



# Sunnyside School Newsletter

## January 2016



### Dates to Remember:

<b>January 4</b>	<b>Classes Resume</b>
<b>January 7</b>	<b>Grade 5/6 Curling Instruction</b>
<b>January 14</b>	<b>Grade 5/6 Swimming Instruction</b>
<b>January 14</b>	<b>Grade 3/4 Scientists in School Presentation</b>
<b>January 14</b>	<b>School Council Meeting – 3:45 p.m.</b>
<b>January 26</b>	<b>Kindergarten Scientists in School Presentation</b>
<b>Jan. 19 &amp; 26</b>	<b>Skating at Labor Club Ice Centre</b>
<b>January 27</b>	<b>Family Literacy Day</b>
<b>January 28</b>	<b>Assembly - 2:30 p.m.</b>
<b>February 1</b>	<b>Professional Development Day - NO CLASSES</b>

### Principal's Message

Happy New Year! I would like to wish each of our families a happy and prosperous 2016.

Thank you for your assistance and support in so many different ways throughout 2015. Your generosity, whether donating your time or otherwise, makes such a big difference to the programs and extra activities we're able to offer our students. Our little school is so fortunate to have such wonderful support. Thank you!

### Welcome

We would like to welcome Alina VanderHeide and Rocky Harris to the Early Learning program.

### Thank You to...

- Karen Barby of Green Haven Garden Centre for once again generously donating a tree to the school.
- everyone who sent socks for the 'Sock It to 'Em' campaign. We donated 120 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 18.
- Laura Selk & Cheryl Scott for donating Christmas decorations to the school.

### Hot Lunch

#### **January Menu:**

- Jan. 4 - Tim Horton's
- Jan. 11 - Wendy's hamburgers
- Jan. 18 - Swiss Chalet
- Jan. 25 - Lakeview Bakery

### Skating

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

Tuesday, January 19 from 1:15 p.m. – 2:15 p.m.

Tuesday, January 26 from 1:15 p.m. – 2:15 p.m.

Please complete and return the permission form that was sent 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.

### Christmas Silent Auction

Thank you to Green Haven Garden Centre and the Handsaeme family for donating items for the silent auction. Congratulations to the successful bidders:

- |                 |   |               |
|-----------------|---|---------------|
| Tree            | - | Shawn Hass    |
| Large Santa     | - | Denise Hurley |
| Santa with Tree | - | Nichole Fox   |
| Santa Reading   | - | Lew Dennis    |

### Turkey Dinner

The students and staff enjoyed a delicious turkey dinner on December 17. Thank you to the Sunnyside Community Association for providing the meal and to all of the parents who organized and served the meal.

### Kindergarten Registration

Kindergarten registrations are now being accepted in the school office for September 2016. Children must be five years of age by December 31, 2016. 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 with additional Wednesdays starting the last week of April.

### Assembly

Our monthly assembly will be held at 2:30 p.m. on Thursday, January 28 and will feature the grade two students.

### Scientists in School

The grade 3/4 class will be having a 'Wheels in Motion' presentation from Scientists in School the afternoon of Thursday, January 14.

The kindergarten class will participate in a 'Winter Wonders' presentation the morning of January 26.

### Guitar Club

Mr. Van Cleave will once again be offering guitar lessons to any interested students. This will take place in the gym from 12:00 to 12:23 p.m. during the lunch break on Wednesdays starting January 13. Students will need their guitars at the school that day.



## ONLINE PAYMENTS NOW AVAILABLE!

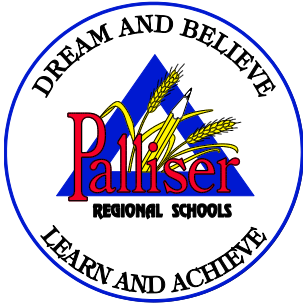
For safety and efficiency reasons, we want to reduce the amount of Cash & Checks coming into our school. School related expenses are now available online for you to make payment.

### **Parents please register!**

Here's how:

- Step 1:** Go to this website: <https://palliserregional.schoolcashonline.com>
- Step 2:** Register by selecting the "Get Started Now" and following the steps.
- Step 3:** After you receive the confirmation email, please select the 'click here' option, sign in and add each of your children to your household account.

**Thank you parents**



# Palliser Regional Schools

## Palliser Centre

#101, 3305 - 18 Avenue North, Lethbridge, AB T1H 5S1

Phone: 403-328-4111 Toll-free: 877-667-1234

Fax: 403-380-6890 [www.pallisersd.ab.ca](http://www.pallisersd.ab.ca)

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January 2016

## No New Year's resolutions here

Happy New Year to all our students, staff and families! This is the time of year when many individuals make sweeping promises of change, resolutions intended to reshape our lives and often our bodies. For Palliser, there aren't new resolutions in store. Instead, 2016 brings a continued focus on the core values that have made us one of the top performing school divisions around.

