Riderville School News

OCTOBER, 2010

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Everything is in full swing around the school these days. Our students are busy with volleyball,, participating in the Terry Fox Run, helping with the annual Magazine fundraiser, organizing Subway Lunch, running the canteen and practicing for Drama. There is never a dull moment.

Special thanks to everyone who helped the school to support the Terry Fox Foundation by donating money for cancer research. With your help, our school was able to raise over $4,000.00 to donate to this wonderful cause. Hopefully by helping to "make cancer history" our students will someday see the end of this horrible disease.

Thanks as well to everyone who has donated toward our Magazine Fundraiser. We are hearing that some students are being a bit overzealous in their fundraising and want to assure you that this was never the intention. The students have been reminded that they are only to be approaching family members and family friends. Thank you to those of you who have brought this to our attention.

The High School ELA teachers have decided to try Drama early this year. Mark your calendars and make sure to join our Grade 7 - 12 students on Monday, October 25 as they present four different plays.

Education Week is scheduled for October 18 - 22. Watch for more information coming home soon with all the activities planned for the week.

Happy sunshine, happy harvesting and happy Thanksgiving to everyone.

Reminder...

I would like to remind parents to please contact the school if your child will be away from school. You can email me at

beitel.cheryl@prairiesouth.ca

or leave a message on the office phone (868-2000) anytime.

~Cheryl Beitel

Picture Day is Friday October 15!

Senior Girls

The Senior Girls Volleyball team has had a great start to the season. The team consists of (Gr 10) Caitlyn Harrison, Jordan Rustad, Kelsie Beitel and Shiela Miller; (Gr 11) Niki Beingessner and (Gr 12) Paige Granger, Kristen Hackywicz, Moria Petruic (assistant captain) and Noelle Nestman (captain). Chelsee Olsen, Heather Granger and Kayla Beingessner are all helping out with coaching the team this year.

The girls are playing in the Moose Jaw High School league, so many of their games are played away; however they have home games scheduled for Wednesday, October 13th and Thursday, October 28th.

The girls started out the season with a tournament in Bengough where they made it to the semi final and showed great improvement throughout the weekend. They will also be playing in tournaments in Assiniboia, Regina and Pangman.

Be sure to come to the school to check out the action and support our Senior Girls Volleyball Team!

Come cheer on our Bantam Boys as they host Section Playoffs on October 23!

Bantam Boys

This year Logan B., Taylor B., Sheldon D., Wyatt H., Noah R., Tyson S., Brayden H., and Keegan L. have been demonstrating a willingness to learn and improve their individual and teamwork skills. They have already played Bengough, Mossbank, and Rouleau and have been getting better each game they play. With more practice, two tournaments and three league games to go, we're confident they will be competitors at Sections in Avonlea on Saturday, October 23rd. Come out and cheer the boys on at our home games. GO EAGLES!

Mrs. Kuffner (coach) &
Dallas Funke (assistant coach)

Senior Boys

We have 11 players on this year's team. Our grade 12 players are Dallas Funke, Austin Lothian, Layton Ludwar and Michael Miller. Grade 11's are Ryley Janzen and Mark Jelinski. In grade 10 we have Mackenzie Dombowsky, Matthew Kuffner, Clay Ludwar and Cole Senchuk.

We are again entered in the Moose Jaw league and have plans for 4 other tournaments. You can find our home dates on the calendar portion of the newsletter. Thanks to our fans who supported us in our first home game vs. Peacock. Thanks also to all who purchased a season pass for $7 as all this money stays in our school and supports volleyball specific things such as entry fees to leagues and tournaments.

We look forward to seeing how we stack up against some of the other rural schools in our next couple of tournaments. As a team we are still growing and figuring out who should be doing what but there is lots of potential once again.

I look forward to another busy season and to working with these boys once again.

Mr. Lothian

Sports Drinks during Exercise – Do our athletes really need them?

I have noticed many of our students consuming sports drinks both during the school day and at athletic events. I see no problem in occasionally having one of these drinks as it seems that most things are fine in moderation but I see some of our young people consuming many of these each day and this concerns me. Since one of our school goals over the past few years has been to promote healthy lifestyles, I decided that the best thing I could do was do some research and find out what a number of sources could tell me. Here is a summary of what I found and believe both makes sense and is true.

The first sports drink, Gatorade, was developed by Dr. Robert Cade for the Florida Gators football team. Wearing football gear in the hot humid Florida climate for hours led to a need for something more than just water. Gatorade was designed to replace electrolytes lost through sweat during heavy exercise. Other drinks such as PowerAde came later.

Replacing sodium is important if you are doing extreme workouts or long runs where several litres of sweat are lost. These drinks are most effective if you are taking part in exercise events for a long period of time like a marathon.

Water is much better for normal periods of exercise. Water contains minerals and electrolytes also and can also have other beneficial minerals. Water does not contain the extra calories that these other drinks have. Serious athletes will often dilute the sports drinks but also make sure that they consume lots of water. If you are just exercising for an hour or two, you can easily rehydrate with just water.

