October 14, 2015



## Sunchild School Round Dance and Parent Teacher Interviews

Thursday November 13

- Parent Teacher Interviews starting at 3:25 and running to 6:00 p.m.
- Feast and Round Dance to start at 6:00 p.m.

If you are unable to make it to parent teacher interviews please make arrangements with your child's classroom teacher to pick up their report card.

Back Issues of the School Newsletter can be found on the Sunchild web site

www.sunchildschool.com

#### Community Turkey Lunch Thursday October 16th starting at 12:00

Come and enjoy a Late Thanksgiving Lunch at the School. Don't forget to drop in and say hello to your child's Teacher!

#### **Taking Students Home Early?**

Parents please ensure that you sign your child out of the school through the main office. We need to know who is in the school in case of a fire or other emergencies.



#### **Terry Fox Run For Cancer**

The 7th annual Sunchild Terry Fox Run was held last month. Students were given a challenge by Mr. Smith and Mr. Malthouse. If students could raise \$200.00 for cancer research these so called gentlemen would wear a



dress to school the next day. Needless to say students ceased the challenge and raised \$201.00 for cancer research. Mr. Smith and Mr. Malthouse were great sports and could be seen the next day sporting their fall attire. Students enjoyed the change to get out and enjoy the Terry Fox run on the school track.

#### Sunchild School Cross Country Run



Sunchild School will be running its own cross country run for Elementary Students on Thursday October 23rd. This run fits into the school initiative of Health Bodies Healthy Minds and our Daily Physical Activity initiative.

Parents wishing for their child to be dropped off at a place other than their home need to ensure they send a note with their child or phone the school.

#### Sunchild School Volleyball Schedule

Thursday October 16 Rocky Christian School at Sunchild School Thursday October 23 Condor School at Sunchild School Thursday October 30 Sunchild School at Pioneer School



# **Come out and support your Sunchild School Volleyball team!**

## **Important Dates For Your Calendar**

Wednesday October 15Science in MotionThursday October 16Science in MotionThursday October 16Community ThanksMonday October 20No School for StuTuesday October 21No School for StuWednesday October 22Sunchild Bisons agTuesday October 28Sunchild Bisons agWednesday October 29School Picture DaMonday November 10No School RemenTuesday November 13Parent Teacher In

Science in Motion Community Thanksgiving Meal starting at 12:00 No School for Students FNSSP Teacher Conference No School for Students FNSSP Teacher Conference Sunchild Bisons against Edson HOME GAME Sunchild Bisons against Jasper HOME GAME School Picture Day No School No School Remembrance Day

Parent Teacher Interviews 3:30 to 6:00 p.m.

#### **Excellent School Attendance = Excellence in School**



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October Newslette

#### Make Sunchild School STOP a **Bully Free Environment!** You can help us STOP Bullying

#### What You Can Do About Bullying! -What is bullying? Bullying is when someone keeps doing or saying things to have

power over another person. -What can you do if you are being bullied? Coping with bullying can be difficult, but remember, you are not the problem, the bully is. You have a right to feel safe and

- secure. Spend time with your friends! Bullies hardly ever pick on people if they're with others in a group
- Try ignoring the bully, tell them to stop and walk away whenever the bullying starts.
- If someone is bullying you, you should always tell an adult you can trust. This isn't telling tales. You have a right to be safe and adults can do things to get the bullying stopped.
- If you find it difficult to talk about being bullied, you might find it easier to write down what's been happening to you and give it to an adult you trust.
- If you see someone else being bullied you should always try to stop it. If you do nothing, you're saying that bullying is okay.

#### Are You a Bully?

Have you ever bullied someone else? Think about why you did it and how you were feeling at the time. If you are sometimes a bully, try to find other ways to make yourself feel good. Most bullies aren't liked, even if it starts out that way. Remember, it's best to treat others the way you would like to be treated.

