

E-mail Address: [rossglen@sd76.ab.ca](mailto:rossglen@sd76.ab.ca) / Web Address: [www.rossglen.ca](http://www.rossglen.ca)  
APRIL 2011

- ❖ MAY 2 – SCHOOL RE-OPENS FROM EASTER BREAK
- ❖ MAY 2 – FEDERAL ELECTIONS – WE ARE A POLLING STATION
- ❖ MAY 5 – JUMP ROPE FOR HEART PM
- ❖ MAY 5 – SCHOOL COUNCIL SPRING DANCE
- ❖ MAY 6 – PARENT ASSOCIATION MTG – 2:00 PM
- ❖ MAY 9 – EVERGREEN THEATRE PRESENTATION
- ❖ MAY 12 – GR 6 MATH PART A Achievement Test
- ❖ MAY 17 – SCHOOL COUNCIL MEETING 7:00 PM
- ❖ MAY 17 - GR 3 LA Part A Achievement Test
- ❖ MAY 18 – GR 6 LA Part A Achievement Test
- ❖ MAY 20 – NO SCHOOL/Teacher Collaboration/Staff Mtg.
- ❖ MAY 23 – NO SCHOOL – Victoria Day

### Improve Student Learning

Careful examination and interpretation of the results can help reveal areas of relative strength and weakness in student achievement. Teachers and administrators can use this information in planning and delivering relevant and effective instruction in relation to learning outcomes in the *Programs of Study*.

### Enable Accountability

Alberta Learning and school jurisdiction personnel are responsible for ensuring that high-quality education is provided to all students in the province.

Information about achievement results is provided to

- schools and jurisdictions
- parents
- the public



so that they may know how well students in their schools are meeting local targets and provincial expectations.

### Interpreting Results

Achievement tests assess only part of what is to be learned. In addition, many factors contribute to student achievement. Personnel at the school authority and school levels are in the best position to appropriately interpret, use and communicate school authority and school results in the local context.

#### Grade 3

May 17-Lang. Arts A  
June 14-Lang. Arts-B.  
June 16-Math-B

#### Grade 6

May 18-Lang. Arts A  
June 14-Social Studies  
June 16-Lang. Arts B  
June 17- Science



**PRINCIPAL'S MESSAGE**  
- Mrs. T. Bullin

## Achievement Testing Program

In May and June Grade Three and Grade Six will be writing the Provincial Achievement Tests. The schedule for this testing will follow this information. Since these tests are very important to us, please make sure your child attends school on these days.

### Purpose

The purpose of the Achievement Testing Program is to:

- determine if students are learning what they are expected to learn and report to Albertans how well students have achieved provincial standards at given points in their schooling
- assist schools, jurisdictions, and the province in monitoring and improving student learning

**PROVINCIAL ACHIEVEMENT FIELD TESTS:** In the next few weeks, our grade 3 and 6 students have the opportunity of writing "Field Tests." These tests are similar to the achievement tests. When students write the Field test they are exposed to the type of questions and the material that will be on the achievement tests. This gives both the teachers and students a great opportunity.

**KINDERGARTEN AND GRADE ONE REGISTRATION FOR 2011/2012** - We will continue to accept Kindergarten and Grade One Registrations for as long as it takes to get all children registered. If you know of anyone, who has not been registered, please encourage the parents to contact Ross Glen School (529-2960) as soon as possible. Your cooperation and support are appreciated. **FOR THOSE PARENTS WHO HAVE REGISTRATION FORMS OUT, PLEASE RETURN THESE TO THE OFFICE ASAP.**

**MRS. MCDOUGALL'S 4A CLASS** would like to thank **Canyon Technical Services Ltd.** for the wonderful pizza lunch they enjoyed on Friday, April 1st. The pizza was from Pizza Hut. Tianna Petersen's name was drawn at her dad's workplace; the class won the free pizza party. **THANK YOU Canyon Technical Services Ltd.**

**HUMAN SEXUALITY** – On May 19<sup>th</sup> the Health Unit nurses will be covering theme V which is the Human Sexuality Unit. Grades 4, 5 and 6 will be taught basic information. Letters will be going home soon.

