

Sunnyside School Newsletter

April 2016



Dates to Remember:

April 1 - 3	Easter Break - NO CLASSES
April 4	Classes resume
April 5	Running Club starts
April 6	Mini Basketball starts
April 14	Sunnyside School Council Meeting – 3:45 p.m.
April 25	Palliser Professional Development Day – NO CLASSES
April 27	Kindergarten field trip to Helen Schuler Nature Centre
May 2 to 6	Education Week - Theme: 'We Are Teachers'
May 28	Sunnyside Community Association Barn Dance



Principal's Message

Welcome back! I hope everyone enjoyed the extended Sunnyside break and the nice weather that we've had the past couple of weeks. It certainly feels like spring has arrived.

Thank you to the many families who joined us for student-led conferences, the 'One School, One Book' potluck, and to those who supported the Scholastic Book Fair. Your continual involvement to these programs and activities is so appreciated and is what makes Sunnyside such a wonderful school.

April is poetry month and I'm looking forward to sharing some wonderful poems with the students.

Welcome

We would like to welcome Ms. Melissa Easthope to the Sunnyside School staff. She will be teaching the Grade 5/6 class until the end of June during Mrs. McDougall's leave.

Thank you to ...

- Logomotives Group for providing team t-shirts for the mini basketball teams.
- the Cage, Davis, Hurley & MacBeth families for donating books to the school library.
- the Visser/Dennis family for providing snacks for the staffroom.
- Judy Chapman for donating scrapbook supplies to the school.

Early Learning Program Registration

Registrations for the Early Learning Program for the 2016 - 2017 school term are now being accepted in the school office. Children must be 3 years of age by September 1, 2016 to register. There is a \$10 non-refundable fee payable at the time of registration. Please have your child's birth certificate and your 911 emergency address when registering. The E.L.P. schedule will be Monday / Wednesday mornings or Tuesday / Thursday mornings from 8:30 to 11:30 a.m. Developmental check-ups will take place May 20, 2016 from 9:00 a.m. to 12:30 p.m. Contact the school office to book a time for your child.

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 purchases for special kindergarten projects. Kindergarten classes will be held on Tuesdays and Thursdays from 8:30 a.m. to 3:30 p.m. with additional Wednesdays after the Easter break.

Kindergarten Hours

Parents of current kindergarten students are reminded that beginning April 27, kindergarten will run three days per week on Tuesday, Wednesday and Thursday until the end of the school term.

Hot Lunch

Menu:

- April 4 - Booster Juice
- April 11 - Pizza 73
- April 18 - Tim Horton's

Library News

I would like to extend a big thank you to everyone who supported the book fair. We were able to receive \$900 worth of free books for the library. I would also like to thank all of the families that purchased books and then donated them back to their child's classroom library. This is greatly appreciated. And lastly, I would like to congratulate Liam and the grade two class for winning the "Family Event" draw.

This was a very successful event and I look forward to doing it again next year!

-Mrs. Hancock

Guitar Club

Mr. Van Cleave continues to run a guitar club at lunchtime on Wednesdays for interested students. Please encourage your child to practice what they are learning.

Mini Basketball

Sunnyside School would like to extend a thank you to Kaela Corazza and the Logomotives Group for donating team shirts. Mini basketball will run on Wednesdays after school starting April 6 and continuing until May 25. We will run from 3:30 until 4:30 p.m. Every team will play each week. There will be a windup pizza activity for team members that will take place after the games on May 25th.

Sunnyside Spring Fund-Raiser

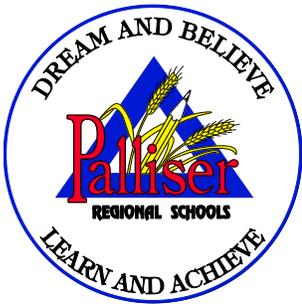
Mark your calendars for the Sunnyside Community Association annual Barn Dance! The Barn Dance set up and free Kid's Dance will be Friday, May 27 from 5:00 to 7:00 p.m. The whole family is encouraged to attend. The dinner, auction and barn dance for adults will be on Saturday, May 28, 2016. This will include dinner, live and silent auctions, music, and BULL RIDING! Tickets will be \$20 each and will go on sale the last week of April. This is our big fundraiser for the school which is funding the playground account and maintaining the current extra activities for our students. Families are asked to participate by making a dessert for the auction. If you have other auction items to donate for the silent or live auction, please contact Melissa Honess at honess2014@gmail.com.



