



Sunnyside School Newsletter **April 2015**



Dates to Remember:

April 1 & 2	Sunnyside School Days in Lieu – NO CLASSES
April 3 – Apr. 12	Easter Break - NO CLASSES
April 13	Classes resume
April 14	Farm Safety Presentations
April 14	Running Club starts
April 16	Staff Appreciation Day
April 16	Sunnyside School Council Meeting – 3:45 p.m.
April 20	Palliser Professional Development Day – NO CLASSES
April 21	Kindergarten Field Trip to Helen Schuler Coulee Centre
April 27 – May 1	Quest Theatre Artists in School Residency Program
May 4 to 8	Education Week - Theme: 'We Are Teachers'

Principal's Message

Welcome to spring!

This month we are so excited to welcome Quest Theatre to our school. The cost of this theatre group is more than \$8000.00 and we're very grateful to the Alberta Foundation for the Arts for awarding Sunnyside School with an Artists and Education Project grant for the amount of \$6,375. The remainder of the cost is being covered by the Sunnyside Community Association. Throughout the week of April 27-May 1, students will rehearse for two performances to be held on the afternoon and evening of May 1. The theme for the production will be farming.

Lastly, I hope everyone has a wonderful two week vacation. Whether you are spending time gardening, spring cleaning, or travelling, enjoy your time away from the routine of school.

Best,
Connie

Welcome

We would like to welcome back Mrs. Amy McDougall to the Grade 5/6 class. Thank you to Mrs. Jodie Legault who taught the class during Mrs. McDougall's leave.

Thank you to ...

- all Sunnyside families who attended student-led conferences on March 19 and the Prairie Potluck on March 26.
- the parents who helped with Scientists in School presentations in Grade 1, Grade 2, & Grade 3/4.
- the Davis & Miedema families for donating books to the school library.
- Tara Procee for volunteering to take in the bottle recycling.

Early Learning Program Registration

Registrations for the Early Learning Program for the 2015 - 2016 school term are now being accepted in the school office. Children must be 3 years of age by September 1, 2015 to register. There is a \$10 non-refundable fee payable at the time of registration. Please have your child's birth certificate and your 911 emergency address when registering. The E.L.P. schedule will be Monday / Wednesday mornings or Tuesday / Thursday mornings from 8:30 to 11:30 a.m. Palliser E.L.P. fees will be \$80 per month for two half days of programming per week. We will be accepting post-dated cheques dated the first of each month payable to Palliser Regional Schools, or payment in full of the yearly fees, from now until the beginning of the program. Developmental check-ups will take place June 5, 2015 from 9:00 a.m. to 12:30 p.m. Contact the school office to book a time for your child.

Kindergarten Registration

Kindergarten registrations are now being accepted in the school office for September 2015. Children must be five years of age by December 31, 2015. Please have your child's birth certificate and your 911 emergency address when registering. There is a \$10 non-refundable registration fee payable at the time of registration. An additional school fee of \$10 will be invoiced in September to help offset purchases for special kindergarten projects. Kindergarten classes will be held on Tuesdays and Thursdays from 8:30 a.m. to 3:30 p.m. with additional Wednesdays after the Easter break.

Kindergarten Hours

Parents of current kindergarten students are reminded that beginning April 22, kindergarten will run three days per week on Tuesday, Wednesday and Thursday until the end of the school term.

Hot Lunch

Menu:

April 13 - Booster Juice
April 27 - hot dogs

Snipers Basketball Team

Games will be scheduled after the Easter break. Mr. Van Cleave will notify you of the schedule.

Mini Basketball

Mini basketball continues to run on Wednesdays after school until May 13. (There will not be any games on April 29 due to Quest Theatre using the gym.) Games will run from 3:30 until 4:30 p.m. Every team will play each week. There will be a windup pizza activity for team members that will take place after the games on May 13th.

Guitar Club

Mr. Van Cleave continues to run a guitar club at lunchtime on Wednesdays for interested students. Please encourage your child to practice what they are learning.

Staff Appreciation Day

The Sunnyside Community Association is planning a Staff Appreciation Day for Thursday, April 16. Thank you to the parents who are organizing this and those who have volunteered to help with supervision on that day.

Sunnyside Spring Fund-Raiser

Sunnyside Community Association will be hosting their spring fundraiser Barn Dance on Saturday, May 30, 2015 at JC Performance Horses. Tickets will go on sale after the Easter break. We have added a kid's dance for Friday, May 29. Details will come out in agendas after the break.



