



UPCOMING DATES

November 5
Lockdown Practice

November 7
Photo Retakes

November 9
Remembrance Day
Assembly

November 13
Alberta Opera Visits

November 22 & 23
Parent Teacher Interviews

ROSSCARROCK BLOGS

<http://school.cbe.ab.ca/school/rosscarrock/teaching-learning/classes-departments/pages/default.aspx>

ATTENDANCE LINE

(403) 777-8390 EXT. 1

ROSSCARROCK@cbe.ab.ca

WEEKLY UPDATE

October 31, 2018

Thursday November 1	•
Friday November 2	• Early Dismissal
Monday November 5	• Lockdown Practice • Student Teachers start in Ms. Johnson and Ms. Cook's class
Tuesday November 6	•
Wednesday November 7	• Photo Retakes
Thursday November 8	•

Halloween Candy

Please be advised! Any Halloween Treats brought to school after Nov 2 may be eaten by teachers! Just kidding, but please leave it at home.

It's been well documented that sugar activates the brain's pleasure response, but scientists are discovering that it impacts the brain in a variety of other ways.

When students consume a lot of sugar and then attempt challenging tasks, like math problems, the brain's hypothalamus allows the body to release a lot of cortisol. Known as the stress hormone, this substance impedes memory. When children's bodies are flooded with cortisol at school, they struggle to pay attention to their lessons and find it difficult to sit quietly. When their attention is elsewhere, they find it difficult to retain information they're taught.

Lunchroom Activity Fee

Lunch Activity Fees of \$10 were assigned to our students who stay for lunch. These fees can be paid online through 'My Fees' on the Parent Portal. If you have any questions please call the school office.



Rosscarrock School Fundraising Casino

Monday, January 21st & Tuesday,

January 22nd, 2019

WE NEED YOUR HELP - PLEASE SIGN UP!

SIGN UP AT THIS WEBSITE:

<https://www.signupgenius.com/go/20F0F49ACAB29A1FF2-2019>

OR EMAIL RAYELENE AT: rayeraye345@gmail.com

OR CALL/TEXT RAYELENE AT: 403-890-8345

The casino is taking place at **Cowboys Casino (421-12 Ave SE)**.

This event makes a big impact for the school (the last one raised ~\$70,000) but requires 36 volunteer shifts. It is important that we secure our key volunteer position by early November so the paperwork can be submitted.

All of these positions are *very easy* and our casino advisors are with us for the entire duration of the casino to train us at the beginning of each shift and guide us every step of the way.

Volunteering at the casino helps to raise much needed funds for school programs and initiatives and is a great way to meet other families in the school! Did I mention you get a free meal during your shift? If needed, the cost of babysitting and transportation for volunteers can be covered by our casino fund. Please contact me in advance if this is required.

If you have any questions, please be sure to contact me!

Thank you in advance for your support,

Rayelene (Parent Volunteer Casino Coordinator)