

R.I. Baker Middle School

NEWSLETTER

November 2019



IMPORTANT DATES:

- Nov 6 - A1 Pizza Lunch
- Nov 8 - Remembrance Day Ceremonies
- Nov 11 - Remembrance Day, NO SCHOOL
- Nov 12 - PD Day, NO SCHOOL
- Nov 13 - Parent Teacher Interviews
- Nov 13 - Booster Juice Lunch
- Nov 15 - School Picture Retakes
- Nov 19 - Parent Council Mtg 6:30
- Nov 20 - 3G Lunch
- Nov 27 - Wiebe's Sub Lunch
- Nov 29 - End of Term 1

Principal's Message

Hello from Ukraine!

I write this month's message to you from a staffroom in a school in Lviv, Ukraine! I accompanied five Palliser students as a part of an exchange opportunity, and they have experienced more in these two weeks than most of us have in our entire life.

We actually had a chance to sit down with some soldiers stationed here from Alberta and with Remembrance Day around the corner, we had an opportunity to give our thanks personally. When asked by the soldiers; what is one thing they have learned here, our students responded with things like: "this world is big and full of great things", "travelling can expose you to so much", "I need to appreciate my family more",...and so on. Although we are not spending very much time in front of textbooks, these students are learning. I am learning!

If I could offer a theme to this message, it would be to take every opportunity to expose your children to outside experiences and cultures. Students can and will build on empathy, understanding, and trust. They will try new things, visit new places, and embrace new customs and traditions. I have witnessed students sympathize with communities who have experienced hardships and see how they have adapted to a new life. These five kids have lived outside their own world, they have lived outside their comfort zone and then built a new one here. They have learned that we are all human beings, who just have a different story.

These experiences can happen abroad or locally. Sure, it is nice to travel overseas to learn, but often these lessons can be experienced closer to home than you may think.

Mr. Prebs



NOVEMBER 13 & 14 PARENT TEACHER INTERVIEW

ONLINE REGISTRATION

RIBMS is continuing to use the online appointment booking system for Parent Teacher Interviews, the system will be live

NOVEMBER 1, 2019. 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 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 November 13 & 14!



Back to School Reminders!

Attendance - School Messenger

Please phone 1-844-260-7166 to report your student's attendance or you can also download the SchoolMessenger app for free on any mobile device!



School Fees & Extra Curricular Fees - School Cash Online

School Fees are now due, please access your School Cash Online account to see what your students fees. <https://palliserregional.schoolcashonline.com>

2019-2020 Bell Times - Revised

School:	R.I. BAKER MIDDLE SCHOOL	
Division:	III	
Grades:	5-8- NEW DRAFT	
Year:	2019-2020	
Bell Schedule (Mon – Thurs)		
Class/Bell	Period Start/Stop	# Minutes
Warning Bell	8:25	
Period 1	8:28 AM – 9:25	57
Period 2	9:28 – 10:25	57
Outside Break	10:25- 10:40	15
Period 4	10:43 – 11:40	57
Lunch	11:40-12:23	43
Period 4	12:26-1:23	57
Period 5	1:26 – 2:23	57
Nutrition Break	2:23 – 2:35	12
Period 6	2:38 - 3:35	57
Total:		342
Friday		
Class/Bell	Period Start/Stop	# Minutes
Warning Bell	8:25	
Period 1	8:28 - 9:08	40
Period 2	9:11 - 9:51	40
Period 3	9:54- 10:34	40
Class Break	10:34 - 10:51	17
Period 4	10:54 - 11:36	42
Period 5	11:39 - 12:21	42
Total Minutes		204

IMPORTANT!

If your child is late for school, they MUST sign in at the Office.

As a general rule, Attendance is taken after “O Canada” is played each morning. If your child shows up in class after “O Canada”, they are late!

Thank you for your cooperation!





Instructions for Parents/Guardians on accessing The PowerSchool Parent Portal

To successfully access the Parent Portal you will need to follow these steps:

1. Open an internet browser (Google) on your computer (this first step must be done on a computer, not a phone/handheld device)
2. Type **<https://ps.pallisersd.ab.ca/public>** into the address bar
3. Choose **Create an Account** Fill in ALL the blanks under the **Parent Account Details** section. **Please choose/create your own unique Username and Password**. Please remember this information and keep it safe – this is what you will use to log in with at any later date.

