

RALSTON SCHOOL NEWSLETTER

January/February 2024

Ms. Nunweiler's Message

Happy New Year and Welcome Back Everyone! I hope you all had a wonderful winter break and were able to relax and rejuvenate. This month, I would like to introduce you to our One School, One Book project for this school year. This year, Ralston School will be reading "The World According to Humphrey" by Betty G. Birney, all together. This project will begin on January 29th, 2024 which is Family Literacy Day! Each student will receive a book for them to read at home with their family. There will also be a Seesaw classroom set up that will have the audio version of the book (that has been recorded by our Ralston School Teaching staff as well as some Division Office staff that support our school), comprehension activities and pictures of our new Ralston School Hamster.

We are going to be hosting a competition for the students to name our new Ralston School pet. Our hamster will be housed in the library and the students will get to meet him and get to know him when they visit the library each week. Each student will be asked to come up with a name and a picture of our hamster. Then on February 26th, we will all vote for our favourite name before we begin reading the book. There will be a prize for the student whose name is chosen.

At the end of our One School, One Book project, each homeroom class will have some writing completed to share with our community. This can be journal entries of what our Ralston School hamster may do after school hours or a story that they have created. We are all very excited to see the creativity and imagination that the students use to create their journal entries or stories. We can't wait to start this great project!



School Newsletter – December 2023

Attendance Tips from your Education Welfare Officer, Jane Kelly from Defence Children's Services...

What can I do to help my child attend school every day?

One of the core issues that impacts children's school attendance is sleep. Sleep is as important for our bodies as food. It is particularly important for children. It assists with

- Growth
- Repair
- Memory and learning
- Emotional wellbeing
- Concentration
- Behaviour

The NHS recommends the following:

Your child's age	Recommended sleep time in a 24-hour period
One Week	16.5 hours (including naps)
Four Weeks to Three Months	15 hours (including naps)
Six Months to Twelve Months	14 hours (including naps)
2 Years	13 hours (including naps)
3 Years to 5 Years	11 to 12 hours
6 Years to 10 Years	10 to 11 hours
11 Years 14 Years	9 to 10 hours
15 Years to 16 Years	8 to 9 hours

If you would like to address your child's sleeping regime, you may wish to consider using the NHS guidance.

- Decide what time you feel is suitable for your child to go to bed.
- Commence a winding down period as part of your bedtime routine approximately 30 to 60 minutes before your child normally goes to sleep. Bring this forward by 5 to 10 minutes each week- or 15 minutes if your child is in the habit of going to bed very late – until you get to the bedtime you want.
- Set a limit on how much time you spend with your child when you get to the bedtime you want.
- Give your child their favourite toy or comforter before settling into bed.
- Leave a dim light on if necessary.
- If your child gets up, keep taking them back to bed again with as little fuss as possible.
- Aim to be consistent in your approach. You may need to repeat this routine for several nights.

Further information can be found on the following websites:

www.sleepfoundation.org

[Sleep and young children - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[ERIC \(Why it matters - ERIC\)](#) provide information about bedwetting and has an excellent online shop. Items such as bedwetting alarms and bedding protection are available through their website, but before purchasing anything please speak to your school nurse or the incontinence service.

[Sleep for Kids - Teaching Kids the Importance of Sleep](#)

If you have an attendance concern or query you may also like to seek advice from The MOD Education Welfare Team at RC-DCS-HQ-WSW@mod.gov.uk

MRS. SEPT'S REMINDERS:

Please remember to always send in a copy of your updated Visitor Record for your child & serving member of BATUS. It is required by Alberta Education to attend school.

Now that the weather is turning colder, be sure to send your children with full outdoor wear (ski pants, boots, hats, scarves & gloves).

Please contact me anytime with questions, concerns or to book appointments with any member of our staff. You can reach me by phone (403-544-3535 ext 0), email (chelseasept@prrd.ca) or SeeSaw.



**RALSTON
SCHOOL**

JANUARY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12	13
	First Day Back for Students Skating- Gr. 1,4,5 & Jr High				Kick-Off to Jump Rope for Heart	
14	15	16	17	18	19	20
	Skating- JK/K at 1:15pm & Gr 2/3 at 2:15pm	Principai's Tea at 2:45pm Farro's Lunch Orders on SchoolCash	Parent Council Meeting at 9am			
21	22	23	24	25	26	27
	Skating- Gr 1,4 & 5 at 1:15pm & Jr High at 2:15pm	Jr High to Badlands Fitness- PM	International Day of Education		Jump Rope For Heart	
28	29	30	31			
	Skating- JK/K at 2:15pm	Grade 9 to visit Eagle Butte High School				
	Start of our One School, One Book Project					

FEBRUARY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
Children's Mental Health Week	Skating- JK/K at 1:15pm & Gr 2/3 at 2:15pm		Parent Council Meeting- 2:15 pm	Farro's Orders Due	Whole School Field Trip to YMCA for Wellness Day	
11	12	13	14	15	16	17
	Skating- JK/K at 1:15pm & Gr 2/3 at 2:15pm	100th Day of School- Dress up like you're 100!		Farro's Pizza Hot Lunch	Random Act of Kindness Day	
18	19	20	21	22	23	24
February Break- School Returns February 26th						
25	26	27	28	29		
	First Day Back Skating- Gr 1,4 & 5 at 1:15pm Jr High at 2:15pm	Principal's Tea at 2:45pm	Pink Shirt Day	One School, One Book Project Ends		

