Rich Valley School

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Newsletter for May 30, 2025

June – REMINDERS

June 2 – Gr. 7 Orientation @ OJSHS
June 3 – School Council Meeting @ 2 pm at RVS
June 9 – Last day for AR
June 10 – Gr. 4 Pond Study Field Trip
June 11 – Hot dog day
June 12 – Gr. 2's Field Trip to Alberta Beach Museum
June 13 – AR Pizza lunch, Last day for Library
June 14 – AR Lunch out
June 18 – Hot dog day
June 19 – Gr. 7 Activate/Golf/Pizza & Movie
June 20 – Gr. 6 Pat Test L.A. Part B
June 23 – Track & Fun Day, Taco in a Bag lunch, Gr. 7 Indigenous Day at OJSHS
June 24 – Gr. 6 Math Pat Test Part A, Volunteer Appreciation Lunch, Talent Show
June 25 – Gr. 6 Math Pat Test Part B, Celebration of Learning (AM), Gr. 7 Farewell From 12 to 12:30 with BBQ Lunch to follow
June 26 – Last Day for Students, Year end activities, Pizza Lunch & Movie

Principal's Message:

What a whirlwind May was, especially the last couple of weeks! It was another packed month. A huge thanks to our School Council members for cooking hot dogs and providing the ever-popular Taco in a Bag. Many students showed their support for Hats on for Mental Health, and our Grade 1 and 2 moms enjoyed a lovely Mother's Day craft and tea. The Free Ice Cream Social was a hit, even with the cooler weather! Our Read-a-thon kept us busy all month, featuring a special visit from illustrator Ash Cooper. We had an amazing school-wide field trip to the beautiful U of A Botanic Gardens. Our Grade 7s truly shined at the GCAA Track Meet, with Payton S. and Nash advancing to Zones! The Grade 6s had a fantastic two days at Camp Warwa, and the Grade 1 and 3 classes enjoyed the Onoway Museum.
June promises to be just as busy! Here's a peek at what's coming up: Grade 7 Orientation at Onoway Jr/Sr High, Grade 4 pond study, Hat and Shade Day, a Grade 2 field trip to the Alberta Beach Museum, Kindergarten field trip to Barrhead, Grade 7 trip to Activate followed by mini-golf and a pizza party, Provincial Achievement Tests for Grade 6, Track and Fun Day, Volunteer Appreciation Lunch and Talent Show, Celebrations of Learning, Grade 7 Farewell and BBQ, and of course, last day of school activities. Phew! Don't forget, the next School Council and Enhancement Society meeting is Tuesday, June 3rd at 2 PM at the school.

Have a great weekend!!!

Rod Peterson

Rich Valley School

Kindergarten News

May 29, 2025

Special Dates:

June 4– Hat & Shades Day

June 11– Free Hot Dogs

June 12– Barrhead Field Trip

June 18– Hot Dog Day

June 19– **NO KINDERGARTEN**

June 23– **KINDERGARTEN DAY! -** Track and Fun Day (taco in a bag)

June 24– Talent Show. 1:00

June 25– Celebration of learning (awards day), BBQ Lunch

June 26– Last Day, movie and pizza

More information on the field trip and celebration of learning will be sent home shortly!

Literacy & Math

In Literacy this month, the kindergarten class almost finished up learning about the last few letters of the alphabet! The final few letters to be studied are Q and Z. For the remainder of the year the class will continue to practice naming the letters and identifying the corresponding letter sound. These skills will be practiced and reviewed in a variety of ways, such as classroom games, online games, stories, pictures, puzzles, etc.

This month, we also learned a few more sight words. Students will continue to learn some more sight words to better prepare them for grade one!

In June, students will also start to listen for syllables in words Students should be able to clap their name and tell how many syllables they have. This skill will be continued to work on and expanded into recognizing syllables in other words.

The kindergarten class is also working on producing words in a word family. So if the family is at, they can produce and read words such as mat, cat, sat, etc. We will continue with other word families in the month of June.

In Math, we are still working on counting objects to ten (some beyond), identifying numerals to ten, and subitizing. The students count to 20 on a daily basis and also practice counting backwards from various starting points. They also practice saying/reading their phone numbers on a daily basis. Some students have now memorized their phone numbers and can recite them when asked.

For the month of June, kindergarten will be working on a small shapes and measurement unit as well as, reviewing all aspects of numbers to ten.

Miss Suitor's May Newsletter

Language Arts/ Daily 5

The grade one's are working on writing multiple sentences using conjunction words. They are provided a sentence starter and create their own sentence using the sight words and personal dictionaries. We have also been learning about how we can use our 5 main senses to add detail within our writing!

