



Surrounded by River Valley Values...

Our values shape our characters, and this is particularly true when we think of our youth. Students spend much of their waking day at school, so the values that surround them here are a driving force behind who they become! What do we believe at River Valley?

We believe in developing the whole child, which includes the physical, social, emotional and academic parts of themselves. We want kids to know who they are, and to define themselves as worthy individuals regardless of the challenges they face or the strengths they have. When they are doing their best, they are the best they can be, and it is enough. We want them to recognize and respect this in others as well.

Our values parallel those of the Chinook's Edge Mission and Vision statements, wherein we work hard to engage, challenge and encourage every student, so they will become the citizens we need both today and tomorrow.




To support us with this goal, we receive feedback from a variety of sources. The division has developed a number of 'Matters' committees, which all include RVS and Sundre representatives. Each 'Matters' meeting has a set agenda with specific topics geared to supporting students in schools.

Taylor Johnson and Mason Prince are Middle School students who share the views of peers with other students in the division, when they attend the Students Matters meetings. The RVS reps for a new committee called Indigenous Student Matters is also Taylor Johnson. Veteran Grade 1 teacher Mrs. Brandsgard attends the Teachers Matters meetings and returns to the school community to share her learning. On our Support Staff Matters committee, Ms. Logan meets with other professionals to discuss ways to better support students. The Parents Matters committee was re-established by Division Office a few years ago and at recent meetings a School Council member has attended as Sundre representatives in order to provide a parent perspective. A big thanks to these parents for working with this committee!

A great opportunity to share your perspective directly with the school and to learn about more that's going on in the building is through attending our School Parent Council meetings, which are generally every third Tuesday of the month, and details regarding time and platform are shared via School Messenger, Facebook and on the RVS website. We would love to have you connect with us through this forum! If that's not possible but you would like to receive minutes from the meeting you can connect with the Chair Wendy Murphy at [rvsschoolcouncil@gmail.com](mailto:rvsschoolcouncil@gmail.com).

It is in coming together to share, teach and learn that we can best support all our children.

Cheers,  
Leslie Cooper-Shand  
Principal

 February 5, 2025 RVS Science Fair	 February 7, 2025 Middle School Academic Awards Spelling Bee Gr 4 to 8	 February 17 - 23, 2025 Winter Break/ Teachers' Convention
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## 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
<b>3 Day 1</b> Pizza Orders Due	<b>4 Day 2</b> Subway Day	<b>5 Day 3</b> Science Fair  Report Cards Gr 5 to 8 online Kind to Gr 4 home with students	<b>6 Day 4</b> Middle School Dance 6:00 to 8:30PM	<b>7 Day 5</b> Middle School Academic Awards 1:00PM  Spelling Bee 10:45AM
<b>10 Day 6</b>	<b>11 Day 7</b>	<b>12 Day 8</b> Pizza Day	<b>13 Day 1</b> Gr 7 + 8 Nakiska Ski Trip  Youth Mental Health Clinic	<b>14 Day 2</b> Red and White Day
<b>17</b> Family Day Winter Break No Students No Staff	<b>18</b> Winter Break No Students No Staff	<b>19</b> Winter Break No Students No Staff	<b>20</b> Winter Break Teachers' Convention No Students No Staff	<b>21</b> Winter Break Teachers' Convention No Students No Staff
<b>24 Day 3</b> Subway Orders Due	<b>25 Day 4</b> School Council 4:00PM	<b>26 Day 5</b>	<b>27 Day 6</b> Pink Shirt Day	<b>28 Day 7</b>



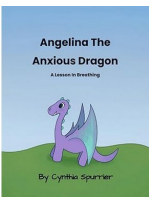




## Gr 1 to 4 Peace from Chaos Presentation by Miss. Cynthia/YES Program @ RVS

### Anxiety and Mental Health strategies

Miss Cynthia has developed a fun, interactive, and informative show entitled Peace from Chaos: An engaging presentation that encompasses clowning, magic, and age-appropriate anxiety strategies for elementary students. It encompasses three strategies for emotional regulation and they include breathing techniques, heavy work and making lists which are delivered in a unique and exciting way!



Miss. Cynthia has published a book:

A story about a sweet dragon and one tool she can use to help her anxiety - breathing.

