

April 1, 2010

Issue 8



Happy Easter

Principal's Message From the Desk of Ms. Carlson

Box 59

Ralston, Alberta

544-3535

Inside this issue:

Coming Events

2

March activities kept students, staff, and parents busy at Ralston School. The Dare to Care group came to Ralston School and hosted a parent night and Professional Development day for all of the Ralston Staff. They provided a research based anti-bullying awareness program that focuses on prevention and early intervention. They will be returning to work directly with our students on April 19th and will host another parent night after school that day. Many thanks are extended to Cenovus Energy for sponsoring the entire cost of this program and training for students, staff, and parents.

Parent-teacher interviews were held on March 16 & 17 and were well attended, as was the Science Fair held on March 25. The projects ranged from volcanoes to the effects of pop and juice on dental health. There were lots of excited students and interesting topics to discuss.

The Ralston Badminton Tournament, hosted at Eagle Butte High School, had an excellent turnout – over 300 students participated. Ralston School staff turned out to make sure that the tournament ran smoothly. All the participants' demonstrated good sportsmanship and we managed to keep on schedule. A good time was had by all. The Scholastic Book Fair was held on March 30. The students found many wonderful books and treasures... thanks for supporting our Book Fair.

Hour Zero Information

3

Thanks to the Kindergarten class for the lovely paintings that they gave me as a welcome gift. They are hanging in the hallway outside of Mrs. Squires office.

Ralston Karate Club

4

Also, thanks to the Grade 9's for the welcome letters they sent me. I have read your letters and there are some excellent suggestions for making some improvements and some very astute observations about Ralston School.... Such as....

"Ralston is a welcoming school. It gives off a positive vibe. The school is very clean and the artwork on the walls brightens the place up." (come and check out the Kindergarten paintings!!!)

"On first appearance it looks like a small school, but it's very big in heart."

"Ralston is a very warm and comforting school. It is easy to fit in. My favorite things about this school are that the classes are only 45 minutes long, the friendly teachers, and the school is small and easy to get around."

"I love everything about this school. You see, I love Canada, and only things I miss about my homeland are my friends and family. Canada is just such a beautiful place, and everyone is so nice."

"The teachers make some classes fun, while insuring that we get our education. In the mornings, I like coming to Ralston School knowing that my day will be full of fun."

April Calendar

8

It's great to hear our students saying so many positive things about Ralston School. Just this afternoon, a substitute teacher told me how much he admires how well organized the staff are here and how cooperative and considerate the students have been when he visits our school. Our students, staff and parents make the school the positive place it is. Thank-you.

To receive this newsletter electronically please log on to our website @ www.ralstonschool.ca and subscribe to newsletters.

Special points of interest:

- May achievement test schedule included
- Scholastic Book Fair

"I may have said the same thing before...but my explanation, I am sure, will always be different." - Oscar Wilde

Coming Events

- School will be closed for Easter Break from April 2nd to April 11th inclusively.
- Safety City visiting Kindergarten on Wednesday, April 14th.
- Positive Playground information meeting on Wednesday, April 14th at 1:00 in the resource room at the school.
- Grade 4 trip to Medicine Hat to Medicine Hat Interpretive Centre and Medalta Potteries on April 15th.
- Dare to Care Program at the school on Monday, April 19th.
- Parent Council Meeting on Monday, April 26th at 6:30.
- Grade 5 and Grade 9 Hep B Immunizations on Thursday, April 22nd.
- Education Week from Monday, April 26th to Friday April 30th. Watch for a note to come home regarding activities.



Thank you very much to the Short Family for their donation of books to the library.

Mrs. Hansen

Online Practice for GCSE Tests

Junior High Students wishing to practice for their GCSE tests will find a link on Ms. Kennedy's homework page.

To access this page please go to www.ralstonschool.ca and click on your grade.

**A real friend is
someone who walks in
when the rest of the
world walks out.**

Food For Thought—Post Traumatic Stress Disorder

Coping After a Crisis - What is PTSD? Follow the link:

<http://www.nasponline.org/resources/principals/PTSD%20NASSP%20January%2004.pdf>

May Achievement Test Schedule

Tuesday, May 11

Grade 3 English Language Arts Part A

Wednesday, May 12

Grade 6 & 9 English Language Arts Part A

HOUR ZERO INFORMATION:

At the Parent Council meeting this week, it was brought to my attention that there are still some questions related to the Hour Zero program. I was asked to provide a simple explanation of it so this is what I have come up with.....

Across the school division, each school is responsible for implementing the Hour Zero program. This program prepares students and staff to respond to emergencies, i.e. fire, bomb threat, weather warning, etc.

