

IMPORTANT DATES

- March 2—March 3—LSAA Zone Basketball Championship
- March 5—15—Marine Biology Trip
- March 7—Spring Pictures
- March 7—AI Pizza Lunch
- March 8—Parent Teacher Interviews
- March 12—NO SCHOOL PD Day
- March 14—Booster Juice Lunch
- March 15 & 16 Grade 6 Band Trip
- March 16—Term 2 Ends
- March 20—Parent Council—6:30
- March 21—Taco in a Bag Lunch
- March 23—Report Card
- March 28—Badminton @ Wilson
- March 28—Wiebe's Hot Lunch
- March 30—April 6—Easter Holiday's

MARCH

2018

PRINCIPAL'S MESSAGE

Today's Principals message comes to you with much inspiration. Today is Pink Shirt Day at RIBMS and around most of the world. Today we focused on kindness. We focus on accepting everyone regardless of their differences. I am proud to say we have many students and staff within our school that come from many different places and backgrounds. We have students who are tall and small, big and thin. Some have hair, some of us don't. We have students that can tell us what it is like to live in a different country, what it is like to have multiple surgeries, or even what it feels like to be the new student. We all have our "differences" that should be celebrated and not the means for a target.

Today our entire student body watched a film based on the New York Times bestseller, *WONDER*, which tells the inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, "Auggie" becomes the most unlikely of heroes when he enters the local fifth grade. He becomes the victim of unnecessary ridicule and heartache. As his family, his new classmates, and the larger community all struggle to find their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove you can't blend in when you were born to stand out.

I encourage all parents to watch this film with their child. It is the perfect opportunity that create the kind of talks that our kids really need.

Mr. Preb



SPRING PICTURES WEDNESDAY, MARCH 7!!!

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, 2018**. 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 8!**

Grade 5 Pod News "Phenomenal Phives"



Parents please check with your child in regards to classroom supplies.

Many students are without the basis such as pencils and erasers.

Also please help us by ensuring that your child's agenda is signed and brought to school daily. Less than 50% of the students are bringing them to class.

Math: A, B, C, E are finishing up a unit on Data and Relationships and will be moving on to Motion Geography. Please ask your child if they are in need of a new scribbler for class.

Math: D are continuing lessons on units of measurement; mm, cm, and m, as well as learning about perimeter and area. We will review these concepts before the break, and begin learning about volumes and capacities when students return. ***Students are encouraged to continue practicing their time tables at home until they have multiplication facts up to 10 x 10 memorized.***

LA: We are continuing our study of non-fiction texts using the book, "Friend or Foe, The Whole Truth about Animals That People Love to Hate", by Etta Kaner. Paragraph writing is the focus for this unit. The novel, "Underground to Canada" by Barbara Smucker, is our read aloud, as it brings in both Language Arts and Social studies topics.

Social Studies: A, D & E Students are completing their study of the Canadian shield region by creating electronic travel brochures enticing people to come to this vast region. We will begin our study of the St. Lawrence/Great Lakes Lowlands region after the break.

Social Studies: B & C We have just wrapped up chapter 5; 'The Interior Plains Region'. Students are finishing their 'Parks Projects' and sharing them via Google Docs this week. Before the break we will begin looking at our next chapter, 'The Cordillera Region', with a focus on the wildlife and environment along the Pacific coast of Canada.

Science: A, B, & C We are looking at electrical usage in the home, and will then move on to magnetism. We will be writing our next unit exam during the week of March 5.

Science: D & E Mrs. Peacock has returned.

Grade 5 Basketball dates and times:

Friday March 2 - 12:30 2:00

Friday March 9 - 12:30 1:30

Friday March 16 - 12:30 1:30

Friday March 23 - 12:30 2:30

Thank you to the parents who sent treats into their child's class for Valentine's Day.

Spring is just around the corner, so remember to dress for the weather. Please remember to check your child's agenda daily for notes going home, and please sign them, as a confirmation that you have seen them.

