

December 2008

IMPORTANT DATES TO REMEMBER

- ❖ JAN 1 - HAPPY NEW YEAR
- ❖ JAN 5 - FIRST DAY BACK
FROM CHRISTMAS BREAK
- ❖ JAN 6 - SCHOOL COUNCIL MEETING 6:45
PM
- ❖ JAN 9 - GR 3 SWIMMING LESSONS BEGIN
- ❖ JAN 13/14 - RG PARENT ASSOCIATION
CASINO - MH LODGE
- ❖ JAN 19 - "TALKING TO YOUR CHILDREN
ABOUT SEXUALITY" SCHOOL COUNCIL
PRESENTATION IN OUR SCHOOL GYM
- ❖ JAN 21 - STAFF MTG - NOON DISMISSAL
- ❖ JAN 23 - SPIRIT DAY LUNCH AND
ASSEMBLY
- ❖ JAN 27 - 29 -SCIENCE IN MOTION
PRESENTATIONS
- ❖ JAN 29 - GR 5/6 SKI TRIP
- ❖ JAN 30 - GR 4 SKI TRIP

Principal's Message – Mrs. Therese Bullin

The staff of Ross Glen School wishes you a wonderful holiday season with the hope that the new year will bring you and your family health and happiness.

A big thank you to those parents/ grandparents/ guardians who have volunteered in our school. Your help and support is greatly appreciated. We look forward to a great 2009!

Ms. S. May is on a medical leave and **Miss Megan Baird** will be her replacement. **Mr. D. Maier** continues in the music program while Mrs. **Dunn** is on leave and Mr. **Fritzke** is on a leave as well.

What are ways you can make a difference this school year?

As a parent, you were your child's first teacher. Even when your child is in school you still teach important lessons everyday. Here are a few suggestions where you can make a difference.

1. Read to your child everyday. Long after children learn to read for themselves, they love this special time and children who are read to are the children who want to read on their own.

2. Join the School Council. Everyone benefits when we work together.
3. Volunteer – The more help parents give teacher, the more time teachers can spend with students. Work full-time? There are still many ways you can help.
4. Let your children know that school is important. Ask about homework, sign agendas, attend school events and talk about how you use what you learned in school in your job.
5. Recognize your child's special gifts. Each child has special talents. Perhaps the most important thing you can do is to help your child see how she or he is special. That boosts confidence – and sets the stage for learning.



CHRISTMAS HOLIDAYS School resumes on **MONDAY, JANUARY 5, 2009** (Christmas Holidays are from December 20, 2008 – Jan 4, 2009 inclusive)

EXEMPLARY STUDENTS

These students have demonstrated outstanding academic achievement, outstanding and consistent effort, outstanding citizenship, and/or above average improvement in work habits or academic achievement for the month of November:

Alexis Pickering 6B	Angela Kyriazopoulos
Anjali Mishra 4A	Brady Mandel 5B
Cali Yearwood 4A	Caydin Cleland 3B
Dawson Lippa 6B	Emily Kress 4A
Jadeyn Dubourt 6A	Jasmin Proteau 5B
Josh Howe 2A	Justice Sawrie 4B
Kailea Long 5B	Kamina Moore 5B
Laura Schmitt 5A	Lucas L'Heureux 5A
Madison Wells 1/ 2	Megan Grimes 5B
Megan Lewis 4A	Sam Kruger 2B
Savannah Zee 3A	Tayler Sweet 4A

ROAD RUNNER REPORTER DRAW – The winners of an ice cream treat for reading our last reporter were:

Evanne Anderson 4B	Keowen Boss 1B
Danny Daniel 3A	Sarah Edison 3B
Jaycie Howe 5A	Josh Howe 2A
Taye Maser 2B	Cassie Orich 4B
Nicholas Rothfus 1/ 2	Alex Thom 6A
Kierra Weatherhead 4B	Tanner Winter 2B



STUDENT OF THE MONTH – We would like to congratulate our student of the month for November, Abby Pedersen from 4B. Good work!

SAFETY PATROLS - Winter has finally arrived! That means icy roads and snowy streets. Please make sure you are driving slowly in school zones. Also, always clear ice and snow off your windshield so that you can see children crossing the street, and they can see you!

We are also pleased to announce the **Patroller of the Month for December is Macayla Stewart**. Congratulations!

