



The TIMBERWOLF HOWL

Principal Message

Happy Thanksgiving! Fall is an excellent time of year to get outside and enjoy the beauty of nature. As fall approaches, we encourage students to wear layers of clothing as the temperatures change throughout the day so that students can enjoy their time outside during breaks.

Students are adjusting nicely to new school routines. We had a school assembly on the first day of school and welcomed many new students. We also enjoyed hosting our Open Houses at RIV and MCT, with many parents and guardians touring the schools and meeting teachers.

Schools participated in our annual Terry Fox Run on September 22nd. RHS hosted grade 7 and 8 students in the afternoon, where they participated in games and a Colour Run. Students enjoyed having their T-shirts sprayed with wet paint! A special thank you to those who donated to the Terry Fox Run.

We hosted a School Council Meeting on September 19th at RIV school. We continue to look for more members as we have now amalgamated the RIV School Council with the MCT School Council. Parents/guardians and other members of our school community are encouraged to join the School Council to improve student achievement and school performance. Please contact Mrs. Beckett and/or Mrs. Osadchuk if you have any questions about joining.

Our students participated in the Junior and Intermediate Soccer Tournaments in Emo on September 26th and 27th. Fun times were had by all, and we thank the staff at Donald Young School for hosting the annual event.

Orange Shirt Day was celebrated on September 29th. RIV School hosted MCT students and Laura Horton, who spoke about the importance of Orange Shirt Day with our students. All Students wore Orange T-shirts, and MCT students, who tie-dyed their T-shirts, wore them to RIV school on their field trip.

We wish you a happy holiday weekend and thank our staff, students, and school community for your flexibility, patience, and ongoing support.

Mrs. Beckett and Mrs. Osadchuk



Upcoming Dates

Thanksgiving Day Holiday	OCT 09
Parent Council @ Riverview 4PM	OCT 16
Dental Screening / Varnish	OCT 17
PA Day	OCT 27
Progress Reports Go Home	NOV 14
PA Day	NOV 27
Christmas Holidays	DEC 25
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Student Attendance

Regular attendance is very important—a student's over-all growth increases significantly over time when they attend regularly and have strong connections to all aspects of classroom and school learning. Research demonstrates there is a powerful link between successful learning and regular school attendance.

Special points of interest

- Simply text your child (s) name, your name and the reason your child is absent anytime before 9:15am to 807-271-2622
- Mrs. Everden can be reached until 11:30am in the office, or by email to terri.everden@rrdsb.com



Initiative Character Trait



I will recognize what needs to be done and do it, without prompting from others.

What is Initiative?

Taking initiative is the power or opportunity to act independently with a fresh approach before others do. Initiative is when we act without being prompted by others. We are eager to do what needs to be done without having to be told to do it. We take the first step towards the achievement of a goal.

Halloween Safety Tips

Keep Halloween fun and safe by remembering the following:

- ◆ Costumes should be light-colored with reflective strips
- ◆ Children must keep away from open fires and candles (costumes can be extremely flammable)
- ◆ Costumes should be short enough to avoid tripping
- ◆ Use face paint rather than masks or things that will cover the eyes
- ◆ Remind children to walk on sidewalks, not in the street
- ◆ Trick-or-treat along one side of the street first and then the other
- ◆ Bring along a flashlight
- ◆ Visit homes that have the porch light on
- ◆ Remind children not to eat their treats and goodies until they are examined by an adult at home.



WITH CARE: Identifying Mental Health Concerns



Emotional and behavioural difficulties can arise at any time and affect anyone. It is important to consider the signs that could indicate that your child is struggling with an emerging or escalating mental health problem. Identifying problems early, and providing caring support, goes a long way toward prevention and/or worsening of difficulties.

When problems arise, parents can help their child manage temporary distress in healthy ways by:

- practicing calming activities with them, like breathing exercises or mindfulness activities
- model gratitude for the positive things that happen every day
- establish routines that are easy to follow and include time for fun, connection, and rest
- engage in physical activities – get outside in nature and exercise

If your child does not seem to be improving with the actions you have tried, and if you are still feeling worried about their well-being, it might be time to reach out for more help. As a reminder, all schools within the Rainy River District School Board have an assigned Child and Youth Mental Health Clinician who works exclusively in the school and can provide short-term counselling services. For more information, contact your school Principal.

Check out this tip sheet from School Mental Health Ontario:

<https://smho-smso.ca/wp-content/uploads/2021/05/Tip-Sheet-How-Do-You-Know-If-You-Should-Be-Concerned.pdf>



Educating the HEART and MIND of every child – today and tomorrow.

Principal - Kari-Lynn Beckett

Vice Principal - Donna Osadchuk