



RIVER HEIGHTS
PUBLIC SCHOOL

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WEB at

[https://www.tvdsb.ca/en/our-board/
learn-at-home.aspx](https://www.tvdsb.ca/en/our-board/learn-at-home.aspx)



REDHAWK READER



"We ALL Belong At River Heights!"



Issue #5

April 27th 2020

Covid -19 Edition

More Tech and Super Hero Week Comes to River Heights!


To the Wonderful Families of River Heights:

This week the focus is on using the Tech. This week's [Tip is on page 2](#), for setting up [Google Meets and Grid view](#). Please **let us know which topics need future tip sheets and we will find and or make them**. This past Friday we sent out another round of chromebooks to families that now realize they need them. We are past the survey, so these families contacted us. *If you need a device or access to the internet, contact your teacher or email me j.sheik@tvdsb.ca and we will put you on the list.* A reminder of some programs that benefit students are [Teach Your Monster to Read](#) and [Raz Kids](#). [Teach Your Monster to Read](#) is free and [Raz Kids](#) has a 90 day free subscription open to all Educators and families. Last note on tech. The Provincial gov't is giving \$200 to families to assist with tech for education expenses like say a Printer. <https://www.iaccess.gov.on.ca/FamilyAppWeb/public/index.xhtml> its an easy process and can support purchases to assist with quaranteaching.

A new week a new challenge. Our own SignPost has opened its publication doors to us. They are asking for your pictures of what you are doing at home during these times. The challenge was posted on their facebook site <https://www.facebook.com/DorchesterSignpost/> They are also taking suggestions for future articles and accepting letters to the editor. Email your pictures and ideas to signpostnews@gmail.com or even call the Signpost directly 519-268-7337 . More details are attached to [this newsletter](#) and are also in your child's google classroom in the From the Office with Mr Sheik Section. This week is Superhero Week. **Friday is Superhero Dress Up day**, find the details in our Fourth FROM THE HEART activity that will be found in the FROM THE OFFICE WITH MR. SHEIK folder of your google classroom. All of the learning activities from RHPS are a public service to our families during this difficult time and are meant to be used as needed. **In all cases do not let the issue of school work cause more stress your home.** When it does its time to be done for that day. These are meant to be a pick and choose as you can service.

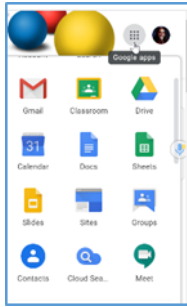
Those families that don't have access to technology the board mailed you a package of learning materials from your classroom teacher. The first learning packages went out April 20th the next round will be mailed out the week of **May 4th**. You will be roughly 2 weeks behind the online classroom but you will have learning materials to share with your child. Teachers will reach out to you to discuss any questions with the material. These are extraordinary times and our system has created a Covid safe central process for mailed to you curriculum service.

To help us feel a somewhat normal routine announcements continue Mon, Wed, Fri each week posted in your child's google classroom in the FROM THE OFFICE WITH MR. SHEIK folder or check it out on You Tube, Friday's <https://youtu.be/OuOus9C033w> and Today's https://youtu.be/2LYr_9Kv2jE .

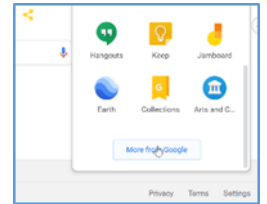
I would ask you to follow the school on Twitter [@riverheights11](https://twitter.com/riverheights11)  to get current information and to stay connected to many of the educational and supportive things we will have going on in the weeks to come. Please find included in this newsletter a collage of earth week activities from the staff and students. All Smiles Mr. Sheik, Proud Principal of River Heights.

How to Get Google Meets and Enable Grid View

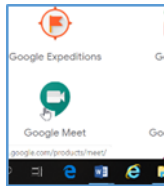
Step 1: Go into your Google account and click on the 3X3 grid



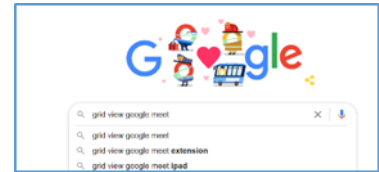
Step 2: If you don't have Meet scroll to bottom of app menu



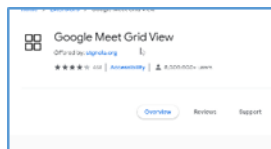
Step 3: Add Google Hangouts, then Google Meet, go back to Step 1 to verify its in your apps



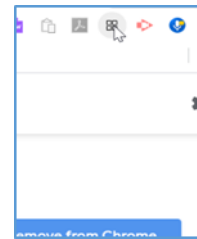
Step 4: In Google search type grid view google meet extension.



