



November 1, 2011

Issue 3

Principal's Message From the Desk of Ms. Carlson



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Ralston, Alberta

544-3535

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October was a busy month with a number of activities happening that kept all of us very busy and it looks like November will be full of activities as well.

In October, the Grade 3's went to Dinosaur Park on a field trip where they were able to apply their experience to their Rocks and Minerals unit in Science. Our FS2/Reception Class also went on a field trip tour of Jenner Colony. Our Junior High students also had the opportunity to attend the "Outsiders" play at the Esplanade. The play is based upon a coming-of-age novel, by S. E. Hinton, whose main character is a 14 year old boy who struggles with right and wrong in a society in which he believes that he is an outsider. This was an excellent experience for our Junior High students.

The staff had their second School Improvement Day and was able to continue to input information into the Individual Education Planning Tool program. Team discussions about student progress and instructional methods to support individual learners are already proving very helpful. Thank you to our parents for their cooperation in completing the questionnaires and contributing to this process. About 200 schools across Alberta are involved in this pilot program and the response so far has been extremely positive. Each student will have a "Learner Profile" developed and we are hoping to have these ready in time for Parent/Teacher Interviews. Teachers will have a "Classroom Summary" that will provide them with data for the purposes of using flexible grouping and skill grouping when planning learning activities for their classes.

Parent Council has initiated their first fundraiser of the school year. Mia Bella candles are available in a number of delightful scents. These will be available for purchase until November 15. Additionally, canned or dry food donations to the Veteran's Food Bank are being accepted through the school until Friday, November 18.

Report Cards will look differently this reporting period (and likely in upcoming reporting periods) due to Prairie Rose School Division adopting the Pearson Power School program. This program tracks student information and also provides Grade tracking and Report Card generating programs. Mr. Craven has been working very hard creating a Report Card template for use with our Division 2 and 3 students. Division 1 teachers are collaborating to redesign the existing report card in preparation for eventual integration into the Pearson program. Please be patient with the changes you see to the report card formats. We hope that any constructive feedback will be shared so that we can continue to improve the content and clarity of our report cards.

In addition to receiving your child's report card, you will also receive a Canadian Achievement Tests -Fourth Edition (CAT-4) "Parent Report" that is intended to communicate reading, writing and mathematical skill levels, as measured through a standardized testing instrument that was administered in May, 2011, to all students attending Ralston School at that time. If you do not receive a "Parent Report", it is likely that your child was absent during all or part of the testing period.

Parent/Teacher Interviews are scheduled for Tuesday, November 22 and Wednesday, November 23 from 3:15 - 6:00 pm. Notes will be coming home with the report cards for parents to request interviews.

Auditions for Missoula Theatre will commence on Monday, November 28. Final performances will be held at Ralston Theatre at 10:30 a.m. for Ralston School students and at 2:00 p.m. for parents and community members. This year's production is titled, "King Arthur's Quest". We are looking forward to this opportunity for our students again this year.

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

Special points of interest:

- Remembrance Day Service on November 10th.
- Report Cards sent home on November 18th.
- All Interviews November 22nd and 23rd.

Coming Events

- Remembrance Day Service on Thursday, November 10th at 10:20 a.m. in the Ralston School gym.
- Veteran visit to the school on Friday, November 4th.
- No school on Friday, November 11th for Remembrance Day.
- No school on Monday, November 14th for School Improvement Day.
- Report cards will be sent home on Friday, November 18th.
- Subway Day on Friday, November 18th.
- Both K/1 classes field trip to BATUS on Friday, November 18th.
- Parent Teacher Interviews will take place on November 22nd and 23rd.
- Missoula Childrens Theatre arrives on Monday, November 28th. Auditions will also take place in the Ralston Gym beginning at 9:00.
- Missoula Children's Theatre production of "King Arthur's Quest" will take place on Friday, December 2nd at 10:30 a.m. for students and at 2:00 p.m. for everyone!

School Fee Reminder

Just a reminder to our Canadian families that school fees are now past due.

Kindergarten \$225.00 per student

Grades 1-9 \$70.00 per student



Notice To Parents

Please be advised that school buses in Canada legally do not have to have seatbelts on them. However, if the bus is equipped with seatbelts they are legally required to use them.

