

We were very happy to see the return of River Valley students to the building today, and would like to extend a warm welcome to all new students and their families as well.

As a school community we continue to be highly committed to seeing all students succeed, and know that the foundation of the Chinook's Edge School Division mission statement that focuses on challenging, encouraging and believing in students, is the best way to accomplish this. Academic rigor and strong relationships form the basis for our work, and we are excited to move learning forward in these areas.

If you have any questions or concerns, please connect, and together we can work toward success for all this school year!

Cheers, Leslie Cooper-Shand Principal



Mrs. Cooper-Shand kicking off the year with a presentation to staff.



Mr. Mulholland leading the new Hour Zero safety training program.



September 3 First Day of School



September 25 & 26 Picture Days



September 27 Orange Shirt Day

LAND RECOGNITION

We acknowledge that we work, live and play on the ancestral and traditional lands of the Treaty 6 and Treaty 7 nations. We acknowledge the many First Nations, Metis and Inuit whose footsteps have marked these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We recognize the land as an act of reconciliation and gratitude to those whose territory we reside on.

RIVER VALLEY SCHOOL GUIDE

STUDENT/PARENT INFORMATION SEPTEMBER 2024

PRINCIPAL: MS. LESLIE COOPER-SHAND VICE PRINCIPALS: MRS. TANYA BRAYBROOK, MR. IAN MULHOLLAND

ADMIN SUPPORT: MRS. KAREN OLSON, MS. SONJA LOGAN

TELEPHONE: (403) 638-3939

PRINCIPAL'S MESSAGE

On behalf of the staff of River Valley School, I would like to welcome all of you. We hope that our time together this year is an exciting learning adventure for us all.

THE PRIMARY PURPOSE OF THE SCHOOL

Our school strives to help students learn the knowledge and skills necessary for living in today's world. This includes the social skills necessary to build solid relationships with other students and adults. Such skills include co-operation, leadership, a strong concept of self, acceptance of responsibility, and an honest understanding of strengths and areas of challenge. We have a responsibility to help students learn respect for oneself, others and property and to become the citizens that will lead our community in the future.

We never want students to lose the sense of curiosity and wonder that drives us to learn, explore and discover. We wish to help students pursue excellence in order that they can take pride in accomplishments when best effort has been put forth. Each student should experience the pride that comes with having met challenges that are exciting and stimulating.

The following pages include a significant amount of information about River Valley School and the processes that make the school world go-round. Please do take time to read through the information when you are able. It is very important to us that key messages around behavior are clear and consistent for students, staff and families. Staff took significant time this fall to review and come to a consensus on key rules, routines and consequences in order to provide consistency for students. Below you will see a "coles notes' version of some of these aspects that we often find ourselves giving numerous reminders about. We appreciate your support as parents in also reminding your children about some of these expectations, noted on the following page.

RVS Rules/ Routines - Key Messages

Hats & Hoods

- *Can be worn to & from your locker in the morning, and in & out for recess times
- *Cannot be worn in classrooms or at Middle School nickel breaks
- *Hats are stored in their locker, not in classrooms

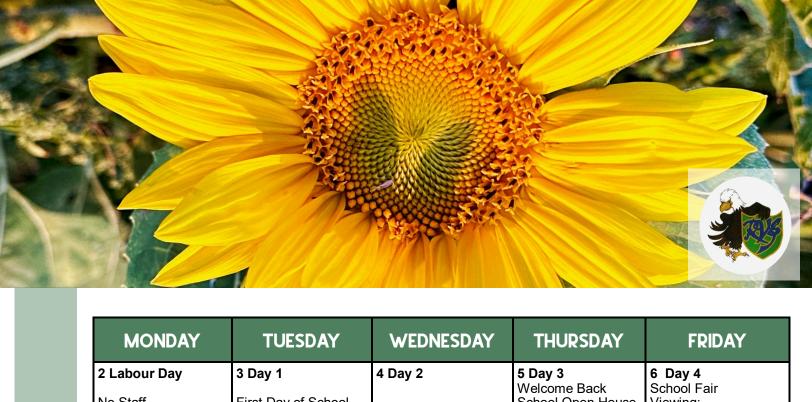
Phones/ Personal Mobile Devices (cellphones, smartwatches, tablets) -as per the new Ministerial Order