April

2015

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	30 Sunnyside Day in Lieu NO CLASSES	31 Sunnyside Day in Lieu NO CLASSES	1 Sunnyside Day in Lieu NO CLASSES	2 Sunnyside Day in Lieu NO CLASSES	3 Good Friday 	4 
5 	6 	7 	8 	9 	10 	11 
12 	13 Classes Resume  Booster Juice	14 Farm Safety Presentations Running Club starts	15 	16 Staff Appreciation Day School Council Meeting 3:45 p.m.	17 Stay & Play 10:15 – 12:15	18
19	20 Palliser P.D. Day NO CLASSES	21 Kindergarten Field Trip	22 	23	24 Stay & Play 10:15 – 12:15	25
26	27 Quest Theatre  Hot Dog	28 Quest Theatre	29 Quest Theatre 	30 Quest Theatre	May 1 Quest Theatre Stay & Play 10:15 – 12:15	May 2

Help Youth Stay Hydrated to Perform at Their Best

Eating healthy meals and snacks and drinking enough fluids (staying hydrated) are important for good health as well as school and sport performance. Drinking enough fluid helps your body to control its temperature. Not having enough fluid (being dehydrated) can increase the risk of injury, lead to low energy, and have an impact on performance. Active youth need to drink enough fluid before, during and after exercise to help the body function at its best.

Try these simple tips to help your child stay hydrated:

- Encourage your child to drink plenty of fluids throughout the day so they arrive at sports events well hydrated. Ensure that your child has easy access to free water:
 - www.albertahealthservices.ca/csh.aspx provide water stations during sport events
 - send your child to school with a water bottle to bring to gym class and to keep at their desk
 - ensure easy access to water fountains
- Make sure your child drinks enough fluid during activity by stopping them for regular water breaks every 15 to 20 minutes. Most children do not need a sports drink during activity.
- Encourage fluids after activity is over as well. Water, milk, and soups are great options.



Discourage children from drinking soft drinks, fruit juices, sports drinks and energy drinks. These are higher in sugar (which could cause stomach aches and tooth decay). Some may contain caffeine which can be harmful to children. Healthy food and drinks are an important part of school, physical activity and sports performance. Active children need plenty of fluids throughout the day with extra water during and after activity.

Understanding Traditional Tobacco Use

Kids often have a lot of questions about tobacco use. Understanding how different cultures use tobacco can make things even more confusing. Commercial tobacco use, such as cigarettes, cigars, and spit tobacco is bad for you. These products are made to be addictive and have many harmful chemicals.

Traditional tobacco use in First Nation cultures is different. Traditional tobacco is a sacred plant and a gift given by the Creator to Aboriginal people. It's important to honour the role tobacco plays in their culture.

In Aboriginal communities, children start smoking and chewing much younger than in other communities. In some cases, children as young as 7 years old start using commercial tobacco.¹

At least half of all smokers will die because of their tobacco addiction. Over half of all First Nations people smoke; this means that more than 1 out of every 4 First Nations people will die sooner than they would have if they didn't smoke.¹

For more information or support to quit commercial tobacco use, visit www.albertaquits.ca or call 1-866-710-QUIT (7848).

¹ Canadian Paediatric Society, Tobacco Use and Misuse Among Aboriginal Peoples <http://www.cps.ca/en/documents/position/tobacco-aboriginal-people>

Please call and book your **FREE** one hour
*Early Learning / Kindergarten DEVELOPMENTAL
CHECK-UP*

Appointments available on:

Friday, June 5, 2015

At: Sunnyside Elementary School



What is a Developmental Check-up?

A Developmental Check-up takes approximately one hour. Community partners work together to facilitate fun activities for each parent and child to do together at 5 different centres (communication, gross motor, fine motor, problem-solving and personal-social).

Why is a Developmental Check-up Important?

Parents gain important knowledge regarding their child's development and have the opportunity to access resources and, if needed, support to enhance their child's development. **We will have a speech and language pathologist available. This also assists the school to have staffing and supports in place when children enter school in the fall.**



Calling all Artists!

We are looking for a graphic design for the 2015 Southern Alberta Summer Games T-Shirt logo. If your design is selected to be on this year's shirt, you will receive **\$100 cash!** Selection will be announced June 1, 2015.

Please drop off your design at the Gem of the West Museum (1306 – 20 Street) or submit online to commserv@coaldale.ca by May 11, 2015 with your name, address and phone number.



Criteria for Logos:

1. Must be one full size page (8.5 x 11 inches) portrait orientation.
2. Must symbolize Lethbridge County.
3. Should be related to the sports and events in the games.
4. Should show what the games are about (ie. Grassroots sports level, for all ages, family, team, passion, communities coming together, etc.)
5. Include "Lethbridge County," "Southern Alberta Summer Games" and "2015"
6. Color may be included but is not needed.
7. If designed on paper, the drawing must be clean and reputable as it will be scanned onto the T-shirts (limit shading).

Open to all ages and skill level. Check out SouthernAlbertaSummerGames.com to find ideas. A panel of judges across Lethbridge County will make the final decision.

Get Creative County!

 [Lethbridge County Southern Alberta Summer Games](#) *(View last year's design)*

 [@LethCountySASG](#)