

## January 2010

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

### IMPORTANT DATES TO REMEMBER

- ❖ FEB 2 - GR 3 SWIMMING LESSONS
- ❖ FEB 2 - SCHOOL COUNCIL MEETING 6:45
- ❖ FEB 3 - KINDERGARTEN NOON DISMISSAL
- ❖ FEB 8 - SPELL-A-THON PLEDGE SHEET AND WORDLISTS HOME
- ❖ FEB 9 - GR 3 SWIMMING LESSONS
- ❖ FEB 10 - WINTER WALK
- ❖ FEB 11 - OLYMPIC ACTIVITIES/9:15 OPENING CEREMONIES
- ❖ FEB 11- VALENTINE ACTIVITIES PM ONLY
- ❖ FEB 12 -NO SCHOOL FOR STUDENTS TEACHER COLLABORATION / STAFF MEETING DAY
- ❖ FEB 15-19 - NO SCHOOL FOR STUDENTS (FAMILY DAY WEEK)
- ❖ FEB 22 - WELCOME BACK!
- ❖ FEB 24 - SPELL-A-THON PLEDGE SHEET DUE TO TEACHERS
- ❖ FEB 26 - SPIRIT DAY LUNCH / ASSEMBLY
- ❖ FEB 26 - SPELL-A-THON TEST TODAY



### PRINCIPAL'S MESSAGE -

Mrs. Bullin – The time is flying by! It is February already, which is hard to believe. However, as far as I am concerned, Spring can come at any time! It has been a long cold winter!

We are all looking forward to plus side temperatures.

**What is AISI?** The Alberta Initiative for School Improvement (AIS) was developed through a collaborative partnership of the education community in 1999, and first implemented in all Alberta School authorities in the year 2000. The goal of this program is to **improve** student learning and performance by fostering initiatives that reflect the unique needs and circumstances of each school authority.

AISI has had the following impacts on the culture of schools in Alberta:

- Improved student learning
- Innovation and creativity
- Shared language

- Research in classrooms
- Shared and distributed leadership
- Engaged parents

**So:** AISI is a bold approach that supports the improvement of student learning by encouraging teachers, parents and the community to work together.

### So what is Ross Glen doing? Cycle I 2009/2010

1. Teachers and students will be working together to improve thinking and learning.
  - ❖ Students and teachers will gain an understanding of **questioning techniques** that would promote student involvement, enhance our problem-solving skills and promote student engagement
  - ❖ Asking a range of questions in the classroom allows teachers to engage all learners in thinking at all levels of complexity

### Bloom's Taxonomy: A Review

1. **Knowledge/Remembering** – recall, recite (easiest)
2. **Comprehension/Understanding** – explain, provide examples
3. **Application** – act on understanding and apply what we have learned
4. **Analysis** – compare/contrast – pull apart
5. **Evaluation** – judge, based on criteria (most difficult level)
6. **Creation** – imagine, invent, compose, generate new ideas.

When teachers find ways to increase the level of student engagement in learning activities, students will be more successful. Questioning techniques at higher levels increase student engagement, because they promote a deeper understanding of the problem.

2. Teachers and students will be working together on Mind Mania Challenges, which will help our students learn to solve challenges and find solutions.
3. Using inquiry-based approaches to teaching and learning will improve our learning.

**REMINDER TO PARENTS:** Please be sure to let the office know if you have any changes to your telephone, address or contact information.

**NOTICE RE LUNCH ORDERS** – Beginning February 8 we will no longer have Pizza Pops available to purchase. We will instead be selling the following for \$1.50 – Bagel Bites, Chicken Chimichangas, and Pineapple Chicken Skewers.

**THE JOHN HOWARD SOCIETY** will be providing **BULLYING AWARENESS PRESENTATIONS** for students in K – 6 beginning February 8, 2010.

**WINTER WALK** - All Ross Glen students and staff will be participating in a Winter Walk on February 10<sup>th</sup>. Please be sure your child is dressed appropriately for that day. Check [www.shapeab.com](http://www.shapeab.com) for more information on this activity.

**OLYMPIC ACTIVITIES** – Ross Glen School will be holding our own Olympic events for all students on **February 11** in the morning. Opening Ceremonies of the games will begin at about 9:15 with the competitions starting at about 10 until noon.