#### CLINIC AT THE SCHOOL LIBRARY **OCTOBER 22<sup>ND</sup>**

There is plenty of confusion about what is "influenza". It is helpful to understand what you are dealing with.

	Type of Infection	Respiratory	Infection	Gastrointesti-
	Description Symptoms	Influenza	Common Cold	Stomach upset
	Virus Involved	Influenza A or B	Many different kinds of viruses such as rhinovi- rus, coronavirus, adenovirus, etc.	Norwalk like viruses is the most common.
	Fever	Usually high, beginning sud- denly and lasting 3-4 days.	Sometimes	Rarely
	Headache	Usually, can be serve.	Rarely	Sometimes
	Chills, Aches, Pain	Usually, and often severe.	Rarely	Common
	Loss of Appetite	Sometimes	Sometimes	Frequently- usually nausea, vomiting and diarrhea occur as well.
	Cough	Usually	Sometimes	Rarely
	Sore Throat	Sometimes	Sometimes	Rarely
	Sniffles or Sneezes	Sometimes	Usually	Rarely
	Extreme Tiredness	Usually-tiredness may last 2-3 weeks or more	Rarely	Sometimes
	Involves Whole Body	Usually	Never	Stomach and bowel only.
	Symptoms Ap- pear Quickly	Yes	More gradual	Yes
	Possible Compli- cations (Health Problems)	Pneumonia, kid- ney failure, swell- ing of the brain and death	Sinus infection or ear infection	Dehydration (losing more fluid than you take in).
	Vaccine	Yearly vaccine provides protec- tion against two influenza A strains and one influenza B strain	No vaccine avail- able	No vaccine available.

#### For the Safety of your child. Please take the time to review the School Bus rules with your child.

The driver is in full charge of the School bus at all times and students shall obey him/her promptly and respectfully. 1.

- Students are responsible to be on time, on the road at the bus stop, not in the house. 2.
- 3. Unnecessary conversation with the driver is prohibited.
- Classroom conduct is to be observed on the bus and any disturbance, which may take the driver's attention and en-4. danger the safe operation of the bus, is prohibited.
- 5. Smoking is not permitted on the bus.
- 6. Drugs, alcohol and weapons are not allowed on the bus
- 7. Students shall not litter the bus or throw anything out the bus windows.
- 8. Students shall not extend any part of their body out the window.
- 9. Students shall remain seated while the bus is in motion.
- 10. Students shall not destroy, mutilate or damage the bus in any way.
- 11. Students shall leave the bus at their regular stops unless a note from the parent is presented to the driver requesting a drop off at another stop.
- 12. Students shall dress properly for the weather of the day.
- 13. Students shall unload the bus from front to back.
- 14. When leaving the bus, students shall observe the directions of the driver and watch for traffic before crossing the road.



