



# NEWSLETTER



2018

## Dates to Remember:

Oct 1	Grade 3 Scientists in School Presentation- 1:00pm
Oct 3	Grade 4 Field Trip to the Lethbridge Landfill
Oct 5	Wellness Friday's small groups begin
Oct 8	Thanksgiving day- NO CLASSES
Oct 9	PD Day- NO CLASSES
Oct 11	School Council Meeting @ 3:45pm
Oct 15-19	Parent/Teacher Conferences
Oct 16	Gr 2 & 3 "Do Bugs Need Drugs" Presentations
Oct 18	School Picture day
Oct 25	Assembly at 2:30pm led by Grade 5/6 Students
Oct 30	Kindergarten Halloween party / parade at 2:30pm
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. October marks the beginning of small group activities for Wellness Friday. Each child will have an opportunity to explore a variety of activities geared to promote health and well-being. We will offer 2 sessions of Bible stories during this time as well for those families that would like to choose that option.

Parents will also have an opportunity to discuss their child's progress at the parent teacher interviews scheduled for the third week in October. Information for the online booking system will come out shortly.

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

## 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 \$625.25 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 5. 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 Wednesday, October 31. Classes will be having their parties in the afternoon as well as a parade at 2:30pm. Kindergarten will have the same schedule on Tuesday, October 30. 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.

## **Parent-Teacher Interviews**

Parent teacher interview will take place on the week of October 15-19 for Kindergarten – Grade 6. Interviews will be booked online using School Appointments. An email will be sent home with instructions to book interviews.

## **Scientists in School**

On the afternoon of Oct 1, Grade 3 students will take part in a Scientist in School Presentation called "Don't take Rocks for Granite". Students will learn about geological forces while making a metamorphic rock to keep, as well as test water erosion and use clues to identify a mystery mineral.

## **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. Ask your children about these books. In October we will be focusing on Thanksgiving and all the things we are thankful for. After Thanksgiving we will have a theme on "community helpers" firefighters, police officers, doctors etc. And then there is Halloween! We will have dress up centers, pumpkin crafts, and other fun activities. We will have a Pumpkin party October 30 and 31.

Just a reminder to send your child dressed appropriately for the weather. We want to enjoy our time outside as long as possible.

Amanda Hudson, Early Learning Educator

## **School Council News**

### **Our 2018-19 Council looks as follows:**

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

Thank you to those who have signed up to help with committees. If there is an area you would like to help with, please contact us at sunnysideschoollethbridge@gmail.com, and we will gladly slot you in!

## **School Picture Day**

School Pictures will be done in the morning of Thursday, October 18.

## Palliser International Exchange Program

Palliser Regional Schools offers an International Education Program for students from around the world to have the opportunity to come and study in Canada. This year, Palliser is/will be hosting students from Brazil, Colombia, Mexico, Chile, Spain, Germany, Japan, China, Philippines, Thailand, Korea, Nigeria, Sri Lanka, and Spain. Palliser's program has become widely recognized by international agencies. The popularity and success of our program is due in part to the incredible support the program has received from our wonderful host families. Without this continued support, our program would not exist.

Palliser will be welcoming a group of 19 students (ages 10-11) and two chaperones from Qingdao, China on October 23, 2018). The group will be here for one month (departing on November 23, 2018). It is our intent to place these students into R.I. Baker, Jennie Emery and Sunnyside schools. We are currently looking for host families that may be interested in hosting one or possibly two students (or a chaperone - 1 male (42) and 1 female (27) from this group for the time period specified.

These students will need host families who are willing to provide food, lodging and a supportive home life during their stay. Each host family will be paid \$750 per month to support the student's needs.

One of the great benefits of being a homestay family is the opportunity to build connections with a family from another country and experience southern Alberta through the eyes of someone seeing our way of life for the first time.

Host families will need to submit a home stay application form, provide a criminal record check for all individuals residing in the home over the age of 18 and provide a tour of your visit from a homestay coordinator.

If you're interested becoming a host family, please contact Barb McDonald at the division office at 587-486-0320 (direct office line) 403-382-9499 (cell) or via email to [barb.mcdonald@pallisersd.ab.ca](mailto:barb.mcdonald@pallisersd.ab.ca)

## "Do Bugs Need Drugs?" Grade 2 & 3 Presentations

On October 16, The Grade 2 & 3 Students will take part in an hour long presentation called "Do Bugs Need Drugs?" This is a community based program delivered by U of L 3rd & 4th year nursing students which teaches children about antimicrobial stewardship, the importance of handwashing, the differences between bacteria and viruses, the wise use of antibiotics and ways to prevent antibiotic resistance. The presentation for the Grade 2 students will be from 9-10 am and the presentation for the Grade 3 students will be from 12:45-1:45pm.