**VALENTINE'S DAY** – Valentine's Day activities will take place on Thursday February 11, 2010 in the afternoon. Your child's teacher will let your child know what activities will be taking place.

**NO SCHOOL FEBRUARY 15-19 INCLUSIVE:**

**PLEASE NOTE:**  
**THERE WILL BE NO EXTENDED SCHOOL ACTIVITY PROGRAM DURING THIS WEEK.**

**FAMILY DAY HOLIDAY** - Monday, February 15, 2010 is designated as **FAMILY DAY**, a Provincial Holiday.

**Tuesday, February 16, 2010** is a day in lieu for Parent/Teacher Interviews in November.

**Wednesday, February 17, 2010** is a day in lieu for Parent/Teacher Interviews in March.

**TEACHERS' CONVENTION** - Teachers' Convention is slated for **February 18 and 19, 2010.**

**THERE WILL BE NO CLASSES** for students on those days.

**EXEMPLARY STUDENTS FOR DECEMBER/JANUARY** – These students have demonstrated outstanding academic achievement, outstanding and consistent effort, outstanding citizenship, and/or above average improvement in work habits or academic achievement:

- |                     |                       |
|---------------------|-----------------------|
| Ella Nichols 1B     | Taylor Molloy 2A      |
| Madison Pedersen 2B | Logan Terrill 2B      |
| Sam Kruger 3A       | Madison Wells 3B      |
| Tyson Goldie 4B     | Brandon Truscott 4B   |
| Emily Fraser 4B     | Sarah Stober 4B       |
| Joshua Hirsch 4B    | Austin Cross Child 5A |
| Michael Semko 5A    | Billy Smith 5B        |
| Rylan Wilson 5B     | Colby Earle 5B        |
| Ashley Zeller 4A    | Abigail Lunge 4A      |
| Troy Gidney 4A      | Rachel Wiedemann 6A   |
| Karsen Rau 6A       | Justin Saucier 6A     |

**EXEMPLARY STUDENTS FOR JANUARY**

- |                    |                     |
|--------------------|---------------------|
| Tyler Warkentin 1A | Lexy Milne 1B       |
| Josh Fraser 1 /2   | Natalie Truscott 2A |
| Tanner Radtke 3A   | Cayson Helmle 3B    |
| Abigail Lunge 4A   | Jessica Schmitt 4A  |
| Caydin Cleland 4A  | Ishaan Patel 4A     |
| Emily Fraser 4B    | Tyler Warkentin 4B  |
| Kay-Lynn Pinto 4B  | Tyson Goldie 4B     |
| Savannah Zee 4B    | Megan Lewis 5A      |
| Taylor Sweet 5A    | Ohnesty Marr 5A     |
| Amber Smith 6A     | Cali Yearwood 5B    |
| Mitch Bartlett 6A  | Brandon Lushman 6A  |
| Chad Yeomans 6A    | Jasmin Proteau 6B   |



**STUDENT OF THE MONTH** – We would like to congratulate our student of the month for December, **COLBY EARLE**



**STUDENT OF THE MONTH** - We would like to congratulate our student of the month for **January**  
**TYSON GOLDIE**

**PRINCIPAL PALS:** Lucky winners for December were:

Alexis Blomander	Sherwood Loewen 1B
Aiden Price 1 /2	Natalie Truscott 2A
Jada Harper 2B	Tanner Winter 3A
Taylor Johnson 3B	Hunter Miller 4A
Tyson Goldie 4B	Kayla Chouinard 5A
Colby Earle 5B	Mikaila Cullihall 6B
Jonathon Deschambault 6A	

Pizza lunch was held in our library on Tuesday, January 5, 2010.

**PRINCIPAL PALS FOR JANUARY:**

Raya Mallapre 1A	Kirah Adams 1B
Elic Ayomanor 1 /2	Taylor Malloy 2A
Kyden Moore 2B	Sam Kruger 3A
Alexandra Stanke 3B	Hudson Holst 4A
Danny Daniel 4B	Justice Sawrie 5A
Artur Gergley 5B	Chad Yeomans 6A
Linden Seibel 6B	

Pizza lunch will be held in our library on Tuesday, January 26, 2010.

**ROAD RUNNER REPORTER DRAW DECEMBER:**

Lucky winners were treated to an ice cream treat after the December Spirit Day Assembly.

