



Sunnyside School Newsletter October 2014



Dates to Remember:

Thursday, October 9
 Monday, October 13
 Tuesday, October 14
 Friday, October 17
 Oct. 29 & 30
 Thursday, October 30
 Thursday, October 30
 Friday, October 31
 November 14
 Nov. 13 – Nov. 20

School Council Meeting – 3:45 p.m.
 Thanksgiving Day – NO CLASSES
 Palliser Professional Development Day – NO CLASSES
 Religion Classes start
 ELP Halloween Parties 10:30 – 11:30 a.m.
 Kindergarten Halloween Party – p.m.
 Assembly – 2:30 p.m.
 Halloween Costume Parade
 Turkey Bingo
 Scholastic Book Fair



Principal's Message

It's been a wonderful month for me getting to know new students and families. Every day I am reminded of what a wonderful place Sunnyside School is by the many smiles and kind words I witness.

September was a busy month for teachers getting to know students and their academic needs. All of our students from Grades 2-6 have had the opportunity to read one-on-one with their teacher. This reading assessment is a special time where the teacher is able to focus all the attention on one student to gain information to individualize instruction. A letter will go out on Friday, October 10 sharing the results of the assessment with parents. Students in Grade one will be have this opportunity in November.

As always, if you have any questions or concerns, I would love to hear from you.

Finally, I would like to wish each of our families a Happy Thanksgiving.

Best care,
 Connie Adserballe

'Thank You to...'

- all of the families who attended Meet the Staff night and signed up for committees.
- the Allen family for preparing the track for the Terry Fox Run.

School Fees

Fees for the 2014-15 school term are \$27.50 for Kindergarten and \$45 for Grades 1 - 6. We ask that any outstanding fees be paid as soon as possible or make arrangements through the school office. Please make cheques payable to Sunnyside School.

Early Learning Program Fees

The fees for children attending the Early Learning Program are \$80 per month for two half days of programming per week. Parents are asked to submit ten cheques post-dated for the first of the month from September to June and made payable to Palliser Regional Schools.

Change to After School Dismissal

We will be changing the after school protocol we have in place for after school dismissal to ensure all students are safe and that busing students return home in a timely fashion. As soon as the bell rings at 3:30, all bus students will exit the school and immediately board buses. Buses will have their lights flashing to remind drivers to stay out of the bus lane. "Pick up" kids will remain in their homeroom classrooms until the bell rings to dismiss them. Students will then make their way to the pick-up room to meet their parents. We anticipate that bus students will be able to board in under five minutes with this new plan and we thank you in advance for your cooperation. The new protocol will take effect on Thursday, October 2. Please contact Connie Adserballe, principal, if you have any questions or concerns.

Stay & Play Program

The Stay & Play program will run on Fridays from 10:15 to 12:15 in the Early Learning portable at the north end of the school. Parents and children (birth to 5 years) attend together for songs, rhymes, stories and play activities in a safe and inviting learning environment. More information is available at www.bewfcss.ab.ca

Terry Fox National School Run

Sunnyside School took part in the Terry Fox National School Run on Thursday, September 25. Thank you to Uncle Terry Fox for once again doing a presentation to the students and leading the run on the school track. Thank you to everyone in the community who supported the run with your donations of \$1225.20 for cancer research.

Hot Lunch

The hot lunch program will run at noon on Mondays starting September 29. Thank you to all those parents who have volunteered their time to organize and serve lunches.

October menu:

Oct. 6	-	Pizza 73
Oct. 13	-	no school
Oct. 20	-	Tim Horton's
Oct. 27	-	Wendy's

Religion Classes

Religion classes are scheduled to start October 17 and will run each Friday morning for 40 minutes until May. All students are welcome to take part in a non-denominational program. Thank you to Donna Reimer, Diane Potvin, and Bruno Toews for volunteering their time to present this program. This year, there will also be an LDS religion program offered. Thank you to the parents who have organized this. Please complete the permission form that will be sent home and return it to the school to have your child participate or opt out of the programs.

