



Green Valley School

Principal's Message

December has arrived so rapidly and we are very proud of our accomplishments during the first three months here at GVS. We are continuing to work hard with our Deeper Learning initiatives and concentrating on effective collaboration practices and building authentic citizenship opportunities for our students to engage in.

It is with great anticipation that we look forward to the many events that will take place at GVS this month. From the eagerly awaited senior years' and middle years' holiday band and choir concerts, Spirit Week, Toy Coin Drive, 10 Thousand Villages sale, Art Exhibit at the Steinbach Arts Council, school wide holiday breakfast and our Christmas assembly....we have a lot of great things going on. We look forward to seeing all of our GVS families during this month of celebrations.

As the cold weather sets in, we kindly remind parents and students to dress for the conditions. Middle years students are asked to wear warm winter jackets, winter boots, head gear and gloves for outdoor recess. All students riding the bus should also dress for the winter conditions.

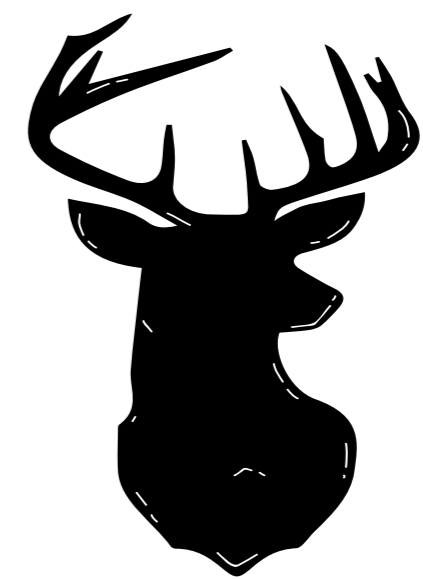
As the time for the holidays fast approaches, many students find it difficult to concentrate on their learning opportunities. While we want to acknowledge that this is an exciting time of year, we also very much value the learning time that does occur within the month of December. We highly encourage parents to discuss and remind their children the importance of remaining focused and engage with their learning right up until December 22.

We would like to take this opportunity to wish everyone a joyful and restful holiday. This is the time of year when many people take time to reflect on the things we are grateful for, as well as make plans or goals for the future. Whatever it is you are focused on this holiday, may it bring you happiness and fulfillment. We look forward to seeing everyone again in January well rested and eager to get back to the amazing learning opportunities that we have at Green Valley School.

Have a great December and a blessed and wonderful holiday season!!!

Angela Burtnack-Schinkel
Principal

December 2017



Month at a Glance

December 7
SY Christmas Program
Grunthal Berghaler Church @7pm

December 13
SY Christmas Banquet
6-9pm

December 13-14
Fair Trade Festival Sale

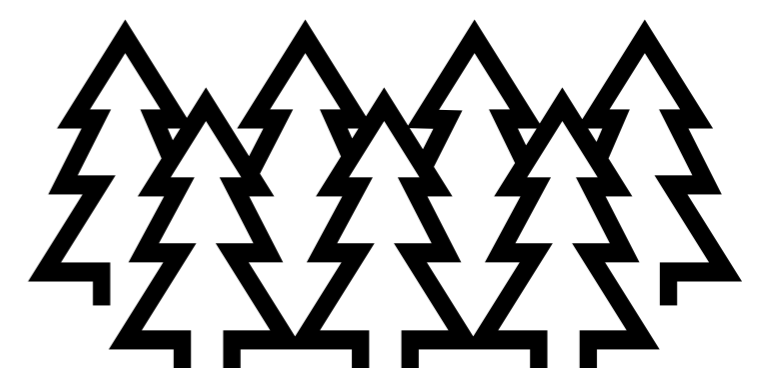
December 14
MY Christmas Program
GVS @7pm

December 18-22
Spirit Week

December 22
Christmas Breakfast

December 22
Last Day of Classes

December 25- January 5
Christmas Break



GVS Social Justice

GVS is once again assisting the Grunthal Community Christmas Hampers committee. We ran a coin drive from November 22nd to November 30th to raise money to purchase toys for our local Christmas hampers. Money was collected by Middle Years vs Senior Years, as healthy competition can be fun. Also, we could see which group could make the most “change” in some children’s Christmas. The Library used book sales profit was also donated to the toy fund. In the end, we all work together to help other kids in need *win big*. Some GVS students will get the opportunity to purchase toys with the money raised, and those toys will go to our local Christmas Hamper committee. Also in December, classes and groups of students will have the opportunity to help with getting the Christmas Hampers packed and wrapping toys. It is a great way to make a positive impact on our community.