April

2016

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 	2 
3 	4 Classes Resume  Booster Juice	5 Running Club starts	6 	7 Running Club	8 Stay & Play 10:15 – 12:15	9
10	11 Pizza 73 	12	13 	14 School Council Meeting 3:45 p.m.	15 Stay & Play 10:15 – 12:15	16
17	18 Tim Horton's	19	20 	21	22 Stay & Play 10:15 – 12:15	23
24	25 Palliser P.D. Day NO CLASSES	26	27 	28	29 Stay & Play 10:15 – 12:15	30



Palliser Regional Schools

Palliser Centre

#101, 3305 - 18 Avenue North, Lethbridge, AB T1H 5S1

Phone: 403-328-4111 Toll-free: 877-667-1234

Fax: 403-380-6890 www.pallisersd.ab.ca

April 2016

Palliser's student leaders in the spotlight this month

Hello everyone,

This month I want to share my thoughts on an extraordinary event. On March 21, I had the honour of joining four high school students from across Palliser (Calgary Christian School, County Central High School, Heritage Christian Academy and Picture Butte High School) in Saskatoon, where the students led a presentation to the National Congress on Rural Education. As the name suggests, this conference draws a national audience of trustees and educators – all but one province and one territory were represented -- and over the past two decades, it has established a solid reputation.



The four students were representing about 50 of their peers, sharing their experience in organizing and hosting Palliser's Discover U student leadership conference in November. The presentation was outstanding, and our students did an amazing job of sharing. They talked about the confidence the process instilled, the creative licence they enjoyed, and the inspiration generated by the event's guest speaker and by their peers.

I can't say enough about how powerful it was to see our students on a national stage talking about the inclusive nature of the event, the diversity of our division and the strength that comes from working together.

Across our division, I know our staff are constantly encouraging students to explore their leadership potential. Every individual regardless of age or position can lead, and we'll see that demonstrated at another student leadership event April 28. Organized by a committee of school principals, the "Planting the Seed for the Future" event is for students in Grades 4-6. By the time they reach high school, our students will be seasoned leaders ready to shine on any stage.

A week earlier, April 21, we'll have a Discover U follow-up event. In teams at their middle or high schools, students have been working to solve a problem or address an issue, and this will be an opportunity for them to share their achievements.

I can't stress how important this work is, and how proud I am of the Palliser team for giving students these opportunities to grow as leaders. Like literacy, leadership abilities will carry students far no matter where life leads.

Kevin Gietz, Superintendent
Palliser Regional Schools

Call 403-327-9214 today to book your FREE one-hour Early Learning/Kindergarten Developmental Check-Up

TOP 5 Reasons to book an appointment for your child aged 3 to 5:



- 1 It's fun. You and your child will play in five centres doing fun activities to demonstrate key skills.
- 2 It's informative. When you leave, you'll know how your child's communication, gross motor, fine motor, problem solving and personal-social skills are developing
- 3 It's important. This check-up can inform the teacher of any special help your child may need.
- 4 It can save tears later. By visiting your local school for an hour of fun now, you'll be reducing your child's anxiety about going to school later.
- 5 It's free and it's available in your community. You can access expertise, including a speech and language pathologist, to assess your child's strengths, and learn how to best support your child in areas of growth.

A Developmental Check-Up will be available at
Sunnyside School
Northeast of Lethbridge
May 20, 2016

**It's never too early to start a life of literacy.
Don't delay. Call today.**





Talking With Your Child About Healthy Relationships



Learning about relationships begins early in life. As children grow they build relationships beyond their family, making friends and interacting with peers and teachers. Relationships are an important part of your child's life and can affect their physical, emotional and mental wellbeing. Parents, guardians and caregivers can have a positive influence on their children and their decisions. A good starting point is to reflect on your own values and what values you want to pass onto your children. You can then lead by example and teach your children by showing them positive social behaviours such as honesty, respect and openness. With your help, your child will be better able to recognize healthy and unhealthy relationships.

