



Sunnyside School Newsletter November 2014



Dates to Remember:

November 2	'Fall Back' - Daylight Savings Time ends
Nov. 3 – Dec. 12	Operation: 'Sock It To 'Em'
November 7	Remembrance Day Service - 8:30 a.m. Everyone is welcome.
November 7	FundScrip Gift Card orders due
November 10	Palliser Day in Lieu - NO CLASSES
November 11	Remembrance Day Holiday - NO CLASSES
November 13	School Council Meeting – 3:45 p.m.
November 14	Report Cards sent home
November 14	Turkey Bingo - 6:30 p.m.
November 12	Operation Christmas Child items are due
November 13	OCC Shoe boxes assembled & shipped
Nov. 14 – 20	Scholastic Book Fair
November 19 & 20	Parent / Teacher Interviews - 3:30 to 7:00 p.m.
November 21	Sunnyside Day in Lieu – NO CLASSES
November 27	Assembly - 2:30 p.m.
December 1	Palliser Professional Development Day - NO CLASSES



Principal's Message

November is shaping up to be another busy month!

Our first report card of the year will go home to students on Friday, Nov. 14th. This report card is only one way of communicating with parents. I would also invite you to attend parent teacher interviews to be held on November 19th and 20th. We've added an extra day this year to ensure all parents have an opportunity to meet with their child's teacher. Of course, our teachers welcome conversations with parents anytime throughout the year. Strong communication between parents and teachers is key to building success for students.

This month also brings our special Remembrance Day service, Turkey Bingo, Scholastic Book Fair, and Operation Christmas Child.

Best care,
Connie Adserballe

School Fees

Please remit any outstanding school fees to the school office as soon as possible. Cheques should be made payable to Sunnyside School.

Thank You to ...

- the Davis family for donating books to the library.
- the Hirsche family for donating reading chairs to the library.
- the Hudson & Handsaeme families for providing food items for students that forget their lunch.
- Kim Wilson for doing an Operation Christmas Child Shoe Box presentation to the students.
- all parents who helped with Halloween activities.

Remembrance Day

Sunnyside School will hold a Remembrance Day service Friday, November 7 at 8:30 a.m. conducted by the Coalhurst Legion. Everyone is welcome to attend. Students will participate in this service. Poppies are available in the school office and we encourage all students to bring a donation for the Legion and wear a poppy.

Hot Lunch

November Lunch Menu:

Nov. 3	-	Swiss Chalet
Nov. 17	-	lasagna
Nov. 24	-	Lakeview Bakery

Report Cards and Parent / Teacher Interviews

Report cards will be sent home November 14. Parents can keep the report card for grades 1 through 6 but please sign the report card envelope and return it to your child's teacher in the agenda to show that you have received the report card each reporting period. Kindergarten report cards should be returned to the school in their envelope. Parent/Teacher interviews are scheduled for Wednesday Nov. 19 and Thursday, Nov. 20 from 3:30 p.m. to 7:00 p.m. Interview forms will be sent home in agendas. Please fill out your form and return it to the school by November 13.

Library News

We will be holding our Scholastic Book Fair from November 14th to 20th. Each class will be able to browse through the book fair so students will have a good idea of which books they may want to purchase. Parents are invited to the book fair during school hours and Friday, Nov. 14 during Turkey Bingo as well as Wednesday and Thursday evenings, Nov. 19 & 20 during Parent/Teacher Interviews. There is also a special Family Draw that you may enter. You could win \$50.00 in books - \$25.00 for your family and \$25.00 for your child's classroom. We look forward to seeing you at the Book Fair!

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, Nov. 12. ELP and kindergarten students are asked to bring hard candy items, Grade 1 & 2 students – hygiene items, Grade 3 & 4 students – school supplies, and grade 5&6 students – small toys. The boxes will be packed for shipment on Thursday, November 13 by the committee and the grade 5/6 students.



Fall Fundraiser

Sunnyside Community Association is holding their fall fund raiser. Each family received a FundScrip order form for gift card purchases. The deadline to return completed order forms is November 7. Thank you for your support.



Turkey Bingo



Come one, come all! The annual Turkey Bingo will be held Friday, November 14 at 6:30 p.m. The cost is \$1.00 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. If you would like to help at the bingo, please contact Andrea Klassen at 403-327-4977.

