

G.H.O.I.C.E.



River Valley Middle School

Site Coordinator: Mrs. Patricia Stout / Vicky Bryant

September 2019

Think about....

If you don't have time to do it

right, when will you have time to do it over? John Wooden

It always seems impossible

until it's done. Nelson Mandela

You can make it a Great Day

or not, the choice is yours.

The expert has failed more

times than the beginner has even tried. Stephen McCanie

What you do today can im-

prove all your tomorrows. Ralph

A little progress each day adds up

to big results. Satya Nani

John Heard

Marston

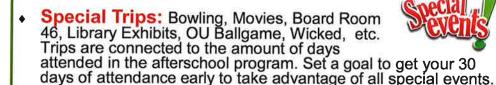
Afterschool C.H.O.I.C.E.S.

October 7, 2019 First night of C.H.O.I.C.E.S.
2:30 pm — 5:30 pm Monday—Thursday.



HoMework HeLp

New Stem class through NASA: Mission: Parachuting to the Surface of Mars



Activities: Some activities offered last year were Drones, Snack Lab, Archery, Survival Skills, Robotics, Book Club, S.E.L.F., Community Service Club, Quiz Music Workshop, Newspaper, Krav Maga, Make It Take It, Bowling. Send suggestions for new activities that you're interested in to the site coordinators. ed in to the site coordinators.



THF

BUCKET

Fuel Up in the **Mornings**

- Fruit Smoothie
- Instant Oatmeal with milk
- Peanut Butter Toast with
- Yogurt and nuts / fruits
- Granola Bar
- Muffins



Back to School Bucket List:

⇒ Treat others kindly

⇒ Always do your best

Be a good friend

⇒ READ

Practice makes perfect

Get Organized

Attend school events

Befriend upper / lower classmen

Get involved in school clubs

Start volunteering

⇒ Get a good sleep schedule

⇒ Set personal goals for the year

Transportation will be provided home. Homework Help: Take NO homework home and start each day off on the right foot with homework completed.

Help / guidance is provided when needed.

Afterschool starts on October 7, 2019. Monday—Thursday 2:30 pm—5:30 pm each the week. Transportation will be provided home. Take advantage of this great opportunity. Registration forms and calendars will be available in the office soon.