



# NEWSLETTER



# November

# 2017

## Dates to Remember:

Nov. 1 – Dec. 15	Operation: 'Sock It to 'Em'
Sun, Nov 5	Daylight Savings Time ends
Tues, Nov 7	Grade 5/6 Scientists in School
Thurs, Nov 9	Remembrance Day Service - 8:30 a.m. Everyone is welcome.
Thurs, Nov 9	School Council Meeting – 3:45 p.m.
Fri, Nov 10	NO SCHOOL
Sat, Nov 11	Remembrance Day
Mon, Nov 13	Palliser Day in Lieu - NO CLASSES
Tues, Nov 15	Operation Christmas Child items are due
Fri, Nov 17	Turkey Bingo - 6:30 p.m.
Tues, Nov 21	Report Cards sent home
Tues, Nov 21	Lifetouch Retake day- Class group photos
Thurs, Nov 23	Assembly feat. Gr 4 Students - 2:30 p.m.
Fri, Nov 24	Sunnyside Day- SCHOOL CLOSED

## Principal's Message

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, please contact your child's teacher to set up another 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.

Connie Adserballe

## 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.

## Remembrance Day

Sunnyside School will hold a Remembrance Day service Thursday, November 9 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. 6 - Taco Time
- Nov. 20 - Swiss Chalet
- Nov. 27 - Edo Japan

## Thank You to ...

- all parents & family members who helped with Halloween activities and treats.
- Sienna Hoffman & Tom Andison for donating books to the school.
- KC Marten for donating her time driving the bus for the Grade 5/6 Field Trips.

## 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 Wednesday, November 15. Please go to [sunnysideschool.ca](http://sunnysideschool.ca) for more information on what items are recommended / approved.

## Lifetouch Retake Day

On Tuesday, November 21 we will have a retake day at the school for students who would like retakes for school pictures. We will also be taking all class group photos on that day. For those who are unable to make the retakes on our scheduled day, you will be able to have retakes done November 17 from 1:30 to 3:30pm. Please call Lisa Kennedy at (403) 327-2658 to make an appointment.

## Scientists in School

On November 7, the Grade 5/6 students will be having a Scientists in School workshop called "Electricity: Get Charged". They will explore the nature of electricity, its generation and use. They will also design and build circuits, test conductors, insulators and switches.

## Welcome

- Alix Hirsche, our new Educational Assistant in the preschool.

## Turkey Bingo

The annual Turkey Bingo will be held Friday, November 17th at 6:30 p.m. The cost is \$2.00 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.

## Report Cards

Report cards will be sent home Tuesday, November 21. Parents can keep the report card but please sign and return the report card envelope in with your child.

## Operation: Sock It to 'Em'

From November 1 to December 15, 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 such as: Salvation Army, Harbour House, Woods Homes (the Teen Shelter) & the Homeless Shelter. 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 Pumpkin parties. The children had lots of fun. October was a big hit with our Thanksgiving, community helper and Halloween themes. We enjoyed gluing bird seed on paper, talking about our teeth and dressing up.

We will be going on a Field Trip to the Lethbridge Public Library on November 28.


In November our themes will be:

- \* Remembrance Day
- \* Dinosaurs


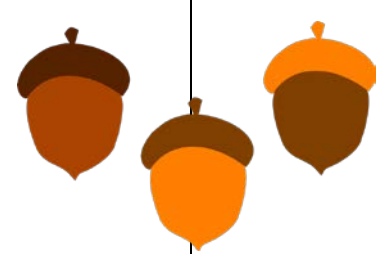
Winter may decide to show up this month, so please send your child with appropriate winter clothing (warm jackets, toque, snow pants, and mittens) so we can go outside to play!

