



NEWSLETTER



June 2018

Dates to Remember:

June 5	Volunteer Breakfast @ 8:30
June 6	Director's Cut- Kindergarten & Grade 1 & 3 / Grade 5/6 Scientists in School
June 7	Director's Cut- Kindergarten & Grade 1 & 2 / Developmental Check-ups
June 8	Jump Rope for Heart Jump
June 12	Grade 4 Field Trip- Head Smashed in Buffalo Jump
June 13	Grade 1 Field Trip- Gem of the West/Birds of Prey
June 13	Grade 2 & 3 Field Trip- Prairie Tractor Museum
June 14	Grade 5/6 Scientists in School –am
June 14	Kindergarten Field Trip- Picnic & Helen Schuler Coulee Centre
June 15	Kindergarten Orientation- Open House
June 18	Grade 5/6 Scientists in School- am
June 19	Grade 6 Language Arts Achievement Test – Part B / Library books due back
June 20 & 21	Early Learning Program Year End Celebrations 8:30 to 11:00 am
June 20	Grade 6 Math Achievement Test
June 21	Grade 5/6 Fishing Field Trip / Kindergarten Farewell Celebration 2:30pm
June 22	Grade 6 Science Achievement Test
June 25	Grade 6 Social Studies Achievement Test
June 25	School Wide Swimming field trip 12:00-1:30 pm U of L
June 26	Pancake Breakfast / Sports Day
June 27	Last day of classes / Parade of Honor / Year End Assembly & Gr 6 Farewell
June 28, 29	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.

Farewell to...

Mrs. Carvalho is leaving at the end of the school year. We will miss her and wish her all the best!

Volunteer Appreciation

Thank you to all our wonderful parent volunteers who have helped throughout the year. On Tues, June 5 we will be having a breakfast for our volunteers. Thank you to the Local ATA #19 for sponsoring the snacks.

Hot Lunch

June 4	- Swiss Chalet
June 11	- Edo Japan
June 18	- Lakeview Bakery
June 25	- 3G Eatery

Provincial Achievement Tests

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

Tues, June 19	- Language Arts Part 'B'
Wed, June 20	- Mathematics
Fri June 22	- Science
Mon, June 25	- Social Studies

Learning Commons News

All Library books will need to be returned to the school by Tuesday, June 19. If you would like your children to have Library books over the summer, please contact Mrs. Hancock directly.

Year-End Assembly/Report Cards

Wednesday, June 27 is the last day of classes before the summer break. Report cards will be sent home on that 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 27 at 11:00 a.m. and will include the presentation of the Leisha Marino Memorial Award. Parents are welcome to join us.

Sports Day

Sports day will be held on Tuesday, June 26. We will have a pancake breakfast to kick off the day.

Barn Dance

Thank you to everyone who supported the Barn Dance. An update email will go out at a later date.

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.

Early Learning Program News

We will be having our year end celebrations on June 20/21. This will be our last day of school for the year. Parents and siblings are invited. This will take place from 9:30-11:00. I hope the weather will cooperate and we can spend our last day outside playing on the playground. If the weather does not permit us to be outside, we will have our get together inside the classroom. Please bring your favorite pot luck picnic dish/dessert. Please bring your picnic blanket, sunglasses, and hats. I hope you will come out and enjoy our last day together. Along with games and fun activities, I will be handing out scrapbooks to your child, and they will be performing some of our favorite songs that we have learned throughout the year.

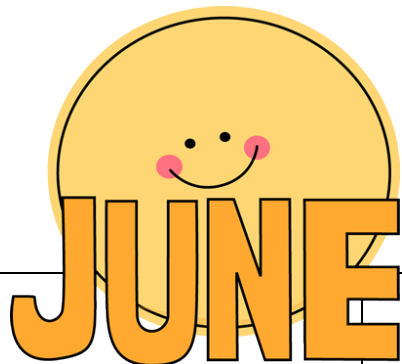
Amanda Hudson, ELP Instructor

Kindergarten Farewell

There will be a Kindergarten farewell celebration at 2:30 p.m. on Thursday, June 22 in the school gym. Kindergarten families are invited to attend.

Staff Appreciation Day

The staff of Sunnyside School would like to express our gratitude to the Sunnyside Community Association for the wonderful Staff Appreciation Day on May 8. The staff enjoyed snacks in the staffroom, a delicious lunch, cute letter board signs and recess supervisions covered by the parents. Thank you to everyone involved who made this such a special day.



2018

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4 Hot Lunch- Swiss Chalet	5 Volunteer Breakfast- 8:30am	6 Grade 5/6 Scientists In School- am Director's Cut- K, Gr 1 & 3	7 Director's Cut- K, Gr 1 & 2 Developmental Check-ups- 1:00-3:00pm	8 Jump Rope for Heart – 11:15am	9
10	11 Hot Lunch- Edo Japan	12 Grade 4 Field Trip- Head Smashed In Buffalo Jump	13 Grade 2&3 Field Trip to Prairie Tractor Museum Grade 1 Field Trip to Gem of the West Museum & Birds of Prey	14 Grade 5/6 Scientists in School- am Kindergarten Field Trip- Picnic & Helen Schuler	15 Kindergarten Orientation & Open House	16
17 Happy Father's Day!	18 Hot Lunch- Lakeview Bakery Grade 5/6 Scientists in School- am	19 PAT Gr. 6 Language Part B Library Books Due Back	20 PAT Gr. 6 Math ELP Year-end Celebration 9:30 – 11 am	21 Kindergarten Farewell 2:30 p.m. Grade 5/6 Fishing Field Trip ELP Year-end Celebration 9:30 – 11 am	22 PAT Gr. 6 Science	23
24	25 Hot Lunch- 3G Eatery PAT Gr. 6 Social Studies Swimming at U of L- year end field trip	26 Pancake Breakfast / Sports Day	27 Last Day for Students Parade of Honor- 11:00am Year-end Assembly / Grade 6 Farewell/ Report Cards	28 Staff Planning Day	29 Staff Planning Day	30

