

# Sunnyside October 2017 Newsletter



**Dear Parents,**

## **Read-At-Home information evening October 17<sup>th</sup>**

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.

## **Fundraise with Slightly Haggard!**

Sunnyside will be holding a fundraising dance at the Salle de Réception Burrough's Falls on Saturday, November 25<sup>th</sup> from 9pm-1pm - open to all ages! Tickets will be available soon!

## **Report Cards**

The interim report cards are due to be sent home on October 16<sup>th</sup>, 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 available on the parent portal on Parent Night - November 23<sup>rd</sup>.

## **PPO Information**

The first PPO meeting of the school year will be taking place on October 4<sup>th</sup> at 6pm at Tim Hortons. Please drop by and learn how you can support your PPO!

## **Indoor and Outdoor Shoes and warm clothing**

All students need a clean pair of shoes to keep at school and wear indoors. This will help to keep our school clean, especially on rainy days. Fresh air and exercise helps brains learn, so we aim for outside recess unless it's really pouring. Be sure that your child has a jacket, sweater and waterproof boots for when it's cold or rainy at recess.

## **School and Supervision Fees Paid**

Thanks to all Sunnyside parents who have paid their fees. Last year 95% of our families paid their fees; if everyone pays we can continue to keep our fees lower than most other schools. 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.

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## **Peanut allergy**

A reminder that Sunnyside has students who are *severely* allergic to peanuts. Please make sure you send peanut free snacks and lunches.

## **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 Tuesday October 31st, students are asked to wear black and orange. Costumes get in the way with learning and daily activities at school. We will have our regular non-uniform day on Friday, October 27<sup>th</sup>.

## **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 3<sup>rd</sup> and sales will finish on October 17<sup>th</sup>.

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.

Steve Weary, Principal  
Heather Webster, Head Teacher  
Heather Stratton, Secretary

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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.
- 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