Amanda Hudson, Early Learning Education

# NOVEMBER



**2017**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			<b>1</b> Sock Collection for Operation "Sock it to 'em" Begins	<b>2</b>	<b>3</b> Stay & Play 10:15 – 12:15	<b>4</b>
<b>5</b> Daylight Savings Time ends	<b>6</b> Hot Lunch-Taco Time	<b>7</b> Gr 5/6 Scientists In School-Electricity: Get Charged 1:00-3:30pm	<b>8</b>	<b>9</b> Remembrance Day Service 8:30 am  School Council Meeting 3:45 pm	<b>10</b> NO CLASSES	<b>11</b> Remembrance Day
<b>12</b>	<b>13</b> Palliser Day in Lieu NO CLASSES	<b>14</b>	<b>15</b> Shoebox items due for Operation Christmas Child	<b>16</b>	<b>17</b> Stay & Play 10:15 – 12:15  Turkey Bingo @ 6:30pm	<b>18</b>
<b>19</b>	<b>20</b> Hot Lunch-Swiss Chalet	<b>21</b> Report Cards Go home	<b>22</b>	<b>23</b> Assembly @ 2:30 pm Feat. Gr 4 Students	<b>24</b> Sunnyside Day- SCHOOL CLOSED	<b>25</b>
<b>26</b>	<b>27</b> Hot Lunch-Edo Japan	<b>28</b>	<b>29</b>	<b>30</b>		

# Healthy Schools Calendar

## November 2017

### National Addictions Awareness Week: From Wellness Event to Comprehensive School Health

National Addictions Awareness Week is November 12–18. Addictions don't discriminate; they can affect anyone, of any age, from any background. Use Comprehensive School Health strategies to foster a sense of belonging, build relationships and create welcoming, caring, respectful and safe learning environments. Create a culture of wellness by ensuring your school has policies and procedures that support students and staff members who disclose addictions. Remember, when it comes to addiction, small actions make a big difference.



Need support? Every school jurisdiction in Alberta has an assigned Alberta Health Services staff member to support [Comprehensive School Health](#). To find out who the contact is for your jurisdiction email: [healthychildrenandyouth@ahs.ca](mailto:healthychildrenandyouth@ahs.ca)

Resources to Support Healthy School Communities	
<ul style="list-style-type: none"> <li><a href="#">AHS Addiction and Mental Health</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Lesson Plans - Addiction Prevention</a></li> </ul>
	<ul style="list-style-type: none"> <li><a href="#">Mouse Party</a></li> </ul>
Funding Opportunity Deadlines	
<a href="#">Youth Wavemakers</a>	This grant offers up to \$500 per school to support a water or sanitation action project. This funding is specifically targeting youth that attend the Youth Wavemakers Conference and completion of an online course.
<a href="#">Youth Environmental Engagement Grants</a>	Over 100 Youth Environmental Engagement Grants are allocated each year to assist with costs associated with environmental engagement activities such as field trips to natural areas, establishing natural areas on school grounds, and obtaining supplies for environmentally-related projects and activities.
<a href="#">Canadian School Gardens Grant</a>	Funding assists schools that are developing or currently maintaining a school garden project that will help children engage with fresh fruits and vegetables.

Prepared by Alberta Health Services (AHS), Healthy Children and Youth.  
AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service associated with grants or events listed in this document.

November 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOW AVAILABLE - November's issues of <a href="#">Healthy Children</a> and <a href="#">Healthy Teens</a> newsletter for parents (aussi disponible en Français).			1	2	3	4
For resources to support building healthy school communities visit <a href="http://www.ahs.ca/csh">www.ahs.ca/csh</a>						
5	6	7	8	9	10	11
Daylight Saving Time Ends						Remembrance Day
Media Literacy Week						
12	13	14	15	16	17	18
	World Kindness Day		Canadian School Gardens Grant Due	International Day for Tolerance		
Bullying Awareness Week * National Addictions Awareness Week						
19	20	21	22	23	24	25
	National Child Day National Jersey Day					International Day of the Elimination of Violence Against Women
26	27	28	29	30		

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# Healthy Children

November 2017 Parent Newsletter

## Consent and Touch

Consent is an important concept for children to learn about from an early age. Consent is permission for something to happen or an agreement to do something. It can lead to better relationships with family, friends, peers and eventually romantic partners.

