



RIVER VALLEY SCHOOL

DECEMBER 2023

CITIZENSHIP

Developing Citizenship Skills...

Citizenship is the opportunity, right and responsibility to contribute to shaping the world around you and to provide service to others. It is one of the essential outcomes of the Social Studies curriculum, but it is undeniable that these capacities are important far beyond one specific subject area. Our recent reality around the global pandemic has demonstrated that we can come together in times of need- even when we may disagree on some things - and continue to treat one another with compassion and respect.

We know that teaching citizenship is a team effort, and that you have taught them important lessons, like being kind to others - on the bus, playground and in the school setting. We see it. The new student gets asked to join a game of tag, the missing mitten has a grade of super sleuths on the hunt, someone without a lunch is offered support. As a staff we are grateful for this work you do, and in trusting us to continue with this guidance, working together to help all our kids become even more amazing human beings.

That said, we recognize that not everyday is full of rainbows and unicorns for everyone. There are instances in school where kids behave rudely to one another, can be mean, or may even bully or be the victim of bullying. Please know that we do take these incidents seriously and we encourage children to come forward as soon as possible—be it to their teacher, recess supervisor, or administrator, to talk to us when things go sideways. The more quickly we hear about something the more timely and accurate information we can gather. We work hard to help all students grow their skills when it comes to getting along with others. Check out this article which does a great job clarifying different layers of misbehavior:

https://www.huffpost.com/entry/bullying_b_2188819

Thank you to everyone for your continued support of the school on this educational journey. The staff at River Valley wishes everyone a safe and healthy Christmas season, and we look forward to continuing the learning adventure in the New Year.

Sincerely,

Leslie Cooper-Shand
Principal



RIVER VALLEY SCHOOL

DECEMBER 2023

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Day 1
4 Day 2	5 Day 3 Pizza Day	6 Day 4 AHS Grade 1 Vaccinations	7 Day 5 Middle School Christmas Dance Gr 6-8 6:00– 8:30PM	8 Non Instructional Day No Students No Staff
11 Day 6 Subway orders close	12 Day 7	13 Day 8 Band Concert Gr6-12 7:00PM @ Sundre High School	14 Day 1	15 Day 2
18 Day 3 Carol Sing KC & Gr 8 Hot Chocolate	19 Day 4 Carol Sing KA/KB & Gr 5 Hot Chocolate School Council 4:00PM	20 Day 5 Carol Sing Gr 3 & Gr 4 Hot Chocolate Kind—Gr 2 Christmas Concert 6:30PM RVS Gym Subway Day	21 Day 6 Carol Sing Gr 2 & Gr 6 Hot Chocolate	22 Day 7 Carol Sing Gr 1 & Gr 7 Hot Chocolate Christmas Theme Day Last Day before Christmas Break Growly Closed
25 Christmas Break No Students No Staff	26 Christmas Break No Students No Staff	27 	28 Christmas Break No Students No Staff	29 Christmas Break No Students No Staff



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DECEMBER 2023



Kindergarten!

Welcome to Kindergarten!

Beginning in January, Chinook's Edge will be accepting Kindergarten registrations for the 2024-2025 school year. Children must turn five years old by December 31, 2024 to begin attending Kindergarten in the fall of 2024.

Online registration will begin in early January – please visit our website at www.cesd73.ca for Kindergarten information, including the Chinook's Edge schools that offer Pre-Kindergarten programming.



December 23 to 31, 2023

January 1 to 7, 2024

First Day Back January 8, 2024

Parent Council Meeting
December 19, 2023
@ 4:00PM
Babysitting available



Thank You
Sundre Aquaplex
for their donation towards swim
lessons for families in need in our
community

Cleaning up for the new year?

We would appreciate donations of
magazines for arts & crafts projects.

Please connect with the office if you
have some you would like to
drop off - thanks!



**THANK
YOU!**



Science fair

Our Annual RVS Science Fair
is back and will be held on
Monday February 12, 2024
Students from K-8 are invited
to enter a project
Information packages will be
available before
Winter Break
For more information
students please see
Mr. West in
Room 210 or parents email:
nwest@cesd73.ca

Start thinking about your
projects!!

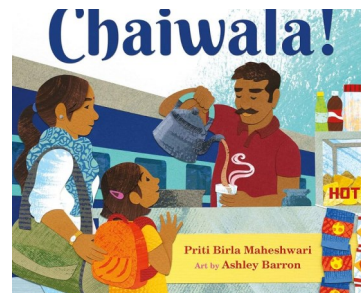
Thank You
Everyone who supported our
Book Fair!
We sold over \$10,000 worth of
products, which resulted in \$400.00
worth of library books & close to
\$2,000 in library profit—we are very
appreciative of your support!