Operation: Sock It to 'Em



From November 3 to December 12, the caretakers and maintenance staff in Lethbridge and area schools are collecting NEW socks for the needy to be donated to local charities for Christmas. They need socks for men, women, and children. Please join them by sending a sock donation to the school between these dates and make someone's Christmas a little bit warmer. Thanks to those who have already donated at the Sock Hop in September.

Recycling

The Grade 3/4 class is doing bottle recycling again this year. Students are reminded to rinse out juice boxes and milk cartons before putting them in the recycling bins.

Early Learning Program

I hope everyone had a wonderful Thanksgiving and Halloween! Thank you to everyone who came to our Halloween parties. The children had lots of fun. October was a big hit with our Thanksgiving, community helper and Halloween themes. We enjoyed painting with feathers and corn, gluing bird seed on paper, talking about our teeth, making doctor bags, exploring real pumpkins, and painting with shaving cream. They also enjoyed dressing up as police officers, veterinarians, doctors, and firefighters.

A big Thank You to Jamie Selk for coming in for a great presentation on farm equipment and farming.

*We will be having our Christmas concert on December 11 at 6:30 pm.

Amanda Hudson
Early Learning Educator

Roots of Empathy

We are very excited that the grade two class at Sunnyside will be participating in the Roots of Empathy program. The aims and goals of the program are as follows:

- * To foster the development of empathy
- * To help children learn, identify and label feelings, and recognize the emotions of others
- * To reduce levels of bullying, aggression and violence in children's lives and build peaceful societies
- * To prepare students for responsible and responsive parenting
- * To increase knowledge of human development, learning and safety

Once a month Janice Lyon and baby Scarlett will join the grade 2 class. The students watch the baby's growth and development and predict what he will be able to do by the next visit. The students measure, weigh and observe the many developmental milestones such as reaching for a toy, rolling over, sitting up and perhaps crawling. One of the goals of Roots of Empathy is to teach emotional literacy- the ability to identify and label feelings in oneself and others. The program then assists the students to recognize how "their baby" might be feeling and problem solve various ways to help calm a crying baby. This emotional literacy helps students recognize these same emotions in the people around them and be more sensitive, respectful and empathic to others. It also assists them with perspective taking and problem solving, not only in the babies world, but in their everyday encounters with others.

Janet Fekete
Roots of Empathy Instructor

Palliser News

Palliser Bus Status app now available for Android

You asked for it, Android users, and now it's here! A free Android app to keep you updated on the status of your child's Palliser school bus is now available in the Google Play store.

Go to <https://play.google.com/store/apps/details?id=ab.ca.palliser.busstatus&hl=en> to download or search for "Palliser Schools Bus Status" in the Google Play store

for your free download, built specifically for your Android phone.

Open the app to see a list of all Palliser-run bus routes and whether they're on time, late or cancelled. Click on the routes of special interest to your family and "favourite" them to receive push notifications whenever those routes are late or cancelled.

Route statuses are updated by Transportation Services staff in Central Office who are in constant radio contact with drivers.

The Android app follows the successful introduction of a free iPhone app one year ago. That app was downloaded about 2,000 times in its first year. For the iPhone app, visit the Apple App Store and search for "Palliser Schools Bus Status."

The status of Palliser buses can also be found on individual school websites served by Palliser's fleet as well as on the division's website at www.pallisersda.b.ca.

Palliser Regional Schools serves about 6,800 students in Lethbridge County, Vulcan County and the City of Calgary. The division operates about 60 bus routes outside Calgary, with our fleet travelling about 1.8 million kilometres a year to take about 2,200 students to and from school daily.

Subscribe to Palliser News Flash for email updates

Did you know that over the course of the school year, Palliser Regional Schools posts more than 200 news items, documents and other information about our students, staff, schools and programs?

Keeping up with all that news and information is a simple click away once you subscribe to our weekly electronic newsletter called Palliser News Flash, offering a quick summary of news from Palliser and other sources, such as Alberta Education and Alberta Health Services, that may be of use to you and your family.

Please visit our website's news page at <http://www.pallisersd.ab.ca/about-us/news> and enter your email address to subscribe. Soon, you'll be receiving the Palliser News Flash by email. This e-newsletter is sent no more than once a week, so we promise we won't overflow your inbox!