Fill in ALL the blanks under the **Link Students to Account**. This is where you will enter your Confidential **ACCESS ID** and Confidential **ACCESS PASSWORD**, if you haven't received a letter from the school either via our office or your student, providing you these codes, please contact the school office.

Type your **Access ID** and **Access Password** exactly as they are printed in said letter (both are case sensitive). You and your student have separate passwords. It is advisable that you keep your username and password secure and not share it with anyone else.

If you have more than one student at a Palliser school (Eg: JEES, RIBMS, KAHS, Sunnyside) you will have unique Access Id's and Access Passwords for each of your students. You can link up to 7 students to your account. Make sure you hit ENTER when you have all your information complete. You should now have access!

4. View your information and remember to log off when you are finished.

Please keep your passwords confidential so only you can access the information. The **Grades and Attendance tab** will allow you to check assignments and scores by clicking on the blue percentage across from a class. **To email the teacher a question or concern, please click the blue teacher's name link**. The **Grades History tab** will show you the grades your child received in previous grading periods. The **Teacher Comments tab** is used to access current teacher comments for your student and the **School Bulletin tab** has current announcements for our school. If you have any questions regarding the use of PowerSchool please contact the school office at 403-345-3340

Family School Liaison Counselling Program



Dalayna Taverner is the Family School Liaison Counsellor at RI Baker Middle School. Dalayna is at RI Baker on Mondays, Wednesdays and Thursdays. If you would like to set your child up with counselling you can call her at the school, on her cell at 403-892-5947 or you can email her at dalayna.taverner@pallisersd.ab.ca

Please note that if your child received counselling last year, and would like counselling again this year, you will need to contact Dalayna again this year to provide service.

Band

The RIBMS Bands will be running their Pie Store (Sunrise Berry Farms) Fundraiser this month from November 4 - November 15. This fundraiser offers students in band an opportunity to raise funds to help pay for their band trip in March 2020. The Grade 6 Band will be travelling to SABC for a one night retreat, while the Grade 7-8 Band will be travelling to Edmonton for the Alberta International Band Festival. There will be a selection of fruit pies, fruit crisps as well as meat pies available for purchase from band students. For more information, please contact Mr. Conrad via email at: travis.conrad@pallisersd.ab.ca



Yearbook

The 2018-2019 Yearbooks have arrived and have been handed out to students who pre purchased them. We do have some extra copies available for sale, each copy is \$30 and can be purchased in the Office.

Dance

The 2018-2019 dance team has been made. If your child has made the team, please check the schedule that was sent home with them on October 23 for practice times and what to expect this dance season. Practices will be Wednesday and Friday after school for 45 minutes.

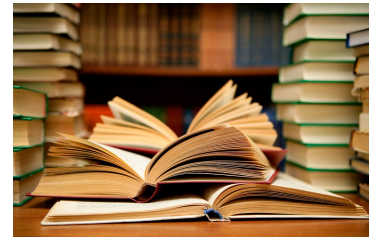


November Library News

ANNUAL SCHOLASTIC BOOK FAIR

The library will be hosting their annual **Scholastic Book Fair** **November 14-18** and we appreciate your support of this literary event. There will be a wide range of materials available for most interests and reading levels. Proceeds from the book fair will be used to purchase additional items for our library collection.

The Book Fair will be open to students during regular school hours and teachers will also bring classes during their regular scheduled library time. To accommodate parents & guardians the fair will also be open during parent teacher interviews. Payments for items purchased may be made by cash, cheque (written out to RIBMS), debit and credit card.



OPERATION CHRISTMAS CHILD SHOE BOX GIFTS

R.I. Baker Middle School will once again be accepting gift filled shoe boxes that will be distributed by Samaritan's Purse to children around the world that are suffering due to war, poverty and natural disasters.

Empty shoe boxes may be picked up at the school library if you choose not to use your own box or a good quality plastic (shoe box sized) container. The box may be filled with school supplies, hygiene products as well as a small toy that is suitable. No war related toys, no liquids and no toothpaste are allowed. Due to border regulations, all items must be brand new.