Math

The Grade Ones are continuing to work on developing strategies to solve addition and subtraction math problems. We just wrapped up our Geometry Unit as well, learning the names of 3-Dimensional shapes, we also discussed the symmetry of shapes. We even made symmetry monsters together using paint and folded paper!

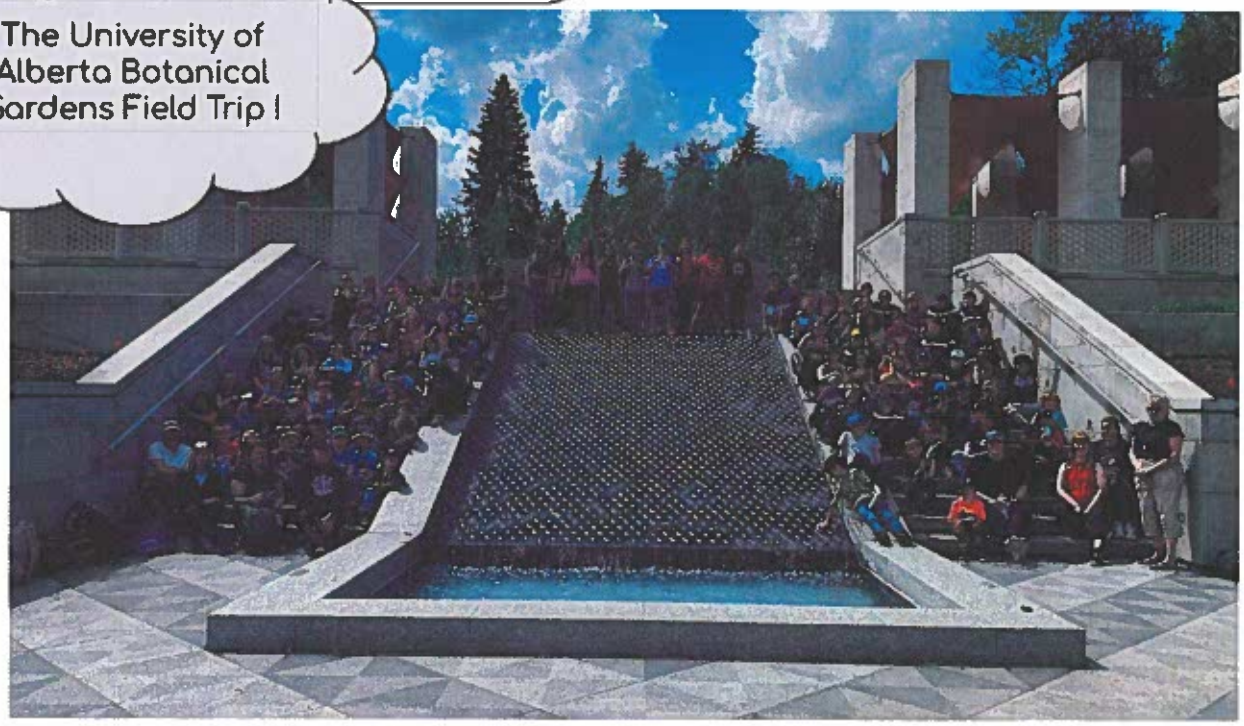
Social

In Social Studies, we are continuing to comparing the past, present and future. We are reading stories where older generations reflect on their past.

Science

In science the Grade Ones are continuing to learn about living and nonliving things in the environment and how they interact.

The University of Alberta Botanical Gardens Field Trip !



Mrs. Zolmer

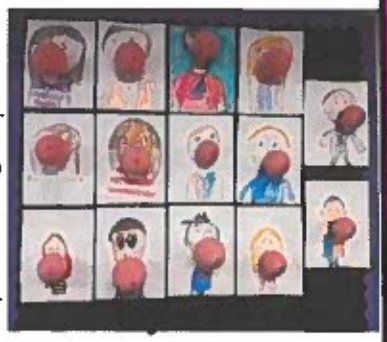
May 30th, 2025

Grade 2 News

Language Arts and Science

This month in Language Arts, students engaged in a structured fairytale writing unit. They began by learning the essential components of an effective story introduction and composed their own beginnings based on specific guidelines. Following this, they explored the elements that make up the middle of a story and integrated this section into their work. Finally, students studied how to craft a compelling ending and completed their narratives accordingly. As a culminating activity, each student wrote a complete fairytale that featured a castle, applying all they had learned. Many of the final pieces demonstrated not only a strong understanding of fairytale conventions but also skillful incorporation of previously taught writing techniques.