Davis Grona 4A	Sean Hales 1A
Jada Harper 2B	Hope Harper 1B
Daysha Hefner 4A	Sam Kruger 3A
Aidyn Martin KA	Austin Newton 4A
Angie Rabb 4B	Li Sicotte 3B
Branson Zee 5B	Savannah Zee 4B

**ROAD RUNNER REPORTER DRAW FOR**

**JANUARY:** Lucky winners were treated to an ice cream treat after the January Spirit Day Assembly.

Talissa Bergdahl 6A	Halle Cruthers 1B
Sarah Edison 4A	Ohnesty Marr 5A
Logan Nguyen KC	Shayla Nguyen KC
Ella Nichols 1B	Michelle Pinder 2A
Grayson Price KB	Justyn Price 3A
Jessica Schmidt 4A	Laura Schmidt 6A

**SAFETY PATROL NEWS:**

Brrr! As temperatures have dropped, the tasks involved for a safety patroller seem less desirable. We truly appreciate the hard work our patrollers are doing. Congratulations to **Emily Kress** for earning **Patroller of the Month for January**. Well done!

**AMA SCHOOL PATROL SAFETY REMINDER FOR PARENTS:**

**Safety Patrollers Do Not Control Traffic!** The AMA School Safety Patrollers have been keeping kids safe since 1937 and in the entire history of the program there has never been a fatality. Safety Patrollers are taught to be safe at all times and ensure that the crosswalks are safe for all children to cross. AMA School Safety Patrollers DO NOT control traffic, they make crosswalks safe for children to use.

AMA School Safety Patrol offers the following safety tips to parents and motorists:

- recognize the school zones and obey speed limits
- Look for bicycles, AMA School Safety Patrollers or children playing
- Scan between parked vehicles where children are hard to see
- Park a minimum of 5 meters away from crosswalks, not on them
- Set a good example at crosswalks by co-operating with patrollers
- Drive with your headlights on at all times so children and other drivers can see you
- Make eye contact with children to ensure that they know you see them
- Avoid using cell phones and other distractions while driving
- Expect the unexpected so you can be prepared to take action!

**PLEASE SET A GOOD EXAMPLE FOR YOUR CHILDREN BY CROSSING AT CROSSWALKS and NOT IN THE MIDDLE OF THE STREET and by NOT PARKING IN ANY "NO PARKING" ZONES IN THE PARKING LOTS AND ON THE STREET. THANK YOU.**

**SCHOOL COUNCIL** – Grade 3 Swimming Lessons started this past month. Our students head to the Leisure Center each Tuesday morning. They have been very excited about their lessons and are doing very well thus far. Lessons wrap up by mid February.

**Canada Wide Teacher and Support Staff Appreciation Week Feb.8 – 12, 2010.** Want to participate in acknowledging the terrific staff at Ross Glen School. Here is a great time to do it!!! Any parents interested in bringing a treat to the staffroom during this week should let Carrie Stober know which day you are planning on at 403 -529-6191 or [Rodster3@telus.net](mailto:Rodster3@telus.net) by February 5.

**Heads up \*\*\*Spell a Thon\*\*\* is on its way!!** We will be holding our annual Spell-a-thon on February 26<sup>th</sup>, 2010. The committee is asking for donations to use as prizes. The prizes can be of any value. **ANY** donations would be greatly appreciated. Items can be dropped off with Mrs. Baumbach at the office or you can call Carrie Stober at 403-529-6191 or [Rodster3@TELUS.NET](mailto:Rodster3@TELUS.NET). Letters stating this request are also available from Carrie Stober or the office. Information packages and the list of words will be sent home in February . Thanks in advance for your support and participation.

**SPIRIT DAY SHOUT OUTS!!!** Thanks to the following people for helping out with our Spirit Day Lunch , Yvonne Bijman, Krista Bourke, Brenda Yeomans, Catherine Fraser and Carrie Stober. Having so many hands sure makes the lunch preparation go fast. THANK YOU!!!! This month the students enjoyed hot dogs, chips, and homemade Oreo Cookies.

Thanks to all of our **family bakers** who so generously drop off items monthly for our **bake sale**. The children really look forward to this. If you would like to donate 2 dozen peanut free items please drop them off in Mrs. Mandel's room by 9:30 am on **Wednesday Feb. 10<sup>th</sup>**.  
Ross Glen School Parent Council

**PARENT ASSOCIATION NEWS** - This year has seen some changes for our association. We have unfortunately lost our Treasurer from last year, Tracey Semko. Although we are very sad to see her leave us we are also happy and excited that she has started new things in her world! Best of luck to you Tracey!!

