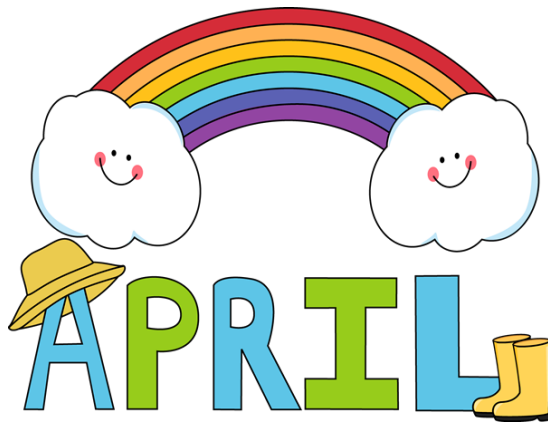




# NEWSLETTER



# 2019

## Dates to Remember:

April 3	Parent Council Meeting @ 2:15 in the Learning Commons
April 3	Kindergarten Day
April 4	Grade 5/6 Field Trip- Men's World Curling Championships
April 9	Running Club starts at noon
April 10	Aggie Days- Grade 4-6 9:00am-1:00pm
April 11	Aggie Days- Kindergarten- Grade 3 12:30pm-3:00pm
April 15-26	Easter Break- NO CLASSES

## Principal's Message

April has arrived and with it some beautiful spring weather. Here at Sunnyside, we are all enjoying spending more time outside both playing and learning. Even the winter shovels have been repurposed for digging in the sand. It feels like summer is around the corner.

This month we look forward to celebrating our rural roots with school wide field trips to Aggie Days and we begin growing plants to transplant into the school greenhouse.

Lastly, I hope everyone enjoys the extended Easter break that is unique to Sunnyside.

## Hot Lunch

Menu:

April 1	Pizza 73
April 8	Lakeview Bakery
April 29	Edo Japan

## Running Club

Running club will take place in April & May this year on Tues & Thurs from 12:00-12:25 on the running track. For students who would like to register for the Little Soul's Marathon, information can be found on their website at <https://raceroster.com/events/2019/20963/little-souls-2019> Register early to avoid disappointment. The entry deadline is May 29 but only entries received by May 22, 2019 will be guaranteed a shirt.

## Aggie Days Field Trips

Sunnyside Students will be going on a field trip to Lethbridge Exhibition Park's UFA Aggie Days:

- Wed, April 10<sup>th</sup> the Grade 4-6 Students will be going from 9:00am-1:00pm. They will be eating their bagged lunches at the Exhibition Park.
- Thurs, April 11<sup>th</sup> the Kindergarten- Gr 3 Students will be going from 12:30pm-3:00pm. They will be eating their lunches before leaving the school.

## ELP Registration

Early Learning Program registrations for the 2019 - 2020 school term are now being accepted online. Please go to [sunnysideschool.ca](http://sunnysideschool.ca) to register. Children must be 4 years old by December 31, 2019 to attend. Please have your child's birth certificate and your 911 emergency address when registering.

## Developmental Check-ups

Sunnyside School will soon be hosting developmental check-ups for four to five-year-olds who are entering our Early Learning or Kindergarten Programs this fall. These check-ups are a service to parents, providing access to experts in early childhood development, including speech and language pathologists, right in their own communities. These free, one-hour sessions are a great way for parents/guardians to confirm which skills their children are well on their way to mastering and which areas require more support. These check-ups help determine the support and resources incoming early learning and kindergarten students will need this fall. They also give children an opportunity to visit Sunnyside School, meet the teacher, and to have a positive hour of fun activity, and alleviate some of the anxiety that might come when school starts. Sunnyside School's Early Learning and Kindergarten programs give children a positive, fun foundation to ensure readiness for Grade 1. **Developmental check-ups will be held in the afternoon on May 23.**

## Kindergarten Days

Parents of current kindergarten students are reminded that beginning April 3, kindergarten will run three days per week on Tuesday, Wednesday and Thursday until the end of the school term.

## Early Learning Program

March was a busy month! We started with our Ocean theme where we painted with sand, and turned our water table into an ocean.

We jumped into St. Patrick's Day for our next week, talking about shamrocks, pots of gold, and rainbows. Our classroom was filled with all sorts of green (Paint, crayons, markers, and green water in the water table), using green coins to count, St. Patrick's day pattern board, and our rainbow craft were just some of the fun activities for this theme. Humpty Dumpty and Nursery Rhymes were last in March. Please bring one hardboiled egg April 3 & 4 for our Humpty Dumpty experiment.

Mrs. Amanda Hudson, Early Learning Program

## Kindergarten Registration


Kindergarten registrations for the 2019 - 2020 school term are now being accepted online. Please go to [sunnysideschool.ca](http://sunnysideschool.ca) to register. 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.

