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Dear Parents,

### **HEALTHY BREAKFAST @ ALEXANDER SCHOOL**

Walk Safely to School Day (WSTSD) is an annual, national event when all primary school children are encouraged to walk and commute safely to school. It is a community event seeking to promote Road Safety, Health, Public Transport and the Environment.



The event was held all around Australia today with the support and participation of our school. While walking to school is not an option to all our students, the objectives of the day also include promotion of public transport, reducing the level of air pollution created by motor vehicles and reducing the level of traffic congestion. In addition it reinforces safe pedestrian behaviour, develops the vital road-crossing skills children will need as they become mature pedestrians and ensures that children up to 10 years old hold an adult's hand when crossing the road. Finally, by encouraging schools to 'Host a Healthy Breakfast' it promotes a healthy diet in conjunction with regular physical activity.

Good nutrition is essential for good health and a good breakfast is vitally important to start the day well. Breakfast gets the metabolism going and helps prevent a slump in concentration during the late morning hours. Studies also show that those who eat a healthy breakfast eat less junk food later in the day and have a lower intake of saturated fat and a higher intake of essential nutrients and dietary fibre for the whole day.

Thanks to the effort of students and teachers, we were able to organise a very successful, healthy and incredibly delicious breakfast this morning for all the students. The menu varied from fruit salad, blueberry pancakes to yogurt with vanilla or mango. Others had oregano bread (Manayeesh) and washed it down with a cup of mixed berry or banana smoothie! At the same time there was a presentation to discuss the activity, hoping that with the help of our parents we can improve the level of breakfast consumption by all students.

We understand that sometimes children miss the opportunity of having a good wholesome breakfast during the morning rush. For this reason we hope today's breakfast at school demonstrated how simple, quick and easy it was to prepare and enjoy a good healthy breakfast. In today's newsletter you will find Dr Rosemary Stanton's (one of Australia's best known nutritionists) guide for a healthy breakfast to give you more ideas and suggestions as to how you can boost your child's metabolism with a brekkie!

### **IF YOU LIKE US, 'LIKE US' ON FACEBOOK!**

We are currently looking into a number of advertising mediums. Apart from the standard publications in community newspapers, new avenues are being explored to connect with the community. Over the last few years greater focus has been placed on the internet with our email distribution list and website. As you are aware, the school website was revamped last year and is constantly being updated and expanded. In conjunction with the website we have recently placed greater focus on social networking sites and internet blogs.



The school has a page on the major social networking site - 'Facebook'. To help with our promotion and advertising, we request that all parents who use Facebook to log into our page and 'Like' us. As a result you will receive our newsfeeds. In addition we would like our parents to spread the news by pressing 'Like' on photos and most importantly by making comments so their 'friends' are also made aware.

24<sup>th</sup> May 2013

MANOUG DEMIRJIAN



## TERM 2 SCHOOL ACCOUNTS

School accounts are enclosed with today's Newsletter. Payment of account is due by *Thursday, 13<sup>th</sup> June*.

It is expected that all accounts will be finalised by this date. If paying by cheque or money order, please make sure that your payment is to: 'AGBU Alexander Primary School'.

Payment are also accepted via direct bank deposit. Please refer to your invoice for school account details.

## *Student Teachers...*



## Miss Hulme & Miss Stoddart

Over the last two terms Alexander Primary School has had the pleasure to support the University of Sydney's Professional Experience Program. We have been host to two teaching students under the supervision and guidance of Mrs Dernee.

The students of Years 1 and 2 have been excited every Friday to welcome **Miss Samantha Hulme** and **Miss Carmen Stoddart** into their classroom. The preservice teachers have had the opportunity to participate in the day to day functioning of the school and observe classroom procedures and lessons.

Miss Hulme and Miss Stoddart have heard the children read, helped them with classroom tasks and have taught exciting lessons. All the students of the school have enjoyed their input and are looking forward to them joining us with our Asia Day celebrations. The preservice teachers will spend a total of eight Fridays at the school. The teachers have been actively involved in all aspects of the school, providing fun and educational activities for all the children. The school will miss their presence next term.

