

R.I. Baker Middle School

NEWSLETTER

MARCH 2018

Principal's Message



I hope we all survived the cold spell that we experienced in February! I would like to focus my message this month on nutrition and health.

As we all know, nutrition plays a vital role in our overall health and wellness. As parents, it is important we provide our children with healthy choices and habits that support a lifetime of positive eating. The new Canada Food Guide has recently been released, and if you have not yet, I encourage you to have a look at it. It focuses less on a set number of portions, and more on food choices and eating habits. It also includes a number of recipes and emphasizes the importance of making water our drink of choice.

As I make my way around the tables during lunch, I can't help but notice the number of prepackaged lunches, and processed foods that our students are eating. Research shows that students learn best, are more physically active, and have a higher self-esteem when their nutritional needs are met. As a parent, I know how difficult it can be to find the time to pack quality lunches that include fresh fruits and vegetables, but I think it is important that we try. We learn many of our eating habits as children, and those habits carry through to adulthood. It is important that we model and practise positive choices during these years. Our kids deserve it.

I have included a couple links for you to take a look at if you are interested. The first is a link to The Canadian Food Guide, which includes the new recommendations for healthy eating. The second link will take you to a page that offers tips for packing quality lunches. I hope these resources can provide some information and guidance that can assist in planning and preparing nutritious lunches.

<https://food-guide.canada.ca/en/>

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>

Have a great, and hopefully warmer, month.

Mr. Prebs

IMPORTANT DATES:

- March 1 & 2 - Zone Basketball @ RIBMS
- March 6 - Wally's Hot Lunch
- March 7 - Parent Teacher Interviews - 3:45 - 9:00
- March 8 - 15 - French 8 to Sherbrooke, QC
- March 8 - April 8 - Ukraine Students Arrive
- March 11 - No School PD Day
- March 13 - Booster Juice Hot Lunch
- March 15 - Term #2 Ends
- March 19 - Spring Pictures
- March 20 - 3G Hot Lunch
- March 20 - Chinese Students Arrive
- March 21 & 22 - Grade 6 Band Trip to SABC
- March 22 - Report Card #2
- March 27 - EDO Hot Lunch
- March 28 - Baker Cup
- March 29 - Band Desert Concert - 6:30



SPRING PICTURES TUESDAY, MARCH 19!!!

GRADE 5 POD NEWS

Parents, please check with your child in regards to classroom supplies. Many students are without the basics such as pencils and erasers. Spring is just around the corner, so remember to dress for the weather.

Language Arts: Non-fiction and informational texts are our focus; 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. The historical fiction novel, "Underground to Canada", by Barbara Smucker is our read aloud novel this term.

Math:

5A - Students just wrote their unit test on place value. We will be continuing to work with decimals numbers up to the thousandths place, including rounding, adding and subtracting decimals in March.

5B, C, D - We are working on patterns in math where students identify patterns and use patterns to solve problems.

Science:

A, B, C - We are currently looking at electrical usage in the home. We will be writing our next unit exam during the week of March 4.

5D - We are continuing with Electricity and Magnetism and will be on this unit until mid April.

Social:

We are currently studying the Great Lakes - St. Lawrence Lowlands Canadian Shield region, understanding how the physical features of this region shape the people living in the smallest, most-populated region of Canada.

GRADE 6 POD NEWS

Language Arts: 6A, B, C: February has flown by, and we have reached the end of our poetry unit! Each class voted for a different winning poem, and it was exciting to see them debating the value of each poem. We are moving on to Newspaper Articles, which will likely take us through the entirety of March. Students continue to work daily on their Word Study to improve their knowledge of the make-up of words and letter patterns.

6E, D: Students recently finished a unit of poetry, in which the focus was figurative language and comprehension in preparation for the PAT. This unit ended with our poetry cafe and I would again like to thank parents for coming and supporting the students hard work and creativity. The students are now working on a unit that focuses on Newspaper article writing in preparation for their PAT.

Math: After finishing our unit on Coordinate and Motion Geometry, we will move on to the Fractions unit. After reviewing proper fractions, this unit will focus on using improper fractions and mixed numbers.

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!

Social: The students have finished off their study of modern-day democracy and have jumped back in time. We will be taking a look at the culture and systems of Ancient Greece, the birthplace of democracy. Discussions will revolve around different approaches to government and why we have the system that we have today.

