



Dear Parents,

SUN SMART SCHOOL



Australia has the highest rate of skin cancer in the world. About two in three people who grow up here will develop some form of skin cancer before the age of 70, and more than 1600 Australians die from melanoma each year - the most dangerous form of skin cancer. The major cause of skin cancer is exposure to UV radiation from the sun and other sources, such as solariums. But the good news is that skin cancer is almost totally preventable and that most skin cancers can be cured if found and treated early.

Sun exposure in the first fifteen years of life, when children are at school, greatly increases the risk of skin cancer later in life. But most skin cancer can be prevented, and schools have a vital role in ensuring children are protected from UV radiation. The Cancer Council offers resources and support to schools throughout NSW to help reduce the risk of skin cancer. One such support is the **SunSmart Primary School Program**. It is a successful national skin cancer prevention program that supports schools to reduce student's exposure to UV radiation and therefore reduce their risk of skin cancer in later life. The program aims to increase the proportion of staff, students and families adopting sun protection measures by increasing their awareness of skin cancer and maintaining their commitment to sun protection.

In order to continue with the program, the staff recently reviewed the 'Sun Safety' section of our Welfare Policy. As a result, the school endorsed the policy with the recommendations from the Cancer Council.

A SunSmart statement/action plan addresses 10 recommendations in 3 areas:

Environment: 1. Scheduling outdoor activities 2. Shade

Behaviour: 3. Sun safe hats 4. Sun safe clothing 5. Sunscreen 6. Role modelling of staff 7. Sunglasses*

Information: 8. Curriculum 9. Information to the school community 10. Policy review. (* Optional)



Cancer Council NSW has recently reviewed and confirmed that our sun protection policy has fulfilled all recommendations and our school continues to be **SunSmart**. In recognition of our SunSmart achievement we have been issued with a renewed certificate, and our membership extended until 2021.

SNEEZE SAFE CAMPAIGN

'Sneezesafe' is a fun respiratory hygiene educational program designed to teach children about coughs, colds and flu in the classroom and at home to provide good hygiene habits to help prevent the spread of viruses.



Sneezesafe research reveals a rather frightening nine out of ten children wipe their noses on hands and clothes. It also reveals that colds and flu cause children to miss an average six days of school annually. Using a combination of entertaining online stories, games and teaching materials, *Sneezesafe* has been developed by Australian teachers for Australian school children in the early years of education and is consistent with the Federal Government's guidelines relating to the control of viruses like flu, H1N1 and the common cold. Teaching children how to 'Catch it, Bin it, Wash it' in the classroom means that together we can enjoy a *Sneezesafe* environment.

Once again, the program is being implemented in our classrooms and as part of the teaching kit you will find more information attached with today's Newsletter, including a pocket pack tissue.

25th May, 2018

TERM 2 SCHOOL ACCOUNTS

School accounts are enclosed with today's Newsletter. Payment of account is due by *Friday, 15th 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.

Live Life Well @ School

A joint initiative between NSW Health and the NSW Department of Education and Communities.

Drinks

Drinking fluid is essential to stay alive. **Water** is the **best fluid for our bodies**



Dehydration can result when a person does not drink enough fluid. This can result in poor concentration, an increase in stress, headaches, lethargy, dry itchy skin and constipation.

Sugary beverages such as fruit juice, cordial, flavoured mineral water, soft drink and sports drinks are **high in sugar** and contain very little nutritional value, so they should be limited.

Milk is a **healthy alternative** to water and is a nutritious choice.

Encouraging good habits at an early age continues into adulthood.



Health
Northern Sydney
Local Health District

Live Life Well @ School

HEALTHY LUNCH BOXES

Check out the Cancer Council NSW's Healthy Lunch Box website to help parents and kids plan and pack a healthy lunch box.

The interactive lunch box builder can be used at home or on the move with a smartphone or tablet.

Visit www.healthylunchbox.com.au to pack a quick and healthy lunch box today!



Health
Northern Sydney
Local Health District

HOUSE POINTS TERM 2

*Uniform, Playground, Charity
& Awards*



YEREVAN - 36 points

SEVAN - 38 points



TEACHERS' AWARD

10 Encouragement Awards = Teacher's Award

TERM 2 – WEEK 4

Year 4: Alina

Stephen



DATES TO REMEMBER

- 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
- 03/07 School Photos - *New Date*
- 06/07 Last Day Term 2 - Mufti Day
- 23/07 School Development Day (Pupil Free)
Emergency Care & CPR Staff Training
- 24/07 First Day Term 3 - Students Return

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 2 Week 4

| | |
|---------------------------------|-----------------|
| 8 Points – Yerevan | \$12.70 |
| 6 Points – Sevan | \$9.95 |
| TOTAL: | \$22.65 |
| ACCUMULATED: | \$220.30 |

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

Help support Zela Margossian Quintet's debut album



Dear all,

Zela Margossian, our school music teacher of 10 years and an active performer in our community and the Sydney music scene in general, has announced that her ensemble, the Zela Margossian Quintet, is ready to record their debut album. The album, hopefully, will be ready sometime mid-October this year. It will be an album of Zela's original works, brought to life by her band members; Elsen Price, Stuart Vandegraaff, Adem Yilmaz and AlexanderInman-Hislop.