Also please be aware that when the STOP arm is down on the bus it is illegal for you to drive by the bus, you must stop until the STOP arm has

A hero is someone who has given his or her life to something bigger than oneself.

Joseph Campbell

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!

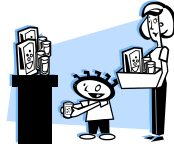


**Remember to
turn your clocks
one hour back!!
Daylight Savings
Time begins on
November 6th!!**



Thank You

Thank you to everyone who bought books at the Fall Book Fair. We sold over \$2200.00!! Also a big thank you to Mrs. Bilkey, Mrs. Haigh, and Ms. Bernat for all their help at the Book Fair!!



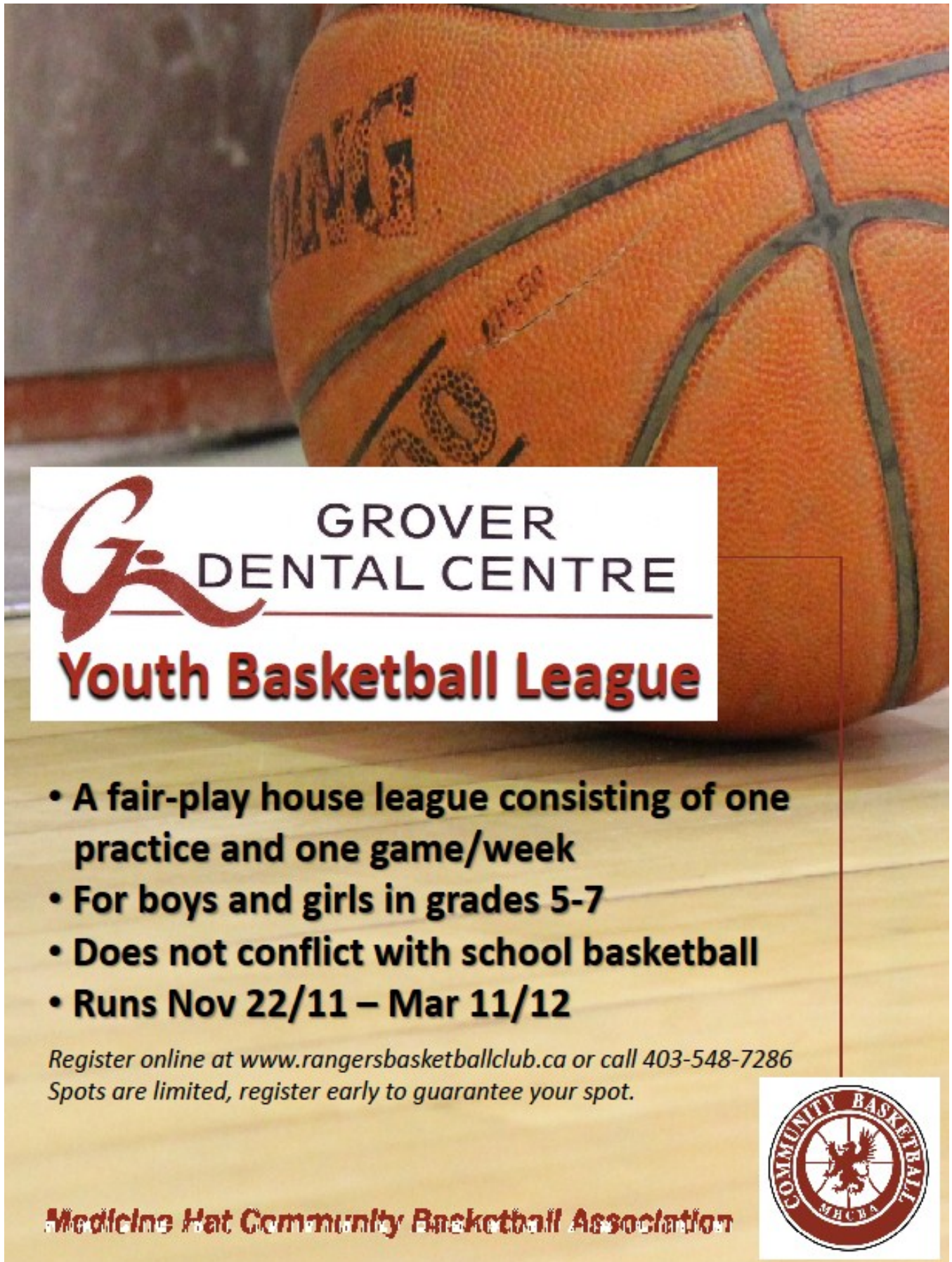
Veterans Food Drive

We will be accepting non-perishable food items for donation to our Veterans. We will be accepting donations until Friday, November 18th.