Filled shoeboxes may be brought to the school where a representative will pick them up from **November 18-22**.



ROYAL CANADIAN LEGION LITERARY/POSTER CONTEST

Students of R.I. Baker are being encouraged to participate in the annual Literary/Poster Contest that is hosted by the Royal Canadian Legion. The Legion appreciates our entries of either a poem, a short story, black & white or color poster. Cash prizes and medals are awarded to first, second and third prizes. In the past year R.I. Baker has been pleased to have at least 2 or 3 winning entries.



The deadline for entries is December 1st. Entry forms may be picked up from the library and must be attached to the student's work. Completed entries may be brought to the school library so that all entries can be delivered to the Legion at one time.

A Rundown of Bears Athletics

BASKETBALL

Basketball season is quickly approaching!

There will be a basketball clinic for students in grades 6-8, November 13-15.

Wednesday November 13:

Girls 5:00-6:15 pm

Boys 6:15-7:30 pm

Thursday November 14:

Boys 3:30-5:00 pm

Girls 5:00-6:30 pm

Friday November 15:

Girls 12:30-2:00 pm

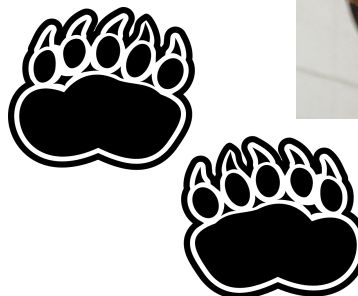
Boys 2:00-3:30 pm

Tryout dates are set for the following days:

Monday November 18:

Girls 3:45- 5:15 pm

Boys 5:15- 6:45 pm



Tuesday November 19:

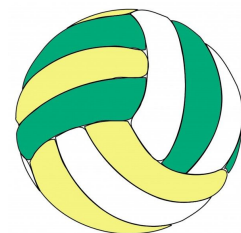
Boys 3:45- 5:15 pm

Girls 5:15- 6:45 pm

All grade 6-8 students are welcome to try out. We'll be making two teams for both the girls and the boys. Please speak with Mrs Kabi or Mrs. Leusink if you would like more information.

GRADE 5 VOLLEYBALL CLUB

We're excited to once again offer a Grade Five Volleyball Club. This club is for both boys and girls and will begin in November. Please watch for more information coming home soon. GO CUBS GO!



VOLLEYBALL

We've had a packed volleyball season! It's hard to believe how quickly it's flown by. All of our players and teams have improved so much over the last two months due to hard work and dedication. The Junior teams are now finished with their season and the Senior teams are heading into their last weeks which includes the playoffs and Zones. A special thank you to all of our parents who helped out at our tournaments and with laundry this season. A huge thank you goes out to our volunteer coaches. You've made a huge difference!

Thanks for an awesome volleyball season! GO BEARS GO!

Cross Country

Thank you to all of our athletes who competed for our cross country team. We had an incredible finish to the season with our team placing second at zones for overall points. Leading the way for our team was Sophie Hass (who placed 7th), Luca Tams (15th), Justine Hendrick (16th) and Bronwyn Hamer (17) in a very competitive group. Congratulations to all of our runners.

Baker Intramurals

We've been watching some awesome dodging and take outs in intramurals the past month as students compete in dodgeball. Dodgeball is quickly wrapping up. Next up in intramurals will be 3 on 3 basketball.



Grade 5 POD

Parents, please remember to stay updated during the term by weekly checking the grade 5 page on the school website. Information regarding activities as well as Academics can be found here.



Language Arts: We have just finished our read-aloud study of *Mick Harte was Here* by Barbara Park, and after a hiatus from sentence structure, we will be returning to it with renewed enthusiasm! We will review what makes a complete sentence, as well as the difference between fragments and run-ons. This will be followed by a summative quiz as well as a writing assignment.

