



# THE RIVER

École Riverside School

September 2020

## Welcome Back to Everyone!

After 5 months we are more than happy to see our students back in the building. Even though things are different the kids seem to be glad to be back as well. Teachers and parents have worked extra hard these past 5 months to make everything seem as “normal” as possible. With a new school year comes some new faces in our building. We’d like to welcome Mme Jenkins—grade 1/2 French, Mrs. Baljinder Rai—grade 1/2 English, Ms. Amy Snow—grade 3/4 English, Ms. Katherine Young grade 8 English. Ms. Natalie Pegus primary music and Mr. John-Ross Merasty-Moose for physical education.

Everyone has been doing great with keeping their distance, following our arrows, standing on the marked spots and wearing their masks. Great Job!!

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 204-677-6115.(phone numbers, address changes, email addresses, medical updates, etc.)

Please ensure that there are two Emergency Contact name and numbers of people who live in town and could pick your child up if needed. We appreciate your help in ensuring this information is up to date.

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.



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.

Come see us in the office if you would like to purchase some RAM clothing.

### Drop off and Pick up

The front loop is a drop off and pick up only, there is to be NO parking and leaving your vehicle. It will be closed at 3:15-3:45 to any vehicles 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 and ensure everyone's safety.

Also please refrain from entering the staff parking lots.

**DROP OFF**

### Important Upcoming Dates

- Sept. 16 & 17  
Strong Beginnings, no regular classes
- Sept. 30 Terry Fox Run
- Oct 12 No School, Thanksgiving.
- Oct 23 No School, MTS PD
- Oct 26 Fall DFS fundraiser Due
- Nov. 2 Picture Day
- Nov. 3 Student Led Conference



# 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/>



# Physical Education Corner

Hi everyone, new for this year: kids will not need to get changed for phys. ed. classes because of the Covid-19 restrictions. This new rule is in effect province wide.

Masks will not be required for outdoor classes or for strenuous activities.

Students can expect phys. ed. classes to be outside most of the time, weather permitting. Students need to dress up ready to go outside with clothes that doesn't restrict movement and allows you to stay warm.

## Terry Fox Walk

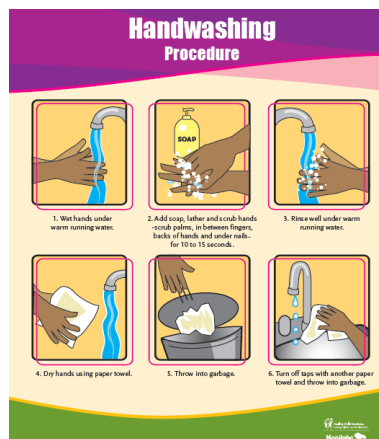
Our Terry Fox run/walk will be Wednesday September 30th. Details about this event will follow.

Welcome back! Mr. Vermette

**Quote: Always do your best and stay active!**

## Current Public Health Recommendations

- Sanitization of hands upon entry into the school and exiting the school
- Stand on the designated and X's and wait to be called into the school
- Complete the self screening with your child at home
- Mandatory mask for grade 4—8 students.



## **Be Safe**

# **Keep your Distance 2 Meters**