Have a great Easter break

Grade 6 Pod News

LA

In March, all classes will shift their writing focus to expository writing in preparation for our P.A.T. this May. Students will dive into the realm of article writing, using given facts to report about a fictional event. In reading, the students will work in small grade level groups, reading novels in a literature circle setting. The focus here is on developing text-talk skills around grade level appropriate literature. This unit will also serve as great preparation for Part B of the P. A.T (reading comprehension) in June.

Spring Fountas and Pinnell reading testing will also occur this month, and we're excited to see growth in our students!

Social

After finishing up our Provincial government unit, we will be heading all the way back to the birthplace of democracy: Ancient Greece. We will be discussing what democracy looked like in its infancy and why it has changed to what we know it as today.

Science

March brings the study of air and aerodynamics. We will be focusing on the different properties of air and what helps/hinders movement through air. Students will learn the principle behind what makes both birds and airplanes fly. This unit is full of demonstrations and experiments so be sure to be asking your child about what they're doing in science class this month!

Math

After finishing our unit on Coordinate and Motion Geometry, we will move on to the Fractions unit. This unit focuses on using improper fractions and mixed numbers.



Grade 7 Pod News

LA: Did you know that university professors expect students to be able to read 200-600 pages a week, on their own time, per class? This is roughly a novel a week (again, per class). Universities/colleges do not expect students to have read any particular novels by the time they come to them, but they do expect them to “read a lot so they would have a variety of experiences to draw on and the ability to handle the volume of reading expected in college [...] if students were readers, they were prepared” (Kittle, 20). In LA 7 we ask that students read 10-20 minutes a day so they can start building up their reading stamina, fluency, accuracy and comprehension for grade 8, high school and beyond. In LA class students generally get 10 mins. or more of independent reading each day. Students can read any novel, comic, or magazine that interests them. As long as they are reading and finding something they like, they will improve.

Social: We have moved onto the second half of our Social 7 course and are currently learning about the American Revolution and the War of 1812. To go along with our regular lessons we are also reading the novel “The Bully Boys”. This is a great supplement to help students learn about some of the key players from the War of 1812. Please watch for emails regarding upcoming tests and check out the google classroom with your child to see any new material or study guides that are available.

Math: We will be underway in Chapter 6 during the month of March. This chapter has us investigating the area of two-dimensional figures. These figures include squares, rectangles, parallelograms, triangles and circles. We will also look more closely at circles to better understand radius, diameter, circumference and area. Then, we will focus on their relationships with each other. Finally, students will learn to interpret and construct circle graphs.

Math 7B & 7D: Following the completion of our midterm at the end of February, we will be diving into our fifth unit where we will look at solving equations which closely follows our last unit prior to the midterm.

Science: We will be completing our third unit - Planet Earth during the month of March. Following this, we will be starting Heat & Temperature, where students will look at how particles move in substances (the particle model of matter), heat energy and the application required to sustain heat and energy within certain objects and devices. The similarities and differences between heat and temperature will be explored throughout this unit!

Grade 8 Pod News

Welcome to March! Reminder that progress reports need to be signed by a parent/guardian and returned to the homeroom teacher! They are now past due! Report cards come out this month, so it might be a good idea to touch base with your child, to ensure they are up-to-date on all of their assignments.

Math: Last month we started working on Chapter 5: Square Roots & Pythagorean Theorem. We began by investigating squares and square roots. Next, we derived the Pythagorean Theorem together in class. This month, we will familiarize ourselves even more with the Pythagorean Theorem and learn to solve for any side of a triangle. Again, this is a hands-on chapter and one a lot of students tend to enjoy! The majority of March will be spent on this chapter.

Science: We have now finished up our Cells and Systems unit, and as always our frog dissection day did not disappoint!!! The highlight for many was when a group opened up a frog stomach and found 2 large cockroaches inside! We will be working on investigating light and optical system throughout March.

Language Arts: We are just wrapping up our personal narrative writing unit. The students have worked very hard on improving their writing skills and engaging in the writing process. Up next will be a group project in which students will modernize a classic fairytale. The students have a chance to collaborate with their peers, continue to work on the writing process, incorporate representing skills, as well as get their creative juices flowing. This project will take us to the Easter Break!

