



Student Leadership...

One of the most important goals of education is to develop individuals who are responsible citizens. We hope to help students recognize that we all take turns being leaders and learners, depending on the task at hand and our skill set. We are actually ALL members of an ever evolving Community of Leaders and Learners.

At River Valley we work hard to provide opportunities for students to take on leadership roles. In the classroom setting some become "tiny teachers" helping out peers on occasion. I have seen others assisting new students to maneuver around the building during their first RVS days. On the playground, some students take it upon themselves to pick up garbage or help someone get to the office who has had a tumble. I am able to give kudos to students who have received Eagle Awards or Caught You Doing Good certificates, for going above and beyond. Further, we have Middle School students attending Student Matters gatherings at Division Office to provide feedback at that level, which is a great leadership opportunity.

These are just a few examples of the many, many avenues that leadership can take. Coming up soon is the RVS has Talent show, and I expect we will see even more of what our amazing students have to offer!

Cheers,

Leslie Cooper-Shand

Principal, River Valley School



April 2
Easter Monday
No Students
No Staff



April 15 to 19
Spring Break
No Students
No Staff



April 23, 2024
School Council
All Parents Welcome
4:00 PM
Babysitting Available

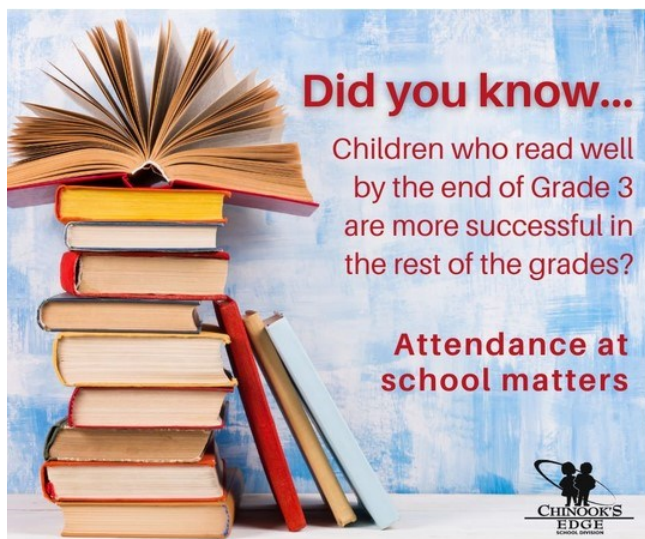


Important Dates to Remember

Mon	Tues	Wed	Thurs	Fri
1 Easter Monday No Students No Staff	2 Day 4	3 Day 5	4 Day 6 Youth Mental Health Clinic Info	5 Day 7
8 Day 8	9 Day 1	10 Day 2 Subway Day	11 Day 3	12 Day 4 All Kindergarten Attend
15 Spring Break No Students No Staff	16 Spring Break No Students No Staff	17 Spring Break No Students No Staff	18 Spring Break No Students No Staff	19 Spring Break No Students No Staff
22 Day 5	23 Day 6 Kind Open House Must be registered to attend 3:30-6:00 Pizza Day School Council 4:00PM	24 Day 7 AHS Gr 6 2nd Round Immunizations AHS Dental Visits Kind to Gr 2	25 Day 8 AHS Dental Visits Kind to Gr 2	26 Day 1
29 Day 2	30 Day 3			



Broncos Day @ RVS



* Fall Planning is already starting - please register ASAP!

Ready, Set, Go!

Welcome to Online Kindergarten Registration!

Chinook's Edge will be accepting Online Kindergarten Registrations starting January 8, 2024 for the 2024-2025 school year. Please visit our website at www.cesd73.ca for Kindergarten information!



Sundre and District Nutrition for Learning has some exciting news! A new monthly newsletter going out prior to each month. Here you will find the menu, facts about the program and volunteer opportunities.

