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Ralston, Alberta
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Inside this issue:

Coming Events	2
Reminders	3
Alberta Health Services	4
School Attendance	5
Study Tips	7
January Calendar	8
February Calendar	9

Principal's Message From the Desk of Ms. Carlson

Our Christmas festivities were enjoyed by students, staff and parents. Thank-you to all of our parent volunteers, staff, and students for your help with organizing the Christmas events that we shared throughout the month of December.

The school hallways were bubbling with excitement during the last week of school before Christmas. The school gym was beautifully decorated for our school-wide Christmas dinner and a tasty turkey dinner was enjoyed by all of our students, staff, and parent council members. We would like to thank Real Canadian Superstore, Sobeys's and Christ the King Chapel Church for their generous donation of Turkey's. Also, we would like to thank Canex for the donation of juice and PSP for the use of their food warmers and various other supplies that helped make our day a success!! The division one Christmas concert was wonderful and the students were fantastic in their many varied roles. Our division one teachers, once again, did a fantastic job of helping the students put on a memorable event.

Missoula theatre, King Arthur's Quest, was also a great opportunity for all students to become involved, auditioning for the many parts that resulted in a well attended and very entertaining performance. Mr. Craven kept the junior high students busy with curling throughout December and commented on how proud he was of their efforts and conduct while representing our school at the Redcliff Curling Club.

Our character theme from January to the end of March is Honesty. Our grades 4, 5, and 6 students and teachers will be planning the January 19 assembly around this theme. The Junior High Ralston Ski trip is coming up on Friday, January 20 and dates are still being set for the Canspell competition.

From January 8 - 18, Parent Council is helping organize an Educational Relief Drive for Schools in Afganistan. Ralston School will begin accepting donations of school supplies that will be sent to Afganistan for distribution to schools. With each donation received, an entry into a draw will be made. The winner of the draw will receive a one week condo exchange with worldwide accommodations available through RCI (Resort condominium Inc.), donated by Mr. Spiers (Thank you so much for your support, Mr. Spiers!!). Examples of school supplies to be donated include: pencils, pens, erasers, glue sticks, duotangs etc. A more complete list will be made available through Parent Council in January.

Two bicycles are ready to be placed on display by the front entrance, along with some e-readers, that will be drawn for at the June assembly. The names in the draws will be for "Most Improved" students from each class and "Honor Roll" students, entered in each reporting period.

Miss. Deruyter has replaced Miss. Davies in our ES2/Reception class. We wish Miss. Davies all the best and a warm welcome to Miss. Deruyter.

Students can access the library before school in the morning to do homework by obtaining a "Library Pass" from Mrs. Hansen the day before. Please remind your children of this if they need additional help with their homework.

Parents, please mark February 2nd on your calendars. We will be hosting a "Dare to Care" Anti-bullying Parent Session that day from 4:00 – 6:00 pm. The following day, all grades will be involved in student sessions. This is a great opportunity to gain a better understanding of the differences between student conflict and bullying. Education and prevention are the keys to addressing issues related to conflict and bullying.

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

Special points of interest:

- School Assembly on Thursday, January 19th.
- School Ski Trip on Friday, January 20th.

Coming Events

- Division 2 School Assembly on Thursday, January 19th at 2:15.
- Ski Trip for Grades 7-9 to Hidden Valley on Friday, January 20th.
- No School on Monday, January 23rd for professional development for staff.
- Parent Council meeting on Tuesday, January 24th at 6:30 p.m. at the school.
- Subway Day on Friday, January 27th.
- Dare to Care Parent Night on Thursday, February 2nd from 6:00-8:00 at the school
- Dare to Care at the school all day on Friday, February 3rd.

Evening News is where they begin with “Good Evening”, and then proceed to tell you why

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

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.

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 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.

Everyone makes mistakes. The trick is to make mistakes when nobody is looking!!

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.

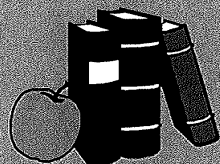
Inclement Weather Policy & School Closure – Schools will close for the day if the temperature, or wind-chill, reaches -40 Celsius or weather conditions are deemed hazardous. School closure will be announced on BFBS Radio, CHAT and MY96 Radio as well.