Social Studies:

We are well into our Aztec unit now and the students are enjoying it. We have learned about the Aztecs in detail and are now going to start learning about the Spanish. In an effort to understand why the Spanish did what they did, we need to be able to see things from their point of view. We will be having an Aztec mid-term in a couple of weeks. Study review guides will be going home shortly. Stay tuned.

Athletics

BADMINTON

We're excited for badminton season to get underway. Our teams have been picked and we'll be competing at a number of tournaments in March and April. Our team includes 48 players from grades 6-8.

March 23— Wilson Invitational (gr. 6- 8)

Mar.30— Lakie Invitational (gr. 6— 8)

Apr. 16— Gr.6 LSAA City Championship

Apr. 17— Gr.7 LSAA City Championship

Apr. 18— County Badminton Tournament (gr. 7— 8)

Apr. 19— Gr. 8 LSAA City Championship

BASKETBALL

Thanks to all our fabulous basketball players for representing our school this season! It was neat to see the players and teams grow and progress throughout the season. A huge thank you to all our parents for helping out this season by volunteering and supporting the team! A big thank you goes out to our coaches for all their work this season! We're looking forward to seeing our players continue with basketball in their future!

INTRAMURALS

In intramurals this month we wrapped up the 3 on 3 basketball. It was awesome to see the kids dribble, pass and shoot. We'll be moving into indoor soccer for intramurals next.

TRACK & FIELD

May 3rd is our annual Track & Field Meet.

A day like this takes many volunteers! If you are interested in volunteering at the track and field meet, please email Adrienne Vanhell at adrienne.vanhell@pallisersd.ab.ca Volunteer opportunities include timers on the track, measurers for the field events, along with other opportunities.

Watch for details coming soon about our annual Track and Field Clinic.



March Library News

Thank you to Caitlin Sparrow for her very generous donation of books for our library collection.

Students are reminded to renew or return their overdue library items so that others may be able to read them. Lists of overdue items are distributed to homeroom teachers on a weekly basis. Students that have not returned or renewed their books within a 30 day period will have letters sent home to remind them to return their items.

If a student has lost or damaged a library book they are responsible for the replacement of the item. Students have a choice of either paying for the item or purchasing the same book and returning it to the library. Students are also reminded that they are responsible for the proper care of their text books.



Notes from the Music Room

Dessert Concert & Silent Auction

Friday April 13th - RIBMS Gymnasium

6:30pm



Tickets are now on sale for our annual music fundraiser for the **RIBMS** and **KAHS** music programs!

This event will include performances by all of our **RIBMS** bands (gr 6, 7 and 8), and musical groups (choir and quintets).

Tickets for the concert are \$20 each and are sold at a first come first serve basis. Tickets include a desert, coffee service and formal seating. The tickets will go on sale March 1st at the **RIBMS** and **KAHS** school offices, cash and cheques accepted (cheques should be made out to Coaldale Musical Arts Society).

If you do not want to purchase a ticket for the event but are looking to help out in some capacity, we are looking for volunteers to be servers the night of or to help set up on Thursday April 12th from 5-8pm. Please let Mrs. Conrad know if you are interested in either of these options.

We are also looking for donations for our Silent Auction. If you have a business or know of anyone that is able to donate an item for our auction, please drop into the school and talk with Mrs. Conrad.

Grade 6 Band Trip - March 15th-16th to SABC

Grade 6 Band Performance at Lethbridge Music Festival is at 11:15am Tuesday March 20th at Southminster United Church

Grade 7/8 Band Trip - River's Edge Camp and Red Deer
May 6-9th

Final Payment DUE Monday April 30th



Congratulations to **Amara Klassen** for being selected and participating in the Southern Alberta Junior Honor Band February 14-16th in Calgary. Amara represented our program well and was able to practice and perform alongside other talented musicians from other Southern Alberta Band programs.