- *students are not able to use cellphones/personal mobile devices and social media during the school day, which includes recess, breaks, and field trips.
- *personal devices must be stored out of view and be powered off before entering the building
- *students may access devices after the last bell
- *students will be responsible for personal devices that are brought to school, and staff will not be providing a secure inclass storage location
- Energy Drinks should not be brought to, or consumed at school
- Late to Class/ Wandering students are to be on time for class or consequences will be in place
- Hands On/Off

*Hands off is generally the best rule...but sometimes with consent a "handshake, high 5, or hug" are good ways to physically connect. These options are often coached in primary grades. As we move into Middle School the idea of consent can be trickier to navigate, as often students are not comfortable with a hug etc. from peers but are not confident enough to say so. We have seen an increased desire for many students to connect physically at this age, but also discomfort for others. Hugs between some for example have become extra long, hands here & there and so on. It can become a very 'gray' area to navigate. So...at this time we are asking that in Middle School in particular we respect one another's boundaries through generally a "hands off" approach. High 5s & elaborate handshakes - A- Okay, but no hugs, hand holding and so on. As we move further into the year we may be able to re-negotiate this, particularly after some consent teaching and a gauge on the level of maturity we are seeing amongst students.

- *Play fighting is a No. Much of the time this ends up in a real fight
- *Deliberate physical aggression/ fighting has significant consequences
- Vending machine no access for any grades during class time
- Language clean, kind, appropriate. Swearing, crude or hurtful language will not be tolerated
- **Vaping** is illegal, addictive and unhealthy. Significant consequences are in place for possession and/or use at school. This can be a challenging "without a reasonable doubt" offense, as students can find interesting places to conceal them. <u>Continued reports of vaping connected to a student could result in suspension</u>, even if there is no confiscation or admission of use.
- **Defiance & Disrespect** Following the direction of all adults quickly and quietly helps teaching & learning move forward. If a student has a concern with an adult request they should ask for a quiet moment to speak to the adult to respectfully discuss their concern, recognizing that moment may not be able to happen immediately.
- Consequences where possible we try to develop natural consequences. For example, using your phone when you shouldn't results in your phone being taken for the remainder of the day, the never-off-your-head hat is stored at the office for the day, swearing = a cleaning duty, and so on. Repeat offenses result in increased consequences. At times, consequences need to be quite significant and can include in-school and out-of school suspensions, and in rare circumstances a move to expulsion. Good school-home communication and similar expectations generally help us avoid getting to serious levels of consequence.

The complete **RVS** Information Guide.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labour Day No Staff No Students	3 Day 1 First Day of School	4 Day 2	5 Day 3 Welcome Back School Open House & School Fair Viewing BBQ Concession 5-7PM	6 Day 4 School Fair Viewing: 12PM—2PM No Classes / No Students
	Kindergarten Orientation	Kindergarten Orientation	Kindergarten Orientation	
9 Day 5 Km Club Begins Grade 1 to Grade 8 Growly Opens—more info to come	10 Day 6	11 Day 7	12 Day 8 Dr. Smith Youth Mental Health Clinic by appointment Subway Orders close online	13 Day 1
16 Day 2	17 Day 3 Pizza Orders Close Online School Council 4:00PM	18 Day 4 Subway Day Gr 7-12 CESD Fun Run	19 Day 5	PD Day No Students
23 Day 6	24 Day 7 Pizza Day	25 Day 8 Picture Day: M/W Kindergarten Gr 1 to Gr 8 Gr 7 12 CESD South Div. Run	26 Day 1 Picture Day: T/Th Kindergarten Terry Fox Run	27 Day 2 Orange Shirt Day
30 National Truth and Reconciliation Day No Students No Staff				



IMPORTANT RE-ENROLMENT UPDATES

You will have received a Re-enrolment email in August. It is integral that we work together to ensure the safety of our children, so please ensure you have updated demographic information through the PowerSchool Parent Portal https://powerschool.cesd73.ca/public/home.html

(click on School Engage from the menu on left at the bottom)

Please note that unless we have legal documentation indicating otherwise, both parents noted on a birth certificate should be included as legal guardians in PowerSchool. If you have a unique situation, please connect with the office staff and they can guide you through this.