[Angelina the Anxious Dragon](#)



BookCafe





Chess + Checkers Club



Gr 8 Career Connections  
(above)  
Gr 3 Lego Club (below)  
With Mrs. Cooper-Shand



West Fraser (Sundre Forest Products) in to talk to the grade 7s about how the forest/lumber industry uses heat as part of our Heat and Temperature science unit as well as some details about career opportunities at the mill.







X-Country Skiing  
and Basketball



**GOOD ATTENDANCE MEANS**

**Elementary students**

**READ WELL**

by the end of grade three



# Ready, Set, Go!

## Welcome to Online Kindergarten Registration!

Chinook's Edge Online Kindergarten Registrations are now open online starting for the 2025-2026 school year. Please visit our website at [www.cesd73.ca](http://www.cesd73.ca) for Kindergarten information!



## THINK PINK

Pink shirt day in February has become a national day to show support for caring, respectful, safe and inclusive school communities. Further, Random Acts of Kindness week is also celebrated this month. While we believe in educating in regard to these things year round, we will focus on these themes in more depth this month, and then wear our Pink Shirts to visibly show support and understanding of these ideals on

**February 27, 2025.** River Valley has focused for a number of years now on human curriculum goals that promote the non-traditional three R's of social-emotional wellness: reflection, relationships and resiliency. A presentation to School Council from last year captures the significant work we have done as a school over the last number of years around social-emotional wellness, which you can review here:



Community Connections

**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](mailto: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



# sundre ON the go



february 2025

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



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.  
86639374RR0001

Scan for Website Events Page



## SUNDRE WINTERFEST 2025

FEBRUARY 16 & 17- FAMILY DAY LONG WEEKEND

Featuring the 5th Annual Mountain Survivalist Competition

**Sunday | February 16**  
Greenwood Park/Gazebo & Campground  
• Ice sculpture discovery walk  
• Live music (12PM-4PM)  
• Free Jackrabbits crosscountry ski lessons (2PM-4PM)  
• Free wagon rides  
• Free archery lessons (11AM-4PM)  
Sundre & District Pioneer Village Museum  
• Free Entry (donations accepted)  
(10AM-5PM)  
• Access to Ranger Station & forestry displays.  
• Artists & Merchants  
• Free wagon rides (11AM-4PM)  
Elks Hall  
• The Great Sundre Puzzlepalooza!  
Puzzle competition for kids and adults, featuring prizes! (1PM-3PM)  
For more info & to register visit: mygnp.org

**Monday | February 17**  
Greenwood Park/Gazebo & Campground  
• Live music (after 12PM)  
• Free wagon rides (11AM-4PM)  
• Mountain Survivalist Competition (10AM-4PM)  
Sundre & District Pioneer Village Museum  
• Free Entry (donations accepted)  
(10AM-5PM)  
• Artists & Merchants  
• Free wagon rides (11AM-4PM)  
Elks Hall  
• Frozen-themed Kids Carnival! (11AM-4PM)  
• Free showing of the movie Frozen! (5PM-7PM)  
Sundre Arena  
• Free public skating (1PM-4PM)

For more information and to register for the Survivalist Competition visit: [sundrewinterfest.com](http://sundrewinterfest.com)



## HAPPY FAMILY DAY!

MONDAY FEBRUARY 17


## HAPPY VALENTINES DAY

Friday | February 14

FYI: Teachers receive the most Valentine's Day cards annually!

Greenwood Neighbourhood Place  
**Building Connection and Resilience**

# GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS



## The Great Sundre Puzzlepalooza

February 16, 2025

Families: 1:00PM-2:00PM  
Adults: 1:00PM-3:00PM

### Elks Hall

Sundre's 2nd annual puzzle event!  
Family Teams: Ages 6-18 for children, 1 adult min to a max of 6 people  
Adult Teams: Ages 16+ for max of 4 people  
Registration is FREE

Prizes!

Enter at [www.mygnp.org](http://www.mygnp.org)

Watch our website for upcoming children's programs or call for more information.

## Seniors Art Program

Tues | February 18  
10:00AM-12:00PM  
Sundre Seniors Lodge

Tues | February 25  
10:00AM-12:00PM  
Bearberry Community Hall

Register at [www.mygnp.org](http://www.mygnp.org)

## FREE SWIM

Sunday | February 23  
1:00PM-3:30PM

Sponsored by Greenwood Neighbourhood Place



## KAYAK WITH THE DEN

Friday Feb 7th, 6-9pm

Grades 7-12

Join us for an evening with The Sundre Paddling Club at the Sundre Aquaplex. We will learn some basics of kayaking, get hands on experience and if of course have lots of fun paddling!

