was impressive to see the level of dedication and creativity our students exhibited in their STEM endeavours and a great way to end another successful term.

I would like to take this opportunity to wish you all restful and rejuvenating holiday break. May this break be filled with love, laughter, and cherished moments with your family. We look forward to continuing our journey together in Term 4, with renewed energy and determination to make it our greatest yet.

**Dr Abdul M. Kamareddine**  
*College Principal*





## Important Dates and Reminders

- Parents are reminded that in Terms 1 & 4 students are to be wearing the summer uniform, as per the Uniform Policy.
- 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.

**10 October 2023**

First Day of Term 4  
for Students

**13 October 2023**

Last Day of Formal  
Classes for Year 12  
Students

**23 October 2023 -  
9 November 2023**

Secondary IB Exams

**24 October 2023 -  
14 November 2023**

Secondary VCE Exams

**7 November 2023**

Melbourne Cup Day  
Public Holiday

**17 November 2023**

Foundation Concert

**24 November 2023**

Year 12 Graduation

**4 December 2023**

Year 6 Graduation

**5 December 2023**

Year 6 Big Day Out

**6 December 2023**

Last Day of Term 4  
for Foundation Students

**7 December 2023**

Last Day of Term 4  
for all Students (Year 1-11)

**8 December 2023**

Secondary Awards Night



## R U OK? Week

What an incredible week we've had at school! ICOM dedicated its entire week to explore and teach the students the importance of positive mental health and wellbeing.

During our incredible R U OK? Week, our secondary campus took the opportunity to create a space that was all about spreading positivity, fostering awareness, and building a supportive community.

The biggest highlight of the week was the R U OK? tent set up where there was a giant wooden R U OK? Letters for students to write positive affirmations on during the week. To provide a cozy and relaxed setting, the tent had bean bags for students to sit on to 'Read, Reflect and Respect' all about mental health issues such as emotional regulations, anxiety, depression, autism, and ADHD. Students were also provided with a wall of strategies on coping and positive affirmations they could choose from and discuss between one another.







But that's not all! A scrumptious chocolate fountain extravaganza was set up for the student to indulge in, dipping strawberries, bananas, and marshmallows into the rich flowing chocolate stream. It was a sweet way for students to interact.

Students also dove into meaningful activities that highlighted the importance of trust, communication, and teamwork. One of the activities was a trust and listening exercise where a team member was blindfolded, relying entirely on the guidance and directions of their teammates to find the ball. This was a great lesson showcasing the power of effective communication and teamwork.

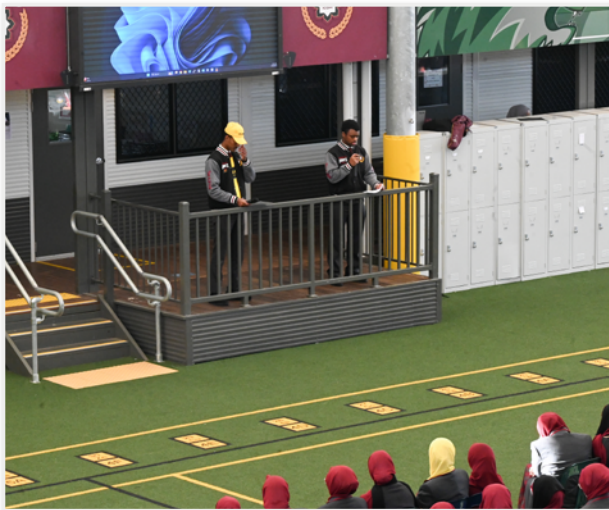
R U OK? Day for secondary started with a morning assembly where students watched a performance by a year 11 student Nosayba Aljibaly and SRC Coordinator Mr Omar Dennaoui on how to support a friend who has not been the cheerful person they usually are and is refusing to seek help. The special assembly also witnessed a beautiful moment of students giving out special cupcakes to their teachers which showcased a way to start a R U OK conversation. SRC students also organised a fundraiser for the R U OK? Organisation where they sold sweets.







