

École Riverview School

October 2022 Newsletter

Message from Administration

September has been an exciting time as we reconnect as a school community, with students, staff and families.

This year we continue to implement a school wide positive behavior program. This year's theme is centered around being **K.I.N.D.** We continue to frame this project with three core values that encourage each one of us to *Be Respectful, Responsible and Kind.*

It is our mission to help every child feel welcomed, safe and engaged in learning. We strive to challenge each student so they achieve their potential and grow academically and socially, while developing a sense of community and citizenship. Keeping students motivated and engaged as they return to school is our priority. We are committed to involving children in their learning journey. Teachers have spent the past few weeks getting to know students and continue to assess and plan in all subject areas. Teachers base best practices for instruction by continuously monitoring student data. A variety of assessments in all subject areas then determine interventions and strategies. Your child and their teacher will also engage in year long goal setting. These goals and student progress will be shared with you during parent conferences and report cards this November.

We are grateful for our partnership with families in supporting students in their educational journey. We had a good number of community members attend our first ERSPAC meeting and had a wonderful dialogue about how we can collectively better serve our students. Thank you for your investment and time!

A big **MERCI** to the custodial staff! Mr. Wiebe and Mr. Vandale continue to work hard at keeping our school clean and safe. A big **THANK YOU** to our student patrols, student volunteers and Junior Leaders for making our school a better place. Your work is noticed and appreciated.

The school year is off to a great start. We are excited to get back to work with you and your children!

Please note that our office is closed during lunch time (12:00 - 1:00 PM). Please make arrangements with the lunch program before picking up your child during this hour. For those not in the lunch program, please return to school for 12:55 and wait with students for their teachers to re-enter the building.

Thank you for working with us,

Principal/Directrice, Ms. Cinzia Caputo

Vice-Principal/Directeur adjoint, M. Stéphane Gautron

K. I. N. D

KEEP MY HANDS AND FEET TO MYSELF



INCREASE MY KNOWLEDGE



NOURISH MY MIND, BODY AND SOUL



DO MY BEST



ÉCOLE RIVERVIEW SCHOOL PARENTS ADVISORY COUNCIL



Each year, the École Riverview School Parents Advisory Council (ÉRSPAC) holds fundraisers in support of the school and any related projects. Feel free to share information about our fundraisers with your family, friends and community network. Below is a list of fundraisers that are planned for the 2022-2023 school year so far:

Nov 2022: Shelmerdine's poinsettias, swag & gift cards (deliver in December)

Mar 2023: Purdys chocolates (deliver in April)

Apr 2023: Glenlea Greenhouses plants (deliver in May)

May 2023: Wine Raffle

Farm to School Vegetables

Thank you for supporting the Farm to School Vegetables program; over \$885 was raised. Pickups will take place at the school on Friday, October 7 between 3:30-5:30pm.

Play Structure Replacement Project Update

Over the summer, the new play structure was delivered and installed at the school playground. The colours match well with the remaining play structure and many people from the school and surrounding community have been using it. Still to come for next spring is the drainage and landscaping phase, which Little Bluestem, a local landscape architecture firm, is continuing to oversee.



Junior Leadership: ÉRSPAC Lunch Program

If your grade 5/6 child(ren) are interested in assisting with the lunch program as a junior leader, please contact our director Jenn Szebeledy at directorslp@gmail.com.



Library Renewal Project Update

ÉRS received good news about being selected for the Library Revitalization Program. If you wish to donate to the Library Renewal Project, please email erspac@gmail.com.



Community Liaison

Robyn Brown continues to be our community liaison this school year. If there is anything she can do to connect you with a resource in the community, such as assistance with school supplies, winter gear, food, etc., please send her a confidential email: r.brown84@shaw.ca. Koats for Kids requests will be available as of

October 1. Please send an email, if you require winter gear for your children or yourselves.

NEXT MEETING

All are welcome to attend our next meeting at the school:
October 19, 2022 6:30-8:00 pm, room 106
Contact: Quinn Fletcher, ÉRSPAC Chair, erspac@gmail.com



École Riverview School Raccoons/les ratons-laveurs will be at : Hold Back the Snow!