Fortunately for the Association we have had some amazing people offer to volunteer their time as a part of the team. The new Parent Association volunteers for 2009/2010 are...

President	Cristina Philbert
Vice-President	Tara Johnson
Treasurer	Helen Gnam

Secretary	Natalie Winter
Casino Co-coordinator	Shelly Bartlett
Casino Co-coordinator	Erin Sand

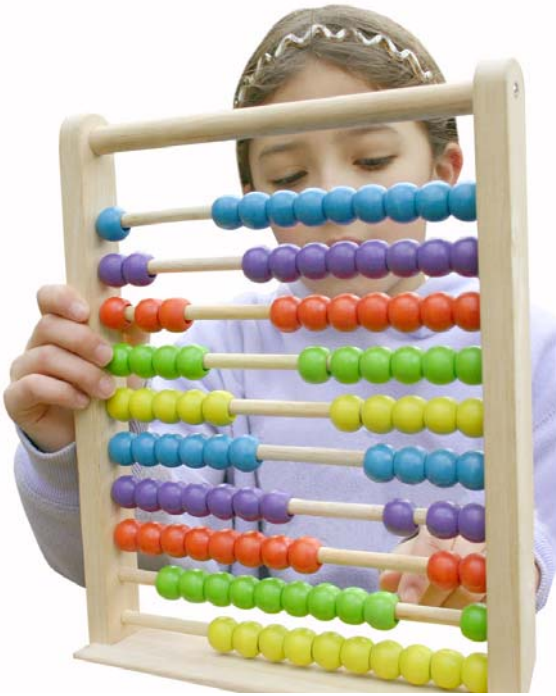
Of course, we also have the help of our principal Mrs. Bullin and a new and a welcome addition Mr. King- Hunter. We would also like to thank Mrs. Baumbach for all that she does for us. With all of the help we have it is sure to be a great year!

Parents have asked exactly what the job of Parent Association is. We have a Parent Council. What's the difference between the two groups? Association is here to work with AGLC (Alberta Gaming and Liquor Commission) to spend money raised through casinos. Everything we do must have approval by AGLC and must be used for the students. Everything we do is for our students benefit. We also apply for grant money when the opportunity presents itself. We have received grants for the playground equipment and the sound system/projection screen in the gym. We are very proud of the things we have accomplished for the school. If you would like to see what we do, please drop by and attend a meeting. They are usually held the first Friday of the month at 1:30 pm in the staff room of the school. Any changes will be in the Road Runner Reporter!

**Parent Association will be hosting a casino at the Medicine Hat Lodge Casino by Vanshaw on May 5<sup>th</sup> and 6<sup>th</sup>.**  
**If anyone would like to volunteer to help, please contact Shelly Bartlett at 403-580-3506 or speak to Mrs. Baumbach in the school office.**



**Alberta Education is conducting the annual  
Accountability Pillar Surveys  
from February 1 to February 19, 2010.**



Parents of students of grades 4, 7 and 10 students (all parents of students grade 4 and above for Charter schools) will receive a survey mailed to their homes directly from Alberta Education. In addition to English and French the survey will be available in Mandarin/Cantonese, Punjabi, Arabic, Blackfoot, Cree, Korean, Spanish and Tagalog. Parents wishing to have surveys in a language other than English or French can contact their principal. Ross Glen School will also send a hardcopy for each grade 4 student. Please complete one or the other of these surveys. These may be returned to the school or sent directly to Alberta Education.

In February, students in grades 4, 7 and 10 (all students grades 4 and above in charter schools and level 2 private schools) and all teachers will be completing their surveys online through their schools.

All surveys are anonymous and no reports will be issued if the number of respondents is fewer than six to further protect the privacy of respondents. Respondents are expected to answer the questions based upon the experiences they have had at their school. Responses for parents of students who have moved during the current school year will be attached to the school in which the student was registered on September 30, 2009.

**We strongly encourage your participation as the results help us identify our school and jurisdiction's strengths and weaknesses.** Survey results will be available to jurisdictions by the start of May 2010, and will be reported publicly by jurisdictions as part of the Annual Education Results Reports in the fall of 2010.

