

WELCOME BACK and HAPPY NEW YEAR!!!

**January
2018**

RI Baker Middle School

PRINCIPAL'S MESSAGE

IMPORTANT DATES:

- January 1-5—
Christmas Holidays
- January 10—Wally's
Hot Lunch
- January 12—
Deadline for Ski Trip
- January 17—Booster
Juice Hot Lunch
- January 19—20—
Girls Basketball Jam-
boree
- January 23—Parent
Council 6:30
- January 24—
Subway Hot Lunch
- January 25—SKI
TRIP
- January 31—No
School, Site Based
Professional Develop-
ment

December has come and is almost gone. We have had a whirlwind of a year with lots of learning, laughter, and some tough times where we have needed each other for support. I am so proud of the RIBMS staff and students in 2017.

I would like to focus this month's message on family. If your situation is like mine, you will see your child for one hour in the morning (which is not what I would call quality time on most days). I will then say goodbye as my kids and wife head off to school/work for the next eight hours. At 4:30 pm I rush home to pick them up to head to the rink for the next 90 minutes. We zip home in the dark only to wolf down some supper and try and finish whatever schoolwork needs to be completed. Shower, teeth and off to bed. Repeat for 5 days.

I have done the math. I see my children approximately 10.5 hours during a 5 day work week. Most of which is in transit or at the table with books. The remainder of the 49.5 waking hours we are apart. They are being raised by the people I trust most in life (teachers and care providers). I am thankful for them.

Where is he going with this you ask? First off, thank those people. Let the people who spend the 49.5 hours with your child know how much they mean to you. I will thank my son's teachers, caregivers, and coaches. They are the ones instilling the morals, education, discipline, and creativity into my children. I am simply their loving taxi with a wallet.

Also, cherish every moment you have with them. Life is too precious to waste any time we have with family. I am looking forward to a long break free of bells, rink buzzers, and schedules. I am going to surround myself with the people who matter most to me, and create some great memories that get missed during my regular work weeks.

I encourage you to do the same.

Please have a happy holidays. Be safe and enjoy family.

Mr. Preb

MERRY CHRISTMAS & A HAPPY NEW YEAR

Ski Trip 2018!

The RIBMS annual ski day will be held on Thursday, January 25, 2018. **DEADLINE IS January 12, 2018!!!**

A memo will be going home in early January with information about the day. As this day meets Physical Education objectives, it is considered a regular school day. Teachers will remain at the school to teach students who will not be skiing. Parents, for planning and insurance purposes, it works best if your child is transported on the bus provided by the school. Please understand that if your child does not ride on the bus then they are not considered to be part of the school that day and any injuries or issues which may arise with your child or children you transport will be that parent's or driver's responsibility. We look forward to having as many students as we can on the hill. Often, this is the first experience many of our students have with skiing and it is a very positive experience.



ART CLUB!!

Starting in January, Ms. Macklin will be running an Art Club, every Thursday after school from 3:30 - 4:30. There will be a sign up sheet in Ms. Macklin's room (105), the first week back in the new year. Art Club is open to all grades, however only students who are able to attend most if not all Thursdays until the end of the school year, and who are serious about learning art skills with a focus on drawing should sign up. We will have our first meeting, Thursday, January 11th. Students need to bring their own pencils and erasers; paper and other materials will be supplied.

Grade 5 Pod

Please remember to sign your child's agenda daily.

We hope that you had a safe and joyous holiday, and are well rested for the New Year.

The turkey dinner was a huge success, it was fabulous. Thanks to all the parents who helped to feed us.

A special thank you to the parents who supplied the individual Christmas classroom snacks.

The grade 5 teachers felt that this was a good time to remind parents of a few items. **Please sign your child's agenda daily.** In grade 5 we do not usually assign homework, however if class work is not completed, it does need to be completed at home. If a child is away for any period of time, it is their responsibility to find out what work they have missed, as it must be completed. If your child is going to be away, or is sick, please call the school office to inform them. As partners in your child's education, it is important that we work together to ensure that the students are attending school on a regular basis, and completing assignments. Some students are running out of a few of the basic supplies, and need pencils and/or erasers. Please check with your child to see if they are short any supplies.

Also, there are a few children who have been wearing their boots all day long. Please ensure that your child has indoor shoes to wear at school during the winter months.

