

February 1, 2010



Box 59
Ralston, Alberta
544-3535

Principal's Message From the Desk of Mr. Kyle

February has come quickly and we are past the half-way point in our school year already. The time seems to pass more quickly as the year goes by, and we would like to remind students to **continue to be diligent in their studies and homework assignments** since year's end is approaching rapidly.

I would like to bring your attention to a few items that are coming our way in February. Firstly, in February some parents may receive information regarding the **Alberta Learning Accountability Pillar** Survey. This is a survey done by Alberta Learning to gather information on questions regarding education in Alberta and Alberta Schools. Grades 4, 7, 10 and random parents are selected to receive surveys regarding the quality of education in Alberta. This information is then used to help the Government to improve education throughout the province and is sent back to individual school as well.

Secondly, staff is planning some Olympic events for the students this month to celebrate the **Winter Olympics** in British Columbia. There will be more to follow very shortly.

Thirdly, our **Student Council** has been busy and will be promoting an Olympic Spirit classroom contests, Olympic Wii Competitions in classrooms, and the Candy Kisses Kindness Campaign in February. **Thanks to Ms. Kennedy** for doing great work with our Student Council!

School Closure due to Inclement days seems to be a controversial issue, and the guidelines by School Division policy T201 are as follows: we can only close when the temperature, or equivalent in wind chill, is below -40 Celsius or driving conditions are poor. Thus, we can only consider closing the school to children if the temperature is -41 Celsius, the visibility is very poor and/or road conditions are impassable. Please be advised that we are not allowed to close schools once the day begins regardless of the forecast or current weather conditions; however, you may choose to keep your children at home, send them later or pick them up earlier at your discretion

Also, **thanks to the CFB personnel at Grounds**, they do a wonderful job of keeping our school grounds clear of snow. This year has been particularly challenging and they have done a great job of keeping our sidewalks clear of snow, thank you!

As this is my last newsletter as the principal of Ralston School, I would like to express my most sincere thanks to all the parents, children, military personnel and staff that I have been lucky enough to work with over the past four years here. All schools are unique communities, but the atmosphere at Ralston School makes it stand out as the best school that I had the occasion to work in during my time with PRSD#8. If your school is a place that children want to return to and staff want to come back to after they leave, then some good things must be happening. The children, parents and staff of Ralston School have made the school a warm, welcoming community for all, and I feel privileged to have been given the opportunity to work with all of you in achieving that goal, thank you and best of luck to all, keep in touch!

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

SPECIAL POINTS OF INTEREST

- Assembly on Friday, February 5th at 9:00
- NO SCHOOL FEBRUARY 15TH-19TH INCLUSIVELY

Coming Events

- Toonie P.J. day on Wednesday, February 3rd.
- Toonie hat day on Thursday, February 4th.
- Toonie red day on Friday, February 5th.
- Olympic Kick-off assembly on Friday, February 5th at 9:00.
- Subway Day on Friday, February 12th.
- NO SCHOOL from February 15th to 19th inclusively.

To receive the Prairie Rose School Division newsletter electronically, send a blank email with "newsletter" in the subject line to: lyle.roberts@prrd.ab.ca.

Congratulations!

We would like to congratulate Hannah Powley, former student of Ralston School, on her selection into the Athlete Enhancement at the Medicine Hat College. This program identifies and assists in developing elite athletes to reach their full potential. This program provides athletes with nutritional counseling, physiotherapy, psychological preparation, and access to advanced coaching. Hannah was a former Cross Country captain at Ralston School, as well as a badminton team member.

Mr. Craven

Vice Principal, Ralston 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 I will have your children's documents ready to send along with you.



*"Laugh often,
Dream big,, Reach
for the Stars!"*

PARENTS

It is extremely important that student information be kept up-do-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.

Thank you very much!

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 will be available at the school on Thursday's and the occasional Tuesday. Dakota Strauss, a practicum student from Medicine Hat College will be accompanying Tanya until April. Appointments can be made by contacting your child's teacher or by calling Tanya directly at 502-2126.

