

R.I. Baker *Middle School* **NEWSLETTER**



JUNE 2019

PRINCIPAL'S MESSAGE

Wow! June sure has come quickly! I would like to begin my message with a few thank-you's. I want to thank you all for all the support shown these past 10 months. We had great successes this year. An integral part of these improvements is our hard working staff. A few staff members will not be returning for the 2019-20 school year. I would like to thank them for all they have done for RIBMS. An expression of thanks also goes to all the volunteers who were in classrooms and outside them supporting teachers and students in everything possible. A big high five goes out to all the parents who worked with the school to ensure their child was succeeding in all areas. Parental/school teamwork is the best combination for maximum success. Lastly, thank you to the RIBMS parent council. This is a great school and you made a commitment to find ways to make it even better.

Student Homeroom Assignments

We have been working diligently on homeroom assignments for next year. As many of you know, our process is to have teachers make recommendations on student groupings for the following year. This is based on behavior, F&P reading levels, academic achievement, and Educational Assistant support. Our teachers put many hours of work into these groupings and have the best gauge on where students should be for academic and social success.

Students will find out their homeroom assignments on the first day of school. We cannot accommodate requests for changes at that time and we are unable to disseminate any information on class assignments before that time. Thank you for your understanding and patience.

Have a great June, and a relaxing summer!

Mr. Preb

IMPORTANT DATES:

- Tuesday, June 4 - Zone Track Meet at U of L
- Wednesday, June 5 - Athletic Awards Night
- Thursday, June 6 - Band Concert
- Thursday, June 6 - Grade 5's to Park Lake
- Monday, June 17 - Grade 6 Math PAT
- Tuesday, June 18 - Science PAT
- Wednesday, June 19 - Social Studies PAT
- Thursday, June 20 - LA Part B PAT
- Friday, June 21 - Aboriginal Day
- Monday, June 24 - Raymond Pool Day
- Tuesday, June 25 - Grade Level Field Trips
- Wednesday, June 26 - Grade Level Assemblies

YEAR END ASSEMBLIES

On Wednesday, June 26th, we will once again be hosting our year end assemblies. All students will be receiving their RIBMS Recognition Certificates with the 'win-its' stickers. These stickers provide recognition, not only for academic excellence but for a wide variety of endeavors students chose to be involved in. Copies of the Recognition Policy are available in the office or online at www.ribms.ca. Go to documents, go to Recognition Program.

We encourage all parents, friends and family members to attend the assemblies. Please remember that each grade has their own assembly, except for the Grade 8's. All students and staff attend the Grade 8 assembly, as this is their final assembly at RIBMS and we want to celebrate their achievements and wish them well as they move on from RIBMS. All assemblies take place in the gym.

SCHEDULE OF ASSEMBLIES

Gr. 5 - 11:00 AM

Gr. 6 - 1:00 PM

Gr. 7 - 2:15 PM

Gr. 8 - 9:00AM Farewell Assembly

STUDENTS LEAVING RIBMS

Parents, it would be very much appreciated if you would inform the office ASAP if your child or children in grades 5-8 will not be attending RIBMS in the fall. Thank you!



RIBMS DRESS CODE (as printed in the school agenda)

With the warm spring weather upon us, please review the RIBMS dress code with your child/children.

The primary objective at RIBMS is the academic success of all students; consequently, the dress policy allows for the conditions most conducive to learning, that students can work comfortably and without distracting or disturbing others. The key principles of the policy call for dress to be CLEAN, NEAT and MODEST.

Students dressed inappropriately will be asked by their homeroom teacher to go to their lockers and change into appropriate clothing. It is understood that students will do this quickly and that the inappropriate clothing will be covered **FOR THE DAY**. If no appropriate clothing is available, the students will be directed to the office to either call home for suitable clothing, or be provided with clean clothing at the office. If a student needs to wait for a parent to bring appropriate clothing, the student will wear what is provided at the office for the interim, in order that the student can return to the classroom as soon as possible. The student can then go to the office at the next break to change into the appropriate clothing supplied by the parent.

