

NEWSLETTER

MARCH 2020

Principal's Message



Again, I would like to focus my message this month on nutrition and the impact it has on academic performance, focus, and fatigue.

As we all know, nutrition plays a big 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 and drinking.

The updated Canada Food Guide now 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 when we can.

As a parent of two boys, I often need to make an effort not to grab the packaged snack, and cut up some veggies. I too, can resort to convenience over health...so I often appreciate reminders like this one.

Hopefully the groundhog is right this time!

Mr. Prebs



IMPORTANT DATES:

- March 4: Wally's Hot Lunch
- March 4-6: "Treasure Island" Spring Production 7pm nightly
- March 6 & 7: Zone Basketball Championships @ Raymond
- March 8-11: Gr. 7/8 Band Trip
- March 11: Booster Juice Lunch
- March 11: Parent Teacher Interviews - 4:00 - 6:30pm
- March 12: Parent Teacher Interviews - 4:00 - 9:00pm
- March 17: Spring Pictures
- March 17: Parent Council Mtg 6:30pm
- March 18: 3G Hot Lunch
- March 19: Term #2 Ends
- March 19-20: Gr. 6 Band Trip (SABC)
- March 20: PD Day NO SCHOOL
- March 21-26: Marine Biology Trip
- March 23: Term 3 Starts
- March 25: Wiebe's Hot Lunch
- March 27: CMAS Annual Dessert Concert 6:30pm

March 11 & 12, 2020 PARENT TEACHER INTERVIEWS **ONLINE REGISTRATION**

RIBMS is continuing to use the online appointment booking system for Parent Teacher Interviews, the system will be live **March 2, 2020**

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 11 & 12!

SPRING PICTURES TUESDAY, MARCH 17!!!

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 reading strategies will be helpful when reading this type of text. The "Who Would Win" series by Jerry Pallotta and "Friend or Foe" by Etta Kaner will be the mentor texts used during the next few weeks. The historical fiction novel, "Underground to Canada", by Barbara Smucker is our read aloud novel this term.

Math: Our Place Value unit test is Tuesday, March 3rd. Study guides and reminders for the study sessions during the last week of February were emailed to parents. We will be learning more about decimals this month as they were introduced in our Place Value unit. Rounding, adding and subtracting decimals will be skills students will be practicing this month.

Science:

A, B, C - We will be finishing up the Classroom Chemistry unit during the first week of March. The test date will be posted on the grade 5 page closer to that time. Our next unit will be Weather.

5D - We are continuing with our Electricity and Magnetism unit. Students have learned about safety around electricity in public and around the home, and we will be starting some hands on activities including circuits and simple motors throughout March and April.

Social:

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



GRADE 6 POD NEWS

Language Arts: This month will be focused on news article writing in preparation for our PAT followed up by our poetry unit. We just finished up our story writing unit, with wonderful success and the mark for the final projects are on PowerSchool. I also suggest taking a look at the marked story in Google Classroom as there are in depth notes on each student's story. I hope you all have a wonderful March!

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: March will see us moving on to the Fractions unit. After reviewing proper fractions, this unit will focus on using improper fractions and mixed numbers. Students will also be doing daily work on multiplying whole numbers. I encourage all students to practice their basic multiplication facts at home on a daily basis to improve their speed and mastery of those basic facts.

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 are finishing 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 are just diving into our poetry unit. We will be looking at a variety of poetry texts/media and exploring how they are different from prose fiction and how we engage with them, understand them and learn from them. We will practice writing poetry pieces as we learn from mentor texts. We will be creating multimedia poetry projects to share with classmates at the end of the month.



Thank You to the Siminowski family for donating several copies of our book club novels to Mrs. Smith's LA class - it is greatly appreciated!

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 about 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 be working on our War of 1812 projects and completing Chapter 6. Students will then begin learning about the great migration and the push for democracy in British North America.

GRADE 8 POD NEWS

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.