You can also stay connected by liking the Palliser Regional Schools Facebook page at <https://www.facebook.com/PalliserRegionalSchools> or follow us on Twitter [@PalliserSchools](https://twitter.com/PalliserSchools).

Thank you for connecting with Palliser!

Superintendent's Message

Hello everyone,

This month, we'll pause to reflect on the men and women who have served Canada through military service. Remembrance Day is particularly poignant this year in light of recent events in our country.

We are reminded that the sacrifices we honour are not all from the deep past of the world wars or Korea. Service occurs daily, as does sacrifice, in order to keep Canadians safe.

In Palliser, all staff – teachers, administrators, counsellors, caretakers, bus drivers -- are expected to think and act to ensure safety daily.

We take many steps to promote that sense of safety, by acting quickly when troubling behaviours arise, by encouraging respectful, responsible behaviour, and by regular training and practice of safety procedures.

Part of our safety process is to require criminal record checks from volunteers, whether they coach, drive or work with students.

We require all staff to provide a recent criminal record check as a condition of employment. The

onus is on staff to inform their immediate supervisor of a change to the criminal record status.

So why do we ask volunteers to renew their criminal record check once a year when we don't require this of staff? Because staff know their employment is at risk if they don't disclose a change. For a volunteer, there's no recourse if they don't let us know.

We know getting a CRC can take time. Some law enforcement agencies charge for the service. Some don't. Some will waive the fee if the volunteer presents a letter from the school letting them know the check is required for volunteer purposes. Some agencies are very fast providing them, some less so.

While this can seem like a hassle particularly when you're volunteering to support your school, please know we do this to help us protect students. The criminal record check is just one part of our commitment to safety.

If you have questions or concerns about this process, please contact me at 403-328-4111, toll-free at 1-877-667-1234 or by email at kevin.gietz@pallisersd.ab.ca

Kevin Gietz, Superintendent
Palliser Regional School



November

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 'Sock It to Em' Starts 	4	5	6	7 Remembrance Day Service 8:30 am  FundScrip orders due Stay & Play 10:15 – 12:15	8
9	10 Palliser Day in Lieu NO CLASSES	11 Remembrance Day NO CLASSES 	12 Operation Christmas Child Shoe Box items due	13 School Council Meeting 3:45 p.m. Shoe Boxes Assembled	14 Report Cards Scholastic Book Fair Stay & Play 10:15 – 12:15 Turkey Bingo 6:30 pm	15
16	17 Scholastic Book Fair 	18 Scholastic Book Fair	19 Scholastic Book Fair Parent/Teacher Interviews 3:30 – 7:00 pm	20 Scholastic Book Fair Parent/Teacher Interviews 3:30 – 7:00 pm	21 NO CLASSES (Stay & Play Cancelled)	22
23	24 	25	26	27 Assembly 2:30 pm	28 Stay & Play 10:15 – 12:15	29
30	Dec. 1 Palliser Professional Development NO CLASSES					

A message from the Chief Medical Officer of Health, Dr. James Talbot

Vaccines are the most effective way to prevent vaccine-preventable diseases and are responsible for saving more lives than any other medical intervention.

Some people are hesitant when it comes to immunizing themselves and/or their children. Vaccines are safe and effective. Vaccines are passed through a rigorous testing process before they are approved for use in Canada. The risk of not being immunized is far greater than the rare side effects of vaccines.

For immunization to protect a community such as a school, the majority of that community must be immunized. The more people immunized, the less opportunity disease has to spread.

Immunization is especially important when starting a new school year. Parents of children between the ages of four and six years are reminded that their child may be due for any or all of the following vaccines:

- measles, mumps, rubella and varicella (MMRV);
- diphtheria, tetanus, pertussis, polio (DTaP-IPV);
- pneumococcal (PCV13)
- meningococcal C (Men C)

Measles can spread rapidly within a school. It is an extremely contagious and potentially severe illness. In addition to fever, ear infections, rash and pneumonia, some rare complications can also occur such as encephalitis (brain swelling), seizures and death. The best way to protect children and adults from measles is to make sure their measles immunizations are up to date.

It is important to note that if a school has a staff member/child who has measles and has been in the school while infectious, other staff and children will need to show proof of immunity to measles. If staff and students do not have proof of two doses of measles vaccine, they will not be able to return to school until three weeks after the last case of measles detected in the school, unless they are assessed as immune by local public health. If a child contracts measles, they are also required to stay home until four days after the onset of the measles rash.

