

Good afternoon Sunnyside families,

We hope that you all enjoyed the long weekend. As we move into the second half of October, there are some exciting things coming at both Eaglewood and Fort Sackville.

Nova Scotia School Lunch Program

The first day of lunch delivery at Sunnyside will be October 28th. We are very excited for this opportunity for our students.

- Ordering is done at nslunch.ca. You must set up an account to be able to order and we encourage everyone to set up an account on October 18th. Once your account is open, you will receive reminder emails when ordering opens and closes. **Late orders cannot be accommodated** and orders cannot be changed after the ordering window closes.
- Ordering is done in 2 week cycles and is open from Friday to Wednesday at noon, the week preceding the 2 week cycle. For our first cycle, ordering is from Oct. 18-23.
- You can order lunch for as many days of the 2 week cycle as you wish.
- You pay what you can—from nothing to \$6.50/meal. No one will know how much you are paying.
- If your child misses an ordered meal (for illness, absence, etc.) we cannot refund or cancel the lunch. To replace the missed meal, you are encouraged to order a different lunch in the next cycle and not pay for it.
- Lunches will be delivered to each site prior to the beginning of our lunch period. (12:05 at Fort Sackville and 12:15 at Eaglewood). We have changed our lunch routines at school so that students are eating first and then going out to play.
- The school will be ordering some extra meals at each site for students who have forgotten to order or who need food for any other reason.

Family Hallowe'en Dance

We will be holding our 3rd annual Family Hallowe'en Dance on Thursday, October 24th from 6:00-7:30 pm. Some reminders about this absolutely amazing event:

- All students attending must be accompanied by a responsible adult. There will be no supervision of students from the volunteers or the school staff.
- We need many volunteers to make this event successful. Reach out to our Home and School Association at Sunnysidehsa@gmail.com or sign up here: <https://signup.com/go/vnEgHWt>
- Costumes are encouraged and there will be prizes. (Leave weapons home).
- Bring a non-perishable food donation for the Bedford Lion's Food Pantry in lieu of admission fee.

Parent Talk with Dr. Daniel Chorney

On November 14th at 6 pm, we are very excited to be able to invite our parents and guardians to an evening talk with Halifax Psychologist Dr. Daniel Chorney. Dr. Chorney will be presenting a talk entitled "Child and Adolescent Anxiety: What Parents Can Do" which will be an introduction to

anxiety and parenting strategies. Anxiety is a normal part of life and this will help us understand what it is and how to support our children.

It is important to note that this is an event for **adults only**. It is not appropriate for children and so if you are attending, they cannot come with you. We will send out more information and a reminder as the date approaches but put it in your calendar if you are interested in attending.

Hallowe'en at school

We will be recognising Hallowe'en on October 31 at Sunnyside Elementary School. Students are welcome to wear costumes to school that day and each site will have an opportunity for students to show their costumes off to their peers. It is very important to note that face masks and weapon accessories are not allowed at school. We recommend leaving any accessories at home so students don't lose them or forget them and not have them for their evening activities. Teachers will be sending home details specific to their classes.

Terry Fox Events

Our students had lots of fun running and walking in memory of Terry Fox at the beginning of the month. Thanks to all for their generous donations. We raised over \$400 for the Terry Fox Foundation.

Author Visit Fort Sackville

On Tuesday, Leroy Fontaine, the author of *Sekweha the Superkid and his Cultural Cape* visited our grade primary and ones at Fort Sackville on Tuesday. The book, inspired by the author's own life and experiences is about an Indigenous boy raised in a First Nations community who moves to the Big City. The students had a great time listening to him read his book.