Guidance

Take Our Kids to Work Day

Thank you to all parents, community members and workplaces who hosted students on Wednesday, November 1st for Take Our Kids to Work Day. GVS had 60 grade 9 students who were able to experience the world of work on that day. The students learned a great deal and have increased their knowledge about the world of work. Thank you!

Post- Secondary

Many universities and colleges have early admissions policies and deadlines. Many of these are fast approaching. If you or your son/daughter is interested in applying you can contact Mr. Cam Gerbrandt for more information or you can contact the post-secondary institution in which you are interested. Scholarships are a great way to decrease the cost of post-secondary studies. When the school receives information on scholarships, notices and posters are put up in the Grade 12 area of the school and emails are sent out to students and parents. Students should pay attention to these and watch for new posters that might pertain to them and their interests. Another useful resource which lists numerous scholarships and bursaries available to graduating students is <http://www.yconic.com>.

Library



A big THANK YOU to everyone who bought books at the Used Book Sale. We raised over \$200 for the Christmas Toy Drive. Way to go pirates!

On another note, the library genrefication project is well under way. All the fiction books have been colour coded and reorganized (as well as the biographies) thanks to the many helpers who have assisted in the library at breaks. We went through thousands of colour dot labels and many rolls of book tape. Certain book genres (e.g. animals) have been moved to different shelves four times already and may get moved again. It's been like a room sized game of search and find for books and the students and staff have been very patient (and continue to be so) as we fine tune where all the books belong. It is wonderful to see so many people excited and supportive of the changes happening in the GVS library. Thank you again! Also, the final deadline for the Scholastic Book Order Forms to be handed in is Tuesday, December 5 so that we have time to place the order and have the orders delivered to GVS before the Christmas Break.

GVS Drop-Off and Pick-UP Safety Procedures

Parents are reminded that when our busses are unloading and loading, NO vehicles should be entering or leaving the bus loop (parking lot). Parents are asked NOT to drive into the bus loop between 8:25-9:00 am and 3:30-4:00 pm. Vehicles are not to pass the school busses when their stop signs are out on the busses. Doing this can result in a \$675.00 fine under the Manitoba Highway Traffic Action, Section 137 (5) Some of our busses have been equipped with cameras to catch driving infractions such as these. For the sake of student safety we urge all parents to follow these guidelines to keep all of our students, staff and guests safe.

Sports at GVS

Senior Years

A huge congratulations to all of our Volleyball teams on an incredible season of play! Both of our JV Teams finished very strong! Our JV Girls made it to Zone 13 South Playoffs, losing in the semi-final. The JV Boys ranked # 2 in the Province, played #1 ranked Gabrielle Roy in the South Zone Final. The finals were tightly contested with Gab Roy winning in three sets. Thanks to Sheldon Hill (JV Girls) and Katelyn Corbin (JV Boys) for all their hard work and dedication in developing our young volleyball players!

WE ARE THE CHAMPIONS!!!

A huge congratulations go out to our Varsity Girls Volleyball team on capturing the first ever "AA" Varsity Girls Volleyball Provincial Championship in school history and the first Varsity Girls Provincial Championship since 1993-1994 when Green Valley was an "A" school! The girls had an incredible tournament, going undefeated throughout the round robin and beating Zone 13 rival Niverville in the final! A special congratulations to Arielle Sawatzky who was named tournament MVP and Vanessa Friesen, who was named a tournament All-Star! Thank-you to Doris Wiens and Katelyn Corbin for their hard work and dedication to coaching this team!



VARSITY BOYS VOLLEYBALL TEAM SILVER MEDALISTS AT PROVINCIALS!

Congratulations also go out to our Varsity Boys Volleyball team on being Provincial Silver Medalists! The boys had an incredible tournament, going undefeated throughout the round robin. The boys came up against Zone 13 rival SCHS who they had not defeated all year long. The boys showed a lot of character and heart, taking SCHS to three sets, losing in a close third set by three points, 15-12! A special congratulations goes out to Seth Wiebe and Ezra Toews on being named tournament All-stars! Thank-you to Ken Friesen and Justin Hart for their hard work and dedication to coaching this team!

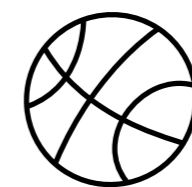


PROVINCIAL VOLLEYBALL GRADUATING ALL - STARS

Over the course of the year, graduating athletes from around the province have been nominated by their coaches for Provincial Graduating All-Star considerations. Coaches, parents and anyone who has seen these players play throughout the year, then vote for these athletes as Graduating All-Stars. Green Valley is very proud to have two Provincial Graduating All-Stars this year, **Seth Wiebe** and **Vanessa Friesen**. Congratulations to both of you! Seth and Vanessa will be attending a banquet along with other graduating all-stars from across the Province on December 9th. They will also be playing in an All-Star game after the banquet is completed!

