



# NEWSLETTER

## JANUARY 2017

### Dates to Remember:

January 9	Classes Resume
January 12	School Council Meeting – 3:45 p.m.
January 19 & 26	Skating at Labor Club & Adams Ice Centre
January 24	Assembly - 2:30 p.m.
January 27	Family Literacy Day
January 30	PD Day - NO CLASSES



### Principal's Message

Happy New Year!

January always reminds us of making resolutions and setting goals. While our school goals are formulated at the start of the school year, this is a great time to revisit them, especially if you haven't already read through them. This year we have established goals in each of the three areas of literacy, assessment for learning, and safe and caring. The goals, measures and strategies can be found on the Sunnyside School website on the 6th page of the 3 year Education plan or by following this link: <https://sunnysideschool-ca.webguide-forschools.ca/download/93006> If you would like a hard copy of these goals, please send me an email or stop by the office.

This month we will celebrate Family Literacy Day, our Grade 3 Class will perform for us at the monthly assembly and all of our students in Kindergarten-Grade 6 will have two opportunities to go skating.

### Thank You to...

- everyone who sent socks for the 'Sock It to 'Em' campaign. We donated 84 pairs of socks to charity.
- everyone who donated food items for the Food Bank at the Christmas Concerts.
- To Lavonn Mutch our Family Liaison Counsellor for baking sugar cookies for the students to decorate on the last day of school before Christmas holidays.
- To the Handsaeme & Chapman families for providing the hay ride for all the students on Dec 22.

### Hot Lunch

#### **January Menu:**

Jan.9	- Tim Horton's
Jan. 16	- Booster Juice
Jan. 23	- Taco Time

## Skating

Students will be going skating on the following days:

**Labour Club- Thurs, Jan 19 at 1:30-2:30**

**Adams Ice Centre- Thurs, Jan 26 at 1:30-2:30**

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 and spare skates that can be used if your child does not have their own equipment. Complete the bottom of the permission form to indicate what equipment they need and what size skates they wear.

## Christmas Silent Auction

Thank you to Green Haven Garden Centre, Alix Hirsche and Greg Strong for donating items for the silent auction. Congratulations to the successful bidders.

## Turkey Dinner

The students and staff enjoyed a delicious turkey dinner on December 22. Thank you to the Sunnyside Community Association for providing the meal and to all of the parents who organized and served the meal.



## Early Learning Program

I hope everyone had a great Christmas break! This January we will be having lots of fun exploring winter- igloos, penguins, bears and other winter animals, ice, and Goldilocks and the three Bears.

Please bring your children with warm winter gear. I love going outside whenever possible. Also, if you happen to have any used or old Holiday cards left over from the season, I would love to take them off your hands. We use them in our classroom.

Amanda Hudson  
Early Learning Program

## Kindergarten Registration

Kindergarten registrations are now being accepted in the school office for September 2017. Children must be five years of age by December 31, 2017. Please have your child's birth certificate and your 911 emergency address when registering. There is a \$10 non-refundable registration fee payable at the time of registration. An additional 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 full days with additional Wednesdays starting the last week of April.






## Grade 2/3 Double Hoop Basketball

Mr. Van Cleave will continue Grade's 2/3 double hoop basketball on Wednesdays at noon in the gym through January.

## Grade 5/6 Field Trips

Mr. Van Cleave will be taking the Grade 5/6 students Curling and to Basketball and Volleyball clinics. Field trip dates are still to be determined.



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 	3 	4 	5 	6 	7
8	9 Classes Resume Hot Lunch- Tim Hortons	10	11 Grade 2/3 Double Hoop Basketball 12:00-12:23	12 School Council Meeting @ 3:45 pm	13 Stay & Play Program 10:15-12:15	14
15	16 Hot Lunch- Booster Juice	17	18 Grade 2/3 Double Hoop Basketball 12:00-12:23	19 Skating at the Labor Club 1:30 to 2:30	20	21
22	23 Hot Lunch- Taco Time	24 Assembly @ 2:30pm	25 Grade 2/3 Double Hoop Basketball 12:00-12:23	26 Skating at Adams Ice Center 1:30 to 2:30	27 Family Literacy Day Stay & Play Program 10:15-12:15	28
29	30 Professional Development Day- NO CLASSES	31				

# Healthy Schools Calendar

## January 2017

### Supporting Smoke-Free Environments: From Wellness Event to Comprehensive School Health

**Weedless Wednesday**, January 18, is part of National Non-Smoking Week. The idea behind Weedless Wednesday is to promote a “one day at a time” approach to quitting smoking. Broader campaign goals are to promote the right of individuals to breathe air unpolluted by tobacco smoke, and to assist in the attainment of a smoke-free society. Because being smoke-free is important all year, not just one day of the year, consider ways that non-smoking messages can be incorporated into various classes such as art, health, or English literature. Do staff and students who smoke know how to get help to stop? Do members of your school have a shared vision for tobacco prevention? Have your smoking policies been evaluated and updated recently; are the policies being communicated effectively? Help promote a smoke-free life for students and staff on Weedless Wednesday and every day!