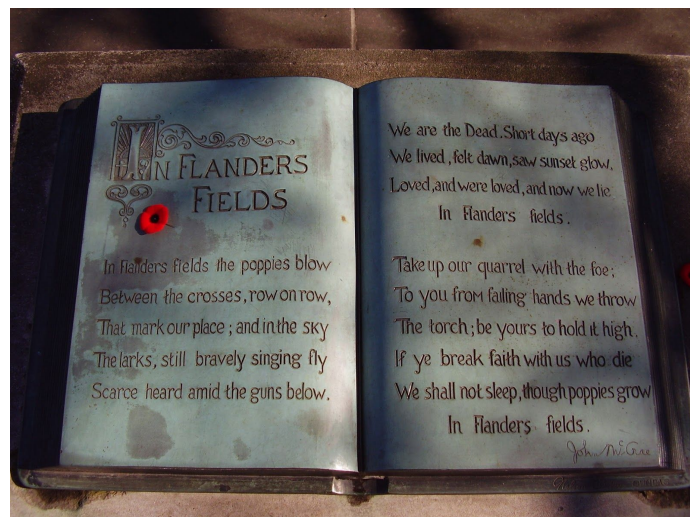
Social: We have completed our Mapping skills unit and are beginning our adventure of touring across Canada, starting with the Atlantic region.

Science

Science 5A, B, C: The students have completed the Electricity and Magnets unit. Putting to use what they learned, the students will be now creating Electrical Mechanisms. Around mid-November, information will be listed on the webpage regarding their projects.

Science 5D: We are wrapping up our Weather unit with a fun terrarium project the first week of November to help illustrate the water cycle. Keep an eye on agendas for materials needed.

Math: We wrapped up our addition and multiplication unit at the end of October, and will be starting subtraction and division in November. Learning addition and multiplication facts will help students understand subtraction and division, so just because that unit is done - don't stop practicing those times tables! Keep an eye on the grade 5 page for helpful links to review at home.



Grade 6 POD

Language Arts- In Language Arts we are finishing up our paragraph writing and grammar units. Our grammar unit has had a focus on grammar and spelling in writing. With the start of November, we will move into reading comprehension strategies and continue with our focus on grammar and spelling. There are a few marks in Powerschool for LA as of the end of October; if you have not already done so, please check powerschool out! October was a great month and it has been wonderful watching these kiddos work hard and learn!



Social - We have studied the basics of democracy and learned how we can put democracy into action in our own lives. We have reviewed our different rights and freedoms and discussed the most effective ways to come to a decision. In November, we will be taking an in-depth look at the different levels of government, beginning with the municipal government.

Science - We are coming to the end of our Trees and Forests unit. Students have been working hard on their final projects and will write their unit test in mid November.

Math - As we start November, we will be continuing with our unit on Number Relationships. Once this unit is complete, we will begin our next unit about Patterns, Expressions and Equations.

Grade 7 POD

Language Arts - This month we will be focusing on our first large core text with the novel *The Giver* by Lois Lowry. This is one of my favourite novels; it is a dystopian fiction that relates very well to present-day issues. Students will also focus on debate and argumentative writing alongside this novel ending with a mock trial project.



Social - We have been learning about the early European explorers that began settling in North America and their interest in finding a Northwest passage to Asia. Students are currently completing their major project for this chapter before we move on to the Colonization of North America.

Science - This month we are starting our Plants for Food and Fibre unit. We will be taking a closer look at the different parts of plants as well as their uses and environment. There will be a flower dissection lab as well for some hands on learning!

Math- This month we will be wrapping up of first Unit in Math focusing on fractions, decimals and percents. Please stay tuned for specific unit exam dates from your child's math teacher. In our next unit we will continue to build number sense while taking a closer look at fraction operations!

Grade 8 POD

Language Arts 8:

Mrs. McDougall: In November, we continue our “Deep Study of Character” reading unit by looking at how setting shapes characters. The students will learn about how characters are shaped by mood and atmosphere, how authors use precise language to describe the setting, and how characters can be influenced by the pressures of “place”. We will end this month by looking at how settings can change over time, not just physically, but psychologically, and what affect this can have on the characters in the texts we read.



Mrs. Netzel: This month, we are continuing with our work on our “Tell Your Story” Unit. Students have just finished an exam on the elements of a short story. We are diving into reading and analyzing various short stories, while applying the concepts of a short story. We continue to work on weekly grammar lessons, both through our Bellringers at the beginning of class and our weekly parts of speech focus. I hope everyone is getting the weekly to bi-weekly emails.