Specific items that will not be worn to school include:

- Slippers
- Spaghetti straps, muscle shirts, tube and halter tops
- Transparent or see-through fabrics
- Short tops that expose the midriff at ANY time
- Low cut tops
- Short shorts, skirt, or skorts (must be past standing finger length, even with tights or leggings)
- T-shirts that are in poor taste*
- Hats and headgear (bandannas, skull caps etc.)
- Jackets and coats are not to be worn in the classrooms
- Clothing that is designated underwear should be kept undercover

*The dress code policy specifically prohibits clothing that contains logos or advertisements for drugs, alcohol, or tobacco; that contains or implies messages with sexual innuendo, or that appears to promote racism, discrimination, hate or illegal activities.

The dress policy applies to all school activities – dances, field trips, PE classes and extra-curricular sports practices, etc. save school-designated theme days which will allow students to dress in theme related attire while still conforming to the dress code.



STUDENT SAFETY AND SECURITY

For the safety and security of our students, only parents or legal guardians will be able to communicate with their child or children while they are at school. Please be aware that family members who are not recognized as a parent or legal guardian cannot contact a child at the school. Permission from parents or legal guardians for other family members or friends needs to be given ahead of time to the office, before contact is permissible. If you are away and you have given the responsibility of the day to day care of your child to someone else, an administrator at the school needs to be informed. We would need to know the person's name and contact information. We continually strive to maintain a safe environment for our students and your cooperation is greatly appreciated.

Also, if there is any information we need to be aware of in terms of access and custody of your child it is the parent's responsibility to provide the school with those legal documents.

If you have questions or concerns regarding this topic please contact the school office at 345-3340.

WEDNESDAY HOT LUNCH AND CANTEEN NEWS

There will be no Wednesday hot lunch for the month of June so please make sure your child brings their own lunch to school each Wednesday. Once again we would like to express our thanks to Mrs. Poettcker for her help each week in our very busy canteen. A reminder that the canteen will be only be open until Wednesday, June 19th. On Thursday, June 20th there will be several food trucks at the school during the Summer Splash event however it is advised that your child bring also bring a bagged lunch for this fun day.

A huge thank you to Mrs. Campbell for taking over the tallying and organization of all the Wednesday Hot Lunch Forms. Without her assistance there would be no Wednesday Hot Lunch available to our students and staff. THANK YOU!!!!

LIBRARY NEWS

The library has been an extremely busy gathering place this school year. The majority of our classes are read to for one period each week as well as given ample time to look for new titles and exchange or renew books they want to read. We strive to have a large and varied collection of books that appeal to all reading levels and the majority of student interests.

Thank you to all that have supported our annual Scholastic Book Fair as well as the monthly Scholastic Book Flyers. Your support is greatly appreciated and helps us purchase more books for our library.

THE LIBRARY WILL BE CLOSED TO STUDENTS AS OF JUNE 14, 2019 AND ALL SIGNED OUT MATERIALS MUST BE RETURNED BY THAT DATE. If a student has lost or severely damaged a library book or a school textbook they are responsible for the replacement of the item. The average paperback library book has a replacement cost of \$10.00 and hardcover books range from \$15.00-\$25.00. The replacement cost for textbooks is costly with the prices ranging between \$70.00 - \$90.00 depending on the textbook. Parents will be notified via email or postal mail if their child has any outstanding library materials as well as the replacement cost. We thank you for your assistance in getting items returned.

YEARBOOK

If you are a student or parent who has captured some amazing moments this year, please email your pictures in to Ms. Macklin to include in the yearbook! Put 'yearbook' in the subject heading, and email them to the address below:

julie.macklin@pallisersd.ab.ca

Pictures from your smartphone are fine, and depending on size can usually be emailed in groups of 5 - 6. Please be sure to put the grade / event your photo is representing. Out of town and weekend events are always needed!

ATHLETICS

TRACK & FIELD

RI Baker students participated in our very own track and field meet on Thursday May 2nd. We had an awesome day and witnessed great athleticism and sportsmanship. A huge thank you to all of our parent volunteers who assisted in running events. We could have not put on this big event without you!

