Ruth Betts Community School



HOME ● SCHOOL ● COMMUNITY

Student Handbook

September 2026-2027

At Ruth Betts Community School, we are a unified team striving to meet the academic and social needs of all learners in a supportive and safe environment. We believe through modelling respect, belonging, diversity, and work ethic, we are building healthy citizens.

Student Handbook September 2026

Welcome to Ruth Betts Community School!

We're so glad to have you as part of our school community. At Ruth Betts, we are a unified team committed to supporting the academic and social development of all learners in a safe, inclusive, and respectful environment. By modelling values like belonging, diversity, and a strong work ethic, we aim to help students grow into confident, caring citizens.

This handbook is designed to support your family by outlining key information about school expectations, policies, routines, and opportunities for involvement. We encourage you to read through it together with your child(ren) so you're familiar with how we work as a school community.

We believe that strong partnerships with families and open communication are essential to student success. If you have any questions or need clarification, please don't hesitate to contact me at 204-687-7538 or mbowman@ffsd.mb.ca.

Let's make this a great year of learning and growth—together.

Mrs. Bowman, M.Ed
Principal

Table of Contents

Student Handbook September 2026-2027

Table of Contents 2

Hours of Operation 2

2026-2027 Ruth Betts Community School Staff 3

- Office Staff 3
- Teaching Staff 3
- Music Staff 4
- Band Staff 4
- Physical Education Staff 4
- Library Staff 4
- Student Support Services Staff 4
- Community Schools Staff 4
- Educational Assistants 4
- Custodial Staff 4

2026-2027 Ruth Betts Community School Important Dates 4

Flin Flon School Division Code of Conduct 6

Philosophy of Discipline 7

Student Attendance 7

Entrance to the School 8

Recess 8

Breakfast Program 9

Noon Hour/Lunch 9

Lunch/Snack Rules 10

Parking/Visitor Tags 10

Busses 10

Bicycle/Scooter/Skateboard Rules 10

School Closure 11
Emergency Response 11
Communication with the School 11
Agendas 12
Textbooks 12
Homework 12
Reports 13
Dress Code 13
Gym Uniforms 14
Lost & Found 14
Technology 14
Phones and Electronic Devices 14
Library 15
Field Trips/Off-Site Programs 15
Outdoor Education 15
Extracurricular Activities 15
Athletic Program 16
School Leadership – Student Council 16
Sunrise Gym/Computers 16
Use of Facilities after School Hours 16
Community School Events and the Family Room 16

Hours of Operation

We are planning to offer Sunrise programming again this year. **Sunrise Gym or Computer Lab** will begin on **Monday, September 14**. For more details, please see the *Extracurricular Activities* section of this handbook.

- **Playground Supervision Begins:** 8:40 AM
- **Morning Entry Bell:** 8:45 AM
- **Morning Start Time:** 8:55 AM
  (Students arriving after this time are considered late.)
- **Lunch Break:** 11:45 AM – 1:00 PM
- **Afternoon Entry Bell:** 1:00 PM
- **Afternoon Start Time:** 1:10 PM
  (Students arriving after this time are considered late.)
- **Dismissal:** 3:55 PM

Students are allowed to enter the school at the **warning bell**. They are expected to be in their classrooms and ready to begin by **8:55 AM** and **1:10 PM**.

The Flin Flon School Division will send home a **magnet calendar** listing planned school closures and early dismissals (excluding emergency situations) for the year.

2026-2027 Ruth Betts Community School Staff

Office Staff

Principal	Mrs. M. Bowman
Vice Principal	Mrs. E. Knowles
Secretary	Mrs. T. Wallaker

Teaching Staff

Kindergarten	Ms. J. Beckingham
Grade 1	Mrs. J McLellan/ Mrs. L. Bancroft
Grade 2	Mrs A. Ross

Grade 2/3	Ms. H. Bryson
Grade 3	Mr. C Bancroft
Grade 4	Mrs. V. Hershmiller
Grade 4/5	Ms J Guthrie
Grade 5	Mrs. K. Fritsch
Grade 6	Mr. O. Ojo
Grade 6	Ms R. Prall
Grade 7	Mr. C. Plamondon
Grade 7/8	Ms. N.Baynton
Grade 8	Ms. E. Hammond
Home Economics	Mrs. R. Bear
Industrial Arts	Mr. C. Raddysh

