

March 1, 2010

Issue 7



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Ralston, Alberta

544-3535

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Principal's Message From the Desk of Ms. Carlson

February has been a very busy month at Ralston School. To celebrate the Vancouver 2010 Winter Olympics, Ralston School staff and students participated in various events where they were able to earn points for their teams. Kindergarten to Grade nine teams were organized by the colors of the Olympic rings. We had guest appearances from Ken Merritt, who shared his experience of carrying the Olympic Torch and from Richard Hortness, an Olympic swimming athlete who participated in the 2008 Olympics in Beijing. Both of our guests shared the Olympic experience and provided some firsthand experience in what goal setting, dedication and commitment means. We appreciate their willingness to share their experience with us. To conclude a busy week of Olympic celebration, a school wide photograph was taken as the students assembled in their Olympic ring color formations.

March promises to be eventful as well. Report Cards, Parent Teacher Interviews, Science Fair, Ralston Badminton Tournament and Spring Scholastic Book Fair will keep everyone busy.

This is a great school with a very positive climate. Thanks to the students, staff and parents that make it and keep it this way. Please note that we will be posting the minutes of the Parent Council meetings and the monthly newsletter on the Ralston School Website. We welcome parents to attend the Parent council meetings as multiple perspectives provide for richer outcomes.

We have also had visits from Central Office staff, training our teaching and support staff at Ralston School on what to do in the case of an emergency. Situations such as extreme weather warnings, air contamination or other sources of emergency in Prairie Rose School Division are handled with a very well researched emergency plan program. With this in mind, we are making a few changes to ensure the safety and well being of our students and staff. Classroom doors must be in a locked state all day, even when in an open position during instructional time. We must have appropriate footwear on our feet at all times—appropriate to wear outdoors at a moment's notice i.e. Indoor shoes—no slippers. All visitors to the school must sign in and out of the school and request a visitor identification card at the front office to ensure a record of all people in the school is available at all times. Students will continue to move in and out of their assigned boot room entrance/exits. All doors will remain locked with exception of the front doors which will open at 8:45 a.m. This allows for us to more easily manage visitor sign in/out and be accountable for who is in the building in case of an emergency. If a visitor/parent wishes to speak or meet with a teacher or other staff member, please call the school to set up a time.

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

Special Points of Interest

- Report Cards sent home on Friday, March 12th.
- Parent/Teacher Interviews on Tuesday, March 16th and Wednesday, March 17th from 3:15 p.m. to 6:00 p.m.

Coming Events

- Safety City visiting Kindergarten on Wednesday, March 10th at 10:45.
- Report Cards sent home on Friday, March 12th.
- Subway Day on Friday, March 12th.
- Spring forward all your clocks one hour on Sunday, March 14th.
- Parent-Teacher interviews will be taking place on Tuesday, March 16th and Wednesday, March 17th.. Forms will be sent home for time selection.
- There will be no school on March 18th and March 19th due to Professional Development Days.
- Seven Persons Badminton tournament on Saturday, March 20th.
- Science Fair on Thursday, March 25th.
- Ralston Badminton Tournament on Friday, March 26th and Saturday, March 27th.
- Parent Council Meeting on Monday, March 29th at 6:30 at the school.
- Scholastic Book Fair on Tuesday, March 30th.

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.



Parents of students who are attending the Ralston Badminton Tournament at Eagle Butte High School are encouraged to volunteer some of their time to assist with the concession sales. We require a minimum of 2 volunteers from 3:00-6:00 and 6:00-8:00 on Friday, March 26th and 2 volunteers from 9:00-12:00 and 12:00-4:00 on Saturday, March 27th.

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.



Thank you to the Holland Family for their generous donation of books to our library!!

Mrs. Hansen

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!

FOOD FOR THOUGHT

Here is some Food For Thought from Parenting Throughout the Years—A guide for Parents of K-12 Students, published by the Alberta Teacher's Association, 2006.

School Success is a Shared Goal

Success in school is a goal that parents have for their children and teachers have for their students. This goal is more easily reached and children benefit when parents and teachers work together. Learning improves when parents are involved in their children's education.

