

# FEBRUARY 2018

## IMPORTANT DATES:

- **February 2 & 3—  
Boys Zone  
Basketball**
- **February 6—LSAA  
City Basketball  
Championship**
- **February 7—A1 Piz-  
za Lunch**
- **February 8—LSAA  
City Basketball  
Championship**
- **February 9—  
Progress Report #2**
- **February 14—  
Booster Juice  
Lunch**
- **February 16—  
Winteractive Day**
- **February 19—23—  
NO SCHOOL**
- **February 26—Hot  
Lunches Due**
- **February 28— EDO  
Lunch**



## PRINCIPALS MESSAGE

I write this months principals message from a conference in Lake Louise Alberta. The conference is called *Shaping The Future – Pan Canadian School Health Summit*. My hope for this professional development is to bring back ideas, strategies and a more developed focus on mental and physical health for our students and staff.

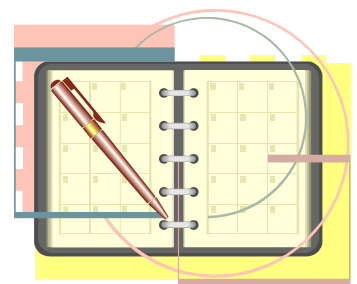
A focus that our staff have been working on this year is mental wellness. Making sure we are taking care of ourselves as staff members as well and making sure students have that time as well. This is not an effort to take away from our academic goals and outcomes, but create a climate where we are mindful of the mental luggage we all carry.

As a small way to provide some education around students in Alberta, I have attached a link that provides some insight on the state of student mental health. This is timely as today is Bell "Let's Talk" day. I hope this message will create some positive dialogue with your children regarding their mental wellness. We live in a very busy stimulating time, let's slow down for a moment and have a meaningful conversation.

<http://www.avenuecalgary.com/City-Life/Long-Reads/The-State-of-Student-Mental-Health-Calgary-2016/>

Thank you.

Mr. Preb



Dear Parents!

Did you know that our school will be one of the first in the province to offer the convenience of online payments to parents?

For safety and efficiency reasons, we want to reduce the amount of cash and checks coming into our school. We are asking parents to please take 5 minutes to register, by following the steps below. Once you are registered online, you will begin receiving emails about upcoming events.

Here is a one minute movie clip that will give you a brief overview of the registration and online shopping experience.

<http://www.kevsoftware.com/movies/ParentRegEnglish/>

### **Register Online:**

Step 1: Please click on this link:

<https://palliserregional.schoolcashonline.com>

Step 2: Register by selecting the "Get Started Now" and following the steps.

Step 3: After you receive the confirmation email, please select the 'click here' option, login in and add each of your children to your household account.

✓Convenient    ✓Safe    ✓Secure

PLEASE NOTE: If you have any questions during the registration process or while shopping online, please select the **GET HELP** option in the top right hand area of the screen.

## **March 8 PARENT TEACHER INTERVIEW** **ONLINE REGISTRATION**

RIBMS is continuing to use the online appointment booking system for Parent Teacher Interviews, the system will be live February 5 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 March 9!**

## LIBRARY NEWS

Students are encouraged to share with their teachers and the librarian books they have recently read and enjoyed that are not in our current collection. We are always looking for new material that appeals to our readers to keep them engaged in reading. The entire staff at RIBMS feels that our library is a very important area of the school and is greatly enjoyed by many students.

The Canadian Edition of Kids & Family Reading reports that:

94% of kids agree that their favorite books are the ones that they have picked out themselves.

90% of kids say they feel proud and have a sense of accomplishment when they finish reading a book.

87% of kids enjoy read-aloud time with their parents.

Please help encourage your child to value the benefits and pleasures of reading.

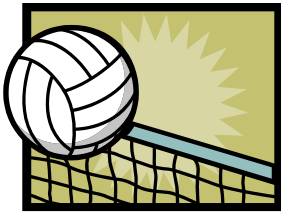
## SCHOOL COUNCIL INFORMATION

A reminder that our next School Council meeting is on **March 20 at 6:30** in the staff room at the school. Please mark your calendars and we hope to see you there! Be a voice in your child's education! Further information on school council, including the meeting minutes, can be found on the RI Baker website under "About" and then "School Council". If you have any questions or would like an item added to the agenda please forward them to me at [shannon@kaskocattle.com](mailto:shannon@kaskocattle.com).

