



Sunnyside School Newsletter

June 2016



Dates to Remember:

June 1	Kindergarten Field Trip to Main Fire Station
June 3	Jump Rope for Heart activity
June 9	School Council Meeting - 3:45 p.m.
June 15	Grade 6 Language Arts Achievement Test – Part B
June 15	Early Learning Program Year End Celebration 9:00 to 11:00 am
June 16	Grade 3/4 Field Trip to Waterton National Park
June 16	Grade 6 Math Achievement Test
June 17	Library books due back
June 17	Grade 6 Science Achievement Test
June 19	Happy Father's Day!
June 20	Grade 6 Social Studies Achievement Test
June 20	Grade 5/6 Class Party
June 21	Grade 6 Grad Activity
June 21	Farm Safety Presentations
June 22	Health Theme V for Grade 4,5,6 students
June 22	Grade 2 Field Trip to Prairie Tractor Museum
June 23	Kindergarten Farewell Celebration – 2:30 p.m.
June 27	Sports Fun Day
June 28	Year End Assembly & Grade 6 Farewell – 1:00 pm
June 28	Last day of classes
June 29, 30	Staff Planning Days



Principal's Message

It's hard to believe that we're at the end of the school year already. This month is packed with field trips, Provincial Achievement Tests for our Grade 6 students as well as guest speakers and other special activities and assemblies. It's great to celebrate a successful year in such a nice way.

Finally, I would like to wish all our families a wonderful and relaxing summer. For those who are not returning in fall, thank you for all you've done to contribute to the positive Sunnyside School culture. To those returning, we're so happy to have you back and we're looking forward to sharing another great year together.

Thank you to...

- all those who organized and supported the spring fund raiser Barn Dance.
- Sunnyside parent council for funding the school field trips and Sports Day lunch.

Achievement Tests

Parents with children in Grade 6 are reminded that the annual Provincial Achievement Tests will be written on the following days:

Wed., June 15	- Language Arts Part 'B'
Thurs., June 16	- Mathematics
Fri., June 17	- Science
Mon., June 20	- Social Studies

Hot Lunch

The Sunnyside Community Association will provide a free lunch for the students on Sports Day, Monday, June 27.

June 6	-	Booster Juice
June 13	-	Boston Pizza pasta
June 20	-	Subway

Library

All library books will need to be returned to the school by Friday, June 17.

Sports Day

The sports day will be held on the morning of Monday, June 27. Lunch will be provided for the students by the Sunnyside Community Association. Plans are still be finalized for the afternoon activity. We will share them with you as soon as they are available.

Health Theme 5

As part of the Health curriculum, students in grades 4, 5 & 6 will participate in classes during the afternoon of June 22 designed to provide information on human growth and development. If you wish to have your child excluded from this program, please call the school office or put a note in your child's agenda to request an Exclusion Form.

Jump Rope for Heart

Our jump off celebration will be held Friday, June 3 from 10:30-12:00 in the gym and outside. Please return 'Jump Rope for Heart' pledge envelopes to the office by Friday, June 3. Thank you so much for your support of this fundraiser. We're hoping that we can meet our goal of \$1500.00. While this is not a Kindergarten day, parents are welcome to attend with their child.

Early Learning Program

The Early Learning Program will hold their year-end celebration on June 15 from 9:00 to 11:00 a.m. All children, parents and siblings from both classes are invited. This will be a potluck picnic with games and fun activities and each child will receive their scrapbook.

Kindergarten Farewell

There will be a Kindergarten farewell celebration at 2:30 p.m. on Thursday, June 23 in the school gym. Kindergarten families are invited to attend. Also, the last day for kindergarten students will be **Monday, June 27** so they can take part in the Sports Fun Day. **They will not attend on Tuesday, June 28.**

Grade 2 Field Trip

The grade two class will be going on a field trip to the Picture Butte Prairie Tractor Museum on Wednesday, June 22.

Grade 3/4 Field Trip

Students will travel by school bus to Waterton National Park on June 16. They will leave at 7:45 a.m. and return about 5:00 p.m.

Grade 5/6 Class Party

Grade 5/6 students will go the Handsaeme farm for a wiener roast on Monday, June 20.

Grade 6 Grad Activity

The grade 6 students will take part in their graduation activity on Tuesday, June 21. They will go to 'Get Air' from 11:00 am to 2:00 pm.

