

August 31, 2009

Issue 1



Box 59

Ralston, Alberta

544-3535



## Principal's Message From the Desk of Mr. Kyle

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Welcome back to all our returning students and families and a hearty welcome to our new additions! We trust that summer went well for all and that you are returning rested and ready for another exciting school year. The month of September will be a very busy time for us with a number of events taking place.

We plan to field another excellent Cross Country running team at the EBHS Cross Country meet this fall. Our school always does very well in this event, and we encourage students to take advantage of this opportunity to compete with other students from our's and neighboring school divisions.

The annual School BBQ is always a great way to kick off the school year by welcoming our new parents and saying hello to our returning families. This event will be taking place on Thursday, September 3rd from 4:30-6:00 at the school.

Following the BBQ, we invite our new UK parents to attend an information night in the gym. This is designed to help parents gain a better understanding of the differences between the U.K. and Canadian school systems. This will begin shortly after 6:00 p.m.

We are fortunate to have the Light Calvary Band scheduled to perform for us at the school this year. They will be visiting us on Tuesday, September 1st at 11:00 a.m. in the school gym. All parents are welcome to come and enjoy the performance with their children. Special thanks to BATUS for making this event possible for our children.

We have an active School Council that does a number of positive things for our school. They are a dedicated group of parents who meet once a month to discuss school initiatives and to help make the school a better place for students by assisting with things as varied as Track and Field days to Fruity Friday's. Please come join us for our first meeting. Date to be announced at a later time.

Student Council is formed of interested students from across the grade levels, and their role is to help make school a more interesting and rewarding place for our students. They are currently promoting a school spirit week in which students dress in a different theme every day. The student council also seeks to develop leadership skills in students and opportunities for students to exercise

those skills. Please encourage your Grade 4-9 age children to join!

Staff have taken on extra supervision to create a noon hour Homework Room. Basically, this has been done to help students develop diligence and responsibility with regards to homework. Student homework can also be found on our school website at [www.ralstonschool.ca](http://www.ralstonschool.ca)

Please note that your child may discuss our Fire Drills and Lock Down Procedures with you. They are part of our emergency preparedness program that we must practice to maintain the safest environment possible for our students. If you have any questions or concerns regarding these procedures, please call the school.

We have Hot Lunch Days a couple of times every month as a treat to students and to raise funds for our student union. Order forms will be sent home prior to these days.

We hope to make this the best year of education for your child thus far in their time at school. Please do not forget that the most valuable source of information regarding your child is his/her teacher. We encourage you to keep in contact with your child's teacher and not to hesitate to contact them for an appointment if you have any questions or concerns.

We look forward to another busy year at Ralston School. Please come join us throughout the year, my door is always open!

To receive this newsletter electronically please log on to our website @ [www.ralstonschool.ca](http://www.ralstonschool.ca) and subscribe to newsletters.

### Special points of interest:

- School Pictures taking place Friday, September 4th.

### *Coming Events*

- REME Band performance Tuesday, September 1st at 11:00 in the school gym. Everyone Welcome!
- Meet the Teacher BBQ on Thursday, September 3rd from 4:30 to 6:00 p.m. U.K. parent information meeting to follow.
- School Photo's on Friday, September 4th. Look for poster attached to newsletter.
- Subway Day on Friday, September 25th. Order forms will be sent home the week before.
- The Terry Fox Run for Grades 5-9 will be taking place on Friday, September 11th with the base. The K-4 run will be taking place on Friday, September 25th as part of the nation wide Terry Fox Run.

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](mailto:lyle.roberts@prrd.ab.ca).

### 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.

### *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.



*"Give me a fish and I eat for a day. Teach me to fish and I eat for a lifetime." - Chinese Proverb*

**A real friend is  
someone who walks in  
when the rest of the  
world walks out.**

**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.

**“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.” - Anatole France**

**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.

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 BATUS Band Performance at school gym at 11:00 a.m.	2	3 Meet the Teacher BBQ from 4:30-6:00 U.K. Parent Meeting to follow.	4 School Picture Day	5
6	7	8	9	10	11 Terry Fox Run for Grades 5-9	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Subway Day Terry Fox Run for Kindergarten to Grade 4	26
27	28	29	30			