Basketball practices will ramp up starting in December. For practice times and locations, please see the GVS Pirates calendar online. As well, league games will be starting at the end of December for our JV Teams, with Varsity league games beginning in January, first week back from Christmas Break. Our Varsity Boys basketball team will get going with the annual John Kipe Basketball classic on Dec. 15 and 16 in Niverville. All game results will be posted at www.mhsaa.ca. For practice times and league games, visit www.gvs.hsd.ca and access the Pirates calendar. For all Zone 13 information and League Schedules visit our brand new Zone 13 league website at <http://z13aa.weebly.com/>.

Green Valley athletes once again have the option of selling Gold Cards, which offer discounts to consumers at various local establishments, including SubWay, Big Way Foods, Patio Grill and Grunthal Lumber. The cards sell for \$20.00. Athletes who sell 5 cards are given \$50.00 which can be used toward their sport fees, uniform purchases, or whatever they want! If you are interested in purchasing a Gold Card, or would like to sell, feel free to contact Justin Hart at the school or e-mail juhart@hsd.ca. The fundraiser will wrap up at the end of January!



Middle Years

Congratulations to our grade 7 & 8 volleyball coaches and players on having a successful season. Our grade 7 teams won a few of their games and even though our grade 8 teams were not in the finals, there was a lot of skill development that will carry over to next season. Well done teams!

Basketball season is just around the corner. Our Grade 7 & 8 boys basketball practices are underway, however we need more girls to sign up so that there can be teams in each category. If any parents are interested in coaching the grade 8 girls, please contact Sheldon Hill at the school.

Music



Choral Fest

The Senior Years choir and (for the first time) the grade 6 choir participated in the annual Choral Fest in Winnipeg. Both Choirs did an excellent job of performing their material to high standards.



Christmas Concerts

The Christmas concerts are just around the corner and carols are already filling the music room. We would like to invite you to come and enjoy the 2 Christmas concerts coming up.

SY Christmas Concert

The SY Christmas concert will be on December 7th at the Grunthal Bergthaler Mennonite Church. The concert starts at 7:00pm. Students should arrive in GVS music uniform shirt and black dress bottoms (optional Christmas accessories) between 6:30pm and 6:45pm.

MY Christmas Concert

The MY will be presenting a Christmas concert on December 14th in the school Gym. All grade 5 & 6 students will be performing as part of the grade 5 & 6 choirs. The grade 7 & 8 bands will also be presenting a delightful selection of Christmas music. Students should arrive at the school between 6:30pm and 6:45pm. Grade 5 & 6 students are to dress more formal than a regular school day. Solid coloured tops and bottoms (optional Christmas accessories). Grade 7 & 8 band students are to wear their GVS music uniform shirt and black dress bottoms (optional Christmas accessories).



Band Instrument Maintenance

If your child is in band, please consider having your instrument serviced over the Christmas Break. Students often get frustrated when they can't seem to play things right. More often than not, it is not the fault of the students. Instruments are simple machines and as such they need regular maintenance. The slightest misalignment on an instrument can cause hours of agony for a student, and even bring a student to give up on playing. It is simply no fun to play on an instrument that is not working well.

Please consider bringing your instrument to one of the following places for a checkup:

St Johns Music [1330 Portage Ave](#), 204 783 8899

Long & McQuade Music [1845 Pembina Hwy, Winnipeg](#) 204 284 8992

Accord Music Suite 6-[1373 Pembina Hwy](#) (204) 452-1235



Memo from HSD

The Hanover School Division has limited, or no control, over photographs and videos taken by news media and others in public locations, or at school-sanctioned events open to the public - such as sporting events, performances, concerts, and similar events. When members of the public are invited/permitted to attend an event, those in attendance may choose to take student photographs, videos, and/or publish identifying information without requesting consent. In these instances, HSD cannot enforce or protect stated permissions.



Breakfast Program

The GVS Breakfast Program is grateful for the generous and continued support that we receive from the Grunthal Lions Club. Their continued support, allows our students to have a nutritious start to their day of learning. THANK-YOU to the Lions members for caring about our GVS kids.



