

Sunnyside October 2016 Newsletter



Dear Parents,

Read-At-Home information evening October 13th

We know that reading at home with your child is important, but what should parents do during home reading time? Teachers of Kindergarten, Grades 1 & 2 will be hosting information sessions with tips and ideas for how you and your child can make the most of home reading time -and have fun! Save the date and watch for details from your teacher. Parents of students in other grades are always welcome to ask their teacher for hints.

Dads in School Pizza night October 18th

Sunnyside is continuing the successful Watch D.O.G.S. (Dads of Great Students) program. To kick-off the year and sign up, dads and father figures are invited to come and find out more at a Pizza evening, October 18th at 5:30pm. Bring you children! Last year 10 father figures spent one or more days at school with their child(ren). The presence of these men had a wonderful positive impact on the students.

Photo Day

School picture day will be taking place on October 19th. It is important that your child be here on this day as there will not be any retakes. School uniforms are not required on this day.

Family Day at Stevens Orchard

Once again this year the Stevens Orchard will be hosting a family day taking place on Saturday, October 1st from 2-4pm. If it's raining the event will be held on Oct. 2nd. This is a wonderful opportunity to get outside and spend some time with the family and in doing so help to provide apples to the school during the winter months.

Report Cards

The interim report cards are due to be sent home on October 17th, these interim report cards will give you an overview how your child has been progressing in the early weeks of the school year. The first full report cards will be given out to Cycle 2 & 3 parents at the Portfolio Information meetings in November.

PPO Information

Unfortunately, due to the fact that the school does not yet have a PPO, there will be no Harvest Dinner this year.

Indoor and Outdoor Shoes and warm clothing

All students need a clean pair of shoes to keep at school and wear indoors. This helps to keep our school clean, especially on rainy days. Fresh air and exercise

will



Sunnyside October 2016 Newsletter



helps brains learn, so we aim for outside recess unless it's really pouring. Be sure that your child has a jacket and sweater, for when it's cold or rainy at recess.

School and Supervision Fees Paid

Thanks to all Sunnyside parents who have paid their fees. This year 85% of families have paid or started a payment plan for fees. Although no-one likes to pay fees, they are so important to purchase workbooks, art and science supplies and to pay for supervision at lunch time.

Peanut allergy

A reminder that Sunnyside has students who are *severely* allergic to peanuts. Please make sure you send nut-free snacks and lunches. Please be aware of the Lunchables with the peanut butter cup desert.

Bus Passes

A temporary bus pass must be obtained in order for a student to get off a bus at a location other than their designated stop or to take a different bus. To obtain authorization, a Written request must be sent to the school secretary 24 hours in advance, and be signed by the student's parent/guardian. The temporary bus pass will be issued provided the location is on a regular bus route and if space is available on the bus. A phone call is not acceptable to change buses.

Halloween

In keeping with our Halloween tradition, **on Friday October 28th**, students are asked to wear black and orange. Costumes get in the way with learning and daily activities at school. There will be a Halloween dance held after school on this Friday and students will be allowed to wear their costumes for the dance.

Lamontagne Cheese Fundraiser

Please help to take part in this fundraiser to raise money for your child's classroom. This Fundraiser will begin on October 3rd and sales will finish on October 23rd.

Waste Reduction Week

Sunnyside signed up for the 2016 Quebec *Waste Reduction Week* from October 15 to October 23rd. Ask your child about it! Parents can also contribute by signing up for the "Zero-Waste Lunch" challenge. A permission slip will be sent home soon. Your child could win a quality reusable bottle and lunch containers. More details to come.

The American Heart Association has set these guidelines for sugar consumption:

- Children up to age 8 should take in no more than 12-16 grams of added sugar per day.

Sunnyside October 2016 Newsletter



- Older kids and teenagers should be limited to no more than 20-24 grams of added sugar each day.
 - For reference, **half of can** of soda -- just 6 ounces -- contains about 20 grams of sugar.
- According to the American National Sleep Foundation, children who lack sleep often show symptoms of ADHD. Although each child and situation is unique, here are the guidelines.

Wake-up time							
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
Sleeping time							
Age							
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	19:30	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

All of us at Sunnyside School are pleased to work with you and your child(ren) to make this a successful school year. Please do not hesitate to contact us with any concerns or questions you may have.

Heather Webster, Principal
 Emily Grey & Rebecca Mckelvey, Head Teachers
 Heather Stratton, Secretary