

March 1, 2009

Issue 6



Principal's Message From the Desk of Mr. Kyle

Box 59

Ralston, Alberta

544-3535

Inside this issue:

Coming Events 2

Notes for Parents 2

Eagle Butte Information Night 4

Badminton Information 4

Clothing Order Form 5

Calendar 6

We have kept ourselves very busy at Ralston the last few weeks. Our Grades eight and nine students attended a play at Crescent Heights High School in Medicine Hat called "Back to the 80's" two weeks ago. The students enjoyed the play and then visited the museum at the Esplanade. Special thanks to BATUS for lending the school a bus and driver!

Our entire school participated in a very successful Science Fair that featured classroom entries from K-3 and individual entries from grades 4-8. We would like to thank our great judges; Mr. Arnold Frank, Mrs. Trish Kyle, Ms. Jamie Rieger and Mrs. Darlene Keeler. The event was well attended by parents and community members.

We also had a very successful Grade 6-9 Valentine's Day dance on February 13th as well. Special thanks to our volunteer helpers Marluz Flavell-Martin, Ken Merritt and Shelly Barton. Our student council also sponsored a "twin day" competition for students and prizes of movie passes were given out to students in divisions K-3, 4-6, and 7-9. We are also planning a K-5 dance complete with a D.J. in March as well.

Some of the activities in March include a Penny Carnival put on by our Grade 9's for Grades K-6 on March 13th in which our Grade 9's organize a number of fun carnival events in the gym for the students. On March 18th our Grades 4-9 classes will be going on a school ski trip to Hidden Valley in Elkwater which is south of Medicine Hat.

Report Cards also come out on March 20th with parent-teacher interviews to follow on March 24th-25th.

We invite parents to keep in touch with their child's teachers throughout the school year. Feel free to stop in at any time. If you have concerns regarding your child's progress please feel free to call the school to book an appointment with a teacher.

In early April we have character education presenters coming to the school to discuss positive character education traits. This takes the form of a set of guest speakers who discuss various positive character traits with students while they put on a professional yo-yo show for the students.

Our student union also has some fun things planned for March as well. I would like to thank the following members of our student union; Bradley Green, Max Hill, Sydney Merritt, Gabi Howard and Alex Bruce in our junior high for lending a helping hand in our K-1 rooms at lunch time. We are always seeking ways to offer our students a chance to exercise leadership skills and chance to pitch in and help around the school.

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

Coming Events

- Subway Day on Friday, March 6th.
- Spring forward all your clocks one hour on Sunday, March 8th.
- Penny Carnival on Friday, March 13th.
- Ski trip to Hidden Valley in Elkwater will be taking place on Wednesday, March 18th.
- Report cards will be sent home on Friday, March 20th.
- Taco-In-A-Bag on Friday, March 20th.
- Parent-Teacher interviews will be taking place on Tuesday, March 24th and Wednesday, March 25th.. Forms will be sent home for time selection.

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.

Ralston School will once again be selling clothing. Orders will be taken on Monday, March 2nd and Tuesday, March 3rd at the following times:

Monday	8:30-8:45
	12:00-12:45
	3:00-3:30
Tuesday	8:30-8:45
	12:00-12:45
	3:00-3:30

Please find attached to the newsletter the order form if you wish to preorder. Please drop off order forms with payment at the school office.

Winners of the Family Puzzle Challenge for February were:

Mariya McLean

Hudsen Koehler

Congratulations!! Prizes to follow shortly!!

Please see inside newsletter for March's puzzle.

Good luck!!

Ms. Jean Michaud

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.

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

brad.kyle@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 Monday's. Appointments can be made by contacting your child's teacher or by calling Tanya directly at 502-2126.

**DO NOT FORGET THAT
DAYLIGHT SAVINGS TIME
CHANGES ON SUNDAY, MARCH
8TH AT 2:00 A.M.**

Stress is not just for adults. The stress children face at school may be very similar to the stress parents have in the work place.

Major sources of stress for children may be trauma (e.g. death a family member), lifestyle (e.g. not enough sleep), parent relationships (e.g. separation), school/child care (e.g. new teacher), friends (e.g. being rejected), and sports (e.g. fear of failure).

Children may displays signs of stress in social and/or physical behaviours such as crying more often, nightmares, fighting, withdrawing socially etc.

Parents can help by:

- Spending time with the child
- Talking about feelings and helping to find possible solutions
- Providing love, support and encouragement
- Trying stress reducing activities e.g. relaxation
- Seeking professional help from a doctor, counselor, public health nurse or support community agency.

Eagle Butte High School
cordially invites grade 9 students and parents to the

**Grade 10 Parent Night
"Registration Information Meeting"**

**Tuesday, March 24th at 7:00 p.m.
7:00pm
EBHS Gymnasium**

AGENDA for the evening includes:

- High School Programming
- Off Campus Programs
- Counselling Programs
- Special Assistance
- Co-curricular Programs
- Extra-curricular Programs
- Registration Handbook
- School Tours

EBHS: Home of the Talons!



Badminton

BADMINTON TOURNAMENTS



March 28th	Irvine Tournament
TBA	Parkside Tournament
TBA	Seven Persons Tournament
TBA	Jenner Tournament

Team Members: Alex Munro, Zach Merritt, Jay Ingram, Aidan Watson, Shawna Young, Natasha Bolger, Mollie Hutton, Taylor Munro, Cameron Birch, Lara Passmore, Tanner Barton, Shaun Docherty, Amy Mackinnon, Amie Pickering, Jordan Woodley, Kayley Clowe, Laike Polak, Sydney Merritt, Bradley Green, Max Hill, Gabi Howard, Dakota Pederson, Michelle Meyers.



ORDER FORM FOR SCHOOL CLOTHING

Youth T-Shirt - \$11.00

Grey	XS	S	M	L	XL
Black	XS	S	M	L	XL
White	XS	S	M	L	XL

How Many

Amount

Adult T- Shirt - \$11.00

Grey	S	M	L	XL
Black	S	M	L	XL
White	S	M	L	XL

Youth Hoodies - \$20.00

Black	S	M	L	XL
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Adult Hoodies - \$30.00

Black	S	M	L	XL	2XL
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(Any sizes larger than XL please add \$5.00)

TOTAL

NAME

GRADE

****Please note all prices include GST****

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Subway Day	7
8 Don't Forget Move Your Clocks Ahead One Hour!!	9	10	11	12	13 Penny Carnival	14
15	16	17	18 Ski Trip for Grades 4-9	19	20 Report Cards sent home today. Taco-In-A Bag Day	21
22 Happy Mother's Day to our British Mums	23	24 Parent-Teacher Interviews	25 Parent-Teacher Interviews	26	27	28
29	30	31				