Dear Parents,

**HOLY COMMUNION - THIS SUNDAY**

In school tradition, students will attend the Armenian Apostolic Church of Holy Resurrection, Chatswood on **Sunday, 19th February 2012**, to receive blessings and Holy Communion for the start of the new school year.

Students are expected to arrive by 10.30am to join the mass and receive Communion. Full school uniform must be worn. Girls will need school hats. Thank you to all the parents for your assistance and cooperation on this matter.

**LIVE LIFE WELL @ SCHOOL**

Australian children are not as healthy as they should be. Many of them are putting on excess weight and not losing it as they get older. Over the past 20 years, rates of overweight and obese children have risen significantly in many countries around the world.

The most recent data indicates that almost one in four children in NSW are overweight or obese*. Obese children have a 25-50% chance of being obese as adults and this figure increases to around 75% for obese adolescents. Research has shown that a number of factors have contributed to this problem. Children are spending too much time watching TV and playing on the computer. They are consuming too many snack foods that lead to poor eating habits and children are not doing enough physical activity that makes them ‘huff and puff’. Providing children with the correct messages and experiences during their primary school years will set them up for making the right personal health choices later in life.

*The **Live Life Well @ School (LLWatS)** is a joint initiative between the NSW Department of Education and Communities and NSW Health that aims to get more students, more active, more often, as well as improving students’ eating habits. The program aims to develop teachers’ knowledge, skills and confidence in teaching nutrition and physical education including fundamental movement skills as part of the K-6 Personal Development, Health and Physical Education (PDHPE) syllabus. The program offers primary teachers the opportunity to participate in a two-day professional learning workshop that promotes a ‘whole of school’ approach to physical activity and healthy eating. It promotes initiatives that are consistent with classroom practice and school policies and encourages strong community links.

This year, the program that was initially offered to DEC or public schools was extended to all Catholic and Independent schools. I have been attending the workshop for the past two days and drafting an **LLWatS Action Plan** for initiating a sustainable change in PDHPE. The plan is based on the ‘Health Promoting School Framework’ that combines curriculum, culture and community into a ‘whole of school’ approach. We already have a number of these excellent initiatives in place and would like to review and **advance** our PDHPE program during our staff meetings and development days.

Further updates in relation to this will be forthcoming.

(* NSW Schools Physical Activity and Nutrition Survey 2010)

17th February 2012

**MANOUG DEMIRJIAN**
News from the holiday period...

Congratulations to Mrs Seta Keoshgerian for being selected as the AGBU Australian-Armenian of the Year. The ceremony was held during the ‘Australia Day Breakfast’ at the AGBU Cultural Centre. The award was presented by the NSW Transport Minister and Member for Willoughby - Gradys Berejiklian. On behalf of the AGBU Alexander Primary School Board, Staff, Parents, Graduates and students we wish Mrs Seta the best.

Congratulations to Clara Nalbandian for her remarkable Higher School Certificate 2011 results achieving an outstanding ATAR in the top 1% of the state with Band 6 in Mathematics Extension 1 and 2, Physics and Chemistry. Clara is proudly a former AGBU Alexander Primary School student and completed her secondary school at Brigidine College, St. Ives. She has made valuable contribution to school life, including Tournament of Minds, Science club, Justiniian society, Maths challenge competition and tutoring junior classes. Clara has received several achievement awards, application for studies awards and Principal’s awards. She achieved first place in Physics in 2011 at Brigidine College.

Clara has special interests in Armenian dancing and has participated in the community as such over the last ten years. Clara is going to commence her tertiary studies at the University of Sydney, Bachelor of Medical Science. We take this opportunity to wish Clara the very best of luck in pursuing her career pathway and serving the community.

BOOK CLUB - ISSUE 1
Order Forms/Money Due by Monday 20th February, 2012
Orders after this date cannot be processed. Please place your orders in clearly marked envelopes.

BOOK COVERS
All children should by now have covered all school books with clear plastic. Thank you parents for supporting your children in getting this annual chore out of the way.

HOUSE POINTS TERM 1
Uniform, Playground, Charity & Awards
Sevan - 22 points
Yerevan - 20 points

DATES TO REMEMBER
19/02 Holy Communion at Church on Sunday
20/02 Book Club - Issue 1 Orders Due
31/03 Robert Chilingirian Dance Concert
01/04 Palm Sunday Concert & Picnic
03/04 Parent/Teacher Interviews & Portfolios
04/04 Life Education Van Visit
05/04 Last Day Term 1
06/04 Good Friday - Public Holiday
07/04 Easter Saturday - Public Holiday
08/04 Easter Sunday
09/04 Easter Monday - Public Holiday
09/12 Christmas Concert and Graduation
15/04 A.G.B.U. Foundation Anniversary

ARMENIAN STUDENT FUND
 WEEKLY REPORT: Term 1 Week 4

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Sponsor a child in Armenia through the Armenian Apostolic Church
www.armenianchurchsydney.org.au
REMINDER: Don’t Forget the Fruit!

Each class has a Crunch&Sie break each day for students to refuel on fruit and vegetables and rehydrate on water.

Please make sure your son or daughter has an extra piece of fruit or vegetable for Crunch&Sie each day.

BACK TO SCHOOL
DON’T FORGET ABOUT YOUR CHILD’S ASTHMA!

Early February, just after school goes back, is the time of year when children are most likely to have a flare-up of their asthma, so it is important that parents keep an eye on their children’s asthma, ensure they take their prescribed preventer medication regularly, and that they always carry their reliever medication with them. It is vital that asthma in children is properly managed in order to avoid asthma emergencies.

Symptoms in young children may include wheezing, persistent coughing or shortness of breath. If these symptoms do not respond to the child’s reliever medication, or if reliever medication is needed every day, we are encouraging parents to take their children immediately to a doctor.

Parents also need to ensure that the school their child attends is fully aware he or she has asthma so the school can support the child’s health needs.

Although asthma is mild in most children, it can be serious and even life-threatening if it is not properly managed, so it is important that anyone with asthma sees their doctor regularly and develops an asthma action plan so they know what to do when their symptoms worsen.

There is so much to think about when returning to school. It’s often difficult to remember everything. Make sure it’s not managing your child’s asthma appropriately that you forget! Ensure that you see your GP for an update on your child’s asthma and be sure to supply your school with an updated Asthma Action Plan.

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
Gala Dinner Dance

Organised By AGBU Sydney Chapter

International SuperStar

Robert Chilingirian

In Support of
Alexander Primary School and AGBU Youth

VENUE:
RENAISSANCE RECEPTION CENTRE
“Piano Ballroom”
3 New Street, Lidcombe
Opposite Council Car Park
Saturday
31 March 2012
Doors Open
7:30 pm

Donation: Adults - $95  Under 16 - $70
Mezza, Main Course and unlimited Beer, Wine and Soft Drinks

For Tickets Please Ring:
Minas Dertadian - 9452 3553  Hovhaness Kouyoumdjian - 0408 283 826
Sosi Giragossian - 0408 243 890  Talar Bedikian - 0412 336 202