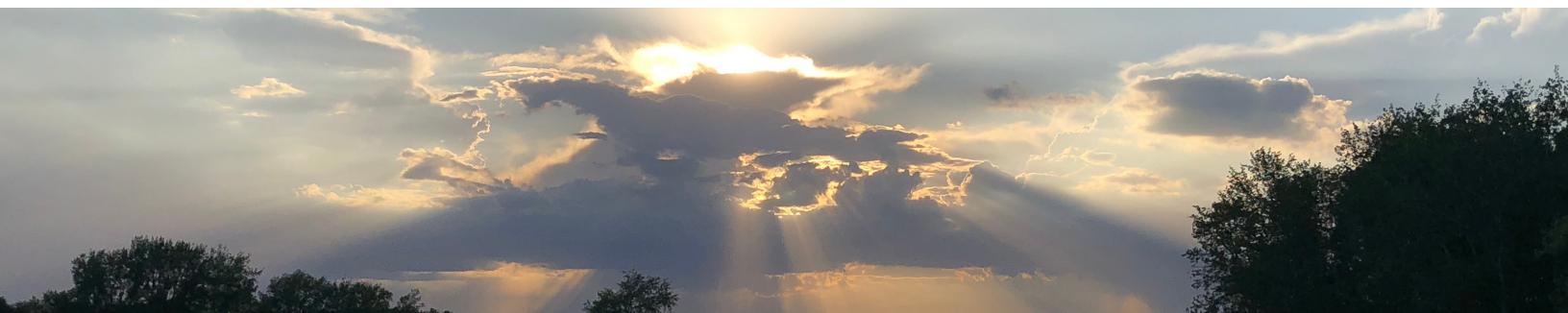


GREEN VALLEY SCHOOL



PRINCIPAL'S MESSAGE

It is hard to believe that June is here already. I guess the old saying holds true... "time flies by when you are having fun." There is excitement in the air as the weather begins to feel more and more like summer. We have certainly had a busy year learning, growing and reflecting as a school community.

I would like to extend a sincere thank-you and best wishes to the following staff that will be leaving us at the end of June; Mr. Ken Peters, Mr. Kevin Hiebert and Ms. Melissa Gerbrandt. We would like to thank these teachers for their professionalism and their dedication to student learning here at GVS. We wish these teachers all the best in all of their future endeavors. We are bidding farewell to some of our educational assistants as well. We want to thank Mrs. Cynthia Broesky, Mrs. Sherri Toews and Mrs. Kendra Rempel for all of their efforts in supporting our students and staff. We sincerely appreciate your kindness, your caring and your invested interest in making learning environments safe for students. HSD will also be saying farewell to one of our Assistant Superintendents (former principal of GVS) Mr. Rick Ardies. Mr. Ardies has been part of the Hanover School Division for close to thirty years. Mr. Ardies was a teacher, a vice-principal, a principal and an assistant superintendent during his time in the division. Mr. Ardies has been a highly determined, collaborative, visionary, and goal orientated educational leader. His contributions to education in HSD have been truly remarkable. His energy, his commitment and his passion for education will surely be missed. We wish Mr. Ardies and his wife Sheila all the best as they embark and embrace their new roles as grandparents in British Columbia. We thank you for your many years of service as a truly passionate servant leader.

I would like to take this opportunity to once again thank the Lions Club of Grunthal for their continued support for our breakfast program. Their commitment and their un-wavering support in sponsoring our breakfast program has been greatly appreciated. Their belief in helping develop our future community leaders is truly admirable.

I want to thank our entire staff and student body for making this past school year a very rewarding and memorable year. I want to thank our staff for their passion and energy that they bring to their profession. Our teachers, and our support staff really have their hearts in the right place. It is all about the students.

We have an extraordinary community and we have an extraordinary school division. We have students and parents invested in education. We have a community that supports education and we have an incredible staff that wants what is best for students, even when it is hard. Even if it is more work. Nothing worthwhile is ever easy. We appreciate everyone for doing their very best every day in our classrooms. Anytime we are improving upon excellence, we know that there is a lot of change involved and that it can be disruptive. It takes a lot of energy for people to really understand it, embrace it and then put their energy into it.

