



We want to say thank you to everyone for continuing to work within the RVS safe and secure processes we began implementing in 2018. The cooperation from families and community has been exceptional, and it has been clear in every yearly survey since inception that the majority of folks really appreciate the shift. We have taken feedback over the years and made some modifications over time to find a good middle ground that both supports safety, student learning and independence, as well as values and provides opportunities for families to continue to be connected to their child's school and day to day learning. On that note, just a reminder to ensure you have the appropriate checks in place, and on file at the office, in order to be able to enjoy any volunteering experiences that may come up this spring; field trips, track & field days, school dance chaperoning, and so on.

Yours in learning,
School Administration

An Update on Mrs. Cooper-Shand

As many of you know, Mrs. Cooper-Shand suffered a broken wrist that required surgery earlier this spring. In addition to that, she has been managing an autoimmune health condition since early fall.

Symptoms were being managed by medication but recently they have flared up again. Unfortunately, this means she has been on a medical leave for the past three weeks and will continue until the condition is managed and hopefully into remission.

Mr. Ian Mulholland will be taking over as acting principal while Mrs. Cooper-Shand is on the mend.



May 8
Hats on For
Mental Health



May 10
All Kindergarten
Attend



May 17 PD Day
May 20 Victoria Day
No Students
No Staff



Important Dates to Remember...

Mon	tues	Wed	thurs	Fri
		1 Day 4 RVS Talent Showcase 1:00PM	2 Day 5	3 Day Collab Day No Students
6 Day 6 Music Monday Look a Like Day	7 Day 7 Subway Day	8 Day 8 Hats on for Mental Health	9 Day 1	10 Day 2 All Kindergarten Attend
13 Day 3 RVS Middle School Track Meet	14 Day 4	15 Day 5	16 Day 6	17 PD Day No Students
20 Victoria Day No Students No Staff	21 Day 7 School Council 4:00PM Babysitting available	22 Day 8	23 Day 1	24 Day 2
27 Day 3	28 Day 4 Pizza Day	29 Day 5	30 Day 6	31 Day 7



Planning for Fall

We are working through budgeting and staffing, and it is also the time of year when we begin thinking about class lists for Fall. To that end, we always provide an opportunity for parents to provide input that can help us make the best class placement for your child(ren). Even if you have already had a conversation on this topic with your home-room teacher, **we need you to complete the Google Form provided in the link below to ensure that information is considered**, as sometimes teachers go on medical leave etc. Please recognize that the intention is not to pick your child's teacher for next year, but to provide information about your child that helps us make the best decision possible based on both your input, staff considerations, class demographics, and so on. Please note - This is absolutely **optional** to complete, but if you want to do so, it can be found on the RVS school website, under the Newsletter tab/Other Office Communication Tab, and is called [Information Relative to Student Placement Form—Spring 2024](#). We would ask that all these forms be submitted no later May 16, 2024

We are planning to provide class placement information to families in the June report card.

Combined Classrooms

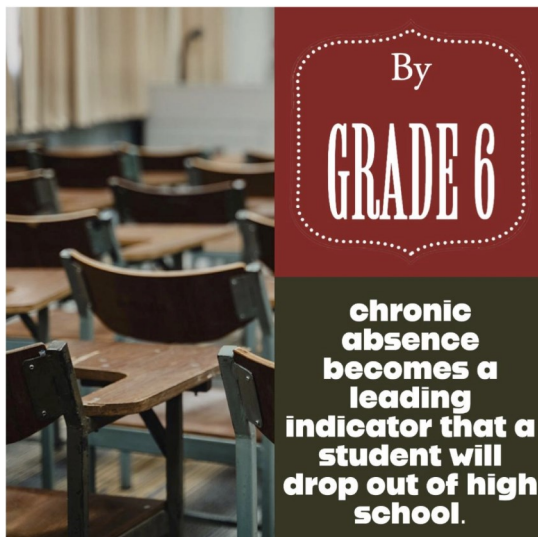
Our predicted student enrollment for Fall 2024 is approximately 530 students. We continue to have low Kindergarten numbers and this ripples its way up over the years. The way these numbers fall in various grades has us in a position of seeing combined classrooms in a number of grades again this coming year. We saw a similar trend this year, and it is likely something we will continue to see in future, unless there is a significant increase in student enrollment across most grades. There are both pros and cons to this unavoidable way of doing business... Combined classes offer leadership opportunities for older students and good modeling for younger students. There are more opportunities for concept review, and literacy and numeracy is taught on a continuum - as it should be - meeting students where they are at, rather than teaching them concepts tied to chronological age versus readiness to learn. This is something we promote in all classrooms, but it becomes a truly lived concept in a combined classroom. Students in combined classrooms learn to become more independent learners which positively affects their ability to be successful throughout school and life. At times there are concerns about same age peer connections, the teaching of 2 Science/Social Studies curriculums, and other worries. We are looking at creative ways to address these concerns, as we face this new reality of combined classes. We are considering some unique strategies to bring same age students together in classes like Library and the YES Program, as well as possibly during the SS/SC core blocks. We are also hoping to provide more Educational Assistance in these classrooms when possible, and we do take teacher preparation time into consideration as well. If you have any questions or concerns about combined classrooms, please feel free to contact your child's teacher or an administrator at any time.