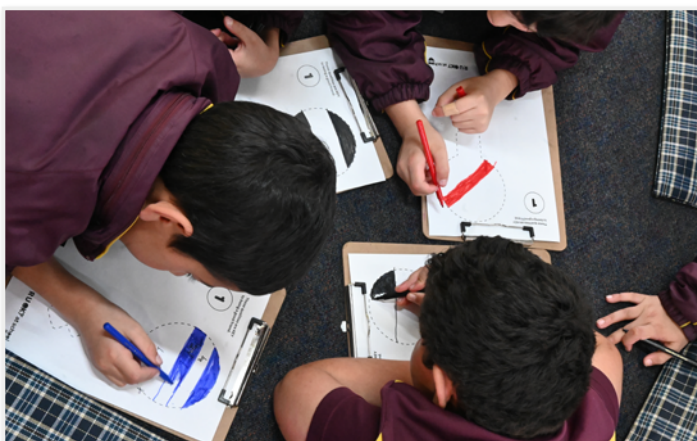




Throughout ICOM R U OK? week primary students participated in a variety of activities that not only taught them valuable lessons but also brought smiles and positivity to our school community.

The week started off with R U OK? Sessions in our Wellbeing Reflection Room, where students had the chance to engage with our school counsellors, who guided them through the four essential stages of R U OK? - Ask, Listen, Encourage and Act. They learnt how to start meaningful conversations, lend a listening ear, offer support, and act when someone needs it.

This lesson was also reciprocated in Arabic, where students learnt how to say R U OK? in Arabic and how to ask questions and how to support friends and families who are struggling. This activity was thoroughly enjoyed by the students.







R U OK? Day was thoroughly celebrated in Primary School at ICOM.

It was an eventful day, packed with engaging and beneficial activities, lessons, experiences and competitions.

The SRC organised successful Fundraisers selling delicious treats that added a dash of sweetness to the day! Krispy Kreme donuts, pizza, lolly bags and chocolate were sold on the day, and our school grounds was filled with students dressed in yellow, symbolising positivity and unity.

We want to emphasize that R U OK? is not just a question; it's a lifeline. No matter where you are, we encourage you to reach out to your loved ones and friends and ask them how they're doing and lend a listening ear. Together we can create a more compassionate and understanding world.









As part of Primary R U OK? Week, students participated in a Spoken Word Competition where they presented a 2 minute piece related to mental health or wellbeing. Students were encouraged to refer to a hadith or an ayah of their choice and they did an incredible job, Alhamdulillah.

Below are some of the pieces that were written by Primary students.





لا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَاتَّصِرْنَا عَلَى الْفُؤَادِ عَلَى الْكُفْرَيْنِ

\*Allah does not burden a soul beyond that it can bear...\*


Surah Al-Baqarah (2:286):

In the realm of ancient words,  
Where verses whisper secrets unseen,  
A blessed message softly heard,  
Breathes life into the in-between.  
Within the pages of the Quran,  
Among the wisdom narrates deep,  
One verse emerges to hold,  
The weak souls that want to sleep.  
Surah Al-Baqarah, verse 286,  
A support balm for hearts that cry,  
\*Allah does not overweigh a soul beyond its fix.\*  
Renew hope from sadness keep.  
For in these words, a truth overpowering,  
Occupy a relief, gentle and sincere,  
No overweigh too heavy to amaze,  
When faith and strength both interfere,  
Though 'RUOK Day' may not claim its name,  
The soul echoes through this verse,  
Of seeking help, to rise above the pain,  
To mend the spirit and quench the thirst.  
In the depths of mental pain, we find,  
A request for grace, a call for support,  
These ancient words, a balm designed,  
To mend, to heal.

And so, dear souls when darkness covers the skies,  
Remember this verse, a guiding light,  
Seek comfort in Allah's watchful eyes,  
And gather strength to fight the night,  
Hold the wisdom of the Quran's embrace,  
For within its verses, answers occupy,  
In seeking help, we find our place,  
A path towards a love that won't recede.