GRADE 7 POD NEWS

Language Arts: We have started our core text *The Giver*, by Lois Lowry. In this unit we will be discussing the idea of utopia/dystopia in real life and fiction. Our focus will be on translating the fiction to real life situations and debating different social issues that are addressed in the text. We will end the unit with a mock trial, putting one of the characters on trial for some of their actions. Students will have a chance to be prosecutor, defense and jury in this final assignment.

Math: The students have completed their midterms covering the first four units. This month we have started our fifth unit. This unit expands upon expressions from unit four and moves into solving equations.

Science: This month we will continue to work our way through the third unit of study: Planet Earth. This unit will take us into the third week of March. Stay tuned for a unit test date for your child's class! Once we wrap up Planet Earth we will begin our fourth unit: Heat and Temperature. This unit will explore and investigate the scientific principles of heat and energy.

Social: This month in Social Studies we will finish up our War of 1812 projects and complete our test for Chapter 6. Students will then begin learning about the great migration and the push for democracy in British North America.

GRADE 8 POD NEWS

Language Arts: Students will continue to work on their daily writer's workshop and independent reading (with reading logs) throughout the month of March. After surveying the students and reading their Writing Self-Reflection activity, I have decided to open up the options for the writing workshop to include various genres, in addition to the personal narrative. The only stipulation is they **MUST** write in prose (no poetry). Students are off to a great start and are allowing themselves to take some chances with their writing and to let go of some of their fears about writing. Students are immersing themselves in the writing process, which involves responding to prompts, developing pieces of their choice, editing, peer editing, teacher conferencing and bringing one piece to a publishable copy. I look forward to seeing the process unfold, as well as reading the end products. We will also continue with our in-class novel, Variant.

Math: March will see us work through Chapter 5: Pythagorean Theorem. This is quite a hands-on chapter and one that most students genuinely enjoy. We begin by revisiting the square of a number and identifying perfect squares. Then, students are introduced to the inverse operation: square roots. We also explore the approximate square root of numbers that are not perfect squares. Next, we investigate the Pythagorean Theorem. Students will both develop and apply this to solve problems involving right triangles. Following the completion of Chapter 5 will be Chapter 6: Measuring Prisms & Cylinders. This chapter's focus is on 3D objects. I anticipate this to begin in late March.

Science: We have just started Unit 5: Mechanical Systems this month. We will be delving straight into Simple Machines, their origins, how they work, and how we use them in our daily lives. We will then be exploring Mechanical Definitions and Equations. We will be learning how to calculate the mechanical advantage (MA) of mechanical systems and the Speed Ratio (SR). Next, we will study Complex Machines, Energy Transfer and Linkages, Hydraulic and Pneumatic Systems, and concluding our unit with Pressure, Force, and Area.

Social:

8A, 8B & 8C: Students are progressing through their Aztec unit and from what I've heard, they are quite enjoying it. Recently, the students have had an opportunity to create their own flipped videos on what they have learned to date. Also, we will be having a student teacher in our classroom from the university and she will start teaching 8C as of March 4th. The other two classes she will pick up throughout this month. If you have any questions, please don't hesitate to contact me.

8D: Students have begun their next major unit, with a focus on worldview and the Aztec culture, while also looking at the connection between the Aztec culture and the European culture we explored for the first 4 months of the school year. The students have recently completed their midterm which focused on unit 1 (Renaissance) and the first 2 chapters of unit 2 (Aztecs). This unit will most likely take up the entirety of March.

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 22– Wilson Invitational (gr. 6- 8)

March 26, 27, 28— Fairbairn Invitational (grade level each night TBD)

April 15— Gr.6 LSAA City Championship @ U of L

April 15 - County Badminton Tournament (gr. 7-8)

Apr. 16— Gr.7 LSAA City Championship @ U of L

Apr. 17— Gr. 8 LSAA City Championship @ U of L

April 26– County Badminton Tournament (Gr. 7-8)

May 4—Zone Badminton Tournament

Looking forward to a great badminton season!

Basketball

Thanks to all our fabulous basketball players for representing our school this season! It was great 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 onto badminton for intramurals next.

Track & Field

May 2nd 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!!

YEARBOOK

Yearbook Club will be finished. Great work everyone, it looks amazing! We will meet again in June when the yearbooks arrive, to hand them out to all who have ordered. Yearbooks are still available for purchase at the Office for \$30.00 each and will be on a first come first serve basis!!