Heads-up! HOLD BACK THE SNOW is an Ultimate (Frisbee) juniors' tournament, filled with friendly and spirited competition. This great tournament takes place every October (save for the last two years, due to...we know what). This year is the 27th year for the tournament. Historically, it has featured dozens of middle school and high school teams, featuring thousands of students – from Manitoba, Ontario, British Columbia, AND the United States!

Our grade 5/6 team hopes to keep the SUN shining and the temperatures comfortable, but we'll still be ready to "Hold Back the Snow"! Come on out and cheer us on!

When: Saturday, October 15th and Sunday, October 16th
(Game times TBD)

Where: IJL Ultimate Park – 100 Frobisher Rd. (next to Maple Grove Dog Park)

Mme Parker



REQUEST FOR PHOTOGRAPHS ~ REMEMBRANCE DAY

This year Riverview's commemoration of Remembrance Day will be held on Thursday, November 10th. I am preparing a PowerPoint presentation including photos of family members of our Riverview students who have served in wars and conflicts in recognition of their services to Canada, and to keep the memory of their sacrifices alive. If you would like to include a photo in this presentation, please send a digital copy to me (dklassen@wsd1.org).

Deadline for submission of photos is November 4th. - Mrs. D. Klassen



Lunch Program News



Hello École Riverview Families,

Our Lunch Leadership program for The Grade 5/6 students kicked off in September. I wanted to send a shout out to all our Junior Leaders for the amazing job they have been doing! Lunch program has employment opportunities available, please contact us if you would like to join our team!

REMINDERS

If your child has been marked absent from school, you DO NOT need to notify the Lunch Program. If your child has permission to leave the school during the Lunch hour, you must email the LP director before 11:00am.

ALLERGIES: Please be reminded that École Riverview School is a nut and peanut free school. There are also cases of fish and seafood allergies in the school. The Lunch Program therefore asks that students do not bring these foods to the lunch programme and do not to share food during the lunch hour.

*Please send any necessary cutlery with your students.

*Please keep toys at home. Lunch program is not responsible for any lost, stolen or broken toys.

RECESS:

When outside we keep our hands and feet to ourselves! All outdoor play should be Fun...Fair...and Safe!

It's getting colder outside! Please be sure that your child is appropriately dressed for the weather. We are outside for 25 mins, and we want to make sure our students stay warm and dry!

CELL PHONES:

Due to privacy issues, cell phones are not permitted during the Lunch Program.

HOTLUNCH: Healthy Hunger

Fun lunches will be back this year using the Healthyhunger.ca website.

More information on order dates to follow. Orders must be placed at least 5 days before the Fun Lunch Date. Lunch orders can also be cancelled at any point up to 5 days before the fun lunch date.

Away On Hot Lunch Day? I ordered a lunch but my child won't be at lunch program that day, can I still pick it up?

Yes, lunch orders for children not attending lunch program that day can be picked up at the office, only when lunch program is over and when the office reopens between 1:00 – 1:30 pm. Arrangements for this, must be made by contacting Lunch Program Director – Jenn at directorerslp@gmail.com

HOW TO REACH US?:

To reach the program director please email Jenn at directorerslp@gmail.com

For information on registration, financial matters, LP employment opportunities and general LP operations. Please Email: riverviewlunchprogram@gmail.com

Lunch Program Director, Jenn Szebeledy

2022-2023 Dates to remember

Please note that some dates are subject to change

October

- 4 Bus ridership
- 7 Terry fox run + Farm to school pick up
- 10 Thanksgiving Day - School closed
- 11-13 Hearing Screening
- 19 ERSPAC meeting 6:30
- 21 Non-Instructional Day - School closed
- 31 Halloween celebration

November

- 9 Picture Retake Day
- 11 Remembrance Day - School closed
- 15 Report Cards Go Home
- 17 Tri-Conferences
- 18 Non-Instructional Day - School closed | Tri-Conferences

December

- 14 Winter Concert
- 21 Last Day of Classes
- 22-Jan. 4 WINTER BREAK

January

- 5 Classes Resume
- 20 Non-Instructional Day - School closed

February

- 3 Non-Instructional Day - School closed
- 20 Louis Riel Day - School closed
- 22 Pink Shirt Day

March

- 14 Report Cards Go Home
- 16 Tri-Conferences
- 17 Non-Instructional Day - NO SCHOOL | Tri-Conferences
- 24 Last Day of Classes
- 27-31 SPRING BREAK

