

The Ridgemount Shelf

February 2018

From the Principal / VP

What a busy January it has been here at Ridgemount. Ms. Schwenger and I have been really enjoying visiting classrooms, getting to know students and being introduced to our families. We wanted to thank everyone for making us feel so welcome and for helping to show us all of the great things that are happening at Ridgemount.

We are excited about our upcoming assembly, our school logo change, popcorn day and the great efforts that our students are putting forth academically and on our school teams and clubs. We have noticed that the students and staff at Ridgemount are both supportive and very collaborative and we appreciate this.

We look forward to reading all of the report cards and want to make sure that everyone shares their report cards with their parents/guardians, especially the Learning Skills and Work Habits and your Next Steps. Be sure to read, sign, and send the portion of the report card that you sign to indicate that you have received and read it.

Have a great week everyone!

G. Carey - Principal
L. Schwenger - Vice Principal

Family Day



By: Kirsten B

February 19th is not only a day off of school, it is also Family Day! Family Day is a day to spend time with your family and celebrate the importance of Family. Families often plan activities and lots of fun together as schools and many other organizations and businesses are closed. What can you do? You and your family could go skating, watch some movies, or play board games. Anything that means spending time with those you love.

Family Day is observed in Alberta, Ontario, Saskatchewan, New Brunswick and British Columbia. It is on the third Monday of February every year and on the second Monday in British Columbia. The first Family Day was held in Alberta back in 1990. Ontario didn't observe Family Day until 2008.

Family Day is also held around the world. People in the Australian Capital Territory celebrate Family and Community Day on the first Tuesday in November. As well, people in South Africa celebrate Family Day the day after Easter Sunday.

What will you do on Family Day?



Valentine's Day

By Layna

Valentine's Day, a day to celebrate with the ones you love, and show them how much you care. When was Valentine's day created you might ask? Well, Valentine's Day, or St. Valentine's Day, was established in 498 C.E. It was created to remember the acts of Valentinus, who rebelled against Emperor Claudius II.

Post Office

Class 8A is gearing up for their jobs as postal clerks, mail sorters, and postal carriers for Ridgemount's Valentine's Post Office! Your students can write notes, cards, Valentine's, letters or postcards to friends, teachers, and staff. McMaster Children's Hospital.

Here's how it works:

Your students write to someone. Your child will need to purchase 1 stamp per item. Each stamp is 10 cents. (Or 10 for \$1.)

Once the item has a stamp, your child will address it to the recipient and add the class' postal code. Your student can then send the item by placing it in the Ridgemount Post Office Box and it will be delivered by a Class 8A Postal Worker.

The Ridgemount Valentine's Day Post Office will take Place from Monday, February 5 to Wednesday, February 14.

Setting Goals for 2018

By Alexis

It's 2018! That means that maybe you've decided to change some of your bad habits or improve yourself by making some New Year's resolutions. You have a general idea of what you want to change, but you may find that as the year goes on, you lose the willpower to finish what you tried to start. You're not alone in that aspect; one study found that only 8% of people achieve their New Year's goals. However, you may be able to find results if you create Specific, Measurable, Achievable, Relevant, and Timely (SMART) goals. But what does this really mean?

SPECIFIC

Keep your goals clear and concise so you know exactly what you want to achieve. If you don't have a solid idea of your goals, you might lose motivation.

MEASURABLE

Your goals should be measurable, so you'll be able to tell that you're making progress. Set milestones and deadlines for yourself to see your improvement.

ACHIEVABLE

When you make your goals, make sure that they are realistic and attainable. Otherwise, you'll be discouraged to achieve a goal that was never even realistic in the first place. For example, it'd be impossible for you to learn how to speak another language in two weeks if you don't have enough time to study.

RELEVANT

A good thing to realize is why exactly this goal is important to you. Why do you need to accomplish it? If you set out the reasons why, you may find that your goal becomes more important to you which would encourage you to work harder on it.

TIMELY

Set deadlines for yourself! If you have a time limit for what you want to do, then you may find that you'll work harder to achieve your resolution. However, don't give yourself all the time in the world to complete your goal if it could easily be done in a couple of months.

Skating

By Rosa

It's so wonderful to see so many Ridgemount students skating! Don't worry, it's not too late! If you would like to come skating, head to the office to pick up a permission form. Please do not ask to borrow skates or helmets last minute, it might take awhile. Also, if you go skating between first and second nutrition break and share skates and/or helmet, please put it back on the table in the front foyer when you come back to the school.

We'd like to thank Ms. Dean for her dedication to organize this trip for the school!

