



CESD goals focus on Academic Excellence, Career Connections and Social Emotional Learning. The goals of RVS align with this, and we continue to work toward ensuring we meet kids where they are at in all areas, and help them take the next step in the right direction. That might be establishing friendships at recess or it might be a better understanding of number sense to support math success. It might even be both, and that's okay, because that is the work and we are determined to help all students move forward. We often refer to it as finding the "goldilocks" spot - where the work is a productive struggle or a manageable challenge at just the right level for each student.

Academic Excellence is at the heart of everything we do, and we continue to focus on the inextricable link between this and Social Emotional Wellness. Students who feel confident in their abilities work hard and this pays off in a positive cycle of finding school success. Students struggling with social or emotional challenges often find that academics are difficult as well - and vice versa - school work challenges can lead to low confidence and motivation...very much a "chicken & egg" scenario. Both are cycles we want to break, and we tackle these areas hand in hand through appropriate pressure and support strategies, all while presenting those "goldilocks" layers of learning so students are engaged and capable of finding success.

Career Connections is often seen as a High School focus, but at RVS we also see this as an important part of our work. We have developed a scope & sequence of work around this for our Gr 6 to Gr 8 students. The All About Me and MyBlueprint programs are great resources we use, beginning in Gr 6 with some basic self reflection and career exploration. We continue this in Gr 7 with more in-depth personality reflection and career research and this comes together in Gr 8 where I present my own career journey to students and then meet 1:1 with each of them to talk about future aspirations and next steps to achieve their goals. I find it a very rewarding part of our work at the school and it helps many students find relevance and the motivation to keep moving forward. To further support this work we are excited to be collaborating with the Den, bringing in guest speaker Scott Hammell for Gr 6 to 9 students. He defines himself as a "speaker", magician, storyteller, stunt artist and will be talking to our kids about the importance of goal setting—a key component for school success.

Lastly, we recognize we do none of this work in isolation. Family support and connection is key to students' happiness and success. We look forward to connecting with you in-person at Parent Teacher Interviews November 6 & 7 to continue to build positive relationships with each of you. It takes a team to educate children, and we are so grateful for your support!

Yours in Learning,
Leslie Cooper-Shand
Principal
River Valley School



November 4/5/6
Parent Teacher
Interviews 3:15 to
8:00PM



November 7
Remembrance Day
Service 9:00AM
Community Welcome



November 8/9/10/11
Fall Break
No Students
No Staff

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 7 Gr 6 Immunizations Gr 1 Catchup Immunizations Gr 6 to 9 Scott Hammell Presentation |
| 4 Day 8 Parent Teacher Interviews 3:15 to 8:00PM Book Fair Subway Orders Due AHS Dental Visits Kind to Gr 3 | 5 Day 1 Parent Teacher Interviews 3:15 to 8:00PM Book Fair AHS Dental Visits Kind to Gr 3 | 6 Day 2 Parent Teacher Interviews 3:15 to 8:00PM Book Fair AHS Dental Visits Kind to Gr 3 | 7 Day 3 Remembrance Day Service 9:00AM Community Welcome Picture Retake Day in afternoon AHS Dental Visits Kind to Gr 3 | 8 Fall Break No Students No Staff AHS Dental Visits Kind to Gr 3 |
| 11 Remembrance Day No Students No Staff | 12 Day 4 Pizza Orders Due AHS Dental Visits Kind to Gr 3 | 13 Day 5 Subway Day AHS Dental Visits Kind to Gr 3 | 14 Day 6 Gr 6 Catchup Immunizations Kind to Gr 5 Tipi Teachings AHS Dental Kind to Gr3 | 15 Day 7 AHS Dental Kind to Gr3 |
| 18 Day 8 | 19 Day 1 Pizza Day School Council 4PM | 20 Day 2 | 21 Day 3 Youth Mental health Clinic 1 to 4PM see poster School Board Visits RVS | 22 Day 4 |
| 25 Day 5 December Subway Orders Due | 26 Day 6 | 27 Day 7 | 28 Day 8 Retro Dressup Day | 29 Collaborative Day No Students |



IMPORTANT INFORMATION

Please note that all students are required to stay on property during the school day including lunch recess.

In rare circumstances a student may leave property on their own after a staff member has spoken to/received permission from a parent.

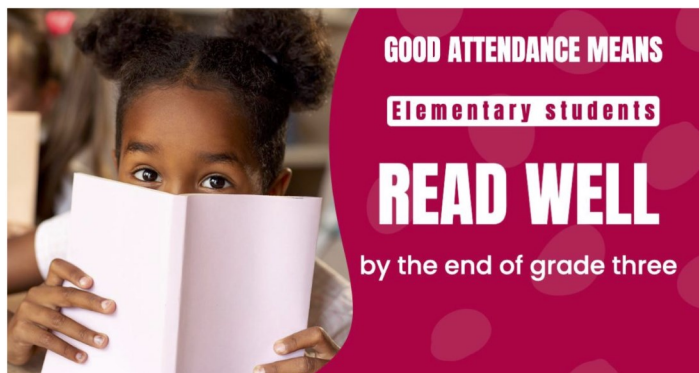
This is one of many ways we keep students supervised, safe and secure while at school—thanks for your help with this.