Subscribe here <http://eepurl.com/ilxVs6>



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

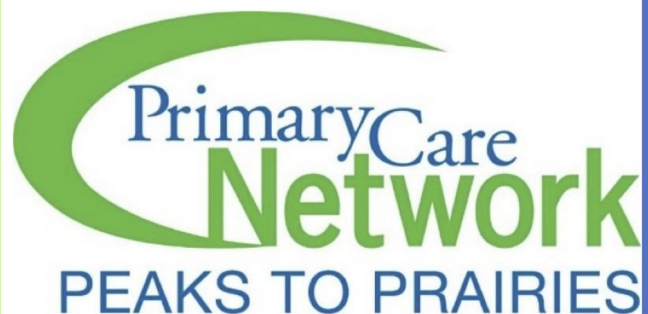
PROTECTING YOUTH MENTAL HEALTH

Upcoming Dates at River Valley School

Thur, Apr 4th, 2024 1:30pm - 3:30pm

Thur, May 23rd, 2024 1:30pm - 3:30pm

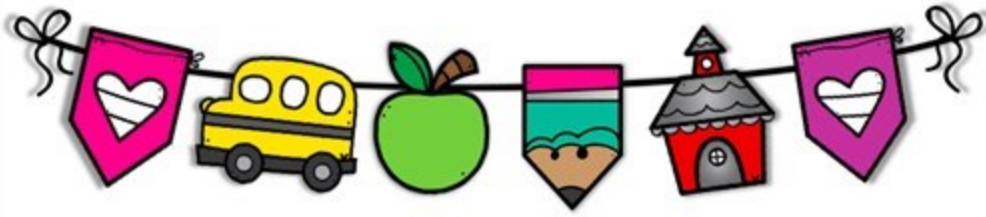
Thur, June 13th, 2024 1:30pm - 3:30pm



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



WELCOME TO KINDERGARTEN!



Let's get your child ready for Kindergarten!
Please join us for a
Welcome to Kindergarten Open House
and learn how to help your child prepare for school.



You and your child are invited!

Date: Tuesday April 23, 2024

Time: Open House — 3:30 - 6:00 PM

Place: River Valley School Kindergarten Class Room

You will receive a Welcome to Kindergarten bag with
magnetic letters and numbers, books, crayons,
scissors, paper, glue and more!

Kindergarten teacher will share fun activities you can do at
home with your child.

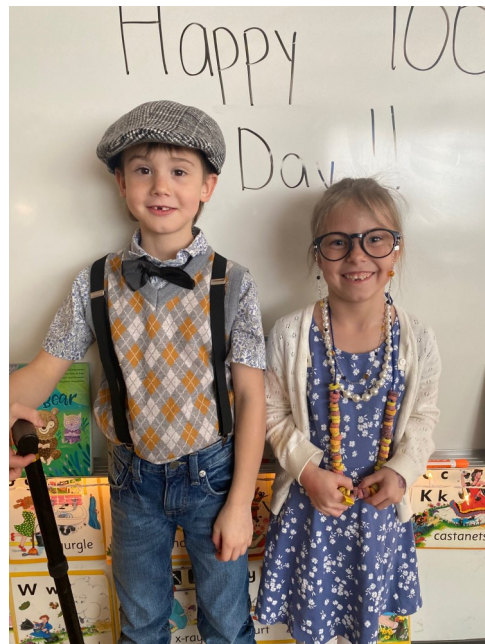
Must be registered for Kindergarten to attend



Grade 2 river walk to investigate the flow of water for science!



Happy 100 Day! @ RVS



Grade 7 Band Trip to Edmonton





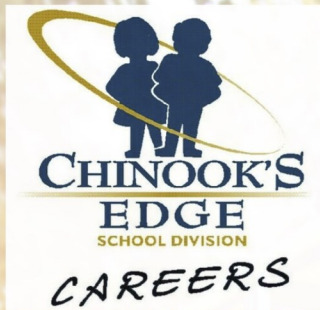
Grade 7/8 ski trip to Nakiska



Middle School Dog Sled Races



Grade 6 winter walk on Snake Hill



Are you looking for a part time job that doesn't involve weekends or summers?

Would you like to have a positive influence on our school aged youth?

We're looking for dedicated individuals to join our team as School Bus Drivers!