## **JUST A FEW REMINDERS:**

Students arriving at school **prior to 8:15** (with the exception of Safety Patrols) should be registered in the **Before School Program** as there are no supervisors outside until 8:15.

Students wishing to return to the classroom(s) after 4:00 p.m. **MUST BE** accompanied by their parent(s). This is to provide some assurance that their return to the classroom is without incident.

If your **address or contact numbers** have changed recently, please notify the office ASAP. This would include any new work numbers for parents as well.

**Please call the school office** at 529-2960 **if your son/daughter will be absent from school for any reason.**

**School fees are past due!** Letters were sent by mail. If you have not paid these fees, please call the office to make arrangements so this can be taken care of as soon as possible.

## **ROAD RUNNER REPORTER DRAW FOR APRIL**

The following students will receive an ice cream treat after our Spirit Day Assembly on April 21<sup>st</sup>.

|                       |                     |
|-----------------------|---------------------|
| Brendan Ashby 4B      | Charlotte Bijman 2B |
| Romy Bijman 4B        | Toon Bijman 2B      |
| Gabrielle Campbell 2A | Rylynn Campbell KB  |
| Kaelyn Fowler 3B      | Chalita Singha 4A   |
| Worarat Singha 6A     | Estee Stone 5A      |
| Chase Vanderham KB    | Maloney Young 4B    |

**BICYCLE SAFETY** - All bicycles that are kept in our bicycle compound should be secured to the racks with some sort of chain and lock. Your cooperation and support will help in keeping your child's bicycle secure.



Please also note that it is the law that all children must wear an approved bicycle helmet.

**TEACHER COLLABORATION/STAFF MEETING DAY – MAY 20, 2011** – A reminder that there is no school on May 20<sup>th</sup> due to **Teacher Collaboration/Staff Meeting Day**.

**VICTORIA DAY - NO SCHOOL** - The Victoria Day Holiday is scheduled for **Monday, May 23, 2011**. Students will be dismissed from school on this day. School resumes again on **Tuesday, May 24, 2011**.

**FUN FIELD FUN DAY** - Each year Ross Glen School holds its annual Fun Field Day. This year our Fun Field Day is tentatively scheduled to be held on Tuesday, June 28, 2011. More information will follow in the next Road Runner Reporter.



**INTRAMURALS UPDATE** – The intramural program will be wrapping up on Thursday, May 19/2011. On this day, we welcome teachers and students in grades 1-6 to join us in a game of the Leader's choice. If you would like to earn extra individual and team points you have until May 18/2011. Leaders will be rewarded with a "wind up party" (date to be determined) for all their hard work that went into the Intramural program. I'm truly grateful for these Leaders who contributed greatly to the success of the program.....I will miss them dearly!

**GRADE THREE FIELD TRIP** - We are excited that the Grade 3s are taking part in a field trip to the Calgary Children's Festival, Glenbow Museum and Calgary Tower on Thursday, May 26, 2011.

This trip has been made possible due to generous funding from School Council, Parent Association, fundraising and the students themselves.

### **SAFETY PATROL NEWS – Spring Driving Hazards**



At this time of the year, the driving conditions can change drastically. With temperatures fluctuating above and below zero, the condition of the road surface can change from one day to the next, and even within the same day. Above zero and the road is wet. Below zero and that water on the road has changed to black ice. When patrollers work in the morning, the road could be icy, but by afternoon, that ice could have changed to water. Another factor affecting road conditions, particularly around intersections is the gravel on the road which was spread all through the winter, but has yet to be picked up. Stopping distance on gravel is very similar to ice. Because of the poor traction, a vehicle is going to take a long time to stop on gravel. Patrollers have to keep this in mind when patrolling at this time of the year. The snow and ice may be gone, but the gravel remains, so stopping distances are increased because of it.

