



March 2024



Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 Lunch Sanctions NO Canteen Spaghetti meal postponed to Mar 5th	2
3	4	5 Spaghetti Meal	6 Clan Shirt Day Chip Sale \$2 Jigging 3:10-4:15	7	8 Ribbon Skirt/Shirt Day Canteen	9
10	11	12	13 Clan Shirt Day Chip Sale \$2 Jigging 3:10-4:15	14	15 No Classes Convention	16
17	18	19	20 Clan Shirt Day Chip Sale \$2 Jigging 3:10-4:15	21 Progress Conferences 3:10-8:00	22 Canteen (Poutine instead of Pizza Sale) Boston Pizza forms due	23
24	25	26 Boston Pizza Lunch	27 Clan Shirt Day Chip Sale \$2 Jigging 3:10-4:15	28	29 No Classes Good Friday	30
31	Apr 1	2	3	4	5	6
Easter Break - March 29 - April 7 Classes resume Mon, April 8						

School Hours

8:40 – 11:55

12:40 – 3:10

Attendance

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

Riverside Public School

March 2024



Parent/Teacher Progress Conferences

We are happy to let you know that we will be having our spring Parent-Teacher interviews on:

Thursday, March 21st from 3:10-8:10 p.m.

We will be sending out notes closer to the date as well as Edsby invites if you choose to book your interview that way.

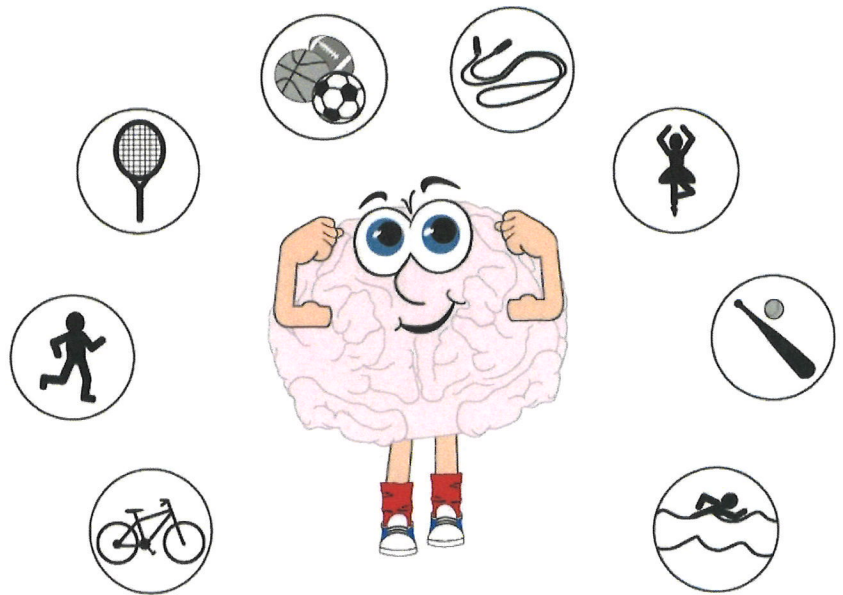
Please be prepared to answer a call from a blocked caller or unknown number if you will be choosing to have a phone interview as many of our teachers will be using their personal cell phones.

If you have any questions please contact us!

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!

Water. Fill 'er up! And drink up! Water, that is. Our brains are roughly three-quarters water, and intaking sufficient water hydrates, feeds, cleans, and helps our brains to be more efficient, increasing mental alertness, processing speed, clarity, and creativity. If you're thirsty, your lips are starting to chap, or your urine is dark yellow, you need to drink more water. And

caffeinated beverages actually dehydrate us, so for each cup of coffee, drink a cup of water. (UC Davis)



Exercise. It probably comes as no surprise that regular exercising is good for us. Not only does it build muscle and endurance and overall physical health, but regular exercising is shown to increase volume in the prefrontal cortex and medial temporal cortex – the parts of the brain that control thinking and memory. Exercising strengthens brain cells, facilitates the growth of new blood vessels in the brain, and can improve mood, sleep, and reduce stress and anxiety. Though the brain isn't a muscle, don't tell it that – it'll get stronger the more we exercise! (Harvard Medical School)

ATTENDANCE

in the early grades

Who Is Affected

Kindergarten and 1st grade classes often have absenteeism rates as high as those in high school. Many of these absences are excused, but they still add up to lost time in the classroom.

