

# GREEN VALLEY SCHOOL



## Principal's Message

Welcome to Spring 2018! It is hard to believe that we are now looking at less than nine weeks of classes before we conclude the 2017-2018 school year. As a school community, we are very busy with planning for our next school year. Time-tabling, creating class lists, reviewing and revising our school plan, electing a new student government, and of course planning for graduation 2018.

We would like to send a HUGE thank-you to all of our parent volunteers that spent an entire night at the museum with our grade 5 students. Our team of grade 5 teachers put a lot of work into planning this highly popular "Night at the Museum." The students say that this is the best educational excursion EVER.

These past six weeks have been extremely busy with badminton season coming to an end. We thank all of our badminton coaches for all of their efforts in getting our students ready for games and tournaments. Congratulations to all of our athletes for a great season and for being great representatives of GVS.

On May 11th we welcome all parents to join our students (grade 5-8) to participate in a town clean-up blitz. This year, we had to postpone this event which we normally hold in conjunction with Earth Day. However, due to the tardiness of the arrival of spring-like conditions we had to reschedule. We will begin at 2:30 pm and conclude the clean-up blitz by 3:30 pm. Parents that are interested in taking part can come to GVS and meet our students in the gym at 2:25 pm.

As we near the end of this school year, I encourage parents to check our website ([gvs.hsd.ca](http://gvs.hsd.ca)) on a regular basis for all of the upcoming events taking place during the last two months of school. Our teachers and students have many great things planned. Please feel free to contact GVS if you require any information.

Wishing everyone a great start to the spring season. Happy spring cleaning and a safe seeding season to all of our agricultural community members.

### IMPORTANT DATES

**01** Badminton Round Robin

**03** Badminton Finals

**21** Victoria Day (no classes)

**24** Grad Farewell Supper

**28**

**-31** Grade 12 ELA Standards Exam

**31** Choir Concert Grades 5-12

# SPORTS

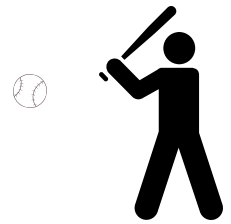
## SY Sports

Another high school badminton season has come to a close. Congratulations to Kade Runke and Matthew Hill who competed in the Male Singles category at Zones, as well as Marcus Friesen/Mason Rempel and Sam Wiebe/Elijah Derksen who competed in Male Doubles. Congratulations to Sam and Elijah on finishing 3rd at Varsity Zones and Marcus/Mason on being finalists at JV zones.

We now move into the final four sports of the high school athletic season: fastpitch, baseball, Ultimate and track and field. Both the fastpitch and baseball teams have been busy preparing for the upcoming season. Fastpitch and baseball zones will take place on May 22nd and 23rd in Mitchell, while our high school baseball league started on April 26th, with games taking place on Thursdays at Stahn Field in Mitchell.

Track and field practices will start at the beginning on May. Zones will take place in Beausejour on May 29th.

Finally, we will be holding meetings in the middle of May (date TBD) for all students interested in playing soccer and volleyball in the fall. A parent letter will go home and any new JV players will have the opportunity to select their jersey number and size for the fall. Stay tuned to announcements for the exact date of this meeting.



## MY Sports

GVS hosted an invitational badminton tournament last Wednesday with Kleefeld and New Bothwell in attendance. All three schools got some valuable playing time in preparation for the Hanover Divisional tournament which will be held on Tuesday, May 1st in Steinbach at the SRSS. If any of our grade 7 & 8 players make playoffs they will be back at the SRSS on Thursday, May 3rd. Good luck to our teams and thanks to Randy Fast and Arlene Durkson for coaching this season!

Mr. Hill will be putting up sign up sheets for track and field next week. Look for practice times and dates that will be posted shortly.

## Dragon Boat



Dragon Boat is back at GVS! We are very pleased and excited to announce that high school students will once again be participating in the Manitoba School Dragon Boat Challenge. This year we will be sending 2 boats full of students who will be racing in support of The Dream Factory which is a Manitoba based charity that is dedicated to fulfilling dreams for Manitoba kids who are battling life-threatening illnesses. As such, all students are encouraged to raise money for this wonderful cause. If you or someone you know would be interested in supporting our racers and donating to the cause please visit our team fundraising website found below.