It's important to talk to your child about consent when they're still young. Here are some tips to start the conversations:

- Help your child understand that their bodies are their own and that they have the right to make decisions about their body. This includes making your child hug or kiss a family member or friends if they don't want to.
- Encourage your child to pay attention to other people's cues about personal boundaries by watching others' body language. For example, a person may take a few steps back to protect their space or they may move over slightly when someone sits too close to them.
- Encourage your child to ask for consent (e.g. ask first if you can give someone a hug).
- Teach your child to respect the 'no' messages. For example, if your child is roughhousing with another child, and the other child says "stop" they must respect that message.



### Good Touch vs. Bad Touch

Good touches are important because they make us feel loved and cared about (like hugs, kisses, cuddles, a pat on the back and high fives).

Giving hurtful touches isn't okay. It's not okay for people who take care of kids to give them hurtful touches. It's also not okay for kids to see other people getting hurtful touches. This includes touches like punches, kicks, slaps, bites or anything else that leaves a mark on their body.

➤ For more information please visit [Alberta Health Services](http://Alberta Health Services)  
[www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)

## Articles

Consent and Touch

Movement  
Guidelines for the  
Full 24-Hour Day

### Health Advice is 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.



## Movement Guidelines for the Full 24-Hour Day

Physical activity is an important part of a child's healthy lifestyle. As a child's day is filled with a variety of activities, we need to remember that every hour counts. It is important to consider the full 24 hours in a day when supporting your child with healthy movement choices in order to ensure they have optimal time to sweat, move and rest. The *Canadian 24-Hour Movement Guidelines for Children and Youth* outline what a healthy 24-hour day should look like and recommend that 5–13-year-olds should:

**Sweat:** Aim to get 60 minutes of heart pumping activity each day.

**Step:** Spend several hours in structured and unstructured light physical activity such as walking, playing, household chores and exploring outdoors.



**Sleep:** Get 9–11 hours of quality, uninterrupted sleep each night.

**Sit:** Reduce sitting time as much as possible and limit screen time to 2 hours per day.

Health benefits come from being active every day and from getting a restful sleep each night. Even if your child is active for the recommended 60 minutes per day, it is important

to recognize how the other 23 hours of the day are being spent. By achieving the right balance of movement patterns across an entire day, we can ensure that children get optimal amounts of exercise, sleep and inactive time.

➤ For tips on how to meet these guidelines, visit <https://www.participaction.com/en-ca/peptalk/kids-parenting/24-tips-for-meeting-the-24-hour-movement-guidelines-for-kids> and <http://buildyourbestday.participaction.com/en-ca/>



## 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

(Serving the County of Lethbridge)

[www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

[www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)

## Welcome!

### Parenting & Family Coach

Janet Fekete  
403-732-5470

[janet.fekete@bewfcss.ab.ca](mailto:janet.fekete@bewfcss.ab.ca)

### Counsellors

Lisa Vanden Dungen  
403-405-4466  
extension # 25

[lisa.vandendungen@bewfcss.ab.ca](mailto:lisa.vandendungen@bewfcss.ab.ca)

Tanie Reid-Walker  
403-360-2111  
(texting accepted)

[tanie.reid-walker@bewfcss.ab.ca](mailto:tanie.reid-walker@bewfcss.ab.ca)



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
				Stay & Play 10:15am-12:15pm
6	7	8	9	10
				No Program 
13	14	15	16	17
				Stay & Play 10:15am-12:15pm
20	21	22	23	24
				No Program
27	28	29	30	

With support from Provincial & Municipal governments, all services are available at minimal or no charge to residents. [www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)  
Please be advised that information on calendars is subject to change without notice. Programs may be cancelled due to bad weather, lack of response, or etc.



### 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](http://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](mailto:janet.fekete@bewfcss.ab.ca)

## November



### 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.

### 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 **NO CHARGE!**

[www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

### Barons-Eureka-Warner FCSS COUNSELLING

Barons-Eureka-Warner FCSS Counsellors are available for counselling services at no charge. Please call to make an appointment.

Lisa Vanden Dungen - 403-405-4466 Ext: 25  
Tanie Reid-Walker - 403-360-2111 (phone or text)

