

May 1, 2011

Issue 10



Principal's Message From the Desk of Ms. Carlson

Box 59

Ralston, Alberta

544-3535

Inside this issue:

Coming Events 2

Kindergarten Registration 3

Positive Playgrounds 8

Prairie Rose Information 10

Absences 12

May Newsletter 14

June Newsletter 15

Grades 3,6 and 9 students will be writing achievement tests in mid-May and mid-June. Parents, please check the Achievement Test Schedule in the newsletter to ensure that our students have had hearty breakfasts and a good night's sleep prior to writing their exams.

We also have school-wide reading, mathematics and writing assessments from May 9-12. These assessments provide teachers with information about annual progress for each student and serves to identify areas of individual strength or weakness.

We will enjoy a visit from our SCE liaison, Brenda Titley, during Education Week from May 24-27. Education week will be very busy. School-wide events include a Community Pancake Breakfast & Community Clean-Up, Jump Rope for Heart, Positive Playgrounds activities, Junior High Career Day, and Track & Field Day. Many thanks to our Parent Council for hosting the lunch on Track and Field Day.

Our next parent council meeting is on May 2nd. Any interested parents are invited to attend the meeting at 6:30 at the school. The Parent Council has been an integral stakeholder in supporting the activities and educational development of the students at Ralston School. Their efforts as advisor parent members are very much needed and appreciated. Recently, Parent Council organized a Silent Auction that complimented the Community Spring Supper. Many thanks are extended to the individuals that donated their services or purchased items on behalf of the school for the silent auctions.

There have been several recent announcements related to funding for education in Alberta for the upcoming school year. This year's budget reflects a tightening of government spending while continuing to fund the programs and initiatives Albertans have communicated are important in a 21st century education system. Adjustments are being made by school boards to accommodate these changes. Prairie Rose School Division has been provided a reduced allocation for next year. This allocation has resulted in considerations for operating within a more restricted budget. Every school across Prairie Rose School Division will inevitably be affected by the funding cut-backs. Staff at Ralston School are prioritizing resources and considering ways to operate as efficiently as possible.

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

Special points of interest:

- May achievement test schedule included
- Junior High News

Coming Events

- Parent Council Meeting on May 2nd at 6:30 p.m. at the school.
- School Assembly on Tuesday, May 3rd at 9:00
- Grade 3 English Language Arts Achievement Test on Tuesday, May 17th.
- Grade 6 English Language Arts Achievement Test on Wednesday, May 18th.
- Grade 9 English Language Arts Achievement Test on Thursday, May 19th.
- Kindergarten Registration on Friday, May 20th. Please see poster in newsletter for more information.
- No School on Monday, May 23rd for Victoria Day.
- Pancake Breakfast on Tuesday, May 24th at 8:30.
- Jump Rope for Heart on Wednesday, May 25th.
- Thursday, May 26th is Agriculture Day for Kindergarten to Grade 6 with a visit to the Konosky Ranch.
- Thursday, May 26th is Career Day for Junior High.
- Friday, May 27th is our Track and Field Day (weather permitting)



Thank-you to all who supported the book fair. We sold over \$3,000.00 and half of that comes back to our school. Also a big thanks to our volunteers for all their hard work. I couldn't have done it without your help. A special thank you to Jenner School for coming to visit our book fair as well!!

Also thank you to the Holland family for their generous donation of books!!

Mrs. Hansen

Parent Council

Parent Council regularly meets on the first Monday of the month at 6:30 p.m. at the school. Every effort is made to limit the meeting to one hour.

ALL PARENTS/GUARDIANS ARE WELCOME!!

Should you have new business for council to consider, please put your ideas in writing and submit them at least 10 days prior to the meeting.

Please feel free to contact us in person anytime. Debbie Morgan @ debbie_morgan@hotmail.com.

Concerns or suggestions can also be dropped off in the Parent Council mailbox in the office or on the website at www.ralstonschool.ca

Thank you for coming!!

A big thank you to the badminton team and parents for your support during this past season. To the players for your great effort and sportsmanship and to the parents for driving and coming to cheer us on!!

