

April 1, 2011

Issue 8

# Happy Easter

## Principal's Message From the Desk of Ms. Carlson



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Ralston, Alberta  
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### Inside this issue:

<i>Coming Events</i>	2
<i>Lost and Found</i>	3
<i>Scholastic Book Fair</i>	4
<i>Alberta Health Services</i>	7
<i>April Calendar</i>	10
<i>May Calendar</i>	11

“April showers bring May flowers”. I’m sure we are all looking forward to May flowers. Even though we anticipate some rain, we can also look forward to some enjoyable events planned at Ralston School. We start off the month on April 1<sup>st</sup> and 2<sup>nd</sup> with our Ralston Badminton Tournament at Eagle Butte High School. The Ralston School staff pitches in to make this a successful event. Last year Ralston School staff ran the tournament and the concession. There was an excellent turnout of players and all participants enjoyed the competition. Any parents wishing to volunteer to assist at the tournament are encouraged to contact our Vice-Principal and badminton coach, Mr. Craven.

The entire school will enjoy our visit from the Medicine Hat Interpretive Centre. A school-wide activity, decorating Pysanka Eggs, will be enjoyed by all. Mrs. Hansen is planning our upcoming Scholastic Book Fair on April 12<sup>th</sup> and 13<sup>th</sup>. She always has a wonderful variety of books for the students to choose from.

Our next assembly on April 15 @ 1:15 will be organized by our Junior High students. The final character and citizenship theme for assemblies the remainder of this year will target Respect, Responsibility and Cooperation. School staff integrates these themes into their daily planning of activities as much as possible.

Mr. Spiers has initiated a fundraising event, “Pennies for Irvine”. Many families living in Irvine continue to struggle as a result of last year’s flood disaster. Some of these families still have not been able to return to their homes or lack the finances necessary to cover basic needs. Our hope is to provide money to the Irvine community to compensate families in need with their purchase of school supplies in the upcoming school year. Each grade classroom will obtain as many pennies as they can to donate to this cause.

Easter vacation is just around the corner from April 22 to May 1. Lots of warm destinations have been planned from what I hear.

Pay it Forward cards are being awarded to students for performing acts of kindness or for demonstrating positive character traits. After six names are collected on a card that has been paid forward for good deeds etc., the card will be placed into a draw. Draws will be made at monthly assemblies and students whose names are on the card drawn will be awarded a pizza party.

Many thanks are extended to the parents who joined us during Parent/Teacher interviews and/or toured the Science Fair. Many hours of student work goes into this event and again, a wonderful grouping of projects and displays were the result. Thank-you to Mr. Hawley for leading this event on behalf of the school. Many thanks are also extended to the Division One teachers and their students for organizing the March assembly. The K – 3 students did a wonderful job of celebrating our character virtues in the assembly.

Finally, parents wishing to have input into decisions made at the school are invited to attend our Parent-Council meetings. We have a wonderful group of parents who meet monthly. Our next meeting is on Monday, April 4. To include an item for discussion on the Parent-council meeting agenda, please let Debbie Morgan know as far in advance as possible. New members are always welcome.

To receive this newsletter electronically please log on to our website @ [www.ralstonschool.ca](http://www.ralstonschool.ca) and subscribe to newsletters.

### Special points of interest:

- May achievement test schedule included
- Scholastic Book Fair

## Coming Events

- Ralston Badminton Tournament at Eagle Butte School on April 1st and 2nd.
- Parent Council meeting at the school on Monday, April 4th at 6:30.
- Grade 9 Meningitis injections on Tuesday, April 5th.
- Medicine Hat Interpretive Centre visiting the school on April 6th and 7th.
- Inuit Presentation on April 8th. K-4 at 11:00 and Grades 5-9 at 12:45.
- Kindergarten visiting Medicine Hat Interpretive Centre on Tuesday, April 12th.
- Scholastic Book Fair on Tuesday, April 12th all day and on Wednesday, April 13th in the morning only.
- Assembly on Friday, April 15th at 1:15.
- Subway Day on Friday, April 15th.
- Earth Day on Thursday, April 21st.
- Safety City visiting Kindergarten and Grade One on Thursday, April 21st.
- School will be closed on Friday April 22nd for Easter Break. Classes resume on Monday, May 2nd.

Re: Around the School Yard - Video Newsletter

Date: February 3, 2011

Please click on the link below to watch the latest version of the Prairie Rose School Division *Around the School Yard* video newsletter. Featured schools this month include Schuler, Oyen Public and Jenner.

