

Dear Parents,

HEALTHY ACTIVE KIDS

Following the success of our ‘Healthy Breakfast @ Alexander School’ event last week, it is important to continue reinforcing the concept in our ‘Healthy Active Kids’ lunchbox. It is therefore equally relevant that we ask - ‘What Makes a Balanced Lunchbox?’



Children consume a third of their daily nutrients while at school, therefore its important to pack them a balanced lunch. Variety is not only important for your child’s growth and development, it’s vital for maintaining energy levels.

A balanced lunchbox should contain a variety of nutritious foods from each of the five food groups - grains, fruits, vegetables, dairy and protein. Variety ensures children obtain a range of important nutrients, essential for growth and development and keeps them alert throughout the school day.



With today’s newsletter you will find lunchbox tips and stickers from www.Healthyactivekids.com.au to help pack a healthy, delicious lunch.

‘Healthy Active Kids’ is a program which aims to improve our nutrition and health. It’s a great way to encourage Australian primary school students to live a healthy, happy and active lifestyle.

BEATING THE BED TIME BLUES

Bedtime can be a battle in many families as children resist attempts to end their day and allow parents to have some time to themselves. Some children are experts at stretching bedtime out through procrastination or persistent cries of ‘five more minutes because this is my favourite show’. They may suddenly remember that homework is due the next day. Anything to put off bedtime!

A clear plan can help make the end of the day less of a chore for parents.

- ◆ Distinguish between being in bed and being in the bedroom. Children differ in the amount of sleep they need - so to expect them to go to sleep at a certain time is unrealistic. However, they can be expected to be in their bedrooms at a set time and then regulate their own sleep habits.
- ◆ Have a set routine such as ‘quiet time, drink and story’ which signals the end of the day and stick to it. Even older primary school children benefit from a set routine that lets them know what is expected so they can plan accordingly.
- ◆ Be firm and resist procrastination. Try always to say good night at the appointed time even if children are not quite ready.
- ◆ Turn the television off and, if necessary, remove other distractions while children are going to bed.
- ◆ Return ‘jacks-in-the-boxes’ to their bedrooms and ignore repeated calling out for drinks and other attempts to keep you busy. Make yourself scarce. Go to another part of the house and be unwilling to be drawn into a game of the children’s making.
- ◆ DO NOT - Over stimulate children before bedtime. Five minutes before bed engage in a friendly wrestling match on the floor and then the real battle will begin!
- ◆ DO NOT - Allow children who delayed bedtime to sleep in to make up for lost sleep. This will ensure that they stay awake at night. (Wake children at the same time each morning.)



29th May, 2015



Photo Gallery...

Healthy Breakfast @ School



HOUSE POINTS TERM 2

*Uniform, Playground, Charity
& Awards*



ARARAT - 115 points

MASIS - 108 points



TEACHERS' AWARD

TERM 2 - WEEK 6

- Year 6: Taniel
- Year 5: Lara, Lilit
Anita
- Year 2: Asbed, Albert
- Year 1: Harry, Sara
Vanessa, Stephen



DATES TO REMEMBER

- 03/06 ICAS - Science Test Years 2-6
- 08/06 Queen's Birthday - Public Holiday
- 15/06 ICAS - Writing Test Years 3-6
- 16/06 ICAS - Spelling Test Years 3-6
- 17/06 Interschool Debating Comp. # 3 (APS-Bye)
- 19/06 Student Half Yearly Reports - Sent Out
- 26/06 Last Day Term 2 - Mufti Day
- 13/07 School Development Day - Pupil Free
- 14/07 First day Term 3 - Students Return
- 28/07 ICAS - English Test Years 2-6
- 05/08 Interschool Debating Comp. # 4
- 11/08 ICAS - Mathematics Test Years 2-6
- 13/12 Presentation and Graduation Concert

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 2 Week 6

8 Points – ARARAT	\$8.95
6 Points – MASIS	\$6.35
TOTAL:	\$15.30
ACCUMULATED:	\$272.05

SPONSOR A CHILD IN ARMENIA THROUGH THE
ARMENIAN APOSTOLIC CHURCH
www.armenianchurchsydney.org.au

RAISING CHILDREN BILINGUALLY

Learning a second language boosts brain power

Mandy Scott

Research has shown that learning another language can help increase the power of the brain and open up new ways of thinking. Studies of people who had learned a second language had denser grey matter than their monolingual counterparts, and the earlier they started learning the second language, the more pronounced the difference. Grey matter makes up most of the nerve cells in the brain, and its density is associated with intellect, especially in areas of language, memory, and attention. Learning two languages before the age of five produced the strongest results.

This fits in with other findings that bilingualism assists conceptual development. Children who know and use two languages are often more creative and flexible in their thinking. They can 'think outside the square' because they are accustomed to using different ways to think about the same idea or problem.

Bilinguals are also more aware of the structure of languages since they can compare different linguistic systems. This helps with general language development, including listening, speaking, and literacy. This dispels a common misconception that learning another language detracts from English language development, and that in school it takes time away from more basic or 'core' areas of schooling. There is nothing more basic than developing language and communicative abilities. Learning any language can contribute to this, and two languages seem better than one.

