

R.I. Baker Middle School

NEWSLETTER

JANUARY 2019

Principal's Message

Happy
New Year

Happy New Year! Our apologies for the late newsletter!

We have now turned the corner in our school year, where our goals we have set for ourselves become a reality. Whether it is academic, personal, organizational, or physical, we all need to buckle down to achieve these personal aspirations.

It is easy to set a goal. For instance: "I am going to eat less pizza," is easy to say...but for me, hard to achieve. I need the support of my family and friends to keep me in line. Same goes for academics. "I would like to make the honour roll," is also just a statement, unless we take the steps it takes to make it happen. We will help you set a goal. We will support you in achieving it. However, we will not do the work for you. It is up to you to make it happen, and you can do it!

Here are some tips to achieve your goals this school year.

- Share your goal with friends, family, and teachers for added accountability.
- Practice. Whether it is academic, organization, or fitness, nothing will get better without practice.
- Use the supports that are already in place for you. At Baker alone, we have many supports and clubs you can join for support in many areas.

I wish everyone success with their goals in 2019. As always please communicate with us to help you achieve them!

Mr. Preb

IMPORTANT DATES:

- January 7 - Back to School
- Wednesday, January 9 - Wally's Hot Lunch
- Thursday, January 10 - Deadline for Ski Trip
- January 18 & 19 - RIBMS Girls Basketball Tournament
- Wednesday, January 16 - Booster Juice Lunch
- Tuesday, January 22 - Parent Council 6:30
- Wednesday, January 23 - 3G Hot Lunch
- Thursday, January 24 - Ski Trip
- Friday, January 25 - February Hot Lunch due
- Wednesday, January 30 - Wiebe's Hot Lunch
- **REMINDER
THERE IS NO
PD DAY ON
JANUARY 28 -
REGULAR
SCHOOL DAY**

REMINDERS FOR ALL RIBMS STUDENTS AND PARENTS

- **PLEASE remember your agenda daily!**
- **The morning warning bell is at 8:25, Period 1 starts at 8:28, after this you are LATE!**
- **Parents, if you child is going to be away from school, PLEASE remember to call in to 1-844-260-7166 or enter it on the School Messenger APP @**
<http://go.schoolmessenger.ca>

THANK YOU!



Powerschool and the Parent Portal

We are very excited to share that we have our Parent Portal open for parents to use moving into the second term. The Parent Portal is an 24/7 online access to your child's grades and assignments. You can access it through this link:

<https://ps.pallisersd.ab.ca/public/home.html>

Be on the watch for more communication regarding this!

Communication From Throughout the Grades



Grade 5

Reminders :

The grade 5 teachers felt that this was a good time to remind parents of a few items. 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 wearing their boots all day long. Please ensure that your child has indoor shoes to wear at school during the winter months.

LA: January has us wrapping up our 'stuck story' narrative writing unit. Students have honed their writing skills with use of picture prompts, following their story mountain charts, as well as identifying parts of a story during read alouds. We will be exploring figurative language next. Students should continue to read 2 hours per week (or more!) each week outside of school.

Math: 5A: 5A wrapped up their Division Unit in December and will be starting a Place Value Unit this month. Students will learn to represent and describe decimals to the thousandths place as well as whole numbers up to 1 000 000.

Math: 5B, C, D: We have started our Division Unit where students will work on dividing 3 digit numeral by 2 digit numerals, as well as recalling division facts to 81.

Science: 5D: We are continuing our Chemistry Unit looking at chemical reactions and then will move onto Electricity and Magnetism where students will construct simple circuits, measure electricity and learn the properties of electricity.

Science: 5 A, 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.

Social Studies: We are continuing our study of the Regions of Canada, focusing on the Canadian Shield and the Great Lakes/St. Lawrence Lowlands.

Grade 6

LA: 6A, B, C: We'll be switching things up in the new year, with a unit that focuses on figurative language and poetry! Following that, we will examine the format of a newspaper article in preparation for our Provincial Exam in May. Students continue to work diligently on their weekly spelling words, applying lessons around word structure and letter patterns.