Need support? Every school jurisdiction in Alberta has an assigned Alberta Health Services staff member to support [Comprehensive School Health](#). To find out who the contact is for your jurisdiction email: [healthychildrenandyouth@ahs.ca](mailto:healthychildrenandyouth@ahs.ca)

#### Resources to Support Healthy School Communities

- [Alberta Quits](#)
- [Creating A Shared Vision](#)
- [The Academy for Tobacco Prevention](#)

#### Funding Opportunity Deadlines

<p><a href="#">Conservation, Community and Education Grants</a></p>	<p>This grant funds conservation activities by individuals, organizations and communities that contribute to healthy fish and wildlife populations, to a healthy environment for fish and wildlife in Alberta, and to the understanding, appreciation and use of that environment. This program will also fund projects that increase attendance at and awareness of outdoor opportunities, while developing knowledge and respect for conservation. Check the website for the January submission deadline.</p>
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Prepared by Alberta Health Services (AHS), Healthy Children and Youth.  
 AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service associated with grants or events listed in this document.

January 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18 Weedless Wednesday	19	20	21
National Non-Smoking Week						
22	23	24	25	26	27 Family Literacy Day	28
				Shaping the Future Conference		
29	30	31	<p><b>NOW AVAILABLE</b> - January's issues of <a href="#">Healthy Children</a> and <a href="#">Healthy Teens</a> newsletter for parents (aussi disponible en Français).</p> <p>For resources to support building healthy school communities visit <a href="http://www.ahs.ca/csh">www.ahs.ca/csh</a></p>			

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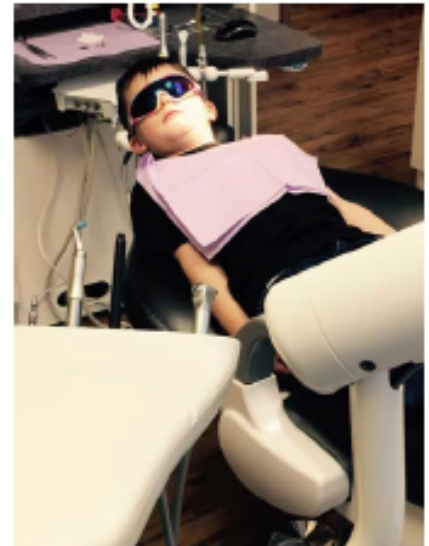
## Protecting Teeth with Fluoride

Even though teeth are hard they are porous too, which means minerals pass in and out of your child's teeth every day. One of these minerals is fluoride. Fluoride helps to keep the outer surface of teeth, called enamel, hard and decay free.

Fluoride works best in direct contact with your child's teeth. Daily, constant exposure of small amounts of fluoride is one of the best ways to strengthen teeth. This happens when your child drinks water with fluoride, uses a fluoride mouth rinse and brushes with fluoride toothpaste. Sometimes teeth need additional protection from tooth decay. Your child's teeth may benefit from professional fluoride treatments like fluoride gel, foam or varnish from their dentist.

Remember to get the best benefits from using fluoride:

- Drink water with fluoride when available
- Make sure your child brushes twice a day with only a pea-size amount of fluoride toothpaste. Spit when finished brushing and don't rinse
- Ask your child's dentist if your child's teeth would benefit from additional fluoride



## Talk to Your Child About Mental Health – Part 1

Everyone has mental health and it changes daily. It's about your range of emotions and affects the way you think and feel about yourself and others and how you cope with life's challenges. Mental health problems can affect your thinking, feelings, mood and behaviour. Mental illnesses also affect your thinking, feelings, mood and behaviour but need a diagnosis from a doctor and treatment. Commonly diagnosed mental illnesses are depression and anxiety.

Mental health problems and illnesses are common. Even if your family isn't directly affected by them, you're likely to know people who are. Talking to your child about mental health may seem like a hard topic, but talking about it breaks down the stigma surrounding it. The more open you are, the more you encourage your child to look after his or her own mental health, ask for help, and help support friends.

It's important for children to know that they can talk to you about their own or someone else's mental health. Being open to talk about mental health shows your child you care. Before you begin your conversation, keep in mind the following:

- Small chats are just as good as long ones.
- You don't need to have or know all the information. It's okay if you aren't an expert.
- Having good mental health doesn't mean you're happy all the time. People can have a mental health problem without having a mental illness. Encourage healthy coping strategies like being creative, being active, eating healthy food, getting enough sleep and spending time with others.
- Try and get in the habit of talking about everyday things like hobbies, school day or friends. This can make it easier if harder topics come up.
- If your child doesn't feel like talking, just wait until he or she does.

