The Paw Print

R.I. BAKER MIDDLE SCHOOL

OCTOBER 3, 2011

Important Dates:

- *Oct. 10th - Thanksgiving day. No SCHOOL*
- *Oct. 11th - PD Day. NO SCHOOL*
- *Oct. 12th -IPP's Distributed*
- *Oct. 19 & 20th - Parent Teacher Interviews*
- *Oct 26th - Family Portraits (5-9 PM)*
- *Oct. 27th - Picture Retakes!!! Smile!*

A Thank You

Going out to Our Parent Volunteers for your help on Picture Day!!!

Tanya Wurzer

Tricia Hilgersom

Also to *Tanya Wurzer & Donica Clark* for shopping to help us keep our canteen stocked and up & running...

Our Website

We'd like to remind everyone that RIBMS, as well as all schools in the Palliser School District, have websites. Our website is:

www.ribms.ca

Monthly Newsletters - You are able to subscribe to our monthly newsletters online. This means that as soon as newsletters are posted, they will be automatically emailed to you, if you subscribe to them on our website. Simply go to our website, look at the right hand column, type in your e-mail, and hit 'subscribe'. If you are already subscribed to our monthly newsletters you do not have to subscribe again.

Pictures

Family Portraits are schedules for October 26th, 5-9PM..

Families wishing to have portraits taken there is a $30 Sitting Fee, $20 of which is returned to RIBMS. 8-12 different poses will be taken and every family taking part will be given an 8x10 portrait free of charge.

Student picture retakes will take place on Thursday, October 27th.

Family Portrait Night

R.I. Baker School

October 26, 2011

$30 Sitting Fee includes Free 8x10 Portrait
$20 Back to School as Fundraiser

* Variety of Poses and Groupings
* Flexible Packages and Order Options
* Proofs Shipped directly to home.
* Studio Quality Photography
* Portrait Retouch on Finished Products
* Ordering online, via mail, or phone.

Appointment booking will be available starting October 7th 2011

To book your portrait sitting appointment visit
www.lifetouch.ca/abfamilyphotos or call **403-255-5440**

SMILE!

Lifetouch CANADA

Walk A Thon

Walkathon 2011 was a huge success! We had great weather and a great time! Thank you to all the staff who contributed and continue to contribute to see the project through! Deadline for money and forms being sent to school is Thursday, Oct. 6. Walkathon is successful due to the participation of our parents. This year, we had parents walking and being patrol guards at intersections. As Lethbridge grows so does the traffic and we need parents to help patrol intersections. This year our patrollers were:

Tanya Wuzrer
Donica Clark
Corey Kinniburgh
Tricia Hilgersom
Tammy Hofer
Caroline Kloot
Rita Livergood
Cristine Wiebe
Megan Curtis
Karen Rickert
Diane Kelly
Sharon Van Tol
Barb Gergely
Brenda Mudri
Jennifer Gauthier
Tamara HoogerDyk
Mindy Weir

We thank you once again for your much needed help. Our sincerest apologies if anyone has been missed.

Counselors Corner

If you are like most parents, you sometimes worry about how your young child will handle the whole process of growing up. You may wonder if there is anything you can do now that will help your child make safe choices as a teenager. The answer is – yes. Listen to your child, and encourage him or her to talk about feelings. Young children let you know exactly how they feel without even thinking about it. Part of growing up is learning how to manage feelings – especially uncomfortable ones such as anger, disappointment, jealousy or sadness. Before they reach school age, many children have learned to hide their true feelings. They need to know that home is a safe place to process their feelings and learn healthy ways to express themselves. Children pick up signals from their parents and other adults that there are certain things they should not talk about and certain feelings they should keep to themselves.

As adults we are not always comfortable talking to our children about feelings especially feelings of fear, insecurity, anger and loneliness. We may respond with words that aren't very helpful such as, "You shouldn't feel that way", or "There is no reason for you to feel that way." By the time children reach the teen years they may have learned that we don't really want to hear about their feelings. They may become guarded and withdrawn and willing to confide in their friends but not in their parents or caregivers. They may feel isolated and believe that their peers are the only ones who really understand them. When you take the time to listen without judgment you are encouraging your child to express feelings and are building a trusting relationship that will help in years to come.