***Mr. Boyd Craven/Mr. Spiers/Ms. May
Badminton Coaches***

May Achievement Test Schedule

Tuesday, May 17	Grade 3 English Language Arts Part A
Wednesday, May 18	Grade 6 English Language Arts Part A
Thursday, May 19	Grade 9 English Language Arts Part A



KINDERGARTEN REGISTRATION/SCREENING FRIDAY, MAY 20th AT RALSTON SCHOOL

We are now accepting registrations for the fall of 2011 at Ralston for both British and Canadian students.

At the time of registration we will be offering a screening process in order to better support your child.

As part of the programming for Kindergarten we are offering the ASQ screening for all the Kindergarten children. The screening is a questionnaire involving 30 questions about your child's every day activities. The questions are grouped into developmental areas and provide Ralston School and Prairie Rose school division with information pertaining to the development of your child. When the screening is completed it will further support the ability to provide extra services for those in need.

Such services include speech and language pathology, occupational therapy and program unit funding from Alberta Education.

(For all British parents this is very similar to developmental reviews that our health visitor performs in your home or at the medical centre.)

The screening proceeds as follows:

- A questionnaire is completed when you come in for your child's screening appointment.

- A speech and language pathologist and program unit funding coordinator attends school and reviews the questionnaire with the family.

- Dependent on the results further discussions occur as required.

Please contact the school at (403) 544-3535 to arrange an appointment for your child's registration and screening. Screenings will begin at 9:00 a.m.

Please **note** you are required to provide a copy of your **child's birth certificate** **and** if you are holding a **visiting visa** we also require a copy of that for your child.

British Children need to be 4 by August 31st, 2011 and Canadian children need to be 5 by February 28, 2012 to attend Kindergarten. The fees for Kindergarten for Canadian students for the 2011-2012 school year are \$225.00 which are due no later than September 30th, 2011.

We offer a full day, every day kindergarten program (subject to a staggered start). More information will be available when you attend the registration.



Parent Council News

Our Silent Auction Raised \$686 !!

Many thanks to: Boyd Craven, Carol Carlson, Noo Jarvill, Clare Leonard, Servus Credit Union, Karen Swyer, Jessica McLean, Jill Holland, Zoe Carver, Jasmine Giles, Will Holland, Owen Bryce, Katelyn Fox, Megan Rook and Laura Keller for donating items to the auction. All proceeds will go towards re-surfacing the hard-surface playground!

Parent Council will be providing refreshments for students & parents at **School Assemblies** for a suggested donation of **\$1 or \$2**. Don't forget to send your loonies and toonies on assembly days!

SAVE THIS DATE !!!!



Luxury Car & Dog Wash

June 11th @ 10:00 am

More details to follow



Best of Britain Basket

A special thanks to Jill Holland, Noo Jarvill, Clare Leonard and Laura Keller for donating the items for this basket!

NEXT PARENT COUNCIL MEETING: May 2nd at 6:30 pm in the Staff Room

Parent Workshop



Good Sense! for Parents

Children 2-6+ years old



Helping Children to be at their
Just Right State for Learning and Living!

Learn how to:

- > Use the sensory systems of touch, movement, proprioception (muscles and joints), auditory, visual and oral to help your child:
 - o Pay attention
 - o Minimize behaviours & frustrations
 - o Succeed in everyday activities

Receive a Manual with directions!

Next Workshop:

May 24th, 2011

Deadline for Registration: May 17th/11



Fine Fun for Parents

Children 0-5 years old

Building a Foundation for
Children's Future Fine Motor Skills!

Learn how to:

- > Teach your child fine motor activities:
 - o Pencil grasp
 - o Cutting
 - o Printing
- > Choose activities that are for your child's age
- > Make a fine motor kit
- > Evaluate your child's progress

Receive a Manual with directions!

Next Workshop:

May 31, 2011

Deadline for Registration: May 17th/11



To Register:

Contact Advance OT:
Phone: 403-528-2037
DaniellePluth@AdvanceOT.ca
www.AdvanceOT.ca

\$35 per session – call now to see if you qualify for funding!

Location: Medicine Hat Library
Currie Room
414 1st St. SE
Time: 6:30pm – 8:30pm

Both programs are available for Classroom Intervention!

Healthy Snacking

Snacking is part of healthy eating when you choose the right foods. Use this resource to help make healthy snack choices for you and your family.