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.



IMPORTANT DATES TO REMEMBER...

December 12, 2024 Middle School Dance

December 18, 2024 Kindergarten Grade 1 and 2 Christmas Concert

December 23, 2024 to January 3, 2025 Christmas Break

January 6, 2025 Students return to school

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

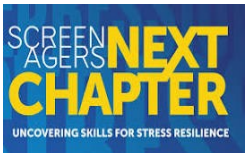


We invite you to a **FREE** showing of four films from... **The SCREENAGERS PROJECT**



(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

NOVEMBER 2024

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

Greenwood NEIGHBOURHOOD PLACE
THE DEN S.Y.C.
 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, T0M 1X0
 Email: info@mygnp.org
 www.mygnp.org
 CRA Charity No.
 86638374RR0001
 Scan for Website Events Page

Tim's THE DEN S.Y.C.
 Mark your calendars, Holiday Smile Cookies are coming our way.
 November 18-24
 Proceeds from this year's campaign go to support our local youth center!
The DEN S.Y.C.
 A project of Greenwood Neighbourhood Place



BERGEN & SUNDRE 4H CLUBS FOOD DRIVE
SUNDAY, DECEMBER 1
 4H MEMBERS WILL BE COMING DOOR TO DOOR TO COLLECT FOOD DONATIONS FOR SUNDRE SANTAS. IF YOU ARE NOT ABLE TO BE HOME DURING THIS TIME & WOULD STILL LIKE TO DONATE, PLEASE LEAVE YOUR DONATION ON YOUR FRONT STEP & IT WILL BE PICKED UP!
SUNDRE SANTAS

Greenwood Neighbourhood Place
Building Connection and Resilience

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS



Senior 55+ 2025 Badlands Passion Play
Sunday | July 6 1:15PM-9:00PM
\$55
 Each summer, in the heart of the Canadian Badlands, a group of actors, crew, and volunteers perform the story of the life of Christ on Canada's largest outdoor stage.
 Register at www.mygnp.org

Sundown In Sundre FREE SWIM
Sundre Aquaplex
Friday | December 6 6:00PM-8:30PM
Drop In

Seniors 55+ Christmas Craft
Thursday November 21 | 2PM-3PM
\$20/each
Location: 7 Km west of Sundre
 Register at www.mygnp.org

Seniors 55+ Sundre Tour of Lights
Thursday December 12 6:00PM-8:30PM
 \$5
 Bus tour to enjoy Sundre's Christmas lights and a stop at Tim Hortons.
 Register at www.mygnp.org

COOKING UP CONNECTIONS
Wednesday | Nov 27 4:00PM-7:00PM
 Cooking With Friends
 Includes a meal to take home
Location: Sundre Legion
\$10
 Register at www.mygnp.org

Seniors Art Programs
Tuesdays | 10:00AM-12:00PM
 November 19 Sundre Seniors Lodge
 November 26 Bergen Community Hall
 Register at www.mygnp.org

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

THE DEN IS GOING DIGITAL. DO YOU HAVE A YOUTH WHO ATTENDS THE DEN? PLEASE SIGN UP!
 Scan the QR code to sign up for the app.
 PARENTS & YOUTH: PLEASE DOWNLOAD THE APP KIDCHECK, THEN CREATE YOUR YOUTH CHECK ACCOUNT AS SOON AS POSSIBLE. WE HOPE TO BE FULLY SWITCHED OVER BY THE END OF THE MONTH!

PD - Day Adventure Grades 4-6
Friday November 29 9:30AM-5:00PM
Location: Pioneer Ranch Camp
Cost: \$20
 Parents are responsible for transportation
 Register at www.mygnp.org

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

Save The Date!
Sundown In Sundre
December 6

indoor walking
 November
Monday & Thursday 1:45PM-2:45PM
 Sundre Community Gym

Burden Bearers 33rd Fall Banquet
Friday | Nov 1 | 6PM-9PM
 Sundre Community Centre
 Live Entertainment:
 Melony Gibbs Cormack
 Live & Silent Auction
 Complimentary Roast Beef Dinner
 RSVP by October 28
 403.804.8589 or
burdenbearersundre@gmail.com
 Healing Our Community - One Person At A Time.