[http://www.prrdweb.com/News.php?news\\_id=2454](http://www.prrdweb.com/News.php?news_id=2454)

### The Prairie Rose Perspective - A Video Blog

The latest edition of *The Prairie Rose Perspective* is now available online.

**NEW - Link for March 9, 2011 - Professional Development**

[http://www.prrdweb.com/News.php?news\\_id=2480](http://www.prrdweb.com/News.php?news_id=2480)

Please check Ralston School Website for the above links as well.



### Congratulations to the Following Junior High Students Who Achieved

#### Honor Roll for Term 2

<b>Cody Conner</b>	<b>Grade 9</b>
<b>Alexandra Munro</b>	<b>Grade 9</b>
<b>Shawna Young</b>	<b>Grade 9</b>
<b>Kieran Smart</b>	<b>Grade 7</b>
<b>Katelyn Fox</b>	<b>Grade 7</b>

## May Achievement Test Schedule

Tuesday, May 17th	Grade 3 English Language Arts Part A
Wednesday, May 18th	Grade 6 English Language Arts Part A
Thursday, May 19th	Grade 9 English Language Arts Part A

**LOST AND FOUND!!!!**

**ALL ITEMS NOT PICKED UP FROM THE LOST AND  
FOUND BY APRIL 6TH WILL BE DONATED TO  
“THE POST”**

**PLEASE COME UP TO THE SCHOOL TO HAVE A  
LOOK AND SEE IF ANYTHING LOOKS FAMILIAR**

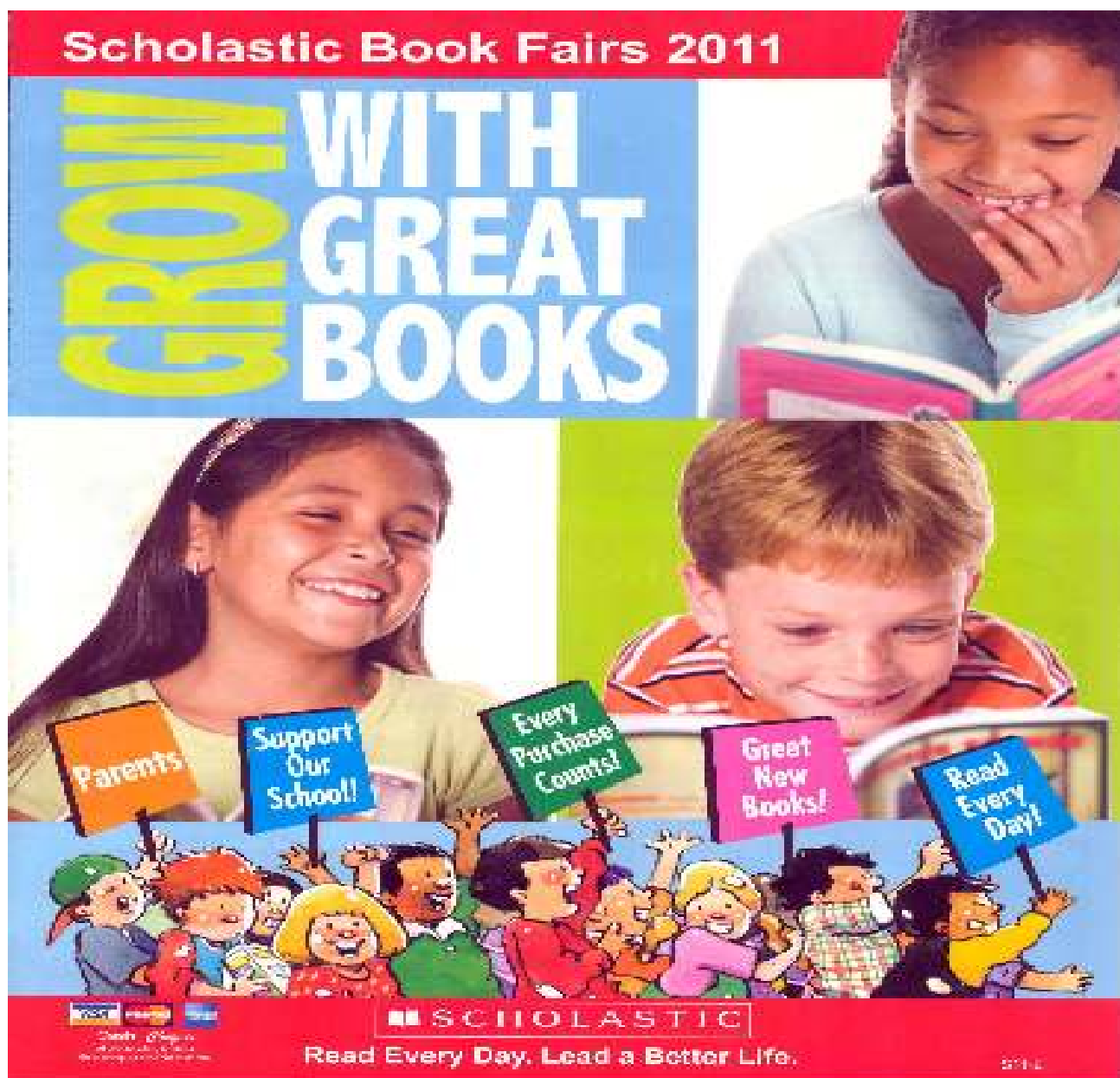


A big thank you to Jenna and Zoe Doyle's  
Grandma for all the donated books!!

Don't forget about our book fair on April 12th  
and 13th. Please see poster included in the news-  
letter.

Mrs. Hansen





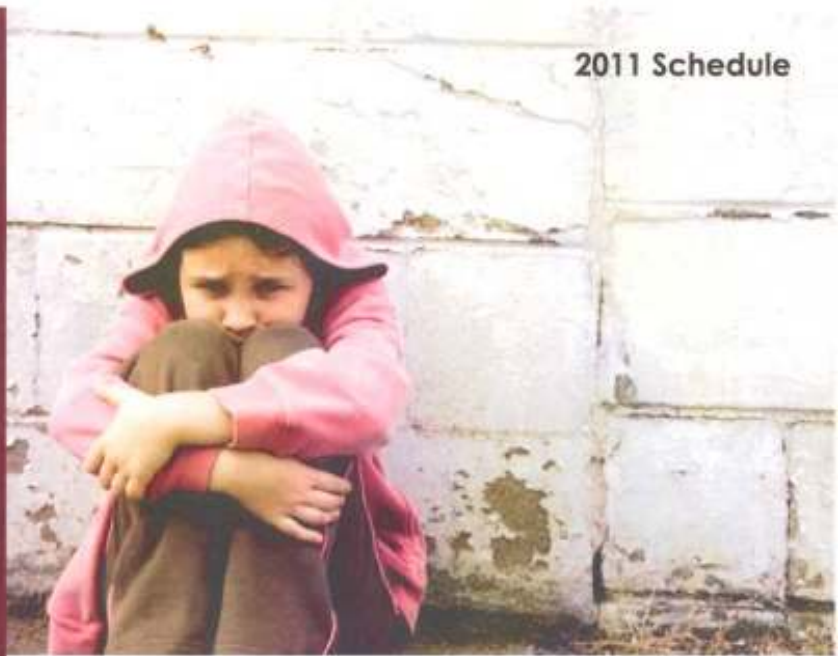
