



NEWSLETTER



2019

Dates to Remember:

December 4	School Council Meeting @ 2:15 in the Learning Commons
December 18	KINDERGARTEN DAY- Christmas centres & class party- pm
December 18	E. L. P. Christmas Concert – 9:00 a.m.
December 18	Christmas Concert - 1:30 p.m. & 6:30 p.m.
December 19	E. L. P. Christmas Concert – 9:00 a.m.
December 19	Turkey Dinner at noon
December 20	Hay Ride / Class Parties
Dec. 21 - Jan. 5	Christmas Break - <i>Have a Great Holiday!</i>
January 6	Classes resume

Hot Lunch

December Menu:

- December 2 - 3G Eatery
- December 9 - Pizza 73
- December 16- Edo Japan

Thank You to...

- To all Grade 6 students and parents who helped volunteer with Turkey Bingo and those who donated concession items and prizes.

Bake Sale Fundraiser

During both the afternoon and evening performances, Sunnyside Community Association will be hosting a bake sale fundraiser. Proceeds will go to support extra opportunities for the students at Sunnyside School.

Supporting our Community

Sunnyside School has an opportunity to support our local community in a few different ways this year.

1. We are an official drop off for Lethbridge Family Services Angel Tree campaign. Our tree is filled with angels for children of all ages. Families who wish to contribute can take an angel off the tree, purchase an unwrapped gift and return it to the school.
2. We are taking donations for the food bank for the whole month of December.
3. Cash donations can be given at the office to support local families in need.

Christmas Concert

The Christmas Concert musical for this year is called 'Dear Santa'. All students from K to 6 will be participating in the performance. The concert will be held on December 18 with two performances at 1:30 pm and 6:30 pm. **Kindergarten students will only perform in the afternoon concert.** The Kindergarten class will attend school on **Tues and Wed** of that week to allow the children to be involved in the concert performances.

Families are reminded to bring their tickets when attending the concert. We are asking everyone to bring a non-perishable food item to be donated to the local food banks. We will also be having a raffle for a Christmas tree generously donated by Karen Barby from Green Haven Garden Centre. Each family will be asked to sell a book of 10 tickets. Each ticket is \$2.00. There will be additional books for families who wish to purchase more. Proceeds will go to support wellness activities at the school.

Hay Ride

Thank you to the Selk family who have once again volunteered to organize a hay ride for the students. This will take place in the morning on Friday, December 20. A form will be sent home for parents to sign to provide permission for their children to take part. ELP and Kindergarten students who wish to take part in the hay ride are welcome to join us at that time if accompanied by a parent.

School Fees

Fees for the 2019-20 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.

Turkey Dinner

Our annual Christmas turkey dinner for staff & students is planned for noon on Thursday, December 19. The cost of the meal will be covered by the Sunnyside Community Association. Thank you to everyone involved in making this special dinner happen.

Early Learning Program

I can't believe that November is over and Christmas is almost here! The children really enjoyed the dinosaur theme. It was a big hit with the crafts, poems, finding bones and other treasures, painting with rocks and dinosaur footprints, and creating dinosaur eggs. For our Gingerbread Man theme-- baking gingerbread men was a great success. December will be filled with crafts, and getting ready for our Christmas concert! Our theme in January will be winter, snow, and bears!

Winter is here, so please bring your children geared up for the weather (gloves, toques, boots, and snow pants) even if there is no snow on the ground, so we can play outside if we get the opportunity.

We will be holding our Christmas Concert on **December 18/19 at 9:00am** in the **Early Learning Room**. It will be a crowd pleaser! Everyone is invited to attend.

Turkey Bingo Update

Thank you for all our donations!

Turkeys: Jen Hendrick, Christine Vucurevich, Greg Farries, Kim Corey, Floyd & Lucy Whiteford, Sarah Crawford, Shelby Quinn, Jenn Ross

Hams: Rob Campbell, Rana Koopmans, Maribeth Douglas

Pop: Selk family

Hot Dog buns: Jones family

Cash donation: Nihill Family

Chips: Frito Lay

Donuts: Tracy Merrifield

Congratulations to our winners!

