



# NEWSLETTER



## Dates to Remember:

January 8

January 11

January 9 & 16

January 11 & 18

January 25

**Classes Resume**

**School Council Meeting – 3:45 p.m.**

**Skating at Adams Ice Centre- Grades 4-6**

**Skating at Adams Ice Centre- Kindergarten- Grade 3**

**Grade 5/6 Ski Trip to Castle Mountain**

## Principal's Message

Happy New Year!

January always reminds us of making resolutions and setting goals. As part of our *Healthy School Action Plan*, we are focusing on seven ways to wellness as suggested by Alberta Health Services. In January, we are encouraging students to "Be Yourself". We believe that appreciating yourself can have a positive impact on your mental health and we will be exploring this as a school this month. I'm attaching a link [here](#) if you'd like to read more about this initiative.

This month we will celebrate Family Literacy Day, our Grade 5/6 Class will have a chance to go skiing with R.I. Baker Middle School and all of our students in Kindergarten-Grade 6 will have two opportunities to go skating.

## Hot Lunch

### **January Menu:**

Jan.8	- Tim Hortons
Jan. 15	- Spaghetti & Meat sauce
Jan. 22	- Subway
Jan. 29	- Booster Juice

## Thank You to...

- Everyone who donated socks for the 'Sock It to 'Em' campaign. We donated over 80 pairs of socks to charity.
- Everyone who donated food items for the Food Bank at the Christmas Concerts.
- To the Selk Family for providing the hay ride for all the students on Dec 21.
- Mrs. Carvalho and Mrs. Slusar for all their hard work in putting on the Christmas Concert.

## Christmas Raffle/ Turkey Dinner

Thank you to Karen Barby and Gail Smith of Green Haven Garden Centre for donating the Christmas tree for the raffle. Congratulations to Ray Erickson for winning the draw. The students and staff enjoyed a delicious turkey dinner on December 21. Thank you to the Sunnyside Community Association & Sherisse Herbst for providing the meal, and to all of the parents who organized and served the meal.

## **Grade 5/6 Ski Trip**

On January 25, Gr 5/6 students have the opportunity to go Skiing with R.I Baker Middle School to Castle Mountain. Forms and payment are due back to the school by January 12.

## **School Fees**

Fees for the 2017-18 school term are \$10.00 for Kindergarten and \$45 for Grades 1 - 6. Please Go to [palliserregional.schoolcashonline.com](http://palliserregional.schoolcashonline.com). We would appreciate receiving any outstanding fee payments as soon as possible.

## **Skating**

Students will be going skating to Adams Ice Centre on the following days:

**Tues, Jan 9 from 1:30-2:30 Grades 4-6**  
**Thurs, Jan 11 from 1:30-2:30 K- Grade 3**  
**Tues, Jan 16 from 1:30-2:30 Grades 4-6**  
**Thurs, Jan 18 from 1:30-2:30 K – Grade 3**

Please complete and return the permission form that will be sent home with your child. All students must wear a CSA approved helmet to go on the ice. Please label your child's equipment with their name. The school has some helmets that can be used if your child does not have their own.

## **Grade 2/3 Double Hoop Basketball**

Mr. Van Cleave will start Grade's 2/3 double hoop basketball on Wednesdays at noon on January 17 in the gym for 8 weeks.

## **Kindergarten Registration**

Kindergarten registrations are now being accepted in the school office for September 2018. Children must be five years of age by December 31, 2018. Please have your child's birth certificate and your 911 emergency address when registering. There will be a 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 full days with additional Wednesdays starting in the spring.

## **School-Wide Assembly**

The assembly for January was moved to February 1 at 2:30 pm as it interfered with the Grade 5/6 field trip.

## **Welcome to:**

-Johanna Sinclair, a PS3 student working in the Grade 1 Classroom with Mrs. Klassen

## **Kindergarten News**

Mrs. Slusar's Kindergarten Class is still in need of 4L Milk Jugs for a special project they are working on. Please send un-squished, rinsed out jugs to school with your children. Thank you!

## **Alberta Education Accountability Pillar**

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Accountability Pillar uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey.

In January, parents of students in grades 4-6 will receive a survey from Alberta Education.

In February, students in grades 4-6 and all teachers will be completing their surveys online at school.