PRINCIPAL'S PALS – We are continuing with this program again this year and, to date, we have had a tremendous number of students visit the Principal's office on Friday mornings to receive congratulations and a Ross Glen School Special Award pencil. As well, each month students' names from each class are drawn for a pizza lunch with Mrs. Bullin and Mr. Fritzke. This month's winners are:

Chance Sperling 1A	Keowan Boss 1B
Nolan Montebello 1/ 2	Josh Howe 2A
Jada Hamilton 2B	Aiden Beattie 3B
Spencer Braconnier 3A	Austin Cross Child 4A
Jordyn Kearley 4B	Jaycie Howe 5A
Margarita Wilson 5B	Morgan Flaata 6A
Myken Carew 6B	

LOST AND FOUND – Lost and Found items will be on display in the back hallway of the school. When you are in the school, please check through the tables and retrieve any long lost items that may belong to your family. **Any items left will be given to charity.**



PHONE MESSAGES - Keeping in touch with one another is very important, particularly when your family life is hectic with kids and parents involved in many activities. We recognize from time to time that communications 'misfire', or situations change and you need to contact your child(ren) at school to get back on track. We try our best to accommodate these occurrences; however, there are times and situations that occur that make getting a message to your child very difficult. This is especially true at peak times (i.e. just before lunch or at

the end of the day) when, some days we get an overwhelming number of these requests. We want you to be aware that we cannot guarantee that your message will get through. Please plan ahead with your children and restrict phone messages to emergent situations only. Your cooperation is appreciated.

DID YOU KNOW? – IMPORTANT INFO FROM PUBLIC HEALTH

- Soft drink consumption has doubled in the last 20 years!
- Soft drinks are replacing nutritious drinks like milk and fruit juice in children's diet!
- More than 50% of school-aged children are drinking at least 1 soft drink a day!
- It takes 2 hours of walking to burn off the calories!

Would you ever sit down and eat 10? 16? 32? 54? teaspoons of sugar all at once? Think about that the next time you would like one on the following beverages?

Beverage Sugar:

Gatorade 791 ml - 10 tsp	V8 Splash 473 ml-14 tsp
Fruitopia 600 ml - 16 tsp	Pepsi 600 ml - 17 tsp
Sunny Delight, California Style 547 ml - 16 tsp	
Slurpee 28 oz - 32 tsp	Big Gulp 1.8 L - 54 tsp

Should I be concerned about chocolate milk?

No. Chocolate milk is a very nutritious choice! Chocolate milk provides the same essential nutrients as white milk including calcium, protein, vitamin A, vitamin D, vitamin B12, potassium, phosphorus, riboflavin, and niacin. Packed full of nutrition!

Chocolate milk is made from partly skimmed white milk to which sugar and cocoa powder are added. The amount of sugar in a glass of chocolate milk is about the same as that found in a glass of unsweetened orange juice. During childhood and adolescence it is extremely important for kids to get enough calcium in their diet to build strong bones. Because kids like chocolate milk, they are more likely to consume this beverage and at the same time, boost their calcium intake!

Choose Healthy Beverages! – Drinking liquid candy can push healthy beverages out of your diet. That means that you might not get all of the nutrients

that you need to keep your body healthy! Choose water, milk and real fruit juice!

NEWS FROM SCHOOL COUNCIL - Wow, it is hard to believe that 2008 is almost behind us as we look on into 2009. Ross Glen School Parent Council would like to wish everyone a Merry Christmas and all the best in the New Year.

Thank You to everyone involved in the planning of the Family Fun Night. It was a great time!!!!

Just a few dates to keep in mind for January 2009

- January 16th – 1:30 pm – Staffroom - Come and help us tally up the Spirit Day lunch orders. A big THANKS to Natalie Winter, Paige Lacelle Winter and Catherine Fraser for counting Decembers orders.
- January 19th - 7:00 pm -Parent Council will be hosting a presentation called “Talking to Your children About Sexuality”. It will take place in the school gym. The presentation is offered free of charge by the Palliser Health Region. They developed this session in an effort to let parents know what trends are and what really is going on, in and around our community regarding our youth and sexuality. The program will share with parents, statistics as well as what kids desire to know and at what ages; as well as other resources. The presentation takes about 1 hour and we will be offering free babysitting should you need to bring your children. Hope to see you there!!
- January 23 – 10:15 am – Kitchen- Help us prepare the Spirit Day Lunch. We are usually finished by 12:30. Also a big THANKS to Catherine Fraser, Cristina Philbert, Krista Bourke and Selena Chandra for helping prepare and deliver the December spirit day lunches to the classroom.
- A big thank you to Natalie Winter for organizing a group to prepare cookies for the Family Christmas Night. Thank you to Lacey

Tumback, Shelley Bartlett, Dana Martens, Yvonne Bijman and Natalie Winter for baking cookies.

