

Dear Parents,

PRESERVING A PIECE OF NATURAL HISTORY

Last weekend, major grounds maintenance was carried out at the school with the removal of a number of dead and hazardous trees. We'd like to thank one of our parents, Mr Victor Khatchadourian for overseeing this project by securing the services of a team of professional arborists. A number of trees that had overgrown near buildings and the playground were cut or pruned and mulched. The most significant of these was the large historic tree at the front of the school, near the Foundation Stone. When the community had first set foot on this sacred ground to mark the start of this magnificent educational institution, they had found comfort under the shade of this large gum tree. The tree had not only witnessed the construction of the Alexander School but for over 25 Years welcomed students, teachers, parents and the community as they passed through the adjacent gates.



Over the years it grew part of the school history as students and staff lined up under its shade to take their annual photos. However, with the passing of time it could no longer carry the weight of its branches and had to be maintained. A few years ago, it had started to show signs of aging and when the students returned at the start of the year all the leaves had dried up and was ready to say a final 'good bye'. In fact this was exactly what was going to happen last week when all the branches were cut. The remaining stump was about to be removed and grinded, when by a sheer stroke of luck a community artist had the inspiration to turn what was left of this historic tree into a unique sculpture or monument.

So it is not over yet and we would like our community to help us with their suggestions and ideas as to what should happen to this piece of natural history and the surrounding area. It seems that at this stage 'preserving' is the best option... that seems to be the very least we can do, in return to what it has given us for so many years.

5th June, 2015

MANOUG DEMIRJIAN





Save the Date!

Fathers' Day Event - Sunday 6 September 2015

further details coming soon...

HOUSE POINTS TERM 2

*Uniform, Playground, Charity
& Awards*



ARARAT - 126 points

MASIS - 118 points



TEACHERS' AWARD

TERM 2 - WEEK 7

Year 6: Tzolare

Year 5: Matthew

Talia, Samuel

Year 1: Alina, Elizabeth

Kindergarten: Lara



DATES TO REMEMBER

- 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
- 19/08 Interschool Debating Comp. # 5
- 13/12 Presentation and Graduation Concert

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 2 Week 7

8 Points – ARARAT	\$10.00
6 Points – MASIS	6.20

TOTAL: **\$16.20**

ACCUMULATED: **\$288.25**

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

Dear Penpal,

I am writing to you because you're my new Penpal. I'm Joseph and I'm 10 years old. What's your name and age?

At the minute, we are learning about Australia so we are writing to see what life is like in your country. What are you learning about?

My hobbies are singing, dancing, talking, entertaining people, English, maths, sports, cooking, and computing. What's yours?

I live with my mum, dad, big brother, and little brother. I have two sisters but they have their own house. Who do you live with?

I am tall; I have brown hair and brown eyes. I wear glasses and I have short hair. What do you look like?

I live in a small town called Camelford and there are lots of housing estates. Where do you live?

From Joseph

I'm writing to you because you are my new pen pal. My name is Luke and I am 9. How old are you?

I like playing the X box and I like playing outside with my friends. Sometimes we play football. Do you like football?

I live in a 2 bedroom house in town with my Mum and Dad. We have 4 cats called Alfie, Sooty, Leo and Michelangelo. Do you have any animals?

I go to Camelford Primary School and I'm in year 5. There are 34 children in my class. My favourite lesson is ICT because I like using the laptops and iPads. What's your favourite lesson?

Thank you for reading my letter. I look forward to your reply.

From Luke

Camelford Primary School

Station road

Camelford

Cornwall

PL329ue

16th April

2015

G,day

Greetings new pen pal, my name is Harry (B) and I am 9 years old. Everybody calls me Broccoli and I weirdly like it! You can call me Broccoli if you want to.

My favourite thing is anything to do with the army and I also like football, puppies and running but I don't like tomato ketchup. What do you like to do in your spare time?

I live in a town called Launceston and it is great! We have a very old castle in the centre of the town. In the summer, it is scorching hot. I live in a bungalow with my Mum, step-Dad and four sisters. I visit my Dad once a month. He lives about 5 hours away in Nuneaton.

I have two puppies called Milo and Milton. They are Jack Russell x Chihuahua. Milo gets very excited but Milton is much calmer. Do you have any pets?

I go to Camelford Primary School and I am in Bossiney Class (year 5) and I only have one friend.

I have 2 teachers and one teacher assistant, Miss Rabson, Mrs Hart and Miss Goodwin.

Watch this space... more letters coming soon!



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



Quick quiz: How healthy is my child?

Have a go at this quiz to assess your child's nutrition and physical activity levels. Answer honestly, as its only you who'll see the results.

Nutrition

1. How many serves of fruit does your child usually eat in a day including fresh canned and dried fruit?

- (a) None
- (b) One
- (c) Two or more

1. How many servings of salad and vegetables does your child usually eat in a day including raw and cooked vegetables?

- (a) None
- (b) Between one and three
- (c) Four or more

1. How many snacks, such as chips, chocolate, or cake, does your child usually eat in a day?

- (a) Three
- (b) One to two a day
- (c) None

1. How many sugary drinks does your child usually drink in a day, including cordial, fizzy drinks and fruit juice (excluding freshly squeezed)?

- (a) Two or more a day
- (b) One to two a day
- (c) None

Physical activity

1. How much moderate or vigorous exercise (walking, running, kicking a ball, etc) does your child usually do in a day (excluding exercise school)?

- (a) 0-30 minutes
- (b) 30-60 minutes
- (c) 60 minutes or more

1. Does your child ever walk cycle, skateboard, rollerblade or ride a scooter

at the park

- (a) Never
- (b) Sometimes
- (c) Mostly

7. As a family, how frequently do you and your children do things like playing at home, walking, cycling or swimming together?

- (a) Never
- (b) Once or twice a week or less
- (c) More than twice a week

7. How much time does your child usually spend watching TV playing computer games, reading or doing homework?

- (a) More than two hours a day
- (b) Between one and two hours a day
- (c) No more than one hour a day.

Answers - Nutrition

Mainly As & Bs

Your child needs to eat more healthy foods:

- ✍ Increase the amount of fruit and vegetables your child eats - remember these can be used as healthy snacks
- ✍ Encourage your child to drink water, not sugary drinks

Mainly Cs

✍ Great, keep up the good work.

Answers - Physical activity

Mainly As & Bs

Your child needs physical activity, at least 60 minutes a day:

- ✍ Do some time family activities
- ✍ Plan some time easy, fun activities for children
- ✍ Encourage your child to walk or cycle to school
- ✍ Limit the amount of time your child is inactive, and get them more active.

Mainly Cs

✍ Great, keep up the good work.



www.healthy-kids.com.au

Healthy Kids School Canteen Association

Healthy Kids School Canteen Association is a non-profit, non-government, health promotion organisation. The aim of the organisation is to "Promote and facilitate the provision of a nutritious and healthy food service in school canteens" as a means of preventing diet related diseases in children at school to lay the foundation for a healthy future.