## HOUSE POINTS TERM 2

*Uniform, Playground, Charity  
& Awards*



**ARARAT** - 93 points

**MASIS** - 98 points



## TEACHERS' AWARD

**TERM 2 – WEEK 4**

Year 6: Ani  
Year 4: Taniel, Tzolare  
Year 3: Talia, Samuel  
Year 2: Jessica  
Prep: Catherine, Sara



## DATES TO REMEMBER

05/06 I.C.A.S. - Science Assessment, Years 3-6  
Interschool Debating Comp. # 3  
10/06 *Queen's Birthday - Public Holiday*  
17/06 I.C.A.S. - Writing Assessment, Years 3-6  
19/06 Interschool Debating Comp. # 4  
20/06 Life Education Van Visit  
21/06 Life Education Van Visit  
28/06 Last day Term 2  
15/07 School Development Day - Pupil Free  
26/10 AGBU - 50th Anniversary Concert  
03/11 Armenian Cultural Day & Fair  
15/12 Christmas Concert and Graduation  
*Check the online calendar for more details.*

## ARMENIAN STUDENT FUND

### WEEKLY REPORT: Term 2 Week 4

8 Points – <b>ARARAT</b> .....	\$14.00
6 Points – <b>MASIS</b> .....	\$10.70
<b>TOTAL:</b> .....	<b>\$24.70</b>
<b>ACCUMULATED:</b> .....	<b>\$387.35</b>

SPONSOR A CHILD IN ARMENIA THROUGH THE  
ARMENIAN APOSTOLIC CHURCH  
[www.armenianchurchsydney.org.au](http://www.armenianchurchsydney.org.au)

## Debating News...

### 2<sup>nd</sup> debate = 2<sup>nd</sup> WIN!!

On Wednesday, Years 5 & 6 travelled to Galstoun College to present their negative side of the debate "We are responsible enough to choose what we eat." Kevork, Jessica, Ani and Samuel were our successful team debating the German School.

Our first speaker's arguments dazzled the adjudicators. Kevork spoke about the consequences of an unhealthy diet and the health problems that can occur such as dental issues and Diabetes. Our second speaker, Jessica argued about bad role modelling, tempting food advertisements and confusing nutritional information labels. We debated really well, following the correct structure for each speaker and rebutting the affirmative teams arguments.

The second debate of the day was between John Colet and Sydney Japanese School. Their topic was "City children have the advantage." This was another interesting debate. The Sydney Japanese School was the winner.



As it stands in the competition, Alexander Primary has won 2 out of 2 debates, John Colet has won 1 and Sydney Japanese School has won 1.

A huge thank you must go to Mr Serge Manoukian who was able to help in our hour of need to transport our class to the debate.

Our next debate is Week 8 on Wednesday 19th June.

Mrs Meaghan Terrey - Debating Coordinator

YEAR 5/6

## FUNDRAISING FOR BATHURST TRIP



### CAKE STALL



- ⌘ **WHEN?** Thursday 30<sup>th</sup> May
- ⌘ **TIME?** Morning Tea & Lunch Time
- ⌘ **WHERE?** Canteen
- ⌘ **WHAT?** Lots of Cakes!
- ⌘ **HOW MUCH?** Between 20¢ - 50¢





## Friendship Day @ Kinma School

On Tuesday 21<sup>st</sup> May, Krikor, Stella, Serly and I went on a trip to the Kinma School in Duffys Forest. When Mr Manoug dropped us off we gathered in their big hall. A person asked for our names to put in a basket. After all our names were put in, we had to pick out a name and write it down on a piece of rectangle paper. You had to write it as neatly as possible with decorations. Then we had to find the person whose name we had written.

After this, all the schools had interviews with each other. Questions that were asked were what their name was and what they like about their school? After the interviews, we went to eat morning tea. There were all sorts of yummy things like gluten and dairy free chocolate cake, chocolate covered biscuits and cupcakes. We ate a lot so we wouldn't get hungry in between the events. We played on the playground for a little while and then a photographer took a photo of us all.

When the photos were taken, we went back into the hall to continue the interviews. Right after this, the Kinma School showed us a video clip about what 'Friendship Day' is and about their 627 metre long friendship bracelet. The clip was very fascinating. After this we began making our own friendship bracelets. It was a bit tricky but we got the hang of it!

During this session, they announced that we were going to their creek after lunch. We were certainly looking forward to that!

At lunch we ate Spaghetti Bolognese with parmesan cheese on top then played some soccer.

