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🌐 [www.alexander.nsw.edu.au](http://www.alexander.nsw.edu.au)

📠 9486 3204

Dear Parents,

### BACK TO A BUSY TERM

During our Staff Development Day, in addition to regular planning for what is set to be a very busy Term 2, we were able to review, update and develop a number of school policies. The *Gifted & Talented Policy* was completely revamped and prepared as a proper policy document thanks to Mrs Dernee. The *Welfare Policy* was reviewed and a newly developed 'Crunch&Sip' policy was added as an appendix. Copies of these documents are provided with this newsletter. Reminder to parents that all our school policies are available for review from the school office.

As you are aware, we registered with the Crunch&Sip program last term (Check the announcement on their website). With the new policy now in place we have met all the set requirements for 'Certification', to which we have applied.

As a result of the Crunch&Sip policy, the consumption of fruit and vegetables has increased. I would like to thank all parents for their cooperation. Please check the policy document for a better understanding of this new program.

In order to help the canteen support staff speed up the process of cutting and sharing the fruit and vegetables, we would like to add a special request. If possible, depending on the type of fruit or vegetable, could you please make sure they are **sent cut**. For example carrot or celery sticks, grapes or baby tomatoes that do not need cutting etc. This will help reduce preparation time.

## Crunch&Sip®

Crunch&Sip® is a set break to eat fruit or salad vegetables and drink water in the classroom. Students 're-fuel' with fruit or vegetables during the morning or afternoon – assisting physical and mental performance and concentration in the classroom.

This FREE program does not require schools to become members of Healthy Kids SCA to participate.

On this page you can find information for NSW schools participating in the Crunch&Sip® program. You can also see all the NSW Crunch&Sip® schools that are committed to nutrition education.

Resources  
Registration  
How to implement Crunch&Sip®  
FAQs  
Policy  
Information for Health Professionals  
Crunch&Sip® Schools

Click here to go to the national Crunch&Sip® website

Hunter New England Area Schools  
Click here to go to the Hunter New England Area Health Service  
Crunch&Sip® website

Useful Links

### Welcome to the following schools who have just joined Crunch&Sip®:

- A.G.B.U. Alexander Primary School, Duffys Forest
- Annangrove Public School, Annangrove
- York Public School, Penrith
- Cambridge Park Public School, Cambridge Park
- Bargo Public School, Bargo
- Lismore Public School, Lismore
- Blakebrook Public School, Blakebrook



Crunch&Sip® developed by the Western Australian Department of Health, © State of Western Australia, 2007

### ASTHMA FRIENDLY SCHOOL RENEWAL

Our Asthma Friendly School Certificate and status was due to expire this month. As a result, during the afternoon session of our Staff Development Day all members of staff took part in the required asthma national training package. The course was conducted by a representative of the Asthma Foundation NSW. It covered: Asthma facts, symptoms, triggers and medications; Exercise induced asthma; Recognising and assessing an asthma attack; Asthma First Aid and an overview of the AFS program.



As an Asthma Friendly School, we adopt the AFS program strategies to support the whole school community in understanding and managing asthma. As an Asthma Friendly School we are acknowledged in the community as a school that creates a safe and healthy environment for students and staff with asthma.

To be recognised as 'Asthma Friendly', a school must achieve eight essential criteria, with the staff training being one of them.

Please remember to let us know if your child has **ever** been diagnosed as having asthma.

1<sup>st</sup> May, 2009

MANOUG DEMIRJIAN  
Head Teacher

PLEASE REMEMBER: CHANGE IN TIMETABLE...  
**SPORTS DAY IS NOW MONDAY!**

## MEETING NOTICE

A.G.B.U. ALEXANDER  
PRIMARY SCHOOL

## PARENTS COUNCIL

The next P & C meeting  
will be held on

**Sat. 2<sup>nd</sup> May, 2009**

**Venue:** Alec Manoogian Saturday School  
Mercy College 101 Archer Street, Chatswood

**Time:** 1:30pm

Please contact Heidi Jelenkerian on  
0414678584 to confirm attendance.



## BIRTHDAYS OF THE WEEK

Happy Birthday to...

Maral Boyadjian

Garob Betchakjian

## HOUSE POINTS TERM 2

Uniform, Playground, Charity  
& Awards



**MASIS** - 10 points

**ARARAT** - 6 points



## Mothers' Day Children's Stall

Friday 8<sup>th</sup> May, 2009

*School shopping for Mothers' Day*

Students will have the opportunity to buy  
gifts for their mum on Friday, 8<sup>th</sup> May.

The gifts will be provided by the P&C up  
to the cost of \$10 each.

If there are extra gifts students can also  
buy for grandmothers, aunties etc. as long  
as they have enough money... so come  
prepared!

*Note: School's Mothers' Day - 17<sup>th</sup> May.*

## BOOK CLUB - ISSUE 3

Order Forms/Money Due by

Friday

15<sup>th</sup> May, 2009

Orders after this date cannot be processed.  
Please place your orders in clearly marked envelopes.