What You'll Do:

- Safely transport students to and from school
- Follow designated routes and schedules while adhering to all traffic laws and safety regulations.
- Conduct pre-trip and post-trip inspections to ensure the bus is in optimal condition.
- Provide exceptional customer service to students, parents, and school staff.

What We're Looking For:

- Valid Driver's License (minimum Class 5 - non GDL)
- Strong communication skills and ability to interact professionally with peers, students and staff.
- Commitment to safety and reliability.

Why Join Us:

- Competitive pay and benefits package.
- Comprehensive paid training and ongoing support.
- Flexible schedules to accommodate your lifestyle.
- Be part of a supportive team dedicated to the safety and well-being of our community's children.

APPLY TODAY:

www.cesd73.ca

under

Careers/Support
Staff/Spare Bus
Drivers

403-227-7072

transportation@cesd73.ca

Sundre On the Go



April 2024

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


GREENWOOD Neighbourhood PLACE

Office Hours:
Tuesday to Wednesday
8:30 AM to 4:00 PM
Thursday 9:30 AM-4:00 PM

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.
866369374RR0001

Scan for Website Events Page



EVERY MOMENT MATTERS

National Volunteer Week
April 14-20, 2024

#NW2024 #EveryMomentMatters



April's Featured Non-Profit:

PLUS ONE

Emergency Food Hamper

Plus One is a partnership between McDougall Chapel and the community of Sundre. Its purpose is to provide emergency food supplement to those who need it.

HOW DOES IT WORK?
~Call 403.638.0554
~Make an appointment
~Every attempt is made to meet you within 24 hours.
~You fill your own hamper with the guidance of a coordinator.

Plus 1 is not a food bank and is not affiliated with any government agency.

Donate to Plus 1 by dropping off dry goods and non-perishable items at McDougall Chapel (Tues-Fri | 9:00AM-Noon) & Greenwood Neighbourhood Place (Tues-Thurs | 8:30AM-4:00PM). Please check the expiry dates, and we do not accept clothing or furniture.

Location:
McDougall Chapel
(About 4 km west of Sundre on Highway 27)

National Volunteer Appreciation Event

Featuring

BEN CRANE

FRIDAY | APRIL 19 | 7:00PM-8:30PM
SUNDRE ARTS CENTRE
FREE- LIMITED SEATS
REGISTER NOW
www.mygnp.org
403.638.1011



You must be an active volunteer for a non-profit organization in the Sundre area.

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

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS

INCOME TAX TIME IS HERE!

COMMUNITY VOLUNTEER INCOME TAX PROGRAM
MARCH 5 - APRIL 30 | TUES - THURS | 10AM - 3PM

FREE Income Tax preparation if you qualify!

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

Eligible Taxpayer Family Income:
Individual - Up to \$35,000
Couple - Up to \$45,000
Each dependent adds \$12,000

If you have mobility issues please contact:

Call for info: 403.638.1011

Seniors Art Programs

Tuesdays 10:00AM-Noon

April 16
Sundre Seniors Supportive Living Facility (North Doors)

April 23
James River Community Hall

FREE with registration:
www.mygnp.org or call 403.638.1011



Mark Your Calendar!

Greenwood Neighbourhood Place

FUNDRAISING AUCTION

Saturday
June 1 | 7:00PM

SUNDRE LEGION

Watch for details!
Have an item to donate?
Contact us at 403.638.1011

Harvesting Success: 55+ Trip

Getting the most out of your garden!

Saturday | April 13 | 9:30AM-3:00PM

Want some really good advice on how to get the most out of your garden? Lunch & Learn with Prairie Gardener Sheryl Norwardau.

Location: Pasu Farm, Carstairs, AB

Cost: \$20 includes transportation, lunch & presentation

Register at www.mygnp.org



COOKING UP CONNECTIONS

Wednesday | April 24
4:00PM-7:00PM

Cooking With Friends

Location: Sundre Legion

Register at www.mygnp.org

\$10 Includes a meal to take home



COMMUNITY JOB FAIR

APRIL 25

BRING YOUR RESUME!
Businesses looking to hire.

