



# NEWS

## Sunset Elementary School

Sept 2019

Check out our website at  
[www.sunsetschool.ca](http://www.sunsetschool.ca)

### Principal's Message



### Sunset Staff this Year

Ms. Amodeo-Principal  
Ms. Boal-Vice Principal  
Mrs. Greenlees-Secretary

Mrs. Bono-Grade 1  
Ms. Soltau-Grades 1/2  
Ms. Janveau-Grade 2/3  
Ms. Sneazwell-Grades 2/3  
Ms. Siminoff/Mr. Ogren-Grade 3  
Mr. Mollinga-Grade 4  
Mrs. Fletcher-Grade 4  
Ms. DeMill-Grades 5/6  
Mr. Gough—Grade 5/6  
Ms. Boal/Ms. Amodeo-Grade 6/7  
Mrs. Purdey-Grade 7

Mrs. Brooks—LART  
Mrs. Woodford—LART

Mrs. Browne/Mrs. McAstocker-Focus Room  
Mrs. Ellis/Mrs. Fraser- First Nations Support Workers

Mrs. Brown-Education Assistant  
Mrs. Gray-Education Assistant  
Ms. Kliever—Education Assistant  
Mrs. Nurmi—Education Assistant



### Gilakas'la

**Welcome back** to all our families, and welcome to our new families! We are happy you are here. We have a great year coming at Sunset and all our staff are excited to see you back!

As well as our academic curriculum this year our staff has decided to focus on anxiety reducing strategies in the classroom. This is because we have noticed an increase in anxiety symptoms in our students. Anxiety can interfere not only with learning, but also with social interactions and resilience. Over the course of the year, we will be talking to students about ways to manage anxiety rather than letting anxiety manage them. Please watch the newsletter for parent information as well.

As our year unfolds, please do not hesitate to visit the school and touch base with your child's teacher. We will have formal meeting dates throughout the year as well. We will have lots of volunteer opportunities this year. Should you like to become more involved with the school please let Ms. Greenlees know. It takes a community to raise a child and in this endeavour, we are one community!

Gilakas'la  
Kelly Amodeo

# Sunset Rocks

- Sep 19.....Assembly for Tour de Rock
- Sep 23.....Tour de Rock arrives
- Sep 25.....BC Dairy Foundation Presentation
- Sep 26.....Terry Fox Run & Bike Ride
- Oct 14.....Thanksgiving (No School)
- Oct 25.....Provincial Pro-D (No School)
- Oct 17.....Hot Dog Day
- Nov 15.....School Picture day

A reminder that this year Sunset School is a **Nut free school**. Parents should refrain from sending any food items containing any tree nut products. Please read labels carefully.



A reminder that Sunset School is a **Scent Free Zone**. Students and visitors to the school please refrain from using scented products while on Sunset property.



## PAC

Hi parents,

As PAC chair I have made a goal for myself to become more available to anyone who has questions as to what PAC does for your children and the school. Our first meeting will be on September 16th at 6:30 pm in the library. Come with questions and if this time doesn't work add what times do to the poll that I have created. I want to have a better turn out for our meetings this year and I need your help to make that happen.

Thanks I look forward to seeing everyone at the start of the year.

Thank you,  
Matt Rydalch  
PAC Chair

Mrs. Bono & Ms. Soltau's classes exit outside at the back of the school.  
Please meet your children there!

**Please do not send your children to school before 8:30 am. There is no supervision until that time.**

**Thank you for your cooperation.**

## What is Anxiety?

Anxiety is a normal response to uncertainty. It is normal and not dangerous. However, anxiety symptoms can seem overwhelming making it one of the most common mental health concerns of our time. Anxiety can become a mental health concern if high levels are experienced everyday; if the anxiety feels really intense; if panic occurs for no reason; and/or feelings of anxiety interfere with daily activities. In these cases, it is a good idea to discuss the symptoms with your physician.

## What you might see:

You may be able to tell when your child is wrestling with anxiety. Sometimes a child may have physical complaints like a tummy ache, headache, or sleep difficulties. Sometimes a child will have less control over their emotions and you may see crying, screaming, tantrums or lashing out. A big indication of anxiety is a refusal to try new activities or refusal to attend school. If you are seeing these symptoms in your child and you are concerned, please talk with your physician.

While anxiety is normal for all humans, sometimes it can seem overwhelming to adults, never mind little people. Anxiety hits all of us some of the time. The trick is to help our children manage this.