Please note that we have poppies available in the school office for a small donation.

Thank you very much.



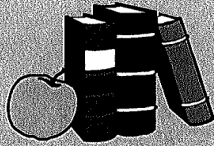
 **GROVER
DENTAL CENTRE**
Youth Basketball League

- **A fair-play house league consisting of one practice and one game/week**
- **For boys and girls in grades 5-7**
- **Does not conflict with school basketball**
- **Runs Nov 22/11 – Mar 11/12**

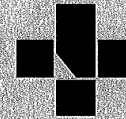
*Register online at www.rangersbasketballclub.ca or call 403-548-7286
Spots are limited, register early to guarantee your spot.*

Medicine Hat Community Basketball Association





Healthy Schools Healthy Futures



**Alberta Health
Services**

Addictions Awareness Week Nov. 13-19

Some tips for parents who want to prevent substance use by their children

- Have a conversation with your child about substances; avoid lecturing; stay relaxed and encourage your child to ask questions and to tell you what they think
- Learn about drugs and substance abuse so you can have an informed discussion
- Listen to them...and then listen some more
- Talk to your child about the things they are good at, and encourage them to say positive things about themselves and others
- Develop clear, reasonable and safe rules, and revise them as your child gets older

Tuesday, November 15 – Join us for a FREE Family Skate at Nicholas Sheran Arena, Lethbridge (6:30-7:30 p.m.) Information and giveaways will be available.

Hand Washing to Prevent Influenza

The flu (influenza) virus can live on your hands for five minutes and on doorknobs for days! Protect yourself and others by washing your hands often. Teach young children to wash their hands too.

When to clean your hands

- After you cough, sneeze or blow your nose
- Before you eat or serve food
- After you are near a person who is ill
- Before you brush your teeth

What to use

- Use regular soap and water **or**
- Hand cleanser or sanitizer with alcohol in it.

How to wash your hands

- Wet your hands with warm, running water
- Rub on regular soap and lather well
- Rub all parts of your hands and wrists for 15 seconds
- Rinse well under warm, running water
- Dry your hands with a clean towel

Visit www.kidshealth.org Search "hand washing"

Tobacco: Talk About It!

Parents are the biggest influences in kids' lives and have the power to shape kids' views. Research shows that children who talk to parents about smoking are less likely to start, so keep up the conversation. How to talk to your kids about tobacco:

- Tell them that most people do not smoke
- Talk about how smoking causes bad breath, smelly clothes, stained fingers and teeth
- Discuss immediate harms from smoking: shortness of breath and risk of colds and asthma
- Be honest about the long term health consequences; about friends or family who have been negatively impacted.
- Introduce the importance of individual differences and standing up to peer pressure
- Talk about ways to say "no" and allow them to use you as a defense ("I'd be grounded if I smoked")

Visit www.albertahealthservices.ca/2544.asp

Osteoporosis

When we hear 'osteoporosis' we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, "Osteoporosis is a pediatric disease that waits until old age to express itself."

The time for building bone is in the preteen and teen years. Maximum bone mass in the hip and spine is achieved by age 20. The best way to have the strongest bones possible is to have adequate calcium in the diet.

Exercise also helps build bone provided there is enough calcium in your diet. Teenage girls, especially those who are underweight or dieting, may not get enough calcium.

Foods rich in calcium include milk, yogurt, cheese, salmon, tofu, sardines, rhubarb, broccoli, peas, sesame seeds and almonds to name a few. If your child is not a milk drinker, various cereals and juices are fortified with calcium. By learning to read food labels, you may be able to find other foods fortified with calcium. Visit www.osteoporosis.ca.