Math: We will start our Data Relationships unit in January. In this unit, students will learn about different ways to gather data and present data, with a focus on bar graphs and line graphs. They will also practice reading and analyzing graphs. Please check with your child to make sure their ruler and pencil crayons are still available for this unit.

Science: We are still busy working on our Sky Science unit! The astrodome will be at our school on January 10th and all of the grade six kids will get the chance to go through it. We will also be welcoming a PSIII student to our classroom starting January 7th. Mr. Hornung will be taking over the 6B and 6E science classes until late April.

Social Studies: We are wrapping up our unit on Municipal Government and presenting our work to Coaldale's city council on Friday. In January, we will be looking at the Provincial Government and the role it plays in our lives.

Grade 7

Midterm Info:

- LA - Part A writing Jan. 14, Part B reading Feb. 1
- Math - To be determined
- Science - Thus Jan 17
- Social - Tues Jan 29

LA - We are starting our books clubs. Students will be reading a novel and discussing it in small groups. They will do weekly assignments and meetings. The school has the novels, but they must remain at school as we are sharing amongst classes. If your child would like their own copy to read at home or if they are absent, please check it out from a public library. We will also be reviewing vocabulary and doing reading comprehension practice for our upcoming midterm.

Math - In January, students will be focusing on the addition and subtraction of integers in their third unit of the year. Following this short unit, the fourth unit will cover linear relationships, describing patterns, graphing a table of values, and analyzing graphs to draw conclusions. Once we have completed the fourth unit, likely in February, there will be a midterm on the first four units of the year. Stay tuned for the date!

Science - Students will start the month by reviewing the first two units of the year, which are Interactions & Ecosystems and Plants for Food & Fibre. Following the review, they will have a midterm mid-January that will cover these two units. Stay tuned for that date! Afterwards, we will start the third unit - Planet Earth. This scientific study of Earth will be based on direct observation of landforms and materials that make up Earth's surface and on the sample evidence and models we have of Earth's interior.

Social Studies - Students are currently finishing up Chapter 4 which looks at the fur trade in its entirety. We will be writing our Chapter 4 test the first week back from the Christmas break and then jumping right into Chapter 5 "War and British Conquest". This will take us to the end of January, at which point students will write their midterm exam based on chapters 1-5. Specific dates for exams for all classes will be sent home in the New Year.

Grade 8

Language Arts (Mrs. Netzel)- Happy New Year! In January, we will be focusing on writing a graphic character sketch based on the movie, The Princess Bride. We will then move into personal narrative writing. Students will engage in a writer's workshop that includes various writing prompts, mini lessons, peer editing, and publishable writing pieces of their own creation! This takes some focus, discipline, and time on each students' behalf, but the end result is well worth it! Students will also have a mid-term exam near the end of the month/beginning of February based on concepts we have been working in up to this point. Details and date will be forthcoming.

Math (Mrs. Berry-Furtado) - During the month of January, we will be working through Chapter 4: Patterns & Relations. It begins with students analyzing linear relations through equations, graphs and table of values. Next, we will explore solving equations. This is an extension of Math 7 and again, we will utilize algebra-tiles to help us understand all of the steps required to solve the different equations. The Midterm is scheduled for after the conclusion of Chapter 4. This is a cumulative exam assessing Chapters 1 - 4.

Science (Mrs. Friesen) - Our next unit is Cells and Systems. This is a longer unit and will take us into March. Our focus in January will be on cells. Students will have an opportunity to

construct a 3D model of either an animal cell or plant cell. Watch for more details for this project as students will be given the opportunity to bring supplies from home to complete it.

Social Studies (Mr. Smith/Miss Cleland) - In Mr. Smith's class, we have finished our study of the Renaissance. We looked at expansionism and how it can turn into imperialism. Students will be writing their mid term in the new year after a few weeks of study prep. Have a great holiday season.

A Rundown of Bears 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 25th. Watch for some information coming out with your child! 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 basketball will continue in January.

