



NEWSLETTER



2018

Dates to Remember:

Nov 4	Daylight Savings Time ends
Nov 7	School Council Meeting – 2:15 p.m.
Nov 8	Remembrance Day Service - 8:30 a.m. Everyone is welcome.
Nov 11	Remembrance Day
Nov 12	NO SCHOOL
Nov 13	Palliser Day in Lieu - NO CLASSES
Nov 14	Operation Christmas Child items are due
Nov 15	Operation Christmas Child shoeboxes filled by Gr 5/6 students
Nov 16	Turkey Bingo – 6:00 p.m.
Nov 22	Assembly feat. Gr 4 Students - 2:30 p.m.
Nov 30	Report Cards sent home

Principal's Message

Thank you to all the parents who met with their child's teachers during parent teacher interviews. These conversations are so valuable in creating a successful year. If you weren't able to meet with us, please contact your child's teacher to set up another time. Our first report card of the year will go home to students on Friday November 30th.

As always, we have so many things going on at Sunnyside. This month brings our special Remembrance Day service, Turkey Bingo, and Operation Christmas Child. Remember to check the website for more stories and to view the calendar for reminders. Finally, If you have any concerns, or ideas to share, I'd love to hear from you.

Connie Adserballe

School Fees

Palliser Regional Schools is pleased to offer families the opportunity to pay school fees electronically. The 'School Cash Online' program provides a safe, secure fee payment option. To register, go to <https://palliserregional.schoolcashionline.com/> and select the 'Get Started Today' option. We would appreciate receiving fee payments as soon as possible.

Hot Lunch

November Lunch Menu:

- Nov. 5 - Edo Japan
- Nov. 19 - 3G Eatery
- Nov. 26 - Swiss Chalet

Remembrance Day

Sunnyside School will hold a Remembrance Day service Thursday, November 8 at 8:30 a.m. conducted by the Coalhurst Legion. Everyone is welcome to attend. Students will participate in this service. Poppies will be available in the school office and we encourage all students to bring a donation for the Legion and wear a poppy.

Thank You to ...

- all parents & family members who helped with Halloween activities and treats.
- Jerry Handsaeme from JMH Industries for donating over 100 pumpkins to our students.
- Micah Pavan (Micah Maria Photography) for taking all the beautiful pictures of our students for the "Sunnyside Shines" bulletin board by the gym. It looks great!

Operation Christmas Child

Thank you to the Samaritan's Purse Committee members for organizing the Operation Christmas Child shoe box campaign again this year. Sunnyside students, families and staff are asked to send new items to fill the boxes by Wednesday, November 14. Please go to sunnysideschool.ca for more information on what items are recommended / approved. A note will be sent home with students with more information on items assigned to each grade.

Turkey Bingo

The annual Turkey Bingo will be held Friday, November 16 at 6:00 p.m. Doors will open at 5:30 p.m. The cost is \$2.00 per card. Thank you to those families who have donated items for this event. There will be a concession as well as some craft activities and a movie for the children.

Lifetouch Studio Retake Days

This year Sunnyside School will not be having a retake day at the school. If you wish to have retakes taken for your child, Lifetouch is having 2 retake days by appointment at their studio. The address is Unit 120- 719 4th Ave S. Retakes will be held on November 16 & November 23 from 1:30-3:30pm. If you wish to book an appointment, please Contact Lisa Kennedy at (403) 327-2658.

Report Cards

Report cards will be sent home November 30 (November 29 for kindergarten students). Please keep the report card, but sign and return the envelope.



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 Daylight Savings Time ends	5 Hot Lunch-Edo Japan	6	7 School Council Meeting 2:15 pm	8 Remembrance Day Service 8:30 am	9	10
11 Remembrance Day	12 NO CLASSES	13 Palliser Day in Lieu NO CLASSES	14 Shoebox items due for Operation Christmas Child	15 Operation Christmas Child shoeboxes filled	16 Turkey Bingo @ 6:00pm	17
18	19 Hot Lunch-3G Eatery	20	21	22 Assembly @ 2:30 pm Feat. Gr 4 Students	23	24
25	26 Hot Lunch-Swiss Chalet	27	28	29	30 Report Cards Go home	

Healthy Children

November 2018 Parent Newsletter



The Resilient Family

Resiliency is a concept usually used to describe a person's ability to bounce back (and move forward) after experiencing something stressful. But families can also be resilient. Research has shown that resilient families who have gone through hardships don't just survive, they grow; they are stronger, more loving, have a sense of purpose and are better able to cope with future challenges.

Not only are resilient families better able to deal with life's challenges, they are also better at providing the conditions people need to flourish and grow into healthy individuals. Every family is unique. Each family will face different challenges and rely on different strengths to cope with those challenges.

But there are some things all

families can work on to be stronger.

What are your family's strengths? Do you communicate in healthy ways? Do you have a sense of togetherness? Do parents have a strong relationship? Are you well connected to your extended family and your community?

Answering these questions will tell you what you are already doing right and remind you that these habits are important to maintain and reinforce. For example, if your family regularly eats together, you are building connectedness, or if you volunteer for local events, you are creating connections to your community.

➤ For more information about family resiliency, visit <http://yillmyhome.com/>

Articles

The Resilient Family

Loose Parts Play

Reminder

Routine immunization consent forms were sent home last month with Grade 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit <http://www.albertahealthservices.ca/influenza.asp>



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Healthy Schools Calendar

November 2018



World Kindness Day

Build a safe and caring school culture with a focus on kindness this year. Kick start your kindness movement by celebrating [World Kindness Day](#) on November 13. Encourage students to perform acts of kindness for others and discuss ways to be kind in the school, at home, and in the community. Continue to build momentum in your classroom by reading [books about kindness](#), teaching a [kindness lesson plan](#), or creating a [kindness inquiry project](#). Then spread the love to the whole school by setting up a thank you note station, recognizing kindness on a bulletin board or the school announcements, or starting a kindness club. Check out these [5 simple classroom activities to celebrate world kindness day](#) to get started.

Need support? Every school jurisdiction in Alberta has an assigned Alberta Health Services staff member to support [Comprehensive School Health](#). To find out who the contact is for your jurisdiction email: healthychildrenandyouth@ahs.ca

Resources to Support Healthy School Communities

- [How to Start a Kindness Club](#)
- [Sample Healthy School Action Plan: Positive Mental Health in a High School](#)
- [Puzzle Activity: A Team Building Activity](#)

Funding Opportunity Deadlines

School Equipment Grant	This grant may be used to purchase the equipment needed to prepare food and adhere to safe food handling requirements. Applications are accepted year-round.
MusiCounts	The MusiCounts Band Aid program provides musical instruments to schools whose music programs are in need of instruments to ensure their sustained growth. Grant applications accepted in the fall, check website for updates.
Community Investment Grant	This fund offers financial and volunteer support to promote STEM (science, technology, engineering and math), advance energy literacy and conservation or build capacity or leadership for Indigenous people. This fund also supports community development projects where Imperial Oil has an operating interest. Applications are accepted year-round.

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November 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
NOW AVAILABLE - November's issues of Healthy Children and Healthy Teens newsletter for parents (aussi disponible en Français). For resources to support building healthy school communities visit www.ahs.ca/csh						
4	5	6	7	8	9	10
Daylight Saving Time Ends	Media Literacy Week					
11	12	13	14	15	16	17
Remembrance Day		World Kindness Day			International Day for Tolerance	
18	19	20	21	22	23	24
		National Child Day				
25	26	27	28	29	30	
International Day for the Elimination of Violence Against Women						

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