STUDENTS ALL AGES & RECENT GRADS
3:00PM-5:00PM
5:00PM-6:00PM

Sundre High School

FOR MORE INFO: scoc@telus.net



Volunteer Connect Corner

Greenwood Neighbourhood Place
Volunteer With Us
Love research?
Enjoy diving into detailed databases?
If this sounds like you,
Greenwood Neighbourhood Place wants YOU!

Help us find mission-aligned grants!
Contact us at 403.638.1011
or email info@mygnp.org
to get involved today!



Health Care Aide Certificate Program

Providing you with the opportunity to be part of a health-care team.

\$9,000 Tuition Bursary available

Starts May 2024 In Sundre

TO LEARN MORE AND TO REGISTER:
CAMPUSALBERTACENTRAL.COM



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

Mountainview Family Resource Network

Pop-Up Play

Tuesday | April 2 | 9:30AM-11:30AM
Sundre Library

Beat winter boredom!
Bring your kids (Ages 0-6)
for some free play time,
an activity and a story.
Bring your parenting questions!

For Info and to Register:
mvfrn.ca

Sundre Seniors Socialize

Wednesday | April 10
11:45PM-2:00PM
Sundre United Church

55+ - single, isolated/lonely, NEWCOMERS
Pre-register: J Wicks
403-638-1950

Sundre Creative Arts

Save the date

ANNUAL SUNDRE ART SHOW AND SALE 2024

Theme is "Wild Skies"



Sundre Palliative Care Association

Advanced Care Planning
Deana McNeish, palliative RN
Thursday | April 4 | 6:30PM-8:30PM
SSSL - North Doors

Welcome to monthly meetings!
Thursday | April 11 | 2:00PM
SSSL - North Doors

Drop In Grief Group
Thursday | April 18 | 2:00PM-4:00PM
Main Ave Church, Sundre

Olds Hike for Hospice
Sunday | May 5 | 9:30AM-NOON
Info: Anne Brander 403-507-1255
Sundrepalliativecare@gmail.com

SUNDRE WEST COUNTRY CENTRE
101 2nd Ave, by the Arena
Wheelchair accessible.

April Events

Music & Dancing | Sundays 1st & 3rd | 1:30PM
Cribbage | Every other Sunday | 1:30PM
Carpet Bowling | Mondays | 9:30AM
Line Dancing | Tuesdays | 10:00AM
Canasta | Tuesdays | Noon
Stretching | Wednesdays | 10:00AM
Games | Wednesdays 1st & 3rd | 1:00PM
Pool & Snooker | Wednesdays | 1:00PM
Carpet Bowling | Thursdays | 1:00PM
Quilting | Thursdays
Floor Curling | Fridays | 1:00 pm
Pot Luck | Last Friday of each month at 12 Noon,
Come join us!

Sat | April 27 | 1:00PM-5:00PM
&
Sun | April 28 | 11:00AM-3:30PM

West Country Centre
Free Admission & Door Prizes
Refreshments Available

Sundre Municipal Library


Books 2 Eat
Fri | April 12 | 5:00PM
Bringing together
GOOD food and GOOD books.
Tickets available Mar 12-Apr 4

Armchair Travel Session #2
Wed | April 24 | 6:30PM-8:00PM
Visit a new location in our Armchair Travels

Seniors Spring-Go Bingo
Thur | April 25 | 1:30PM
An afternoon of fun + prizes for Mountainview Lodge members!

Rhyme Time
Tuesdays | 9:30AM-10:30AM
(except the 1st Tues of the month)
Stories, songs and rhymes!
For ages 0-5 with a caregiver.

