



SUNNYSIDE SCHOOL NEWSLETTER **February 2016**



Dates to Remember:

Feb. 1	Professional Development Day - No Classes
Feb. 4	Scientists in School Presentation – Grade 1
Feb. 11	Kindergarten Valentine Party
Feb. 11	School Council Meeting – 3:45 p.m.
Feb. 12	Grade 1 & 2 - 100 Day Activities
Feb. 12	Classroom Valentine Parties / Red & Pink Day
Feb. 15	Family Day - No Classes
Feb. 16	No school for staff or students
Feb. 17	Palliser Day in Lieu - No Classes
Feb. 18 & 19	Teacher's Convention - No Classes
Feb. 23	'One School, One Book' assembly at 2:45 p.m.
Feb. 24	Anti-bullying 'Pink Shirt Day'
Feb. 29	Palliser Professional Development Day - No Classes



Principal's Message

This month our students had lots of opportunities to extend their learning with guest instructors. Kindergarten and Gr. 3/4 both had Scientists in School presentations while Gr. 5/6 students had swimming, bowling and curling lessons to complement the Physical Educational program. All the instructors of these activities complimented our students on their good behaviour.

Our students continue to excel in their leadership roles. It's wonderful to see them making announcements, taking care of the equipment, beautifying the school, helping younger students, and doing many other great things around the school. Our Sunnyside kids really do SHINE!

Thank you to....

- all the parents who helped with skating at the Labour Club Ice Rink.
- the Hoffman and Hurley families for donating books to the school library.

Valentine Parties

Classroom Valentine parties will take place at 10:30 a.m. on Friday, February 12. We will not have extra literacy or religion classes that day.

Spirit Days

Students can wear the colors of their favorite Super Bowl team on Thursday, February 4 - orange for the Denver Broncos, blue for the Carolina Panthers. Also, we will celebrate Red / Pink Day on Thursday, February 11 for kindergarten students and on Friday, February 12 for grade 1 to 6 students.

Scientists in School

We are having Scientists in School in the kindergarten classroom!! The Scientists in School is a great learning process for students. The scientists know about lots of science!! The cool part about it is that the scientists coming are real and they have a science degree. They talk about how and why things work the way they do.

By Olivia Hudey

Scientists in School will do a presentation to the Grade one class called 'Reasons for the Seasons' on Thursday, February 4 in the afternoon.

100 Day Activity

On Friday, February 12, the students in Grades 1 and 2 will be celebrating 100 days of school with several different activities involving counting to 100.

Kindergarten Registration

Kindergarten registrations are now being accepted in the school office for September 2016. Children must be five years of age by December 31, 2016. Please have your child's birth certificate and your 911 emergency address when registering. There is a \$10 non-refundable registration fee payable at the time of registration. An additional school fee of \$10 will be invoiced in September to help offset agendas and purchases for special kindergarten projects. Kindergarten classes will be held on Tuesdays and Thursdays from 8:27 a.m. to 3:32 p.m. with additional Wednesdays after the Easter break.

Hot Lunch

The Sunnyside Community Association is launching a new online hot lunch order and payment system. Parents will now be able to register their child with the Munch a Lunch program to place hot lunch orders and make payments directly to the Sunnyside Community Association account. There is a hot lunch link at the top of the Sunnyside School webpage that will take you to the Munch a Lunch website where you can register and login to your account. There is also a volunteer page where you can checkmark the days you would be available to help with hot lunch. Please note that hot lunch orders for each month must be placed and paid for one week prior to the start of the month.

February Menu:

Feb. 8	spaghetti
Feb. 22	Taco Time

One School, One Book

We will kick off the One School, One Book program for this year on Tuesday, February 23rd with an assembly at 2:45 p.m. After the assembly, each family will receive a copy of the chosen book and an information package for the upcoming weeks. It is the intent that parents read the book to their children and not for the children to read it independently. Parents are encouraged to follow the reading schedule for the week. The reading program will end with a potluck supper for families on March 15th at 5:30 p.m.

Early Learning Program

January was busy with our winter theme. We focused on penguins, polar bears, igloos, snow, ice, bears, and hibernation. We experimented with snow, and what happens when you add food coloring to it, our sensory table was turned into the Arctic which had real ice bergs, and snow that polar bears and penguins could slide down, and ice cube painting.

We will be having a Teddy Bear Picnic/Valentine's Day party on February 10 and 11, starting at 10:30. Don't forget to bring your favorite teddy bear or stuffy!

Mrs. Amanda Hudson
Early Learning Educator

Guitar Club

Mr. Van Cleave is offering guitar classes on Wednesdays during the lunch break for any interested students. You are encouraged to practice what you learn each week.

Music

The Grade 3 and 4 music classes will be starting a recorder unit the first week of February. Each child will need to have a soprano recorder to use. Grade 4 children should have a recorder from last year. If you need to purchase one, recorders can be obtained from most music stores in Lethbridge. Please do not purchase one from the Dollar Store as these are toys and do not stay in tune. Thanks for your help.

