



Dear Parents,

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.

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.

The program that was initiated at Alexander school few years ago with a *LLWatS Action Plan* has now been reviewed with an extra boost of financial support from the NSW Government (please check the Newsletter for details). Towards the end of last year, Miss Charlotte Holloway attended a K-6 Physical Activity & Health Conference and drafted our latest *LLWatS Action Plan* for initiating a sustainable change in PDHPE. The action plan is based on the 'Health Promoting School Framework' that combines curriculum, culture and community into a 'whole of school' approach.

PARENT / TEACHER INTERVIEWS

Parent/Teacher Interviews will take place on **Wednesday** afternoon. Thank you to all the parents who returned their forms promptly. You will receive a confirmation of your appointment with this newsletter.



Parent-Teacher Interviews

We have done our best to accommodate your special requests in relation to appointment times. I'm sure with the three given time slots we should have no disappointments, as parents were prepared to accept any time within the slots provided. If you have a problem with the confirmed appointment time, please contact the office to arrange for an alternative.

Have a safe and blessed Easter weekend.

«Քրիստոս յարեալ ի մեռելոց» ~ «Օրհնեալ է յարութիւնը Քրիստոսի»

29th March, 2018

MANOUG DEMIRJIAN

Live Life Well @ School



AGBU Alexander Primary School has received a \$1000 Live Life Well @ School grant from the Northern Sydney Local Health District, Live Life Well @ School team. It will be used to assist with our healthy eating & physical activity initiatives.

The Live Life Well @ School program, that our school is part of, is a joint initiative between the Department of Education and Ministry of Health. The program helps schools adopt a range of strategies that have a positive impact on the health and wellbeing of students and the school community.

Our school will use the grant to : *Develop and bring back to life the Fruit & Vegetable Garden. Also upgrade the chicken coop. The garden will be the perfect opportunity for students to work the land, learn about our local environment and understand the importance of eating healthy.*



Health
Northern Sydney
Local Health District

HOUSE POINTS TERM 1

*Uniform, Playground, Charity
& Awards*



YEREVAN - 55 points
SEVAN - 60 points



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

TEACHERS' AWARD

Let your teacher know when you are ready to collect your Teacher's Award and be included in this weekly honour list.

Remember 10 Encouragement Awards = Teacher's Award

TERM 1 – WEEK 9

Year 4: Isabella

Year 2: Adelin

Martin



DATES TO REMEMBER

30/03 Good Friday - Public Holiday
31/03 Holy Saturday - Public Holiday
01/04 Easter Sunday
02/04 Easter Monday - Public Holiday

03/04 Life Education Van - Slip & Payment Due
04/04 Parent/Teacher Interviews & Portfolios
Life Education Van Visit (Healthy Harold)
13/04 Last Day Term 1 - Mufti Day
15/04 AGBU Foundation Anniversary
24/04 Armenian Genocide Commemoration
25/04 ANZAC Day - Public Holiday
30/04 School Development Day (Pupil Free)

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 1 Week 9

8 Points – **Sevan** \$12.35

6 Points – **Yerevan** \$5.90

TOTAL: **\$18.25**

ACCUMULATED: **\$100.95**

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

RYDE BUS UPDATE - TRANSDEV

Please be advised that the times of the **8039 bus in the morning** has changed as indicated below. The 5 minutes earlier departure will take effect from the 3rd April, 2018.

This is due to the increased traffic, that has led to some students not getting to school on time on occasions.



TRANSDEV - SPECIAL SCHOOL SERVICES		
AGBU Alexander Primary School		
BUS	TIME	AFTERNOON BUS ROUTE (From 3 April 2018)
8039	7.30	From West Ryde Station (Ryedale Rd) - Via Ryedale Road, (L) Victoria Road, (L) Devlin Street, (Devlin Street / Blaxland Road 7:36) Lane Cove Road, (Lane Cove Road / Quarry Road 7:40), (Lane Cove Road / Epping Road 7:50), (Lane Cove Road / Fontenoy Road 7:54), Ryde Road, Mona Vale Road (Brigidine College 8:08) to School (Arrive 8.27).
KEY: (L) Bus turns Left (R) Bus Turns Right		
TIMES ARE INDICATIVE AND MAY VARY DUE TO ROAD & WEATHER CONDITIONS		



Opal, the only way to travel to and from school

Although some might have a free pass, all students must tap on and tap off, every time so services can be adjusted if necessary.

Visit: transportnsw.info/school-students or call **131 500**

www.transdevnsw.com.au | T: (02) 8700 0555

ARMENIAN GENOCIDE COMMEMORATION - Tuesday, 24th April

The Armenian Genocide Commemorative Committee (AGCC) of Australia has announced that *New York Times* Bestselling Author, Chris Bohjalian will headline the National Armenian Genocide Commemoration Evening in Sydney, marking the 103rd Anniversary of the Genocide of the Armenians and other Christian minorities in the Ottoman Empire during World War I.

This annual event, to be held at The Concourse in Chatswood on Tuesday, 24th April 2018, is regularly attended by approximately 1,000 members of the Sydney Armenian community, religious, political, NGO, diplomatic and academic leaders from across the country.



The organising committee, through AGBU Sydney Chapter have invited our school students to join a combined students' choir and sing the national anthems at the commencement of the evening's program. Participating students need to be available earlier that evening for a final rehearsal.

Please let us know if you would like your child/ren to join the choir. For more information, please call the office.