Social: Our students have discovered the wonders of the Italian City-States and are starting to appreciate their impact on the rest of Europe. We are currently working on a major project where students are placed into City-States and have to make accurate decisions based on historical fact. I'm excited to see the results of all of their hard work. Upon completion of this unit, we will be starting our study of Humanism and how Europeans looked back at the Ancient Greeks and Romans for ideas.

Science:

Students will be writing their first unit exam on Mix and Flow of Matter at the beginning of November. We will begin our look into Fresh and Saltwater Systems. This unit will investigate the distribution of water on our planet and some of the issues we face in terms of water quality and water management. We will learn about the oceans, glaciers, and other freshwater resources. There is an amazing exhibit, Body Worlds: Animal Inside Out, coming to the Telus Sparks Centre in Calgary. It will be there from October 25, 2019 until March 1, 2020. It directly relates to our Cells and Systems unit that will complete this year. If you have the opportunity to go this would be a great experience for your student!

Math:

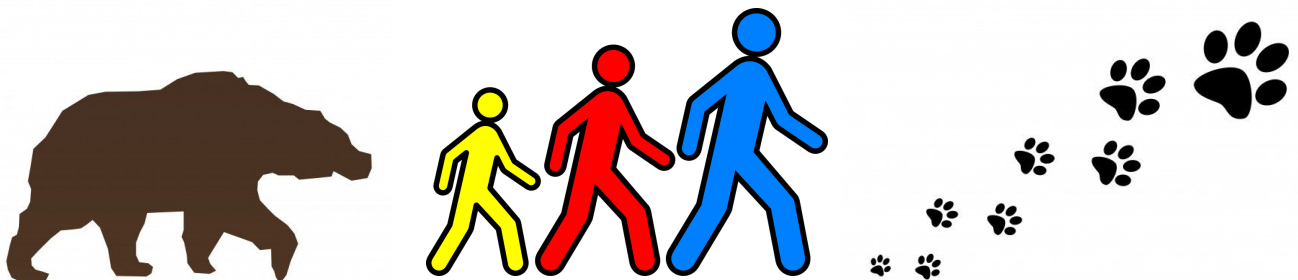
This month, we will be finishing up our Ratios, Rates, and Percents unit. Students will be learning about the similarities between ratios and rates, and how to turn fractions and decimals into percents. We're also doing a lot of problem solving activities in this unit. In mid-November, we will be moving on to Integer operations. Students will learn how to multiply and divide positive and negative integers.

The 2019 RIBMS Walk A Thon was a SUCCESS!



A **HUGE** Thank you goes out to our Walk A Thon Volunteers! Without these **AMAZING** people, our Walk A Thon would simply not be possible - so THANK YOU!

This year we raised over \$30,000 which will go directly back to our RIBMS students for various field trips and activities! GO BEARS GO!



November 2019 Calendar

MON 28	TUE 29	WED 30	THU 31	FRI Nov 1
SITE BASED PD			Halloween Activities p5/6 Halloween	
4	LSAA 1/4 Finals @ Wilson Middle Sc	A1 Lunch LSAA Volleyball City Championship	7:45pm Basketball Coaches Meetin	10:30am Remembrance Day Cerem
11 Remembrance Day Holiday Remembrance Day (regional holiday)	Division PD DAY	Basketball Clinic-G 5:00-B-6:15 Booster Juice Lunch 4pm Parent Teacher Interview	Basketball Clinic-B-3:30-G-5:00 4pm Parent Teacher Interviews	Basketball Clinic-G-12:30-B-2:00 8:30am PICTURE RETAKES
18 Basketball Tryouts-G-3:45-B-5:15	Basketball Tryouts-B-3:45-G-5:15 6:30pm Parent Council	3G Lunch	21	22 Hot Lunches Due
25 Staff Meeting	26	27 Wiebe's Lunch	28	29 End of Term #1 Senior Volleyball Teams at Wilson

December Hot Lunch Order Form

NAME: _____ HOMEROOM: _____

DECEMBER HOT LUNCH - Due November 22, 2019 - 2019/2020

Student Name (R.I. Baker Middle School)

Hot Lunch is DUE NOVEMBER 23, 2018. NO LATE ORDERS WILL BE ACCEPTED

If your child is absent the lunch will be left in the fridge until the next day!