RAITH, SC

Wellbeing  Sarria 6A

POEM

I am feeling positive a lot  
Which makes me feel more motive  
Listen for the sound of positivity  
But then the voice which <sup>comes from</sup> takes  
you down will always <sup>make</sup> you frown.  
And sometimes when you <sup>don't</sup> know  
you're alone.  
You're the places that you've  
been to, and the ones that  
you call home.  
But then the one who tells you  
that they care that they like  
you around.  
And when you're standing on  
the ledge  
They're waiting in the wings  
Where you're dreaming about  
wonderful things  
But most importantly they  
remind you that life is full  
of joy and other things.

Adhila 4A

You have hardship in getting your struggles  
verbalised...  
But that's okay, after all we're humans,  
let's normalise!  
You have insecurities, so many doubts...  
Let me hold your hand as you  
cry it out!  
I know your last school didn't work  
well for you...  
Let it go, one step at a time  
let's start anew!  
You've been bullied at every given  
chance...  
Stand up for yourself as I stand with you  
at every stance!  
Rise! Let the worry decay...  
Hold my hand and know that there's  
always somebody waiting to know if you're OK!  
Bid farewell to your grief...  
And believe when Allah says "Only with every difficulty, there is relief."

RUOK?












الَّذِي يَخْتِيسُ الظَّنَّ بِاللَّهِ  
لَا يَقَعُّ الْأَمَلُ بِسُؤَالِهِ

The one that has positive  
expectations in Allah does  
lose hope easily



The success of the Year 10 community projects continues with our Year 10B students raising awareness on the issue of mental health. On Friday the 15th of September 2023, our students engaged with a significant congregation of over a thousand worshippers at the Melbourne Grand Mosque (MGM) who attended the Jum'ah prayers. The aim was to shed light on an issue that impacts all communities, including our Muslim community.

In collaboration with the Melbourne Grand Mosque, our students conducted an awareness campaign that included delivering khutbahs centred around the theme of "R U OK?" They also distributed informative pamphlets and organised a sausage sizzle to promote engagement and discussion. It is uplifting and heartening seeing our students interact with the general public, especially with an older audience. They have admirably conveyed the simple but important message of "R U OK?" – everyone can play a role in checking in on the well-being of those within their close circles and taking the time to actively listen to their concerns.

These community projects are an integral part of our Year 10 Leadership, Careers, and Pastoral Care (LCPC) subject. They serve as one of the many ways our College encourages our students to become active, empathetic, and responsible members of the community. We eagerly anticipate our participation in the final community project of the year, which will be facilitated by the 10C class in Term 4.





# Lunch with the Principal

Tuesday, 12th of September was a day of gratitude, recognition, and pure joy as our College Principal hosted a special lunch to honour and appreciate the unwavering dedication and hard work of our Prefects and School Captains of 2023!

The lunch began with heartfelt speech from our principal Dr. Abdul M. Kamareddine who spoke about the incredible journey these young leaders have taken us throughout the year. Their dedication, enthusiasm and commitment have been the driving force behind many of our school's achievements.

Following the inspiring words, it was time for a well-deserved feast! From mouthwatering dishes to delectable desserts, our Captains and Prefects indulged in a culinary delight.

This day was not just about the food, but about the unity and appreciation that binds our school community. It's a testament to the incredible leadership and teamwork our Prefects and School Captains have exemplified.





