

October 1, 2011

Issue 2



Principal's Message From the Desk of Ms. Carlson



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Ralston School staff flipped pancakes and cooked sausage for the “Meet the Teacher Pancake Breakfast” on September 15. We enjoyed having an opportunity for our students to introduce us to their parents. Thanks to our staff and students who pitched in to help organize the breakfast and thanks to our parents who attended.

This school year start-up has been very busy for everyone at Ralston School. Prairie Rose School Division staff have been learning new software programs (Pearson Power School) to track attendance, manage student information, and track student grades. Ralston School staff is also working on an Alberta Education pilot program initiative. This pilot is called the Inclusive Education Planning Tool (IEPT) and is a program that helps teachers plan for accommodating individual student learning needs in regular classroom settings. Thank you to our Grades 1 - 9 parents for completing the “Learning Inventories” for your children. This will be part of the information teachers will input in the software program to develop a Learner Profile for your child. We hope to have these complete and available by Parent/Teacher Interviews.

Thank you to Mr. Blemings for securing RAZ Kids software for every grade in our school. This will complement our guided reading program with online interactive ebooks and downloadable books. You may visit the website to view samples of these books: www.raz-kids.com/

Thank you to Mrs. Carver for collating the Parent Volunteer forms and thanks to all of our parents who volunteered to be on our list. We now have a lengthy list of parents organized by the types of activities they wish to volunteer for... this is very convenient for our teachers when they need an extra set of hands.

Mrs. Herrell and Mrs. McHugh have started making plans for the Remembrance Day service. They have asked for our military parents to send clearly labeled pictures of themselves to the school or come to the school on Monday, October 17th at 2:00 pm to have their pictures taken. These pictures will become part of a DVD titled, “We Salute Our Heroes”. The DVD is being created to recognize military personnel and veterans in our community. Also, we will be collecting canned non-perishable items for a food drive that will benefit veterans. The items will be dropped off on Thursday, November 10th, at the Royal Canadian Legion (Redcliff) for distribution.

A big Thank you also goes out to Mr. Spiers for being generous with his time in creating an event DVD for our hallway TV for our students, parents, and staff to enjoy. We are able to view slideshows of our students engaged in classroom and school-wide events. Events currently featured include Student Council Spirit Days, Terry Fox Run (all grades), the Portraits of Honor field trip, and the Corps of Royal Engineers Band concert. Even though about half of our Student Council members are new to their roles, they are very enthusiastic and did a fabulous job in planning Spirit Week. We appreciate their efforts!! Please look to the Ralston School website for upcoming events planned by Student Council.

Parent Council will be serving tea, coffee and cookies at assemblies. Parent Council appreciates donations to continue to provide this service. Our next parent council meeting is on November 1, 2011, @ 6:30 pm. Parent council will be selecting the following roles: Chairperson, Vice-chairperson, Secretary, and Treasurer. If you wish to become involved, please come out to our next meeting.

Mr. Craven and the Cross Country Track Team represented Ralston School very well at the 8th Annual Talons X-C Invitational. Of the five categories entered, Ralston School athletes took First Place in three categories. Congratulations to Ria Leask, George Brown and Ashley Brentley on their First Place finishes.

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

Special points of interest:

- School closed for Thanksgiving Monday, October 10th.
- Scholastic Book Fair on Tuesday, October 25th

Coming Events

- Division I led assembly on Friday, October 7th at 2:15 p.m.
- No School on Monday, October 10th for Thanksgiving Day.
- Grade 3 trip to Dinosaur Park on Wednesday, October 12th.
- FS2/Reception trip to Jenner Colony on Thursday, October 13th.
- Grade 5 and 9 immunizations on Friday, October 14th.
- Military Parent pictures for Remembrance Day Program on Monday, October 17th from 2:00-3:00.
- Grades 7-9 at Medicine Hat Esplanade on Friday, October 14th for the performance of "The Outsiders".
- No School on Monday, October 24th for professional development day.
- Scholastic Book Fair on Tuesday, October 25th.
- Halloween Costume parade on Monday, October 31st at 1:15 in the gym.
- Parent Council Meeting on Tuesday, November 1st at 6:30 in the school.

