



# NEWSLETTER



# 2018

## Dates to Remember:

April 2-6	Easter Break- NO CLASSES
April 9	Grade 1- Scientist's In School Presentation- pm
April 10	Running Club starts- permitting track is dry / Grade 5/6 Directors Cut
April 11	Grade 4 Directors Cut
April 19	Farm Safety Presentations/ Kindergarten Fire Station Field Trip
April 24	Aggie Days- Kindergarten- Grade 3 12:30pm-3:00pm
April 25	Aggie Days- Grade 4-6 9:00am-1:00pm
April 26	Assembly at 2:30 feat. Sunnyside Staff

## Principal's Message

It's hard to believe that April is almost here! This month our entire school will visit Aggie Days, the Grade 1 class will have a Scientists in Schools presentation, and the Grade 4/5/6 classes will be creating their own movie trailers under the guidance of the awesome 'Director's Cut' organization. Thank you to our parent council for making this opportunity possible for our students.

K-3 students will have this opportunity in June. Stay tuned for more information about our poetry day being held on April 26.

Lastly, I hope everyone has a wonderful two week vacation. Whether you are spending time gardening, spring cleaning, or travelling, enjoy your time away from the routine of school.

Best, Connie Adserballe

## Hot Lunch

Menu:

- April 9 - Pizza 73
- April 16- Tim Hortons
- April 23- Spaghetti & Meat sauce
- April 30- Subway

## Running Club

Running club will take place in April & May this year on Tues & Thurs from 12:00-12:25 on the running track. For students who would like to register for the Little Soul's Marathon, information can be found on their website at <https://raceroster.com/events/2018/15992/little-souls-2018> Register early to avoid disappointment.

## Aggie Days Field Trips

Sunnyside Students will be going on a field trip to Lethbridge Exhibition Park's UFA Aggie Days:

- Tues, April 24<sup>th</sup> the Kindergarten- Gr 3 Students will be going from 12:30pm-3:00pm. They will be eating their lunches before leaving the school.

- Wed, April 25<sup>th</sup> the Grade 4-6 Students will be going from 9:00am-1:00pm. They will be eating their bagged lunches at the Exhibition Park.

## Thank you to...

- Mrs. Sinclair, our student teacher from the U of L for her great work with the Grade 1 Students. We wish her good luck in her future endeavors.

## 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. There is a \$10 registration fee payable at the time of registration. Please have your child's birth certificate and your 911 emergency address when registering.

## 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.

## 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.**

## Kindergarten Hours

Parents of current Kindergarten students are reminded that beginning May 2, kindergarten will run three days per week on Tuesday, Wednesday and Thursday until the end of the school term.

## Home Stays Needed

Palliser Regional Schools has a wonderful opportunity for your family to welcome an International Student into your home. We welcome students throughout the school year from countries all over the world including Brazil, Mexico, Japan, China, Nigeria, Vietnam, Colombia, Korea and Sri Lanka. The majority of students are middle and high-school aged students but we do see smaller groups of elementary students coming as well.

We have both short-term and long-term students. Short term can be anywhere from 1 week – 3 months. Our long term students are here for either a half semester or the full school year.

We are reaching out to our communities and families to help out by welcoming these students into their homes during their stay by providing food, lodging and a supportive home life during their stay. Palliser pays our host families a rate of \$750/month/student hosted.

If you are interested in hosting a student or would like some additional information, please contact Barb McDonald at Central Office at 403-328-4111 or on her cell at 403-382-9499. Or email to [barb.mcdonald@pallisersd.ab.ca](mailto:barb.mcdonald@pallisersd.ab.ca).

## Early Learning Program

March was a busy month! We started with our Ocean theme where we painted with sand, and turned our water table into an ocean. Next, we traveled through our transportation theme where we had car counting, puzzles, and our airplane craft kept us busy. We jumped into St. Patrick's Day for our next week, talking about shamrocks, pots of gold, and rainbows. Our classroom was filled with all sorts of green (Paint, crayons, markers, and green water in the water table), using green coins to count, St. Patrick's day pattern board, and our rainbow craft were just some of the fun activities for this theme. Easter will be our last theme in March. We will be coloring with wet chalk, making baby chicks and painting Easter Eggs. I hope everyone has a wonderful Easter!

