



Raptors Rock -N- Read

Vol. 3, No. 2, March 19, 2019



The Riverside Roar!



WEEK March 18th-22

Meet Miss Marsh

Miss Marsh joined the Riverside family this year as a Phys. Ed. teacher. We thought it would be nice to get to know her better.

RR: Why did you decide to be a P.E teacher?

MM: "I became a P.E teacher because I love sports and being active. Also, I want to share that love of sports with my students."

RR: If you had to choose a different job what would it be and why?

MM: "Athletic therapist because I would still be involved with sports but helping people recover with their injuries"

RR: Why is P.E Class so important for kids?

MM: "I think it is important because it might be the only time they can play sports. Also, it introduces them to new sports!"

RR: What sport do you think all grades like the most?

MM: "I think they all like soccer and hockey the most."

RR: What is your favorite sport?

MM: "I have a few.....volleyball,golf,ultimate frisbee and softball."

RR: What sport do you think most grades find the hardest?

MM: "I think the hardest is badminton or basketball because of the skills and rules needed."

RR: What is the easiest sport to teach?

MM: "I think the easiest sport to teach is soccer."

RR: What are your hobbies outside of school?

MM: "I enjoy playing sports and spending time with my friends and family,especially my dog, Jigger!"

Thank you, Miss Marsh. We're happy to have you at Riverside.

Kallie Walsh and Katie Power (5 Pike)

Riverside Spirit Week Schedule March 18-22

Monday: No school

Tuesday: **Crazy Hair Day**
GR 4-6 Basketball shootout
FitGo @1:35

Wednesday: **Super Hero Day**
GR 4-6 Relay competition

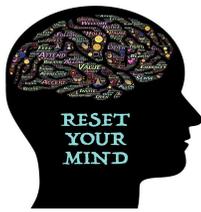
Thursday: **Beach Day**
No School in the Afternoon

Friday: **Funky Hat Day**
K-3 Builders and bulldozers challenge
Teacher pie in the face @ 1:30

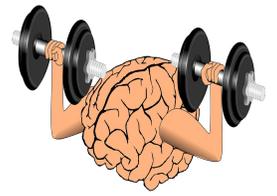
5 Benefits of Being Involved in Sports!

1. Weight Management
2. Stress Relief
3. Improved Sleep
4. Mental Health Benefits
5. Improvement of General Health

Brooke Cooper (5 B. Monk) & Brooklyn Jefford (5 P. Monk)

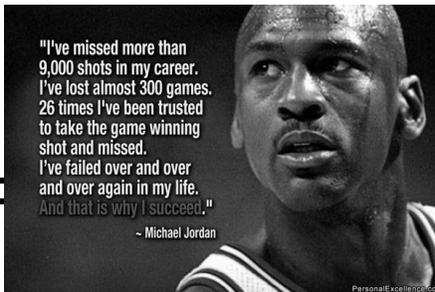


Be Yourself... But Better!



Fixed vs Growth Mindset In Sports

If you don't know the differences between a growth mindset and a fixed mindset, we will start off with the basics. A growth mindset means that you will take risks sometimes and never give up. You think that the way to success is to fail at times and keep trying to reach your goal. A fixed mindset is the complete opposite. A fixed mindset person would fail and would think "Oh, I will never be able to do this. I give up." For example, when you play hockey and you have a growth mindset you will find that you will focus on the positive side. If your teammates say "We will never win this game!", you can reply with a positive message such as "Think on the positive side! We still have a period left!". Maybe you will win the game. Even if you don't win the game you can still say that you tried your best. If you have a fixed mindset and you play soccer you might say during half time "We'll NEVER get up by five goals! It's IMPOSSIBLE!". If you lose the game your teammates may say "I hate soccer, we will never win.", and they may decide to quit soccer. That is a fixed mindset.



We interviewed Mr. Paul Monk about sports and why they are an important part of school life. Here's what he said

RR: What is your favorite sport to play and why?

Mr. M: My favorite sport to play is probably hockey. The reason why is because you have to work together as a team to be successful. When you work together as a team, it's very self satisfying when you guys are winning and everybody feels good about themselves. You also meet a lot of friends playing hockey as well.

RR: Why do you do after school sports?

Mr. M: Well when I grew up, I had teachers that did extra stuff for me, volunteering. I have a young boy, and before Russell was born, I used to help with kids sports. I just think sports are good for your health, it's really good for your physical health, your mental health and your social health. Kids today are not sociable enough, not just physical. Kids are always on their ipads and are not interacting with other people. So, I just think kids appreciate it and there's nothing I wouldn't do for them.

This is some examples of growth mindset questions.

Q: I have played softball for three years. I love it but my teammates always complain that we never win a game. I don't really care if we win or lose. I try to tell them that we are only kids and this isn't the MLB but they don't listen. Positive messages never work. What should I do?

A: *Be confident. Make up your own cheer or play some up beat songs to get you and your team motivated. Even if you don't win you will still feel good about yourself that you tried your best. This is an example of a fixed mindset response.*

Q: This is my first year playing volleyball. I absolutely despise it. I love the sport but we can never win. I don't want to let my team down if I quit, but I don't want to stay in it any longer. My team always puts all the pressure on me but I can't handle it. What should I do?

A: *If this happens to you sometimes taking a little break from the sport will help you. If that doesn't work try to think of a game plan so all the pressure isn't on you. Think about it, maybe losing just pushes you harder to try again the next time you play. Try to think on the positive side by yourself. Maybe your team will follow along and then winning won't matter as much. Just try to have fun!*

Natalie Poole & Lexie Cooper (5 P. Monk)

RR: What sports do you teach after school?

Mr. M: I teach a number of ones actually. In school sports I teach basketball, ball hockey and soccer. On my own time I coach softball and ice hockey.

