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Dear Parents,

### HOMework ROUTINE

Homework has been around as long as schools have and over the years considerable research has been conducted regarding the efficacy of homework practices. While the results are not uniform, most experts on the topic have drawn some common conclusions. At Alexander School we believe that assigning homework offers other benefits besides contributing to school achievement. Homework teaches children how to take responsibility for tasks and how to work independently. That is, homework helps children develop habits of mind that will serve them well as they proceed through school and indeed through life. Specifically, homework helps children learn how to plan and organise tasks, manage time, make choices and problem solve, all skills that contribute to effective functioning in the adult world of work and families.

There are two key strategies parents can draw on to reduce homework hassles. The first is to establish clear routines around homework, including when and where homework gets done and setting up daily schedules for homework. The second is to build in rewards or incentives to use with children for whom 'good marks' is not a sufficient reward for doing homework.

#### HOW TO SET UP A HOMEWORK ROUTINE:

1. Get a calendar - Use the calendar to schedule events and activities that might interrupt homework time.
2. Pick an area that is quiet, well-lit and has all the supplies your child will need to complete their homework.
3. Set a time for your child to start doing homework. This could be as soon as they get home, they could have a snack and start afterwards, or you can let them watch a TV program, have a snack, then get down to business. Whatever you decide, make sure you stick to this time every day.
4. Help them while they're working on homework. Stay in the same room and work on something quiet yourself, that way your child knows that it's quiet time and if they need help they will not wander around getting distracted while they are trying to find you.
5. Check their homework. After they have finished the homework, go over it, then have them put it in their folder or bags. Make sure they do this before the next day when school starts.
6. Reward them. If they complete their homework every day of the week, give them a special treat at the end, or let them pick something to do.
7. Remember to do the same routine everyday.



Since homework starts at Kindergarten, it's a good idea to get children into a rhythm of great homework habits as soon as possible. From ways to help your children get more organised to giving them ways to minimise and eliminate homework stress, here are some extra tips for good homework habits that work:

- Divide and Conquer - Kids can often feel overwhelmed when they look over their list of tasks for the week. Help your child manage their tasks by planning out their work. For example, with homework due on Friday, you can try scheduling several minutes for different subject such as reading, math problems or spelling words. Or you may want to have them spend Monday doing English and reserve Tuesday for Mathematics and so on.
- Some kids can experience more stress over homework and schoolwork than other children. If you see signs of stress in your child or your child is experiencing difficulty with the workload find out what the problem may be and schedule some time to meet with your child's teacher. Talk to your child's teacher about any problems and get on the same page about the teacher's expectations for the school year. Ask what you can do to help your child with homework. By working together, you and your child's teacher can find ways to identify and handle any homework problems that may be creating stress for your child.

## EASTER CELEBRATIONS – Sunday, 29<sup>th</sup> March



Just over a three weeks to go before our annual Easter Celebrations with a concert and picnic day. Students have started with their rehearsals for the concert and the P&C will soon be busy finalising arrangements for the picnic.

We hope all families will bring extended family members and friends to celebrate this day with us. A reminder that it is **compulsory for all students to attend**. Teachers put much effort into organising concerts and preparing each student for their individual part.

### **How you can help make the day a success?**

- ⇒ Encourage other family members and friends to come along.
- ⇒ Bake cake or sweets for the Cake Stall. *(See below)*
- ⇒ Assist the P&C with their roster of manning one of the stalls for the afternoon.
- ⇒ Send in your Easter Hamper contributions to the school office as soon as possible.



### **Easter Hampers for Raffle**

Our annual Easter Raffle is always very popular due to the exciting and abundant hampers on offer as prizes. It is the generosity of school families which enable us to prepare such wonderful baskets. In the past we've had a huge number of Easter chocolates for the raffle prizes. This year we'd like to prepare more varied hampers for the raffle prizes. We ask that families contribute items such as homemade biscuits/sweets, wine, coloured eggs and Easter themed decorations to assist with the preparation of more interesting and attractive prizes. Please send your contribution to the school office as soon as possible and no later than Monday, 23<sup>rd</sup> March.

### **Easter Cake Stall**

The P&C committee has made a special request for all families to contribute cakes or sweets and make the Easter Cake Stall the best ever! Home-made fare, in particular traditional Armenian choreg, are always best sellers and fetch good prices. Some ideas for traditional sweets include – choreg, kata, mahmoul, kaghka, kounafa, khourabyeh, baklava... Another popular selling item is homemade cake – uncut and sold whole.



Further information regarding the Concert day will be available in the coming weeks.

## HOUSE POINTS TERM 1

### *Uniform, Playground, Charity & Awards*



**YEREVAN** - 33 points  
**SEVAN** - 30 points



*Support your House Team and earn points by having the correct uniform, by following the playground rules and by being generous.*

## TEACHERS' AWARD

*Remember 10 Encouragement Awards = Teacher's Award*

### **TERM 1 – WEEK 6**

Year 6: Sara , Lara  
Stephen  
Elizabeth  
Harry

Year 5: Berj

## DATES TO REMEMBER

16/03 'Smart Start' Program - School Visit  
**29/03 Easter Concert & Picnic**  
 06/04 Parent/Teacher Interviews  
 09/04 Last Day Term 1  
  
 10/04 *Good Friday - Public Holiday*  
 11/04 *Holy Saturday - Public Holiday*  
 12/04 *Easter Sunday*  
  
 01/08 30<sup>th</sup> Anniversary Concert - Zenith Theatre  
 15/08 30<sup>th</sup> Anniversary Dinner Dance - Miramare  
 20/09 Armenian Cultural Day  
 06/12 Christmas Concert & Graduation

## ARMENIAN STUDENT FUND

### **WEEKLY REPORT: Term 1 Week 6**

8 Points – <b>Yerevan</b> .....	\$9.95
6 Points – <b>Sevan</b> .....	\$8.90
<b>TOTAL:</b> .....	<b>\$18.85</b>
<b>ACCUMULATED:</b> .....	<b>\$56.20</b>

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

## SPORTS DAY GYMNASTICS PROGRAM

Term 1 Sports Day will include the Gymnastics Program, provided by 'Be Skilled Be Fit'. The weekly sessions started on Thursday, 6<sup>th</sup> February and will continue until the last day of Term - Thursday, 9<sup>th</sup> April.



