



# THE RIVER

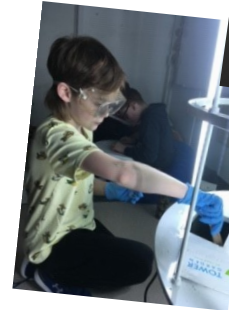
École Riverside School

February 2020

## Sandwich and Salad Party in 5 Houndle

In the grade 5 class we got a plant tower and we chose what we planted. We chose lettuce, spicy lettuce, romaine, arugula, leafy greens, Swiss chard, tomatoes, kale, peas and mizuna. Every single week we poured water in to the plant tower then a couple months later when we went for winter break when we came back the plant tower was big almost as big to fill up the top part of the plant tower! Later we picked the lettuce and washed it set up the table. After the ones who wanted a sandwich went first then the ones who wanted a salad went. We got to finish a movie there was extra lettuce so they could have seconds after we got the jello that we made in science there was more jello left so we got one more cup of jello and later the party was finished.

**By Juliet Hanson**



## January Attendance

**88.4%**

**"Everyday Matters"**

## Student Council Events

Upcoming Events

**Sock Hop**—Grade 1—6

February 25th 3:30-4:30

Entry fee \$3

**Valentine's Dance**—Grade 7/8

February 13th 630-8

Entry fee \$3

**Candy Grams** 50cents each

February 1—13th

## Important Upcoming Dates

Burn Awareness Week Feb 2—8

Feb. 7—No School (Teacher PD)

Feb 17th—No School (Louis Rell Day)

Feb 26th—Class Photo's/Kinder Grad Photo's/Grade 8 Grad Photo

Feb 27th—Pink Shirt Day

Spring Break March 30—April 3

# Science Fair is Coming



Are you a young inspiring scientist? Do you love to create experiments and see the outcomes? Well the École Riverside science fair is coming March 24th.

Students in grades 3—8 can enter as individuals or partners.

Information is available from classroom teachers  
and on the website.

Registration is due by February 28th

# March 24



## Physical Education Corner

By Martin Vermette

### Intramurals

The intramurals program at lunch is now done. Thanks to all teacher supervisor who helped out with this program.

### Jump Rope for Heart

We are starting a Jump Rope for Heart program at lunch for grades 1 to 6. Kids joining this club will be required to fundraise \$ for the Heart & Stroke Foundation. The schedule is posted on our school web site, on our Facebook page and on the phys. ed. bulletin board. This will start this coming Monday February 3rd, 2020 and will conclude on Friday March 7th with our annual Jump Off Event. This year, our school objective is \$2500.

### Basketball

Basketball games for our two junior high teams started last week and our league will run till March 5th. Our Basketball tournament is scheduled for Friday and Saturday March 6th and 7th.

### Cross Country Ski Club

Mr. Vermette and Ms. Ketch started a cross country / snowshoeing club on Tuesdays or Thursdays (once a week) after school from 3:30 till 4:45 pm weather permitting. 20 very excited students showed up at our first meeting last week! Very impressive!

### Down Hill Ski Trip

The dates for our annual downhill ski trip with grades 6, 7, 8, will be March 16th and March 20th. We will confirm shortly which class goes on which date.

# Thompson Festival of the Arts

As many of you know, **Thompson Festival of the Arts** is quickly approaching! There are many disciplines in which your child can enter to showcase his/her talents. Individuals, duets, trios, small groups, large groups, classrooms, and ensembles can enter to perform. If your child wishes to entry the festival as an individual in any of the disciplines, please ask them to come and see our school reps.

Registration forms are available from **Mme Squires and Mme Hayes**. There are 5 forms available, depending on the discipline you wish to enter.

*The 5 disciplines are:* **Dance, Visual Arts, Instrumental (Piano, Strings), Speech Arts, and Vocal/Choral**

There are entry fees associated with each registration and all other entry fees are listed on each form.

