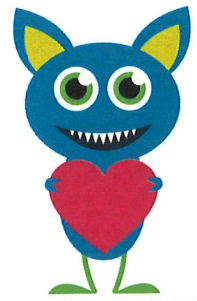


February 2024

**Aboriginal Storytelling Month
Inclusive Education Month**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>No School</i>	2 <i>Canteen</i>	3
4	5	6	7 <i>Clan Shirt Day</i> <i>School Community Council Meeting at 6:00 p.m.</i> <i>Jigging 3:10-4:15</i>	8 <i>Culture Room Grand Opening 3:15-4:00</i> <i>Parent/Guardians welcome!</i>	9 <i>Canteen</i>	10
11	12 <i>Pipe Ceremony @ 9:00 a.m.</i> <i>Gr. 6/7/8 & Parent/Guardians welcome!</i>	13	14 <i>Clan Shirt Day</i> <i>Jigging 3:10-4:15</i>	15	16 <i>Valentine Basket Draw</i> <i>Nacho & Cheese with juice box \$4</i>	17
Staff Appreciation Week						NO Canteen
18	19	20	21	22	23	24
February Break - No School						
25	26	27	28 <i>Pink Shirt Day</i> <i>Spaghetti Meal forms due</i> <i>Jigging 3:10-4:15</i>	29	<i>Mar 1</i> <i>Spaghetti Meal</i> <i>NO Canteen</i>	

School Hours

8:40 - 11:40
12:25 - 3:10

Attendance

If your child will not be attending or will be late please contact the school any time @ 306-763-6495

Riverside Public School

February 2024

We are very honoured to be hosting Saskatchewan Rivers Public School Division's Winter Pipe Ceremony which will be held at Riverside Public School on Monday February 12th at 9:00am. Our Grade 6, 7 and 8 students have been invited to attend, and we would love our Riverside parents and guardians to join us. All ceremonies are designed to help us grow as individuals and create a sense of belonging; they are always an invitation and never an expectation. Please call the Riverside office at 306-763-6495 if you are planning to attend.

Our SaskRivers Indigenous Perspectives Consultant, Theresa Thorsen, will be hosting a Teams meeting on Thursday February 8th 3:30 – 4:00 pm to share the pipe ceremony teachings and what to expect for those who haven't attended one in the past and for those who would like more insight into the teachings. If you haven't attended a pipe ceremony, you are strongly encouraged to attend the Teams meeting as you'll get more out of the actual pipe ceremony when you have the teachings behind it. The TEAMS meeting information will be posted on our Riverside Edsby

Ladies, if attending, please wear a long skirt and do not attend if you are on your moontime. This is an inclusive ceremony where all will be able to sit where they are most comfortable. If sitting on the floor, ladies, a friendly reminder to not sit criss-cross. You may sit with your legs straight out front or bent off to either side of you. Please feel free to bring a blanket and or pillow to sit on to be more comfortable.

You're invited to SRPS's 2024
Winter
Pipe Ceremony
with
Elder Liz
Settee

February 12 @ 9:00am Riverside Public School

The purpose of this ceremony is to ask the Elders to lift the pipes to help bring clarity and direction for Indigenous teachings and guidance with land-based learning throughout

SR Rivers Public School Division

Ladies, please wear a long skirt and do not attend if you are on your moon time.

You are also invited to a Teams Meeting from 3:30-4:00pm on February 8th for pipe ceremony teachings

Riverside Culture Room



We are excited to announce the opening of our Culture Room. We would like to send a huge thank you to the **Northern Lights Community Development Corporation** as well as the **Saskatchewan Lotto Community Grant** for making this possible. There will be a grand opening on February 8th from 3:15 – 4:00.

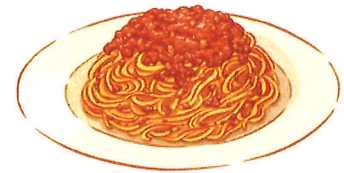
We are grateful to have Elder Liz Settee smudge and open the room in a good way. We would also like to extend an invitation to parents or guardians who would be interested in seeing the room. We hope to see you there.

