



Optimal Health & Wellness

Developing a healthy, active lifestyle has always been a big part of the RVS experience. Kilometre Club generally kick-starts the year for staff and students, and gets us all moving, and PE class continues this work as classes truly enjoy their time with our physical education expert Mr. Sampson, or alternately with their homeroom teacher! In classrooms, movement breaks continue to be an important part of the daily routine, and creative furniture helps kids move while they work - wiggle stools, standing desks, bikes, and so on.

Research is clear – physical activity is good for the learning brain, so we try to make sure kids have lots of opportunities to get moving, and hope that the experiences they have now will lead them to positive life-long habits. We also know it's a very important part of good mental health, and encourage students to stay active whenever possible, which may include joining a school sports team or just ensuring they run around at recess time.

As a school we continue to make every effort to also support positive mental health for students and staff. As an Admin team we recently did an in-house audit of the many ways we are supporting students with social-emotional wellness. The data was something to be really proud of...The various supports include:

- Family School Wellness (Mrs. Thompson)
- YES Program (Miss. Cynthia)
- Mentorship (Mr. Sampson & Mrs. Wilson)
- Library opportunities (Mrs. Blackhurst)
- SSL (Student Support lead Sarah Gunderson)
- Designated Supervision (various Educational Assistants)
- Youth Mental Health Clinic (Dr. Smith & RN Irma van den Hadelkamp)
- Early Risers (Miss. Cynthia)

We are proud to say that close to 100 students are being served via these various people and programs.

As a staff we have been working on a wellness challenge logging our daily steps in hopes of reaching Aruba! We have a solid wellness team always looking to educate around positive health initiatives. We are thankful for your continued support around wellness initiatives, and wish everyone a healthy and prosperous 2025!

Sincerely,

Leslie Cooper-Shand
Principal



January 6
Students return to school



January 21
School Council 4:00 PM



January 30 & 31
PD Day
Non Instructional 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

Mon	Tues	Wed	Thurs	Fri
30 Christmas Break	31 Christmas Break	1 Christmas Break	2 Christmas Break	3 Christmas Break
CLOSED FOR THE HOLIDAYS				
6 Day 7 Students Return to School Subway Orders Due Online	7 Day 8	8 Day 1	9 Day 2	10 Day 3 Four Seasons of Reconciliation Course Registration opens Registration
13 Day 4	14 Day 5	15 Day 6 Subway Day	16 Day 7	17 Day 8
20 Day 1 Pizza Orders Due Online	21 Day 2 School Council Meeting 4:00PM	22 Day 3	23 Day 4 Youth Mental Health Clinic	24 Day 5 Beach Day & Family Literacy Day
27 Day 6 February Subway Orders Due Online	28 Day 7 Pizza Day	29 Day 8	30 Professional Learning Day No Students	31 Non Instructional Day No Students



RVS Cold Weather



RVS uses -20 (with or without wind) as our guideline for having students come inside early. Prior to recesses on chilly days, the same process is followed to determine whether kids are in or out. Occasionally, there are those grey areas... For example, if kids have been inside all day, and at last recess it is -20, but no wind and sunny, students may go outside. As always, students should come dressed for the ever-changing winter weather of Alberta - thanks!

Ready, Set, Go!

Welcome to Online Kindergarten Registration!

Chinook's Edge will be accepting Online Kindergarten Registrations starting January 6, 2025 for the 2025-2026 school year. Please visit our website at www.cesd73.ca for Kindergarten information!

5 Results of regular attendance in K-2

- 1 Fundamentals of reading, writing and math - built early
- 2 Reading well by the end of grade 3
- 3 Move to middle school academically confident
- 4 Important middle school courses completed
- 5 High school graduation & preparation for life





Gr. 1 and Gr. 2 Lego Club in the library with Mrs. Cooper-Shand

IMPORTANT DATES TO REMEMBER:

**February 5, 2025:
RVS Science Fair**

**February 13, 2025:
Gr 7+8 Nakiska Ski Trip**

**February 17 to 21, 2025:
Family Day
Winter Break
Teachers'/Convention**

**Our Annual
RVS Science Fair
will be held on
February 5, 2025
Students from K-8 are
invited to enter a project
For more information
students please see
Ms. Hindbo or
Mrs. Blackhurst
Room: 144 or Library
parents email:
mblackhurst@cesd73.ca
Start thinking about your
projects!!**

Community Sharing

If you have events pertaining to school age children, please connect with Greenwood Neighborhood Place to have them added to Sundre On the Go



Christmas Band Concert @
Sundre High School



2024 Carol Sing @
River Valley 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

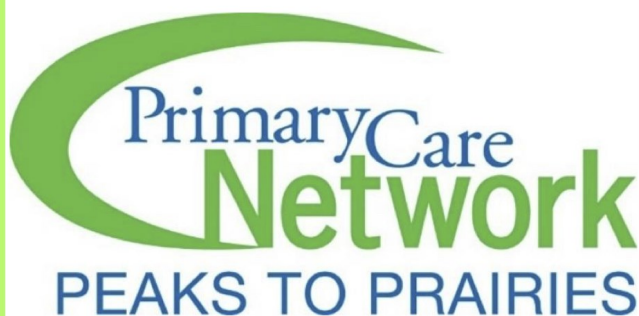
PROTECTING YOUTH MENTAL HEALTH

Upcoming Dates at River Valley School

Thursday, Jan 23rd, 2025 1:00pm - 4:00pm

Thursday, Feb 13th, 2025 1:00pm - 4:00pm

Thursday, Mar 20th, 2025 1:00pm - 4:00pm



To book an appointment:

Please contact Irma @ Primary Care Network

Phone 403-586-0371



JANUARY


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 EST. 2021

2025

MON	TUE	WED	THU	FRI
30	31	1 	2	3
6	7	8 DROPP IN 3-6PM	9 DROPP IN 3-6PM	10  PAINT NIGHT 6-9PM
13 DROPP IN 3-6PM	14	15 DROPP IN 3-6PM 6:00-8:00 HANG OUT	16 DROPP IN 3-6PM	17  MOVIE NIGHT 6-9PM
20 DROPP IN 3-6PM	21	22 DROPP IN 3-6PM	23 DROPP IN 3-6PM	24  DEN SIZED PING PONG HOTDOG & CHIPS
27 DROPP IN 3-6PM	28	29 DROPP IN 3-6PM 6:00-8:00 HANG OUT	30 CLOSED	31 CLOSED