Early Learning Program News

I cannot believe that September is already over! We have had such a fun month learning about fall: finger painting leaves on trees, exploring apples inside and

out, talking about the changing colors, and painting with pine cones, leaves and branches. We will be starting to go to the library once a week this month. This is a great way to get a jump start on early literacy. This month we will be focusing on Thanksgiving and all the things we are thankful for. After Thanksgiving we will have a theme on "community helpers" firefighters, police officers, doctors etc. If you know someone who would be willing to come in for a short talk on their profession please let me know. And then there is Halloween! We will have our Halloween parties on the 29 and 30 from 10:30 to 11:30. Everyone is invited to attend! This will be a fun morning filled with crafts, games, and snacks centered around a pumpkin theme. Please feel free to wear a costume (yes that includes you) to the party. So, please come out and enjoy!

EARLY LEARNING EDUCATOR

SUNNYSIDE SCHOOL

403-327-9214

Halloween

As Friday, October 31 is a half day of school, the students can be dressed in their Halloween costumes when they arrive in the morning. We want to make this a fun experience for all of our students, so please make sure that all costumes are appropriate and not too frightening. We will have a class to class Halloween parade to be followed by class parties. Please note that there will not be religion classes that day. The kindergarten students will dress up at lunchtime on Thursday, October 30 for their class party.

Sock Hop

A wonderful time was had by all at our second Sunnyside Sock Hop on Friday, September 19th! Many thanks to all the parents who helped out at this fun event.

Recycling Program

The Grade 3/4 class is continuing to collect recycling items for deposit. Thank you to Denise Hurley for taking the bottles into the depot for the month of September. The money raised will be used throughout the year to fund activities and items for the students. Bottle donations will be greatly appreciated.

School Council News

School Council meetings are planned for the second Thursday of each month at 3:45 p.m. at the school. Everyone is welcome to attend.

Alix Hirsche - Chairperson
Amy Hass - Vice-Chair
Tara Rasmussen - Treasurer
Amy Rombough - Secretary

Room Reps:

Kindergarten - Jen Hendrick
Grade 1 - Micah Pavan
Grade 2 - Chansy Homan
Grade 3/4 - Tara Vucurevich
Grade 5/6 - Jackie Trncik

Counsellor's Corner

It Takes a Village to Stop Bullying

The problem of bullying requires an all-out effort on the part of each of us as individuals, families and entire communities. We need to work together to create a safe environment for our children. As Palliser Regional Schools continues to work towards bully free schools, we can all contribute positively. Our children need the tools to be able to stand up for their rights and needs, to handle conflicts in nonviolent ways and to do what is right even when there may be consequences for their actions. We can blame schools, parents, bullies, bystanders or the kids who are bullied and don't tell anyone but the truth of the matter is that if bullying is to ever really be erased, each has to be prepared to play their part.

Bullying is not playful teasing, sibling rivalry or arguments involving equals. Bullying is deliberate and purposeful behavior which is meant to harm, intimidate or create fear and terror in others. Bullying is not about anger. It isn't even about conflict. It is about the powerful feeling of dislike toward someone considered to be worthless, inferior or not deserving of respect. Kids who bully have an air of superiority that many times is a disguise to cover up hurt and feelings of inadequacy.

As a parent you can be involved in developing the school's anti bullying plan. You can also respond to your children in the following ways:

1. Help your child learn self-discipline. This comes from their taking responsibility for their actions and figuring out ways to

help them fix what they did and to find ways to prevent the incident from happening again.

2. Create opportunities for your child to behave toward others in caring and helpful ways.
3. Help your child to care for others and understand their side of things.
4. Role model positive conflict resolution.
5. Monitor what your child is watching on T.V. and what computer and video games he or she is playing. Each has a profound effect on the way our children perceive the world in which they live.