I would also like to extend our sincerest wishes to the graduating class of 2018. As our grads prepare to leave the GVS community, we hope they will take many fond memories with them. We invite our grads to come back for visits or to even take part in volunteering, or coaching here at GVS.

Wishing our entire school community a great end to this school year.

IMPORTANT DATES

JUNE 6

GRADE 5 ORIENTATION

JUNE 7

TRI-SCHOOLS GR. 5-6 TRACK MEET

GR. 5-8 1500M RUN @4:30 PM

JUNE 12

GR. 12 PRE-CALCULUS EXAM

JUNE 13

GR. 12 ESSENTIALS MATH EXAM

JUNE 14

GR. 12 APPLIED MATH EXAM

SUMMER CONCERT

JUNE 18-22

FINAL ASSESSMENT BLOCK

JUNE 25

HSD SOCCER DAY

JUNE 26

GRAD REHEARSAL

MY ACTIVITY DAY

JUNE 27

GRADUATION

ASSESSMENT MAKE-DAY

JUNE 28-29

ADMIN DAYS (NO CLASSES)

JUNE 29

FINAL REPORT CARDS ISSUED

SPORTS NEWS

MY SPORTS

This month has a few notable items in the world of sports, Ms. Collett has been working with our middle years track team and is preparing for the Gr 5 & 6 Tri-meet which will be held on June 7 at Stoneybrook Middle School. The Gr 7 & 8 Barb Cheop Track meet will be held a day later on Friday June 8. Students are reminded to come prepared for their events by having the proper clothing, footwear and to be hydrated. Good luck to all our track and field competitors.



SY SPORTS

June will bring to a close the 2017-2018 Athletic Season. Baseball, Fastpitch and Ultimate Frisbee have all wrapped up, with only Track and Field remaining.

Our boys Baseball team had a very good year, finishing 2nd in the Zone 13 League. At Zones, the boys made it to the final undefeated, before falling in two straight games to SRSS. Our Fastpitch team, finished off the round robin 2-1, before falling to the SRSS in the semi-finals! Great job to both teams and thank-you to our coaches, Jason Epp, Chris Kurbatoff and Adam Reutter (Baseball) and Maury Zaporzan and Keegan Collett (Fastpitch), for the time and hard work you have put into developing our ball players!

Our Ultimate Frisbee team wrapped up their season this past weekend with Provincials in Winnipeg. The team finished fourth in the B division. Thanks to Ashley and Kyle Penner for coaching this team.

Congratulations to all our High School Track and Field Athletes who represented Green Valley School at Zones May 29 in Beausejour. Vanessa Friesen (1st place in 100m, Triple Jump, High Jump, 2nd place in 200m), Braedan Reimer (1st place Pentathlon), Zach Funk (2nd place Triple Jump, 3rd place Long Jump) and Gabe Goertzen (3rd place 200 m) all qualified for Provincials at the U of M June 7,8 and 9.

GRADUATION UPDATES

The final grad meeting of the year will occur on Monday, June 4 during period 3 in the library. We will discuss final credit tallies, upcoming grad events, important dates, give out escort tickets to the grad banquet, and discuss the possible sale of extra banquet tickets.

GRAD SCHEDULE

Monday June 4: final grad meeting of the year

Tuesday, June 26 @ 9:15 AM: the bus leaves for Grad rehearsal at Emmanuel Evangelical Free Church in Steinbach

Wednesday, June 27: Graduation Day;

2:00 PM Grad group picture (formal wear) at the Park in Steinbach near the fire hall

3:45 PM Grads are to be at church to dress and take candid pictures

4:30 PM Grad Ceremony at EEFC -Steinbach

7:00 PM Grad Banquet at EEFC -Steinbach by invitation



MY ASSESSMENT MAKE-UP DAY

The last day of school in middle years is Tuesday, June 26. Students with outstanding work, incomplete assignments or assessments will be expected to come to school on Wednesday, June 27 as a make-up day.