#### OCTOBER NEWSLETTER









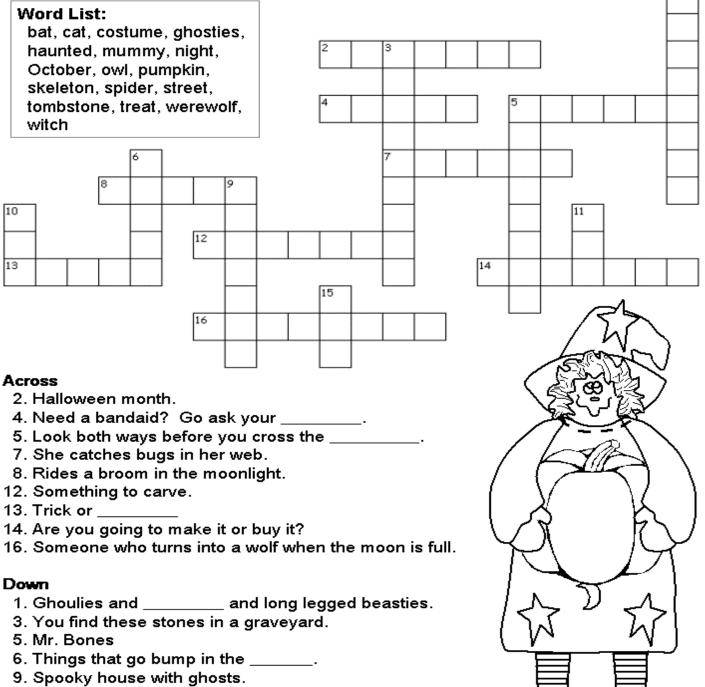




TURKEY

HAY

# Halloween Crossword



- 10. black
- 11. Flying nocturnal mammal.
- 15. Wise, old \_\_\_\_

## Here are a few fun family activities that you can do at home with your children. Making Family memories is fun.

Our Family Tree Make up a family tree - Everyone write down all the relatives they remember, one per post-it note (or card) and then make a big Family tree

special area and let everyone help - the harder the better.

## **Pencil Rubbings**

Collect different coins or leaves to put under paper.

Then use a crayon/pencil to rub over the top. And watch the magic.

## Play dough

Make Uncooked Play Dough

- 2 cups of plain flour
- 4 tablespoons of 'cream of tartar'
- 2 tablespoons of cooking oil
- 1 cup of salt
- 2 cups of boiling water
- food colouring

Pop it all in a mixing bowl and mix!

It may not mix well at first but hang in there and throw it onto the bench

## Make-up Artists

Make-up artists - Get out all of the old make up and let everyone do their own faces up. Put make-up on Mum or Dad.

#### Make Jewellery Make jewellery - by threading beads, macaroni or cut up straws on to wool.

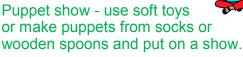
#### Ioday's theme is : Have

a theme day- make it blue day so everyone wears blue, you eat blue food, use blue paints/materials for craft work, sing blue songs, etc.

## **Mystery Pencil Rubbing Game**

Everyone grab a piece of paper and rub over different surfaces (concrete wall, bath tiles, kitchen colander or other utensils, outdoor furniture) Everyone has to guess what the mystery object is.

#### **Puppet Show**



## Jigsaw Jigsaw - set up a 🏹 Teach Mum/Dad your favourite Computer game

Teach Mum/Dad your favourite computer

game. Set an egg timer for 15 minutes

then teach them to an outdoor game like

basket ball or hand ball.

#### Treasure Hunt

Treasure Hunt - write out a list of things to find (or leave a clue at each point), and start hunting. Include things we have to do – like make a bed or fold up a pile of washing

## Memory Game

Take turns to find 10 items to put on a tray or table. Use a tea towel to cover them up so no one sees. Then show everyone the items for one minute and cover them up again. See how many they can remember.

#### Indoor Cubby

Indoor Cubby -Turn the dining area into an indoor cubby with blankets and



sheets over chairs -'camp out' for the night.

#### Paper clip fun

Paperclip fun – how many things can they make with a single paperclip – or a pile of paperclips

#### Movie Afternoon

Everyone chooses a movie to rent/watch. Make some popcorn and snuggle up with blankets and enjoy the movies.

Mind Map a Short Story Mind Map a short

story and everyone tells their story for 5 minutes each.

## Photo Frames

Photo frames - Buy photo frames from the Dollar Store and everyone can decorate one for their room or as a gift.



## Make Christmas Cards

Start making Christmas Cards / Gifts for the family - surprise everyone by being so organised this year.





Have a lazy day - everyone gets to stay in their PJs all day and relax.

## Visit the Library

Lots of Local Libraries hold story-telling workshops during school holidays. While you are there, get a library card so vou can borrow some new sto-

## Dress Up

Grab out old clothes from the wardrobe and play dress ups.

#### Indiana Jones

Indiana Jones - Bury old toys (dinosaurs etc) and 'artifacts' in an area of your garden and let the kids uncover them.

Great if the veggie garden needs digging over.



Dress Up

Grab out old clothes from the wardrobe and play dress ups.