Music Staff

Mrs. A. Harrison

Band Staff

Ms. M. Thenhaus

Physical Education Staff

Mr. I. Clark / Mr. T. Johnston

Library Staff

Mrs. T. Simms & Mrs. L Slugoski

Student Support Services Staff

Community Cultural Advisor	Ms. M. Head-Steppan
Essential Skills Program	Mrs. B. Santos
Family Liaison Worker	Ms. C. Lycan
Nutrition Worker	Mrs. G. Rowe

L.A.P. / Self Regulation Room	Mrs. S. Reid
Mental Health Workers	Mr. P. Ryan & Mrs K. McCulloch
Resource	Mrs. T. Rideout-Pickell
Speech Pathologist	Mrs. L. Clark-Watt
Educational Psychologist	Ms. J. Kalala

Community Schools Staff

Community Connector	Mrs. F. Brown
Parent Child Programmer	Ms. M. Khan

Educational Assistants

Ms. B. Gira Mrs. J. Dickens Mrs. C. Henderson Mrs. D. Knutson

Mrs. D. Kerfont	Mrs. C. Muldoon
Mrs. T. Schell	Ms. C. Markham
Mrs. A. Hartl	Ms. T. Potkonjak
Mrs. C. Stinton	Ms. S. Wasylciw
Mrs. L. Nabe	Mr. C. Brading
Mrs. C. Pruden	Mrs. C. Krassilowsky
Mrs. L. Aubin	Ms. C. Jackson
Ms. H. Kaur	Ms R. Palong-Palong

Mrs. L. Osika (Divisional Speech)

Custodial Staff

Sam Bradt, Logan Souter, Ernst Claassen, Hayli Bernhard

2026-2027 Ruth Betts Community School Important Dates

September 9th	First day of school for Grades 1-8, Kindergarten Orientation
September 10th	Back to School BBQ & Open House 5:00 PM - 6:30 PM
September 10th	Kindergarten Staggered Start
September 11th	Kindergarten Staggered Start
September 14th	Sunrise Gym & Computers begins
September 23th	Picture Day
September 29th	Observation of National Day of Truth and Reconciliation Day (Orange Shirt Day)
September 30th	Truth and Reconciliation Day (All Schools Closed
October 8th	Early Dismissal 2:15 PM – Early Family/Teacher Interviews
October 12th	Thanksgiving Day - All Schools Closed
October 22th - 23th	All Schools Closed - PD Days
October 27th	Picture Retakes
November 10th	Remembrance Day Ceremony
November 11th	Remembrance Day- All Schools Closed
November 27th	Elementary Only Closed - Admin Day
December 7th	Report Cards go home
December 10th	Early Dismissal 2:15 PM - Family/Teacher Interviews
December 10th	Term 1 Awards Assembly
December 16th	K-3 Christmas Concert
December 18th	Last day of classes before the break
January 4th	First day back after the break
January 13th	All Schools Closed - PD Days
January 21st	Grade 6,7, 8 Band Concert
February 15th	All Schools Closed - Louis Riel Day
February 24th	All Schools Closed - PD Day
February 25th	Pink Shirt Day
March 5th	School Closed - Admin Day

March 9th	Spring Photos
March 15th	Report Cards go home
March 18th	Early Dismissal 2:15 - Family/Teacher Interviews
March 18th	Term 2 Awards Assembly
March 25th	Last day of classes before the break
March 26th	School Closed Good Friday
March 29th - April 2nd	All Schools Closed - Spring Break
April 5th	First Day Back after Spring Break
April 14th	International Day of Pink
April 21st	All Schools Closed - PD Day
May 5th	Observation of National Day of Awareness for Missing and Murdered Indigenous Women and Girls and two-spirit People (Red Dress Day)
May 24th	All Schools Closed - Victoria Day
June 28th	All Schools Closed - Admin Day
June 29th	All Schools Closed - Admin Day
June 30th	Last Day of School, Students pick up their Report Cards, Pancake Breakfast

*We continuously add and plan events. We will notify parents regarding changes via class calendars, notes, and our Facebook page.