# LCPC: Personalised Book Reading

*In a heartwarming endeavour at the Islamic College of Melbourne, Year 8 students have embarked on a special project to foster a love for reading and build a sense of community. As part of the Year Leadership, Careers, and Pastoral Care program, Year 8 students have dedicated their homeroom time over Weeks 8, 9, and 10 to read personalised picture books to Grade 1 students.*

*This initiative is not just about reading stories; it's about mentorship. Year 8 students serve as mentors, engaging in discussions, answering questions, and forming meaningful connections with their younger counterparts. This mentorship model promotes community, support, and positive role modeling within the school.*

*The picture books themselves are a labour of love, with each Year 8 reading group crafting a unique story complete with their own illustrations. These stories cover various themes, imparting valuable life lessons to the Grade 1 students while honing the older students' creativity and storytelling skills.*

*What truly shines through this project is the bond that has formed between Year 8 and Grade 1 students. These interactions have created a sense of belonging and unity within the school, aligning with Islamic values of caring and sharing.*

*At its core, this initiative aims to instill a lifelong passion for reading among Grade 1 students. By sharing their stories, Year 8 students open doors to a world of imagination and knowledge. This endeavor reinforces ICOM's commitment to not only academic growth but also compassion, mentorship, and the joy of learning.*

*This initiative has been made possible through the dedication of Year 8 students, with the support of teachers and staff, and it underscores the strength and unity of the ICOM community. Together, they continue to nurture values that extend beyond the classroom, shaping well-rounded individuals for the future.*





# Primary Wellbeing Day

ICOM Year 6 students enjoyed a dedicated Year 6 Wellbeing Day, filled with insightful sessions and engaging activities that catered to their physical, emotional, and mental growth.

The boys started off their day with a session with our Primary School counsellor, Sheikh Furkhan, who spoke to the boys about the power of empathy and its role in fostering strong relationships. His words resonated deeply, as he shared valuable insights on how to nurture and develop empathy within ourselves, along with essential conflict resolution skills using various case studies and scenarios.

Another session took part shortly after with Primary School Sheikh Benjamin Jurd who guided our boys through a meaningful discussion about the changes that come with growing up physically and mentally and what becomes obligatory upon them when they hit that stage Islamically.

Alhamdulillah, a meaningful and informative sessions for the boys!







Our Year 6 girls kicked off their Wellbeing morning with an insightful session led by our Primary School counsellor Ms Sondus, who shared her wisdom about forgiveness, empathy, and compassion and reminded the students the importance of understanding and supporting one another.

Students engaged in a session around embracing their bodies and the changes and responsibilities that come with growing up including personal hygiene and Tahara from an Islamic perspective.

The girls then welcomed our Secondary School counsellor Ms Zainab, who spoke about the most crucial type of love, self-love. The girls were encouraged to share a positive aspect about themselves and proudly displayed these affirmations on a mirror that read 'You are perfectly, perfect!'. To add to all the positivity, each girl received a rose as a symbol of appreciation and self-love.







ICOM girls also got the incredible opportunity to learn essential self-defence techniques and strategies from skilled professionals. The session focused on equipping them with knowledge and skills to protect themselves if ever faced with a situation of danger.

Learning self-defence isn't just about the physical techniques; it's also about building confidence, awareness, and the ability to make split decisions. Our girls gained valuable insights into personal safety and walked away with a greater sense of empowerment.







Following the enlightening boys sessions, it was time for the boys to get active on the oval with a variety of sport activities. After working up a sweat, the boys enjoyed a scrumptious lunch that included everyone's favourite Pizza, chips and to top it off Donuts!

The afternoon continued with an essential lesson in self-defence. Where the boys absorbed valuable skills in protecting themselves, promoting confidence and safety.

The self-defence session was followed by an exploration of Invictus Solutions, empowering the boys with strategies to tackle challenges head-on. These practical lessons provided them with a sense of empowerment and resilience that will undoubtedly serve them well in the future.

From the start to finish, the day was thoughtfully packed with activities and exercises tailored to enhance the students' overall wellbeing.







The Year 6 Wellbeing Day wrapped up beautifully with a special high tea, where our girls enjoyed delightful treats and spent quality time with their friends. There were activities designed to reinforce positivity within themselves and towards others. One particularly heartwarming activity involved writing uplifting messages for different girls, fostering a culture of kindness and support.

