

GREEN VALLEY SCHOOL

MONTH AT A GLANCE

February 2

Admin/PD Day (No Classes)

February 5

First Day of Semester 2

February 8

Grad Meeting

February 9

SY Student Voice

SY Report Cards Issued

February 19

Louis Riel Day (No Classes)

February 20-22

Scholastic Book Fair

February 20-22

Optimist Festival (gr. 8 & SY Bands)

February 23

HTA Day (No Classes)

(Picture taken of sundogs on Feb. 1 - submitted by Ms. Harder)

Principal's Message

Welcome to February! We are looking forward to the second half of the school year. It's amazing that the year is more than half over. As I review the progress reports, I always notice a couple things that show a lot about being a successful student. I think this is a good time to share them and look forward to great things in the second semester.

The first is **attendance**. Most students who do extremely well have great attendance. They are here almost every day and they are here on time. Both of these things are important to learning. We certainly understand that students do sometimes get sick and there is the need for some absences, but there is a lot learned every moment we are here.

The second is **participation**. Students who are performing well in the classroom are actively engaged. I can see it in my visits to classrooms, the comments that teachers write, as part of progress reports and seeing students getting involved in their school community. I very much recommend that all parents encourage active participation in class and in school wide activities.

The third is **perseverance**. The ability and willingness to take on a challenge and stick with it is so important. We want to encourage all of our students to do their best, even when things are challenging - this is how they will accomplish great things! Our most successful students continue to work hard when things are challenging. We hope you will encourage and inspire this at home as we do the same here at GVS.

As our grade 9-12 students begin their second semester courses, they are all reminded that if they are wanting to drop a course the deadline for that is February 13, 2018. Any course drop requests made after that, will require a parent/principal meeting. All course fees are due on February 16. Payments can be made on the parent portal or cheques (no cash please) can be brought to GVS main office.

We continue to encourage our school community to check out daily happenings at GVS by visiting our school website. Daily announcements, basketball games/practice information, and all other school related activities can be found on our school website.

May this February be full of activities that allow you to catch the Olympic spirit as we cheer on our Canadian athletes. Get out and enjoy all of the winter activities that are happening in Grunthal and the surrounding area.

From Mr. Gerbrandt's Office

Grad Information

There will be a Grad Meeting at 10:15 AM on **Thursday, February 8**. We will be deciding on valedictorian, grad mural, guest speakers and more. All grade 12 students should attend.

Deadlines are fast approaching for applications to the U of M and the U of W. To be eligible for entrance scholarships, students must have applied to the U of M and to the U of W by March 1. Slots are also filling up and wait lists are starting for many Red River College programs. Students are encouraged to apply to these institutions ASAP. If help is required, please speak to Mr. Gerbrandt.



Music News

Optimist Festival

The grade 8-12 bands will be participating in this years Manitoba Optimist Festival.

The grade 8 band and grade 9-10 bands will be in Winnipeg all day on February 20th. Bring a bag lunch along or money to buy lunch from Subway. Students should wear GVS music shirts, black dress bottoms and black shoes.

The grade 11-12 bands will be at the Optimist Festival on Feb 21. We will be leaving at 4:00 PM.

I am always looking for volunteers to come along on these trips. This is a great opportunity to see your child and the GVS bands play at their top level.

Middle Years (Grade 7 - 8) Choir

Keep your ears and eyes open for announcements of the start of an extracurricular, grade 7 - 8 choir.

Once we start, we will be rehearsing for about 6 weeks. Rehearsals will take place immediately after school. Start time and date to be announced.



Sports News

Middle Years

Basketball season is well underway. Our gr 7 & 8 girls games are on Tuesdays while the boys play their games on Thursdays. All game times start at 5:30. Schedules can be picked up by the office or look on the school website for dates and times. The students have been working hard in gym class and are getting extra playing time during basketball intramurals.

The next intramural activity starting on Feb. 5th will be dodgeball.

Students are encouraged to sign up in the gym.



Senior Years

February will be a busy month for our basketball teams as they finish off their league play and prepare for Zone 13 League Playoffs. Our Basketball teams have had a lot of success over the month of January. Some of these include:

- Our Varsity Boys winning the MCI (Gretna) tournament and are ranked 4th in the Province.
- Our Varsity Girls being Finalists at the Westpark (Portage) tournament, as well as consolation winners at the St. Boniface tournament.
- Our JV Boys finishing 5th at the Niverville tournament.