Science 5A, B, C - Continuing in our Electricity unit, we have now built series and parallel circuits. In the New Year we will be making circuit boards and beginning our final projects. Information regarding this will be sent home after the break.

Math 5 D: We are wrapping up our multiplication unit and will begin the New Year with some review before our chapter test mid-January. All students can benefit from practicing their timetables up to 11 over the holidays for extra review.

Math 5 A, B, C, E - We are currently working on Patterns in Math.

Social 5B, C: We are working on our chapter 4 poster projects this week. We will begin the New Year by presenting our finished posters to our classmates, followed by a review for our chapter test, mid-January.

Social A, D, E - Students are completing their study of the Atlantic region by creating and presenting role plays based on the Halifax Explosion or the early settlers of the region. We will begin our study of the Canadian Shield region in the New Year.

LA - Students are putting the finishing touches on their Stuck stories by revising, editing and illustrating them. We will begin to investigate the world of informational and non fiction texts in the New Year.



Grade 6 Pod

LA

6B/C - In January, the students will be diving into the genre of fiction in both reading and writing. In writing, we will explore realistic fiction, which will be good practice for the P.A.T in May. In reading, the students will be analyzing a variety of fiction texts, looking at more complex narrative features. The hope is that these two units will work hand in hand to enhance the students' understanding of how fiction works.

6A/D - We are starting to get a little more P.A.T. focused through writing and reading comprehension work. In the new year, we will be looking at text mapping and breaking down the different elements of a story.

Social

December was a blast as we finished up our SocialCity projects and presented them to the Coaldale City Council. Each student was able to present their cities, highlighting its many services and features. In January, we will be looking at the Provincial government and the role that it plays in our lives.

Math

We wrapped up our Patterns and Expressions unit just in time for Christmas break. In January, we will begin our Data Relationships unit, where we will learn about gathering data and presenting it using graphs, with a specific focus on creating and reading line graphs. The 6B, 6C and 6D classes are sad to see Mrs. Wasylenko leave us, but she has completed her PSIII practicum. We have enjoyed having her as part of the RIBMS family since the start of the school year, and we wish her the best of luck in her future career!

Science

We have been looking at the moon phases and how the faces change as the moon revolves around the Earth. We also looked at eclipses and how those happen. We are continuing to look at the planets and how they are very different from planet Earth. Once we have finished with the rest of outer space, we will be starting air and aerodynamics.



GRADE 7 POD

Thank You Parents! – Thank you parents for everything you have done for us. You help our school and our students in so many ways. We want to thank all of the parents who helped with turkey dinner. We had rave reviews from students about the meal. We appreciate the hard work put into this annual, and much loved tradition. All the best in the New Year!

LA

We are finishing up our superhero stories this month and then moving on to our short story unit. We will be focusing on reading comprehension and basic grammar writing skills, to review for our midterm exam which will be Tuesday, Jan. 30/18. Study guides will be sent home soon.

Math

The 7Cs finished their chapter 3 unit exam on adding and subtracting integers. They have started chapter 4: Patterns and Expressions. The class has now been passed back to Mrs. Berry as Mr. Tokariuk now heads back to continue his studies at the University of Lethbridge upon completing his PS III.

7B & 7D - We finished our second unit before the holidays, which was Fraction Operations. Our third unit of Integer Addition and Subtraction will be finished part way through this month and we will be quickly moving into the fourth unit, which is Patterns and Expressions.

Science

This month all classes will be finishing the second unit - Plants for Food & Fibre. Students will be writing a unit test, and we will follow this with review of the first two units of the year before they complete a midterm around the end of January. Stay tuned for those dates!

Social

The Grade 7's completed the first four chapters of our course before Christmas break. Once Chapter 5 is complete, we will be writing our midterm exam based on material from the first five chapters. The midterm exam will take place during the final week of January (exact dates will be based on the different class schedules) Mrs. Conrad and Mrs. Luesink will send those dates home separately.



Grade 8 POD

Happy New Year! Welcome to 2018! We hope everyone had a restful break and the students are back and ready to LEARN! We are excited for what 2018 will bring in each of our classrooms and to the students. Here is a glance at what is happening this month!

Math: Welcome back! We will be tackling Part 2 of Chapter 4. Prior to the break, we analyzed graphs of linear relations and identified its unique pattern. We related these patterns to linear equations. Now, we will be solving for the unknown in an equation. We will utilize algebra-tiles early on, to establish the steps when solving. As I indicated last month, this is a very valuable chapter moving forward into next year! At the completion of Chapter 4, we will be taking the time to review the first four chapters in preparation for the Midterm scheduled between Chapters 4 and 5!

