



Sunnyside School Newsletter

May 2016



Dates to Remember:

May 2 to 6	Education Week: Theme - 'Learning Together'
May 5	K to Grade 6 Field Trip - Feel the Beat: 'Compose Yourself'
May 5	Jump Rope for Heart Assembly – 11:40 am
May 5	Grade 2 - Scientists in School p.m.
May 8	Happy Mother's Day!
May 11	Agriculture in the Classroom – Gr. 3/4 in the afternoon
May 12	Achievement Test - Grade 6 Language Arts Part 'A'
May 12	School Council Meeting - 3:45 p.m.
May 19	Grade 1 Field Trip – Gem of the West a.m. & Birds of Prey p.m.
May 20	Last day for Religion classes
May 20	ELP & Kindergarten Developmental Check-ups 9 a.m. – 12:00
May 23	Victoria Day - NO CLASSES
May 24	Staff Professional Development Day - NO CLASSES
May 25	Pancake Breakfast for students
May 25	Mini Basketball final games/party
May 26	Volunteer Tea - 2:00 p.m.
May 27	Barn Dance Set up & Kid's Dance - 5:00 to 7:00 p.m.
May 28	Sunnyside Community Association Spring Barn Dance



Principal's Message

The month of May is filled with lots of opportunities for our students to learn and grow. We begin the month with a 'Feel the Beat' presentation at Southminster United Church. Later that morning, students will gather in the gym for the kick off assembly for Jump Rope for Heart. This fundraising initiative for the Heart and Stroke foundation is a great way for students to get active for a great cause.

The month of May also brings the annual barn dance, a fundraiser hosted by the Sunnyside Community Association. We are so grateful for the generous donations, and hard work of so many people. Thank you to all our volunteers for planning and delivering such a great event that benefits all students.

Thank You to...

- Donna Reimer, Dianne Potvin and Bruno Toews who have volunteered their time on Fridays to present the Religion program to students. The last class will be May 20.
- Todd Hurley for doing presentations on 911 procedures to all of the classes.

'Feel the Beat' Presentation

Students from kindergarten to grade 6 will attend a University of Lethbridge 'Feel the Beat' presentation called 'Compose Yourself' at Southminster United Church on May 5th. This is a 50 minute performance which begins at 10:00 a.m. Students will leave the school at 9:25 a.m. and return by 11:15 a.m.

Staff Appreciation Day

The staff of Sunnyside School would like to express our gratitude to the Sunnyside Community Association for the wonderful Staff Appreciation Day on April 20th. The staff enjoyed snacks in the staffroom, a delicious lunch, plants, and recess supervisions covered by the parents. Thank you to everyone involved who made this such a special day.

Hot Lunch

May Menu:

- | | |
|--------|--------------------|
| May 2 | - Wendy's |
| May 9 | - Swiss Chalet |
| May 16 | - Lakeview Bakery |
| May 23 | - no school |
| May 30 | - Taco in a Bag |

Achievement Tests

Parents with children in Grade 6 are reminded that the annual achievement tests will be written on the following days:

- Thurs., May 12 - Language Arts Part 'A'
- Wed., June 15 - Language Arts Part 'B'
- Thurs., June 16 - Mathematics
- Fri., June 17 - Science
- Mon., June 20 - Social Studies

Early Learning Program Registration

Registrations for the Early Learning Program for the 2016 - 2017 school term are 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 Friday, May 20, 2016 from 9:00 a.m. to 12:00 p.m. Contact the school office at 403-327-9214 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 and supplies. Kindergarten classes will be held on Tuesdays and Thursdays from 8:27 a.m. to 3:32 p.m. with additional Wednesdays in May and June.

Volunteer Tea

The staff and students would like to thank all volunteers who have helped out in the school throughout this term. A volunteer tea will be held in your honour to 'Thank You' on Thursday, May 26. You are invited to Tea & Dainties at 2:00 p.m. to be followed by student presentations at 2:30. Thank you for being an important part of our school.

Basketball

Our mini basketball season will wrap up on May 25th with the final games being played followed by a pizza party for the team players. Thank you to Mr. Van Cleave for running this program.

Jump Rope for Heart

Sunnyside School has chosen to support the Heart and Stroke foundation with a Jump Rope for Heart activity. The kick-off assembly will be at 11:40 a.m. on Thursday, May 5 with the skipping event planned for Friday, June 3 from 10:30 to 12:30.

Sunnyside School Spring Fund-Raiser

Sunnyside Community Association is planning the spring fundraiser Barn Dance event (adults only) to be held Saturday, May 28, 2016 at McCutcheon's Barn. This will be a supper, auction and dance. Cost is \$20.00 per person. Music will be provided by Border Bound and Sounds Unlimited. Doors open at 5:30 p.m. and dinner will be served at 6:30 p.m. Tickets are available in the school office or from the Barn Dance committee members. We are asking families to participate by donating a dessert for the auction or a business service/product for the silent or live auction. You can also help with clean up on Sunday, May 29 from 10:00 a.m. to noon.