BEARS BASKETBALL

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 Senior Boys Basketball team who took silver in that tournament by one point! We're looking forward to the Girls RIBMS Basketball Jamboree running January 18-19! We're excited to watch all four of our teams compete in the second half of our season! GO BEARS GO!

BEARS BADMINTON

Badminton season is just around the corner and we are looking forward to picking our teams. All grade 6--8 students are welcome to come out to our open gym times to practice before tryouts. Our open gym dates are:

Tuesday February 5th: 5:00- 6:30 & Wednesday February 6th: 3:30- 5:00

Our badminton tryouts are set to run during the following days:

Monday February 25th: Grade Six Girls- 3:30- 4:30, Grade Six Boys- 4:30- 5:30 & Grade Seven Girls- 5:30- 6:30

Tuesday February 26th: Grade Seven Boys- 3:30- 4:30, Grade Eight Girls- 4:30- 5:30, & Grade Eight Boys- 5:30- 6:30

Wednesday February 27th: Grade Six Girls & Boys- 3:30- 4:30, Grade Seven Girls and Boys- 4:30- 5:30, and Grade Eight Girls and Boys- 5:30- 6:30.

The “Beat” From The Music Room

Reminder for grade 7/8 band parents that the \$100 deposit for our April 5-8th trip to Edmonton is past due and is payable on School Cash online. If you have enough fundraising credits to cover this cost it will not show up on your school cash. If you have a partial amount fundraised that will be taken off the deposit.

Upcoming Events:

January 14th -25th Optional Booster Juice Fundraiser: Mrs. Conrad will send home more info after the Christmas break.

Grade 6 SABC Trip: Thursday March 21st-22nd

Dessert Concert: Friday March 29th (all groups perform)

Grade 7&8 Edmonton Trip: Friday April 5-8th

Music clubs:

Handbells: Mondays at lunch recess with Mrs. Holland

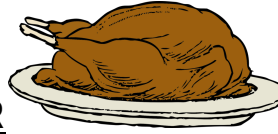
Choir: (open to all students) Tuesdays at lunch recess with Mrs. Conrad/Mrs. Holland

Jazz Band: (open to grade 7 and 8 students) Fridays after school 12:30-1:20

What's up with all the Drama?

We have begun our rehearsals for “The Lion, The Witch and the Wardrobe”. This play will be produced May 29th, 30th, 31st. Thank you to the families that are letting me borrow their children for the next 5 months. I promise you that you won’t regret it.

RIBMS TURKEY DINNER



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 donating all of the potatoes and COALDALE FOOD MARKET for helping us out with the cost of the other groceries.

A HUGE THANK-YOU to parent volunteer Natasha Richards for coordinating and managing the event.

Thanks to our 'Potato crew' - Shannon Kasko, Tonia Dufault, Linsay Houweling, Shea Mellow, Kristy Darby, Nicole Bousfield, Jolene Brobbel, Lana Handsaeme, Jess Smelt and Chantal West

Thanks to those who prepped and carved turkeys - Tricia Mitchell, Jodi Reed, Melissa Honess, Corey Davis, Meghan Wittig, Stephen & Christy Klassen

Thanks to our set-up, serving and clean up crew - Amanda Allen, Tanya Johnson, Lindsay Clarke, Shannon Little, Leanne Christos, Stan Ashbee, Ryan Kasko, Kari Habraken, Stephanie Wickham, Cindy L'Hirondelle, Deb Hauver, Chris Tanaka, Mackenzie Ginther, Mark Dyck, Chelsea & Ty Slobodan, Danielle MacInnis-Tanner

THIS LUNCH WAS PROVIDED BY FUNDS RAISED FROM THE WALKATHON AND CANTEEN!

RIBMS Ski Trip—JANUARY 24, 2019

Information, registration and permission forms for our annual RIBMS ski trip to Castle Mountain have been sent home with your child. It is our hope that each child will attend this event and either learn the basics of skiing or practice their ski skills. For students who do not go skiing, it is a regular school day where grade level instruction will be provided. We need a majority of our students to participate in this event, or it may be cancelled. We strongly encourage and welcome parents to attend the ski day with your child. **Ski trip fees and forms are due January 10, 2019.**

In accordance with procedures at Castle Mountain, every student must take an ability test and lesson, even if they are a season pass holder. All students must wear a helmet, the cost of which is included if they rent equipment.