Turkeys:

Jake Daniels, Hailey Slovack, Susan Cherniwchan, Taylor Nelson, Julie Quinton, Adam Zazula, Bob Stern & Tom Myndio

Hams:

Tom Myndio, Susan Cherniwchan & Peyton Handsaeme

50/50: Boehme Family \$205.00



2019

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Hot Lunch- 3G Eatery	3	4 School Council Meeting 2:15	5	6	7
88	9 Hot Lunch- Pizza 73	10	11	12	13	14
15	16 Hot Lunch- Edo Japan	17	18 E.L.P. Christmas Program 9:00 am Christmas Concert 1:30 & 6:30 Kindergarten Day	19 E.L.P. Christmas Program 9:00 am Turkey Dinner No Kindergarten	20 Hay Ride & Class Parties	21
22	23	24	25	26	27	28
NO SCHOOL						
29	30	31				
NO SCHOOL						

Healthy Children

December 2019 Parent Newsletter

Canada's Food Guide 2019

Canada's Food Guide was released in January of 2019. Instead of only focusing on food choices, the new food guide also talks about where, when, why and how to eat. The areas where you live, learn and play can affect the food choices you make.

The key messages of the new food guide:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits, including fresh, frozen and canned.
- Eat protein foods, and choose plant based proteins more often (e.g., beans, peas, lentils, nuts). Dairy and meat no longer have their own food groups, as they are both a source of protein. Choose lean meats and lower fat milk, yogurt, or cheese products.
- Choose whole grain foods such as oats, brown rice, whole grain bread, pasta and cereals.
- Include healthy fats in your diet daily.
- Make water the drink of choice. Low fat milk and unsweetened soy beverages are also healthy choices to meet calcium, vitamin D, protein and fluid needs.



- Read food labels, be mindful of eating habits, cook more often, enjoy your food and eat meals with others.
- Visit [Healthy Eating for Parents and Children](#) to learn more about how to create a positive eating environment for your child. Parents play a role in shaping a child's eating habits and behaviors towards food. Kids are more likely to eat and choose healthy foods if the rest of the family is making healthy choices. Parents have the responsibility to decide when and what foods will be offered but it is up to the child to decide if and how much to eat.

➤ For more information on Canada's Food Guide, food choices, eating habits, recipes and tips, visit <https://food-guide.canada.ca>

Articles

Canada's Food Guide 2019

Electronic Cigarettes

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



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

Electronic Cigarettes

What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. The e-liquid is heated by the device to turn it into a vapour which is then inhaled. This is called vaping.

What do electronic cigarettes look like?

Many electronic cigarettes look like regular cigarettes, and come in reusable and disposable varieties. However, some of the newer generation devices look like USB sticks, sharpies, car fobs, remote controls, and smartphones, and have become popular with teens because they are easy to conceal.

What is in e-liquid?

It is hard to know what is in e-liquid because currently there are no labelling requirements. Health Canada is working on this. Common contents can include glycerol, glycol, propylene, and flavour additives. You can also get e-liquids with or without nicotine. Unfortunately studies have shown that teens are often unaware that e-liquids may



contain nicotine. Many flavoured e-liquids are enticing to young people (e.g., chocolate or cotton candy) and may give the appearance that vaping is less risky or harmful.

Are e-cigarettes safe?

E-cigarettes are not harmless. Vaping can increase your exposure to potential cancer-causing chemicals. Recent studies have shown links between the chemicals in electronic cigarettes and heart and respiratory disease. In addition, heating of the e-liquid can create new chemicals such as formaldehyde and extract metal contaminants from the device itself. Nicotine use can alter teen brain development, lead to nicotine addiction, and

increase the risk of smoking commercial tobacco cigarettes. It is also of note, that the flavour additives, while approved for consumption, have not been tested for safety of inhalation. The long-term consequences of using electronic cigarettes are unknown and continue to be studied.

Alberta Health Services recommends talking to your children about e-cigarettes and other tobacco-like products about the harm they can cause to their health and those around them.