

THE RIVER

École Riverside School **November 2020**

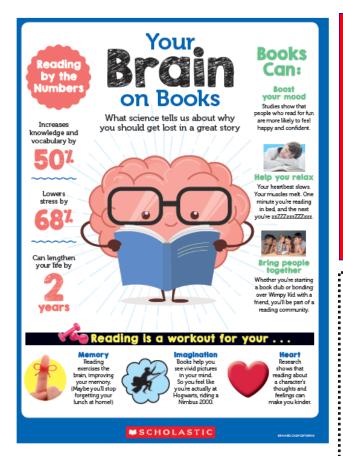


From the Office

Wow, what a month! We started October in Code Yellow and had moved into Code Orange by the time November came on the covid-19 pandemic rating scale. There have been many changes to the school environment most notably in the division and movement of classes to ensure the 2m spacing of students. Some classrooms are now located in different areas throughout the school while one even ended up moving to RD Parker. Through all these changes students, teachers and parents have stepped up to make the best of the situation and student learning continues to flourish at École Riverside School. Our Ram family rocks! Please remember to follow all the protocols put in place to keep everyone safe including the self-screening every morning

before coming to school, wash and sanitize your hands often, wear a mask in grades 4-8 at all times and social distance. Take care of yourselves and stay safe.

Mr. Wamboldt



Important Upcoming Dates

Nov. 3 Student Led Confer-

ence

Nov. 5 Picture Day

Nov. 11 NO SCHOOL

Nov 30 AM NO SCHOOL

Report Card Writing

Dec 18 Report Cards Available

Remembrance Day

October Attendance

Every Day Matters! Make them Count!



Food Allergies, what are they?

A food allergy is when the body's immune system reacts to a protein in

- food as being harmful and causes an allergic reaction.
- This is why everyone needs to be very careful when packing school lunches and snacks.
- Read food labels and avoid sending foods that contain nuts
- -Discourage your children from sharing their food at school
 - -Encourage your children to wash their hands be-
- fore and after eating
- I-Please inform the school of any allergies.
- For more information, please visit Food Allergy Canada at https://foodallergycanada.ca/



Contacting the School

Our school has an answering machine that is on 24 hours a day. Please leave a message if you are unable to speak to someone in person

Also, if you foresee an absence from school for your child, let us know or send a letter with your child to give to his/her teacher.

It it also acceptable to send a note with your child to school prior to their absence, this will avoid a call from the school.



Halloween 2020

COVID STYLE







Halloween looked a lot different this year, with students needing to maintain the 2M distance. But, the teachers made the day enjoyable for the students, with chocolate and movies.

Happy Halloween Everyone!

Physical Education Corner

Jump Rope for Heart

There was a delay with prizes due to COVID but M. Vermette has now been able to distribute the prizes he recieved

Terry Fox

Students raised \$345 online for the Terry Fox foundation. Thanks for the effort in fundraising online only this year!

<u>Intramurals</u>

Are currently on hold due to the Northern Region being in Code Orange. Stay tuned for updates on the weekly memo.



Anxiety & COVID-19

Excited To Re-Offer 6 Week CBT Program On Anxiety Worry With COVID-19

This program involves weekly readings, homework suggestions and a weekly session with me & possible other individuals who are experiencing anxiety & worry as well.

For this CBT Program there is an option of participation =g in a group setting through "zoom" (3-4 people) if you are able and feel comfortable. Or we can do it weekly one on one.

Are you interested? If so please give me a call, email or text at: 431-754-6720

Burntwood@adam.mb.ca

In the mean time if you are experiencing anxiety & worry and would like to talk please feel free to give me a call, text or email. Or you can call the support line at:

204-925-0040

Bobbi Vicente Outreach Worker