If you have any questions, comments, concerns, and even constructive criticism, please don't hesitate to call me at 403-529-6191 or email me at

Rodster3@telus.net

Until next time,
Carrie Stober

Seasons greetings from CHADS Behavioral Services!

Monthly 1-2-3 *Magic* Parent Training Courses will continue in 2009.

UPCOMING COURSES:

Wednesdays, January 7 & 14 @ 7:00–9:00 p.m.
Wednesdays, January 7 & 14 @ 9:00 a.m.–noon
Wednesdays, February 4 & 11, 2009 @ 7:00-9:00 p.m.
Wednesdays, February 4 & 11, 2009 @ 9:00 a.m-noon

If you have any questions or would like to register, please call the phone number below. I am available mornings from 8:00 to 12:30 to attend to this phone.

"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

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

PARENT/GUARDIAN SIGNATURE

JANUARY 2009

ROSS GLEN SCHOOL









SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
				CHRISTMAS BREAK CONTINUES		
4	5 FIRST DAY BACK FROM CHRISTMAS BREAK	6 SCHOOL COUNCIL MTG 6:45 PM	7	8	9 GRADE 3 SWIMMING LESSONS 9-10 AM	10
11	12	13 RG PARENT ASSOCIATION CASINO AT MH LODGE	14	15	16 GRADE 3 SWIMMING LESSONS 9-10 AM	17
18	19 SCHOOL COUNCIL SPONSORED PRESENTATION "TALKING TO YOUR CHILDREN ABOUT SEXUALITY"	20	21 STAFF MTG NOON DISMISSAL	22	23 *SPIRIT DAY LUNCH AND ASSEMBLY * GRADE 3 SWIMMING LESSONS 9-10 AM	24
25	26	27	28	29	30 *GRADE 3 SWIMMING LESSONS 9-10 AM &GR 4 SKI TRIP TO HIDDEN VALLEY	31
		SCIENCE IN MOTION PRESENTATIONS.				
				GR 5/6 SKI TRIP TO HIDDEN VALLEY		



January, 2009



Monday Intermediate		Tuesday Juniors		Wednesday Intermediate		Thursday Junior		Friday Senior	
Early	Late	Early	Late	Early	Late	Early	Late	Early	Late
	5		6		7		8		9
Big Net Soccer		Tails		Bench Ball		 Musical Basketball		Squirrel 	
B-Y	G-R	B-G	R-Y	B-R	G-Y	B-Y	G-R	B-G	R-Y
	12		13		14		15		16
2 Court Handball		Scoters Relay		Alphabet Soup 		Mushroom Mania 		Floor Hockey	
B-R	G-Y	B-Y	G-R	B-G	R-Y	B-R	G-Y	B-Y	G-R
	19		20		21		22		23
Soccer		Basketball		Noon Dismissal		Mini Soccer		Spirit Day	
B-G	R-Y	B-R	G-Y			B-G	R-Y		
	26		27		28		29		30
Over under		Silly Tag		Monkey Baseball 		Freeze Tag 		Catch me if you can!	
B-Y	G-R	B-R	G-Y	B-Y	G-Y	B-Y	G-R	B-R	G-Y

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Sandra Bergdahl
Barb Algie
Therese Bullin
Greg Fritzke
Shauna Mandel
Farrah Shipley
Julie Bessant
Laureen Aussant
Megan Baird
Sherree May



Rosemary
Baumbach

Lesley Burton Rowland
Lisa Long
Adrian McNeil
Delaine Nickel
Richard Pratt
Brandy Bollinger
Wendy Quintin
Brenda Morrey
David Stickel
Sandra Dalton
Helen Gnam
Jolene Foster
Ashley Bohonos
Denise McDougall
Shawna Boodhoo
Carol Dunn
Tricia Kennedy
Rhonda Zee
Sheila Dollimont
Cara Farn
Myrna Brosnikoff
Cynthia Henders
Charlotte Hill
Lorraine Johnson
Jennifer Knapik
Lana Matthews
Lorna Denis

From all the staff at *Ross Glen School*
Leigh Karpinsky
Jennifer Dirsten
Ed Kruger
Nadine Felesky
Dana Martens
Royce Hopkins
Darrel Maier
Heather Gold