Thank you.

Shannon Kasko  
School Council Chair

# Athletics



## GRADE 5 VOLLEYBALL

Thanks to all of our awesome grade five volleyball players who have been part of the volleyball club! It has been neat to see how much the players improved this season.

## BASKETBALL

A huge thank you to all of our parents, students and staff who were involved in our 2017-18 RIBMS Basketball Jamborees. The tournaments were a success, thanks to you! Congratulations to the LSAA girls who took silver in our tournament. We are quickly approaching the end of our basketball seasons. As our teams head into the playoffs, we wish them luck. GO BEARS GO!

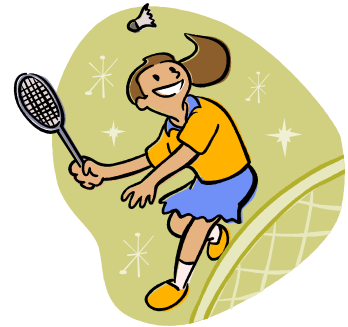


## GRADE 5 BASKETBALL

Watch for information coming home about this year's grade five basketball club, which will happen soon!

## INTRAMURALS

Next month we will finish off our 3 on 3 basketball tournament. Thanks to all our students who participated, passing, dribbling and shooting up a storm. Watch for information coming out about our next intramural event.



## BADMINTON

The badminton season is quickly approaching. We're looking forward to a great season! We'll be having open gym days in February so that students can practice and prepare for tryouts.

Open gym dates will run on:  
February 6th and 8th from 3:30-4:30pm

Our tryout dates are set for:  
**Tuesday February 27th**

Gr. 6 3:30-5pm  
Gr.7 5:00-6:30pm

**Wednesday February 28th**

Gr. 8 3:30-5pm  
Gr.6 5:00-6:30pm

**Thursday March 1st**

Gr. 7 3:30-5pm  
Gr.8 5:00-6:30pm

Please contact Miss Vanhell if you have any questions.

# PHENOMENAL PHIVES (5's)

# 5

## "Phenomenal Phives" NEWS

As we approach the half way point of this school year, we in the grade 5 pod, would like to thank the students for all their hard work and dedication to learning. Progress reports will be sent home on February 9, 2018. Parent teacher Interviews are on Thursday, March 8. Online booking will be available in February. Please book your appointment. We hope to see you then.

For Valentine's Day this year, each grade 5 class will decide individually how they will recognize it. We do encourage the exchange of Valentine's cards; however, please keep in mind **an all or none** policy exists in regards to Valentine cards here in the grade 5 pod. If your child is bringing cards for their classmates, please include all students in the class. Thank you for your help in this matter. Classroom teachers will be making a class list available for their students.

The school is having our Winter Active Day on Friday, February 16<sup>th</sup>.

**LA** - Our Stuck stories have been edited and revised and good copies should be handed in at this time. Please check with your child to be sure they have done this as this is a major assignment for this term.

We are now looking at non-fiction works, discussing text features pertaining to and reading strategies helpful when reading this type of text. The "Who Would Win" series by Jerry Pallotta will be the mentor text used during the next few weeks.

**SS A, D, E** - We are currently studying the Canadian Shield region, understanding how the physical features of this region shape the people living in the largest geographical region of Canada.

**SS B, C** - we have recently wrapped up Chapter 4: The Canadian Shield. Students created posters for their project this chapter. Following this we reviewed the differences and similarities between the regions we have covered so far; The Atlantic, The Great Lakes - St. Lawrence Lowlands, and the Canadian Shield. Next, we will be learning about The Interior Plains region.

**Science A, B, C** - The students are currently working on their electrical projects. Once completed, the students will present their work to their classmates.

**Science D, E** - are both currently working on classroom chemistry and doing some cool experiments with everyday household items. Once finished with chemistry we will be moving on to electricity and magnetism!

**Math A, B, C, E** - We are finishing up Patterns in Mathematics and then will be moving on to Data and Relationships.

**Math D** - We are wrapping up a recap of various multiplication strategies, as well as long division. Students are encouraged to continue practicing their multiplication tables until they have memorized multiplication facts from 0 - 9. A great resource for students who appreciate visual and audio learning is, Math Antics (short, online videos teaching a variety of math facts). Next we will begin measurement.