Science:

We are headed into the portion of our Cells and Systems unit where we look in depth at how the digestive system, circulatory system, respiratory system, nervous system and excretory system function. We will also look at how these systems interact and investigate what happens when we have a dysfunction within one of those systems.

Language Arts: Hello 2018! We will continue working on some personal narrative writing this month, and then we will start our novel, Freak the Mighty, by Rodman Philbrick. This is a fabulous novel about two unlikely, and very opposite friends who tackle life together, one crazy adventure at a time. It will make the students smile, laugh out loud, and shed a tear. I look forward to reading the personal narratives and to starting our novel study.

Social Studies:

It's amazing how fast these 4 months have come and gone. In social, we have finished our Renaissance Unit and will be preparing for our exam after the break. We will be studying upon our return and the students won't write their exams until the second week. Students who completed the escape room we did in class have received a study review guide with some helpful hints on it. I have encouraged them not to look at it over the break unless they really want to as we will have to work with the document upon our return.

Yearbooks

Yearbooks are on sale! \$30/book.

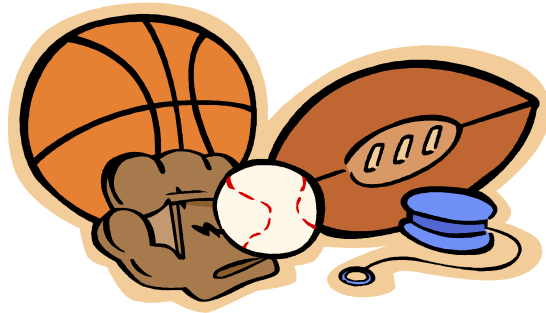
Pre-order your yearbook now, just stop in at the office. Orders are due by the end of January, or you may miss out.

Cheques or cash are acceptable and make sure you get a receipt.

Each book is \$30.00



Athletics



GRADE FIVE VOLLEYBALL

We've had so much fun in our Baker Grade 5 Volleyball Club! We'll be wrapping up this club with our very own tournament. This tournament is set to run Friday January 26th. Information will be sent out in the New Year! We're looking forward to seeing some fans out! GO BEARS GO!



INTRAMURALS

Thanks to all those students who signed up for 3 on 3 basketball. We've been having some awesome games! 3 on 3 will continue in January.



BASKETBALL NEWS

We have a busy January coming up in basketball! Thanks to all those parents who volunteered at our Boys RIBMS Basketball Jamboree in December. A special congratulations to the LSAA Boys Basketball team who took silver in that tournament! We're looking forward to the Girls RIBMS Basketball Jamboree running January 19- 20! We're excited to watch all four of our teams compete in the second half of our season! GO BEARS GO!



Parent Thank You's



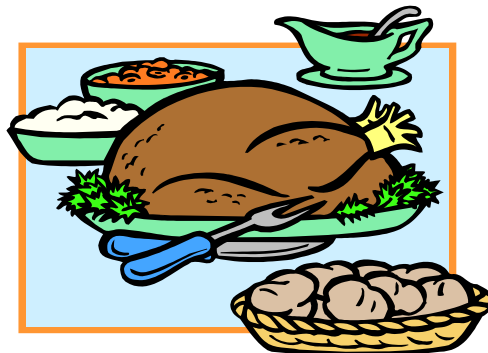
A thank you to all parents and community members who helped make our turkey dinner at RIBMS a success again this year. A special Thank You to PERRY FARMS FOR THE DONATION OF ALL THE POTATOES & COALDALE FOODS for helping us out with the cost of the Meal.

Organizing: Natasha Richards

Potatoes: Amanda Allen, Janelle Johnson, Kathy Lorge, Megan Curtis, Maria Senft, Corey Davis, Shannon Kasko, Dalayna Taverner, Nicole Overweg, Josh Larocque-Littlelent , Sharon Roberts, Jodi Pilling, Tracy Hoyt, Bonnie Dyck and Krista Gaskell

Turkeys: Jodi Reed, Christie Klassen & Stephen Klassen

SET-UP, Serving & Clean Up— Tanya Johnson, Lindsay Clarke, Amanda Allen, Shannon Little, Shauna Pauls, Terry Allen, Jennifer Ross, Maria Senft, Anna Klassen, Jessica Poettcker, Chelsie Pitcher, Amanda Hudson, Corey Davis, Maria Wiens, Eva Penner, Chelsie Pitcher, Janet Gugyelka, and Shannon Kasko.