BERGEN MISSIONARY CHURCH
An Evening of Praise and Worship
Sunday | November 24 6:30PM-8:00PM
 Join Tyler & Rachelle Brooks for an uplifting time of traditional hymns, praise choruses and contemporary worship.
 Dessert and coffee to follow.
 www.bergenchurch.ca
 403.638.4010

Sundre Legion Ladies CHRISTMAS & CRAFT MARKET
SATURDAY NOVEMBER 2 10AM - 4PM
 Handicrafts, baking, local artists, jewelry, metalwork, many gift ideas
Rhonda 403-638-8245

AQUAPLEX FRIENDS OF THE AQUAPLEX
 The Sundre & District Aquatic Society is recruiting volunteers.
 Sign up at the AQUAPLEX or phone 403-638-9370
 Volunteering opportunities will be emailed to you as well posted our Facebook page. You decide what works for you: a couple of hours, the whole day or not this time.
 Mon/Wed evening & Saturday All Swim Lessons in November and December.
 Fitness Centre orientations FREE with the purchase of an Aquaplex pass.
NEW Gentle Waves Aquafit class
 Thursdays at 11AM
 Regular Aquafit Classes (deep or shallow option - you choose) Monday, Wednesday, Fridays - 9AM.
 We sell gift Certificates so giving the gift of health is easy!
www.sundreaquaplex.com

Sundre Legion Charity Dinner & Dance
 Funds raised for Sundre Aquaplex: Elliptical Machine
Saturday | November 23 Doors Open 5:00PM
Roast Beef Dinner 6:00PM
Dancing 7:30PM
Blackbird Duo Band
Tickets \$25
 Available at: Sundre Pool, Backwoods Cafe, or Carroll at 403.483.6835
 Cash Bar only
 Tickets must be presented at door

Sundre Library November Events
Teen Week
 Tues-Thurs | Nov 5-7 4:30PM-6:00PM
 Location: Sundre Library + The Den Mini Golf, activities, and NERF Wars for teens grade 7+
Spice of the Month
 Tues | Nov 12 | 9:00AM
 Join in the culinary fun with this monthly take and make kit!
Book Folding: Card Holder
 Wed | Nov 13 | 4:00PM
 Get ready for the holiday season with this unique card
Sundre Library Annual Silent Auction
 Tues | Nov 19-28
 During Library Hours
 There are lots of treasures to be found!
Family Lego Club
 Sat | Nov 2 | 12:20:00PM
 Creative LEGO fun for the whole family!
 Location: Sundre Library
 Contact Information: (403) 638-4000
prl.ab.ca@sundre

SUNDRE LEGION 2024 Remembrance Day Service
November 11
Doors open at 10:00AM Seated by 10:30AM
Sundre Royal Canadian Legion, Branch 223 Hall, 135 - 6th Street SE, Sundre
 Refreshments and bar after the service.

FREE DENTAL DAY
 Tues | Nov 5 | 9AM-4PM
Sundre Dental Clinic
 We Love Our Community!
 If you have no access to dental care and need a cleaning, extraction or filling come in to our dental office for one FREE treatment.
FIRST COME, FIRST SERVED BASIS
www.sundredentalclinic.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

Cooking For Kindness Community Luncheon
Wednesday November 20 11:30AM-1:00PM
SUNDRE LEGION HALL-\$10/PLATE
 More info & Transportation or to volunteer call: Lourelle at 403.638.3378

Alberta Pioneer Camps PIONEER FAMILY CHRISTMAS
December 20-22
 Pioneer Lodge, Bergen Christmas at the Lodge!
registration@pioneer camps.ab.ca

Screenagers Under the Influence
Mon | November 4 | 6:15PM
 This film looks at substance use and the role that media plays in this, as well as how we can help kids navigate these challenges.
Screenagers Elementary School Age Edition
Mon | November 18 | 6:15PM
 This movie addresses issues that elementary school aged kids, parents and educators are facing and strategies that can help manage these issues.
Location: Sundre Public Library (Online link available through registration)
 Contact Information: esmith@csd73.ca or sarahthompson@csd73.ca

HANDEL'S Messiah
 Performed by Local Residents of Mountainview County
 Directed by Theresa Wiseman
November 22, 2024 7:00 PM
No Tickets Required—Free Entry
 Performed at THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 3802 57 Avenue, Olds, AB

Sundre Creative Arts
Paint-In
Saturday November 23 | 11AM-3PM
 Bring a project and your lunch. Beginners & non members welcome.
 Free Sundre Public Library
For more info:
 Lila at 403-638-4269 or Debbie at 403-844-7887

Sundre Farmers' Market Presents 2024 Christmas Markets
11AM-4PM
November 9, 10 & 30 December 1
 Sundre Community Centre
 96 2nd Ave NW, Sundre
For info: 403.638.1586

Sundre Museum Gallery Featuring: Remembrance Day history!
Sundown in Sundre / December 6th at the Museum!
Village is now closed AND THE World of Wildlife/Main Gallery New Hours
Tues-Sat 10:00AM- 5:00PM
 Digital Sign for your Advertising Needs!
 (403) 638-3233

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 Royal Purple FESTIVE CRAFT MARKET
Saturday | November 16 10AM-4PM
Sundre United Church
 Art & Craft Tables
 Canteen
 Prizes & Raffle