



# NEWSLETTER



# 2019

## Dates to Remember:

<b>May 1</b>	<b>Parent Council Meeting- 2:15 in the Learning Commons</b>
<b>May 1</b>	<b>Gr 1 Scientists in School-am / Hats on for Mental Health</b>
<b>May 2</b>	<b>Jump Rope for Heart Assembly- 2:30pm</b>
<b>May 6</b>	<b>Music Monday Assembly- 2:30pm</b>
<b>May 7</b>	<b>Achievement Test - Gr 6 Language Arts Part 'A'</b>
<b>May 8</b>	<b>Gr 3 Field Trip- Troyanda Ukrainian Dancers</b>
<b>May 9</b>	<b>Staff Appreciation Day</b>
<b>May 20</b>	<b>Victoria Day - NO CLASSES</b>
<b>May 21</b>	<b>Staff Professional Development Day - NO CLASSES</b>
<b>May 22</b>	<b>Final Mini Basketball Games / Pizza Party at noon</b>
<b>May 23</b>	<b>Developmental Check-ups / Gr 2 Scientists in School-am</b>
<b>May 28</b>	<b>Grade 4 Field Trip- New York Colony</b>
<b>May 29</b>	<b>Poetry Day</b>
<b>May 30</b>	<b>Assembly Feat. Grade 1 Students- 2:30pm</b>
<b>May 31</b>	<b>Rural Farm Safety Unit</b>

## Principal's Message

The month of May is filled with lots of opportunities for our students to learn and grow. We begin the month with a kick off assembly for Jump Rope for Heart. This fundraising initiative for the Heart and Stroke foundation is a great way for students to get active for a great cause. We appreciate everyone's support.

The rest of the month is filled with field trips, more Scientists in School presentations, Poetry celebrations, and a special farm safety event to name just a few of the activities happening here. As well, our students are planning a spring celebration and our parent council is busy working on making more improvements to our outdoor learning space. Stay tuned for more updates.

## Hot Lunch

May 6	- 3G Eatery
May 13	- Swiss Chalet
May 27	- Taco Time

## Jump Rope for Heart

Sunnyside School has chosen to support the Heart and Stroke foundation with a Jump Rope for Heart activity. The kick-off assembly will be at 2:30 pm on Thursday, May 2 with the skipping event planned for Fri, June 7 at 11:15.

## ELP Registration

Registrations for the Early Learning Program for the 2019 - 2020 school term are being accepted online. Please log on to [www.sunnysideschool.ca](http://www.sunnysideschool.ca) to sign up. Children must be 4 years of age by December 31, 2019 to register. Please have your child's birth certificate and your 911 emergency address when registering.

## Achievement Tests

Parents with children in Grade 6 are reminded that the annual achievement tests will be written on the following days:

Tues, May 7	- Language Arts Part 'A'
Thurs, June 20	- Language Arts Part 'B'
Mon, June 24	- Mathematics
Tues, June 25	- Science
Wed, June 26	- Social Studies

## Running Club

Running club will take place in April & May this year on Tues & Thurs from 12:00-12:25 on the running track. For students who would like to register for the Little Soul's Marathon, information can be found on their website at <https://raceroster.com/events/2019/20963/little-souls-2019> Register early to avoid disappointment. The entry deadline is May 29 but only entries received by May 22, 2019 will be guaranteed a shirt.

## Music Monday Assembly

Music Monday is an annual initiative that brings together thousands of students, musicians, parents and community members across the country to celebrate the power of music in our lives, on the same day at the same time. Come join us on Monday, May 6 at 2:30 for an assembly where we will sing the Music Monday anthem *Hymn to Freedom*. We will also showcase some students as they share their individual music talents and explain how music education is important in their lives. Hope you can make it!

## Early Learning Program

Although April was a short month, we still were able to fit in the fun and exciting themes of Nursery Rhymes and Easter! Humpty Dumpty was a huge hit with our kids. We held an experiment to see which materials (pompoms, golf balls, marbles, sponges, playdough, cotton blankets, and egg carton) would save humpty dumpty from cracking if he fell off our wall. The children have been working hard on a special Mothers day tea. Please come and attend a special day for you! May 8/9 @10:30am. You deserve it!!

May will be an exciting month exploring planets, farms, and bugs.

## Developmental Check-ups

Sunnyside School will be hosting developmental check-ups for students 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 students will need this fall. They also give children an opportunity to visit the 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 at the school on **May 23, 2019**. Please contact us at **(403) 327-9214** to make an appointment. We look forward to meeting you and helping your child prepare for school.

## Mini Basketball

Mini basketball season will wrap up on May 22 with the final games being played. We will be having a pizza party for the team players at noon that day. Thank you to Mr. Van Cleave for running this program.

## **Poetry Day**

In celebration of poetry this month, each student will be asked to learn a poem for our day of 'Poetry Presentations'. This school-wide activity is designed to help students speak in front of people and to develop an appreciation for poetry. Students will recite their poem in the Learning Commons on Wed, May 29. The times of the presentations are listed below. Parents are invited to attend. If possible, we ask that you not bring younger siblings as it is distracting for the presenters.