## Scholastic Book Fair

Tuesday, April 12th from 9:00—3:00 at the Ralston School Library  
Wednesday, April 13th from 9:00-12:00 at the Ralston School Library  
Cash, Visa, MasterCard and Cheques payable to Ralston School  
accepted.

**EVERYONE WELCOME!!!**

# FOSTER OR ADOPT A CHILD... CHANGE A LIFE!

McMan Community Services recruits and trains foster and adoptive families for Southeast Alberta Child and Family Services Authority.



2011 Schedule

### Information Nights (7:00 - 8:30 pm)

- April 5                      Medicine Hat
- April 6                      Brooks
- July 5                        Medicine Hat
- July 6                        Brooks
- October 4                  Medicine Hat
- October 5                  Brooks

### Locations:

**Medicine Hat**  
McMan Office  
#4-941 South Railway St. S.E.  
Medicine Hat, AB.

**Brooks**  
Southeast Alberta  
Authority Office  
100, 600 Cassils Rd. E.  
Brooks, AB

### Training Dates

*(for people who want to foster/adopt a child or provide Kinship Care)*

**Location:** Medicine Hat  
(Open to entire SE Region)

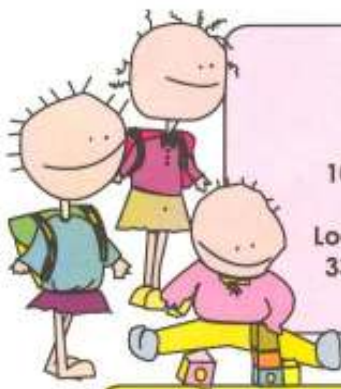
- April 15 - 17, 2011
- July 22 - 24, 2011
- October 21 - 23, 2011



**→ TEEN HOMES NEEDED! ←**

**Call Shannon at McMan to Register  
403-527-1588 ext. 226**

[www.mcmanfoster.com](http://www.mcmanfoster.com)



**Redcliff**

Wednesdays  
10:00 a.m. - 11:00 a.m.

