



Riverdale News

An Update for Parents and Families

Ecole Riverdale Elementary...*Learning, Caring and Doing Our Best*

April 18, 2016

**Posted bi-weekly on the School Website

A Word from Your Principal

A number of years ago, principals in Surrey had an opportunity to listen to an excellent speaker, Dr. John Medina, a neuroscientist. One of his books is called *Brain Rules*. I was recently reminded of Rule #7: Sleep Well, Think Well. Learning and social interactions are hard work. The connection between sleep and learning is clear: We need more sleep than we often get. Time on tablets, computers and busy lives often prevent us from getting adequate sleep. If your child wakes up refreshed and not tired, s/he will have a better day at school. As we head into the final two months of the school year, I thought it appropriate to share some of Dr. Medina's findings: **Rule #7: Sleep well, think well.**

- When we're asleep, the brain is not resting at all. It is almost unbelievably active! It's possible that the reason we need to sleep is so that we can learn.
- Sleep must be important because we spend 1/3 of our lives doing it! Loss of sleep hurts attention, executive function, working memory, mood, quantitative skills, logical reasoning, and even motor dexterity.
- We still don't know how much we need! It changes with age, gender, pregnancy, puberty, and so much more.
- Napping is normal. Ever feel tired in the afternoon? That's because your brain really wants to take a nap. There's a battle raging in your head between two armies. Each army is made of legions of brain cells and biochemicals — one desperately trying to keep you awake, the other desperately trying to force you to sleep. Around 3 p.m., 12 hours after the midpoint of your sleep, all your brain wants to do is nap.
- Taking a nap might make you more productive. In one study, a 26-minute nap improved NASA pilots' performance by 34 percent.

Thank you for your support and encouragement. May we enjoy all that springtime has to offer – from track meets to special field trips, from Sports Day to Year End Assemblies - and ensure we give ourselves and our children enough rest to enjoy the journey ahead!

1.30pm Early Dismissal and Student Led Conferences – Thursday, April 28th

Next Thursday, April 28th, students will be dismissed at 1.30pm. During the afternoon, we invite you to join your child/children in their classrooms for Student Led Conferences. This will be an opportunity for your child to share part of their learning journey with you, in the context of the classroom. Your child will take the lead during the conference, sharing examples of completed activities, explaining new learning so far this year, and identifying areas of growth. Please contact your child's teacher for specific times and details. We hope you will be able to join us!

14 New Refugee Students Make Riverdale Home!

Over the last month, we have welcomed four Syrian refugee families to Riverdale, totaling 14 students, grade K-7, into English classrooms. Thank you to all those who have asked how they might help support the families. With the help of our multicultural worker, Abeer Al Kozary, the district is coordinating a central donation hub the school can contact. The children and families are appreciative of all the smiles and support. We're even learning some Arabic along the way...*Marhaba!*

Principal: Leah Christensen

Vice Principal: Gary Loosemore

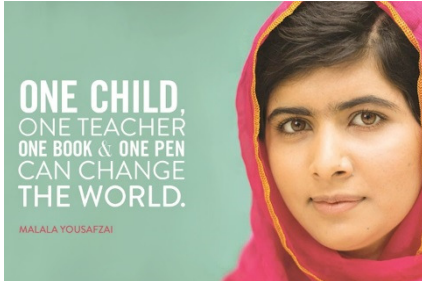
surreyschools.ca/riverdale

Tel. 604.588.5978

Congratulations to our Finalists in the Concours D'Art Oratoire!

Each of our 8 finalists did a fantastic job of presenting their speeches at the Concours on April 6th. Bravo tout le monde! Our representatives from Ecole Riverdale were:

- Division 1 – Donna Beyhaghi
- Division 2 – Mikki Corilla, Ajay Dalal and Neil Imada
- Division 5 – Samaiya Gill and Natasha Phavongkham
- Division 6 – Keegan Lemos and Hansen Mootoosamy



A very special mention to Samaiya Gill in grade 5 for placing first in the district! Her speech gave a moving account of one of our society's bravest members...Malala Yousafzai. Felicitations Samaiya!

Kwantlen Park is Over Capacity

Kwantlen Park Secondary school is over capacity. The enrolment pressure continues to grow and change is required to ease the pressure. If your child is planning to attend Kwantlen Park in the fall or in the near future, there is an information forum on Tuesday, April 19th. The attached newsletter (which was sent home Friday and posted on the school website) contains further details.

School Photos

Spring class and individual photos were taken last Thursday (April 14th).

INDIVIDUAL PHOTOS: Individual student photo packages will be sent home shortly. If you do not wish to make an order, please return the package to the school. You will not be charged anything.

TEAM/GRADE 7 PHOTOS: Team and grade 7 grad photos will be available on line in approximately one week. Please order online at: www.lifetouchevents.com. Your Guest Password is: **riverdale16**.

Please Note: There will be a \$7.00 shipping and handling fee applied to each order.

Save the Date! Volunteer Tea – Thursday, May 26th

Shortly, an invitation and RSVP will arrive home inviting you to attend Ecole Riverdale's Spring Volunteer Tea. There will be student performances, coffee and treats to say "Thank you and *merci!*" for all that you do for our community. We hope you will be able to join us!

School Safety

In order to ensure your child is safe at school, it is district policy that parents first check in at the office before going anywhere else in the school. If you need to contact your child, we will call down to your child's classroom to inform the teacher of your arrival. We appreciate your understanding and cooperation.

Grade 7 Updates

- The Grade 7 Leaving Ceremony and Celebration will be held Tuesday, June 21st, commencing at 5.30pm. The ceremony will be approximately one hour, followed by wonderful food, photo opportunities, music and a dance.
- Our final Celebration Committee Planning meeting is Monday, May 16th from 5-6pm. Please join us! We need many volunteers to help with decorations, shopping, supervision and clean up.
- Please email the Committee Chair, Stacy Ellis (stacyellis3@hotmail.com) to volunteer or with any questions.

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Looking Ahead

- Monday, April 18th Non-Instructional Day. School is closed.
- Friday, April 22nd – PAC Hot Lunch day (Students eat first, and then go out to play)
- Thursday, April 28th – 1.30pm Early Dismissal and Student Led Conferences
- Friday, April 29th – 9am Primary SOAR Assembly; 10.45am Intermediate SOAR Assembly
- Thursday, May 5th – 9am PAC Meeting
- Friday, May 6th – Non-instructional Day. School is closed.
- Tuesday, May 10th – Grade 6 Immunization Follow Up
- Wednesday, May 11th to Friday, May 13th – Grade 7s to Camp Elphinstone
- Friday, May 13th – 1pm-2.15pm - Ready Set Learn and PALS session in the Library
- Tuesday, May 17th – Festival des Beaux Arts at the Bell Centre
- Wednesday, May 18th – Special Track Meet for Students with Special Needs – South Surrey Track
- Friday, May 20th – 9am – Welcome to Kindergarten (English); 1pm – Welcome to Kindergarten (FRIM)
- Wednesday, May 25th – 9am Ballet Victoria Performance in the gym
- Thursday, May 26th – 9am – 10.30am Volunteer Appreciation Tea in the gym
- Friday, May 27th – 9am – Final Primary SOAR Assembly; 10.45am Final Intermediate SOAR Assembly
- Monday, May 30th – Non Instructional Day. School is closed.
- Friday, June 17th – Sports Day!