### **Patroller of the Month Congratulations to Tyler Warkentin for being chosen as April's Patroller of the Month!**

**Elections** - Now is the time to put your name forward for a position on next year's School Council! Information about each position and nomination forms will be available soon. Elections (or appointments) will occur at the May 17 meeting. Please consider volunteering for a position. We need many people to help if we are going to be able to continue to offer the "extras" to the students and school that we do currently. Unfortunately, some events may change or disappear if more volunteer help is not available.

**Spell-a-thon Update** - We are pleased to announce that we raised almost \$11 000.00 through our spell-a-thon this year! Congratulations to our students and their families for all of their hard work. Prizes were distributed at the April Spirit Day assembly. Watch next month's newsletter for a list of our major prize winners! A special thank you is extended to Rebeca Rothfus, our school council Treasurer. Despite having a full time job, Rebeca puts in countless hours managing our funds.

She was especially busy during our spell-a-thon, often making daily deposits. We really appreciate all of her hard work.

**Spring Dance** - Watch for details about our spring dance, coming up on Thursday, May 5.

**Thank you!** - Thanks again to all of those who supported our Spirit Day lunch and bake sale. We have one more Spirit Day lunch prior to our free lunch at Fun Field Day in June. We will be looking for volunteers to help with this lunch, so watch for details! We would also like to extend our appreciation to Mrs. Baumbach in the front office. In addition to all of her regular tasks, she works tirelessly to support the work of the School Council. Despite our many mistakes, she is always gracious in her assistance, and never seems to mind even our last minute requests for help. We are very lucky to have such great support.

### **FEEDING KIDS SMART SNACKING TIPS FOR CHILDREN**

Smart snacking can help children meet daily nutrient requirements that may be missed at meal times. Children may need snacks, or "mini meals", to help them get enough calories (energy) throughout the day. So choosing healthy foods that add nutrients—without excessive calories—to their diets is essential.

**Snacking tips** – To avoid weight gain, keep portions small.

Plan ahead and buy healthy snacks at the supermarket – you will save money and will make better choices.

Provide kids snack choices and make the choices you offer reasonably nutritious.

Pre-portion your child's snacks into small plastic bags to grab on the go or put a snack-sized serving on a plate.

For older children, designate an area in your refrigerator or cupboard for healthy snacks that you have selected and your kids like – let them help themselves without having to ask permission.

Combine snacks from at least two foods groups, like a protein and a carbohydrate, to pack more nutrients into your child's diets – it will be more filling and will tide them over until their next meal.

Adding 1 % or skim milk to cereal and graham crackers or peanut butter to crackers or fruit is an easy way to add calcium and protein to an otherwise carbohydrate-only snack.

If chosen carefully, snacks can promote good health by supplying nutrients without adding too many calories. Remember: Space snacks far enough away from meals so appetites are not spoiled.

Next time you or your kids need to re-fuel, try any of the following quick, healthy snacks:

**Dairy**

- String cheese and fruit (canned or fresh)
- Nonfat cottage cheese or yogurt with fruit
- Smoothies with milk or yogurt and sliced bananas or strawberries
- Whole-wheat crackers with cheese or peanut butter
- Yogurt with fresh fruit or granola
- Low-fat chocolate milk
- Scoop of ice cream or frozen yogurt with fresh berries

**Fruits and Vegetables**

Raw vegetable sticks with low-fat yogurt dip, cottage cheese or hummus

**Grains**



Please sign, cut off, and return it to school if you have read the Roadrunner Reporter thoroughly with your child(ren). A draw will be held each Spirit Day assembly in which your child's slip could be drawn for a reward. We hope this will continue to create interest and awareness of the great past, present, and future events of Ross Glen School! Have a great month!

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My child(ren), \_\_\_\_\_ in Grade(s) \_\_\_\_\_ A / B, and I have read the Road Runner Reporter.

