

Dear Parents,

### HOLIDAY FUN & FOCUS

I hope that all our children will have productive holidays, full of rest and interesting activities. They have been seriously encouraged to read during the holidays and some time every day can be gainfully spent this way. Reading before bed is a calming way to finish the day. Practice is the best way to improve. Working on reading good literature and stories will pay off eventually with increased skill and enjoyment. Remember, you can't expect children to love reading if you show no interest yourself. Don't forget to visit your local library during the holidays. Our children love poring over books of all types. All libraries have story-telling sessions for young children, as well as other events run by your local council. Whilst enjoying a break from formal learning, remember that children, especially the very young, need to keep learning through holidays so that progress is maintained.



It is a good time to make use of the great educational software that the school and students subscribe to. All students have access to *Reading Eggs* or *Reading Eggspress*, *MathsOnline* and *LiteracyPlanet* which they can join from the *Links* tab on the school website.

I like to take this opportunity and also mention about some of the great Armenian educational websites and *Apps* that have been developed recently. Please check the Newsletter for a list of the ones we use or have introduced at school. The most recent one that has been developed by the AGBU is the '*Im Armenia*' App for children of all ages. It invites users to explore interesting facts about popular sites around Armenia. The first digital travel guide to introduce children to the country in a fun and interactive way.

### SPORT LESSONS - YOGA!

Last year, the school introduced a new sporting activity, which was once again part of our Term 2 program. Yoga, is one of the fastest growing sports globally and we are happy continue being 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 are involved in mindful meditation sessions, and 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.

*Have a lovely break and we hope to see you back refreshed next term.*

6<sup>th</sup> July, 2018

MANOUG DEMIRJIAN

# We'd like to say a big Thank You to ...

- ☺ Our school mums and volunteers for providing a great canteen facility for students and staff:  
Mrs Nune Akayan, Mrs Sona Anoshian, Mrs Margueritte Boyadjian, Mrs Sarin Elmasian, Mrs Annette Galstian, Yerekin Hasmik Hambardzumyan, Mrs Lisa Jebian, Mrs Dzovig Kassis, Mrs Svetlana Khachatourian, Mrs Natalie Khoudair, Mrs Vartni Mikaelian, Mrs Jeanette Misislian, Mrs Sonia Panikian, Mr Vartan Sevazlian, Mrs Cynthia Tomassian and Mrs Araxi Vartanian.  
  
Also to the following for assisting with canteen supplies: Mrs Ani Ananyan, Mrs Zepiur Chahrozian, Mrs Laura Demirjian, Mrs Sarah Dixon, Mrs Belinda Stoebe and Mrs Natalie Urriola,
- ☺ Mrs Svetlana Khatchadourian for Coordinating the Canteen rosters and menu through the school office.
- ☺ All member of the P & C and families for organising and supporting the Mothers' Day High Tea. Your help and contribution helped make the day a great success. Thank you all!
- ☺ Mrs Maggie Betchakjian for preparing, making and donating the lovely craftwork for the Mothers' Day High Tea raffle tickets.
- ☺ P & C members and parents for organising, running and supporting the Mothers Day Stall. Your help and contribution helped make the activity a great success. Thank you to Mrs Cynthia Tomassian and family for donating all the items for sale at the stall. Once again, your support is greatly appreciated.
- ☺ Mrs Armine Sevazlian for her contribution as Library Coordinator. Apart from accessioning, organising, sorting and re-shelving the books, she has helped make the Library inviting and accessible to the students.
- ☺ Mr Michael Aghabekian for volunteering his time to involve the students at lunchtime soccer activity.
- ☺ Mr Vahig Vartanian for donating high grade gymnastic mats for school use.
- ☺ Our graduates Taniel Betchakjian, Krikor Demirjian, Talia Shamaon, Kevork Demirjian, Lilit Topouzian and Samuel Betchakjian for visiting the school on their pupil-free days during the term and helping with tasks around the school.
- ☺ Christine Apanian for her help and assistance in Years P-K and for doing special tasks around the school.
- ☺ All the wonderful teachers who do a great job with the children both socially and academically. Thank you for the hard work. Enjoy your break!

