



NEWSLETTER



2017

Dates to Remember:

Sept 4	Labour Day- NO CLASSES
Sept 5	First day of school / Assembly at 10:00am
Sept 14	Meet the Staff Night/ School Council Elections
Sept 15	Think of us on the Bus Assembly at 9:00am
Sept 15	Stay and Play Program Starts
Sept 15	Terry Fox Run
Sept 25-27	Grade 5/6 Camp in Waterton
Sept 28	Assembly: We Shine at Sunnyside 2:30pm

Principal's Message

It is a great pleasure to welcome you to the 2017-2018 school year. I hope that the summer months have provided you with a chance to rest and relax and an opportunity to rejuvenate. A special welcome to our new students and families that have joined the Sunnyside community. We are looking forward to getting to know you and I'm sure you'll love this school.

As has been the case over the last few years, more improvements were made to the school over the summer. We had security cameras installed outside the building as well as in the hallways of the school. We also have a newly renovated and organized equipment room.

Thank you to those families who volunteered or attended the Pancake Breakfast Fundraiser sponsored by Davis GMC Buick. It was such a fantastic opportunity for us to get a head start on our fundraising for the year.

Lastly, I look forward to meeting everyone on Thursday, September 14 for a welcome back BBQ and meet the staff night.

Connie Adserballe

Welcome

- Mrs. Carmen Carvalho, our new Gr 5/6 teacher and Ms. Lynette Voth, our new learning assistant. We are happy to have you!

Inside/Outside Footwear

We are so proud of our school and all the improvements that have been made over the summer. To help us keep it clean, we are requesting that all of our students have an inside and outside pair of shoes. Thank you for your assistance!

Sunnyside Staff 2017-2018

Mrs. Connie Adserballe	- Principal
Mrs. Amanda Hudson	- E.L.P. Educator
Mrs. Mona Slusar	- Kindergarten / Music
Mrs. Andrea Klassen	- Grade 1
Mrs. Lynnell Hudey	- Grade 2
Mrs. Jan Henderson	- Grade 3
Mr. Ken Van Cleave	- Grade 4
Mrs. Carmen Carvalho	- Grade 5/6
Ms. Cassie Koopmans	- Administrative Assistant
Mrs. Brenda Hancock	- Learning Assistant / Learning Commons
Ms. Lynette Voth	- Learning Assistant
Mrs. Linda Van Bezooeyen	- Learning Assistant
Mrs. Julia Newberry	- Learning Assistant
Mrs. Debbie Roth	- Custodian
Ms. Nicole Stafford	-Family School Liaison Counsellor

Bus Lane

Please be aware that there should be no vehicles in the bus lane while busses are loading or dropping off. As well, please note that there is a \$450.00 fine to pass a bus with flashing lights. Palliser has introduced a new safety tool, as several buses were equipped with cameras that can capture still and video images of what is occurring inside or outside the bus. Last year, additional camera units were added to the fleet.

Monthly Newsletter

A paper copy of the newsletter will be sent home this month. Future newsletters will be sent electronically. Please ensure that we have your current email address. A copy of the newsletter will also be available on the website. Sunnyside School's website can be accessed at www.sunnysideschool.ca. Please contact the school office if you cannot access the website and would like to request a paper copy.

'Think of Us on the Bus'

Sunnyside students will take part in a 'Think of Us on the Bus' assembly on Friday, September 15 at 9:00 a.m. to encourage bus safety and etiquette.

School Fees

Elementary textbook rental fees are waived by Palliser Regional Schools for this school term. The following fee structure will be in effect for this year:

	Kindergarten:	Grade 1 - 6:
Technology Fee:		\$35.00
Special Project Fee:	<u>\$10.00</u>	<u>\$10.00</u>
	\$10.00	\$45.00

Palliser Regional Schools has implemented an online payment system. Our goal is to become a "cash-less" school. Thank you for taking the time to use this system.

Home/School Communication Tool

This year, each child in Kindergarten through Grade 3 will be provided with a clear plastic envelope for a home/school communication and organizational tool. Please check this envelope daily for important notices. As well, please use the envelope to send notes or other information to the school.

Early Learning Program Fees

The fee for E.L.P. students is \$80 per month for two half days of programming per week. Online payments are now available on School Cash Online or you can send ten postdated cheques made payable to **Palliser Regional Schools** dated for the first of each month from September to June. These will be forwarded to the Palliser office and deposited on the first of each month and a receipt will be issued.

