

Dear Parents,

REAWAKENING THE VARTANANTZ SPIRIT



On Tuesday, according to Alexander school tradition, all students were taken to the Armenian Apostolic Church of Holy Resurrection to receive Holy Communion and blessings for the start of the school year.

During the special mass held on St Gevontatz Day, some of the children were given an active role which they carried through with great maturity and understanding. It was evident to all parishioners that the spirit of Vartanantz was among them...

All of a sudden things appear a lot different than they look. We are transferred from the sanctuary of the church to the field of Avarayr, on the bank of the Dghmoud river. No... that's not Hayr Sourp giving the day's sermon at the altar, it is our vibrant Ghavont Yeretz, addressing the Armenian people on the strength of the Christian faith. He is giving his memorable speech which has been immortalised as the driving spirit of Vartanantz. Also standing there is Vartan Mamigonian, the Commander-in-Chief of the Armenia troops. He will be next to give his historic and final speech, preparing the 66,000 Armenians physically and spiritually for the holy battle... in fact one of the most significant battles for the Armenian Nation.

Vartan Mamigonian knows the task ahead is difficult if not impossible, but for him the choice is clear. At this defining moment, it is a do or die for his people... He may be outnumbered against an army of 300,000 Persians, but quantity is not an issue, it is quality that matters. He is among friends who are ready to make the ultimate sacrifice for their nation.



One by one... the soldiers, now turned students, come forward to receive blessings and Holy Communion, before they face the enemy. However... who is the enemy now? It's no longer the Persians... the current enemy is much stronger and the battles fought on many fronts much harder... Once again, the time has come to unite, to regroup... but hold on, there are Vasag Sunys among us... traitors ready to betray their language, their culture, their nation!

The mission set by our founding fathers is clear, but the road ahead is scattered with many obstacles. Nevertheless, we truly believe the spirit of Vartanantz is among us. Hence, the sacrifice we make and the price we pay today is nothing compared to what our ancestors were prepared to do on the field of Avarayr.

Together we are reawakening the Vartanantz spirit!

20th February, 2009

MANOUG DEMIRJIAN
Head Teacher

SCHOOL COMPUTER EDUCATION POLICY - Computer & Internet Use Guidelines



Acceptable Computer and Internet Use Student and Parent Agreement is enclosed with today's Newsletter. As part of the school Computer Education Policy, **all students and parents** are asked to read and **individually sign** the agreement. Parents have been asked to discuss the Computer and Internet Rules with their child/ren and encourage them to be responsible users.

Completed forms should be returned to the class teacher as soon as possible, otherwise students will not be allowed to use the computers in the school.

FIRST AID & CPR TRAINING - Tuesday 10th March

A reminder to all those who have indicated their interest for the First Aid Training course. The course will take place on **Tuesday, 10th March** in the school's Gemjian Hall. The cost is **\$100** p/person for the full day course or **\$40** p/p for the annual CPR review. If you know anyone interested in attaining these certifications please contact the Office. Please note, all payments are required in advance.



	<p>cultureandrecreation.gov.au Access over 3,700 websites and 2.4 million pages about Australia's culture and recreation. www.culture.gov.au</p> <p> australia.gov.au</p>	<p>Education Network Australia (edna) is Australia's leading online resource collection and collaborative network for the education and training community.</p>
--	--	---

TEACHERS' AWARD

Congratulations to our first recipients of the year.
Let your teacher know when you are ready to collect your Teacher's Award and be included in this weekly honour list.
Remember 10 Encouragement Awards = Teacher's Award

TERM 1 – WEEK 4

Year 6: Siroun Jelenkerian

Will your name appear here next?

DONATIONS TO ALEXANDER SCHOOL

In Memoriam for the Late Avedis Chris Kalachian

Mr & Mrs Varoujan and Sona Tchetchenian \$100

May his soul rest in peace.

HOUSE POINTS TERM 1

Uniform, Playground, Charity & Awards

MASIS - 24 points

ARARAT - 18 points

BIRTHDAY OF THE WEEK

Happy Birthday to...
Nareg Zahrabi

DATES TO REMEMBER

10/03	First Aid & CPR Training - Parents & Staff
26/03	Parent Teacher Interviews Student Portfolios
05/04	Palm Sunday Concert & Picnic
09/04	Last Day Term 1
10/04	Good Friday - <i>Public Holiday</i>
11/04	Easter Saturday - <i>Public Holiday</i>
12/04	Easter Monday - <i>Public Holiday</i>
15/04	<i>A.G.B.U. Foundation Anniversary</i>
24/04	<i>Armenian Genocide Commemoration</i>
25/04	<i>ANZAC Day - Public Holiday</i>

ARMENIAN STUDENT FUND

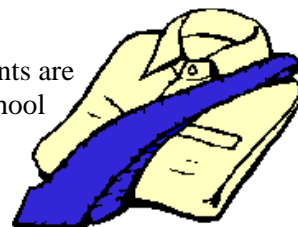
WEEKLY REPORT: Term 1 Week 4

8 Points – MASIS	\$16.90
6 Points – ARARAT	\$14.35
TOTAL:	\$31.25
ACCUMULATED:	\$73.15

SPONSOR A CHILD IN ARMENIA THROUGH THE ARMENIAN APOSTOLIC CHURCH
For details call: Setrak Kassabian - (02) 9419 8056

UNIFORM

We take great pride in our school uniform at AGBU Alexander Primary School and students are expected to wear correct uniform at all times. Should you need to purchase items of school uniform at any time, please send a note to the school Office to ensure quick processing.



