



NEWSLETTER



2018

Dates to Remember:

December 5	School Council Meeting – 2:15-3:30 in the Learning Commons
December 19	KINDERGARTEN DAY- Christmas centres & class party- pm
December 19	E. L. P. Christmas Concert – 10:00 a.m.
December 19	Christmas Concert - 1:30 p.m. & 6:30 p.m.
December 20	E. L. P. Christmas Concert – 10:00 a.m.
December 20	Turkey Dinner at noon
December 20	NO SCHOOL FOR KINDERGARTEN
December 21	Hay Ride / Class Parties
Dec. 24 - Jan. 4	Christmas Break - Have a Great Holiday!
January 7	Classes resume
January 8	Grades 4-6 Skating – Coaldale Sportsplex 1:30-2:30 p.m.

Principal's Message

December is filled with many wonderful traditions new and old at Sunnyside School. From the Christmas concert to the annual school-wide turkey dinner and hayride, there's plenty of excitement! Starting next week, we will be singing Christmas carols outside the library for those of you who would like to join us from 8:15-8:30. It's always heartwarming too, to see our students thinking of others during this season. We would also like to carry on the tradition of bringing a food bank donation to both performances of our Christmas concert.

Finally, on behalf of all the Sunnyside School staff, I would like to wish each one of our families a wonderful Christmas and all the best in the new year.

Hot Lunch

December Menu:

- December 3 - Taco Time
- December 10- Spaghetti & meat sauce
- December 17- Subway

Thank You to...

- To the Grade 5/6 class, parents and volunteers who set up, organized donated and filled the boxes for Operation Christmas Child.
- To the Grade 5/6 class, parents and volunteers who helped with Turkey Bingo.

School Fees

Fees for the 2018-19 school term are \$10.00 for Kindergarten and \$45 for Grades 1 - 6. Please go to palliserregional.schoolcashonline.com. We would appreciate receiving any outstanding fee payments as soon as possible.

Christmas Concert

The Christmas Concert musical for this year is called 'Santa's Stuck in the 50's'. All students from K to 6 will be participating in the performance. The concert will be held on December 19 with two performances at 1:30 pm and 6:30 pm. **Kindergarten students will only perform in the afternoon concert.** The Kindergarten class will attend school on **Tues and Wed** of that week to allow the children to be involved in the concert performances.

Families are reminded to bring their tickets when attending the concert. We are asking everyone to bring a non-perishable food item to be donated to the local food banks. We will also be having a raffle for a Christmas tree generously donated by Karen Barby from Green Haven Garden Centre.

Bake Sale Fundraiser

During both the afternoon and evening performances, Sunnyside Community Association will be hosting a bake sale fundraiser. Proceeds will go to support extra opportunities for the students at Sunnyside School.

Hay Ride

Thank you to the Selk family who have once again volunteered to organize a hay ride for the students. This will take place in the morning on Friday, December 21. A form will be sent home for parents to sign to provide permission for their children to take part. ELP and Kindergarten students who wish to take part in the hay ride are welcome to join us at that time if accompanied by a parent.

Turkey Dinner

Our annual Christmas turkey dinner for staff & students is planned for noon on Thursday, December 20. The cost of the meal will be covered by the Sunnyside Community Association. Thank you to everyone involved in making this special dinner happen.

Christmas Carols

Students will be singing Christmas Carols in the hallways on Dec 11, 13 & 18 from 8:15-8:30 a.m. as students arrive for the day. Parents are welcome to join us.

Early Learning Program

We will be holding our **Christmas Concert on December 19 & 20 at 10:00am** in the **Early learning Room**. It will be a crowd pleaser! Everyone is invited to attend.

I would like to have a potluck after the concert so please bring your family's favorite dish. I will provide hot chocolate, water and juice.

Amanda Hudson
Early Learning Instructor

Operation Christmas Child Update

Thank you to all the staff, students, and families of Sunnyside School for participating in Operation Christmas Child again this year. With all of the donations received, we were able to fill 61 boxes to be shipped to children in various countries in need this holiday season.