Mrs. Hudson, Early Learning Instructor

# April

# 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4	5	6	7
<b>NO SCHOOL- Easter Break</b>						
8	9 Hot Lunch- Pizza 73  Grade 1 Scientists In School- pm	10 Running Club starts at noon- permitting track is dry  Directors Cut- Grade 5/6	11 Guitar Club 12:00-12:23  Mini Basketball for Gr 4,5 & 6 3:30 – 4:35  Directors Cut Grade 4	12 Running Club- 12:00 – 12:30  School Council Meeting- 3:45pm	13 Stay & Play 10:15 – 12:15	14
15	16 Hot Lunch- Tim Hortons	17 Running Club- 12:00 – 12:30	18 Guitar Club 12:00-12:23  Mini Basketball for Gr 4,5 & 6 3:30 – 4:35pm	19 Running Club- 12:00 – 12:30  Farm Safety- K- Gr 6  Kindergarten Fire Station Field Trip- afternoon	20 Stay & Play 10:15 – 12:15	21
22	23 Hot Lunch- Spaghetti & Meat sauce	24 Running Club- 12:00 – 12:30  Aggie Days Field Trip K to Gr 3 12:30-3:00pm	25 Guitar Club 12:00-12:23  Mini Basketball for Gr 4,5 & 6 3:30 – 4:35  Aggie Days Field Trip Gr 4-6 9:00am-1:00pm	26 Running Club- 12:00 – 12:30  <b>Poetry Day</b>  Assembly at 2:30 feat. SSS Staff	27 Stay & Play 10:15 – 12:15	28
29	30 Hot Lunch- Subway					

## 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](http://www.bewfcss.ab.ca)

(Serving the County of Lethbridge)

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Parenting &amp; Family Coach</b>	2	3	4	5	6
Janet Fekete 403-732-5470 <a href="mailto:janet.fekete@bewfcss.ab.ca">janet.fekete@bewfcss.ab.ca</a>			NO PROGRAM - For personal or family counselling services, please contact Lisa Vanden Dungen or Tanie Reid-Walker at 403-405-4466.		
<b>Counsellors</b>	9	10	11	12	13
Lisa Vanden Dungen 403-405-4466 extension 4 <a href="mailto:lisa.vandendungen@bewfcss.ab.ca">lisa.vandendungen@bewfcss.ab.ca</a>					Stay & Play 10:15am-12:15pm
Tanie Reid-Walker 403-405-4466 extension 5 <a href="mailto:tanie.reid-walker@bewfcss.ab.ca">tanie.reid-walker@bewfcss.ab.ca</a>		17	18	19	20
<b>Youth Empowerment Coach</b>					Stay & Play 10:15am-12:15pm
Amanda Lawrence 403-405-4466 ext. 8 <a href="mailto:amanda.lawrence2013@gmail.com">amanda.lawrence2013@gmail.com</a>		24	25	26	27
	30				Stay & Play 10:15am-12:15pm
<b>Volunteer Week April 15-21</b>					



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](http://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](http://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](mailto: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](http://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 Option #4

Tanie Reid-Walker - 403-405-4466 Option #5

If you're interacting with  
your baby because science  
says so, you are doing it for  
the wrong reasons.

John Hoffman



# Healthy Children

April 2018 Parent Newsletter



## A Healthy Home

Staying healthy all year long includes many things such as physical activity, eating well, social interaction and other factors. One area you might not have thought of that can help keep you and your family healthy is the home you live in.

In Alberta, there are regulations that apply to any place a person rents to another person to live in. This could include an apartment, a house or a basement suite.

Both landlords and tenants have responsibilities. The tenant must pay their rent on time and not cause damage. The landlord must make sure that the home is safe to live in, has a proper toilet,

plumbing and safe water, heat is provided, there are rooms to sleep in and the appliances in the home work properly.

If you do not have shelter to live in that meets certain minimum requirements, it can affect your health. If you have a concern about a place you are renting you can contact Alberta Health Services Public Health Inspectors and an inspection can be done.

➤ For more information or to contact a Public Health Inspector visit [www.ahs.ca/eph](http://www.ahs.ca/eph)

## Articles

A Healthy Home

Healthy Relationships

### Does your child's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and or existing run clubs. To learn more visit <http://www.amayouthrunclub.com/>



## Healthy Relationships

Children start learning about relationships from birth. As they get older, their relationship circle grows beyond their family to include friends, teachers, teammates and others in the community. Being a positive role model and teaching your child how to be a good friend can help them develop the confidence and skills they need to build positive relationships as they grow up.



Here are some things you can show and teach your child about healthy relationships:

- Treat people with respect:** Speak and solve problems in a respectful way helps your child learn when they're being treated with respect – or not.
- Manage anger:** Deal with anger in a positive, healthy, non-violent way.
- Problem-solve:** Break problems down, find possible solutions and think about possible outcomes for each solution.

**Negotiate, compromise and agree to differ:** Try turning problems into 'win-win' situations, where each person gets some of what they want. It's important for them to know when to 'agree to disagree' and that it's okay for people to have a different view. Learning to understand and respect others is what's important.

**Be assertive, not aggressive:** Being assertive is asking for what you want clearly and respectfully, without threats or physical force. Assertive

communication means that you respect the rights of others, as well as your own.

Children learn by example, and you're their biggest influence.

➤ **For more information on relationships please visit Alberta Health Services [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)**