\_\_\_\_\_  
**PARENT/GUARDIAN SIGNATURE**

- Cereal – dry or with milk
- Baked potato chips or tortilla chips with salsa
- Pretzels (lightly salted or unsalted) and a glass of milk
- Bagels with tomato sauce and melted cheese
- Flavored rice cakes (like caramel or apple cinnamon) with peanut butter
- Popcorn-air popped or low-fat microwave
- Whole-grain crackers or English muffin with peanut butter
- Vanilla wafers, gingersnaps, graham crackers, animal crackers or fig bars and a glass of milk
- Apples and cheese – pears and other fresh fruits work too?
- Baby carrots
- Fruit salad
- Applesauce cups (unsweetened)
- Frozen fruit bars
- Dried fruit such as raisins or plums and nuts





## Stress Awareness

Stress is a normal part of life. We all experience it from time to time, but it's what we do about it that makes the difference. Here are some tips for improving your mental health:

- **Take care of yourself physically:** put some activity into your day, even a walk can help clear your head. Eat healthy foods and drink plenty of water.
- **Breathe and relax:** when you feel stressed, slow it down, close your eyes and focus on your breathing. Each time you breathe out, relax your body. Do this for a few minutes until you feel calm and relaxed.
- **Stay connected:** Spend time in caring and supportive relationships with family and friends.
- **Develop or improve your skills:** Learn to prioritize, deal with conflict, communicate assertively, and don't sweat the small stuff.

For more information, go to

[www.albertahealthservices.ca/mentalhealth.asp](http://www.albertahealthservices.ca/mentalhealth.asp)

## Which Helmet?

### Why helmets are important?

For many recreational activities, wearing a helmet can reduce the risk of a serious head injury and even save your life.

### How can a helmet protect my head?

During a fall or collision, most of the impact energy is absorbed by the helmet, rather than your head and brain.

### Are all helmets the same?

No. There are different helmets for different activities. Each type of helmet is made to protect your head from the impacts common to that particular activity or sport – bike helmets are not the same as hockey helmets. Be sure to wear a helmet that is appropriate for the particular activity you're involved in. Some helmets may not protect your head as effectively. To find out which helmet to use go to:

[www.thinkfirst.ca/safetyinfo.aspx](http://www.thinkfirst.ca/safetyinfo.aspx)

## World No Tobacco Day – May 31

Smoke free environments like homes and vehicles are important for the health of children. Growing up in a smoke free environment reduces the risk of cancers and respiratory diseases such as asthma and lung infections. These are many health benefits children can experience by growing up in smoke free world.

Growing up smoke free spaces also goes a long way in **preventing children from becoming tobacco users themselves** (Regardless of whether their parents or guardians smoke).

On World No Tobacco Day, May 31, consider or making your home and vehicles smoke free.

For more information visit:

[www.albertahealthservices.ca/2460.asp](http://www.albertahealthservices.ca/2460.asp)

## Three Underrated Foods

**Sunflower seeds.** Sunflower seeds are rarely in the spotlight. That's a shame, because sunflower seeds are as good as most nuts...and they're cheaper. For a snack, buy sunflower seeds in the shell. For tossing on salads or yogurt, buy them unsalted and shell-free. Roast them for richer flavor.

**Plain yogurt.** Plain yogurt has a tartness that's a perfect match for the natural sweetness of berries, bananas, or peaches AND it has more protein, potassium, calcium, zinc, and B vitamins than sweet yogurt. Add a dash of vanilla for even more flavor.

**Watermelon.** Two cups of watermelon has 38 percent of a day's vitamin C and 32 percent of a day's vitamin A for only 85 fat-free, salt-free calories. Bonus: watermelon is one of the fruits with the fewest pesticide residues.

# No Helmet. No Bike. It's the Law

**Parents: Be a positive role model. Always wear YOUR helmet.** Children will wear their helmets almost 100% of the time if they are riding with an adult who is also wearing a helmet.