CODEMAKERS CAMP

Do you happen to have a daughter, or young woman in your life that loved attending WISE Kid-Netic Energy's Science & Engineering camp, but is too old to attend now? WISE Kid-Netic is very excited to let you know that this summer they are offering a **FREE** five day **All-Girls Codemakers Camp for 13-15 year olds** (by Dec. 31, 2018) in Steinbach July 30-Aug. 3! Thanks to federal government CanCode funding via Actua they are able to take this camp on the road free of charge, and they're super pumped.

For more details, and to register, please visit <http://www.wiesekidneticenergy.ca/codemakers-all-girls-camps/>

Here's what campers can expect each day. There is no need to have any prior coding knowledge. In fact WISE Kid-Netic Energy encourage those that don't have any experience to join!

Monday: Introduction to Coding

Our first exploration of electronics, coding, and computer science! Snap Circuits, the Hour of Code, a coding choose your own adventure, and inventing with littleBits are all parts of this diverse day.

Tuesday: Robotics Day

Today is the first day of the week where we work closely with various robots like Dash and Cue! In addition, we will get a chance to design 3D printed works like a veterinarian, and have fun with a crazy electronic unit called Backyard Brains.

Wednesday: LEGO Mindstorms Day

One of our favorite days is LEGO Mindstorms day! We delve into the unique way LEGO coding works and the campers will build their own robots for our challenges. If you can think it, you can build it!

Thursday: littleBits Day

We've organized multiple activities using cool electronics from littleBits today! The inventive controller MakeyMakey, the #STEAM dream Codekits, and the famous Arduino all make an appearance in the affectionately named, littleBits day.

Friday: Artificial Intelligence

Our final day is packed with computer science concepts like Artificial Intelligence and facial recognition with robots like Cozmo, and doing advanced coding in Processing which campers are encouraged to expand on with free tutorials and libraries!

MUSIC

Thank you to all parents for supporting the music program at GVS, helping your children through some tough practice times, coming out for concerts and sending me words of encouragement. Strong music programs at schools should not be taken for granted, they can only remain strong through the continued support of the entire community.

GVS 3rd Annual Outdoor Summer Concert

We would like to invite you to this years outdoor band concert on June 14 at 7:00 PM. This will be our final band concert of the year and we are pulling out all the stops bringing on high energy band pop tunes. We will also be having a Hot Dog supper in support of future band trips. Spread the word, June 14, bring your lawn chairs and blankets and come and enjoy a great time with our GVS music students.

Grade 7 - 12 Bands

If your child is renting the following instruments from the school please return them before the Summer concert on June 14;

- Tuba
- Euphonium
- Tenor Saxophone
- French Horn
- Percussion
- Bass Clarinet



GVS Choir

The GVS choir has had a great year with many performances and festival and hope to continue to build on this strong foundation. If your child is in grade 9 -11 and would like to explore singing but has yet to sign up for next years choir, it is not too late. Talk to Mr. Neufeld or Mr. Gerbrandt to sign up.

Grade 6:

Please remember to send in your form indicating if your child will be in band next year. If you missed the instrument information evening but would like your child to be in band let me know, it is not too late to sign up. If you have any questions or would like more information about grade 7 band, please don't hesitate to call or email Mr. Vern Neufeld.

REPORT CARDS

End of year report cards will be available on the Parent Portal on Friday, June 29 by 8 AM. For those who have not signed up to receive report cards via Parent Portal, report cards will be available for pick up at the office on Friday, June 29 from 10 AM til 4 PM and on Tuesday, July 3 from 9 AM til 3 PM.



COMING TO GVS SEPTEMBER 2018

PEANUT AWARE ZONE



Please remember to avoid peanuts and peanut products due to allergies.

Starting in September 2018, Green Valley School will be a Peanut Aware School. Please do not send peanuts or peanut products to school with students. Senior High students who leave campus during breaks also need to make sure they are not bringing peanut products back into the school. Thank you for your help in keeping our school safe for all!

