

# GREEN VALLEY SCHOOL



## PRINCIPAL'S MESSAGE

As we enter the month of November, we find ourselves reflecting on the many things we are so grateful for here at GVS. This past October, our GVS students topped the charts and collected over 7000 pounds of food for this year's FCC Fall Food Drive. We are thankful for students and staff that thought of creative ways to bring in food for this year's drive. A HUGE thanks goes out to Mrs. Maria Friesen and her team of volunteers that worked so incredibly hard during the entire drive to sort, weigh, and to gather data for how much food was brought in. We would also like to thank the Grunthal Food Bank Committee members for taking the time to present at our kick-off assembly. It was through the committee's presentation that our students fully recognize the role the Food Bank plays in our community.

With the end of October we also saw our cross-country and soccer teams finish their seasons off. We congratulate all of our student athletes for playing and running hard and being fine ambassadors of GVS. We would also like to thank the coaches of all of these teams for their countless hours of practicing and attending games and meets. Our athletic department sincerely thanks our community and staff coaches for their contributions to our extra-curricular programs.

Congratulations to Mr. Vern Neufeld and all of our band students for a very entertaining and enjoyable evening during the annual GVS Fall Concert. Mr. Neufeld has extended an invitation to all former GVS alumni to take part in a musical piece for our Christmas concert. Please feel free to email Mr. Neufeld for more information about this awesome opportunity.

The GVS school community would like to extend a warm welcome to our new school trustee Mr. Jonathan Driedger. We are very appreciative of the commitment that Mr. Driedger has made in serving Ward #4 in the capacity as a trustee for the Hanover School Division. We would also like to take this opportunity to thank Mr. Rick Peters for his dedication and for his support as he served as our trustee over the last four years. We wish Mr. Peters all the best as he continues as a school board trustee for Ward #3 in Steinbach.

Our annual Remembrance Day assembly will be taking place on November 9 starting at 10:45 am. We invite any parents or community members to join us for this solemn gathering as we express our gratitude and appreciation for those who fought for our freedom.

"Forever lost. Forever changed. We care. So we remember."

## Important Dates

Nov 2  
Picture Retakes

Nov 5  
Admin Day (No Classes)

Nov 9  
Remembrance Day Service  
@ 10:45

Nov 13  
Immunizations (Grade 6 & 8)

Nov 14  
Take Your Kid to Work Day  
(Grade 9 Only)

Nov 9  
Gr 5-12 Report Cards

Nov 20  
Hold & Secure Drill

Nov 21  
Volleyball Finals

Nov 21  
Gr. 5-12 Parent Teacher  
Interviews @ 4-7 pm

Nov 21  
PAC Meeting at 7 pm

# SPORTS

## SY Sports

November is upon us- the home stretch for our volleyball season has begun. It will be a busy month for volleyball as our league play wraps up and playoffs begin for a chance to represent our Zone at Provincials.

Our Volleyball teams have had a busy month of league play and tournaments. Currently our Varsity Boys and Girls are ranked 2nd in the Province.

Both of our JV Teams have had a strong October of Volleyball. Our JV Boys won both the Garden Valley Tournament and our home tournament, while the girls have steadily improved to the point to be finalists at our home tournament! Good luck to both teams as they move into playoff season, Zones and Provincials! Here is a complete run down of important dates for our Volleyball team:

- Nov. 2-3: Varsity Boys and Girls @ Neelin (Brandon) Tournament
- Nov. 7: Varsity Zones @ North
- Nov. 8: JV Zones @ North
- Nov. 17: Varsity Boys and Girls Regionals @ TBD
- Nov. 22-24: JV Boys Volleyball Provincials @ Flin Flon
- Nov. 22-24: JV Girls Volleyball Provincials @ Morris
- Nov. 29- Dec 1: Varsity Boys Provincials @ Carberry
- Nov. 29- Dec 1: Varsity Girls Provincials @ MacGregor



Basketball Season will begin as soon as Volleyball season ends. Teams have already been busy practicing for the upcoming season. For further information on dates and times for practices, tournaments and games as well as results for your Green Valley Pirates, please visit [gvs.hsd.ca](http://gvs.hsd.ca) and click the athletics tab!

For all Zone 13 athletics results and information results please visit: <http://z13aa.weebly.com>.

For all Provincial High School Sports results and information, Top 10 Provincial rankings and news please visit: [www.mhsaa.ca](http://www.mhsaa.ca).