In Science, students began the month by exploring Earth Systems, where they studied the Earth's structure, landforms, bodies of water, and its relationship to the sun. They have since transitioned into the Living Systems unit, which began with an engaging field trip to the University of Alberta Botanical Gardens in Devon. During the visit, students investigated insects in their natural habitats and discussed the various species they encountered. Following lunch, students were divided into groups and, with the support of our parent volunteers, continued exploring the gardens, deepening their understanding of living organisms and ecosystems.



Bubble Gum Art

Special points of interest:

- June 3rd- School Council Meeting @ 2:00 pm
- June 4th- Hat and Shade Day
- June 9th- Last day for AR
- June 11th- FREE Hot Dog Lunch
- June 12th- Gr.2- Alberta Beach Museum
- June 13th- AR Pizza lunch and last library day
- June 16th- AR Lunch Out
- June 17th- Career Dress-up Day
- June 18th- Hot Dog Day
- June 23rd- Track and Fun Day and Taco in a Bag
- June 24th- Volunteer Appreciation Lunch and Talent Show @ 1 pm
- June 25th- Celebration of Learning and Farewell BBQ to follow
- June 25th- Report Cards go Home
- June 26th- Last Day! Year End Activities, Pizza Lunch, and Movie

Art and Social Studies

This month in Art, students focused on creating self-portraits. As part of the process, they explored skin tones and practiced color matching to accurately represent themselves in their artwork. They put significant effort into capturing their own likenesses and personal details. To add a playful element to the project, students were instructed to depict themselves as if they were blowing a bubble with bubble gum. Before the portraits were displayed on the bulletin board, a balloon was attached to each mouth to enhance the visual effect and bring the artwork to life.

In Social Studies, students explored the community of Saskatoon and examined its connections to our own community of Rich Valley. To conclude the year, they will be engaging in a mini unit focused on mapping skills.

Grade 3/4 Classroom News

Friday May 30, 2025

Classroom and Language Arts Update

For the month of May students focused on writing. They worked on their final piece of narrative writing for the school year. For this writing students had to first fully develop a setting before starting their story planning. This fully developed setting must be where their story takes place, and the story must have a element of magic. Students came up with some interesting and exciting ideas for their stories, and worked hard to bring them to life.

They have also worked on poetry and figurative language. They covered Haiku, Cinquain, Acrostic, Alliteration, Simile, and Metaphor poems so far. Next up will be hyperbole, and Onomatopoeia. All of their poems will be made into a personal poetry book.

To finish the school year, students will complete a short unit on different forms of stories such as myths, legends, folk tales, tall tales, and Indigenous Storytelling.

Grade 4 Math Update

This month students worked on patterns and algebra. Within patterns they covered arithmetic patterns which included increasing and decreasing patterns. Then they moved onto geometric patterns which involve multiplication. Students demonstrated a good understanding of patterns and pattern rules.

In algebra students learned the differences between expressions and equations, how to solve for the variable, and order of operations.

For our last unit of the year students will be looking at measurement, which includes telling time, converting units, and measuring area.

Botanic Gardens Field Trip

We had a wonderful day at the U of A Botanic Gardens. Students learned interesting things about plants, and biomes, as well as explored the gardens! Thank you to all of the parents and volunteers who joined us!

Important Dates!

Hat and Shade Day
June 4

Grade 4 Pond Study
June 10

Track and Fun Day
June 23

Celebration of Learning
June 25

Last Day of School!
June 26

Thursday, May 29th, 2025

Grade 5/6 News!

Mrs Allen

IMPORTANT JUNE DATES:

P.A.T Language Arts Reading Comp.	20
Track & Fun Day	23
P.A.T. Math Part A	24
Talent Show PM	24
P.A.T. Math Part B	25
Celebration of Learning	25
Last day for students	26

L.A., Math, Health, Art, Music

Language Arts 5/6

The students are almost done their book clubs for the year. We have about 1/4 of our books left!

We will continue the remainder of the school year with membean vocabulary, writing (poetry), reading comprehension practice, and Raz-kids until the end of the year.

**** Gr. 6 PAT reading comp. is on Friday, June 20. ****

Math 5/6

The Grade 5s and 6s have completed their final units of the year and are creating board games for each unit we covered. They will play them and practice concepts that they may have forgotten from earlier in the year.