<https://secure.qgiv.com/event/team/814204/>

All paddlers would like to invite all parents and community members to come out to the race and cheer on our students on Sunday June 3rd. We will be competing at the Manitoba Canoe and Kayak Center. For specific race details please stay tuned to our website.

# COMMUNITY

## Eastman Raiders Football

Registration for all age groups will take place May 3-5th at the Clearspring Mall in Steinbach. Practices for most age groups will begin mid-late June except for the 1st Down Program which will run independently of the regular season.

2018 age groups:

1st Down Program – Ages 4-7 (Born between 2011-2014) – non-contact skill development program

Crunchers – Ages 8-9 (Born between 2009-2010)

Atom – Ages 10-11 (Born between 2007-2008)

Pee Wee – Ages 12-13 (Born between 2005-2006)

Bantam – Ages 14-15 (Born between 2003-2004)

Midget – Ages 16-18 (Born between 2000-2002)

Raiders football is a co-ed program focused on fair play and skill development for all players. No previous football experience is necessary.

All equipment is provided in the cost of registration, you only need to provide cleats, a mouthguard and a desire to learn.

Please visit [www.eastmanraiders.com](http://www.eastmanraiders.com) as more details will be posted closer to registration weekend. Use the Contact tab to send in any questions regarding the upcoming season.

# MUSIC

## Grade 6 Instrument Try Out Evening

I've been introducing our grade 6 students to what it is like to be in grade 7 band. We have having a lot of fun learning about instruments and even making sounds on different mouth pieces! If your child is interested in joining grade 7 band, please join us on May 23 from 4-6 pm for an instrument try-out session. Representatives from St. John's Music will be here with information about instruments and instrument rental opportunities.

## Upcoming Concerts

The GVS bands and choirs have had a busy and successful year so far, but we are not done yet! We have two exciting concerts coming up;

May 31: 2nd Annual Choir Concert in the gym at 7 pm.

All choirs from grades 5-12 will be performing.

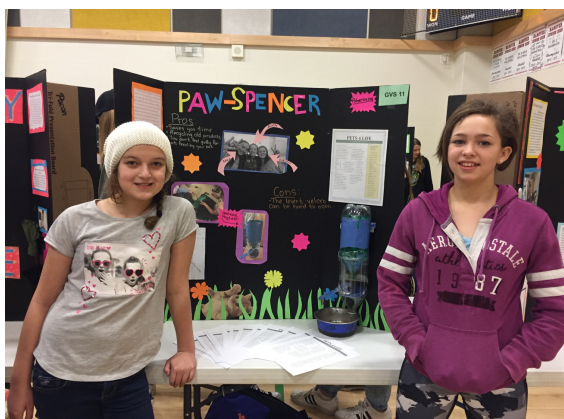
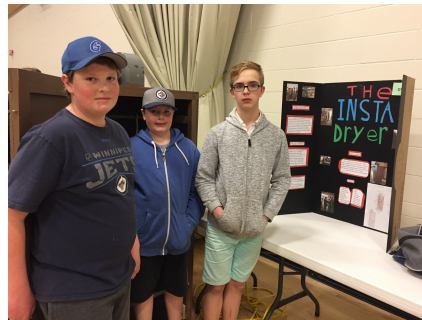
June 14: Outdoor Band Concert (grades 7-12) at 7 pm.

Bring lawn chairs and/or blankets and enjoy the great sounds combined with warm summer weather.



# INVENTION CONVENTION

The Grade 7 & 8 students had the opportunity to share inventions they have been creating at the Hanover Invention Convention that was held on April 23rd. This event featured over 135 student made inventions from five different schools in the division. Students were able to showcase their inventions as well as present a sales pitch to the many adults and students who were in attendance. Seven groups of these young inventors will also be representing GVS at the Manitoba wide Invention Convention at Red River College on May 15th. Congratulations to: "The Insta Dryer", "The Paw-Spencer", "Binder-Pack", "The Bottle Basket", "Which Shoe, Which Foot?", "The Schkrayper", and "The Perfect Piece".