Flin Flon School Division Code of Conduct

Parents/guardians play an essential role in the education of their children. They can support the efforts of school staff in maintaining a safe and respectful learning environment for all students. The Code of Conduct is for staff, students, and parents to adhere to.

Parents/guardians fulfil this responsibility when they:

- Show an active interest in their child's school work and progress
- Communicate regularly with the school
- Make sure their child is appropriately dressed and prepared for school

- Take all reasonable measures to ensure the child attends school regularly and on time
- Inform the school promptly about their child's absence or late arrival
- Become familiar with the FFSD code of conduct and school rules
- Encourage and help their child follow the rules and behavioural expectations
- To cooperate fully with teachers and other school/division employees to ensure their child complies with school/division discipline and behaviour management policies and the school's code of conduct.
- Show respect for school staff, trustees, students and volunteers in their communication and interactions.
- Follow the established FFSD policies and procedures and take responsibility for their actions.
- To assume responsibility with the child where school/division property is damaged, lost, or converted by the intentional or negligent act of that child (as outlined in The Parental Responsibility Act)

Students are to be treated with respect and dignity. In return, they must demonstrate respect for themselves and others and citizenship responsibilities through acceptable behaviour.

Respect and responsibility are demonstrated when a student:

- comes to school prepared, on time and ready to learn
- shows respect for themselves for all members of the school community
- refrains from bringing anything to school that may put the safety of others at risk
- follows the established rules and takes responsibility for their actions.

Philosophy of Discipline

Philosophy of Discipline

At Ruth Betts Community School, we believe that children learn to make better decisions through **positive, restorative discipline**. When inappropriate behaviour occurs, we view it as an opportunity for growth and learning. A range of interventions may be used, depending on the student's age, developmental level, and the nature of the incident.

Possible interventions include, but are not limited to:

- Restitution strategies
- Verbal or written apologies
- Teaching moments based on the incident (follow-up conversations or activities)
- Recess Planning Room referral

- Detention or time in the LAP or Self-Regulation Rooms
- Teacher/student/family conferences
- Teacher/student/administration conferences
- Conferences involving administration, family, and school team
- Meetings with School Trustees (when appropriate)
- Loss of extracurricular privileges
- Referral to a guidance counsellor or mental health worker
- External referrals (e.g., Mental Health Services, RCMP, Addictions Foundation of Manitoba, Child and Family Services, etc.)
- In-school suspension
- Out-of-school suspension
- Development or implementation of a Behaviour Intervention Plan (BIP) through referral to the Student Support Team
- Restricted access to certain school spaces or events

We understand that student perspectives may differ, and while we aim to understand the full picture, **our goal is always to resolve issues quickly, fairly, and respectfully**.

Parents and guardians will be notified if their child is involved in a behavioural incident requiring intervention.

Student Attendance

Regular attendance is one of the most important factors in a child's success at school. Every day of learning builds on the one before, and when students miss school frequently, they can fall behind both academically and socially.

At Ruth Betts Community School, we are working together with families to improve attendance and reduce chronic absenteeism. Our goal is to help every child feel connected, supported, and successful at school—and that starts with being here consistently.

We know there are times when students must be away, and we're here to support you when those situations arise. However, we encourage all parents and guardians to make daily attendance a priority whenever possible.

Illness

If your child is unwell, it's important they stay home to rest and recover. It's difficult to focus and learn when feeling sick, and staying home also prevents the spread of illness.

If your child will be away for more than a couple of days, please contact their teacher to request homework. Allow some time for teachers to prepare the materials. For guidance on when to keep your child home, please refer to our "How Sick Is Too Sick for School?" handout (sent home in the fall and posted to our Facebook page).

Reporting an Absence

If your child will be absent or late, please call the school at **204-687-7538** or send a note ahead of time. For planned absences—such as medical appointments, family travel, or sports commitments—please let the office know in advance, including the specific dates.

Call Back System

If a student is absent and we haven't been informed, we will call the contact numbers on file, including emergency contacts. If you're calling outside school hours, please leave a message on our answering machine.

We're here to work with you. If your family is facing challenges that make it hard to get your child to school regularly, please reach out. Together, we can make a plan to support your child's attendance, well-being, and success.