Student Council

GVS Countdown to Christmas/ Spirit Week

December 15th - Popcorn Sale \$2 add Christmas M&Ms for 50 cents.
December 18th - Deck our Halls (classroom door decorating contest)
December 19th - Canadian Winter Wonderland (wear your toques, hockey jerseys, plaid, maple leafs)
December 20th - Ugly Sweater Day
December 21st - Christmas Spirit & Hot Chocolate Bar @ Lunch \$2
December 22nd - PJ Day

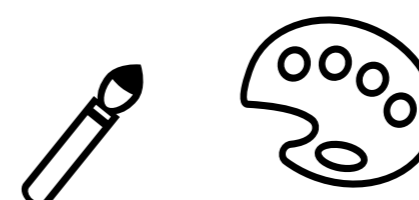


SY Christmas Banquet



SY Christmas Banquet will be on December 13th from 6-9pm. Tickets can be purchased for \$15 in the front foyer at lunch from December 1-8th.

GVS Art Show – Arrrrrt Matey



Work from GVS Art students will be on display in the gallery at the Steinbach Arts Council. Plan to attend Wednesday, December 6 - 7:00 for the opening night reception. We will have a gallery walk through, coffee, refreshments and cookies made by the students at GVS. We have so many incredible art students in school that it will be a show you won't forget!





Nutrition Bits and Bites!

Sugar

Naturally Occuring Sugars vs Added Sugar



There are two categories of sugar found in foods:

Naturally Occurring Sugar

Sugar found in milk products, fruit and some vegetables.

vs.

Added Sugar

Sugar, fructose or honey added to prepared foods and beverages such as soft drinks, candy, and baked goods.

For healthy individuals, there is no need to avoid naturally occurring sugar found in milk products, fruit and vegetables. However, food and drinks that are high in added sugars have extra calories and may have fewer nutrients. Too many sugary foods and sweet drinks can make children feel full, leaving less room for healthy foods.

The World Health Organization recommends adults and children consume less than 12 teaspoons of added sugar per day. A further reduction of less than 6 teaspoons per day would provide additional health benefits.



Hidden Sources of Added Sugars

Most people recognize that sweet beverages such as soft drinks or juice and sweets such as cookies or desserts are sources of added sugar, but there is also a lot of hidden added sugar in other processed foods. For example:

1 granola bar	3-6 teaspoons of added sugar
2 tablespoons of ketchup	2 teaspoons of added sugar
100g regular fruit yogurt	2 teaspoons of added sugar
¼ cup of dried cranberries	7 teaspoons of added sugar
2 tablespoons of BBQ sauce	3 teaspoons of added sugar

Sugar Swaps

Instead of:	Offer:
Soft drinks, fruit punch and sports drinks	Water with lemon, lime, orange, berries or cucumber slices.
Sweetened milk and yogurt drinks	White milk or unflavoured soy milk. Homemade smoothies made with milk, yogurt and fruit.
Sugary cereals and flavoured oatmeal	Plain cereals such as bran flakes, oat "o" cereal, shredded wheat and plain oatmeal. Add fruit for sweetness.
Flavoured yogurt, pudding and ice cream	Plain yogurt with whole or pureed fresh or frozen fruit for sweetness. Homemade pudding with less sugar added.
Cookies, packaged desserts, muffins and cereal bars	Homemade baked goods made with less sugar. Try adding applesauce, banana, raisins or dates for sweetness.
Fruit gummies, chews or roll ups	Fruit with yogurt dip. Dried fruit like apple, mango or pineapple slices with no added sugar.
Canned fruit in syrup	Canned fruit in juice or water. Fresh or frozen fruit.

(Source: Eat Right Ontario: "Kids, Sugar and Healthy Eating")

Banana Applesauce Muffins

This recipe makes 12 muffins, lightly greased or lined with paper cups. Preheat oven to 400° F (200° C).

2 cups whole wheat flour	2 ripe bananas, mashed, (about 1 1/3 cups/325 ml)
1 Tbsp baking powder	1 egg, lightly beaten
1 tsp baking soda	1 cup unsweetened applesauce
1/2 tsp salt	1/2 cup granulated sugar
	1/4 cup vegetable oil

1. In a large bowl, combine flour, baking powder, baking soda and salt.
2. In a medium bowl, combine bananas, egg, applesauce, sugar and oil. Stir into flour mixture until just combined.
3. Divide batter evenly among prepared muffin cups.
4. Bake in preheated oven for 15-20 minutes or until tops are firm to the touch and a tester inserted in the center of a muffin comes out clean. Let cool in tin for 10 minutes, then remove to a wire rack to cool completely.

This is a freezer friendly recipe.

(Source: Simply Great Food by Dietitians of Canada)

**** Refer to the Allergy Newsletter (September issue) for substitutions.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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