AUDITIONS FOR MISSOULA CHILDRENS THEATRE PRODUCTION OF “KING ARTHUR’S QUEST”

Dear Parents and Guardians,

The audition for the Missoula Children's Theatre production of King Arthur's Quest will be held on Monday, November 28th at Ralston School Gym. There are roles for those students Kindergarten through to Grade 9. Approximately 50-60 local students will be cast to appear in the show with the MCT Tour Actor/Director. **There is no guarantee that everyone who auditions will be cast in the play.** Students wishing to audition must arrive by the scheduled starting time and stay for the entire two-hour session. The first rehearsal begins approximately 15-30 minutes after the audition.

This is a group audition - **no advance preparation is necessary**, but a smile never hurts. Students should just be ready to come and have a good time!

Rehearsals will be conducted every day from 10:00 a.m. to 2:30 p.m. at Ralston Theatre and Ralston School Gym. Although not all cast members will be needed at every session, those auditioning must have a clear schedule for the entire week and if selected, be able to attend all rehearsals required for their role. A detailed rehearsal schedule will be distributed at the conclusion of the audition. Cast members scheduled for the full 4½ hours of rehearsal will be asked to bring a sack lunch, dinner or snack.

The performances will be held on December 2nd at 10:30 a.m. for students and anyone unable to attend the afternoon performance and 2:00 p.m. for everyone and will be presented at Ralston Theatre. The students in the cast will be called for dress rehearsal before the performance that day. **All those cast must be available for all scheduled performances.**

The Missoula Children's Theatre is a non-profit organization based in Missoula, Montana. This coming year more than 65,000 cast members across the globe will take to the stage to the delight and applause of their families, friends, community, neighbors and teachers! The residency in Ralston, Alberta is made possible by Ralston School and Ralston Parent Council.



Weather Issues: School In-Days and School Closure

Living in the Canadian Prairies can present some unique challenges when it comes to winter weather. While the Medicine Hat area is not known for particularly harsh winters, we do have the occasional day when it is cold or stormy for students to go outside, or we may even have the odd day when school must be closed for the safety of all.

In Days at School

While it rarely gets lower than -20 Celsius for long, schools in the Medicine Hat area have students take outdoor breaks down to -20 degrees Celsius. We follow the same criteria in Ralston School, but we naturally use our discretion on day to day basis if the wind comes up or it just “feels too cold” as well.

School Closure due to Weather

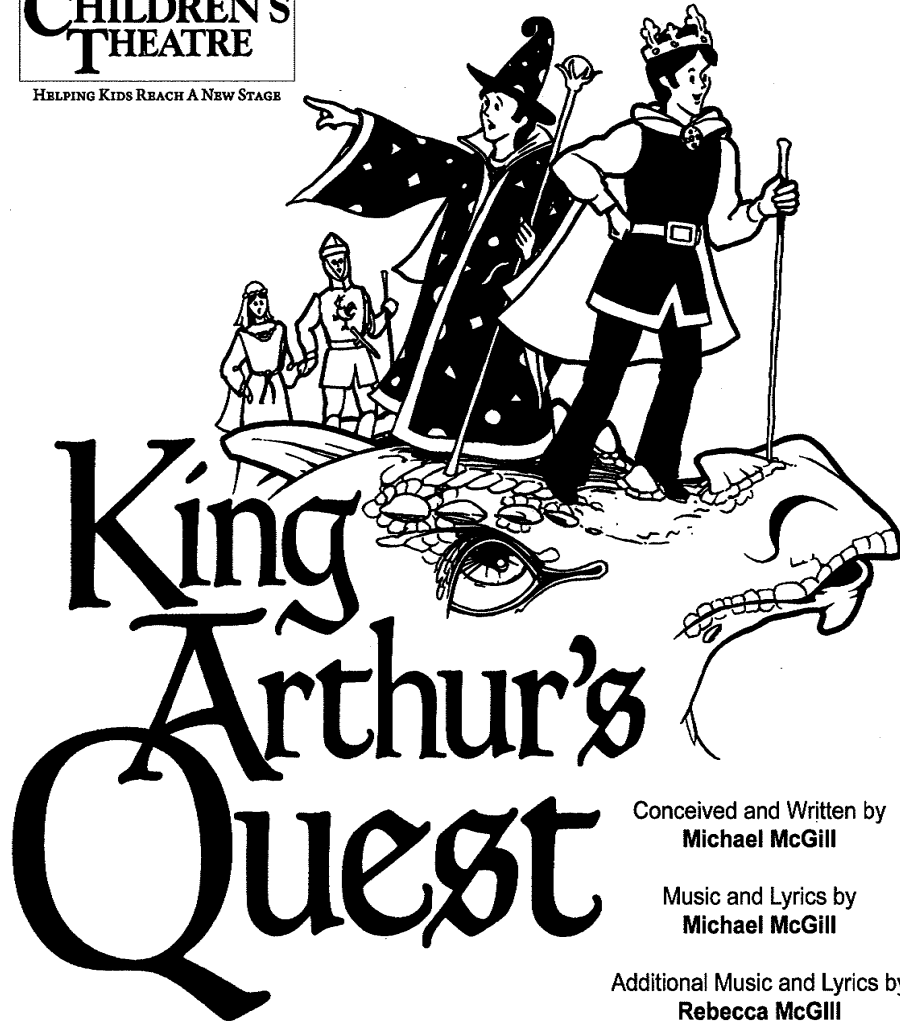
The school may close due to cold weather, dangerous driving conditions due to extreme weather or a combination of both. The important things to remember are:

- School Closure will be announced on BFBS Radio, MY 96 Radio, CHAT 94.5 and the Christian Radio Station the morning of the closure around 7:00 am.
- The bus driver should contact you by phone if your child takes the bus to school, and the bus is not running.

Once school starts, we stay open until the end of the day at regular time regardless of the changes in weather.

If they predict poor weather the next day, we usually send a note home reminding people to listen carefully to the radio the next morning. We try to get the closure on the radio before, or at 7:00 a.m. but we cannot control the radio announcers and sometimes they make it by 7:00 a.m. and sometimes they don't.

The window to notify is rather tight as the policy does not let Principals close schools until 6:30 a.m. officially and then every school in the area is trying to close at the same time. We do our best and thank you for your cooperation in advance.



Conceived and Written by
Michael McGill

Music and Lyrics by
Michael McGill

Additional Music and Lyrics by
Rebecca McGill

**Friday, December 2nd at
Ralston Village Theatre**

**10:30 a.m. for School Students
(Parents may attend if unable to attend afternoon performance)**

2:00 p.m. for Everyone!!

**Free of Charge!! Thanks to Ralston School Parent Council
And Ralston School**

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 afternoon and all day Thursdays. Appointments can be made by contacting your child's teacher or by calling Tanya directly at 502-2126.

In the End, we will
remember not the words of
our enemies, but the silence
of our friends.
Martin Luther King, Jr.



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.**

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.

Policies regarding excessive unapproved absences that adversely affect a students academic learning will be dealt with according to policy regulation.

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mia Bella Candle Fundraiser begins until Nov 15th. Accepting food bank donations for the Veterans until November 18th.	2 Take your kids to Work Day for Grade 9's.	3	4 Redcliff Veterans visiting Grades 3-9	5
6	7	8	9	10 Remembrance Day Service. Seating begins at 10:20 in the school gym.	11 NO SCHOOL	12
13	14 NO SCHOOL	15	16	17	18 Report Cards Subway Day Both K/1 classes visiting BATUS	19
20	21	22 Parent/Teacher Interviews 3:15-6:00	23 Parent/Teacher Interviews 3:15-6:00	24	25	26
27	28 Missoula Children's Theatre auditions in the school gym at 9:00	29	30			

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Missoula Children's Theatre presentation of "King Arthurs Quest" at 2:00 in Ralston Village Theatre. Everyone Welcome!!	3
4	5 NO SCHOOL	6 Grade 5&9 Immunizations	7 Junior High Curling in Redcliff for the afternoon.	8	9	10
11	12	13	14 Division 1 Christmas Concert at 2:00 Junior High Curling in Redcliff for the afternoon	15	16	17
18	19 School Christmas Dinner and Dances 12:00-1:00 Dinner 1:00-2:00 Div 1 Dance 2:00-3:00 Div 2 Dance	20 Junior High Bonspiel in Redcliff for the full day.	21 Last Day of School for Christmas Break	22	23	24
25	26	27	28	29	30	31