



# RIVER VALLEY SCHOOL

## October 2023

## SAFE AND CARING...EVERYONE MATTERS

### 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

As always, I am open to your questions, concerns, and conversations about your kids. On that note at the recent School Council meeting there was an excellent conversation around the "Hands On/Off" processes at school. To sum up the general feedback at the meeting, there was recognition that there is a time and place for more "hands on" and that for the most part it is not at school, in the same way that it would not be expected behavior in most work environments. There was also discussion about the idea of "consent" as well. Below is the excerpt from the RVS Rules & Routines insert in September's School Newsletter, to further explain the intent behind this guideline:

- **Hands On/Off**

*\*Hands off is generally the best rule...but sometimes with consent a "handshake, high 5, or hug" are good ways to physically connect. These options are often coached in primary grades. As we move into Middle School the idea of consent can be trickier to navigate, as often students are not comfortable with a hug etc. from peers but are not confident enough to say so. We have seen an increased desire for many students to connect physically at this age, but also discomfort for others. Hugs between some for example have become extra long, hands here & there and so on. It can become a very 'gray' area to navigate. So...at this time we are asking that in Middle School in particular we respect one another's boundaries through generally a "hands off" approach. High 5s & elaborate handshakes - A- Okay, but no hugs, hand holding and so on. As we move further into the year we may be able to re-negotiate this, particularly after some consent teaching and a gauge on the level of maturity and confidence we are seeing amongst students.*

*\*Play fighting is a No - 80%+ of the time this ends up in a real fight*

*\*Deliberate physical aggression/ fighting has significant consequences*

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



# RIVER VALLEY SCHOOL October 2023

## COMMUNITY CONNECTIONS

### School Fair Pet Parade



For the Welcome Back Open House staff created profile boards to introduce themselves to students and families.

A big thank you to Denny Maclean for arranging the really generous donation from AltaGas of their fabulously huge BBQ for the Welcome Back BBQ event. Thanks to Tod Saunders for also helping out - very much appreciated!



Thanks to all for your donations to the Terry Fox Foundation - we were able to raise over \$1000 for the cause!





# RIVER VALLEY SCHOOL October 2023

## IMPORTANT INFORMATION FOR STUDENTS AND PARENTS

Please review this [Important Information](#) with your child about how to have the best year at River Valley School!

In alignment with all schools in CESD, report cards are now available twice a year. Parents/ Students in Gr 5-8 can access PowerSchool on a regular basis for assessment information, and we anticipate a similar process for younger grades in future years. Parent Teacher Interviews will also continue to be held twice a year. Important Dates are as follows:

Report Cards: Feb 6, 2024 & June 27, 2024  
PTI: Nov 6 & 7, 2023 & March 25,26,27, 2024

## PARENT COUNCIL AGM 2023

### **AGM - School Parent Council**

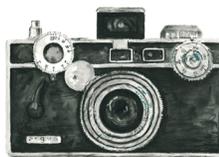
**Topic: River Valley School Council Meeting followed by Sundre Parent Advisory Council to River Valley School Fundraising Society AGM**

**Time: Oct 17, 2023 4:00 PM**

Child care provided

AGM nominations Procedure: Nominations will be accepted from the floor for all positions.

The School Council Fundraising Society has a casino fundraiser slated for January 15/16, 2024, and will be looking for volunteers to help out. Please contact Wendy @ [rvsschoolcouncil@gmail.com](mailto:rvsschoolcouncil@gmail.com) for more information .



**School Picture Retakes  
November 7, 2023**



# RIVER VALLEY SCHOOL October 2023

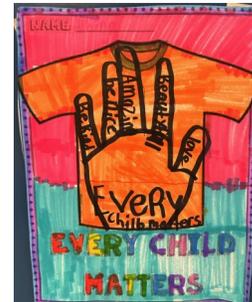
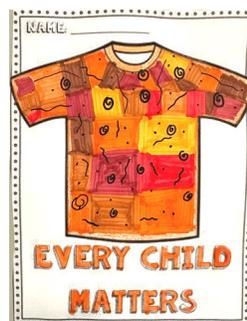
## A FEW IMPORTANT THINGS...