PROLONGED ABSENCES

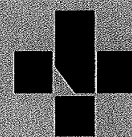
At Ralston School our mission statement is, "Preparing young minds; for the challenges of tomorrow." Therefore, daily attendance and punctuality is a work ethic that is encouraged, rewarded, and required for success toward achieving our goal.

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 please complete an absence request form if you will be gone for 5 days or more. If you will be gone less than 5 days a letter should be sent to the school principal indicating the days your child(ren) will be absent. It is important for parents and students to understand many classroom teachings cannot be recreated once missed.

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.



Healthy Schools Healthy Futures



Alberta Health
Services

Travel Outside of Canada

International travel can expose you and your family to infectious diseases not frequently seen in Canada.

Based on your current health, immunization history, and travel plans, a healthcare provider can assess your health risks and advise you on immunization requirements, your need for preventative medication and how to avoid health risks.

Currently, there is a world-wide risk for red measles.

Please contact your local Public Health office, a pharmacist specializing in travel health, or your physician at least six weeks before departure for an individual health assessment.

Go to www.travelhealth.gc.ca for more information.



Celebrate Family Literacy Day January 27

On Family Literacy Day Canadian families are invited to spend at least 15 minutes a day reading and learning. This could be reading a storybook together, playing word games, singing, writing to family or friends or assisting with writing out simple things like a grocery list.

Reading aloud helps children learn listening, vocabulary and language skills as well developing their imagination and creativity. Time spent reading together increases a child's reading skills, increases their sense of security and gives them a sense of being worthwhile.

To encourage a lifelong reader parents should read to their child daily, have lots of books around, and to let your child see you reading.

For more activities families can do to make learning a part of daily life go to www.FamilyLiteracyDay.ca.

Breaking Up is Hard to Do!

National Non-Smoking Week: January 15-21

Most parents hope that their children will choose to avoid tobacco. For parents who use tobacco, it can seem difficult to discuss these expectations with their children. Research indicates that children whose parents talk to them about smoking are less likely to start. **That is especially true if the parent is a smoker.** Parents are one of the greatest influences in their kids' lives and honest conversations about the risks and consequences of tobacco use can influence kids' decisions about smoking.

If you are a smoker and tried to quit at least once before, tell your child about how difficult it is and why you wish you could. If you're thinking about quitting again, or are interested in helping someone else make changes in tobacco use, there are supports available.

For advice on how to "Break-Up with Tobacco", visit www.albertaquits.ca or call 1-866-710-QUIT(7848)

What is "Physical Literacy"?

Just as kids need to develop reading and writing, they also need to develop their physical literacy.

Canada's Long-Term Athlete Development (LTAD) program, defines physical literacy as "*a sound foundation of fundamental movement and sports skills*". It means developing agility, balance, coordination and speed; being able to move comfortably in different environments – on the ground or in the water; and mastering skills like throwing, catching a ball, riding a bike and skating. "Many children develop good physical skills by trial-and-error, but many do not," reports the LTAD program's *Developing Physical Literacy* guide for parents. "Children tell us that not having the skills to play is one major reason they drop out of physical activity and organized sport." With physical literacy, kids are more likely to be active, and this will help them stave off health problems such as obesity and chronic disease.

To find out how to enhance your child's physical literacy go to: www.canadiansportforlife.ca



Administrative Procedures Handbook

A304

School Attendance

1. Regular attendance is critical to successful completion of the school year. A student who attends classes regularly to complete assignments, to learn basic concepts, to apply theory and to gain practical experience will achieve success.
2. Regular attendance is the responsibility of the parent and student.
3. In all cases of absences parents are requested to phone the school prior to the start of school on the day the student is going to be absent. A note certifying the specific reason for the absence may be presented to the school when the student returns.
4. In the event of illness and in special or emergent circumstances, the principal will deal with student non-attendance on an individual basis.
5. The School Act, Section 7(b) states that a student shall attend school regularly and punctually.