Tips for student success

- Encourage your child to develop a positive outlook toward school. Be a model of this positive outlook.
- Stay in contact with your child's teachers. Find out when and how the teachers would like to be contacted, and let them know the best times and methods to contact you.
- Keep school staff informed of issues that may affect your child's progress or behavior.
- Attend parent-teacher conferences, school plays and concerts, social events, exhibitions, fairs and sports events.
- Inform the school in advance of your child's absence from school.
- Schedule vacations to coincide with school holidays and try to schedule your child's appointments outside of school hours.
- Meet with teachers if your child is involved in a school incident. Work together with school staff to help solve the problem.
- Review and sign your child's assignments, homework, report cards, journals and planners.
- Read all newsletters and reports from your child's school.
- Encourage your child to participate in school activities outside regular school hours (sports, drama, art and other clubs).
- Spend time with your child each day reviewing lessons and homework and listening to your child's views and opinions.

Website address—more food for thought

http://www.nasponline.org/resources/crisis_safety/parents-called-to-active.pdf



Mom's Pantry Orders due
on Friday, March 5th.
Please return forms with
money to the school.
Thank you!!

Parents

Please assist the school
in reminding your
children to stay off the
snow piles.
Thank you!!

Region 2 SE Alberta Child & Family Services and

Family & Community Support Services (FCSS) Programs proudly present:

A FREE Regional Event for Parents

of children and youth

A Live Video Broadcast

from Redcliff to satellite locations in:

Bassano, Oyen, Foremost and Bow Island

**Saturday, March 27, 2010
9:00 am to Noon**



**featuring
Dr. Gordon Neufeld**

**RELATIONSHIP MATTERS: HARNESSING THE
POWER OF ATTACHMENT**

Internationally renowned speaker and ground breaking author Dr. Gordon Neufeld is coming to S.E. Alberta*.

On Saturday morning March 27, 2010 Dr. Neufeld will talk about how parents can harness the Power of Attachment to make their interactions with children easier and more effective.

more about Dr. Neufeld:
<http://www.gordonneufeld.com>

Continued next page....

*"Something has changed . . . Children are not quite the same as we remember being. They seem less likely to take their cues from adults, less inclined to please those in charge, less afraid of getting into trouble." So says best selling author **Dr. Gordon Neufeld**, who studies the pivotal role that a strong bond with parents plays in a child's healthy development. According to Dr. Neufeld, societal change is endangering the child-parent relationship, and peers are increasingly replacing parents as key players in kids' lives.*

Dr. Neufeld is a Vancouver-based developmental psychologist with over 30 years of experience with children and youth and those responsible for them. A foremost authority on child development, Dr. Neufeld is an international speaker, a best-selling author (Hold On To Your Kids) and a leading interpreter of the developmental paradigm.

Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change. While formerly involved in university teaching and private practice, he now devotes his time to teaching and training others, including educators and helping professionals. He appears regularly on radio and television and is currently developing a series of video-courses for parent education. He is a father of five and a grandfather of three.

*** In a live video-broadcast from [Redcliff](#) to satellite locations in:**

[Oyen](#), [Bassano](#), [Bow Island](#) and [Foremost](#)

Dr. Neufeld will facilitate Questions and Answers following his presentation in Redcliff while Certified Neufeld Parent facilitators will be available for Questions and Answers at the other locations

Act Now! Limited Spaces Available

[Link for Professionals to a](#)

Conference in Medicine Hat featuring Dr. Neufeld and other interesting presenters
Thursday & Friday, March 25 & 26, 2010

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 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
14TH 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.



ORDER FORM FOR SCHOOL CLOTHING

Youth T-Shirt - \$12.00

						<u>How Many</u>	<u>Amount</u>
Grey	XS	S	M	L	XL	_____	_____
Black	XS	S	M	L	XL	_____	_____
White	XS	S	M	L	XL	_____	_____

