

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 a major change as a result of a world pandemic! 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, or our 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 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, major changes 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... just the past two months has shown us how much the world has changed! 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.


5th June, 2020


MANOUG DEMIRJIAN



HOUSE POINTS TERM 2

Uniform, Playground, Charity & Awards

 **YEREVAN** - 31 points
SEVAN - 39 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

08/06	Queen's Birthday - Public Holiday
26/06	Student Half Yearly Reports - Sent Out
03/07	Last Day Term 2 - Mufti Day
20/07	School Development Day (Pupil Free)
21/07	First Day Term 3 - Students Return
20/09	Armenian Cultural Day - Cancelled
25/09	Last Day Term 3 - Mufti Day
06/12	Christmas Concert & Graduation

TEACHERS' AWARD

TERM 2 – WEEKS 1-6



Year 6: Alina (5)
 Stephen (4)
 Harry (4)
 Isabella (3)
 Sara (4)
 Lara (3)
 Elizabeth (3)
 Vanessa (2)

Year 5: Sargis (3)
 Berj (2)
 Lara (2)

Year 4: Khloe , Martin
 Cristian , Adelin

Year 3: Peter , Lucas
 Sofia , Alexander
 Kris , Sirag
 Anthony , Michael

Year 2: Lara , Sevana
 Dzila

Year 1: Lia , Leah
 Harout , Zareh
 Luca

Kindergarten: Gohar
 Victoria
 Elena , Scarlett
 Clementine , Sophia
 Sarkis , Anna
 Christopher

Preparatory: Sossi

Remember 10 Encouragement Awards = Teacher's Award

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 2 Week 6

7 Points – Yerevan	\$4.50
7 Points – Sevan	\$4.50
TOTAL:	\$9.00
ACCUMULATED:	\$103.90

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

ARMENIAN GENERAL BENEVOLENT UNION
ALEXANDER PRIMARY SCHOOL
ENROLLING NOW FOR 2021

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



Environmentally Friendly Snack Foods



Choose an apple, mandarin, orange, pear, banana, plum, mangoes, pieces of melons, nectarines, peaches, blueberries, strawberries or other fresh seasonal fruit for a quick, easy, environmentally-friendly snack.

No packaging, full of nutrients and antioxidants, plus it tastes delicious!

Remember... The school has a **Crunch&Sip break at the start and also towards the end of each day**, for students to refuel on fruit and vegetables and rehydrate on water.

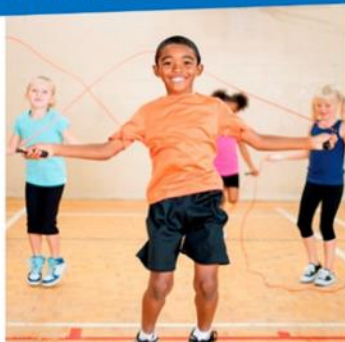
Please make sure your son or daughter has an extra piece of fruit or vegetable for Crunch&Sip each day.

Live Life Well @ School

GET ACTIVE WITH SKIPPING

Tips on SKIPPING FUN:

- Search for 'jump rope tricks' and learn some tricks.
- Master a skipping routine by putting the skipping ticks together; maybe to music.
- Set some skipping challenges e.g. who can skip for the longest time or do the most tricks.
- Involve the whole family in a routine.
- For inspiration, search - 'Jump rope tricks' online - 'teacher manual' at www.heartfoundation.org.au



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



Developed by Northern Sydney Local Health District

Live Life Well @ School

BREAKFAST IS THE BEST ROUTINE



Breakfast is important for a student's blood sugar levels. It helps them to concentrate while learning, moderate behaviour and have the energy to engage in physical activity.

Breakfast also reduces the desire to snack on high sugar and high fat foods.

Quick and easy breakfast ideas:

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

For more ideas, search 'breakfast' at healthy-kids.com.au

TIP:

Help kids be in a better frame of mind for school work by discouraging them from eating in front of the TV.



Developed by Northern Sydney Local Health District



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DIOCESE OF THE ARMENIAN CHURCH OF AUSTRALIA & NEW ZEALAND

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ARCHBISHOP HAIGAZOUN NAJARIAN
Primate

Communique 6

30/05/2020

To our faithful in Australia and New Zealand

With Communique 5 (12 May), we informed our faithful community of the easing of some restrictions that had been imposed as a result of the Coronavirus (Covid-19).

Further easing of restrictions for places of worship will take place in NSW from 1 June which will allow 20 people to participate in weddings, 50 people at funerals and during Holy Mass as well various church services, at all times maintaining the 1.5 metre social distancing regulation.

Once again we remind our community faithful, the virus has not disappeared and humanity has not yet been able to triumph over it. Therefore, we ask our community faithful to remain vigilant and disciplined as in these past months, to show diligence in caring for themselves and those around them, and to take extra care of those who are most vulnerable and susceptible to contracting Covid-19.

The Primate, the Diocesan Council, Reverend Fathers and Parish Councils come to express their gratitude to our faithful community members for their adherence as law-abiding citizens, as well as to all those who regularly participate in the online Sunday Liturgy and services.

Stay healthy always.

**Chancellery of the Diocese of the Armenian Church of Australia & New Zealand
Sydney, 30 May 2020**

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