



Sunnyside School Newsletter

January 2015



Dates to Remember:

January 5
January 15
Jan. 22 & 29
January 27
January 29
January 30

Classes Resume
School Council Meeting – 3:45 p.m.
Skating at Labor Club Ice Centre
Family Literacy Day
Assembly - 2:30 p.m. & Canadian Pride Day
Professional Development Day - NO CLASSES

Principal's Message

Happy New Year!

January always reminds us of making resolutions and setting goals. While our school goals are formulated at the start of the school year, this is a great time to revisit them, especially if you haven't already read through them. This year we have established goals in each of the three areas of literacy, assessment for learning, and safe and caring. The goals, measures and strategies can be found on the Sunnyside School website on the 6th page of the 3 year Education plan or by following this link: <http://www.sunnysideschool.ca/download/20498>. If you would like a hard copy of these goals, please send me an email or stop by the office.

This month we will celebrate Family Literacy Day, our Grade 2 Class will perform for us at the monthly assembly and all of our students in Kindergarten-Grade 6 will have two opportunities to go skating. Sunnyside School is where it's at!

Welcome

We would like to welcome Devyn Van Sluys to the Kindergarten class.

Turkey Dinner

The students and staff enjoyed a delicious turkey dinner on December 18. Thank you to the Sunnyside Community Association for providing the meal and to all of the parents who organized and served the meal.

Thank You to...

- Karen Barby of Green Haven Garden Centre for once again generously donating a tree for the Christmas raffle.
- Everyone who sent socks for the 'Sock It to 'Em' campaign. We donated 168 pairs of socks to charity.
- Everyone who donated food items for the Food Bank at Christmas.
- The Handsaeme and Chapman families for organizing a fun hayride for the students on December 19.
- The Procee family for donating chairs to the kindergarten room.
- Davis GMC for their financial donation to the school

Hot Lunch

Please remember to send utensils in your child's lunch if they require them on regular lunch days.

January Menu:

Jan. 5 - Hot Dogs
Jan. 12 - Booster Juice
Jan. 19 - Pizza 73
Jan. 26 - Tim Horton's

Cross-Graded Activity

The students at Sunnyside School were involved in a cross-graded activity in December. The children were put into eight teams that included students from Kindergarten to Grade 6. The teams were given supplies and worked together to create snow globes that were used to help decorate the gym for our Christmas concert.

Christmas Raffle Winners

Thank you to everyone who supported our annual Christmas raffle. A special thank you goes to the Jones and Handsaeme families for donating additional items as raffle prizes. Congratulations to the following raffle winners:

Christmas Tree - Aimee Clawson
Merry Christmas Blocks - Judy Pyne
Snowman Plaque - Hailey Stuckart

Assembly

Our monthly assembly will be held at 2:30 p.m. on Thursday, January 29 and will feature the grade two students. The theme will be Canada Pride Day. Show that you are proud to be a Canadian by wearing red & white, toque, mittens, jerseys, etc.

Skating

Students will be going skating at the Labor Club Ice Centre on the following days:

Thursday, January 22 from 9:45 a.m. – 10:45 a.m.

Thursday, January 29 from 9:45 a.m. – 10:45 a.m.

Please complete and return the permission form that will go home in your child's agenda. All students must wear a CSA approved helmet to go on the ice. Please label your child's equipment with their name. The school has some helmets and spare skates that can be used if your child does not have their own equipment. Complete the bottom of the permission form to indicate what equipment they need and what size skates they wear.

Kindergarten News

The kindergarten class will be having a 'Winter Wonders' presentation from Scientists in School in the afternoon of Tuesday, January 13. We will need three parent volunteers to help run the centers. You can notify Mrs. Slusar by email or through your child's agenda if you would like to help.

Grade 3/4 News

The John Howard Society will be in the Grade 3/4 class on January 8 and 13 to do a presentation on 'Respect for Others'.

Christmas Concert DVD's

Thank you to the Skiba family for videotaping the Sunnyside Christmas concert. Copies will be available in the school office for purchase at a cost of \$2. Please put a note and money in your child's agenda if you would like to purchase one.

Absences / Lates

If your child will not be at school, please call the office or use the Attendance Line on the Sunnyside School web page to notify us. Also, if your child arrives late after 9:45 a.m. please have them check in at the school office for a late slip to take to their teacher in the classroom.

