

## January 2012

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### IMPORTANT DATES TO REMEMBER

- ❖ FEB 1 - GR 5/6 SKI TRIP
- ❖ FEB 2 - - SCHOOL COUNCIL BAKE SALE AT RECESS
- ❖ FEB 2, 9, 16 - GR 3 SWIMMING LESSONS
- ❖ FEB 8 - SCHOOL COUNCIL MTG @ 6:30 PM
- ❖ FEB 8 - WINTER WALK
- ❖ FEB 10 - RG PARENT ASSOCIATION MTG @2:00 PM
- ❖ FEB 14- VALENTINE ACTIVITIES PM ONLY
- ❖ FEB 16 - SPIRIT DAY LUNCH / ASSEMBLY
- ❖ FEB 17 - NO SCHOOL FOR STUDENTS  
TEACHER COLLABORATION / STAFF MEETING DAY
- ❖ FEB 20-24 - NO SCHOOL FOR STUDENTS (FAMILY DAY WEEK)
- ❖ FEB 27 - WELCOME BACK!
- ❖ FEB 16 - SPELL-A-THON PLEDGE SHEET AND WORDLISTS HOME



### PRINCIPAL'S MESSAGE -

Mrs. Bullin – The year is flying by and it will be February soon. We have not had to have many indoor days so far this winter. As usual we are dreaming of spring and longer days.

**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 are we doing?

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.
4. Teachers will be implementing a number of Instructional Intelligence strategies to improve learning.

Over the last 2 ½ years, teachers have been working to improve instruction in the classroom. They have been using strategies to allow for more student engagement and involvement in their learning. As well teachers have been working collaboratively to see areas in the curriculum that would lend itself to using different strategies and engaging students.

Next year is a new three year cycle and we will be working to decide what areas to work with at our school.

## **REMINDER TO PARENTS:**

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

Please contact the office if your child will be absent for any reason.

**“WHO DO YOU TELL”** – Recently, your children in grades 1, 3 and 5 have had two sessions entitled “Who Do You Tell.” The ladies from Canadian Mental Health have talked to the students about good and bad touches. As this is in the health curriculum, it is important that your child understand the importance of knowing who to tell when they are upset or confused about touches and that the school is a safe place and they will be helped if needed. Please have a talk with your child if they ask questions. We appreciate the time taken by Canadian Mental Health to explain this important topic.



**WINTER WALK** - All Ross Glen students and staff will be participating in a Winter Walk on February 8<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.

**VALENTINE'S DAY** – Valentine's Day activities will take place on Monday February 14, 2012 in the afternoon. Your child's teacher will let your child know what activities will be taking place.



## **NO SCHOOL FEBRUARY 20-24 INCLUSIVE:**

### **PLEASE NOTE:**

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

**FAMILY DAY HOLIDAY** - Monday, February 20, 2012 is designated as **FAMILY DAY**, a Provincial Holiday.

**Tuesday, February 21, 2012** is a day in lieu for Parent/Teacher Interviews in November.

**Wednesday, February 22, 2012** is a day in lieu for Parent/Teacher Interviews in March.

**TEACHERS' CONVENTION** - Teachers' Convention is slated for **February 23 and 24, 2012.**

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

## **EXEMPLARY STUDENTS FOR 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:

Mikayla Lippa 1A	Ethan Potvin 1A
Talen Materi 1B	Quaid Wilson 2A
Makaya Stork 2B	Erica Winter 2B
Olivia Preece 2C	Billy Cadotte 3A
Arlen Rissling 3B	Jordan Flaig 5B
Logan Terrill 4A	Elizabeth Thorpe 4A
Connor Wright 4B	Haley O'Brien 5A
Mia Van Der Westhuizen 5B	Austin Newton 6A
Ethyn Mohr 6A	Baylin Tumback 6B
Josh Hirsch 6B	Jessica Schmitt 6B



**OUR JANUARY STUDENTS OF THE MONTH** – Nyla Knodel and Cayson Helmlé.

## **PRINCIPAL PALS FOR JANUARY:**

Sonya Pinder 1A	Evyn Schlenker 1B
Alex Jacobsen 2A	Eric Winter 2B
Logan Petersen 2C	Holly Johnson 3A
Colton Smith 3B	Natalie Truscott 4A
Ryan Lunge 4B	Taylor Johnson 5A
Wol Marac 5B	Hunter Miller 6A
Ashley Zeller 6B	

Pizza lunch will be held in our library on Tuesday, January 31, 2012.