Many people in our society have bought into the "Happy Face" myth and believe that being positive and cheerful is good and feelings like sadness or anger are bad. How should you respond when your child talks about feelings or makes statements such as, "I hate school!"? First of all try to really listen and don't try to talk your child out of what he/she is feeling. Allow for some venting and let him do most of the talking. "What is it you hate about school?" is a more helpful response than, "You don't hate school – you just told me yesterday that you loved school." Listen to your child and let him know you believe in him and know he is doing his best.

Remember that you cannot solve every problem in your child's life. Parents want to fix things for their children and make them happy. But in most cases there are no quick fixes or simple answers. Be there to be a sounding board, cheerleader and patient listener. Have faith that your child can learn the skills to solve his/her own problems by listening and loving unconditionally.

Taken from, "Teaching your children to talk about their feelings" by AADAC

School Council

School Council's first official meeting will be held on Tuesday, Oct. 4, 2011, at 7 pm. Items on the agenda include: reviewing Accountability Pillar results, canteen/nutrition update/family picture night/interviews and workout room. We welcome as many parents as possible to attend these meetings. Your input on topics presented at meetings is necessary for RIBMS to continue to function as effectively as we can. If you have any other topics you would like added to the agenda, please contact our council chair, Patricia Damjanoff at 403-360-5954 or Cynthia Fritzler cynthia.fritzler@pallisersd.ab.ca) or at school 345.3340.

Forms

As a middle school we endeavor to build responsibility within our students. One area we need to work on is students getting forms home and signed by you and being returned by the deadline. We review forms in class or CGA time and provide reminders in these classes as well as on announcements. We'd really appreciate your support in this. One way of doing this would be to ask your child about their day. Questions such as, 'What did you learn today?', 'What was the most interesting thing you learned today?' and 'What's going on that I need to know about?' are good ways to begin those conversations. Unfortunately, if a student does not have the necessary forms signed then they will not be able to participate in that activity. In case of emergencies, we will make a phone call and for those cases a verbal confirmation will suffice.

Parent Announcements:

A huge thank you to parents who are trying to organize their child/children's schedules prior to them getting to school. We were finding that we had far too many personal messages being sent through the office. As a middle school, we're trying to develop responsibility within our students to manage their own schedules and materials. We really appreciate the support we've received on this! If there's a sudden change in schedules and/or if there's an emergency we'll ensure your child will get the message.

Parent Volunteer Opportunities

1. Help the canteen. We are seeking help for our canteen. This could be a daily or weekly opportunity for you to assist students with their purchases.

If you would like to volunteer for any of these opportunities, or if you have questions, please contact either Cynthia Fritzler or Deryk Hamilton at 345-3340.

Library News

All students in R.I.Baker Middle School have now taken a STAR Reading Test that has indicated at what level each student feels the most comfortable reading and the reading level of books he or she should be selecting in order for them to have optimal growth in reading. STAR is a computer-adaptive reading test that provides a grade equivalent at which the student is reading as well as instructional reading level. The results indicate the grade level at which the student is 80% proficient at recognizing words and comprehending reading materials. The personalized report for your child is available upon parent request. Using the STAR results each student is assigned an AR goal that they are required to achieve each reporting period. Our desire is to have students reading materials that are of interest to them as well as items that are within their reading capabilities. The Accelerated Reading Goal is worth 10% of their Language Arts mark and we ask parents to help encourage their child to achieve this required goal. There is a large selection of books in the school library that have points to obtain after the student reads the book however students are also encouraged to read books from their homes, public or church libraries as many of these will also have AR quizzes available on them. The reading program is web based and has over 100,000 quizzes available. Students are reminded to feel free to ask their librarian if certain titles do in fact have AR quizzes available for them as well as the reading level and points available on the specific title.

Students are asked to return their books when due so that others may also have the opportunity to enjoy them and they are encouraged to renew their items if they have not had the time to finish reading them in the two week loan period allotted.