We had eighty eight athletes qualify for meets through our track and field meet. Grade seven and eight athletes competed at the UofL on May 13th in the County of Lethbridge Track and Field Meet. We had an amazing showing, taking home both the grade 7 and grade 8 banners. GO BEARS! Congratulations to our aggregate winners: Silvers- Kiyomi French and Paul Vanden Elzen and Bronzes- Kiya Johnson and Rylan Gibson. Grade 6-8 students competed in the LSAA City Track Meet on May 22nd. Students competed well and Baker represented well. Congratulations to Sophie Hass on her aggregate award. On June 4th our qualifying grade 7 and 8 students will compete in the Zone track and field meet.

A number of our students broke records this season! These records are posted on the athletics website. Congratulations to all of our students on an amazing season!

VOLLEYBALL CLINIC

RI Baker athletics is once again offering their annual RI Baker Volleyball Clinic. This is a free clinic offered to students in grade 5-7. The purpose of the clinic is to promote our upcoming volleyball season while preparing athletes. The focus of the clinic will be volleyball skills, along with a greater understanding of the game. Students need to register for this clinic by filling out a form, which will be sent home with interested students.

The clinic is set to run:

Monday June 10: Grade 5 (3:30- 5:00) & Grade 6/7 (5:00-6:30)

Tuesday June 11: Grade 6/7 (3:30- 5:00) & Grade 5 (5:00- 6:30)

Wednesday June 12: Grade 5 (3:30- 5:00) & Grade 6/7 (5:00- 6:30)

ATHLETIC AWARDS

Athletic Awards will be held on Wednesday June 5th, 2019 at 7:00pm. Letters were sent home to all athletes who participated in a Baker sport. Awards will be given for each of the athletics teams, male and female grade 8 athlete of the year, principal's award for top grade 8 academic athletes, and the Heart of the Bear award. There is also an award for athletes who participated in three or more Baker sports. Congratulations to all Baker athletes for a successful year.

NOTES FROM THE BAND ROOM

RIBMS Final Concert is Thursday June 7th at 7:00pm in the RIBMS Gymnasium. Come out and support our music programs including, choir, Jazz band, grade 6, 7,8 bands, handbells and percussion ensemble. We will also have a guest group "Jamani Duo" performing that evening as well.



Grade 5 students that are choosing to take band in the fall will be receiving an information package regarding important fall dates and rental information. Mrs. Conrad will also be sending this information out by email as well.

GRADE 5 POD

May was a busy month. We competed in our first Track Meet, on May 2nd, and on May 28th, we had a visit from Jeanette Smith who did a presentation on electrical safety, sponsored by Fortis Alberta. We participated in a video conference on May 31th, learning about the Leopard Frog and the grasslands.

As a follow up to our Video conference on May 31th, we will travel to Park Lake on Thursday, June 6, for hands-on activities around the lake, with an interpreter from Alberta Parks. Students need to take a substantial bag lunch, water, walking shoes (no flip-flops), sunscreen, hat and clothes for the outdoors. A list of what to bring was sent home with the permission forms. Each classroom will need 3 to 4 parent volunteers for this field trip. Please contact your homeroom teacher.

On Monday, June 24, the entire school will travel to Raymond pool for a day of swimming. Lunch will be provided. On Tuesday, June 25, a field trip to Stan Siwik Pool in Lethbridge will happen in the morning. We will be eating our bag lunches in a city park before heading to the Movie Mill for the afternoon. Permission forms were sent home for these activities. Please return them ASAP. Wednesday, June 26th is the last day. The grade 5's will be handing out

their certificates in the Gym from 11:00 - 12:00. Once the certificates have been handed out, there will be a grade level powerpoint presentation.

Language Arts - We are finishing off our year with Literature circles. Students meet and read a novel in small groups. Each member of the circle is assigned a role which helps guide the discussion. Weekly assignments related to their novels are also completed.

