

Dear Parents,

### **ORAL HEALTH - BRIGHT SMILES, BRIGHT FUTURES!**

Good oral health is an integral part of a child's overall health. We like to remind our parents that by modelling proper tooth brushing and encouraging your children to take care of their teeth at home, you are helping them develop healthy habits that they can practice forever!



While the junior students will be studying and looking at this topic closely, we felt that the rest of the students at the school needed a gentle reminder about their oral health. As a result, a special pack has been distributed with today's Newsletter. It gives parents the information they need to easily integrate oral health strategies into their daily family routines. The kit includes key steps for a bright smile and a 28 day brushing chart. We hope you are able to make good use of the toothbrush and toothpaste samples.

### **BEATING THE BED TIME BLUES**

Bedtime can be a battle in many families as children resist attempts to end their day and allow parents to have some time to themselves. Some children are experts at stretching bedtime out through procrastination or persistent cries of 'five more minutes because this is my favourite show'. They may suddenly remember that homework is due the next day. Anything to put off bedtime!

A clear plan can help make the end of the day less of a chore for parents.

- ♦ Distinguish between being in bed and being in the bedroom. Children differ in the amount of sleep they need - so to expect them to go to sleep at a certain time is unrealistic. However, they can be expected to be in their bedrooms at a set time and then regulate their own sleep habits.
- ♦ Have a set routine such as 'quiet time, drink and story' which signals the end of the day and stick to it. Even older primary school children benefit from a set routine that lets them know what is expected so they can plan accordingly.
- ♦ Be firm and resist procrastination. Try always to say good night at the appointed time even if children are not quite ready.
- ♦ Turn the television off and, if necessary, remove other distractions while children are going to bed.
- ♦ Return 'jacks-in-the-boxes' to their bedrooms and ignore repeated calling out for drinks and other attempts to keep you busy. Make yourself scarce. Go to another part of the house and be unwilling to be drawn into a game of the children's making.
- ♦ DO NOT - Over stimulate children before bedtime. Five minutes before bed engage in a friendly wrestling match on the floor and then the real battle will begin!
- ♦ DO NOT - Allow children who delayed bedtime to sleep in to make up for lost sleep. This will ensure that they stay awake at night. (Wake children at the same time each morning.)



### **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.



**HAVE A WARM, RELAXING AND SAFE LONG WEEKEND EVERYONE!**  
**See you back refreshed on Tuesday!**

7<sup>th</sup> June, 2019

MANOUG DEMIRJIAN

## Live Life Well @ School

### FRUIT, VEGETABLE AND WATER BREAK



#### Budget crunching

Buying fruit and vegetables in season often means they will be cheaper and better quality.

May	June
<b>Fruit:</b> apples, banana, grapefruit, grapes, kiwifruit	<b>Fruit:</b> banana, kiwifruit, mandarins, grapefruit
<b>Vegetables:</b> broccoli, carrot, cauliflower, mushrooms, potato, pumpkin	<b>Vegetables:</b> broccoli, carrot, cauliflower, potato, pumpkin

For a full seasonal calendar, search 'seasonal produce' at [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District



## BIRTHDAYS OF THE WEEK

Happy Birthday to...

Lara Elmasian

Lara Bozikian

Cancer Council recommends you protect yourself in 5 ways:



**SLIP** on clothing that covers your arms and legs

**SLOP** on 30+, broad-spectrum sunscreen

**SLAP** on a broad brimmed or legionnaires hat

**SEEK** shade

**SLIDE** on wrap around sunglasses



Protect yourself in five ways from skin cancer

*Please Note: The School receives payment for advertisements that appear in the Newsletter. However, the School does not necessarily endorse these companies or their work and only agrees to circulate their ads.*

## HOUSE POINTS TERM 2

*Uniform, Playground, Charity & Awards*



**ARARAT** - 65 points

**MASIS** - 73 points



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

## TEACHERS' AWARD

### TERM 2 – WEEK 6

Year 5: Alina Sevazlian, Lara Khoudair  
Stephen Khatchadourian, Sara Demirjian  
Harry Khatchadourian

Year 4: Lara Bozikian

Year 2: Michael Akayan

Year 1: Sevana Barsamian, Dzila Mikaelian

Kindergarten: Lara Elmasian, Lia Galstian



## DATES TO REMEMBER

10/06	Queen's Birthday - Public Holiday
12/06	Interschool Debating Comp. # 1
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