RIVER VALLEY SCHOOL

DECEMBER 2023

COMMUNITY CONNECTIONS



Thanks to the Canadian Children's Book Centre sponsored by TD Bank for a free book for every Gr 1 Student!

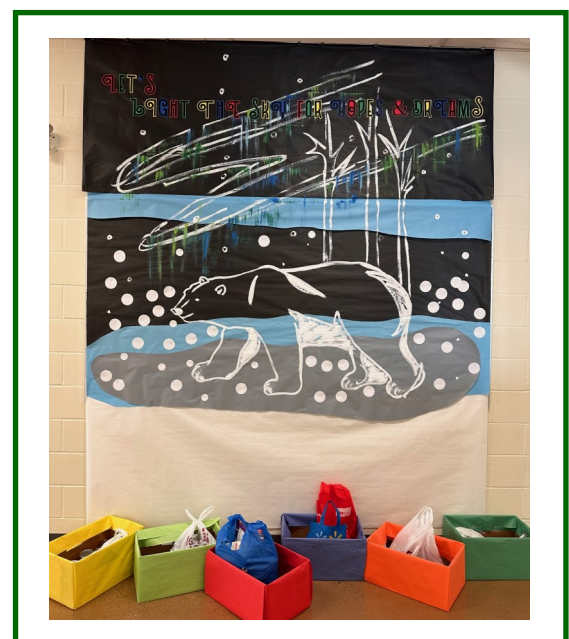


Various classes are working on decorating gift card envelopes for Sundre Santas



The annual tradition of the students vs staff Volleyball season wrap up

RVS was happy to donate our gym space for the Legion to use for the community Remembrance Day Service



We really appreciate your generous donations to the Hopes + Dreams Food Campaign and the RVS Mitten Tree (socks, hats and scarves too) - all which support the Sundre Santas or other local charitable programs.



RIVER VALLEY SCHOOL

DECEMBER 2023

SPENDING TIME TOGETHER

As a mom of four, I am always looking for some refreshing ideas around gifts and spending time together over the holidays. I hope some of these ideas may help to make your season brighter!

Cheers,
Mrs. Cooper-Shand

- * A lovely list of “non-toy” gifts to give: <https://www.yourmodernfamily.com/non-toy/>
- * Look through baby pictures together, it will bring a smile to everyone’s face, and often some great stories are attached to those pics
- * Take interest in a video game your child is playing - ask questions about the game, which character they like and why? What’s the goal? How do they level up? Watch your child light up as they describe it to you, and see the wonder through their eyes.
- * Focus on the positives - build an “awesome” jar starting Dec 1 and put little notes in the jar whenever you see them doing something positive, proactive, kind, etc. Then open the jar on New Years to both celebrate, and set some new goals as a family. Keep this going throughout the year, and let everyone in the family write down things for the jar... siblings will start writing for siblings because they LOVE hearing the nice things they’ve done each week. Good begets good.
- * Make a craft with your kids - there are so many cool ideas online of simple decorations and crafts you can do, and you can marvel at their creations and get crafty yourself too... it’s a good excuse to sit down and spend time together. Or if crafts aren’t your thing - bake with your kids - everyone loves a treat!



Grade 6 Boys Volleyball team



Mrs. Cooper-Shand kick starting her careers connections talk with Gr 8's a prequel to her 1 on 1 talks with each Gr 8 student



RIVER VALLEY SCHOOL

DECEMBER 2023

Various holiday festivities will be occurring throughout the building and in different classrooms. Stay tuned to your child's homeroom newsletter for information and specifics. Please note that while we do, on occasion, have school wide activities, for various reasons teachers may pick and choose what they feel is a good fit for their particular class, grade or division (eg, Middle School or Primary), and make a decision about participation. Factors that can impact this might be age level or timing in relation to academics/other activities for example.

Please know that teachers work hard to ensure classes get to engage in some fun, just not always the same fun!



You are invited to join us for our annual week before Christmas School-wide Carol Sing!

We will be assembling the in gym following morning announcements each day from December 16th to December 22nd for our annual school-wide Christmas Carol Sing beginning at 8:40 each morning.