**Check your child's helmet regularly. The following checklists will help you keep helmets working and fitting properly.**

## Helmet Structure Checklist:

- The structure of the helmet is acceptable
  - Check the shell and liner of the helmet for cracks or dents
  - Ensure all fasteners and clips are working properly
  - Examine retention straps for wear, cuts or frayed edges
- The helmet meets proper safety standards
  - Check the inside of the helmet for a sticker that displays CPSC, CSA, ANSI or Snell approval for cycling
- The helmet is less than five years old.
  - A helmet should be replaced every 3-5 years.
- The helmet has not suffered a large impact.
  - Any helmet that has been worn during a crash, a fall, or has been hit hard should be inspected by a qualified retail outlet to ensure it is still in good condition and will properly protect your head. The best practice would be to replace the helmet.

## Helmet Fit Checklist:

- Is level from front to back and sits 2 finger widths (approx. 3 cm) above the eyebrows.
- Sits squarely on top of the head protecting the forehead and the back of the head.
- Fits snugly so it does not slide around on the head.
- Can only be removed by undoing the retention straps.



For more information on bicycle safety contact the Office of Traffic Safety  
(780) 422-8839 (for toll free service outside of Edmonton dial 310-0000)  
or visit [www.saferoads.com](http://www.saferoads.com).

# May 2011

Sun

Mon




Tue

Wed

Thu

Fri

Sat

|  |  |   |   |  |   |    |
|--|--|---|---|--|---|----|
| 1  | 2<br>1ST DAY BACK FROM EASTER BREAK<br><br>FEDERAL ELECTION  | 3   | 4<br>PRIMARY MIND CHALLENGE PM  | 5<br>*DON LEMNA VISITS GR 4<br>*JUMP ROPE FOR HEART<br>*SPRING DANCE   | 6<br>PARENT ASSOCIATION MTG 2:00                                      | 7  |
| EDUCATION WEEK - PUBLIC EDUCATION - THE "HEART OF OUR COMMUNITIES"                                     |  |   |   |  |   |    |
| 8<br>MOTHER'S DAY<br> | 9<br>EVERGREEN THEATRE 1:30 "GOING TO EXTREMES"  | 10  | 11  | 12   | 13  | 14 |
| 15   | 16   | 17<br>*SCHOOL COUNCIL MEETING 7:00 PM<br>*PROVINCIAL ACHIEVEMENT TEST GR 3 LANGUAGE ARTS PART A | 18<br>PROVINCIAL ACHIEVEMENT TEST GR 6 LANGUAGE ARTS PART A                         | 19<br>*KINDERGARTEN FIELD TRIP TO TYRELL MUSEUM<br>*GR 4/5/6 HUMAN SEXUALITY PROGRAM   | 20<br>NO SCHOOL FOR STUDENTS<br>TEACHER COLLABORATION / STAFF MEETING | 21 |
| 22   | 23<br>VICTORIA DAY HOLIDAY<br>NO SCHOOL<br> | 24  | 25<br>MIND MANIA CHALLENGE PM   | 26<br>*GR 4 FORT WHOOP UP<br>*GR 3 TO CALGARY CHILDREN'S FESTIVAL  | 27  | 28 |
| 29   | 30<br>HEP B/HPV IMMUNIZATIONS FOR GR 5   | 31  |  | GRADE 3 AND GRADE 6 ACHIEVEMENT TESTS THIS MONTH. PLEASE CHECK DATES AND BE SURE YOUR CHILD IS WELL RESTED AND PREPARED FOR THEIR EXAMS. |   |    |


May 2011


\*All color groups (12:20-12:45)