October brings influenza season and as per Alberta Influenza Immunization Policy, the influenza vaccine is provided free-of-charge to all Albertan residents. You may access the influenza vaccine through your local public health office during the numerous influenza drop-in clinics that will be available beginning October 20, 2014. More information is available on Alberta Health Services' influenza website: www.albertahealthservices.ca/influenza.asp.

Albertans who are uncertain of their immunization history or their child's immunization history, can call their local public health office or Health Link Alberta (1-866-408-5465) to discuss. For students and staff who were immunized outside of Alberta, it is highly recommended that they obtain a copy of their immunization record and have it readily available and translated into English, if the record is in a different language.

For further information please visit Alberta Health Services' immunization webpage at: www.immunizealberta.ca.

Thank you for your attention to this significant health issue and please share this information with your administrators, school staff and parents/guardians.

Yours sincerely,

James Talbot, MD, PhD, FRCPC
Chief Medical Officer of Health

Healthy Parents, Healthy Children

Is your child a picky eater? How much screen time should you allow your 5 year old? When should you schedule your child's next check up? Alberta Health Services' *Healthy Parents, Healthy Children* print and online resources makes things simple.

Providing reliable, up-to-date information about pregnancy and being a parent in the early years (0-6 years of age), *Healthy Parents, Healthy Children* includes two books available for expectant parents in Alberta, plus a comprehensive online presence at HealthyParentsHealthyChildren.ca that includes webisodes, an e-magazine and other web-based tools. *Healthy Parents, Healthy Children* also provides support through social media on both Twitter and Facebook.

All resources were developed in partnership with parents, health care professionals and childhood development experts from across Alberta. As a result of this collaboration, these resources are relevant, credible and accessible to parents.

Through exploring the resources you will learn about topics such as:

- growth and development milestones
- nutrition and physical activity recommendations
- parenting at different ages



All of this information and much more is right at your fingertips. Please visit www.healthyparentshealthychildren.ca today; like us on Facebook at Healthy Parents, Healthy Children; and, follow us on Twitter @AHS_HPHC. For more information or to provide comments, please contact hphc@albertahealthservices.ca.

Family Meal Time



Having healthy family meals can benefit you and your children. There is evidence to show that kids who eat with the family are more likely to:

- Eat a healthy, balanced diet
- Get good grades at school
- Have a healthy body weight

Tips for getting started:

- **Plan ahead** – Plan a weekly menu and use your menu to make a grocery list.
- **Make it quick and healthy** – Use frozen vegetables, canned beans, whole grain pasta, canned fish (salmon or light tuna) or bagged salads for quick meals.
- **Plan for leftovers** – Make a double batch and freeze the extra for a meal later in the week.
- **Make it a priority** – Choose a few days a week to be your meal days. Turn off cell phones and electronics during the meal so everyone can focus on the food and the family.

Family meals can become a tradition that your kids can learn to love and continue to do.

Focus on Literacy

The Parent-Teacher Conference

Parents often find themselves at school for parent-teacher conferences around this time of year. For many families, this is your first opportunity to sit down one-on-one with your child's teacher to talk about school progress. It's important to use this time to share your impressions of the school year, and to ask any questions you might have.

Here are some questions that might help set the tone for a productive and positive conference:

- At what level my child is currently reading? What type of growth have you seen so far this year?
- Can you describe my child's reading? Is it fluent and expressive? Does my child read at an appropriate pace?
- At home my child enjoys reading _____. Can you make any other recommendations for reading material?
- At home we try to talk about what our child has read. What other things can we do at home to help with comprehension?
- The homework you assign typically takes about _____ minutes to complete. We feel the homework load is (too challenging, not challenging enough, just right, etc). What strategies can you recommend to make homework as effective as it can be?
- What sorts of things can we do at home to keep our child motivated about his/her schoolwork?

Did you run out of time? It's often hard to fit it all in during one conference. If you still have unanswered questions, follow up with a written note, or schedule a second face-to-face meeting. Develop a solid relationship with your child's teacher – consider it *your* homework for the year!

For more information on the importance of strong parent-teacher communication, visit:
<http://www.readingrockets.org/article/19308>

Reading Rockets is funded by the U.S. Department of Education, Office of Special Education Programs.