



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 to yogurt with fruit berry or muesli toppings. Others had cheese or oregano (manaesh) jaffle and washed it down with a cup of raspberry or banana smoothie. There was also the opportunity 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!

This activity was part of the *Live Life Well @ School Action Plan*. Further updates in relation to this will be forthcoming.

23<sup>rd</sup> May, 2014

MANOUG DEMIRJIAN



## REMINDER: Don't Forget the Fruit!

The school has a Crunch&Sip break at the start of each day, for students to refuel on fruit and vegetables and rehydrate on water.

Please make sure your son or daughter has an extra piece of fruit or vegetable for Crunch&Sip each day.

**Crunch&Sip<sup>®</sup>**

### HOUSE POINTS TERM 2

*Uniform, Playground, Charity  
& Awards*



**SEVAN** - 55 points

**YEREVAN** - 53 points



### TEACHERS' AWARD

TERM 2 - WEEK 4

Year 6: Krikor  
Serly  
Silvy  
Year 5: Nina  
Year 3: Lara



### DATES TO REMEMBER

28/05 Excursion to City Venues - Prep-6  
04/06 I.C.A.S. - Science Assessment, Years 3-6  
Interschool Debating Comp. # 2  
09/06 Queen's Birthday - Public Holiday  
16/06 I.C.A.S. - Writing Assessment, Years 3-6  
18/06 Interschool Debating Comp. # 3  
20/06 Half Yearly Reports  
27/06 Last day Term 2  
14/07 School Development Day - Pupil Free  
15/07 First day Term 3 - Students Return  
14/12 Presentation and Graduation Concert

### ARMENIAN STUDENT FUND

#### WEEKLY REPORT: Term 2 Week 4

- Points – <b>SEVAN</b>	.....	\$12.50
- Points – <b>YEREVAN</b>	.....	\$12.35
<b>TOTAL:</b>	.....	<b>\$24.85</b>
<b>ACCUMULATED:</b>	.....	<b>\$256.80</b>

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

## News from the Classroom...

### Cyber-Safety - Years 3 & 4

On Wednesday (21/5/14) the students from Years 3 and 4 visited the Sydney Japanese School to enhance their learning about cyber-safety. In this exciting and engaging production the students were alerted to the dangers and consequences posed in a world full of changing technology. The show explored the world of cyber-bullying and the importance of cyber-safety. Through story and song the students were taught important lessons about how to safely use technology and what to do if they experience cyber bullying.



### Visit to a Nursery - Years 5 & 6

Dear Dan,

We are writing to you to thank you for a fantastic tour of New Leaf Nursery yesterday.

We really enjoyed coming to your nursery and learning about lots of different plants and animals.

It has really inspired us to plant our own gardens at home and build a chicken coup at school.

We learnt so much in such a short time. We really appreciate you sharing your expert knowledge with us and showing us so many sections of your nursery. Our favourites were holding the chickens, watching the ducks being hosed, visiting the compost area.....pretty much everything really!

Also thank you for your amazing generosity; the tamarilloes, the seeds, the free plants and the discounts.

We look forward to seeing you again soon when we purchase our hens for our school chicken coup.

Kind regards,

Year 5/6 and Ms Smith, AGBU Alexander Primary School.



# 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.

Yum! Fresh fruit can naturally sweeten wholegrain cereals without artificial sugar or additives!

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)