BAKER CUP

It's that time of year again where we will put the students of our hockey academy against the staff and friends of Baker. The puck will drop on March 29th at 1:30. We encourage all parents to come and watch the spectacle. We will have music, games at intermission and a great rendition of O Canada. Please come out and enjoy the results of our students hard work at the hockey academy this season.



PARENT COUNCIL MESSAGE

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.

Thank you.

Shannon Kasko

School Council Chair

COUNSELLOR'S CORNER

Understanding Teen Emotions

related reading

The sad music starts. Pictures of hopeful puppies, their faces pressed against the cages, flash across the screen. One lonely white puppy stares glumly as the other pups are carried away by their new families. Then, finally, the cage door opens, and the puppy wriggles with joy as he's finally chosen. It's another commercial encouraging people to adopt abandoned pets, and as the tears start to flow (I'm a sucker for sad puppies), I reach for the box of tissues. Surprisingly, so does my then 12-year-old son, Jeremy. He looks at me with tear-filled eyes and hisses: "Don't tell my brothers!" I didn't. It probably wouldn't matter if I had, though, since his brothers (and his sister) also went through a stage when they could easily be moved to tears by touching or sad movies or stories, or by upsetting experiences.

Why do many kids, even those who seemed in control of their emotions when they were younger, find their feelings overtake them at times once they hit the teen years? Kimberly Schonert-Reichl, a professor of educational psychology at the University of British Columbia in Vancouver, says this seems to be a common aspect of maturing. "There's research to show that children do have more negative emotions like sadness or anxiety at this age. Part of it may be that they are better able to put themselves in another person's shoes. If they see a dog suffering, for instance, or children hurt in an earthquake, they can vividly imagine what it would be like if that happened to them, and it hits them emotionally."

While tears may be normal and even beneficial — Rinaldi explains that it is not good for anyone to keep feelings bottled up all the time — they can be embarrassing for teens and make parents feel uncomfortable and often helpless. "Parents can deal with a two- or three-year-old who is crying, but not a teenager. We want to make it stop, make it go away, but sometimes they just need to cry," says Schonert-Reichl.

As a parent, your reaction is important. Rinaldi adds that often parents want to quickly intervene, but that's rarely the best approach. "Let your teen go through the process of experiencing the emotion and deciding how to handle it. Be supportive and be there for her, help if she asks for it, but don't try to take over and solve the problem. Sometimes you need to step back and give your child a little space to be sad. Other times she needs a hug or someone to listen."

Probably the least helpful approach, Rinaldi says, is to tell the child, "You shouldn't feel this way" or "Buck up and stop crying." This response is most likely when the tearful teenager is a boy, Schonert-Reichl says. "Parents tend to be more negative about emotional reactions in boys, and the same is true of a boy's peer group. They need you not to make a big deal about it, but just accept that they are feeling upset. You communicate as much by what you don't say as by what you do say."

As Rinaldi points out, nobody wants to hear “You’ll get over it” — at least not when they’re in the middle of an intense emotional moment — even though it’s the truth. You can convey that message in a different way, though, by sharing your own experiences, and supporting your child as she finds her own emotional balance.

Should I be concerned about my teen’s tears?

Some emotional or tearful times are not unusual at this age, says Schonert-Reichl. But this is also an age when depression becomes more common, so it’s important to be aware of signs that could indicate problems. If your child is not just occasionally sad, but also shows these other signs, consider seeing a physician to be sure all is well:

- crying frequently or for long periods of time
- not sleeping well, or sleeping longer hours than normal
- not eating well, or eating constantly
- not socializing, avoiding friends, withdrawing from activities usually enjoyed
- being uncharacteristically irritable and negative

Originally published in Today's Parent, July 2010

If you have any questions or concerns regarding your teen’s emotionality please contact Dalayna Taverner, the Family School Liaison Counsellor, 403-892-5947.