## **ROAD RUNNER REPORTER DRAW FOR JANUARY:**

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

Halle Cruthers 3B	Lakenna Janke 1B
Kaylee Larson 3A	Braeden Long 5A
Michelle Pinder 4B	Bailey Quiring 1B
Jason Rothfus 2A	Nicholas Rothfus 5B
Lexi Roy 2A	Le Sicotte 5B
Sarah Stober 6A	Zach Stober 4A



Medicine Hat College Rattlers teamed up with the senior intramural point leaders January 18 in a fun game versus the teachers. Intramural leaders organized this event to have **Fun** and to teach Ross Glen about the **S.A.F.E** posters.

The Rattlers spoke about what each letter represents and everyone enjoyed the **S**portsmanship, **A**ctive, **F**un, **E**xercise of the event.

**Submitted by** Rhiannon and Jessica Gr 6

## **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:

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

· **Dress for the Weather – It is important for patrollers to dress for cold weather (i.e. winter coat, mitts, boots, toque, etc.) every day. If they are comfortable, it is much easier to focus on the important job of keeping an eye on traffic and crossing pedestrians safely.**

· **Winter Road Conditions – It is not uncommon to have ice or snow-covered roads in the winter. It takes a vehicle longer to stop when roads are slippery. Patrollers, remember to watch for "sliding" traffic and stay back from the curb!**



**Congratulations to Tianna Peterson for earning  
PATROLLER OF THE MONTH FOR DECEMBER  
and**



**Kyla Kearley for earning PATROLLER OF THE  
MONTH FOR JANUARY!**

welcome, as the Education Foundation can often double or triple these donations through grants. All money raised by the Foundation is used in our schools. Please plan on supporting this event.

The Minister of Education has invited all parents to participate in a telephone conference call on Wednesday, February 8 at 7:30 pm. Due to a limited number of telephone lines, parents are being encouraged to participate as a group. As a result, we are going to have our next School Council meeting on WEDNESDAY, Feb 8 at 6:30 pm in the staffroom. Childcare will be provided. Any interested parents can remain afterward to participate in the phone conference. We hope to see you there.

**SCHOOL COUNCIL – Happy New Year everyone!**



This year there is a new addition to the School Council section of the newsletter. Each month, an activity or event sponsored by School Council will be highlighted to allow you to learn more about what we do. This month, the

spotlight is on **Science in Motion**. In December, students in grades one through six enjoyed the opportunity to work with experts from the Edmonton TELUS World of Science in a series of hands-on activities designed to support and enhance the science curriculum. This activity costs close to \$1500.00 and is paid for through the fund raising efforts of the School Council. We hope that all students enjoyed this unique learning opportunity.

At the recent District Council of School Councils meeting, Technology Leadership Coordinator Mr. Tim Johnson gave a very interesting and informative presentation about technology awareness. If you are interested in viewing this presentation, please go to <http://goo.gl/y1bvp>.

The annual Education Foundation Telethon will be presented at Crescent Heights High School on Sunday, March 11 from 2-6pm. It will also be televised on Shaw Cable. Parents, students, and community members are encouraged to call 403-526-0726 during the telethon to make pledges. Even small pledges are

**DRESS FOR THE WEATHER EVERYDAY!**



**MEDICINE HAT LITTLE LEAGUE BASEBALL REGISTRATION**

April 30<sup>th</sup> is the Little League age cutoff.

