

OCTOBER 1, 2017

# The Paw Print

R.I. BAKER MIDDLE SCHOOL



## Important Dates:

- *October 4—A1  
Lunch*
- *October 6—  
Walkathon*
- *October 9—NO  
SCHOOL*
- *October 10—Mo  
School -PD DAY*
- *October 11—X—  
Country Meet in  
Echo Dale*
- *October 11—  
Booster Juice Hot  
Lunch*
- *October 18—  
Subway Lunch*
- *October 20 & 21—  
Grade 7 & 8 Vol-  
leyball Festival*
- *October 25—EDO  
Lunch*
- *October 25—  
Progress Report #1*
- *October 25—  
Picture Retakes*
- *November 1—P/T  
Interviews*
- *November 1—Wally's  
Lunch*



## Principals Message

The past few weeks have been especially tough for students and staff at RIBMS. We have spent time grieving and celebrating the life of Michael VanLiere. Michael will be remembered most for his kind heart, his positive outlook, and his ability to make his friends smile. Michael leaves a very positive legacy with many of us, and he will be dearly missed.

Our thoughts and prayers go out the friends and family of Michael VanLiere.



**Just reminder that even if BUSES are cancelled you still need to report your students absence in the safe arrival system.**

# SCHOOL COUNCIL NEWS

Greetings from the RI Baker School Council! A big thank you to all those who came out to our AGM meeting on September 19. It was great to see some new faces. Please join us if you can - our meetings are held at **6:30pm** in the school staff room on the following dates: **Nov 21, Jan 23, March 20, and May 15**. It's a great way to learn about what's happening at the school, ask questions, and be an active voice in your child's education. Additional info is on the Baker website under Navigation - About - School Council. If you have anything to add to the agenda, please forward to me at [shannon@kaskocattle.com](mailto:shannon@kaskocattle.com).

Hope to see you there!

Shannon Kasko  
RI Baker School Council Chair

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## [Yearbook](#)

We have 2026-2017 Yearbooks for Sale in the Office if you missed out last year. Yearbook pre-orders are on now for the 2017-2018 School Year at \$30/book. You may order one while paying your school fees, or just talk to the office. The pre-order deadline is Jan. 25. Books will be ordered based on the Jan. numbers, don't miss out.





The 13<sup>th</sup> annual RIBMS Walkathon will be held on Friday, October 6, 2017! This walkathon is our one major fundraiser for the year. It has also grown to become a great opportunity for the school community, students, staff and parents, to interact, be physically active, and have some fun.

Every aspect of this event is being considered and planned to the best of our ability. The walkathon consists of a walk. The Town of Coaldale has been contacted to gain permission to walk from our school and to map out a route for our students that is both safe and scenic. We will end up back at the school for a picnic. Every member of our staff is being enlisted to ensure the utmost safety and success of this venture.

For their efforts, the students will receive a snack (potato chips and a water bottle – served at the School when they return from their walk)

Prizes

Additional benefits for the entire school

40% of what each pod/grade level raises is returned directly to the pod. The pod teachers then use these funds to pay for field-trips and other extra costs not covered by regular school budget.

**It is suggested that each student raises at least \$50 in pledges to cover the expenses for prizes, and pod activities which walkathon funds cover. If students do not raise \$50 they will be charged extra on fees for pod activities. All funds earned will be spent on student/grade level related activities at the discretion of the principal.**

**\*\*Please remember that all envelopes and pledge forms need to be returned regardless of any or no amounts raised.**

**If you are able to volunteer on this day, please contact Mrs.Gaskell. 403 345-3340 or krista.gaskell@pallisersd.ab.ca**

# NOVEMBER 1, 2017 PARENT TEACHER INTERVIEW

## ONLINE REGISTRATION

RIBMS is continuing to use the online appointment booking system for Parent Teacher Interviews, the system will be live **October 1, 2017**. Please click on the link below and follow these simple instructions:

**<http://ribms.parentteacherconferences.net>**

Click on the “**Register**” tab (top right corner)

Enter your **Name, Phone Number, email address**

Create a **User ID** and a **Password**

Click “**Register Now**”

Click “**Add a Student**”

Enter **Student’s name**

Click “**Insert**”

Click on your Students Name when it appears.

Follow the instructions given on screen.

Click “**View Calendar**”

Click on the Time Slot you would like for your interview

Click “**Book Appointment**”

Repeat the above steps for the number of students you have at RI Baker.

Once you have all appointments booked, Click on “**Print Appointments**” and you will have a hard copy of your child’s appointment times.

Click “**Log Out**” (top right hand corner)

**See you on November 1, 2017!**

# Athletics



## **VOLLEYBALL**

Our teams have been working hard, hitting the floor and spiking that ball! The Bears are improving all the time! Congratulations to our LSAA Boys team on their gold in the FLVT tournament in September! October is a busy month of volleyball! Come out and watch our teams compete! We host tournaments October 20-21 and November 3-4. Thank you to all of our student and parent volunteers! GO BEARS GO!