The annual Scholastic Book Fair will be held in the school library from October 19th to October 25th. Further details about the book fair and some of the exciting titles we expect to offer will be sent home a week prior to the Book Fair. The book fair will be held during regular school hours and also be open on Wednesday and Thursday nights during the parent/teacher interviews to accommodate those parents who cannot come during the day. Fortunately this year we will once again have access to wireless interact and we are still able to accept charge cards as well as cheques written out to R.I. Baker Middle School. Your support of the Scholastic Book Fair as well as the monthly Scholastic Book Orders always appreciated.

LEGO CLUB

Have your children outgrown their Lego??? I am looking to start a noon hour Lego club, but I need the Lego. If you are willing to donate any to the school, please drop it off at the office. Thank you, Mrs. M. Wickham

Athletics

VOLLEYBALL

Our volleyball season is in full swing and all three of our teams have been working hard! A special congratulations to the LSAA girl's team, who placed second at the Birds of Prey tournament at ICHS. A big thank you goes out in advance to our student and parent volunteers who plan on helping out at our upcoming volleyball festivals. We're looking forward to see what the month of October brings for our volleyball teams!

CROSS COUNTRY

Our cross country team competed at the LSAA Cross Country Meet in Nicholas Sheran on September 21st. Congratulations to all our runners who competed! A special congratulations to the following runners on their top 15 finishes:

1st- Troy Feldbusch
6th- Rayn Perry
9th- Haylee Hilgersom
10th- Madison Wright
11th- Aideena Wickstrom
11th- Kyle Pearson
12th- Chelsey McLean
13th- Ben Reimer
14th- Kansas Ostrup

Best of luck to our grade seven and eight runners who compete at Zones on October 5th in Elkwater

INTRAMURALS

Students have been dodging and throwing like crazy in the gym as they participate in our first intramural competition of the year, dodge ball. Good luck to all of our teams. The winning 7/8 team will take on the RI Baker staff. Watch out! The next intramural competition will be 3 on 3 basketball.

Phenomenol Phives (5's)

Grade 5's are looking forward to participating in the Walkathon this year. Remember to get in your sponsor money by Thursday, October 6, in order to be eligible for prizes.

All grade 5's have been assessed for the Accelerated Reading program and are on their way to attaining their goal. Way to go grade 5's.

All grade 5 classes have enrolled in The Global Children's Challenge™. It engages children at a classroom level to record their activity levels, keep healthy and take part in a virtual walk around the world learning about health, nutrition, exercise and the places they visit over the 50 days of the event. Check out the website at http://www.gccjunior.org/ .

The 'virtual' journey around the world has a factual discovery focus, allowing kids to learn about other countries, towns, cities, and the day-to-day lives of similar aged children from different cultures all around the world. As a learning experience, the course locations include information and facts on geography, history, social science, human society, cultural difference, the environment as well as lots of the 'popular culture' that 8-12 year olds love.

STEP BY STEP

HOW DOES IT WORK?

- Students receive a pedometer.
- They wear the pedometer for each of the event's 50 days (both at school and at home).
- Each day they record the number of steps they have taken (as shown on the pedometer).
- The steps are converted to a km/ml distance and the team progresses along a virtual journey of the world.
- The average step count of the class is entered into the Global Children's Challenge™ website - so the class works as a team.
- Each new location the class arrives at has rich local imagery, Google Maps and information about life in that town or city.
- They can compare their efforts on the leaderboard.
- A statistics page highlights achievements, milestones and displays their collective daily and entire event performance with graphs.
- Classes can set challenges and work together to achieve their class activity goals for the event.

Agendas - Please remember that all grade 5 students need to have their agendas signed daily.

As the fall weather sets in, please be reminded that all students at RIBMS go outside during the lunch break and the grade 5 and 6's also get a recess break, both in the am and pm. Please make sure that your child is appropriately dressed for the weather, rain or shine.