## ARMENIAN STUDENT FUND

### WEEKLY REPORT: Term 2 Week 6

8 Points – **Masis** ..... \$8.90

6 Points – **Ararat** ..... \$8.60

**TOTAL:** ..... **\$17.50**

**ACCUMULATED:** ..... **\$251.90**

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

# RAISING CHILDREN BILINGUALLY

## *Learning a second language boosts brain power*

**Mandy Scott**

Research has shown that learning another language can help increase the power of the brain and open up new ways of thinking. Studies of people who had learned a second language had denser grey matter than their monolingual counterparts, and the earlier they started learning the second language, the more pronounced the difference. Grey matter makes up most of the nerve cells in the brain, and its density is associated with intellect, especially in areas of language, memory, and attention. Learning two languages before the age of five produced the strongest results.

This fits in with other findings that bilingualism assists conceptual development. Children who know and use two languages are often more creative and flexible in their thinking. They can 'think outside the square' because they are accustomed to using different ways to think about the same idea or problem.

Bilinguals are also more aware of the structure of languages since they can compare different linguistic systems. This helps with general language development, including listening, speaking, and literacy. This dispels a common misconception that learning another language detracts from English language development, and that in school it takes time away from more basic or 'core' areas of schooling. There is nothing more basic than developing language and communicative abilities. Learning any language can contribute to this, and two languages seem better than one.

In addition to all these cognitive and educational benefits, learning another language has cultural and social benefits because it gives children a wider view of the world and an understanding of more than one culture. This will become more and more important in our increasingly globalised world. Starting a language early also gives children a good basis for further language learning - in the same language or another one. Research shows that people who already have two languages find it easier to learn a third.

How can you give your child these benefits? If you speak another language in your family, consider raising your child bilingually. Visit [www.bilingualoptions.com.au](http://www.bilingualoptions.com.au) for information and advice. You can also seek out other parents raising children bilingually in the ACT region, for example through one of the language-based play groups. If you are an English speaking family, explore options for exposing your child to a bilingual environment through a childcare centre or play group where a language other than English is used. Some weekend ethnic schools also allow preschoolers to attend. When choosing a primary school, choose one which values other languages.



Pick a language you are interested in and learn along with your child! It's a fun way to learn about another language and culture. Research also shows that speaking two languages can delay the onset of Alzheimers by several years. So the whole family can benefit!! Happy languageing!

*Mandy Scott has a PhD in Linguistics, speaks several languages, and is an active supporter of languages education. She can be contacted at [mandy.scott@anu.edu.au](mailto:mandy.scott@anu.edu.au).*



*Through Healthy Active Kids, children can learn about healthy eating and activity in new, engaging ways. The programme includes teaching units as well as other resources such as educational games and videos, healthy recipes and there's even a special Kids Corner just for children.*

