



### Developing Citizenship Skills...

Citizenship is the opportunity, right and responsibility to contribute to shaping the world around us 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, as parents/grandparents/coaches/neighbors have taught them important lessons, like being kind to others, being generous and so on. 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](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 12  
Middle School Dance  
6:00 to 8:30PM



December 18  
Kindergarten to Gr 2  
Christmas Concert



December 16 to 20  
Carol Sing in RVS Gym  
See Schedule

## 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
2 Day 1	3 Day 2 Subway Day	4 Day 3 Gr 6 to 12 Band Concert Sundre High School 7:00PM	5 Day 4	6 Day 5 Last Day to drop off food items for Sundre Santas
9 Day 6 Pizza Orders Due Online	10 Day 7	11 Day 8	12 Day 1 Middle School Dance	13 Non Instructional Day No Students
16 Day 2 Carol Sing RVS Gym  Hot Chocolate: Gr 8 and KC	17 Day 3 Carol Sing RVS Gym  Hot Chocolate: Gr 3 and KA + KB  School Council 4PM	18 Day 4 Carol Sing RVS Gym  Hot Chocolate: Gr 4 and Gr 5  Pizza Day  Kind to Gr 2 Christmas Concert	19 Day 5 Carol Sing RVS Gym  Hot Chocolate: Gr 2 and Gr 6  Youth Mental Health Clinic	20 Day 6 Carol Sing RVS Gym  Hot Chocolate: Gr 1 and Gr 7  Xmas Dress Up Day Last Day Classes
23  Christmas Break December 23, 2024 to January 5, 2025 No Students No Staff	24	25	26	27
30	31			3



# RVS



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

We will be assembling in the gym following morning announcements each day from December 16<sup>th</sup> to December 20<sup>th</sup> 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 after our morning bell 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 16<sup>th</sup> - KC & grade 8

Tuesday, December 17<sup>th</sup> - KA/KB & grade 3

Wednesday, December 18<sup>th</sup> - grade 4 & 5

Thursday, December 19<sup>th</sup> - grade 2 & 6

Friday, December 20<sup>th</sup> - grade 1 & 7

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







# 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.

When do absences become a problem?



<b>Chronic absence</b> 18 or more days
<b>Caution Zone</b> 10 to 17 days
<b>Good attendance</b> 9 or fewer absences



# 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





River Valley School  
Remembrance Day Ceremony

Metis Week  
Tipi Teachings  
Finger Weaving



Lego Club!!  
Mrs. Cooper-Shand  
with Gr 2 students  
starting off their brick building adventures!

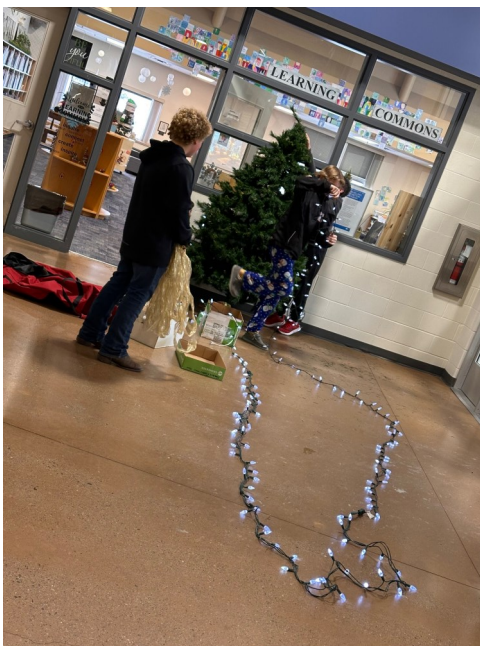




Volleyball Wrap Up  
Students vs. Staff



Scott Hammell  
Presentation for RVS and SHS



Gr 7  
Decking the RVS  
Halls!



# 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 12<sup>th</sup>, 2024 1:00pm - 4:00pm

Thursday, Oct 10<sup>th</sup>, 2024 1:00pm - 4:00pm

Thursday, Nov 21<sup>st</sup>, 2024 1:00pm - 4:00pm

Thursday, Dec 19<sup>th</sup>, 2024 1:00pm - 4:00pm



**To book an appointment:**

**Please contact Irma @ Primary Care Network**

**Phone 403-586-0371**





**McDougal Chapel**  
*Christmas Eve Service*  
 Tuesday  
 December 24  
 6:00PM

**SUNDOWN IN SUNDRÉ**  
 DECEMBER 6  
 3:00PM-8:00PM  
 'DISCOVER SUNDRÉ APP'  
 TREASURE HUNT & KIDS ELF HUNT

CONTACT US AT: SC00@TELUS.NET  
 OR CALL 403.638.3245

**Sundre Palliative Care Association**  
**Tree Of Hope Event**  
 Friday | December 6 | 5:00PM  
 Location: Sundre Hospital Parking Lot  
 Lighting the Tree in memory of loved ones