# FROM MR. G'S OFFICE

## University and College Tours

The grade 11 students will be going on some field trips in May to tour some post-secondary institutions. On May 8th, students will tour the University of Winnipeg and the University of Manitoba. On May 24th, grade 11 students will tour two campuses of Red River College - the Notre Dame campus and the Roblin campus. Students should make sure they have their permission forms handed in for these trips.

## Grade 5 Orientation

The South Oaks Grade 4 students, along with their parents, are invited to an orientation meeting on Wednesday, June 6th from 6:45 - 8:00 pm. Students and parents will receive a tour of the school and meet the grade 5 teachers for next year. Hope to see you there. If you have questions or cannot attend, please contact Cam Gerbrandt at the school.

## LIBRARY

As we are heading into the last two months of school, there are many items on the agenda at school. One of these items is the yearly library inventory count. It is important for all books to be accounted for. Unfortunately, there are many library books and library ChromeBook cords that are overdue. Please be aware that any library items that are not returned by May 18th will be added to your school student fee account.

Middle year students: your homeroom teacher will have your list of overdue books.

Senior year students: Please see the librarian for your list. (This does not include textbooks unless you are still holding on to some from semester 1).

All students: Please check your backpacks and lockers, your classrooms and homes for missing library books (and ChromeBook cords).

Thank you, in advance, for your cooperation.

## PARENT PORTAL

The Parent Portal is continuing to expand its services. Most recently HSD has added Permission and Consent Forms to its options. If your child is going on a field trip / learning excursion, you now have the ability to give permission online. This is in addition to the other services currently offered:

- Attendance Information and the ability to update or excuse absences
- School Fees Account with the option to pay online
- Report Cards
- Student Information

The Portal is a convenient option offered to parents and we encourage all parents to make use of it as it also reduces the paperwork that needs to be processed in the office. To learn more about the HSD Parent Portal, please view the HSD Parental Portal FAQ section at [www.gvs.hsd.ca](http://www.gvs.hsd.ca). If you have questions regarding setting up the Portal please feel free to phone the office.

# ENCOUNTERS WITH CANADA

by Cassidy Driedger

In January I had the opportunity to go to Ottawa with a program called Encounters With Canada. This program is a unique opportunity for Canadian teens to meet other young people from across the country. Encounters With Canada lets you explore different career options by choosing a specific theme week – for example History, Arts and Culture, Science, Law, Communications, or First Responders themes. The cost for the week was only \$675, which included my flight, accommodations, and all activity fees.

During my week in Ottawa I got a tour of the city, as well as tours of the Canadian Museum of History and the Parliament Building where I saw the Prime Minister Justin Trudeau. The theme week I chose was Sports and Fitness. I was able to choose from activities like boot camp, soccer, ultimate frisbee, gymnastics, yoga, downhill skiing, snowboarding and karate, etc. I also had the option of going to an NHL game or going skating on the Rideau Canal.



Encounters With Canada was an unforgettable experience. Because I was travelling on my own, it helped me to grow personally and to get out of my comfort zone. I earned a greater appreciation and respect for our country and it's diversity. I met so many people from other provinces and learned that even though we have many differences, we are also similar in a lot of ways. I made some really good connections with others from across the country and I know I'll be keeping in touch with them over the years. Encounters With Canada left me feeling extremely proud to be Canadian and I would highly recommend that other students take advantage of this opportunity!

If you would like more information about attending Encounters with Canada, please see Ms. Dennis.



# NUMERACY

Numeracy Month ended with Math Olympics for middle years' students on April 13th. The top team for gr. 5/6 was a tie, team 3 and 5, and the top team for gr. 7/8 was team 2. There were some close runners up. Way to go! The winners of the candy in the "Guess How Many Candies" jar were Tucker in 5RN with a guess of 1401, and Wyatt in grade 9. The actual number was 1409. Well done!

We had a great month of celebrating Math. Students have solved riddles, problems, puzzles, and even found ways to do Math in ELA... Pi-ku poems (see below). Mr. Hangle shared how math concepts were going on in his Building Construction class, "We are building a slanted roof chicken coop, sauna, and outhouse in our grade ten and eleven building construction classes. When I took math in high school, I wondered where I would ever use the trigonometric functions I was forced to study! My students are now helping me and themselves as they figure out the angles of construction for these buildings using different trigonometric functions together with the Pythagorean theorem. Practical math rocks!"