April

- 3 Classes Resume
- 7 Good Friday - NO SCHOOL
- 12 International Day of Pink
- 14 Non-Instructional Day - NO SCHOOL

May

- 1 Non-Instructional Day - NO SCHOOL
- 15-19 Vision Care Clinic Week (exact date TBD)
- 22 Victoria Day - NO SCHOOL

June

- 9 Non-Instructional Day - NO SCHOOL
- 27 Report Cards Go Home
- 30 Last Day of Classes - Student Dismissal at 11:30



October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Day 1	4 bus ridership Day 2	5 Day 3	6 Day 4	7 Marathon of Hope @ 2:45 .Farm to School pick up. Day 5	8
9	10 Thanksgiving NO SCHOOL	11 Hearing clinic Day 6	12 Hearing clinic Day 1	13 Hearing clinic Day 2	14 Day 3	15 Hold Back The Snow. Ultimate tournament.
16	17 Day 4	18 Day 5	19 ERSPAC 6:30PM Day 6	20 Day 1	21 Non-Instructional Day - School closed Day 2	22
23	24 Day 3	25 Day 4	26 Day 5	27 Day 6	28 Day 1	29
30	31 Halloween at ERS  Day 2					

Optimistic October 2022

SATURDAY

1 Write down three things you can look forward to this month

SUNDAY

2 Find something to be optimistic about (even if it's a difficult time)

MONDAY

3 Take a small step towards a goal that really matters to you

TUESDAY

4 Start your day with the most important thing on your to-do list

WEDNESDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

THURSDAY

6 Remind yourself that things can change for the better

FRIDAY

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

Un octobre optimiste 2022

SAMEDI

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

1 Ecris trois choses que tu attends ce mois-ci avec impatience

2 Trouve une raison d'être optimiste (même si c'est difficile)

3 Fais un petit pas vers un objectif qui est important pour toi

4 Commence la journée avec ce qui est le plus important de ta liste de choses à faire

5 Sois un.e optimiste réaliste. Regarde la vie comme elle est et concentre-toi sur le bon côté des choses

6 Rappelle-toi que les choses peuvent changer pour le mieux

7 Cherche le bon côté des gens qui t'entourent aujourd'hui

8 Avance dans un projet ou une tâche que tu as évité ou évites de faire

9 Partage un objectif important avec une personne de confiance

10 Prends le temps de réfléchir à ce que tu as récemment accompli

11 Evite de te culpabiliser toi-même ou les autres. Trouve une manière utile d'avancer

12 Cherche des nouvelles positives et des raisons de te réjouir aujourd'hui

13 Demande de l'aide pour surmonter un obstacle auquel tu es confronté.e

14 Fais quelque chose de constructif pour améliorer une situation difficile

15 Remercie-toi d'accomplir des choses que tu considères normales

16 Laisse ta liste de choses à faire et fais quelque chose d'amusant ou de motivant

17 Fais un petit pas vers un changement positif que tu veux voir dans la société

18 Fixe-toi des objectifs optimistes mais réalistes pour les jours à venir

19 Identifie une de tes qualités positives qui te sera utile à l'avenir

20 Trouve du plaisir en t'attaquant à quelque chose que tu repousses depuis un certain temps

21 Ne te préoccupe pas des attentes des autres et concentre-toi sur ce qui compte pour toi

22 Partage une citation, photo ou vidéo pleine d'espoir avec un.e ami.e ou collègue

23 Reconnais que tu as le choix de ce que tu veux prioriser

24 Ecris trois choses spécifiques qui se sont bien passées récemment.

25 Tu ne peux pas tout faire! Quelles sont maintenant tes trois priorités?

26 Trouve une nouvelle perspective à un problème auquel tu fais face

27 Sois gentil.le envers toi-même. Rappelle-toi que faire des progrès prend du temps

28 Demande-toi: est-ce que cela aura encore de l'importance dans un an?

29 Organise une formidable activité ou quelque chose d'amusant que tu auras hâte de faire

30 Identifie trois choses qui te donnent espoir en l'avenir

31 Fixe-toi un objectif qui te donne une raison d'être pour le mois prochain



Plus heureux.se.s • Plus aimables • Tous.tes ensemble

ACTION FOR HAPPINESS