

Dear Parents,

OUR MOTHERS' DAY IS ON SUNDAY

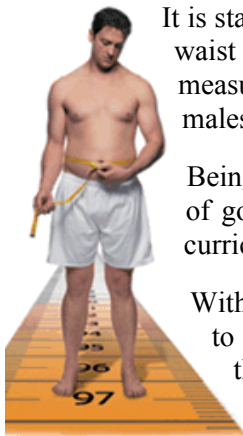
We are ready to celebrate Mothers' Day again this Sunday with our annual picnic and concert. Once again we will be joined by AGBU Alec Manoogian Saturday School students, teachers and their families for what is expected to be a wonderful day of celebration.

The programme is scheduled to start soon after everyone has had their picnic lunch, prepared by our master chefs. We will be moving into the hall for the concerts with Alec Manoogian school performing first. As past years have shown, these concerts are a wonderful way of showing our appreciation, affection and love towards the special person in everyone's life, our lovely mothers. Please join us as we say 'Thank You!' in our special and unique Alexander school way.

Please find further details in the newsletter about student arrangements. I would also like to ask all of our parents if they could offer their assistance or be prepared to help out on the day.

HOW DO YOU MEASURE UP?

Last week, Year 5/6 parents were given information packs from the Federal Government's national media campaign - 'How Do You Measure Up?'. With over half of all Australian adults being overweight or obese, the campaign is to alert parents as to why a large waist measurement is a serious risk to their health. It is to also provide information about how to reduce the risks and improve ones health.

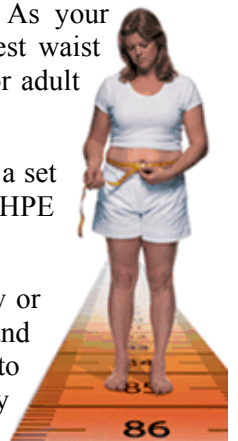


It is stated that a quick way to check your own risk is to measure your waist. As your waist increases in size, so does your risk of serious illness. The healthiest waist measure is said to be 80cm or less for adult females, and 94cm or less for adult males.

Being a school that participated in supporting this campaign, we received a set of good quality pedometers for classroom activities that support the PDHPE curriculum.

With today's newsletter every family will receive a pedometer to borrow or to keep. Pedometers are a small electronic device worn on the waistband that measure the number of steps a person takes. They are a fun way to see how active you are and for setting goals, to include healthy amounts of activity in your day. A fact sheet has been provided,

and if you want more information about the campaign go to - www.measureup.gov.au



I would like to receive feedback in relation to this campaign and inform you that more resources will be forthcoming over the weeks.

FED UP WITH JUNK FOOD ADS TARGETING OUR KIDS?

Children see around ten food ads on television every day, and almost two-thirds of these are for unhealthy foods. This means children see around 18 hours of junk food ads per year - the equivalent of three full school days!

When one in four Australian children are obese or overweight, why do we continue to allow advertising of unhealthy food to children? Add your voice to the campaign - go to www.burgercorp.com.au and tell Minsiter Roxon that you, like 9 out of 10 parents support a ban on advertising of unhealthy food when children are watching television.

15th May, 2009

MANOUG DEMIRJIAN
Head Teacher

Mothers' Day

IMPORTANT INFORMATION FOR STUDENTS

- ☺ On Arrival - Lunch
- ☺ 1:00 - Students at School the latest
- ☺ 2:00 - Mothers' Day Program in School's Gemjian Hall

K-2

- ✓ Students need to wear a plain white T-shirt.
- ✓ Summer Sports shorts/skirts.
- ✓ White Sports shoes and socks.
- ✓ K-2 girls bring coloured skirts with them.

Y3-6

- ✓ Boys to wear long pants and a shirt with collar.

HOUSE POINTS TERM 2

Uniform, Playground, Charity & Awards



MASIS - 29 points

ARARAT - 20 points



Mothers' Day Children's Stall

Thank You to all the children who bought a Mothers' Day Gift from the stall today. \$151 was raised thanks to your support. Enjoy your gifts mums!



BIRTHDAY OF THE WEEK

Happy Birthday to...

Tzolare Giragosian

School Banking

Banking Day: Wednesday

Please contact the School Office if you are interested in opening a Commonwealth Bank Dollarmite account for your child/ren.

TEACHERS' AWARD

TERM 2 - WEEK 3

- Year 6: Nareg Zahrabi
Siroun Jelenkerian
Maral Boyadjian
- Year 5: Virginia Keshishian



DATES TO REMEMBER

- 17/05 Mothers' Day Performance & Picnic
- 20/05 B.O.S. School Registration Visit
- 27/05 I.C.A.S. - Computer Assessment, Years 3-6
- 08/06 Queen's Birthday - Public Holiday
- 10/06 I.C.A.S. - Science Assessment, Years 3-6
- 23/06 Excursion - Sydney Symphony Years 3-6
I.C.A.S. - Writing Assessment, Years 3-6
- 24/06 Excursion - Sydney Symphony Years K-2
- 03/07 Reports sent home
- 10/07 Last day Term 2

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 2 Week 3

8 Points - MASIS	\$12.35
6 Points - ARARAT	\$7.00
TOTAL:	\$29.35
ACCUMULATED:	\$277.30

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