Please check with your child, as many seem to need to replenish some of their school supplies. PLEASE send SCISSORS, GLUE and PENCILS to school with your child. They are an essential supply that we use often and it makes classes run much more smoothly when students have the supplies they need to succeed.

We also want to remind students that the weather can and does change very quickly in Southern Alberta, please come dressed appropriately for outside recesses.

Have a great Family Day long weekend.



# GRADE 6 POD NEWS

## **Social**

The students will be finishing off their unit on the Provincial Government with a reenactment of Alberta Legislature. After that, we will be moving on to the birthplace of democracy: Ancient Greece. There we will discover the roots of democracy, what it looked like, and where it is going.

## **LA**

6A/D: The new year begins with an in-depth study of Roald Dahl's short story, "The Landlady". We will use this text to analyze Dahl's use of foreshadowing, as well as other figures of speech in preparation for our upcoming PAT exam. Since the short story is a cliffhanger, the students' final assessment will be to write a plausible ending. We continue to study vocabulary through our ongoing use of the Words Their Way program, as well as reading comprehension check-ins throughout the week. We will be starting a unit on newspaper writing following "The Landlady".

6B/C: In February, we will be wrapping up our unit on fiction writing, and finishing our current read aloud, *A Long Walk to Water*. *We will continue to focus on analyzing more complex narrative features in reading, and then applying those to our own fiction writing. Figurative language, point of view, foreshadowing, and both flashback and flashforward are examples of the concepts we are focusing on this month. On the grammar and punctuation end of things, the students will continue to work on "stalking" sentences, learning from their favourite authors, and then applying those rules to their own writing. We've looked at both possessive and contractual apostrophes, and will now focus on punctuating dialogue and comma usage. Next up, article writing and literature circles!*

## **Math**

After completing our unit on Data Relationships, we will be moving on to our unit on Coordinate Geometry and Motion Geometry. Students will need to have their ruler and pencil crayons for this unit, so please be sure to check if your child still has these supplies or if replacements need to be purchased. Please also double check that your child still has a basic calculator, which will be needed for the remainder of the year.

## **Science**

In Science, we have completed our Sky Science unit and have begun to take a look at Air and Aerodynamics. We are looking at the properties of air and the fact that it takes up space, has mass, exerts pressure and is made up of gases. We are going to be doing lots of hands on experiments to study the effect that air has on us and the things on Earth.

## **General**

The Provincial Achievement Exams are approaching soon. The website "Exambank" has many questions that are similar to what they may encounter during the upcoming exams. If your child wishes to visit the site and does not know the password, please have them ask their teacher for the specific information.



# GRADE 8 POD NEWS

# 8

Welcome to February! Progress Reports will be handed out shortly, so have a conversation with your son/daughter to make sure they have everything handed in and are up-to-date in all of their classes.

**Math:** The beginning of February has all students writing their Math Midterm. This is a cumulative exam covering the first four chapters. Afterwards, we will begin working on Chapter 5: Square Roots & Pythagorean Theorem. This is a hands-on chapter and one a lot of students tend to enjoy!

**Science:** For many grade 8 students, one of the things they look forward to is the frog dissections... and it is just about time!!! Dissections will be done the week of February 5. As we finish up this mega unit, we will spend some time reviewing and unit exams will be Feb 8 or 9. Then we will be on to our investigations of Light and Optics!

**Language Arts:** We are continuing to work on our Writing Workshop in class. I appreciate the students' willingness to take risks in their writing and experiment with different ideas and genres. The students have been very respectful in creating an environment in the classroom that is conducive to writing. I can't wait to read their final publishable copies! We are continuing with our in-class read aloud novel, Variant, and are starting to near the end of the story. There have been some shocking revelations in the novel this week! As always, I encourage students to read each night at home.

### **Social Studies:**

We have finished our Renaissance unit with the final exam done last week. We are now moving into our Aztec unit and the students have been very excited for the change. Right now we are currently focusing on the culture of the Aztecs and soon we will be bringing in the Spanish.

### **Important Events:**

Feb. 9 - Progress Reports go home

Feb. 19-23 - NO SCHOOL (Teachers' Convention)

Jan 29-Feb. 2 - Cookie Grams (For Valentine's Day) for sale through the SLC. \$2 each!

