



NEWSLETTER



Dates to Remember:

| | |
|----------|----------------------------------|
| March 4 | School Council Meeting – 2:15 pm |
| March 8 | Daylight Saving Time begins |
| March 17 | St. Patrick's Day |
| March 20 | PD Day- NO CLASSES |
| March 25 | Gr 4-6 Mini Basketball begins |
| March 26 | Assembly at 2:15 feat. Grade 2's |
| April 2 | Report Cards go home |

Thank you....

- To all the families who contributed to our book fair. We raised \$2202.75 with over half the sales in free books for our Learning Commons. Congratulations to Brookelynn and the Grade 4/5 classroom for each winning \$25 worth of books.
- To Mrs. Hancock and her helpers for all their hard work with the book fair.
- To all the parents who helped with costumes, take down and clean up for Trickster Theatre.
-
- To the Hendrick & MacBeth families for donating books to our Learning Commons.

Hot Lunch

March Menu:

- March 2 - Pizza 73
- March 8 - Taco in a bag
- March 16 – 3G Eatery
- March 23 – Booster Juice
- March 30 – Edo Japan

Mini Basketball

Mini basketball is scheduled for Wednesdays after school until 4:35pm starting March 25 and continuing for eight weeks until May 27 for Grade 4-6 students who have signed up on School Cash Online.

Kindergarten Registration

Kindergarten registrations are now being accepted online 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. A school fee of \$10 will be invoiced in September to help offset purchases for special kindergarten projects. Kindergarten classes will be held on Tuesdays and Thursdays from 8:30 a.m. to 3:30 p.m. with additional Wednesdays starting in the spring.

Early Learning Program

February was a lot of fun with our Teddy Bear/Valentine's Day Party. All the children enjoyed showing their favorite teddy or stuffy to their friends, and handing out/receiving Valentines. For early literacy we read Stone Soup, and then made Stone soup as a class. It was a HUGE hit with the kids. Nursery rhymes, St. Patrick's Day, the ocean and sea life will be our new themes for March.

Our class will be constructing a cardboard city in our classroom. If you happen to have any large cardboard that you do not need please feel free to bring it. This will be an ongoing project for the children

Amanda Hudson, Early Learning Educator

Assembly

We will be having an assembly on March 26 at 2:15 pm featuring the Grade 2 students. Families are welcome to attend.

ELP Registration

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

Developmental Check-ups

Sunnyside School will soon be hosting developmental check-ups for four to five-year-olds who are entering our Early Learning or Kindergarten Programs this fall. These check-ups are a service to parents, providing access to experts in early childhood development, including speech and language pathologists, right in their own communities. These free, one-hour sessions are a great way for parents/guardians to confirm which skills their children are well on their way to mastering and which areas require more support. These check-ups help determine the support and resources incoming early learning and kindergarten students will need this fall. They also give children an opportunity to visit Sunnyside School, meet the teacher, and to have a positive hour of fun activity, and alleviate some of the anxiety that might come when school starts. Sunnyside School's Early Learning and Kindergarten programs give children a positive, fun foundation to ensure readiness for Grade 1. **Developmental check-up's will be held in the afternoon on May 28.**



2020

| <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- Pizza 73 | 3 | 4 School Council Meeting 2:15 pm | 5 | 6 | 7 |
| 8 Daylight Savings time begins | 9 Hot Lunch- Taco in a bag | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 Hot Lunch- 3G Eatery | 17 St. Patrick's Day | 18 | 19 | 20 DIVISION WIDE PD DAY NO CLASSES | 21 |
| 22 | 23 Hot Lunch- Booster Juice | 24 | 25 Mini Basketball for Gr 4,5 & 6 3:30- 4:35 | 26 Assembly @ 2:30 Feat. Grade 2's | 27 | 28 |
| 29 | 30 Hot Lunch- Edo Japan | 31 | | | | |

Healthy Children

March 2020 Parent Newsletter

Self-management

Why it's important to you and your child

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't. We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your



emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from www.parenttoolkit.com)

Articles

Self-management

Role Modeling a Healthy Relationship with Food

Health advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



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

Healthy Children

March 2020 Parent Newsletter

Role Modeling a Healthy Relationship with Food

Kids often model what they see their parents do – and eating is no exception! It's important to know how your own relationship with food can affect children. By eating a variety of healthy foods, you can set a positive example for your kids.

Tips for healthy role modeling:

- **Eat together.** Enjoy meals as a family as often as you can. Meals are a time to connect with your children and share food traditions. Keep distractions like TVs and phones away from the table. For fun mealtimes, try these conversation cards: www.ahs.ca/assets/info/nutrition/if-nfs-conversation-cards.pdf
- **Offer healthy foods.** Offer healthy meals and snacks and let kids decide how much to eat. Do not use food to bribe, punish, or reward. Children are more likely to enjoy meals and learn to try new foods when eating is their own choice.
- **Cook together.** Children learn about healthy eating and build skills in the kitchen when they help plan meals, shop and cook.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoid fad diets and role model healthy eating to help your child develop a healthy relationship with food. Avoid diets that:
 - Cut out foods: Some diets may promise better health by cutting out entire food categories, such as gluten,



or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.

- Promise fast weight loss: Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.
 - **Talk positively about bodies.** Focus on health, not size. This can help children develop positive self-esteem and body image.
- Do you want to know more about helping children to develop healthy habits and positive body image? Visit **Raising Our Healthy Kids:** <https://vimeo.com/160413076>