**Candlelight Service of Remembrance**  
 Sunday | December 1 | 3:00PM  
 Location: SSSL Drop In Centre 749 6 St SW  
 Service to remember those who passed away

**Life Cafe**  
 Sunday | January 19, 2025 | 2:00PM-4:00PM  
 Location: SSSL Drop In 749 6 St SW  
 Meet over cake and coffee to discuss enhancing quality of life

**Drop In Grief Group**  
 Dec 19, 2024 & Jan 23, 2025 | 2:00PM  
 Location: Main Ave Church 402 Main Ave.  
 Drop In Grief support - no registration required  
 Contact Information: Anne Brander 403-507-1255

Contact Information:  
 Diana Kleinloog 403-507-1691

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

Contact Info:  
 403-638-4428

Tuesday, December 24  
 Join us for a  
**Country Christmas Eve Service**  
 at the Bergen Church  
 Complimentary Supper at 5:30  
 Service at 7:00  
 and Dessert at 8:00  
 www.bergenchurch.ca

Alberta Pioneer Camps  
**PIONEER FAMILY CHRISTMAS**  
 December 20-22  
 Pioneer Lodge, Bergen  
 Christmas at the Lodge!  
 Horses, tobogganing,  
 campfires, and more!  
 shillock@pioneercamp.ca

**Sundre Ministerial**  
*Community Carol Sing*  
 Sunday  
 December 1  
 7:00PM  
 Sundre  
 Community Centre

**SUNDRÉ COMMUNITY CHRISTMAS DINNER**  
 DECEMBER 25 | 12:00PM-3:00PM  
 At the  
 Sundre Legion Hall  
 Would you like to help?  
 Contact:  
 Lourelle Vooyo  
 403.638.3378

Sponsored with Donations  
 from the Sundre Community

Sundre Royal Purple Invites You to Join Us For  
**Craft Night**  
 Creating a busted canvas.  
 Monday | December 2 | 7:00PM  
 Sundre United Church Side Doors  
 Cost: \$20/Person Supplies, Refreshments & Dainties Included  
 MUST Register & Prepay with Brenda at Sundre Info Centre OR etransfer at h.dolan@telus.net

**Sundre Museum - Sundown in Sundre**  
 Friday | December 6  
 Santa Pictures - call to book/Cookie Fundraiser/Festival of Wreaths  
 Check out our Facebook for Christmas Hours at the Museum  
 Regular Hours: Tuesday - Saturday 10:00AM-5:00PM  
 403-638-3233

**B.S. Productions**  
 Disney & Cameron Mackintosh's  
**Mary Poppins**  
 A musical based on the stories of P.L. Travers and the Walt Disney film  
 February 14, 15, 21, 22 | 7:30PM  
 February 16, 23 | 2:00PM  
 Sundre Arts Centre

Online tickets open on  
 December 14  
 sundreartscentre.com/mary-poppins

Tickets available in January at  
 Backwoods Bakery & Cafe, and the  
 Sundre Municipal Library.  
 Admission: \$25

Director: Brian Bailey.  
 Music Director: Jamie Syer.  
 Choreography: Move Yourself Dance.  
 Info@bs-productions.ca

**Sundre West Country Centre**  
 101 2nd Ave, by the Arena  
 Wheelchair accessible  
 December Events

**Music & Dancing** | Sundays-1st & 3rd |  
**Cribbage** | Sunday -2nd & 4th | 1:30PM

**Pool & Snooker** | Mondays | 9:30AM  
**Carpet Bowling** | Mondays | 1:00PM

**Line Dancing** | Tuesdays | 10:00AM  
**Canasta** | Tuesdays | 12:15PM

**Stretching** | Wednesdays | 10:00AM  
**Games** | Wednesdays -1st & 3rd | 1:00PM  
**Pool & Snooker** | Wednesdays 1:00PM

**Carpet Bowling** | Thursdays | 1:00PM  
**Quilting** | Thursdays

**Floor Curling** | Fridays | 1:00PM  
**Pot Luck** | Last Friday of each  
 month at 12 noon

Come join us !!

**Aquaplex**  
 Check out our Swim Lessons for all ages!  
 Tuesday and Thursday Evenings:  
 Tuesday Homeschool Lessons,  
 Thursday Parent and Tot,  
 & Saturday morning Lessons.