Guidelines

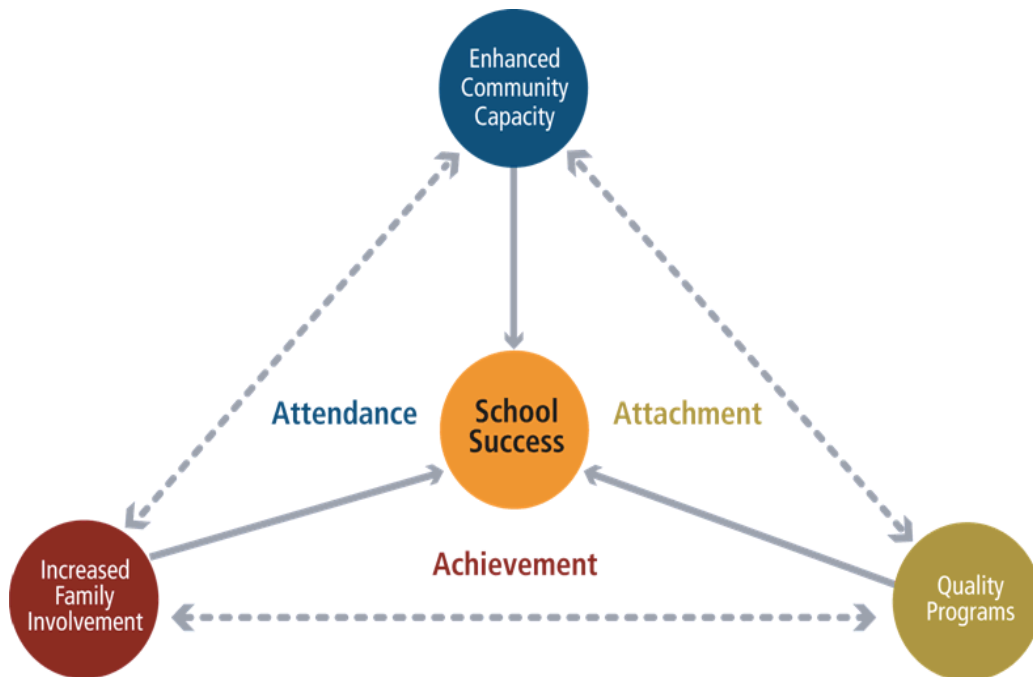
1. Attendance of each student will be recorded daily.
2. Principals are responsible for keeping parents informed of student absences from class.
3. When a student is absent for 10% of the possible classes in a year or semester, the principal will send a letter to the parents identifying the problem. Examples of interventions that could occur at this point include scheduling a meeting with the student and the parents, engaging the Family School Liaison Worker or the school counselor. An assessment for possible learning difficulties might also be appropriate.
4. When a student is absent for 15% of the possible classes, he/ she will be required to complete a school attendance contract. This will outline the consequences of continued absence from class.
5. When a student is absent for 20% of the possible classes, he/she may be put on an alternative program. This may include the following:
 - a. Referral to the Attendance Board for a student under 16 years of age.



Prairie Rose
SCHOOL DIVISION NO. 8

Administrative Procedures Handbook

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- b. Meeting with the parents and the student to reach agreement on a mutually-acceptable alternative program.
 - c. Placement in the Beyond Walls School (for High School courses).
 - d. At-home study with Distance Learning programs.
 - e. Placement in an on-line program for home study using a computer.
6. If an agreement cannot be reached between the school, the parents and the student about a placement the parents have the right to appeal the decision to the Superintendent.



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:

1. Listen carefully to the teacher – make an effort to pay attention and ask questions if you don’t understand.
2. 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 latter.
3. 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.

Cold Weather Tips

January 6th, 2012

***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.**

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 Division 2 Assembly at 2:15 in the school gym.	20 Grades 7-9 Ski Trip to Hidden Valley in Elkwater.	21
22	23 NO SCHOOL	24 Parent Council Meeting at 6:30 at the school.	25	26	27 Subway Day	28
29	30	31				

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Dare to Care Parent Night at the school 6:00-8:00	3 Dare to Care at the school all day.	4
5	6	7	8	9	10	11
12	13	14 	15	16	17 Subway Day	18
19	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25
26	27	28	29			