## TEACHERS' AWARD

TERM 2 - WEEK 1

Year 1: Silvy Giragosian

Kindergarten: Tzolare Giragosian



## DATES TO REMEMBER

02/05	P&C Meeting @ AGBU Saturday School
03/05	Working Bee - CANCELLED
04/05	Start of Term 2 Sport - Gymnastics
05/05	Life Education - Slips & Payment Due
08/05	Mothers' Day - Children's School Stall
12/05	NAP - Language & Writing Assessments
13/05	NAP - Reading Assessment
14/05	NAP - Numeracy Assessment
15/05	Book Club - Issue 3 Orders Due
17/05	Mothers' Day Performance & Picnic
20/05	B.O.S. School Registration Visit
23/06	Excursion - Sydney Symphony Years 3-6
24/06	Excursion - Sydney Symphony Years K-2

## ARMENIAN STUDENT FUND

### WEEKLY REPORT: Term 2 Week 1

8 Points - <b>MASIS</b>	.....	\$11.45
6 Points - <b>ARARAT</b>	.....	\$8.35
<b>TOTAL:</b>	.....	<b>\$19.80</b>
<b>ACCUMULATED:</b>	.....	<b>\$226.85</b>

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

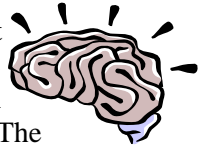
## LIFE EDUCATION NEW SOUTH WALES VISIT - Thursday, 7<sup>th</sup> May 2009

Life Education NSW mobile classroom will be visiting our school on **Thursday, 7<sup>th</sup> May**.



Life Education provides a positive health based education program for students in Kindergarten to Year 6 and helps them to gain an appreciation and respect for the human body. The aim of Life Education is to reduce drug abuse and the older students discuss the effects of drugs on the body.

The Life Education programs are progressive and each year students participate in a different program building on the knowledge gained in previous years. Programs also help to develop life skills enabling students to make informed choices concerning their health and to be confident in politely informing their friends and peers of their decisions concerning drugs and other issues. The programs are a fully integrated part of the curriculum. Specially designed teachers manuals and children's work sheets provide ongoing class material to further develop skills and knowledge.



### HAROLD MERCHANDISE



Life Education NSW is a not for profit community-based organisation that relies heavily on the raising of funds within the community to assist in meeting the shortfall left after receiving assistance from Government funding.

The sale of Harold merchandise to the children whilst the program is visiting each school supports the fundraising activities of local committees. These quality products are competitively priced and all proceeds support Life Education within each local area.

These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.



The educator will provide the opportunity for children to purchase these products during the school visit. Providing the **correct money** in an envelope with the item written on the face of the envelope along with your child's name and class allows the educator to process orders efficiently and accurately.

Happy Harold Product Description	Price Including GST
Tattoo	\$0.50
Harold Bag Tag	\$1.50
Harold Handy Bag	\$2.00
Stationary Set	\$3.00

Happy Harold Product Description	Price Including GST
Harold Eraser	\$0.50
Floppy Frisbee	\$3.00
Sports Drink Bottle	\$4.00
Harold Watch	\$5.00

**NB Harold Products are subject to availability**

*Students may bring extra money to buy Happy Harold products directly from the Life Education Van.*

Please return permission slip and money to your child's class teacher by **Tuesday, 5<sup>th</sup> May**.



## LIFE EDUCATION NSW VISIT - K-6

I give permission for my child/ren to attend the Life Education NSW mobile classroom which will visit AGBU Alexander Primary School on **Thursday, 7<sup>th</sup> May, 2009**.

STUDENT/S NAME/S: .....

PARENT'S SIGNATURE: ..... DATE: .....

MONEY ENCLOSED: \$ ..... (\$9.00 per student)





## REMINDER: Don't Forget the Fruit!

Each class has a Crunch&Sip break 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.

# Crunch&Sip®



# Canteen Notice



## LUNCH SPECIALS FOR WEDNESDAYS & FRIDAYS

Commencing - Wednesday 6<sup>th</sup> May

<b>Wednesdays</b>	Ham and Cheese Jaffles.....	\$2.50
	OR / AND	
	Hot Dog.....	\$3.00
<b>Fridays</b>	Onzo (Chicken, Pasta with Cucumber) .....	\$3.50

FOLLOW NORMAL ORDERING PROCEDURES



# ՄԱՅԻՆԻ ՕՐ

Հանդիսութիւն

Հ.Բ.Ս. Ալեքսանտր հ/ւ Ալեք Մանուկեան  
Վարժարաններու Աշակերտութեան Կողմէ

## ԿԻՐԱԿԻ 17 ՄԱՅԻՍ, 2009

կէսօրուընէ սկսեալ

# MOTHERS' DAY

Performance by  
A.G.B.U Alexander Primary & Alec Manoogian  
School Students

## SUNDAY 17<sup>th</sup> MAY, 2009

from lunchtime

Alexander Primary School  
2 Namba Road, Duffys Forest



*Lunch will be served. For your comfort, please bring your own picnic chairs.*