In order to make this come true, she is launching a fundraiser campaign through the Australian Cultural Fund. Donors can preference a particular artist to benefit from their gift when they donate to Creative Partnerships Australia, and will receive a tax deduction for donations of \$2 or more. By funding an ACF project, donors connect with artists whose work they believe in and inspire others to do the same. Friends overseas can make donations as well.

Zela hopes the album, when released, will shine a light on how music spreads love and creates unity and harmony. Her compositions have stories to tell which are relevant to all of us in so many ways.

Please feel free to spread the word and share this amongst your friends through emails or on your FB pages. Zela would appreciate any kind of support.

Zela Margossian's next performance is on Saturday the 30th of June as part of the SIMA Winter Jazz Festival. They will be the headlining band and the performance will be a preview of the album launch.

A kind reminder again that the donations through the Australian Cultural Fund are tax deductible and there are less than 50 days left. To view the page or to donate, please click the link below:

<https://australianculturalfund.org.au/projects/zela-margossian-quintet-debut-album/>

Thank you in advance.

Sun protection and skin cancer myths

Slip



Answer true or false:

Slop



Slap



Seek



Slide



1. You don't get sunburnt on cloudy days.
2. I don't need to use sunscreen because my foundation / moisturiser has some sunscreen in it.
3. People with olive skin are not at risk of skin cancer.
4. Sunbeds (solariums) are not a safe way to tan.
5. You need to spend lots of time in the sun to get your daily dose of vitamin D.
6. Fake tan protects your skin from the sun.
7. It takes less than half an hour to get sunburnt.
8. You don't have to be concerned about skin cancer because, if it happens, it's easy to see and easy to treat.
9. Only people who sunbake get skin cancer.
10. You can get burnt through a car window.

For further myth-busting information, go to:

www.cancerCouncil.com.au/sunsmart and click on Sun Myth Busting Quiz.

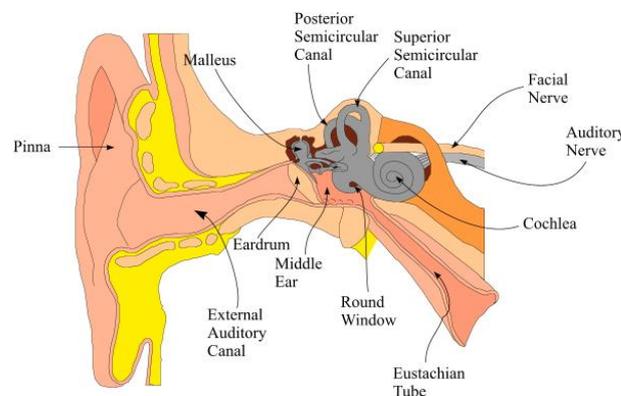
Answers:
1. False 2. False 3. False 4. True 5. False 6. False 7. True
8. False 9. False 10. True

HEARING

HEARING IN THE VERY YOUNG

We can protect our children's hearing even before they are born, by immunisation.

- **Rubella** (German Measles) is quite a mild disease in most but if contacted by a mother in the first few weeks of her pregnancy can cause the infant to be born deaf.
- **Measles** if caught at any age may leave you with a permanent hearing loss. The M.M.R. vaccine is given at 12 months to protect your infant against Measles, Mumps and Rubella.
- **H.I.B.** Vaccine. This is now part of the Triple Antigen Program commenced during the first few months of life. This devastating disease (meningitis) may leave your infant deaf.



HEARING IN THE SCHOOL AGE CHILD

Sound waves are collected by the outer ear, they are funnelled down the ear canal to the eardrum. These waves vibrate the eardrum, and the 3 small bones of the middle ear. The vibrations are then transferred to the cochlear and sent to the brain as nerve impulses.

Glue ear can occur when there is a collection of fluid in the middle ear, which is left untreated. This fluid may become thick, sticky and glue like. The Eustachian - tube allows air into the middle ear cavity and may become blocked. This blockage can be caused by coughs, colds, allergies, post viral infection or even a baby lying down to soon following a milk feed. The ear drum and the 3 small bones in the middle ear cannot vibrate when glue ear is present. Sound then becomes very muffled and it is difficult to hear. It is like trying to listen to the radio just off the station, the sound is distorted and the volume decreased.

Speech may be effected, if words are not heard clearly, they can not be reproduced correctly. Children may have difficulty learning if they have a hearing loss and distortion of speech. With added background classroom noise, it becomes increasingly frustrating for them, poor behaviour and deteriorating schoolwork may follow:

To help identify possible hearing problems these are some signs to look for;

- *Speech delay or deteriorating speech.*
- *Doesn't hear in background noise.*
- *Hates sudden noise.*
- *Forgets instructions.*
- *Poor concentration.*
- *Distracted.*
- *Have two attacks of earache in short time, that require antibiotics.*
- *Does not hear when called from another room.*
- *Likes the T.V. turned up loud.*
- *Watches faces for visual clues.*
- *Shouts or whispers.*
- *Is tired or poor sleeper.*
- *Copies others work.*

Although glue ear is a serious condition, and causes a fluctuating hearing loss it does respond to treatment. For information and/or access to hearing test facilities, please contact your local Early Childhood Health Centre. To obtain the telephone number of your nearest centre please contact the school office.