



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 effort of students and teachers, 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!

SNEEZE SAFE CAMPAIGN 2017

'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.

...continued ➤



OUR NEW SPORT LESSONS - YOGA!

Since the start of term, the school has introduced a new sporting activity as part of our *Sporting Schools* program. Yoga is one of the fastest growing sports globally and we are happy to be part of the increasing number of schools who are taking up the sport. There is a push to have 'mindfulness' included in the Australian curriculum by 2020, by a non-profit program called 'Smiling Minds'.

Our Yoga sessions incorporate the 'Smiling Minds' program, which is a mental health and wellbeing program, being implemented in schools across Australia. As part of the program, students will be involved in mindful meditation sessions, and will share experiences of these exercises with each other.

What is mindfulness? Mindfulness is a state of being fully awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgement. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future.



While the practice of Mindfulness has been around for centuries, it has surged in popularity in recent years with highly regarded institutions such as Monash, Melbourne, UCLA, Harvard and Oxford Universities developing clinical studies revealing the positive impacts of Mindfulness.

How can mindfulness meditation benefit student wellbeing and learning?

Research has shown that practising mindfulness meditation can reduce stress, increase resilience and assist in lowering the incidence of mental health issues. At the same time, Mindfulness meditation has been found to increase positive emotion, vitality, life satisfaction and self-esteem. In addition, studies have shown that people who spend more time being mindful tend to experience clearer, more focused thinking, improved memory and attention, and heightened performance and achievement.

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.

19th May, 2017



MANOUG DEMIRJIAN

HOUSE POINTS TERM 2

Uniform, Playground, Charity & Awards

ARARAT - 36 points

MASIS - 34 points

BIRTHDAYS OF THE WEEK

Happy Birthday to...

Alina | Lio

DATES TO REMEMBER

23/05	ICAS - Digital Technologies Test Years 3-6
24/05	'Friendship Day' @ Kinma School
30/05	ICAS - Science Test Years 2-6
12/06	Queen's Birthday - Public Holiday
13/06	ICAS - Writing Test Years 3-6
14/06	ICAS - Spelling Test Years 3-6
21/06	Interschool Debating Comp. # 1
30/06	Last Day Term 2 - Mufti Day
17/07	School Development Day (Pupil Free) Emergency Care & CPR Staff Training
18/07	First Day Term 3 - Students Return
10/12	Christmas Concert and Graduation

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 2 Week 4

8 Points – Masis	\$14.70
6 Points – Ararat	\$9.25
TOTAL:	\$23.95
ACCUMULATED:	\$269.40

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ARMENIAN APOSTOLIC CHURCH
www.armenianchurchsydney.org.au





Department
of Industry
Resources & Energy

Support to Pay Electricity and Gas Bills*



Help is available to pay
your energy bills.

For information on
rebates and emergency
assistance go to:

[www.resourcesandenergy
.nsw.gov.au/rebates](http://www.resourcesandenergy.nsw.gov.au/rebates)

or phone Service NSW
on 137 788

* eligibility criteria apply

YOU COULD BE ELIGIBLE FOR ONE OR MORE OF THESE REBATES/ASSISTANCE PROGRAMS

Family Energy Rebate* – \$150 or \$15 per year – If you are the electricity account holder in your household, have dependent children and receive a DHS payment called Family Tax Benefits (Part a or B), you could qualify for this electricity rebate. Information on application deadlines is available from our website.

NSW Gas Rebate* – \$90 per year – If you have natural gas or use LPG for cooking, heating or hot water, you could qualify for this gas rebate. To be eligible you will also need to be the gas account holder and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA.

Medical Energy Rebate* – \$235 per year – You could qualify for this rebate if you, or someone living with you, have an inability to self-regulate body temperature which is often associated with medical conditions such as Parkinson's disease and Multiple Sclerosis. The electricity account holder in your household must have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card.

Low Income Household Rebate* – \$235 per year – If you are the electricity account holder in your household and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA, you could qualify for this electricity rebate.

Life Support Rebate* – If you are required, or have someone living with you who is required, to use approved energy-intensive medical equipment at home, you could qualify for this electricity rebate. Information on approved equipment and rebate rates is available from our website.

EAPA* – Energy Accounts Payment Assistance Scheme – helps people experiencing a short term financial crisis or emergency to pay their electricity or natural gas bill. The scheme helps people stay connected to essential energy services during a financial crisis. EAPA is not means tested and you do not need to hold any DHS or DVA concessions cards to access this scheme.

HOW CAN I GET MORE INFORMATION AND WHERE DO I APPLY?

The Department of Industry website has all the information you will need to determine if you are eligible for an energy rebates or emergency assistance. Go to www.resourcesandenergy.nsw.gov.au/rebates for further information.

If you do not have access to the internet you can call Service NSW on 137 788 and talk to a customer service officer about your circumstances. Service NSW can also post you application forms.

If you have an electricity or natural gas account with an energy retailer you can call them to apply over the phone for the Low Income Household Rebate and NSW Gas Rebate. Your retailer can also provide you with application forms for other rebate programs.

REMEMBER

If you have a DHS (Centrelink) Health Care Card you could qualify for the Low Income Household Rebate and/or NSW Gas Rebate.



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)