

# May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Clan Shirt Day</i>  <i>Jigging 3:10-4:15</i>	2	3  <i>Canteen</i>	4
5	6	7  <i>Good Food Box orders due</i>	8 <i>Clan Shirt Day</i>  <i>Jigging 3:10-4:15</i>	9	10  <i>Canteen</i>	11
12	13	14	15 <i>Clan Shirt Day</i>  <i>Good Food Box delivery</i>	16	17  <i>Canteen</i>	18
Little Caesars fundraising orders will be delivered to Riverside sometime between the 13th - 17th						
19	20 <i>Victoria Day</i> <i>No Classes</i>	21  <i>Good Food Box orders due</i>	22 <i>Clan Shirt Day</i>  <i>Jigging 3:10-4:15</i>	23	24  <i>Canteen</i>	25
26	27	28	29 <i>Clan Shirt Day</i>  <i>Culture Camp Day</i>  <i>Good Food Box delivery</i>  <i>Jigging 3:10-4:15</i>	30	31  <i>Canteen</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

## May 2024



### **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](mailto: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



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!

**Challenge.** This one seems like a no-brainer, haha. When you put your brain to the test – that is, learn a new skill, vary your routines, or engage in some rigorous research – you may in fact spur neuronal plasticity, which prompts the growth of new brain cells, creates new connections, and generally protects against cognitive decline. So there's a good reason to learn the mamba, brush your teeth with the opposite hand, take a foreign-language class, or join a book club. Just like a muscle, these mental workouts will strengthen your brain's performance. (Harvard Medical School)

**Limit screen time.** Interested in developing your peripheral vision (which augments spatial learning, navigation, integration of information, and connections)? How about decreasing loneliness and depression? Want to sleep better? Increase mental acuity? The research in this category is still evolving (because let's face it – screens have become ubiquitous and our lives with them are evolving), though the preliminary consensus is that excessive recreational screen-time impacts all the above. General guidelines offer an upper range of 1-2 hours per day, max. And none right before bed! (American Academy of Pediatrics)

