

Dear Parents,

NEW OPERATIONS BODY

At last Friday's General Meeting, the newly formed and formalised **AGBU Alexander Primary School Operations Body** was introduced. This new structure officially replaces the 'School Board'. The purpose of the Operations Body, as described by members of the AGBU School Incorporated, is to further develop and build AGBU Alexander Primary School as a key institution in preserving and promoting Armenian identity, heritage and culture through fundamental primary education.

The Operations Body, apart its official representatives from AGBU School Inc. and AGBU Ltd. (Sydney Chapter), is comprised of five new members. I'm proud to state that three of them are graduates who have 'Grown' and are ready to 'Serve' the school and community: Arpee Apoyan - First Graduates class of 1995, Aret Elmasian - Second Graduates class of 1996, and Natalie Topouzian - Fourth Graduates class of 1998. They are joined by Mrs Isabella Malouf and Mr Ari Zorlu.

We all agree that this new Operations Body with its structure and future plans is a benchmark step forward and unequivocally marks the beginning of a new era for the AGBU community in Sydney. Please be ready to offer your assistance and full support as they reach out and recruit members to the different 'Groups' that make up this body.

FRIENDSHIP DAY @ KINMA SCHOOL

On Wednesday, three students from Years 4-6 were invited to take part in the 'Friendship Day' program at Kinma School, Terry Hills. This was part of their project to foster friendship and peace around the world. They had started their international project by inviting ten of their local schools, with us being one of them. School Captain Ilda Zorlu has prepared a report about the visit which will be published next week. I would like to take this opportunity and thank Mrs Bianca Zorlu for helping us with the day's transport.



DEBATING NEWS

On Wednesday the students of Year 5/6 participated in their second debate at HASG College against John Colet. The topic was 'Animals should be used for scientific testing.' Florence, Maral and Nareg presented the affirmative side. This was a new experience for these students who had never debated before. They did the school proud. They researched the topic well, spoke clearly, produced excellent arguments and although they were all nervous they debated with confidence. The debate was very close with John Colet School winning by a narrow margin. With each debate the students gain valuable educational experiences which I am sure will help them in their future years.

EXCURSIONS NEXT WEEK



A number of excursions and visits are lined up next week. **Please make sure you are aware of all the transport arrangements in relation to your child or children.** The Sydney Symphony excursions on Tuesday (Y3-6) and Wednesday (K-2) will take place in the mornings. The program will start at 10:30am and should be finished by 11:30am.

The children are expected to have their school bags as they will be returning to school for the rest of the day.

On Wednesday, selected students from Years 4-6 will take part in the Integrated School's Cross Country. The event is scheduled to take place at HASG College and parents are required to help with transport. The program will start at 10:30am and finish by 12:30pm.



Special permission slips will be handed out to selected students early next week. Please sign and return them promptly.

19th June, 2009

MANOUG DEMIRJIAN
Head Teacher

EXTRA PHOTO ORDER

SCHOOL PHOTO **\$15**

If you are interested in ordering a **whole school** photo, then please contact the school office on 9486 3266 and ask for the special order form and the payment envelope from 'Academy Photography'. Alternatively, fill the order form when you have viewed a sample copy near the office.

The order will be sent by the end of this month.



BIRTHDAYS OF THE WEEK

Happy Birthday to...

Florence Basmajian
Kevork Kachichian
Michael Tateossian

HOUSE POINTS TERM 2

Uniform, Playground, Charity & Awards


 **MASIS** - 77 points 

ARARAT - 62 points

TEACHERS' AWARD

TERM 2 – WEEK 8

Year 6: Siroun Jelenkerian
Year 2: Ani Manoukian
Year 1: Krikor Demirjian
Kindergarten: Taniel Betchakjian



DATES TO REMEMBER

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
Integrated School's Cross Country

03/07 Reports sent home

10/07 Last day Term 2

19/07 P&C - Big Family Bowling Afternoon

27/07 School Development Day - Pupil Free

28/07 First day Term 3 - Students return

04/08 I.C.A.S. - Mathematics Assessment

19/08 I.C.A.S. - English Assessment

ARMENIAN STUDENT FUND

WEEKLY REPORT: Term 2 Week 8

8 Points – MASIS	\$10.20
6 Points – ARARAT	\$6.60
TOTAL:	\$16.80
ACCUMULATED:	\$374.20

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

WHY IS IT SO IMPORTANT THAT CHILDREN DRINK WATER?