- Expert Instruction - No experience necessary
- Must be able to swim & be comfortable in the water
- Registration Required. Only 10 spaces available, sign up soon!

\$10. Tickets available on eventbrite. The DEN Sundre Youth Centre

## Get the NEW Discover Sundre APP!

EAT SHOP VISITING EVERYTHING LOCAL

## INCOME TAX TIME Is Here!

COMMUNITY VOLUNTEER INCOME TAX PROGRAM  
MARCH 4-APRIL 30 (TUES-THURS) 10AM-3PM

FREE Income Tax preparation if you qualify!

Eligible Taxpayer Family Income  
Individual - Up to \$35,000  
Couple - Up to \$45,000  
Each Dependent add \$2,500

The following returns do NOT qualify:  
self-employment, business or rental income, capital gains (or losses), bankruptcy, or deceased in the year.

If you have mobility issues please contact us.

Canada

Call for info: 403.638.1011

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

## SUNDRE SANTAS

Each and every donation makes this program a community success!

A big thank you to all the amazing individuals, organizations, and businesses who volunteered and donated to the GREENWOOD NEIGHBOURHOOD PLACE & SUNDRE SANTAS 2024 CHRISTMAS HAMPER PROGRAM! We truly appreciate everyone listed and not listed, for your generous support.

Alta Gas  
Bergen & Sundre 4H Multi Club  
Bergen Ladies Aid  
Canadian Royal Purple  
Enviro Search  
Equis  
Foothills Natural Gas Co-op Limited  
Benevolent & Protective Order of Gwendale Elks Lodge #579  
Jackson Of All Trades  
Jettec Auto Service Inc.  
Joko Convenience Store  
Lucky 13 Heavy Duty Repair Ltd.  
Milestone Oilfield Services Ltd.  
Olds Fertilizer & Agri Services Ltd.  
Outkast Oilfield Supplies Inc.  
Pieridae Energy  
Red Apple Fill a Sleigh Day  
Sundre Ace Hardware  
Sundre Family Pharmacy  
Sundre Farm & Feedmill  
Sundre Hotel  
Sundre Jiffy Lube  
Sundre Oilmen's Association  
Sundre Pentocast Church  
TAQA North  
The Cleaning Lady  
West Fraser  
Western RV Country  
Westview Co-op

## TRIVIA AFTERNOON

Feeling Smart? Join ROYAL PURPLE For Fun & Laughter!

Sundays | 1:00PM  
Feb 23-Cedars Pub  
Mar 30-Swamp Donkeys  
Apr 27-Cedars Pub

Proceeds donated back to community

Prizes!

Pre-Register at THE BEAR'S DEN (Info Center)

403.638.3711  
h.dolan@telus.net

Cash or e-transfer

## Sundre & District Historical Society/Museum

Winterfest 2025 (Feb 16&17) - Reserve a Vendor Table And Join us for Museum Family Activities  
Regular Museum Hours:  
Tuesday - Saturday 10:00AM - 5:00PM  
For more information: 403-638-3233

## McDougal Chapel Conversation Cafe

Thursdays until April 10 | 6:30PM-8:00PM

Newcomers group to practice English. Online groups are also available.

Location: Sundre Municipal Library

For more information: email: [SundreCC@mcdougalchapel.com](mailto:SundreCC@mcdougalchapel.com)  
Register at: [esconversationcafe.ca](http://esconversationcafe.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

## McDougal Chapel Grief Share

Sundays | Feb 23 - June 1 | 1:00PM-3:00PM

Help and encouragement after the death of a loved one. GriefShare is a special weekly seminar and support group designed to help you rebuild your life. We know it hurts, and we want to help. Space is limited for registration and more info: Michele 403.863.7532  
[adm@mcDougalchapel.com](mailto:adm@mcDougalchapel.com)

## Sundre Palliative Care

Welcome to monthly meetings!  
Thursday | February 27 | 2:00PM-3:00PM  
SSS - North Doors

Free Palliative Care Training  
Learn to provide quality support  
Fri-Sat | February 27 & 28 | 8:00AM-4:45PM  
Sundre United Church  
[www.eventbrite.ca](http://www.eventbrite.ca)

Drop In Grief Group  
Thursday | February 27 | Mar 01 | 2:00PM-6:00PM  
Main Ave Church, Sundre  
Info: Anne Brander 403-507-1255  
[Sundrepalliativecare@gmail.com](mailto:Sundrepalliativecare@gmail.com)

Greenwood Neighbourhood Place would like to extend a huge thank you to Bree Old and Susan Brace for their dedication and hard work in planning and executing the Sundre Santas 2024 program!

