

This Week at Sunnybrae PS - February 13 to 17, 2023

This Week

February 13th: Last day to purchase Barrie Colts Tickets
February 13th: Int. girls volleyball game at Hyde Park PS
February 14th: Int. girls' volleyball game at Pope John Paul CS
February 15th: Int. boys basketball games at Goodfellow PS
February 16th: Raise the Dough Fundraiser at Domino's Pizza
February 16th: Int. Girls Volleyball Game at St. Gabriel CS
February 17th: Report cards go home

Upcoming

February 20th: Family Day - No School
February 28th: Grade 8 Photos
March 4th: Barrie Colts Game at 7:30 pm (fundraiser-see below)
April 3rd: School Council Meeting

Purdy's Chocolate: The Purdys Chocolate online fundraiser is now up and running. Deadline to submit orders is March 15th. You will place your order directly with Purdy's online. Our customer number is 57487 and their website is <https://fundraising.purdys.com/1640334-10451>. If you need assistance with your order please contact Amy Moylan at amy.j.moylan@gmail.com or 416-788-5095. Pick up will be Monday, April 3, 2023, 3:30 to 6:30 pm at Sunnybrae PS. All proceeds will go towards much needed technology for the school.

The Intermediate Students at Sunnybrae will be entering the CBC Music Playlist Challenge. For the competition we are tasked with creating a playlist of fifteen songs that move our mood (four of which must be by Canadians). We are reaching out to the school community to help us generate a list of songs that we should consider for our playlists. So, get listening Bulldogs, and let us know what music moves you! Your submissions can be entered using the google form (https://docs.google.com/forms/d/e/1FAIpQLSc-RhVyi9otzxCgumSTQZ6Y4XMxhuNvJ-gfNjtixoPNMQ8Vnw/viewform?usp=sf_link) or using the ballot box by the main office.

Candy Grams: The Pawsitivity pack will be selling Candy Grams (chocolate or Gummies) on Monday, February 13th.. They are \$2 each with proceeds going to equity initiatives in our school. They will be delivered to each class on Tuesday, Feb. 14.

Barrie Colts Fundraiser: Sunnybrae School Council is having a fundraiser with the Barrie Colts Hockey Team. Have a night out enjoying a Barrie Colts game on Saturday, March 4th at 7:30 pm at the Sadlon Arena on Mapleview Drive in Barrie. Tickets are \$23.00 each (for over 2 years of age) and up to \$6.00 from each ticket sold will be donated back to Sunnybrae PS (amount received depends on # of tickets sold).. All proceeds will go towards athletics. Tickets must be purchased through school cash online <https://www.schoolcashionline.com/> and will be sent home with your child by March 3, 2023. If you prefer to pick up your tickets you must inform the school office. The last day to purchase tickets is February 13th.. If you have any questions please email cd.emery30@gmail.com

Covid Screening: All students and staff are encouraged to complete the daily **COVID-19 self-assessment** screening tool prior to entering SCDSB schools and buildings and follow the direction of the screening tool. We have some RA Test kits here at the school. If you need one for your family please let your child's teacher know and we will send it home with them. [School and Child Care Screening](#)

Math games at home: Playing math games at home is a great way to reinforce math concepts that students learn at school. The YouTube channel MMMathMania has a large number of videos of math

games that can be played using paper, dice, and/or playing cards. Check out the channel at: www.youtube.com/@mmathmaniamathgamesmore3985 or search MMMathMania on YouTube.

Exercising together can make your family stronger and healthier (Information provided by the YMCA of Simcoe/Muskoka: Families that exercise together get stronger in more ways than one. Getting your daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image, supports mental health, and strengthens the family bond. With so many great reasons to get moving, why aren't Canadians doing it more often? One of the most common barriers reported is time. This is also one of the biggest roadblocks to spending quality time together as a family. With Family Day just around the corner, why not plan a weekend of activities that gets the whole family out and moving! Here are some tips to help make family fitness fun for everyone. Put family first:

- Make the focus of family fitness about family time. Use this time to connect with one another, share stories, discuss interests, check in on the day, or just make each other laugh. Quality family time is important, no matter your age
- Take classes together
- Ask your local health and fitness centre about classes offered to parents and kids, or family-oriented drop in programs. Centres like the YMCA often have open family swim times for family members of all ages to enjoy. If your little one is too young to swim in the pool, look for child-minding or parent and tot programs.
- Plan outdoor activities
- Set aside one day every weekend to do something active as a family such as sledding, skating, or hiking. Making physical activity part of your routine will set your family up for healthy habits now and in the future. Don't forget to splurge on some healthy snacks after a good workout!
- Surround your family with active people
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- Healthy habits can be contagious! Surround your family with active people who enjoy healthy lifestyles and you'll be more likely to make those same choices. Group classes or drop-in programs are a great way to meet new people that share your passion for fitness.
- Spend quality time together this Family Day weekend
- The YMCA is a great place to have fun with the whole family while building healthy habits of physical fitness and well-being. With activities like open family gym and open family swim, family members of all ages can be healthy and active together. To find your local YMCA and view Family Day weekend activities, visit www.ymcaofsimcoemuskoka.ca/schedules.