Wally's Pizza - December 4

Booster Juice - December 11

3G - December 18

December 4 - Wally's Pizza

- 1 - Cheese Pizza [add \$3.00]
- 1 - Pepperoni Pizza [add \$3.00]
- 1 - Hawaiian - Pizza [add \$3.00]
- 2 - Cheese Pizza [add \$6.00]
- 2 - Hawaiian Pizza [add \$6.00]
- 2 - Pepperoni Pizza [add \$6.00]

December 11 - Booster Juice

- Mango Maria [add \$4.00]
- Berry Blossom [add \$4.00]
- Hawaiian Pizza (Pineapple, Ham, Pizza Sauce, Cheese) [add \$4.00]
- Protein Chicken - No sauce [add \$4.00]
- Pineapple Chili & Strawberry [add \$4.00]
- Protein Chicken - BBQ Sauce [add \$3.75]
- Protein Chicken - Salsa [add \$3.75]
- Hawaiian Pizza (Pineapple, Ham, Pizza Sauce, Cheese) [add \$3.75]
- Protein Chicken - No sauce [add \$3.75]
- Protein Chicken - BBQ Sauce [add \$3.75]
- Protein Chicken - Salsa [add \$3.75]
- Turkey - Turkey, Mayo & Cheese [add \$3.75]
- Ham - Ham, Mayo & Cheese [add \$3.75]

December 18 - 3G Eatery

- Chicken Wrap [add \$3.50]
- BBQ Beef on a Bun [add \$3.50]
- Meatball Slider [add \$3.50]
- Pasta Salad [add \$2.00]
- Potato Salad [add \$2.00]

TOTAL AMOUNT: _____

What is Comprehensive School Health?

Here is some information regarding the U Of C Research Project Survey Exclusion Request form that was sent home in October.

Overview

Comprehensive school health is a framework for building healthy school communities that support students in reaching their full potential as learners—and as healthy, productive members of society.

Comprehensive school health (CSH) is a whole school approach that supports healthy school communities. The CSH framework can be used to include other evidence informed practices into the school environment.

Four Components

Comprehensive school health addresses four distinct but related components:

- Social and physical environment
- Teaching and learning
- Policy
- Partnerships and services

Addressing all four components creates a greater impact on student health and well-being.

Social Environment

The school's social environment is an important part of comprehensive school health, including:

- The quality of the relationships between students and staff
- The emotional well-being of students and staff
- A sense of belonging and connectedness
- Relationships with families and the wider community

When students feel connected to their school community, they can have higher levels of well-being and success.

Development of Key Competencies

Comprehensive school health supports the development of key competencies, such as:

- Critical thinking
- Problem-solving
- Decision-making
- Personal management
- Collaboration and leadership

These competencies enable students to value and respect diversity and treat one another with respect.

For more information, please check out the Alberta Education website:

<https://education.alberta.ca/comprehensive-school-health/what-is-comprehensive-school-health/>

PALLISER REGIONAL SCHOOLS

University of Calgary Research Project Survey on Comprehensive School Health



EXCLUSION REQUEST FORM FOR STUDENTS

Palliser Regional Schools, in partnership with the University of Calgary is conducting a student survey. This survey will help identify the effects of comprehensive school health initiatives on health and learning outcomes of your child's school. If you have questions about the comprehensive school health framework, you are also welcome to check with your school's administrator.

This confidential survey does not require a student's personal information, but each parent/guardian has the right to have their child(ren) excluded from the survey. If you wish to have your child(ren) excluded, please complete the form below and return it to the school office.

REQUEST FOR EXCLUSION

I am aware of the Comprehensive School Health Survey to be administered at school and wish to have my child(ren) excluded from this survey.

Student Full Name	Grade
Student Full Name	Grade
Student Full Name	Grade



Palliser Regional Schools

Palliser Centre

#101, 3305 - 18 Avenue North, Lethbridge, AB T1H 5S1

Phone: 403-328-4111 Toll-free: 877-667-1234

Fax: 403-380-6890 www.pallisersd.ab.ca

Palliser Regional Schools seeks student submissions for annual greeting card design

The Board of Trustees intends to showcase student art once again on its annual greeting card.

