

Dear Parents,

SIX WAYS TO BUILD A HEALTHIER FAMILY

Thank you to all the parents and teachers for conducting very productive Parent / Teacher Interviews. I'm sure the feedback and review of your children's work now sets clear directions and student expectations for the rest of the year. Please continue to keep the communication channels open with your school. I believe our parents do an excellent job in this area, and in turn find dedicated members of staff who are always willing and ready to assist in achieving the best outcomes for their students.



This is also the right time to evaluate our parenting responsibilities. I'm sure as parents we want to have strong and happy family relationships. Here are some ideas and questions you may like to consider to give your family a healthy boost this year.

1. Make listening to your children a priority.

- ☑ Use open questions. How and what questions open up conversation. Try to see the situation more from your child's point of view. Talk about feelings. Use questions like "How did you feel about that?"

2. Concentrate more on the positive behaviour you see.

- ☑ Parents may say 5 to 7 times as many negatives to their children in a day as they do something positive. Take some time to think about how you communicate with your children. Can you ignore, divert or structure what you say differently to reduce some of the negative messages?

3. Respect each family member for 'who' they are.

- ☑ How can you show your family that you value their differences? How do you let your children know that you value their individual strengths and qualities? Do you tell them? Do they get to demonstrate these strengths through their responsibilities at home? For example, your daughter is a very organised person. Can you get her to help organise part of your upcoming holiday?

4. Offer your children some choice.

- ☑ For example, you have trouble getting your son dressed for preschool. Instead of going into battle over the outfit, can you give him a choice of two outfits? Or your teen has the job of washing up but doesn't want to do it directly after dinner. Can she do it within an agreed time frame instead? How much choice do you offer your children?



5. Make time to be together.

- ☑ Strong, connected families are ones who do things together. What regular family time together can you plan for the coming year? Will it be a family meal each evening with the TV off so precious conversations can happen? Will it be a special outing once a month? Is this something you could get the children's opinions about?

6. Most importantly, get involved with your child's school

- ☑ Research proves that the more connected a parent is to their children's education the better the outcome for the student. Contact the P&C Committee to see how you can get involved. Do it for your kids - they may say that having you involved embarrasses them, but we know that secretly they do appreciate your involvement! The results show it. Even talking positively and being seen to support the school shows you support their education. (Reference - www.parentscope.com.au)

SCHOOL PHOTOS - WEDNESDAY

School photos are being taken on **Wednesday 1st April**. Please make sure you return your order with the special envelopes that have been provided. I would like to point out that the school is not associated with your order and you need to check and follow all instructions and enclose the correct amount.



EARTH HOUR - SATURDAY, MARCH 28 @ 8:30 - 9:30PM

Our school has signed up for this special event. I encourage everyone to visit the website - www.earthhourau.org to see the difference you can make tomorrow at 8:30pm and beyond...

27th March, 2009

FINAL CHANCE!

Friday, 3rd April is your final chance to place an order for



including other Award Winning Educational Software from only **\$14.95** per title.

This will be the **only CSP for 2009**, so don't miss out! Our school will receive Free EdAlive software for participating, plus even more Free EdAlive software if we receive a strong response from families. On top of the CSP saving, all titles are also eligible for the new 50% Education Tax Refund.

DONATIONS TO ALEXANDER SCHOOL

In Memoriam for the Late Elize Simonian

Mr & Mrs Varoujan and Sona Tchetchenian	\$100
Mr & Mrs Garo and Margo Zerounian	\$100
Mr & Mrs Zaven and Marie Tchetchenian	\$50
Mrs Sirvart and Mr John Madjarian	\$50
Mrs Haigouhie Soghomonian	\$50

May her soul rest in peace.

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 1

Uniform, Playground, Charity & Awards



MASIS - 78 points

ARARAT - 63 points



TEACHERS' AWARD

TERM 1 - WEEK 9

Year 6: Ilda Zorlu, Siroun Jelenkerian

Year 3: Sonya Boyadjian

Year 2: Jonathon Amirzaian, Kevork Kachichian

Year 1: Silvy Giragosian



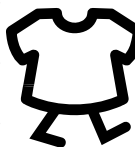
REMEMBER!

Design and make your fancy hat for the Easter



Hat Parade!

IMPORTANT!



At our Easter concert students are expected to wear a **plain white T-shirt**,

their summer sports shorts/ skirts and white sports shoes & socks.

