



NEWSLETTER



2019

Dates to Remember:

March 5	Grade 4 Scientist's In School- afternoon
March 6	School Council Meeting – 2:15 pm
March 10	Daylight Saving Time begins
March 11	PD Day – NO CLASSES for students
March 17	St. Patrick's Day
March 20	Mini Basketball for Gr 4, 5 & 6 begins
March 28	Assembly at 2:30 feat. Grade 2's
March 28	Report Cards sent home

Principal's Message

March is coming in a bit like a lion, so hopefully it will go out like a lamb! Speaking of weather, Sunnyside kids are just rocking this cold weather and the snow has provided lots of great outdoor fun for our students. We recently purchased shovels to help build the most amazing snow forts. Please continue to ensure your children have the proper clothing so they can enjoy the snow to the fullest. Today we had 106/108 kids show up with snow pants! How awesome is that?

There are many wonderful things happening at our school and this month I would like to highlight 'Wellness Friday'. It is so heart-warming to see students engaged in activities that make them feel energized and refreshed. Please feel free to stop in from 11:15-12:15 on any Friday to check out the amazing stuff going on. I know you'll love it!

Thank you....

- To all the families who contributed to our book fair. We raised \$2411.80 with over half the sales in free books for our Learning Commons. Congratulations to Ava and the Grade 2 classroom for winning \$25 each.
- To Mrs. Hancock for all her hard work with the book fair.
- To the Honess, Hendrick and Whiteford families for donating books to our school.
- To Kaiden, Jordanne, Cassidy and Miss Koopmans for helping set up/take down the book fair.

Assembly

We will be having an assembly on March 28 at 2:30 pm featuring the Grade 2 students. Families are welcome to attend.

Hot Lunch

March Menu:

March 4 - Taco Time

March 18 - Subway

March 25 - Booster Juice

Mini Basketball

Mini basketball is scheduled for Wednesdays after school until 4:35pm starting March 20 and continuing for eight weeks until May 22 for Grade 4-6 students who have signed up on School Cash Online.

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. A school fee of \$10 will be invoiced in September to help offset purchases for special kindergarten projects. Kindergarten classes will be held on Tuesdays and Thursdays from 8:27 a.m. to 3:32 p.m. with additional Wednesdays starting in the spring.

ELP Registration

Registrations for the Early Learning Program for the 2019 - 2020 school term are now being accepted in the school office. Children must be 4 years old by September 1, 2019. Please have your child's birth certificate and your 911 emergency address when registering.

Early Learning Program

We are continually working on shapes, colors, scissor skills, name recognition, and name printing. Our new themes for March will be: Nursery rhymes, St. Patrick's Day, the ocean and sea life.

Amanda Hudson, Early Learning Educator

Developmental Check-ups

Sunnyside School will soon be hosting developmental check-ups for four 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 Sunnyside 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 in the afternoon on May 23.**

Report Cards

Report cards for the 2nd period will be sent home on Thursday, March 28. Please sign your child's envelope and have them return it to their teacher.



2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Hot Lunch- Taco Time	5 Grade 4 Scientist's In School "Light up your Life" -pm	6 School Council Meeting 2:15 pm	7	8	9
10 Daylight Savings time begins	11 PD DAY NO CLASSES	12	13	14	15	16
17 St. Patrick's Day	18 Hot Lunch- Subway	19	20 Mini Basketball for Gr 4,5 & 6 3:30- 4:35	21	22	23
24 31	25 Hot Lunch- Booster Juice	26	27 Mini Basketball for Gr 4,5 & 6 3:30 – 4:35pm	28 Report Cards Go home Assembly @ 2:30 Feat. Grade 2's	29	30

Healthy Children

March 2019 Parent Newsletter



Nutrition Math: Are “treats” adding up?

Young children have small appetites and may feel full if they are snacking on treats such as ice cream, cookies, pop, chips and French fries. These foods are often high in added sugar, salt, and/or unhealthy fat, and provide little nutrition. They may replace healthy foods that contain more vitamins and minerals which are needed for ideal growth and development.

Treats are more common and more readily available than they were in the past. Children may be offered treats numerous times in or outside the home, such as at school, parties or after school activities. If you add them up, some days or weeks your child may be having more treats than you think! To decrease the number of unhealthy foods your family may be getting each week,

try to:

- Count all the times you think your kids are eating treats at home and school.
- Add in the treats eaten at after school activities and parties.
- Decide as a family how to cut back on how often and when treat foods are offered.
- Offer healthy choices most of the time at home and at school.
- Bring healthy food choices to parties and events. You may inspire others to do the same.

For healthy food and snack ideas, visit

➤ <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf>

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

Articles

Nutrition Math: Are “treats” adding up?

How Much Shut-eye Do Children Need?

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.



How Much Shut-eye Do Children Need?

According to the *Canadian 24-Hour Movement Guidelines for Children and Youth*, children aged 5-13 years should get 9-11 hours of sleep a night.

Why so many Zs? Sleep is critical to physical, cognitive and emotional development. The right amount of sleep improves attention, behaviour, memory and overall physical and mental health. Not getting enough sleep can result in an increase of injuries, obesity, depression and anxiety.

What makes it harder for your child to get sleep? Children are just starting to experience out of school time demands (e.g., homework, other activities). At the same time, they're becoming more interested in TV, computers, electronic games, Smartphones, the Internet and other technologies. Watching a screen within one hour before going to sleep has been linked to difficulty falling asleep and sleeping fewer hours.

Here are some tips to help your child get a good night sleep:



- Keep a consistent sleep routine, even on weekends.
- Keep your child's bedroom screen free (e.g., no tablets, phones or TVs).
- Help your child wind down with 30 minutes of "quiet time" before getting into bed (e.g., take a warm bath, dim lights, read, do relaxation breathing, address any worries).
- Keep your child's bedroom dark, quiet and at a cool but comfortable temperature.

If you're worried that your child is getting too little sleep, talk to

your health care provider.

Here are some tips for your sleep:

- Be active. But not within 3 hours of bedtime.
- Avoid alcohol before bedtime. It can wake you up during the night.
- Avoid caffeine 4 to 6 hours before bedtime.
- Avoid smoking too close to bedtime.
- Avoid difficult conversations before bedtime.