

Dear Parents,

### GOOD KNOWLEDGE PROVIDES A GOOD BASE

While the early years of schooling provide a foundation of skills that children will utilise to learn more as they grow older, the middle and later years of primary school is when children need to gain a stock of background knowledge, as well as more skills.

The debating program highlights the need for students to be well educated in current events and the humanities, (such as history, art, music). However, this is not the only activity in which good background knowledge is an advantage. To fully understand modern issues in History, Geography and Science, children have to have a background understanding of life and what shapes it.



Most importantly, is the need to have a good and wide background knowledge to understand even everyday reading. Comprehension of the meaning of interesting plots and settings will unfortunately be lost, if there is no knowledge of the world and the people in it, outside our own four walls.

You will be helping your children in a most important way if you are supporting this growth of general knowledge. Do this by choosing quality TV and movies to watch and talk about, and good books of great variety to read and discuss with children. Take your family to the many educationally entertaining things to see in Sydney. The best ones cost nothing!

Also, include children in discussion about things that interest you, and things that you see around you. Join them in finding things out. They may be able to understand more than you think! You will be contributing more of value to their education than any paper and pencil activity.

### QUADRANGLE CLEANED



Yesterday, the quadrangle was pressure cleaned and brought back to life thanks to *Arthur's Pressure Cleaning*. The pavers had not been given a professional clean similar to this since they were first laid. After a whole day of thorough cleaning we were able to rediscover the original colours and actual patterns of the playground! It has certainly brought the quadrangle back to life!

We like to once again take this opportunity and thank **Mr Arthur Mikaelian** for making this possible and giving the students the opportunity to play on clean surroundings with a sense of renewal.

15<sup>th</sup> June, 2018

MANOUG DEMIRJIAN

# GO SOCCEROOS!

## Alexander School Green & Gold Day!

**Friday, 22 June 2018**


**To Cheer for the Socceroos!**

Easy! Make your Sports Uniform  
into green and gold!  
(Blue tracksuit pants are fine)

Please donate a **\$2 Coin** as fundraising  
for the Year 5 Canberra Excursion.



**BOOK CLUB - ISSUE 4**



Order Forms/Money Due by  
**Monday**  
18<sup>th</sup> June, 2018

Orders after this date cannot be processed.  
Please place your orders in clearly marked envelopes.


**BIRTHDAYS OF THE WEEK**




Happy Birthday to...  
**Isabel Sirag**

**HOUSE POINTS TERM 2**

*Uniform, Playground, Charity & Awards*



**YEREVAN** - 63 points



**SEVAN** - 65 points

**TEACHERS' AWARD**

10 Encouragement Awards = Teacher's Award

**TERM 2 - WEEK 7**

Year 1: Michael



**DATES TO REMEMBER**

22/06 Green & Gold Day - Go Socceroos!  
27/06 'Backyard Bugs' by Rangers on the Run  
29/06 Student Half Yearly Reports - Sent Out  
03/07 School Photos  
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  
31/07 ICAS - English Test Years 2-6  
14/08 ICAS - Mathematics Test Years 2-6

**ARMENIAN STUDENT FUND**

**WEEKLY REPORT: Term 2 Week 7**

8 Points – <b>Yerevan</b> .....	\$8.90
6 Points – <b>Sevan</b> .....	\$8.10
<b>TOTAL:</b> .....	<b>\$17.00</b>
<b>ACCUMULATED:</b> .....	<b>\$274.55</b>

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

## Brrrrrrrr! It's Cold!

### Winter Overcoats and Other Garments as School Uniform

As a result of the chilly weather, we have noted an increase in bad coughs among the children. Please know that we do remind students to put on their jumpers at appropriate times. We also see that they take jackets off when in the classrooms. We try to encourage covering mouths when coughing. Heating has been turned on in the classrooms and they are pleasantly warm. Students are asked to eat indoors when it is very cold outside. In spite of our best efforts, some students still fall ill.

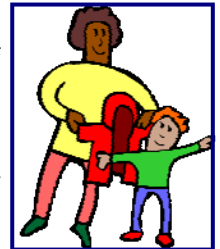
When your child is not well in the morning, it is best for them to stay home. Rest is often the only course for recovery. Please remember to write a note for an absence the day your child returns to school.

Let's hope that warmer weather brings better health in the near future.

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As a result of the cold, we have also noticed that some students are starting to wear overcoats to school. We encourage students to do so, particularly with the early morning start, but do ask parents to follow these guidelines:

- \* Overcoats must be plain, free of any bright coloured trims or logos and in one of the following dark colours - navy blue, black, grey or bottle green.
- \* Overcoats may be in the form of a woollen jacket, parka or 'anorak'.
- \* Overcoats may only be worn over school jumper (they cannot replace the use of the school jumper).



We like to once again inform our parents that classrooms are beautifully heated and students will not be permitted to wear overcoats in the classroom.

## WINTER ASTHMA WARNING!



Statistical research in Australia reveals that hospital admission rates for asthma are highest for children in the months of May to June. Winter is a time of increased exposure to major asthma triggers such as cold air, colds and flu and indoor allergens such as mould, mildew, pet dander and dust mites. In children, viruses are the most common trigger for asthma

with the common cold being a trigger for approximately 80% of asthma attacks.

Best practice asthma management for students with asthma in winter includes:

- ◆ Students with severe asthma should see their doctor for a 'flu vaccination'
- ◆ Always carry their reliever medication
- ◆ Continue to take their preventer medication regularly
- ◆ Have a current **Asthma Action Plan** to guide the management of their asthma. This requires visiting a doctor to develop the plan with the student, tailored to their needs
- ◆ Avoid exercise if they have a cold or flu or are unwell

Also need to:

- ◆ Know what to do in an asthma emergency
- ◆ Ensure parents/carers are informed of any asthma incident



If parents have any questions, they should call the Asthma Information Line on 1800 645 130 or speak with their doctor.

Asthma Foundation NSW  1800 645 130  [www.asthmansw.org.au](http://www.asthmansw.org.au)

## 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
2. 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
3. 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
4. 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

5. 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
6. 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
8. 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](http://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.