RR: Do you have any activities that will promote more leadership skills?

Mr. M: Not activities per say but I'm always preaching to my kids about good sportsmanship and leadership. I always take situations, if I see a kid that did good leadership I will recognize them and show everyone why it was good leadership. And, if I see a kid that doesn't exhibit good leadership, I stop and say "why wasn't this good leadership, and how can you work to improve on it?".

RR: What is your favorite activity that involves every kid?

Mr. M: Well, this year I would have to say soccer because I find that these boys went and developed this themselves. They came and asked me to supervise and they make their own rules. All I do is keep the time. It's like the old school, these guys police the game themselves, they make their own rules and pick their own teams. Also there is no parents involved, just like it was years ago. That's why I think soccer is my favorite this year.

**By: Brooke Cooper & Rylee Leonard
(5 B.monk) (6 Loveless)**

Raptors Create!

This is our time to shine! Here we let our Raptors run WILD with ideas on what they would like to share with you!

Turning Back Time With Ava!

OWWWW... THAT HURT! WHY DID YOU PINCH ME? Actually, why did you pinch? Well, we are going to find out! This issue is about why you get pinched if you don't wear green on St. Patrick's Day. So, in folklore, you get pinched on St. Patty's Day if you don't wear green because green makes you invisible to leprechauns, and leprechauns like to pinch people (BECAUSE THEY CAN!) This was a really short issue but now you know why you get pinched by your siblings, friends, and classmates on St. Patty's Day!

Ava Gaulton (5 Pike)

Top 6 Facts Corner

Welcome to the facts corner!

Today we are going to explore 6 fun facts about St. Patrick's Day.

1. The chances of you finding a four leaf clover is 1 in 10,000
2. To celebrate St. Patrick's Day, Chicago dyes their river green.
3. The original colour of St. Patrick's Day was blue.
4. Legend says that each leaf has its own meaning. Hope, Faith, Love and Luck
5. St. Patrick is actually from England, not Ireland as people would assume.
6. The shamrock is not actually the national symbol of Ireland. Ireland's national symbol is a harp.

Nicholas Reid (5 Pike)

Kallie's Short Stories

Once upon a time there were two leprechauns. Their names were Lucky and Patty. Lucky, as you may have guessed, was very lucky and not one person knew why. Patty didn't like doing anything, Lucky had to force him to do everything. Patty was the oldest so he got to guard his own pot of gold at the end of one of the many rainbows. Lucky was finally old enough to get his own pot of gold and his own rainbow. Lucky went to his mom one day and asked her when he would get gold to put in his pot. They had a big long talk about how special the gold is. Finally she said he could have the gold now but he had to share it out between him and Patty. So the first thing Lucky did that morning was go to get half of patty's gold. When Lucky said their mom had said they had to share patty thought he was lying. So Patty refused to let Lucky take any of the gold. He wouldn't even let him near it. Finally, Patty thought, what if mom did say that? So, he let Lucky have half of his gold to guard.

THE END

The meaning of that story was that you should always share and not be greedy. Tell your friends that too because maybe they don't share all the time.

Kallie Walsh (5 Pike)

Think, Solve, Create, WIN!

In this section we bring you fun!!

Enjoy our puzzles, jokes, riddles and contests!

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For mad libs, get with a partner. Then fill in the blanks with the proper grammar, but you can make the words as silly as you want. Once you have finished the mad libs, you will have created a story. ENJOY!!

My friend lucky is _____ and _____.
(adjective) (adjective)

We met at the _____ while I was _____.
(place) (verb -ing)

with some of my other friends.

Lucky says he might have a _____ name,
(adjective)

but he says he likes being different.

One day after it rained, there was a huge rainbow. Lucky told me if I went to the end of the rainbow, I'd be able to find the _____.
(noun)

of gold. I've done it, I've found the pot of gold. I have to be the luckiest kid on earth, but I couldn't do it without my best pal Lucky!

THE END!

Rylee Leonard (6 Loveless)

Word Search Of Kindness

A F G H J K I N D N E S S U O P F T W S K I N D M M L
D J H K L J H O H L O Y F B C V K O Z W B E L I E V E O
B H A E U V S G J K L H O N E S T Y F A I R F R I E N D
T U I L T R W V E M N L H J O M O Q U F R I E N D L Y
F G T V O Y M N L C E R D Q I U P I W S B R A V E K R
B G F G I H J H G H G K G D I H K G S R H E H E L P T
U H F I F J H D M V F I F Z S I O N O E L K M S S S K S
O S I J K A K S T O P O T R O U T R U T H U J H T L K D
T R U T H F U L M O N K R E S P O N S I B L E H G A E
R F Y H F F C J I O T R E W W X C F L O V E J S K I N C
F G H H O N E S J C H J K Y H S O H S O N G Y U I O P
V S T R O N G H O T S H D S S E T J M L J B N V C X C
V B U U U E S A D D F V C X X X E G G E R G F D S A
S A E D F E W A T O J K J K L P U T D Z S E A W Q W D
E R R R F F S V D Z O M N B V C X Z S D R F G I O O P

KINDNESS	LOVE	BELIEVE	FRIENDLY
HONESTY	KIND	FAIR	BRAVE
RESPONSIBLE	HELP	STRONG	TRUTHFUL

Natalie's Coloring Corner

Hey! If you are going to spend time coloring...lets spend time coloring positive messages! It not only relaxes your brain but gets it into one heck of a positive mood! I have created some cool images with interesting thoughts on them and if you color them, cut them out and PUT YOUR NAME AND GRADE on the back, I'll draw for some winners!! Happy coloring and good luck!!

Natalie Poole (5 P. Monk)



The World Is But A
Canvas To Our
Imagination

