



Sunnyside School Newsletter

November 2015



Dates to Remember:

November 1	'Fall Back' - Daylight Savings Time ends
Nov. 2 – Dec. 10	Operation: 'Sock It To 'Em'
November 5	School Council Meeting – 3:45 p.m.
November 6	Turkey Bingo - 6:30 p.m.
November 10	Remembrance Day Service - 8:30 a.m. Everyone is welcome.
November 10	Operation Christmas Child items are due
November 11& 12	Remembrance Day Holiday - NO CLASSES
November 13	Palliser Day in Lieu - NO CLASSES
November 19	Report Cards sent home
November 20	Sunnyside Day in Lieu – NO CLASSES
November 26	Assembly - 2:30 p.m.
Nov. 30	Palliser Professional Development Day - NO CLASSES



Principal's Message

What a beautiful fall we've had! Speaking of wonderful weather, we were especially lucky to enjoy warm temperatures for the Davis GMC Buick fundraiser put on by the Sunnyside Community Association. It was great to see so many families volunteering and supporting this fantastic opportunity to raise funds for our school. The money raised will go a long way in providing extra-curricular activities and events for our students. Thank you to everyone who contributed with time or donations and a special thank you to the Davis family for their generous support of Sunnyside School.

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 last week, please contact your child's teacher to set up another time. As you know, this was the first year that we held interviews before the report cards. I look forward to hearing your feedback on this process. I will share a survey via email shortly that will only take a couple of minutes to complete. Thank you in advance for your time.

As always, we have so many things going on at Sunnyside. 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.

Kindly,
Connie Adserballe

Thank You to ...

- all parents who helped with Halloween activities.
- the Davis family for donating books to the library.

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.

Remembrance Day

Sunnyside School will hold a Remembrance Day service Tuesday, November 10 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.

Hot Lunch

November Lunch Menu:

Nov. 2	-	spaghetti
Nov. 9	-	Taco time
Nov. 16	-	Boston Pizza
Nov. 23	-	Subway

Report Cards

Report cards will be sent home November 19. Parents can keep the report card but please return the report card envelope in your child's agenda each reporting period.

Library News

I would like to send out two big thank you's. First of all, I would like to thank everyone for their patience and understanding as the library goes through changes to make it an enjoyable and comfortable place to read and learn in. Secondly, I would like to thank Mrs. McDougall and the grade 5/6 class for helping me put away books and organize the library.

Mrs. Hancock

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 Tuesday, Nov. 10. More information will be sent home next week.

Fall Fundraiser

A big thank you goes to all the parents and families of the Sunnyside community for making the 'Drive for Your Students Canada' test drive event such a success. Together we raised nearly \$7000 for our school on October 17th. Thank you so much to Davis GMC Buick and to Monica Chapman for organizing this amazing event.

Turkey Bingo



Come one, come all! The annual Turkey Bingo will be held Friday, November 6 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.

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.

Operation: Sock It to 'Em

From November 2 to December 10, 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.

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. In November, our themes will be Remembrance Day and Dinosaurs. A huge thank you goes to Constable Jake Newberry and Simon Grimmard for coming into our Early Learning Program for a wonderful presentation on being an RCMP officer. It was enjoyed by everyone.

Amanda Hudson
Early Learning Educator

Upcoming Events at the Gem of the West Museum, Coaldale

Nov. 13 at 7 p.m. - Movie Night at the Museum
Bring a chair or comfy blanket and enjoy some popcorn while you watch Night at the Museum 3 at the Gem of the West Museum. Admission is \$2 person

Nov. 14 at 10:30 a.m. - November heritage scrap booking family program, all children must be accompanied by an adult.

Nov. 17 at 3:30 p.m. - Picture Me @ PLAY: Winter Edition- RI Baker school field, if there is snow we will be playing snowshoe games! Ages 3-12 yrs.

Nov. 18 at 7 p.m. - Sport History Talk- Gem of the West Museum

Nov. 20 Jersey Day- Wear your favorite jersey to support sports in Canada.

Nov. 20- PLAY Tools Assessment Workshop at the HUB, 8 a.m. to 5

p.m. Visit <http://www.coaldale.ca/playcoaldale-educate/> to register for this free professional development event.



Palliser Regional Schools

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November 2015

Every student can be a leader

Hello everyone,

While I'm the first person to talk about student achievement, academic results and data, this month I want to focus on something that's more difficult to measure but invaluable to our students. Leadership.

On Nov. 20 in Lethbridge, Palliser will hold its second annual Student Leadership Conference. Last year's spring event was our first attempt to bring our students together for a day of inspiration and sharing. Out of that event, we identified a core group of high school students who have been part of a committee planning this year's event. They came up with our theme, "Discovering U: Explore. Create. Achieve" and they will be leading this year's conference. Their goal will be to help give their peers from Grades 7-12 the confidence and tools to be agents for change in their own schools and communities.