Please indicate your response below and return to school by **Wednesday, 4th April**.



ARMENIAN GENOCIDE COMMEMORATION Years 4 & 5 Only

STUDENT/S NAME/S: _____ CLASS: _____

Please ✓tick the appropriate box and return the form to the office by Wednesday, 4th April.

☐ YES, I would like my child/ren to join the combined schools choir on Tuesday, **24 April** @ The Concourse.

☐ NO, my child/ren will not be able to join combined schools choir on Tuesday, **24 April** @ The Concourse.

PARENT'S SIGNATURE: _____ DATE: _____



Նախագահությամբ
Գերաշնորհ Տէր Հայկազուն Նպս Նաճարեանի

Յատուկ Հոգեհանգիստ

Ի յիշատակ Արցախի քառորեայ պատերազմին զոհուած զինուորներուն
02 Ապրիլ, 2018 երեկոյեան ժամը 7:00-ին
Սուրբ Յարութիւն Եկեղեցոյ Մէջ

Սր. Յարութիւն Եկեղեցոյ Երիտասարդաց Միութիւնը նպատակ ունի
յատուկ աղօթագիրքեր պատրաստել Արցախ ծառայող Հայ
զինուորներուն համար

Ձեր սրտաբուխ նուիրատուութիւնը կը ծառայէ յիշեալ նպատակին

«ԱՍՏՈՒԱՏ ՊԱՀԱՊԱՆ ՀԱՅ ԶԻՆՈՒՐՆԵՐՈՒՆ»



Under the Auspices of His Grace Bishop Haigazoun A Special Requiem Service

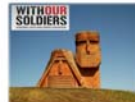
In honour of Our Troops who lost their lives during the April 2016 War in Artsakh

The Service will be held 2 April, 2018 at 7:00pm
Armenian Apostolic Church of Holy Resurrection
10 Macquarie Street, Chatswood NSW 2067

All donations collected will be used to fund the printing and distribution of specially-prepared Prayer Books to troops posted at the Artsakh border

Please join our organisers, ACYA in supporting this mission

GOD BLESS OUR TROOPS



KIDS BASKETBALL TRAINING FOR BOYS & GIRLS (UNDER 14)

TUESDAYS FROM 5-6PM

TO REGISTER CALL:
LEEZA - 0450 760 611

New Venue!

FREE FOR THE COMMUNITY
RYDE COMMUNITY SPORTS CENTRE

LIFE EDUCATION NEW SOUTH WALES VISIT - Wednesday, 4th April, 2018



Life Education NSW mobile classroom will be visiting our school on Wednesday, 4th April, 2018.

Life Education provides a positive health based education program for students in P/K to Year 6 and helps them gain an appreciation and respect for the human body. The aim of Life Education is to reduce drug abuse and the older students discuss the effects of drugs on the body.

The Life Education programs are progressive and each year students participate in a different program building on the knowledge gained in previous years. Programs also help to develop life skills enabling students to make informed choices concerning their health and to be confident in politely informing their friends and peers of their decisions concerning drugs and other issues. The programs are a fully integrated part of the curriculum. Specially designed teachers' manuals and children's work sheets provide ongoing class material to further develop skills and knowledge.



HAROLD MERCHANDISE



Life Education NSW is a not for profit community-based organization that relies heavily on the raising of funds within the community to assist in meeting the shortfall left after receiving minimal assistance from Government funding.

The sale of Harold merchandise to the children whilst the program is visiting each school supports the fundraising activities of local committees and all proceeds support Life Education within each local area. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. Please provide the **correct money** in an envelope with the item written on the face of the envelope along with your child's name and class. This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit.



Healthy Harold Product Description	Price Including GST
Tattoo	\$0.50
Harold Sticky Note Pad	\$1.50
Harold Activity Bag	\$3.00
Harold Key Ring	\$3.00

Healthy Harold Product Description	Price Including GST
Harold Hand Ball	\$3.00
Harold Stationary Set	\$3.00
Small Harold Soft Toy	\$8.00
Large Harold Soft Toy	\$15.00

NB - Harold Products are subject to availability

Students may bring money to buy these listed Happy Harold products directly from the Life Education Van.

Please return permission slip and money to the office by **Tuesday, 3rd April.**



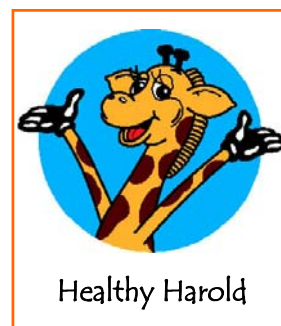
LIFE EDUCATION NSW VISIT - P-6

I give permission for my child/ren to attend the Life Education NSW mobile classroom which will visit AGBU Alexander Primary School on **Wednesday, 4th April 2018.**

STUDENT/S NAME/S:

PARENT'S SIGNATURE: DATE:

MONEY ENCLOSED: \$ (\$10.00 per student)





AGBU Alexander Primary School P&C

Mother's Day HIGH TEA

THURSDAY 10TH MAY 2018 12PM - 3PM

**Come join us for an afternoon
filled sophisticated delights
celebrating motherhood.
Grandmas, aunts, family and
friends are all welcome.**

Donations \$45 per person
All proceeds to contribute to
new 3-6yr old playground

For more information please
contact Sonia Panikian
0415462177 or School Office



Visit us on
Facebook

<http://www.facebook.com/AlexanderSchool>

