



NEWSLETTER



2019

Dates to Remember:

Oct 2	School Council Meeting @ 2:15 pm
Oct 3	Grade 3 Scientists in School Presentation-pm
Oct 3	Grade 6 field trip- Elizabeth Hall Wetlands Reserve-pm
Oct 8-18	FCC Drive Away Hunger food collection
Oct 14	Thanksgiving Day- NO CLASSES
Oct 18	Pumpkin Growing Celebrations & Awards during wellness
Oct 21-25	Parent/Teacher Conferences
Oct 22	School Picture day
Oct 24	Gr 2 & 3 "Do Bugs Need Drugs" Presentations-pm
Oct 25	Site Based PD Day- NO CLASSES
Oct 31	Halloween Parade & Assembly at 9:00 am led by Grade 6 Students
Oct 31	Halloween parties/activities-am / Movie Mill-pm

School Council News

Our 2019-20 Council looks as follows:

Chair-Amy Hass
Vice Chair- Ali Schneider
Secretary- Krysta MacBeth
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 them at sunnysideschoollethbridge@gmail.com, and they will gladly slot you in!

Thank You to ...

- all the students, staff, friends & families for raising \$824.05 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.

Parent-Teacher Interviews

Parent teacher interview will take place on the week of October 21-25 for Kindergarten – Grade 6. Interviews will be booked online using School Appointments. An email will be sent home with instructions to book interviews.

Halloween

This year, students will come to school dressed in their Halloween costumes. 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.

We will have a costume parade at 9:00 am followed by an assembly led by the Gr. 6 students. After the assembly, students will take part in Halloween activities and classroom parties. In the afternoon the entire school will be going to the Movie Mill to watch a movie.

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.schoolcashionline.com/>

We would appreciate receiving fee payments as soon as possible.

FCC Drive Away Hunger

Sunnyside School has partnered with Farm Credit Canada to help collect food and cash donations to support our local food bank. FCC Drive Away Hunger is chance to educate families how they can help out in our own community. Nonperishable food collection runs from October 8-18. Bags for collection will be sent home. Most needed items are: pasta, rice & sauces, canned meats & fish, meat alternatives (packaged nuts, peanut butter, soy), beans, soups & stews. To learn more about the program, visit <https://www.fcc-fac.ca/en.html>.

School Picture Day

School Pictures will be taken in the morning of Tuesday, October 22.

“Do Bugs Need Drugs?” Grade 2 & 3 Presentations

On October 24, 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 12:50 - 1:50 pm and the presentation for the Grade 3 students will be from 2:15 - 3:15 pm.

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.

Amanda Hudson, Early Learning Educator



2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 School Council Meeting 2:15 pm	3 Gr 3 SIS Presentation-pm Gr 6 field trip-Elizabeth Halls wetlands-pm	4	5
6	7	8	9	10	11	12
FCC Drive Away Hunger food collection						
13	14 Thanksgiving Day NO CLASSES	15	16	17	18 Pumpkin Growing Awards & Celebrations	19
FCC Drive Away Hunger food collection						
20	21	22 School Picture Day	23	24 "Do Bugs Need Drugs" Gr 2- 12:50-1:50pm Gr 3- 2:15-3:15pm	25 Site based P.D Day- NO CLASSES	26
PARENT/TEACHER CONFERENCES						
27	28	29	30	31 Halloween Parade & School wide assembly – 9:00 am Parties & activities to follow – movie in afternoon		



**FIND A CLUB
THAT'S RIGHT
FOR YOU!**

Check Us Out!

TNT-Multi 4-H Club

(Archery, Automotive, Pheasants, Photography and many more!)

October 2 @ 6PM @ Sunnyside School

More info contact Amy @ tarom@telus.net

Lethbridge Coaldale Beef 4-H Club

(Beef Projects!)

October 3 @ 7PM at Sunnyside School

More info contact Rebecca @ Rebecca.tokariuk@hotmail.com

Wild 'n Wooly 4-H Club

(Sheep and Leadership Projects & Cleaver Program)

October 8 @ 6:30PM at Sunnyside School

More info contact Monica @ mchapmanphoto@gmail.com

Readymade Multi 4-H Club

(Beef, Sheep and many non-animal projects!)

More info contact Andy @ lethbridgekeyleader@gmail.com

Healthy Children

October 2019 Parent Newsletter

Nurture with Nature

Reconnecting kids with nature has been shown to help children focus in school, boost a positive attitude and increase physical activity. Children are certainly losing touch with outdoors – a Canadian study shows that the number of kids who play outside at school decreases from 87% to 17% between grades 3 and 11. Seventy percent of youth spend an hour or less outdoors daily.

The effects of exposing and connecting children to nature are widespread and valuable. School grounds made greener by planting trees, building ponds and fostering gardens increases physical activity in elementary school children. Even having green space nearby has been shown to temper stressful life events in younger kids.

How you can help:

Start slow and make it a family goal to have at least 15 minutes of 'green time' a day, even if that just



means a walk together outside. Role modeling is essential to fostering a child's positive connection to nature.

Advocate for more time outside for your children at school, be it through extra gym classes outside or making outdoor learning a part of the other class lessons. Don't let the cold or snow stop you in Alberta! Many communities have free access to a variety of outdoor activities – Just make sure to bundle up!

Nurturing your child with nature is an easy way to improve their entire well-being.

➤ For more information and ideas, visit the Children and Nature Network at www.childrenandnature.org

Articles

Nurture with Nature

5 Tips on Talking About Sexual Health with Your Child

World Mental Health Day

October 10th 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>



Healthy Children

October 2019 Parent Newsletter

5 Tips on Talking About Sexual Health with Your Child

Talking about sexual health topics like puberty, menstruation and relationships, will help your child to make healthy, informed decisions now and later on. Here are some tips for starting or having conversations about sexual health:

1. **Start young!** Teach young children the correct terms for their body parts. Talk about puberty before they are already experiencing it. The more you talk about it while they're growing up, the easier it will be to discuss more difficult topics later.
2. **Use teachable moments.** These moments can happen when you least expect them. You may hear lyrics to a song, watch TV together, or your child may tell you a story about someone in school. Ask your child's opinion, and use it as an opportunity to talk about sexual health and family values.
3. **Answer their questions as best as you can.** Find out what they already know and



- keep your response simple and age-appropriate. If your child asks a question and you are unsure how to respond, simply let your child know that you'll get back to them. Don't put it off – they might think that it's not okay to talk about it and will look for answers to their questions somewhere else.
4. **Make it a regular topic.** Think of sexual health education as an ongoing process. Shorter, frequent conversations are better than a big, one-off talk. Remember that healthy development, including sexual development, is a lifelong process.
 5. **Aim for a friendly chat.** Try to see the talks as two-way discussions, not lectures. Ask what your child thinks and feels and be willing to listen. Aim to get a lively discussion going.

➤ For more tips on talking to your child, visit TeachingSexualHealth.ca