Skating

Students will be going skating to the Coaldale Sportsplex on the following days:

Tues, Jan 8 from 1:30-2:30 Grades 4-6

Thurs, Jan 10 from 1:30-2:30 K- Grade 3

Tues, Jan 15 from 1:30-2:30 Grades 4-6

Thurs, Jan 17 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 skating/hockey 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. As per rink policy, only people with skates may be on the ice. No boots or strollers are allowed.

Turkey Bingo Update

Thank you for all our donations!

Turkeys:

Lynnell Hudey, Maria Heidinger, Jennifer Ross, Krysta MacBeth, Kevin & Tara Vucurevich, Rob & Tina Duncan, Liudmyla Chebenko, Lori Handsaeme, Jen Hendrick, Micah Pavan, Emily Boehme, Jerilyn Koliaska and Tanya Holt.

Hams:

Alix & Tyler Hirsche, Rob Campbell, Tatiana Cook and Maribeth Douglas

Cash Donations: Serena Visser, Peggy Gibb, Mel Jones, Abby Nelson, Candi Percy, Jennifer Gomez

HOT DOGS & BUNS- Sunnyside Community Association, Jennifer Ross, cash donations

TACO IN A BAG ITEMS- Sunnyside Community Association, cash donations

POPCORN- Sunnyside Community Association, cash donations

CANS OF POP- Melissa Honess

CHIPS- Teresa Nihill, cash donations

DOUGHNUTS- cash donations

JUICE & WATER- cash donations

CRAFTS- Abby Nelson & Ashley Woolf

MOVIE- Sherry Galbraith

BINGO CALLER- Shawn & Griffin Hass

50/50 Sales- Tina Duncan

Concession & Card Sales- Cassie Koopmans, Jenn Gomez, Teresa Nihill, Candi Percy

Thank you to all of our parents, teachers & helpers who made our night a success!

Christmas Concert Information

Christmas concert practice is underway. The children are looking forward to presenting "Santa's stuck in the 50's". Below is a list of costumes requested for each grade. Please have costumes labelled with your child's name and brought to school by **Dec. 10**.

Kindergarten – concert attire

Grade 1 – pajamas, slippers (optional)

Grade 2, 3 & 4 girls- Red poodle skirts (provided), plain white t-shirt or blouse, white bobby socks, runners (white if possible)

Grade 2, 3 & 4 boys- Blue jeans, short sleeve white t-shirts with no writing or graphics, sunglasses, hair gel to slick back hair

Grade 5-6 Singers – Elf hat & vests (provided)

Grade 5-6 cast members:

Santa- costume supplied

Reindeer- brown pants and top or tunic, antlers (supplied)

Children- regular school clothes / Sunnyside t-shirts if available

Elves- vests and hats (supplied) wear green & red

Thank you for your assistance with the costumes.

Mrs. Slusar and Mrs. Jesse



2018

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3 Hot Lunch- Taco Time	4	5 School Council Meeting 2:15-3:30pm In the Learning Commons	6	7	8
9	10 Hot Lunch- Spaghetti	11 Christmas Carols 8:15-8:30	12	13 Christmas Carols 8:15-8:30	14	15
16	17 Hot Lunch- Subway	18 Christmas Carols 8:15-8:30	19 E.L.P. Christmas Program 10:00 am Christmas Concert 1:30 & 6:30 Kindergarten Day	20 E.L.P. Christmas Program 10:00 am Turkey Dinner School-wide Singing 1:30-2:15 No Kindergarten	21 Hay Ride & Class Parties Wellness as usual at 11:15	22
23	24	25	26	27	28	29
NO SCHOOL						
30	31					
NO SCHOOL						

Healthy Children

December 2018 Parent Newsletter



Be Tobacco Smart

Talking to kids about tobacco from an early age is important, but for some people it can be hard to know what to say, or when to say it. We do know that beginning the conversation as early as five or six years old and being open to talking about tobacco throughout the years, is important in helping children and youth make healthy choices.

A new resource is now available to help parents, health providers and teachers begin the conversation. The purpose of this booklet is to share health information in a meaningful and appropriate way with young children, while honouring the role of tobacco in many Indigenous communities throughout the province.