Feb. 16 - Winter Active Day (school-wide activity)

Feb. 28 - Pink Shirt Day

## YEARBOOK

**Thank you to all who support our yearbook and have placed their orders. Orders were sent in the last week of January. If you missed out, you might be able to purchase one in June when they arrive if there are any extra copies.**





# February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Zone Basketball Tournament	3
4	5	6 LSAA City Championship	7	8 LSAA City Championship	9 Progress Report #2	10
11	12	13	14 Booster Juice Lunch	15	16 Winteractive DAY	17
18	19	20	21	22	23	24
	<b>NO SCHOOL</b>					
25	26 Hot Lunches Due	27	28			

# March 2018

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**1**

**2**

**3**

LSAA Basketball Tournament

**4**

**5**

**6**

**7**

**8**

**9**

**10**

Spring Pic-  
tures

AI Pizza

Parent  
Teacher

Interviews

**11**

**12**

**13**

**14**

**15**

**16**

**17**

PD Day

Booster  
Juice Lunch

Marine Biology Trip March 10-15

**18**

**19**

**20**

**21**

**22**

**23**

**24**

Taco in a  
Bag Lunch

**25**

**26**

**27**

**28**

**29**

**30**

**31**

Wiebe's  
Lunch

## RIBMS LUNCH PROGRAM 2018-2019

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

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

This order is for the month of **MARCH**. 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 February 26** 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, March 7 – A1 Pizza**

\$3.00 \$ \_\_\_\_\_

Hawaiian

Pepperoni

Cheese

### **Wenesday, March 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, March 21 – Taco in a Bag**

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

### **Wednesday, March 28 – Wiebe's Sausage**

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

Ham & Cheese Sub

Turkey Sub

Cold Cut Sub

Pizza Sub

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

\$ \_\_\_\_\_

# Healthy Teens

February 2018 Parent Newsletter



## Activity Trackers: Are they Useful?

There has been a rise in the popularity of physical activity trackers. Currently, 38% of Albertans own a physical activity tracker. These wearable devices let users track their steps, heart rate, calories burned, and even sleep patterns every day.

Activity trackers have been shown to motivate individuals, including teenagers, to be more active. However, they should be monitored by parents so you can help interpret results and offer positive feedback. The emphasis should be on having fun and not things like number of calories burned or hitting 10,000 steps every day. Being active during your

teenage years should focus on doing activities you enjoy, engaging with your peers and improving overall mental health.

As parents, you are often finding creative ways to encourage your teenager to be more active. By providing positive physical activity experiences and encouraging structured and unstructured activity, you're on the right path to developing a healthier teen. If using a physical activity tracker gets your teen active and having fun, it is a win-win.

Let's encourage our teens to be active and more importantly, let's be good role models for them.

## Articles

Activity Trackers – Are they Useful?

Healthy Sleep: Is it Time for a Wake-up Call?

### Health Advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



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

## Healthy Sleep

### Is it time for a wake-up call?

Getting a good night's sleep is not always easy for teens, but it is essential for physical and mental health. Regular quality sleep contributes to our well-being by:

- Enhancing thinking, learning and memory
- Improving emotional regulation and resilience
- Improving immune system function

Lack of sleep can leave teens so tired that it's hard to concentrate, make decisions or get things done. Students struggle with verbal creativity, problem solving and generally score lower on IQ tests with reduced sleep; they might also feel sad, anxious, stressed or grumpy.

Everyone is different and some people need more sleep than others. Canadian sleep recommendations are that 5–13-year-olds need 9–11 hours of sleep per night and 14–17-year-olds need 8–10 hours of sleep per night. You know your teen is getting enough sleep when they don't feel tired or drowsy during the day.



Physical activity and sleep are closely related. Small changes to your teen's daily physical activity routine can make a big impact on sleep quality. Regular physical activity helps us fall asleep faster, spend more time in deep sleep and awaken less often during the night.

Here are a few tips to support your teen in getting quality sleep:

- Maintain a regular sleep-and-wake schedule
- Use the bedroom only for sleeping
- Keep the bedroom dark and free of distractions (e.g. TV and devices)
- Avoid large meals and stimulants before bed (e.g. caffeine, screen time)

- Take time to relax before bed (e.g. read, take a bath or listen to calming music)
- Meditation, guided imagery, deep breathing exercises and progressive muscle relaxation (alternately tensing and releasing muscles) can help to counter anxiety and racing thoughts for those who have trouble falling asleep.

Good sleep sets the stage for a good day at school. A refreshed brain helps improve our mood, decision-making and social interactions – all 'must haves' for a healthy student.