Location: Sundre Public Library
Contact Information:
(403) 638-4000
prl.ab.ca/sundre



Sundre Daycare Centre

SPRING MARKET

Saturday | April 27
10:00AM-2:00PM

Location:
Sundre Community Centre

Join us for our annual
Spring Market Fundraiser!
All proceeds go to SDC's
Summer 2024 Transportation

For More Info:
sundredaycare@gmail.com

Cooking For Kindness

Community Luncheon
Wednesday April 17 | 11:30AM-1:00PM
Entertainment until 2:00PM

SUNDRE LEGION HALL-\$10/PLATE

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

Sundre Community Choir and Handbells

Spring 2024 Concerts
Sunday | April 14 | 2PM
Tuesday | April 16 | 7PM
Admission by donation
Refreshments to follow

sundrecommunitychoir@gmail.com
Come early to get a good seat.
Location: Sundre United Church
More Info: Pauline
sundrecommunitychoir@gmail.com

ALBERTA PIONEER CAMP

Pioneer Women's Weekend
May 31-June 2

Location:
Pioneer Lodge, Sundre

Relax, play, visit, sing, and listen;
be in the great outdoors on foot
or on the back of a horse;
a space to laugh together,
to contemplate, to enjoy mountain views
or to sit in front of the fire
and enjoy a great cup of coffee or tea.

Contact Information:
guestcoordinator@pioneeracamps.ab.ca

www.pioneeracampalberta.ca



Sundre Seniors SPRUCE Society
Coffee conversation on Healthy Aging
Last Tuesday of each month at 1:30PM

Questions? Or do you want to be involved? Email us!
Sundre MESH Supportive Living Facility
Seniors Drop in center
Sundrespruce20@gmail.com

SPRUCE
S.P.R.U.C.E.
Seniors Protected and Respected Under
Community Engagement

Sundre Ministerial

Mayor's Annual Prayer Breakfast

Friday | April 26 | 7:00AM

Sundre Golf Club

\$25.00

Tickets available from member churches
Guest speaker:
Pat Nixon, founder of the
Mustard Seed Ministry

Info: Gerald 403-638-2356

Sundre Community Van Association

Transportation for the 55+ crowd!
Everything from shopping to visiting, including travel to Red Deer & Calgary.

Sundre in-town shuttle service
Thursdays | 10:00AM-3:00PM & Tuesdays | 1:00PM-4:00PM
To Book: 403-638-3266 or email sundrecommunityvan@gmail.com
Please book a minimum of one day in advance.

Sundre Caregiver Support Group

First & Third Thursdays Monthly
1:30PM-3:00PM

For anyone providing care & support to those with healthcare needs.

Sundre Seniors Drop In Centre

For more info:
Cindy Andrus 587-876-0943



Alberta Healthy Living Program

Mindling Stress

Friday | April 5 & 12 | 9:00AM-11:30AM

Support Weekly Action Team (SWAT)

Every Friday from 12:00PM-1:00PM
Meet with others who are also improving their health by action planning and problem solving.

Heart Wise
Starts Wednesday | April 10
Runs 4 weeks | 9:00AM-11:30AM

Sundre Aquaplex

More lifeguard training!
Bronze Cross is scheduled for
June 6-June 8!

Please register as soon as possible, the course will only run if we have enough participants!

Adult Swim Lessons
overcome your fear of water,
group or private!
Email: aquaplexkathy@gmail.com

JAMES RIVER COWBOY CHURCH

Wednesdays | 7:00PM

James River Community Hall

If you are in need of transportation contact:
Sundre Community Van
403.638.3266

Swim Lessons for all ages!

New Set of HOMESCHOOL lessons
start April 16!

Parent and Tot Session
starting April 4.

Tues/Thurs evening session starting April 4.
Saturday morning lessons start April 13!

24 Hour Fitness Centre
Daytime Drop In Welcome

Drop In Aquafitness/Water Workouts.

Please visit www.sundreaquaplex.com or phone for more information.



ZERO TO HERO KAYAKING LESSONS

For Youth & Beginners

6-15 hour lessons & 2 River Runs
Dates & time will be determined by interest

What you will learn:
Basic Stokes/Wet Exit, T-Rescue, Hi & Low Bracing, Start on the Kayak Roll, River Running Skills

All you need is a swimsuit & a positive attitude!
HOSTED BY SUNDRE PADDLING CLUB
Location: Sundre Aquaplex & Red Deer River

Call Sheldon: 403.638.8558


Building Better BOUNDARIES

Would you like better boundaries?

