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🌐 [www.alexander.nsw.edu.au](http://www.alexander.nsw.edu.au)

📠 9486 3204



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 wonderful effort of students, teachers and parents, we were once again able to organise a very successful, healthy and incredibly delicious breakfast this morning for all the 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!

### SCRIPTURE CLASSES

Our annual Scripture lessons have been underway since the start of term. As part of the Armenian Apostolic Church School Scripture Program these weekly classes will continue until the end of next term. The classes are conducted by a volunteer who is joined by class teachers over two sessions every Friday morning. Mrs Shake Vartanian continues her role this year as the assigned teacher. The children enjoy these occasions and are always eager to complete the set tasks that accompany the lessons.



18<sup>th</sup> May, 2018

MANOUG DEMIRJIAN

**UNIFORMS:** Please make sure your son/daughter has their name clearly marked on every piece of uniform item. Your cooperation will be greatly appreciated.



# Mother's Day HIGH TEA

## DONATIONS

To Support the New Junior Playground

Asdghig Naterian	\$1,000
Anonymous	\$500
Anonymous	\$500
Hilda Kerkyasharian	\$200
Lucy Aroyan	\$100
Zarouhi Demirjian	\$100
Janet Kouchkrian	\$100
Mary Kouyoumdjian	\$100
Lena Manoukian	\$100
Melanie Mazmanian	\$100

 **THE ARMENIAN APOSTOLIC CHURCH OF HOLY RESURRECTION**  
UNDER THE AUSPICES OF HIS GRACE BISHOP HAIGAZOUN NAJARIAN

**9 MAY - 20 MAY 2018**

**CENTURIES OLD ARMENIAN HERITAGE EXHIBITION**

ART SPACE ON THE CONCOURSE  
409 Victoria Avenue  
Chatswood

**OPENING HOURS**  
Wed - Fri: 11am - 5pm  
Sat - Sun: 11am - 4pm

 **BIRTHDAYS OF THE WEEK**

Happy Birthdays to...

**Alina | Lio**

**HOUSE POINTS TERM 2**

Uniform, Playground, Charity & Awards

 **YEREVAN** - 28 points

**SEVAN** - 30 points 

**TEACHERS' AWARD**

10 Encouragement Awards = Teacher's Award

**TERM 2 – WEEK 3**

Year 5: Albert  
Samson

Year 4: Lara

Year 3: Lara

Year 1: Peter  
Lucas  
Lio

Kindergarten: David  
Arek

Preparatory: Masis



**DATES TO REMEMBER**

23/05 Interschool Debating Workshop

29/05 ICAS - Science Test Years 2-6

~~05/06 School Photos~~

06/06 Interschool Debating Comp. # 1

11/06 Queen's Birthday - Public Holiday

13/06 ICAS - Spelling Test Years 3-6

14/06 ICAS - Writing Test Years 3-6

29/06 Student Half Yearly Reports - Sent Out

03/06 School Photos - *New Date*

06/07 Last Day Term 2 - Mufti Day

23/07 School Development Day (Pupil Free)  
Emergency Care & CPR Staff Training

**ARMENIAN STUDENT FUND**

**WEEKLY REPORT: Term 2 Week 3**

8 Points – <b>Yerevan</b>	.....	\$11.10
6 Points – <b>Sevan</b>	.....	\$9.45
<b>TOTAL:</b>	.....	<b>\$20.55</b>
<b>ACCUMULATED:</b>	.....	<b>\$197.65</b>

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



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.

# 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)