



Welcome Back, Ravens!

Ridgeway's Start of Year Newsletter 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|---|--|--|---|
| 4 | 5 | 6 | 7 | 8 |
| Labour Day / Schools Closed | First Day of School! Grades 1-7 8:45-am-10:45am Returning students meet last year's teacher at your classroom line up location at 8:45. New students to Q Court (fenced sports court at the front of the school) | Full Day of School Grades 1-7 8:45am -2:49pm Meet last year's teacher at classroom line up location at 8:45. Kindergarten Gradual Entry begins. | Grades 1-7 8:45am -2:49pm Meet last year's teacher at classroom line up location at 8:45. Students transition to new classes* Kindergarten Gradual Entry continues. | Grades 1-7 8:45am -2:49pm Kindergarten Gradual Entry continues. |

Welcome to the 2023-2024 school year!

We begin our year together thinking about the land and the Coast Salish peoples, specifically the Skwxwu7mesh Nation and the Tsleil-Waututh Nation, upon whose traditional territory our school and the North Vancouver School District resides. We value this opportunity to come together as an educational community to learn, share, and grow on this traditional territory.

In this newsletter you will find information about the first days of school along with general information about Ridgeway. Moving forward, you can expect weekly communication (Ridgeway's Week Ahead) from the office with updates and important events.

On behalf of the entire Ridgeway staff, we are looking forward to a wonderful year ahead filled with learning, exploration, and fun. Thank you for your partnership!



School Hours

[Bell Schedule 2023/24 - Ridgeway Elementary \(sd44.ca\)](#)

| | |
|-----------------|-------------------|
| Entrance Bell | 8:45am |
| Recess | 10:20am - 10:40am |
| Lunch | 12:00pm - 12:45pm |
| End of Day Bell | 2:49pm |

Get Involved! Ridgeway PAC

There are many volunteer opportunities at Ridgeway!

We have a dedicated and supportive Parent Advisory Council (PAC). They hold PAC meetings where all parents are welcome to attend.

Check out the [PAC website](#) for more information and to learn about ways to get involved.



[Home - Ridgeway Elementary \(sd44.ca\)](#)

Tips for Your Child's Success at School

[Social-emotional learning \(SEL\) and mental well-being](#) are important components of student growth and success.

At Ridgeway, we value working in partnership with families to ensure children develop strong SEL skills and mental well-being strategies.

Student success at school is greatly influenced by how they are feeling on any given day. Students function better, think more clearly, and show more resiliency at school if they have the following daily supports in place at home:

- Talk enthusiastically to your child about the new school year, reminding them of the fun they will have with their friends, even if they are not in the same class.
- Engage in physical activity everyday.
- Get 9 hours of sleep a day and reduced screen exposure for a minimum of 90 minutes prior to bedtime.
- Eat a healthy breakfast that includes protein.
- A healthy lunch for school that includes protein, veggies/fruit, and limited sugar. Please avoid "junk food" and send a water bottle daily.
- Support to get in the habit of packing their school bag and choosing their clothing the night before to help the morning begin calmly.

Contact Us: ridgeway@sd44.ca

What if my child is absent?

It is very important we know where students are and appreciate your support with this important matter.

Ridgeway participates in the Safe Arrival Program through [School Messenger](#). The Safe Arrival Program is an app that allows parents to quickly indicate that their child will be absent. Information about the app is attached.

We encourage you to use the app. If you encounter a challenge with the app, please phone 604-903-3740 to leave a message with your child's name, teacher, division number, and reason for absence.

What if my child is late?

Students arriving after 8:45 are asked to sign in outside of the main office. Students will take a blue Welcome Slip to class after signing in.

If your child arrives late and their class line up is already inside, please wait with your child while the other line ups enter then send your child into the main office. This courtesy supports the flow of traffic for our large student population and helps us ensure all students are accounted for in the building.

Thank you for your cooperation!

School Supplies

School supply lists for students in Grades 2-7 are [available on our school website](#).

We collect a fee of \$52.50 for supplies for students in Kindergarten and Grade 1 payable with School Cash Online. This fee will not be available to pay until mid-September.

We collect a \$6.30 fee for student agendas for students in Grades 1-7.

You will receive an email from School Cash Online when the fee is ready to be paid. Please ensure you "check out" to complete the transaction.

Our Code of Conduct

At Ridgeway, we strive to provide a safe, welcoming, and inclusive environment for all so we can develop as unique individuals and learners rooted in community, connection, and story. We do this by creating engaging learning environments that honour diversity, collaboration, communication, and justice.

Our Ridgeway R.O.C.K.S. Code of Conduct helps us learn to work and play with others, and helps us ensure a safe environment for all.

Students are not permitted to use cell phones at school. In the event of an emergency, the school will contact you directly. Student cell phones must be left at home or in backpacks all day while at school. Thank you for your cooperation in helping us promote engagement and safety.

