



NEWSLETTER



FEBRUARY 2019

Dates to Remember:

Feb. 1, 8 & 15	Skating at Coaldale Sportsplex- Wellness Friday option
Feb. 4 – 8	Scholastic Book Fair
Feb. 5	Student Lead Conferences– 3:45 to 7:45
Feb. 6	School Council Meeting – 2:15 p.m.
Feb. 7	Space Astrodome learning opportunity for Grade 5/6
Feb. 8	Grade 1 & 2 - 100 Day Activities
Feb. 14	Classroom Valentine Parties
Feb. 18	Family Day - No Classes
Feb. 19 & 20	No school for staff or students
Feb. 21 & 22	PD Days - No Classes

Principal's Message

February is filled with lots of great opportunities for our students to learn and grow, starting with student led conferences. Next week, you'll have an opportunity to participate in your child's learning by attending these important sessions with your children. This is a great time to see how your child spends their time at school as well as learning about their strengths and areas to work on. We are looking forward to welcoming you! Also, don't forget to check out the Scholastic Book Fair held in the learning commons. It's a good opportunity to find some great books while supporting the school at the same time.

As well, I would like to invite all parents to our next parent council meeting on February 6 held in the learning commons at 2:15. I will be sharing information about the Alberta Education

Accountability Survey for grade 4-6 parents and will answer any questions you might have as well as providing information on our school goals and planned initiatives for Sunnyside.

Hot Lunch

February Menu:

- Feb. 4 - Taco in a bag
- Feb. 11 - Swiss Chalet
- Feb. 25 - 3G Eatery

Thank you...

- To RI Baker for inviting our Grade 6 students along on their ski trip to Castle Mountain.
- To Linda & Jim Van Bezooeyen for lending us a fire pit and some fire wood for our Winter Snow Day!

Student Led Conferences

On Tuesday, February 5, from 3:45 to 7:45 we will be hosting student led conferences. Students will take their parents from station to station to demonstrate their learning. Teachers will be on hand to answer questions, but the evening will primarily facilitated by the students. We ask that siblings will not be in the room and have families wait if more than 4 students are in the classroom at a time. The Book fair will be open in the library for those who are waiting.

Kindergarten Registration

Registrations are now open in the school office for September 2019. Children must be five years of age by December 31, 2019. Please have your child's birth certificate and your 911 emergency address when registering. Kindergarten classes are Tues & Thurs from 8:27 a.m. to 3:32 p.m. with additional Wednesday's in the spring. Please share this message with families of children who may be interested in this information.

Scholastic Book Fair

The Scholastic book fair will be open during school hours February 4, 6, 7 & 8. On Tuesday, February 5 it will be open during Student-led conferences until 7:30pm.

Wellness Friday Skating

On Feb 1, 8 & 15 students from Grade 2-6 will have the opportunity to go skating at the Coaldale Sportsplex during our wellness Friday time. On those days, the bus will leave the school at 10:15 am and will return to the school by 12:15 pm. Please send skating gear as well as CSA approved skating/hockey helmets on those days. Permission forms will need to be returned by Friday, Feb 1.

Private Day home in Lethbridge County

If you are looking for childcare, a private day home in the area has opened up for ages 2-8 as well as before and after school care. Please contact Bernice Mandel for more information at (403) 330-5314.

Homestay Families Needed

My name is Sherisse Herbst. I am coordinating with Samantha Spiegelberg to welcome this year's Japanese homestay students through MLI. There will be 40 students between the ages of 13-15 years old attending Kate Andrews High School in Coaldale from March 16- 24 and we are asking if you would be interested in sharing your home and your hearts with these kids. Each student requires their own bed but can share a room with another student from the same group, provided they are the same gender. They will be attending classes at Kate Andrews as well as enjoying field trips locally throughout the week.

If you are interested, please contact Sherisse Herbst at (403)360-1154 or Samantha Spiegelberg at (403) 894-0590. We have about 1 month to get everyone matched up with a host family. If you know someone who is looking to give the homestay experience a try, send them our way. We need homestay families and back up families to make this experience a success for everyone! If you are considering hosting, please be advised that you will need to be available for pick up and drop off of the students at designated times and locations for planned field trips. They are only here for approximately 1 week. Every effort is made to work within the school day schedule however there are some experiences that run outside of school hours.