The monthly newsletter is only sent out digitally.  
If you require a paper copy, please let your child's teacher know.

If your child is away but is able to complete school work, please have them connect to their Homeroom Google Classroom where the main learning of the day will be posted.

A Call out for everyone doing Fall Cleaning: The school is looking for any new or used Lego donations, as we consider starting a Lego club in the coming months.

As well, any magazines you no longer want - one, two, or a big bundle, please send them with your child/ to the office as we often use them for school projects - thank you!





# RIVER VALLEY SCHOOL

## October 2023

### IMPORTANT OCTOBER DATES TO REMEMBER...

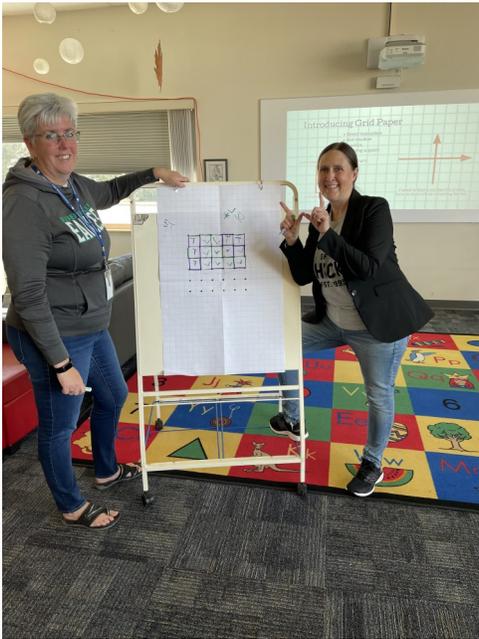
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Day 3</b> <b>Nov Subway orders Due Online</b>	<b>3 Day 4</b> Bus Evacuation Practice	<b>4 Day 5</b> Bus Evacuation Practice	<b>5 Day 6</b> CESD Elementary Fun Run Kind to Gr 6 in Innisfail	<b>6</b> Non Instructional Day No Students No Staff
<b>9</b> Thanksgiving Day No Students No Staff	<b>10 Day 7</b>	<b>11 Day 8</b> Subway Day  Cross Country Zones Gr 7-12 in	<b>12 Day 1</b> AHS Gr 6 Immunizations	<b>13 Day 2</b> <b>RVS Fun Run/ KM Club wrap up</b>
<b>16 Day 3</b> <b>October Pizza orders Due Online</b>	<b>17 Day 4</b> Parent School Council AGM/Advisory Meeting 4:00PM Childcare provided	<b>18 Day 5</b>	<b>19 Day 6</b>	<b>20</b> Collaborative Day No Students
<b>23 Day 7</b>	<b>24 Day 8</b> Pizza Day	<b>25 Day 1</b>	<b>26 Day 2</b>	<b>27 Day 3</b>
<b>30 Day 4</b>	<b>31 Day 5</b> Halloween			



# RIVER VALLEY SCHOOL October 2023

## COLLABORATIVE WORK DAY

While there were no students in on September 22, 2023, staff were busy engaging in professional development activities and collaboration. Topics included literacy, numeracy, first aid, executive function, Orange Shirt Day and career connections.





2C doing a visual scavenger hunt on the first day of school to find things around the classroom and feel more confident with navigating themselves around the classroom



Outdoor gym class with Mr. Sampson



Grade 8 sidewalk chalk



7B/8B helping hands on the playground



Students enjoying the newly refilled sandpit



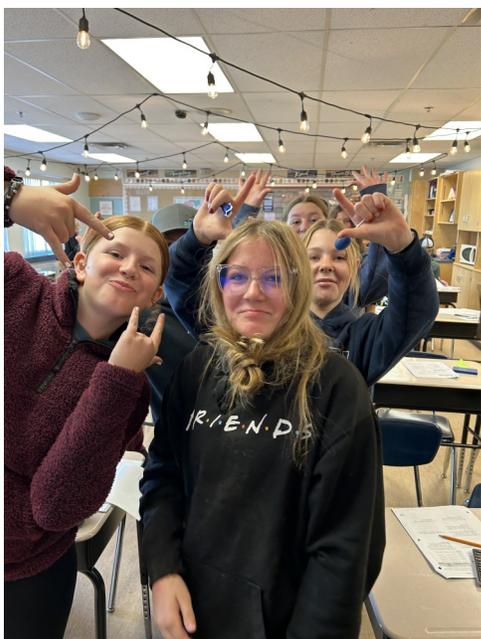
Playground fun!



