



# THE RIVER

École Riverside School

January 2022

## From the Office

Welcome back and Happy New Year! I hope our Riverside families had a restful holiday season with the opportunity to connect with themselves, their families and friends. Many have had to reschedule events, cancel travel or get creative with their plans over the break (for the second year in a row) and have not had the start to 2022 that we have all been longing for... Throw in an extended break, a quick shift to remote learning and a return to Level Orange on the Manitoba Pandemic Response System – the many peaks and valleys feel like a déjà vu of 2021! Of course, with each New Year brings reflection on the last 12 months, as I look back at the school community and society as a whole, I think we have all demonstrated patience and resilience through the many pivots we have endured. At school, our continued patience and care for one another and our students provides the best environment for our students to grow academically and emotionally. We look forward to seeing **ALL** of our students back in school on the 17<sup>th</sup> following the short period of home learning. Staff have worked diligently to ensure classrooms are a safe place for our kids. I hope students and their families are welcoming the return to school with energy and enthusiasm for learning! Here's to a great year!!!

## Important Upcoming Dates

Jan 13th - Pop Up Vaccination Clinic

4:00 - 6:30 @ Riverside

Jan 17th - There is SCHOOL

Feb 21 - No School Louis Riel Day

Spring Break - March 28 - April 1

April 15th - Good Friday, No School

## A Big Riverside Welcome

We have a new face at École Riverside this month, Mme. Kurchenko has joined our French Music program while Mme. Davis awaits the arrival of her newest family member. We look forward to having Mme. Kurchenko with us until the end of June! Welcome Mme Kurchenko!

## 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 are fully stocked again.



## December Attendance

84.8%

# Breakfast is Important!

By: Melissa Pham—Public Health Dietitian

Kids that begin their day with a nutritious breakfast provide their body with enough energy and essential nutrients to grow, learn, and play.

Start off the morning right with a variety of foods complex carbohydrates that will keep them energized.

*Here are some examples:*

- slice of whole wheat toast with peanut butter and a banana
- bowl of oatmeal with frozen blueberries and walnuts
- bowl of whole grain cereal (ex. Multigrain Cheerios) with milk and sliced strawberries
- yogurt, berries and granola



## Physical Education Corner

*Mr. Vermette & Mr. Moose*

### **No Changing**

For the next two weeks in phys. ed. classes, students won't need to get changed in their gym clothes but will be required to wear their masks in the gym all the time!

### **Intramurals**

Intramurals and extra-curricular activities are cancelled for the next two weeks until January 23rd.

### **Stay Active**

For students who are at home doing remote learning, please try to stay active at least one hour of physical activity per day!

## A Big Thank you ....

Student Council would like to thank all the students who donated items to our food drive in December. The food bank was overwhelmed by our generosity and helped a few more families this past Holiday season. We can not thank our student body enough for this support.



# MANITOBA PANDEMIC RESPONSE SYSTEM

Schools should prepare to implement additional public health measures under Orange or Red if and when public health officials direct schools and/or school divisions or regions to move to the Restricted level (Orange) or Critical level (Red) of the pandemic response system.



## Measures for Kindergarten to Grade 12 schools at the Restricted level

### *Distancing/Cohorts*

- All students are in class learning unless otherwise directed by public health officials (i.e., a class or cohort may be directed by public health officials to isolate because of an outbreak within that class or cohort).
- Schools must ensure two metres of physical distancing to the greatest extent possible and adjust classroom space as necessary; excess furniture must be removed from classrooms to create additional space; other spaces within schools must be repurposed to accommodate more distancing (e.g., multipurpose rooms, shared spaces, common areas, and libraries).
- Students in K to 6 must remain within cohorts, at all times. Keep the cohort size as small as feasible to avoid large group disruptions to in-person learning. Ensure that cohorts are separated during the lunch hour/eating time.
- Use of wind instruments and singing are only permitted if all applicable public health measures are followed and two metres (six feet) distancing can be maintained.
- Minimize congestion in the school and shift assemblies to virtual delivery.
- In K to 6, limit the use of sharing toys, play stations and manipulatives. Ensure hand hygiene before and after use.

### *Masks*

- Non-medical masks are required indoors for all K to 12 students. This requirement includes wearing masks in the classroom and while riding the bus. Masks may be removed indoors for the purpose of eating, drinking and short, infrequent mask breaks where there is physical distancing of two metres (six feet).
- Teachers and staff who move across cohorts of students, including substitute teachers, are required to wear medical-grade masks. Staff who do not move across cohorts but determine that they are at higher risk of COVID-19, including at a higher risk of exposure (e.g., difficulty distancing in the early years), or who are unimmunized are recommended to wear medical masks. Medical-grade disposable masks have been issued to all schools. N95 masks are not required.
- Students must wear a mask while in the gym, even while participating in the athletic activity.