## LET'S READ!



### When you read to your child:

- Choose books that you and your child enjoy
- Find a comfortable, quiet place
- Hold the book so that you can both see the print
- Before you start, read the title, look at the cover, and discuss what the story will be about
- As you are reading, check your predictions
- Read for a short time daily
- Encourage your child to participate
- Reread favourite books

### When you're reading with your child:

- Read the words together and slide your finger under the words
- Allow your child to identify some of the words
- Let your child take over and chime in as you go
- Talk about the story and share your favourite parts

### When your child reads to you:

- Choose a book that the child can read easily. The child should not make more than 5 errors in 100 words. This is called the five-finger rule.
- Make predictions about the story
- Look through the book and talk about the pictures before you read
- Allow time for the child to correct his/her own errors

When your child misreads a word allow time to finish the sentence then say:

"You said \_\_\_\_\_. " "Does that make sense? Does that look right? Does that sound right?"

When your child stops at a word you can say:

"Go back to the beginning of the sentence and try again." "Get your mouth ready for the first sound." "Do you see anything in the word that you know?"

If your child is reading word by word you can say,

"Make it sound like talking." "Try rereading it smoothly."

Praise your child's effort!

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**PLEASE SIGN, CUT OFF, AND RETURN THIS FORM TO SCHOOL** if you have read the Roadrunner Reporter thoroughly with your child. 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 create more interest and awareness of the great past, present, and future events of Ross Glen School.

My child, \_\_\_\_\_ in Grade \_\_\_\_\_ A / B, and I have read the JANUARY Road Runner Reporter.

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Parent Signature

# Sleep Deprivation in Children

## The link between lack of sleep and children's behavior

Tired children are sleepy and lethargic, right? Wrong! Typically, a young child who is chronically sleep-deprived has trouble managing his emotions.

He might have an explosive temper, easily hurt feelings, or a lack of patience. He may be clumsy and accident-prone, and will also be more wired and frenzied at play.

An overtired child in school may have trouble focusing and paying attention in class. He may become forgetful and make silly mistakes.

He also may talk excessively and constantly bug you, siblings, classmates—all of which are ways he is trying to stimulate himself and regain focus.

In social situations, an overtired child may have more conflicts with other kids, or be bossy, demanding, and resistant to guidance.

Sleep deprived children (and adults) have more trouble controlling their emotions. The part of the brain that helps us to control our actions and our response to feelings is affected greatly by lack of sleep. Not getting enough sleep can lead to all kinds of problems, such as behavior problems, attention problems, and not doing well in school. Kids who don't get enough sleep are even more apt to hurt themselves.



## How to tell if your child is sleep deprived

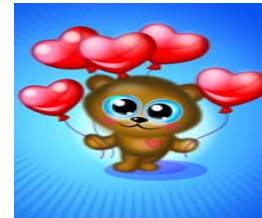
If your child's poor sleep is causing daytime problems, then he is sleep deprived.

Ask yourself these questions:

- Does your child fall asleep in the car almost every time you drive with them?
- Do you have to wake your child up almost every morning?
- Does your child seem overtired, cranky, irritable, aggressive, over-emotional, hyperactive, or have trouble thinking during the day?
- On some nights, does your child "crash" much earlier than their usual bedtime?

If you answer "yes" to any of these questions, your child may be sleep deprived (not getting enough sleep).

We live in a very sleep deprived society.



## February 2010

<b>Monday</b> <b>Intermediate</b>		<b>Tuesday</b> <b>Seniors</b>		<b>Wednesday</b> <b>Juniors</b>		<b>Thursday</b> <b>Seniors</b>		<b>Friday</b>	
Early	Late	Early	Late	Early	Late	Early	Late	Early	Late
<b>Badminton</b>	1	Hockey and Volleyball League	2	Snake in the grass	3	Hockey and Volleyball League	4	<b>No Intramurals</b>	
R-B	Y-G	R-Y	G-B	Y-B	R-G	B-R	G-Y		
<b>Cup stacking</b>	8	League	9	<b>Octopus</b>	10	League	11		12
G-B	Y-R	Y-G	R-B	R-B	G-Y	Y-R	G-B		
	15		16		17		18		19
<b>Ringette</b>	22	League	23	<b>Kickball</b>	24	League	25	<b>Spirit Day</b>	
Y-B	R-G	B-Y	R-G	G-R	Y-B	G-R	B-Y		