School Fair Judging



An annual tradition—School Fair pet parade!



Wacky Hair / Hat Day!

## Parent Awareness Letter

Dear Parent or Guardian:

When children return to school an old problem returns. Gathering all those little people into close contact provides ideal conditions for the spread of head lice.

Please take a few minutes now to check your child for head lice and to talk to your children about how to avoid becoming an unwilling host to an unwelcome insect.

Head lice are small, grayish or brown insects that live and breed in human hair. They cannot fly or jump, but can move very quickly from one head to another during direct head to head contact. Lice move freely on the shaft of hair but cling so tightly that brushing, combing, and washing with regular shampoo will not remove them. Adult lice lay eggs, called nits, on the shaft of the hair. A nit is small, oval shaped, grayish white in color and firmly cemented to the hair. Adult lice may bite the scalp which causes intense itching.

To detect head lice carefully examine hair close to the scalp, pay attention to the back of the head close to the neck and behind the ears. Look for any nits; adult lice will be difficult to see as they move quickly and avoid light. When examining the scalp, care needs to be taken to determine the difference between dandruff and the presence of nits.

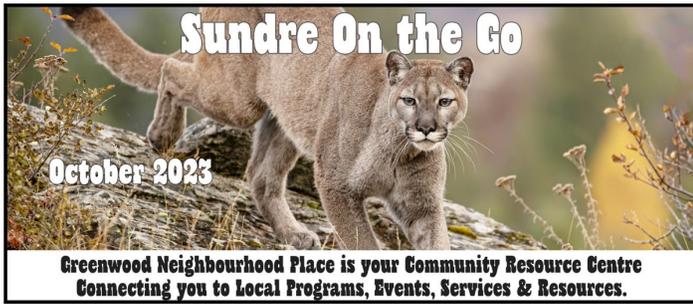
If your child has lice contact HEALTHLink Alberta toll-free 1-866-408-LINK (5465) or your local pharmacist for information on treatment. Contact families with whom your child has had close contact. Remember, if lice have already spread from your child to his/her friend, your child can be reinfested after treatment.

Tips to pass on to your children:

- Don't share personal grooming items (brushes, combs, hair barrettes,)
- Don't share towels, headphones, sleeping bags, hats, scarves, pillows and stuffed animals.
- Use your own hangers at school. Clothes which are piled preserve warmth, so lice can move freely in the pile.
- Children with long hair should consider tying or braiding it, especially if an incidence of lice is occurring in their school.

Routinely check your school children for head lice every two weeks during the school term. If you have any questions, please don't hesitate to call your public health nurse for more information.

# Sundre On the Go



**October 2023**

**Greenwood Neighbourhood Place is your Community Resource Centre**  
Connecting you to Local Programs, Events, Services & Resources.



**CONTACT US**  
Office Hours:  
Tuesday to Thursday  
8:30 AM to 4:00 PM

Phone: 403.638.1011  
Location:  
#5, 96-2 Ave NW  
Mail:  
PO Box 1846,  
Sundre AB, T0M 1X0

Email: info@mygnp.org  
www.mygnp.org  
CRA Charity No.  
866368374R0001

**Greenwood Neighbourhood Place Board Announcements**

Our board consists of volunteers that contribute their knowledge, expertise and most importantly, their enthusiasm for our Sundre community. We are so thankful for all their efforts.

**Retiring Board Members**  
Pat Toone (2004-2023)  
Joan Harris (2016 - 2023)  
Charlene Ruttle (2019 - 2023)

We are so grateful to have had these ladies provide guidance to the work we do. A special thanks to Pat for her 19 years of service. She will be greatly missed.