Some upcoming tournaments for our teams include:

- Feb 2-3: Varsity Girls @ Niverville, Varsity Boys @ Westpark (Portage)
- Feb. 10-11: Varsity Boys @ St. Boniface
- Feb 16-17: JV boys @ Portage (PCI)
Varsity Girls @ Morris
Varsity Boys @ Roseau Valley
- Mar 3: Varsity A/AA Basketball Provincial Qualifier @ TBD

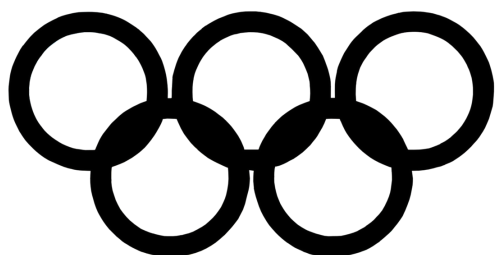


Thanks to all our coaches for volunteering their hours in developing our student athletes, as well as to our parents who come out and support our teams.

For a schedule of all game and tournament results please visit www.mhsaa.ca. For a schedule of practices, tournaments and upcoming games, please visit the Pirates calendar at www.gvs.hsd.ca. For updated league standings and game schedules, please visit our Zone 13 website at <http://z13aa.weebly.com/>

Student Council

Olympic Dress-up will be on February 14-22:



- 14th - Formal Day for Valentines
- 15th - Dress like your Fave Winter Sport
- 16th - PJ Bedtime in South Korea
- 20th - Sports Injury Day
- 21st - Team Canada Day - Hot Chocolate Bar
- 22nd - Country Colours

Grade 12 - Canada

Grade 11 - Germany

Grade 10 - Jamaica

Grade 9 - USA

MY Homerooms choose a country to represent

Saddle Up and Read Book Fair

Coming to GVS in February: Saddle Up and Read Book Fair! Adventure Awaits!

Scholastic Book Fairs gives our school the opportunity to bring families, teachers, students and books together. It's the ultimate sale event with books and boutique items such as pencils, erasers, posters and more for sale. There are also daily contests and prize draws. Additionally, a portion of the sales benefits our school. It's the best way to raise funds while encouraging kids to read.

Book Fair Dates: February 20 – 22, 2018

Times: 8:30 am – 4:00 PM

Location: Green Valley School Library

Family Night Event Date/Times: Wednesday, February 21, 4:00 PM – 8:00 PM

We accept cash and cheques (made payable to GVS), Mastercard, Visa and American Express. Every family that visits on the Family Night Event has a chance to win \$25 in books for their home library and their classroom library.

If you are interested in volunteering or learning more about our Scholastic Book Fair, please contact Mrs. T. Friesen (librarian) at 204-434-6415 or email tfriesen@hsd.ca. Thank you in advance for helping to make our students lifelong readers – we couldn't do it without your participation.



The Division of Responsibility

E. Satter Secrets of feeding a healthy family. 2008

Your child will do best with eating when you provide both leadership and autonomy: You do your job of feeding and let your child do their job of eating.

The Parent's Feeding Job

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Show your child what they have to learn about food and mealtime behavior
- Don't let your child graze for food or beverages (except water) between meal and snack times
- Let your child grow up to have the body that is right for them.

Your Child's Eating Jobs

- Your child will eat
- They will eat the amount that they need
- They will learn to eat the foods you eat
- They will learn to eat a variety of foods
- They will grow predictably
- They will learn to behave well at the table

Glazed Ginger Carrot Coins *My amazing little cookbook*

Ingredients:

- 3 or 4 carrots, sliced in thin circles
- 1 Tbsp. butter or non-hydrogenated margarine
- 2 Tbsp. honey, pasteurized
- 2 tsp grated fresh ginger

Directions:

1. Cook sliced carrots in a little bit of water until they are tender (about 6 to 8 minutes). Drain well.
2. Combine the butter or margarine, honey and ginger in a microwave-safe container and heat in the microwave for 1 minute, on HIGH.
3. Add carrots to the container and stir to coat all the carrots with the sauce.
4. Serve immediately.



**** 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

Created by Registered Dietitians from Southern Health - Santé Sud

May be photocopied in its entirety provided source is acknowledged.