| Monday<br>JUNIOR (grade 1&2)               | Tuesday<br>INTERMEDIATE (grade 3&4)  | Wednesday<br>SENIOR (grade 5&6)  | Thursday<br>GRADE 1-3  | Friday<br>GRADE 4-6  |
|--|--|--|--|--|
| 2  | 3  | 4  | 5  | 6  |
| Pirate Tag                                 | Classic Kickball   | Slow-Pitch<br>Baseball   | Open Gym<br>(12:20-12:45)  | Wrestling<br>(12:20-12:45)   |
| 9  | 10   | 11   | 12   | 13   |
| Big Net Soccer                             | Pirate Tag   | Swamp Ball   | Open Gym<br>(12:20-12:45)  | Wrestling<br>(12:20-12:45)   |
| 16   | 17   | 18   | 19   | 20   |
| Parachute Fun<br>&<br>Track and Field      | Track and Field  | Track and Field  | Last Day of Fun!<br>Students grade 1-6 and<br>Teachers are welcome!<br><br>(12:20-1pm) | <b>NO SCHOOL</b>   |
| 23   | 24   | 25   | 26   | 27   |
| <b>NO SCHOOL</b>                           | <b>NO INTRAMURALS</b><br><br><b>SOBRY!</b>   | <b>NO INTRAMURALS</b><br><br> | <b>NO INTRAMURALS</b><br><br><b>SOBRY!</b>   | <b>NO INTRAMURALS</b><br><br> |
| 30   | 31   |  |  |  |
| <b>NO INTRAMURALS</b><br><br><b>SOBRY!</b> | <b>NO INTRAMURALS</b><br><br> |  |  |  |



A monthly publication provided by your child's school in recognition of your role as a partner in education.

# Resources for Families

April 2011

## Make learning last summer long

When it comes to summer vacation, kids need more stimulation than a TV and a full refrigerator. During the summer the average student forgets much of the math and reading skills learned during the previous school year. Parents can help prevent this loss as well as the frustration their child feels. Here are some ways you can help.

- Ask teachers for a summer reading list and fun learning activities to do with your child.
- Read. Let your children see you spend time reading, and make sure to set aside time each day for reading. Some parents attach an incentive to reading time.
- Visit the library often. Sign up for summer reading programs. Find the stacks of children's magazines, and take some home for fun reading times.

Remember to keep the learning creative and fun. It is summertime, and because there is no competition with regular classroom assignments, it's the perfect time to learn new and exciting things. During the summer there are many activities at museums and parks. Check your local paper for scheduled summer events and activities.

Talk to your children about their use of different forms of media and technology, and ways to be safe while using them. Set aside some time to create or update a media use contract with each of your children. Visit Media Awareness Network for ideas and resources: [www.media-awareness.ca](http://www.media-awareness.ca).

- Encourage art projects. Save up loose change and head to the craft store to find an inexpensive project to do together. It might involve counting and sorting, or mixing ingredients to make paint or clay.

- Play word games. Groceries and discount stores have inexpensive books with crosswords and word search puzzles. Sit down together and solve a puzzle.
- Plan a vacation together. Visit the library or go online together to find out all you can about the places you plan to visit this summer. Read maps and guidebooks. List the sights you want to see along the way. Plan a budget for the trip as well. A fifth- or sixth-grade child can even help calculate gas mileage every time you fill the tank.
- Make a scrapbook of photos and mementos of your summer trip. Have your children write out captions below each item.
- Write a family newsletter and produce it on the computer.
- Teach your children the culinary basics. Even the smallest youngsters can be a big help in the kitchen, and when everyone pitches in, it's easier for parents to plan and prepare healthy meals. Make cookies, or some other tasty treat, together. Have your children read the directions to you. Let them measure the ingredients. For a challenge, double the recipe and have them figure out the new measurements.
- Assign summer jobs. Doing household chores provides important life skills and teaches responsibility.
- Plant a garden. If you don't have much room, plant a couple of flowers in pots. Give your children some responsibility for these growing plants, like watering and weeding.

- Learn about nature. Children are outside and become curious about plants, insects, and weather. Summertime is the best time to explore the outdoors. Ask your children's teachers for a list of resources (Web sites, magazines, etc.) that have science experiments you can do together, making those long, hot summer days fun and exciting.
- Get a hamster or goldfish. Have your children write up an agreement about taking care of the animal, cleaning its cage or tank, feeding, etc.
- Find a summer school class nearby where your children can have fun AND focus on skills that need reinforcing.
- Sign your children up for summer camps, church Bible schools, and library reading clubs. These activities will teach valuable skills and lessons.