Spaghetti Meal

Spaghetti & sauce with garlic toast, cookie and a drink for \$5.00

Friday, March 1st

Order forms due on Wednesday, February 28th



If you are not signed up for Edsby notifications please consider signing up! You will receive attendance notifications, information on classroom activities and can keep up to date with current events at the school!

If you are interested please contact the school for more information!

Bus Notifications

Please sign up for bus updates regarding late or cancelled buses!

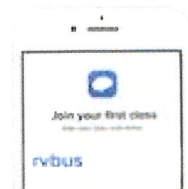


School bus info would like you to join Remind for updates about Riverside buses.

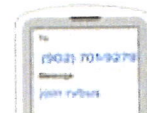
Remind is a free app that lets you communicate with your classroom right from your phone.

Get the free Remind app

1. Download the Remind app from  or 
2. Sign up for an account and enter the code **rvbus** to join Riverside buses.



Or, sign up for text updates

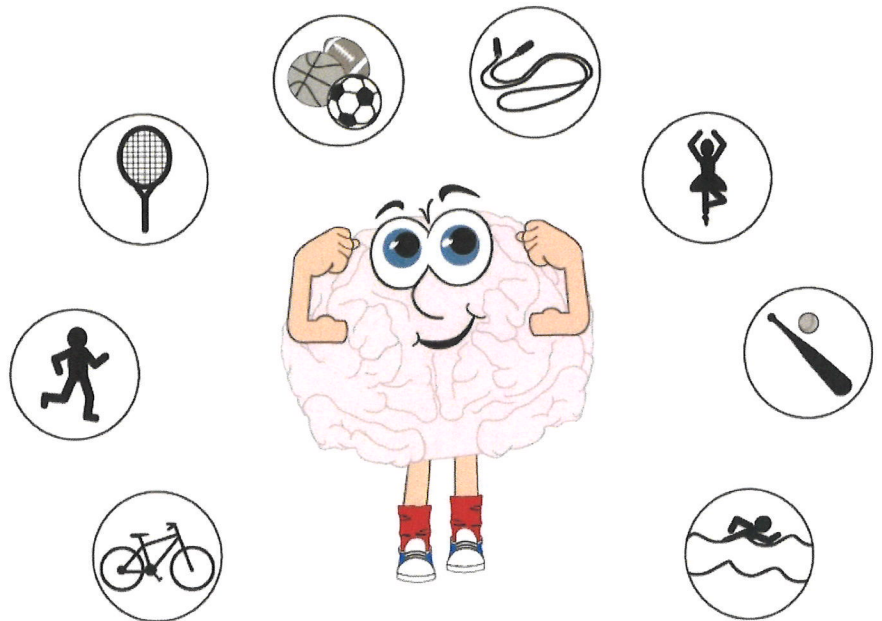


Text (902) 701-9279 with the words "join rvbus" to get updates from School bus info via text message.

Let's keep our brains healthy! Every month we will show you two ways you can help your brains be healthy, happy, and prepared for success!

Sleep. On average, school-aged kids need 10 hours of sleep each night. That number decreases to 8 as we enter adulthood. During that restful time, our brains “log off” and clean out toxins (that might lead to dementia), sort and file important learnings and memories, and clear the path for neurons to communicate with each other.

Don't believe it? Try depriving yourself of sleep and watch your ability to recall information, mood, and processing skills dwindle, while your risk of heart disease, high blood pressure, diabetes, and obesity increase. So snooze away and let your brain “reboot.” (National Institutes of Health)



Brain food. Not all foods are created equally, and some enhance brain function. The Cleveland Clinic lists foods that decrease likelihood of developing Alzheimer's, increase our ability to focus, improve memory, and maintain mental acuity. Some examples: coffee, blueberries, oily fish, walnuts, chia seeds, quinoa, veggies, spinach, brown rice, tomatoes... Interestingly, easily accessible, cheap foods with high fructose corn syrup and trans fat don't make the list – because they're extremely unhealthy. Go ahead, read the ingredients – they matter for your gray matter! (Cleveland Clinic)

Please note that our Family Literacy Night will be postponed to a later date.



Riverside Public School Family Literacy Night

Thursday February 8, 2024