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
					LSAA ZONE BASKETBALL CHAMPIONSHIP	
4	5	6	7	8	9	10
	Badminton—Single/ Mixed Doubles 3:30—5:00	Doubles Badminton 3:30—5:00	SPRING PICTURES AI pizza Badminton—Single/ Mixed Doubles 3:30—5:00	P/T Interviews 4:00—9:00 Doubles Badminton 3:30—5:00		
	MARINE BIOLOGY 5-15					
11	12	13	14	15	16	17
	Division PD DAY— NO SCHOOL Badminton—Single/ Mixed Doubles 3:30—5:00	Doubles Badminton 3:30—5:00	Badminton—Single/ Mixed Doubles 3:30—5:00 BOOSTER JUICE LUNCH	Doubles Badminton 3:30—5:00	TERM 2 ENDS	
18	19	20	21	22	23	24
	Badminton—Single/ Mixed Doubles 3:30—5:00	SCHOOL COUNCIL 6:30 Doubles Badminton 3:30—5:00	Badminton—Single/ Mixed Doubles 3:30—5:00 TACO IN A BAG	Doubles Badminton 3:30—5:00	REPORT CARDS	
25	26	27	28	29	30	31
	Badminton—Single/ Mixed Doubles 3:30—5:00	Doubles Badminton 3:30—5:00	Badminton @ G. S. . LAKIE WIEBE'S LUNCH	Doubles Badminton 3:30—5:00	EASTER HOLIDAYS MARCH 30—APRIL 8	

April 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

4

5

6

7

EASTER HOLIDAYS MARCH 30—APRIL 8

8

9

10

11

12

13

14

Badminton—Single/
Mixed Doubles
3:30—5:00

Doubles
Badminton
3:30—5:00

Badminton—Single/
Mixed Doubles
3:30—5:00
WALLY'S PIZZA

Doubles
Badminton
3:30—5:00

DESSERT CON-
CERT

15

16

17

18

19

20

21

Grade 6 LSAA City
Championship

Grade 7 LSAA City
Championship

County Badminton
@ RIBMS
BOOSTER JUICE

Grade 8 LSAA City
Championship

22

23

24

25

26

27

28

WIEBE'S LUNCH

SPRING PRODUCTION—7:00

29

30

Healthy Children

March 2018 Parent Newsletter

Children and Stress

For children, life can become overwhelming with schoolwork, family issues, friendships, extra-curricular activities and home responsibilities. As a result, children may start feeling stressed without recognizing or knowing how to cope.

Children have a hard time naming the emotions they are feeling. Often, they do not realize their physical symptoms can be related to stress.

Children haven't had enough experience to recognize how stress impacts their lives. As a parent you can help your child learn what stress is and how to recognize signs of stress. Common signs of unhealthy stress for children include: eating too little, overeating, sleep problems, frequent headaches and stomachaches (even though a doctor has said they are physically healthy), irritability, emotional outbursts, excessive worry, fear of leaving parents and crying.

Noticing changes in your child's behaviours and describing them is important for opening conversations between you and your child [e.g. *I noticed you are not as excited about going to school as you used to be.*]



(Provide a specific example: Yesterday when you came home you throw your book and looked mad, and this morning you said you didn't want to go to school). Has something upset you? This shows your care and support. Ask your children how they feel and listen to them to build trust. Help them name their emotions (sad, mad, scared) and identify what may be causing their stress. Teach and encourage them to take time for themselves. Being physically active, reading books, and spending time with friends and family are all examples of ways to reduce stress. Model healthy coping skills by: taking deep breaths when dealing with stressful situations, eating well and getting support when needed.

Articles

Children and Stress

Caffeinated Drinks and Children

People who are immunized don't just protect themselves; they also protect those who cannot be immunized. This is sometimes called herd immunity. By immunizing yourselves and your children, you help make the community healthier. For more information visit <http://immunizealberta.ca/should-i-immunize-my-child/all-about-herd-immunity>



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

RIBMS LUNCH PROGRAM 2018-2019

NAME: _____

HOMEROOM: _____

This order is for the month of **APRIL**. 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 MARCH 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, April 11 – WALLY’S

\$3.00 \$ _____

____ Hawaiian

____ Pepperoni

____ Cheese

Wednesday, April 18 – 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, April 25 – Wiebe’s Sausage

\$3.50 each \$ _____

____ Ham & Cheese Sub

____ Turkey Sub

____ Cold Cut Sub

____ Pizza Sub

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

\$ _____

Caffeinated Drinks and Children

Are your children asking for caffeinated drinks? Is it common to have cola, coffee or tea available for your children at home? If so, your children may be getting more caffeine than you realize.

