



NEWSLETTER



2018

Dates to Remember:

| | |
|------------------|----------------------------------|
| March 7 | Guitar Club begins |
| March 8 | School Council Meeting – 3:45 pm |
| March 11 | Daylight Saving Time begins |
| March 12 | PD Day – NO CLASSES for students |
| March 16 | Report Cards sent home |
| March 17 | St. Patrick's Day |
| March 22 | Assembly at 2:30 feat. Grade 2's |
| March 26-29 | Sunnyside Days- NO SCHOOL |
| March 30-April 6 | Easter Holidays |

Principal's Message

March came in like a lion, so hopefully it will go out like a lamb! Just in time for the end of the winter season, there is a new inclement weather policy that was recently approved by the board. You can find it on the Palliser website or by reading it below. The snow has provided lots of great outdoor fun for our students. Please continue to ensure your children have the proper clothing to enjoy the snow to the fullest.

There are so many wonderful things happening at our school and this month I would like to highlight 'Wellness Friday'. It is so heartwarming to see students engaged in activities that make them feel energized and refreshed. We are also looking for parents willing to share their skills/talents too so if you have something you would like to share, let me know. Anything from knitting to robotics is welcome!

Thank you....

- To all the families who contributed to our book fair. We raised \$2389.05 with over half the sales in free books for our Learning Commons.
- To Mrs. Hancock for all her hard work with the book fair.

Hot Lunch

March Menu:

March 5 - Lakeview Bakery
March 19 - 3G Eatery

Mini Basketball

Mini basketball is scheduled for Wednesdays after school until 4:35pm starting March 7 and continuing for eight weeks until May 9 for Grade 4-6 students who have signed up on School Cash Online.

Kindergarten Registration

Kindergarten registrations are now being accepted 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 will be held on Tuesdays and Thursdays from 8:27 a.m. to 3:32 p.m. with additional Wednesdays starting in the spring.

ELP Registration

Registrations for the Early Learning Program for the 2018 - 2019 school term are now being accepted in the school office. Children must be 4 years old by December 31, 2018 to sign up for our "Kindergarten Readiness" program on Tuesdays & Thursdays. 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.

Early Learning Program

I would like to start by saying thank you to all who came and enjoyed our Teddy Bear / Valentine's Party. All the children enjoyed showing their favorite teddy or stuffy to their friends and handing out/receiving Valentines. Making stone soup was a HUGE hit in the classroom. In March our new themes are St. Patrick's Day, Transportation, the Ocean and Sea life.

Mrs. Amanda Hudson, ELP Educator

Guitar Club

Mr. Van Cleave is running Guitar Club at lunchtime on Wednesday's starting March 7 for interested students. Please encourage your child to practice what they are learning.

Developmental Check-ups

Sunnyside School will soon be hosting developmental check-ups for four to five-year-olds who are entering our Early Learning or Kindergarten Programs this fall. These check-ups are a service to parents, providing access to experts in early childhood development, including speech and language pathologists, right in their own communities. These free, one-hour sessions are a great way for parents/guardians to confirm which skills their children are well on their way to mastering and which areas require more support. These check-ups help determine the support and resources incoming early learning and kindergarten students will need this fall. They also give children an opportunity to visit Sunnyside School, meet the teacher, and to have a positive hour of fun activity, and alleviate some of the anxiety that might come when school starts. Sunnyside School's Early Learning and Kindergarten programs give children a positive, fun foundation to ensure readiness for Grade 1. **Developmental check-ups will be held in the afternoon on June 7.**

Assembly

We will be having an assembly on March 22 at 2:30 pm featuring the Grade 2 students. Families are welcome to attend.

Report Cards

Report cards for the 2nd period will be sent home on Thursday, March 15 for Kindergarten students and Friday, March 16 for Grades 1-6. Please sign your child's envelope and have them return it to their teacher.



Inclement Weather Policy Change

Palliser Regional Schools has addressed student and staff safety in an updated Inclement Weather procedure, with further changes aimed at reducing any confusion about school closures.

With input from staff and parents, the changes allow the superintendent to close schools on an individual basis, or for the entire division south of Calgary, due to weather and road conditions.

A communications plan is in place to notify school principals of any 'snow day' closures, and they in turn will alert staff and parents as early as possible. A notice will also be posted on specific school websites as to any closures. Affected schools will ensure minimal staffing to let in any children who inadvertently arrive, but will contact parents to pick them up or make alternate arrangements for their care.

The previous procedure allowed only for the cancellation of buses – on either a route-by-route basis, or for the entire division – due to weather conditions. Schools remained open with staff expected to report to work. Concerns were raised about staff being asked to travel roads deemed unsafe for school buses.

Procedures now address specific issues regarding the closure of colony schools as well. Palliser does not provide busing for students attending its Calgary schools, which will continue to follow the lead of the Calgary Board of Education to determine whether their buses will run and schools will be open.

The superintendent can still suspend bus service on a route-by-route basis with the school to remain open to the rest of the students. In those cases, the bus drivers will contact affected parents as they have in the past.

Bus drivers retain the discretionary power to cancel their route if they feel road conditions are unsafe. Parents hold the final decision on whether they send their child to school, if they feel weather or road conditions pose a safety risk.