GVS - June 2018

Final Exam Schedule

Provincial Exams

ELA 40S Provincial Exam - May 28 to 31

Essentials Math 40S Provincial Exam - June 13

Monday, June 18, 9:00 am			Monday June 19, 1:00 pm		
Science 10F	J. Winter	Rm 101	Study Hall	S. Hill	Rm 107
ELA10F	K. Martin	Rm 105			
Science 20F	G. Dueck	Rm 106			
American History 20G	M. Zwaagstra	Rm 113			
Physics 30S	C. Thiessen	Rm 109			
English Comp 30S	K. Hiebert	Rm 107			
Art 30S**	M. Wiens	Art Rm -100			
Biology 40S	A. Penner	Rm 110			
Tuesday, June 19, 9:00 am			Tuesday, June 20, 1:00 pm		
Math 10F	A. Penner	Rm 110	History 30F	R. Schroeder	Rm 112
ELA 10F	K. Martin	Rm 105	Gr. 12 Makeup Exams	S. Hill	Rm 107
Geo 20F	R. Schroeder	Rm 112	Study Hall	S. Hill	Rm 107
Essentials 30S	J. Winter	Rm 101	Drama 30S**	M. Wiens	Art Rm -100
History 30S	M. Zwaagstra	Rm 113	Drama 40S**	M. Wiens	Art Rm -100
Physics 40S	C. Thiessen	Rm 109			
Wednesday, June 20, 9:00am			Wednesday, June 20, 1:00 pm		
CCW 10F	R. Schroeder	Rm 112	French 10S	T. Graham	Rm 102
Essential Math 20S	J. Winter	Rm 101	French 20S	T. Graham	Rm 102
Intro to Pre-Cal/App 20S	C. Thiessen	Rm 109	French 30S	T. Graham	Rm 102
Biology 30S	A. Penner	Rm 110	French 40S	T. Graham	Rm 102
			History 30F	R. Schroeder	Rm 112
			Study Hall	J. Hart	Rm 107
Thursday, June 21, 9:00 am			Thursday, June 21, 1:00 pm		
Math 10F	J. Winter	Rm 101	ELA 20F	K. Martin	Rm 105
CCW 10F	M. Zwaagstra	Rm 113	Study Hall	J. Hart	Rm 107
Chemistry 30S	C. Thiessen	Rm 109			
Science 10F	A. Penner	Rm 110			
Friday, June 22, 9:00 am					
Make-up Exams	T. Donkersloot	Rm 113			

**Courses have portfolio assessments.

Classes not listed on the exam schedule will have final assessments during regularly scheduled classes prior to June 18th.

Students should ensure that they arrive at their scheduled time. Students are reminded that these final assessments must be completed in class and any absences will affect the mark of their final assessment.

Students should remain in exam rooms for a minimum of 1 hour and 30 minutes. Once exams are completed students must move to the study room or have arrangements made to return home.



Nutrition Bits and Bites!

Healthy Eating On-The-Go

The Hustle and Bustle

For most of us, life is often busy with work, school, and children (plus all of their extracurricular activities!). Busy lives can make it a challenge to eat healthy on a regular basis. For some families, grabbing some fast food in the morning, or on the way home from work or school occurs several times throughout the week. This might sound like a quick and easy solution, however the food purchased is typically less beneficial to your health and your wallet!



Nutrition Quality

Fast food restaurants and gas stations contain many ultra-processed food items. Some processing is required to prevent food poisoning and preserve shelf life, however it also makes food extremely appetizing. These ultra-processed food products are far from their original state, resulting in the loss of many nutrients. Therefore, it's best to be proactive by planning ahead and preparing whole foods at home!



Grab & Go's

There are many healthy food options that can be used when on the run or in a pinch.

- Fruit: any kind (apples, bananas, mandarin oranges, grapes; requires little to no prep!)
- Precut vegetables with dip
- Hummus or cheese and whole grain crackers
- Yogurt Parfait (with oats and fruit)
- Trail mix (look for no added sugar or make your own)

Cook and Enjoy! Cooking Tips!

All-in-One Portable Meals

A simple, yet effective approach to healthy eating on the go is to make all-in-one meals! The following balanced meal ideas take away the need for utensils, condiments, and other items, and can be eaten with your own two hands on the go!