## **CROSS COUNTRY**

Congratulations to all of our students who qualified for our cross country team this year! We have some fast students! In September our grade 6-8 runners competed at the LSAA Cross Country Race at Nicholas Sheran Park. A special congrats to Paul Vanden Elzen— 3rd place, Kaitlyn Traber— 3rd place and Brooklyn Rombough— 6th place. Our grade 7-8 runners are headed to Echo Dale in Medicine Hat to compete at Zones. October 11th. GO BEARS GO!

## **INTRAMURALS**

In intramurals, students are ducking and dodging as they compete in dodgeball! We have some awesome teams! Dodgeball will continue through October. Following dodgeball, our next event is 3 on 3 basketball.



# Fall Library News



We have had several requests of specific titles from students and these have been purchased so that they as well as others may enjoy them. We greatly appreciate recommendations and encourage student input for purchases.

We would like to thank the Lanier family for their large, generous donation of superb books. These items have been processed and catalogued and are now being enjoyed by a lot of students. Your donation is greatly appreciated.

The library will once again be hosting our annual Scholastic Book Fair later in October. The fair will be open from October 30<sup>th</sup> – November 3<sup>rd</sup> during regular school hours in the school library. Students will also be given the opportunity to come and view the fair and make purchases during their regular weekly scheduled library times. The fair will also be open from 4pm-7pm on the evening of November 1<sup>st</sup> to accommodate those attending parent/teacher interviews. A flyer and short reminder letter will be sent home with your child late in the month and details will also be posted on the school website. We look forward to your support. Parent volunteers during the lunch hour that week would be warmly welcomed.



## **Operation Christmas Child Shoe Box Campaign**

R.I. Baker Middle School will once again be accepting gift filled shoe boxes for the Operation Christmas Child Shoe Box Campaign.

Cardboard shoeboxes will be available in the school library however we also encourage sturdy plastic shoebox sized containers as they are very useful to the entire family.

We encourage you to fill a box with a variety of items that will be sent to needy children in countries that have been affected by war, natural disasters and poverty. Once your box is filled you may return it to the school to be picked up by volunteers. Please indicate whether the box is intended for a boy or a girl and the approximate suitable age of the child that will receive the gift.

Suggested items are: Toys (dolls, stuffed animals, marbles, puzzles, jump ropes, miniature cars)

Clothing items(hats, Tshirts, socks)

School Supplies(pencils, pens, crayons, coloring books)

Non-liquid hygiene items(toothbrush, bar soap(sealed in a plastic bag), washcloths, combs, hair-clips)

Personal note and photos if desired.

**PLEASE DO NOT INCLUDE ANY LIQUIDS, FOOD,CANDY TOOTHPASTE,BREAKABLE ITEMS,DECKS OF CARDS OR ANY TOYS THAT COULD HARM OR SCARE A CHILD.**



*For safety and efficiency reasons, Palliser Regional Schools would like to reduce the amount of Cash & Checks coming into our school. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE! It takes less than 5 minutes to register. Please follow these step-by-step instructions, so you will begin to receive email notifications regarding upcoming events involving your child(ren).*

**NOTE: If you require assistance, select the *GET HELP* option in the top right hand corner of the screen.**

## Step 1: Register

If you have not registered, please go to the *School Cash Online* home page <https://palliserregional.schoolcashionline.com/> and select the “*Get Started Today*” option.

Complete each of the three Registration Steps

\*For Security Reasons your password, requires **8 characters**,  
**one uppercase** letter, **one lowercase** letter and a **number**.

## Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account.

The confirmation link will open the School Cash Online site prompting you to sign into your account. Use your email address and password just created with your account.

## Step 3: Find Student

*Note: Student Number is Not Required*

*This step will connect your children to your account.*

Enter the School Board Name

Enter the School Name

Enter Your Child's Name & Birth Date

Select **Continue**

On the next page confirm that you are related to the child, check in the Agree box and select **Continue**

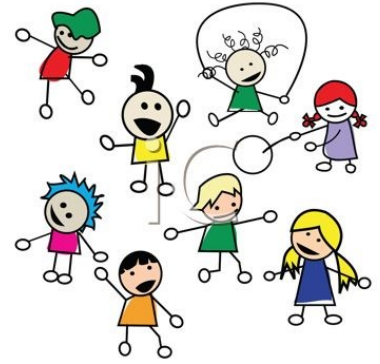
Your child has been added to your account

## Step 4: View Items or Add Another Student

If you have more children, select “**Add Another Student**” option and repeat the steps above. 5 children can be added to one parent account.