As a part of our holiday wish to you, we would like to invite you to join your child in the gym for singing and for a cup of hot chocolate in the main common area following at approximately 9:00 am. (please feel free to bring a reusable cup for you and your child).

To avoid congestion, we would ask that you come on the day(s) that correspond to the schedule listed below.

If you have a child in more than one grade and if it is easier for you to navigate, you are welcome to escort all of your children to hot chocolate on the same day - just let their teachers know.

Monday, December 16th - KC & grade 6

Tuesday, December 19th - KA/KB & grade 5

Wednesday, December 20th - grade 3 & 4

Thursday, December 21st - grade 2 & 6

Friday, December 22nd - grade 1 & 7

We hope to see you there!
Merry Christmas from the
The River Valley Staff





RIVER VALLEY SCHOOL

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WHAT HAPPENS ON COLLABORATIVE DAYS



Staff engaged in significant collaborative work on November 24, focusing on developing supports for students in the areas of literacy, numeracy and social emotional wellness.

This day also provided time to reflect on all we learned from families during parent teacher interviews, and how this might help us with teaching and learning.

We appreciate the time taken to communicate with us about your child—thank you.

Teachers were pleased to engage in close to 400 parent teacher interviews!

Other great ways to be involved in your child's education:

- Check Google Classroom for updates on classwork
- Follow PowerSchool (Gr 5 to Gr 8)
- Submit record checks to school and volunteer when possible
- Support your child in attending regularly
- Stay connected to the teacher with any concerns

Thank You!

When do absences become a problem?



Chronic absence
18 or more days

Caution Zone
10 to 17 days

Good attendance
9 or fewer absences





Kindergarten weaving project based on the Metis sash



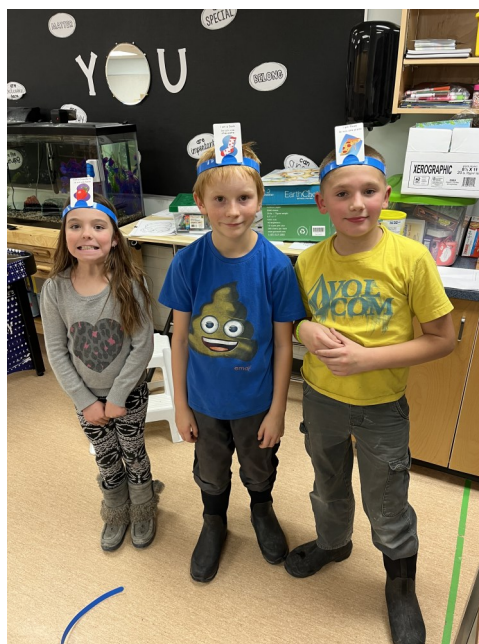
Grade 4 Metis Week weaving



Volleyball Intramurals lunch of Champions



River Valley School YES program



Sundre On the Go

December-January 2023-2024

Greenwood Neighbourhood Place is your Community Resource Centre
Connecting you to Local Programs, Events, Services & Resources

GREENWOOD Neighbourhood PLACE

CONTACT US:

Office Hours:
Tuesday to Wednesday
8:30 AM to 4:00 PM
Thursday 9:30 AM - 4:00 PM

Phone: 403.638.1011
Location:
#5, 96-2 Ave NW
Mail:
PO Box 1846,
Sundre AB, T0M 1X0

Email: info@mygnp.org
www.mygnp.org
CRA Charity No.
88639374RR0001

GNP
will be closed
December
26, 27 & 28.

"Compassion is not a virtue - it is a commitment.
It's not something we have or don't have - it's something we choose to practice."
Brene Brown

The paradox of caring for others is that it fills not one cup but two: theirs and yours. Christmas gives us an opportunity to experience the joy of giving and the commitment of compassion.

We wish you a wonderful Christmas
and a very Happy New Year!
From the Board and Staff of Greenwood Neighbourhood Place

Lorey Marsden-Seniors Service Provider, Heather Hicks- Youth Centre Program Coordinator, Jacqueline Smith-Office Manager, Bonny Thiessen-Communications & Special Projects Coordinator, Renate de Bruijn-Program Coordinator, Donny Krahn-Executive Director, Bree Odd-Sundre Santas Coordinator

Sundre On The Go is brought to you by Greenwood Neighbourhood Place
& Sundre Family Community Support Services (FCSS)

GNP is Promoting & Supporting NOT-FOR-PROFIT ORGANIZATIONS with free postings

SUNDRE TOUR OF LIGHTS
Thursday | December 14 | 6:00PM-8:30PM
Seniors & 55+ join our bus tour to enjoy Sundre's Christmas lights and a stop at Tim Hortons.