Children who consume too much caffeine may experience:

- Problems sleeping
- Nausea
- Headaches
- Irritability
- Anxiety
- Faster heart rate

Health Canada recommends that caffeine be limited to the amount below:

Age (years)	Maximum Daily Caffeine Intake (mg)
4–6	45
7–9	62.5
10–12	85

Caffeine Content of Common Drinks

Drink	Drink Size	Average Caffeine (mg)
Coffee, brewed	8 oz (250ml)	100–150mg
Energy Drink	1 can (473ml)	80–160mg
Iced Coffee	8 oz (250ml)	55–80mg
Tea, brewed	8 oz (250ml)	50
Cola	1 can (355ml)	30

Be aware of which drinks have caffeine and limit offering these to your children. Caffeine can be present in many forms in drinks. When you see these words on a drink label, it means that the item contains caffeine:

- Black tea
- Cocoa/chocolate
- Caffeine
- Guarana
- Green tea
- Yerba Mate

Caffeine is found in drinks such as coffee-based drinks, tea, cola, iced tea, pop and energy drinks.

Many drinks containing caffeine are also high in sugar and low in nutrients. These drinks may replace healthier drinks such as water or milk. Encourage children to drink more water.

Send a refillable water bottle with your child to school or activities. Serve milk with meals.



➤ For more information on healthy drink choices for children visit healthyteatimestartshere.ca, click on "Healthy Drinks, Healthy Kids".

➤ For more information on caffeinated drinks visit raisinourhealthykids.com, and click on "Caffeinated Beverages".

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

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.

The Coaldale Figure Skating Club Present's

"UNDER THE BIG TOP"

Saturday, March 10, 2018, 1:30 PM

Coaldale Arena

Ticket Prices

Immediate Family (2 adults /2 students).. \$20.00

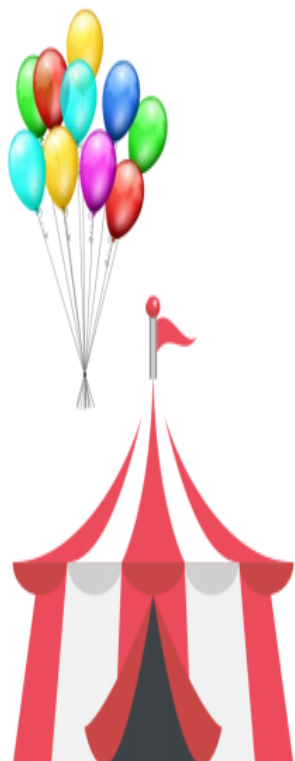
Adult (18-64yrs).....\$7.00

Senior (65+).....\$5.00

Student (6-17yrs).....\$5.00

Child (5yrs and under).....Free

Tickets available by pre-sale on Tuesday March 6 at the Arena from 4-9pm.
Remaining tickets will be available at the door.





PRESENTATION

Post-Secondary Education & Career Planning

Learning Clicks can help

Sessions are presented by **Learning Clicks Ambassadors**: post-secondary students who help prepare students for life after high school, and support Albertans interested in advanced education and career planning.

**Everyone is welcome
to this FREE session!**

Join Us

Presenters share their experiences to assist students and members of the public to understand their educational options.

Topics include:

- Exploring your interests
- Job profiles
- Post-secondary options
- Scholarships and student aid
- Where to access resources
- ... *and much more!*

Location: Coaldale Public Library

Date: Friday, March 9th

Time: 1:00p.m. - 2:30 p.m.

Presenter: Dakota Tallow – South Region Ambassador

Contact: Dakota.tallow@gov.ab.ca

Monday, March 12th

3:45p.m. - 5:00 p.m.

