



NEWSLETTER



2020

Dates to Remember:

Feb. 3 – 7	Scholastic Book Fair
Feb. 5	School Council Meeting – 2:15 p.m.
Feb. 6	Student Lead Conferences– 3:45 to 7:00 p.m.
Feb. 10-14	Trickster Theatre
Feb. 14	Classroom Valentine Parties
Feb. 17	Family Day - No Classes
Feb. 18 & 19	No school for staff or students
Feb. 20 & 21	PD Days - No Classes

Hot Lunch

February Menu:

- Feb. 3 - Subway
- Feb. 10 - Swiss Chalet
- Feb. 24 - 3G Eatery

Thank you...

- To RI Baker for inviting our Grade 6 students along on their ski trip to Castle Mountain.
- To Linda & Jim Van Bezooeyen for providing us with a fire pit and wood for a winter fire.

Scholastic Book Fair

The Scholastic book fair will be open during school hours February 3, 4, 5 & 7. On Thursday, February 6 it will be open during the celebration of learning until 7:00pm.

Celebration of Learning

On Thursday, February 6, from 3:45 to 7:00 we will be hosting student led conferences. Students will take their parents from station to station to demonstrate their learning. Teachers will be on hand to answer questions, but the celebration will primarily be facilitated by the students. We ask that siblings not be in the room. The Book fair will be open in the library for those who are interested.

Trickster Theatre

Sunnyside School is the lucky recipient of an Alberta Foundation of the Arts grant which means we will be receiving a one-week residency with two artists to produce a small theatre production. The residency will take place between February 10-14. Students will participate in workshops each day to prepare for the final performance on February 13@ 6:30 pm. Each family will receive 2 tickets and the event will be live streamed/recorded just like the Christmas concert. We will be telling the stories of the Sunnyside School Community and would love to hear from past Sunnysiders of all ages. Please share this with past Sunnyside alumni. We would love to have guest speakers in our school to share stories and memories on the week of February 3-7. We would also love to hear any stories via email too if that works better. Finally, we will need parent volunteers. Please check out the following link and sign up if you're able to help. <https://www.signupgenius.com/go/30E0F4DAEA923AAFB6-sunnyside>

ELP Registration

Registrations for the Early Learning Program for the 2020 - 2021 school term are now being accepted on our school website at www.sunnysideschool.ca for September 2020. Children must be 4 years old by September 1, 2020. Please have your child's birth certificate and your 911 emergency address when registering.

Kindergarten Registration

Registrations are now open on our school website at www.sunnysideschool.ca for September 2020. Children must be five years of age by December 31, 2020. Please have your child's birth certificate and your 911 emergency address when registering. Kindergarten classes are Tues & Thurs from 8:30 a.m. to 3:30 p.m. with additional Wednesday's in the spring. Please share this message with families of children who may be interested in this information.

Early Learning Program

January was busy with our winter theme. We focused on penguins, polar bears, igloos, snow, and ice. Our sensory table was turned into the Arctic which had real icebergs and snow that polar bears and penguins could slide down. We also experimented with how animals keep warm in the winter and ice cube painting. We are continuing to work on our numbers from 1-5, shapes, colors, name recognition, and scissor skills.

Our theme this month will be on feelings, friendship, and Valentine's Day. For our friendship theme we will be having a Teddy Bear Picnic/Valentine's Day party on February 12 and 13. Don't forget to bring your favorite teddy bear or stuffy!

Mrs. Hudson, Early Learning Educator

FEBRUARY

2020

<i>Sen</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3 Hot Lunch- Subway Book fair open during school hours	4 Book Fair open during school hours	5 Book Fair open during school hours School Council Meeting 2:15 pm	6 Student Led Conferences (including Kindergarten) 3:45-7:00 Book Fair open until 7:00 pm	7 Book Fair open during school hours	8
9	10 Hot Lunch- Swiss Chalet Trickster Theatre	11 Trickster Theatre	12 Trickster Theatre	13 Trickster Theatre performance 6:30pm	14 Trickster Theatre Valentine's Class Parties	15
16	17	18	19	20	21	22
NO SCHOOL						
23	24 Hot Lunch- 3G Eatery	25	26 Pink Shirt Day	27	28	29

Healthy Children

February 2020 Parent Newsletter



Early Specialization in Sport

Enrolling your child in sport is one of the best gifts you can give to them. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, children can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If a child spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

In regards to physical health, specializing in one sport too early can limit the range of skills a child possesses as well as their overall motor skill development.

This lack of skills and, often, a lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the child from participating in other activities. Lastly, early specialization in sport can actually change the way your child's body grows and develops due to increased stress on the body and repetitive injuries.

If you do choose to specialize your child early, pay attention to signs of burnout and isolation and talk to the coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!

➤ For more information visit <http://canadiansportforlife.ca/parents>

Articles

Early Specialization in Sport

Developmental Assets

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca



Developmental Assets

Parents and caregivers are a major influence in a child's life and it's normal to feel uncertain at times when it comes to raising your children. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are a few examples of developmental assets for you as a parent to consider discussing with your child.



- Supporting and loving your child – Do you and your child communicate openly, respectfully and frequently? Does your child receive support from other non-parent adults?
- Empowering your child - Does your child contribute to family decisions? Is your child given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences? Do you monitor your child's whereabouts?
- Helping your child use her or

his time in meaningful, constructive ways – Is your child involved in weekly extra-curricular activities?

- Encouraging your child to develop a lifetime commitment to learning – Does your child want to do well in school?
- Instilling in your child positive values – Do you encourage your child's development in recognizing and telling the truth?
- Developing social competencies in your child – Does your child recognize

risky or dangerous situations and are they able to seek help from trusted adults?

- Encouraging your child to form a positive identity – Does your child feel good about themselves? Does your child seem curious about the world?

➤ For the full list of developmental assets and to learn more visit www.search-institute.org