After this we went on a bushwalk to see their creek. On the way we picked up walking sticks and used them for the big hills. We also found bushes filled with Honeysuckles. We collected these and ate them on the way back.

When we finished our bushwalk, Mrs Apanian came and picked us up to take us back to school.

We had such a great time and made lots of new friends.

*By Jonathan*



# DR ROSEMARY STANTON'S GUIDE FOR A HEALTHY BREAKFAST

For a healthy school breakfast, the following foods need no preparation:

Apples, pears, bananas, mandarins, grapes or any fresh fruit in season, cheese cubes or cheese sticks, fresh bread rolls (excellent if served with a banana), long life milk (preferably fat-reduced), a soy or fruit based smoothie, small containers of unsweetened peaches or other fruit, dried fruit, water.

If there is someone who can help, good choices include:

Rockmelon, watermelon, kiwi fruit (in season), raisin bread or toast, sliced French stick with cheese, yoghurt, whole-wheat breakfast biscuits, split and spread with butter and yeast extract, milk, preferably fat-reduced.

For breakfast at home, good choices include:

Some fresh fruit plus quality whole-wheat breakfast biscuits or natural muesli or porridge with milk, toast with an egg, toast with cheese or peanut butter, a smoothie (blend fat-reduced milk, yoghurt, fresh fruit and a little honey).

Poor breakfast choices include:

Breakfast bars (too much sugar), sugary cereals, crisps or chips, soft drinks, juice drinks.



Dr. Rosemary Stanton, OAM

## HEALTHY BREAKFAST IDEAS

Kids - eat breakfast & get more out of your day!

You'll have so much fun when you eat something yum to fill up your tum.... for breakfast!

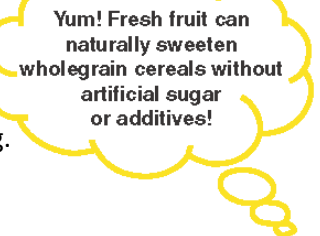
Why is it important to eat breakfast?

Eating breakfast helps you:

- ✓ concentrate - gives your brain energy
- ✓ be active - gives you energy so you can have fun in the playground
- ✓ learn - the foods you eat help you to see; help you listen and help your brain work

What happens if you don't eat breakfast?

- \* If you don't eat breakfast you feel hungry
- \* Feeling hungry is your body's way of saying it needs food.
- \* Your body needs food like the engine of a car needs petrol – to keep you going.



What is a healthy breakfast?

- ✓ Wholegrain breakfast cereal (like wheat biscuits) + lite milk.  
*Top Tip: skip the sugar but you can add fruit or sprinkle on sultanas instead.*
- ✓ Wholemeal toast or crumpets. Top with thinly spread fruit jam or vegemite + lite cheese.
- ✓ Porridge + lite milk + berries or dried fruit
- ✓ Fresh fruit + a tub of lite yogurt
- ✓ To drink: 100% fruit juice or refreshing water or glass lite milk  
*Top tip: If you want to try something quick & tasty - what about whipping up a banana smoothie with lite milk or yogurt for brekky!*

What's an unhealthy breakfast?

- \* Breakfast cereals or bars that have lots of sugar
- \* Fizzy drinks
- \* Lollies & chips
- \* Fruit juice drinks that contain added sugar or less than 100% fruit juice  
*Top tip: If you need to have breakfast on the run - prepare and pack fresh fruit, a wholemeal sandwich and a water bottle or 100% fruit juice nite before.*
- ✓ Water is the best at keeping your body refreshed (hydrated)

# Photo Gallery... Healthy Breakfast @ School



Dear Parents,

Many nutritionists consider breakfast to be the most important meal of the day. It 'breaks the fast' and is a healthy habit for all the family.

Eating a nutritious breakfast helps assist children's physical, mental and emotional development. Children who miss breakfast are less able to concentrate, are more prone to fidgeting and may find learning difficult by mid-morning. Missing breakfast means that there are more nutrients that need to be packed into lunch & dinner meals. Furthermore, there is evidence to suggest that children who miss out on a healthy breakfast are more likely to suffer from obesity later in life.

Lead by example and ensure all the family gets off to the best start with a delicious & healthy breakfast, everyday.



<http://www.facebook.com/AlexanderSchool>