School Emergency Procedures

As you may already know, Ralston has a District-wide Emergency Response Plan, which would be implemented in the event of a local disaster or school emergency. The primary objective of the plan is to ensure the safety of your child.

The Emergency Response Plan is a preparatory measure. Statistics show schools are still among the safest places to be on a day-to-day basis, due to the strong commitment of educators, parents, and communities to their children. Nevertheless, disasters do happen and because of that no community can be complacent in its efforts to make its schools even safer. For this reason we have implemented the Plan, so please do not be alarmed by this precautionary action. If you wish to learn more about Hour Zero please feel free to visit the Prairie Rose School Division website at <http://www.prrdweb.com/>



We have sent out school fee notices to the Canadian families. These notices were sent out in midSeptember. Please note that the fees are due by Friday, October 14th. The fee schedule can be found under school documents at

www.ralstonschool.ca

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.



"While we try to teach our children all about life, our children teach us what life is all about"

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!



Raptor Cross Country Team



Our cross country team participated in the Eagle Butte Talon annual cross country run on Saturday, October 24th.

Our team consisted of Caia Gagnon, Caitlin McCulloch, Megan Rook, Katelyn Fox, Dean Leask, Ashley Brentley, Niall Wright, Thomas Powley, Cameron Smart, Ty Kennedy, George Brown, Oscar Bilkey, Chloe Hemstead and Ria Leask.

Congratulations to the team as they all performed extremely well!! Congratulations to Ria Leask, George Brown and Ashley Brentley on their First Place finishes.

Peer Pressure

Whether it leads to pink hair or body piercing, peer pressure is a powerful reality! Peer groups impact much of teen's decision-making. Research indicates that teens consider what their peer group will think of them. Peer pressure is as often positive as it is negative. Negative forces could lead to experimentation with tobacco, alcohol and illegal drugs. Parents have a tremendous influence over their children, especially teenagers. Here are some things parents can do:

- ~Teach children how to refuse offers of cigarettes, alcohol and drugs through role-playing peer pressure situations
- ~Talk to them about how to avoid undesirable situations
- ~Let them know it is okay to seek an adult's advice no matter how small or silly it seems
- ~Nurture and encourage strong self-esteem (e.g. be generous with praise)

If you would like more information on this or other topics please go online to www.aadac.com to view the parent information series; How can I teach my young child to deal with peer pressure? Or contact our toll free 24 hour hotline 1-866.332.2322.

“Parent Council is always looking for new fund-raising ideas. Please contact a parent council member or the school if you have an idea to bring forward!!



Influenza Clinics 2011 Medicine Hat and Area

Important: Please bring your Alberta Health Care card.

Community / Location	Date	Time
ACADIA VALLEY ACADIA VALLEY SUNSET CLUB, 1-1 Ave E	Wednesday, November 2	10 am – 3 pm
BASSANO COMMUNITY HALL 610 – 2 Ave	Wednesday, October 19 Wednesday, October 26 Wednesday, November 23 Wednesday, December 14	9 am – 3 pm 1 pm – 6 pm 2 pm – 6 pm 1 pm – 4 pm
BOW ISLAND PROVINCIAL BUILDING 602 – 6 St E	Monday, October 17 Tuesday, October 18 Monday, October 24 Tuesday, October 25 Tuesday, November 8 Tuesday, November 29 Tuesday, December 13	1 pm – 4 pm 1 pm – 7 pm 1 pm – 4 pm 1 pm – 7 pm 1 pm – 4 pm 9 am – 12 noon 1 pm – 4 pm
BROOKS BROOKS HOSPITAL Former Long Term Care 440 – 3 St E (South Entrance)	Monday, October 17 Tuesday, October 18 Friday, October 21 Monday, October 24 Tuesday, October 25 Thursday, November 3 Thursday, November 17 Thursday, November 24 Thursday, December 1 Thursday, December 15	9 am – 3 pm 9 am – 3 pm 9 am – 3 pm 1 pm – 7 pm 1 pm – 7 pm 1 pm – 7 pm 1 pm – 7 pm 2 pm – 6 pm 2 pm – 6 pm 2 pm – 6 pm
RESOURCE FAIR: Fun Family Kids Day LEISURE CENTRE, 111 – 4 Ave	Saturday, October 29	10 am – 3 pm
CEREAL HOME CARE OFFICE, 229 – 2 Ave	Tuesday, October 25	1 pm – 4 pm
EMPRESS EMPRESS FRIENDSHIP CENTRE Centre Street	Wednesday, October 26	1 pm – 4 pm
ETZIKOM COMMUNITY HALL	Wednesday, November 2	7 pm – 9 pm
FOREMOST MEDICAL CLINIC 212 Main St	Wednesday, October 19 Wednesday, October 26 Wednesday, November 16 Wednesday, December 14	10 am – 3 pm 1 pm – 5 pm 10 am – 3 pm 10 am – 3 pm

