



# THE RIVER

École Riverside School

May 2021

## Kindergarten Registration is Open

### From the Office:

The countdown is on! We are down to the last two months of school! It is hard to believe there are only 8 and a half weeks remaining in this school year.

It has been an interesting year to say the least. Many of us have likely faced new difficulties, loneliness or uncertainty this year compared to others. This month, we are recognizing the 70<sup>th</sup> annual CMHA Mental Health Week and acknowledging it throughout the entire month. Prior to the pandemic, it was reported that 1 in 5 children were directly impacted by mental illness and that number has since grown with the onset of Covid-19. Good mental health is not necessarily feeling happy all of the time. In fact, as stated by the Canadian Mental Health Association, "a mentally healthy life includes a full range of human emotions – even uncomfortable ones like sadness, anger and fear." The CMHA's theme for this year's Mental Health Week campaign is, **"#GetReal About How You Feel: Name it, Don't Numb it"**. Expressing and embracing our feelings – whether they feel good, or challenging and difficult – can help lighten them once put into words. Let's take the time, this month, to ensure ourselves and our families are well both physically and mentally by participating in the attached 31-Day Challenge found on the last page of the newsletter!

I always anticipate a quick write up here and then tend to get carried away – I promise to keep it short and sweet for the final newsletter next month... For now, I came across this poem recently and just knew I had to hold on to it to share! Although we are not seeing many smiles lately as they are hidden under masks, it made me feel excited and hopeful for the smiles we'll see in the future.

*Smiling is infectious; you catch it like the flu.*

*When someone smiled at me today, I started smiling too.*

*I passed around a corner and someone saw my grin.*

*When he smiled, I realized I had passed it on to him.*

*I thought about that smile and then I realized its worth.*

*A single smile, just like mine, could travel around the earth.*

*So if you feel a smile begin, don't leave it undetected.*

*Let's start an epidemic quick and get the world infected.*

*- Author Unknown*

Last but not least, a big "Happy Mother's Day" to all of the École Riverside mothers – whether you are a biological, step or foster mother, a grandmother, mom-to-be or any mother figure. You are all important and I hope you take the time to relax and celebrate yourselves!

*Mme. Hepp*



Watch our Facebook page for some Mental Health Activities this month.

Join the Page by searching "École Riverside School"

April  
Attendance

89.6%

### Important Upcoming Dates

May 7th NO School, District PD

May 11th & 12th

Grade 8 Grad Photo's

Kinder Grad/ Spring Photo's

May 24th—No School / Victoria Day

June 11—No School—School Planning day



Welcome to Kindergarten™  
THE LEARNING PARTNERSHIP



Welcome to Kindergarten (WTK) has partnered with Chirp Magazine to provide a special WTK Chirp edition in our WTK bag of family resources this year. Chirp has also partnered with CBC to provide a series of [Online Chirp Episodes](#) that are very appropriate for children's viewing.

These online episodes are wonderful for families to view together with their children. They also provide wonderful opportunities for follow up with fun art, dress-up or simple science related activities. This type of family engagement that creates play-based activity and conversation is at the root of children's healthy, optimal growth and development.

*Talk Read Sing Play every day!*

## Mini Winter Festival

A huge thank you to the winterfest committee this year for making our week long celebration a success! With Covid still upon us; the team needed to be creative! We celebrated with eating bannock, visiting with the puppet, Kookum, zoom links for birch bark biting, dog musher and outdoor activities, which included: hot dog roasting, trapping session, quad rides, a needs and wants session, and of course, jigging! Mme



Pankratz' class loved the outdoor activities, as Demitrius says "my favorite part was riding in the sled behind the quad!"



## It's Getting Hot Outside!

**By Melissa Pham**

**(Public Health Dietitian)**

Summertime is approaching and sweet treats are on the horizon. All foods can fit in our diet, however here are tasty treats to help with the heat:

-fruit-infused water

-frozen grapes

-frozen yogurt tubes

-frozen banana roll-up (roll bananas in yogurt, top with granola and put in the freezer)



# 31 Day Mental Health Challenge!

					1 Watch a silly video	2 Eat a snack outside
3 Play outside for 30 minutes +	4 Give yourself 3 compliments	5 Dance Party! Dance for 10 min +	6 Read a book	7 Go for a walk for 10 minutes +	8 Play a game or do a puzzle	9 Blow bubbles
10 Hop like a frog 10 times!	11 Draw or colour a picture	12 Eat a healthy snack	13 Say 3 things you are grateful for	14 Help cook a meal or bake a tasty treat	15 Sing your favourite song!	16 Watch your favourite movie
17 Spend time in nature	18 Take 5 deep breaths	19 Give a hug! To a person, pet, toy or pillow!	20 Journal or write a letter	21 Talk about something that makes you happy!	22 Do something kind for someone	23 Play outside for 30 minutes +
24 Go for a walk for 10 minutes +	25 Look in the mirror and say "I love you"	26 Take 10 GIANT steps	27 Colour, paint or draw	28 Listen to happy music	29 Build something	30 Lie on your back and look at the clouds
31 Play outside for 30 minutes +						