

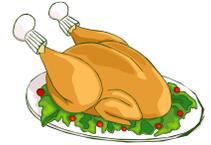


## Sunnyside School Newsletter December 2015



### Dates to Remember:

December 10	School Council Meeting – 3:45 p.m.
December 10	E. L. P. Christmas Program - 6:30 p.m.
December 10	‘Operation Sock It to ‘Em’ ends
December 16	Christmas Concert - 1:30 p.m. & 7:00 p.m.
December 17	No school for Kindergarten students
December 17	Red & Green Day / Turkey Dinner at noon
December 18	Class Parties
Dec. 19 - Jan. 3	Christmas Break - <i>Have a Great Holiday!</i>
January 4	Classes resume
January 19 & 26	Skating at Labor Club Ice Centre 1:15 – 2:15 p.m.



### Principal’s Message

December is filled with many wonderful traditions at Sunnyside School. From the Christmas concert to the annual school-wide turkey dinner, there’s plenty of excitement! It’s always heart-warming too, to see our students thinking of others during this season. Operation Christmas Child is a good example of coming together to help those less fortunate. Thank you to all the families who donated items to this cause. We would also like to carry on the tradition of bringing a food bank donation to both performances of our Christmas concert.

Finally, on behalf of all the staff, I would like to wish each one of our families a wonderful Christmas and all the best in the new year.

Mrs. C. Adserballe

### Thank You to...

- Karen Barby of Green Haven Garden Centre for donating a tree to the school.
- Sunnyside Community Association for funding the turkey dinner for students & staff on Dec. 17 and a bus for the Grade 5/6 bowling field trip.
- Luke Harris for donating a new book to the library.

### Welcome

Sunnyside School would like to welcome a new staff member to the school. Debbie Roth is our new custodian. Also, Avery Thiessen has joined our kindergarten class.

### School Fees

Fees for the 2015-16 school term are \$10.00 for Kindergarten and \$45 for Grades 1 - 6. Palliser Regional Schools now has School Cash Online for your convenience of paying school fees online. You are encouraged to register at [palliserregional.schoolcashionline.com](http://palliserregional.schoolcashionline.com). We would appreciate receiving any outstanding fee payments as soon as possible.

### Hot Lunch

December Menu:

- December 7 - Booster Juice
- December 14 - Pizza 73
- December 17 - turkey dinner (no charge)

### Christmas Concert

The Christmas Concert musical for this year is called ‘Santa.Claus’. All students from Kindergarten to Grade 6 will be participating in the performance. The concert will be held on December 16<sup>th</sup> with two performances at 1:30 pm and 7:00 pm. All students are asked to please attend both. Families are reminded to bring their tickets when attending the concert. Admission to the concert is free but we are asking everyone to bring a non-perishable item to be donated to the local food banks. The Kindergarten class will attend school on **Tuesday and Wednesday** of that week to allow the children to be involved in the concert performances but will not attend on Thursday, December 17.

## Red & Green Day & Turkey Dinner

Thursday, December 17 will be Red & Green Day. Our annual Christmas turkey dinner for staff & students is planned for noon that day. The cost of the meal will be covered by the Community Association.

## Early Learning Program

I can't believe that November is over and Christmas is almost here! The children really enjoyed the dinosaur theme. It was a big hit with the crafts, poems, and digging in the rice table finding bones and other treasures. This month we will be focusing on Christmas and shapes.

We will be holding our **Christmas Concert on December 10 at 6:30 pm** in the Sunnyside School gym. Please have your child at the school no later than 6:15 pm that evening. It will be a crowd pleaser! Everyone is invited to attend. I hope everyone has a wonderful Christmas and a Happy New Year!!

Mrs. Hudson

## Sock It to 'Em

The caretakers and maintenance staff in Lethbridge and area schools are collecting **new socks** until December 10 to be donated to local charities for Christmas. Please join them in making someone's Christmas a little bit warmer by donating a pair of new socks (child or adult sizes).

## Operation Christmas Child

Thank you to all the staff, students, and families of Sunnyside School for participating in Operation Christmas Child again this year. With all of the donations received, we were able to fill 50 boxes to be shipped to children in various countries in need this holiday season. A special thank you goes out to the Grade 5/6 class and parent volunteers who set up, organized donations, and filled boxes.

## Turkey Bingo Update

Thank you to all those who came out to support another fantastic Turkey Bingo evening at Sunnyside School! A huge thanks goes to all the families that donated turkeys, hams, and concession items. We could not do it without you!

Thanks also to Brian Hancock and Rod Chapman for being our bingo caller and recorder, to the turkey bingo committee for organizing the event, as well as the Grade 5/6 students who sold cards, recorded the bingo numbers and worked at the concession and craft room. Congratulations to all of the bingo winners.

## Lost and Found

A pair of ladies sunglasses were found in the school parking lot. If these are yours, they can be claimed at the school office. Parents are reminded to check in the lost and found benches by the washrooms to claim any of your children's belongings that have gone missing.

Happy  
Holidays!