Titled *Be Tobacco Smart*, this booklet tells the story of three young children who find tobacco litter on the ground. Guided by their new friend Duke the Dog, they learn about how tobacco can harm their health, the environment and even their pets! Along the way, they meet Elder Eagle, who shares with them why tobacco is special to many Indigenous people. Using activities such as, word searches, crossword puzzles and colouring pages, the booklet provides an opportunity to begin discussions about tobacco with very young children – whether it is with parents, community health providers or teachers.

➤ To access this resource, visit <https://www.albertaquits.ca/helping-others-quit/teachers-and-school> or call 780-422-1350

Articles

Be Tobacco Smart

Cyberbullying 101:
What it is and what
you can do!

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



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

Cyberbullying 101: What it is and what you can do!

By learning what cyberbullying is, how it could affect your child and what you can do about it, you'll be better prepared to talk with your child and respond to their questions or concerns. Cyberbullying is a type of bullying that uses technology (smartphones, computers, tablets etc.) to intimidate, put down or spread rumours about someone using social media or social networks (e.g., Facebook, Twitter, Snapchat, Instagram, gaming sites, blogs, etc.). It also includes making something public that was meant to be private, like photos and videos.

Social media sites, as well as email and texting have become one of the main way kids communicate and socialize. Because of these sites and access to them, cyberbullying has become a reality for today's children.

Cyberbullies often feel safe because they hide behind their computer or phone. The only limits to what can be done are based on the bully's imagination and access to technology.



Research suggests that cyberbullying may have damaging effects to children, like low self-esteem, anxiety, missing or skipping school, poor grades, anger, depression, violence against others and suicide. Cyber threats can cause more harm than face-to-face bullying, because there's no escape. It can happen any time, any place.

What you can do about cyberbullying:

- Talk with your child often about their online activities and behaviours.
- Encourage your child to speak out against bullying of any kind.

- Teach your child not to post or say anything that they wouldn't want the whole world – including you – to read.
- Check in with your child often to make sure everything is okay.
- Watch for changes in your child's behaviour when using their phone or computer.
- Make sure your child feels comfortable coming to you with any issue.

➤ To learn more about cyberbullying, please visit **Alberta Health Services** www.teachingsexualhealth.ca

Healthy Schools Calendar

December 2018



International Day of Persons with Disabilities

Happy Holidays! For many, this is a time of celebration and togetherness. This month, let's celebrate diverse abilities and promote inclusion for all by recognizing the [International Day of Persons with Disabilities](#) on December 3. Honour all the ways that your school environment supports students, staff and families of varying abilities – and explore areas of possible enrichment. By recognizing people of all abilities and welcoming diversity into our schools, we create school communities where all students have a voice and feel valued.

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

Resources to Support Healthy School Communities	
<ul style="list-style-type: none"> • Move and Play... the Inclusive Way • The Principles of Inclusion • Healthy Mind – Healthy Body Series 	
Funding Opportunity Deadlines	
Alberta Music Education Foundation Grant	This grant offers funds to promote, deliver or participate in music education, workshops, camps, festivals and programs.
Community Grants	Grants are available for programs that enable youth to succeed, demonstrate technological innovation in program delivery and measure social outcomes. Programs must support health, education or the environment. Applications are accepted year-round.

©2018 Alberta Health Services (AHS), Healthy Children & Youth. This work is licensed under a [Creative Commons Attribution-Non-commercial-Share Alike 4.0 International License](#) The license does not apply to content for which AHS is not the copyright owner. AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service associated with grants or events listed in this document.

December 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
NOW AVAILABLE - December's issues of Healthy Children and Healthy Teens newsletter for parents (aussi disponible en Français). For resources to support building healthy school communities visit www.ahs.ca/csh						
2	3 International Day of Persons with Disabilities	4	5	6	7	8
National Safe Driving Week						
9	10	11	12	13	14	15 Alberta Music Education Foundation Grant Deadline
16	17	18	19	20	21 First Day of Winter	22
23	24	25 Christmas Day	26 Boxing Day	27	28	29
30	31					

©2018 Alberta Health Services (AHS), Healthy Children & Youth. This work is licensed under a [Creative Commons Attribution-Non-commercial-Share Alike 4.0 International License](#) The license does not apply to content for which AHS is not the copyright owner. AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service associated with grants or events listed in this document.