The Board invites submissions of art suitable for reprinting at a size of 4.25" by 6.8" (portrait or landscape) by a Palliser student of any grade level for consideration. The art that will be featured on the card will be decided by a committee of the Board.

The art should be in keeping with the theme '**A Storybook Winter.**'

The original art may not be returned. The artist whose work is selected will receive a gift from the Board, will be recognized on the back of the card, and will receive copies of the greeting card for their use.

Cards and accompanying forms may be submitted by mail or through Palliser's inter-school mail system. Only those submissions, including this form and the original artwork, received by noon Nov. 8, 2019 will be eligible. Address submissions to:

Palliser Greeting Card Showcase
Palliser Regional Schools
#101 3305 18 Avenue North
Lethbridge, AB T1H 5S1

Student Name: _____

(please print)

School: _____ **Grade:** _____

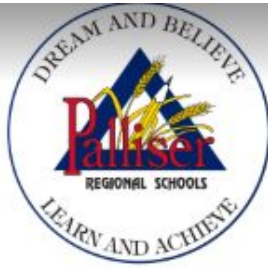
I agree to have my child's art, first and last name and school name featured on the Palliser website and shared with other online or traditional media and published on the Palliser greeting card.

Parent/Guardian Name: _____

(please print)

Parent/Guardian Signature: _____

Date: _____



Welcome the world to your home

Become a homestay family
for an international student

Palliser Regional Schools is looking for homestay families in southern Alberta for our International Student Program, to provide our students opportunities to deepen their appreciation for and understanding of other cultures. One of the great benefits of being a homestay family is the opportunity to build connections with a family from another country and see our way of life, schools and community attractions through the eyes of a newcomer.

Hosting an international student can be an enriching, engaging experience that will give your family and the student memories to last a lifetime. Many homestay families stay in touch long after the student's visit has ended.

Host families provide food, lodging and a supportive environment and offer cultural experiences to international students. Host families are paid \$750 per month per student hosted.

If you are interested in becoming a homestay family, and would like additional information about our International Program, please contact Barb McDonald at Palliser's Central Office at 403-328-4111, toll-free at 1-877-667-1234 or email barb.mcdonald@pallisersd.ab.ca.



Healthy Teens

November 2019 Parent Newsletter

Is Your Teen Considering Body Art?



Did you know that Alberta has health regulations to prevent the customers who get body art from getting sick? Since the 1990's the provincial government has had regulations that artists have to follow. If your teen is considering getting a piece of body art or piercing here are some things to ask:

- Is the shop clean?
- Is there hot and cold running water?
- Is the shop separate from where people live?
- Are the tools single service or reusable?

- If the tools are reusable then how are they sterilized?
- Did the artist wash his hands before putting gloves on?
- What pre and post skin care are you getting?

Body art does require consent. Removal can be more painful than application, so it is important to talk to your teen about choosing the right shop, the right artist and the right body location.

Articles

Is Your Teen Considering Body Art?

Surviving the Cut: Staying active when your teen doesn't make the school team

As the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>



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

Healthy Teens

November 2019 Parent Newsletter

Surviving the Cut:

Staying active when your teen doesn't make the school team

Tryouts for school teams are common in junior and senior high, so is the reality of getting cut from one or more of these teams. Not making the team can be a tough experience for teens emotionally, socially and physically, but it doesn't mean an end to their involvement in sport.

There are many opportunities for teens to be active outside school sports. Encourage them to look into community recreation programs in order to develop and practice their skills. Community sport can be a great way for your teen to meet new people, have fun and enjoy being active in a less competitive environment. If competition is what your teen is after, some community leagues may have structured divisions based on recreational or competitive play, which allows a teen to choose a level based on their needs and wants.

You could consider sports development camps in order to



further grow your teen's skills and abilities. When looking into programs, some things to consider are: the ratio of training to playing; how playing time is determined; the presence of the coach; and the emphasis on skill development or competition.

Being supportive of your teen is important for building and maintaining self-esteem and character. If your child gets cut from a school team, talk to them about what their goals are and provide them with options for how they can remain active, develop their skills, and have a positive experience with sport.