

2023-2024 Dates to Remember

Please note that some event dates are subject to change

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 / Day 3	2
3	4 / Day 4	5 / Day 5	6 / Day 6	7 / Day 1	8 / Day 2	9
10	11 / Day 3	12 / Day 4	13 / Day 5	14 / Day 6	15 / Day 1 Non-Instructional	16
17	18 / Day 2	19 / Day 3	20 / Day 4	21 / Day 5	22 / Day 6 Last Day of School	23
24	25 Spring Break Starts	26	27	28	29 / Good Friday Spring Break Ends	30
31						

March

6 Grade 4 swimming
11 Concours d'art oratoire
12 Report cards go home
13 Grade 4 swimming
14 Student Led Conferences 4:00 - 7:00 p.m.
15 Non-instructional - Student Led Conferences 9:00 a.m. - 3:30 p.m.
20 ERSPAC Meeting 6:30 – 8:00 p.m., MPR
22 Last Day of School before break
25 - 29 Spring Break

***Please see following page for important choir & Music Festival dates**

April

1 School reopens
10 International Day of Pink
17 ERSPAC Meeting 6:30 – 8:00 p.m., MPR
19 Non-instructional - No school
22 Bus Ridership AM

May

6 Non-instructional - No school
15 ERSPAC Meeting 6:30 – 8:00 p.m., MPR
13 - 17 Mobile Vision Clinic
20 Victoria Day
31 ERSPAC Walk-A-Thon Fundraiser

June

14 Non-instructional - No school
20 Rm 103 Year End Celebration
21 Rm 105 Year End Celebration
27 Reports go home
26 Grade 6 farewell
28 Last day of classes

WINNIPEG MUSIC FESTIVAL 2024

Our **Intermediate Choir, Senior Choir, Grades 4-6 KC Junction Extra-Curricular Choir and the Grade 6 Chamber Choir** will be performing at the Winnipeg Music Festival in March. Performance dates, times and venues are as follows:

March 5, 2024 **Grades 4-6 KC Junction Choir**

10:00 a.m. 2nd on the program *

Dress: black/ dark bottoms (not provided); choir shirt (provided)

Venue: Portage Avenue Church (1420 Portage Avenue)

March 6, 2024 **Grade 6 Chamber Choir**

10:00 a.m. 3rd on the program *

Dress: costumes (provided)

Venue: Portage Avenue Church (1420 Portage Avenue)

March 8, 2024 **Riverview Senior Choir**

ALL Students in rooms 301, 304, 307, 308, 310

12:30 p.m. 2nd on the programme *

We will eat lunch at school prior to leaving. **Students need to bring a lunch.**

THERE WILL BE NO HOT LUNCH FOR THESES CLASSES

If you have pre-purchased hot lunch, you need to cancel it online

Dress: black/ dark bottoms (not provided) ; choir shirt (provided)

Venue: Portage Avenue Church (1420 Portage Avenue)

March 8, 2024 **Riverview Intermediate Choir**

ALL Students in rooms 208, 209, 309, 311

12:30 p.m. 4th on the programme *

We will eat lunch at school prior to leaving. **Students need to bring a lunch.**

THERE WILL BE NO HOT LUNCH FOR THESES CLASSES

If you have pre-purchased hot lunch, you need to cancel it online

Dress: black/ dark bottoms and plain white shirt (not provided); choir V (provided)

Venue: Portage Avenue Church (1420 Portage Avenue)

*** Please note that** programme order is subject to change (other competitors may be late or withdraw). It is always best to **come at the start of the session** to avoid disappointment.

Parents and friends are most welcome to attend our performances.

There is an admission charge of \$5.00 (cash only) for all **audience members** over 12 years of age.

ÉCOLE RIVERVIEW SCHOOL PARENT ADVISORY COUNCIL

GLENLEA GREENHOUSES

****Last day to order is April 25!****

(Delivery will be the week of May 24)



How to Order

Visit <https://glenleagreenhouses.com/>

1. Select Shop Tab, and choose '**Fundraiser - All Products**' from drop down to get started.
2. Shop & add items to your Cart. When ready, click on your Cart and select '**to support and pick up at fundraiser group**' from the buttons below your cart list.
3. Select from the Fundraiser Group drop down menu: **École Riverview School (ERSPAC)**.
4. Under **Name of Seller** input the individual's name for the order (person ordering or picking up)
5. **Check the Checkbox** to confirm all the information in the above fields are correct and '**click check out & pay**'.
6. Input your email, name & address followed by your preferred payment method



You will receive an email confirmation of your order with confirmation of ERSPAC Fundraiser Pick up date as May 24. If you cannot find this confirmation in your inbox, please check your spam folder for a copy of your confirmation.

PURDY'S CHOCOLATES

****Last day to order is March 10!****

(Delivery will be the week of March 18)

To place your order:

1. Go to our fundraising website:
<https://fundraising.purdys.com/1921403-114888>
2. Enter your email address, click "Join Campaign"
3. Click " Shop online" and shop away!

UPCOMING EVENTS

RIVERVIEW RACCOONS APPAREL

Did you miss your chance for winter orders? You're in luck! Spring apparel orders will be accepted at the end of April with delivery expected in early-mid June. Watch your email and the Facebook page for more info shortly.

WALK-A-THON

Lace up your shoes May 31st for the ERSPAC Walk-a-Thon. Walkers will be encouraged to find supporters to pledge their walk. Reach out to erspac@gmail.com if you are interested in volunteering.