Healthy snacks help:

- meet our nutrient needs
- boost energy levels
- control appetite
- satisfy hunger



Healthy snacking tips:

- Choose foods from the four food groups of Canada's Food Guide to help you meet your needs. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.
- A healthy snack includes foods from at least two food groups. A healthy snack would be an apple with yogurt, or crackers and low fat cheese.
- Eat a snack or meal every 3 to 4 hours. This gives your body energy and helps you think and feel better.
- Foods that are high in fat, sugar and salt are not part of Canada's Food Guide. Foods that are high in fat, sugar and/or salt include: candy, pop and chips. Limit these food choices as they should not replace healthy foods.
- Plan ahead. Prepare healthy snacks in advance so they are ready to grab and go.
- Carry healthy snacks with you to eat when you or your family get hungry. Keep trail mix in your bag or keep a granola bar in the car for after school snacks or for between sports events.
- Water is the best drink choice to enjoy with snacks.

Healthy foods to choose:

Vegetables and Fruit

- fresh vegetables and fruit - plain, with dip, or in a salad
- canned fruit packed in it's own juice or water
- dried fruit like raisins, cranberries, apricots; plain or added to trail mix
- 100% fruit or vegetable juice - plain or frozen on a stick
- * limit juice to no more than $\frac{1}{2}$ cup (125 mL) per day

Grain Products

- whole grain bread, bagels, buns, crackers, naan or pitas
- high fibre, low sugar cereals - plain, with milk, in trail mix or as a topping for yogurt
- rice cakes
- air popped or low fat popcorn - with no added butter, margarine, or salt
- whole grain, low fat muffins, pancakes or waffles

Milk and Alternatives

- milk - skim, 1%, 2%, chocolate, or fortified soy beverages
- yogurt - plain, flavored or frozen; can be topped with fresh fruit, whole grain cereal or granola
- low fat cheese (less than 20% M.F.) - block or string
- dry curd or 1% cottage cheese
- low fat pudding made with milk

Meat and Alternatives

- hard cooked eggs
- lean meat, fish or poultry
- handful of unsalted nuts, almonds or sunflower seeds
- natural peanut or nut butters
- hummus

Healthy snack recipes



Pita Chips

8	whole wheat pita bread	8
1 Tbsp	oil	15 mL
dash	garlic powder	dash

Cut pita bread into wedges. Brush lightly with oil and sprinkle with garlic powder. Bake at 350°F for 10 minutes until crisp. Serve with hummus (recipe below).

Hummus

1 can	chick peas, drained & rinsed	1 can
1 clove	garlic, minced	1 clove
½ tsp	cumin	2.5 mL
1	lemon, squeezed	1
3 tbsp	olive/canola oil	45 mL

Puree in a blender until smooth, keep refrigerated. Serve with pita chips (recipe above).

Fruit Smoothie

¼ cup	plain low fat yogurt	175 mL
2 Tbsp	skim milk powder	30 mL
½ cup	100% pure orange juice	125 mL
½ cup	banana or berries	125 mL

Place all ingredients in blender and blend until smooth.

No Bake Trail Mix (makes 6 cups)

2 cups	Shredded Wheat® cereal	500 mL
2 cups	Multigrain Cheerios®	500 mL
1½ cups	chopped dried fruit	375 mL
½ cup	whole almonds	125 mL
½ cup	pretzels	125 mL

Toss together and enjoy.

Yogurt Parfait

¾ cup	low fat yogurt	175 mL
½ cup	fresh fruit or berries	125 mL
½ cup	All Bran Buds® or other high fibre cereal	75 mL

Mix together or layer in a cup.

Pineapple Pick Me Up

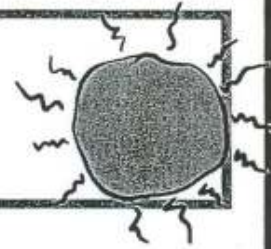
½ cup	canned pineapple (in juice)	125 mL
½ cup	dry curd cottage cheese	125 mL

Mix together or arrange on a plate. Pineapple can be substituted with any diced fruit.

Other ideas:

- low fat cheese and low fat whole grain crackers
- ½ sandwich made with whole grain bread with lean meat, fish or egg and/or low fat cheese; add lettuce or mustard
- small low fat bran muffin and low fat cheese slices
- whole grain rice cakes with low fat cheese slices
- celery sticks and peanut butter
- blend yogurt with fruit and freeze for a refreshing frozen treat
- mini pizza made with a whole wheat English muffin or pita and topped with tomato sauce, vegetables and cheese
- core apples, stuff with peanut butter then slice
- mix dried fruit with cereal

The Positive Playgrounds Program is coming to our school soon!



