

## Upcoming Events

**December 12-13**  
Fair Trade Festival Sale

**Dec 12**  
SY Christmas Banquet

**Dec 13**  
GVS Christmas Concert  
(Grades 5-12)

**Dec 17-21**  
Spirit Week

**Dec 21**  
Last Day of Classes for 2018

**Dec 24- Jan 6**  
Christmas Break



# Green Valley School

December 2018

## Principal's Message

It is the most wonderful season of all! Welcome to December everyone. As per usual, the month of December brings many changes to our lives. The snow has blanketed the ground, the hours of daylight are shorter, and we frantically rush around preparing for holiday events. The excitement of preparing for our band and choral Christmas concert and planning for the Christmas Banquet have certainly added to the busyness of our school community.

In the spirit of giving, GVS is running a coin drive, to raise funds to buy Christmas gifts for many children that would not normally receive gifts during the holiday season. We have many students working on Impact Projects this month. These students have been tasked to find ways in which they can go out into the community to raise awareness, or to help out people or organizations that are in need of support or financial donations. Our students are learning life lessons about how they can make a difference in their communities. Our students are having to think critically about implementing creative ways to engage and bring awareness to our school community about many issues and topics surrounding mentoring students, volunteering at food banks, raising money for the Diabetes Association and raising more awareness about the effects of the residential school system. We wish all of our students the best, as they work hard to educate themselves and their peers about so many critical topics that impact the lives of so many people.

A HUGE thank-you goes out to all of our community and school coaches for a highly successful volleyball season. We had a number of parents coming out and taking time out of their busy schedules to help coach our grade 7 and 8 teams. Congratulations to our JV Boys and our Varsity Girls for making it to their respective provincial play-offs this year. Our Varsity Boys captured the provincial banner this year to cap off a very successful year. Well done Pirates! You have made GVS proud!

As we begin to prepare for the holidays, I would also like to take this opportunity to remind our parents and students about wearing proper winter gear, now that the days are colder. Students transported by bus, are also asked to wear proper winter clothing for their trips to and from school. I would also like to invite parents to visit our Winter Weather School Closure Policy found at [hsd.ca](http://hsd.ca).

Happy Holidays and Merry Christmas to one and all. May peace, happiness and prosperity be yours during this festive season. May the season be filled with joyous and special moments with many dear family and friends. Blessed greetings to you all and here's to a healthy and wondrous New Year!

See you all in 2019!

# Sports



## SY Sports

A huge congratulations to all of our Volleyball teams on an incredible season of play! Thanks to all of our coaches for their dedication to our teams!

Congratulations to our JV Boys Volleyball team on capturing the Bronze medal at the 2018 A/AA JV Boys Provincial Championships in Flin Flon, Manitoba, November 22-24! After a hard fought first game against Rosenort, the boys defeated Zone 13 rival Gabrielle Roy and Goose Lake to finish the round robin in Second Place. The boys defeated Hamiota in the Quarter Finals (25-20, 25-19) before once again playing Gabrielle Roy in a show-down of first and second ranked teams in the Province. After a hard-fought game, Gabrielle Roy defeated Green Valley setting up a Third Place game against Goose Lake. The boys rebounded against Goose Lake. The boys rebounded defeating Goose Lake in a tightly contested three set game (23-25, 25-22, 15-12) to win the Bronze. Congratulations to the boys on a fantastic and successful season!



The Varsity Girls worked hard all year long to win their Provincial Qualifier and enter Provincials ranked Third! The girls had a tough start to the weekend going 0-2 on the first day of competition in MacGregor. The girls came together on the second day of competition to defeat Hapnot (22-25, 25-12, 15-13), setting up a crucial game versus number 1 ranked Gabrielle Roy. The girls battled hard, giving Gabrielle Roy all they could handle, but came up just short (23-25, 24-26) in the end.

**WE ARE THE CHAMPIONS!** An incredible season of play was capped off with a Provincial Championship in Carberry Manitoba November 29-December 1. The boys ran the table, going 14-0 to win the Championship! After finishing first in their pool they faced Goose Lake who proved to be a worthy opponent. After some early game jitters and Goose Lake giving the boys all they could handle, Green Valley came out victorious with straight set victories (25-21, 25-17). The boys then faced Warren in the semis. This game saw some solid team play as the boys dominated the entire game and played as close to a perfect game as they could. (25-6, 25-11). The boys then came up against Zone 13 rival Gabrielle Roy in the Finals. All year long these teams had battled in league play, tournaments and Zone play! Up to this point neither team had dropped a set all tournament long. The boys' perseverance and will came through in a tightly contested battle, coming out on top in straight sets (25-23, 25-17) to win the 2018 AA Boys Volleyball Provincial Championship. Further honors were given to Sam Wiebe and Noah Boschmann being named tournament All-Stars and Liam Boschmann being named tournament MVP. This has truly been a remarkable run for this group of boys, being finalists last year and Champions this year. Congratulations on a well-deserved Provincial Championship!



## MY Sports



Volleyball season has ended and students are looking forward to getting basketball going. The grade 8 boys will be practicing Mondays and Wednesdays from 5:30-7:00 PM at GVS. We are looking for community coaches to help out with the grade 7 and 8 girls, as well as the grade 7 boys. Sign up sheets for teams have been posted on the gym bulletin board. If any parents have basketball officiating on their resume, please contact Mr. Hill if interested in reffing grade 7 & 8 ball at South Oaks.