## ***The Festival dates are as follows:***

Dance	March 13-14
Piano/Strings/Instrumental	April 16-17
Speech and Vocal/Choral	April 29-May 1
Visual Arts	May 11-14
*Hi-Lites Concert	May 26-27

We are asking for registrations to be brought in to Mme Squires or Mme Hayes by:

**Wednesday, Feb. 19<sup>th</sup>, 2020**

to allow plenty of time for them to be sorted and processed with the appropriate class codes for adjudication. However, there is also a **Registration Day on Feb. 22 from 10-2pm at the School Board Office.**

Any questions can be brought forward to either of us, anytime.  
Looking forward to a great festival!

## **Appropriate Dress**

As the weather is warming up students are spending more time outdoors. Gym classes, outdoor learning and recess have been occurring outside this past week and will continue to if the weather is nice. Please ensure your child is coming dressed for the weather. Hats, mitts, scarf/neck warmer, ski pants and proper footwear. It is great to see the kids outside learning and enjoying the nice weather.



## **Be a Healthy Role Model**

**By Melissa Pham**

Parents are role models and the most influential person in their children's lives. The ways parents talk about food, cook meals and eat are important in helping their child develop healthy eating habits.

If healthy eating isn't a priority for you, then your children won't think it is important.

*Here are some great tips:*

- eat healthy foods as a family
- participate in physical activity
- drink water



# Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

## "COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

## If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

## If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



## Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

## FACTS

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the kitchen stove.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
The leading information and knowledge resource  
on fire, electrical and related hazards





February, 2020

## Counsellor's Corner

Written by: Mrs. Nerbas ♥

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On February 27th, we will be holding our annual **Pink Shirt Day** assembly that will be student-led by our wonderful student council members who are currently working hard at putting it together! Our theme this year is **UPSTANDING** (intervening not watching) and of course, **KINDNESS**.

### Quick Facts:

- Bullying or mean behaviours stop in 10 seconds 57% of the time when someone intervenes.
- 83% of students polled report feeling uncomfortable with watching an instance of bullying.

Source: PreventNet.com

There are 4 ways to be an **UPSTANDER**

Be a friend! (Comfort the child, show kindness).

Interrupt (distract by offering to change scenery with the child, play a game, or tell a joke).

Speak Out! (Tell the bully to "stop" and be direct).

Report to an adult at the school.

**NEVER:** Get involved in a physical fight "protecting" your friend or get into a shouting match with angry words. It is always best to move away from the situation if it escalates and get adult help if tips 1-3 do not work.

### How to help my child if they are experiencing rude, mean, or bullying behaviours at school:

**Listen calmly.** Your reaction matters! Empathize and hear your child but do not jump to conclusions. There are always two sides to every story!

**Help your child brainstorm ways to handle the situation.** Is it a conflict, rudeness, a mean behaviour, or true bullying?

**Teach problem-solving skills.**

**Do not encourage physical fighting.**

Violence is never the answer and can escalate the situation or land your child in the principal's office!

**Get in touch** with the teacher, administration or myself for more ideas or intervention.

**Build resiliency, social skills, and self-esteem** in your child. Ask them what are their positive qualities and build upon that conversation, model healthy stress management and conflict resolution skills, enroll them in extra-curricular activities, set up "play dates", spend quality family time together. Activities such as board games, baking, and sports are better options than passive activities such as sitting together on the couch surfing your phones or watching TV. Bonding and great conversations happen more easily during "moments" experienced together!

CONFLICT	RUDE	MEAN	BULLYING
Occasional	Occasional	Once or Twice	Is REPEATED
Not planned; in the heat of the moment	Spontaneous; unintentional	Intentional	Is planned and done on purpose
All parties are upset	Can cause hurt feelings; upset	Can hurt others deeply	The target of the bullying is upset
All parties want to work things out	Based in thoughtlessness, poor manners or narcissism	Based in anger; impulsive cruelty	The bully is trying to gain control over the target
All parties will accept responsibility	Rude person accepts responsibility	Behavior often regretted;	The bully blames the target
An effort is made by all parties to solve the problem			The target wants to stop the bully's behavior; the bully does not
Can be resolved through mediation	Social skill building could be of benefit	Needs to be addressed/ should NOT be ignored	CANNOT be resolved through mediation

Source: Jennifer Astles, DASA Newsletter, January 2014, TST BOCES

\*True bullying also requires an **imbalance of power** between the bully and their victim (i.e.: different grades, incredible differences in size, one child has a marked cognitive delay, etc.).