# October

# 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Grade 3 Scientist in School Presentation	2	3 Grade 4 Field Trip to the Lethbridge Landfill 10:45-12:00	4	5 Wellness Friday's small groups begin	6
7	8 Thanksgiving Day NO CLASSES 	9 Palliser Day in Lieu NO CLASSES	10	11 School Council Meeting 3:45 pm	12	13
14	15	16 "Do Bugs Need Drugs" Gr 2- 9:00-10:00am Gr 3- 12:45-1:45pm	17	18 School Picture Day	19	20
<b>PARENT/TEACHER CONFERENCES</b>						
21	22	23	24	25 Assembly @ 2:30 pm (lead by Gr 5/6 students)	26	27
28	29	30 Kindergarten Halloween Class Party	31 Halloween Class Parties			

# Healthy Children

October 2018 Parent Newsletter



## 5 Easy Tips to Get Rid of Lice

Lice! The word can send many parents into a panic. No one wants to get a call that their child has lice. Lice can happen to anyone, anytime. Rich or poor, clean or dirty, lice do not discriminate. The head louse is one of several types of lice, but it only infests the scalp. The head louse is not known to spread disease. Up to 10% of elementary school children may have lice. If a child has lice it can spread to other family members or close contacts. Head lice do not hop or fly. The lice spread by contact with the hair of a person who has lice.

So what do you do if your child has lice?

1. Try not to panic.
2. Treat only those with lice. Talk to a pharmacist for the most

current and effective treatment.

3. Wash bedding and clothing, especially head gear and scarves in hot water. Drying on a hot cycle will help but is not necessary.
4. Soak combs and brushes in hot water approximately 55 degrees Celsius.
5. Do not use sprays to treat the house. They can be toxic.

Finding lice does not mean that your child gets time off school. Your child can go home at the end of the day and still return the next day after treatment.

➤ **For more information about head lice and treatment, visit** <https://www.albertahealthservices.ca/assets/info/school/if-sch-sh-head-lice-and-how-to-treat-them.pdf>

## Articles

5 Easy Tips to Get Rid of Lice

Food in the Media

### World Mental Health Day

October 10<sup>th</sup> is World Mental Health Day. You can use this day as an opportunity to check in with your child and see how they are doing. Asking every day questions can help such as: "How was your day?" or "What was the most challenging thing you did today?"

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



To find an electronic copy of this newsletter visit [www.ahs.ca/csh](http://www.ahs.ca/csh)

## Food in the Media

Has your child ever asked for food because they saw it advertised? If so, you're not alone. Ads can influence children's food requests and eating habits. Making food and drinks appeal to kids is a multi-billion dollar industry. The problem is, 90% of foods advertised to kids are high in sugar, salt and fat.

Food and drink ads are in television commercials, magazines, videos on social media, games on websites and cell phone apps. For example, kids see over 2.5 million food and drink ads per year on their favourite websites alone!

What can parents do?

**Teach media literacy:** Talk with your child about the ways that companies advertise foods to them. Around 10 years old, children can understand the intent of ads.

**Limit screen time:** Decrease the time that your child sees ads by limiting screen time. Ideas for other activities include crafts, dress-up, playing outside or reading.



**Parents and children can eat the same foods:** Products marketed as "kid food" are often high in fat, sugar or salt. For example, fruit flavoured gummies are usually high in sugar and contain little-to-no fruit.

**Support schools and recreation centres that are trying to avoid food ads:** Tell them you support their efforts to make healthy changes. Work with others to keep your community free from this advertising.

➤ For more information, visit the **Raising Healthy Kids media literacy channel:**  
<https://vimeo.com/channels/rohkfodliteracy>

# Healthy Schools Calendar

## October 2018



### World Mental Health Day

**World Mental Health Day** is on October 10th every year and can be an opportunity to begin discussions in your school community about mental health. The theme for this year's mental health day is *Young People and Mental Health in a Changing World*. Talk with students about what is needed to grow up healthy, happy and resilient in our rapidly changing world. How can your school community support these needs? What supports are already in place in your school community for students? Students and staff can work together, using the [JCSH Positive Mental Health Toolkit](#), to measure and improve positive mental health practices in their school over time.

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="#">Junior High Mental Health Kit</a></li> <li>• <a href="#">Talking About Mental Illness: Teacher's Resource</a></li> <li>• <a href="#">Teen Mentoring Toolkit</a></li> <li>• <a href="#">Mix It Up: Teaching Tolerance</a></li> </ul>	
Funding Opportunity Deadlines	
<a href="#">Community ChooseWell Seed Grants</a>	ChooseWell offers grants up to \$2,000 for projects that will enhance or promote healthy eating and/or active living.
<a href="#">Recreation and Physical Activity Grant Program</a>	Small and large grants are available to support physical activity and recreation. Grant applications accepted in the fall, check website for updates.

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October 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 <a href="#">World Teachers' Day</a>	6
	<a href="#">International Walk to School Week</a> * <a href="#">Mental Illness Awareness Week</a> * <a href="#">National Family Week</a>					
7	8 <b>Thanksgiving Day</b>	9	10 <a href="#">World Mental Health Day</a>	11	12	13
14	15	16 <a href="#">World Food Day</a>	17	18	19	20
	<a href="#">National School Safety Week</a>					
21	22	23 <a href="#">Mix It Up Day</a>	24	25	26	27
	<a href="#">National Teen Driver Safety Week</a>					
28	29	30	31 <b>Halloween</b> <a href="#">Communities ChooseWell Seed Grant Application Deadline</a>	<b>NOW AVAILABLE - October issues of <a href="#">Healthy Children</a> and <a href="#">Healthy Teens</a> newsletter for parents (aussi disponible en Français).</b> For resources to support building healthy school communities visit <a href="http://www.ahs.ca/csh">www.ahs.ca/csh</a>		

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