



The TIMBERWOLF HOWL

Principal Message

Welcome Back!

We would like to wish a warm welcome back to all students and their families! It has been a fantastic start to a new school year with many new faces and also many familiar faces at our school.

We welcome our new K-2 Teacher, Anna Demchuk, as well as returning staff, Colleen Slight, Librarian/Speech and Language, Sonia Asselin, Educational Assistant and Terri Everden, School Secretary, as well as Nancy Gate, our caretaker. Our returning administration team consists of myself, Kari-Lynn Beckett, Principal of Riverview/McCrossonTovell and Donna Osadchuk, Vice-Principal, Rainy River High School, Riverview/McCrosson Tovell Schools.

We have been busy preparing our school and classrooms to provide a safe and inviting learning environment for everyone. Please feel free to contact us with any questions or concerns. We value your input and are looking forward to a great new year!

Mrs. Beckett & Mrs. Osadchuk

Upcoming Dates

School Student Photos	SEP 19
Terry Fox Run	SEP 22
Open House	SEP 27
Orange Shirt Day	SEP 29
Thanksgiving Day Holiday	OCT 09
Dental Screening / Varnish	OCT 17
PA Day	OCT 27

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.

Student Registration

Please come by the office any morning to register your child(ren). If this option is not available to you, or someone you please email terri.everden@rrdsb.com and we will start the online registration process.

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

Student Verification Forms



These forms are very important as it updates all of your contact information and those of who have access to your child(ren). It also provides consent for students to have their photos taken. As school pictures are taken at the beginning of the school year, schools must receive this consent.

The verification form can be completed using the PowerSchool Parent Portal or by filling in and signing the paper copy. If you need help creating an account on the portal, please contact the school office.

School Bus Safety



National School Bus Safety Week is October 17-21, 2022. This year's theme will be "Bus + Driver = Big Impact on Education".

The Rainy River District Transportation Services Consortium (RRDTSC) will be reaching out to schools to allow them to schedule their classes for a chance to

receive safety training surrounding the school bus.

This is a great opportunity for everyone to receive the necessary education on school bus safety practices, as not all students are bus students, and training/education may come into play should an emergency arise during a school field trip etc.

RRDTSC will also be holding their Annual School Bus Safety Poster contest during this time. So sharpen those pencils, get out those markers and get creative! Details to follow.



WEDNESDAY SEPTEMBER 27

4:30 pm—6:00 pm

Get ready for the new school year by coming to our open house and meeting your new teacher.

Tour the school and learn how you can get involved.



2022 K-12 Cyber Awareness Month

During the K-12 Cyber Awareness Month (CAM) campaign in October, the Rainy River District School, along with ECNO, the Ministry of Education, and other school boards, will be promoting best practices in cyber safety, cyber security, and online privacy. We will encourage our students to be a Cyberhero! Fight off the bad guys – the phishers, scam artists, and all the supervillains who pose a threat to cyber security, safety and privacy.

6 Ways to Be a Cyberhero!

1. Use the internet and digital technology for good, spreading positivity and respect. Watch for and report questionable activities such as phishing and scams so others aren't victims
2. Stand up for yourself and others when hurtful or inappropriate online behaviour is noticed
3. Keep personal or sensitive information to yourself, and be thoughtful about which information to share online and with whom
4. Be a cyber ally, helping the board's IT and security team(s) thwart cyberattacks, being vigilant and doing your part to keep board systems and information safe and secure
5. Share and promote safe and secure cyber practices with friends and loved ones
6. View our calendar and promote Cyber Awareness all year long!



<https://ecno.org/cam2022/>

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

Principal - Kari-Lynn Beckett

Vice Principal - Donna Osadchuk

School Messenger



Parents/guardians are encouraged to sign up for a

PowerSchool parent account for students that are in both elementary and secondary school. The Parent Portal allows parents/guardians to view student grades and attendance.

In addition, forms, such as the Student Verification Form, can be completed quickly and easily through the Parent Portal, rather than filling out paper copies.

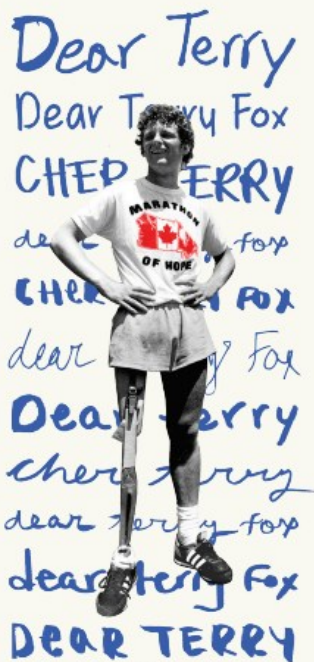
Parents/guardians will receive an Access ID and an Access Password to help you link each student to your account. If you have not received your access credentials, please contact the school office.

[https://](https://rrdsb.powerschool.com/)

rrdsb.powerschool.com/

PowerSchool mobile app is available for both IOS and Android. Our District code is LPZT.

Parents and families are invited to join us for our Terry Fox Run on Friday September 22nd at 2PM



ON APRIL 12, 1980, TERRY FOX STARTED TO RUN.
AND YOU STARTED TO WRITE.

Join us for the 43rd annual Terry Fox Run taking place on September 17, 2023.
All proceeds support cancer research in Canada.

Register today and share your #DearTerry message at terryfox.org



THE TERRY FOX
FOUNDATION



Respect Character Trait



I will treat myself and others with consideration, high regard, courtesy and dignity.

What is Respect?

We respect ourselves and treat others with courtesy, dignity, and positive regard. We honor the rights of others. We respect their belongings, the environment and the world around us. Respect can be shown in many little ways and, if we want our children to be respectful, the best way to achieve that is to model respectful behaviour for them.

Coping with Back to School Anxiety

Anxious feelings are normal and expected in children and teens when returning to school, changing schools, or for those starting Kindergarten. Transition back to school can be stressful and disruptive for the entire family.

Common things that anxious children and teens worry about related to school include, teachers, friends, fitting in, and/or being away from their parents.

Consider these 5 steps to deal with back-to-school worries:

- Take care of the basics- ensure your child gets enough sleep, eats healthy foods, and exercises regularly.
- Provide empathy- listen to their worries and why they expect these things to happen.
- Problem solve- help them to plan how they can cope with difficult situations.
- Focus on the positive- re-direct your child to those things they are looking forward to about school.
- Pay attention to your own behaviour- model calm and confidence.

While worrying about back-to-school is normal, it is important to ensure your child attends regularly. Skipping school will actually increase their fears because they miss the opportunities to dispel their worries and the chance for success and mastery of academic and social skills.

Check out the 12-step back to school checklist for parents from Anxiety Canada:

<https://www.anxietycanada.com/articles/our-12-step-back-to-school-checklist-for-parents/>

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com



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