September 25, 2024

Monday/Wednesday Kindergarten Gr 1 to Gr 8

September 26, 2024 Tuesday/Thursday Kindergarten

KM CLUB

Starts September 9, 2024
During lunch recess Gr 1 to Gr 8
Parents may join their students
outside at their designated
recess time

No Pets Please





WELCOME BACK OPEN HOUSE

Sept. 5th 5:00 - 7:00

Please feel free to stop by the school to check out your child's classroom and meet their teacher and Educational Assistant staff next week during the Welcome Back Open House.

This is also the time where registration for many community extra-curricular activities occurs in the community gym, and student work from last year is submitted for the school fair and is up for viewing in the RVS gym. Feel free to make your way that direction following a visit to classrooms. You may also see an information booth about the School Council, and I would encourage you to connect with the folks there. The School/Parent Council provides a great opportunity to be connected to your child's school, and meet once a month to hear all about the RVS goings on and to have a chance to provide feedback from a parent perspective.

RVS is happy to have a BBQ concession table at this event, and all proceeds go to support various school programs and activities

We hope to see you there!



GOOGLE CLASSROOM

Stay tuned for information from your child's homeroom teacher on how to access Google Classroom. This is a great tool that allows students to manage ongoing review of challenging concepts or to study for tests, and for parents to see what concepts are being covered each week in class. If students need to be away from school, but are well enough to manage some school work, this is the way to do it:)



ATTENDANCE MATTERS

Your child's success is important!

We want to partner with you to build that success. One key action you can take is helping your child attend school regularly.

Research tells us that when children are in school at least 90% of the time - including in the early years - there is a direct impact on their success in school in all of the grades.



If your child needs cutlery for their lunch, please send a set to school with item as we are not able to provide cutlery from the office or Growly - thank you! Styrofoam cups for water are also not available, and we would encourage all students to have a reusable water bottle at school for daily use.





Youth Mental Health Clinic



Are you between the ages of 6 – 14 and experiencing struggles with your mental health?

Dr. J Smith and Irma van den Hadelkamp (RN) from the Primary Care Network will be on site at River Valley School once per month for consultation.



PROTECTING YOUTH MENTAL HEALTH

Upcoming Dates at River Valley School

Thursday, Sept 12th, 2024 1:00pm - 4:00pm

Thursday, Oct 10th, 2024 1:00pm - 4:00pm

Thursday, Nov 21st, 2024 1:00pm - 4:00pm

Thursday, Dec 19th, 2024 1:00pm - 4:00pm



To book an appointment:
Please contact Irma @ Primary Care Network
Phone 403-586-0371





Greenwood NEIGHBOURHOOD PLACE

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

403 638 1011 #5, 96-2 Ave NW PO Box 1846, Sundre AB, TOM 1X0

Email: info@mygnp.org www.mygnp.org CRA Charity No. 866369374RR0001

Scan for Website Events Page





Greenwood Neighbourhood Place has been fortunate to collaborate with a team of enterprising and resourceful board members. We extend our heartfelt thanks to each one for their dedicated service.

Dolores Dercach - 10 yrs of service Leah Evanochko - 6 yrs of service Kathy Taylor - 5 yrs of service Monica St. Dennis - 5 yrs of service Dani Goddard - 2 years of service

> We wish each one of them the very best!

We would like to welcome Cheri Funke and Michele Gale to our board.