If you do not wish to add additional children, select “**View Items For Students**” option. A listing of available items for purchase will be displayed.

# Counselor Corner



## Get Ready to RELAX

Children are generally fairly resilient; however, stressors have increased dramatically for children and their families in the past years. Children and youth need the guidance and input of significant adults in their lives to sort through their daily challenges and especially when life deals a stressful event that has a greater impact such as a death, separation of parents, changes to the family's financial state or bullying. Most children and youth who are under stress demonstrate the intensity and the impact through their behavior. Many children and youth develop fears and anxieties and worry more than adults might suspect.

Stress impacts not only children's behavior and emotional well being but their physical bodies as well. Changes occur within the body including an increase in blood pressure, heart rate, respiration, body metabolism and blood flow to the muscles of the arms and legs when under a great deal of stress. There is a close relationship between stress and anxiety. Anxiety often results from overwhelming stress or the lack of skills and supports to deal with stress. Some individuals have a tendency to be anxious and it becomes part of his/her personality and life style.

It is important to note that anxious feelings are a normal part of life and at times is very appropriate. It is normal to feel some anxiety when speaking in front of a crowd, just before a test, when an elevator is stuck between floors. When anxiety becomes excessive it becomes more difficult to cope.

Children cope with stress through creative play which often serves as a source of healing for them. They need free time to engage in play outside of school, video games, television and computer time. A good night's sleep is important to help moderate the effects of anxiety and stress. Children and adolescents who watch television or engage in video or computer games within an hour of bed time often have a more difficult time settling into a deep restful sleep. Kids who have supportive adults in their lives fare better with stress. They need to know that adult worries are going to be handled by an adult. They should not be drawn into the stresses that adults are facing. Many children are exposed to headlines, television and news broadcasts that overwhelm them with scary news. Limiting their exposure to the media's portrayal of the brutality and violence in the world is important. If they are exposed, they need an adult to discuss the overwhelming sense of doom that often results. Proper nutrition and physical exercise are also important moderators of stress and anxiety. Expectations need to be balanced with what a person is capable of. Overall, the best defenses against negative effects of stress include taking care of health with sleep, good eating and exercise along with free time to relax and "play" (whatever age we are this is important) and the guidance and support of caring adults.

If you have further questions, please contact your Family School Liaison Counsellor, Dalayna Taverner, 403-892-5947.



## **HOT LUNCH PROGRAM**

Hot Lunch is up and running starting October 4, 2017. We need two volunteers to offer Taco in a Bag, if anyone is interested in spending one morning a month please call the school. The hot lunch program is provided to the students at a break even point as a service and to provide one meal a week that parents don't have to make. Orders can be made on **SCHOOL CASH ONLINE** or **HARD Copy found in Newsletter or in Office.**



**RIBMS LUNCH PROGRAM 2017-2018**

NAME: \_\_\_\_\_ HOMEROOM: \_\_\_\_\_

This order is for the month of **November**. Please choose each one that you would like to participate in by **checking the appropriate boxes (or the choice will be made for you)** and totaling the amount. **No substitutions will be allowed.**

Orders are **due October 27, 2017** and no late orders will be accepted. If your child is absent the lunch will be left in the fridge until the next day only.

**We encourage you to use the SCHOOL CASH ONLINE program to place your order and payments. If you order online hard copy is not required.**

**Wednesday, November 1, 2017 – WALLY’S**

**\$3.00 per slice \$**

- \_\_\_\_\_ Pepperoni
- \_\_\_\_\_ Hawaiian
- \_\_\_\_\_ Cheese

**Wednesday November 8, 2017 – Booster Juice**

**SMOOTHIES:**

- \_\_\_\_\_ Mango Mania
- \_\_\_\_\_ Berry Blossom
- \_\_\_\_\_ Pineapple Chill & Starberry

**\$3.50 each \$ \_\_\_\_\_**

**WRAPS:**

- \_\_\_\_\_ Protein chicken (No sauce, BBQ sauce or Salsa)
- \_\_\_\_\_ Hawaiian Pizza (Pineapple, Ham ,Pizza Sauce & Cheese)
- \_\_\_\_\_ Turkey (Turkey, mayonnaise & cheese)
- \_\_\_\_\_ Ham (Ham, mayonnaise & cheese)
- \_\_\_\_\_ Garden Veggie

**\$3.50 each \$ \_\_\_\_\_**

**Wednesday, November 15, 2017 – Wiebe’s Sausage**

**\$3.50 each \$ \_\_\_\_\_**

- \_\_\_\_\_ Ham & Cheese Sub
- \_\_\_\_\_ Turkey Sub
- \_\_\_\_\_ Cold Cut Sub
- \_\_\_\_\_ Pizza Sub