Gr 8 Social Studies Bubble Tea



Outreach Program Gr. 1



* 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!



Thank
You

A shout out to the School Parent Council for providing funds and time to purchase and install 2 Gaga Ball Pits! We look forward to this addition to our playground and anticipate oodles of fun for kids! Further Council generously supported a large purchase of Phys Ed equipment, that will positively support activity across the whole school. The purchase included a number of badminton rackets, basketballs, and team pinnies. The money used to make purchases like this comes from fundraising initiatives like a Casino which happens about every 3 years, as well as things like Family Movie Night. Thanks to all families who support these initiatives within the school, which allows for extra things for kids like these fabulous purchases! In the past it has also included funding for things like the outdoor classroom cement pad, track & field tents, spin cycles, bike racks, and our amazing playground.

AND Thanks in advance to School Council for providing Staff Appreciation wellness bags on May 10 - we very much appreciate it!



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/1xVs6>

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

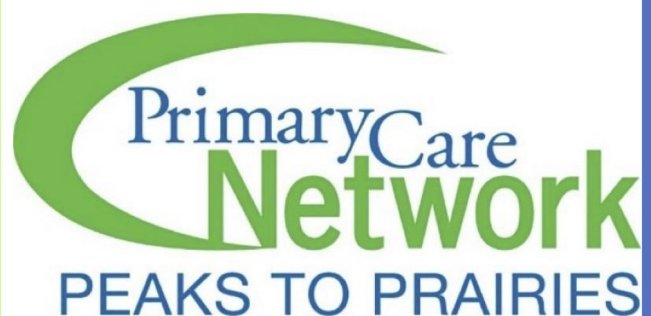
PROTECTING YOUTH MENTAL HEALTH

Upcoming Dates at **River Valley School**

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

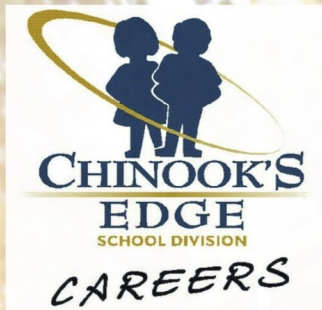
Thur, May 23rd, 2024 1:30pm - 3:30pm

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



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





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



FUNDRAISING

SATURDAY | JUNE 1
DOORS OPEN: 6:30PM
AUCTION: 7PM

Sundre Legion Hall-135 6St SE Sundre

Supporting resources & programs that enhance the quality of life in our community.

For a list of auction items:
www.mygnp.org

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.
 866369374R0001

Scan for Website Events Page

Happy Mother's Day!
 Mooooooooooooo
 oooooom!

What?!

nothing
 i love you

May 12, 2024

Embracing good mental health means thriving in a state of overall wellbeing, feeling great, and doing well in life. It empowers us to find joy, cherish relationships, be creative, and take risks. Plus, it gives us the strength to face challenges, whether they're physical, emotional, or just part of life's ups and downs.

There are numerous **uplifting ways** to nurture our mental wellbeing.