Language Arts:

Mrs. Netzel: We will be diving into a deep study of literature for the novel *Freak the Mighty*, by Rodman Philbrick. This is a fantastical tale of two unlikely friends who take on the odds and conquer great adventures together. Most of the novel will be read in class, but there will be some “deeper investigation” that might require re-reading parts of the novel at home. I am looking forward to experiencing this fictional novel together.

Mrs. McDougall: The students will be completing their Information Books this month. The focus will be on revision, an essential step of the writing process, as well as the final editing of their book. Students will be researching to deepen their writing, and adding visual elements to support their text and its presentation. We will be concluding this writing unit with a celebration on April 2nd and 3rd, and we would love for you to come and look at our work! More details to come . . . :)

Science: We are continuing on in our study of biology, and will be focusing on the body systems. Over the unit, we will learn about the digestive, respiratory, circulatory, nervous and urinary system. We will finish up with a few projects and the frog dissection. We will then get into our Light and Optical Systems unit.

Social: The grade 8’s are working on a project where they are reviewing what they have learned about the Aztecs so far while understanding the complexities of the ‘Influencer’ career. We will be researching why the Spanish thought that developing a conquering worldview was a good idea. From there we will begin our study of the conflict between the Aztecs and the Spanish.

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.



A Rundown of Bears Athletics

“Let’s Go Bears!”



Badminton

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

March 17 Fairbairn Invitational Grade 8

March 18 Fairbairn Invitational Grade 6

March 19 Fairbairn Invitational Grade 7

March 27- Wilson Invitational (gr. 6- 8)

April 6- Gr.6 LSAA City Championship @ U of L

April 6 - County Badminton Tournament (gr. 7-8)

Apr. 7- Gr.7 LSAA City Championship @ U of L

Apr. 8- Gr. 8 LSAA City Championship @ U of L

April 25- Zone Badminton Tournament @ Medicine Hat

Looking forward to a great badminton season!

Basketball

Congratulations to our senior girls basketball team who finished second in the LSAA league. Good luck as you get ready for zones.

Thanks to all of 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 5th 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 Megan Leusink at megan.leusink@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!!



The “Beat” From the Music Room

Dessert Concert & Silent Auction is coming up this month on Friday March 27th 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.

Raffle Tickets are on sale now through RIBMS and KAHS band students. Tickets stubs and money should be returned to Mr. Conrad no later than March 20, 2020. If you would like access to additional tickets, please contact Mr. Conrad and your name will be added to the waitlist.

Grade 6 Band Trip - Thursday March 19-Friday March 20 - All Permission forms and payments should be submitted by Monday, March 16th.

Grade 7/8 Band Trip – SABC and Edmonton - All Permission forms and payments should be submitted by Tuesday March 3rd.

Grade 6 Lethbridge Festival - Monday, March 30th 10:00am at the Yates Theatre - \$3 admission fee at the door for those able to come watch the performance.

Spring Drama Production - “Treasure Island”

Our production of “Treasure Island” will run nightly March 4-6th at 7pm.

Tickets are available at the school office, \$7 for Adults and \$5 for children under 18 years of age.

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

“Everyone is a reader.....Some just haven’t found their favorite book yet.”

The library is continuously adding new titles to our collection to keep our readers engaged. If there is a title you would like to see on our shelves please talk to us about it. All requests are considered and appreciated.

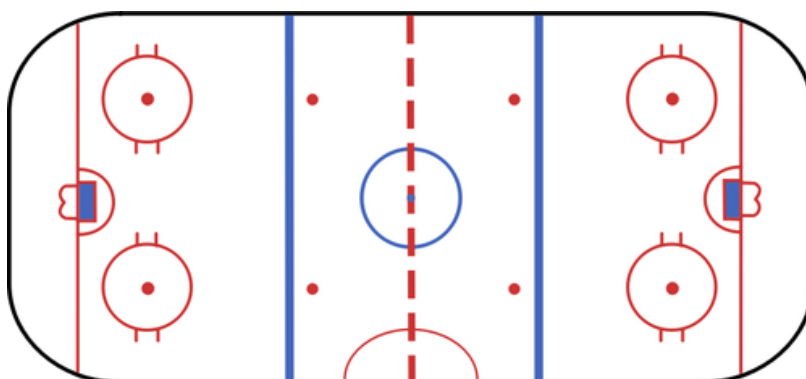
Quite a number of students have library books that are long overdue and emails have been sent home to inform parents and to hopefully encourage students to return these items. The library shelves have always been carefully checked for the items prior to the email being sent home. If the book has been lost or severely damaged your child is responsible for the replacement cost which is generally \$10.00 for a paperback and \$15.00-\$20.00 for hardcover items. Your assistance in having these items returned or replaced is appreciated.