What makes a healthy or unhealthy relationship? Healthy relationships include shared respect, honesty and trust as well as equality, support, fun and safety. It is also important in relationships to maintain separate identities and establish clear boundaries. Unhealthy relationships may be characterized by lying, manipulation, put downs, bribes and power issues.

Alberta Health Services developed the website www.teachingsexualhealth.ca to help you find the information you need to have conversations with your child. You will find webisodes, factsheets, FAQs and more. The parent section provides you with:

- Tips on how to start a conversation about healthy relationships.
- Suggestions for topics to talk about with your child such as compromise, anger management and respect.
- Links to reliable resources and community agencies in your area.

Bring the conversation of healthy relationships into your home for the benefit of your child's health and development. We encourage you to check out what www.teachingsexualhealth.ca has to offer!

Cooking – Fun at Any Age

How did you learn to cook? Was it with a parent or family member or someone else? Was it fun to try a new recipe, help in the kitchen and try those foods you helped prepare? To kids, cooking doesn't seem like work and they can be a big help in the kitchen. Little does the child know, they are building cooking and food preparation skills.

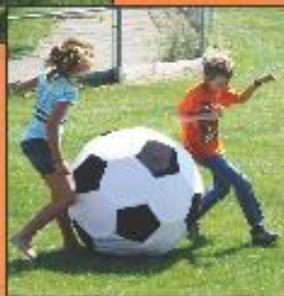
The more kids help choose, prepare and learn about food, the more they may be willing to eat what is served for meals and snacks. Here are some ideas to get your child started in the kitchen:

- **Ask for their input.** We all have favourite foods and allowing your child to provide ideas for meals and snacks will make them feel valued. It will also help you plan meals ahead of time.
- **Talk about foods at the grocery store and at home.** You can also have them pick out new foods to try at home. Letting them choose a brightly coloured vegetable or fruit is fun and since they picked it, you bet they will want to try it!
- **Help your child pick out a new recipe that you can make together.** It might become a new family favourite!
- **Try a "make-you-own" family style meal** of sandwiches, wraps, pizzas, salads, pasta or tacos. Kids love to make their own creations as it allows them to experiment with food.
- **Young children can help with lots of tasks in the kitchen.** Start with small tasks such as; washing vegetables, mixing salad, adding ingredients, stirring, setting the table and cleaning up.

Try some of these simple steps to help your little chef learn in the kitchen. You will be helping your child form positive and lasting healthy eating habits!

COALDALE SUMMER PROGRAMS

Sport Explorerz



Sport Explorerz is a great introduction to a variety of sports and physical activity in a safe, inclusive and cooperative environment. Sport Explorerz offers a variety of games and activities focused on developing the FUNdamental movement skills, such as running, jumping and throwing, these skills are critical for creating lifelong movers. Participants will discover how agility, balance, coordination and speed relate to various sports. They will explore team work and fair play as well as investigate healthy ways to fuel their bodies for sport. Participants will be required to bring a bag lunch each day which doesn't require microwaving.

9 a.m. to 4 p.m.

July 11-15, 2016 (6-8yrs)

August 8-12, 2016 (9-13yrs)

Location: Hub (2107-13 Street)



Coaldale Explorerz

Join the Coaldale Explorerz in a summer cultural journey right in our own backyard! Coaldale Explorerz will discover history, music, dramatic play, art, physical activity, literature, science and more! Check out all of the great cultural opportunities our community has to offer in a fun and interactive way. Participants will be required to bring a bag lunch each day which doesn't require microwaving.

9 a.m. to 4 p.m.

July 18-22, 2016 (9-13yrs)

August 15-19, 2016 (6-8yrs)

Location: Gem of the West Museum (1306- 20 Street)



Registration Now Open and closes
2 weeks prior to the camp start date.

Information: programs@coaldale.ca

Fee: \$175