



NEWSLETTER



2017

Dates to Remember:

Fri, Oct 6	Wellness Friday's small groups begin
Mon, Oct 9	Thanksgiving day- NO CLASSES
Tues, Oct 10	PD Day- NO CLASSES
Wed, Oct 11	Collection date for nonperishable food items
Thurs, Oct 12	School Council Meeting @ 3:45pm
Thurs, Oct 12	School Picture day- Individual Photos only
Wed, Oct 18	Parent/Teacher Conferences
Wed, Oct 18	Gr. 4 Scientist's In School- "What a Waste"
Thurs, Oct 19	Parent/Teacher Conferences
Thurs, Oct 26	Assembly at 2:30pm lead by Grade 5/6 Students
Tues, Oct 31	Halloween parties / parade at 2:30pm

Principal's Message

We've had a wonderful start to the school year and it's hard to believe that a month has already passed. Teachers have been busy conducting reading assessments and collecting other data to best plan for the students in each classroom. Parents will have an opportunity to discuss their child's progress at the parent teacher interviews scheduled later in October.

October also marks the beginning of small group activities for Wellness Friday. Each child will have an opportunity to explore a variety of activities throughout the year. We continue to offer religion during this time for those families that would like to choose that option.

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

Connie Adserballe

FCC Drive Away Hunger

Farm Credit Canada Drive Away Hunger has partnered with Sunnyside School to collect nonperishable food bank items to donate to our local food bank. By participating, our school will be automatically entered for a chance to win a random draw of \$500 toward improvements for our school. Collection dates will be Oct 11 at 1:00pm. Please have all food donations to the school before then.

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.schoolcashonline.com/> and select the 'Get Started Today' option. We would appreciate receiving fee payments as soon as possible.

Thank You to ...

- all the teachers & families who attended meet the staff night and signed up for committees.
- all the students, staff, friends & families for raising \$669.50 total from the Terry Fox run

Hot Lunch

The hot lunch program will run at lunch time on Monday's starting in mid-October. Information will go out indicating the start date and ordering information. Thank you to all those parents who have volunteered their time to organize and serve lunches.

Wellness Fridays

Wellness Friday small groups will begin on Friday, October 6th. Students in Grades 1-6 will have an opportunity to take part in activities aimed at helping students reenergize and relax.

Halloween

Students will be given time to change into their costumes over the lunch hour on Tuesday, October 31. Classes will be having their parties in the afternoon as well as a parade at 2:30pm. We want to make this a fun experience for all of our students, please make sure costumes are appropriate and not too frightening. Please leave all weapons at home.

School Picture Day

School Pictures will be done in the morning of Thursday, October 12. Individual photos will be taken at this time. Class groups will be photographed on the retake day scheduled for November 21. A note will go home to remind parents.

Parent-Teacher Interviews

Parent teacher interview will take place on October 18 & 19 for the Grade 1-6 Students. More information on how to book interviews be sent out via email in the beginning of October. Parent teacher interviews will not be booked for Kindergarten at this time.

Learning Commons News

The Learning Commons will be open Monday's & Wednesday's from 8:15am – 8:30am for any children that need a book exchanged before their scheduled library time.

Stay & Play Program

Stay & Play program runs on Friday's from 10:15am till 12:15pm in the Early Learning Portable at the North end of the school. Parents and children (birth – 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

Early Learning Program

I cannot believe that September is already over! We have had such a fun month learning about fall: finger painting leaves on trees, exploring apples inside and out, baking apple muffins, talking about the changing colors, and painting with pine cones, leaves and branches. Some of the books we have enjoyed in our class this month have been: Pete the Cat –I Love My White Shoes and The Kissing Hand. We will have a Pumpkin party October 30 & 31. This will run during class time. Everyone is invited to attend! This will be a fun morning filled with crafts, games, and snacks centered on a pumpkin theme. Please feel free to wear a costume (yes that includes you) to the party. Parents are welcome to join starting at 10:00 am.

Amanda Hudson, Early Learning Educator

School Council News

A big, warm hello from us to all of you! With the start of a new school year comes change, and parent council is no exception. We have seen a change in a few faces and added a few new ones. Alix Hirsche has fulfilled her 3 year term as Chair, and has stepped down. She has shown tremendous gifting and care for our students. We whole-heartedly thank her, and will do our very best to pick up where she left off and continue to serve the students of Sunnyside well. Our 2017-18 council looks as follows:

Chair: Amy Hass
Vice Chair: Ali Schneider
Secretary: Tina Duncan
Treasurer: Mel Jones

Thank you to those who were able to sign up for committees at the meet the staff evening.

