



NEWSLETTER

2018

Dates to Remember:

May 2	Wear a hat for Mental Health! / Kindergarten day / Poetry Day
May 3	Gr 3 Field Trip- Ukrainian Dancers/ Jump Rope for Heart Assembly- 2:30pm
May 7	Music Monday Assembly- 2:30pm
May 8	Achievement Test - Gr 6 Language Arts Part 'A' / Staff Appreciation Day
May 9	Final Mini Basketball Games / Pizza Party at noon
May 10	Council Meeting 3:45 pm / Feel the Beat / Gr 3 Scientists in School 1-3:30pm
May 14	PD Day- NO CLASSES
May 15	Grade 5/6 Field Trip to Waterton National Parks
May 17	R.I Baker Middle School New student Orientation Night 6-7pm
May 18	Last day for Religion classes & Wellness Groups
May 21	Victoria Day - NO CLASSES
May 22	Staff Professional Development Day - NO CLASSES
May 24	Leadership Conference "See the Leader in me"
May 25	Kids Dance Night @ McNally Hall
May 26	Barn Dance Fundraiser at McNally Community Center
May 31	Assembly Feat. Grade 1 Students- 2:30pm

Principal's Message

The month of May is full of lots of exciting opportunities for our students. From poetry recitations to field trips to Jump Rope for Heart, our students are learning to lead every day.

There are lots of ways to keep informed with our school news through email and our website.

Fundraiser for Humboldt Broncos

On April 17 we held a hot dog fundraiser to help raise funds for the tragic accident involving the Humboldt Broncos bus. Together we raised \$239.00. Due to the GoFundMe page closing, we will be making the donation to Stars Air Ambulance on behalf of the Humboldt Broncos. Thank you to everyone for their donations and help!

Mini Basketball

Mini basketball season will wrap up on May 9 with the final games being played. We will be having a pizza party for the team players at noon that day. Thank you to Mr. Van Cleave for running this program.

Wear a Hat for Mental Health

On Wednesday May 2, Albertans are invited to wear a hat to raise awareness of the importance of good mental health. Sunnyside School will participate by encouraging both students and staff to wear hats, and by engaging in conversations focused on understanding mental health and the importance of removing stigma associated with mental illnesses.

'Feel the Beat' Presentation

Students from Kindergarten to Grade 6 will attend a University of Lethbridge 'Feel the Beat' presentation at Southminster United Church on May 10. This is a 50-minute performance which begins at 10:00 am. Students will leave the school at 9:25 a.m. and return by 11:15 a.m.

Hot Lunch

May 7 - Booster Juice
May 28 - Taco Time

ELP Registration

Registrations for the Early Learning Program for the 2018 - 2019 school term are being accepted in the school office. Children must be 4 years of age by September 1, 2018 to register. Please have your child's birth certificate and your 911 emergency address when registering.

Achievement Tests

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

Tues, May 8 - Language Arts Part 'A'
Tues, June 19 - Language Arts Part 'B'
Wed, June 20 - Mathematics
Fri, June 22 - Science
Mon, June 25 - Social Studies

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 2:30 pm on Thursday, May 3 with the skipping event planned for Fri, June 1 at 11:30.

Running Club

For students who would like to register for the Little Soul's Marathon, Register early and find information on their website at <https://raceroster.com/events/2018/15992/little-souls-2018>. The entry deadline is May 30 but only entries received by May 23, 2018 will be guaranteed a shirt. Entries are **LIMITED** to 600 participants and kids can be no older than 12 years of age on race day.

Early Learning Program

Although April was a short month, we still were able to fit in the fun and exciting theme of Easter! Decorating Easter eggs, and just before the Easter break an egg hunt. Nursery Rhymes was our theme right after break and Humpty Dumpty was a huge hit with our kids. We held an experiment to see which materials (pompoms-golf balls-marbles-sponges- playdough-cotton-blankets-egg carton) would save humpty dumpty from cracking if he fell off our wall. Next came our weather theme- made their own weather calendar, dropped marbles onto a picture of an umbrella to simulate raindrops. There will be a Mother's Day tea May 9 & 10 @10:30 am. You deserve it! May will be an exciting month exploring planets, farms and bugs.

Developmental Check-ups

Sunnyside School will be hosting developmental check-ups for three to five-year-olds who are entering our Early Learning or Kindergarten Programs this fall. These check-ups are a service to parents, providing access to experts in early childhood development, including speech and language pathologists, right in their own communities. These free, one-hour sessions are a great way for parents/guardians to confirm which skills their children are well on their way to mastering and which areas require more support. These check-ups help determine the support and resources incoming early learning and kindergarten students will need this fall. They also give children an opportunity to visit the School, meet the teacher, and to have a positive hour of fun activity, and alleviate some of the anxiety that might come when school starts. Sunnyside School's Early Learning and Kindergarten programs give children a positive, fun foundation to ensure readiness for Grade 1. Developmental check-ups will be held at the school on **June 7, 2018**. Please contact us at **(403) 327-9214** to make an appointment. We look forward to meeting you and helping your child prepare for school.

