

December 1, 2011

Issue 4



Principal's Message From the Desk of Ms. Carlson

Box 59
Ralston, Alberta
544-3535

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The students and staff are very busy this week with Missoula Theatre and planning for the upcoming events in December. The Missoula Theatre performance for students and staff is on Dec 2 at 10:30 am at the Ralston Theatre. Parents and community members are invited to attend the 2:00 pm performance.

Junior High students will be traveling to Redcliff to go curling this month on the afternoons of December 7th and 14th. They will be winding up with a curling bonspiel on Tuesday, December 20th. They are also lending their hands to helping with the School-wide Christmas Dinner. We will appreciate their help with table set up for the dinner, serving, and setting up for the dance. Division one students will dance from 1:00 – 2:00 pm and Division two students will dance from 2:00 – 3:00 pm.

Thank you to all the families that supported the Veterans Food Bank collection and the Parent Council candle fundraiser. Also, our Parent/Teacher interviews were well attended and our teachers appreciate the opportunity to have individualized discussions about their students. Again, thank you for your continued support.

We wish to extend our congratulations to the following students for their high achievement, attaining honor roll status (80% or higher average) in their core subjects:

Gr. 4, 5 & 6	Bradley Conner, Riley Morse, Harvey Bilkey, Alex Parker, Zoe Doyle, Lexi Jarvill, Mike Konosky, Mariya McLean, Oliver Anderton, Francesca Teskey, Keeley Rogers
Gr. 7, 8 & 9	Caia Gagnon and Caitlin McCulloch, Owen Brice, Katelyn Fox, Megan Rook, Kieran Smart, Lenny Williams

Each reporting period, we will be placing the names of our "Honor Roll students" from grades 4 – 9 into an end of the year draw. Students must have an 80% or higher average across the following subjects: Language Arts, Math, Science and Social to be on the Honor Roll. Students who are identified as "most improved students" at the end of the year will also be entered into a draw. Prizes include 2 mountain bikes, 4 Kindle Tablets, and movie passes. Watch for the prizes to be on display in January near the school's front entrance.

As our FS2/Reception parents are already aware, December 16 will be the final day for FS2/Reception classes. Our grades K – 9 students will dismiss at 2:00 pm on December 21. A warm Congratulations to Miss. Davies on her recent engagement. We wish you all the best in your new teaching assignment and your lifelong journey with your husband to be.... Glen. We will miss you and appreciate all that you have contributed to our students and staff at Ralston School. Thank-you so much.

Ralston School staff have completed their 3 year plan and this will be provided to Parent Council in order to provide an opportunity to enhance the 3 year plan through their planning and support. Our next Parent Council meeting is on December 13 @ 6:30 pm. We try to keep the meeting time reasonable and all parents are welcome to attend. Have a safe, warm and enjoyable holiday season with family and friends.

MERRY CHRISTMAS!!

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

Special points of interest:

- Missoula Children's Theatre performance of "King Arthur's Quest" on Friday December 2nd at 10:30 a.m. and 2:00 p.m.
- Last Day of School is December 21st for Christmas Break.

Coming Events

- Missoula Children's Theatre here from November 28th to December 2nd.
- Missoula Children's Theatre presents "King Arthur's Quest" on Friday, December 2nd at 10:30 a.m. for school students and 2:00 p.m. for everyone!!
- No School on Monday, December 5th for Professional Development Day for staff.
- Grade 5 & 9 Immunizations on Tuesday, December 6th.
- Grade 7, 8 & 9 curling in Redcliff on Wednesday, December 7th and Wednesday, December 14th.
- Parent Council Meeting on Tuesday, December 13th at 6:30 p.m.
- Division 1 Christmas Concert at 2:00 p.m. on Wednesday, December 14th.
- Christmas Dinner for Students and Staff on Monday, December 19th. We will also be having dances for the Division 1 students from 1:00-2:00 and for Division 2 from 2:00-3:00.
- Grade 7, 8 & 9 curling in Redcliff "Sixth Annual Ralston School Bonspiel" on Tuesday, December 20th.
- Last day of school is on Tuesday, December 21st. Dismissal is at 2:00 p.m.
- School resumes on Thursday, January 5th, 2011.



We are having a Christmas Dinner for our Staff and students on Monday, December 20th!! PLEASE DO NOT SEND A LUNCH WITH YOUR CHILD ON THAT DAY!! THANKS!!!

