



THE RIVER

École Riverside School

October 2020

From the Office

Staff and Students did a fantastic job with entering and exiting the school for the first month, they are getting used to the extra steps we have to take and are great at wearing their masks. Everyone is off to a great start with their learning for the school year as well. We have started some Junior High Volleyball skills after school and hope to eventually be able to offer intermural for our younger students.

Changes : **Front Loop is closed from 3:15-3:45 daily** to lessen the traffic when our students are exiting the building. You can park across the street or use one of the alternate side streets for pick up as well.

"It always seems impossible until it's done." Nelson Mandela

September Attendance

96.2%

**Every Day Matters!
Make them Count!**

The Bee Mobile is on the Move!!

Mrs. Tomchuk in the library has created a Bee mobile and she is taking it on her visits to classrooms this year. The Bee Mobile is stocked with books from the library for the students to pick from in their classrooms. She is also reading them a story from the library when she visits. Thanks Mrs. Tomchuk



Important Upcoming Dates

Oct 12— No School

ThanksGiving

Oct 23—NO School

MTS PD DAY

Nov. 3 Student Led Conference Day

Nov 5— Picture Day

Nov. 11—No school

Remembrance Day



Food Allergies, what are they?

By: Melissa Pham—Public Health Dietitian

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 before and after eating
- Please inform the school of any allergies.

For more information, please visit Food Allergy Canada

at <https://foodallergycanada.ca/>



Riverside Makes

Music

The grade 4,5 & 6 music classes with Mr. Itson hope to begin recorder instruction soon.

Mr. Itson will sanitize all recorders and there will be NO sharing of instruments.

All students will be seated 2 meters apart. If you wish to purchase a recorder please have your student bring \$8.00.

Students that already own recorders will have their instruments sanitized before use.

Physical Education Corner

Riverside School is celebrating this year's 40th Anniversary of Terry Fox's Marathon of Hope and your help is needed. This Thanksgiving, as you connect with family and friends, you too can share Terry's message of hope and resiliency. Please share and donate to our school's fundraising efforts at: <http://www.terryfox.ca/Riverside> Thank you! #terryfoxschoolrun @terryfoxfoundation

This month at Riverside we have kicked things off by starting soccer, and various low organized activities. Middle years are getting into Volleyball now, and early years continue to work on different movement skills in a safe space. Riverside has begun Volleyball practices for grades 7 and 8. We look forward to the year, and despite it looking differently, we will continue to work at demonstrating what it takes to be a RAM! GO RAMS GO!

Mr. Vermette & Mr. Moose

Grade 7 Celebrates Orange Shirt Day

By Mauricio And Serenpreet



The grade 7 class of Ms. Monias read a book about residential schools. The book was called "I Am Not A Number", narrated by Irene. It is about a first nations girl who was forced to leave her family and go to a residential school.

Om Vyas, a student of Ms. Monias' class suggested that we design our very own orange shirts in honor of Phyllis Webstad-a girl whose favorite orange shirt was taken away when she went to a residential school.

The day after, Ms. Monias bought her students plain white shirts, which they decorated. We would create white letters amongst orange paint. Some students decorated their shirts with different pictures and designs.

The first nations people deserved much better than what happened to them, so it is only fair that we honour them with orange shirt day. #EveryChildMatters

INSTRUMENT MAKING COMPETITION



Make your own instrument at home and compete for prizes!

Open for all grades!

**Please see Mr. Itson or Mme. Pegus
for more information**