## 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](http://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 Soper.  
Choreography: Move Yourself Dance.  
[info@bs-productions.ca](mailto:info@bs-productions.ca)

## Peaks To Prairies Primary Care Network

Anxiety to Calm  
Learn skills to manage anxiety and feel a sense of calm.  
Thursdays | April 17-June 5 | 1:00PM-3:00PM

Happiness Basics  
A program that empowers you to live a happier life.  
Thursdays | February 27-April 10 | 1:00PM-3:00PM

Location: Sundre Library  
Facilitators: Tracy Silberer & Marjie Goertzen

## BERGEN MEET YOUR NEIGHBOUR

Saturday | March 1  
Doors open 5:00PM | Potluck 6:00PM at the Potluck Hall

Bring a potluck item to share. Bring business cards to share. Children welcome. Tell your Bergen neighbours!

info@bergenhall.com  
<https://www.bergenhall.com/>  
Sponsored by the Bergen Community Association

## Cooking For Kindness Community Luncheon

Wednesday February 19  
11:30AM-1:00PM

SUNDRE LEGION HALL  
\$10/PLATE

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

## "Bergen Missionary Church" An Evening of Contemporary Worship!

Friday | February 7, 2025  
7:00PM-8:30PM

# VORSHI

A lively, upbeat evening of music led by worship leader Connie Sheppard and her band. Come make a joyful noise! Coffee, dessert and fellowship to follow.

For more info:  
[bergenchurch@bc.ca](mailto:bergenchurch@bc.ca)  
403.638.1010

## Shrove Tuesday Pancake Supper

Tuesday | March 4 | 5:00PM-7:00PM

Sundre United Church Hall  
118 - Centre St N

Adults \$10  
Children (6 - 12 yr) \$5  
Under 5 yrs- FREE

Hosted by Sundre Royal Purple and Sundre United Church  
For more info: Joyce Wick 403-638-3962

## Youth Mental Health Clinic

Are you experiencing struggles with your mental health?

Dr. Sonerville or Dr. J Smith & Irma van den Hadelkamp (RN) from the Primary Care Network will be on site once per month for consultation.

Thursdays | 1:00PM-4:00PM

Sundre High School  
Ages 14-18  
Feb 27 & Mar 27

River Valley School  
Ages 6-14  
Feb 13 & Mar 20

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

## Camp Evergreen

Summer Family and Youth Camps  
Registrations Open  
Be sure to register early to get into your favourite camps!

Ladies Retreat  
April 4-5  
Join us for a retreat designed to honour and refresh women.

Camp Evergreen  
31404 Range Rd 52,  
Sundre, AB

[www.camp-evergreen.com](http://www.camp-evergreen.com)

## Alberta Pioneer Camps - SUMMER CAMP 2025

Sundre and Rocky Mtn. House

Registration for 2025 Summer Camp now OPEN!

www.pioneercampalberta.ca  
REGISTRATION@PIONEERCAMP.SA.AE.CA  
403-638-2660

## Sundre Creative Arts Paint-In

Saturday | Feb 1  
11:00AM-3:00PM

Join us for an informal day of painting. Bring your lunch and a project if you have one, or learn how to get started.

FREE - Beginners & Non-members WELCOME!

For More Info: Lila-403.638.4269

## SUNDRE AQUAPLEX

Check out our Swim Lessons for all ages! We have lessons on Tuesday and Thursday Evenings, Homeschool Lessons, Thursday Parent and Tot, and Saturday morning Lessons.

Junior Life Club  
Fridays 4:00PM-5:00PM

Bronze Medallion, Bronze Cross, National Lifeguard Certification (Original, and National Lifeguard Recert) Call for info.

Private & Semi-Private Lessons for all ages.  
Email: [aquaplexpatricia@gmail.com](mailto:aquaplexpatricia@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.

[www.SUNDREAQUAPLEX.COM](http://www.SUNDREAQUAPLEX.COM)  
OR CALL 403-638-9370 FOR MORE INFORMATION.