**Junior Lifeguard Club**  
 Fridays | 4:00PM-5:30PM

**Swim Patrol Sessions**  
 Saturdays  
 Starting Jan 4 | 9:30AM-10:30AM

Private and Semi-Private Lessons for all ages.  
 Email aqualplex@ic@gmail.com  
 for more information.

**24-Hour Fitness Center**  
 Daytime Drop-Ins Welcome

**Drop-In Aqua Fitness/Water Workouts.**  
 If there are any advanced courses you are interested  
 in that are not currently advertised,  
 please call and let us know.

Please visit  
 www.sundreaquaplex.com  
 or call 403.638.9370  
 for more information.

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

**Sundre Community Choir & Handbells Christmas Concerts**  
 Sunday | December 8 | 2:00PM  
 Tuesday | December 10 | 7:00PM  
**Sundre United Church**  
 Refreshments & bake sale to follow.  
 Admission by donation  
 sundrecommunitychoir@gmail.com

**Sundre Community Van**  
 Merry Christmas  
 and Happy New Year  
 Looking for Van Drivers  
 & New Board Members

Van Runs In Sundre:  
 Tuesdays-1:00PM & Thursdays-10:00AM  
 To Olds:  
 December 17-9:30AM & January 13-9:30AM

If interested please contact  
 or for more information:  
 Lisa 403-638-3266

**GREENWOOD NEIGHBOURHOOD PLACE  
 EVENTS AND PROGRAMS**

**GREENWOOD NEIGHBOURHOOD PLACE**  
**THE DEN SYC**  
**fcss**  
**fcss**  
**Mountain View County**

**Teen Cuisine Christmas Edition**  
**FRIDAY DECEMBER 13**  
 Grades 7-12  
 We will be baking up a few of our  
 favourite Christmas treats to share.  
 While we wait, there will be make &  
 take Christmas gifts to complete!  
 9:00AM-3:00PM LUNCH PROVIDED  
 at the Sundre Legion \$20/person  
 Register at  
 www.thedensyc.org

**Watch for Upcoming Children's Programs on our Website and our Facebook Page!**

**SUNDOWN IN SUNDRÉ**  
**FRIDAY DECEMBER 6TH**  
**OPEN HOUSE 5-9PM**  
**FREE DECORATING & COOKIE HOT CHOCOLATE.**  
**COLLECTING TOILETRY DONATIONS FOR SUNDRÉ SANTA'S & THE YES PROGRAM**

Are you interested in volunteering at the Den?  
 Contact Heather at 403.638.1011

**Alberta Healthy Living Program**  
**Minding Stress**  
 Wednesdays  
 Dec 11 & 18 | 5:30PM-8:00PM  
 Practice to reduce or prevent stress. Improve mental health & manage risk health conditions.

**Managing Emotional Eating**  
 Tuesdays  
 Dec 3, 10 & 17 | 9:00AM-11:30AM  
 Explore why we eat the way we do. Understand triggers to form better eating habits.

**Chronic Pain Better Choices Better Health**  
 starts Wednesday | 1:00PM-3:30PM  
 January 29 and runs for 6 weeks  
 Discover new skills to manage your health focusing on day-to-day challenges of chronic pain.

Location:  
 zoom link will be emailed upon registration  
 Contact Information 1 877 314-6997

**Sundre Legion**  
**Games Afternoon**  
 Saturday | December 14  
 1:00PM-4:00PM

Sundre Legion Hall  
 135 - 6th Street SE, Sundre

Including:  
 \* Pool, Table Tennis, Darts, Cards, Board games  
 \* Cash bar will be open and snacks available

**Camp Evergreen**  
 Winterfest Family Camp  
 February 14-16  
 Summer Camp Registration Opens!  
 January 8 (Mark your calendars!)

Camp Evergreen, 31404 Range Rd 52,  
 Sundre, AB  
 Bring your family out to  
 experience the best of Winter!

**Cooking For Kindness**  
**Community Luncheon**  
 Wednesday January 15  
 11:30AM-1:00PM  
 SUNDRÉ LEGION HALL  
 \$10/PLATE  
 More info & Transportation or to volunteer call  
 Lourelle at 403.638.3378

**Seniors 55+**  
**Thursday December 12**  
**6:00PM-8:30PM**

**Sundre Tour of Lights**  
 Bus tour to enjoy Sundre's Christmas lights and a stop at Tim Hortons.  
 \$5  
 Van Pickup Locations & Times:  
 Foothills Terrace | 101 35T NW | 6:00PM  
 Wild Rose Court | 205 Jave NW | 6:30PM  
 Bearberry Village | 203 Centre St N | 6:30PM  
 Pioneer Place | 419 Centre St N | 6:30PM