Grade 6 Pod

Wow! The first month of school has past us already! Regular routines have been established in the classroom to make this school year a success. Please remember to contact your child's homeroom teacher if there are any questions or concerns about the upcoming school year.

In Social Studies, students are learning about the democratic process that Canada offers to its citizens. They will examine how participation in the democratic process is a means for governments and citizens to make change in their communities, and around the world.

"Trees and Forests" is the topic in Science. Students will discover how trees play an important role in the ecosystem. They will recognize the characteristics of different trees, interpret their structural features and develop an awareness of the need for responsible use of trees.

A great big THANKS goes out to the grade 6 students who are involved with school volleyball and cross country teams. Your energetic participation and enthusiasm helps make R. I. Baker Middle School a great place to be!

On the day of October 31tst, individual classes will have their own Halloween party. More information will be given closer to the date by classroom teachers.

The grade 6 pod would like to thank all those participants and volunteers that made the annual Walkathon a huge success!

Important information relating to the grade six classes is posted on the R.I. Baker Middle School website at www.ribms.ca . Visiting this site will keep you informed about homework your child may have and when work is due. Students usually will often have a small amount of homework to complete daily. Parents are reminded to check their child's agenda on a daily basis and initialize them to communicate that they have reviewed the information found in the agendas.

Grade 7

We're back into the swing of things in grade 7! The majority of students are getting used to the class changes and collecting materials for two periods at a time. When a student doesn't complete his or her homework, he or she will be sent to a combined lunch detention for both grade 7's and grade 8's on Mondays to Thursdays.

A reminder that the AR goal cut off is Friday, October 7th. Students should be at or close to 50% of their AR goal. Students who need time to catch up on their reading can go to the library at noon. Support and encouragement to read at home really makes a big difference!

We are going to Head Smashed in Buffalo Jump on Monday, October 3rd. It is always a great trip which brings to life the social studies 7 objectives on the First Nations. We thank in advance any parent volunteers that will be helping with supervision.

There are still many students who are forgetting basic supplies to each class such as pencils, extra paper, agendas, and AR books. One way to help from home is to be checking to see that your child is using his or her agenda. They should have assignments and test dates written down. Encouragement on both ends can go a long way in ensuring a successful year!

Grade 8

Congrats to our X-Country and Volleyball members. We are proud of your hard work, positive attitude and great sportsmanship. Thanks for being wonderful representatives of R.I. Baker.

Hats off to Troy F. who designed our amazing new sports t-shirts for the teams this year!

Parent-Teacher Interviews:

We look forward to seeing all of our students and parents at Parent/Teacher Interviews. Please contact the homeroom, or subject area teacher, if you cannot make the interview nights and would like to set up an alternate appointment.

AR:

Students should have roughly 50% of their AR goal complete by Oct. 7, or be 50% done a book that will get them to their goal. This benchmark is to make students aware of the final timeline (Nov. 21) so they don't fall behind.

Being Prepared for Class:

With one month already complete we are noticing that some grade 8 students are not coming to class prepared with their essential supplies. Every teacher expects their students to come prepared and on time to class. That includes: **binder, paper, notes, writing utensils, agenda and AR book**. You are responsible for keeping track of your supplies and your homework. You should write down all homework in your agenda. Homework will also be posted on the school website at www.ribms.ca. It will be updated frequently by teachers.

Grade 8 DT Room:

We would like to reinforce our expectations for the Grade 8s who must attend DT. Students may be given a DT for late/incomplete work, poor behavior, being unprepared for class, or being late for class/DT, among other infractions of school rules.

Students are expected to show up to the DT room (Mr. Hamilton's science lab), with their lunch and their work/AR book, as quickly as possible. A microwave is available in the class for heating up food. They must sit and work quietly for the entire lunch period. If they do not have something to work on or read, dictionary work will be provided.