**** Gr. 6 Math PAT Part A is on Tuesday, June 24***

**** Math PAT Part B is on Wednesday, June 25. ****

Health, Art, Music

We finished our online internet safety booklet in Health, and are going on to Volunteering. Why is volunteering important and why should we do it?

We are working on images that are created by the words themselves, like a pickle created by the letters of pickle. Come and see our bulletin board if you'd like to see how they look!

The students have been creating their own music on sheets and playing their original songs. It has been beautiful to hear their creativity!

Notes to Parents:

- Please let your child know anytime over the next few weeks if you would like them to bring home old units to study for upcoming Provincial Achievement Tests.
- Please talk with your child about an at home study plan to prepare for upcoming tests. Students, ask yourself: where is a good spot to work? How long at a time should I work? How can I practice my skills?

Inside Story Headline

This story can fit 150-200 words.

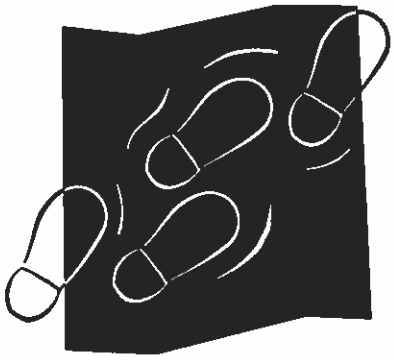
One benefit of using your newsletter as a promotional tool is that you can re-use content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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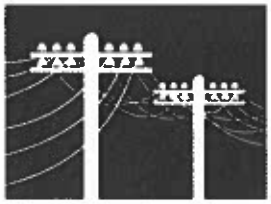


Caption describing picture or graphic.

Organization

Primary Business Address
Address Line 2
Address Line 3
Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Business Tagline or Motto

We're on the Web!
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

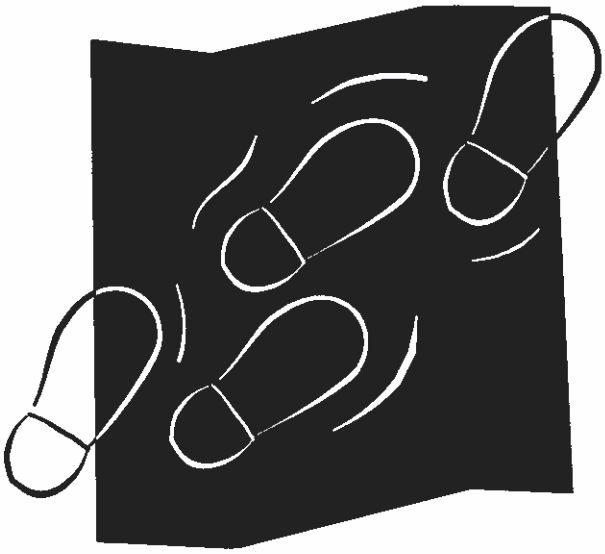
A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.

Gr. 7 - Mrs. Hill

Where did May go? It seemed to have flown by and as I write this newsletter, I'm reminded that "Time Flies When You Are Having Fun!" The fun started with our successful CTF week at OES with the other grade 7s from Darwell, Grasmere and OES. Creativity expressed, new skills learned and friendships forged are just a few of the positive takeaways from this .

In Science class, we kicked off our final unit, PLANTS, during the field trip to the U of A Botanical Gardens. It was a perfect day, weather wise and we walked through the forest, stopping at regular intervals to see, first hand, the trees in our temperate zone. Indoors, we visited the tropical and desert houses, again learning about the various plants native to those areas Now, we'll delve into what the textbook has for us.
In math, we wrapped up Data Management with our unit test this week and are now ready to begin our final chapter, GEOMETRY. This chapter is always lots of fun since we can take our studies outdoors.
In Social we are working toward 1867, CONFEDERATION, the shaping of our country. Videos, readings, group presentations are all part of the learnings used to teach the stories of the key people and events responsible for this important chapter in our country's history.
In LA, we are presently working on a Film Study and Journal writing assignment for the movie favourite, "The Princess Bride."

We now look forward to June .....
June 2 - Onoway Jr Sr High Orientation Tour
June 19 - Activate and Mini Golf Day Trip to Edmonton, supper and evening fun at Rich Valley
June 23 - Indigenous Day at OJSHS
June 24 - (afternoon) Talent Show
June 25 - Celebration of Learning, Grade 7 Farewell Ceremony and BBQ lunch
June 26 - Students' Last Day of Grade 7

Mrs. Wild's Grade 3s & 6s

The Devonian Botanical Gardens field trip was a blast! The Grade 6 class did a forest walk, and had the chance to explore the indoor biomes representing arid, temperate, and tropical biomes.