“Trust yourself. You know more than you think you do.”

Message from Ms. Carol Carlson

What a warm and wonderful welcome I had to Ralston School at the assembly last week. I also had the opportunity to meet some of the members of the Ralston School parent council last Monday. Although I mentioned a few things about myself at the assembly, I will take this opportunity to introduce myself in more detail. I have been with Prairie Rose School Division for fifteen years; five of which have been in my current role as Coordinator of Student Services for grades 1 – 12, where I have provided leadership to special education teachers and support to classroom teachers and students across the school district. Prior to this post, I taught various grade levels and subjects at three different schools. Special Education is my area of interest and passion. I am currently a provisional psychologist studying for a test called the EPPP, which, upon passing, will allow me to become a registered psychologist. I am excited about meeting the students, staff, parents at Ralston School. I would also like to take this opportunity to wish Mr. Kyle all the best in his new Superintendant position. I am looking forward to contributing to a variety of high quality learning opportunities for the students, as well as supporting the staff in continuing to excel and enhancing the caliber of education at Ralston School.

Carol Carlson

Principal, Ralston School

ALL PROCEEDS GO
TO CANADIAN RED
CROSS



Canadian
Red Cross

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CROSS

Grade 9 Relief for Haiti

We have been doing editorials on people who have made a difference in the world. When Haiti was struck by an earthquake I asked the students what could we do to help. The following are a few of their ideas that will be taking place in the school :

Toonie for Haiti Days

Wednesday, February 3rd

Toonie PJ Day

Thursday, February 4th

Toonie Hat Day

Friday, February 5th

Toonie Red Day

If you wish to participate in the above it will be \$2.00/day or if you wish to participate in all three days it will be \$5.00.

Boot Drive

A Boot Drive will be taking place on Thursday, February 4th from 3:00—5:00 pm at the main gates of CFB Suffield and BATUS.

We even have some teachers who are going to get involved in some of our goals....let's hope to raise **\$10,000.00!!!!**

\$1000.00

Mrs. Herrell will dress up as a cartoon character and parade around the school.

\$2000.00

Mrs. Michaud and the grade nine girls will dye their hair either pink or blue.

\$3000.00

Mr. Spiers will shave his mustache off.

\$4000.00

Mr. Craven and the grade 9 boys will get Mohawk haircuts.

\$10,000.00

Mr. Kyle and Ms. Michaud will shave their heads.

If our goal of \$10,000.00 is reached Mr. Spiers has donated a one week accommodation to Mexico to the person who makes the highest donation!!! (Transportation and other costs not included).

**DONATIONS WILL BE ACCEPTED UNTIL THURSDAY, FEBRUARY 11TH AT
RALSTON SCHOOL OFFICE**

SETTING GOALS FOR SCHOOL SUCCESS

Setting regular goals to improve work habits helps children become more successful students. Work with your child to discuss the list of positive learning behaviors. Have your child choose two goals to work on for the remainder of the school year.

IN CLASS

1. Listen carefully to the teacher.
 2. Avoid talking to friends or daydreaming during class instructions.
 3. Practice taking better notes.
 4. Finish all assignments and make sure they are handed in.
 5. Participate actively in class discussions.
 6. Ask the teacher questions when I don't understand.
 7. Complete my homework book each night with specific reminders.
- Complete my corrections in spelling and math.

AT HOME

1. Organize myself each night for the next day.
 2. Complete homework at a set time each night.
 3. Study for weekly spelling tests and other upcoming tests.
 4. Review notes – particularly social studies and science.
- Read each night.

STUDY ENVIRONMENT

1. Study in a quiet distraction free place.
 2. Organize my desk, drawers and papers.
- Use a calendar for recording due dates and tests.

HOW TO STUDY

1. Always work your fastest – this will improve understanding as well as efficiency.
2. Keep active as you study – make notes, underline, number points.
3. Adjust your reading speed to the task.
4. Make outlines as you read or review – one of the best techniques for studying.
5. Study by yourself most of the time.

Before an exam, trade questions and answers with another but only after your regular individual study.