R.I Baker New Student Orientation

On Thursday, May 17, from 6:00-7:00 pm, R.I. Baker will be hosting its New Student Orientation. When students arrive at the school, they will participate in an activity that will guide them through various spaces in the school, and provide them with an opportunity to meet staff members. This activity will be followed by a short assembly. If you are new to Baker in September, they hope to see you there!

Kindergarten Days

Kindergarten will be starting classes 3 days a week on Tuesdays, Wednesdays and Thursdays starting May 2.

Barn Dance Fundraiser

Sunnyside Community Association is hosting a spring fundraiser Barn Dance at McNally Community Center on Saturday, May 26. They will be having a catered dinner, auction and dance. The funds raised will go towards the unique opportunities and extra activities for the students at our school. Tickets are \$40 and can be purchased at the school office.

A kids Dance will be held Friday, May 25 from 5-7pm at McNally Hall. There will be pizza and refreshments for the kids, as well as DJ entertainment.

There are many opportunities to help , such as set up/clean up, donating an item for auction, baking a dessert, purchasing supplies needed for the event. Please contact the Community Association for any questions or concerns.

Elementary Leadership Conference

Sunnyside School has nominated five students who show excellent leadership skills from to represent our school at the Palliser Regional Schools Leadership Conference on May 24.

Gr 4-6 students from across the district will come together to participate in a variety of activities related to leadership growth. Congratulations to Anastasia, Ethan, Olivia, Sienna and Natalia!

Poetry Day

In celebration of poetry this month, each student will be asked to learn a poem for our day of 'Poetry Presentations'. This school-wide activity is designed to help students speak in front of people and to develop an appreciation for poetry. Students will recite their poem in the Learning Commons on Wed, May 2. The times of the presentations are listed below. Parents are invited to attend. If possible, we ask that you not bring younger siblings as it is distracting for the presenters.

8:45-9:15	Kindergarten
9:15-9:45	Grade 1
9:45-10:15	Grade 2
10:45-11:15	Grade 3
11:15-11:45	Grade 4
2:45-3:30	Grade 5/6

Grade 5/6 Field Trip to Waterton

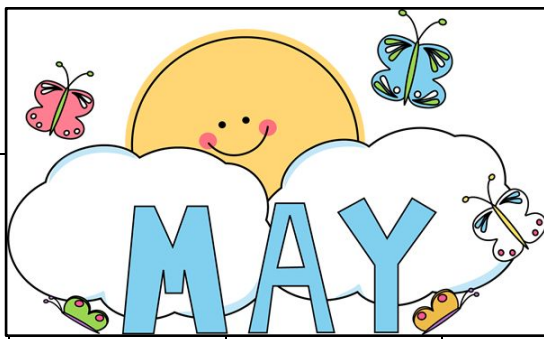
The Grade 5/6 class will be going on a day trip to Waterton Park on Tues, May 15. Students will take part in a variety of activities such as exploring various park ecosystems and restoration activities. We are looking for 4 parent volunteers. If you are able to attend, please contact Mrs. Carvalho. More information will go home in the next few weeks.

Music Monday Assembly

Music Monday is an annual initiative that brings together thousands of students, musicians, parents and community members across the country to celebrate the power of music in our lives, on the same day at the same time. Come join us on Monday, May 7 at 2:30 for an assembly where we will sing the Music Monday anthem *Sing it Together*. We will also showcase some students as they share their individual music talents and explain how music education is important in their lives. Hope you can make it!

Thank you to...

- The Visser Family for donating books to our school.



2018

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
		1 Running Club- 12:00 – 12:30	2 Wear a hat for mental Health Poetry Day Mini Basketball for Gr 4,5 & 6 3:30 – 4: 35pm	3 Running Club- 12:00 – 12:30 Grade 3 Field Trip- Troyanda Ukrainian Dancers Jump Rope Assembly @ 2:30	4 Stay & Play 10:15 – 12:15	5
6	7 Hot Lunch- Booster Juice Music Monday Assembly	8 Running Club- 12:00 – 12:30 PAT - Gr 6 Language Arts Part A Staff Appreciation Day	9 Pizza Party for Mini Basketball teams @ noon Last day of Mini Basketball for Gr 4,5 & 6 3:30 – 4:35pm	10 School Council Meeting 3:45 Running Club- 12:00 – 12:30 'Feel the Beat' Field Trip K- Gr 6 10:00am Gr 3 Scientists In School 1:00-3:30pm	11 Stay & Play 10:15 – 12:15	12
13	14 PD Day- NO CLASSES	15 Running Club- 12:00 – 12:30 Grade 5/6 Field Trip to Waterton	16	17 Running Club- 12:00 – 12:30 R.I Baker new student Orientation night 6-7pm	18 Stay & Play 10:15 – 12:15 Last Religion classes / Wellness Groups	19
20	21 Victoria Day NO SCHOOL	22 Staff PD Day	23	24 Running Club- 12:00 – 12:30 Elementary Leadership Day- Champion School	25 Stay & Play 10:15 – 12:15 Kids Dance Night @ McNally Hall 5-7pm	26 Barn Dance Fundraiser @ McNally Community Center
27	28 Hot Lunch- Taco Time	29 Last day of Running Club- 12:00 – 12:30	30	31 Assembly Feat. Gr 1 Students 2:30pm		