Register at www.mygnp.org

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

**Seniors Art Programs**  
**Tuesdays | 10:00AM-12:00PM**

January 21  
 Sundre Seniors Lodge

January 28  
 Harmattan Community Hall

Register at www.mygnp.org

**COOKING UP CONNECTIONS**  
**Wednesday | Jan 29**  
**4:00PM-7:00PM**  
 Cooking With Friends

Includes a meal to take home.  
 Location:  
 Sundre Legion  
 \$10

Register at www.mygnp.org



# GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS



**Teen Cuisine Christmas Edition**  
**FRIDAY DECEMBER 13**  
 January 7-12  
 We will be baking up a few of our favourite Christmas treats to share.  
 While we wait, there will be make & take Christmas gifts to complete!  
 9:00AM-3:00PM  
 at the Sundre Legion LUNCH PROVIDED \$20/person  
 Register at [www.thedensyc.org](http://www.thedensyc.org)

**SUNDOWN IN SUNDRE**  
 FRIDAY DECEMBER 6TH  
 OPEN HOUSE 5-9PM  
 COOKIE DECORATING & FREE HOT CHOCOLATE.  
 COLLECTING TOILETRY DONATIONS FOR SUNDRE SANTA'S & THE YES PROGRAM

Watch for Upcoming Children's Programs on our Website and our Facebook Page!  
 Are you interested in volunteering at the Den? Contact Heather at 403.638.1011

**Seniors 55+ Sundre Tour of Lights**  
 Thursday December 12  
 6:00PM-8:30PM  
 Bus tour to enjoy Sundre's Christmas lights and a stop at Tim Hortons.  
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 Van Pickup Locations & Times:  
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 Bearberry Village | 203 Centre St N | 6:20PM  
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 Friday December 6  
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 Drop In  
 Register at [www.mygnp.org](http://www.mygnp.org)

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 January 21 Sundre Seniors Lodge  
 January 28 Harmattan Community Hall  
 Tuesdays | 10:00AM-12:00PM  
 Register at [www.mygnp.org](http://www.mygnp.org)

**COOKING UP CONNECTIONS**  
 Wednesday | Jan 29  
 4:00PM-7:00PM  
 Cooking With Friends  
 Includes a meal to take home.  
 Location: Sundre Legion  
 \$10  
 Register at [www.mygnp.org](http://www.mygnp.org)

THROUGHOUT THE MONTH OF DECEMBER WE WILL BE COLLECTING NEW TOILETRY ITEMS FOR SUNDRE SANTA'S & THE RVS YES PROGRAM!

**THE DEN SYC & SUNDRE SANTA'S**

Need ideas?

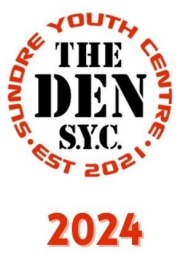
- TOOTHPASTE
- TOOTHBRUSH
- DEODORANT
- BODY WASH
- SHAMPOO
- CONDITIONER
- COMBS/BRUSHES
- HAIR TIES
- LOTIONS
- BATHROOM BAG
- OTHER BATHROOM ESSENTIALS

**DECEMBER**

MON	TUE	WED	THU	FRI
2 DROP IN 3-6PM	3	4 DROP IN 3-6PM 6:00-8:00 HANG OUT	5 DROP IN 3-6PM	6 SUNDOWN IN SUNDRE OPEN HOUSE 5-9PM FREE HOT CHOCOLATE & COOKIE DECORATING
9 DROP IN 3-6PM	10	11 DROP IN 3-6PM 6:00-8:00 HANG OUT	12 DROP IN 3-6PM	13 TEEN CUISINE CHRISTMAS EDITION 9AM-3PM AT THE SUNDRE LEGION PREREGISTRATION REQUIRED
16 DROP IN 3-6PM	17	18 DROP IN 3-6PM CHRISTMAS KARAOKE 6:00-8:00	19 DROP IN 3-6PM	20 Hot Cocoa Christmas MOVIES 6-9PM

THE DEN IS OPEN TO ALL YOUTH GRADES 7-12

LIFE HAPPENS AND SOMETIMES THINGS CHANGE. PLEASE FOLLOW US ON FACEBOOK AND INTSAGRAM FOR OUR LATEST PROGRAM UPDATES  
[WWW.THEDENSYC.ORG](http://WWW.THEDENSYC.ORG)



Let's Give Back... OVER THE MONTH WE WILL BE COLLECTING TOILETRY ITEMS FOR OUR TREE TO GIVE TO SUNDRE SANTA'S AND THE RVS YES PROGRAM.

Please Note: THE DEN WILL BE CLOSED FOR THE HOLIDAYS DECEMBER 23-JANUARY 5TH