To allow our children to enjoy the barn dance as much as those that attend on the Saturday, we will have a **Friday Night Kid's Dance**. This will run together with the event set up. We invite all families to McCutcheon's Barn on Friday, May 27th from 5:00 to 7:00 p.m. Music will be playing with pizza and refreshments for the children to dance while parents help set up for the Saturday event. If you have not returned your sign up form yet, please send it back to the school in the next week.

Melissa Honess 403-317-1388
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Playground Update

The Sunnyside Community Association recently received news that it was approved for the Community Facility Enhancement Program (CFEP) in the amount of \$100,000.00 to assist in rebuilding the Sunnyside School playground. The committee will be looking for volunteers to help with dismantling the existing playground and installation of the new one during the last two weeks of August.



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

May 2016

Make the most of your time in school

Hello everyone,

April showers bring May flowers. What do May flowers bring?

It's an old joke and this year, we barely had any showers and some May flowers have already come and gone.

Our seasons are fleeting. An early snowfall brings an abrupt end to fall. A mild January makes short work of winter. Seasons, like our lives, can change on a dime.

I raise this as an encouragement to our students to make the most of every day and every opportunity. Your school years will fly by. Ask this year's Grade 12 students who are about to begin the rituals of graduation – one last exam, one final assembly, goodbyes and then off to new challenges.

I hope each of our graduates can look back on their K-12 years with satisfaction. I hope they were able to enjoy a rich range of experiences, academic and otherwise. Did they discover a love of art, science or welding? Did they unleash a passion for poetry, a flare for physics or a knack for numbers?

I encourage students to leap in to options, clubs, sports and other activities at your school even if you're not sure they're your "thing." Your school provides the safest, judgment-free environment for trying something new, taking a chance and spreading your wings. At school, failure is part of learning. A wrong answer is a learning opportunity. The teachers and support staff are there to encourage and look out for you. Every time you latch on to an opportunity and show a spark of discovery you'll be making their day. Trust me. That moment is what we as teachers live for.

Thank you to all of our staff and volunteers who help give our students access to the multitude of activities at our schools, sharing their own individual passions for sports, trades, arts, history and more. Every new experience our students have deepens their background knowledge of the world, connects them to others and builds their confidence.

As we enter graduation season, let's remember that this milestone for students is a celebration not only for our grads and our high school staff, but for all the parents, teachers, educational assistants, bus drivers and school administrative assistants who gave students a word of encouragement, comfort or help over the years.

Kevin Gietz, Superintendent

Palliser Regional Schools



May

2016

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 <i>Education</i> Wendy's 	3 <i>Week</i>	4 <i>Theme:</i>	5 <i>'Learning</i> 'Feel the Beat' Field Trip <u>K – Gr. 6</u> Jump Rope Assembly Scientists in School Gr. 2	6 <i>Together'</i> Stay & Play 10:15 – 12:15	7
8 	9 Swiss Chalet 	10	11 Agriculture in the Classroom Gr. 3/4	12 PAT - Grade 6 Language Arts Part A School Council Meeting 3:45 pm	13 Stay & Play 10:15 – 12:15	14
15	16 Lakeview Bakery 	17	18	19 Grade 1 Field Trip	20 Developmental Check-Ups 9 am – 12 Last Religion classes Stay & Play 10:15 – 12:15	21
22	23 Victoria Day NO CLASSES	24 Staff PD Day NO CLASSES	25 Pancake Breakfast for Students Final Basketball games / pizza party	26 Volunteer Tea 2:00 p.m.	27 Stay & Play 10:15 – 12:15 Kid's Barn Dance 5- 7 pm	28 Sunnyside Community Association Barn Dance
29	30 Taco in a bag 	31				



Self-Management Why it's Important to You and Your Child

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't. We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from www.parenttoolkit.com)



In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 18. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit: www.optometrists.ab.ca

Helmet Safety

Spring is finally here and soon your kids will be begging you to bring their bikes, scooters, skateboards and in-line skates out of storage. But with wheels comes risk of injury. In fact, in 2013, more than 200 Alberta children between the ages of 6 and 12 years old visited an emergency department for injuries related to wheeled activities. Many children suffer head injuries as a result of a fall. Head injuries can be severe or even fatal. A properly fitted helmet, designed specifically for the wheeled sport your child enjoys, is the most important thing you can do to protect your child from serious head injury.

How do I choose a helmet?

Choose a helmet that meets Canadian Safety Standards and is designed specifically for the activity. Helmet costs vary, but more expensive ones are not always better. Choose a helmet that fits properly and that your child likes. It is best to buy a new helmet unless you are sure of the used helmets history and condition. Used helmets often have damage that you can't see and even a little crack can reduce the protection offered. Most helmets are made for single impacts and should be replaced after a crash. For more information visit: [Parachute: Which Helmet for Which Activity?](#)

What are pads for?

Pads help ensure a proper fit. They should be placed evenly around the helmet wherever there's a gap to get a snug fit. Thick pads can be replaced with thinner pads or removed as your child grows. You should not be able to move the helmet back and forth or side to side. For information on how to get a proper fit for your child's helmet visit: [Parachute: Got Wheels Get a Helmet](#)

In Alberta it is the law that all children less than 18 years old must wear a helmet when they ride. Be a good "roll" model and always wear your helmet too! Have an active, fun and safe season with your family!