What is the Positive Playground Program?

The Positive Playground program will be a fun-filled event where students will have the opportunity to learn and participate in fun games on the playground. The purpose of the program will be to expand the number of games and activities the children can play outdoors during recess, to encourage cooperation, good sportsmanship, gain physical fitness, and to have fun!

Why bother?

From time to time, things do not go as smoothly on the playground as we might like. Observations of children on some playgrounds suggest that some of the difficulties arise because:

- Children are still learning basic social skills about coping with frustration, disappointment, aggressive feelings, etc. Games can help children learn and practice these skills.
- Children do not seem to know many games and invent games that may involve pushing, kicking, etc.
- Children are bored, not getting any physical activity or having any fun.

By providing our children with recreation alternatives (traditional, simple, and fun games...and the values that go along with them) and by showing them in a very positive way that we care about how they play at recess, we hope to add to the spirit of cooperation and consideration on the playground.

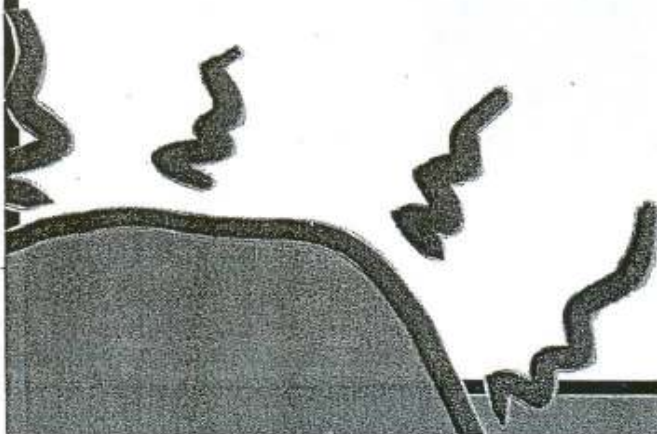
Who is involved?

Grades 1-6 students, and kindergarten or primary students. We are asking the parents of students in grades 1 - 6 to join their children for a noon hour recess and to assist in teaching the games. (Parents who do not feel comfortable teaching a game are still encouraged to come and play with their child).

Can you help?

Take a moment now to set aside some time during Playground Week to come and play with your kids...you'll have fun too!

To offer assistance please call Mrs. J. Herrell at 403-544-3535.



Medicine Hat Youth Rugby Association presents **YOUTH RUGBY**

Where: Medicine Hat High School Field

When: Starting May 9 to June 24, 2011.

Age Categories: Boys and Girls – ages 6 - 13.

Type of game: Mixed Flag Rugby.

What they need: Cleats, shorts and a mouth guard
They will be provided with a T-shirt.

Coaching: All coaches will be certified through a Coaching seminar and the majority have vast experience in the game of rugby either as players and/or coaches.



Rugby Players will develop: Skills in passing, kicking, game play, ball control, etc.



How to register: Go to the following website download forms.
-www.medicinehatrugby.ca/youth-rugby.html or
@ Sports Connection in person.

Registration Sessions:

April 26 – Medicine Hat Leisure Centre 6:00 – 8:00 pm
May 4 – Both YMCA's 6:00 – 8:00 pm

Cost: Will be **\$150.00** for the season. A large portion of this will pay for the insurance to the various provincial and national bodies. Make cheques payable to Medicine Hat Youth Rugby Association

Around the School Yard - Video Newsletter

Date: April 5, 2011

Please click on the link below to watch the latest version of the Prairie Rose School Division *Around the School Yard* video newsletter. Featured schools this month include Eagle Butte High, Beyond Walls Outreach School, Senator Gershaw / Bow Island Elementary.

http://prrdweb.com/News.php?news_id=2585



The Prairie Rose Perspective - A Video Blog

From: Division Office

The latest edition of *The Prairie Rose Perspective* is now available online.

Please include a link in your school newsletter so that we can share this information with parents and students.

***NEW* - Link for April 6, 2011 - District Update - Superintendent**

http://www.prrdweb.com/News.php?news_id=2606

LIQUOR BAN MAY LONG WEEKEND AT CYPRESS HILLS INTERPROVINCIAL PARK - ALBERTA.