## HOUSE POINTS TERM 2

*Uniform, Playground, Charity  
& Awards*



**YEREVAN** - 96 points

**SEVAN** - 101 points



## TEACHERS' AWARD

**TERM 2 - WEEK 10**

Year 5: Samson

Year 4: Isabella

Year 3: Lara

Year 1: Lio

Kinder: Dzila, Lara

David, Isabel



## DATES TO REMEMBER

23/07	School Development Day (Pupil Free) Emergency Care & CPR Staff Training
24/07	First Day Term 3 - Students Return
27/07	George's Marvellous Medicine - Theatre
31/07	ICAS - English Test Years 2-6
14/08	ICAS - Mathematics Test Years 2-6
20/08	Start of Book Week and Book Fair
22/08	Interschool Debating Comp. # 2
23/08	Book Week Assembly
20/09	Interschool Debating Comp. # 3
21/09	Armenian Independence Day
22/09	Last Day Term 3 - Mufti Day Student Portfolios Sent Home

## ARMENIAN STUDENT FUND

### WEEKLY REPORT: Term 2 Week 10

8 Points – **Sevan** ..... \$13.30

6 Points – **Yerevan** ..... \$11.90

**TOTAL:** ..... **\$25.20**

**ACCUMULATED:** ..... **\$331.95**

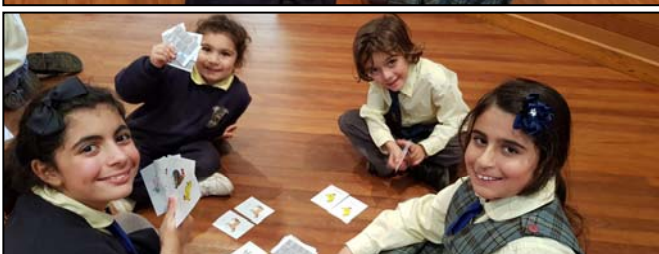
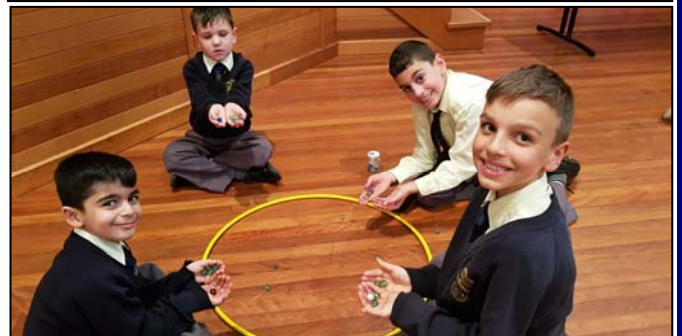
SPONSOR A CHILD IN ARMENIA THROUGH THE  
ARMENIAN APOSTOLIC CHURCH  
[www.armenianchurchsydney.org.au](http://www.armenianchurchsydney.org.au)



### Toys of the Past & Present

This term, Years 1 & 2 have been learning about toys of the past and present. The students were able to travel back to Ancient times where they discovered that the toys Ancient Egyptian, Greek and Roman children played with were not so different from today. They also learnt about the types of toys that their great grandparents, grandparents and parents played with.

On Wednesday the students got to play some favourite toys of yesteryear. The students experienced playing with wooden blocks and jigsaw puzzles. They played the classic card games of *Old Maid* and *Go Fish*. They found it difficult to master the game of *Knucklebones* and *Pick Up Sticks* but thoroughly enjoyed playing *Snakes and Ladders* and *Dominoes*.









## Armenian Educational Websites and Apps



### Pokrig.org

ՓՈՔՐԻԿ հեքեթարանին գլխավոր նպատակը, համացանցի օժանդակությամբ, արեւմտահայերենով՝ կարդալու եւ լսելու առիթ մը ստեղծել է մեր երախաներուն: Մեր ամենամեծ փափաքն է, որ փոքրիկը արդիական գործիքներու մէջ տեսնէ ու լսէ իր մայրենիով հեքեթներ, ու հաստատէ անելի 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 պարբերաբերթը ծնունդ առած է Պէյրուքի մէջ 2010թ եւ կը շարունակուի հրատարակուի: 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.