Healthy Children

May 2018 Parent Newsletter



Articles

Spending Quality Time Together

Help Keep This Summer *Ouch* Free

Spending Quality Time Together

It's important for families to share experiences and quality time together. Quality time is interactive rather than something passive, like watching television. One way to increase quality time together is by setting aside at least one evening a week as a family. Play games, have a family book club, make dinner together, or go on walks taking a different route each week. Set aside media-free family time on evenings and weekends. Read aloud together, toast marshmallows, listen to music, play outside, go on an outing...you get the idea! On those days when life is especially busy and a board game or a game of tag isn't possible, try to honour mealtimes as 'connecting times'.

Children and youth who have close bonds with their families are often emotionally healthy and perform better in school. Even though a family is strengthened by its togetherness, it shouldn't come at a cost to each person's need for independence. A healthy family balances connectedness with independence allowing everyone some room to be their separate selves. It's both the differences and sense of belonging that creates the model for children to thrive.

Making time to spend together as a family might require cutting back on other activities or shifting your current schedule.

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.



Help Keep This Summer *Ouch* Free

The summer months are upon us, bringing more opportunity for your child to enjoy various fun activities. To bring extra excitement and activity options to your child this summer, you may consider purchasing a trampoline for the home. However, playing on a trampoline is not the best activity as it can pose significant risk to your child.



As fun as it may be, jumping on a trampoline is actually a high-risk activity that can lead to serious injuries. Here are some interesting facts about playing on trampolines.

- **98** - the number of children (aged 0–14 years) in Alberta that were injured badly enough to require hospital admission for injuries sustained from trampoline play in 2015.
- **31%** – the increase in trampoline related injuries between 2013 and 2015.
- **1,919** – the number of children (0–14 years) in Alberta that sustained trampoline related injuries

severe enough to require care in the emergency department in 2015.

Even with supervision, safety netting and padding, playing on a trampoline is still risky for your child since most of the injuries occur on the trampoline itself. Broken bones, sprains, head injuries, bruises and cuts are examples of the types of injuries that result from using a trampoline – turning this seemingly fun activity into a major *ouch* for your child.

Instead of your child playing on a trampoline consider other activities such as:

- Jumping rope
- Playing catch
- [Riding a bike](#)
- [Playing at the playground](#)

Pretend and creative play are also great options that allow your child to use their hands and minds to build and create.

Whichever of the suggested activities you choose, ensure you actively supervise your child as it is the best way to help reduce the risk of injury.

For more information on trampolines visit

<https://myhealth.alberta.ca/Alberta/Pages/trampoline-safety.aspx>

Sunnyside Parent Link Centre & 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

93075 Range Road 21-2

(Serving the County of Lethbridge)

www.bewfcss.ab.ca

www.parentlinkalberta.ca

	Monday	Tuesday	Wednesday	Thursday	Friday	
Parenting & Family Coach Janet Fekete 403-732-5470 janet.fekete@bewfcss.ab.ca Counsellors Lisa Vandendungen 403-405-4466 extension 4 lisa.vandendungen@bewfcss.ab.ca Tanie Reid-Walker 403-405-4466 extension 5 tanie.reid-walker@bewfcss.ab.ca Youth Empowerment Coach Amanda Lawrence 403-405-4466 ext. 8 amanda.lawrence2013@gmail.com 		1	2	3	5	
	7	8	9	10	12	
	14	Mental Health Week May 7-13 For more information on how to take care of your family's mental health please visit these websites: www.mentalhealthweek.ca www.camimh.ca www.cmha.ca			17	19
	21	22	23	24	26	
	28	29	30	31		
					Stay & Play 10:15am-12:15pm	
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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.

FCSS
Sunnyside Parent Link Centre
 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!**

TRIPLE P
POSITIVE PARENTING PROGRAM
www.alberta.triplep-staypositive.net
 Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour. The Triple P Positive 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. Parents meet with a trained Triple P Practitioner, share their struggles and work on a parenting plan that is tailored to the family's needs.
 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 years 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.
A Typical day at Stay & Play:
 Free Play-Snack-Circle Time-Messy Play-Tidy Up Time-Time to Go

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

a safe parenting space for a deep sense of security, a haven, a base from which to explore.
 Marlene O'Neill-Laberge



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.

FCSS FAMILY COUNSELLING
 FCSS Family Counsellors are available for counselling services at no charge. Please call to make an appointment.
 Lisa Vandendungen 403-405-4466 - Option #4
 Tanie Reid-Walker 403-405-4466 - Option #5

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