Forms

Each student will receive a *Student Information Verification Form*. Please review this sheet, make any changes, sign the sheet, and return to the school. Please complete the Information Technology User Agreement, Consent for Information Disclosure form as well as the Health Screening Consent for each student and return them in your child's agenda. You will also receive a Threat Assessment letter and FOIP forms. If you wish to purchase Student Insurance, applications should be remitted directly to the company.

Bell Times

The morning warning bell rings at 8:25 a.m. with classes starting at 8:27 a.m. Students will be dismissed at 3:32 p.m. Monday to Thursday. Please be reminded that school will dismiss at 12:30 p.m. on Fridays. If parents are picking up their child, we ask that you wait until the buses leave the school. Also, please remember that you must not park or drive through the bus lanes on the west side of the school during bus times.

Terry Fox Run

Sunnyside School will take part in the Terry Fox Run on Friday, September 15. All students will meet in the morning at 8:30 a.m. on the school track. Parents are welcome to join us. Each family will receive a Terry Fox pledge sheet that can be used for donations. We encourage each student to bring in a toonie or other donation with all funds collected to be forwarded to the Terry Fox Foundation for cancer research.

Stay & Play Program

The Stay & Play program will begin on Friday, September 15 from 10:15 to 12:15 in the ELP portable at the north end of the school. Parents and children (birth to 5 years) attend together for songs, rhymes, stories and play activities in a safe and inviting learning environment. More information is available at www.bewfcss.ab.ca

Palliser Transportation Policy

The Palliser Regional Schools transportation services department has a casual rider policy. Any student wishing to access a bus that they do not normally ride on may do so as long as a Request for Ride-a-Long form has been completed in advance. This policy allows for students who do not ride a bus to travel to a friend's house for birthday parties, etc. as long as a completed form has been handed in to the school office and a copy given to the bus driver. Forms can be requested by contacting the school office or on our website: Click on ABOUT/Documents/Request for Ride-a-long form.

Assemblies

It is our desire to promote a positive school community, to share and celebrate one another's accomplishments and to inform one another of the events taking place at Sunnyside School. Our assemblies will be held the fourth Thursday of the month with the first one taking place September 28 at 2:30 p.m.

Allergy Aware School

We have students attending Sunnyside School with nut, peanut and other allergies. We can never have a peanut free school, but instead we will make students aware of what allergies do exist and take measures to minimize those risks. Please let us know if your child is allergic to certain foods so that we can keep them away from triggers. Call us if you have further questions.

End of Harvest Barbeque/ Meet the Staff

Please join us on September 14 at 5:30 for a Barbeque to meet the Sunnyside School staff! As well, this event provides students with an opportunity to thank the many volunteers who generously supported this project over the years. If your last Name starts with A-H, please bring a side dish. If your last name starts with I-Z please bring a dessert. Please bring enough for your family and two others. Also, please bring your own water bottles to help reduce waste. This bbq will be followed by a parent council meeting at 7:00 p.m. in the school gym. During this time, we will hold elections and provide parents with an opportunity to sign up for school council committees.

Grade 5/6 Waterton Camp

Sunnyside's Gr 5/6 students will be going to camp in Waterton Lakes National Park from 11:00 am September 25 through 11:00 am September 27. Students will take part in a variety of activities such as forest exploration, a prairie hike, ecosystem restoration activities and a guest evening presentation by two Blackfoot women from the neighboring First Nations.



2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Labour Day NO CLASSES	5 Assembly at 10:00am 	6	7	8	9
10	11	12	13	14 End of Harvest BBQ / Meet the Staff Night / Parent Council Elections	15 'Think of Us on the Bus' Assembly 9:00 am Terry Fox Fun Stay & Play Program 10:15-12:15	16
17	18	19	20	21	22 Stay & Play Program 10:15-12:15	23
24				27	28 Assembly at 2:30 p.m	29 Stay & Play Program 10:15-12:15
						30

Healthy Children

September 2017 Parent Newsletter



An Energized Brain in Less Than 5 Minutes

Brain breaks are quick mental time-outs that help us refocus. They are easy 5-minute activities that help us get energized, boost blood flow and increase oxygen to the brain. It is recommended that children take regular brain breaks at school and at home to improve their educational success.

Brain breaks can help children:

- Regain attention after sitting in one place for a long time
- Reduce stress
- Increase motivation to learn
- Improve memory
- Regain a positive state of mind

Below are some activities you can do with your child:

- Sing or dance to your child's favourite song
- Play physically active games like "Minute to Win It" to pack an active break into a small timeframe
- Play games such as connect the dots or maze puzzles
- Show a short funny video
- Perform breathing and stretching exercises
- Throw a ball back and forth
- Make a quick healthy snack

Brain breaks are smart and simple. Be a role model by incorporating brain breaks into your personal daily activities as well.