Sign in/out sheets and guest tags are at each entrance because we are accountable for knowing who is in the building at all times in case of an emergency. Having visitors sign in and out on the same sheet (same entrance) makes it easier for us to know who is in the school during an emergency.

The front doors will have a buzzer and door opening mechanism installed (hopefully very soon) so that the school secretary can admit school visitors through the front door and have them sign in if they arrive before 8:45 a.m. Currently, it is difficult for her to see visitors coming in or leaving through the front doors to have them sign in and out and supervisors are already on hand at the student entrances for this purpose.

Parent visitors needing to enter the school prior to 8:45 a.m. are asked to do so through the student entrances. The supervisors are on hand to direct new visitors or remind return visitors to sign in & out and provide them with a guest I.D. tag.

Students need to use their own entrances, rather than the front entrance, particularly in wet weather so that they can place their wet or muddy shoes/boots in the boot racks; otherwise, the hallways can become slippery and dangerous to others. This also promotes the arrival of students into their designated areas of the school where there is staff available to greet and supervise them.

The Safety Coordinator of the School Division will be meeting with the Ralston Fire Department to determine whether classroom doors should remain in a locked position during instructional time. Of course, generally classroom doors are left open, just in a locked position. The reason for having the doors in a locked position is in the event of a time sensitive emergency where the students and staff need to be locked down immediately in their classrooms. Alternatively, in the event of a fire, during a school sweep, locked doors may present a problem if firefighters need to sweep a classroom. When this is resolved, we will let you know of any revisions to the current plan.

Hope that clarifies the Hour Zero changes. Thanks for your patience while we are implementing these processes. The staff and students have done a wonderful job of managing these changes; we continue to learn what we need to improve with each emergency drill and are adjusting accordingly to be in compliance with the protocol and to ensure the safety of students, staff and school visitors. If you have any questions or concerns related to Hour Zero, please don't hesitate to stop by the school and see me or give me a call. You may also contact Janine Matwe at division office at 527-5516 ext 2307.

Thank You

Ms. Carlson

Principal, Ralston School



Ralston Karate Club

Traditional Tsuruoka Karate

Classes held Tuesday & Wednesday at the Ralston School Gymnasium

Tuesday and Wednesday night 6:00 to 7:00 PM

Phone 928-4025 or 544-3541

What is Karate-do?

Many people envision Karate and the martial arts as they are depicted in the movies. Nothing could be further from the truth. Karate is not about prolonged violent fighting scenes where people are being maimed or killed!! Karate is not about violence at all. It is about respect, confidence, control of oneself and humility.

The word Karate is a combination of two Japanese characters: Kara meaning empty and Te meaning hand; thus Karate means empty hand. The suffix Do means way. The significance of this is that we learn to defend ourselves without any weapons other than our own body, and following the aspects of Budo (The Warrior Way) we aim to empty ourselves of (Human) vanity in the practice of the martial arts. We strive to develop both humility and an indomitable will. Karate-do is the way of life of the Karate practitioner.

What style of Karate do we teach?

This Dojo practices the style of Tsuruoka Karate, developed by O-Sensei Masami Tsuruoka 10th Dan the founder of our style. It is based primarily on Chito-Ryu developed by Dr. Chitose and the kata (forms) of the Shotokan Style developed by Gichin Funacoshi.

What is special about Tsuruoka Karate?

O-Sensei Masami Tsuruoka is known as the "Father of Canadian Karate". He was the first person to bring and teach Karate in Canada. Tsuruoka karate is known for its traditional nature. It develops powerful punches and kicks through the combining of major styles to make the most effective techniques.

What are the benefits of Karate?

Adults benefit greatly from training. The physical conditioning alone counteracts physical deterioration, increases flexibility, relieves stress and helps counter weight problems. All vital muscle groups are strengthened and toned including the heart. Self-Defence is a major part of training as well as the psychological aspects of being attacked on the street.

Many parents are choosing Karate for their children over traditional recreational activities. A child is allowed to develop at his or her own pace. Karate training instills in children the physical and mental discipline necessary for a healthy adult life. They are participating in a stimulating environment in which the child can have fun and learn to interact with others.

Physical Benefits include:

Improved reflexes and co-ordination

Increased performance in all physical activities

Increased strength and stamina so you feel great all day

Increased flexibility and weight control for better overall fitness

Cardiovascular workouts (heart and lungs) to keep you in top shape

Greatly improved balance

Ability to defend yourself

How fit do I need to be to start Karate?