PLEASE NOTE-a liquor ban will be in effect in all campgrounds at Cypress Hills Interprovincial Park-Alberta from noon on Thursday May 19, 2011 until 6:00 pm on Monday May 23, 2011. It is anticipated that this proactive approach will aid in making one of Alberta's most popular parks a safer and more enjoyable place for families to camp on the long weekend. Our Provincial Parks belong to everyone and we all have a role in ensuring they remain protected and accessible for all Albertans to enjoy.

Help us to ensure Cypress Hills continues to be a safe place for everyone to enjoy and appreciate. We hope and expect all park users including youth to act and behave responsibly and be prepared and able to deal with adverse weather and emergencies. We encourage you to discuss the issues with your children.

Talking with Kids about Smoking

- Act as role models. This is very important. If parents smoke, that is the role model children see.
- Don't dwell on consequences that will occur 20, 30 or 40 years down the road. It is difficult for children to imagine themselves as adults. Focus on the short term. Tell them about shortness of breath, weakened heart and decreased athletic ability, as well as bad breath, stained teeth and fingernails, the high cost of cigarettes and foul-smelling hair and clothes.
- Approach smoking as a health hazard, not as an issue of bad behavior. You don't want to make it more appealing by objecting to it. Teenagers are naturally rebellious, which is why it's much better to start discussing cigarettes with kids when they're at a young age, as young as 4 or 5.
- Talk with your kids about other youths who do smoke. Ask your kids if anyone at school is smoking and how they feel about that. Ask them if any of their friends smoke and whether it tempts them. Keep the door open so they feel they can talk to you.
- Help children decode images in cigarettes ads. Discuss the fact that cigarettes don't, as the ads imply, make people richer, more popular or more beautiful.
- Emphasize how powerful cigarette addiction can be. Explain that children, like adults, can become easily hooked and find it very difficult to quit.
- Give kids a reality check. Show them that despite what they hear from friends and advertisements, most adults don't smoke and many are unwilling to tolerate the practice in public. Point out that an increasing number of public places - from restaurants to sporting venues to beaches - no longer allow smoking.
- Teach your children to say "No." Try acting out situations in which your kids are tempted to try cigarettes and help them find creative, effective ways to refuse tobacco.
- If necessary, impose consequences. While dialogue is important, it may be necessary to limit your child's spending money, restrict access to certain friends, and impose strict curfews if you find out that your child is smoking.

**PLEASE REMEMBER THERE IS NO SMOKING ON SCHOOL
GROUNDS!!**

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. We also ask that students make arrangements with teachers, at least 3 days prior to their departure, to collect all assignments. 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.

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 possible. Thank you.



PARENTS

It is extremely important that student information be kept up-to-date. If you have moved recently or your child’s personal information or medical information has changed please let the school office know as soon as possible @ 544-3535 so we may update our records.

A great pleasure
in life is doing
what people say
you cannot do.

E-mail Contacts

Principal

carol.carlson@prrd.ab.ca

Secretary

evelyn.squires@prrd.ab.ca



Family School Liaison Worker

Please remember that areas around the school should not be used for walking your dogs. These are areas used by students at the school for their outdoor activities. This also refers to the baseball field. If you are using these areas **please remember to pick up after your dog.**

Thank you!

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

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:

Listen carefully to the teacher – make an effort to pay attention and ask questions if you don't understand.

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.

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.

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Parent Council Meeting at 6:30	3 School Assembly at 9:00	4	5	6	7
8	9	10	11	12 Kindergarten trip to BATUS	13 Jump Rope for Heart Presentation Subway Day	14
15	16	17	18	19 Kindergarten trip to BATUS	20 Kindergarten Registration	21
22	23 NO SCHOOL	24 Community Pancake Breakfast at 8:30 at the School	25 Jump Rope for Heart	26 Career Day for Junior High	27 Track and Field Day	28
29	30	31				

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 History in the Hills at Elkwater	2 Grade 5&9 Immunizations	3	4
5	6	7	8 Grade 7-9 at Medicine Hat College for Troy Payne Presentation	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 Grade 3 Trip to Calgary Zoo	24 Grade 9 Farewell	25
26	27 K-3 Awards Assembly	28 Grades 4-9 Awards Assembly LAST DAY OF SCHOOL	29	30		