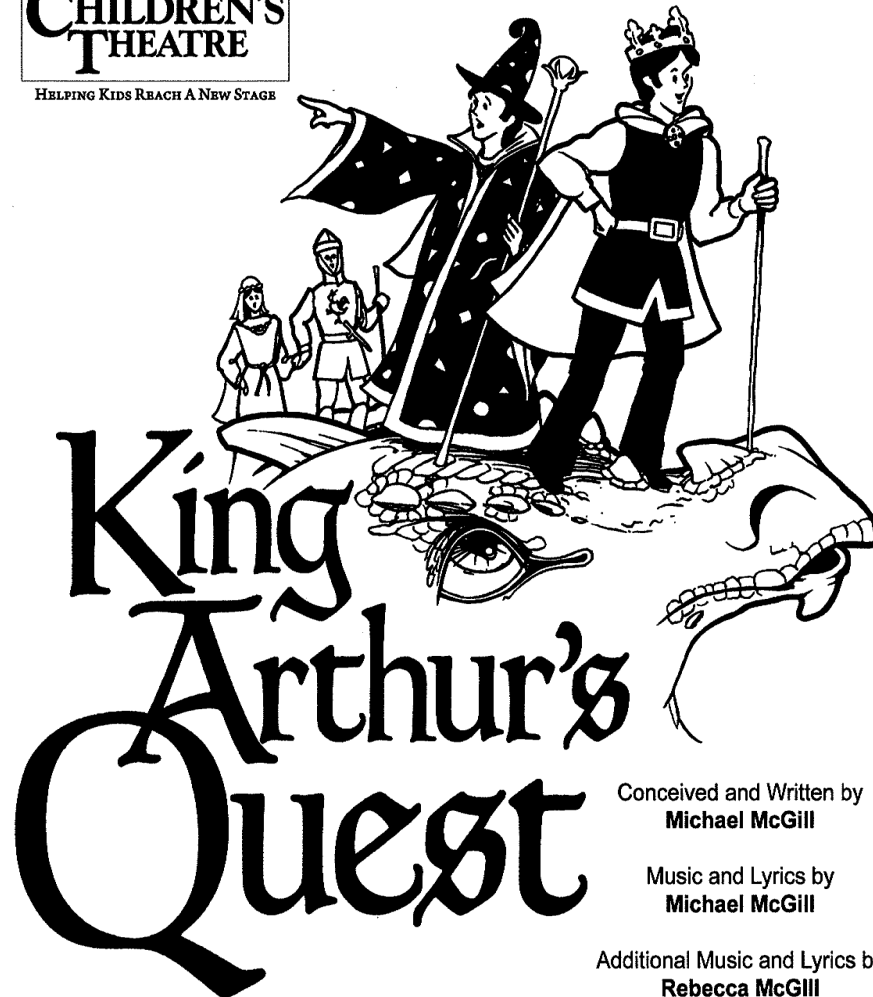
Looking for somewhere to donate your Canex points? We would greatly appreciate if you would donate them to our school!!

Notice for Military Parents

If you know in advance that you will be leaving Ralston School, could you let Mrs. Squires at the school office know as soon as you can and she will have your children's documents ready to send along with you.

PARENTS

It is extremely important that student information be kept up-to-date. If you have moved recently or changed any personal information please let the school office know as soon as possible so we may update our records.



Conceived and Written by
Michael McGill

Music and Lyrics by
Michael McGill

Additional Music and Lyrics by
Rebecca McGill

**Friday, December 2nd at
Ralston Village Theatre**

**10:30 a.m. for School Students
(Parents may attend if unable to attend afternoon performance)**

2:00 p.m. for Everyone!!

**Free of Charge!! Thanks to Ralston School Parent Council
And Ralston School**

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 Wednesday afternoons and all day on Thursday's. Appointments can be made by contacting your child's teacher or by calling Tanya directly at 502-2126.



Merry Christmas!!!!!!

REMINDERS

Sign Out Sheets at Office – Please remember that students must sign out at the office if they are leaving before the regular end of the school day.

Bus Students – If students will be leaving school early, or going home another way, they must let the bus driver know in advance.

Inclement Weather Policy & School Closure – Schools will close for the day if the temperature, or wind-chill, reaches -40 Celsius or weather conditions are deemed hazardous. School closure will be announced on BFBS Radio, CHAT and MY96 Radio as well. Please see information enclosed with newsletter for more information.

PROLONGED ABSENCES

At Ralston School our mission statement is, "Preparing young minds; for the challenges of tomorrow." Therefore, daily attendance and punctuality is a work ethic that is encouraged, rewarded, and required for success toward achieving our goal.