Community / Location	Date	Time
MANYBERRIES (Including Area Huilense Colonies) COMMUNITY HALL, 3 Saskatchewan St	Tuesday, November 1	7 pm – 9 pm
MEDICINE HAT CYPRESS CENTRE AUDITORIUM: (Stampede Grounds) 2055 – 21 Ave SE	Monday, October 17 Tuesday, October 18 Wednesday, October 19 Saturday, October 22	9 am – 3 pm 9 am – 3 pm 1 pm – 7 pm 11 am – 4 pm
<ul style="list-style-type: none"> ADULT RESOURCE FAIR Public Influenza Clinic Public Influenza Clinic FLU – LA PALOOZA (Resource Fair for families with young children) 	Monday, October 17 Tuesday, October 18 Wednesday, October 19 Saturday, October 22	9 am – 3 pm 9 am – 3 pm 1 pm – 7 pm 11 am – 4 pm
HIGDON HALL (Stampede Grounds) 2055 – 21 Ave SE	Monday, October 24 Tuesday, October 25 Wednesday, October 26 Friday, October 28 Thursday, November 3 Saturday, November 5 Thursday, November 10 Thursday, November 17 Thursday, November 24 Thursday, December 1 Saturday, December 17	1 pm – 7 pm 1 pm – 7 pm 1 pm – 7 pm 9 am – 3 pm 1 pm – 7 pm 9 am – 1 pm 1 pm – 7 pm 1 pm – 7 pm 2 pm – 6 pm 2 pm – 6 pm 9 am – 1 pm
OYEN COMMUNITY HEALTH 315 – 3 Ave E	Wednesday, October 19 Monday, October 24 Tuesday, November 1 Monday, November 7	9 am – 3 pm 12 noon – 6 pm 9 am – 3 pm 12 noon – 6 pm
RALSTON VILLAGE CHURCH, Prairie Rose Room	Wednesday, November 9	3 pm – 7 pm
REDCLIFF SENIOR'S DROP-IN CENTRE Corner Main Street & 1st Ave	Monday, November 7	1 pm – 7 pm
YOUNGSTOWN TOWN OFFICE, 218 – Main St	Thursday, November 3	1 pm – 4 pm



**Healthy Schools
Healthy Futures**



**Alberta Health
Services**

What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "influenza season."
- Complications include pneumonia, bronchitis, and croup
- Symptoms appear quickly and include: fever, chills, aches, cough and fatigue
- Influenza is highly contagious and spreads through coughing, sneezing and talking
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues



Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of Appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach/bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia; can be life threatening	Sinus infection Ear infection	Dehydration

How to Prevent Influenza

- Seasonal influenza protects against the three most common strains of influenza virus identified by the World Health Organization.
- Seasonal influenza vaccine is available at no charge for all Alberta residents over 6 months of age (including pregnant women) during October and early November.
- The vaccine takes 2 weeks to become effective and lasts for 4 to 6 months.
- Next to immunization, the most important way to prevent infection is hand washing. Washing hands well and often is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

**Please go to Alberta Health Services website at www.albertahealthservices.ca
or call Health Link at 1-866-408-5465**

For information on Influenza immunization clinics in your area



Healthy Schools Healthy Futures

October is International Walk to School Month

Why walk? It's a good habit for your children to develop; something they can sustain as they grow up which can lead to better health in later life. It's a good time to bond too – parents spend on average 49 minutes a day with their children, so walking to school is a practical and free way to get in some quality time.