Articles

An Energized Brain in Less Than 5 Minutes

Get Walking

Does your child's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and or existing run clubs. To learn more visit <http://www.amayouthrunclub.com/>

Get Walking

The new school year is here! This brings opportunity for you and your child to walk to school together. There are so many benefits to walking, like increased physical activity, increased socialization with neighbours, spending quality time with your child and becoming familiarized with your community. You can still give your child the walking experience if you live far away from their school by parking five to ten minutes away from the school and walking the rest of the way.

Another important benefit of walking with your child is that it allows them to develop traffic safety awareness and practice safe pedestrian behaviours. Most children will need supervision to walk to school until they are at least 9 years old. Did you know that twenty-six judgement skills are required to cross a street safely? Many of these skills have not fully developed in a young child. For example, they might think that a car can stop instantly or if they



can see a car, the driver can see them. They are also often distracted and many underestimate dangerous situations.

Here are some important pedestrian safety messages that you can model for your child:

- Cross at marked intersections or crosswalks
- Look left, look right and look left again before stepping out onto the street
- Wait until the road is clear
- Always walk on the sidewalk

Alberta encourages active and safe routes to school. For more information on how you can start a program in your neighbourhood email info@saferoutestoschool.ca or call toll-free 1-877-533-4098.

➤ For more information on childhood injury prevention visit www.ahs.ca/injuryprevention.as

Sunnyside Parent Link Centre & Barons-Eureka-Warner FCSS

Located in the Sunnyside School

1 mile east of Lethbridge on Hwy #3 & 4 miles north of Marshall's Auto Wreckers Phone 403-732-5470
of Lethbridge)

Welcome!

Parenting & Family Coach

Janet Fekete
403-732-5470

janet.fekete@bewfcss.ab.ca

Counsellors

Lisa Vandendungen
403-405-4466
extension # 25

lisa.vandendungen@bewfcss.ab.ca

Tanie Reid-Walker
403-360-2111
(texting accepted)

tanie.reid-walker@bewfcss.ab.ca



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
				Stay & Play 10:15-12:15
18	19	20	21	22
				Stay & Play 10:15-12:15
25			28	29
				Stay & Play 10:15-12:15

Welcome back!



With support from Provincial & Municipal governments, all services are available at minimal or no charge to residents. www.bewfcss.ab.ca
Please be advised that information on calendars is subject to change without notice. Programs may be cancelled due to bad weather, lack of response, or etc.



STAY & PLAY

Connecting parents to the resources in their community

Your Parenting and Family Coach can assist you with the following:

- Early Childhood Development Information
- Childhood Developmental Screening
- Parent Education
- Family Support
- Information and Referral

WONDERING ABOUT YOUR CHILD'S DEVELOPMENT?

Ages 2 months to 60 months

A developmental check-up will help you see if your child is developing typically with speech, language, social interactions and/or motor skills. The **Ages and Stages Questionnaire** can give you a guideline to tell if your child is doing what other children of the same age are typically doing. It is a great tool to know what activities you might try next and to see if additional support might be needed.

TRIPLE P POSITIVE PARENTING PROGRAM

www.triplestaypositive.net

The Triple P Parenting Program is an internationally recognized parenting program which promotes positive caring relationships between parents and their children. This program helps parents develop effective strategies for dealing with a variety of behaviours and common developmental issues.

For more information contact
Janet Fekete 403-732-5470
janet.fekete@bewfcss.ab.ca

Stay & Play is a valuable program for parents and children (birth to 5 year old) to attend together.

There is no charge

and registration is not required.

Drop in and see what we're all about!

Songs, rhymes, stories, sand and water play, dress-ups and housekeeping, blocks, science and creative art are all available in a safe and inviting learning environment.

We invite all family members to join us at Stay & Play - Moms, Dads, and Grandparents.



"CREATIVITY IS THE WAY I SHARE MY SOUL WITH THE WORLD."
~Brene Brown

Barons-Eureka-Warner FCSS Parent Link Centre

Barons-Eureka-Warner Family & Community Support Services (FCSS) assists individuals, families and communities to reach their potential through Counselling, Teen's, Parenting, Senior's, Volunteer and Children's Programs.

These programs are funded by provincial and municipal governments.

There is NO CHARGE!

www.bewfcss.ab.ca

Barons-Eureka-Warner FCSS COUNSELLING

Barons-Eureka-Warner FCSS Counsellors are available for counselling services at no charge.

Please call to make an appointment.

Lisa Vandendungen - 403-405-4466 Ext: 25

Tanie Reid-Walker - 403-360-2111 (phone or text)