## Music Monday Assembly

Music Monday is an annual initiative that brings together thousands of students, musicians, parents and community members across the country to celebrate the power of music in our lives, on the same day at the same time. Come join us on Monday, May 6 at 2:30 for an assembly where we will sing the Music Monday anthem *Hymn to Freedom*. We will also showcase some students as they share their individual music talents and explain how music education is important in their lives. Hope you can make it!



**2019**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Hot Lunch- Pizza 73	<b>2</b> Gr 5/6 Volleyball Club 3:30-4:30	<b>3</b> Mini Basketball for Gr 4,5 & 6 3:30 – 4:35  School Council Meeting- 2:15 pm	<b>4</b> Gr 5/6 Field Trip-Men's World Curling Championships- am	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Hot Lunch- Lakeview Bakery	<b>9</b> Running Club starts at noon- permitting track is dry	<b>10</b> Mini Basketball for Gr 4,5 & 6 3:30 – 4:35  Gr 4-6 Aggie Days 9:00- 1:00pm	<b>11</b> Running Club- 12:00 – 12:25  K- Gr 3 Aggie Days 12:30- 3:00pm	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>NO SCHOOL- Easter Break</b>						
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>NO SCHOOL- Easter Break</b>						
<b>28</b>	<b>29</b> Hot Lunch- Edo Japan	<b>30</b> Running Club- 12:00 – 12:25  Gr 5/6 Volleyball Club 3:30-4:30				

# Healthy Children

April 2019 Parent Newsletter



## Avoiding Common Allergies

Sending your child to school can bring new parenting challenges. One of these can be food – especially if your child has an allergy.

There are 3.4% of Canadians who have an allergy to food. According to Health Canada, the number of children with allergies is closer to six percent. Most food allergies come from these ten products:

- Peanuts
- Dairy
- Wheat
- Soy
- Mustard
- Tree nuts
- Eggs
- Sesame
- Sulfites
- Fish and shellfish

People can have allergies to just about anything, including chocolate! A school can be a tough challenge for a child with allergies. Some suggestions to help along the way include:

- Make sure the administration is aware and knows if your child needs an auto injector
- Have your child wear a medic alert bracelet
- Find out what the school policy is on common allergens for lunches, snacks and special events

As your child gets older they can start to read food labels to check for allergens. Encourage them to ask about ingredients and cooking methods, because the allergen may not be in the food, but used as a part of cooking.

➤ For more information about food safety, visit <https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

## Articles

Avoiding Common Allergies

What You Need to Know about Your Child's Sexual Development

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>



Alberta Health  
Services

## What You Need to Know about Your Child's Sexual Development


You may think that sexual development happens in the teen years, but it actually starts at birth and continues throughout childhood. By learning about your child's development, you'll be better prepared to talk with your child about the changes they'll go through as they get older. Talking about sexual health and sexuality together now will help to start the conversation and keep it going.

To encourage healthy sexuality and development, in elementary, children should know:

- That their body is their own and no one can touch it without their permission.
- The correct names for body parts including genitals and reproductive organs (knowing the correct names for body parts promotes positive body image, self-confidence and parent-child communication).



- How reproduction happens. For example, you could say, "when a sperm joins an egg, a baby grows in the uterus, and is born through the vagina".
- Not to pick up things such as condoms or syringes. Now is a good time to teach them not to pick up anything if they don't know what it is or if they think it's dangerous.
- Basic information about body changes during puberty.
- Other body parts and body functions: urine, stool, bladder and urethra.
- About how important hygiene and self-care are when they start puberty.

 To learn more about development from birth up to 18 years of age, please visit [Alberta Health Services](http://AlbertaHealthServices.com) [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)



*Want to try something new?*

*Need a thrill without the chill?*

*Why not try Roller Hockey this spring?*

### **What is Roller Hockey?**

Roller Hockey is like ice hockey, but 4-on-4, with no body checking, no offsides, and we don't play on ice!

### **Who is Roller Hockey Lethbridge?**

We are a local not-for-profit organization affiliated with the Lethbridge Sport Council as well as the Alberta and Canada Roller Hockey Associations. We are committed to growing the sport of Roller Hockey in Lethbridge by offering a fun, inclusive environment for everyone.

### **What are we offering this spring/summer?**

We have two parts to this year's program that will be offering:

#### **Session 1 - Coaching**

May 28th through April 30th, 2019

6pm-7pm

5 week coaching program

Sessions to comprise skills drills and mini games

**\$55/player**

#### **Session 2 - House League**

June 4th through July 2nd 2019

5 week program, 2 x 40 minute games per team each week

Teams selected by RHL

Each player receives a jersey

**\$80/players**

To Register

Visit

[www.rollerhockeylethbridge.ca](http://www.rollerhockeylethbridge.ca)