As with anything else, I am sure these drinks are fine if used in moderation or to replace carbonated drinks. I am not a nutritionalist but would really question why anyone would need more than one of these in a day. Water is what our body is mostly made up of and is what we need to remain healthy and active.

Brent Lothian

Magazine Fundraising Sale !

It's Easy To Participate & Help Support Our School !

Order via the Catalogue or SHOP ON-LINE at www.QSP.ca

Our www.QSP.ca School Group # is: 15815

This program offers over 600 magazines at savings of up to 80% off newsstand prices – plus all publisher coupons are accepted! There's something for everyone in your family. Renewal orders simply extend your current subscription, regardless of the expiry date. Be sure to copy the name and address exactly as it is printed on a current mailing label.
Don't forget . . . magazines make great gifts for friends and relatives too!

Proceeds for this year's fundraiser will once again be used to offset the cost of publishing our school yearbook, and to help purchase our school sign.

Thank you to everyone who has ordered a new subscription or renewed an existing subscription.

Kindergarten News

I would like to welcome all of the Kindergarten students to Avonlea School! There are six little jewels in our Kindergarten class this year: Lucas Broughten, Liam Cote, Hannah Daniel, Jaena Nestman, Josh Heistad, and Christopher Potomski.

We have been very busy learning about apples, shapes, signs of fall, and have started learning the alphabet! We are working hard on our routines that we need to follow in the classroom and around the school.

October will bring learning about pumpkins, spiders, numbers, and of course Halloween!! We have all been working very hard.

I look forward to the school year and to working with these special students!!

Miss Arnold

Grade 1/2 News

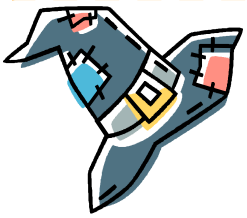
It has been a very busy month back at school in the grade 1/2 classroom. We have been learning about patterns in math, ourselves in health and our senses in science. We have also started learning to read in our classroom. It is very exciting!

We were so excited that Avonlea won Riderville and have been wearing green for all of our Rider Pride Days at school. We raised over $1,000.00 for the Terry Fox walk and did great on our walk to Dunnet Park on September 30!

We are looking forward to beginning a new unit in math on numbers to 12 and learning more about Thanksgiving and celebrating Halloween.

Miss Gadd

Our milk program is up and running. Students can purchase chocolate or white milk everyday from 11:45 - 11:55. Milk sells for $.50 a class or $10 for a milk card.



SLC News

Welcome back students and staff to the 2010 - 2011 school year. The SLC was hard at work over the summer planning ideas for Welcome Week including a Rider Pride day to support Avonlea 4 Riderville. We also provided a hot dog lunch for everyone.

A few upcoming events are the QST magazine fundraiser as well as some Halloween activities!

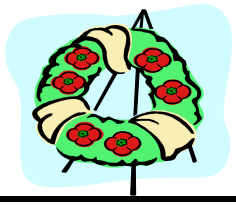
We look forward to having a fun filled year

~SLC

OCTOBER, 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Day 2 Kindergarten	2
3	4 Curriculum Renewal Day No Classes	5 Day 3 Boys host Vanier Girls @ Vanier	6 Day 4 Kindergarten Bantams host Bengough	7 Day 5	8 Day 6 Kindergarten *Subway Lunch*	9
10	11 No School	12 Day 1	13 Day 2 Kindergarten Sr. Boys @ Vanier Girls host	14 Day 3 Bantams host Rouleau	15 Day 4 Kindergarten **School** **Pictures**	16
17	18 Day 5	19 Day 6 Kindergarten Srs @ Peacock/ Central	20 Day 1	21 Day 2 Kindergarten	22 Day 3	23 Bantam Sections
		Education Week				
24	25 Day 4 Kindergarten **DRAMA**	26 Day 5 Srs Host Central	27 Day 6 Kindergarten	28 Day 1 Sr host Rouleau/ Caronport	29 Prep Day No Classes	30 Bantam Districts
31						

NOVEMBER, 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Curriculum Renewal Day No Classes	**2 Day 2** **Kindergarten** **Sr V'ball City 1/4 finals**	**3 Day 3**	**4 Day 4** **Kindergarten**	**5 Day 5**	**6** **Senior Girls Conferences**
7	**8 Day 6** **Kindergarten**	**9 Day 1** **Sr V'ball city semi finals**	**10 Day 2** **Kindergarten** **Remembrance Day Program 11:00**	11 Remembrance Day No School 	12 Holiday	**13** **Sr Girls Regionals** **Sr Boys Conferences**
14	**15 Day 3**	**16 Day 4** **Kindergarten**	**17 Day 5** **Sr V'ball City Finals**	**18 Day 6** **Kindergarten** Student Led Conferences (evening)	**19** Student Led Conferences (morning) No classes	**20** **Sr Girls Provincials** **Sr Boys Regionals**
21	**22 Day 1**	**23 Day 2** **Kindergarten**	**24 Day 3**	**25 Day 4** **Kindergarten**	**26 Day 5**	**27** **Sr. Boys Provincials**
28	**29 Day 6** **Kindergarten**	**30 Day 1**				