Ridgeway R.O.C.K.S.!

R espect.....for everyone
O wnership.....of our actions
C ooperation.....with others
K indness.....shown for all
S afety.....by and for everyone



Welcome New Students and Families!

There is nothing more exciting than exploring new places and meeting new people! It can also cause some feelings of worry or nervousness, especially as children start school somewhere new. With this in mind, please join us in a big Ridgeway welcome to our new families.

New students are asked to meet in the Q Court (fenced sports court at the front of the main building) on Tuesday, Wednesday, and Thursday of the first week. New students will meet some of our wonderful Ridgeway staff and will spend time getting to know the school.

Nutrition is important! Please send a snack (Tuesday) and a snack and lunch (all other days) for your child. We encourage you to pack nutritious food and limit the amount of sugar you send with your child. Please pack a water bottle daily. Click [here](#) for information about healthy eating at school and [here](#) for some tips for packing lunches.

We encourage families to take a minute to familiarize themselves with the [North Vancouver School District website](#) as well as our [Ridgeway website](#).

If you are new to British Columbia, you may find these resources helpful:

[Impact North Shore - Building Equitable Communities](#)

[MOSAIC | Settlement and Employment Services for Newcomers \(mosaicbc.org\)](#)

[Immigrant Programs and Services - NewToBC](#)



Kindergarten Gradual Entry

We look forward to welcoming all Kindergarten students to gradually transition into school starting on Wednesday, September 6th.

Please see your email for information about your child's specific schedule.

Students attend full days (8:45-2:49) starting on September 18th. Please meet your child's group by the blue playground along 8th Ave.

Welcome to our littlest Ravens!

Ridgeway Kindergarten Gradual Entry Schedule 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 4 Labour Day / Schools Closed | 5 No Kindergarten students in session today | 6 Groups 1, 3, 5, 7 9:30-11:00 Groups 2, 4, 6, 8, 1:10-2:40 | 7 Groups 1, 3, 5, 7 9:30-11:00 Groups 2, 4, 6, 8, 1:10-2:40 | 8 All Groups 9:20-12:00 *Please send a snack |
| 11 All Groups 9:20-12:00 *Please send a snack | 12 All Groups 8:45-1:30 *Please send a snack & lunch | 13 All Groups 8:45-1:30 *Please send a snack & lunch | 14 All Groups 8:45-2:25 *Please send a snack & lunch | 15 All Groups 8:45-2:25 *Please send a snack & lunch |
| 18 All Kindergarten students in attendance in classes for full day onwards, 8:45-2:49 | | | | |

Fresh Air and Outside Play

At Ridgeway, our students go out at recess and lunch every day. Research clearly supports that children need regular breaks outside for fresh air and exercise. **Please remember to dress your child appropriately for the weather.** It will be a very rare occasion to stay inside during breaks, so please make sure to help set your child up for success in their day with necessary rain and outdoor gear. We encourage all students to have an extra set of clothing at school is helpful, especially for Primary students.



Personal Practices and Health Awareness

Schools can be supportive environments for communicable disease prevention by having staff model personal practices, sharing reliable information (e.g. BCCDC), promoting personal practices in the school, and ensuring individual choices for personal practices (e.g. wearing a mask) are supported and treated with respect.

Personal Practices:

- check for symptoms of illness and stay home if sick (Health Awareness)
- wearing a mask or face covering is a personal choice
- practice hand hygiene often
- practice respiratory etiquette
- respect personal space
- avoid sharing items that come into contact with the mouth (e.g. food, drinks, utensils, etc)

Everyone entering the school (students, staff and visitors) should be aware of their responsibility to practice health awareness, including that they should not come to school if they are sick.

[Source]: Provincial Communicable Disease Guidelines for K-12 School Settings

Consent Forms

Please assist us with **timely completion of your child's consent forms.** This will allow your child to participate in a variety of activities such as using technology and walking field trips such as the Terry Fox Run.

This year, there are **three forms** to be completed using School Cash Online. Please email ridgeway@sd44.ca if you need assistance with School Cash Online. Remember to check-out to complete your transaction.

In addition to the online forms, students will receive paper package for you to complete and return.

Thank you for your attention to this important matter.

Medical Alerts and Allergies

If your child has any medical conditions that may need to be addressed at school (allergies, etc.), please contact the office as soon as possible. We will send home the required paperwork. Please ensure required medication, such as an EpiPen, is brought directly to the office.

We are a peanut and nut aware school. Please be mindful of the policy in your child's classroom as we have a number of students and staff with life threatening allergies to peanuts/nuts.

We are a scent free school. Please ensure your child does not use or bring scented products to school, including scented hand sanitizer.