Thank you!!



BAKER CUP - THURSDAY, MARCH 26

Our annual staff vs. students hockey game will take place on March 26th 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.



 TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

AGE RESTRICTION
12+
Under 18, supervision of a parent or legal guardian required.

What parents need to know about TIKTOK

MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'For you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniable young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.

National Online Safety #WakeUpWednesday

Safety Tips For Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.

USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may dash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.

ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.

EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.

LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 30 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



Healthy Eating

In Canada, March is Nutrition month. Palliser's Wellness Committee and Alberta Health Services have provided schools with some great resources that support healthy eating and nutrition. Below are some links to these tools and resources, as well as the benefits of healthy eating. In efforts to promote nutrition, we will be selling veggie bags in the canteen for the month of March for \$1.00.



What You Need To Know About Healthy Eating

Canada's Food Guide recommends eating a variety of healthy foods each day. This includes eating plant-based foods more often and choosing highly-processed foods less often.

The new Canada Food Guide also includes the following healthy eating habits:

- **Be mindful of your eating habits**
- **Cook more often**
- **Enjoy your food**
- **Eat meals with others**

5 Psychological Benefits of Eating Healthy

1. **Boosts your mood.**
2. **Can reduce depression symptoms.**
3. **Increases your overall brain function.**
4. **Increases energy levels.**
5. **Builds self esteem.**

Canada's Food Guide: <https://food-guide.canada.ca/en/>

Nutrition Month Website: <https://www.unlockfood.ca/en/NutritionMonth-2020.aspx>

5 Habits to Make Your Workday Healthier:

<https://www.unlockfood.ca/en/Articles/Workplace-wellness/5-Habits-to-Make-Your-Workday-Healthier.aspx>



March 2020

SUN Mar 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7	
			WALLY'S Lunch		Zone Basketball @ Raymond		
			7pm "Treasure Island" Drama Production				
8	9	10	11	12	13	14	
GRADE 7/8 BAND TRIP							
Daylight Saving Time starts		Commonwealth Day		Booster Juice Lunch			
				4pm Parent Teacher Interviews			
			4pm Parent Teacher Interviews				
15	16	17	18	19	20	21	
	St. Patrick's Day (Newfoundland and L)	Spring Pictures	3G Lunch	GRADE 6 BAND TRIP		Marine Bio Trip	
		St. Patrick's Day		END OF TERM #2	Division PD Day		
		6:30pm PARENT COUNCIL MTG					
22	23	24	25	26	27	28	
Marine Bio Trip							
	START OF TERM #3		Wiebe's Hot Lunch	Baker Cup			
					6:30pm DESSERT CONCERT		
29	30	31	Apr 1	2	3	4	
	Staff Meeting		A1 Lunch				

The Coaldale Figure Skating Club

Presents

"An Enchanted Journey"

Saturday March 14, 2020

1:30 pm at the Coaldale Arena

Special Guest Skater: Brooklyn Watmough



NAME: _____ HOMEROOM: _____

RIBMS - APRIL HOT LUNCH - Due - March 26 - 2019/2020

Student Name (R.I. Baker Middle School)

RIBMS - Hot Lunch is DUE March 26, 2020. NO LATE ORDERS WILL BE ACCEPTED
If your child is absent the lunch will be left in the fridge until the next day!