**Welcome New Board Members**  
Welcome to returning Board member *Rob Wolfe* and new members *Kim Free* and *Varsha Mehra*. We are excited for what you will bring to the team.

## SUNDRE SANTAS 2023!

Sundre and Area Christmas Hamper Program

**REGISTRATION OPENS: NOVEMBER 11 CLOSES: DECEMBER 5**

We are accepting non-perishable food items with good expiry dates, gift cards & financial donations.

**DONATIONS OVER \$10 (with receipt) RECEIVE A CHARITABLE RECEIPT UPON REQUEST.**

**For More Info Contact: 403.638.1011 santas@mygnp.org**

## Happy Thanksgiving

**OCTOBER 9**

## Thank You

### Capital Pressure for Water Hauling



Sundre On The Go is brought to you by Greenwood Neighbourhood Place & Sundre Family Community Support Services (FCSS)

### Cooking For Kindness

Community Luncheon

**Wednesday Oct 18 | 11:30AM-1:00PM**  
Entertainment until 2:00PM

**SUNDRE LEGION HALL-\$10/PLATE**

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

### OPEN STAGE NIGHT

Hosted by Sundre & District Allied Arts Society

Come be Entertained or be Entertaining

Pre-Register to perform At the Sundre Arts Centre

**Open Stage Nights:**  
Fridays, Sept 29 & Oct 27 at 7:00PM

**Info & register at sundre.allied.arts@gmail.com**

### SUNDRE PALLIATIVE CARE ASSOCIATION

Welcome to our AGM and monthly meeting!

Thursday | October 12 | 2 pm  
749- 6th St SW (SSSL) - North Doors

8 week Grief Group  
Monday afternoons | Oct 16- Dec 4  
Info: Diana Kleinlogh 403- 507-1691

Drop in Grief Group  
Thursday | Oct 26 | 2-4 pm  
Main Ave Church, Sundre  
Info: Anne Brander 403-507-1255  
Sundrepalliativecare@gmail.com

### Seeking: Van Coordinator!

Subsidized transportation for those who require Accessible or Assisted Transport for medical or professional services. Provides town shuttle, food bank, and non-subsidized safe drive services (weddings, fairs, etc.).

To Book: 403.638.3266, or email sundrecommunityvan@gmail.com  
Inquiries/comments: president.sundrecommunityvan@gmail.com  
PO Box 1556, Sundre, AB, T0M 1X0

### Bergen Farmers' Market THANKSGIVING MARKET

**Sat | Oct 7 | 10:00AM-1:00PM**

baking, hand crafts, beef, garden produce, preserves, Legacy Land & Trust candles!

**Information: Shelley 403-638-2356**

### Bergen Missionary Church

## An Evening of Worship

**Friday, October 13, 7:00pm**

All are invited to join us for an evening of worship. Come make a joyful noise! Coffee, dessert and fellowship to follow.

403-638-8263 www.bergenchurch.ca

### SCREEN TEST

Mobile Mammography Screening

**October 14 to 21, 2023**

Sundre Aquaplex

Alberta Health Services, Alberta Cancer Services, Alberta Health Services

Appointments are required  
Call to book: 1-800-667-0604

### Sundre Municipal Library

**October Events**

**Halloween Extravaganza**  
Sat | Oct 21 | 2:00PM-4:00PM  
Location: Sundre Museum  
Carnival games & treats for 0-12 yrs/families. FREE.

**Rhyme Time**  
Tues | 9:30AM-10:30AM  
\*except 1st Tuesday of month  
Ages 0-5 with caregiver.  
Songs, stories and rhymes.  
**Intro to Coding for Families**  
Sat | Oct 14 & 28 | 1:00PM-2:30PM  
Parents and kids learning how to code together.

**Teen Hangout**  
Thurs | Oct 5 | 3:30PM-5:00PM  
Games, food and fun for teens. FREE.

**3D Design for Beginners**  
Wed | Oct 25 | 6:00PM-8:00PM  
Learn how to create 3D designs using TinkerCad.  
**Just In Case**  
Wed | Oct 18 | 6:30PM-7:30PM  
Be prepared for the unexpected when dealing with estates.