In addition to all these cognitive and educational benefits, learning another language has cultural and social benefits because it gives children a wider view of the world and an understanding of more than one culture. This will become more and more important in our increasingly globalised world. Starting a language early also gives children a good basis for further language learning - in the same language or another one. Research shows that people who already have two languages find it easier to learn a third.

How can you give your child these benefits? If you speak another language in your family, consider raising your child bilingually. Visit www.bilingualoptions.com.au for information and advice. You can also seek out other parents raising children bilingually in the ACT region, for example through one of the language-based play groups. If you are an English speaking family, explore options for exposing your child to a bilingual environment through a childcare centre or play group where a language other than English is used. Some weekend ethnic schools also allow preschoolers to attend. When choosing a primary school, choose one which values other languages.



Pick a language you are interested in and learn along with your child! It's a fun way to learn about another language and culture. Research also shows that speaking two languages can delay the onset of Alzheimers by several years. So the whole family can benefit!! Happy languaging!

Mandy Scott has a PhD in Linguistics, speaks several languages, and is an active supporter of languages education. She can be contacted at mandy.scott@anu.edu.au.



Through Healthy Active Kids, children can learn about healthy eating and activity in new, engaging ways. The programme includes teaching units as well as other resources such as educational games and videos, healthy recipes and there's even a special Kids Corner just for children.



For more information go to: <https://hwww.healthyactivekids.com.au>

Նամակ Միլվի Գիրակոսեանին

Միրելի՛ Միլվի, ես Սվետլանա Քոլյանն եմ:Սովորում եմ Էօրնեկեան հանրակրթական դպրոցի վեցերորդ դասարանում:Շատ ուրախացա , երբ ստացա նամակդ:Էավ է ,որ Ավստրալիայում ունեմ ինձ հասակակից հայ երեխաներ , որոնք այսբան կիրք են խոսում մեր մայրենի լեզվով և ապրելով օտար միջավայրում՝ տարիների հետ չեն մոռացել այն:

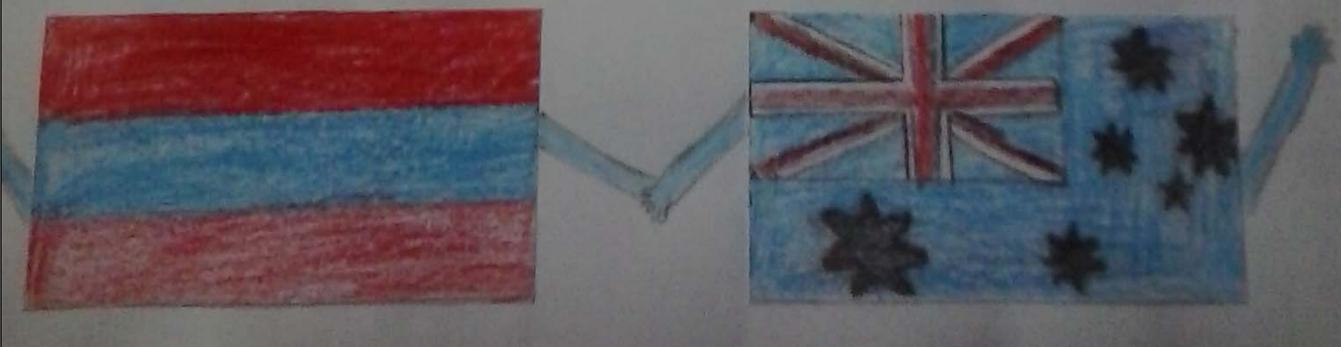
Ինչպես դու , այնպես էլ ես ցանկանում եմ երկու խոսքով ներկայացնել իմ դպրոցը:

Էօրնեկեան հանրակրթական դպրոցը գտնվում է Հայաստանի Էջմիածին քաղաքում ,որն ամբողջ հայության հոգևոր կենտրոնն է հանդիսանում: Այն բարեկարգ է ու զեղեցիկ:Դպրոցի բակում մենք ամեն օր աղոթք ենք անում և միայն դրանից հետո սկսում դասերը:Բակում կա մարզահրապարակ ,որտեղ անց ենք կացնում մարմնամարզության դասերը:Ունենք նաև փոքրիկ պարտեզ:Այնտեղ աճում են տարբեր ծառատեսակներ:Դրանցից են ծիրանենիները , դեղձենիները , սալորենիները և այլն:Ի դեպ, գարունը մեզ մոտ նոր է սկսվել :Շուտով պարտեզի ծառերը կմանվեն սպիտակ շքեղ զգեստ հագած խոնարհ հարսների:

Շենքի ամեն դասասենյակում կան սենյակային բույսեր, որոնք խնամում ենք մենք ինքներս:

Միրելի՛ Միլվի, կարծում եմ ,որ կարողացա պատկերավոր քեզ ներկայացնել մեր դպրոցի կանաչ անկյունը:Հուսով եմ ,որ մեր նամակագրությունը կլինի շարունակական:Ես ամիսամբեր կսպասեմ քո պատասխանին ,սակայն ինչդրում եմ ,որ պատասխան նամակումդ նշես ինտերնետային որևէ հասցե:

Միրով՝ Էօրնեկեան հանրակրթական դպրոցի աշակերտուհի Սվետլանա Քոլյան:



Watch this space... more letters coming soon!