Entrance to the School

Students will enter and exit from the school by the following routes only:

Kindergarten	Link doors (North and South sides)
Grades 1-3	West doors in the playground (beside the north link doors)
Grades 4-6	North doors (North end of the school)
Grades 7 & 8	Main entrance (West side on Terrace Avenue)

All students are expected to be in their seats before opening exercises at 8:55 AM and 1:10 PM. Opening exercises include playing O' Canada, announcements and attendance taking, etc. If students are late and their regular door is locked, they must ring the doorbells located at the 1-3 doors, the 4-6 doors, or the Main entrance. Please note the Link doors do not have a doorbell.

Recess

Grades 1 to 3 students have a scheduled recess at 10:15 AM - 10:30 AM & 2:25 PM - 2:40 PM.

Grades 4 - 6 students (including the ¾ Hersmiller class) will have a recess at 10:30 AM - 10:45 AM & 2:40 PM - 2:55 PM.

Students are expected to go outside for 15 minutes. Students will be allowed to remain indoors during extreme weather conditions (anything below -30 with the wind chill). In all cases, be sure students are dressed appropriately for the weather and remember that our playground can be very windy!

Breakfast Program

Thanks to the support of the Breakfast Club of Canada and the Child Nutrition Council of Manitoba, every student from Kindergarten to Grade 8 at Ruth Betts Community School receives a healthy breakfast each morning, made up of three food groups.

We are always grateful for the helping hands of parents, guardians, and community members who keep this important program running smoothly. Whether you're a mom, dad, grandparent, aunt, uncle—or simply someone who wants to make a difference—we welcome your support.

If you're interested in **volunteering your time** or making a **monetary donation**, please contact **Fawn in the Family Room** at **204-687-8862**.

Noon Hour/Lunch

Most students at Ruth Betts Community School go home for lunch. However, we offer a **lunch program for students in Grades 1 through 8** who need to stay at school during the lunch hour.

About the Program

The lunch program is a **non-profit, self-sustaining** service that provides supervised lunch care for students who remain at school. Families have two options:

- Send lunch from home, or

- Access a lunch provided by the school, as supplies allow.

All students are welcome to take a school-provided lunch if needed, while supplies last.

Program Cost and Registration

- The cost is **$2.00 per day**.
- A **monthly calendar must be filled out and returned** before a student can stay for lunch.
- If payment is not received, the student will not be able to participate in the program.
- Families with an **outstanding balance in June** will **not** be allowed to register their child for the September lunch program until the balance is paid.

A copy of the lunch program outline, including expectations and fees, is available at the office.

Attendance and Expectations

- Students signed up for the lunch program **must remain on school property** during the lunch hour.
- If your plans change and your child no longer needs to stay for lunch on a given day, please contact the school—**attendance is taken daily** for safety and accountability.

Noon-Hour Activities

Students participating in noon-hour extracurricular activities must:

- Eat in the designated area and remain in supervised spaces only.

Students are not allowed to stay at school without eating lunch. If a student forgets their lunch, they will be required to go home, eat, and then return for the activity or access a free school lunch.

Students who are registered in the lunch program and are staying for a noon-hour activity will not be charged the lunch fee for that day.

Lunch/Snack Rules

At Ruth Betts Community School, we are an allergy-aware school. We have students and staff with severe, life-threatening allergies to nuts, shellfish, and fish.

To help keep everyone safe, we ask that families do not send any products that contain or may contain nuts, shellfish, or fish. Sharing food is not permitted.

In support of Healthy Schools Manitoba, we also strongly encourage families to avoid sending candy, slushies, or pop with student lunches. Energy drinks are not allowed at school at any time.

Lunchroom Guidelines

To help us enjoy lunch in a clean, calm, and respectful environment, students are expected to:

- Wash hands before eating
- Sit at their own desk and eat in a quiet, relaxed manner.
- Clean up quickly if they spill something.
- Ask the lunch supervisor for permission before leaving the room.
- Put away food containers and throw out garbage and leftover food.
- Bring a quiet activity (e.g., book, puzzle, cards) to enjoy during indoor lunch days due to weather.
- Head outside or to an activity at the designated time after eating.
- Do not bring gum, sunflower seeds, or pumpkin seeds to school.
- Do not bring glass bottles for safety reasons.
- Do not bring popcorn

Lunch Heating & Thermos Option

Please note that microwaves are not available for student use. If your child needs a warm lunch, our Family Worker can provide a thermos upon request. Please contact the school if you'd like one.