We understand due to the military nature of our school that student absences cannot be avoided. To ensure the academic success for our students we ask all parents to contact the school secretary and report all absences at least one week prior to leaving. The teacher will forward home to you an Absence Request Form for your completion at that time.

Upon returning from an absence, students must make arrangements to hand in missed work. Work not completed in a timely manner will not be accepted. Teachers are not obligated to provide make-up work for unexcused absences or students not collecting their work.



Children's Health & Developmental Services

CHILDREN'S GROUPS

Kids in Control:

This is a seven-session anger management and emotional expression training program for children ages 4 to 7 years of age. (Separate groups are held for 4-5 year olds and 6-7 year olds.) We believe that an empathetic, professional facilitator and same-age peers can help children understand anger and find appropriate ways to respond, express it and manage it, instead of lashing out with verbal or physical aggression. Through art, games and activities, children in the group will learn self-calming methods and other constructive ways to express their feelings. In the group, children will have the opportunity to enhance their social skills, feelings of competency and personal effectiveness in the area of anger control while reducing self-defeating behaviors.

Next session begins Jan. 9 (for 4-5 year olds) and Feb. 6 (for 6-7 year olds)

Kids in Between:

This is a seven-session program for children aged 6 and 7 years who are experiencing parental separation or divorce. Children who have been affected by parental separation and divorce are often struggling with a variety of unfamiliar and even uncomfortable feelings to which they don't know how to respond. They will sometimes feel that they are the only ones experiencing these feelings and that no one will be able to understand them. It is for this reason that CHADS has established this program, with the understanding that an empathetic, professional facilitator and same-age peers can help these children understand feelings about their parents' separation or divorce, and then appropriately respond to those feelings. Through art, games and activities, children in the group will have the opportunity to express their feelings and have them validated by other members in the group. The children will also learn positive coping strategies to assist them in grieving the loss of their nuclear family and in dealing with divided loyalties.

Next session begins March 5

Bravehearts - Building Courage Through Play:

This is a six-session play therapy group for children ages 3-5 and their parents, who wish to build their child's courage to handle social situations or personal problems. Parents receive a demonstration of how to use play therapy skills to help children manage feelings of fear, sadness and anxiety. Children are provided with a safe environment in which to express

themselves, try new things, learn more about themselves, and develop coping skills to manage difficult feelings and problems through play.

Next session begins March 19

Cool Cubs - Learning Limits Through Play:

This is a six-session play therapy group for children ages 3-5 and their parents, who would like to build their child's self-control and emotional regulation in social situations. Parents receive a demonstration of how to use play therapy skills to help children channel their energy, assertiveness and aggression in productive and healthy ways. Children are provided with a safe environment in which to express themselves through play and learn self-control over their excited, angry or impulsive feelings.

Next session begins Jan. 23

Call us at the phone number below for more information or to register.

Janice Eckert

Intake Worker - CHADS Behavioral Services
South Zone - East
Allied Health Services
631 Prospect Drive SW
Medicine Hat, AB?? T1A 4C2

Janice.Eckert@albertahealthservices.ca

tel: 403-502-8257 (Med. Hat) 403-793-6664 (Brooks)
fax: 403-528-8135

Alberta Health Service



Curling for Grades 7, 8 and 9

The junior high students will be going to the Redcliff Curling Club to learn about the game of curling. This is part of the PE program so the students are required to participate. The dates we will be going are:

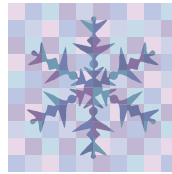
Wednesday, December 7th, 2011

Wednesday, December 14th, 2011

Tuesday, December 20th, 2011

The students will board the bus at noon on the 7th, and 14th and eat their lunch on the bus. We will arrive at the rink at approximately 12:45 and will depart at approximately 2:20. On the 20th we will be boarding the bus at 9:00 am for the sixth annual Ralston Cup Bonspiel. We will be spending the day at the curling rink and having our lunch there as well. A huge thank you to BATUS for providing us with transportation when available!! It is most appreciated!!

Mr. Boyd Craven



Cold Weather Tips

December 01, 2011

- *Cover exposed skin to prevent frostbite.**
- *Wear several layers of lightweight warm clothing so you can adjust to changing conditions.**
 - *Since most body heat is lost through your head, always wear a hat.**
 - *Outer garments should be tightly woven, waterproof, and hooded.**
 - *Mittens keep hands warmer than gloves with fingers.**
 - *Wear waterproof insulated boots.**
 - *Cover your face and mouth with a scarf or knit mask.**
 - *Change out of wet clothing as soon as possible.**
- *Shivering is one of the first signs of losing body heat. Persistent shivering is an important signal to go indoors.**

Weather Issues: School In-Days and School Closure

Living in the Canadian Prairies can present some unique challenges when it comes to winter weather. While the Medicine Hat area is not known for particularly harsh winters, we do have the occasional day when it is cold or stormy for students to go outside, or we may even have the odd day when school must be closed for the safety of all.