Parent Volunteer Opportunities

Working in our canteen—One or more lunch hours per week.

If you would like to volunteer for any opportunities, or if you have questions, please contact the office at 403-345-3340. Thank you to Maria Peters and Jessica Poettcker for their help each week.



STUDENT LEADERSHIP COUNCIL

The SLC is proud to announce that we, as a school, raised \$2,500 for the Ronald McDonald House during the Michael Project. The Ronald McDonald House is an amazing charity that helps support families who need to travel in order to make appointments at the Children's Hospital in Calgary. Thank you again to everyone who helped make this campaign a success.

Recess Expectations

R.I. Baker Middle School philosophy is that children need fresh air and exercise

to enhance gross motor development, social skills and friendships. Exercise is overall good for the brain and body. Our expectation is that all children unless involved in a lunch club, to which there are many offered, need to be and are expected to be outside. This means that the students of R.I Baker need to come to school with appropriate clothing for the weather. Students are expected to be outside and not to be trying to sneak in or hiding in the school as supervision is provided outside and for clubs. Please discuss this with your child, and ensure that they are compliant with school rules.

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 A HAPPY NEW YEAR	2	3	4	5	6
7	8	9	10 Wally's Hot Lunch	11	12 Deadline for Ski Trip	13
14	15	16	17 Booster Juice Hot Lunch	18	19	20 Baker Basketball Girls Jamboree
21	22	23 Parent Council 6:30	24 Subway Hot Lunch	25 Ski Trip	26	27
28	29	30	31 NO SCHOOL PD DAY			

February 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

Zone Basketball
Championship

4

5

6

LSAA City
Basketball
Championship

7

3G Hot
Lunch

8

LSAA City
Basketball
Championship

9

Progress
Report #2

10

11

12

13

14

Booster Juice
Hot Lunch



15

Winterac-
tive Day

17

18

19

20

21

22

23

24

NO School 19-23

25

26

27

28

EDO
Hot Lunch

RIBMS LUNCH PROGRAM 2018-2019

NAME: _____ HOMEROOM: _____

This order is for the month of **FEBRUARY**. 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 January 29** 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.

Wednesday, February 7 – A1 Pizza

\$3.00 \$ _____

- Hawaiian
- Pepperoni
- Cheese

Wednesday, February 14 – Booster Juice

\$3.50 each \$ _____

SMOOTHIES:

- Mango Mania
- Berry Blossom
- Pineapple Chill

WRAPS:

- Cheese/chicken quesadilla
- Salsa/chicken quesadilla
- BBQ/chicken
- Pizza wrap (hot)

\$3.50 each \$ _____

Wednesday, February 28 - Edo – no vegetables or mushrooms, sauce on the side

- Chicken on Rice & Drink
- Beef on Rice & Drink

\$5.00 each \$ _____

TOTAL AMOUNT for **FEBRUARY** (cheque to RIBMS or cash)

\$ _____

Building Self Esteem in our Children

By Marie-Helen Goyetche

Self-esteem is so important without it; your inner self is not worth much. Learning to like yourself starts off when you're a child and that emotion needs constant feeding. This emotion follows you around like a shadow. Some days the sun shines bright and the shadow is big and strong. During these days you can face the whole world. Other times it rains and the shadow is gone. You then have a hard time looking at yourself in the mirror and you don't feel so good about yourself.

When your child is in a difficult situation or a new place they too must rely on their inner feelings of confidence. It's our role as parents and educators to help children find this inner feeling and believe in themselves. We should encourage and build positive self-esteem in all young children. We can help foster children's self-esteem in little doses at any given moment of the day. The opportunities are endless. Here are a few daily examples:

CHOICES

As soon as they can express preferences, you can give young children choices. For example you can decide that your child will wear a long sleeve sweater but she can decide for herself if she wants to wear the green or the blue one. Children feel good about deciding events or situations by themselves. They feel grown-up and they feel important that they have a say in things. Other examples you can try on a daily basis is; what to drink, which book for story time, what do they want to play with. As your child gets older more choices become apparent. Always make sure that you give choices that you have approved beforehand and can deal with either choice that the child decides on. It's a good idea to limit yourself to 2-3 choices to avoid any confusion.