Need to drive? Then Park & Stride. If you have to take the car because you live a long way or need to get to work, why not park before you get to school and then walk (striding) the rest of the way? Park and stride has many benefits such as: increasing your daily physical activity, getting your children moving, reducing congestion and CO2 emissions around the school and helping you and your children to get to know the local neighbourhood.

www.iwalktoschool.org

www.energyrethinking.org

Have a Spooky, Scary and Safe Halloween

Choose brightly coloured costumes that are loose enough to be worn over warm clothing but not baggy. Look for costumes, beards and wigs that are labelled "flame-resistant". Eat dinner before going out so that children will be less tempted to eat goodies along the way. Make sure you check all treats before you let your children eat them. When in doubt, throw it out! Children under 9 should be accompanied by an adult.

<http://www.hc-sc.gc.ca/> Search "safe Halloween"





Halloween Safety Tips



A message from your Public Health Nurse, Darla Fauth

Children love the excitement of Halloween. Dressing up and going trick or treating for candy with their friends is great fun for them.

Although Halloween can be loads of fun, sometimes tricks can be played on them. Parents and children need to be aware of the hazards and take precautions to avoid them.

Here are some safety tips to follow:

Halloween Costume Safety

- Costumes should be flame resistant
- Costumes should be the right length so they don't trip and fall over them.
- Apply reflective tape to your costume so drivers can see you.
- Make up is better than a mask. Masks are hard to see out of.
- Wear comfortable practical shoes.
- Do not share your hats or wigs as this can spread head lice.



Trick or Treating

- Never let children trick or treat alone.
- Plan your Halloween route ahead of time.
- Stay in areas you are familiar with.
- Stay on sidewalks and off the streets. Cross only at intersections and designated crosswalks.
- Only visit well lit houses. Stay out of back yards.
- Do not approach other people's pets or animals.
- Don't enter any houses or vehicles.
- Don't eat any candy until parents have had a chance to inspect it. Take some of your own snacks along to eat if children get hungry.

Happy  Halloween

E-mail Contacts

Principal

carol.carlson@prrd.ab.ca

Vice Principal

boyd.craven@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 Thursdays. Appointments can be made by contacting your child's teacher or by calling Tanya directly at 502-2126.



Scholastic Book Fair taking place on

Tuesday, October 25th

Watch for Posters

If anyone is interested in volunteering their help for the day please contact me at the school.

Thank You!!



We would like to extend a special thank you to the BATUS Engineering Park for making the Reception Class some wonderful resources. We greatly appreciate our new stage, puppet theatre, doodle board and lego table board. Absolutely fantastic!! Thank you so much!!

We would also like to say a huge thank you to the Prairie Rose Club for their kind donation of a selection of toys. Thank you for thinking of us!!

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Cross Country Run in Elkwater	6	7 Division I Assembly at 2:15	8
9	10 NO SCHOOL	11	12 Grade 3 Trip to Dinosaur Park	13 FS2 Trip to Jenner Colony	14 Grade 5/9 Immunizations Grade 7-9 at Esplanade	15
16	17 Military Parent Pictures for Remembrance Day program from 2:00-3:00.	18	19	20	21	22
23	24 NO SCHOOL	25 Scholastic Book Fair	26	27	28	29
30	31 Halloween Costume Parade at 1:15 in the gym.					

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Parent Council Meeting at 6:30	2	3	4	5
6	7	8	9	10 Remembrance Day Service in the gym. Please be seated by 10:30 a.m.	11 NO SCHOOL	12
13	14 NO SCHOOL	15	16	17	18 Report Cards	19
20	21	22 Parent/Teacher Interviews	23 Parent/Teacher Interviews	24	25	26
27	28 Missoula Children's Theatre Auditions and Practice begins.	29 Missoula Children's Theatre	30 Missoula Children's Theatre			