Water is good for us - our bodies are made up of 50-60% water. Water lost each day through breathing, sweating and going to the toilet needs to be replaced, especially in hot weather.

Adequate fluid intake is essential to good health. Not drinking enough fluid causes dehydration. Any level of dehydration can cause physical symptoms such as poor concentration in class, headaches and irritability.

Children rarely drink enough during break times at school and often forget to drink unless reminded. Crunch&Sip® provides an opportunity to drink water and helps to prevent dehydration.

How much water does my child need?

The recommended daily amounts of fluid for children and adolescents are:

5 glasses (1 litre)	5 - 8 year olds
7 glasses (1.5 litres)	9 - 13 year olds
8-10 glasses (2 litres)	14+ years

* a glass is 250 ml



More water is needed if children are exercising or sweating due to heat.

Water is the best drink for kids.

Students are able to keep a bottle of plain water to drink during the day. When students don't drink enough water, they can become dehydrated, which causes headaches, irritability and restlessness in the classroom.



Plain tap water is the best thirst-quencher as it has no added sugars, and contains a mineral that helps strengthen teeth and bones. Soft drinks, cordials, sports drinks and flavoured mineral waters contain 6 teaspoons of sugar in every 250ml glass, which means they contain a large amount of energy. This can contribute to dental caries and decay and an excess energy intake (which can lead to overweight and obesity).

So make sure you encourage your child to drink plain tap water at school by sending a bottle in their school bag. Children often enjoy cold water, so why not freeze a bottle to send in the lunchbox?

Also, try making water readily available at home. Have a jug of cold water in the fridge and place a jug of water on the table at meal times. Or make jugs of water more appealing by adding a slice of lemon or ice cubes made in novelty shaped trays.

Sending water to school will help prevent dehydration and help your child work and play all day long.

Why should children eat more fruit and vegetables?

We all know fruit and vegetables are good for us, and they taste great! They are packed full of vitamins and minerals that are important for growth and development and are a source of dietary fibre, which prevents constipation. Regularly eating diets high in fruit and vegetables also protects us against a number of diseases.

More than 87% of primary school age children in NSW do not consume the recommended amount of vegetables. This places them at risk of developing disease, such as diabetes, later in life.

Crunch&Sip® ensures students are consuming at least one serve of fruit or vegetables each day, and can help increase the total number of serves they are eating each day.

So encourage your child to eat fruit and vegetables at home and at school. And don't forget to send some fruit or vegetables to school each day for your child to enjoy during Crunch&Sip® break!



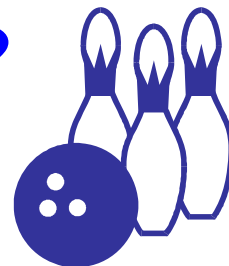
AGBU ALEXANDER PRIMARY SCHOOL

P & C INVITES YOU TO A

BIG FAMILY B OWLING AFTERNOON

Sunday 19th July, 2009

From 4:00pm



VENUE: AMF Bowling

Dee Why (Near RSL)

PRICE: \$15 per person

INCLUDES: 2 Games, Shoe Hire and Lolly Bag!

BOOKINGS ESSENTIAL!

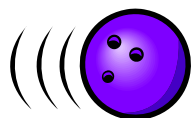
(Closing date 15/7/09)

Invite family and friends to join in the fun afternoon!

For more information and reservations please contact the School Office on 9486 3266



BIG FAMILY BOWLING - TICKET ORDERS



Please complete and return the order form with your payment by **Wednesday, 15th July**.

I/We would like to place an order for the Big Family Bowling Afternoon - Sunday, 19th July 09

FAMILY NAME/S: _____ DATE: _____

Tickets (2 Games, Shoe Hire & Lolly Bag!) _____ (Please indicate number) x \$15.00 each

PARENT'S SIGNATURE: _____ TOTAL : \$ _____

Make cheques payable to "AGBU Alexander Primary School". We will send out the tickets by 17th July.