



NEWSLETTER

FEBRUARY 2018

Dates to Remember:

Feb. 1	Assembly at 2:30 pm feat Grade 3's
Feb. 6 – 9	Scholastic Book Fair
Feb. 6	Student Lead Conferences (including Kindergarten) – 3:45 to 7:00
Feb. 7	Student Lead Conferences – 3:45 to 6:00
Feb. 8	School Council Meeting – 3:45 p.m.
Feb. 8	Elementary Leadership Conference
Feb. 13	Grade 1 & 2 - 100 Day Activities/Kindergarten Valentine's Day party
Feb. 14	Gr 1-6 Classroom Valentine Parties
Feb. 19	Family Day - No Classes
Feb. 20 & 21	No school for staff or students
Feb. 22 & 23	PD Days - No Classes

Principal's Message

February is filled with lots of great opportunities for our students to learn and grow, starting with student led conferences. Next week, you'll have an opportunity to participate in your child's learning by attending these important sessions with your children. This is a great time to see how your child spends their time at school as well as learning about their strengths and areas to work on. We are looking forward to welcoming you! Don't forget to check out the Book Fair held in the Learning Commons while you're here too!

As well, I will be offering a short presentation for parents in Gr. 4-6 to learn more about the Alberta Education Accountability Survey and to answer any questions you might have. I will do these presentations in the main office at 5:00 pm both days. If you aren't able to attend either of these times, I can arrange to meet with you another time as well.

New Policy

Starting Monday, February 5, both doors will be locked during school hours. Creating a safe and caring environment is of utmost importance to us and knowing who is coming into our building is part of this plan. The main door will remain open during recess times to allow students to easily enter the school when necessary. As well, the doors will remain open from 8:10-8:30 as usual. Outside of these times, parents and visitors can gain access by ringing the blue door bell. Our main office is equipped with a camera and a system to open the door from the office computer. Being a rural school, we feel this new policy will help us better monitor who is coming into our building while still maintaining a welcoming atmosphere.

Indoor Shoes

In efforts to keep our school clean, we would like to remind parents to send a pair of indoor shoes with their children to school. Students need to have shoes on at all times.

Hot Lunch

February Menu:

- Feb.5 - Taco Time
- Feb. 12 - Swiss Chalet
- Feb. 26 - Edo Japan

Thank you...

- To R.I Baker Middle School for inviting the Gr 5/6 students along on their ski trip.
- The Selk family & Sienna Hoffman for donating books to the school.
- To Mr. Van Cleave for organizing an after school ice fishing trip with the school.

Student Led Conferences

On Feb 6 & 7 we will be having student led conferences. Students will take their parents from station to station to demonstrate their learning. Teachers will be on hand to answer questions, but the evening will primarily facilitated by the students. **Kindergarten will hold their student led conferences on Feb 6 only.** We ask that siblings will not be in the room and have families wait if more than 4 students are in the classroom at a time. The Book fair will be open in the library for those who are waiting.

Kindergarten Registration

Registrations are now open in the school office for September 2018. Children must be five years of age by December 31, 2018. Please have your child's birth certificate and your 911 emergency address when registering. A school fee of \$10 will be invoiced in September to help offset purchases for special kindergarten projects. Kindergarten classes are Tues & Thurs from 8:27 a.m. to 3:32 p.m. with additional Wednesday's in the spring.

Grade 5/6 Skiing Field Trip

On January 25, the Gr 5/6 students went Skiing with R.I Baker Middle School to Castle Mountain. Thank you to the parents and volunteers who went on the ski trip.

Guitar Club

Mr. Van Cleave will once again be offering guitar lessons to interested students. This will take place in the gym during the lunch break on Mondays starting Feb 26. Students will need their guitars at the school that day.

