



THE RIVER

École Riverside School

September 2019

Welcome Back to Everyone!

It's that time of year again, Back to School! As everyone gets back into routines! Its great to see all the familiar faces back in our school as well as a big welcome back to Mme. Hayes. And new additions to our staff including Mme. Dickieson (Grade 4/5 French), Mrs Knockeart (Grade 7 English)

As usually we will be hosting monthly Virtue assemblies, these dates can be found on the school website.

A reminder, as a district we are becoming more environmentally friendly and sending more documents via email and posting online on our École Riverside Website, rrs.mysterynet.mb.ca. If you would like a paper copy, please feel free to contact the school 204 - 677—6115 and we will gladly send one home with your child.

Riverside Makes Music!

Welcome back! Mme Davis and Mme Squires will be teaching Music this year. We are looking forward to making music with you all!

We will be having one music club during the first term of school. Grade **3-6 Choir** will be Tuesdays at 12:00 pm from September 17th until November 5th.

Informational letters will be going home with students who are interested.

Follow us on Instagram [@riversidemakesmusic](https://www.instagram.com/riversidemakesmusic) to see what we are up to in Music!



If your contact information has changed,
don't forget to let us know!



If any changes need to be made to your child's records please take a moment and call us (phone numbers, address changes, email addresses, medical updates, etc.)

Also by logging into your parent connect you can update the school permission for school outings, permission for use of pictures and the technology pledge form. If you need help please come and see us in the office, 204-677-6115.

Drop off and Pick up

Thank you for being understanding with the construction Riverside Drive. The front loop is a drop off and pick up only, there is to no parking and leaving your vehicle. There are several other locations where you can wait for your child, Copper, Cobalt and Granite. Have your child walk to meet you. there By doing this the congestion will be minimal in the loop, allowing for easy flow of traffic.

Also please refrain from entering the staff parking lots.

DROP OFF

Important Upcoming Dates

Sept. 9 Meet the Teacher
4-5 pm

Sept. 12 & 13
Strong Beginnings, no regular classes

Sept. 27 Terry Fox Run @ 2:45 pm

Oct 14 No School, Thanksgiving.

Oct 24 & 25 No School, MTS PD

Nov. 4 Picture Day



ERSPAC

Parent Council

If you are interested in joining us the first meeting will be September 12th @ 6 pm and our general meeting will be September 26th. @ 6 pm. We meet in the library and everyone is welcome

Ram Clothing

Every Friday is Ram spirit day and we encourage students to wear red or their ram clothing. If your child is needing some Ram clothing, we will be placing an order the end of September. Stay tuned for more information or visit Ashley in our main office.



Strong Beginnings

On Thursday, September 12 and Friday, September 13, each student from Kindergarten to grade 8 will attend school by appointment for approximately 60 minutes to participate in assessment activities in language arts and mathematics. During this time, they will meet individually or in small groups with their teacher. This is an opportunity for teachers to gather data about each child's learning that may not be evident during whole-class assessment. It is also a chance to further develop the teacher-student relationship.

NOTE: On both these days, there will be no regular classes. Students will attend school by appointment only. You can check out your scheduled time in Parent Connect.

Physical Education Corner

Again this year, École Riverside School will participate in the annual Terry Fox Run. We will host our Terry Fox event (Walk/Run) on Friday September 27th from 2:45 till 3:30 pm. Parents are welcome to attend. We encourage strongly all our students to fundraise \$ for the Terry Fox foundation. Our School objective is to raise \$3500.

As an incentive this year, for every \$25 a student raises, he or she will have the right to squirt a teacher, staff or community member with a water gun. Also, if anyone would like to order this year's Terry Fox T-shirt, see Mr. Vermette for an order form. Child sizes are \$15 and adult sizes are \$20.

Junior high Volleyball teams will start practicing in September and games should start early October. Mr. Vermette will coach the girl's team, I am still looking for a coach for the boys team

Intramural program at lunch time for grades 1 to 6 will start in early October.

Quote: Always do your best and stay active!

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

Back to School Snacks! **By: Melissa Pham** **(Public Health Dietitian)**

Snacks are an important part of children's lives. They have small stomachs and need extra energy to grow and be active.

Here are some snack ideas:

VEGETABLES AND FRUIT:

Fresh or frozen fruit, applesauce, dried fruit, veggies and dip

WHOLE GRAINS:

Triscuits, whole-wheat pita, Cheerios, Mini-Wheats, plain popcorn

PROTEIN:

Yogurt, cheese strings, hard-boiled egg, Wowbutter

For more information on healthy snacks, please visit Health Canada's website at <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/>