Adult T- Shirt - \$12.00

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

Youth Hoodies - \$25.00

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 _____

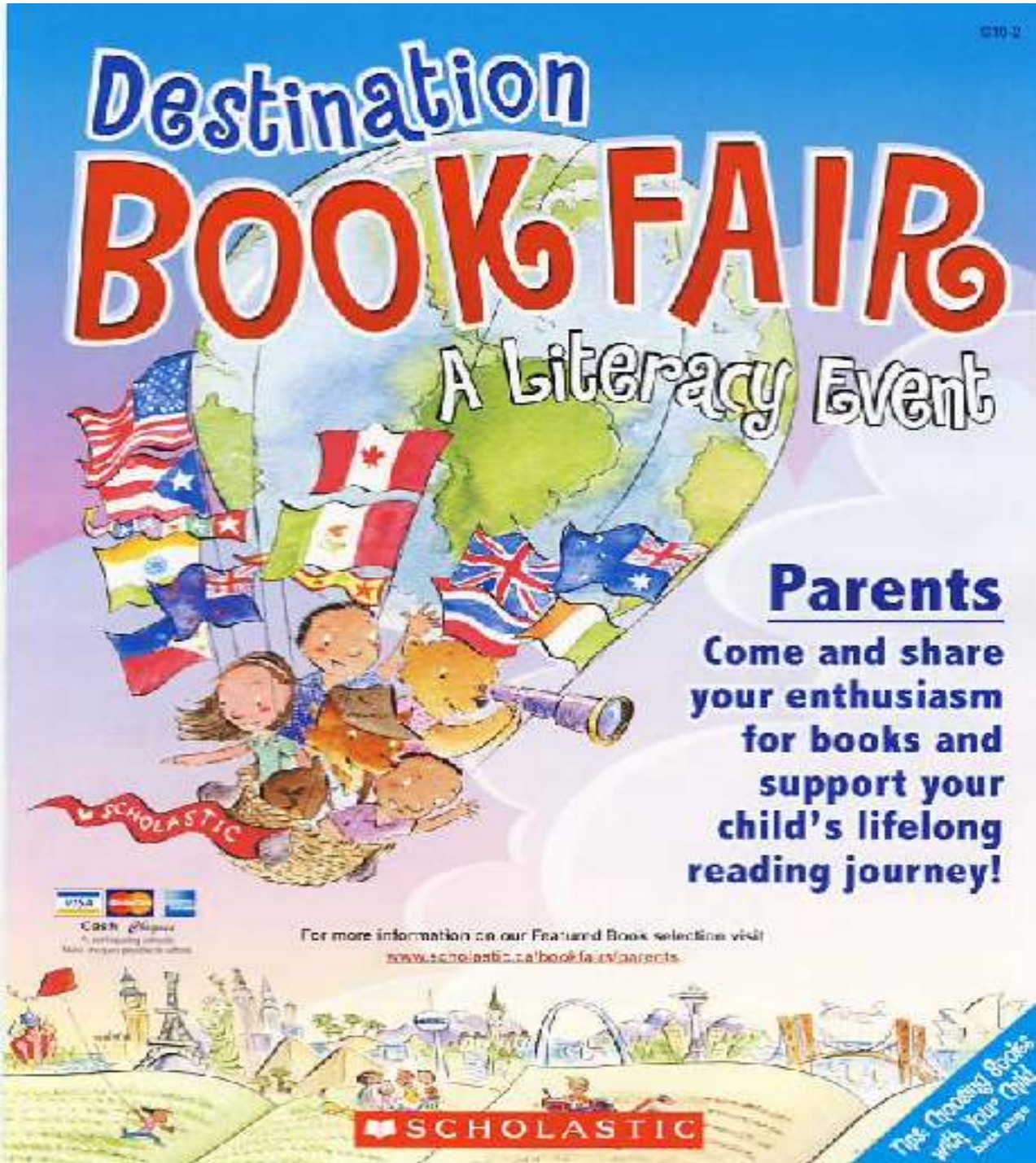
NAME _____

GRADE _____

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

****Please return to school by Monday, March 22nd****

****Clothing will be available to try on for sizing on March 16th and March 17th (Interview Nights) from 3:15-6:00.****



Scholastic Book Fair
Tuesday, March 30th 9:00—3:00 at the Ralston School Library
Cash, Visa, MasterCard and Cheques payable to Ralston School accepted.
EVERYONE WELCOME!!!

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Grade 6-9 Swimming	2	3	4	5	6
7	8	9	10 Safety City at Kindergarten	11	12 Report Cards Subway Day	13
14	15	16 K-9 Parent/Teacher Interviews	17 K-9 Parent/Teacher Interviews	18 NO SCHOOL	19 NO SCHOOL	20
21	22	23	24	25 Science Fair	26 Ralston Badminton Tournament	27 Ralston Badminton Tournament
28	29 Parent Council Meeting at 6:30	30 Scholastic Book Fair	31			