- Engaging in physical activity,
- Nourishing our bodies with healthy food,
- Cultivating a mindset of grace and self-compassion,
- Learning something new, and
- Getting a restorative night's sleep

These practices serve as **pillars of support**, empowering us to navigate life's challenges with **strength and vitality**. For more information on good mental health and a comprehensive list of tools visit:
<https://www.albertahealthservices.ca/amh/Page13618.aspx>

CHARITY CHECK STOP-MAY 24

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS

The Great Sundre Puzzlepalooza
 July 1, 2024
 1:00PM-3:00PM
 Elks Hall

This is going to be so cool!
 Sundre's first puzzle competition!

Ten Teams (You need a cool team name!)
 Team members should be 16 to a max of 4 people
 Registration is FREE

\$100 for 1st place & prizes for 2nd and 3rd

Enter at
www.mygnp.org

Part of Sundre's Canada Day Celebration

THE DEN SYC
 THIS SPACE IS FOR YOU

WALK, HIKE, TREK WITH GNP
 Outside Walking Group
 Every Wednesday
 9:00AM-10:00AM

Have you looked outside??
 It is turning green!!
 Why not walk outside with us?

Starts May 15
 Meet at Greenwood Neighbourhood Place
 For info: Renate 403.638.1011

COOKING UP CONNECTIONS
 Wednesday | May 29
 4:00PM-7:00PM

Cooking With Friends
 Location: Sundre Legion
 Register at www.mygnp.org

ROCK THE BLOCK

A block party is the perfect way to meet and catch up with your neighbours, have some fun, and build a sense of camaraderie within the community. But planning and coordinating a neighbourhood shindig can be as stressful as it can be fun, so we've laid out a detailed do-ahead guide to take the trepidation out of your next affair.

Greenwood Neighbourhood Place will supply a BLOCK PARTY tool kit with instructions, ideas, a selection of games plus a snack box.

TOOLKITS WILL BE AVAILABLE MAY 30

If you are interested please call us for more information: 403.638.1011

Seniors Week
 Celebrating our Seniors

Wed June 5 2024

Doors open: 1:00 PM
 Start time: 1:30 PM

Sundre Arts Centre, 100 2nd Avenue NW

Free with Registration
www.mygnp.org

SENIORS 55+ Road Trip

MOUNTAIN VIEW GREENHOUSE TOUR

FRIDAY | MAY 31 | 10:00AM-4:00PM

\$5-Bring your own lunch

Meet at Sundre Town Office Parking Lot

Register at www.mygnp.org

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

SUNDRE FARMERS' MARKET
 THE PLACE TO BE!
 FRIDAYS | 4:30PM-7:00PM
 MAY 17-SEPT 20
 SUNDRE CURLING RINK
 FRESH PRODUCE, BAKING, ART, CRAFTS & MORE!
 NEW VENDORS WELCOME!
 MORE INFO: CONNIE: 403.818.7718
 KAREN: 403.638.1586

Seniors Art Programs
 Tuesdays 10:00AM-Noon
 May 14
 Sundre Seniors Supportive Living Facility (North Doors)
 May 28
 Bergen Community Hall
 FREE with registration:
www.mygnp.org or call 403.638.1011

5th ANNUAL SUNDRE CAR SHOW
 Sundre Rodeo Grounds
 410 2 Ave NW, Sundre, AB

Registration
 8AM-10AM
 \$20 Entry
 Awards 2:30PM

DRIVE-IN MOVIE AT DUSK
 Sponsored by Sundre Fountain Tire
westcountrycruisers.sundre@gmail.com
 All Proceeds will be presented to The Den SYC, Sundre Museum & the Sundre Community Yon

Watershed Awareness Expo
 Sundre Community Centre
 Friday | May 3 | 9:00AM-2:30PM
 Guest Speaker
 Lorne Fitch 9:00AM
 Presentations to follow
 Tickets: \$10
 Eventbrite- Watershed Awareness Expo

Burden Bearers
 Counselling Centre
ANNUAL FUNDRAISER
 10" Hanging Basket Sale
 Saturday | May 25 | 10:00AM
 (No Early Birds Please)
 Location: In front of Preson Bros
 Donations also Welcome
 Baskets by Lohr-A-Lee Greenhouse
 Cash/Cheque Preferred
 For info: Alex Caush
acdash@gmail.com

