



Sunnyside School Newsletter September 2015



Principal's Message

Welcome back to all our returning families and a warm welcome to our 19 new families! We are very excited to see our little school growing!

The start of the school year provides us all with new opportunities and possibilities. Our teachers have been busy throughout the summer, and especially in the week leading up to our students' first day, planning and preparing for the new year. We've reflected on the last year and made plans to make this year even better. We would love input from parents too, so please join us on September 10 for our first school council meeting being held at the school at 3:45 in the staffroom. All parents are automatically members of the school council and invited to attend meetings held the second Thursday of each month. Attending these meetings is the best way to have a voice in your child's education at Sunnyside School.

If you have any questions or concerns, please call me or stop by the school for a visit. I would love to hear from you. Together, we'll make this great little school even better!

Connie Adserballe

Dates to Remember:

- | | |
|----------|---|
| Sept. 1 | Classes begin for students |
| Sept. 7 | Labour Day – NO CLASSES |
| Sept. 9 | Meet the Staff Night / School Council Elections - 6:30 p.m. |
| Sept. 10 | School Council Meeting – 3:45 p.m. |
| Sept. 11 | 'Think of us on the bus' assembly – 9:00 a.m. |
| Sept. 11 | Homecoming Sock Hop |
| Sept. 18 | Stay & Play program starts |
| Sept. 22 | Lifetouch School Pictures |
| Sept. 29 | Terry Fox National School Run Day |



Sunnyside Staff 2015-2016

- | | | |
|-------------------------|---|--------------------------------------|
| Mrs. Connie Adserballe | - | Principal/Grade 3/4 |
| Mrs. Amanda Hudson | - | E.L.P. Educator |
| Mrs. Mona Slusar | - | Kindergarten / Music |
| Mrs. Susan Ayerhart | - | Grade 1 |
| Mrs. Carol Wolsey | - | Grade 2 |
| Mr. Ken Van Cleave | - | Grade 3/4 |
| Mrs. Amy McDougall | - | Grade 5/6 / Learning Support Teacher |
| Mrs. Colleen Slovac | - | Administrative Assistant |
| Mrs. Brenda Hancock | - | Learning Assistant / Library |
| Mrs. Linda Van Bezooeyn | - | Learning Assistant |
| Mrs. Tia Black | - | Learning Assistant |
| Mr. Kent Nagata | - | Custodian |
| Ms. Terrilyne Leroux | - | Family School Liaison Counsellor |

Welcome

We would like to welcome the following new students to Sunnyside School:

E.L.P.:

| | |
|------------------|------------------|
| Quincy Blackwood | Oliver Elford |
| Logan Gomez | Peyton Handsaeme |
| Elliott Hass | Nev Hirsche |
| Klyne Koopmans | Miliana MacBeth |
| Ethan McNeil | Ty Mendenhall |
| Ana Rangel | Banks Schneider |

Kindergarten:

| | |
|-----------------|------------------|
| Addison Duncan | Giovani Gomez |
| Alexa Rasmussen | Phoenix Weinkauf |
| Declan Willis | |

Grade 1:

| | |
|------------------|-----------------|
| Lillian Nihill | Jordanne Schmid |
| Emily-May Skatch | Natalie Skatch |
| Tanner Skatch | |

Grade 2:

| | |
|---------------|-----------------|
| Leah Gibb | Savannah Milos |
| Joshua Nihill | Liam Onofrychuk |

Grade 3:

| | |
|-----------------|----------------|
| Shaylene Graham | Sienna Hoffman |
|-----------------|----------------|

Grade 4:

| | |
|------------------|--------------|
| Lindsay Kischook | Logan Schmid |
| Anastasia Skatch | |

Grade 5:

| | |
|-------------------|--|
| Kaylee Onofrychuk | |
|-------------------|--|

Grade 6:

| | |
|--------------|-----------------|
| Skylar Gibb | Hailey Navratil |
| Shiloh Toney | |

Agenda / School Handbook

Students in Kindergarten through Grade 6 have received a student planner/agenda. The school handbook is included in your child's agenda. Please take time to read through it as it contains pertinent information such as school policies, school year calendar, and important dates. Parents are asked to review their child's agenda nightly, initial and return it to the school each day.

