

R.I. Baker Middle

School

NEWSLETTER

November 2018



Principal's Message

Wow! November is here. Christmas music is playing in Costco, students are almost two months in to this year's learning journey, we have sent out our first progress reports, and interviews are approaching. I wanted to take a moment to give parents some tips to support your child in academic success this year.

1. Be aware of how your child's individual teachers communicate to parents. Every teacher will communicate in his or her own way. This is typically explained during the *Meet the Teacher Night* and in a beginning of the year start up email. If you are unsure, please contact your teacher and make sure you can be a well informed support for your child.
2. Ask your child questions regarding their learning. As a parent myself I know a simple "how was your day" isn't enough anymore. I often will have to ask things like "I know your fractions test is coming up, do you feel ready?" "Let's sit down for 20 minutes tonight and see if you are prepared."
3. Open the communication door to your child's teachers early. Email, call, or visit us. Some teachers often teach 100+ students and it can be difficult to reach out to all parents individually. I can say with confidence that if you have questions or concerns, we want to discuss them with you.

It takes 3 units to maximize student learning. 1. *The student* 2. *The educators* 3. *The parents*. If either is slipping, so will the grades. It is simple. Until all three units do their part, we cannot expect a child to reach their full potential.

Mr. Prebs

IMPORTANT DATES:

- Thursday, November 1 Sandra Holland and Michael Willems Parent Teacher Interviews
- Wednesday, November 7 - Wally's Hot Lunch
- Thursday, November 8 - Parent/Teacher Interviews #1 4:00 - 9:00
- Friday, November 9 - Remembrance Day Ceremonies 10:45
- Monday, November 12 - NO SCHOOL
- Tuesday, November 13 - NO SCHOOL - PD DAY
- Wednesday, November 14 - Booster Juice Lunch
- Wednesday, November 14 - Basketball Clinic Girls 3:30 & Boys 5:00
- Thursday, November 15 - Michael Willem Parent Teacher Interview
- Thursday, November 15 - Basketball Clinic - Boys 3:30 & Girls 5:00
- Friday, November 16 - Poinsettia order due
- Friday, November 16 - Basketball Clinic - Girls 12:30 & Boys 2:00
- Monday, November 19 - Basketball Tryouts - Girls - 3:30 & Boys 5:00
- Tuesday, November 20 - Basketball Tryouts - Boys 3:30 & Girls 5:00
- Tuesday, November 20 - Parent Council - 6:30
- Wednesday, November 21 - 3G Eatery Lunch
- Thursday and Friday, November 22 & 23 - "Cheaters" Fall Production @ 7:00
- Wednesday, November 28 - Poinsettia Delivery for Marine Biology
- Wednesday, November 21 - Subway Hot Lunch
- Friday, November 30 Term #1 Ends

REMINDERS FOR ALL RIBMS STUDENTS AND PARENTS

- **PLEASE remember your agenda daily!**
- **The morning warning bell is at 8:25, Period 1 starts at 8:28, after this you are LATE!**
- **Parents, if your child is going to be away from school, PLEASE remember to call in to 1-844-260-7166 or enter it on the School Messenger APP @**
<http://go.schoolmessenger.ca>

THANK YOU!

Powerschool and the Parent Portal

We are very excited to share that we have set a goal to have our Parent Portal open for parents to use moving into the second term. The Parent Portal is an 24/7 online access to your child's grades and assignments. We plan on setting up a table/booth to show parents how they can take advantage of this support during our first parent teacher conferences.

Be on the watch for more communication regarding this!

Communication From Throughout the Grades



Grade 5

Reminders: Please remember to sign your child's agenda daily.

A couple of reminders to parents: Now that the weather is beginning to change, please make sure that your child is properly dressed for the weather. Unless it is -20 out, the students will be going outside for recess.

Friday, November 9, we will be taking part in the community Remembrance Day service.

A reminder that there is no school for students on Monday, November 12 or Tuesday, November 13. Have a great long weekend.

LA: In LA we are wrapping up our unit on 'All About Me' where we worked on sentence and paragraph structure. Students created card towers with writing on various topics about themselves! We are also wrapping up our read aloud of, 'Mick Harte Was Here'.

Remember, students need to continue reading 2 hours per week outside of class time!

Math: In 5B, C and D are finishing up our unit in Numeration and will be starting multiplication shortly. Please practice your times tables! 5A has been exploring various multiplication strategies and will be wrapping up our multiplication unit soon. Quiz your kids on their times tables - the goal is to recall up to 10 x 10. They will use this knowledge throughout the year!

Science: 5, B, and C We are continuing with the Classroom Chemistry unit. Students have been learning about solutions and mixtures. Once we have finished with these, we will turn our focus to acids and bases. The unit exam will be in late October or early November. An email will be sent home prior to this.

In 5D we are finishing up our Weather unit and will be moving on to Classroom Chemistry. Our Weather test will be in early November.

Social Studies: We are currently completing our Mapping unit, mastering the skills of latitude, longitude and scale. Next we will begin our journey across Canada, studying the Geographical regions, beginning in the Atlantic region.

Grade 6

LA: As we head into November, we have started work on our Origin Stories unit. This unit focuses on the writing of stories using the Origin Story format, which will give us a good framework to more deeply understand the technical aspects of narrative writing, while also reading stories with indigenous backgrounds. This unit should take us up to the start of our Winter Break. We continue to practice our spelling as well as strategies for reading comprehension.

Math: As we start November, we will be continuing with our unit on Number Relationships. Once this unit is complete, we will begin our next unit about Patterns, Expressions and Equations.

Science: We are coming to the end of our Trees and Forests unit. Students have been working hard on their final projects and will write their unit test in mid November.

Social Studies: In Social, we have studied the basics of democracy and learned how we can put democracy into action in our own lives. We have studied our different rights and freedoms and discussed the most effective ways to come to a decision. In November, we will be taking an in-depth look at the levels of government, specifically focusing on and beginning with the municipal government.

Grade 7

LA - We are in the last half of our Global Read Aloud of *Refugee*. We will be finishing the story and then working on writing our own narrative short stories, focusing on plot, character and conflict. We will start our small group book clubs in December.

Math 7 - Most classes will be completing their first unit of the year in early November, and moving into the second. Unit 2 will have students adding and subtracting both fractions and mixed numbers with like and unlike denominators.

Science - Students will be starting the second unit of the year - Plants for Food & Fibre. In this unit students will explore human needs, and how technologies have been developed for selecting and breeding productive plant varieties for maximizing growing environments. They will look at long-term sustainability of our practices, and how exactly plant reproduction occurs.

Social Studies - The grade 7's travelled to Head Smashed in Buffalo Jump on Wednesday October 24th and enjoyed a day of learning and a hands on look at some of our Canadian Indigenous history. In class we have been learning about the early European explorers that began settling in North America, and their interest in finding a Northwest passage to Asia.

Students are currently completing their major project for this chapter before we move onto the Colonization of North America.

Grade 8

Language Arts (Mrs. Netzel)- We continue to work on short stories, terminology, and reading our Global Read Aloud, Refugee. I love that students are really demonstrating empathy for what the characters in the story endured during events like the Syrian Civil War, the Cuban Raft Exodus and Hitler's persecution of the Jewish people. We will start working on personal narratives as we finish up with short stories.

Math (Mrs. Berry-Furtado) - In the month of November, we will be completing Chapter 2: Percent, Ratio & Rate! Chapter 3 involves integer operations. We will review adding and subtracting integers. Then, we will learn to both multiply and divide decimals. Finally, we will solve expressions involving multiple operations involving these integers.

Science (Mrs. Friesen) - Our first unit is so close to being wrapped up! Students will write their Mix and Flow of Matter unit test on Wednesday, November 7 for 8A and Thursday, November 8 for 8B, 8C, and 8D. They will be provided with a study outline during the week of Oct 22-25 to begin their review and studying. A highlight in this unit has been the density towers that were created. I am looking forward to one more creative activity before this unit is done!

Social Studies (Mr. Smith/Miss Cleland) - Here are some thoughts from Mr. Smith. We have completed our Middle Ages unit and tests have been written. We are now moving forward into our Italian City-States unit. During this unit, the students will be competing in a competitive class simulation where they become Italian City-States. Major projects will follow after we complete the simulation.

Library News

The library and students are eagerly anticipating the arrival of our annual SCHOLASTIC BOOK FAIR. The Book Fair will be accessible to students and parents from November 5-9 including the evening of November 8th during parent/teacher interviews. Your child will be bringing home a short information sheet as well as a mini flyer that showcases only a few of the hundreds of titles that will be available for purchase. Purchases can be made with cash, debit, cheque or charge cards. Your support of this literary event is greatly appreciated.

Also, thank you to those that support our monthly Scholastic Book Club Flyers as this also enables our school library to receive additional new titles that students are anxious to read. We thank you for supporting our school library.

A Rundown of Bears Athletics

BASKETBALL

Basketball season is quickly approaching!

There will be a basketball clinic for students in grade 6-8 November 14-16th.

Wednesday November 14:

Girls 3:30-5:00 pm

Boys 5:00-6:30 pm

Thursday November 15:

Boys 3:30-5:00 pm

Girls 5:00-6:30 pm

Friday November 16:

Girls 12:30-2:00 pm

Boys 2:00-3:30 pm

Tryout dates are set for the following days:

Monday November 19:

Girls 3:30-5:00 pm

Boys 5:00-6:30

Tuesday November 20:

Boys 3:30-5:00 pm

Girls 5:00-6:30

All grade 6-8 students are welcome to try out. We'll be making two teams for both the girls and the boys. Please speak with Miss Vanhell or Mrs. Leusink if you would like more information.

GRADE 5 VOLLEYBALL CLUB

We're excited to once again offer a Grade Five Volleyball Club. This club is for both boys and girls and will begin in November. Please watch for more information coming home soon. GO CUBS GO!

VOLLEYBALL

We've had a packed volleyball season! It's hard to believe how quickly it's flown by. All of our players and teams have improved so much over the last two months due to hard work and dedication. The Junior teams are now finished with their season and the Senior teams are heading into their last weeks which includes the playoffs and Zones. A special thank you to all of our parents who helped out at our tournaments and with laundry this season. A huge thank you goes out to our volunteer coaches. You've made a huge difference!

Thanks for an awesome volleyball season! GO BEARS GO!

Baker Intramurals

We've been watching some awesome dodging and take outs in intramurals the past month as students compete in dodgeball. Dodgeball is quickly wrapping up. Next up in intramurals will be 3 on 3 basketball.

Walkathon was a HUGE success!

Thanks to all volunteers and staff who made this possible! It takes many hands to make events like this a success! Thank you to all staff, students, and parents! All proceeds will go directly to the students this school year! Our Walkathon assembly will be held Thursday November 1st.

The “Beat” From The Music Room

The Fall fundraiser for all Band students will be kicking off on **Friday November 2nd**. We are excited to be partnering with *The Pie Store* to offer a new fundraiser to our band families. This fundraiser is optional and not mandatory. Any money earned from this fundraiser will go directly into your child’s band fundraising account to offset the cost of the band trips.

Students will be sent home with fundraising envelopes on Friday November 2nd along with a detailed letter explaining profit and selling details.

Upcoming Concerts:

November 9th: Remembrance Day Ceremony - Grade 7 and 8 band students (during school)

December 12th: Christmas Concert - All band/choir/handbell students - 7:00pm at RIBMS

Music clubs:

Handbells: Mondays at lunch recess with Mrs. Holland

Choir: (open to all students) Tuesdays at lunch recess with Mrs. Conrad/Mrs. Holland

Jazz Band: (open to grade 7 and 8 students) Fridays after school 12:30-1:20

What's up with all the Drama?

I am very excited to announce that for the first time ever, we will be having a 7/8 Fall Production. We have already cast the play and are proud to produce for you “Cheaters” by Don Zolidis on November 22nd and 23rd. We can’t wait to show you how hard we’ve been working on this amazing production. Tickets will be on sale soon.

RIBMS LUNCH PROGRAM 2018-2019

NAME: _____

HOMEROOM: _____

This order is for the month of DECEMBER. Please choose each one that you would like to participate in by checking the appropriate boxes (or the choice will be made for you) and totaling the amount. No substitutions will be allowed.

Orders are due November 23, 2018 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.

Form can be returned with Cash OR Cheque to office as well purchased through School Cash Online.

Wednesday, December 5 – A1 Pizza

3.00 per slice \$ _____

___Pepperoni

___Hawaiian

___Cheese

Wednesday December 12 – Booster Juice

SMOOTHIES:

___Mango Mania

___Berry Blossom

___Pineapple Chill & Starberry

3.75 each \$ _____

WRAPS:

___Protein chicken (No sauce, BBQ sauce or Salsa)

___Hawaiian Pizza (Pineapple, Ham ,Pizza Sauce & Cheese)

___Turkey (Turkey, mayonnaise & cheese)

___Ham (Ham, mayonnaise & cheese)

___Garden Veggie

3.75 each \$ _____

TOTAL AMOUNT FOR December \$ _____

INTERNATIONAL HOST FAMILIES URGENTLY NEEDED

Good afternoon, Families,

Palliser Regional Schools offers an International Education Program for students from around the world to have the opportunity to come and study in Canada. This year, Palliser is/will be hosting students from Brazil, Colombia, Mexico, Chile, Spain, Germany, Japan, China, Philippines, Thailand, Korea, Nigeria, Sri Lanka, and Spain. Palliser's program has become widely recognized by international agencies. The popularity and success of our program is due in part to the incredible support the program has received from our wonderful host families. Without this continued support, our program would not exist.

Palliser will be welcoming a group of 19 students (ages 10-11) and two chaperones from Qingdao, China on October 23, 2018). The group will be here for one month (departing on November 23, 2018). It is our intent to place these students into R.I. Baker, Jennie Emery and Sunnyside schools. We are currently looking for host families that may be interested in hosting one or possibly two students (or a chaperone - 1 male (42) and 1 female (27) from this group for the time period specified.

These students will need host families who are willing to provide food, lodging and a supportive home life during their stay. Each host family will be paid \$750 per month to support the student's needs. One of the great benefits of being a homestay family is the opportunity to build connections with a family from another country and experience southern Alberta through the eyes of someone seeing our way of life for the first time.

Host families will need to submit a home stay application form, provide a criminal record check for all individuals residing in the home over the age of 18 and provide a tour of your visit from a homestay coordinator.

If you're interested in becoming a host family, please contact Barb McDonald at the division office at 587-486-0320 (direct office line) 403-382-9499 (cell) or via email to barb.mcdonald@pallisersd.ab.ca

Healthy Teens

November 2018 Parent Newsletter



Can Your Teen Say No to Drugs?

Saying no is a skill some acquire easily, but most of us need to be taught or we learn from our experiences. If you want to protect your teen from harmful involvement with alcohol, tobacco, cannabis and other drugs, it's important to arm them with that skill, because you won't be there the first time someone offers him or alcohol or other recreational drugs.

The most effective way for teens to learn to say no is practice. Try role-playing with your teen. One of you can play a person who is offering drugs, and the other practices refusing. Then reverse roles.


The first step to saying no is finding your inner strength:

1. Check your "gut". This

means consulting your moral sense, which will remind you of what your value and what you prefer to do.

2. Present yourself assertively. Stand up straight, maintain eye contact, speak politely and confidently.
3. Prepare yourself to tolerate other people's reaction.

Brainstorm with your teen to find words that work best for them. Use firm language, humour, or change the subject. When all else fails, teach your teen to walk away or find help. Tell your teen it's okay to call you when they feel threatened.

 If you need help teaching your teen refusal skills contact a school counsellor or contact your local AHS addiction and mental health office <https://www.albertahealthservices.ca/info/Page11536.aspx>

Articles

Can Your Teen Say No to Drugs?

Physical Activity: The benefits for teenagers

Reminder

Routine immunization consent forms were sent home last month with Grade 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit <http://www.albertahealthservices.ca/influenza.asp>



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Healthy Teens

November 2018 Parent Newsletter

Physical Activity: The benefits for teenagers

Participating in physical activity and sports holds many benefits to teenagers such as building life/career skills, supporting teamwork and developing leadership abilities. Physical activity can support improved self-esteem, self-image, and self-confidence among teens, as well as lower rates of depression. Even with all of these benefits to being active many teenagers are not meeting the recommendations for physical activity. According to Statistics Canada:

- 6% of girls and 13% of boys meet the Canadian Physical Activity Guidelines of 60 minutes of moderate to vigorous physical activity daily.
- 19% of girls and 35% of boys participate in sport.

Here are some ways you can encourage your teen to be more active.

1. **Model active behaviour.**
Parent participation in physical activity is linked to an increase in their child's participation. You can be a positive role model by trying new activities, being active on



- your own or with your teen, or cheering for them.
2. **Make it fun!** Many teens who have been involved in sports in their younger years start to drop out in their teens. The reason may be that it has become more competitive and less about enjoyment. As a parent, you can encourage participation and fun over accomplishment and celebrate personal bests. Don't forget that social physical activity (pick up hockey on the street) or active transportation (biking, skateboarding, walking) is just as valuable as organized sport!

3. **Allow for your teen's input.**
The teenage years involve a lot of emotional and physical changes. By having a conversation with your teen, you are more likely to find options that allow them to feel comfortable and interested while participating in physical activity.

By continuing to encourage your teen in a positive manner, you can help them to stay involved and benefit from an active lifestyle.

To find an electronic copy of this newsletter, visit www.ahs.ca/csj

Healthy Children

November 2018 Parent Newsletter



The Resilient Family

Resiliency is a concept usually used to describe a person's ability to bounce back (and move forward) after experiencing something stressful. But families can also be resilient. Research has shown that resilient families who have gone through hardships don't just survive, they grow; they are stronger, more loving, have a sense of purpose and are better able to cope with future challenges.

Not only are resilient families better able to deal with life's challenges, they are also better at providing the conditions people need to flourish and grow into healthy individuals. Every family is unique. Each family will face different challenges and rely on different strengths to cope with those challenges.

But there are some things all

families can work on to be stronger.

What are your family's strengths? Do you communicate in healthy ways? Do you have a sense of togetherness? Do parents have a strong relationship? Are you well connected to your extended family and your community?

Answering these questions will tell you what you are already doing right and remind you that these habits are important to maintain and reinforce. For example, if your family regularly eats together, you are building connectedness, or if you volunteer for local events, you are creating connections to your community.

➤ For more information about family resiliency, visit <http://yifmyhome.com/>

Articles

The Resilient Family

Loose Parts Play

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Loose Parts Play

Often as adults we observe children playing for hours with "treasures" they find throughout their day. Have you ever noticed that your children would rather play with materials that they can use and adapt as they please, rather than toys that come with a clear purpose? This natural sense of wonder and creative type of play is referred to as 'Loose Parts Play'. It was coined by Samuel Nicolson, who believed that loose parts in our environment will empower an individual's curiosity. Your children may already engage in this type of natural play.

Loose parts play consists of objects and materials that children can move, carry, combine, line up, take apart and put back together in multiple ways. Doing so can allow for endless fun!

Loose parts can be:

- **Natural:** water, sticks, leaves, flowers, pinecones, shells, feathers or rocks
- **Human made:** pipes, tires, blocks, boxes, foam or fabric
- **Household items:** pouring devices (cups, spoons,



buckets, funnels), play cars, blankets, recycled materials (paper tubes, ribbons, caps, lids, wood scraps, wire, foam, cardboard) art materials (buttons, natural and coloured popsicle sticks, beads, straws, paints, brushes)

When an environment is rich in these loose parts, children can use their imagination to create stories, manipulate objects to find new purposes as well as spark their sense of wonder and curiosity.

Providing children with loose parts for play encourages active learning where skills such as

problem solving, creativity, concentration, hand eye coordination, fine and gross motor development and social skills can grow. This type of play can also help children improve in school subjects such as math, language and science.

So next time you are considering re-vamping your child's play space consider offering some loose parts and watch the magic happen!

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Mrs. Holland's Parent Teacher Interviews 4:00-9:00 Mr. Willems Parent Teacher Interview 4:00 - 6:00	2	3
4	5	6	7 Wally's Hot Lunch	8 Parent Teacher Interviews 4:00 - 9:00	9 Remembrance Day Celebration 10:45	10
11	12 NO SCHOOL	13 NO SCHOOL PD DAY	14 Booster Juice Hot Lunch Basketball Clinic - Boys - 3:30 Girls - 5:00	15 Mr. Willem's Parent Teacher Interview 4:00 - 6:00 Basketball Clinic - Boys 3:30 Girls - 5:00	16 Poinsettia Order Deadline Basketball Clinic Boys - 2:00 Girls - 12:30	17
18	19 Basketball Tryouts Girls - 3:30 Boys - 5:00	20 Parent Council 6:30 Basketball Tryouts Boys 3:30 Girls - 5:00	21 3G Eatery Hot Lunch	22 CHEATERS Fall Production 7:00	23 CHEATERS Fall Production 7:00 Hot Lunch Order Due	24
25	26	27	28 Poinsettia Delivery Subway Hot Lunch	29	30 Term #1 Ends	

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Term #2 Starts	4	5 A1 Hot Lunch	6	7 Report Card #1 RIBMS Basketball Jamboree Grade 7/8	8 RIBMS Basketball Jamboree Grade 7/8
9	10	11	12 Booster Juice Hot Lunch Christmas Concert 7:00	13	14	15
16	17	18	19	20	21 Last Day before Christmas Holidays	22
23	24	25	26	27	28	29
30	31					