Don't forget to keep up a daily reading routine this summer!

Social - We will complete our exploration of the geographic regions of Canada and continue to look at the events and factors that have changed the ways of life in Canada. Investigating the impact these changes had on citizenship and our identity as Canadians is our goal.

Science - A, B, C, and D: We are completing our unit on the Wetlands.

Math - 5A: We are wrapping up our measurement unit and will be exploring data relationships and motion geometry throughout June.

Math - 5B, C and D: We will be looking at Fractions and Adding and Subtracting Decimals in June.

GRADE 6 POD

Language Arts

It's finally June! We've completed one Provincial Achievement Exam (PAT), and we have one more to go. Part B will be reading comprehension, and we will spend a significant amount of time practicing for these. Exam Bank is a great resource for extra practice at home! Meanwhile, we will be well into our Literature Circles unit, where students will be working in small groups to read and understand a novel of their choice. We will continue with our weekly word work, and may have another Word Study Summative Assessment, depending on timing. This is also a great time to be thinking about summer reading!

Social

In Social, we will be wrapping up our Iroquois unit and touching briefly on the Grande Paix de Montreal. Once all of our units are finished, we will be reviewing information from all year in preparation of the Social PAT near the end of June. Use Kahoots and ExamBank as great review tools in this time.

Science

In Science, we will be focusing on evidence and investigation. Be prepared for your child to come home with investigative knowledge and application! Our science PAT is on June 18th so

please encourage your child to review their notes and access ExamBank to get ready for the test.

Math

As June begins, we will do our final unit on Probability, as well as some quick activities about sorting polygons, classifying triangles, and identifying congruent shapes. We will then review all of the concepts from Grade 6 Math in preparation for our Math PAT on June 17.

GRADE 7 POD

FINAL EXAM SCHEDULE:

Friday AM - Language Arts 7

Monday PM - Social 7

Tuesday PM - Math 7

Wednesday PM - Science 7

Language Arts - We are finishing up our last major assignment for our Book Club unit this month. We will finish June off with a review of poetic elements and some fun poetry activities. Lastly, we will review for our final exam and then that's the end of grade 7 LA!

Social - As we wrap up social studies for this year in grade seven we will be looking at John A MacDonald's National Policy and settling the West. Our Social Final will cover chapters 6-10 and will be written on Monday June 17th.

Science- We are wrapping our final unit on Structures and Forces. The students will have an opportunity to put their knowledge to the test with a final building project. After we finish our building projects we will begin our review for the final exam! It will cover the last three units of study.

Math - We are working our way through the final Unit in Math. This unit explores the characteristics of 2D shapes, analyzing the relationships among them and describing position and motion of objects and shapes. Once we have completed this unit we will begin review for the Final exam! Stay tuned for any important unit test dates from your child's teacher!

GRADE 8 POD

FINAL EXAM SCHEDULE:

Friday AM - Social 8

Monday PM - Language Arts 8

Tuesday PM - Math 8

Wednesday PM - Science 8

Language Arts We have finished up our novel study, moving in to the next unit which is poetry! Students will work with figurative language to enhance their vocabulary and writing abilities. This unit will be full of creative and interesting projects and assignments that will make the students think deeply about text.

Social Our Japan unit is in full swing. Students are currently learning about the Edo Period in which the Shogun controlled Japan. When complete, we will be heading into the Meiji unit where the United States meets Japan and starts making economic and cultural changes. We will also leave time at the end of the year to study for our final exam.

Science June is so exciting in science 8, we finally will get to our frog dissection. We have two more body systems to learn about: excretory system and nervous system, and are finished our final unit. Then it will be time to review for the cumulative final. Review booklets for the final have been given to students for them to have lots of time to review on their own.

Math - We will be completing Chapter 7: Data & Probability. This has us critiquing the representation of data through various graphs (circle, bar, double-bar, line, double-line and pictographs). Then we will continue to look at probability, as we have in previous years. This includes comparing theoretical and experimental probability of independent events. Then, our final chapter is project based and has us looking at 2D shapes and creating tessellations through translations, rotations and reflections.

