



Safe & Caring...Everyone Matters

There are a multitude of opportunities that arise throughout the year where we engage students in conversations and actions that expand their understanding of different perspectives, capitalizing on the idea that everyone matters. A few examples from the past month include our participation in the Terry Fox run, and Orange Shirt Day, whose theme is "Every Child Matters", and is an integral part of National Truth and Reconciliation Day on September 30. Many powerful conversations happened and continue to happen, in classrooms around this idea.

From a global perspective the importance of our First Responders has become very pertinent due to events over the last few years. At the school level we consider parents our line of First Responders that we connect with for everything from a "whoops" on the playground to an emerging illness. We have always appreciated the ability to work together with families to ensure the safety and wellness of our whole school community. To continue to help us in this regard, can we ask that you please:

- Contact the office if your demographic information changes (e.g. telephone number/ emergency contact list and so on)
- Keep your child home if they are ill
- Contact the office if your child is going to be absent
- Continue to work within the [RVS Safe & Secure](#) parameters
- Help your child understand and adhere to the general rules & routines of school

Feel free to call the office to connect at any time about anything that has you wondering or worrying. We look forward to continuing to partner with you to support your child's success this year!

Cheers,
Leslie Cooper-Shand, Principal



October 11 & 14
No School
Non Instructional Day
Thanksgiving Day



October 15
School Council 4:00PM
AGM childcare available



October 25
PD Day No Students

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.

Click here for the [CESD Land Acknowledgement](#) video



IMPORTANT DATES TO REMEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Day 3	2 Day 4 Nutrition Milk program begins	3 Day 5 CESD Fun Run Innisfail Kindergarten to Gr 6	4 Day 6
7 Day 7 Subway Orders close online	8 Day 8	9 Day 1	10 Day 2 KM Club Wrap Up Dr. Smith Mental Health Clinic	11 Non Instructional Day No Students No Staff
14 Thanksgiving Day No Students No Staff	15 Day 3 Subway Day Pizza Orders close online School Council 4:00PM + AGM	16 Day 4	17 Day 5	18 Day 6
21 Day 7	22 Day 8	23 Day 1 Pizza Day	24 Day 2	25 Collaborative Day No Students
28 Day 3	29 Day 4	30 Day 5	31 Day 6 Costume Parade Kind to Gr 5 Pumpkin Carving Gr 6-8	



Under an exceptionally blue Alberta sky River Valley School hosted the CESD Fun Run for Gr 7 to 12 from across the CESD school division



Wacky Hair / Hat Day

Gr. 5A Science Experiment



Gr 7B studying biotic and abiotic factors on the playground



Mrs. Cooper-Shand leading the way for our first fire drill of the school year using the new Hour Zero protocols



Serving up some great BBQ at the RVS Welcome Back Open House



Music with Mrs. Wilson



2024 Terry Fox Walk



Orange Shirt Day

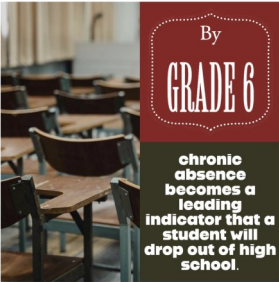


ATTENDANCE MATTERS

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.



Help support the River Valley School Fundraising Society

Stop by Freson's grocery store on October 11, 2024 between 4-7 PM for a hotdog and a pop by donation. We would love to see you come out and support the many efforts brought to you by RVS Fundraising Society. (weather permitting)

If you are interested in helping out with the event please get in touch at rvsschoolcouncil@gmail.com



Thank You for your support!

IMPORTANT DATES TO REMEMBER...

Parent Teacher Interviews November 4, 5 & 6, 2024

RVS Book Fair November 4,5 & 6, 2024

November 7, 2024 RVS Remembrance Day Service 9:00AM All are Welcome

Free Course—Indigenous Learning

Last year most RVS staff, and many other educators in the division engaged in Indigenous learning through a course called 4 Seasons of Reconciliation, which provided significant learning in this area.

This year we're happy to announce that the course is available to parents, for free, until June 27, 2025.

The deadline to sign up for Fall is Oct 11, 2024.

Information about the course itself as well as how to register can be found here: [4 Seasons of Reconciliation Document](#)

CESD proudly presents the 4 Seasons of Reconciliation Course

What is 4 Seasons of Reconciliation?

4 Seasons of Reconciliation is a unique 3-hour online course that promotes a renewed relationship between Indigenous peoples and Canadians through transformative learning about truth and reconciliation.

This multimedia course provides a basic, foundational knowledge on truth and reconciliation that nearly all Canadians missed during their education journey, and is intended for Indigenous and non-Indigenous learners. The course and its bonus video library shine a bright light on the contributions of Indigenous peoples, debunk myths, stereotypes and racism while meeting the Calls to Action in the workplace and our lives from the Truth and Reconciliation Commission of Canada (TRC). Watch this [video](#) to learn more.