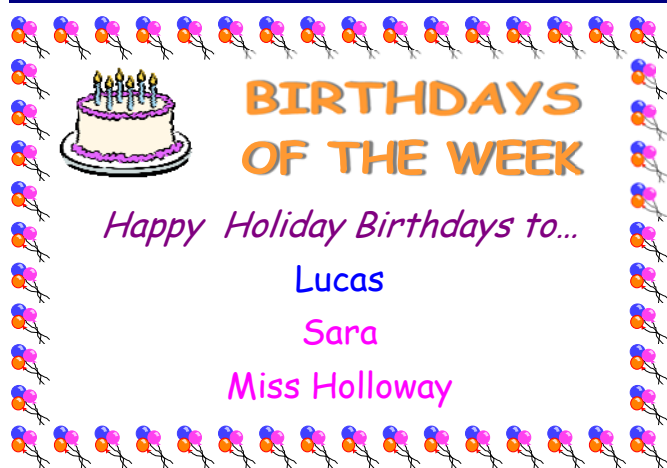
Can be downloaded and purchased with a nominal fee from Google Play & App Store.



### 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.



## WITH YOUR NEWSLETTER THIS WEEK...

### ARMENIAN GENERAL BENEVOLENT UNION ALEXANDER PRIMARY SCHOOL SCHOOL REPORT 2017

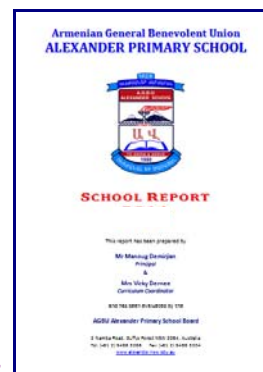
#### Includes...

Academic Performance,  
Teacher Standards,  
School Policies on Enrolment,  
Discipline, Safe & Supportive  
Environment, Improvement  
Targets, Summary of Financial  
Information and a lot more!

**Grab a copy from the office.**  
**Also available on the website.**

<http://www.alexander.nsw.edu.au/reports.html>

(Including reports from previous years)



## AEDC Parent Information Letter

Dear Parent/Carer

***Re: Australian Early Development Census (AEDC)***

Between May and August this year, our school will be taking part in the Australian Early Development Census (AEDC), which is a nationwide census of early childhood development and helps our school and community understand how children are developing before they start school, what is being done well, and what can be improved. The AEDC is an Australian Government initiative run by the Department of Education and Training.

Children do not need to do anything to be included in the census and will attend class as usual. During the census, teachers record information (including children's names and dates of birth) based on their knowledge and observations of each child in their class. The questions to be used by the AEDC in the upcoming collection are available at [www.aedc.gov.au/instrument](http://www.aedc.gov.au/instrument).

Once all schools participating in the AEDC have provided their information, and the AEDC is completed, some of the data collected is compiled and made available publicly as de-identified data, i.e., data that does not include any children's names, ages, addresses or schools.

This data can be very useful for a wide variety of policy, analysis, and statistical and research purposes, so it is provided to a number of bodies, including government and non-government education departments and organisations, independent school systems and researchers. Some of these organisations may also link AEDC data with information from other organisations (such as health departments) to improve programs and policies for young children. When the data is linked with other data, extreme care is taken to ensure individual children cannot be identified.

As so much can be learned about children's development through the AEDC, the privacy of children participating in it is of paramount importance. To ensure that all of the information collected is handled properly, the AEDC is managed in accordance with the Australian Privacy Principles (APPs). The APPs regulate the collection, use, disclosure and storage of personal information by Australian government agencies, and some private sector organisations, and is part of the Privacy Act 1998 (Cth). APPs also form part of applicable state and territory privacy legislation and policies.

The system used by the AEDC to collect and collate the information is a secure site and children's information is kept secure at all times. Your child's data will not be used for any other purpose than described in this letter and the Privacy Statement contained on the AEDC website at [www.aedc.gov.au/privacy](http://www.aedc.gov.au/privacy). You can see how data was collected and presented in 2009, 2012 and 2015 by visiting [www.aedc.gov.au/data](http://www.aedc.gov.au/data). Data from the 2018 collection will be presented in a similar way.

This year's AEDC is a great opportunity for everyone including parents, local communities, schools and other agencies to work together to bring long-lasting benefits to children and their families. If you would like more information about the AEDC, please refer to frequently asked questions section on the AEDC website at [www.aedc.gov.au](http://www.aedc.gov.au), or phone 1800 092 548.

The AEDC is voluntary and is not a school test, so should you wish for your child/children's information to be excluded from the census, please contact the School Office on 9486 3266 or email:

[Office@alexander.nsw.edu.au](mailto:Office@alexander.nsw.edu.au)

Thank you for supporting the AEDC.