Location: I.F. Cox School  
339 3 St SE, Redcliff, AB

**Oyen**

Wednesdays and Fridays  
10:00 a.m. - 11:15 a.m.

Location: Evangelical  
Missionary Church  
516 Main Street Oyen, AB

**Seven Persons**

Alternate Tuesdays  
10:00 a.m. - 11:00 a.m.

Location: Seven Persons  
District Hall 24 3rd Ave.  
Seven Persons, AB

**Irvine**

Alternate Thursdays  
10:00 a.m. - 11:00 a.m.

Location: Irvine Sports  
Complex 76 Francis Street  
Irvine, AB



**McMAN**  
**parentLINKcentre**

For more information call Toll Free

McMan 1-888-878-LINK (5465)

**Government  
of Alberta** ■



[www.parentlinkcentre.com](http://www.parentlinkcentre.com)



**Healthy Schools  
Healthy Futures**



**Alberta Health  
Services**

**Sun Safety**

As the days become longer and warmer it is time to think of protecting our skin from sunburns. We all need some sun exposure but unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their twenties can develop skin cancer. To stay safe in the sun:

- Stay out of the sun between 11 a.m. and 4 p.m.
- Look for shaded areas
- Wear sunglasses, a wide brimmed hat and long loose cotton clothing
- Apply lip balm with SPF 15 or higher
- Apply sunscreen with SPF 30 or higher protecting from UVA and UVB rays
- Do not apply sunscreen to babies under 6 months
- Babies under one year should stay out of direct sunlight
- Drink plenty of fluids, especially water.

[www.caringforkids.cps.ca/keepkidssafe/Sun.htm](http://www.caringforkids.cps.ca/keepkidssafe/Sun.htm)

**Three Underrated Foods**

**Sunflower seeds.** Sunflower seeds are rarely in the spotlight. That's a shame, because sunflower seeds are as good as most nuts...and they're cheaper. For a snack, buy sunflower seeds in the shell. For tossing on salads or yogurt, buy them unsalted and shell-free. Roast them for richer flavor.

**Plain yogurt.** Plain yogurt has a tartness that's a perfect match for the natural sweetness of berries, bananas, or peaches AND it has more protein, potassium, calcium, zinc, and B vitamins than sweetened yogurt. Add a dash of vanilla for even more flavor.

**Watermelon.** Two cups of watermelon has 38 percent of a day's vitamin C and 32 percent of a day's vitamin A for only 85 fat-free and salt-free calories. Bonus: watermelon is one fruit with the fewest pesticide residues.

**Celebrate Screen-Free Week April 18 to 24**

**Screen-Free Week** [www.screenfree.org](http://www.screenfree.org) (formerly TV-Turnoff) is an annual celebration where children, families, schools and communities are encouraged to turn off screens and turn on life. Time in front of screens is linked to poor school performance, childhood obesity, and attention problems. It is also primarily where children are exposed to "harmful" marketing.

Regardless of whether they are consuming "good" or "bad" programming, it's clear that screen media displaces all sorts of other activities that are integral to childhood. Instead of relying on screens for entertainment, rediscover the joys of life beyond the screen: read, daydream, explore, enjoy nature, and spend time with family and friends.





## Healthy Schools Healthy Futures



Alberta Health  
Services

### Immunizations

In the last 50 years, immunizations have saved more lives than any other health intervention. Infectious diseases were the leading cause of death worldwide 100 years ago. In Canada, they now cause less than five per cent of all deaths thanks to immunization programs across the country. Vaccines are still necessary to prevent diseases that have been greatly reduced or eliminated.

Immunizing your child is the best way to protect them against dangerous diseases that may have serious complications.

#### Why are immunizations given?

Immunizations protect individuals and communities by preventing the spread of disease. As more people are immunized, the disease risk for everyone is reduced.

#### Are vaccines safe?

Vaccines are safe with occasional mild, temporary side effects that may include tenderness and redness.