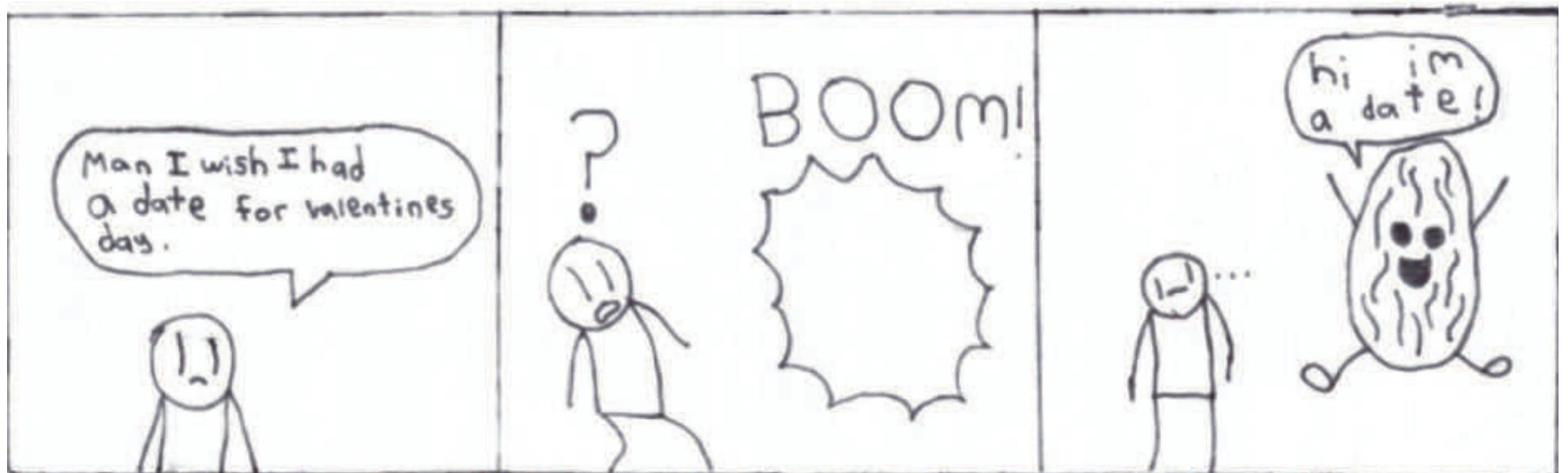
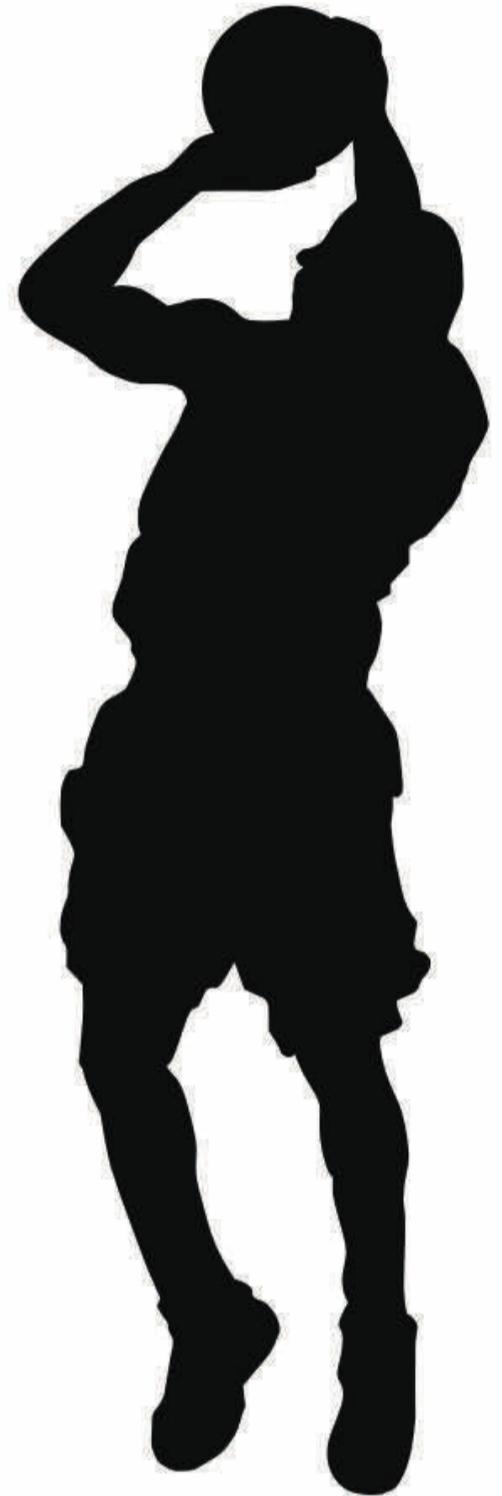
Ridgemount Basketball

By Pavlos

The basketball tryouts at Ridgemount have ended and the teams have been formed. The boys and girls Senior Basketball teams have started their season. The boys started their season off with a win against Pauline Johnson and the girls beat Armstrong. The boys will now try to revive their winning streak after a loss to Armstrong. Let's continue the season with more wins! Let's go Ridgemount!

Boys Team: Uzayr, Ramy, Fuad, Adrian, Malik, Justin, Arti and Jordan

Girls Team: Samantha, Brenna, Amber, Rosa, Mackenzie, Awatif, Swamy, Anneliese, Meltam and Zoe



Comic by Yasser