The **subsidised cost** of the gymnastics program is **\$60** per student for the ten sessions. The actual cost is \$10 per session or a total of \$100. However, this has then been subsidised by the 'Sporting Schools' funding at \$40 per student. Invoices will be issued next week.

## MOBILE PHONE POLICY - Application for Permission

As part of the school Mobile Phone Policy, parents are reminded that children first **need to request and be granted permission in writing**, before being allowed to carry a mobile phone in their bag.



Students who were granted permission to carry a mobile phone last year need to **renew their application**. A copy of the policy is available to parents on request. The policy includes the relevant application form.

## Water is the best drink for kids

# Crunch&Sip®

**S**tudents are able to keep a bottle of plain water to drink during the day. When students don't drink enough water, they can become dehydrated, which causes headaches, irritability and restlessness in the classroom.

Plain tap water is the best thirst-quencher as it has no added sugars, and contains a mineral that helps strengthen teeth and bones. Soft drinks, cordials, sports drinks and flavoured mineral waters contain 6 teaspoons of sugar in every 250ml glass, which means they contain a large amount of energy. This can contribute to dental caries and decay and an excess energy intake (which can lead to overweight and obesity). So make sure you encourage your child to drink plain tap water at school by sending a bottle in their school bag. Children often enjoy cold water, so why not freeze a bottle to send in the lunchbox?

Also, try making water readily available at home. Have a jug of cold water in the fridge and place a jug of water on the table at meal times. Or make jugs of water more appealing by adding a slice of lemon or ice cubes made in novelty shaped trays.

Sending water to school will help prevent dehydration and help your child work and play all day long.



*Healthy Kids Association is a not-for-profit, non-government, health promotion organisation based in Sydney, Australia. The aim of the organisation is to promote and influence healthy food choices for children.*

For more information go to: <https://healthy-kids.com.au>



# Alexander Playgroup

**Ages  
0 - 5**

When: **Thursdays**

Time: **10am - 1pm**

Where: **Alexander Primary School**

To receive further information call the office - 9486 3266

**Come along &  
join the fun!**

## Armenian Educational Websites and Apps



### **Pokrig.org**

ՓՈՔՐԻԿ հեքեաթարանին գլխավոր նպատակը, համացանցի օժանդակութամբ, արեւմտահայերենով՝ կարդալու եւ լսելու առիթ մը ստեղծել է մեր երախաներուն: Մեր ամենամեծ փափաքն է, որ փոքրիկը արդիական գործիքներու մէջ տեսնէ ու լսէ իր մայրենիով հեքեաթներ, ու հաստատէ անլի ջերմ եւ մտերիմ զգացում մը անոր հանդէպ: Ա՛ն հայերէնի հետ յարաբերութեան մէջ ըլլայ կարդալով եւ լսելով: Եւ այդ յարաբերութիւնը իրեն օգնէ՝, թէ իր հայեցի դաստիարակութեան եւ թէ առօրեայ հայերէնին:



### **www.e-ptit.com**

ՓԹԻԹ մանկապատանեկան պարբերաթերթը ծնունդ առած է Պէյրուսի մէջ 2010թ եւ կը շարունակուի հրատարակուիլ: Գալուստ Կիւլպէնկեան Հիմնարկութեան Հայկական Բաժանմունքին նախաձեռնութեամբ ու հովանաւորութեամբ, կարելի եղաւ ՓԹԻԹ-ը համացանցի աշխարհը փոխադրել, որպէսզի աշխարհասփիւռ հայ մանուկներն ու պատանիները կարելիութիւնը ունենան օգտուելու ՓԹԻԹ-ի դաստիարակչական խաղերէն, բարոյալից պատմութիւններէն ու առակներէն:



### **Gus on the Go: Western Armenian for kids**

Developed in partnership with the AGBU, this App offers nearly 90 vocabulary words through interactive lessons and fun vocabulary games. Play along and unlock colourful and fun animated vocabulary games to help review your language skills.

Can be downloaded and purchased with a nominal fee from *Google Play & App Store*.



### **Im Armenia!**

AGBU has also developed *Im Armenia* free travel app for children of all ages. It invites users to explore interesting facts about popular sites throughout and around Yerevan, as well as in the provinces of Gegharkunik and Vayots Dzor. The first digital travel guide to introduce children to the country in a fun and interactive way.

To download the app, visit [www.agbu.org/armenia/travel](http://www.agbu.org/armenia/travel) or your app store.



INTRODUCING

## Hyē Stories

Armenian Children's books,  
written and printed in  
Sydney, Australia  
with a transliteration system  
and English translation.

Now available for purchase in  
both Eastern and Western  
Armenian dialects from  
AGBU Alexander Primary School.

Price: \$10 per book.

To view the complete series, please visit:  
[www.hyestories.com.au](http://www.hyestories.com.au)