# ***1-2-3 Magic! Parent Training Course***

Upcoming *1-2-3 Magic* courses:

**Wednesdays, February 3 & 10 @ 7:00-9:00 p.m.**

**Tuesdays, February 16 & 23 @ 9:00 a.m. - noon**

**Wednesdays, March 3 & 10 @ 9:00a.m. - noon**

**Wednesdays, March 3 & 10 @ 7:00-9:00 p.m.**

These are parent training sessions. Professionals who would like to learn about the *1-2-3 Magic* method of discipline in order to support their clients are always welcome to attend too, for their professional development. A certificate of completion is provided to all participants who complete both classes. Registration is free for everyone. Call 403-502-8257 to register.

## **Children's Groups**

We continue to offer four children's groups: *Kids in Between* divorce group for 6-7 year olds, *Kids in Control* anger management group for 6-7 year olds, *Kids in Control* for 4-5 year olds, and *Little Sparks*, a filial play skills group for 3-5 year olds. Any parents who may be interested in a group for their child should call our office at the phone number below for details. For descriptions of all our children's groups, visit our website at: <http://www.palliserhealth.ca/Team-Services.html>

## **Parent Resources**

Information sheets on the effects of TV on children, and sleep deprivation in children and adults, as well as other topics of interest to parents and those working with children are available on our Alberta Health website: <http://www.palliserhealth.ca/Parent-Resources.html>

*Southeast Alberta Children's Resource Guide*, a directory of all children's programs and services in our area, developed under the leadership of the Palliser Child & Youth Network Committee, is now available as a booklet or on line. You can access the on line version at: [http://www.sacyhn.ca/pdfs/SE\\_Children's\\_Resource\\_Guide\\_2009.pdf](http://www.sacyhn.ca/pdfs/SE_Children's_Resource_Guide_2009.pdf)

If you require any further information about our programs and services or would like to register for a *1-2-3 Magic* course, please call the phone number below.

"Sharing a Vision of Excellence"

*Janice Eckert*

Intake Worker

CHADS Behavioral Services

Alberta Health Services, Medicine Hat

Phone 403-502-8257

Fax 403-528-8135



# February 2010

Mon

Tue

Wed

Thu

Fri

Sat

1

2

\*GRADE 3  
SWIMMING  
LESSONS  
12:45-2:45  
  
\*SCHOOL  
COUNCIL  
MEETING  
6:45 PM

3

KINDERGARTEN  
PROFESSIONAL  
DEVELOPMENT  
NOON TIME  
DISMISSAL-  
K ONLY

4

5

6



7

8

SPELL-A-THON  
PLEDGE SHEET  
AND WORD  
LISTS HOME

9

\*GRADE 3  
SWIMMING  
LESSONS  
12:45-2:45

10

WINTER WALK  
ALL CLASSES

11

OLYMPIC  
ACTIVITIES AM  
OPENING  
CERMONIES 9:15  
VALENTINE'S  
DAY  
ACTIVITIES PM  
ONLY



12

\*NO SCHOOL  
STUDENTS  
  
\*TEACHER  
COLLABORATION  
/ STAFF  
MEETING

13

14

15

FAMILY DAY

16

DAY IN LIEU  
NOV. PARENT /  
TEACHER  
INTERVIEWS

17

DAY IN LIEU  
MARCH  
STUDENT LED  
INTERVIEWS

18

TEACHER'S  
CONVENTION

19

TEACHER'S  
CONVENTION

20

NO SCHOOL FOR STUDENTS THIS WEEK.

21

22

23

24

SPELL-A-THON  
PLEDGE SHEETS  
DUE TO  
TEACHERS

25

26

\*SPELL-A-THON  
TEST TODAY  
\*SPIRIT DAY  
LUNCH AND  
ASSEMBLY



27

28

**DISCOVERING YOUR FUTURE!**



**16<sup>TH</sup> ANNUAL**

# **TELETHON**

**Sunday, March 14, 2010**

2:00-6:00pm in the Wahl-Harker Performing Arts Centre at Crescent Heights High School  
Please watch the celebration of talent on Shaw TV Channel 10 and pledge what you can!

**PLEDGE LINE: 403-526-0726**