> **Reminder:** Students staying for lunch must remain on school property for the entire lunch hour.

Parking/Visitor Tags

Visitors are asked to park on Terrace Avenue and enter through the main school doors. Parking in pre-assigned staff stalls is not permitted.

All visitors must check in at the office, sign in, and wear a visible visitor tag while in the building. Limited street parking may be available near the school.

Busses

Students from Channing and surrounding areas are bused to Ruth Betts Community School.

- The bus pick-up area is located on Hiawatha Avenue (along the north wall beside the playground).
- The bus drop-off occurs at the front of the school on Terrace Avenue.

Students are expected to behave respectfully and follow all safety rules while waiting for and riding the bus.

At the start of the year, bus students will receive a copy of the bus rules and will be assigned a designated seat, which they are expected to use for the entire school year.

Bicycle/Scooter/Skateboard Rules

Parents/guardians are responsible for any bicycles, scooters, or skateboards brought to school. The school is not responsible for loss, damage, or theft of these items and cannot monitor their storage.
To help keep everyone safe:

- Helmets are required by law and must be worn.
- Bicycles, scooters, and skateboards must be locked when not in use.
- These items may not be ridden on the playground before school, during recess, at lunch, or after 4:00 p.m.
- Students must walk their bikes or scooters to and from the bike lock-up area and the playground.

Extra care should be taken near the parking lot and adjacent streets, due to car and bus traffic. Students must follow all traffic laws, including using patrolled crosswalks and walking bikes across roads.

Shoes with wheels (e.g., Heelys) are not permitted inside the school building.

School Closure

While extreme weather conditions may cause buses to stop running, schools are not likely to be closed. Only extreme circumstances will lead to the closure of the school. Please listen to your local radio station, call the Flin Flon School Division Administration office at 204-681-3413 or the school at 204-687-7538 for confirmation of school closure. Emergent messages will be sent out on the School Messenger Program and our Facebook page.

Emergency Response

Fire drills are regularly conducted at our school in conjunction with the Flin Flon Fire Department and may occur at any time throughout the day/school year. Each fire drill must be regarded as a real fire and conducted as such. The fire alarm ringing throughout the school signals to leave the building immediately via the designated exit. If in gym, music or an assembly, students will leave through the nearest exit and remain with that Instructor.

Students out of the classroom (in washrooms, library, resource, guidance) leave by the nearest exit and go to the designated spot for their class.

As soon as the alarm sounds, all students are to vacate the building immediately and not remain in the building. Students must leave in an orderly fashion (walking) and go immediately to the designated area outside the building. Students must remain orderly while attendance is taken and await further instructions if an emergency exists.

Students are reminded it is a criminal offence to pull the fire alarm when there is no fire present.

Like fire drills, schools are responsible for having lockdown drills per school year. We do this in conjunction with the local RCMP. This prepares students for what to do if we ever need to have a real lockdown.

Communication with the School

To meet the needs of students, home and school must make every effort to communicate openly and frequently. Students and teachers will use agendas to communicate homework and other important messages. As your child's school, we endeavour to inform you of your student's progress via frequent reporting procedures and formal family-teacher communication.

It is of equal importance that parents/guardians keep teachers informed of any developments that may influence the student's performance at school. Without a doubt, shared information or any questions you may want to bring forward will enable us to better meet your child's needs. Please do not hesitate to contact us anytime in person or by telephone.

Agendas

The agenda is used as a communication tool between home and school. It helps students develop organizational skills and promotes responsibility. The agenda is used daily by all grades and classrooms. The agenda is a source of information to provide a snapshot of what our school has to offer. RBCS believes strongly in using agendas; therefore, budgetary money is being spent

to provide one at no cost to each student. Should the agenda get lost or ruined, it will need to be replaced at the cost of $5.00 to the student.

