



# River Valley School

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*A safe and happy place to learn*

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November 7, 2023

Dear Grade 5 Parents,

We are excited to begin an Early Risers Club for Grade 5 students. It will run school days Monday - Friday, from 8:00 - 8:25 in the gym. It is an opportunity for students to come in early, and participate in some physical activity before the academic day begins. Our YES program Success Coach, Mr. J, will be supervising the activities, and generally sets up a few games for kids to participate in. Brain research is clear - a moving body helps a thinking brain - so this is a great way to start the day.

A few logistics to be aware of:

- students would enter through the front doors at 8:00 and head straight to the gym
- students would stay in the gym, where there is supervision, until the first bell at 8:25
- if siblings need to arrive at the same time due to transportation logistics (e.g parents dropping off), they may be able to join in the activities, or alternately could sit on the bleachers to read or watch
- students are able to join after 8:00, so could arrive on the bus and then come to the front doors to access the gym - siblings would stay outside the school until the 8:20 entry time
- the “no tech” rule applies to Early Risers, so no phone use etc.

We are planning to have Early Risers begin November 13 and likely run until springtime. We are excited to have your child join if possible. If you have any questions, please feel free to connect with me.

Cheers,

Mrs. Cooper-Shand  
Principal  
River Valley School