Sundre Palliative Care Association
 Olde Hike for Hospice
 Sunday | May 5 | 9:30 am- noon

Welcome to monthly meetings!
 Thursday | May 9 | 2 pm
 SSSL - North Doors

Drop In Grief Group
 Thursday | May 23 | 2-4 pm
 Main Ave Church, Sundre

Dementia- Supportive Pathways
 Laurie Lewis, SP Trainer
 Thursday | May 23 | 6:30-8:30 pm
 SSSL - North Doors

MAID in Rural Settings
 Tracy Powell, RN PhD
 Wednesday | June 5 | 7-9 pm
 SSSL - North Doors

Info: Anne Brander 403-507-1255
Sundrepalliativecare@gmail.com

Sundre Seniors Socialize
 Wednesday, May 8, 2024
 NEW TIME: 5:00-7:00PM
 Sundre United Church
 55+ Single, isolated/lonely, newcomers
 Pre-register: J. Wicks
 403-638-1950

Sundre Municipal Library May Events

Armchair Travel
 Wed | May 15 | 6:30PM-8:00PM
 Join us for the last trip of armchair adventures!

Teen Hangout
 Thurs | May 2 | 3:30PM-5:00PM
 Games, food, and fun for teens!
 Free to attend.

LEGO Club
 Thurs | May 9 | 3:15PM-4:15PM
 Drop in for one last play of this session!
 Call to register.

SRC Kickoff to Summer!
 Coming soon!
 Keep your eyes open for details in June!

Location: Sundre Library
 Contact Irma at (403) 638-4000
www.prl.ab.ca/sundre

YOUTH MENTAL HEALTH CLINIC
 Experiencing struggles with mental health?
 Ages 6-14
 Thurs | May 23, June 13
 1:30PM-3:30PM
 Location: River Valley School
 Ages 14-18
 Thurs | May 23 & June 13
 1:30PM-3:30PM
 Location: Sundre High School
 Contact Irma at Primary Care Network
 For appointment 403.638.0371

SUNDRE & DISTRICT MUSEUM
PRESCHOOL PROGRAMS EVERY TUESDAY
 1:30PM-3:00PM

PIONEER VILLAGE CLEAN UP
SATURDAY, MAY 11TH
 Come down and volunteer!

Buy your 2024 Memberships now!

For more info: 403-638-3233

Camp EVERGREEN
 Register for Summer Camp Today!
 Our camps focus on friendships, spiritual growth and outdoor fun for kids 5-17.

Fathers & Son Retreat
 This retreat is designed for all guys.
 Activities, Races, Chapels, & great food!
 June 7-9th
 Go online to register!

Information:
 314004 Range Rd 52, Sundre, AB
www.camp-evergreen.com
 info: main@camp-evergreen.com
 info: 403.638.4230

Cooking For Kindness
 Community Luncheon
 Wednesday May 15 | 11:30AM-1:00PM
 Entertainment until 2:00PM

SUNDRE LEGION HALL-\$10/PLATE

More info: 403.638.3233 or volunteer team
 Laurelie at 403.638.3378

Sundre Caregiver Support Group
 First & Third Thursdays 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

AL ANON MEETINGS
 Every Thursday
 11:00AM-12:00PM
SUNDRE UNITED CHURCH
 Contact:
 403-529-7899
 for more info

Free Community Workshops

Happiness Basics
 A program that empowers you to live a happier life. You have the biggest influence over your present and future happiness!
 (2 hours per week over a 7-week period.)
 Thursdays | May 16-June 27 | 1pm-3pm
 Facilitators: Karen Stenson & Tracy Silberer

Anxiety to Calm
 Challenge your thoughts, behaviours and emotions while practicing proven and effective skills to manage anxiety and feel a sense of calm.
 Wednesdays | May 22-July 10 | 1pm-3pm for 8 weeks
 Facilitators: Tracy Silberer & Marje Goertzen

Location:
 Sundre Library, #2 96 2nd Ave NW Sundre

Want more information about these workshops?
 Visit our website at www.parksideprairie.ca
 To Register Please Call 817.795.0765 or email: info@pappm.com

Alberta Healthy Living Program

Chronic Pain- Better Choices, Better Health*
 Starts Tuesday | May 7 and runs for 6 weeks
 This free workshop will help you manage your health and develop skills to live with chronic pain.