Register at www.mygnp.org

\$5pp

The Dreaded Drama Triangle
Tuesday
December 12
6:00PM-8:00PM
Get off and stay off the dreaded trauma triangle.

Greenwood Neighbourhood Place
register @ www.mygnp.org

Sundre Aquaplex
Even if you are not a great swimmer YET, this might be for you!
Sundre Aquaplex Information Open House
Lifeguard and/or Swim Lesson Instructor Certification

Tuesday | December 5 | 7:00PM
@ the Sundre Aquaplex (105 2nd Ave NW)

Grants may be available to cover the cost of your certifications! Come find out more at our open house

Please email us at sundreaquaplexmanager@gmail.com, if you have any questions, or you are interested, but unable to attend.

24 Hour Fitness Center
Swim For Life programming
Please watch our Facebook and Instagram pages, and our website for details.

www.sundreaquaplex.com

THE DEN-S.Y.C. VOLUNTEER RECRUITMENT

BE A YOUTH CENTRE VOLUNTEER!

WE ARE LOOKING FOR MEMBERS OF THE COMMUNITY WHO ARE INTERESTED IN HELPING US STAY OPEN AS MUCH AS POSSIBLE. SHIFTS THAT FIT YOUR SCHEDULE.

THE MORE SHIFTS COVERED,
THE MORE THE DEN-S.Y.C. CAN BE OPEN!

Applications available at: www.thedensync.org

SUNDRE WEST COUNTRY CENTRE
Stretching exercises with Yvonne!
Wednesday | 10:00AM
Canasta
Tuesdays Noon
Carpet Bowling
Mondays & Thursdays at 1:00PM
Floor curling
Fridays 1:00PM
Jam (music)
1st & 3rd Sundays 1:30PM
Crib
2nd & 4th Sundays 1:30PM
Last Friday of month
Pot Luck.
12:00 Noon. Free!

101-2nd Ave. NW
1-403-638-3298

SUNDRE MUNICIPAL LIBRARY
DECEMBER EVENTS

DIY Tags and Cards
Wednesday | December 6 | 6:00PM-8:00PM
Create unique tags and cards this holiday season!

Teen Hangout
Thursday | December 7 | 3:30PM-5:00PM
Games, food, and fun for teens age 11+
Featuring Gingerbread houses!

Family Gym Time
Friday | December 22 | 9:30AM-11:30AM
Location: Sundre Community Center
Run! Jump! Play! Age 0-5 with a caregiver.

JANUARY EVENTS

Teen Hangout
Thursday | January 4 | 3:30PM-5:00PM
Games, food, and fun for teens! Ages 11+

Book Folding
Thursday | January 24 | 6:00PM-8:00PM
Learn to fold a book into a heart shape just in time for Valentine's Day! Call to register

Family Literacy Day
January 23 - 27th
Family Literacy activities happening all week!

(403) 638-4000
WWW.PRLAB.CA/SUNDRE

Alberta Healthy Living Program

Minding Stress
Tues December 12 & 19
5:30PM-6:00PM

Heart Wise
Tues & Thurs Dec 12, 14, 19 & 21
9:00AM-11:30AM
Workshop for those who have had heart trouble, have high blood pressure or cholesterol or want to prevent heart disease.

Sleep Well
Friday Jan 19th 9:00AM-11:30AM

Location: Zoom
Contact Information: 1877-314-6997 to register
Call your local Health Educator 403-559-8859 to arrange in-person classes.
Scan QR code for complete list of class offerings

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS

THE DEN SYC
EST. 2021

GRADES 7-12
THIS SPACE IS FOR YOU

COMING EVENTS

Website Events Page
SCAN ME

RED CROSS BABYSITTING COURSE

FRIDAY
FEBRUARY 9
8:30AM-3:30PM
AT THE DEN-S.Y.C.

Ages 11-16
\$30
LUNCH INCLUDED

REGISTER AT WWW.MYGNP.ORG

MAGIC OF CHRISTMAS SALE
SATURDAY | DECEMBER 16
KIDS ONLY 10:00AM-3:00PM
Open to Public 3:30PM-6:00PM
Sundre Community Centre

This is an opportunity for children to purchase new or gently-used gifts. Elves wrap every gift to take home and put under the tree.