# December

# 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>30</b> P.D. Day NO CLASSES	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> Stay & Play 10:15am-12:15pm	<b>5</b>
<b>6</b>	<b>7</b>  Booster Juice	<b>8</b>	<b>9</b>	<b>10</b> School Council Meeting 3:45 p.m.  E.L.P. Christmas Program 6:30 pm	<b>11</b> Stay & Play 10:15am-12:15pm	<b>12</b>
<b>13</b>	<b>14</b>  Pizza 73	<b>15</b>	<b>16</b> Christmas Concert 1:30 & 7:00 	<b>17</b> Red & Green Day Turkey Dinner 	<b>18</b> Class Parties	<b>19</b> 
<b>20</b> 	<b>21</b> 	<b>22</b> 	<b>23</b> 	<b>24</b> 	<b>25</b> Merry Christmas	<b>26</b> 
<b>27</b> 	<b>28</b> 	<b>29</b> 	<b>30</b> 	<b>31</b> 	<b>Jan. 1</b> 	<b>2</b> 
<b>3</b> 	<b>4</b> Classes Resume					



# Palliser Regional Schools

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December 2015

Hello everyone,

At the time of my last message, I was looking forward to our second annual Student Leadership Conference called Discover U: Explore. Create. Achieve. It turns out Nov. 23 and the work of about 500 Grade 7-12 students may have been one of the best days Palliser has ever had. I would certainly put it in the same orbit, pardon the pun, as a 2009 event when Palliser students were able to speak live with astronauts aboard the International Space Station.

Discover U was a chance for our students to be inspired and to start building action plans for change. As our keynote speaker, author and musician David Usher said, creativity is a process that can be learned. It's not a flash from the blue. It takes work, learning, drawing from ideas and building new ones.

In the audience that day were students from tiny rural communities, side by side with students from Calgary. We had students from all walks of life and faiths including, for the first time, our Islamic students. The only student group not represented was our Hutterite colony students, and I'd love to see them participate next time.

To open the day, we asked students to indicate by show of hands how many had travelled outside Canada and the United States and how many spoke a second language. Pretty clearly our students have had opportunities and experiences I never had as a kid in rural Saskatchewan.

Early feedback we've received from students has been very positive, and comments about the inclusive nature of the event were quite powerful. I suspect the power of the day will be even more apparent once our students have had time to work on their action plans to champion change for the better.

Thank you to all who worked on organizing this event, especially the student leaders who led breakout sessions, set up the venue, and welcomed their peers from across the division. It was a great Palliser day.

With that, I wish you and yours Merry Christmas, happy holidays or a great winter break. However you use your time off, I hope you enjoy it with family and friends.

Kevin Gietz, Superintendent  
Palliser Regional Schools



## Talking to Your Child About Bullying

As children progress through school, they begin to navigate the ups and downs of friendships. Children become more independent and it can be challenging to make sure what is happening with your child and their peers is appropriate. It is important to watch for signs that your child may be struggling with bullying. If your child seems unusually anxious or worried about going to school, take some time to check in and let them know you are there to support them. Bullying can take different forms:

- **Verbal:** name calling, gossiping, and negative comments about a person's interests or background (e.g. culture, race, ethnicity, religion, gender or sexual orientation).
- **Physical:** hitting, tripping, pinching and unwanted sexual touching.
- **Social:** leaving someone out on purpose, telling others not to be friends and spreading rumors.
- **Cyber:** the use of email, text messages, social media and internet sites to socially exclude, embarrass and damage reputations and relationships.

What to do if you suspect your child is being bullied?

- Start the conversation. Talk often and openly.
- Offer comfort and encourage your child to talk about their feelings.
- Work with your child's school to monitor, prevent and stop bullying behaviours.
- Make safety arrangements. Be sure your child knows how to get help.
- Build confidence. Encourage new friendships.
- Stand up for your child. Get involved in bullying awareness and prevention programs.
- Be a role model. Children learn how to form relationships by watching adults in their lives interact with others.



Because they don't come with a manual Alberta Health Services has created Healthy Parents, Healthy Children just for you. From pregnancy up to 6 years of age, all the information you need is at your fingertips. For reliable information about how to help your family grow, learn and be healthy, visit:

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

Adult intervention is key to bullying prevention. Being informed about bullying is the first step in addressing bullying behaviour and promoting healthy relationships. Take action with teachers and other adults in your community to implement anti-bullying programs to help end the negative implications caused by bullying. For more information and resources on bullying awareness and prevention, we encourage you to check out what [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca) has to offer!

## Safe Food for Lunch

Food is an enjoyable part of everyday living. When we eat, we want to have the proper nutrition, but we also want the food to taste and look good. One thing we never expect is to get sick from the food we eat. To keep any food safe we can follow four easy steps:

**Chill** – Keep food at 4°C or colder. Use an ice pack in your child's lunch bag or freeze a juice box. You will still have cold juice by lunch, and the rest of the lunch will be safer to eat.

**Cook** – Colour no longer indicates doneness. To make sure the germs that cause foodborne illness are killed, check the temperature of the food with a thermometer. An internal temperature of 74°C should be reached at the end of cooking. Reheat foods to an internal temperature of 74°C as well.

**Clean** – Handwashing is one of the best ways to prevent many types of illness. The most important time to wash is after going to the bathroom. Use clean dishes to prepare food. Wash fruits and vegetables before eating.

**Separate** – Keep raw foods and cooked foods separate. Clean dishes between preparing different types of food or use separate dishes.

These four steps will help to keep any food safer to eat and prevent foodborne illness.