Monthly Newsletter

A paper copy of the newsletter will be sent home this month. Future newsletters will be sent electronically. Please ensure that we have your current email address. A copy of the newsletter will also be available on the

website. Sunnyside School's website can be accessed at www.sunnysideschool.ca. Please contact the school office if you cannot access the website and would like to request a paper copy.

School Fees

Elementary textbook rental fees are waived by Palliser Regional Schools for this school term. The following fee structure will be in effect for this year:

| | Kindergarten: | Grade 1 - 6: |
|----------------------|----------------------|---------------------|
| Technology Fee: | | \$35.00 |
| Agenda/ | | |
| Special Project Fee: | <u>\$10.00</u> | <u>\$10.00</u> |
| | \$10.00 | \$45.00 |

Palliser Regional Schools will be implementing an online payment system at the end of September. You can choose to wait to use the online system. If you prefer to submit your fees earlier, please make cheques payable to Sunnyside School.

Early Learning Program Fees

The fee for E.L.P. students is \$80 per month for two half days of programming per week. Online payments will be accepted after September 21 or you can send ten post-dated cheques made payable to Palliser Regional Schools dated for the first of each month from September to June. These will be forwarded to the Palliser office and deposited on the first of each month and a receipt will be issued.

Forms

Each student will receive a *Student Information Verification Form*. Please review this sheet, make any changes, sign the sheet, and return to the school. Please complete the Information Technology User Agreement, Consent for Information Disclosure form as well as the Health Screening Consent for each student and return them in your child's agenda. You will also receive a Threat Assessment letter and FOIP forms. If you wish to purchase Student Insurance, applications should be remitted directly to the company.

Bell Times

The morning warning bell rings at 8:25 a.m. with classes starting at 8:27. Students will be dismissed at 3:32 p.m. Monday to Thursday. Please be reminded that school will dismiss at 12:30 p.m. on Fridays. If parents are picking up their child, we ask that you wait until the buses leave the school. Also, please remember that you must not park or drive through the bus lanes on the west side of the school during bus times.

Meet the Staff Night / School Council Elections

Meet the Staff Night/ School Council elections will be held Wednesday, September 9. Parents with children in kindergarten to grade 2 will be able to meet their child's teacher from 6:30 to 6:45 p.m. in the classroom and parents of grade 3 to 6 students will meet from 6:45 to 7:00 p.m. This will be followed by School Council elections at 7:00 p.m. in the school gym. During this time, you will be able to sign up for school council committees. This will be followed at 7:30 p.m. with an Ice Cream Social. Each family is asked to bring an ice cream topping (no nuts please). We look forward to seeing you and your family!

Sock Hop

The Sunnyside Community Association will be organizing a sock hop for students on Friday, September 11. Sock hop homecoming day is a great afternoon filled with dancing and fun. We get to celebrate together as we welcome a new year of Sunnyside School spirit. The fun begins after school at 12:30 and runs until 3:30 p.m. All students are welcome. A letter with further details will be sent home.

Assemblies

It is our desire to promote a positive school community, to share and celebrate one another's accomplishments and to inform one another of the events taking place at Sunnyside School. Our assemblies will be held the fourth Thursday of the month with the first one taking place October 22 at 2:30 p.m.

School Photos

Lifetouch Canada Inc. will be at Sunnyside School to take individual and class photos the morning of Tuesday, September 22. Forms will be sent home in agendas to be returned by picture day.

Terry Fox Run

Sunnyside School will take part in the Terry Fox Run on Tuesday, September 29. All students will meet in the morning at 8:30 a.m. on the school track. Parents are welcome to join us. Each family will receive a Terry Fox pledge sheet that can be used for donations. We encourage each student to bring in a toonie or other donation with all funds collected to be forwarded to the Terry Fox Foundation for cancer research.

Stay & Play Program

The Stay & Play program will begin on Friday, September 18 from 10:15 to 12:15 in the ELP 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

Palliser Transportation Policy

The Palliser Regional Schools transportation services department has a casual rider policy. Any student wishing to access a bus that they do not normally ride on may do so as long as a Request for Ride-a-Long form has been completed in advance. This policy allows for students who do not ride a bus to travel to a friend's house for birthday parties, etc. as long as a completed form has been handed in to the school office and a copy given to the bus driver. Forms can be requested by contacting the school office or on our website: Click on ABOUT/Documents/Request for Ride-a-long form.