What can I donate?
Gently new & used gift items.
Gift wrapping supplies.
Where can I drop off donations?
Greenwood Neighbourhood Place #5, 96-2nd Ave NW,
Thurs-Wed 8:30AM-4PM Thurs 9:30-4PM

For More Info: 403.638.1011 | santas@mygnp.org

SUNDOWN IN SUNDRE

OPEN HOUSE AT THE DEN S.Y.C.
FRIDAY DECEMBER 1, 2023
5:00-9:00PM

WE WILL BE COLLECTING NEW TOILETRY ITEMS FOR SUNDRE SANTAS AS WELL AS TOILETRY DONATIONS FOR UNITED WAY CANADA - A DEN S.Y.C. MAJOR DONOR

FREE HOT CHOCOLATE AND COOKIE DECORATING SPONSORED BY

Oh Deer!

What can I donate?
Gently new & used gift items.
Gift wrapping supplies.
Where can I drop off donations?
Greenwood Neighbourhood Place #5, 96-2nd Ave NW,
Thurs-Wed 8:30AM-4PM Thurs 9:30-4PM

For More Info: 403.638.1011 | santas@mygnp.org

Christmas Craft Party
Wednesday | December 13 | 6:00PM-9:00PM

Create one of a kind Christmas decorations!
Let's get excited about the season!

Location: Greenwood Neighbourhood Place
Craft supplies and refreshments included

Cost is \$15
Register at www.mygnp.org

Sundre Santas
Sundre & Area Christmas Hunger Program

Registration Opens: Nov 13 Closes: Dec 5

Applications available at Greenwood Neighbourhood Place & select Sundre locations

Accepting unexpired non-perishable food items, gift cards & financial donations (request charitable receipt min \$20) New toys & p's for kids 12 & under. Toques, socks & mittens for all ages.

Dec 13-Items Dec 22-Financial

For More information 403.638.1011 | santas@mygnp.org

Seniors Art Programs
Tuesdays | 10:00AM-12:00PM
January 16-Sundre Seniors Lodge
January 23-Bergen Hall
Register at
www.mygnp.org or 403.638.1011

Sundre Seniors Socialize
Wednesdays
Dec 20, 2023 & Jan 10, 2024
11:45AM-2:00PM
Sundre United Church
55+-single, isolated, newcomers
Pre-register: J. Wicks 403-638-1950

Central Alberta Pregnancy Care
4801 49 Ave, Olds, AB

Prenatal Classes IN PERSON Held at Pregnancy Care in Olds.
PLEASE REGISTER ONLINE
Clients of Pregnancy Care are offered a reduced rate
Contact Information:
<https://www.bravestart.ca/prenatal-and-postpartum-classes>

Sundre Caregiver Support Group
First & Third Thursdays Monthly
1:30PM-3:30PM

For anyone providing care & support to those with healthcare needs.

Sundre Seniors Drop In Centre
For more info:
Cindy Andrus 403.636.6285

Mainavekidzclub.naz
After School Program

After Christmas restart
Wednesday January 17th
After school 3:15PM-5:15PM
for children- incl gr 5.
Come and enjoy games, snack, Bible stories, music, crafts, friends, MTO
402 Main Ave W using parking lot door.
For more information contact Dorothy
403-436-0186, kidzmaf@gmail.com
Sponsored by
Main Ave Fellowship
Church of the Nazarene

Cooking For Kindness
Community Luncheon
Wednesday Jan 17 | 11:30AM-1:00PM
Entertainment until 2:00PM

SUNDRE LEGION HALL-1107 PLATE

More info & Transportation or to volunteer call:
Lourlelle at 403.638.3378

Emergency Food Hamper

PLUS ONE
(403) 636-0554
mcdougallchapel@gmail.com

Preschool Registration

Ages 3-4 our program runs on a balance of child chosen and teacher directed play-based activities that gets your kiddos ready for kindergarten! Spots available December 1st for full-time enrollment!

sundredaycare@gmail.com

MOVING ON WITH PERSISTENT PAIN

Runs for eight weeks starting
Wednesday | January 10 | 1:00PM-3:00 PM

Mountain View Senior's Housing
Drop in Center (north entrance)
799 S 5th SW Sundre
AND/OR via zoom if preferred

Free adult health education for anyone with continuing pain.
Registration is required: 587-796-9765 or 403-559-8895 for more information.

Camp Evergreen
Pond Hockey Tournament and Fundraiser
January 13, 2024

This is an amazing day of competitive, friendly, wholesome fun. Bring your family to cheer you on! Mini Game and Free Skates in the afternoon so don't forget your skates!