GRADE 6 GRAD COMMITTEE CALL OUT

Planning for the Grade 6 grad is starting soon. If you're interested in lending a hand, please email erspac@gmail.com!

WE'RE ON FACEBOOK

Join the "École Riverview School Families" Facebook page and never miss an update.



NEXT ERSPAC MEETING

Wednesday March 20th, 2024 | 6:30 p.m., Multi-Purpose Room





MARCH EVENTS

Visit riverviewcc.ca for details

Spring Sports
Registrations are open!
Basketball, baseball,
softball, and soccer



March 8: Lego Swap
Trade your Lego, participate
in challenges and put your
imagination to work!

March 22: Pokemon Night
Pokémon battles, trading and
trivia! Perfect for Pokémon
enthusiasts of all levels!
\$5 at the door for all the fun!



**March 15:
Leo Movie Night**
Doors at 6pm, movie at 6:30pm



Hello École Riverview Families!

We are currently looking to fill multiple daily supervisor positions. Volunteers are also welcome! This is an excellent way to get involved and get to know the kids and our school!

Please contact us to get involved and join our team!

IMPORTANT REMINDERS:

If your child has permission to leave the school during the lunch hour, you must email the LP Director at directorerslp@gmail.com before 11 am, and your child must sign out in the LP office with Ms. Jenn before leaving the school.

ALLERGIES: All NUTS, FISH or SEAFOOD of any kind, and BANANAS are NOT PERMITTED in the Lunch Program.

RECESS: Please ensure your student is appropriately dressed for the weather. We are outside for 25 mins, and we want to make sure our students stay warm and dry!

CONTACT US:

For daily attendance or questions, please email the Lunch Program Director at : directorerslp@gmail.com

For registration info, financial matters, donations, employment and/or volunteer opportunities, and general LP operations, please email : riverviewlunchprogram@gmail.com.

What's going on around the school !

Ce qui se passe autour de l'école !



The students in **room 103** had a very busy month of February! We celebrated our 100th day of school with some fun math games and activities. We also enjoyed dressing up as voyageurs and eating some delicious bannock for Le Festival du Voyageur.



Monsieur Matt hosted a Black History Month workshop with his father, Monsieur Agoli, a retired teacher and a former professor at the University of Saint Boniface. His presentation explored his African culture and heritage. A small interactive gallery was displayed in Room 106 for students to explore and many wonderful stories were shared.

PANCAKES !!!

MINI GOLF WITH 304



FAMILY READING DAY MOMENTS



École Riverview School Pow Wow Circle

École Riverview School is inviting students to join an after school Pow Wow Circle. Pow Wow is a celebration of Indigenous culture and a gathering for the purpose of dancing, singing and honoring the traditions of the ancestors. Pow Wow Club is open to any student who is interested in learning about Indigenous culture and teachings through traditional dance. The Pow Wow Circle will run on Wednesdays from January-June (3:30-5:00 p.m.).

For more information:

Ms. Nikky Jablonowski, N-K teacher.
njablonowski@wsd1.org
204-284-5983

Cinzia Caputo, Principal.
ccaputo@wsd1.org
204-284-5983



LUNDI

MARDI

MERCREDI

JEUDI

VENREDI

SAMEDI

DIMANCHE



4 Remarque comment tu te parles et choisis d'utiliser des mots gentils



5 Pense à des personnes que tu aimes et envoies leur de l'amour



6 Si tu te sens pressé.e, fais l'effort de ralentir



7 Prends trois respirations calmes à intervalles réguliers pendant la journée

11 Reste présent.e en buvant ta tasse de thé ou de café

12 Ecoute pleinement quelqu'un et entends vraiment ce qu'il/elle dit

13 Arrête-toi pour regarder le ciel ou les nuages pendant quelques minutes aujourd'hui

14 Trouve des façons d'apprécier ce que tu dois faire y compris les corvées

18 Organise une journée "sans rien de prévu" et remarque comment tu te sens

19 Cultive le sentiment de bienveillance et de gentillesse envers les autres aujourd'hui

20 Concentre-toi sur ce qui te rend et ce qui rend les autres heureux aujourd'hui

21 Ecoute un morceau de musique sans rien faire d'autre

22 Remarque quelque chose qui se passe bien, même si aujourd'hui c'est difficile

23 Ecoute tes sentiments, sans juger ni essayer de les changer

24 Apprécie tes mains et toutes les choses qu'elles te permettent de faire

25 Concentre-toi sur les bonnes choses que tu considères acquises

26 Prend la décision de passer moins de temps avec les écrans aujourd'hui

27 Apprécie la nature autour de toi, où que tu sois

28 Remarque quand tu es fatigué.e et fais une pause dès que possible

29 Choisis un autre chemin aujourd'hui et vois ce que tu remarques

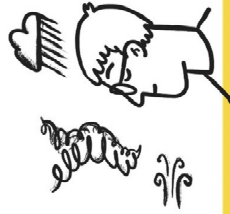
30 Fais un scan mental de ton corps et remarque ce qu'il ressent

31 Découvre la joie dans les choses simples de la vie



Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

TUESDAY



5 Bring to mind people you care about and send love to them

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

THURSDAY



7 Take three calm breaths at regular intervals during your day

FRIDAY

1 Set an intention to live with awareness and kindness

SATURDAY

2 Notice three things you find beautiful in the outside world

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted



Happier · Kinder · Together

ACTION FOR HAPPINESS