All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May 2018, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

# JANUARY

# 2018

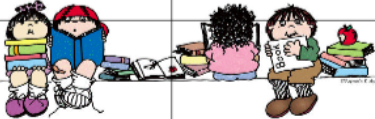
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
	1 	NO SCHOOL					
7	8 Classes Resume Hot Lunch- Tim Hortons	9 Skating at Adams Ice Center 1:30 to 2:30 Grades 4-6	10	11 Skating at Adams Ice Center 1:30 to 2:30 K- Gr 3  School Council Meeting 3:45 pm	12 Stay & Play 10:15-12:15	13	
14	15 Hot Lunch- Spaghetti & Meat Sauce	16 Skating at Adams Ice Center 1:30 to 2:30 Grades 4-6	17 Grade 2/3 Double Hoop Basketball 12:00-12:23	18 Skating at Adams Ice Center 1:30 to 2:30 K- Gr 3	19 Stay & Play 10:15-12:15	20	
21	22 Hot Lunch- Subway	23	24 Grade 2/3 Double Hoop Basketball 12:00-12:23	25 Grade 5/6 Ski Field trip to Castle Mountain	26 Celebrate Family Literacy Day  Stay & Play 10:15-12:15	27	
28	29 Hot Lunch- Booster Juice	30	31 Grade 2/3 Double Hoop Basketball 12:00-12:23				

## 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	
<b>Parenting &amp; Family Coach</b> Janet Fekete 403-732-5470 <a href="mailto:janet.fekete@bewfcss.ab.ca">janet.fekete@bewfcss.ab.ca</a>  <b>Counsellors</b> Lisa Vandendungen 403-405-4466 extension # 25 <a href="mailto:lisa.vandendungen@bewfcss.ab.ca">lisa.vandendungen@bewfcss.ab.ca</a>  Tanie Reid-Walker 403-360-2111 (texting accepted) <a href="mailto:tanie.reid-walker@bewfcss.ab.ca">tanie.reid-walker@bewfcss.ab.ca</a>  <b>Youth Empowerment Coach</b> Amanda Lawrence 403-405-4466 ext 2751 <a href="mailto:amanda.lawrence2013@gmail.com">amanda.lawrence2013@gmail.com</a>  	1	2	3	4	5	
		8	9	10	11	12
		15	<b>National Literacy Day is January 27<sup>th</sup></b> <b>The ABC's of Family Literacy</b> Act out a story with your child. Babies enjoy looking at pictures with bright colours and faces. Connect what happens in the book to your child's life. <a href="http://www.FamilyLiteracyDay.ca">www.FamilyLiteracyDay.ca</a>		18	19
		22	23	24	25	26
		29	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](http://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](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)

### 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.



"The best inheritance a parent can give his children is a few minutes of his time each day."  
- O. A. Battista

### 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 Vandendungen - 403-405-4466 Ext: 25  
Tanie Reid-Walker - 403-360-2111 (phone or text)

# Happy New Year!

# Healthy Children

January 2018 Parent Newsletter



## Articles

Promote Positive Mental Health with Nutrition

The Toothpaste Truth

## Promote Positive Mental Health with Nutrition

Did you know there may be a link between what children eat and their mental health? Children need nutritious food to grow healthy bodies and healthy brains. Your brain uses natural chemicals called neurotransmitters as signals, affecting how you think, feel and act. The foods children eat can impact the release of neurotransmitters in the brain. To support positive mental health encourage your child to eat vegetables and fruit every day, and limit processed foods that are high in sugar, salt and fat. Offer water when they are thirsty and limit drinks with

added sugar and caffeine. There are simple ways you can help your child eat a healthy diet:

- Encourage your child to eat breakfast and lunch every day and not skip meals: eat regularly for all-day energy!
- Eat meals together: this allows you to serve nutritious food, role model healthy eating and enjoy social time as a family.
- At meal times plan a healthy plate by making half of your plate vegetables and fruit.



For more ideas visit <http://www.albertahealthservices.ca/nutrition/Page12598.aspx>

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>



## The Toothpaste Truth

It may be difficult to believe, but toothpaste doesn't actually clean your teeth! It's the motion of the toothbrush that removes the sticky film on our teeth, called 'plaque'. Similar to cleaning peanut butter off a spoon, no matter how much water or soap you use, only a brushing motion will successfully remove that sticky peanut butter. Test it out yourself! Use a dry toothbrush to clean your teeth and then use your tongue to feel your teeth. Were you able to make your teeth feel smooth without using toothpaste?

So why do we use toothpaste? Let's start with the most important reason.

### Fluoride

The most essential component added to toothpaste is fluoride. Fluoride strengthens teeth and repairs damage caused by tooth decay acids. Brushing with fluoride toothpaste twice a day is an effective and low cost way to prevent tooth decay.



### Freshens breath

Toothpaste contains mint or often some other flavoring. This flavoring makes toothpaste taste good and also helps to freshen your breath.



For more information about oral health, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth)

### Addresses Special Needs

Specialty toothpastes contain specific ingredients to address needs like sensitive teeth.

So although toothpaste may not clean your teeth, it is important because it will keep your teeth strong and decay free.