**Wednesday, November 22, 2017 – Taco in a Bag**

**\$4.50 each \$ \_\_\_\_\_**

**Wednesday, November 29 – Pita Pit - Fill Out Form on Back**

- 6” PITA \$5.50 each \$ \_\_\_\_\_
- 9” PITA \$7.50 each \$ \_\_\_\_\_

**TOTAL AMOUNT for November 2017**

**\$ \_\_\_\_\_**



Deadline for order & payment:

\_\_\_\_\_

**STUDENT LUNCH ORDER FORM** (PLEASE PRINT CLEARLY)

Student's name \_\_\_\_\_

School name \_\_\_\_\_

Teacher's name \_\_\_\_\_ Classroom # \_\_\_\_\_

Parent's signature \_\_\_\_\_ Today's date \_\_\_\_\_

1. Choose a pita size:  Small (6 inch/15 cm) pita (\$\_\_\_\_) **\$ 5.50**

Regular (9 inch/23 cm) pita (\$\_\_\_\_) **\$ 7.50**

2. Choose your pita  Chicken breast (white meat, lettuce, tomatoes, cucumbers)

Turkey (deli turkey slices, lettuce, tomatoes, cucumbers)

Ham (Black Forest ham deli slices, lettuce, tomatoes, cucumbers)

BLT (bacon, lettuce & tomato)

Garden (lettuce, tomatoes, cucumbers, green peppers)

3. Choose pita type:  White

Whole wheat

4. Extras:  
*Optional*

Cheddar

Swiss

Pickles

5. Choose 1-2 sauces:  Light mayo

Light Ranch

Mustard

Tzatziki

Barbecue

**TOTAL:** \$\_\_\_\_\_

# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Monthly Assembly A1 Pizza	5	6  WALKATHON	7
8	9  HOLIDAY	10  PD Day-No School	11  Xcountry Meet @ Echo Dale  BOOSTER JUICE	12	13	14
15	16	17	18  SUBWAY LUNCH	19	20  Grade 7/8 Volleyball Festival	21
22	23	24	25 Picture Re- takes Progress Re- ports #1 EDO LUNCH	26	27	28
29	30	31				

# November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>PT</i> <i>Interviews</i> <i>Wally's Pizza</i>	2	3  Volleyball Zones @ RIBMS	4
5	6	7	8 <i>Booster</i> <i>Juice</i> <i>Lunch</i>	9 <i>Remem-</i> <i>brance Day</i> <i>Ceremony</i>	10  <i>HOLIDAY</i>	11
12	13 <i>NO</i> <i>SCHOOL</i> <i>PD Day</i>	14	15 <i>Subway</i> <i>Lunch</i>	16  <i>Monthly</i> <i>Assembly</i>	17	18
19	20	21 <i>Parent</i> <i>Council</i> <i>6:30</i>	22  <i>Taco in a</i> <i>Bag</i>	23	24	25
26	27	28	29 <i>Pita Pit</i> <i>Lunch</i>	30		

# Healthy Teens

October 2017 Parent Newsletter

## Planning Healthy Eating for Tournaments, Out-of-Town Games or Events

Your active teen needs healthy foods and drinks to do well both mentally and physically when they are at tournaments, out-of-town games or events.

### Benefits of Healthy Foods and Drinks

Good nutrition and hydration is important. To make sure your active teen:

- Gets enough energy, fluid and nutrients to recover from one event/game and is fuelled for their next one.
- Has enough energy for mental focus and physical performance.
- Doesn't have physical discomfort caused by hunger, upset stomach or dehydration.

### Getting Enough to Drink

Water is the best drink choice for most activity. Your young athlete may need a sports drink if they sweat a lot during intense activity that lasts for more than an hour.

### Tips for Out-of-Town Events

Before leaving for a tournament or out-of-town event, it can be helpful to find out what foods and drinks will be offered at restaurants, event or sporting centers and hotels. Talk to the coach and ask if the team is planning to visit restaurants. Menus may be posted online where you can view the



nutritional information and pick a few healthy options in advance.

Your teen should plan to bring healthy foods and drinks to support good nutrition and hydration while away from home. Pack extra snacks in case there is a change in schedule or delays on the road. Consider food safety when packing foods and drinks. Cold foods must be kept cold and hot foods kept hot to prevent foodborne illness. Use an insulated lunch bag and ice packs to keep the foods cold at games or events.

➤ **For more information on sports nutrition for youth visit**  
[https://vimeo.com/channels/robk\\_aphca\\_nutrition/116923404](https://vimeo.com/channels/robk_aphca_nutrition/116923404)

## Articles

Planning Healthy Eating for Tournaments, Out-of-Town Games or Events

Family Communication

### Reminder

Routine immunization consent forms were sent home last month with Grade 5 and 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<https://www.albertahealthservices.ca/influenza.asp>



To find an electronic copy of this newsletter visit [www.ahs.ca/csh](http://www.ahs.ca/csh)