Early Learning Program

January was busy with our winter theme. We focused on penguins, polar bears, igloos, snow and ice. We experimented with snow and what happens when you add food colouring to it. Our sensory table was turned into the Arctic which had real ice bergs and snow that polar bears and penguins could slide down, along with ice cube painting. Our theme this month is on feelings, friendship, and Valentine's Day. We will be having a Teddy Bear Picnic/Valentine's Day party and pajama day on *February 14 & 15, starting at 10:30. Don't forget to bring your favorite teddy bear or stuffy!*

Amanda Hudson, Early Learning Program

Scholastic Book Fair

The Scholastic book fair will be open:



- Tues, Feb 6 from 3:30-7:00
- Wed, Feb 7 from 8:15-8:30 & 3:00-6:00
- Thurs, Feb 8 from 12:00-12:25
- Fri, Feb 9 from 8:15-8:45 & 12:15-12:30

Elementary Leadership Conference

Sunnyside School has selected five students who show excellent leadership skills from to represent our school at the Palliser Regional Schools Leadership Conference on Feb 8. Gr 4-6 students from across the district will come together to participate in a variety of activities related to leadership growth. Congratulations to Sienna, Anastasia, Natalia, Olivia and Ethan!

February




2018

Sen	Mon	Tue	Wed	Thu	Fri	Sat
				1 Assembly @ 2:30 feat. Grade 3's	2 Stay and Play 10:15 – 12:15	3
4	5 Hot Lunch- Taco Time	6 Student Led Conferences (including Kindergarten) 3:45-7:00 Scholastic Book fair open 3:30-7:00	7 Double Hoop Basketball Gr 2 & 3 12 - 12:23 Student Led Conferences 3:45-6:00 Book Fair Open 8:15-8:30 & 3:00-6:00	8 School Council Meeting 3:45 pm Book Fair Open 12:00-12:25	9 Stay and Play 10:15 – 12:15 Scholastic Book Fair open 8:15-8:30 & 12:15-12:30	10
11	12 Hot Lunch- Swiss Chalet	13 Gr 1 & 2 100 Day Activities Kindergarten Valentine's Class Party	14 Double Hoop Basketball Gr 2 & 3 12 - 12:23 Valentine's Class Parties	15	16 Stay and Play 10:15 – 12:15	17
18	19	20	21	22	23	24
<div style="background-color: #e91e63; color: white; padding: 5px; display: inline-block;">NO SCHOOL</div>						
25	26 Hot Lunch- Edo Japan Guitar Club- 12- 12:23	27	28 Double Hoop Basketball Gr 2 & 3 12 - 12:23			

Sunnyside Parent Link Centre & FCSS

Located in the Sunnyside School

1 mile east of Lethbridge on Hwy #3 & 4 miles north of Marshall's Auto Wreckers Phone 403-732-5470
(of Lethbridge)

	Monday	Tuesday	Wednesday	Thursday	Friday
Parenting & Family Coach Janet Fekete 403-732-5470 janet.fekete@bewfcss.ab.ca Counsellors Lisa Vanden Dungen 403-405-4466 extension # 4 lisa.vandendungen@bewfcss.ab.ca Tanie Reid-Walker 403-360-2111 (texting accepted) tanie.reid-walker@bewfcss.ab.ca Youth Empowerment Coach Amanda Lawrence 403-405-4466 ext. 8 amanda.lawrence2013@gmail.com 				1	2
					Stay & Play 10:15am-12:15pm
	5	6	7	8	9
					Stay & Play 10:15am-12:15pm
	12	13	14	15	16
					Stay & Play 10:15am-12:15pm
	19	20	21	22	23
Family Day 	No programs this week. For personal or family counselling services, please contact Lisa Vanden Dungen or Tanie Reid-Walker at 403-405-4466.				
	26	27	28		

With support from Provincial and Municipal governments, all services are available at minimal or no cost to residents.
Please be advised that information and programs on calendars are subject to change without notice.
Please refer to the Facebook page or website (www.bewfcss.ab.ca) for changes and updates.

Connecting parents to the resources in their community

Your Parenting and Family Coach can assist you with the following:

- Early Childhood Development Information
- Childhood Developmental Screening
- Parent Education
- Family Support
- Information and Referral

WONDERING ABOUT YOUR CHILD'S DEVELOPMENT?

Ages 2 months to 60 months

A developmental check-up will help you see if your child is developing typically with speech, language, social interactions and/or motor skills. The **Ages and Stages Questionnaire** can give you a guideline to tell if your child is doing what other children of the same age are typically doing. It is a great tool to know what activities you might try next and to see if additional support might be needed.

TRIPLE P POSITIVE PARENTING PROGRAM

www.triplepstaypositive.net

The Triple P Parenting Program is an internationally recognized parenting program which promotes positive caring relationships between parents and their children. This program helps parents develop effective strategies for dealing with a variety of behaviours and common developmental issues.