Guitar Club

Mr. Van Cleave will start guitar club on January 14 for any interested students. This will run on Wednesdays during the lunch break starting at 12:15.

January

2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2	3
4	5 Classes Resume 	6	7	8	9	10
11	12  Booster Juice	13	14	15 School Council Meeting 3:45 pm	16 Stay & Play 10:15 am to 12:15 pm	17
18	19 	20	21	22 Skating 9:45 – 10:45 	23 Stay & Play 10:15 am to 12:15 pm	24
25	26  Tim Hortons	27 Family Literacy Day	28	29 Skating 9:45 – 10:45  Assembly 2:30 pm Canada Pride Day	30 Professional Development Day NO CLASSES 	31

Children and Stress – What Parents Can Do

For children, life can become overwhelming with school work, family issues, friendships, extra-curricular activities, and home responsibilities. As a result, children may start feeling stressed without recognizing or knowing how to cope.

Children have a hard time naming the emotions they are feeling. Often, they do not realize their physical symptoms can be related to stress. Children haven't had enough experience to recognize how stress impacts their lives. As a parent you can help your child to learn what stress is and how to recognize signs of stress. Common signs of unhealthy stress for children include: eating too little, overeating, sleep problems, frequent complaints of headaches and stomach aches (even though a doctor has said they are physically healthy), irritability, emotional outbursts, excessive worry, fear of leaving parents, and crying.



Noticing changes in your child's behaviours and describing them is important in opening up conversations between parents and children [e.g., *I notice you are not as excited about going to school as you used to be. (Provide a specific example: Yesterday when you came home you threw your book and looked mad and this morning you said you didn't want to go to school. Has something upset you?)*]. This shows your care and support. Ask your children how they feel and listen to their feelings to build trust. Help them name their emotions (e.g., mad, sad, hungry, angry) and identify what may be causing their stress.

There are many ways you can help your child reduce stress. For example:

- Teach and encourage them to take time for themselves, be physically active, listen to music, read books, spend time with family and friends, get plenty of sleep, have fun, and breathe deeply.
- Model healthy coping skills by: taking deep breaths when dealing with stressful situations, eating healthy, getting plenty of sleep and seeking extra support when needed.

Did You Know?

Being physically active every day can help children:

- increase focus and concentration
- show improved behaviour
- perform better academically
- develop self-esteem
- have a stronger sense of school connectedness
- improve fundamental movement skills
- sleep better and have more energy
- fight off sickness and disease
- improve physical and mental health
- build healthy bones, hearts, muscles, and selves

For fun ideas on how to stay active visit:

- <http://www.participaction.com/get-moving/tips/>
- <http://activeforlife.com/>

Talking to Your Kids about Tobacco: It's Never too Early to Start the Conversation

One of your most important jobs as a parent is to keep your kids safe – steering them away from staircases as toddlers, teaching them to cross the street when they go to school and, as they grow, protecting them from tobacco use. Tobacco use is a serious health problem today. Kids will feel the pressure to try tobacco from youth to adulthood. You can make a difference by talking to them about tobacco. It's important for parents to talk to their children early and often about the side effects of tobacco use. New studies tell us that when young people make it to 19 years of age without smoking they're unlikely to start. Plan to talk about tobacco many times throughout your child's developing years as soon as they begin to be curious, if not sooner.

Whenever you have time together, you can share your thoughts about tobacco. It doesn't have to be formal. Studies show that if you use tobacco, you can help prevent your teen from starting by talking to them about your use and how hard it can be to quit. It's important to know what matters to them.

Use this list to make your conversation personal:

- Staying healthy – tobacco smoke has about 7000 chemicals in it – at least 69 of them cause cancer.
- Making your own decision – tobacco companies go after young people to get them addicted for life.
- Appearance—using tobacco can cause yellowing of the teeth, more wrinkles, and bad breath.
- Grades in school – young people who use tobacco have lower grades in school.
- Playing sports – people who use tobacco have trouble breathing and slower reflexes.

Listen to what your child has to say about using tobacco. Ask about the pressures your child may be facing or how tobacco is portrayed in movies and on television. Talk about what they could do if they were offered tobacco. Let them know they can tell you what is really happening and that you can help. If you find out your child is using tobacco, don't panic. You aren't alone – we can help. Call AlbertaQuits at 1-866-710-QUIT (7848) or visit www.albertaquits.ca