A uniform list with the 2009 prices is provided below for the information of parents.

2009 UNIFORM PRICE LIST

BOYS

School Cap	\$13.00
School Tie	\$16.50
Knee-hi Socks (Grey)	\$ 9.00

Summer ...

Elasticised Grey Shorts	\$25.50
Buckled Grey Shorts	\$27.50
Short-Sleeved Shirt	\$19.00
Navy Sports Shorts	\$21.50

Winter

Winter Trousers	\$37.00
Long-Sleeved Shirt	\$22.00

UNISEX

School Bag	\$35.00
Woollen Jumper (Winter)	\$68.00
White Sport Socks	\$ 5.50
Sport Polo Shirt (Summer)	\$22.00
Sport Skivvy (Winter)	\$18.00
Tracksuit - Jumper	\$23.00
Tracksuit - Pants	
Size 6 (with Knee Pad)	\$22.50
Size 6-16	\$20.00

GIRLS

School Hat	\$14.00
Ankle Socks (Grey)	\$ 7.50

Summer ...

Tunic Dress - Size 6-10	\$42.50
- Size 12-16	\$44.50
Sports Skirt (Pleated)	\$18.00
Sports Skort	\$25.50
Sports Brief	\$ 9.50

Winter

Tunic Pinafore - Size 4-10	\$60.00
- Size 12-16	\$64.50
Long-Sleeved Blouse	\$23.50
Blue Ribbon Tie	\$ 4.00
Winter Tights (Grey)	\$10.00

All prices are inclusive of GST

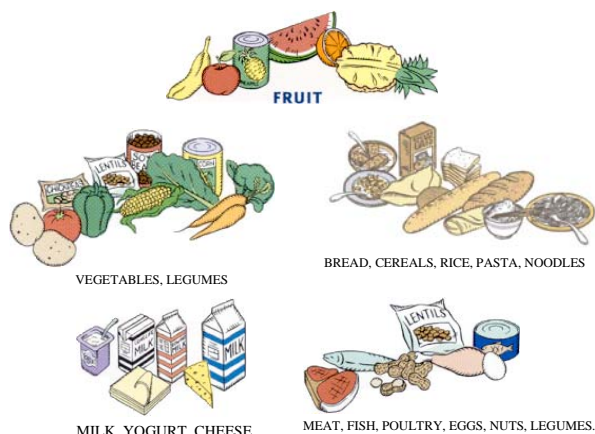
Prices are subject to change

Current as at 20th February 2009

LUNCH - 'ENERGY TOP UP'

Lunch is an important meal to recharge your children's batteries. Encourage good eating habits by offering a variety from all food groups and encourage new and different food experiences.

Meal Appeal - Food that looks attractive is more likely to be eaten and enjoyed. Choose food for lunch boxes that will carry without spoiling. These are:



A good diet which provides “**day long**” energy will help prevent fatigue and help maintain concentration during school hours.

Bread, cracker biscuits, rice cakes and English muffins can provide a basis of a lunch (rice or pasta as an alternative).

Grain and wholemeal breads provide more fibre, but are often not as popular as white bread. Remember ALL breads provide good nutrition and as children grow older they will begin to enjoy a wider variety.

A **Lunch** time sandwich should include a protein food, e.g. chicken, cheese, and a salad item, e.g. lettuce, tomato, tabouli, etc. A piece of fruit helps to complete the meal and offer something for a sweet tooth.

Tips:

- If fillings are moist there is no need to spread bread with butter or margarine. If needed use sparingly, or try alternatives like "light" cream cheese or avocado (mashed).
- "**A Treat**" - may also be included should appetite require, e.g. frozen yoghurt / fruche and fruit muffin, fruit bread or dried fruit.

HEALTHY SNACKS

- Popcorn (plain, unbuttered)
- Vegetable stick
- Cheese sticks
- Raisin toast
- Pikelets
- Muffins
- Mini pizzas
- Yoghurt
- Fruche
- Dried fruit packs
- Fruit salad
- Fruit pieces (fresh or frozen)

SNACKS

Limit these foods

- Chips
- Corn chips
- Potato crisps
- Cream cakes
- Chocolate & carob bars
- Health bars
- Doughnuts
- Sweet biscuits
- Lollies

HEALTHY DRINKS

- Plain mineral water
- Iced water
- Plain and flavoured milk
- Fruit Smoothies
- Milkshakes
- 100% fruit juice (diluted) (chilled or frozen)

DRINKS

Limit these foods

- Fruit juice drinks (less than 100% juice)
- Cordial
- Soft drinks
- Flavoured mineral water



Drink plenty of water

For further information please contact your Child and Family Health Nurse