In order to plan and order adequate transportation, every student needs to ride the bus to and from the ski hill. All students who are attending the ski trip must attend a ski safety presentation at the school..

As this activity is partially subsidized by the school, please note that schools fees and any other outstanding fees are to be paid in full prior to the ski date. Please call the office, 345-3340, if you would like details on outstanding fees or to speak to an administrator regarding payment plans to pay fees.

Parents accompanying our students on the ski trip will be expected to adhere to Palliser Regional School policy in regard to tobacco and alcohol.

Please Note: Students and parents who choose not to participate on the school ski trip but choose to ski that day (at Castle Mountain) will not in any way be affiliated with the school, its insurance, discounted rates or transportation. Also, if a student drives with a parent or another parent they become the responsibility of that parent. If a student not on the ski trip is a discipline issue or is injured they are the sole responsibility of the overseeing guardian.

BUSES WILL BE LEAVING THE SCHOOL PROMPTLY AT 6:45 AM AND RETURNING AT 5:30 PM. STUDENTS MUST BE AT THE SCHOOL BY 6:30am FOR PROMPT DEPARTURE. STUDENTS WILL NOT BE ALLOWED IN THE SCHOOL WHEN WE RETURN FROM THE HILL SO PLEASE HAVE PICKUPS ARRANGED.

STUDENT LEADERSHIP COUNCIL

The SLC is proud to announce that we, as a school, raised \$. 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.

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 25** 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.

Form can be returned with Cash OR Cheque to office as well purchased through School Cash Online.

Wednesday, FEBRUARY 6 – A1 Pizza 3.00 per slice \$ _____

- Pepperoni
- Hawaiian
- Cheese

Wednesday, FEBRUARY 13 – Booster Juice

SMOOTHIES:

- Mango Mania
- Berry Blossom
- Pineapple Chill & Starberry **3.75 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 **3.75 each \$ _____**

Wednesday, FEBRUARY 27 – 3 G Eatery

- Chicken Wrap-Breaded Chicken, Ranch, Mozzarella, Lettuce
- BBQ Beef on a Bun – Slow Roasted Beef, BBQ Sauce, Hamburger Bun
- Meatball Slider –Pork Meatball, Marinara Sauce, Mozzarella, Hamburger Bun **3.50 each \$ _____**
- Pasta Salad
- Potato Salad **2.00 each \$ _____**

TOTAL AMOUNT FOR FEBRUARY \$ _____

County of Lethbridge Community Learning Council



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2014 - 18 Street, Coaldale, AB

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- English classes
- Computer classes
- Safe Food Handling courses
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- Resume, job search and application assistance

Check out our new brochure of classes which can be found at your local library and businesses in your community and you can always view it on our website:
communityclasses.ca

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Healthy Teens

January 2019 Parent Newsletter



Mirror, Mirror, on the Wall

Whose health is the fairest of them all?

Looking into your mouth can tell you a lot about your health and well-being. We're familiar with signs of tooth decay and gum disease. But did you know that your mouth can reflect concerns in other parts of your body too? A dentist can spot signs of diseases like diabetes, poor nutrition, and unhealthy habits such as using tobacco and tobacco-like products, and drinking alcohol.

Make regular visits to a dental professional part of caring for your health. Here are a few tips to help your teen keep

their mouth healthy:

- Brush twice a day with a fluoride toothpaste and floss daily.
- Eat more fruits and vegetables, and limit foods and drinks with added sugars.
- Avoid tobacco and tobacco-like products.
- Choose not to drink or limit the amount of alcohol consumed when of legal drinking age.
- Look in the mirror for any changes in their mouth.

➤ For more information about oral health and oral health services, visit www.ahs.ca/oralhealth

Articles

Mirror, Mirror, on the Wall

Relaxation and Your Teen

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



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

Healthy Teens

January 2019 Parent Newsletter

Relaxation and Your Teen

Relaxation is a great way to reduce your teen's stress levels. When relaxed, the brain produces chemicals called endorphins, which can help make us feel good and promote positive mental health.