**PLAYERS AGE - 5 YEARS TO 15 YEARS OLD**

**REGISTRATION DATES:**

<b>FRI. Mar 9</b>	<b>- 3:00 to 7:30</b>	<b>Sports Connection</b>
<b>SAT. Mar 10</b>	<b>-10:00 to 5:00</b>	<b>Sports Connection</b>
<b>SAT. Mar 17</b>	<b>- 9:30 to 5:30</b>	<b>Medicine Hat Mall</b>
<b>TUE. Mar 20</b>	<b>- 6:00 to 9:00</b>	<b>Kinplex Social Room</b>
<b>SAT. Mar 24</b>	<b>- 10:00 to 4:00</b>	<b>Kinplex Social Room</b>
<b>MON. Mar 26</b>	<b>- 6:00 to 9:00</b>	<b>Kinplex Social Room</b>

**PLAYER FEES**

Little Sluggers (5 & 6 yrs) (coaches pitch to batters)	85.00
Parent Pitch (7 & 8 yrs) (coaches pitch to batters)	95.00
Kid Pitch (9 & some 10 yrs)	120.00
Minor (10 & 11 yrs)	120.00
Major (11 - 12 yrs)	120.00
Junior Little League (13 – 15 yrs)	135.00

Family Rate – first 2 oldest reg. fee – next reduce by 30.00

**ON-LINE REGISTRATION**  
Accepting Visa & Mastercard

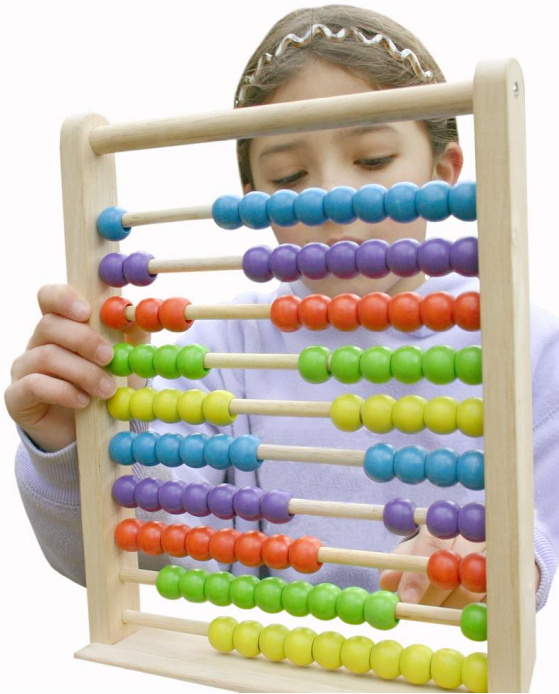
**FOR FURTHER INFORMATION VISIT OUR WEB SITE;**

[www.mhlittleleague.ca](http://www.mhlittleleague.ca)

Contacts listed under executive heading



**Alberta Education is conducting the annual  
Accountability Pillar Surveys  
from February 1 to February 29, 2012.**



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. 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, 2011.

**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 2011, and will be reported publicly by jurisdictions as part of the Annual Education Results Reports in the fall of 2012.

## 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.

\_\_\_\_\_  
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).

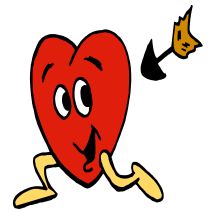
We live in a very sleep deprived society.











# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 GRADE 5/6 SKI TRIP TO HIDDEN VALLEY	2 GRADE 3 SWIMMING LESSONS PM	3 	4
5	6	7	8 EPIC PROGRAM GRADE 6 STUDENTS  SCHOOL COUNCIL MEETING 6:30 PM	9 GRADE 3 SWIMMING LESSONS PM	10 PARENT ASSOCIATION MTG. 2:00 PM	11
12	13	14 VALENTINE'S DAY ACTIVITIES PM 	15	16 SPIRIT DAY LUNCH / ASSEMBLY  GRADE 3 SWIMMING LESSONS PM	17 STAFF MTG DISTRICT PD NO SCHOOL FOR STUDENTS	18
19	20 FAMILY DAY	21 DAY IN LIEU PARENT/ TEACHER INTERVIEWS	22 DAY IN LIEU PARENT/ TEACHER INTERVIEWS	23 TEACHER'S CONVENTION	24 TEACHER'S CONVENTION	25
<b>NO SCHOOL THIS WEEK FOR STUDENTS.</b>						
26	27 WELCOME BACK STUDENTS AND TEACHERS	28	29			