Moving Matters
 Friday | May 17 | 9:00AM-11:30AM
 Do you want to learn more about physical activity and how to include it in your day? Come join us.

Managing Emotional Eating
 May 23, 30, & June 6
 This program is for anyone who wants to improve their relationship with food.

Location: ZOOM
 Call: Jessica at (403) 559-8895 for alternatives to zoom
 To register call: 1877-314-6997

ASPEN RANCH SUMMER CAMPS

Science Camp: "Minds in Motion"
 July 15-19th
 Art Camp: July 22-26th

Aspen Ranch Summer Camps
 Located 20 mins North of Sundre
 Daily from 9:00AM-5:00PM
 We are hiring for our Summer Work Program.
 Ages 15-30
 Grounds Keeper
 \$15.00 per hour, 35 hrs per week, 8 weeks
 Wildlife-Wild Plants/Group tour
 leader & Programs Facilitator
 \$15.00 per hour, 35 hrs per week, 8 weeks

Please contact us if you would like to apply.
To register & for more info:
info@aspenranchcanada.com

ALBERTA PIONEER CAMP Grand Camp

June 7-9, 2024
 Pioneer Lodge, Bergen, AB
 Embark on a grand faith adventure with your grandchildren that will be remembered for years to come!

Contact Information:
guestcoordinator@pioneeracamps.ab.ca

INTERVARSITY PIONEER CAMP
 ALBERTA
www.pioneeracampalberta.ca



UPDATE



THE DEN, S.Y.C.

Building Our Future

Following a community-wide study in 2021, it became clear that Sundre's youth were looking for more available activities, while parents emphasized the importance of a secure environment for their children to socialize. After a busy year dedicated to planning, fundraising, and envisioning the future, we were able to open our doors in November of 2022.

Located on centre street and walking distance from the schools, THE DEN offers diverse entertainment options, including multiple activity areas, study spaces, karaoke, musical instruments, a "canteen" snack bar, and comfortable seating. Through regular drop-in nights and events, THE DEN has welcomed hundreds of young individuals, creating a vibrant and secure community hub. Our dedicated program staff and volunteers strive to connect with each youth, ensuring a welcoming and supportive atmosphere.

A powerful testament to the impact of THE DEN is the story of a young guitarist who, empowered by the group's encouragement, overcame their hesitation to perform regularly at Open Circles. Another youth, facing challenges due to ADHD, discovered acceptance and support from both volunteers and peers.

From solitary phone-focused moments to forging friendships, THE DEN has transformed the lives of youth who initially entered alone. Our mission is clear – to foster relationships, instill confidence, and provide a safe haven for making friends, building connections and having a great time in the process.

THE DEN is one of the many projects of Greenwood Neighbourhood Place. Keeping THE DEN open and well-maintained ensures it remains a vital resource for the community.

Together, let's invest in building our youth for a brighter future.

GREENWOOD NEIGHBOURHOOD PLACE INITIATIVES

- Information and Referrals to Resources and Services
- Adult/Senior Advocacy
- Seniors Art Classes
- Seniors Anti-Isolation Trips
- Walk, Trek, Hike Walking Group
- Sundre Community Garden
- Workshops/Seminars
- Volunteer Income Tax Program
- Snow Angels Program
- Friendly Callers
- Sundre on the Go
- Campus Alberta Central Partner
- Academic Express Partner
- Rural Mental Health Project Partner
- Family Free Swims
- The Den, S.Y.C. - Sundre Youth Centre
- Babysitting Course
- Summer programs for kids
- Family Events
- Community-Wide Events (Family Day, Canada Day, Halloween)
- Community Block Parties (coming summer 2024)
- Sundre Santas
- Magic of Christmas
- Volunteer Connect
- National Volunteer Week Volunteer Appreciation
- Seniors Week Event
- Newcomer Welcome Package
- and more

*We cannot
always
build the future
for our youth,
but we can build
our youth
for the
future.*
Franklin D. Roosevelt