Textbooks

Textbooks are distributed by teachers. Each teacher keeps a record of the books he/she distributes. Each student is responsible for returning or replacing the text materials given to them, and all materials are to be returned in good condition.

Homework

The completion of homework results in higher grades. The amount of time required to complete homework assignments and the amount of homework increases as your child progresses through each grade in school. Homework may be sent home by teachers for a number of different reasons, including:

- Reinforcing the day's lessons
- Catching up on work after an absence
- Preparing for the next day's lesson
- Reinforcing acquired skills and developing study habits
- Teaching students independent learning
- Incorporating available materials and media in the home using books, magazines, newspapers and television
- Completing work that the student did not complete during the allotted class time

Students are responsible for:

- Recording unfinished work, test dates, and homework assignments in their agendas
- Completing homework and returning it to school on time
- Ensuring required materials are taken home to complete the work
- Completing work if a class is missed

Parents/guardians can assist by:

- Demonstrating an interest in their student's work and monitoring work habits
- Reading and signing the agenda daily
- Ensuring students have a regular time and place to complete their homework
- Discussing any concerns with the classroom teacher if/when they arise

Reports

Report cards are sent home three times per year; **December, March and the end of June**. We do not mail Report Cards. We also schedule three family/teacher conferences. The first occurs in October, prior to report cards being sent home in December; this meeting is an opportunity to

meet your child's teachers and discuss how they are adapting to their new classroom environment. Family/teacher conference request forms are sent home with your child prior to scheduling all family/teacher meetings.

The second family/teacher conference occurs after the first report card is sent home in early December. This meeting is intended to allow more time for families and teachers to discuss your child's strengths and areas requiring improvement.

After the second report card is sent home in March, the last family/teacher meetings are scheduled. This meeting is an opportunity to discuss your child's progress and to begin planning for the next school year.

Families are encouraged to contact their child's teacher with concerns or issues to be discussed. Please contact the teacher(s) to make an appointment to discuss the matter. Progress reports may be sent out at other times throughout the year. Similarly, teachers and administrators may request meetings throughout the year.

Dress Code

While we want our students to have the opportunity to express themselves through dress, we expect everyone to be respectful of others. Students and staff:

- May not wear hats, toques, hoods, bandanas, or other headwear, unless it is for school-sanctioned activities or religious and/or ceremonial reasons
- Have appropriate indoor athletic shoes
- Clothing and jewellery must be in good taste. Logos, language, or pictures must not be suggestive of:
    1. drugs or alcohol
    2. sexual implications
    3. offensive language or imagery
    4. racist remarks
    5. gang affiliation

RBCS students not meeting the Dress Code expectations will be required to:

- Remove the article of clothing when appropriate
- Turn the article of clothing inside out
- Wear a clean shirt supplied by the school
- Cover the inappropriate logo with masking tape
- Remove inappropriate jewellery

Students are expected to have indoor and outdoor footwear. Every student is expected to wear running shoes for gym class and other indoor activities. To help prevent misunderstandings and loss please ensure all clothing, such as shoes and jackets, are marked with your student's name to prevent misunderstandings and loss.

Gym Uniforms

Students can change for gym classes, but it is not required. Students are expected to have runners that are for indoor use only. Outdoor footwear and/or sandals/flip-flops are not to be worn in the gym.

Lost & Found

Lost and found boxes are located near the gym, staff room and upstairs. Please have your child check if they have lost any belongings throughout the year.

Technology

Students will access various technology tools throughout the year, particularly iPads/tablets and computers (Chromebooks). Parents/guardians and students must read and sign a copy of the Flin Flon School Division's Acceptable Use Policy (Policy # 9.3). Failure to comply with the rules outlined in the divisional policy could result in having the privilege to use the school's equipment revoked.

Phones and Electronic Devices

A phone is available in front of the main office for student use in case of emergencies, to call if they need to stay after 4:00, are not feeling well, etc. Students must request permission from their teacher or the office to use the phone. If parents/guardians need to contact their children in an emergency, parents can call the office, and we will deliver the message to the child's classroom. We will gladly pass along messages that notify your child you have been called into work, detained away from home, etc. However, reminders of regular events, such as music lessons, swimming lessons, skating, etc., should be unnecessary.