To ensure our girls continue to stay healthy and hygienic, each one received a thoughtful pack of essential. The day wasn't just about celebrating who they are, but also equipping our students with the tools and mindset to navigate life with confidence and self-assurance.





# ICOM STEM Week

ICOM College had a fantastic week of STEM ventures that took place throughout the final week of Term 3.

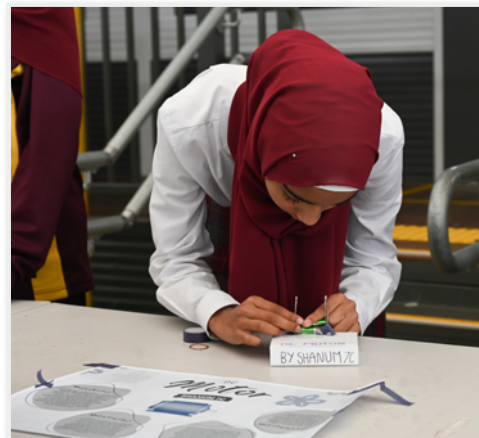
STEM week events are a fantastic opportunity for students to engage in exploring Science, Technology, Engineering and Mathematics in fun and interactive strategies.

ICOM Secondary students started of the week by participating in a Virtual Reality incursion that took them in a virtual trip exploring various geological wonders. A table packed with Old vs New Technology and an ICOM Car show was also in display around the college throughout the entire week for students to compare the way technology has evolved throughout time. Students also participated in a Rubik challenge as well as an Amazing Race where they formed into groups of 4 and raced around the school answering STEM quizzes which involved inspecting a Tesla.

Year 11 students conducted a live Science experiment while students from years 7-9 invented STEM related projects for a show and tell competition where they promoted a sense of community and collaboration among those interested in the subject and inspired the rest in developing a passion for STEM. Building a cart for a Zip Line contest and constructing a boat that carries the most weight in tub of water also took place during the week of STEM.







ICOM Primary Students were exposed with great supervision to various experiments throughout a 2 week course of incursions and they loved getting hands on in the education part of it.

Students were involved in learning the essential skills of Science, Technology, Engineering and Maths through activities that included junior primary students creating Lava lamps, Magic Milk and Growing a Crystal inside ICOM lab while senior primary observed live Electricity and Flames experiments by Professor Bunsen.

Not to mention the excitement and fascination of spotting a Tesla inside the school grounds.







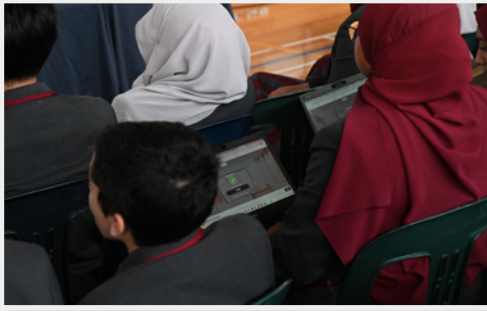
Another event that took place during Primary STEM week was STEM dress up. Our primary students were super excited for the day, and it was truly heartwarming witnessing them dressed up in what they envision for their future. Teachers, Doctors, Nurses and Engineers were all represented on the day. The week was engaging, fun and educational for all.











During STEM Fair, students were able to put their learnings and projects into displays for parents to enjoy during Parent Teacher Interviews Day.

STEM subjects are valuable for education and future career paths so that young people can build the future.