Year End Assembly & Report Cards

Tuesday, June 28 is the last day of classes before the summer break. Report cards will be sent home on this day. If your child will not be in attendance, please contact the office to make other arrangements for their report card to be picked up or mailed. Our year-end assembly will take place in the gym on June 28 at 1:00 p.m. and will include the presentation of the Leisha Marino Memorial Award. Parents are welcome to join us.

Roots of Empathy Program

Mrs. Janet Fekete will once again be offering the Roots of Empathy program at Sunnyside School in the fall. She is looking for someone with a baby that will be two to four months of age in October. If you know of someone who would be interested, please contact the school office.

Lost and Found

Parents are reminded to check the Lost and Found area in the hallway. Items that are not claimed will be donated to charity at the end of the school term.

Spring Fundraiser

Thank you to all our staff, families, sponsors and guests for yet another great year at the barn dance! Special thank you goes to our hosts, Bob McCutcheon and the Rombough family. We have raised another \$25,000 to put toward the playground build this summer. Thank you to our families for the donations of auction items and desserts. A post event note will be sent home in the student agendas outlining further details.

Barn Dance Committee

Information on Palliser organizational review

An independent, organizational review is being conducted of Palliser Regional Schools. Information on the process as provided by the two-member review panel, the terms of reference and other details are online at <http://goo.gl/W9z9al>.



**COALDALE MINOR HOCKEY ASSOCIATION
REGISTRATION
ONLINE REGISTRATION: JUNE 3 – JUNE 24, 2016
www.coaldaleminorhockey.com
IN PERSON: ONE DAY ONLY June 7, 2016
Located at: The HUB**

**FIRST YEAR INITIATION PLAYERS PAY ONLY \$99
2016-2017 FEES**

<u>Category</u>	<u>Date of Birth</u>	<u>Fee</u>	<u>Register after June 24, 2016</u>
Initiation	2010-2011	\$325	\$525
Novice	2008-2009	\$480	\$680
Atom	2006-2007	\$525	\$725
Peewee	2004-2005	\$550	\$750
Bantam	2002-2003	\$575	\$775
Midget	1999-2001	\$600	\$800

Please Note These Important Items

1. All new registrations with Coaldale Minor Hockey Association must bring or email a copy of the player's birth certificate and Alberta Health Care Number. No exceptions.
2. Legal land description AND p.o box # is required for all county residence; please bring proof of residency. No exceptions.
3. ¼ of registration must be paid by June 24, 2016; the remaining ¾ can be post dated. Full payment must be completed by SEPTEMBER 1, 2016. Any initial payment received after June 24 is considered LATE REGISTRATION and the above LATE fees WILL apply. NO EXCEPTIONS
4. CMHA will be fundraising this year, \$100 PER FAMILY will need to be added during registration. Each family will receive raffle tickets valued at \$100, after the season has begun.
5. All registrants must be prepared to present their valid email address, current address (proof of address) and home phone number.

Also those with no Birth Certificate on file must present a copy to the registrar at registration.

Please contact Paula Zasadny 403-345-5777 or email @ cmharegistrar@gmail.com, for any further inquiries regarding registration.

***THOSE WHO ARE NEW TO MINOR HOCKEY MUST SUCCESSFULLY COMPLETE THE PARENT RESPECT IN SPORT PROGRAM BY SEPTEMBER 1, 2016 PRIOR TO THEIR FIRST ICE TIME. There are other requirements if you have moved from another association.**

COACHES

Please contact Neil Price @ npriceis@hotmail.com

REFEREES

You may sign up at registration or email cmharegistrar@gmail.com with your name and contact info.

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Kindergarten Field Trip to Fire Station	2	3 Jump Rope for Heart 10:30 – 12:00	4
5	6 Booster Juice 	7	8	9 School Council Meeting 3:45 pm	10 Stay & Play 10:15 -12:15	11
12	13 Boston Pizza 	14	15 PAT Gr. 6 Language Part B ELP Year-end Celebration 9 – 11 am	16 PAT Gr. 6 Math Gr. 3/4 Waterton Field Trip	17 PAT Gr. 6 Science Library Books Due Stay & Play 10:15 -12:15	18
19 <i>Happy Father's Day!</i> 	20 PAT Gr. 6 Social Studies Gr. 5/6 Class Party Subway 	21 Gr. 6 Grad Activity Farm Safety Presentations	22 Grade 2 Field Trip Theme 5 Instruction	23 Kindergarten Farewell 2:30 p.m.	24	25
26	27 Sports / Fun Day	28 Last Day for Students Year End Assembly 1:00 pm	29 Staff Planning Day	30 Staff Planning Day	2016	

A Garden for Every Child

Gardening is good for kids: it is a proven stress reliever, it helps clear the head, it is an excellent source of fresh food and it can serve as a great form of exercise. However, as you already learned time and time again in your parenting career, lecturing your child about the benefits of gardening is unlikely to result in an overall-wearing, shovel-wielding farmer of tomorrow.