To view the Administrative Procedure 549, click [here](#)



2018

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|---|--|------------|---|--|---|---------------------------------------|
| | | | | 1 | 2 Tornado Hunters School Wide Presentation 9:00am Stay & Play 10:15 – 12:15 | 3 |
| 4 | 5 Hot Lunch- Lakeview Bakery | 6 | 7 Guitar Club 12- 12:23 Mini Basketball for Gr 4,5 & 6 3:30 – 4:35pm | 8 School Council Meeting 3:45 pm | 9 Stay & Play 10:15 – 12:15 | 10 |
| 11 Daylight Savings time begins | 12 Sunnyside Day in Lieu NO CLASSES | 13 | 14 Guitar Club 12- 12:23 Mini Basketball for Gr 4,5 & 6 3:30 – 4:35pm | 15 Kindergarten Report Cards Go home | 16 Stay & Play 10:15 – 12:15 Report Cards Go home | 17 St. Patrick's Day |
| 18 | 19 Hot Lunch- 3G Eatery | 20 | 21 Guitar Club 12- 12:23 Mini Basketball for Gr 4,5 & 6 3:30- 4:35 | 22 Assembly @ 2:30 Feat. Grade 2's | 23 Stay & Play 10:15 – 12:15 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 Good Friday | 31 |
| NO SCHOOL- Easter Break | | | | | | |

Healthy Children

March 2018 Parent Newsletter

Children and Stress

For children, life can become overwhelming with schoolwork, family issues, friendships, extra-curricular activities and home responsibilities. As a result, children may start feeling stressed without recognizing or knowing how to cope.

Children have a hard time naming the emotions they are feeling. Often, they do not realize their physical symptoms can be related to stress.

Children haven't had enough experience to recognize how stress impacts their lives. As a parent you can help your child learn what stress is and how to recognize signs of stress. Common signs of unhealthy stress for children include: eating too little, overeating, sleep problems, frequent headaches and stomachaches (even though a doctor has said they are physically healthy), irritability, emotional outbursts, excessive worry, fear of leaving parents and crying.

Noticing changes in your child's behaviours and describing them is important for opening conversations between you and your child [e.g. *I noticed you are not as excited about going to school as you used to be.*



(Provide a specific example: Yesterday when you came home you threw your book and looked mad, and this morning you said you didn't want to go to school). Has something upset you? This shows your care and support. Ask your children how they feel and listen to them to build trust. Help them name their emotions (sad, mad, scared) and identify what may be causing their stress. Teach and encourage them to take time for themselves. Being physically active, reading books, and spending time with friends and family are all examples of ways to reduce stress. Model healthy coping skills by: taking deep breaths when dealing with stressful situations, eating well and getting support when needed.

Articles

Children and Stress

Caffeinated Drinks and Children

People who are immunized don't just protect themselves; they also protect those who cannot be immunized. This is sometimes called herd immunity. By immunizing yourselves and your children, you help make the community healthier. For more information visit <http://immunizealberta.ca/should-i-immunize-my-child/all-about-immunity>



Caffeinated Drinks and Children

Are your children asking for caffeinated drinks? Is it common to have cola, coffee or tea available for your children at home? If so, your children may be getting more caffeine than you realize.

Children who consume too much caffeine may experience:

- Problems sleeping
- Nausea
- Headaches
- Irritability
- Anxiety
- Faster heart rate

Health Canada recommends that caffeine be limited to the amount below:

| Age (years) | Maximum Daily Caffeine Intake (mg) |
|-------------|------------------------------------|
| 4-6 | 45 |
| 7-9 | 62.5 |
| 10-12 | 85 |

Caffeine Content of Common Drinks

| Drink | Drink Size | Average Caffeine (mg) |
|----------------|---------------|-----------------------|
| Coffee, brewed | 8 oz (250ml) | 100-150mg |
| Energy Drink | 1 can (473ml) | 80-180mg |
| Iced Coffee | 8 oz (250ml) | 55-80mg |
| Tea, brewed | 8 oz (250ml) | 50 |
| Cola | 1 can (355ml) | 30 |

Be aware of which drinks have caffeine and limit offering these to your children. Caffeine can be present in many forms in drinks. When you see these words on a drink label, it means that the item contains caffeine:

- Black tea
- Cocoa/chocolate
- Caffeine
- Guarana
- Green tea
- Yerba Mate

Caffeine is found in drinks such as coffee-based drinks, tea, cola, iced tea, pop and energy drinks.

Many drinks containing caffeine are also high in sugar and low in nutrients. These drinks may replace healthier drinks such as water or milk. Encourage children to drink more water.

Send a refillable water bottle with your child to school or activities. Serve milk with meals.



➤ For more information on healthy drink choices for children visit healthyeatingstartshere.ca, click on "Healthy Drinks, Healthy Kids".

➤ For more information on caffeinated drinks visit raisingourhealthykids.com, and click on "Caffeinated Beverages".

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

93075 Range Road 21-2

www.bewfcss.ab.ca

(Serving the County of Lethbridge)

www.parentlinkalberta.ca

| | 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 403-405-4466 extension 5 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 | |
| | |  | | | | 9 |
| | | | | | Stay & Play 10:15am-12:15pm | |
| | | 12 | 13 | | 15 | 16 |
| | | Brain Awareness Week Lethbridge March 12 th - 17 th http://www.uleth.ca/artsci/neuroscience/brain-awareness-week | | |  | Stay & Play 10:15am-12:15pm |
| | | 19 | 20 | 21 | 22 | 23 |
| | | | | | | Stay & Play 10:15am-12:15pm |
| | | 26 | 27 | 28 | 29 | 30 |
| | | | | | | Good Friday |

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.



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 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 - 403-405-4466 Ext: 5

There is no problem so great, it can't be solved.

Barbara Coloroso