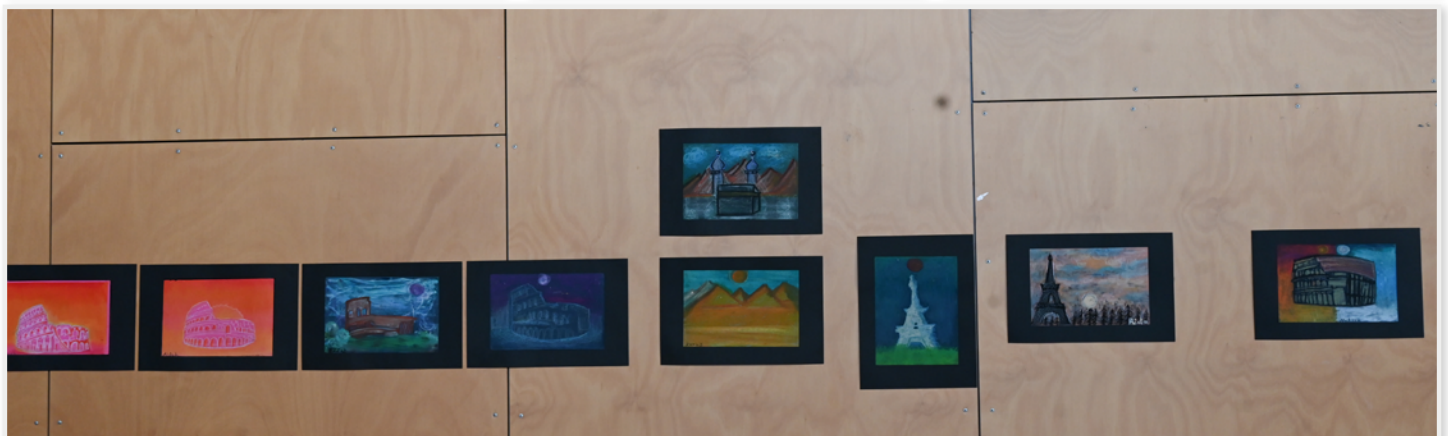
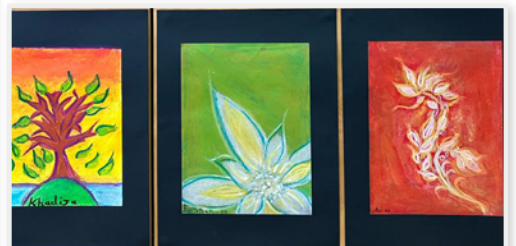
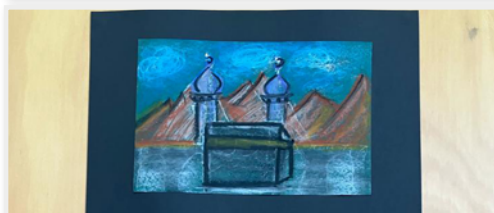
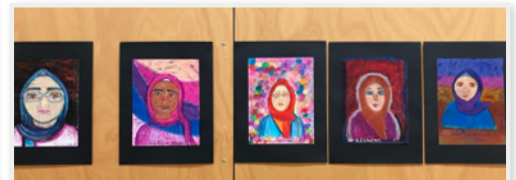
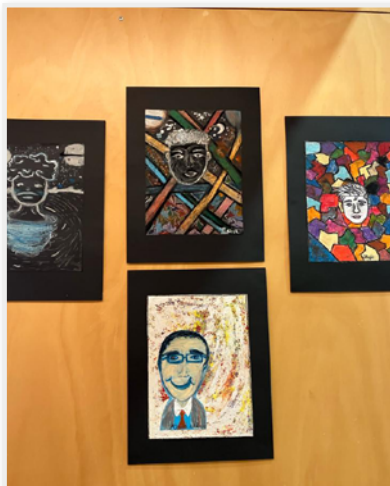
Students can use the skills they learn through STEM activities to better understand the world around them. STEM activities develop skills such as problem solving, inventiveness, observation, teamwork, critical analysis, logic, and independent learning.







Along with STEM projects, Secondary ART projects were also beautifully displayed around ICOM gym for parents to browse and ponder over during Parent-Teacher Interviews. Multi-Mediums were used along with elements of line, shape, texture, space, form and value to produce stunning Drawings and Paintings, all created by ICOM Secondary students with the supervision and guidance of ICOM Secondary ART Teacher, Ms Lamia Al-Asaly.