PMR – A Powerful Relaxation Tool

Progressive Muscle Relaxation (PMR) is designed to reduce anxiety and stress, as well as physical problems such as stomachaches and headaches. It can even help your teen sleep better. Take time to learn this technique with your teen when you're able to focus and not under stress. When you're good at it, you can use it anytime you feel like it.

The exercise focuses on different muscle groups – first, tightening your muscles and then letting them relax. Follow these step-by-step instructions:

1. Take a breath in.
2. Begin at your feet. Tighten and hold the muscles in your feet and hold your breath for 5-10 seconds. Then relax your muscles and breathe



3. Repeat with your legs.
4. Repeat with your hands.
5. Repeat with your stomach.
6. Repeat with your back.
7. Repeat with your neck.
8. Repeat with your face muscles.
9. Finish with tightening your whole body and relax and breathe slowly.
10. Repeat the steps as many times as you need to notice a difference in your muscles as they begin to relax.
11. When you feel your muscles are relaxed, lay still and breathe slowly and evenly for five minutes.

out. Take a breath in.

Here are some other tips for adding relaxation into your teen's life – and yours too!

Be active. Get outside for a walk.

Get creative: Draw, dance, make or build something.

Listen to music.

Unplug: Take breaks from texting and talking on social media.

Plug in: Use apps with guided meditations.

Be mindful: It's hard to be anxious when you're focused on the present moment.

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

Healthy Children

January 2019 Parent Newsletter
Healthy Children

Relaxation and Your Child

Relaxation is a great way to help your child cope with stress. Regular relaxation calms the nervous system, boosts the immune system, sharpens concentration and promotes positive thinking.

PMR – A Powerful Relaxation Tool. Progressive Muscle Relaxation (PMR) is designed to reduce stress, as well as physical problems such as stomachaches and headaches. It can even help your child sleep better.

Quick Relax! In this shortened version of the PMR approach, your child learns how to tense their whole body and then relax their muscles all at the same time. Follow these step-by-step instructions:

1. Lie down.
2. Scrunch up your face and tuck your head into your shoulders, tightening these muscles.
3. Cross your arms at your forearms and tighten your arms with your fingers grasping opposite elbows.
4. Tighten your belly, legs and



- feet, pointing your toes towards your nose.
5. Hold this position and hold your breath for 5-10 seconds.
6. Say the word "relax" – and let your whole body go limp like a rag doll and breathe out.
7. Take a few deep breaths in and out.

Tips for Parents

- Set aside 5 minutes to do this with your child.
- It's best not to learn in a stressful time. Practice first and then use when needed.
- Find a quiet place with no interruptions.

January 2018 Parent Newsletter

- Speak slowly and calmly while following the instructions.
- Pause after each instruction to allow time to carry it out.
- Make an audio recording for your child so your child can use it on their own.
- Do this for your own stress reduction. Your child will see it's for everyone.

In addition to PMR, try this relaxation practice with your child. Take in a long, deep breath. Count to four and breathe out for a count of five or six. Once they learn this, they can do it anytime they need to.

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January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Back to School	8	9 Wally's Pizza Lunch	10 Deadline for Ski Trip	11	12
13	14	15	16 Booster Juice Lunch	17	18 RIBMS Girls Basketball Jamboree	19 RIBMS Girls Basketball Jamboree
20	21	22 Parent Council 6:30	23 3G Lunch	24 Ski Trip Bus leaves 6:15	25 Hot Lunch Order DUE	26
27	28	29	30 Wiebe's Lunch	31		

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
3	4	5 LSAA Basketball City Championship	6 A1 Pizza Lunch	7 LSAA Basketball City Championship	8 Progress Report #2	9	
10	11	12	13 Booster Juice Lunch	14	15 Winter active Day Hot Lunch Due	16	
17	18	NO SCHOOL 18 - 22				22	23
24	25	26	27 3G Lunch	28			