EMOTIONS

Let your child express his emotions, even if you don't understand them, or they don't seem justified to you. Be there for your child and tell your child that you acknowledge their feelings. Try never to belittle a child, never tell them that they're over reacting. Children just as adults don't have buttons to control the emotion and its' intensity. They are learning to deal with them and chances are they probably don't understand. They need your support.

LABELS

It is important not to use labels on your child. Words such as stupid, crazy, loony, lazy... can and do hurt. It might start off as a joke but in jokes often lye a hint of truth. And with time these "jokes" are said at the expense of someone's feelings. These labels take a long time to heal. Rather than labeling, tell your child "I LOVE YOU". Give them a hug and a kiss at least once at the beginning of the day to start the day right and at night to secure them for the night. Try not to reserve the "I LOVE YOU" only when they've done something good but use it at any moment of the day. Show them the unconditional love you have for them. When they misbehave, it's okay to tell them that you don't like their behavior. It's the fact that they are noisy, a pain, that you don't approve not them as an individual.

ACTIVITIES

Register your child in different activities for example sports, music, arts. Not only will they be learning a new skill but they'll discover which activities they like or don't like. They'll find some that they are good at, not so good at and that they are terrible at. All have significant influence on the child, but again show your support and respect the child's ideas. It's not a good idea to put pressure on the child based on your expectations. You just might defeat the purpose. Your main goal is self-esteem not turning your child in to a hockey star or famous artist.

On the occasion tell your child stories of the pregnancy (the waiting), the child's birth and other stories that happened when the child was younger. Children love to hear stories of themselves especially those when they were so small and helpless and now they can do so much more. They enjoy hearing about themselves under the spotlight. It gives them a feeling of self-worth, and with this self-worth comes learning to like yourself and positive self-esteem.

For more information contact your Family School Liaison Counsellor,

Dalayna Taverner, via email: dalayna.taverner@pallisersd.ab.ca or via cell: 403-892-5947

Healthy Teens

January 2018 Parent Newsletter



Promote Positive Mental Health with Nutrition

Did you know there may be a link between what teens eat and their mental health? Teenagers need nutritious food to grow healthy bodies and healthy brains. Your brain uses natural chemicals called neurotransmitters as signals, affecting how you think, feel and act. The foods teenagers eat can impact the release of neurotransmitters in the brain. To support positive mental health encourage your teen to eat vegetables and fruit every day, and limit processed foods that are high in sugar, salt and fat. Encourage water when they are thirsty and limit drinks

with added sugar and caffeine. There are simple ways you can help your teen eat a healthy diet:

- Encourage your teenager to eat breakfast and lunch every day and not skip meals: eat regularly for all day energy!
- Eat meals together: this allows you to serve nutritious food, role model healthy eating and enjoy social time as a family.
- At meal times plan a healthy plate by making half of your plate vegetables and fruit.

▶ For more ideas visit <http://www.albertahealthservices.ca/nutrition/Page12598.aspx>

Articles

Promote Positive Mental Health with Nutrition

The Toothpaste Truth

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/90/07-01/0809/en/>



To find an electronic copy of this newsletter visit www.ahs.ca/csh

The Toothpaste Truth

It may be difficult to believe, but toothpaste doesn't actually clean your teeth! It's the motion of the toothbrush that removes the sticky film on our teeth, called 'plaque'. Similar to cleaning peanut butter off a spoon, no matter how much water or soap you use, only a brushing motion will successfully remove that sticky peanut butter. Test it out yourself! Use a dry toothbrush to clean your teeth and then use your tongue to feel your teeth. Were you able to make your teeth feel smooth without using toothpaste?

So why do we use toothpaste? Let's start with the most important reason.

Fluoride

The most essential component added to toothpaste is fluoride. Fluoride strengthens teeth and repairs damage caused by tooth decay acids. Brushing with fluoride toothpaste twice a day is an effective and low cost way to prevent tooth decay.



Freshens breath

Toothpaste contains mint or often some other flavoring. This flavoring makes toothpaste taste good and also helps to freshen your breath.

Addresses Special Needs

Specialty toothpastes contain specific ingredients to address needs like sensitive teeth.

So although toothpaste may not clean your teeth, it is important because it will keep your teeth strong and decay free.



For more information about oral health, visit

www.ahs.ca/oralhealth