**October is Canadian Library Month**  
Stop in and play our Golden Ticket contest to win big prizes.

(403) 638-4000  
www.sundre.prl.ab.ca

### PRIVATE RIDING LESSONS

Ever wanted to learn horsemanship? We are offering private riding lessons at Camp Evergreen, located just 15 minutes south of Sundre!

Private lessons for 1 rider: \$60  
Semi-private for 2-4 riders: \$50/rider  
Group rate for 4+ riders: \$40/rider

Contact our office to book  
Call: 403-638-4230  
Email: main@camp-evergreen.com

### Mainavekidzclub.naz

After school program

Wednesdays | 3:15PM-5:15PM  
Children k- gr:5

Come and enjoy games, snacks, Bible stories, crafts, friends, music.

402 Main Ave W  
Please use parking lot entrance.  
For more information call 403-436-0186 Dorothy

## GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS

### TRAUMA: Things you can do to Transform PTSD & Promote Post Traumatic Growth

Wed | October 18 | 6:00PM-8:00PM

Cost: \$5  
Location: Community Centre Board Room  
Register: www.mygnp.org

### ADULTS SUPPORTING GRIEVING CHILDREN

Take the trauma out of death & dying

Part One: WEDNESDAY | NOVEMBER 15 | 6:00PM-8:00PM  
Part Two: WEDNESDAY | NOVEMBER 29 | 6:00PM-8:00PM

Cost: \$5  
Location: Sundre Library  
Register at www.mygnp.org

### SUNDRE 55+ INDOOR WALKING

MONDAYS & THURSDAYS | 1:30PM-2:30PM

SUNDRE COMMUNITY CENTRE  
NO CHARGE! TOWN OF SUNDRE GRANT  
STARTING: MONDAY | OCTOBER 2  
PLEASE BRING INDOOR SHOES

### COOKING UP CONNECTIONS

For Adults

Wednesday-October 25-4:00PM-7:00PM

\$10 Includes Food

Register at www.mygnp.org

### Seniors Art Program

Tuesday | Oct 17 | 10:00AM-12:00PM

Beginner level class for seniors in mixed media.  
Sundre Supportive Living Facility North Doors  
Free, Supplies Included

Register at www.mygnp.org or 403.638.1011

### RED CROSS BABYSITTING COURSE

FRIDAY OCTOBER 20 9:30AM-3:30PM

AT THE DEN-S.Y.C. Ages 11-16

\$30 LUNCH INCLUDED

REGISTER AT WWW.MYGNP.ORG

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

### Sundre Men's Community Service

Saturday | October 28

Town of Sundre Greenwood Campground fall clean up. West end of Red Deer River Bridge in Sundre.

Free Breakfast: 8:00AM-9:00AM  
Free Lunch Included  
Leaf Clean Up: 9:00AM-2:30PM

For More Info & to Register Before Noon on October 25  
mikeflemingml@gmail.com

### Sundre & District Historical Society

## Annual General Meeting

Tues | October 17 | 7:00PM

Location: Museum Gallery

Agenda  
Approval of 2022 AGM Minutes  
Financial Report  
Appointing auditors (2) for 2023 audit  
Chair Report  
Board Elections

### THE DEN SUNDRE YOUTH CENTRE

EST 2021

CHECK OUT THE DEN

For more info & to register: info@mygnp.org

### Mountain View Family Resource Network

## Raising Competent Teenagers

Wed | Oct 25 | 7:00PM-8:00PM

Location: Online via Zoom

This seminar focuses on helping your child get the most out of their school years. Help them communicate, develop self-discipline and good routines, follow rules, and solve problems.

Oct 3 & Nov 7  
For children ages 0-6 years.  
Location: Sundre Library  
Contact for info & to register: info@mygnp.org

### Seniors ART IN THE COUNTRY

TUES | OCTOBER 24 | 10AM-NOON

BEARBERRY COMMUNITY HALL  
BEGINNER LEVEL IN MULTI-MEDIA ART.