In Days at School

While it rarely gets lower than -20 Celsius for long, schools in the Medicine Hat area have students take outdoor breaks down to around -20 degrees Celsius. We follow the same criteria in Ralston School, but we naturally use our discretion on day to day basis if the wind comes up or it just “feels too cold” as well.

School Closure due to Weather

The school may close due to cold weather, dangerous driving conditions due to extreme weather or a combination of both. The important things to remember are:

- School Closure will be announced on BFBS Radio, MY 96 Radio and CHAT 94.5 the morning of the closure around 7:00 am.
- The bus driver should contact you by phone if your child takes the bus to school, and the bus is not running.

Once school starts, we stay open until the end of the day at regular time regardless of the changes in weather.

If they predict poor weather the next day, we usually send a note home reminding people to listen carefully to the radio the next morning. We try to get the closure on the radio before, or at 7:00 a.m. but we cannot control the radio announcers and sometimes they make it by 7:00 a.m. and sometimes they don't.

The window to notify is rather tight as the policy does not let Principals close schools until 6:30 a.m. officially and then every school in the area is trying to close at the same time. We do our best and thank you for your cooperation in advance.

“HOME LEARNING”

Let's take a moment to talk about Homework, and let's replace the term “Homework” with “Home Learning”. It is more positive and suggests worthwhile learning is taking place. What is the purpose of Home Learning? The most important purpose is to develop long-term self-motivation and study habits. These are important concepts to learn given our current reality of a need for life-long learning. After our students are done school, they will go on to employment, college or university. Their lives may require them to change jobs or careers as many as ten times, and they may have careers in sectors of employment that do not currently exist. Their future success in handling these transitions in their lives will depend on their willingness and ability to learn independently. Being self-motivated and developing responsible habits are attributes expected by employers and post-secondary programs. Home learning and the needed focus, concentration and discipline are difficult habits to learn, and students need support and encouragement to develop these skills. (Jim Mennie, Homework – To Do or Not to Do, That is the Question!)

Our teachers continue to make sure that students are completing home learning tasks intended to reinforce, extend and apply concepts, skills and knowledge acquired in school. More importantly; however, students need to develop self-discipline, apply their knowledge in new situations, and develop motivation. Please contact your child's teacher to develop a plan for home learning success if your child is having difficulty with studies at home.



Fostering Gratitude

Parents and caregivers can begin promoting gratitude in their children at an early age. For example, rather than simply teaching children to say a perfunctory thank you after receiving a gift, parents and caregivers can teach children *why* they should say thank you. Because such virtues as gratitude are acquired behaviors, consistent support and encouragement from adults enable children to develop the skills necessary to experience and express gratitude.

Encourage children to be mindful of people, events, activities, and things for which they can and should be grateful. Gently remind them, without nagging, about the many positive aspects of their lives, particularly in comparison to other children who may not be as fortunate.

Encourage children to write thank-you notes after receiving gifts from relatives and friends and to include why they are thankful for the gifts.

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Missoula Children's Theatre presents "King Arthur's Quest" at the Ralston Theatre at 2:00 p.m.	3
4	5 NO SCHOOL	6 Grade 5 and 9 Immunizations Grade 7-9 Skating	7 Grade 7-9 Curling	8 Grade 7-9 Skating	9	10
11	12	13 Parent Council Meeting at 6:30 p.m. at the school.	14 Junior High Curling at Redcliff Division 1 Christmas Concert at 2:00 p.m.	15	16 Last Day of class for Reception/FS2	17
18	19 School Christmas Dinner Div 1 Dance 1:00-2:00 Div 2 Dance 2:00-3:00	20 Grade 7-9 Curling Bonsel in Redcliff	21 Last Day of School. 2:00 p.m dismissal	22	23	24
25	26	27	28	29	30	31



January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Welcome Back!!	6	7
8	9	10	11	12	13	14
15	16	17	18	19 School Assem- bly led by Division 2	20 Ski Trip to Elkwater for Grades 7-9	21
22	23 NO SCHOOL	24	25	26	27 Subway Day	28
29	30	31				