Early Learning Program

January was busy with our winter theme. We focused on penguins, polar bears, igloos, snow, and ice. We experimented with snow, our sensory table was turned into the Arctic which had real ice bergs and snow that polar bears and penguins could slide down, along with ice cube painting. We are continuing to work on our numbers from 1-5, shapes, colors, name recognition, and scissor skills. It is wonderful to see the accomplishments since the beginning of the year. Our theme this month is on feelings, friendship, and Valentine's Day. We will be having a Teddy Bear Picnic/Valentine's Day party and pajama day *on February 13 and 14. Please bring their favorite teddy bear or stuffy!*

Mrs. Hudson, Early Learning Educator

FEBRUARY

2019

<i>Sen</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 Skating- Wellness Friday option	2
3	4 Hot Lunch- Taco in a bag Book fair open during school hours	5 Student Led Conferences (including Kindergarten) 3:45-7:45 Book fair open until 7:30 pm	6 Book Fair open during school hours School Council Meeting 2:15 pm	7 Book Fair open during school hours Space astrodome for Gr 5/6- afternoon	8 Book Fair open during school hours Gr 1 & 2 100 Day Activities Skating- Wellness Friday option	9
10	11 Hot Lunch- Swiss Chalet	12	13	14 Valentine's Class Parties	15 Skating- Wellness Friday option	16
17	18	19	20	21	22	23
	NO SCHOOL					
24	25 Hot Lunch- 3G Eatery	26	27	28		

Healthy Children

February 2019 Parent Newsletter



Positive Parenting

The way you support and guide your child has an impact on their well-being. A positive authoritative parenting style means being warm and nurturing while still having expectations and clear rules. When you parent in a positive authoritative way, you can help children to become psychologically healthy and confident and develop good social and emotional regulation, reasoning, problem-solving and decision making skills.

Be consistent, fair and clear.

Make sure your child knows the consequences for their actions in advance and is clear on what will happen when rules are broken.

Follow through. Children are less confused, frustrated and anxious when they know what is expected of them. When discipline is necessary, don't jump to punishment, focus on

what has been learned and ask for your child's ideas of what to do.

Be a positive role model. Learn to identify and manage your own emotions as a parent so you can teach these skills to your child. Hold the same expectations for your own behaviour as you do for your child.

Communicate supportively. Encourage independence and the expression of opinions. Listen so your child feels understood and explain reasons for your decisions in a way that makes sense to your child.

Always show your child love and warmth, even if you disagree with something they have done.

➤ **For more ideas on being a supportive parent in a strong family, visit <http://yllumyhome.com/>**

Articles

Positive Parenting

Parents Matter:
Getting involved in
your child's school
experience

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca



Parents Matter: Getting involved in your child's school experience

Research confirms what many parents have long suspected to be true: when parents play an active role in their child's education, kids benefit. They develop positive attitudes toward school and learning, and are more likely to earn higher grades and stay motivated.

As a parent or caregiver, there are many ways you can get involved in your child's school experience. Here are some examples:

- Stay in the loop with your child's teacher – follow classroom blogs, e-newsletters and other online forums, and participate in student-led conferences.
- If you can, set aside time to go to school-wide activities like student performances, school barbecues and charitable events, or help out with field trips.
- Attend a school council meeting – often these include speakers and discussions about ways to support your child's learning and well-being.



- Ask the principal and teachers about ways you can share your talents. Careers, hobbies and cultural experiences make parents "natural teachers".
- Talk to your child about what's going on at school. Spend time together.

All of these examples are meaningful and important. They all contribute to healthy relationships between home, school and community.

If your hectic schedule makes it hard to be engaged, get creative! Principals and teachers know that good schools get even better when parents are involved, and most are looking

for new ideas about how to be flexible with families. Some now offer drop-in "coffee and conversation" evening events or encourage school garden volunteers to stop by on the weekends. Others offer community-based activities for the whole family, like book exchanges, public skating and family dances.

To learn more, check out Alberta Education's brief video about family engagement to support mental health in schools. It's the third video in a four-part series available here: <https://education.alberta.ca/mental-health/information-and-resources/everyone/videos/>



EXPRESS BASKETBALL CLUB TRYOUTS

Hosted by LMBA



TRYOUT FEES & REGISTRATION

[Pre-register @ lethbridgebasketball.ca](http://lethbridgebasketball.ca)

Feb 1 - Feb 23

Players are expected to attend both tryouts

U11 Girls (born 2008/2009)

March 2 @ U of L Gym 4401 University Drive W
11am-1pm & 3pm-5pm

U13 Girls (born 2006/2007)

Feb 25 & Feb 27 6:30-8:30pm
Mike Mountain Horse School
155 Jerry Potts Blvd W

U15 Girls (born 2004/2005)

TBA—Please check lethbridgebasketball.ca
for dates and times

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U13 Boys (born 2006-2007)

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155 Jerry Potts Blvd W
Feb 28 6pm-8pm @ Lethbridge College

U15 Boys (born 2004-2005)

TBA—Please check lethbridgebasketball.ca
for dates and times

Numerous factors will determine the number of teams in each age division (U11, U13 U15) including number of players trying out, number of committed coaches, and availability of gym times allotted to LMBA from the City. The number of teams will be decided after the final tryout on March 7/19. The final rosters will be posted at lethbridgebasketball.ca March 13/18. Practices begin the week of March 18/19.

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