# February 2012



\*All color groups (12:10-12:35pm)

<b>Monday</b> <b>JUNIOR</b> <b>(Grade 1&amp;2)</b>	<b>Tuesday</b> <b>INTERMEDIATE</b> <b>(Grade 3&amp;4)</b>	<b>Wednesday</b> <b>SENIOR</b> <b>(Grade 5&amp;6)</b>	<b>Thursday</b> <b>Open Gym</b> <b>(Grade 3&amp;4)</b>	<b>Friday</b> <b>Open Gym</b> <b>(Grade 5&amp;6)</b>
		1 Basketball Game Blue & Red vs Green & Yellow	2 Open Gym Floor Hockey 	3 Open Gym Floor Hockey 
6 Basketball Game 3 on 3 	7 Basketball Game 3 on 3	8 Basketball Game Red & Yellow vs. Green & Blue	9 Open Gym Ringette 	10 Open Gym Ringette 
13 Basketball Game 3 on 3	14 Basketball Game 3 on 3 	15 Basketball Game Yellow & Blue vs. Red & Green	16 <b>Spirit Day</b> No Intramurals	17 No School
20 No School	21 No School	22 No School	23 No School	24 No School
27 Soccer 	28  Soccer	29  Soccer		



## Friendship

February is here and what a better time to talk about friendship. Parents as you talk to your child about healthy relationships, encourage your child to :

- Talk- to others about his/her interests
- Listen to what each other have to say.
- Praise each other for what he/she does well
- Use manners- saying please and thank you
- Be helpful- do things for your friends without keeping track of what they have done for you.
- Be honest about each others feelings
- Handle Conflict. Be clear about what you want and how you will compromise

Friendship does not include bragging about yourself, talking behind someone's back, or putting someone down. For more information, go to:

[www.albertahealthservices.ca/2622.asp](http://www.albertahealthservices.ca/2622.asp)



## Eating Disorders

*Eating Disorder Awareness Week: February 5-11*

Eating disorders are characterized by a preoccupation with food that interferes with life and keeps children from enjoying life and moving forward. Children learn attitudes towards food and weight at a very young age, so make a positive difference in your child's life.

Here are some tips to help prevent eating disorders:

- Give children healthy choices
- Emphasize positive aspects of healthy eating
- Teach children that their worth is not related to how they look
- Encourage children to take responsibility for their own well-being
- Do not use food as a reward or punishment
- Be aware of advertising and toys aimed at children
- Make family meals a peaceful time

For more information on eating disorders, visit [www.nedic.ca](http://www.nedic.ca) or call Community Mental Health at (403) 381-5260.

## Get Healthy and Celebrate Heart Month!

According to the Heart and Stroke Foundation, "families who eat nutritious food together, are physically active together, and live smoke-free lives are well on their way to reducing their risk of heart disease and stroke."

Without a balanced, nutritious diet and regular physical activity, children can gain weight and harm their heart health. Studies show that children who are obese are more likely to remain obese, leading to serious risk factors for heart disease and stroke. They may be prone to developing high blood pressure or Type 2 diabetes. Here are some helpful hints to encourage heart-healthy habits in your children and in yourself:

- Eat nutritious, balanced meals and snacks
- Make sure children are getting 60 minutes of physical activity **every day**
- Talk to your children about how tobacco use can effect their health

To find out how to improve your families heart health visit [www.heartandstroke.com](http://www.heartandstroke.com)