Because Sunnyside is small, we are close, and operate more like a family, participating in unique and exciting activities that not all large schools are privy to. With this comes the opportunity for parents and grandparents to get involved in various capacities, and we strongly encourage you to find a way to connect and be part of our Sunnyside 'family!' Committees are listed below, with names of people who have signed up so far. **We will never turn you away from helping; there is always a spot for you!**

If you see an area you would like to help with, please contact Amy Hass at 403-593-1210, and we will gladly slot you in!

Room Reps

K- Micah Pavan
Grade 1- Kym Van Sluys
Grade 2- Tina Duncan
Grade 3- Kym Van Sluys
Grade 4- Schanell Chapman
Grade 5/6- Alix Hirsche

Hot Lunch

This program is offered to staff and students every Monday. Volunteers are needed to pick up food from restaurants, sort, serve and clean up at the school, or bake dessert. Commitment is roughly 1 hour (11:45-12:45) on a rotating basis. You can choose to help once in a while or often.

Volunteers: Micah Pavan, Casey Harris, Krysta MacBeth, Kym Van Sluys, Greg Farries, Shelly Onofrychuk, Schanelle Chapman, Ali Schneider, Nancy Clark, Sam Speigelberg, Peggy Gibb, Candi Percy, Jenn Ross.

Operation Christmas Child

Donations are organized in October, and boxes are filled by students early November for less fortunate children in other countries.

Volunteers: Krysta MacBeth, Kym Van Sluys, Casey Harris, Tina Duncan, Nancy Clark.

Turkey Bingo

This is a decades-long tradition at Sunnyside, happening on a Friday night in mid November. Turkeys and hams are donated, a concession is run by students, and the fun draws both Sunnyside families and community members.

Volunteers: Casey Harris, Jenn Gomez, Jenn Ross, Becky Van Sluys, Greg Farries, Cassie Koopmans, Maribeth Douglas, Schanell Chapman.

Christmas Dinner

This is a special turkey meal provided to staff and students on the last day before Christmas holidays. The meal is cooked off-site, and volunteers set up, decorate the gym, pickup, serve and clean up.

Volunteers: Micah Pavan, Becky Van Sluys, Shelly Onofrychuck, Ali Schneider, Alix Hirsche, Jenn Gomez, Chris Hoffman, Candi Percy, Tina Duncan.

Staff Appreciation Day

This is an opportunity in spring to show our staff how valuable they are speaking into our children on a daily basis. Volunteers organize supervision on the playground all day, plan a meal, and make our staff feel loved.

Volunteers: Serena Visser, Krysta MacBeth, Kym Van Sluys, Rana Koopmans, Shelly Onofrychuk, Candi Percy.

Family Night

This is an opportunity to create community among our Sunnyside families. This team can be as creative as they want, planning a Friday evening movie night in the gym, a games evening in the field, etc.

Volunteers: Alix Hirsche, Micah Pavan, Ali Schneider, Tina Duncan, Nancy Clark.

Hockey Sport Court

We have worked so hard the last 5 years to raise the money needed to make improvements to our outdoor play space. The playground is built, the basketball court is complete, and the volunteers are pooped. 😊 We need a team who will take on the completion of a small ball hockey area. We have the supplies, we just need the workers to complete the job.

Volunteers: Greg and Bonnie Farries, Peggy Gibb.

October

2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Stay & Play 10:15 – 12:15 Wellness Friday's small groups begin	7
8	9 Thanksgiving Day NO CLASSES 	10 Palliser Day in Lieu NO CLASSES	11 Non- perishable food items collected	12 School Council Meeting 3:45 pm School picture day	13 Stay & Play 10:15 – 12:15	14
15	16	17	18 Parent / Teacher Conferences 3:45-7:00pm Gr 4 Scientist's In School- "What a Waste"	19 Parent / Teacher Conferences 3:45-6:00pm	20 Stay & Play 10:15 – 12:15	21
22	23	24	25	26 Assembly @ 2:30 pm (lead by Gr 5/6 students)	27 Stay & Play 10:15 – 12:15	28
29	30	31 Halloween Class Parties	<h2>Happy Halloween</h2>			

Healthy Children

October 2017 Parent Newsletter



Regular Mealtimes

Life can get busy for you and your child with school, sports and other activities. While your child is active and growing, they need healthy food to keep them fuelled for their day. Providing meals and snacks at regularly scheduled times during the day will help your child get the energy they need.

Regularly scheduled meal and snack times can be comforting to a child, as they know when they will be offered food again. At home, offer food every 3–4 hours. This will help your child feel ready to eat at meals and snacks. If your child asks to eat between these times, offer water and let them know when the next snack or meal is. Some days children will eat more, and other days they will

eat less. Children's appetites and willingness to try new foods will change, depending on how fast they are growing, how active they are or how they are feeling.

Be flexible. Some days, smaller meals or a healthy snack before and after busy times may fit your family's schedule better. It is important on these days to have lots of tasty and healthy food choices on hand at home and for on the go. For example, cut up vegetables with hummus or peanut butter.

