

April 2024

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <i>Good Food Box orders due</i>	3	4	5	6
Easter Break March 29 - April 7						
7	8	9	10 <i>Clan Shirt Day</i> <i>Pizza Kit Fundraiser orders OPEN</i> <i>Good Food Box Delivery</i> <i>Jigging 3:10 - 4:15</i>	11	12	13
					<i>Canteen</i>	
14	15	16 <i>Good Food Box order due</i>	17 <i>Clan Shirt Day</i>	18	19	20
					<i>Canteen</i>	
21	22 <i>PLC</i> <i>No Classes</i>	23	24 <i>Clan Shirt Day</i> <i>Good Food Box Delivery</i>	25	26	27
					<i>Canteen</i> <i>Last day to order Pizza Kit Fundraiser (by noon)</i>	
28	29	30 <i>Spring Basket Draw</i>	<i>May 1</i> <i>Clan Shirt Day</i>	2	3	4
					<i>Canteen</i>	
			<i>Jigging 3:10 - 4:15</i>			

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

April 2024



Dear Riverside Families,

We wish you a restful and refreshing Spring Break from May 29-April 8.

In the face of challenging weather and illness, our teachers, families and students have persisted to keep learning and engaged! We appreciate everyone's hard work and commitment to our school community. Thank you, thank you!

When school resumes on Monday, April 8th we will be having fun and working hard to learn as much as we can before the summer holidays (which will be here before we know it)!

As long as your student is healthy, please send your child to school each and every day. If you have questions about your student coming to school due to a health or mental health concern, or your family needs support, please contact:

- Riverside Social Worker (Ms. Laura)
- Riverside Mentors (Mr. Gus, Ms. Tracy, or Ms. Jody)
- Riverside Admin Team (Ms. Tretiak, Mrs. Gunville, Mrs. White)

Every day of school is an important opportunity for students to learn and connect to peers and their teachers.

Until then, have a wonderful Spring Break!

Thank you,

Leanne Tretiak, Principal

Clothing Giveaway

The Salvation Army will be having a clothing giveaway on

Saturday, April 6th from 10:00 a.m. to 12:00 p.m.

To donate items please call 306-763-6078



The Riverside School Community Council is hosting a Little Caesar's Pizza Kit Fundraiser to help expand our Riverside Playground!



Orders will be taken between April 10th – April 26th at noon.

We will be sending an online link out through Edsby or you may come to the office with cash to place your order.

Kits will range in price from \$26 - \$31 (depending on pizza type)

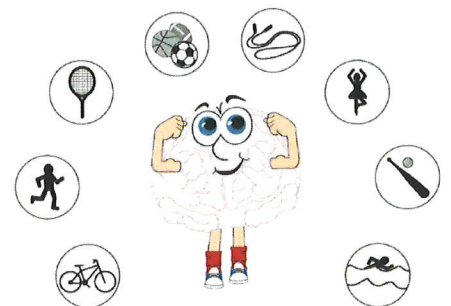
Pizza kits will be delivered May 13th to the school to be picked up.

Riverside will get \$6 dollar profit for each kit ordered!

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!

Breathe. Engaging in deep, controlled breathing exercises (such as pranayama breathing, typically used in yoga, meditation, and mindfulness approaches) can help calm the brain, affecting oxygen consumption and metabolism. This decreases the likelihood of psychological or stress-related disorders, increases the brain's information processing functions, augments concentration, and puts us in a better mood. The key here? Breathing is an involuntary action; by becoming metacognitively aware of it and controlling it, we can gain significant benefits. (University of New Mexico)

Teamwork. Brains, like many animals, thrive in the company of similar creatures. In this case, other brains. It seems that when we work together, cooperating in an attempt to achieve a common goal, our brains tend to get "in sync" with one another. Not only that, they release oxytocin, the feel-good neurochemical that is released when we eat chocolate, share a first kiss, or find out we're the 9th caller to our favorite radio station, winning that amazing trip to Vegas! So go ahead and team up, link arms and brains, and win the day...together! (Science Daily)



Gr. 4 Fundraising



We will be having a spring basket draw on Tuesday, April 30th
Tickets will be sold throughout the month of April for \$1 per ticket

Blooms & Buds Early Learning and Child Care Centre

We are thrilled about expanding our program to Riverside School. Blooms and Buds has provided quality Early Learning programs to Prince Albert since we opened our First Centre in August of 2000.

We currently have Early Learning programs in Carlton Comprehensive High School, Arthur Pechey School, and Mont St. Joseph Home.

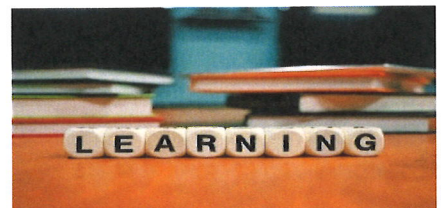
Bloom & Buds will be opening thirty-six spaces in the fall of 2024. Any families interested in being placed on the wait list can email bbwaitlist@sasktel, please reference the Riverside location.

Blooms will be accepting children ages 18 months to 5 years.

Fees for our program are \$217.50 for all age groups.

Blooms will also offer a before and after-school program as well.

Samantha Simmonds, Executive Director
Blooms & Buds Early Learning and Child Care



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WAYS TO STAY SAFE TRAVELING TO AND FROM SCHOOL

1

Recognize Safe Adults

Teach your children to recognize safe adults such as teachers, staff, and other parents to go to if they need help. Remind them not to accept gifts or go anywhere with someone they do not know.

2

Walk in a Group

Encourage your child to walk or bike to school with friends or in groups. There is safety in numbers. Consider organizing a walking school bus for younger students.

3

Traffic Safety

Remind your child to follow all traffic rules. Use designated crosswalks, obey traffic signals, and never dash out onto the street. Be alert in parking lots and around vehicles. If your child has their license please remind them to put their cell phones away while driving.

4

Bullying Prevention

Encourage your child to talk to you or a trusted adult if they feel they are being bullied or witness bullying. Talk to them about the importance of reporting such incidents to school staff as soon as possible when appropriate.

