



Sunnylea Update #14



Upcoming Dates

<https://schoolweb.tdsb.on.ca/sunnylea/Calendar>

February 15 -16 - Parent Teacher Interviews

February 15, 22, 27 - hockey team

February 16 - PA Day for parent-teacher interviews

February 19 - Family Day - no school

February 20 - Parent workshop at 7 pm. Online. Topic: [Building Resilience and Managing Anxiety](#)

February 21 - Boys basketball

February 22nd - 25th - Goose Chase

February 23 - Grade 5 talent show, Pizza Day

February 26 to March 8 - Gymnastics

February 28 - Girls volleyball

February 29 - SK parent learning session with our Speech/Language Pathologist - 9:00 to 10:00 AM, Toronto Fire Presentation

Parking, Pick Up and Drop Off

Please do not block our staff parking after school by parking along Glenroy. Even if a staff member is able to front out of their spot, cars parked along Glenroy make it unsafe because they cannot see past the vehicles parked along the sidewalk. We all know how busy exit time is and we are all responsible for watching out for each other. Additionally, daycare staff have reported damage (scratches) on their cars from doors being opened into them.

If there are no visitor parking spots available, there are 15 minute spots along Grenview that you can use.

Better yet, all students live within walking distance to the school. Walking to school is the healthiest alternative!



Please do not park along this stretch of Humbervale.

Parked cars along this stretch means that students who live south of the school must walk on to the road to get home! There is no parking along this whole stretch between 8:30 and 4:30. You may **stop** between the two Pick Up and Drop off signs.



Library Update - Mme Foley

New books are arriving in our library every week. Please have a discussion with your child about what genre of books they like and what you would like to see coming home. Review the selections brought home on library day. I am available to assist students in finding what interests them. The library schedule is as follows:

Day 1: Walker-Penyk & Hritzun-MacLean

Day 2: Mohan & Evans + Ms. Breau does her own class for book exchange

Day 3: Camilleri



Day 4: Copeland + Ms. Baatjes does her own class for book exchange

Day 5: Fordyce & Elango + Ms. Akinyode does her own class for book exchange

Decodable Texts to use at home

<https://slz01.scholasticlearningzone.com/resources/dp-int/dist/#/login3/CANCDYH>

Username: SJS, Password: SJS123

Hot Lunch Program

Thank you to all who completed the survey for the hot lunch program. We are planning to return to Lunchlady starting March 6. LunchLady orders will replace Pita Pit on Wednesdays. **Please do not order from Pita Pit beyond February.** If you have pre-ordered for Pita Pit beyond February 28, your orders will be automatically canceled and you will be refunded. Email info@lunchboxorders.com and provide the following information in order to process your refund:

1. Email address that their Lunchbox account is registered with.
2. The school their child attends
3. Email address they use to receive e-transfers.

We will share more information on LunchLady ordering soon. Note that orders are **not** through Cash Online, but directly with the vendor. This provides us the ability to cancel up until 8 am the day of, as well as other benefits. We apologize for any inconvenience with the change, but we believe this will allow more families to take part in the program and provide the needed delivery support for staff.

GooseChase Reminder - February 22nd - 25th!

Attention Sunnylea Families!

Get ready to GooseChase **Thursday February 22nd - Sunday February 25th!**

GooseChase is a community spirit-building game that encourages Sunnylea families to accomplish missions to earn points, bragging rights, and even prizes!

You have until the end of the weekend to sign up! Registration closes on February 20th. Sign up is via Cash Online.

Virtual Library

<https://www.tdsb.on.ca/library/HOME/Read-Watch-Learn/schoolNo/2018>

Check out Capstone! (UN and password both trillium) - This is another great resource for ebooks. There are three sections: PebbleGo has science and social studies texts for younger students, PebbleGo Next has science texts for grades 2 to 4ish, and the e-book section allows you to pick age, grade and genre (look for the three lines on the left).

Asian Heritage Month - May

We have booked a **Dance N Culture** workshop for May 7th (thank you to parent council for funding this). We are looking for some parents (or nannies) to help facilitate a small event that showcases Asian culture. Please email jackie.stafford@tdsb.on.ca or gloria.camilleri@tdsb.on.ca if you are able to help us out.



Lunchroom Supervisor

We are continuing to look to hire temporary lunchroom supervisors. If you are available between 11:40 and 12:55 please contact the office for more information.

Great Parent Blog

[My Blog - UPower Presentations - Sara Westbrook](#)

This blog has all sorts of short reads that deal with things parents have to deal with (like: dealing with disappointment, setting boundaries, riding the wave of emotions).

Here's a sample:

Parenting with Love Through Life's Boundaries

In our ongoing endeavour to establish healthy boundaries that nurture the mental and emotional well-being of our children, there are three challenges that often come up to test our efforts:

- 1. Desire to be liked:*** You may worry your children won't like you when enforcing boundaries and consequences. While it isn't pleasant to hear your child yelling, 'I don't like you', it doesn't mean they don't. What they are really saying is, 'I don't like your boundaries. I don't like your consequences.' Understanding this, helps you respond with the intent of encouraging growth rather than reacting solely from the emotions you may be triggered to feel, like anger or guilt.
- 2. Remembering when you were a kid:*** You may find yourself thinking, 'I know what it's like to feel disappointment and I don't want that for my child.' Attempting to protect them from disappointment is not in their best interest. We want kids to grow into adults that know how to manage emotions like disappointment rather than avoiding them.
- 3. Wanting them to make their own choices:*** While it's important to encourage independence and decision-making skills, many parents make the mistake of thinking their child has the logic and reasoning of an adult and will naturally make the responsible choices (I have had those moments). Unfortunately, our children don't have the life experiences to pull from, nor the maturity to know what might be in their best interest.

Strategies to Establish Healthy Boundaries

- 1. Clarity on your boundaries:*** Knowing what boundaries and consequences work best for your child ahead of time will stop you from making a decision in the heat of the moment – one you may later regret. Plus, letting your child know the expectation ahead of time gives them clarity and awareness.
- 2. Be their parent:*** Growing up, when I would push back on my mom's boundaries, she would say, 'I'm your parent and I have a job to do.' This mindset allowed her to enforce the structure that I needed, even when I didn't know that's what I needed. She didn't allow my disappointment to become her guilt. Remain sturdy. Remember you are arming your child with important life skills.
- 3. Stay consistent:*** Children thrive on consistency, and it helps them understand the boundaries that are in place. Of course, there will be times when you will fall off track, but be honest with your kids by saying, 'I haven't followed through with what we talked about and that's on me. Moving forward my expectations are...(fill in the blank)'. Your kids will appreciate your honesty.
- 4. Preventing entitlement:*** Establishing clear boundaries helps prevent a sense of entitlement. When kids understand that there are limits to their wants and behaviours, they learn the valuable lesson that the world doesn't always cater to their every wish. This realization fosters a



more realistic and appreciative perspective, reducing the likelihood of entitlement.

This is What I Know: *When your child pushes back – that’s their job – your role is to maintain a healthy boundary. By staying steadfast, they will learn to cope with disappointment, frustration and setbacks, essential for bouncing back from life’s challenges.*