2019 – 2020 SCHOOL YEAR

Tuesday, September 3 – Term #1 Starts
Monday, September 9th – Grade 6 Head Start Clinic 5:00 – 6:30
Wednesday, September 11 – Picture Day
Wednesday, September 11 – Grade 6 Head Start Clinic 5:00 – 6:30
Wednesday, September 11 – Meet the Teacher Night @ 6:30 – 7:30
Tuesday, September 17 – Parent Council 6:30
Monday, September 23 – No School PD Day
September 27 & 28- Grade 6/7 RIBMS Volleyball Festival
Friday, October 4 & 5 – Grade 7/8 RIBMS Volleyball Festival
Friday, October 11 – Walkathon
Monday, October 14 – NO SCHOOL
Monday, October 28 – Site Based PD – No School
Friday, November 8 – Picture Retakes
Friday, November 8 – Remembrance Day Ceremonies – 10:45
Monday, November 11 – NO SCHOOL
Tuesday, November 12 – Division Wide PD Day – NO SCHOOL
Wednesday, November 13 – Parent Teacher Interview #1 4:00 - 6:00
Thursday, November 14 - Parent Teacher Interview #1 4:00 – 9:00
Tuesday, November 19 – Parent Council Meeting 6:30
Friday, November 29 – Term #1 Ends
Monday, December 2 – Term #2 Starts
December 6 & 7 – Boys RIBMS Basketball Tournament
Wednesday, December 11 – Christmas Concert
Thursday, December 19 – Turkey Dinner
Monday, December 23 - Friday, January 3– Christmas Holidays- NO SCHOOL
January 17 & 18 – Girls RIBMS Basketball Tournament
Tuesday, January 21 – Parent Council Meeting 6:30
Thursday, January 23 – Ski Trip
Friday, February 14 – Winter Active Day
Monday, February 17 – Friday, February 21 – NO SCHOOL
Sunday, March 8 – Wednesday, March 11 - Grade 7/8 Band Trip
Wednesday, March 11 Parent Teacher Interview #2 4:00 – 6:00
Thursday, March 12 – Parent Teacher Interviews #2 4:00 – 9:00
March - April– Marine Biology 8 Trip (TBA)
Tuesday, March 17 – Parent Council Meeting 6:30
Thursday, March 19 – Friday, March 20 – Grade 6 Band Trip
Thursday, March 19 – Term #2 Ends
Friday, March 20 – Division Wide PD – NO SCHOOL
Monday, March 23 – Term #3 Starts
Friday, March 27 – Band Dessert Concert
Friday, April 10 – Friday, April 17 – Easter Break - NO SCHOOL

Monday, May 4 – LA Part A PAT - AM
Thursday, May 7 – Track Meet
Friday, May 15 – No School – PD Day
Monday, May 18– NO SCHOOL
May 27 – 29 - Spring Production 7:00
Tuesday, June 2 – Thursday, June 4 - Outdoor Education Trip
Tuesday, June 9 – Band Concert 7:00
Wednesday, June 10 – Athletic Awards
Thursday, June 18 – Wednesday, June 24 – Grade 7 & 8 Finals
Thursday, June 18 – LA Part B PAT – AM
Monday, June 22 – Math PAT
Tuesday, June 23 – Science PAT
Wednesday, June 24 – Social PAT
Thursday, June 25 – School Wide Pool Day
Friday, June 26 - Assemblies & Last Day of Classes