There is no pressure to be fit, as you work at your own pace as hard or as easy as you want (you get from Karate what you put in). Karate will provide you with the skills necessary to improve your overall fitness level (you train to get fit. You don't need to get fit to train). Karate training exercises almost every muscle in the body. You will most likely be sore after your first Karate session but this is completely normal for any exercise activity that you are not used to. It is recommended that if you have concerns about starting a new exercise program you consult your doctor.

Do I need a Karate Gi(uniform)?

To start with for your first class wear something comfortable such as a T-shirt and sweat pants. We don't wear shoes so you don't need expensive runners. Later on if you decide to continue we can provide you with a Karate Gi. The Gi is the traditional uniform of Karate and it's main purpose lies in it's functionality. A Gi has the advantage that it is very robust and comfortable to wear. It allows you great freedom of motion and for the beginner it also has a psychological effect, as it makes the wearer feel more a part of the Karate experience.

What is the goal of Karate training?

Goals are personal things and people take Karate for a variety of reasons such as self defense, physical fitness, fun, competition and confidence. Gishin Funakoshi, the founder of modern Karate, said **The ultimate aim of the art of Karate lies neither in victory nor defeat but in the perfection of the character of it's participants.** Whether you join because of movie theatrics, physical or mental conditioning, the camaraderie of a club atmosphere, self defense or just to get out of the house, there is absolutely nothing as well rounded as Karate training.



Masami Tsuruoka

Founder of Tsuruoka Karate

Masami Tsuruoka was born in 1929 in Cumberland, British Columbia. At the end of the war, he moved with his family to Kumamoto, Japan. During this time he began studying Chito-ryu karate with Dr. Chitose.

In 1957, upon his return to Canada he began teaching karate in a small gym on Danforth Avenue in Toronto Ontario.

In 1962, Tsuyoshi Chitose, Tsuruoka's teacher in and the founder and head master of the Chito-ryu style of karate, appointed Tsuruoka Sensei as the chief representative of Chito-ryu karate in North America.

In 1963 he organized the first karate tournament in Canada, "The First Canadian Karate Open Championship."

O-Sensei Tsuruoka is the founder of the National Karate Association and the Tsuruoka Karate Federation. He is the head instructor at the Hombu Dojo in Toronto where at the age of 78 he still teaches classes.

E-mail Contacts**Principal**

carol.carlson@prrd.ab.ca

Secretary

evelyn.squires@prrd.ab.ca

**Family School****Liaison Worker**

Tanya Ridgedale, our Family School Liaison Worker is available for counseling services. Tanya is a social worker whose role is to provide counseling, referral, liaison and advocacy for students and/or their families who are experiencing difficulties. Students or families may choose to see Tanya about family, school or personal issues. Tanya is available at the school on Thursday's. Appointments can be made by contacting your child's teacher or by calling Tanya directly at 502-2126.

Study Tips for Students and Parents

Children need to learn how to study since it is not a process that comes naturally to most. Students often assume that simply reading the material or talking about it once is "studying" and that is not the case. Here are some tips to make studying a little easier:

Listen carefully to the teacher – make an effort to pay attention and ask questions if you don't understand.

Remember what you hear – take your books home at night and review what you have learned quickly. The faster you do it, the more you will remember and the less you will have to CRAM later.

For younger children – going over the alphabet, numbers with parents or reading or being read to on a regular basis is studying. These building blocks lay the foundation for future learning.

Study effectively for tests – Oxford Learning Propriety – SQRCRC.

S – Survey the headings, get the main idea first.

Q – Question yourself what you want to learn.

R – Read carefully for the detail.

C – Cover the work.

R – Recite what you read.

C – Check to see how well you have done.

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 NO SCHOOL Good Friday	3 NO SCHOOL
4 NO SCHOOL	5 NO SCHOOL	6 NO SCHOOL	7 NO SCHOOL	8 NO SCHOOL	9 NO SCHOOL	10 NO SCHOOL
11 NO SCHOOL	12	13	14 Safety City Visiting Kindergarten Positive Playground Meeting at 1:00 at the school.	15 Grade 4 Trip to Medicine Hat	16	17
18	19 Dare to Care Program-Parent Meeting After School	20	21	22 Grade Five and Nine Hep B Immunizations	23	24
25	26 Community Pan-cake Breakfast 8:00-9:00 Parent Council Meeting at 6:30.	27 Wear Green for Earth Day and bring a litterless lunch.	28 Jump Rope for Heart for all grades.	29 Come and go appreciation tea from 1:00-2:00 in the school gym.	30 K-6 Activity Day K-6 Dance (Times to be announced)	