



# NEWSLETTER



# 2020

## Dates to Remember:

January 6	Classes Resume
January 14	Skating- K- Grade 3 10:15-11:15 am Logan Boulet Arena
January 16	Skating- K- Grade 3 1:30-2:30pm Logan Boulet Arena
January 17	Skating- Grade 4-6 9:30-10:30am Labor Club
January 21	Skating- K- Grade 3 10:15-11:15 am Logan Boulet Arena
January 23	Skating- K- Grade 3 1:30-2:30pm Logan Boulet Arena
January 27	Sunnyside PD Day- NO CLASSES
January 30	Assembly Feat. Gr 3 Students
January 31	Winter Celebration 11:15-12:15
January 31	Skating- Grade 4-6 9:30-10:30am Labor Club

## Thank You to...

- Everyone who donated food items for the Food Bank at the Christmas Concerts and all the parents who contributed to the bake sale.
- The Selk Family for providing the hay ride for all the students on Dec 20.
- All the staff and students who put lots of time and effort in the Christmas Concerts.
- Everyone that donated to the Lethbridge Family Services Angel Tree Campaign.
- Micah Pavan for taking such beautiful pictures of the Sunnyside Students and displaying them on the bulletin board by the gym.

## Christmas Raffle/ Turkey Dinner

Thank you to Karen Barby and Gail Smith of Green Haven Garden Centre for donating the Christmas tree for the raffle. Congratulations to the Moreno-Ramirez family for winning it!

The students and staff enjoyed a delicious turkey dinner on December 19. Thank you to the Sunnyside Community Association for providing the meal, and to all of the parents who organized and served the meal.

## Hot Lunch

January Menu:

Jan.6	- Lakeview Bakery
Jan. 13	- Booster Juice
Jan. 20	- Taco Time

## Get Outside and Move

Our division-wide wellness theme for January is 'get outside and move'. Sunnyside students and staff will participate in numerous outside challenges and initiatives throughout the month culminating in a winter celebration on Friday, January 31 during our wellness hour. Stay posted for all the new and exciting outdoor activities we have planned.

### Skating

Students will be going skating on the following days:

- Tues, Jan 14 from 10:15-11:15 am  
K-Grade 3 at the **Logan Boulet Arena**
- Thurs, Jan 16 from 1:30-2:30 pm  
K-Grade 3 at the **Logan Boulet Arena**
- Fri, Jan 17 from 9:30-10:30 am  
Grade 4-6 at the **Labor Club**
- Tues, Jan 21 from 10:15-11:15 am  
K-Grade 3 at the **Logan Boulet Arena**
- Thurs, Jan 23 from 1:30-2:30 pm  
K-Grade 3 at the **Logan Boulet Arena**
- Fri, Jan 31 from 9:30-10:30 am  
Grade 4-6 at the **Labor Club**

Please complete and return the permission form that will be sent home with your child. All students must wear a CSA approved helmet to go on the ice. Please label your child's equipment with their name. The school has some helmets that can be used if your child does not have their own.

### School Fees

Fees for the 2019-20 school term are \$10.00 for Kindergarten and \$45 for Grades 1 - 6. Please visit our website at [www.sunnysideschool.ca](http://www.sunnysideschool.ca) to pay school fees. We would appreciate receiving any outstanding fee payments as soon as possible.

# January

# 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
			<b>NO SCHOOL</b>			
5	6 Classes Resume Hot Lunch- Lakeview Bakery	7	8	9	10	11
12	13 Hot Lunch- Booster Juice	14 Skating K-Gr 3 Logan Boulet Arena 10:15-11:15	15	16 Skating K-Gr 3 Logan Boulet Arena 1:30-2:30	17 Skating Gr 4-6 Labor Club 9:30-10:30	18
19	20 Hot Lunch- Taco Time	21 Skating K-Gr 3 Logan Boulet Arena 10:15-11:15	22	23 Skating K-Gr 3 Logan Boulet Arena 1:30-2:30	24	25
26	27 Sunnyside PD Day- NO CLASSES  Family Literacy Day	28	29	30 Assembly Feat. Gr 3 @2:15	31 Skating Gr 4-6 Labor Club 9:30-10:30  Winter Celebration 11:15-1:15	

# Healthy Children

January 2020 Parent Newsletter

## Seal Out Tooth Decay

Food and bacteria stick easily to the deep grooves and small pits on the chewing surfaces of molar teeth making them hard to keep clean. Dental sealants are thin plastic coatings that cover the chewing surfaces of teeth to make them easy to clean and help prevent tooth decay.

It is best if children get sealants on their permanent molars as soon as they come in. The first permanent molars usually come in around ages 5-7 and the second permanent molars around ages 11 to 14. Other teeth with grooves and pits can also benefit from sealants.

Having sealants put on is safe, simple, and painless. Sealants are painted on as a liquid that quickly hardens to form a cover over the chewing surface. After sealants are placed you can



drink and eat right away. Sealants can last many years, but need to be checked regularly to make sure they are not chipped away or worn away. They can easily be repaired by adding more sealant material. They are also much less expensive than the cost to fix teeth due to decay.

Fluoride also works to prevent tooth decay but is most effective on the smooth surface of teeth. The chewing surfaces of our back teeth need the additional protection of dental sealants.

**Sealant + Fluoride = Best Protection Against Tooth Decay**

## Articles

Seal Out Tooth Decay

Being Mentally Healthy

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>



## Being Mentally Healthy

The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.

The importance of learning social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves related to others, resolve conflict, do better in school and feel positive about themselves and the world around them. Family life is our first "classroom" for social and emotional learning.



As a parent, you can be a strong positive influence on your child's social and emotional growth and you can reflect and build on your own skills, helping you and your child in the process. Here are 5 areas you and your child can learn more about and work to improve.

**Self-awareness:** Know your emotions and recognize their impact on your behaviour.

**Self-management:** Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

**Social awareness:** Understand, respect and have empathy for all people and their perspectives.

**Relationship skills:** Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

**Responsible decision making:** Understand how your choices impact you and others.

Adapted from [www.parenttoolkit.com](http://www.parenttoolkit.com) and [www.casel.org](http://www.casel.org)