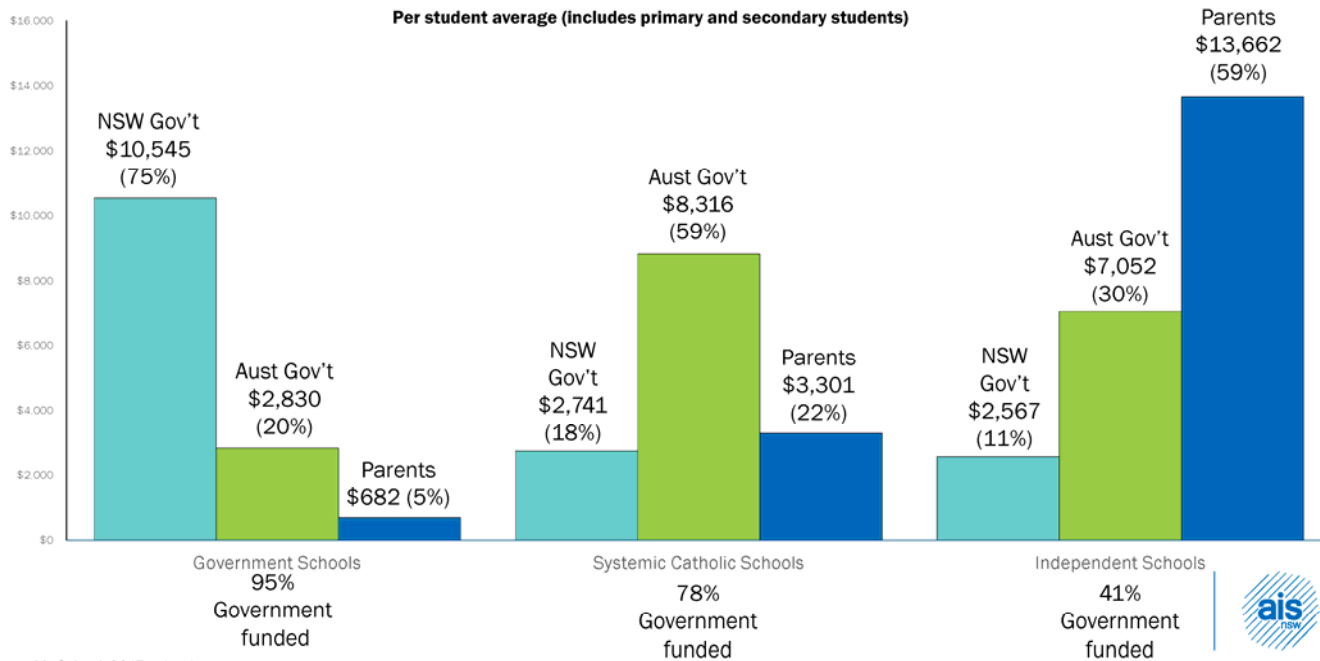


For more information go to: <https://hwww.healthyactivekids.com.au>

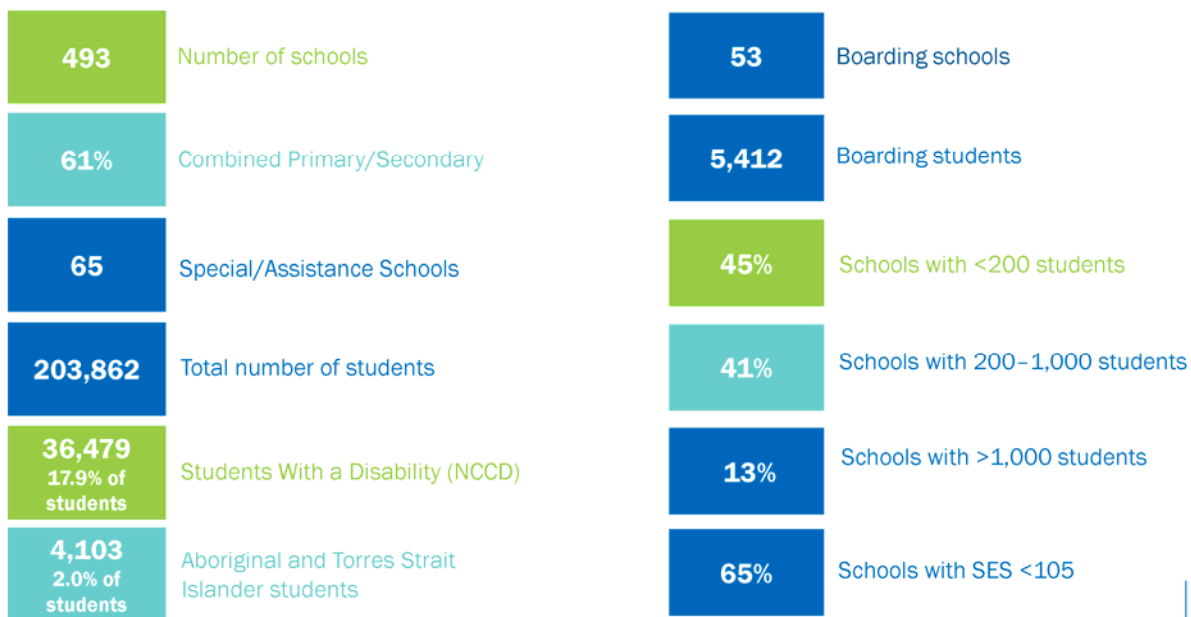


## Sources of Recurrent Funding for NSW Schools

Per student average (includes primary and secondary students)



## NSW Independent School Sector 2018



ARMENIAN GENERAL BENEVOLENT UNION

**ALEXANDER PRIMARY SCHOOL**

**ENROLLING NOW FOR 2020**

Do you have a child who is ready to start school?

Are you still undecided about the choice of school that best serves the needs of your child? Would you like to see them in class, experiencing the real school environment before you make your final decision?

Contact us to arrange for up to a week long school experience for your child - 9486 3266