We're hoping more than 400 students from across Palliser will participate in this year's event, to hear keynote speaker, musician, author and entrepreneur David Usher, attend breakout sessions and work in school teams to develop a plan for action. The key will be for students to unleash their own genius and passion for the benefit of others.

Throughout the year, we look for ways to learn from our students and their experiences in our schools. We hold focus group meetings with students when we review a school. I try to attend these sessions personally because the students always prove insightful.

We saw many students participate in last spring's "A Community Conversation 2015," a division-wide stakeholder meeting, and feedback from the day was overwhelmingly positive about the input students provided.

Several of our schools are or are becoming Leader in Me Schools, embracing a student leadership program based on the Seven Habits of Highly Effective People and the belief every child can be a leader.

A committee of our principals has begun work on a student leadership event for students in Grades 4-6, and we had several schools participate in We Day recently.

Daily we see our students of all ages demonstrating leadership with their peers and in their communities.

I truly believe between literacy skills for critical thinking and analysis and leadership development, we can help give our students the tools for success wherever life takes them.



Kevin Gietz, Superintendent
Palliser Regional Schools

November

2015

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 	2 'Sock It to Em' Starts	3	4	5 School Council Meeting 3:45 p.m.	6 Stay & Play 10:15 – 12:15 Turkey Bingo 6:30 pm	7
8	9	10 Remembrance Day Service 8:30 am  Operation Christmas Child Shoe Box items due	11 Remembrance Day NO CLASSES 	12 NO CLASSES	13 Palliser Day in Lieu NO CLASSES	14
15	16	17	18	19 Report Cards	20 Sunnyside Day in Lieu NO CLASSES	21
22	23	24	25	26 Assembly 2:30 pm	27 Stay & Play 10:15 – 12:15	28
29	30 Palliser Professional Development NO CLASSES					

Children with Food Allergies

About 1 in 13 kids have a food allergy. An allergic reaction occurs when the body's immune system overacts to a food protein (an allergen). The most common food allergens are: peanuts, tree nuts, sesame seeds, soy, seafood (fish and shellfish), wheat, eggs, milk, mustard and sulphites. Symptoms of allergic reactions can be different for everyone and may occur within minutes or hours. The most common symptoms of allergies are:



- Flushed or pale face, hives, rash, itchy skin
- Swelling of the eyes, face, lips, throat or tongue
- Coughing, wheezing or shortness of breath
- Stomach pain, diarrhea, vomiting
- Feeling anxious, weak, dizzy or faint

Severe allergic reactions (anaphylaxis) to food can be life threatening and occur quickly and without warning. These reactions can be treated with an epinephrine auto injector; an EpiPen®. The only way to prevent allergic reactions is to avoid contact with the foods or ingredients that cause them. As many children have food allergies, the majority of schools have adopted guidelines to help keep all students safe. Some of these guidelines may include:

1. No sharing of food or treats.
2. Washing hands with soap and water before and after eating.
3. No homemade treats for celebrations or special events. Cross-contamination is always possible.
4. Restricting the allergens from the classroom/school.

Food allergies are a serious medical condition, not a choice. Help prevent exposure to allergens by following your school's guidelines for food allergies. Take time to explain food allergies to your child and encourage them to learn about allergies that their classmates may have. If you are unsure of what to do, talk to the other child's parents or teacher. Students, parents, teachers and other staff all have an important role in keeping students safe, healthy and happy. To learn more about allergies, visit: www.anaphylaxis.ca or www.hc-sc.gc.ca/fn-an/secureit/allerg/fa-aa/index-eng.php

Children and Video Games

Research has shown that playing video games (or "gaming") can affect children in both good and bad ways. Playing certain video games can help children develop language, thinking and fine motor skills as well as cope with anger and stress. However, gaming can also result in lower grades and reduce time spent with friends and family. Video game play takes away from other healthy activities and some games may encourage children to act aggressively. It is up to parents to help their child learn to enjoy video games in a safe way. The following questions will help parents decide whether video games are a problem for their child:

- Is he/she playing too much? Do video games interfere with important tasks like chores, school work or family time? Too much gaming can take away from sports, hobbies, sleep and other healthy activities.
- Does the game fit with the household norms or values? Games that include aggression, bullying, violence and discrimination can influence a child's developing beliefs.

Making and enforcing rules about video game play with young children will help them avoid problems with gaming in the future. Here are some ways in which parents can teach their children to play video games appropriately:

- Make sure **play comes AFTER important tasks** like chores, school work, meals and family time.
- Ensure play happens in a central location, not a bedroom, so it can be **monitored**.
- Make sure **children do not play games intended for teens or adults**.
- Set and enforce a **time limit on play**.
- **Play together**. Playing video games as a family can be fun and allows parents to model appropriate behaviour and monitor play.
- Balance video game time with **other fun family activities**. Invite your child to go for a walk, play a game or do a puzzle together.