Cost: Free | Register at www.mygnp.org or 403.638.1011

### Seniors 55+ Trip

## Movie Matinee

Tuesday | October 10 | 12:00PM-3:30PM

Olds Mayfair Cinema  
(Meet Community Van at Sundre Seniors Lodge)  
Register at www.mygnp.org

### FAMILY HALLOWEEN MOVIE & PUMPKIN CARVING

FREE admission  
bring your own refreshments & pajamas

Saturday | October 21  
Carving: 1:00PM  
Movie: 2:00PM-3:30PM  
Location: Community Gym  
Register at www.mygnp.org

### Burdens Bearers 32nd Fundraising Banquet

Friday | November 3 | 6:00PM (Note: new time)

Location: Sundre Community Centre

As always you are invited to join us for roast beef dinner, music, silent and live auctions!! It's FREE and it's FUN

Please RSVP  
403-804-8589/403-638-2650

### Website Events Page

SCAN ME

### How's it (really) going?

A CONFIDENTIAL CIRCLE FOLLOWING FIRST NATIONS TRUTHS

THURS | OCT 12 | 6:30PM-8:30PM  
LOCATION: GNP

INFO: RENATE 403-638-1011 OR HEATHER 780-429-4210

NO REGISTRATION REQUIRED

### VOLUNTEER OPPORTUNITIES

Sundre Thrift Store is looking for volunteers  
call 403.638.3200 for more info!

Sundre FCSS is looking for volunteers to help with Halloween Youth Event  
Call Cherie 403.638.1011 for info!

### Sundre Creative Arts Group

Come and join us for our OCTOBER PAINT IN

Sat | Oct 28 | 11:00AM-3:00PM

Bring your lunch and a project to work on. Everyone welcome FREE

Location: Sundre Public Library

For more info Lila @ 403-638-4269 or Debbie @ 403-844-7887

### Sundre Hospital & Care Centre Auxiliary Society has a \$1,500 Scholarship

For further information contact Pat Ball 403-638-2999

### Sundre & District Museum

## Structured Preschool Programs

Every Tuesday | 1:30PM-3:00PM

In the Museum gallery  
Suitable for preschool - grade 3 aged children.  
Please bring a \$5 donation/child, a healthy snack, inside shoes, and water bottle.

Pick up Pop Pie Fundraiser in October 6th in the Museum gallery.

Halloween Extravaganza is October 28th!

For Info: 403-638-8233

# October 2023

THE DEN IS OPEN TO GRADES 7-9



	Tue	Wed	Thu	Fri
3		4 <b>DROP IN</b> 3-6 PM	5 <b>DROP IN</b> 3-6 PM	6 <b>6-9 PM</b> <b>movie night</b>
9	10	11 <b>DROP IN 3-6 PM</b> 6-8 PM	12 <b>DROP IN</b> 3-6 PM	13 <b>GLOW BOWLING</b> IN OLDS 6-9:30PM \$20 MUST PREREGISTER
16	17	18 <b>DROP IN</b> 3-6 PM	19 <b>DROP IN 3-6 PM</b> 6:30-9:00PM HORROR MOVIE NIGHT <u>MUST PREREGISTER DUE TO THE NATURE OF THE MOVIE.</u>	20 <b>WIBBIT SWIM IN INNISFAIL</b> 4:45- 9PM \$15 MUST PREREGISTER
23	24	25 <b>DROP IN 3-6 PM</b> 6-8 PM	26 <b>DROP IN</b> 3-6 PM	27 <b>PUMPKIN CARVING</b> 6-9PM

Eventbrite Pre registration here!



**HALLOWEEN NIGHT:**  
TRICK OR TREAT AT THE DEN!  
STOP BY OR STAY, YOUR CHOICE!  
WE CAN'T WAIT TO SEE YOUR COSTUMES!

**HALLOWEEN HANGOUT**  
6-9PM

**TRICK OR TREAT**

**HORROR NIGHT**

LIFE HAPPENS... THIS SCHEDULE IS SUBJECT TO CHANGE. BE SURE TO FOLLOW US ON FACEBOOK & INSTA TO BE THE FIRST TO HEAR ABOUT ANY CHANGES COMING UP!

SIGN UP @ [www.theDENSyc.org](http://www.theDENSyc.org)  
Follow on @thedensyc  
If you're old... @thedensyc