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

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS















SENIORS ART PROGRAMS TUESDAY | SEPT 17 | 10:00 AM-NOON

TUESDAY | SEPT 24 | 10:00 AM-NOON

Volunteers Needed Positions for Small Hoops Join local RCMP in Small Hoops! Help grades 4-6 build basketball skills. Sept 26-Nov 28 | 3:00-4:45PM Volunteer (general) Share your skills, build connections
—volunteer at GNP or the DEN! Coming Soon - Volunteer Handbook Sundre Santas / Magic of Christmas

Email info@mygnp.com to join the fun



Seniors 55+ Studio Bell: "From Me To You" The Beatles in Canada

Tickets at the door Adults: \$19.50

Register at www.mygnp.org



Register at

www.mygnp.org

STRONGER TOGETHER SATURDAY, OCTOBER 5

Connect with Health & Wellness Provider

Register at www.mygnp.org



No Registration No for more info 403.638.1011

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

ALBERTA CULTURE DAYS Presentations
Something for Everyone!
September 20th, 21st, 22nd
10:00AM-5:00PM
SUNDRE + DISTRICT MUSEUM
403.638.3233 for Details!

September 21, 2024 1:30PM-3:00PM Door prizes Everyone Welcome

HANDEL'S MESSIAH

Singeri Wanted! County Wide
If you love to SING and
are looking for an opportunity
to preform Handel's Messiah,
now is the time.
Choir rehearsals take place each
Saturday marning in Olds
Sept 7 - Nov 16
10.00Am.-12.30PM
CONCERT
Fri | Nov 22 | 7:00PM
in Olds
To register or more info:
Theresawasden@gmail.com

Annual General Meeting
Wed | Sept.11 | 6:30PM
Sundre Public Library
Elections and planning for the year to come
New members and beginners welcome

Paint – in
Sat | Sept 14 | 11:00AM-3:30PM
Sundre Public Library
Jon members and beginners welcome.
e and be part of a fun painting group. Fre For more info: Debbie - 403-844-7887

Or Lila - 403-638-4269

Sundre Community Choir Starts September 24
Tues | 7:00PM-9:00PM Sundre Handbell Ringers
Starts September 26
Thurs | 7:00PM-9:00PM
\$25
Must be able to read music ocated in Sundre United Church formances beginning of December Camp Evergreen Ladies Night eptember 29 or October 20 Camp Evergreen, 31404 Range Rd 52, Sundre, AB Ladies horseback riding afternoon! Contact Information: nain@camp-evergreen.cor or phone: 403-638-4230 1 EVERGREEN Sundre Palliative Care Welcome to monthly meeting! Thurs | Sep 12 | 2PM SSSL - North Doors

What is Palliative Care?

How Can it Help You? Maureen McCall, MD Thurs | Sep 12 | 6-8PM SSSL - North Doors

Drop In Grief Group Thurs | Sep 26 | 2-4PM Main Ave Church, Sundre 8 week Grief Support

Weds | 1-3PM | Oct 2-Nov 20 Wills, POA and Personal Directives Thurs | Oct 17 | 6-8PM SSSL - North Doors

Info: Anne Brander 403-507-1255 Sundrepalliativecare@gmail.com

Sundre Caregiver Support Group First Thursday Monthly
1:30PM-3:30PM
anyone providing care & support to those with healthcare needs. Sundre Seniors Drop In Centre For more info: Cindy Andrus 587-876-0943 Alberta Health PrimaryCare NetWork

After school program nesdays | Starting Sept 18 3:15PM-5:15PM 3:15DM-5:15DM
3:15DM-5:15DM
Graphidren Kindergaren to intel Gr S
Come and enjoy games,
wrirends, snack, Bible stories,
crafts, music, MTO
Main Ave W (use parking lot door
nfty: Onochey A03-436-0186 o
kidzmaP@gmail.com
Sponsored by
Main Ave Fellowship
Church of the Nazarene

Don't have a vehicle? No worries! portation for shopping, visiting, the library ocal events, even Red Deer or Calgary. Sundre in-town shuttle service Tuesdays and Thursdays
10:00AM-3:00PM
cost: \$5.00
Once a month we go to Olds for \$15.00