Three one four  
Pi.  
It never ends.  
(Malachi Sawatzky)

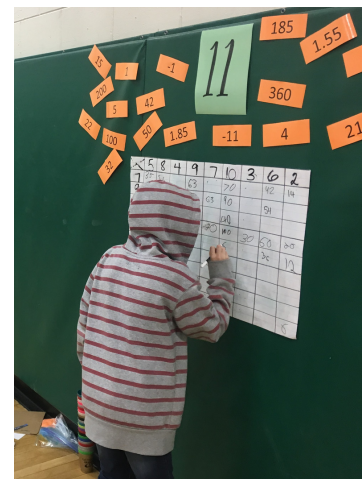
Pi is good!  
\*sigh\*  
Pie is better.  
(Cadence Stam)

$\pi$ , pie, pi!  
Yeah!  
I want some pie!  
(Miriam Fast)

Three one four  
Pi.  
It is Pi day!  
(Jazlyn Unger)

I eat pie.  
But  
I can't eat math.  
(Alyssa Zaporzan)

I eat pie.  
Yum  
Pi has numbers.  
(Christian Martens)





# Nutrition Bits and Bites!

## Rethink Your Drink

We value your feedback!

Please complete our short survey to help us improve the School Nutrition Newsletter:

<https://www.surveymonkey.com/r/YH7CGB5>

### Cow's Milk vs. Plant-Based Milk

Milk, whether from a cow or a plant-based source, can be a part of a healthy diet. Choosing the best option, especially for children, can be confusing. Other than fortified soy milk, plant-based milks have very little protein, fat, and calories. Drinking too much of any type of beverage can fill children up and cause them to eat less whole foods at meals. The following is a break down of how some milks compare nutritionally.

Milk (1 cup)	Protein (g)	Fat (g)	Carbohydrates (g)	Calcium (%)
Cow (whole)	8	8	11	28
Soy	7	4	8	30
Almond	1	2.5	1	45
Oat	4	2.5	24	35
Coconut	0	4.5	1	45
Rice	1	2.5	23	30

### What Should my Child Drink?



- Water is best to satisfy thirst, children should drink water between meals and more on hot and humid days
- Milk is a source of protein, fat, calcium and vitamin D. Offer your child cow's milk or fortified soy milk with meals.
- Juice is a source of concentrated sugar and should be limited to  $\frac{1}{2}$  a cup of unsweetened juice or less per day
- Sugary drinks like pop, iced tea, fruit beverages and slushy drinks provide little nutrition and should be served less often.

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

2017-2018

## Lactose Intolerance

A common reason why parents avoid serving milk products to children is lactose intolerance. For some, drinking large amounts of milk can cause unwanted symptoms such as gas and irregular bowel functions. Lactose intolerance is different than an allergy to milk. Only a very small percentage of people have a milk allergy and therefore should not consume any dairy products. Some infants may even grow out of a milk allergy. For many with lactose intolerance, increasing their exposure to milk and dairy in small amounts may help improve negative effects of lactose intolerance. The following are some tips for children and parents with lactose intolerance to enjoy dairy products:

- Drink smaller portions of milk (1/2 cup) with meals
- Try having full fat milk, as it may be tolerated better than skim milk
- Purchase lactose free milk
- Try taking a lactase enzyme pill to help with milk digestion
- If milk continues to cause unwanted symptoms, try a fortified soy milk beverage

## Mexican Hot Chocolate

### Ingredients

- ½ cup granulated sugar
- ½ cup water
- 1/3 cup unsweetened cocoa powder
- ½ tsp ground cinnamon
- 5 cups milk
- ½ tsp vanilla
- ½ tsp almond extract



### Instructions

1. In a large sauce pan, over medium heat, heat sugar, water, cocoa powder and cinnamon until sugar dissolves.
2. Add milk; heat until steaming (do not boil).
3. Remove from heat and stir in vanilla and almond extract.

**Enjoy this beverage in moderation as a special treat!**

Simply Great Food - Dietitians of Canada. 2007. Published by Robert Rose Inc.

**\*\* Refer to the Allergy Newsletter (September issue) for substitution**

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