A1 - April 1
Booster Juice - April 8
3G Eatery - April 22
TAco in a Bag - April 29

April 1 - A1 Pizza

- 1 - Cheese Pizza [add \$3.25]
- 1 - Pepperoni Pizza [add \$3.25]
- 1 - Hawaiian - Pizza [add \$3.25]
- 2 - Cheese Pizza [add \$6.25]
- 2 - Hawaiian Pizza [add \$6.25]
- 2 - Pepperoni Pizza [add \$6.25]

April 8 - Booster Juice

- Mango Mania [add \$3.75]
- Berry Blossom [add \$3.75]
- Hawaiian Pizza (Pineapple, Ham, Pizza Sauce, Cheese) [add \$3.75]
- Protein Chicken - No sauce [add \$3.75]
- Pineapple Chill & Starberry [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]
- Garden Veggie [add \$3.75]

April 22 - 3G Eatery

- Chicken Wrap - Breaded Chicken, Ranch, Mozzarella, Lettuce [add \$3.50]
- BBQ Beef on Bun - Roast Beef, BBQ Sauce, Hamburger Bun [add \$3.50]
- Meatball Slider - Pork Meatballs, Marinara Sauce, Mozzarella, Hamburger Bun [add \$3.50]
- Pasta Salad [add \$2.00]
- Potato Salad [add \$2.00]
- 2 - Chicken Wrap - Breaded Chicken, Ranch, Mozzarella, Lettuce [add \$7.00]
- 2 - BBQ Beef on Bun - Roast Beef, BBQ Sauce, Hamburger Bun [add \$7.00]
- 2 - Meatball Slider - Pork Meatballs, Marinara Sauce, Mozzarella, Hamburger Bun [add \$7.00]

April 29 - Taco in a Bag

- 1 - Taco in a Bag [add \$5.00]
- 2 - Taco in a Bag [add \$10.00]

TOTAL: _____

Please order and pay @ <https://palliserregional.schoolcashonline.com/>



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

BABYSITTER COURSE

Be Prepared.



Coaldale

This course is intended for youths 11 - 17 years of age who want to look after infants and young children. Participants will learn basic skills which will prepare them to deal with emergency situations plus general principles of caring for infants and young children. Students will receive a manual and a certificate. ****Please bring a bagged lunch, water bottle and paper & pen****

Saturday, March 7 ~ Coaldale Public Library ~ 9 am - 4 pm

Please contact **The County of Lethbridge Community Learning Council**
to register **by February 27** **Cost \$60**

403-345-6009 ~ communityclasses.ca ~ 2014 - 18 Street, Coaldale

Healthy Children

March 2020 Parent Newsletter

Self-management

Why it's important to you and your child

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't. We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your



emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from www.parenttoolkit.com)

Articles

Self-management

Role Modeling a Healthy Relationship with Food

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 Children

March 2020 Parent Newsletter

Role Modeling a Healthy Relationship with Food

Kids often model what they see their parents do – and eating is no exception! It's important to know how your own relationship with food can affect children. By eating a variety of healthy foods, you can set a positive example for your kids.

Tips for healthy role modeling:

- **Eat together.** Enjoy meals as a family as often as you can. Meals are a time to connect with your children and share food traditions. Keep distractions like TVs and phones away from the table. For fun mealtimes, try these conversation cards: www.ahs.ca/assets/info/nutrition/ff-nfs-conversation-cards.pdf
- **Offer healthy foods.** Offer healthy meals and snacks and let kids decide how much to eat. Do not use food to bribe, punish, or reward. Children are more likely to enjoy meals and learn to try new foods when eating is their own choice.
- **Cook together.** Children learn about healthy eating and build skills in the kitchen when they help plan meals, shop and cook.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoid fad diets and role model healthy eating to help your child develop a healthy relationship with food. Avoid diets that:
 - Cut out foods: Some diets may promise better health by cutting out entire food categories, such as gluten,



or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.

- Promise fast weight loss: Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.
- **Talk positively about bodies.** Focus on health, not size. This can help children develop positive self-esteem and body image.

➤ **Do you want to know more about helping children to develop healthy habits and positive body image? Visit Raising Our Healthy Kids:** <https://vimeo.com/160413076>

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