Call us at 403-638-3266

or email sundrecommunityvan@gmail.com lease book a minimum of one day in advance Sundre Senior SPRUCE Society Seniors Protected and Respected Under Community Engagem

Annual General Meeting September 17, 2024 1:30PM-3:30PM Yearly Review/Business

Elections (as needed) Seniors Supportive Living Drop In Cente

(\$)

Sundrespruce20@gmail.com

55 years or older? Want to learn about your nutrition? Alberta Health Services & the University of Alberta a Health Services & the University of Albert invites you articipate in an online survey that identifies potential nutrition-related concerns.



p.link/SCREEN-14





Saturday | September 21 Registration: 11AM

Ride: 12 noon Ride, Poker Hand, BBO Steak Dinner, Prizes
Adults \$40, 12 and under \$30
Steak BBQ: 4-6PM

Steak BBQ: 4-6PM
Prizes: 5PM
Soft drink bar available
50/50 Draw
No dogs or alcohol on the trail.
For info call/text: Connie 403-667-1528

Sundre Municipal Library September Events

Rhyme Time, Genealogy, and other
regular programming will be startic
back up! Check out our newslette
for more information! Alberta Culture Days
Taking place September 20-22
Sundre Museum Grounds
A spectacular event
showcasing cultural diversity.

Writing Club Meet and Greet Wednesday | October 2 | 7:00PM Meet fellow writers in the community! Family Lego Club Sat | Sept 14 | 12:00PM-2

Location: Sundre Library Contact Info: (403)638-4000 prl.ab.ca

Mountain View Emergency Society Grief Recovery Method Carstairs Sept 17-Nov 5 Finding Our Voices Olds Sept 18-Oct 23

Sept 30-Oct 21

Helping Children With Loss

Ignate lex

SWIMMING POOL MAINTENANCE SHUTDOWN Starting first week of September. Estimated time of clousure 4 weeks.

Be sure to stay active in the fitness cente while we get the swimming pools all upgraded and regrouted for you!

If you have not used the fitness center & would like an orientation to get you started, please let us know!

Stay up to date on our website: www.sundreaquaplex.com & on our Facebook & Instragram pages

Pioneer Camp Alberta **Family Thanksgiving Weekend** Oct 11-14, 2024 Pioneer Lodge, Bergen Family Thanksgiving Fun at the Lodge! Contact Information: registration@pioneercamps.ab.ca

Bergen Farmers' Market Alberta approved market Sat | Sept 7 & 14 | 10:00AM-1:00PM

Location: Bergen Hall 31547 Rg Rd 53C (follow the signs)

Baking, Beef, Craft Coffee, Hand Crafts, Jewelry, Paintings, Vegetables.

Sundre Farmers Market Fridays til September 20th/24 4:30PM-7:00PM Sundre Curling Rink Selling crafts, baking etc Karen Campbell 403-638-1586 Royal Canadian Legion Branch 223 135-6th St. SE, Sundre

SEPTEMBER BBQ Thursday | September 19
Doors open at 5:00PM
Cash only - \$25.00 includes Steak or
Chicken to BBQ on the outdoor grill
(Condiments provided)
Mouthwatering side dishes Dessert Tea/Coffee Hot dogs for the kids \$5.00 Nevada Tickets | 50/50 draw | Meat Draw

Cash bar

Better Choices Better Health Thurs | Sept 5 | 1:00-3:30 weeks & help with strategies to be healt Sleep Well Fri | Sept | 13 | 9:00AM-11:30AM Diabetes the Basics Wed | Sept | 18 | 9:00AM-11:00AM Runs for 4 weeks & involves all stages of diabetes. Location : ZOOM
To register: 1877 314-6997

Sundre Hospital Futures Legacy Gala Save The Date Saturday November 16, 2024

Sundre Community Centre For more info: 403.638.7774



"Everything you have ever wanted is on the other side of fear."

George Addair



GIRLS & GUYS UNPLUGGED

YOUTH MENTAL HEALTH CLINIC

encing struggles with mental health?