## **Hats on for Mental Health**

On Wednesday May 1, Albertans are invited to wear a hat to raise awareness of the importance of good mental health. Sunnyside School will participate by encouraging both students and staff to wear hats, and by engaging in conversations focused on understanding mental health and the importance of removing stigma associated with mental illnesses.



# 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<b>1</b> School Council Meeting 2:15pm  Mini Basketball for Gr 4,5 & 6 3:30 – 4: 35pm  Gr 1 Scientists in School- am	<b>2</b>  Running Club- 12:00 – 12:30  Jump Rope Assembly @ 2:30 pm	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>  Hot Lunch- 3G Eatery  Music Monday Assembly at 2:30pm	<b>7</b>  Running Club- 12:00 – 12:30  PAT - Gr 6 Language Arts Part A	<b>8</b>  Grade 3 Field Trip- Troyanda Ukrainian Dancers  Mini Basketball for Gr 4,5 & 6 3:30 – 4: 35pm	<b>9</b>  Running Club- 12:00 – 12:30  Staff Appreciation Day	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>  Hot Lunch- Swiss Chalet	<b>14</b>  Running Club- 12:00 – 12:30	<b>15</b>  Mini Basketball for Gr 4,5 & 6 3:30 – 4: 35pm	<b>16</b>  Running Club- 12:00 – 12:30	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>  Victoria Day  <div style="background-color: #800080; color: white; padding: 5px; text-align: center; font-weight: bold;">NO SCHOOL</div>	<b>21</b>  Staff PD Day	<b>22</b>  Pizza Party for Mini Basketball teams @ noon  Last day of Mini Basketball for Gr 4,5 & 6 3:30 – 4:35pm	<b>23</b>  Running Club- 12:00 – 12:30  Developmental Check-ups 1:00pm  Gr 2 Scientists in School-am	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>  Hot Lunch- Taco Time	<b>28</b>  Gr 4 Field Trip- New York Colony  Last day of Running Club- 12:00 – 12:30	<b>29</b>  Poetry Day	<b>30</b>  Assembly Feat. Gr 1 Students 2:30pm	<b>31</b>  Rural Farm Safety Unit	



# Healthy Children

May 2019 Parent Newsletter

## Safe Playgrounds? Check!

As we approach another season, our list of things to do isn't getting any shorter. One thing we'd like to check-off our list is ensuring our kids engage in safe play. Playgrounds are a place that your children can enjoy most of the year. However, they are also a place where injuries can occur. Equipment like monkey bars, swings and slides are popular but are the cause of many injuries on the playground. In 2017 fractures due to play on playground equipment were the leading injury for children ages 5-9 years old.

The [Playground YES Test Checklist](#) is a tool you can use to help prepare you and your child for safe play. Here are some tips to take with you:

- Ensure the playground is appropriate for the age of your child.
- Check to make sure there are no hazards such as loose parts and weak handrails and barriers.
- Wear clothes ready for play! This means avoid scarves, clothing with drawstrings and cords. Make sure your child takes off their helmet before playing.



- Teach your child playground rules: taking turns, no pushing or shoving, and staying safe distances from moving equipment like swings.
- Monitor your child while playing.
- Alert your local environmental public health office of any problems with the playground.

It's recommended that public playgrounds adhere to [Canadian Standards Association](#) guidelines. These guidelines help create safe play spaces and equipment for everyone to enjoy. But we all have a part to play! Use and share the Playground YES Test with family and friends to help make our playground safe for all.

## Articles

Safe Playgrounds?  
Check!

Sugar: It tastes good  
but is it good for your  
teeth?

### Outdoor Classrooms

Did you know that May 24, 2019 is Outdoor Classroom Day? On this day, children all around the world have class outdoors. Learning outside can help kids connect with nature, while engaging them in learning and developing life skills such as cooperation, problem solving and resourcefulness. For more information about how parents can support outdoor learning, visit <https://outdoorclassroomday.com/>



## Sugar: It tastes good, but is it good for your teeth?

Even though sugar tastes good, too much sugar is not good for our teeth or bodies. It is linked to tooth decay and other health conditions like obesity, diabetes and heart disease.

Sugar causes tooth decay by mixing with germs in the mouth to make acids. These acids break down the hard outer layer of the tooth (enamel) causing tooth decay. The more often we consume sugar in foods and drinks, the greater the risk for tooth decay.

To help your child prevent tooth decay:

- Limit foods and drinks with added sugars.
  - Eat more fruits and vegetables.
  - Drink tap water with fluoride (when available).
  - Brush twice a day with a fluoride toothpaste and floss daily.
  - Visit a dental professional regularly.
- Ask your dental professional about fluoride treatments and dental sealants to protect your child's teeth.



For more information on oral health and oral health services, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth)