

SEPTEMBER
22, 2017

The Paw Print



R. I. BAKER MIDDLE SCHOOL

Important Dates:

- September 26, - X-country 3:30—4:00
- September 27—LSAA X Country Meet
- October 29—Monthly Assembly
- September 29 & 30—RIBMS Volleyball Festival
- October 4—AI Pizza Lunch
- October 6—Walkathon
- October 9—NO SCHOOL
- October 10—Mo School - PD DAY
- October 11—X—Country Meet in Echo Dale
- October 11—Booster Juice Hot Lunch
- October 18—Subway Lunch
- October 20 & 21—Grade 7 & 8 Volleyball Festival
- October 25—EDO Lunch
- October 25—Progress Report #1
- October 25—Picture Retakes
- November 1—P/T Interviews



Welcome to RIBMS!

A warm welcome to all the new and returning families to RI Baker Middle School.

Our Website & Twitter Accounts:

We'd like to remind everyone that RIBMS, as well as all schools in the Palisier School District, have websites. Copies of our newsletters, homework assignments, teacher contact info & upcoming special events are all examples of what you can find on our website. Check it out at www.ribms.ca This September we have also launched a twitter feed and are now live at [@RIBMS](https://twitter.com/RIBMS). Please feel invited to follow us and join in the conversation on Twitter as we strive to enhance our communication channels with staff, students, families and the community of Coaldale.

Dear Parents!

Did you know that our school will be one of the first in the province to offer the convenience of online payments to parents?

For safety and efficiency reasons, we want to reduce the amount of cash and checks coming into our school. We are asking parents to please take 5 minutes to register, by following the steps below. Once you are registered online, you will begin receiving emails about upcoming events.

Here is a one minute movie clip that will give you a brief overview of the registration and online shopping experience.

<http://www.kevsoftware.com/movies/ParentRegEnglish/>

Register Online:

Step 1: Please click on this link:

<https://palliserregional.schoolcashionline.com>

Step 2: Register by selecting the "Get Started Now" and following the steps.

Step 3: After you receive the confirmation email, please select the 'click here' option, login in and add each of your children to your household account.

✓Convenient ✓Safe ✓Secure

PLEASE NOTE: If you have any questions during the registration process or while shopping online, please select the **GET HELP** option in the top right hand area of the screen.

Welcome all parents and students to the new school year. I am very excited to be your principal for the third year now at R.I. Baker Middle School, and it is my hope that as the year progresses you will get to know the staff, the programs and the policies we have in place here. It is the goal of the team at Baker to work with you to create a rich learning environment for all students. Student success is a shared responsibility between the school staff, students and parents.

To our parents and students, this year is again a year of positive change. This will be the first time R.I. Baker will reach 400 students since 1979! Students will notice that this year our staff will place a high emphasis on student accountability and respect. As we work with our students to help them learn about the world around them, prepare them for high school and life outside it, we very much appreciate the support that parents give their children at home as they strive to reach their goals. The foundation of a successful school is the cooperation between the students, staff, parents and community. Parents are a significant part of the RIBMS School Community. Your contributions are invaluable to the school through volunteer time, support of school activities and above all, our staff. I look forward to working with you and developing a relationship that will assist in the growth of your child/children.

Thank you, and have a wonderful school year!

Mr. Preb



School Council Message

Welcome back parents and students! I hope you all enjoyed the sunshine this summer and made some memories with family and friends. The **RI Baker Middle School Council** will be holding its **Annual General Meeting** on **Tuesday, September 19 at 6:30pm** in the staff room. It's a great chance to find out what's happening in the school, hear about plans are for the year, ask questions, and be a voice in your child's education! All are welcome to attend. If you have anything to add to the agenda, please forward them to me at srjrh71@gmail.com

Hope to see you then!

Robyn Henderson
RI Baker School Council Chair



WALKATHON



The 14th annual RIBMS Walkathon will be held on Friday, October 6, 2017! This walkathon is our one major fundraiser for the year. It has also grown to become a great opportunity for the school community, students, staff and parents, to interact, be physically active, and have some fun.

Every aspect of this event is being considered and planned to the best of our ability. The walkathon consists of a walk. The Town of Coaldale has been contacted to gain permission to walk from our school and to map out a route for our students that is both safe and scenic. We end up back at the school for so entertainment. Every member of our staff is being enlisted to ensure the utmost safety and success of this venture. And could always use volunteers!

For their efforts, the students will receive a snack (potato chips and a water bottle – served at the School when they return from their walk)

Prizes

Additional benefits for the entire school

40% of what each pod/grade level raises is returned directly to the pod. The pod teachers then use these funds to pay for field-trips and other extra costs not covered by regular school budget.

It is suggested that each student raises at least \$50 in pledges to cover the expenses for prizes, and pod activities which walkathon funds cover. If students do not raise \$50 they will be charged extra on fees for pod activities. All funds earned will be spent on student/grade level related activities at the discretion of the principal. **Please remember that all envelopes and pledge forms need to be returned regardless of any or no amounts raised.****

Walk-a-thon



Grade 5 Pod

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

Language Arts: We are focusing sentence building with our "My Summer" acrostic poem, and also looking at Character Traits within our read-aloud novel "One Amazing Elephant" by Linda Oatman High.

Math: A, B, C, and D We are working on representing and describing numbers to one million in a variety of ways as well as representing and describing decimals.

E We are currently reviewing addition and subtraction strategies, as well as looking at patterns in math.

Social Studies: We are focusing on an introduction to Canada and what makes it such a wonderful country! In addition, we are working on developing mapping skills.

Science: A, B, and C We are working on the Classroom Chemistry unit. **D, E** We are doing the Weather Watch unit.

This year, the Walk a thon is on Friday, October 6, 2017. Please make sure your child is dressed appropriately for the weather, and wearing proper footwear. New shoes are NOT a good idea. Remember to get in your sponsor money by Thursday, October 12, in order to be eligible for prizes.

Reminder that there will be no classes on Monday, October, 9, for the Thanksgiving holiday, as well as Tuesday, October 10, as teachers will be in Vulcan for Professional Development.

Parent Teacher Interviews will be held on Thursday, October 27th. You will book these appointments on line. We hope to see you there.

Tuesday, October 31 – Grade 5 students may dress up in costumes for the day. Please support our school dress code when choosing a costume. Please do not wear any costumes that others may find offensive. There will be notes home when all details for this day have been arranged. Each class will be having a small celebration in the afternoon.

As the fall weather sets in, please be reminded that all students at R.I.B.M.S go outside during the lunch break. Please make sure that your child is appropriately dressed for the weather, rain or shine.

Grade 6 Pod

LA

6A/D - We have begun our year by both getting to know each other's reading interests and reviewing proper paragraph format through our assignment, "My Ideal Bookshelf." We then began a unit on Notice and Note Signposts. The Signposts are helpful tools that teach us how to pick out certain cues for close reading and comprehension.

6B/C - The students in 6B and 6C have been busy preparing their reading and writing notebooks, which will house their work for the year. Our focus has been on organizing thinking, talking about learning, and finding those books we just can't put down! Students will begin writing personal narratives as our first writing unit, and in reading, we will explore basic reading comprehension strategies before moving on to more complex narrative features.

Social

In Social we have begun talking about a subject we will be picking apart all year: democracy. We have looked at the basics of democracy-- it's pillars of freedom, justice, representation, and equity-- and how it works. In October, we will be looking at municipal democracy specifically and taking part in our local municipal election!

Science

In Science we have started our Trees and Forests unit. Students are learning about the nutrient cycle and why our trees and forests are valued.

Math

Students learned about whole number and decimal place value in September. In October, students will look at prime and composite numbers, multiples, factors, and integers. Mrs. Holland is teaching the 6A students, while Mrs. Wasylenko, an intern teacher from the University of Lethbridge, will instruct students in 6B, 6C, and 6D until Christmas break.

Athletics

Volleyball

Our teams have been working hard, hitting the floor and spiking that ball! The Bears are improving all the time! We're looking forward to getting going with games. RI Baker will be hosting our first tournament of the year on September 29-30, which is our 6/7 RIBMS Volleyball Festival. GO BEARS GO!

X-Country

Congratulations to all of our students who qualified for our cross country team this year! We have some fast students! On September 27th our grade 6-8 runners competed at the LSAA Cross Country Race at Nicholas Sheran Park. GO BEARS GO!

Band

Grade 6 Band Parent Meeting—Monday October 2nd 6:30 pm in Room 106.

Attention all parents/guardians of grade 6 band students. There will be a parent meeting on Monday October 2nd at 6:30pm at RIBMS in Room 106. Mrs. Conrad will be going over the ins and outs of the band program here at RIBMS including our overnight trip, fee breakdown and how to help your child utilize Smart Music.

Grade 7 Pod

Being Prepared for Class:

With one month already complete we are noticing that some grade 7 students are not coming to class prepared with their essential supplies. Every teacher expects students to come to class prepared and on time. Being prepared includes: **binder, paper, notes, writing utensils, agenda and free reading book**. You are responsible for keeping track of your supplies and your homework. You should write down all homework in your agenda every day.

LA:

In LA we have started our Reader's and Writers Workshops. We are learning to choose just right books, how to do reading conferences and are starting to write personal narrative stories.

Math:

Fractions, Decimals, and Percents - We will be looking at various ways fractions, decimals, and percents are connected to each other such as numerically comparing fractions, decimals, and percents and finding percents of numbers. We will make connections to money like calculating GST on objects and tipping at restaurants.

Science:

We're off to an incredibly fun and exciting year in Science 7! During the first week of school, students were competing with their classes against the others in our Baker Science Olympics. There were two activities - rock balancing and catapult creating. Following our Baker Science Olympics, classes started into the first unit which is Interactions and Ecosystems. We are looking forward to all of the activities ahead!

Social:

For the month of September we have been covering Chapter 1: *Meet Three of Canada's First Nations* in the *Our Canada* textbook. We had our first chapter test at the end of September. For the month of October we will be taking a look at early European Explorers in Canada!



Yearbook

There are copies of the 2016– 2017 yearbook available for purchase at the office for \$30.00.

Pre-orders are on now for the 2017-2018 Yearbook at \$30/book. You may order one while paying your school fees, or just talk to the office. The pre-order deadline is Jan. 25. Books will be ordered based on the Jan. numbers, don't miss out.



Grade 8 Pod

Welcome to the 2017-18 school year! We are excited to be working with your children this year in grade 8! Check out what we have been up to:

Math (Mrs. Berry): Thus far, we have reviewed fraction operations from Math 7, which include adding and subtracting fractions. Now we are well underway both multiplying and dividing fractions!

Science (Mrs. Friesen, Mrs. Smart): In science we started with science olympics, which included building a balloon tower challenge and a cup stacking challenge. Our first unit is mix and flow of matter where we will investigate various properties of matter, and in particular fluids and some everyday uses of them. We are looking forward to a great year filled with many labs and activities!

Language Arts (Mrs. Netzel): In LA class, the students have been busy working on writing and sharing their ideas, sprucing up on writing skills through our bell work and refreshing knowledge on the elements of a short story. We are just starting our first unit: The Obscure and the Unsure. We will be watching the film, The Princess Bride, and focusing on characterization. With that comes a focus on writing the outline of a character sketch essay, focusing heavily on the organization of the essay through a detailed outline.

Social Studies (Mr. Smith): Currently, we are talking about the early Middle Ages. We have learned about the Black Death, the hierarchy that was used keep society organized as well as how peasants were treated during this time period. Our main focus has been on the concept of worldview...or the way in which we see the world based on our previous life experiences. This is something we use all year long.

Some discussion questions for the table: What is a worldview? How did the Black Death affect society? How were the peasants treated in the Middle Ages?

Thanks for reading this and as always, if you have any questions or concerns, please let me know.

Important Events: Please help us in reminding students to follow the THREE Rs of RIBMS: 1. Respect Yourself 2. Respect Others 3. Respect Property.

There are still some outstanding forms and course outlines that need to be signed by a parent/guardian, so we appreciate your help in getting these filled out and handed in. Students will not be allowed to use technology at school until tech forms have been returned.

Watch for Walk-A-Thon details coming soon!

We look forward to a wonderful school year. Please feel free to contact any of us if you have questions or concerns!

Anxiety in school age kids:

What is problem anxiety?

It's okay to feel nervous or scared sometimes. It's not okay to feel that way all of the time. When you have problem anxiety, you don't feel like yourself. Problem anxiety makes it very hard to enjoy life. Luckily, you can get help for problem anxiety. You don't have to feel this way.

Does my child have problem anxiety?

Anxiety feels different to everyone. Thinking about the same things over and over again, or feeling nervous and worried most of the time are signs of anxiety. Anxiety can make you think or act differently than you normally do. Here are some **signs of problem anxiety**:

- Having nightmares
- Worrying that something bad will happen to your family
- Being afraid to speak up or ask questions in school
- Feeling afraid to make a mistake
- Thinking or worrying about dying

Encouraging kids to talk about their feelings with a parent or other adult can help them feel better and learn how they can cope.

Separation anxiety

This is a type of anxiety that is pretty common in kids. It means that you are really uncomfortable or scared when you are away from your parents or other adults you're close to. Separation anxiety can make kids terrified to go to summer camp or even a sleepover with friends. **Separation anxiety is problem anxiety that makes kids afraid to be apart from their parents or caregiver.**

Why do they feel this way?

Doctors aren't sure why some kids suffer from separation anxiety and some kids don't. Most kids who experience it have gone through an upsetting experience, such as a move far away, going to a new school, losing a parent or relative, or being really sick.

Here are the ways that some kids might show that they are experiencing separation anxiety:

Signs

- Crying
- Nightmares
- Hard time sleeping, especially without parents
- Upset stomach or stomach aches
- Headaches
- Not wanting to go to school

Feeling better

Separation anxiety can feel really bad. Here are some ways that you can help them handle it. Remember, it's a good idea to encourage kids to talk to a parent or caregiver if they are experiencing separation anxiety.

Have them:

- Choose a stuffed animal, doll, or something else that reminds them of their parent. Have them keep the toy or doll with them when they are apart from their parent.
- Have them remind themselves that they will see their parents soon, that they haven't left them forever.
- Encourage them to take some deep breaths. Tell them to try to breathe slowly and carefully, in and out. It might help to count to three when you breathe in, and count to three again when you breathe out.
- Try doing something they like. If they are with a babysitter, play a board game, a sport, watch a movie, play with a pet, play a video game, make a craft, or another activity they enjoy.
- Tell them not to be afraid to share their feelings with a babysitter, older brother or sister, or someone else they trust. It's okay to feel scared, and it's okay to talk about how they feel.

For more information contact your Family School Liaison Counsellor,
Dalayna Taverner, via email: dalayna.taverner@pallisersd.ab.ca or via cell: 403-892-5947

Library News

We are looking forward to another year of busy activity in the school library. Our school library has a large variety of books available for all interests and reading levels of students and our goal is to encourage students to enjoy and appreciate the benefits of reading. Students are encouraged to let the librarian know if there are certain titles or series that they think would enhance our library collection.

Students have had textbooks assigned to them and they are responsible for the care of their textbooks for the entire school year. If a textbook is lost or severely damaged the student must pay for the replacement cost of the textbook. This also applies to all library books that a student signs out in their name.

On September 21st the library will be hosting Rocky Mountain Award winning Canadian author Svetlana Chmakova. Some of our students read at least 5 of last years Rocky Mountain nominees and as a result we were eligible to place our votes for the winning title and enter our school name in to a draw for a free author visit. It is exciting to know that we will have a presentation by the 2016 winner Svetlana who wrote and illustrated the graphic novel titled 'Awkward'. This year we will once again be promoting the 20 titles on the newest Rocky Mountain Book Nominee list. The list hosts a wide variety of fiction and non-fiction titles –all written by Canadian authors.

On September 29th several grade 7 and grade 8 classes will have the privilege of hearing Canadian author Shane Peacock give a presentation at the Coaldale Public Library. Shane is one of several authors that has contributed books to The Seven series as well as the The Seven Prequels series. These two series have been exceptionally popular with our male readers. We would thank to thank the Coaldale Public Library for inviting some of our students to this event.

R.I. Baker School Library will once again be hosting our fall SCHOLASTIC BOOK FAIR. Further details will follow in our next newsletter and a small notice will be sent home with students in October. Scholastic is guaranteed to supply us with a large variety of titles that will appeal to most any reader. The book fair will be held in the school library and will run from October 30th – November 3, 2017. The fair will be open on the evening of November 1st during parent/teacher interviews to accommodate parents and guardians who want to view the fair or make purchases. For your convenience the fair accepts payments by Interact, VISA or Mastercard, cash or cheques written out to R.I. Baker School. We look forward to this annual event that helps raise funds to further enhance our library collection.



For safety and efficiency reasons, Palliser Regional Schools would like to reduce the amount of Cash & Checks coming into our school. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE! It takes less than 5 minutes to register. Please follow these step-by-step instructions, so you will begin to receive email notifications regarding upcoming events involving your child(ren).

NOTE: If you require assistance, select the **GET HELP** option in the top right hand corner of the screen.

Step 1: Register



If you have not registered, please go to the *School Cash Online* home page



<https://palliserregional.schoolcashionline.com/>

and select the "Get Started Today" option.

Complete each of the three Registration Steps

*For Security Reasons your password, requires **8 characters**, **one uppercase** letter, **one lowercase** letter and a **number**.

Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account.

The confirmation link will open the School Cash Online site prompting you to sign into your account. Use your email address and password just created with your account.

Step 3: Find Student

Note: Student Number is Not Required

This step will connect your children to your account.

Enter the School Board Name

Enter the School Name

Enter Your Child's Name & Birth Date

Select **Continue**

On the next page confirm that you are related to the child, check in the Agree box and select **Continue**

Your child has been added to your account

Step 4: View Items or Add Another Student

If you have more children, select "Add Another Student" option and repeat the steps above. 5 children can be added to one parent account.

If you do not wish to add additional children, select

"View Items For Students" option. A listing of available items for purchase will be displayed.

Find Student

School Information

School Board Name: School Board 1575
Looking for a student in a different school board?

School Name:

Student Information

Do you have the student number?

Student Number:

First Name: *

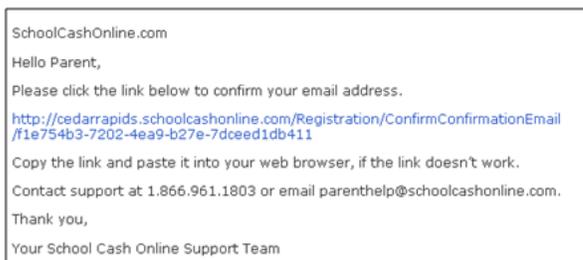
Last Name: *

Birth Date: *

Date format: mm/dd/yyyy

Continue

(No students? [Click here](#))



CANTEEN

The school canteen is now open for students to purchase items at lunch time.

Due to the limited time we have to prepare and serve the food our choices are somewhat limited but we try to provide a variety of items for students to purchase.

The canteen presently serves on a daily basis: all beef hotdogs, corn dogs, pizza pops, taquitos, cheese pizza, pepperoni pizza, Caesar salad, muffins, cheese strings, yogurt tubes, chocolate milk. Each Thursday the canteen offers burgers with or without cheese.

The canteen is always looking for volunteers to help during the half hour meal rush from 11:00 – 11:30. We would like to thank Maria Peters and Chantel Meyer for their continued assistance on Tuesday and Wednesday lunch times. If anyone has time to assist us on Mondays or Thursdays your help would be greatly appreciated.

HOT LUNCH PROGRAM

We will be starting up our weekly hot lunch program on October 4th. Hot lunch will be available each Wednesday with the fillable form available online through our website. For your convenience payment can be made through SCHOOL CASH NET. The meals vary from week to week including A1 Pizza, Booster Juice, Subway, Edo Japan, Pita Pit and Taco in a bag.



RIBMS LUNCH PROGRAM 2017-2018

NAME: _____ HOMEROOM: _____

This order is for the month of **October**. 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 SEPTEMBER 27, 2017** 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.

We encourage you to use the SCHOOL CASH ONLINE program to place your order and payments.

Wednesday, October 4, 2017 – A-1 Pizza **\$2.50 per slice \$ _____**

- _____Pepperoni
- _____Hawaiian
- _____Cheese

Wednesday October 11, 2017 – Booster Juice

SMOOTHIES:

- ___Mango Mania
- ___Berry Blossom

- ___Pineapple Chill & Starberry

\$3.50 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

\$3.50 each \$ _____

Wednesday, October 18, 2017 – Subway (Sub & Cookie)

- _____Ham
- _____Turkey
- _____Pizza
- _____Cold Cut

\$5.00 each _____

Wednesday, October 25, 2017 – Edo Japan – no vegetables or mushrooms, sauce on the side

- ___Chicken on Rice & Drink
- ___Beef on Rice & Drink

\$5.00 each \$ _____

TOTAL AMOUNT for October 2017 \$ _____

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Monthly Assembly	5	6	7
8	9 HOLIDAY	10 PD Day-No School	11 A1 Pizza Xcountry Meet @ Echo Dale BOOSTER JUICE	12	13 WALKATHON	14
15	16	17	18 SUBWAY LUNCH	19	20 Grade 7/8 Volleyball Festival	21
22	23	24	25 Picture Re- takes Progress Re- ports #1 EDO LUNCH	26	27	28
29	30	31				

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>PT</i> <i>Interviews</i> <i>Wally's Pizza</i>	2	3 Volleyball Zones @ RIBMS	4
5	6	7	8 <i>Booster Juice Lunch</i>	9 <i>Remembrance Day Ceremony</i>	10 <i>HOLIDAY</i>	11
12	13 <i>NO SCHOOL</i> <i>PD Day</i>	14	15 <i>Subway Lunch</i>	16 <i>Monthly Assembly</i>	17	18
19	20	21 <i>Parent Council 6:30</i>	22 <i>Taco in a Bag Lunch</i>	23	24	25
26	27	28	29 <i>Pita Pit Lunch</i>	30		



Coaldale Clothing Fest

Clear Out Your Closet!

Coaldale Mennonite Church
is holding a Fall Clothing Fest ...

When? October 14, 2017 (10:00am - 1pm)

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 Sept 25th – Oct 10th
(except Oct 9th, Thanksgiving Monday).



CFSC has a skating program for everyone, whether your child has never skated before or has years of experience on the ice.

Our PreCan and CanSkate Programs are the perfect place to learn the fundamental skills of skating!

Want to join us next year?

Look for us at Coaldale's 2017 Fall Community BBQ

Wednesday, September 13th from 5 to 8 p.m. at the HUB Field

We welcome all new and returning members to our 2017-18 Season!

Programs to start October 2017:

PreCanskate (3-4 yr olds Learn to stand & skate)

CanSkate (Learn to skate)

StarSkate (Intro, Junior and Senior Figure Skating)

For more information about our club:

Email us at- coaldalefigureskatingclub@gmail.com

Find us on Facebook- <https://www.facebook.com/coaldalefigureskatingclub>

Follow us on Twitter- @skatecoaldale



Healthy Teens

September 2017 Parent Newsletter



An Energized Brain in Less Than 5 Minutes

Brain breaks are quick mental time-outs that help us refocus. They are easy 5-minute activities that help us get energized, boost blood flow and increase oxygen to the brain. It is recommended that teens take regular brain breaks at school and at home to improve their educational success.

Brain breaks can help teens:

- Regain attention after sitting in one place for a long time
- Reduce stress
- Increase motivation to learn
- Improve memory
- Regain a positive state of mind

Below are some activities you

can do with your teen:

- Sing or dance to your teen's favourite song
- Start a simple conversation
- Show a short funny video
- Perform breathing and stretching exercises
- Make a quick healthy snack
- Perform simple exercises like push-ups, burpees, jumping jacks

Encourage your teen to take regular breaks at school and at home. As your teen gets older, brain breaks will become part of their regular routine. Be a role model by incorporating brain breaks into your personal daily activities as well.

Articles

An Energized Brain in Less Than 5 Minutes

Prevent and Manage Concussion

Parents will be receiving immunization consent forms for grades 5 and 9 students. Please return these forms within one week of receiving them. School immunizations start in the fall. If you have questions call your local Public Health office and ask to speak to your school nurse.

Does your child's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and or existing run clubs. To learn more visit

<http://www.amayouthrunclub.com/>



Prevent and Manage Concussion

Concussion is a type of traumatic brain injury that occurs when the brain suddenly shifts inside the skull and knocks against the skull's surface. It may be caused by a direct or indirect blow to the head or body. This can happen during sports, a car collision or a fall.

After suffering a concussion, your teen may experience several different symptoms. These may include:

- Headache
- Ringing in the ears
- Nausea and/or vomiting
- Disorientation
- Emotional and personality changes
- Dizziness
- Poor balance and/or coordination
- Poor concentration
- Light sensitivity
- Irritability
- Fatigue
- Sleep complications

In order to reduce the risk of a concussion, encourage your teen to take the **smart risk** approach and **look first** when engaging in a risky activity. Preparation, good sportsmanship and fair play all



help reduce the risk of injury, including concussion.

Teens should also wear the gear, such as a helmet that fits correctly and is secured on the head while playing. In high impact sports such as hockey, teens should wear a face and mouth guard. Always replace your teen's helmet after impact or as instructed by the manufacturer.

In order to manage a concussion, encourage your teen to take the **smart risk** approach and **seek help** from a coach, teacher or parent immediately after an injury has

occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until approved by their doctor.

➤ For more information on how to prevent and manage concussion, visit <http://www.sportmedab.ca/content.php?id=1745>

➤ For more information on how to help your teen prevent injury, visit www.ahs.ca/injuryprevention.asp

Healthy Teens

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help reduce the risk of injury, including concussion.

Teens should also wear the gear, such as a helmet that fits correctly and is secured on the head while playing. In high impact sports such as hockey, teens should wear a face and mouth guard. Always replace your teen's helmet after impact or as instructed by the manufacturer.

In order to manage a concussion, encourage your teen to take the *smart risk* approach and *seek help* from a coach, teacher or parent immediately after an injury has

occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until approved by their doctor.

➤ For more information on how to prevent and manage concussion, visit <http://www.sportmedab.ca/content.php?id=1745>

➤ For more information on how to help your teen prevent injury, visit www.ahs.ca/injuryprevention.asp

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