'Think of Us on the Bus'

Sunnyside students will take part in a 'Think of Us on the Bus' assembly on Friday, September 11 at 9:00 a.m. to encourage bus safety and etiquette. Also, a reminder to drivers to be aware of bus safety. Failing to stop for a bus that has its red lights flashing and stop arm extended can carry a \$402 fine and six demerit points. When a bus has its amber lights flashing and is preparing to stop, drivers are to use caution. Failure to do so can result in a fine of \$345. Last year, Palliser introduced a new safety tool, as several buses were equipped with cameras that can capture still and video images of what's occurring inside or outside the bus. This year, additional camera units will be added to the fleet.

Allergy Aware School

We have students attending Sunnyside School with nut, peanut and other allergies. We can never have a peanut free school, but instead we will make students aware of what allergies do exist and take measures to minimize those risks. Please let us know if your child is allergic to certain foods so that we can keep them away from triggers. Call us if you have further questions.

Library

Those students who signed out library books in June to read over the summer months are asked to please return them to the school library.



September

2015

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|------------|--------------------------------------|---|---|---|---|------------|
| | | 1 First day of classes for students | 2 | 3 | 4 | 5 |
| 6 | 7 Labour Day NO CLASSES | 8 | 9 Meet the Staff Night / School Council Elections 6:30 pm | 10 School Council Meeting 3:45 p.m. | 11 Bus assembly 9:00 a.m. Sock Hop 12:30 – 3:30 pm | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 Stay & Play Program starts 10:15 – 12:15 | 19 |
| 20 | 21 | 22 Lifetouch School Pictures | 23 | 24 | 25 Stay & Play Program 10:15 – 12:15 | 26 |
| 27 | 28 | 29 Terry Fox Run 8:30 am | 30 | | | |



Nurture with Nature!



Reconnecting kids with nature has been shown to help children focus in school, boost a positive attitude and increase physical activity. Children are certainly losing touch with the outdoors—a Canadian study shows that the number of kids who play outside at school decreases from 87% to 17% between grades 3 and 11. Seventy percent of youth spend an hour or less outdoors daily.

The effects of exposing and connecting children to nature are widespread and valuable. School grounds made greener by planting trees, building ponds and fostering gardens increases physical activity in elementary school children. Even having green space nearby has been shown to temper stressful life events in younger kids. Just 20 minutes walking in a park could ease ADHD symptoms and significantly improve concentration.

How can parents help:

- Start slow and make it a family goal to have at least 15 minutes of "green time" a day, even if that just means a walk together outside. Role modeling is essential to fostering a child's positive connection to nature.
- Advocate for more time outside for your children at school, be it through extra gym classes outside or making outdoor learning a part of the other class lessons.
- Don't let the cold or snow stop you in Alberta! Many communities have free access to a variety of outdoor activities – Just make sure to bundle up!

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. We can provide your school with resources and support – from scratch or to enrich an existing run club. Learn about how to get your child's school involved at www.everactive.org/alberta-medical-association-youth-run-club.

Nurturing your child with nature is an easy way to improve their entire well-being. For more information and ideas, visit the Children and Nature Network at www.childrenandnature.org.

Physical Literacy and Safe, Healthy, Active Kids

We've all heard that becoming literate in reading, math, writing and science is essential for children to be successful in life but did you know that it is just as important for your child to be physically literate. Physical literacy means children are competent and confident with movement and sport skills such as running, throwing, catching, skipping, balancing and jumping.

Sport and recreation injuries account for 40% of all injury related emergency room visits in school aged children. We can help reduce that rate by promoting physical literacy education in schools. Research shows that children who are physically literate are much less likely to be injured while playing sports. Children who stay safe while being active are also more likely to continue to have energetic, healthy lifestyles in adulthood.

Children learn to be physically literate in much the same way they learn to read and write. It's a process of learning and developing skill over time with concepts building on one another at each grade level. Just like other school subjects some children will find the concepts easy to grasp while others may require longer periods of time and extra help to become skilled.

School physical education programs offer all children the opportunity to learn movement and sport skills necessary to become physically literate. Curriculums are specially designed to ensure fundamental skills, knowledge and attitudes are developed. Provincial safety guidelines for physical activity have been developed to provide teachers with resources necessary to keep children safe during instructional practices. Talk to your child about how important gym class is and follow their progress with their teacher. The skills they learn in physical education class will keep them safe, healthy and happy for a lifetime.