Healthy Children

June 2018 Parent Newsletter



Articles

A Child's Graduation Smile Begins Today

First, Second and Third-hand Smoke

A Child's Graduation Smile Begins Today

Get an early start on preventing tooth decay by choosing fluoride and dental sealants to protect your child's teeth.

Fluoride from different sources strengthens teeth and repairs early damage caused by tooth decay acids. Fluoride works best on protecting the smooth surfaces of teeth.

Brushing two times a day with fluoride toothpaste and drinking tap water with fluoride are great sources of fluoride for your child's teeth. Professional fluoride treatments like varnish add extra protection. There are other sources of fluoride, but it is important to ask a dental

professional before your child uses them.

Dental sealants are thin plastic coatings that cover the deep grooves and pits on the chewing surfaces of teeth. Sealants create a smooth surface that is easier to keep clean, protecting teeth from tooth decay. Ask a dental professional about dental sealants for your child.

Using fluoride and dental sealants today are important steps to help your child graduate with good oral health for life.

➤ For more information on oral health visit www.ahs.ca/oralhealth

Skin cancer is largely preventable, with about 82% of melanomas linked to factors we can change. Exposure to ultraviolet radiation (UVR) is the main cause of skin cancer but other harmful effects include sunburn, premature skin aging, and eye damage. Choose sun-safety strategies that work: a broad spectrum, water-resistant sunscreen with an SPF of 30 or higher, use shade, clothing, a hat with a wide brim, and sunglasses. For more information visit <http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/>



First, Second and Third-hand Smoke

There are 7,000 chemicals in tobacco smoke, 69 of which we know cause cancer. There is no safe level of exposure to tobacco smoke. Tobacco smoke is either:

First-hand: this is what the smoker blows out.

Second-hand: this is what the smoker blows out or what is released from the end of a burning cigarette.

Third-hand: this is the harmful residue and gases left on surfaces (such as on furniture, in carpet and clothing) after a cigarette has been smoked.

In children, second-hand smoke increases the chance of respiratory infections (like chest colds) and ear infections. Children with asthma will likely have more serious attacks more often.

Smoking in the home or in the car affects everyone in the family, including pets. The best way to protect your family from



being exposed to second- and third-hand smoke is to make your home and car tobacco free.

Work together as a family to make a plan:

- Talk about the good things about a tobacco-free home and car.
- Give everyone a chance to speak.
- Plan for guests who may want to smoke.
- Set up an area outside away from doors and windows in case someone wants to smoke.

- Remove all ashtrays from inside your home and clean the one in your car.
- Have signs to welcome guests to your smoke-free home and vehicle.

Celebrate your success as a family. It may take some time for everyone to adjust – there may be small setbacks. Always keep in mind that people who smoke are addicted to nicotine, which can make changes, such as smoking outside, hard to do.

➤ For more information and support in becoming tobacco-free visit www.albertaquits.ca or call 1-866-710-QUIT (7848)

Sunnyside Parent Link Centre & FCSS

Located in the Sunnyside School


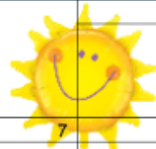

1 mile east of Lethbridge on Hwy #3 & 4 miles north of Marshall's Auto Wreckers Phone 403-732-5470

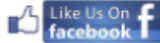
93075 Range Road 21-2

(Serving the County of Lethbridge)

www.bewfcss.ab.ca

www.parentlinkalberta.ca

	Monday	Tuesday	Wednesday	Thursday	Friday	
Parenting & Family Coach Janet Fekete 403-732-5470 Janet.Fekete@fcss.ca Counsellor Lisa Vandendungen 403-405-4466 - ext. 4 Lisa.Vandendungen@fcss.ca Youth Empowerment Coach Amanda Lawrence 403-405-4466 - ext. 8 Amanda.Lawrence@fcss.ca	 Seniors Week June 4-10					1
	4	5	6	7	8	
No programs in June, July & August. Have a great summer! Check back in the fall for updates.					14	15
						22
					21	22
					28	29
					28	29



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.

STAY & PLAY

Stay & Play is a valuable program for parents and children (birth to 5 years 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.

A Typical day at Stay & Play:

Free Play-Snack-Circle Time-Messy Play-Tidy Up Time-Time to Go

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



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.

FCSS COUNSELLING

Counsellors are available for counselling services, at no charge.

Please call to make an appointment.

Lisa Vandendungen 403-405-4466 - ext. 4

We need to "collect" or re-connect with our children after every separation, even if it has been only 1 hour.

Gordon Neufeld & Gabor Maté