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 School Council	5	6	7	8
9	10 No School Holiday	11 No School PD Day	12	13	14 Progress Report #1	15
16	17	18	19 PT Interviews 4-7 Book Fair Starts	20 PT Interviews 4-7 Book Fair	21 Book Fair November Lunch Orders Due RIBMS Vollleyball Festival	22 RIBMS Volleyball Festival
23	24 Book Fair	25 Book Fair	26 Family Portraits	27 Picture Retakes	28	29
30	31					

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
+		1	2	3	4	5
6	7	8	9	10 Remembrance Day Observed 10:45am	11 No School Remembrance Day	12
13	14 No School	15 No School P.D. Day	16	17	18	19
20	21 AR Cutoff For Report Card #1	22	23	24	25	26
27	28	29	30		Dec. 2 Report Card #1 Distributed	

Coaldale Figure Skating Club

The Coaldale Figure Skating Club will be taking registrations for the 2011-2012 season, Tuesday October 4 and Thursday October 6 at the Coaldale Sportsplex from 4:30-8:00 pm.

We offer CanSkate (learn-to-skate), StarSkate and Can-Powerskate (NEW THIS YEAR). Our programs take place Tuesday and Thursday afternoon.

For more information email cooaldalefigureskatingclub@gmail.com or phone Sherrie at 403-345-4228

Coaldale Clothing Fest

Clear Out Your Closet!

Coaldale Mennonite Church is holding a Fall Clothing Fest …

When? October 22, 2011 (9:00am - 2pm)

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 October 3 – 17th except Oct. 10th (Thanksgiving Monday).

Remaining items will be donated to local charities.

Healthy Schools Healthy Futures

Alberta Health Services

VISION FOR CHILDREN

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem;

- if your child loses their place while reading,
- avoids close work,
- holds reading material closer than normal,
- tends to rub their eyes,
- has headaches,
- turns or tilts their head to use one eye only,
- omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to www.opto.ca.

SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
- whole grain crackers and cheese
- red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit http://bit.ly/ohAILm.

INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011

International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

- encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking
- raises awareness of how walkable a community is and where improvements can be made
- raises awareness about concern for the environment
- reduces traffic congestion and pollution near schools

For more information: www.iwalktoschool.org

What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "flu season."
- Symptoms appear quickly: fever, chills, aches, cough and fatigue.
- Complications can include pneumonia, bronchitis, and croup.
- Influenza is highly contagious and spreads through coughing, sneezing and talking.
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.

Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of Appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach / bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia (can be life threatening)	Sinus infection or Ear infection	Dehydration

How to Prevent Influenza

- Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).
- Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.
- The vaccine takes approximately two weeks to become effective and lasts for four to six months.
- Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations or go to the Alberta Health Services website at www.albertahealthservices.ca or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.

RIBMS LUNCH PROGRAM 2011-2012

NAME:_____ **HOMEROOM:** _____

This order is for the month of **NOVEMBER,** please choose each one that you would like to participate in by checking the appropriate boxes and totaling the amount.

Orders are due October 21 and no late orders will be accepted. If your child is absent the lunch will be left in the fridge until the next day only.

Wednesday November 2, 2011 – **Taco in a Bag** $2.50 each $_____

Wednesday, November 9, 2011 – **Booster Juice**

SMOOTHIES:

☐ **Mango Hurricane**
Mangos, Peaches, Strawberries, Passion Fruit, Guava & Yogurt

☐ **Strawberry Sunshine**
Strawberries, Passion Fruit, Guava, Banana & Yogurt

☐ **VERY BERRY**
Strawberries, Blueberries, Raspberries, Cranberries & Yogurt $3.00 each $_____

WRAPS:

☐ **Cheese/chicken quesadilla**
☐ **Salsa/chicken quesadilla**
☐ **BBQ/chicken**
☐ **Ham wrap (cold)**
☐ **Turkey wrap (cold)**
☐ **Pizza wrap (hot)** $3.00 each $_____

Wednesday, November 16, 2011 - **Burgers** $3.00 each $_____

Wednesday, November 23, 2011 –**WALLY'S 8" Pizza** $5.50 each

☐ **Pepperoni**
☐ **Ham**
☐ **Cheese** $_____

Wednesday ,November 30, 2011- **BURGER DAY** $2.50 $_____

TOTAL AMOUNT for November (cheque to RIBMS or cash) $_____