

Dear Parents,

“The only thing constant in life is change”

- Heraclitus

We all face changes in our lives on a daily basis... whether it is a simple change to our routine, or to the weather forecast, change affects everyone and we each deal with change differently. This is the only constant in our life, the only thing we can be sure will happen... change!

As a result, we should all be prepared and learn to expect change, which will in turn bring us hope during challenging or unexpected life events. It is important to understand that it's not the circumstances or the changes that dictate how our lives will be shaped, but rather how we go about handling those changes and disruptions. It does not matter what the change is that we experience, it is how we embrace that change that will forever impact how we are able to live with the change.

When one is going through such a change they find different ways to cope. Personally, I turn to my faith and find an inner strength which the Lord has graced me with. I turn to His word for comfort and peace. But no matter where you turn or how you cope with change, you must find a way to deal with the newly changed differences in your life. You need to look for the positives despite the negatives in the changes that are happening. Having a positive outlook will totally change the perspective. Life is what you make it, and change is no different! In fact, the only thing we can count on in life is that change will be constant!



It is also interesting how we each have our own resiliency (an ability to recover from or adjust easily to misfortune or change). Some of us are able to 'bounce back' more quickly than others. I believe that our resiliency depends on the type of change (more massive is more difficult) and how much the change has an affect on your daily life. It also depends on our age and where we are in our life.

Change comes into every life, at every age, but for children, massive change can be especially difficult because their experiences, like their life spans, are still limited. Children can be affected differently than adults, and it's up to the adults to help the children through the rough times. Adults, such as teachers, who consider the age and developmental level of the children are better prepared to support children emotionally, teach effective problem-solving skills, and model successful coping strategies.

Change is constant, but it is all a part of life and we can all learn and grow from it. We can all help each other through. If a young child experiences an event that is beyond his or her skill level, he or she needs an adult to help learn new coping strategies or adapt a current skill. Being aware of the developmental tasks the child or youth is learning will help the adult identify the next steps to take. Adults can help by loving the child, talking with the child, showing the child new ways of dealing with the change and accepting the child's reactions to the event.

It is not difficult to forget that life will always be changing - we face something new every moment of the day! We need to embrace the changes that life has in store for us - they will make things flow more smoothly and we can bounce back from the major changes hopefully a little easier. We just have to always keep in mind that life truly is what we make of it... if we are always living in negativity then life will always seem like doom and gloom.

24th May, 2019

MANOUG DEMIRJIAN

DONATIONS TO ALEXANDER SCHOOL

In Lieu of flowers for the Late Angel Yapoudjian

Mr & Mrs Noubar and Knar Soghomonian	\$100
Dr & Mrs Garo and Laura Artinian	\$100
Mr & Mrs Sarkis and Alice Derbedrossian	\$100
Mr Kevork Pezikian & Mrs Foulig Touloumbadjian	\$50
Mr & Mrs Dikran and Seta Dikranian	\$50

Our condolences to the Yapoudjian and Jejejian Families. May her soul rest in peace.

In Memoriam for the Late Hagop Khatchadourian

Mr & Mrs Matious and Rosig Mazlounian	\$50
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In Support of Alexander School

Anonymous	\$400
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The very competitive fees at Alexander Primary School often prompt school families to make financial donations to the school to further support school projects. The school welcomes your donation and those of our community members. Donations can also be made in lieu of gift-giving occasions or for memorials.

All donations to the School Building Fund are tax deductible.

HOUSE POINTS TERM 2

Uniform, Playground, Charity & Awards



ARARAT - 42 points

MASIS - 47 points



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

DATES TO REMEMBER

10/06	Queen's Birthday - Public Holiday
04/07	Student Half Yearly Reports - Sent Out
05/07	Last Day Term 2 - Mufti Day
22/07	School Development Day (Pupil Free)
23/07	First Day Term 3 - Students Return
01/08	School Registration - Inspection Day
27/09	Last Day Term 3 - Mufti Day
27/10	Armenian Cultural Day - TBC
08/12	Christmas Concert & Graduation

Live Life Well @ School

MAKE YOUR MOVE - BE ACTIVE FOR LIFE

Tips to be active:

- **Keep a box of balls** or a kite at home and in the car so you will always be ready for action!
- **Walk and talk.** Practice multiplication, spelling or other homework with your child while walking
- **Encourage activities** that strengthen muscle and bones at least 3 days per week e.g. hopscotch, martial arts or dance
- **Incidental activity counts!** Take the stairs, walk the dog, do some housework or spend time gardening.



For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day. Variety is important.

For more tips visit www.makehealthynormal.nsw.gov.au



Health
Northern Sydney
Local Health District

Slip



Slop



Slap



Seek



Slide



TEACHERS' AWARD

Remember 10 Encouragement Awards = Teacher's Award

TERM 2 - WEEK 4

Year 6: Asbed
Year 5: Lara, Sera
Year 4: Sargis
Year 3: Khloe
Year 2: Razmik
Year 1: David



ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 2 Week 4

8 Points – Masis	\$11.50
6 Points – Ararat	\$10.60
TOTAL:	\$22.10
ACCUMULATED:	\$216.00

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

Maintenance & Upgrade

New Handrails and Balustrades

As part of our ongoing task of maintaining and upgrading the school grounds, another major project was approved and completed with the support of the School Board. It has been a priority of the school to ensure compliance with disability access and we hope this costly upgrade will provide the necessary support for students and visitors. The double stainless steel handrails will help provide the support for young children as well as adults at all our stairways around the playground.

As part of this project, new aluminium balustrades were also installed around the balcony area, behind the school hall. The previous railing was short of the required height regulations and this upgrade was another important safety project.



Family Fun Night!



Visit us on
Facebook

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

