



NEWSLETTER



Dates to Remember:

Sept 3	Labour Day- NO CLASSES
Sept 4	First day of school / Assembly at 10:00am
Sept 13	Meet the Staff Night/ School Council Elections
Sept 14	Terry Fox Run
Sept 27	Assembly at 2:30pm

Principal's Message

On behalf of the staff, it's my pleasure to welcome you to the 2018-2019 school year.

I hope that the summer months have provided you with a chance to rest and relax and an opportunity to rejuvenate. A special welcome to our new students and families that have joined the Sunnyside community. We are looking forward to getting to know you and I'm sure you'll love this school.

As has been the case over the last few years, more improvements were made to the school over the summer. This summer, our parking lot was paved! I know this improvement will make a big difference to our little school.

To celebrate the start of the school year, we will have a welcome back and meet the staff parking lot party on September 13 from 5:30-6:30.

Following this, a short school council meeting will be held in the gym from 6:30-7:00. All parents are part of the school council and are invited to attend these meetings. Being a part of the school council is a great way to be involved in your child's education.

Welcome

- Mrs. Jennifer Jesse, our new Gr 5/6 teacher.
- Miss Cathryn Story our intern in Kindergarten and Grade 2 & Miss Myranda Ekkel our intern in Grade 3.

Inside/Outside Footwear

We are so proud of our school and all the improvements that have been made over the summer. To help us keep it clean, we are requesting that all of our students have an inside and outside pair of shoes. Thank you for your assistance!

Home/School Communication Tool

This year, each child in Kindergarten & Grade 1 will be provided with a clear plastic envelope for a home/school communication and organizational tool. Please check this envelope daily for important notices. As well, please use the envelope to send notes or other information to the school.

Sunnyside Staff 2018-2019

Mrs. Connie Adserballe	- Principal
Mrs. Amanda Hudson	- E.L.P. Educator
Mrs. Mona Slusar	- Kindergarten / Music
Mrs. Andrea Klassen	- Grade 1
Mrs. Lynnell Hudey	- Grade 2
Mrs. Jan Henderson	- Grade 3
Mr. Ken Van Cleave	- Grade 4
Mrs. Jennifer Jesse	- Grade 5/6
Ms. Cassie Koopmans	- Administrative Assistant
Mrs. Brenda Hancock	- Learning Assistant / Learning Commons
Ms. Lynnette Voth	- Learning Assistant
Mrs. Linda Van Bezooeyen	- Learning Assistant
Miss. Julia Newberry	- Learning Assistant
Mrs. Alix Hirsche	- Learning Assistant
Mrs. Debbie Roth	- Custodian
Ms. Nicole Stafford	-Family School Liaison Counsellor
Miss. Cathryn Story	-K/Grade 2 Intern
Miss. Myranda Ekkel	-Grade 3 Intern

Bus Lane

Please be aware that there should be no vehicles in the bus lane during school hours. As well, please note that there is a \$450.00 fine to pass a bus with flashing lights. Palliser has introduced a new safety tool, as several buses were equipped with cameras that can capture still and video images of what is occurring inside or outside the bus. Last year, additional camera units were added to the fleet.

Monthly Newsletter

Newsletters will be sent electronically. Please ensure that we have your current email address. A copy of the newsletter will also be available on the website. Sunnyside School's website can be accessed at www.sunnysideschool.ca. Please contact the school office if you cannot access the website and would like to request a paper copy.

School Fees

Elementary textbook rental fees are waived by Palliser Regional Schools for this school term. The following fee structure will be in effect for this year:

	Kindergarten:	Grade 1 - 6:
Technology Fee:		\$35.00
Special Project Fee:	<u>\$10.00</u>	<u>\$10.00</u>
	\$10.00	\$45.00

Palliser Regional Schools has implemented an online payment system. Our goal is to become a "cash-less" school. Thank you for taking the time to use this system.

Early Learning Program Fees

The fee for E.L.P. students is \$80 per month for two half days of programming per week. Online payments are now available on School Cash Online or you can send ten postdated cheques made payable to **Palliser Regional Schools** dated for the first of each month from September to June. These will be forwarded to the Palliser office and deposited on the first of each month and a receipt will be issued.

Forms

Each student will receive a *Student Information Verification Form*. Please review this sheet, make any changes, sign the sheet, and return to the school. Please complete the Information Technology User Agreement, Consent for Information Disclosure form as well as the Health Screening Consent for each student and return them in your child's agenda. You will also receive a Threat Assessment letter and FOIP forms. If you wish to purchase Student Insurance, applications should be remitted directly to the company.

Bell Times

The morning warning bell rings at 8:27 a.m. with classes starting at 8:30 a.m. Students will be dismissed at 3:31 p.m. Monday to Thursday. Please be reminded that school will dismiss at 12:30 p.m. on Fridays. If parents are picking up their child, we ask that you wait until the buses leave the school. Also, please remember that you must not park or drive through the bus lanes on the west side of the school during bus times.

Terry Fox Run

Sunnyside School will take part in the Terry Fox Run on Friday, September 14. All students will meet in the gym at 11:15 am. Parents are welcome to join us. Each family will receive a Terry Fox pledge sheet that can be used for donations. We encourage each student to bring in a toonie or other donation with all funds collected to be forwarded to the Terry Fox Foundation for cancer research.