## MY Sports

Volleyball season is heading into playoffs in a couple of weeks. Good luck to all of our grade 7 & 8 teams as they prepare down the stretch and players are reminded to thank their coaches for all their hard work. Playoffs start the week of Nov. 13th. With the finals being held on Nov. 20th. Mr. Hill is looking for basketball coaches for the upcoming basketball season. Please contact him if your interested. Volleyball intramurals were a hit this year with over 50 students participating. This year's winners were the "New Kids on the Block". Next sport is Floor Hockey which will get going in the following weeks.

## PAC (PARENT ADVISORY COUNCIL)

There will be a PAC meeting on November 21 at 7pm in GVS' library. All parents interested in joining the team or help please join us for coffee and dessert.

## MUSIC

With a resoundingly successful fall concert behind us, we keep going full steam ahead. November and December are overflowing with musical activities, Choral Fest, Eastman Honour Band and Christmas Concerts. Please mark your calendars for the following events:

### Choral Fest:

November 19: GVS 9-12 choir.

November 29: Grade 6 choir (all grade 6 students).



### Eastman Honour Band

November 24-25: Select band students will be going to Springfield to participate in this year's Eastman Honour Band.

### Christmas Concerts:

December 6: GVS Senior Years band and choir concert. All grade 9-12 band and choir students will be presenting a delightful evening of Christmas music and carols. at GVS.

December 13: Middle Years Christmas Concert. All grade 5 and 6 students are required to be at the concert. Grade 7 & 8 band students and grade 5 and 6 students will present a energetic concert celebrating the season.

### Alumni Band

If you have been part of the GVS bands or other concert bands and would like to try your chops at some Christmas music as part of an alumni band for the Senior Years Christmas concert, please email Mr. Neufeld at [vneufeld@hsd.ca](mailto:vneufeld@hsd.ca) as soon as possible.

## GRAD NEWS

All grade 12 students interested in university should consider applying before December 1, 2018. Universities use this date for advanced early admission scholarships. If your grade 11 course average was above 85% on five 30S courses, you could be in line for an entrance scholarship. Talk to Mr. Gerbrandt for more information.

## HELPING KIDS

Parents of students of all ages can help kids out. Sit down with your kids and get them to put the Kids Help Phone contact information into their mobile devices. Kids Help Phone is a free, confidential counselling service with professional counsellors. Even if your kids will never use it, they will have the info for a friend or someone else they encounter. Here is the contact info: 1-800-668-6868 or just text "Talk" to 686868.



## TAKE YOUR KID TO WORK

November 14 is Take Our Kid to Work Day. This gives all grade 9 students in the province a chance to experience the world of work through job shadowing a parent, relative or family friend. All grade 9 students should now be registered with the school and be ready to go to work. If you encounter one of these grade 9 students on this day, please make them feel welcome.

## CANTEEN

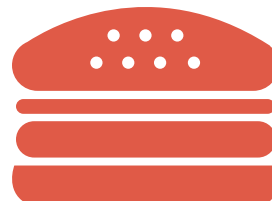
The canteen serves hot lunches on the following days:

Monday - Chicken Burgers (\$4.00)

Wednesday - changes every week (\$4.00)

Friday - Pizza (\$1.75/slice)

Chocolate milk is available Mon-Fri.



## IMMUNIZATION

As part of Manitoba's provincial immunization schedule Grade 6 and 8 students will be offered immunizations. Information about the vaccines have been sent home with consent forms to ALL grade 6 and 8 students. The forms will need to be completed for each student indicating YES or NO to the vaccines and returned to their teachers by October 31, 2018. The public health nurse will immunize your child in school. Please review the information sent home with your child and if you have any further questions please contact the public health nurse Jocelyn Kingshott at 204-346-7013.

## STUDENT SURVEY

Over the next few weeks, GVS students will be participating in an online school survey for students called the OurSCHOOL Student Survey. This survey is a divisional mandate and is a powerful tool that generates data for the purpose of informing school improvements and school planning. This survey provides students with an opportunity to have their voice heard in a safe and constructive way.

About OurSCHOOL Student Survey:

- Allows students to share their feedback anonymously on their experiences at school, school environment and school improvement programs.
- Participation in the survey is voluntary, however all students are encouraged to participate.
- The time required to complete the survey may vary, but it is designed to be completed in approximately 35-40 minutes.
- Survey measures include such topics as behaviours and attitudes linked to student success, emotional and social well-being, and physical health.



If you have questions or would like to request more information about the OurSCHOOL Student Survey, please contact Cam Gerbrandt, our guidance counsellor.

## CHOCOLATE FUNDRAISER

Our chocolate sales are completed and over \$21,000 of chocolates were sold. Thank you to all the students for selling and thank you to parents, friends, relatives, neighbours, and businesses for supporting GVS. The money raised will go towards additional playground equipment, sports fees, field trips, and special school activities.