How can I access this learning opportunity?

- CESD staff have been engaged in this learning for the past year and **we are pleased to be able to offer this amazing online learning experience free to our School Council members and parents in this final year of our contract with 4 Seasons of Reconciliation!**
- **You can sign up for the fall intake to this course by clicking on and completing this [Fall Intake Registration](#) form by October 11, 2024.**
- Your name and email address will be shared with 4 Seasons of Reconciliation and you will receive a welcome email with login information and instructions on how to access your course by October 21st.
- Simply follow the instructions and dive into the course. You may complete the course in one sitting (yes, it's that engaging!) or go in and out as many times as you like.
- **You have until June 27, 2025 to complete the course.**
- If you miss our fall intake deadline of October 11, you can sign up in the January intake.

On behalf of CESD and the Indigenous Learning Team, we thank you for taking the time to join our staff in this learning and the work of reconciliation. If you have any questions about the course, please feel free to contact your school administrator or myself at cmuncer@cesd73.ca.

Respectfully

Carolynne Muncer, CESD Indigenous Learning Coordinator

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.



MENTAL HEALTH MATTERS

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

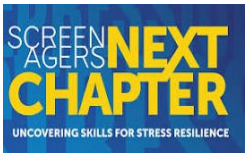


We invite you to a **FREE** showing of four films from... **The SCREENAGERS PROJECT**



(2016 - 70 min)

The first film focuses on the impact of the digital age on kids, including strategies for parents in navigating this at home.
October 7, 2024 @ 6:15 pm at the Sundre Public Library



(2019 - 65 min)

The second film dives into social emotional wellness from various angles, including the impacts of screen use, and how we can support our youth.
October 21, 2024 @ 6:15 pm at the Sundre Public Library



(2023 - 70 min)

The third film in the series looks at substance use and the role that media plays in this, as well as how we can help kids navigate these challenges.
November 4, 2024 @ 6:15 pm at the Sundre Public Library



(2024 - 55 min)

This new version of the original Screenagers movie addresses issues that elementary school aged kids, parents and educators are facing and strategies that can help manage these issues.
November 18, 2024 @ 6:15 pm at the Sundre Public Library

All parents and community members are welcome!

Please note that some content is not suitable for children, so we ask that only adults or older teens attend.
You can visit this [Screenagers Project link](#) for film trailers and more information.

Child Care will be provided.

Online screening via google meet is available.

Please email esmith@cesd73 or sarahthompson@cesd73.ca to register for child care or online google meet link and indicate which film(s) you would like to attend.

This opportunity has been made possible in part by the generous sponsorship of both
Sundre High & River Valley
Parent School Councils.

Thank you to these parent groups!

SUNDRE ON THE GO

OCTOBER 2024

Brought to you by Greenwood Neighbourhood Place & Sundre Community Support Services (FCSS)

Greenwood Neighbourhood Place

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

403 638 1011
#5, 96-2 Ave NW
PO Box 1846,
Sundre AB, T0M 1X0

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

Scan for Website Events Page

GREENWOOD NEIGHBOURHOOD PLACE OFFICE WILL BE CLOSED THURSDAY | OCTOBER 3

THE DEN S.Y.C PRESENTS

A HAUNTED HALLOWEEN

Join us for this family friendly, all ages Halloween event. An indoor Haunted Halloween Harvest, hot dog supper and dance floor fun.

Saturday
October 26, 2024
7-9pm
Elks Hall
Sundre AB

Hot Dog Supper by Donation to The Den S.Y.C

Register at www.mygnp.org

happy thanksgiving

october 14

"INHALE COURAGE EXHALE FEAR"

DEN DAYS 2024

November 1-3, 2024
A DEN S.Y.C Youth Retreat!
With special guest Scott Hammell
Open to youth Grades 7-12
\$50 includes
all retreat activities, 2 nights stay at Camp Evergreen Sundre, meals and a DEN days hoodie!

www.thedensyc.org for event info and registration

Greenwood Neighbourhood Place
Building Connection and Resilience

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS



Cooking Up Connection

Wednesday | Oct 30
4:00 PM - 7:00 PM
Cooking With Friends

Location: Sundre Legion

\$10 includes a meal to take home

Register at www.mygnp.org

Seniors Art Programs

Tuesdays | 10AM-NOON

October 15
Sundre Seniors Supportive Living Facility

October 22
James River bridge Community Centre

Register at www.mygnp.org

INTERESTED IN DEVELOPING A MEN'S SHED IN SUNDRE?

Come to The Den on **THURSDAY | OCTOBER 10 | 7:00PM** to learn and see how you can be involved.