# ICOM Footy Week

Week 9 of term 3 at ICOM was all about Footy!

Physical Education classes were transformed into Footy themed activities where students participated and rotated between footy drills and challenges. These challenges included passing a footy ball through a target, dribbling the football then using the footy hand ball method to pass the ball, jumping hurdles, kicking the ball into goalposts and catching a flying football.

The week came to an end with ICOM school grounds witnessing the infectious enthusiasm of our students representing and wearing their favorite footy team jerseys and competing in a Pie eating challenge.







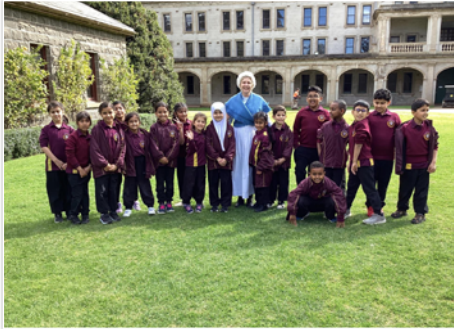


## Year 2 Werribee Mansion

Year 2 students visited Werribee Mansion this term. During the visit, students learnt about what life was like in the olden days. Students were able to experience how children lived in the past and were able to compare it to present day times. Students enjoyed venturing around the mansion, gardens and farm buildings. Overall, the students had a fantastic excursion and learnt a lot about life in the olden days.

**Ms Stephanie Allen**

Year 2 Team Leader





## Primary: Fruits and Vegetables in Arabic

Our Year 4 students embarked on a journey to explore the world of Fruits and Vegetables in Arabic.

In their Arabic classes, our young scholars have enthusiastically been learning about fruits and vegetables farms and where they originate from. They have also learnt the names of the fruit and vegetables in Arabic. Students took it in turn to say a fruit and vegetable they know in Arabic, broadening their linguistic horizons while having a blast!

To make the experience even more special, our students enjoyed a delightful feast of some of the fruits and vegetables they have been learning about. Some students even built up the courage to taste fruits and vegetables they had never tasted before. With joyful expressions, they savoured the vibrant colours and flavours of Allah's creation.





## Year 2 Market Fresh Incursion

On Wednesday, the 24th of August the year 2's participated in 'Market Fresh' Incursion. Students learnt about the importance of adding fruits and vegetables in their diet as well as how fresh produce makes its journey from the farm to the market and everything in between to the final destination being their dinner plate, all in a space of one day! The students then tasted the unique flavours of the different colourful fruits and vegetables, including oranges, bananas, apples, pineapple, tomatoes, capsicum, celery and avocado dip! Yum!

All students received an activity book with puzzles, recipes and information to help them learn more about fruits and vegetables and how important they are for their health and well-being.

**Ms Ghiwa El Hawly**

*Year 2 Behaviour and Wellbeing Coordinator*







# Library News

*Asalamu Alaikum Warahmatullah Wabarakatuh,*

*Over the last few weeks, the library has been a popular choice for our Secondary students during recess and lunchtime as they delved deep into their studies.*

*Whilst some students were seen forming small study groups, collaborating and researching, others opted for a unilateral approach making use of our study rooms and spaces.*

*During the course of the day, our library team were occupied with Secondary students attending catch-up SACs and Topic Tests. The library was certainly the academic hub!*

*Our continued commitment to grow our library has seen some beautiful new books and we now have a dedicated area for the new arrivals.*

*We are growing our library team with eager helpers from Primary, this term we have implemented a student library assistant program - Primary Students help the team put books away, tidy the shelves and apply call numbers and spine labels.*

*As our Year 12 students draw to a close, we would like to take this opportunity to wish the Class of 2023 all the success with their final examinations and future endeavours.*

*May the Almighty grant you ease and knowledge and fulfill your duas. Ameen.*

**Mr George Demetrios**  
Head Librarian

**Ms Nadia Moosa**  
Secondary Librarian

**Ms Amie Callaghan**  
Primary Librarian