Get Ready to RELAX

Children are generally fairly resilient; however, stressors have increased dramatically for children and their families in the past years. Children and youth need the guidance and input of significant adults in their lives to sort through their daily challenges and especially when life deals a stressful event that has a greater impact such as a death, separation of parents, changes to the family's financial state or bullying. Most children and youth who are under stress demonstrate the intensity and the impact through their behavior. Many children and youth develop fears and anxieties and worry more than adults might suspect.

Stress impacts not only children's behavior and emotional well-being but their physical bodies as well. Changes occur within the body including an increase in blood pressure, heart rate, respiration, body metabolism and blood flow to the muscles of the arms and legs when under a great deal of stress. There is a close relationship between stress and anxiety. Anxiety often results from overwhelming stress or the lack of skills and supports to deal with stress. Some individuals have a tendency to be anxious and it becomes part of his/her personality and life style.

It is important to note that anxious feelings are a normal part of life and at times is very appropriate. It is normal to feel some anxiety when speaking in front of a crowd, just before a test, when an elevator is stuck between floors. When anxiety becomes excessive it becomes more difficult to cope.

Children cope with stress through creative play which often serves as a source of healing for them. They need free time to engage in play outside of school, video games, television and computer time. A good night's sleep is important to help moderate the effects of anxiety and stress. Children and adolescents who watch television or engage in video or computer games within an hour of bed time often have a more difficult time settling into a deep restful sleep. Kids who have supportive adults in their lives fare better with stress. They need to know that adult worries are going to be handled by an adult. They should not be drawn into the stresses that adults are facing. Many children are exposed to headlines, television and news broadcasts that overwhelm them with scary news. Limiting their exposure to the media's portrayal of the brutality and violence in the world is important. If they are exposed they need an adult to discuss the overwhelming sense of doom that often results. Proper nutrition and physical exercise are also important moderators of stress and anxiety. Expectations need to be balanced with what a person is capable of. Overall, the best defenses against negative effects of stress include taking care of health with sleep, good eating and exercise along with free time to relax and "play" (whatever age we are this is important) and the guidance and support of caring adults.

If you have further questions, please contact your Family School Liaison Counsellor, Dalayna Taverner, 403-892-5947 or email dalayna.taverner@pallisersd.ab.ca

Superintendent's Message

Literacy effort making a difference across Palliser

Hello, parents/guardians of Palliser,
Only a month into the school year, our school teams are firing on all cylinders. I saw evidence of this at our Leadership in Literacy Symposium in Lethbridge Sept. 29-30.

This is the second time Central Office leadership, principals and vice-principals met over two days to work on our literacy focus.

This year, principals and vice-principals began creating three-year literacy action plans unique to their schools.

It is amazing how far we've come in the past three years. We've made great strides in supporting student literacy at all grades and in all subject areas.

At our workshop, we heard about a high school Physics teacher who created a word wall covered with the language of physics. We heard great examples of "responsive teaching" tailored to the student's learning style and needs. By video, we heard students talk about the joy of reading.

We heard a great deal about the value of the time our teachers spend assessing individual student's reading level. The one-on-one time spent listening to a student read helps the teacher know the student, as a person and as a learner. From that relationship comes the trust and partnership that will support student success. You are our partner in student success. Your interest in the time your child spends at school reinforces a message that education matters. Talk to your child about what he/she is learning. Ask questions about the book your child is reading. Touch base with the teacher. Be a reader.

We can all be part of Leadership in Literacy.

**Kevin Gietz, Superintendent
Palliser Regional Schools**



October

2014

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3 Stay & Play 10:15 – 12:15	4
5	6	7	8	9 School Council Meeting 3:45 p.m.	10 Stay & Play 10:15 – 12:15	11
12	13 Thanksgiving NO CLASSES 	14 Professional Development Day NO CLASSES	15	16	17 Religion Classes Start Stay & Play 10:15 – 12:15	18
19	20	21	22	23	24 Stay & Play 10:15 – 12:15	25
26	27	28	29 ELP Halloween Party - am	30 ELP Halloween Party – am Kindergarten Halloween Party – pm Assembly 2:30 pm	31 Stay & Play 10:15 – 12:15 Halloween Parties 	