Palliser Transportation Policy

The Palliser Regional Schools transportation services department has a casual rider policy. Any student wishing to access a bus that they do not normally ride on may do so as long as a Request for Ride-a-Long form has been completed in advance. This policy allows for students who do not ride a bus to travel to a friend's house for birthday parties, etc. as long as a completed form has been handed in to the school office and a copy given to the bus driver. Forms can be requested by contacting the school office or on our website: Click on ABOUT/Documents/Request for Ride-a-long form.

Assemblies

It is our desire to promote a positive school community, to share and celebrate one another's accomplishments and to inform one another of the events taking place at Sunnyside School. Our assemblies will be held the fourth Thursday of the month with the first one taking place September 27 at 2:30 p.m.

Allergy Aware School

We have students attending Sunnyside School with nut, peanut and other allergies. We can never have a peanut free school, but instead we will make students aware of what allergies do exist and take measures to minimize those risks. Please let us know if your child is allergic to certain foods so that we can keep them away from triggers. Call us if you have further questions.

Welcome Back & Meet the Staff

Please join us on September 13 at 5:30-6:30 p.m. for a welcome back & meet the staff hot dog BBQ in our new paved parking lot! Each student will be provided with a hot dog. If you wish to purchase more, each additional hot dog will be \$1 each. Also, please bring your own water bottles to help reduce waste. This BBQ will be followed by a parent council meeting from 6:30 p.m. – 7:00 p.m. in the school gym. During this time, we will provide parents with an opportunity to sign up for school council committees.

Microwave Use

Over the last few years, we have seen a significant increase in the number of lunches that need to be microwaved at school. As a result, students are waiting in long lines to have their food heated, and several staff are required to ensure food is being safely heated and transported back to their desks. Our school does not have the electrical capacity to operate several microwaves at one time so unfortunately purchasing more microwaves is not the solution.

As we transition to limited microwave use, please consider alternatives to microwaving food such as a thermos or food that doesn't require heating. We understand how challenging it can be to pack a lunch that your child will enjoy, but we really need your help in limiting how often your child needs to use the microwave at school.



2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labour Day NO CLASSES	4 First Day of School Assembly at 10:00am	5	6	7	8
9	10	11	12	13 Welcome back / Meet the Staff Night / Parent Council Meeting	14 Terry Fox Run 11:15	15
16	17	18	19	20	21	22
23 30	24	25	26	27 Assembly at 2:30 p.m.	28	29

Healthy Children

September 2018 Parent Newsletter



5 Easy Ways to Tame Tech Use

What happens in your home when it's time to turn off the screens? Epic whining? Begging for just 15 more minutes? Dramatic allegations that you are the strictest of ALL parents? You are not alone. Flashy games, social media and endless online video content make technology very appealing to kids and adults alike. Parents often struggle with how to get their kids unplugged more often. It's not always easy but it can be simpler than you think. Here are five ways to tame tech use:

1. Make tech-free times. For example, at the dinner table or when guests are visiting.
2. Get out in nature. Nature can be a delightful distraction! Get out of cellular range for the full tech-free effect.
3. Make sure screen use doesn't cut

into important sleep time. Keep screens out of the bedroom.

4. Encourage a range of activities. As the old adage goes, variety is the spice of life.
5. Be a good role model with your own screen time habits. Follow the rules your family has agreed on.

Taming technology in your home doesn't mean your child can't play video games, watch movies or text their friends. What's most important is that families have plenty of media-free time to enjoy relationships, hobbies and memorable adventures.

➤ For more information about screen time, visit http://www.csep.ca/CMFiles/Guidelines/CanadianSedentaryGuidelinesStatements_E_2012.pdf

Articles

5 Easy Ways to Tame Tech Use

Bike Safety: What should parents know?

Does your child's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and/or existing run clubs. To learn more visit www.amayouthrunclub.com/



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

Bike Safety: What parents should know

This fall, your child may want to exert some independence by biking to school or to another destination on their own. If you are trying to decide if your child is ready to bike alone, consider if they are ready to judge traffic and safety risks.

Your child's ability to ride on the road is based on their experience, environment and development. Most children are not ready to ride in traffic until they are between 10 and 14 years old. Before they can ride on the road they will need to learn safe practices, such as:

- Paying attention
- Using brakes and hand signals
- Learning car and traffic signals
- Staying away from major risks such as busy intersections or hidden driveways
- Passing pedestrians safely

Also consider the route your child will take to school. Is there



a lot of traffic or construction? Are there safe intersections to cross at?

Whether they are with you or alone, your child must wear a helmet. It is the law in Alberta. Bike helmets can protect your child from head injury by as much as 80%! But all helmets are not made equal. Ensure your child is wearing the right helmet for cycling. Other wheeled activities such as skateboarding require a different type of helmet. Also ensure your child's helmet is a good fit. The [AHS](#)

[Bike Helmet YES](#) test will help guide you in buying, fitting and using the helmet properly.

Be a role model by wearing your helmet on every ride. Teaching and practicing the rules of the road, and wearing the right gear will help make this biking season a safe one.

➤ For more information about bike and small wheeled recreation safety, visit MyhealthAlberta.ca

