



NEWSLETTER



2019

Dates to Remember:

Nov 3	Daylight Savings Time ends
Nov 6	School Council Meeting – 2:15 p.m.
Nov 7	Remembrance Day Service - 8:45 a.m. Everyone is welcome.
Nov 11	Remembrance Day NO SCHOOL
Nov 12	Division Wide PD Day - NO CLASSES
Nov 15	Turkey Bingo – 7:00 p.m.
Nov 22	Report Cards sent home
Nov 28	Assembly feat. Gr 4/5 Students - 2:15 p.m.

Hot Lunch

November Lunch Menu:

Nov. 4	- Subway
Nov. 18	- Swiss Chalet
Nov. 25	- Spaghetti

Remembrance Day

Sunnyside School will hold a Remembrance Day service Thursday, November 7 at 8:45 a.m. conducted by the Coalhurst Legion. Everyone is welcome to attend. Students will participate in this service. Poppies are available in the school office and we encourage all students to bring a donation for the Legion and wear a poppy.

Thank You to ...

- all parents & family members who helped with our fall pumpkin festival.
- Schanell Chapman for making all of our students a bag of cotton candy to take home.
- all parents & family members who helped with Halloween activities and treats.
- Jerry Handsaeme and Ken & Schanell Chapman for donating pumpkins for our fall festival.
- Micah Pavan (Micah Maria Photography) for once again taking beautiful pictures of our students.
- Julie Quinton & Ali Schneider for assisting our photographer on picture day.

Operation Christmas Child

We will not be participating in Operation Christmas Child as school this year, however shoeboxes will be available in the office if families wish to pack a box on their own for an underprivileged child in a third world country. Local drop off locations are at the Evangelical Free Church of Lethbridge, Park Meadows Baptist Church and Jim Pattison Broadcast Group. Collection week is November 18-24.

Day Home Available

One of our Sunnyside families has space available in their day home for drop off or PD days. This day home is located a minute west from the school. Please contact Bernice Mandel if interested at (403)330-5314.

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/> and select the 'Get Started Today' option. We would appreciate receiving fee payments as soon as possible.

Turkey Bingo

As has been the tradition at Sunnyside (for nearly six decades!), Sunnyside will once again be hosting a turkey bingo fundraiser evening on Friday, November 15. Game cards will be \$2, a concession will have supper meal items as well as drinks and snacks, activity rooms will be available for younger children to craft or watch a movie. The main event of bingo will take place in the gym at 7:00pm, assisted by our grade 6 students, where local competitors (YOU!) vie for a chance to win a Christmas turkey or ham. Donations of turkeys are gladly accepted. Doors will open at 6:15.

Supporting Locally

This year, we would like to support local families within the Lethbridge area who may need just a little extra help, especially at Christmas. Sunnyside School plans to anonymously adopt several families, providing both gifts and a food hamper. Students will be involved in collecting items, wrapping gifts, and putting together hampers for local families in need. More details will follow shortly...

Report Cards

Report cards will be sent home November 22 (November 21 for kindergarten students). Please keep the report card, but sign and return the envelope.

November



2019

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3 Daylight Savings Time ends	4 Hot Lunch-Subway	5	6 School Council Meeting 2:15 pm	7 Remembrance Day Service 8:45 am	8	9
10	11 Remembrance Day NO CLASSES	12 Palliser Day in Lieu NO CLASSES	13	14	15 Turkey Bingo @ 7:00pm	16
17	18 Hot Lunch-Swiss Chalet	19	20	21	22 Report Cards Go home	23
24	25 Hot Lunch-Spaghetti	26	27	28 Assembly @ 2:15 pm Feat. Gr 4 Students	29	30

Healthy Children

November 2019 Parent Newsletter

5 Easy Tips to Get Rid of Lice

Lice! The word can send many parents into a panic. No one wants to get a call that their child has lice. Lice can happen to anyone, anytime. Rich or poor, clean or dirty, lice do not discriminate. The head louse is one of several types of lice, but it only infests the scalp. The head louse is not known to spread disease. Up to 10% of elementary school children may have lice. If your child has lice it can spread to other family members or close contacts. Head lice do not hop or fly. The lice spread by contact with the hair of a person who has lice.

So what do you do if your child has lice?

1. Try not to panic.
2. Treat those with lice. Talk to a pharmacist for the most current effective treatment.
3. Wash bedding and clothing, especially head gear and scarves in hot water. Drying on a hot cycle will help but is not necessary.
4. Soak combs and brushes in hot water approximately 55 degrees Celsius.
5. Do not use sprays to treat the house. They can be toxic.



Finding lice does not mean that your child gets time off school. Your child can go home at the end of the day and still return the next day after treatment.

➤ For more information about head lice and treatment, visit <https://www.albertahealthservices.ca/assets/info/school/if-sch-sh-head-lice-and-how-to-treat-them.pdf>

Articles

5 Easy Tips to Get Rid of Lice

Technology and Physical Activity

As the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit <http://www.albertahealthservices.ca/influenza.asp>



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

Technology and Physical Activity

There is no doubt that technological advances have changed our society. If we reflect on our own childhood play experiences most of us would likely say that we remember being outside, in an unstructured setting and had the freedom to experiment movement skills. We felt challenged yet successful, building confidence and competence in a variety of skills and movements but most importantly, we were having fun! We were definitely heading on the progressing path of enhancing our physical literacy and enjoying every minute of our journey.

Today our children and youth are exposed to technology in various locations (home, school, friends' homes). It has become a daily part of life and this trend is only going to become more and more common. As advances in technology continue, our lives become more and more efficient but also have contributed to more sedentary behaviours. How can we balance the need to embrace the advantages of new technology with the need to stay active and maintain our physical



health? This isn't easy in a world that is becoming over populated with screens, but there are some tips on balancing technology and physical activity in our children's, or even our own lives:

- **Set daily limits or guidelines.** Limit the use of screens to certain times of the day or set times to 'unplug'.
- **Encourage them to get outdoors.** Who needs a screen when you can discover so much more in the great outdoors? Some ideas include: scavenger hunts, snowmen building, or rolling down hills.
- **Lead by example.** Nothing has a greater impact than a positive role model. How

often are you on a screen in front of them? Take note of our behaviours and unplug and get moving with them.

- **Create a list of unplugged activities.** Keep an activity jar at home, have your child help make a list.

Technology is not going anywhere and we may not have a choice where screens are but we do have a choice in finding balance in our lives and learning how to unplug. Learning these skills and passing them on to our children is only going to help us all lead happy healthy lives.