



NEWSLETTER

JANUARY 2019

Dates to Remember:

January 7	Classes Resume
January 10 & 17	Skating at Coaldale Sportsplex- Grades 4-6
January 8 & 15	Skating at Coaldale Sportsplex- Kindergarten- Grade 3
January 25	Family Literacy Day Celebrations
January 31	Assembly Feat. Gr 3 Students

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 building a sense of belonging and using wellness strategies beyond wellness Friday. We have lots of new and exciting ideas planned and we are looking forward to implementing these new opportunities in the new year.

This month we will celebrate Family Literacy Day and all of our students in Kindergarten-Grade 6 will have two opportunities to go skating.

Hot Lunch

January Menu:

Jan.8	- Booster Juice
Jan. 15	- Pizza 73
Jan. 22	- Lakeview Bakery
Jan. 29	- Edo Japan

Thank You to...

- Everyone who donated food items for the Food Bank at the Christmas Concerts and all the parents who contributed to the bake sale.
- To the Selk Family for providing the hay ride for all the students on Dec 21.
- Miss. Ekkel, Mrs. Jesse 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 Tatianna Cook for winning the draw.

The students and staff enjoyed a delicious turkey dinner on December 20. Thank you to the Sunnyside Community Association for providing the meal, and to all of the parents who organized and served the meal.

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.

Skating

Students will be going skating to 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 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.

Kindergarten Registration

Kindergarten registrations are now being accepted in the school office for September 2019. Children must be five years of age by December 31, 2019. Please have your child's birth certificate and your 911 emergency address when registering. Kindergarten classes will be held on Tuesdays and Thursdays full days with additional Wednesdays starting in the spring.

January 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
NO SCHOOL						
6	7 Classes Resume Hot Lunch- Booster Juice	8 Skating at Coaldale Sportsplex 1:30 to 2:30 Grades 4-6	9	10 Skating at Coaldale Sportsplex 1:30 to 2:30 K- Gr 3	11	12
13	14 Hot Lunch- Pizza 73	15 Skating at Coaldale Sportsplex 1:30 to 2:30 Grades 4-6	16	17 Skating at Coaldale Sportsplex 1:30 to 2:30 K- Gr 3	18	19
20	21 Hot Lunch- Lakeview Bakery	22	23	24	25 Celebrate Family Literacy Day	26
27	28 Hot Lunch- Edo Japan	29	30	31		

Healthy Children

January 2019 Parent Newsletter



Articles

Is Tooth Decay a Disease?

Relaxation and Your Child

Is Tooth Decay a Disease?

Tooth decay is the most common chronic disease of children. In fact, it is more common than obesity, asthma, and diabetes. The impact of tooth decay can have life-long effects. Tooth decay can cause pain and infection, as well as limit a child's ability to eat, grow, learn, play and attend school.

The good news is that tooth decay is preventable! To help your child prevent tooth decay:

- Brush two times a day with a fluoride toothpaste and floss daily.

- Eat more fruits and vegetables, and limit foods and drinks with added sugars.
- Drink tap water with fluoride, where available.
- Visit a dental professional regularly.
- Ask your dental professional about fluoride treatments and dental sealants to help protect your child's teeth.

➤ For more information about oral health and oral health services, visit www.ahs.ca/oralhealth. For information about dental care for low income Albertans look under the Related Resources tab.

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/>



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

Relaxation and Your Child

Relaxation is a great way to help your child cope with stress. Regular relaxation calms the nervous system, boosts the immune system, sharpens concentration and promotes positive thinking.

PMR – A Powerful Relaxation Tool. Progressive Muscle Relaxation (PMR) is designed to reduce stress, as well as physical problems such as stomachaches and headaches. It can even help your child sleep better.

Quick Relax! In this shortened version of the PMR approach, your child learns how to tense their whole body and then relax their muscles all at the same time. Follow these step-by-step instructions:

1. Lie down.
2. Scrunch up your face and tuck your head into your shoulders, tightening these muscles.
3. Cross your arms at your forearms and tighten your arms with your fingers grasping opposite elbows.
4. Tighten your belly, legs and



- feet, pointing your toes towards your nose.
5. Hold this position and hold your breath for 5-10 seconds.
 6. Say the word "relax" – and let your whole body go limp like a rag doll and breathe out.
 7. Take a few deep breaths in and out.
- Speak slowly and calmly while following the instructions.
 - Pause after each instruction to allow time to carry it out.
 - Make an audio recording for your child so your child can use it on their own.
 - Do this for your own stress reduction. Your child will see it's for everyone.

Tips for Parents

- Set aside 5 minutes to do this with your child.
- It's best not to learn in a stressful time. Practice first and then use when needed.
- Find a quiet place with no interruptions.

In addition to PMR, try this relaxation practice with your child. Take in a long, deep breath. Count to four and breathe out for a count of five or six. Once they learn this, they can do it anytime they need to.