DATES TO REMEMBER

01/04	School Photos	
05/04	Palm Sunday Concert & Picnic	
08/04	I.C.A.S. - Slips and payment due Chocolate Fundraising Money Due	
09/04	Last Day Term 1	
10/04	Good Friday - Public Holiday	
11/04	Easter Saturday - Public Holiday	
12/04	Easter Monday - Public Holiday	
15/04	A.G.B.U. Foundation Anniversary	
24/04	Armenian Genocide Commemoration	
25/04	ANZAC Day - Public Holiday	
28/04	School Development Day - Pupil Free	
29/04	First day Term 2 - Students return	

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 1 Week 9

8 Points - **MASIS** \$11.40

6 Points - **ARARAT** \$11.20

TOTAL: **\$22.60**

ACCUMULATED: **\$186.90**

SPONSOR A CHILD IN ARMENIA THROUGH THE ARMENIAN APOSTOLIC CHURCH

For details call: Setrak Kassabian - (02) 9419 8056

The Australian Lifesaving Academy NSW

Junior First Aid Course

“Even children can be lifesavers”

WHAT IS IT?

The Australian Lifesaving Academy NSW have developed a Junior First Aid Course specifically for Years 3 to 6 students.

WHY IS IT IMPORTANT?

Research has shown that children as young as 5 years of age can learn and effectively perform elements of Basic Life Support. There is great potential for younger people to train as effective first aiders.

WHO IS IT FOR?

The course is aimed at NSW students in Years 3 to 6.

The course has relevance to two curriculum learning areas – Human Society and Its Environment (HSIE) and Personal Development, Health and Physical Education (PDHPE)

WHAT THE STUDENTS WILL LEARN?

- What is First Aid;
- Recognise the need for First Aid, the difference between a little accident and big accident;
- Understand and recognise Danger;
- Identify common hazards (inside and outside);
- Know how to get help, and what to expect when they call 000;
- How to check for a response from an injured person;
- Understand the importance of rolling an unconscious person onto their side;
- Recognise if someone is breathing or not, and how to Perform CPR;

WHAT THE STUDENTS WILL RECEIVE?

Each student will receive an Australian Lifesaving Academy NSW Junior First Aid bag including;

- Certificate of Participation
- Current A4 ALA NSW CPR Flow Chart
- Pocket Size First Aid Booklet
- ALA NSW Beach frisbee
- ALA NSW Junior First Aid Worksheet

WHEN AND WHERE?

Professional trainers will come to our school on Tuesday, 7th April to deliver the course at 9:00am. They will bring all equipment and resources.

HOW LONG AND HOW MUCH?

The course is completed in 2 hours and is comprised of basic learning presented in an interactive and fun manner. The cost of the course is just \$10.00 per student.

Please fill in the permission slip below and return with your payment to the school office by *Friday 3rd April*.



JUNIOR FIRST AID COURSE YEARS 3 - 6

I grant permission for my child/ren to take part in the Junior First Aid Course run by The Australian Lifesaving Academy NSW on **Tuesday 7th April**. I understand professional trainers will come to school and bring all equipment and resources to deliver the two hour course.



NAME OF STUDENT/S: _____ DATE: _____

PARENT'S SIGNATURE: _____ MONEY ENCLOSED: \$ _____ (\$10 per child)

National Assessment Program - Literacy and Numeracy 2009

Letter to Parents

In May 2009 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed for all students in **Years 3, 5, 7 and 9** in all government and non-government schools. This program, which has the support of all state and territory Education Ministers, will assess the literacy and numeracy learning of students in all Australian schools.

In New South Wales the NAPLAN tests have replaced the Basic Skills Tests (BST), English Language and Literacy Assessment (ELLA) and Secondary Numeracy Assessment Program (SNAP).

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The tests will be conducted across Australia on the same days for all students according to the following timetable:

Tuesday 12 May – Language Conventions test (Spelling, Punctuation and Grammar) and a separate Writing test.

Wednesday 13 May – Reading test

Thursday 14 May – Numeracy test (Number, Algebra, function and pattern; Measurement, Chance and data; and Space)

In the Numeracy tests students do not require any measuring tools such as rulers or protractors.

In Years 7 and 9 there will be two Numeracy tests: one where a calculator is allowed and one where calculators are not used. For the calculator test, the student should use the calculator that they currently use at school.

Friday 15 May – A 'catch-up' day is scheduled for students who missed a test or were absent on a particular day.

Students may be considered for exemption from the tests if they are newly arrived in Australia (less than one year before the test) and with a language background other than English, or if they have significant intellectual and/or functional disability.

Students with confirmed disabilities or difficulties in learning are expected to participate in the tests.

Special provisions which reflect the student's normal level of support in the classroom will be provided for students by the school. Large print, Braille and black and white versions of the test are available for students with vision impairment.

Access to special provisions and exemption from the tests must be discussed with your school's learning support team and the school Principal, and a parent/carer consent form must be signed. Parents also have the right to withdraw their child from the tests. If you wish to withdraw your child from the tests you must sign a parent/carer consent form. Consent forms are available at your school.

Please make an appointment with the Principal of the school your child attends if you would like further information about your child's participation in the National Assessment Program. Additional information can be found at: <http://www.naplan.edu.au/parents/parents.html>