Adapted from resources available at: <http://www.time-to-change.org.uk/>

## Sunnyside Parent Link Centre & Barons-Eureka-Warner FCSS

Located in the Sunnyside School

1 mile east of Lethbridge on Hwy #3 & 4 miles north of Marshall's Auto Wreckers Phone 403-732-5470

(Serving the County of Lethbridge)

[www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

[www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)

# Welcome!

### Parenting & Family Coach

Janet Fekete  
403-732-5470

[janet.fekete@bewfcss.ab.ca](mailto:janet.fekete@bewfcss.ab.ca)

### Counsellors

Lisa Vanden Dungen  
403-405-4466

extension # 25


[lisa.vandendungen@bewfcss.ab.ca](mailto:lisa.vandendungen@bewfcss.ab.ca)

Tanie Reid-Walker  
403-360-2111

(texting accepted)

[tanie.reid-walker@bewfcss.ab.ca](mailto:tanie.reid-walker@bewfcss.ab.ca)



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	<div style="border: 2px solid blue; border-radius: 15px; padding: 10px;"> <p><b>National Literacy Day is January 27<sup>th</sup></b>  <b>The ABC's of Family Literacy</b>            Act out a story with your child.            Babies enjoy looking at pictures with bright colours and faces.            Connect what happens in the book to your child's life.  <a href="http://www.FamilyLiteracyDay.ca">www.FamilyLiteracyDay.ca</a></p> </div>		27
30	31			<p><b>Stay &amp; Play</b> 10:15 am-12:15 pm Family Literacy Day</p> 

With support from Provincial & Municipal governments, all services are available at minimal or no charge to residents. [www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)  
 Please be advised that information on calendars is subject to change without notice. Programs may be cancelled due to bad weather, lack of response, or etc.



### Barons-Eureka-Warner FCSS Parent Link Centre

Barons-Eureka-Warner Family & Community Support Services (FCSS) assists individuals, families and communities to reach their potential through Counselling, Teen's, Parenting, Senior's, Volunteer and Children's Programs.

These programs are funded by provincial and municipal governments.

There is **NO CHARGE!**  
[www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

### STAY & PLAY

Stay & Play is a valuable program for parents and children (birth to 5 year old) to attend together.

There is **no charge** and registration is not required.

Drop in and see what we're all about!  
Songs, rhymes, stories, sand and water play, dress-ups and housekeeping, blocks, science and creative art are all available in a safe and inviting learning environment.

We invite all family members to  
Join us at Stay & Play -  
Moms, Dads, and Grandparents

### COUNSELLING

Barons-Eureka-Warner FCSS Counsellors are available for counselling services at no charge. Please call to make an appointment.

**Lisa Vanden Dungen** - 403-405-4466 Ext: 25  
**Tanie Reid-Walker** - 403-360-2111 (phone or text)

### TRIPLE P POSITIVE PARENTING PROGRAM

[www.triplestaypositive.net](http://www.triplestaypositive.net)

The Triple P Parenting Program is an internationally recognized parenting program which promotes positive caring relationships between parents and their children. This program helps parents develop effective strategies for dealing with a variety of behaviours and common developmental issues.



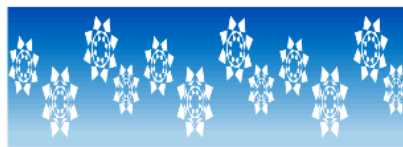
For more information contact  
**Janet Fekete 403-732-5470**  
[janet.fekete@bewfcss.ab.ca](mailto:janet.fekete@bewfcss.ab.ca)

### Connecting parents to the resources in their community

Your Parenting and Family Coach can assist you with the following:

- > Parent Education
- > Family Support
- > Information Referrals
- > Early Childhood Development

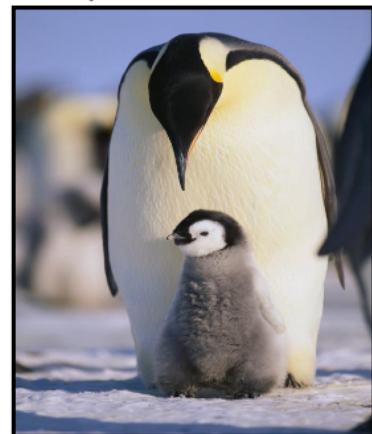
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[janet.fekete@bewfcss.ab.ca](mailto:janet.fekete@bewfcss.ab.ca)  
403-732-5470



### WONDERING ABOUT YOUR CHILD'S DEVELOPMENT?

A developmental check-up will help you see if your child is developing typically with speech, language, social interactions and/or motor skills. The Ages and Stages Questionnaire can give you a guideline to tell if your child is doing what other children of the same age are typically doing. It is a great tool to know what activities you might try next and to see if additional support might be needed.

For more information please contact  
**Janet Fekete 403-732-5470**  
[janet.fekete@bewfcss.ab.ca](mailto:janet.fekete@bewfcss.ab.ca)



"The best inheritance a parent can give his children is a few minutes of his time each day." -  
O. A. Battista