Winterfest Family Camp
February 16-18, 2024
Experience winter in the way it was meant to be enjoyed. Skating, pond hockey, sledding, Jug 'n' Jog in the snow, Croki-Curl, Redneck Curling, and more. Come enjoy Camp Evergreen's magical winter event.

31404 Range Rd 52, Sundre, AB
Please Register at:
www.camp-evergreen.com
Info: main@camp-evergreen.com
or phone: 403-638-4230

Season's Greetings
Sundre Community Christmas Dinner
at the
 Sundre Legion Hall
 December 25 | 12:00PM-3:00PM

Would you like to help with this Christmas Dinner?
 Set up Dec 24 & 25
 Contact Louelle Voys
 403.638.3378

Sponsored by donations from the Sundre Community

Main Avenue Fellowship
 Sunday December 24
 Regular service
 10:30 AM

Evening Carol Service
 followed by backyard
 fire with marshmallows
 6:00 PM

www.mainavefellowship.ca

Sundre Community Choir & Handbell
Christmas Concerts 2023
 Sunday December 10, 2:00PM
 AND
 Tuesday December 12, 7:00PM

Sundre United Church

Refreshments and bake sale to follow.
 Admission by donation

COME EARLY TO HEAR OUR GUESTS
 SUNDRE COMMUNITY BAND

sundrecommunitychoir@gmail.com

New members can join our group next season.
 Contact asap for more details.
 CHOIR starts January 23 and BELLS on January 25.

Bergen Church
Country Christmas Eve Service
December 24

Complimentary Supper at 5:30pm
 Service 7:00pm
 Dessert 8:00pm

January 26, 2024
 Join us for a lively evening of
 Contemporary Worship 7:00PM

www.bergenchurch.ca

The Sundre & District Ministerial would like to invite you to the
Annual Community Carol Service
Sunday | December 3 | 7:00PM
Sundre Community Centre
Contact Gerald:
403-638-2356

Sundre Palliative Care Association

TREE OF HOPE
 FRIDAY | DEC 1 | 5 PM
 SUNDRE HOSPITAL GROUNDS - NORTH

CANDLELIGHT SERVICE
 SUNDAY | DEC 3 | 3 PM
 749-6TH ST SW (SSSL) - NORTH DOORS

WELCOME TO MONTHLY MEETINGS!
 THURSDAY | DEC 14 | JAN 11 | 2 PM
 SSSL - NORTH DOORS

DROP IN GRIEF GROUP
 THURSDAY | DEC 28 | JAN 25 | 2-4 PM
 MAIN AVE CHURCH, SUNDRE

DEATH CAFE
 SATURDAY | JAN 27 | 2-4 PM
 SSSL - NORTH DOORS

INFO: ANNE BRANDER 403-507-1265
SUNDREPALLIATIVECARE@GMAIL.COM

Sundre Home Base Christmas Market
Christmas Spirit at Sundown in Sundre

Friday | December 1
 2:00PM-8:00PM
 Sundre Elks Hall
 Local Vendors Home Crafters Market
 Contact Information:
 Moe Fahey - 403-636-1024

Sundre United Church
Christmas Eve Service
 Sunday
 December 24
 5:00PM

sundreunited.ca

Sundre & District Museum
Preschool Programs
 every Tuesday 1:00PM-3:00PM

Sundown in Sundre in the Museum Gallery
 Cookie fundraiser, Santa photos,
 Wreath auction, Live music.
 Friday | December 1 | 4:30PM-9:00PM

Museum Closed
 December 4-6
 December 22 at 1:00PM- Dec 25

Journaling - "Making Something of Nothing" Workshop
 Jan 20 & Feb 10 | 1:00PM-3:00PM

Buy your 2024 Memberships now!
 Call 403-638-3233 for more information!
www.sundremuseum.com

Sundre Farmers Market
Sundre Christmas Market
 Friday | Dec 1 | 3:30PM-7:30PM
 Saturday | Dec 2 | 4:00PM-7:00PM

Crafts, baking & more!
 Sundre Community Centre

For more info: 403-818-7718

Sundre Community Van
DECEMBER SPECIAL!!

We are offering transportation for seniors to Sundre & Olds for holiday shopping.
 Christmas light tours can be arranged.

We need two additional
VOLUNTEER BOARD MEMBERS
 Once a month commitment.

DRIVERS & HOST VOLUNTEERS are always wanted!
 What a great way to help our seniors!
Contact Us At: 403-638-3266