#### When are immunizations given?

While we recommend that immunization begin at infancy, it can be started at any age.

#### How are immunizations given?

Some immunizations are given in a single shot, while others require several doses over a period of time.

#### Do adults need immunizations?

The specific immunizations you need as an adult are determined by factors such as age, lifestyle, type and locations of travel, overall health and previous immunizations. Tetanus and diphtheria immunizations need to be repeated (booster shots) every 10 years in order to maintain immunity.

### Recommended Alberta Immunization Schedule for Children

AGE	VACCINE
2 months	<ul style="list-style-type: none"> <li>• DTaP-IPV-Hib<sup>1</sup></li> <li>• Pneumococcal conjugate</li> <li>• Meningococcal conjugate</li> </ul>
4 months	<ul style="list-style-type: none"> <li>• DTaP-IPV-Hib</li> <li>• Pneumococcal conjugate</li> <li>• Meningococcal conjugate</li> </ul>
6 months	<ul style="list-style-type: none"> <li>• DTaP-IPV-Hib</li> </ul>
12 months	<ul style="list-style-type: none"> <li>• MMR-VZ<sup>2</sup></li> <li>• Varicella (Chickenpox)</li> <li>• Meningococcal conjugate</li> <li>• Pneumococcal conjugate</li> </ul>
18 months	<ul style="list-style-type: none"> <li>• DTaP-IPV-Hib</li> </ul>
4 to 6 years	<ul style="list-style-type: none"> <li>• DTaP-IPV<sup>3</sup></li> <li>• MMR<sup>2</sup></li> <li>• Pneumococcal conjugate</li> </ul>
Grade 5	<ul style="list-style-type: none"> <li>• Hepatitis B (3 doses)</li> <li>• HPV<sup>4</sup> (3 doses for females)</li> </ul>
Grade 9	<ul style="list-style-type: none"> <li>• dTap<sup>5</sup></li> <li>• HPV (3 doses for females)</li> <li>• Menveo<sup>6</sup></li> </ul>

Each represents one vaccine/injection unless noted.

<sup>1</sup> Diphtheria, tetanus, acellular pertussis, polio, haemophilus influenza type b

<sup>2</sup> Measles, mumps, rubella, Chicken pox

<sup>3</sup> Diphtheria, tetanus, acellular pertussis, polio

<sup>4</sup> Human papillomavirus

<sup>5</sup> Diphtheria, tetanus, acellular pertussis

<sup>6</sup> Meningococcal A, C, W-135, Y

Influenza immunizations are recommended for everyone over 6 months of age every fall.

#### For more information contact:

[www.health.alberta.ca](http://www.health.alberta.ca)  
[www.immunize.cpha.ca](http://www.immunize.cpha.ca)  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca),  
[www.vaccineinformation.org](http://www.vaccineinformation.org)  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

To update immunizations for your child or yourself please call your local Public Health Office.

**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 all day on Tuesday's and Thursday mornings. 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 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Ralston Badminton Tournament at Eagle Butte School	2 Ralston Badminton Tournament at Eagle Butte School
3	4 Parent Council Meeting at 6:30 at the school	5 Grade 9 Injections	6 Medicine Hat Interpretive Centre visiting the school.	7 Medicine Hat Interpretive Centre visiting the school.	8 Inuit Presentation K-4 11:00-12:00 5-9 12:45-1:45	9
10	11	12 Kindergarten at the Medicine Hat Interpretive Centre Scholastic Book Fair all day.	13 Scholastic Book Fair in the morning only.	14	15 School Assembly at 1:15 Subway Day	16
17	18	19	20	21 Earth Day Safety City visiting Kindergarten and Grade 1	22 Good Friday <b>NO</b> <b>SCHOOL</b>	23
24	25 <b>NO</b> <b>SCHOOL</b>	26 <b>NO</b> <b>SCHOOL</b>	27 <b>NO</b> <b>SCHOOL</b>	28 <b>NO</b> <b>SCHOOL</b>	29 <b>NO</b> <b>SCHOOL</b>	30

# May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 School Assembly at the school gym.	4	5	6	7
8	9	10	11	12	13 Subway Day	14
15	16	17 Grade 3 English Achievement Test	18 Grade 6 English Achievement Test	19 Grade 9 English Achievement Test	20 Kindergarten Registration Day.	21
22	23 <b>NO SCHOOL</b>	24	25 Jump Rope for Heart	26 Career Day for Junior High	27 Track and Field Day	28
29	30	31				