Make it routine to offer meals and snacks at regular times so your child stays fuelled for their day.

➤ For a short video on regular mealtimes visit <https://vimeo.com/channels/rohkschoolnutrition/116923404>

Articles

Regular Mealtimes

Being a Role Model

Reminder

Routine immunization consent forms were sent home last month with Grade 5 and 9 students.

Also, as the best defense against influenza infection and 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>



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Being a Role Model

As a parent you act as a role model for your children every day. It can be a scary thought, but from the time they are babies, your children are watching you and learning from you. They learn from your actions and your conversations. They absorb your attitudes and copy your expressions. Before they even reach school age they've probably learned far more than you ever intended.

Thinking about your behaviour and how it might be understood by your child is an important part of healthy parenting. You can't always be calm and cheerful – nobody is. Those times can be especially useful examples for your children about how to manage feelings in a healthy way. As they grow up, they'll learn by your example and they'll have that example to follow in years to come when coping with life's challenges.



Talk to your child about your own experiences when you were their age. Tell your child about someone who made a big difference in your life, and why you admired that person. Tell stories about family members or friends who showed real courage, kindness or determination in their lives. You could look at sports figures or performers and watch how they behave. Talk with your child about what makes a person a

good winner or a good loser. What makes a person a poor winner or a poor loser?

It's not always easy being a role model for someone but it is part of every parent's and caregiver's role. Remember you won't always know the difference you make but know for sure that you are.

Sunnyside Parent Link Centre & Barons-Eureka-Warner FCSS

Located in the Sunnyside School

1 mile east of Lethbridge on Hwy #3 & 4 miles north of Marshall's Auto Wreckers Phone 403-732-5470

(of Lethbridge)

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Parenting & Family Coach Janet Fekete 403-732-5470 janet.fekete@bewfcss.ab.ca Counsellors Lisa Vandendungen 403-405-4466 extension # 25 lisa.vandendungen@bewfcss.ab.ca Tanie Reid-Walker 403-360-2111 (texting accepted) tanie.reid-walker@bewfcss.ab.ca 					Stay & Play 10:15am-12:15pm
	9	10	11	12	13
					Stay & Play 10:15am-12:15pm
	16	17	18	19	20
					Stay & Play 10:15am-12:15pm
	23	24	25	26	27
					NO PROGRAM
	30	31			

With support from Provincial and Municipal governments, all services are available at minimal or no cost to residents.

Please be advised that information and programs on calendars are subject to change without notice.
Please refer to the Facebook page or website (www.bewfcss.ab.ca) for changes and updates.

Connecting parents to the resources in their community

Your Parenting and Family Coach can assist you with the following:

- > Early Childhood Development Information
- > Childhood Developmental Screening
- > Parent Education
- > Family Support
- > Information and Referral

WONDERING ABOUT YOUR CHILD'S DEVELOPMENT?

Ages 2 months to 60 months

A developmental check-up will help you see if your child is developing typically with speech, language, social interactions and/or motor skills. The **Ages and Stages Questionnaire** can give you a guideline to tell if your child is doing what other children of the same age are typically doing. It is a great tool to know what activities you might try next and to see if additional support might be needed.

TRIPLE P POSITIVE PARENTING PROGRAM

www.triplepstaypositive.net

The Triple P Parenting Program is an internationally recognized parenting program which promotes positive caring relationships between parents and their children. This program helps parents develop effective strategies for dealing with a variety of behaviours and common developmental issues.

For more information contact
Janet Fekete 403-732-5470
janet.fekete@bewfcss.ab.ca

STAY & PLAY

Stay & Play is a valuable program for parents and children (birth to 5 year old) to attend together.

There is **no charge**

and registration is not required.

Drop in and see what we're all about!

Songs, rhymes, stories, sand and water play, dress-ups and housekeeping, blocks, science and creative art are all available in a safe and inviting learning environment.

We invite all family members to join us at Stay & Play - Moms, Dads, and Grandparents.



"PLAY IS OUR BRAIN'S FAVOURITE WAY OF LEARNING."
~ Diane Ackerman

Barons-Eureka-Warner FCSS Parent Link Centre

Barons-Eureka-Warner Family & Community Support Services (FCSS) assists individuals, families and communities to reach their potential through Counselling, Teen's, Parenting, Senior's, Volunteer and Children's Programs.

These programs are funded by provincial and municipal governments.

There is minimal or **NO CHARGE!**

www.bewfcss.ab.ca

Barons-Eureka-Warner FCSS FAMILY COUNSELLING

Barons-Eureka-Warner FCSS Family Counsellors are available for counselling services at no charge.

Please call to make an appointment.

Lisa Vandendungen - 403-405-4466 Ext: 25

Tanie Reid-Walker - 403-360-2111 (phone or text)



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