



River Valley School

A Safe and Happy Place to Learn

Chinook's Edge
School Division

October 2011

Inside this issue:

<i>Learn Alberta</i>	2
<i>School Fees</i>	2
<i>Welcome Back Barbeque</i>	2
<i>Parent Teacher Conferences</i>	2
<i>Haunted House Info</i>	3
<i>Safety Issues</i>	4
<i>Volunteers Needed</i>	3
<i>School Council</i>	4
<i>Magazine Sales</i>	4
<i>School Calendar</i>	4
<i>PIZZA! PIZZA!</i>	4
<i>Bus Information</i>	5
<i>Alberta Art Days</i>	6
<i>Superintendent News</i>	7
<i>Nutrition for Learning Recipe</i>	8

Message from the Principal:

Students of River Valley School were treated to a spectacular Alberta Fine Arts Day on September 30. Visiting artists spent the afternoon painting in our common area under the watchful eye of many young artists in waiting. It was great for the students to see professionals create art and to be able to ask them questions about the creative process.



In the morning, all students from K-8 gathered for a performance by Flyin' Bob. He was an amazing and hilarious one man, three ring circus and was an inspiration to students as he showed them the importance of physical activity, concentration, peer support, community, and the value of failure as well as success. Our Fine Arts Committee works hard to provide incredible experiences such as these for the youth of Sundre. Well done!

Rod MacLean, Principal





Meet Your Child's Teacher

Parent/Teacher Conferences

are scheduled for:

Monday—October 24th

Tuesday — October 25th

Wednesday— October 26th



Teachers will be sending a note home soon letting you know how to set up a meeting!

For information about River Valley School (Calendars, Pizza Day, School Council, Concerts, Fundraisers, Field Trips) visit our Website

www.rivervalleysundre.ca



Thank you to all who participated in the **River Valley School Welcome Back Barbeque**. There was approximately \$600.00 raised through the hamburger/hot dog sale for the Renaissance Program.

What is the Renaissance Program?

The program promotes academic achievement, school spirit and citizenship in Grade 6, 7 and 8.

Renaissance is based on the 5R's
RESPECT, RECOGNITION, REWARD,
REINFORCEMENT AND RESULTS.

LearnAlberta.ca

(<http://www.LearnAlberta.ca>) supports lifelong learning by providing quality online resources to the Kindergarten to Grade 12 community in Alberta. Students, teachers, and parents can use the site to find multimedia learning resources that are correlated to the Alberta Program of Studies.

To access the site use the following.

User ID LA08

Password: 2732



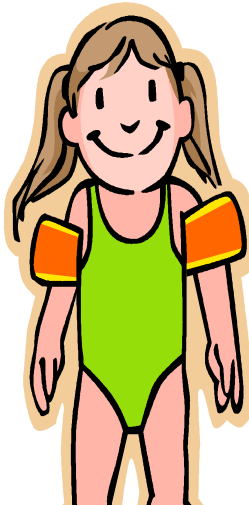
Some grade 2 students took to the trails recently on a "bug hunt" to supplement their science unit.



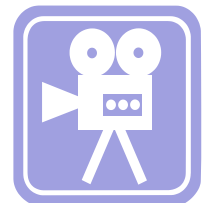
VOLUNTEERS NEEDED!!
Haunted House
For K—3 Students
Wednesday, October 26th
Thursday, October 27th
(Contact Ms. Siddle at the school 403-638-3939)

One chronic safety issue is traffic. When you are dropping off or picking up children, please make sure you use the "loop" in front of the school, or legally park in a location that allows children to cross streets at marked crosswalks. Avoiding the use of the bus lane to drop off or pick up students makes it safer for all. Please remind them how to cross the road by looking both ways and making sure the vehicles are stopped before crossing.

No one likes it when unexpected expenses pop up. Please be aware that we will be working with the Sundre Aquaplex this year to provide all students from grades 1 to 8 swimming lessons at a cost similar to last year. We hope this advance notice helps with the budgeting process at home.



**PICTURE
RETAKE
DAY IS ON
MONDAY,
OCTOBER 17TH**

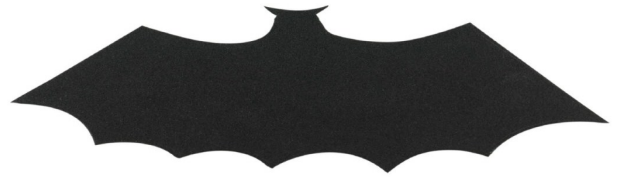




River Valley School Council

Parent volunteers play an important role in helping us create a *Safe and Happy Place to Learn*. There are many ways to become involved in the school. The RVS School Council provides parents with opportunities to find out about school programs and to help make them successful. Help shape your school, become part of School Council. Our next meeting is:

Tuesday, October 18th — 3:30 p.m. RVS Library



MAGAZINE SALES

Grade 6-8 Students from River Valley School will be out in the community selling Magazines from

**Thursday, October 6th —
Friday, October 21st**

This is one of River Valley School's major fund-raisers. The money raised goes towards student programming in all grades. If you would like to purchase a subscription and know a grade 6,7, or 8 student, ask them to show you the catalog and order forms. If you don't know a student and you wish to purchase a subscription contact the school directly.