# SOCIAL JUSTICE

## FCC Food Drive 2018 at GVS: The Drive for Five is More than Alive!

On Thursday, October 18 we concluded our food drive to help drive away hunger in our area. Thank you to our students and their families, our staff, youth groups, and the community for your generosity and support of this worthy and much needed event. Special recognition and a huge thank you to our girls and boys volleyball teams who brought in just over 3000 lbs. of what GVS raised in food! This year the girls won the challenge. We also had some very generous middle years classes. There was a close race going on between a few classes, but 5KC pulled ahead on the last day, with 7LH close behind. There were two senior years classes that really got into the spirit of the drive. Ms. Graham's grade 10 French class went to St. Pierre and collected food and practiced their French speaking. They must have spoken very clearly, as they were able to collect a great deal of food. Way to go! Mr. Hangle's grade 11 Tech Ed class went out and collected for the food drive in Grunthal outside of class time, and brought in the most for any Senior Years' class. With all this great community spirit, GVS crushed the goal. For 2018, GVS hit an all-time high of 7039 lbs of food!!! And more has come in since we totaled the weight. We have an awesome community. Thank you so much! This is a huge boost to the local food bank who depend on our food drive to help stock their shelves.

Students helped load all this food onto the FCC trailer and unload it at the food bank. It didn't take long with all the willing hands. Students from the middle years and senior years took shifts going to sort and put away the food collected in the week following the conclusion of the food drive. The FCC representatives and the food bank were very impressed and grateful. The generosity of the school community and the community of Grunthal is tremendous.



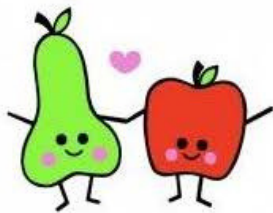
## Community Christmas Hampers

Registration forms for families that would benefit from receiving a Christmas Hamper are available at the office from the staff. Registrations must be in before the end of November.

GVS students will have an opportunity to help out with this great community service, by holding a coin drive in November for purchasing toys, as well as helping get the hampers ready to distribute in December.

# NUTRITION BITS AND BITES

## Body Positivity



celebrate EVERY Body.

### What can I do for my child or teen?

1. Avoid discussing dieting behaviours—these can lead to an unhealthy relationship with food
2. Avoid “weight talk”. (your kids or your own)
3. Avoid teasing children about their weight—this happens at home more than at school.
4. Have more family meals together
5. Encourage eating a balanced diet and exercise for fitness and health, not weight loss

### Health at every size (HAES)

HAES teaches us that it's important to accept ourselves, eat and be active to help support our bodies instead of to change our body shape.

How can we do that?

- 1) Learn about body diversity –Would you ever expect a golden retriever to look like a great dane through diet and exercise? No. So why would we expect the same of ourselves? We all come in different shapes and sizes.
- 2) Trust your body and your hunger – if we listen to it, our body is really good at letting us know when we're hungry and when we've had enough food.
- 3) Normalize food – all food is good and has a place in our lives. Different types of food help our body in different ways.

#### Want to know more?

[Ellyn Satter Institute: Weight and Health Hysteria](#)

[Unlock Food: Parent/Caregivers Influence on Children's Eating Habits](#)

*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.*



## Breakfast Burrito

### Ingredients:

6 medium eggs  
2 tablespoon water  
½ teaspoon pepper  
1 tablespoon vegetable oil  
4 flour tortillas (10 inch)  
2 medium tomatoes, diced  
1 green onion, chopped  
1 ½ cup reduced fat cheddar cheese, 21% M.F. or less, shredded

### Directions:

1. Preheat oven to 350°F (175°C).
2. In a medium bowl, mix eggs with water and pepper. Whisk with a fork until smooth.
3. In a heavy skillet, heat oil. Add egg mixture and stir gently until eggs are completely dry and scrambled. Remove eggs from the skillet.
4. Wrap flour tortillas in aluminum foil and heat in a 350°F (175°C) oven until warm and easy to fold.
5. Fill warmed tortillas with scrambled eggs and top with tomatoes, green onions, and cheese.
6. Wrap into a burrito.

Tip: Try using whole grain tortillas or top with other vegetables such as red or green peppers. Makes 4 servings

Kids of all ages can learn great cooking skills by helping out with meal preparations! Get them involved by getting them to:

- Whisk the egg
- Mixing the egg mixture
- Assembling the burrito



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

For more nutrition topics, go to the news and events section of [www.southernhealth.ca](http://www.southernhealth.ca) or  
Contact Dial-a-Dietitian 877-830-2892

Health Links 888-315-9257

Nutrition Services Team T 204-388-2053

Created by Registered Dietitians from Southern Health-Santé Sud

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