What's a Men's Shed?
Mensshedcanada.ca

Red Cross Babysitting Course

Ages 11-16

REGISTRATION OPEN

Sat | Oct 19
8:30AM-3:30PM

www.mygnp.org

FREE SWIM!

SUNDAY
OCTOBER 20
1:00PM-4:00PM

DROP IN
SUNDRE AQUAPLEX

Seniors 55+

Spruce Meadows Christmas Market

Friday | November 15
10:30AM-8:00PM

Discover the magic of Christmas.

Cost: \$10 Includes transportation & snacks (Pickup spot: Sundre Town Office)
You are responsible for: Gate admission & your lunch

Register at www.mygnp.org

AT HOME ALONE

Friday | October 25 | 10:30AM-12:30PM
location: The Den-SYC

The At Home Alone course is an international safety program for children 9-13 years of age. It is a 2-hour program prepared by Kidproof International and delivered by a licensed local instructor.

\$20 for 1st child, \$15 for additional children

Register at www.mygnp.org

Seniors 55+ Olds College

Smart Farm Tour

Wed | Oct 23 | 12:45PM-4:15PM

Cost: \$5

Learn about specific research in the areas of crop production, livestock production, environmental stewardship and technology integration.

Register at www.mygnp.org

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

McDougal Chapel Conversation Cafe

October 21-December 2, 2024
Mondays weekly (not November 11)

Newcomer's group to practice English

Online groups are also available.
Location: Sundre Library

For more information:
email: sundrec@mcdougaltchapel.com
Register at eslconversationcafe.ca

Sundre Palliative Care

Welcome to our AGM!
\$5 annual membership fee
Thurs | Oct 10 | 2:00PM
SSSL - North Doors
8 week Grief Support
Facilitated by Diana Kleinlogel
Wed | 1:00PM-3:00PM | Oct 2 - Nov 20
Wills, POA and Personal Directives
Hannah van Mook, Norwest Law
Thurs | Oct 17 | 6:00PM-8:00PM
SSSL - North Doors
Drop in Grief Group
Facilitated by Anne Brander
Thurs | Oct 24 | 2:00PM-4:00PM
Main Ave Church, Sundre
Death Cafe
Facilitated by Diana Kleinlogel
Sat | Nov 23 | 2:00PM-4:00PM
SSSL

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

LEGION

Rockin' Halloween Party

Saturday | October 26
Doors Open 7:30PM
Sundre Legion Hall
135-6th Street SE, Sundre
\$20 cash/person

Live music by:
Whiskey Stagger Band

- Cash Only Bar
- Spot Dance Prizes
- Costume Prizes
- Midnight Snack

Sundre Creative Arts

Paint-In
Sat | Oct 5 | 11:00AM-3:00PM

Join us for some fun and helpful tips. Bring a project to work on and your lunch. Free- beginners and non-members welcome.

Sundre Public Library
For more info: Lila at 403-638-4269
or Debbie at 1-403-844-7887

Sundre Municipal Library

Rhyme Time
Tues | Oct 8, 15, 22, 29
9:30AM-10:30AM
Song, stories, and rhymes!

Genealogy
Tues | Oct 1 & 15
9:30AM-11:30AM
Research your roots!

Sundre & District Aquaplex

24 Hour Fitness Center with Key FOB!
Teen Fitness Orientation (Ages 12-15 years old)
Call us to book your strength training today!
Free orientations are available for all ages with the purchase of an Aquaplex pass! Book in today!
403-638-9370

Make sure you are getting your daily dose of physical activity for your health and wellness!
If you are strong and agile - start a more active lifestyle for your mental health!
(So much cheaper than therapy)

Watch our website and social media pages. As soon as we know reopening dates we will be posting our fall programming!
www.sundreaquaplex.com

Bearberry Turkey Dinner

Sun | Oct 20 | Noon to 4:00PM
Location:
Bearberry Community Hall

CASH ONLY
\$25.00 Adults
\$10.00 Kids 6-12
FREE Kids 5 & under

Armchair Travel Returns!

Wed | Oct 20 | 4:00PM-5:30PM
Sundre Library
Take a trip from the comfort of our living room!

Spice of the Month Club
Tues | Oct 8 | 9:00AM
Joint in the culinary fun with this take and make kit!

Camp Evergreen

Winterfest Family Camp and Private Horsemanship Lessons
February 14-16

Camp Evergreen, 31404 Range Rd 52, Sundre, AB

Bring your family out to experience the best of Winter!
Book riding lessons or trail rides with your family and friends!
Details available online.
www.camp-evergreen.com

Sundre Curling Club

Registration for 2024/2025 Curling Season
Online registration starts on October 1
Go to sundrecurlingclub.com

Registration lunch
October 15 | 6:00PM

Learn to Curl Clinic
October 26 & 27 | 11:00PM-4:00PM

Curling Leagues
Start week of October 28

Location: Sundre Curling Rink
Contact for more information:
Clen Smith at 403-638-8387

Halloween Extravaganza!