October 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Day 4	4 Day 5	5 Day 6	6 Day 7	7 Day 8
10 Thanksgiving Day No Staff or Students in Attendance	11 Day 1	12 Day 2	13 Day 3	14 Day 4
17 Day 5	18 Day 6 School Council 3:30 p.m./Library	19 Day 7	20 Day 8	21 Day 1
24 Day 2 Parent Teacher Conf. Scholastic Book Fair	25 Day 3 Parent Teacher Conf. Scholastic Book Fair	26 Day 4 Parent Teacher Conf. Scholastic Book Fair	27 Day 5	28 Friday Off No Students or Staff in Attendance
31 Division PD Day No Students in Attendance				



PIZZA! PIZZA! PIZZA! PIZZA!

School Council raises money through Pizza Day. They **need volunteers** to help hand out pizza on Pizza Day. You can volunteer for any or all the days listed. Please phone Michele at 403-638-3529 if you are able to help out.

Kindergarten to Grade 3 students

Pre-Order their pizza

Grade 4–8 pay on Pizza Day

(Cost is only \$2.00 per slice)



Pizza Days

BUS INFORMATION FOR PARENTS

Please **remember to call your bus driver** the night before or before the driver leaves for his/her morning run if **your child will not be on the bus**. This includes the children not riding on the bus home after school. If you pick up your child from school during the day, you need to contact the bus driver so a bus is not kept waiting unnecessarily.



If you tried to contact the bus driver during the day and were unable to do so, please contact the school office and we will do our best to get a message to the bus driver.

October 5
October 20
November 9
November 24
December 7
January 19
February 1
February 16
March 7
March 22
April 18
May 3
May 16
June 7



Erlund says: "When dropping off students at the front of the school, please remind them to go around to the back to their normal entry door. RVS is a safe and happy place to learn when all students are treated equally."



Raising Readers at RVS Library

Scholastic Bookfair

- October 24-26 during Parent-Teacher Conferences
- Library fundraiser for author visits, etc.
- Free books for the library
- Current popular titles with low prices

Thank you for your continued support
of literacy and our library



**RENAISSANCE PEP RALLY WILL BE ON
FRIDAY, OCTOBER 7TH**



Achieving success in our safe and caring schools

A Message from the Superintendent

Knowing that a school is safe is a key foundation for a quality learning environment. Chinook's Edge works very hard to create and maintain a variety of safety initiatives. For example, our Safety Manager has regular site visits at each of our schools to ensure staff, structures and processes meet the highest standards. Our staff are trained and comfortable with the division's Violence Threat Risk Assessment protocols, our Emergency Response Plan, and our procedures for dealing with a variety of emergent situations.

Our commitment to ensuring that safety is everybody's business has helped to create a culture of caring and trust in our schools. Our most recent data shows that 92 percent of our students feel welcome at school, 89 percent state they are encouraged to do their best at school, 87 percent feel the school staff cares about them and 86 percent feel safe at school.

From breakfast programs to athletic leagues, and exciting clubs to engaging classrooms, our students are well cared for from the time they arrive to school to the time they go home each day. Everyone at Chinook's Edge is working to bring our Mission and Vision to life by ensuring we are a school division full of safe, happy, healthy students and staff.

Kurt Sacher

Superintendent of Schools

Mission:

Chinook's Edge School Division will engage every student in meaningful learning by challenging, encouraging and believing in them.

Vision:

Chinook's Edge School Division will be universally recognized as a collaborative learning community where learning is personalized for all students to achieve success as compassionate and innovative global citizens.



Nutrition For Learning Corner

The teacher's example

In a story told about Mahatma Gandhi of India, a woman came and said, "Gandhiji, tell my child to stop eating sugar." In reply, Gandhi instructed the woman to come back with her child in a number of days. Puzzled, the woman complied. When she returned, she asked again: "Gandhiji, please tell my child to stop eating sugar." He looked at the child and said, "Stop eating sugar." Then the mother asked why it took him so long to give this instruction to her child. "When you first asked me," he replied, "I was still eating sugar."

Why is breakfast so important?

Your body can actually adjust to having no breakfast to a point where you might not feel like you want or need it. However, the negative effects of not eating breakfast, such as decreased energy and concentration, still exist. Research shows that kids who eat breakfast have an enhanced ability to learn, perform better in school and have more strength and endurance to perform physical activities. The habit of eating a balanced breakfast every day can also help children maintain a healthy body weight by reducing their urge to eat unhealthy foods later in the day.

Breakfast Cookies

1 cup 100% Bran or All-Bran cereal
3/4 cup milk
1 egg
1/3 cup brown sugar
1/4 cup vegetable oil
1 tsp. Vanilla
1 cup flour

1/2 cup whole wheat flour
2 tsp. Baking powder
1 tsp. cinnamon
dash of salt
3/4 cup shredded carrot
3/4 cup raisins

Combine cereal with milk; let stand for 10 minutes. Beat in egg, sugar, oil and vanilla. In separate bowl, combine all dry ingredients. Stir in carrot and raisins. Stir in wet cereal mixture just until combined. Drop by tablespoonful onto lightly greased baking sheet; flatten slightly. Bake @ 375 for 10-12 minutes or until tops spring back when touched. Let cool on baking sheet for 5 minutes; transfer to rack to cool completely.