June

2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------------------------|---|---|--|--------------------------|----------|
| | | | | | | 1 |
| 2 | 3 | 4 Zone Track Meet @ U of L | 5 Athletic Awards Night Grade 8 to KAHS 1:00 – 3:00 | 6 Band Concert Grade 5 – Park Lake | 7 Pancake Breakfast | 8 |
| 9 | 10 | 11 | 12 Outdoor Ed Trip to Camp Impessa | 13 | 14 | 15 |
| 16 | 17 Grade 6 – MATH PAT | 18 Grade 6 – Science PAT | 19 Grade 6 – Social PAT | 20 Grade 6 – LA Part B PAT Summer Splash 11:45 – 3:30 | 21 Aboriginal Day | 22 |
| 23 | 24 School Wide Raymond Pool Day | 25 POD Trips Gr. 5 – Stan Sivvik/ Movie Mill Gr. 6 – Holiday Inn & Movie Mill Gr. 7 – Calgary Zoo Gr. 8 – Calaway Park | 26 Grade Level Assemblies Gr. 5 – 11:00 Gr. 6 – 1:00 Gr. 7 – 2:15 Gr. 8 – 9:00 | 27 PD Day – No School | 28 PD Day – No School | 29 |
| 30 | | | | | | |

Healthy Teens

June 2019 Parent Newsletter



Tobacco in the Media

Understanding media and its influence is an important skill for your teen. Studies have shown that youth who have good media literacy are less likely to use substances that are advertised, such as tobacco or e-cigarettes.

Although we have come a long way with advertising of tobacco products, smoking is still very present in movies. There is no restriction on smoking in movies that are rated for children and teens. This presents challenges, but also a great opportunity for building media literacy.

When smoking is shown on-screen, pause the movie or point it out. Later, have a discussion with your teen. Ask questions such as: Why was there smoking

shown? Did it add to the storyline? Who do you think decided to add it to the movie? Try to encourage your teen to think critically about who is influencing the presence of smoking in movies, and why they might want to show that specifically to young people.

Helping your teen to build the skill of questioning media can help them in areas other than avoiding smoking – it can encourage critical thinking in all areas of influence in their life!

➤ To learn more, or for support in quitting tobacco, visit www.albertaquits.ca or call 1-866-710-QUIT (7848)

Articles

Tobacco in the Media

Exercise is Good for Your Mental Health

Skin cancer is largely preventable, with about 82% of melanomas linked to factors we can change. Exposure to ultraviolet radiation (UVR) is the main cause of skin cancer but other harmful effects include sunburn, premature skin aging, and eye damage. Choose sun-safety strategies that work: a broad spectrum, water-resistant sunscreen with an SPF of 30 or higher, use shade, clothing, a hat with a wide brim, and sunglasses. For more information visit <http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/>



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

Exercise is Good for Your Mental Health

We know that physical activity supports our physical health, but did you know that physical activity can also improve mental health? In a world where digital devices keep social pressures constantly in their back pockets, and competing priorities from school, work, and activities demand the attention of our teens, exercise might be their best defense against stress and anxiety.

Exercise has a chemical effect in the brain that can help reduce stress, anxiety and fight depression. By stimulating the release of feel-good hormones (endorphins) and reducing levels of stress hormones (adrenaline and cortisol), exercise can do some amazing things for our mood! According to the Canadian Psychological Association, these are some noticeable benefits of exercise on teen mental health:

- Boosts academic performance.
- Increases self-reported happiness and lowers levels of sadness and loneliness, both in the short term and later in life.
- Reduces feelings of fatigue, improves sleep quality, and lowers risk of insomnia (provided physical activity is not done too soon before bed).
- Boosts self-esteem from early childhood straight through older adulthood.

So, how much exercise is recommended? The Canadian 24-Hour Movement Guidelines for Children and Youth recommend accumulating 60 minutes per day of moderate to vigorous physical activity as well as several hours of light physical activity throughout the day. Here are some easy ways to support your teen's mental health through physical activity:

- Encourage them to take 5-10 minute walking breaks during study sessions.
- Drop them off a few blocks from school or encourage them to walk home.
- Encourage them to go for a run or walk during their noon-hour break.
- Plan family outings (e.g., nature walks, tennis matches, playing catch).



Remember that all activity is good activity, and getting active for just 5 minutes can help boost your teen's mental health. Start small, and do it often.

> To learn more about the **Canadian 24-Hour Movement Guidelines for Children and Youth**, visit <http://www.csep.ca/CMFiles/Guidelines/24hrGlines/Canadian24HourMovementGuidelines2016.pdf>

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