Wrap it Up!

A whole grain tortilla is a great alternative to the usual sandwich routine. Wrap up your favourite sandwich ingredients for a mess-free handheld meal.

- Peanut butter and banana, veggies and cheese, hummus and cucumber
- Scrambled eggs and spinach; tuna salad wrap with celery and red peppers

The Magic of Muffin Tins

Muffin tins aren't just for baking treats these days! They can be used to prepare batches of healthy dinner options, all of which can be eaten with just your fingers! See below for examples and a recipe!

- Mini Omelette/egg frittata; baked oatmeal cups; taco cups; mini turkey meatloaf
- Broccoli cheddar quinoa bites

Mini Egg & Cheese Tortilla Cups

Ingredients:

- 4 eggs
- $\frac{1}{2}$ cup plain Greek yogurt
- $\frac{1}{2}$ cup shredded cheese
- Diced veggies (bell peppers, onions, mushrooms)
- 1 extra large whole grain tortilla
- Salt and pepper to taste

Instructions

1. Heat oven to 350°F. Cut out four small (about 3.5 inch) round circles out of the tortilla, you can use anything that has a rim; can, cup, etc. Press each tortilla into 4 greased muffin tins using your fingers. It's ok if it doesn't fit perfectly, it will balance out after you add the eggs. Set aside.
2. In a medium bowl, whip the eggs and Greek yogurt until fully combined, it's ok if it's a little lumpy, the Greek yogurt will bake into the eggs. Add half of the cheese and set half aside. Sprinkle salt and pepper to taste.
3. Pour the egg mixture equally into the prepared muffin tins on the tortillas. Then sprinkle on the veggies as desired. Bake for 10 min, after 10 min, sprinkle the rest of the cheese on the eggs. Continue baking for 3-5 minutes more or until cheese is bubbly and tortilla crust is golden. Serve warm, eat using a fork or grab one on the go!



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

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.

JUNE 2018 GVS SUMMER READING PROGRAM

Studies show that students who read during the summer holiday time reinforce skills they have learned during the school year. Besides improving literacy skills, summer reading programs also give families an incentive to spend time together, whether in choosing books to read, reading to each other or discussing what has been read. Information about the program is as follows:

The library will again be offering the SUMMER READING PROGRAM to students and parents of students currently in grades 5-11.

- There isn't any cost to participate and no reading logs need to be kept.
- Students wanting to sign up for the SUMMER READING PROGRAM must complete and hand in the registration form to the librarian. All students must have their parents/guardians signed consent to take part in the program. (The registration form is below). If you have more than one student participating, you only need to complete one form as long as all the students names are listed.
- Students in the program may select and pick up books from the GVS library June 20-27. They do not need to be accompanied by a parent/guardian as long as their signed consent form is in. Parents are welcome to pick up their own reading material on these same dates.
- At the time of book selection and pick up, students will be given a book bag to use and a list of the books they are taking home for the summer.
- SUMMER READING PROGRAM library books can be returned starting August 27. All books must be returned before students are allowed to take out any library books in the 2018-2019 school year.
- Any lost or damaged books that need to be replaced or repaired will be charged to the student and need to be paid before the student is allowed to take out library books for the 2018-2019 school year.
- Please feel free to call Mrs. Tracey Friesen at the school (204-434-6415) or email tfriesen@hsd.ca if you have any questions.

GVS SUMMER READING PROGRAM

I would like to participate in the GVS SUMMER READING PROGRAM. I promise to take good care of any books I sign out and to pay for replacement or repair of any books damaged, destroyed or lost while in my care. I promise to return the library books at the end of summer (starting August 27) or when I come back to school in September. I understand I must return my books before I can take out books for the 2018-2019 school year. If I move or change schools over the summer, I promise to return the books to GVS before doing so.

STUDENT'S NAME: (please print) _____

STUDENT'S SIGNATURE: _____

PARENT/GUARDIAN'S SIGNATURE: _____

DATE: _____

Have a fun and safe summer!