Just like adults, kids' interests are wonderfully diverse; what appeals to one child will be seen as totally boring by another. You might be a parent of a young person who loves to garden, or perhaps junior hasn't yet discovered his green thumb. While gardening isn't the trendiest hobby today, it is actually a truly broad hobby with elements that can appeal to almost anyone - even kids. If you'd like to nudge your youngster towards the soil, try to encourage his interest by selling a feature of gardening that suits him best.

- Do you have a book worm in your home? She might enjoy agriculture themed books or studying the variety in a seed catalogue.
- A hands-on kid might enjoy helping to build a raised flower bed.
- With endless possibilities for creativity, a garden can offer a creative child a chance to be expressive.
- A child with a competitive spirit might be convinced to get digging if challenged to grow the biggest pumpkin, tallest sunflower or most bountiful potato hill.



Engaging your child in gardening, whether it be for a few small pots on the front step of several acres of land, has powerful physical and mental health benefits. Use your imagination and think of ways to make gardening meaningful to your child. If you are successful in recruiting them into the soil, the reward is huge and can last a lifetime.

Health Hazards of Hookah

We all know that smoking a cigarette or a cigar comes with health risks but what about products like hookah, which is often viewed as being a safer alternative?

Traditional hookah is a mix of tobacco, glycerin and/or honey. While hookah is sometimes tobacco-free, testing shows that even products labeled tobacco-free may have tobacco and therefore nicotine in them. Nicotine is a very addictive drug. Once exposed to nicotine, it can be hard for people to stop using without having unpleasant symptoms.

Anytime a product is burned, harmful chemicals are released. Smoke from hookah has been linked to diseases that are usually seen when you smoke cigarettes such as cancer, heart disease, lung disease and complications in pregnancy. Burning hookah, including hookah that is tobacco-free, still creates cancer-causing chemicals. That means that people who are around the hookah smoke, including those who work in hookah bars, are at risk of the health problems seen from being exposed to second-hand smoke.

A lot of people believe that hookah is safer than using other tobacco related products because of the water in the base of the pipe. Again, research tells us that this isn't true. The water does not act as a filter. In fact, the World Health Organization found that a hookah user may inhale as much smoke in a 1-hour session as someone who inhaled 100 or more cigarettes!

Another concern is about sharing the mouthpiece and germs. Diseases like herpes and other communicable diseases can also be spread because people are sharing the same mouthpiece.

As with anything that poses a health risk, talking to kids and teens about hookah is important. For more information and support visit: www.albertaquits.ca

LETHBRIDGE

JULY 6-9

2016 Southern Alberta Summer Games

WWW.SOUTHERNALBERTASUMMERSGAMES.COM

REGIONAL REGISTRATION DATES:

FOR MORE INFORMATION CONTACT YOUR LOCAL REGIONAL DIRECTOR:

COMPETITIONS

3/5/10 KM RUN	BEACH VOLLEYBALL	PICKLEBALL
3 ON 3 BASKETBALL	CRIBBAGE	SMALLBORE
ARCHERY	CYCLING	SOCCER
ATHLETICS	EQUESTRIAN	STRENGTH + CONDITIONING
BADMINTON	GOLF	SWIMMING
BALL HOCKEY	HANDGUN	TRAPSHOOTING
BASEBALL	MINI-SOCCER	
	PHOTOGRAPHY	

OPPORTUNITIES FOR ALL AGES AND ABILITIES!

INTERESTED IN VOLUNTEERING?
Sign up online at: www.southernalbertasummerverses.com

OPENING CEREMONIES - GALT GARDENS - JULY 6 - 7PM - ALL WELCOME

"Register **now** for the Southern Alberta Summer Games by **June 3!** There are 21 events to choose from. This year, Lethbridge is hosting the Games July 6-9. For more information visit www.southernalbertasummerverses.com or contact Kyla Matthews at programs@coaldale.ca or [403-345-1329](tel:403-345-1329).