As per the cell phone policy from the Minister of Education and Early Childhood Learning: Cell phone use is banned during all school hours, including breaks and lunch on school property, for students Grade Kindergarten to Grade 8.

Library

Ruth Betts Community School houses a large collection of fiction and non-fiction print materials in the library, as well as a variety of reference materials, audio-visual aids, DVDs, and access to

online subscriptions. Students may borrow only print materials. Each class has library time scheduled through the weekly cycle. To take out new books, previously checked-out books must be returned first. Overdue books will result in reminders and requests for payment for books lost.

Field Trips/Off-Site Programs

Students occasionally leave school property with their class and/or grade level for various reasons. Any student transported by bus or participating in a field trip must have the appropriate parental permission forms signed and returned to the school before trip departure. The safety of our students is our top priority during these field trips.

Outdoor Education

We have a comprehensive outdoor education program and plan to continue to offer these opportunities to students throughout the year. Volunteering on overnight outdoor education trips requires completing a Criminal Record check and a Child Abuse Registry check (annually), which can take some time to arrive, so anyone interested should complete these as soon as possible. We are always looking for parent/guardian volunteers. If this interests you, please contact the school. Contact the school for more information.

Cancellation of scheduled outdoor education trips will be announced between 7:00 AM and 8:00 AM on the day of the trip on the local radio station CFAR AM 590/102.9 FM.

Extracurricular Activities

Extracurricular activities can help provide students with a well-rounded education, as well as:

- improve levels of mental health
- create a strong sense of peer belonging
- aid in higher levels of academic achievement over time
- are instrumental in building resilience and self-confidence
- help students develop critical life skills such as leadership, cooperation, communication, and peer interaction
- help develop positive habits such as persistence, time management skills, and community involvement

Students are expected to be well-behaved during sports and other extracurricular activities. School rules apply at all times, and when students participate in extracurriculars outside of school, they are representatives of Ruth Betts Community School. Students displaying poor sportsmanship and/or disrespectful behaviour may be removed from these activities. Students may be removed for one practice and/or game or the entire season if misbehaviour warrants it.

If the misbehaviour occurs at the end of an activity, the student may be suspended from the next scheduled activity.

School comes first. Students must complete all academic and classroom requirements before attending an extracurricular activity.

We will present extracurricular activities and opportunities to students throughout the year. Students having chronic absenteeism may not be able to participate in extracurricular activities.

Athletic Program

Students in grades 6 through 8 can participate in our athletic program. Various sports include cross-country skiing, volleyball, basketball, and badminton. Jerseys are provided for athletes and must be returned at the end of the sports season.

School Leadership – Student Council

Student Council is a collective of students from grades 4-8. Only students from grades 4-8 are eligible to join the Student Council; however, all students are encouraged to participate in the grade-appropriate activities and events the Student Council plans throughout the year. Student Council members work diligently to develop their organizational and leadership skills throughout the academic year.

Sunrise Gym/Computers

This program runs for the duration of the school year. It runs every day of the week, starting at 8:15 A.M. and running until 8:45 A.M. Students may choose to play in the gym, where various activities occur or use the library computers.

Use of Facilities after School Hours

Students are not allowed to use the gym, classrooms, library, etc., unless they are supervised by the teacher/coach responsible for the activity.

Community School Events and the Family Room

As a community school, our goal is to strengthen our school community by involving staff and parents/guardians in the learning process. We assist our school staff with finding community resources to help our students succeed academically and socially. We want to ensure the health, cultural, recreational and social services required by our families are easily accessible

through our school. Our staff, parents/guardians, and community partners must support our school and its activities.

Our Community Connector and Parent-Child Programmer work in conjunction to provide activities and events for students, families, staff, and the community. A calendar will be sent home with your child at the beginning of each month, outlining the many activities, workshops, and events. We hope you, your family, and your friends participate in the many fantastic events throughout the year.

The Family Room is open to the entire community so families can use the computer, phone, kitchen, and play area. Stop in, take a break, and visit while the kids play. Feel free to drop by for coffee, tea and fun. Sign up to participate in an event! We send monthly calendars and advertise on our Facebook page under our Ruth Betts profile.