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Dear Parents,

CORONAVIRUS (COVID-19) UPDATE

This morning, NSW Health and the Department of Education announced the temporary closure of *Ryde Secondary College* due to a confirmed case of COVID-19. Please note that this has no direct impact on our school community, however it is important that we continue to stay vigilant, as majority of our students and their families reside in the Ryde area and are regular visitors to the surrounding shops, in particular to the Top Ryde Shopping Centre, where we understand a large number of students from Ryde Secondary College visit after school.



As a precaution, we are asking any member of our school community that may have been in close contact with students from Ryde Secondary in the past week, including social contact, to be aware of the common symptoms of COVID (sore throat, sore or itchy throat, runny nose and higher than normal temperature) and to be tested immediately.

As stated last week, this virus is still around and seems to be getting closer to our community. Therefore, as a kind reminder, any student, or member of staff, that experiences these symptoms is not to return to school until they have received a negative test result for COVID-19, and has fully recovered from these symptoms.

I would like to take this opportunity and reassure you that Alexander School has the support from the NSW Association of Independent Schools and a plan of action that will be implemented, if we were to respond to an initial case of COVID-19 with the school environment. We hope and pray that we never get there, because the impact will be far greater for our school community. For this reason, I urge that we all take measures to protect ourselves and our families by limiting our movement to essential activities.

Thank you in advance for your cooperation with these measures, to ensure that we can offer continuity of learning and a safe learning environment to all of our students.

FRUIT & VEG MONTH 2020

Fruit & Veg Month is a free health promotion event for NSW primary schools that puts a positive focus on fruit and vegetables. Each year *Fruit & Veg Month* has a special theme to inspire kids to get interested in eating, enjoying and learning about fruit and vegetables. This year's theme is '*Planet Fruit & Veg!*' It's all about exploring the world of fruits and vegetables through the lens of sustainability. The event is run by Healthy Kids Association and funded by NSW Ministry of Health.



Eating enough Fruit and Vegetables is an essential part of a healthy lifestyle and is vital in reducing the risk of health-related disease. During the last four weeks of Term 3 (31st August to 25th September), we will be participating in *Fruit & Veg Month*.

Fruit & Veg Month is a fantastic opportunity for children and their families to get excited about fruit and veg. By increasing familiarity with fruits and vegetables, the program aims to:

- ⊗ Increase positive perceptions of fruit and vegetables
- ⊗ Increase awareness of the need to eat more fruit and vegetables
- ⊗ Support behaviour change by incorporating fruit and vegetable themes into class lessons and whole of school activities

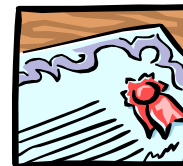
We also hope to use the occasion to replant our Vegetable Garden in the Greenhouse, by involving all the students in the activity, so it is ready to harvest in Term 4!



2020 HONOUR AWARD LIST

Congratulations to

Lara - Year 5



ARMENIAN GENERAL BENEVOLENT UNION ALEXANDER PRIMARY SCHOOL FATHER'S DAY RAFFLE

The P&C Committee has organised a Father's Day Raffle as part of our annual fundraising.

Tickets are selling at \$2 each and we have some great prizes!

Make sure buyers fill out their names and phone numbers and return all tickets together with the money to the school office by Tuesday 1st September 2020.

Extra tickets are available from the school office.

Thank you for your support & happy fundraising!



DONATIONS TO ALEXANDER SCHOOL

In Memoriam for the Late Raffi Demirjian

Mr & Mrs Chris and Araz Shahinian \$100

May his soul rest in peace.



BIRTHDAYS OF THE WEEK

Happy Birthday to...
Martin | Sofia J.

HOUSE POINTS TERM 3

*Uniform, Playground, Charity
& Awards*



YEREVAN - 69 points
SEVAN - 88 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 3 - WEEK 6

Year 5: Lara
Year 4: Adelin, Martin
Year 3: Razmik, Peter
Alexander
Year 1: Harout, Leah



*Remember 10 Encouragement Awards = Teacher's Award
Will your name appear here next?*

DATES TO REMEMBER

- 31/08 Start of 'Fruit & Veg Month'
- 10/09 School Photos
- 21/09 Armenian Independence Day
- 25/09 Last Day Term 3 - Mufti Day
- 12/10 School Development Day (Pupil Free)*
Emergency Care & CPR Staff Training
- 13/10 First Day Term 4
- 19/10 Start of Book Week and Book Fair
- 26/10 Book Week Show
- 06/12 Christmas Concert & Graduation
- 10/12 Last Day Term 4 for Students

** - To be confirmed*

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 3 Week 6

8 Points – Sevan	\$9.60
6 Points – Yerevan	\$5.50
TOTAL:	\$15.10
ACCUMULATED:	\$264.45

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

PLANET FRUIT & VEG!

Eating enough fruit and veg is an essential part of a healthy lifestyle and is vital in reducing the risk of health-related disease.

During Weeks 7-10 (31st August to 25th September), we will be participating in Fruit 'n' Veg Month.



Fruit & Veg Month is a fantastic chance for children and their families to get excited about fruit and veg.

Each week we will be publishing some useful and practical information about fruit and veg. Watch this space!

Why eat fruit and veg everyday?

Fruits and vegetables are high in vitamins, minerals and dietary fibre, as well as being rich in antioxidants. Research shows that people who eat adequate amounts of fruits and vegetables everyday can help prevent:

- ✓ coronary heart disease
- ✓ some forms of cancer
- ✓ overweight and obesity
- ✓ constipation
- ✓ high blood pressure and blood cholesterol levels
- ✓ help improve control of diabetes.



Aim to eat fruit and vegetables everyday - the greater the variety, the better health benefits.

Did you know that eating a diet high in plant foods such as fruit and vegetables is good for us – and good for the planet?

HOW?

Consuming plenty of vegetables and eating fruit each day, may help to reduce the risk of obesity and some chronic diseases, such as heart disease and some cancers. Growing fruit and vegetables tends to result in less greenhouse gas emissions and requires less water and land than many other foods.

Healthy Kids Association - Membership

Dear Parents,

Our school cares about your child's health and nutrition! Did you know that our school is a member of Healthy Kids Association? That's right, we want to provide good food and nutrition education to your children and Healthy Kids provides us with resources for the canteen and teachers. This is just one of the ways that we ensure your children learn about healthy food and eat well from the canteen.



Healthy Kids Association also provides a free parent e-newsletter with important nutrition information and great recipes that can help you stay on top of what is going on in the world of nutrition.

To sign up, simply visit www.healthy-kids.com.au.



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



We Stand in Solidarity with the Armenian Community in Beirut

DONATE

LITTER:

PREVENT THE SPREAD

Keep yourself and the environment safe from harm.

Keep 
Australia
Beautiful
Week

HELP THE PLANET
Eat more fruit and vegetables
Choose local and in season fruit and vegetables
Don't waste fruit and vegetables



Live Life Well @ School

BIKE RIDING ADVENTURES