Tuesdays | 6:30PM-8:30PM

April 9-May 14
Location: The Den SYC
102 Centre St N #4

Register by calling:
Emilie at 403.586.4545



www.mountainviewemergencyshelter.ca
mountainviewemergencyshelter@gmail.com

Camp EVERGREEN

Register for Summer Camp Today!

Our overnight summer camps focus on friendships, spiritual growth and outdoor fun for kids 5-17.

Ladies Night
Join us for an afternoon of horseback riding on April 14th.
Cost \$75/Lady
Go online to register!

Information:
314004 Range Rd 52, Sundre, AB









www.camp-evergreen.com
info: main@camp-evergreen.com
or 403.638.4230

PURSuing A CAREER IN THE HEALTHCARE FIELD?
Sundre Hospital & Care Centre Auxiliary Society has a \$1,500 Scholarship
For further information contact Pat Ball 403-638-2999

APRIL



2024

MON	TUE	WED	THU	FRI
1 CLOSED HAPPY EASTER 	2 THE DEN S.Y.C. 	3 DROP IN 3-6PM	4 DROP IN 3-6PM	5 NEW DROP IN 3-6PM \$2 PIZZA SLICES MOVIE NIGHT 6-9PM 
8 DROP IN 3-6PM	9 Check HERE for info and events! 	10 DROP IN 3-6PM	11 DROP IN 3-6PM	12 DROP IN 3-6PM RESUME HELP AVAILABLE HOT DOG SUPPER DEN GAMES NIGHT 6-9PM 
15	16	17	18	19
Closed For Spring Break 				
22 DROP IN 3-6PM	23 3-6PM GRADE 6 ONLY! TRY IT TUESDAY! COME SEE WHAT THE DEN S.Y.C. IS ALL ABOUT!	24 DROP IN 3-6PM NEW! TEEN YOGA 6-7PM 	25 CLOSED. COME SEE US AT THE YOUTH JOB FAIR!	26 DROP IN 3-6PM THE DEN'S GOT TALENT! 6-9PM 
29 DROP IN 3-6PM	30 3-6PM GRADE 6 ONLY! TRY IT TUESDAY! COME SEE WHAT THE DEN S.Y.C. IS ALL ABOUT!	1	2	3

NEW TO THE DEN? YOU CAN FIND OUR MEMBERSHIP PACKAGE HERE! PLEASE TAKE A MOMENT TO FILL THIS OUT. [HTTPS://WWW.THEDENSYC.ORG/SIGN-UP](https://www.thedensyc.org/sign-up) THIS INFORMATION HELPS US KNOW YOUR CONTACT INFO, IMPORTANT WAIVER INFORMATION, AND ENTERS YOU FOR SPECIAL MEMBERS ONLY DRAWS!

LIFE HAPPENS AND SOMETIMES THINGS CHANGE. PLEASE FOLLOW US ON FACEBOOK AND INSTAGRAM FOR OUR LATEST PROGRAM UPDATES!




THE DEN S.Y.C.

WE ARE TRYING SOMETHING NEW!

TRY IT TUESDAYS!!

STARTING APRIL 23...

TUESDAYS ARE FOR GRADE 6 DROP IN!!

3-6PM

THESE TRY IT TUESDAYS WILL BE GRADE 6 ONLY!



AN OPPORTUNITY FOR NEXT YEAR'S GRADE 7'S TO CHECK OUT OUR SPACE!



SIGN UP HERE



FRIDAY, 26 APRIL 2024

6:00 PM - 9:00 PM @ THE DEN S.Y.C.

Grades 7-12. Got talent? We want to see it! Singing, playing, comedy or arts, it's all welcome here! Individual or group acts welcome.

SIGN UP SHEETS CAN BE FOUND AT SHS, RVS, ONLINE AT [WWW.THEDENSYC.ORG/UPCOMING-EVENTS](https://www.thedensyc.org/upcoming-events), OR SIMPLY SCAN THE QR CODE ABOVE!

It's time to SHOWCASE AND CELEBRATE your skills with The DEN S.Y.C and the Sundre High School Leadership Team!