Sat | Oct 26 | 5:00PM-7:00PM
Location: The Sundre Museum
Halloween fun, candy, and kid friendly carnival style games!
Entry by cash donation or non-perishable/non-expired food items.

Location: Sundre Library
Contact Information:
(403) 638-4000
pr.lib.ca/sundre

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Bring your family out to experience the best of Winter!
Book riding lessons or trail rides with your family and friends!
Details available online.
www.camp-evergreen.com

AL-ANON MEETINGS

Every Thursday at 11:00AM
Sundre United Church
-Backdoor-

For more info please call
403-529-7899

HOPE FOR FAMILIES & FRIENDS

Mainavekidzclub.naz KIDZ!

After school program
Wednesdays 3:15PM-5:15PM
for children
Kindergarten to incl Grade 5

Come and enjoy games, new friends, snack, Bible stories, crafts, music, MTO

402 Main Ave WJ
(use parking lot door)

for more information please contact Dorothy
403-436-0186 or
kidzmaf@gmail.com

Sponsored by
Main Ave Fellowship Church of the Nazarene

Free Financial LITERACY

Thursday Evenings
Nov 7-Dec 5 | 6:30PM-8:30PM

ONLINE ZOOM Topics:
Assets, Budgeting, Banking, Credit & Consumerism

Register at www.mountainviewemergencyshelter.ca
Email: mountainviewemergencyshelter@gmail.com
or call
403-385-4545

Burden Bearers

33rd annual Fundraising Banquet
Fri | Nov 1 | 6:00PM-9:00PM
Sundre Community Centre
Roast Beef Dinner, Silent and Live Auctions, music and FUN!

We are a non-profit counselling center in Mountain View & Clear Water Counties offering affordable & professional counseling to all community members!
The evening is free to participate and you will leave feeling enriched!
Thank You For Your Support!
For tickets: marilee_a@live.com

CULTIVATE

Prepare, Plant and Process Into Adulthood

GROUPS FOR YOUTH AGES 8-13 AND 13-18
The teen years are exciting time, and your child will go through many changes and challenges. We want to help guide them well and prepare them for this phase of life.

PEER RELATIONSHIPS AND DATING
BULLIES AND CRITICISM
PHYSICAL CHANGES OF PUBERTY
OUR IDENTITY
GENDER AND SEX
CONFLICT RESOLUTION
EATING DISORDERS, SELF-INJURY, DEPRESSION, ANXIETY

CALL US TODAY TO REGISTER
587-796-1611
www.oldsprege.ca

Bergen Church

Community Square Dance and Pie Auction
Sat | Oct 5 | 7:00PM
A fundraiser for
Angel Tree Prison Ministry

Everyone welcome!
Western dress encouraged!

Evening of Contemporary Worship
Fri | Oct 18 | 7:00PM
Join us to worship with Connie Sheppard and her band.
Come and make a joyful noise!!

For more information check our website:
www.bergenchurch.ca

Cooking For Kindness

Community Luncheon

Wednesday October 16
11:30AM-1:00PM

SUNDRE LEGION HALL-\$10/PLATE

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

ALBERTA PIONEER CAMP

Pioneer Family Thanksgiving
October 11-14, 2024

Pioneer Lodge, Bergen
Horseback Riding, Wall Climbing, Archery and more!

Contact Information:
registration@pioneer camps.ab.ca

Sundre Caregiver Support Group

First Thursday 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 587-876-0943

SUNDRE SOUND SESSIONS

FREE WORKSHOPS

Sundre Community Centre

Saturday | October 5
SING FOR FUN - 11:30AM-1:00PM
STEP INTO YOUR SPOTLIGHT - 1:30PM-3:00PM
Building confidence performing & public speaking

Sunday | October 6
SONGWRITING FOR BEGINNERS - 11:30AM-1:00PM
SOUND & SONG FOR STRESS RELIEF - 1:30PM-3:00PM
How to use music for relaxation

Sign Up For Free Online
www.rockitvocalstudios.com/ruralsoundsessions

Bergen Farmers' Thanksgiving Market

Alberta approved market
Sat | Oct 12 | 10AM-1PM

Bergen Hall 31547 Rg Rd 53C
Baking, beef and pork, hand crafts of many sorts, vegetables.

Contact Information:
Shelley Ingeveld
403-638-2356

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Alberta approved market
Sat | Oct 12 | 10AM-1PM

Bergen Hall 31547 Rg Rd 53C
Baking, beef and pork, hand crafts of many sorts, vegetables.

Contact Information:
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403-638-2356