For many years our focus as a division has been on providing safe and caring learning and working environments. All of our schools commit at least one annual goal to the safe and caring environment. At many schools, that involves working on encouraging student leadership and character education. Our students and staff care about each other and look out for one another. Empathy is one of the greatest life skills we can learn.

For more than a half dozen years, assessment for learning has been embraced across our division as a way to empower our students as learners. The teacher's assessment of what a student has learned already and what they need to master next shapes the teacher's instruction. It is individualized and it builds a meaningful partnership between the teacher and the student that can be a powerful engine of learning. Our literacy focus was embraced in more recent years and is a natural extension of this commitment to assessment for learning. We continue to see evidence of literacy abilities as key to unlocking learning and comprehension at all levels and all subject areas. By assessing student reading abilities and tailoring instruction to the individual, we ensure our students have the critical thinking and information processing skills they need to make the most of their education and their lives, wherever they might lead.

None of this is new, and none of it is going away. Through this unwavering focus, we have witnessed a positive impact on learning. Our students are building character, they're expressing leadership in a variety of ways and they have the thinking skills to comprehend and analyze information that comes at them in a variety of forms. That sounds like a pretty great recipe for individual success.

Thank you to our teachers and support staff who are giving our students daily opportunities to grow and explore. You can honestly say your daily efforts are helping to unlock the limitless potential of our students.

Kevin Gietz, Superintendent  
Palliser Regional Schools



# January

# 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 	<b>2</b>
<b>3</b>	<b>4</b> Classes Resume  Tim Hortons	<b>5</b>	<b>6</b>	<b>7</b> Gr. 5/6 Curling Instruction	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>  Wendy's	<b>12</b>	<b>13</b> Guitar Club starts 	<b>14</b> Gr. 5/6 Swimming Instruction Scientists in School - Gr. 3/4 School Council Meeting 3:45 pm	<b>15</b> Stay & Play 10:15 am to 12:15 pm	<b>16</b>
<b>17</b>	<b>18</b>  Swiss Chalet	<b>19</b> Skating 1:15 - 2:15 	<b>20</b>	<b>21</b>	<b>22</b> Stay & Play 10:15 am to 12:15 pm	<b>23</b>
<b>24</b>	<b>25</b>  Lakeview Bakery	<b>26</b> Scientists in School - Kindergarten Skating 1:15- 2:15	<b>27</b> Family Literacy Day	<b>28</b> Assembly 2:30 pm	<b>29</b> Stay & Play 10:15 am to 12:15 pm	<b>30</b>
<b>31</b>	<b>Feb. 1</b> Professional Development Day NO CLASSES					

## Being Mentally Healthy

### Why It's Important for You and Your Child



The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.

The importance of learning the social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social and emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, do better in school and feel positive

about themselves and the world around them. Family life is our first "classroom" for social and emotional learning.

As a parent, you can be a strong positive influence on your child's social and emotional growth and you can reflect and build on your own skills, helping you and your child in the process. Here are 5 areas you and your child can learn more about and work to improve.

**Self awareness:** Know your emotions and recognize their impact on your behaviour.

**Self-management:** Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

**Social awareness:** Understand, respect and have empathy for all people and their perspectives.

**Relationship skills:** Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

**Responsible decision making:** Understand how your choices impact you and others.

Adapted from [www.parenttoolkit.com](http://www.parenttoolkit.com) and [www.casel.org](http://www.casel.org)

## Electronic Cigarettes

### What are e-cigarettes?

Electronic cigarettes, also known as e-cigarettes, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. Many e-cigarettes look like regular cigarettes and they come in reusable and disposable varieties. Heat from a battery powered vapourizer turns the liquid chemicals from the cartridge into a vapour that the user inhales. This is called vaping.

### What is in e-liquid?

It is hard to know what is in e-liquid because there are no standards or labelling requirements for e-cigarettes. This makes it hard to know exactly what is in the liquid. Common contents can include a mix of water and propylene glycol, a man made product used in anti-freeze and theatre fog. You can also get e-liquid with, or without nicotine. Many e-cigarettes also have flavoured chemicals added (like chocolate or strawberry) that give the vapour a flavour. The flavoured e-liquid may be the first entry to smoking which could eventually lead to smoking cigarettes.

### Are they safe?

Although e-cigarettes are promoted as being safe, they haven't been tested to see if they are safe. Because chemicals in the cartridges vary, it is important to know what e-cigarette users - and the people around them - are breathing in. To sell their product, producers of e-cigarettes describe the vapour as water vapour. However, the U.S. Food and Drug Administration found cancer-causing chemicals in some of the cartridges.

Health Canada warns that e-cigarettes may cause nicotine poisoning and addiction, and remind people to keep the products away from children to prevent nicotine poisoning and choking.

Alberta Health Services recommends talking to your children about e-cigarettes and other tobacco-like products about the harm they can cause to their health and those around them.