NOTES FROM THE MUSIC ROOM

Dessert Concert & Silent Auction is coming up this month on Friday March 29th in the RI Baker gymnasium. Tickets are on sale now at the office and tend to go fast so be sure to pick yours up today! \$20 each

Grade 6 Band Trip - Thursday March 21st-Friday March 22nd - All Permission forms and payments should be submitted by March 4th.

Grade 7/8 Band Trip – River’s Edge Camp and Red Deer - All Permission forms and payments should be submitted by March 4th.

Grade 6 Lethbridge Festival - Wednesday April 10th 11:15 pm at the Yates Theatre - \$3 admission fee at the door for those able to come watch the performance

DRAMA ROOM

Our production of The Lion, The Witch and the Wardrobe is progressing nicely. Students are being challenged now with getting a deeper understanding of their characters. Thank you again for allowing me to work with your talented children and I promise that this year’s production won’t disappoint.

LIBRARY NEWS

Please be sure to return your books on time. We have students that may be waiting to sign out your copy!

Thank you!!

BAKER CUP - THURSDAY, MARCH 28

Our annual staff vs. students game will take place on March 28th from 1:45-2:45. We invite the grade 4 students from Jennie Emery as well as being open to the public, so if you have the chance to come on down and watch the staff reign victoriously (doubtful) then we look forward to seeing you.

PARENT COUNCIL

A reminder that our next School Council meeting is on **March 19 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



Sleep

There are a number of students coming to school with inadequate sleep. Some students have reported that they play on a device well past midnight. Many students are dozing off in class because they 'stayed up too late'. Lack of sleep makes it incredibly difficult for kids to concentrate in class. Please ensure your child is going to bed at a decent time, and remove devices from their room if you believe they are playing on them too late.

The American Academy of Sleep Medicine has recommended that children aged 6–12 years should regularly sleep 9–12 hours per 24 hours and teenagers aged 13–18 years should sleep 8–10 hours per 24 hours.*

*(From an article published by the Centers for Disease Control and Prevention)



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 22 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 3 – A1 PIZZA \$3.00 \$ _____

_____ Hawaiian

_____ Pepperoni

_____ Cheese

Wednesday, April 10 – 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 17 – 3G Lunch

___ 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 April (cheque to RIBMS or cash) \$ _____

March

2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Zone Basketball @ RIBMS & KAHS	2 Zone Basketball @ RIBMS
3	4	5	6 Wally's Lunch	7 Parent Teacher Interviews 3:45-9:00	8 French Trip leaves to Sherbrooke, QC Ukraine Students Arrive	9
10	11 NO SCHOOL PD DAY	12	13 BOOSTER JUICE LUNCH	14	15 TERM #2 Ends French 8 Returns	16
17	18	19 SPRING PICTURES PARENT COUNCIL 6:30	20 3G Lunch Chinese Students Arrive	21 Grade 6 Band Trip to SABC	22 Grade 6 Band Trip to SABC Report #2 Hot Lunch Due	23
24	25	26	27 Edo Lunch	28 Baker Cup	29 Band Desert Concert 6:30	30
31						



April

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 A1 Pizza Lunch	4	5 Men's World Curling Grade 7/8 Band Trip	6
7	8	9	10 Booster Juice Lunch	11 Quebec students Arrive	12	13
14 Marine Biology Students Leave 1:30	15 Hockey Registration Starts LSAA Grade 6 Badminton	16 LSAA Grade 7 Badminton	17 3G Lunch LSAA Grade 8 Badminton	18 Quebec Students Leave	19 Marine Biology Returns 1:05 NO School – Good Friday	20
21	22 Easter Holidays	23 Easter Holidays	24 Easter Holidays	25 Easter Holidays	26 Easter Holidays	27
28	29	30				

Healthy Teens

March 2019 Parent Newsletter



Nutrition Math: Are “treats” adding up?

Your teenager may have more chances to choose or purchase their own foods as they get older. It can become challenging for parents to influence their teen’s food choices when peer pressure, time, marketing and cost also affect their decisions. Your teen could walk to the corner store for a snack, buy cookies from the cafeteria, grab a pop from the vending machine, or eat a hotdog and some chips while attending a sports game. It can add up!

