



Dates to Remember:

Thursday, October 8
Monday, October 12
Tuesday, October 13
Saturday, October 17
October 19 & 20
Friday, October 23
Tuesday, October 27
Oct. 28 & 29
Thursday, October 29
Friday, October 30
November 6

School Council Meeting – 3:45 p.m.
Thanksgiving Day – NO CLASSES
Palliser Professional Development Day – NO CLASSES
Davis GMC Buick Fundraiser 9 am – 5 pm
Parent Teacher Interviews
Religion classes start
Assembly – 2:30 p.m.
ELP Halloween Parties - a.m.
Kindergarten Halloween Party - p.m.
Halloween Costume Parade
Turkey Bingo



Principal's Message

It's hard to believe that a month has already passed. Teachers have been busy establishing beginning of the year routines and getting to know students and their academic needs. All of our students in 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 16 sharing the results of the assessment with parents. Students in Grade One will have this opportunity in November.

The month of October also brings our first school-wide assembly, a huge fundraising opportunity, and parent teacher interviews as you will learn more about in this newsletter.

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

Connie Adserballe, Principal

'Thank You to...'

- all of the families who attended Meet the Staff night and signed up for committees.
- everyone who supported the Terry Fox Run.

School Fees

Fees for the 2015-16 school term are \$10.00 for Kindergarten and \$45 for Grades 1 - 6. Palliser Regional Schools now has School Cash Online for your convenience of paying school fees online. You can go to palliserregional.schoolcashionline.com to register. If you prefer to pay by cheque, please send your payment to the school office with 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 made payable to Palliser Regional Schools.

Hot Lunch

The hot lunch program will run at lunch time on Mondays starting October 5. Thank you to all those parents who have volunteered their time to organize and serve lunches.

October menu:

Oct. 5	-	Wendy's
Oct. 19	-	Swiss Chalet
Oct. 26	-	Lakeview Bakery

Parent-Teacher Interviews

Parent teacher interviews will take place on October 19 and 20th this year before the first reporting period has ended. Please note that Kindergarten interviews will only take place on October 20th. This change will provide parents with earlier feedback and information that will help support their child's learning before the report card comes out on November 19th. Parents who wish to connect with their child's teacher at that time are encouraged to schedule an additional interview, however school-wide interviews will not happen in November. Interview forms will be sent home in agendas. Please fill out your form and return it to the school by October 14.

Terry Fox National School Run

Sunnyside School took part in the Terry Fox National School Run on Thursday, September 29. 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 generous donations of \$2223.10 for cancer research.

Sock Hop

A wonderful time was had by all at our third Sunnyside Sock Hop on Friday, September 11th! Many thanks to all the parents who helped out at this fun event.

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

Religion Classes

Religion classes are scheduled to start October 23 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 and Bruno Toews for volunteering their time to

present this program. 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. 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. And then there is Halloween! We will have our Halloween parties on the 28 and 29 in the morning. 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!

Halloween

The kindergarten students will participate in fun Halloween centers on Thursday, October 29 in the morning and dress up at lunchtime for their class party. As Friday, October 30 is a half day of school, the students in grade 1 to 6 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.

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

The fall fundraiser this year will be presented by Davis GMC Buick and the Sunnyside Community Association. This will be held October 17 at Sunnyside School from 9:00 am to 5:00 pm.

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 Julie Hault and baby Carter 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

Superintendent's Message

So many reasons to be thankful

Hello everyone,

October is a season for thanksgiving, anchored in traditions of being thankful for a bountiful harvest.

While many of us are no longer directly connected to the ebbs and flows of farming, it's always a positive

process to pause and reflect on the many reasons we have to be thankful. As one of our Palliser Wall of Fame inductees suggested in 2014, "thinking is thanking."

In Palliser, I'm grateful for the opportunity to serve our students through our work every day; for parents/guardians who are engaged partners in our schools, supporting the efforts of our teachers and school leaders; and for our staff – teachers and all those in supporting roles – who are teaching students how to learn and how to be engaged, literate citizens of the world. In doing so, they unlock the unlimited potential of our students for life.