Allergy Aware School



Upcoming September Dates

September 5th- First Day of School for Grades 1-7

September 6th- First Full Day of School for Grades 1-7

September 21st- Slice Night

Slice Night is an event hosted by Ridgeway and our PAC to help families to get to know each other and their classrooms. More information will be shared.

September 22nd- Terry Fox Run

Intermediate students will be running our regular route along Grand Boulevard. Primary students will be running around the school perimeter. Parent Volunteers are needed! The PAC will be in touch soon to organize. Please note, the Impromptu Walking Field Trip form will need to be complete in order for students to participate. This consent form can be completed on School Cash Online.

September 25th- Ridgeway Pro D Day, School Closed for Students

September 27th- Staff Collaboration, Early Dismissal at 1:49 pm

September 30th- National Day for Truth and Reconciliation (Orange Shirt Day)

National Day for Truth and Reconciliation is a chance to learn about the legacy and impacts of Indian Residential Schools in Canada. We will participate in age-appropriate classroom discussions and activities.

Ridgeway's Calendar

Our [school calendar](#) is available on our website. Click here for a one-page ["Year-At-A-Glance"](#) for your convenience.

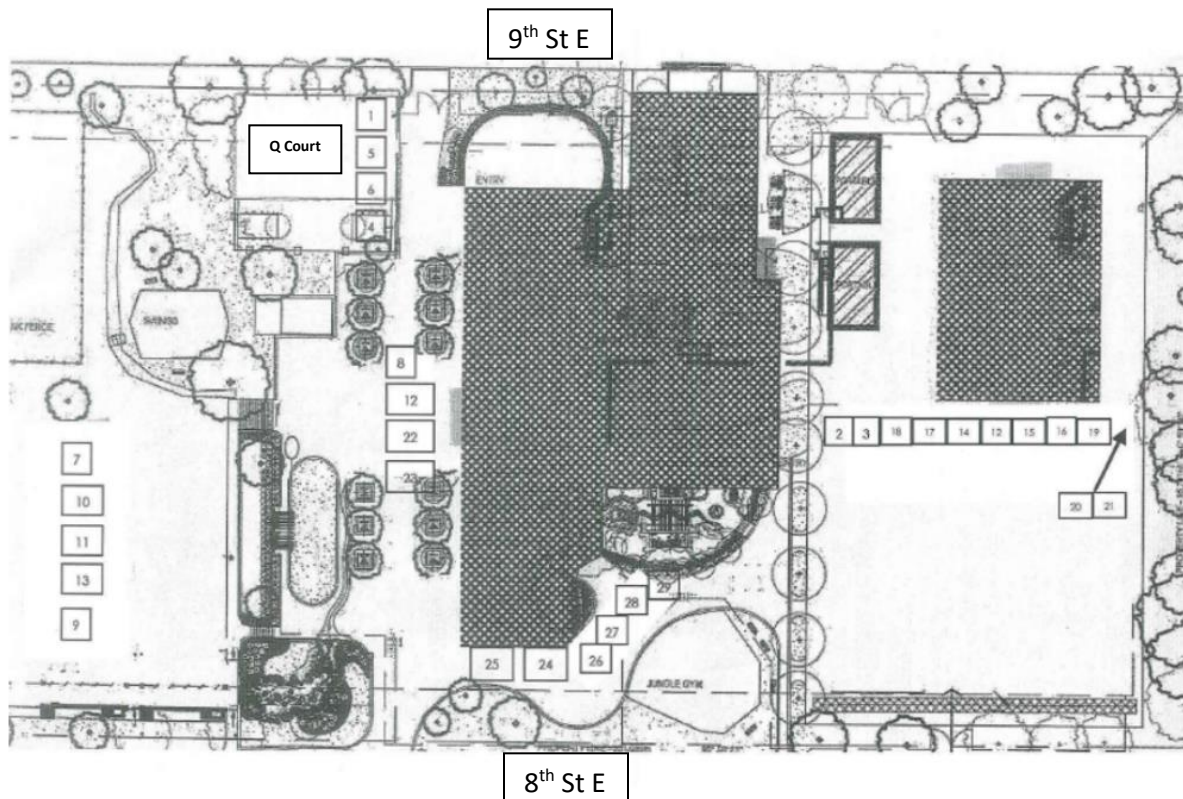
Please make a plan to pick your child up promptly at dismissal time. Please note our early dismissal days and make arrangements for timely pick up on those days.

We will continue to share important dates weekly with Ridgeway's Week Ahead and will update these calendars as needed.



First Day Division Meeting Spots

Please meet last year's teacher at your division meeting spot (2023/23 map attached below) at 8:45. Teachers will greet students at these line ups in the morning. Thank you for showing Ridgeway R.O.C.K.S. in line!



— WELCOME —
BACK TO SCHOOL