Grade 3 Math

The Grade 3 class has been working on geometry; learning about different angles and shapes. Next, they will be learning strategies to slide (translate), flip (reflect), and turn (rotate) shapes. This requires spatial visualization which comes easily to some students, but others find challenging!

Grade 3 Social

In Social, the Grade 3s have started to learn all about the country of Peru! They have studied the history of the country, including the Inca Empire and Spanish conquistadors. They have also learned about the geography of Peru and its regions. We have done a virtual tour of Machu Picchu, and completed a research project on the different rainforest animals you might find in Peru!

Grade 6 Science

The Grade 6s wrapped up the unit on Ecosystems, in which they studied how the biotic and abiotic factors interact within an ecosystem, and how various ecosystems contribute to a healthy environment. They have now started the Space unit, which they are very excited about!

The Connection Between Screen Time and Mental Health

Conversations around screen time and its impact reflect a widespread struggle for both children and adults in limiting electronic use. A Western University report highlights a direct correlation between increased screen time in children and symptoms of anxiety and depression including heightened worrying, social stress, fear of the unknown and a loss of interest in daily activities.

IS IT AN "ADDICTION"?

According to Today's Parent article updated on January 17, 2025, Signs of Screen Addiction in Kids, classic signs of addiction to screens have similar symptoms as addiction to substances for adults:

- Unable to control screen use
- Loss of interest in other activities
- It preoccupies their thoughts, conversations and behaviors
- Interferes with socializing in person
- Screen time interferes with activities with family or friends
- Usage causes serious family arguments
- They are deceptive about their screen usage
- Screens are used as a temporary mood booster or as an escape from boredom or challenging situations

When screens are removed or significantly limited, signs of withdrawal may look like: irritability, changes in mood, sleep difficulty, headaches, depression and anxiety

HEALTHY RELATIONSHIPS WITH MEDIA/TECHNOLOGY

When it comes to evaluating a child's use of screens, American Academy of Pediatrics created an easy to remember, age based tips referred to as the **5 C's of Media Use**:

1. **C**hild - Consider your child's personality and how screen time, gaming and social media influences them, if it supports their interests or worsen any challenges they may already be experiencing.
2. **C**ontent - Evaluate the quality of content your child consumes. Learn about what your child plays or watches or who they follow. Help them think about the amount of violence, role-modelling, unrealistic standard or commercialism they are interacting with. Common Sense Media is a great resource for information about videos and games.
3. **C**alm - Recognize if screens are a primary coping tool to manage strong emotions and sleep. If screens, games, social media becomes the main go-to strategy, talk to friends, pediatricians, therapists or other supports to learn how to calm their brains and bodies down.
4. **C**rowding Out - Are screens crowding out other things your family cares about? Rather than just focusing on reducing screen time, discuss and implement what your family could or should do instead: more quality family time, visiting others, sleep, time outdoors, playing with pets, starting a new hobby. Help your child understand screen time has

"hooks" that are designed to keep all of us online as long as possible. Create a realistic, concrete plan about where and when to use screens every day.

5. Communication - Talk about screen time (games, videos, social media) early and often. By building digital literacy you will be able to identify when your child or teen is struggling.

REALISTIC STRATEGIES TO MANAGE SCREEN TIME

- Be aware of **guidelines** and **research** on connection between screen time and children's mental wellness
- Monitor screen time exposure so you and your child are aware of **exactly how much time** is spent on electronics
- Establish **screen-free zones** in your home, especially bedrooms
- Schedule **screen-free times**. Particularly at family meal times and before bedtime
- Identify the apps and websites that are **used the most and reflect on why** they are the most commonly used
- Look for **patterns** of usage: before bed, weekends and plan for alternative activities to change the habit
- Set **screen time caps** and then begin limiting screen time gradually
- Schedule **internet downtimes** in your home simply by unplugging the router
- **Turn off notifications** that trigger phone checks
- Utilize a **Family Media Use Plan** to include everyone in the decision making process
- **Model the behavior** you want to see in children

As a mother of four children, I understand the constant battle with screen time. It can seem drastic to restrict electronics excessively, but if a child is struggling, it is necessary to allow their nervous system to return to a more natural state of calm and foster resilience.

This article was written by Tammy Charko BA, BSW, RSW. She is the Division Social Worker for Northern Gateway Public Schools and supports and advocates for students and families to promote wellness and success in school. Tammy has been a Registered Social Worker for more than 25 years and is a mother to 4 children; 1 in high school and 3 in university.