I'm also thankful to see Palliser's efforts being acknowledged in many ways. Later this month, members of our literacy team have been invited to present at the Second Calgary Summit, a conference for educators working to support vulnerable readers in kindergarten through Grade 4. On the very same day, our Board of Trustees have been invited to share their story on generative governance and the decision they made to provide centralized services to ensure students across Palliser have access to the supports they need. Our literacy program would not exist had the board not changed the way it ran our division about a decade ago.

Finally, I'm thankful that this month brings our first of four teacher collaboration days, when professionals from across the region meet to work in small learning groups. The topics are self-directed and groups may be united by the grade or subject they teach or by a literacy goal they share. Our first collaboration day is Oct. 13, giving our students an extra-long Thanksgiving weekend and giving our staff precious time to learn together.

As for the bountiful harvest, we can look to our outstanding student results as the crop emerging from the seeds sown by our strong school communities.

I wish you a Happy Thanksgiving!

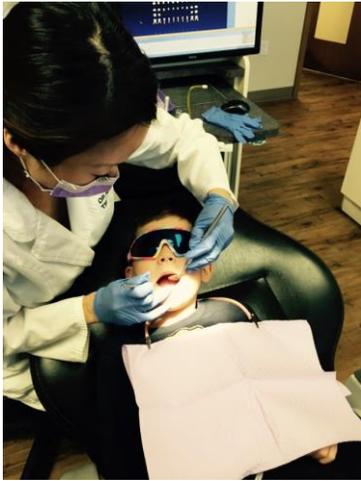
Kevin Gietz, Superintendent
Palliser Regional Schools

October

2015

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

Seal Out Tooth Decay



Food and bacteria stick easily to the deep grooves and small pits on the chewing surfaces of molar teeth making them hard to keep clean. Dental sealants are thin plastic coatings that cover the chewing surfaces of teeth to make them easy to clean and help prevent tooth decay.

It is best if children get sealants on their permanent molars as soon as they come in. The first permanent molars usually come in around ages 5-7 and the second permanent molars around ages 11 to 14. Other teeth with grooves and pits can also benefit from sealants.

Having sealants put on is safe, simple, and painless. Sealants are painted on as a liquid that quickly hardens to form a cover over the chewing surface. After sealants are placed you can drink and eat right away.

Sealants can last many years, but need to be checked regularly to make sure they are not chipped away or worn away. They can easily be repaired by adding more sealant material. They are also much less expensive than the cost to fix teeth due to decay.

Fluoride also works to prevent tooth decay but is most effective on the smooth surface of teeth. The chewing surfaces of our back teeth need the additional protection of dental sealants.

Reminder: Routine immunization consent forms will be sent home this month with Grade 5 and 9 students.

Also, as the best defense against influenza infection & 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>

Sealant + Fluoride = Best Protection Against Tooth Decay

The ABCs of Physical Literacy – Raising an Active Child

Did you know that helping your child develop physical literacy and a love of being active is a lot like helping them to become a better reader and develop a love for reading? Physical literacy is when kids have a wide range of basic movement skills and the confidence to participate in a variety of sports and physical activities. Just as we need to teach our children their ABCs and 123s, we also need to teach them the fundamental movement skills of physical literacy.

Some examples of these skills are:

Travelling Skills (climbing, galloping, hopping, jumping, leaping, skating, skipping, swimming, swinging, wheeling)

Object Control (kicking, striking, throwing, catching, travelling with something such as dribbling)

Balance Movements (balancing/centering, body rolling, dodging, floating, landing, spinning, stretching, twisting/turning)

How can you as a parent help your child develop these skills? Chances are you are already doing a great job helping your child to learn to read, so all you need to do is transfer some of those great parenting skills.

- Make physical literacy a family value. Play as a family; learn new skills, activities, and games together.
- Let your child do the activities they enjoy.
- Find age appropriate activities. You wouldn't give your 6 year old a 500 page novel to read, so encourage them to do activities they are ready to do.
- Give the gift of play – swimming passes, jump ropes, hoola hoops, a gymnastics mat - anything that promotes activity.
- Let them stumble. Let your child make mistakes and don't force them to over practice. Support your active learner.
- Set a positive example. Let your kids see you being active and point out that physical activity is everywhere.

Remember, the journey to being literate in all areas should be a fun one! For more information visit: www.activeforlife.com