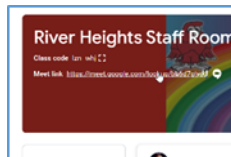
Step 5: Add Google Meet Grid View.



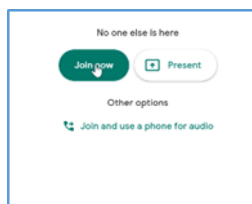
Step 6: You should see the 2X2 grid on Your task bar



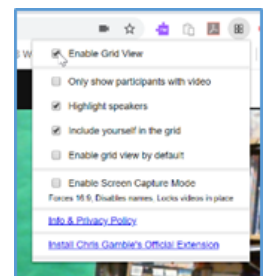
Step 7: Go to your child's google Classroom to see the meet link code



Step 8: If Steps 1-3 went well the Meets app will start and you will be taken to that room. Hit the join now button



Step 9: Once in the room move mouse to upper task bar to the 2X2 and click to reveal the drop down menu. Click on Enable Grid View and highlight speakers and include yourself in the grid to maximize viewing.





Preventing coronavirus

Think you might have COVID-19?

[Take a self-assessment](#)

Canadians should continue to think ahead about the actions that they can take to stay healthy and prevent the spread of COVID-19 in Canada. This includes staying at home as much as possible and [being prepared](#) in case you or a family member becomes ill. Everyone should be practising physical (social) distancing. Even if you do not have symptoms of COVID-19, you could become infected by others.

As we continue to see transmission of the virus within different communities, we know that everyone must take precautions, even those who have not travelled outside of Canada.

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to:

- stay at home unless you have to go to work
- talk to your employer about working at home if possible
- avoid all non-essential trips in your community
- do not gather in groups
- limit contact with people at higher risk, such as older adults and those in poor health
- go outside to exercise but stay close to home
 - if you leave your home, always keep a distance of at least 2 arms lengths (approximately 2 metres) from others
- household contacts (people you live with) do not need to distance from each other unless they are sick or have travelled in the last 14 days

You can go for a walk if you:

- have not been diagnosed with COVID-19
- do not have symptoms of COVID-19
- have not travelled outside of Canada in the past 14 days
- are not in quarantine (self-isolating)
- are not isolating

If you go out for a walk, do not congregate and always practise physical (social) distancing by keeping at least 2 metres apart from others at all times.



Morning Announcements



April 27, 2020

From today's Morning Announcements an activity you can do to help in your community. Our friends at the Signpost have open their publication doors... that's right, our own Editor Wendy Spence has offered up a special interest section of the signpost. She is inviting you and or your family doing gardening, working out, from home plus more!



to send in pictures of you everything from baking, even learning and working

Perhaps this is a great way to share your activities from our various FROM THE HEART school wide events!

In all cases send in your pictures in an email to signpost-news@gmail.com OR email Wendy a place and a time and she will come take a photo from a safe distance. Your school did that with the first tech roll out day.

This is your chance to make it into the paper and help your community out as well. You can also send in ideas for an article or even letters to the editor. The signpost is seen by thousands of people in our area. Wendy, our Editor and Reporter, thanks you for helping our Community Newspaper.



Redhawks Stronger Together Even When Apart.



April 27, 2020

From today's Morning Announcements an activity you can do to enjoy the environment. This activity is fun and good for the whole family it's ... a hike in nature! That's right go with your family, use proper social distancing when you do and enjoy nature.

There are a number of tips that you can learn that will help you to avoid possible set backs and have a fun hike.

<https://viewsfromastepstool.com/best-tips-for-hiking-with-kids/>

In addition to really spice up your nature walk, go on a nature scavenger hunt. You can print off a fun scavenger hunt and that gives you something to do and to explore while you are hiking with your family.

<https://www.makeandtakes.com/hiking-scavenger-hunt-printable-for-kids>

All Month Long April is Earth Month...do your part for the Environment... Use the 3 R's REDUCE < REUSE < RECYCLE



RIVER HEIGHTS
ECO TEAM

Presented by Mayor Alison
Warwick and Deputy
Mayor Kelly Elliott

Junior Mayor and Deputy Mayor Contest

Submit an essay or video
on how **you** would make
Thames Centre better if
you were in charge!

Submissions due May 22

Submit your essay or video to:
Kelliott@thamescentre.on.ca

*Open to all Thames Centre
residents in grades 5-12

FROM ALL OF US TO ALL OF YOU



WE MISS YOU