When teenagers fill up on “treat foods”, they miss out on healthy foods with more nutrition, such as whole grains, healthy fats, and vitamins and minerals. Good nutrition is important for teens, it supports physical and mental growth and development. This is also an important time to help your teen develop healthy eating habits for their future. Talk with your teen about food and nutrition. Let them

know that unhealthy eating habits can impact growth, physical performance and their ability to learn and concentrate in school. As they grow up, they may begin to think of these things on their own and shift towards healthier choices. To help you teen develop healthy eating habits try to:

- Keep cut-up vegetables in the fridge and a fruit bowl on the counter for easy access.
- Have whole grain crackers and cheese on hand for a fibre and protein rich snack.
- Encourage your teen to make a healthy lunch in the evening for the next day. Have them pack healthy snacks if they are buying a cafeteria lunch on other days.

➤ For healthy food and snack ideas, visit <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

Articles

Nutrition Math: Are “treats” adding up?

How Much Sleep Do Teens Need?

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

How Much Sleep Do Teens Need?

According to the *Canadian 24-Hour Movement Guidelines, for Children and Youth*, youth aged 14-17 years should get 8-10 hours of sleep a night. Yet only 15% percent of teens reported sleeping 8 hours on school nights!

Why so many Z's? Teens are growing rapidly and need enough rest to support these changes. Not getting enough sleep will limit your teen's ability to learn, listen and solve problems. It's also linked to obesity, depression and anxiety.

What makes it harder for your teen to get to sleep? Teen's sleep patterns shift toward later times for both sleeping and waking. This is because melatonin (the hormone that makes you feel sleepy) is produced later at night in teens. So it's natural for your teen to feel awake later and sleep in later (e.g., 11pm to 8 am). As well, there are many things that can compete with your teen's time and attention versus the need for sleep (e.g., homework, sports, social media, work, worries and friends).



Here are some tips to help your teen to get a good night sleep:

- Talk to them about why it's important to go to bed and wake up at the same time each day.
- Avoid caffeine (e.g., pop, energy drinks, coffee) after 3pm.
- Keep their bedroom screen-free (e.g., no cell phones, tablets, TVs, computers).

If you are worried that your teen is getting too little or too much sleep, consult with your healthcare provider.

Here are some tips for your sleep:

- Be active. But not within 3 hours of bedtime.
- Avoid alcohol before bedtime. It can wake you up during the night.
- Avoid caffeine 4 to 6 hours before bedtime.
- Avoid smoking too close to bedtime.
- Avoid difficult conversations before bedtime.

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

The Coaldale Figure Skating Club Presents



“A Musical Rewind”

Saturday March 16, 2019

1:30 PM at the Coaldale Arena

Featuring a "Surprise" Guest Skater



Ticket or Entrance Fee \$5.00



Child (5 yrs and under) FREE



Tickets available by pre-sale on Thursday

March 14 at the Arena from 4-9pm.

Remaining tickets will be available at the door.



Dr. Mike Ribble

Digital Citizenship:

A Parents

Roadmap for Success

Join Dr. Ribble for a free informative evening on digital citizenship. Dr. Ribble has been recognized internationally for his work in partnership with ISTE to promote and educate on responsible technology use. His book Digital Citizenship in Schools is a guiding document for ISTE (International) and ATLE (Alberta).



Safe Net Alberta
SafeNetAB.com



When: Tuesday March 26

Time: 7:00 p.m.

Location: Lethbridge Collegiate (L.C.I. High School)

Room: Large Lecture Theatre

For more info visit: safeNetAB.ca



Coaldale Clothing Fest

Clear Out Your Closet!

Coaldale Mennonite Church
is holding a Spring Clothing Fest ...

When? April 6, 2019 (10:00am - 1pm)

Where? Coaldale Mennonite Church Gym
(2316 – 17 Street)



Why? To help *support our community*

How? From the *generous donations and support of
our community*

The clothing fest is a recycling program, which benefits many families in our community.

Pick out clothes at NO CHARGE.

Donations of clean clothing of all sizes in good condition are greatly appreciated.

Donations can be dropped off at the Coaldale Mennonite Church
weekdays from 9am-12pm, starting March 19th – April 2nd.

Remaining items will be donated to local charities.

For more information or special arrangements or if you would like to help,
contact Jodi Reed @ (403) 345-5956

Calendar

<http://ribms.ca/calendar-bell-times>