For more information contact
Janet Fekete 403-732-5470
janet.fekete@bewfcss.ab.ca

STAY & PLAY

Stay & Play is a valuable program for parents and children (birth to 5 year old) to attend together.

There is **no charge**

and registration is not required.

Drop in and see what we're all about!
Songs, rhymes, stories, sand and water play, dress-ups and housekeeping, blocks, science and creative art are all available in a safe and inviting learning environment.

We invite all family members to join us at Stay & Play - Moms, Dads, and Grandparents.



"Play is our brain's favorite way of learning."
-Diane Ackerman

FCSS Parent Link Centre

Family & Community Support Services (FCSS) assists individuals, families and communities to reach their potential through Counselling, Teen's, Parenting, Senior's, Volunteer and Children's Programs.

These programs are funded by provincial and municipal governments. There is **NO CHARGE!**

www.bewfcss.ab.ca

FCSS FAMILY COUNSELLING

FCSS Family Counsellors are available for counselling services at no charge. Please call to make an appointment.

Lisa Vanden Dungen - 403-405-4466 Ext: 4
Tanie Reid-Walker - 403-360-2111 (phone or text)



Healthy Children

February 2018 Parent Newsletter



Being Active Indoors – It is Possible!

It's not uncommon for Albertans to be faced with unruly weather conditions. Whether it is ice covered sidewalks, extreme low temperatures, or even a winter storm – children are often required to stay indoors during the winter months. According to the Canadian Society for Exercise Physiology, children aged 5–11 years should accumulate at least 60 minutes of moderate-to-vigorous-intensity physical activity, daily. Children naturally tend to be more active when they are outdoors. When you are up against Mother Nature, try some of these indoor activities:

- Build a fort using chairs,

couch cushions and blankets. The fort can be used later when your child is ready for some down time.

- Have a scavenger hunt. Be creative and use the entire house (upstairs and downstairs) so your child is getting lots of extra steps in.
- Have a living room dance party. Turn up your child's favourite songs and get your groove on.
- Create an indoor hopscotch. Using tape and pieces of paper create different patterns for your child to try.

It can be challenging to find ways to keep your child active indoors. With a little creativity, your indoor day can turn out to be a lot of fun.

➤ For information on the Canadian Physical Activity and Sedentary Guidelines visit <http://www.csep.ca/view.asp?ccid=508>

Articles

Being Active Indoors – It is Possible!

Healthy Sleep – Is it time for a wake-up call?

Health Advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



Healthy Sleep

Is it time for a wake-up call?

Getting a good night's sleep is not always easy for kids, but it is essential for physical and mental health. Regular quality sleep contributes to our well-being by:

- Enhancing thinking, learning and memory
- Improving emotional regulation and resilience
- Improving immune system function

Lack of sleep can leave kids so tired that it's hard to concentrate, make decisions or get things done. Students struggle with verbal creativity, problem solving and generally score lower on IQ tests with reduced sleep; they might also feel sad, anxious, stressed or grumpy.

Everyone is different and some people need more sleep than others. Canadian sleep recommendations are that 5–13-year-olds need 9–11 hours of sleep per night and 14–17-year-olds need 8–10 hours of sleep per night. You know your kids are not getting enough sleep when they don't feel tired or drowsy during the day.



Physical activity and sleep are closely related. Small changes to your child's daily physical activity routine can make a big impact on sleep quality. Regular physical activity helps kids fall asleep faster, spend more time in deep sleep and awaken less often during the night.

Here are a few tips to support your child in getting quality sleep:

- Maintain a regular sleep-and-wake schedule
- Use the bedroom only for sleeping
- Keep the bedroom dark and free of distractions (e.g. TV or devices)
- Avoid large meals and stimulants before bed (e.g.

caffeine, screen time)

- Take time to relax before bed (e.g. read, take a bath, listen to relaxing music)
- Meditation, guided imagery, deep breathing exercises and progressive muscle relaxation (alternately tensing and releasing muscles) can help to counter anxiety and racing thoughts for those who have trouble falling asleep.

Good sleep sets the stage for a good day at school. A refreshed brain helps improve our mood, decision-making and social interactions – all 'must haves' for a healthy student.