1 in 10 kids

in kindergarten and 1st grade are chronically absent. In some schools, it's as high as 1 in 4.¹



2 in 10

low-income kids miss too much school. They're also more likely to suffer academically.¹



2.5 in 10

homeless kids are chronically absent.²



4 in 10

transient kids miss too much school when families move.²

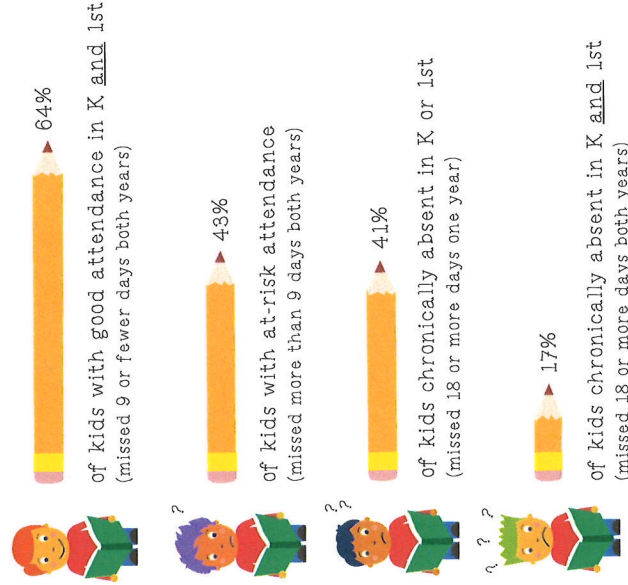


Why It Matters

If children don't show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers.

Preliminary data from a California study found that children who were chronically absent in kindergarten and 1st grade were far less likely to read proficiently at the end of 3rd grade.

Who Can Read on Grade Level After 3rd Grade?³



³ Attendance in Early Elementary Grades: Association with Student Characteristics, School Readiness and Third Grade Outcomes, Applied Survey Research, May 2011.

¹ Chang, Hedy, Romero, Marijose, Present, Engaged and Accounted For: The Critical Importance of Addressing Chronic Absence in the Early Grades, National Center for Children in Poverty, NY: NY, September 2008.

² Chronic Absence in Utah, Utah Education Policy Center at the University of Utah, 2012.

Many of our youngest students miss 10 percent of the school year—about 18 days a year or just two days every month. Chronic absenteeism in kindergarten, and even preK, can predict lower test scores, poor attendance and retention in later grades, especially if the problem persists for more than a year. Do you know how many young children are chronically absent in your school or community?

What We Can Do



Engage Families

Many parents and students don't realize how quickly early absences can add up to academic trouble. Community members and teachers can educate families and build a culture of attendance through early outreach, incentives and attention to data.



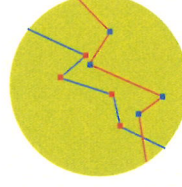
Fix Transportation

The lack of a reliable car, or simply missing the school bus, can mean some students don't make it to class. Schools, transit agencies and community partners can organize car pools, supply bus passes or find other ways to get kids to school.



Address Health Needs

Health concerns, particularly asthma and dental problems, are among the leading reasons students miss school in the early grades. Schools and medical professionals can work together to give children and families health care and advice.



Track the Right Data

Schools too often overlook chronic absence because they track average attendance or unexcused absences, not how many kids miss too many days for any reason. Attendance Works has free data-tracking tools.

These are a few steps that communities and schools can take. How do you think you can help?