Skating

The students of Sunnyside School, Kindergarten to grade 6 went skating. This event happened on January 19th and January 26th 2016. It took place at the Labour Club skating rink from 1:15 to 2:15. The kids skated to enjoy the season of winter and to have a fun time! The kids had a great time skating together with friends and being active.

The students enjoyed their afternoon and hope you have a great rest of the season!

By Olivia Hudey

Superintendent's Message



Palliser Regional Schools

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New legislation about ensuring all students feel safe

There has been a flurry of questions raised about changes to provincial legislation and new requirements of school boards related to ensuring safe and caring learning environments that respect diverse sexual orientation, gender identities and gender expressions. I can appreciate that this is new to many of us and change naturally raises questions of what, how and why.

Palliser Regional Schools considers the new guidelines and legislation as an extension of the important work our principals, teachers, counsellors and support staff have always done to ensure our students feel safe, cared for and respected. The premise that all students need to feel safe at school is not new. What's changed is that legislation is now specific to gender diversity and sexual orientation and it applies to all schools, public, separate, charter or private.

Our school division has been awaiting release of Alberta Education's Guidelines for Best Practices on this issue as we work toward creating our own policy and procedures to align with new legislation. That document was made public Jan. 13, 2016, and you can read it online at <https://education.alberta.ca/topic-search/?language=English>

Soon, we expect to be able to share our draft policy and procedure to reflect the new legislation and our continued commitment to ensure all students feel safe at school.

Our schools already offer a wide range of opportunities for students to explore leadership, develop character and build empathy for each other. That ongoing work to nurture caring, empathetic individuals is beneficial to every student and all of society.

We know there is stigma faced by students based on their sexual orientation or gender identity. When students are hurting for whatever reason, they need our support. A student who feels insecure, unsafe or fearful can't be a fully engaged learner.

Our goal is not to make some students feel safe at the expense of others. The goal is inclusion and safety for all, an ideal I believe we can all share.

Kevin Gietz, Superintendent
Palliser Regional Schools



February 2016

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 P.D. Day NO CLASSES	2	3	4 Scientists in School Grade 1	5 Stay and Play 10:15 – 12:15	6
7	8  Spaghetti hot lunch	9	10	11 Kindergarten Valentine Party School Council Meeting 3:45 pm	12 100 Day Activities Gr. 1 & 2 Stay and Play 10:15 – 12:15 Class Parties 10:30 a.m. 	13
14	15 Family Day NO CLASSES	16 NO CLASSES	17 Palliser Day in Lieu NO CLASSES	18 Teacher's NO CLASSES	19 Convention NO CLASSES	20
21	22  Taco Time	23 'One School, One Book' Assembly 2:45 pm	24 	25	26 Stay and Play 10:15 – 12:15	27
28	29 Palliser PD Day NO CLASSES					

Childhood Mental Wellbeing

Childhood is an important time in the development of lifelong mental wellbeing. Mental wellbeing is more than just being happy. It is having self-esteem and self confidence, being connected to others and enjoying the good feelings that come from participating in and giving back to your community. When children develop the best possible mental wellbeing, it lessens the likelihood of future substance abuse or mental problems.

Mental illness and mental wellbeing are not opposites. Children with mental illness can enjoy good mental wellbeing, while children with no symptoms of mental illness can struggle with poor mental wellbeing. All children benefit when they connect with others, feel valued and learn important skills. Here are some ways to help your child develop good mental wellbeing.

Connect with others: Connecting with others increases self-worth and offers a source of support and encouragement during hard times. Help your child to build and grow relationships with people close to them and with the wider world. Connections can be made by joining teams, clubs and groups, volunteering and spending time together with family and friends.

Be active: The benefit of being active are not just physical. Activity causes chemical changes in the brain that make us feel good. Physical activity can also help children form relationships and learn new skills which build self-esteem.

Try new things: Encourage your child to try new things and be willing to do the same. Learning new things challenges us and setting/reaching goals makes us feel proud and capable.

Give to others: Small acts of kindness can give us a sense of purpose and improve self-worth. Children can be encouraged to give to others by saying thank you to someone who has helped them, phoning a relative or friend who needs support or offering a helping hand to others.



Health advice as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1? Health Link is Alberta's free, 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.

The Cost of Dental Treatment

Fixing decayed teeth can be expensive. Think about fixing a problem earlier than later. A cavity (tooth decay) can quickly get bigger and increase the cost for treatment. But what really saves money is preventing the problem in the first place. Here's a look at how tooth decay happens and how you can prevent it.

- **Tooth decay happens when germs stick to teeth.** Prevent tooth decay by brushing two times a day.
- **Sugar and germs produce acid.** Prevent decay by reducing sweet and sticky snacks and limiting sweet drinks.
- **Acid weakens tooth enamel.** Prevent decay by drinking water with fluoride (when possible) and using fluoride toothpaste to strengthen teeth.
- **Some surfaces of teeth decay more easily.** Prevent decay by asking your dentist about dental sealants to protect teeth.

Some families may have access to children's free dental care through Alberta Child Health Benefit. For more information call 1-877-469-5437 or visit www.employment.alberta.ca/achb.