The middle years PE classes will be heading to the arena for skating from December 11-14. Remember that helmets **must** be worn on the ice and that skates need to be in a proper bag to be transported on the bus. Hockey sticks must be brought to school by some other means other than on the bus.



## STUDENT COUNCIL

The SY Christmas Banquet will be on December 12 from 6-9 PM. Tickets are available for purchase in the front foyer during lunch break for \$15 until December 7.

GVS Countdown to Christmas (MY & SY) December 17-21;  
Monday - Deck Our Halls Classroom Door Decorating Contest  
Tuesday - Hot Chocolate Bar @ lunch \$2  
Wednesday - Ugly Christmas Sweater Day  
Thursday - Canadian Winter Day (hockey, plaid, toques, etc.)  
Friday - Pajama Day



## POST-SECONDARY

Many universities and colleges have early admissions policies and deadlines. Many of these are fast approaching. If you or your son/daughter are 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 [www.scholartree.ca](http://www.scholartree.ca).

## TAKE OUR KIDS TO WORK DAY

*Thank you*

Thank you to all parents, community members and workplaces who hosted students on Wednesday, November 14 for Take Our Kids to Work Day. GVS had 52 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 work force. Thank you!

# MY HOLIDAY PARTY

The grade 5-7 classes will be celebrating community together at the Steinbach Aquatic Center in the afternoon of Friday, December 21. Cost is \$5.00 per student. We will need many parent volunteers to accompany our students to this event. If you are interested in supervising that day, please ensure that you have completed all the appropriate paperwork at the school office. Look for the permission forms in your child's backpack (or on Parent Portal) in the next few days.



# TECH. ED

The grade 11 Building Construction class from GVS invited Mrs. Alvera Peters and her grade 4 class from South Oaks to do some maker space building in the wood shop. The intent of the week long activity was to:

- break down some of the barriers associated with coming to GVS
- allow the students from South Oaks to make/build/work with their hands
- provide a positive experience for the grade fours before they come next year
- provide the grade eleven students an opportunity to be leaders

Mrs. Alvera Peters sent a picture of the finished stools her class worked on.



# BUS DRIVERS WANTED

We are actively looking for new spare bus drivers in our School Division. This is a great casual part time job where you control the amount you want to work. Hanover School Division Transportation Department provides all of the training you need to be a successful bus driver. If you are interested, please email [rwarkentin@hsd.ca](mailto:rwarkentin@hsd.ca) for more information.



The Board of Trustees, Administration, and Staff of the Hanover School Division wish you a Merry Christmas and Happy New Year.



GVS CHOIRS & BANDS

# Christmas Concert

Bake Sale Fundraiser for GVS Music Program.  
Ten Thousand Villages Christmas Sale in Library.

**DECEMBER 13 | 2:00 PM | GYM**

**DECEMBER 13 | 6:30 PM | GYM**

# NUTRITION BITS AND BITES

## Food and Mood



### Food and Mood

#### DID YOU KNOW...

That what you eat can affect how you feel? It's true! Food can affect your mood. Food provides the building blocks of the messages that are sent from our brain. Recent studies show that foods such as fruits and vegetables, fish, legumes, olive oil, whole grains, and other healthy foods provide the building blocks needed to lift a person's mood.

To...	Nutrients Needed	Found in these Foods:
Improve concentration & attention	Thiamine	Oats, brown rice, barley. Peppers, broccoli, green peas, mushrooms. Hazelnuts, pecans, pistachios. Tuna, salmon, pork.
Reduce anxiety	Folic acid Magnesium	Spinach, lettuce, asparagus, broccoli, peppers, green cabbage, banana, kiwi, blackberries, oranges. Peanuts, almonds, cashews, pecans, walnuts, sesame seeds. Lentils, chick peas, black & kidney beans. Oatmeal, barley, quinoa, long grain rice.
Increase motivation	Zinc Tyrosine	Shrimp, oysters, chicken, turkey, lamb, pork, beef liver. Fortified breakfast cereals. Cashews, walnuts, almonds. Cheese, yogurt. Chick peas, kidney beans, lima beans. Spinach, broccoli, tomatoes, green beans, avocados, plums, raisins, bananas, blackberries, kiwi.
Decrease sadness	Tryptophan Niacin Folic acid Omega 3	Salmon, sardines, scallops, tuna, shrimp, cod, mackerel, trout, halibut. Flax, sesame, seeds, almonds, pistachios, pecan, peanuts, cashews, walnuts. Skinless turkey, chicken, beef, pork. plain yogurt, milk, eggs, cheese. Spinach, cabbage, broccoli, squash, mushroom, lettuce, beets, parsley, peas, pineapple, bananas. Porridge oats, brown rice, rice bran.

*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.*

## LEMON BAKED SALMON

### Ingredients

#### **Salmon**

4 six to eight ounce salmon fillets

#### **Topping**

1 cup mayonnaise

2 tablespoons fresh lemon juice

2 teaspoons grated lemon peel

2 tablespoons chopped fresh parsley

### Instructions

Pre-heat oven to 375 °F.

Place salmon in a 10x13 baking dish.

Measure mayonnaise into bowl, add grated lemon peel, lemon juice, and parsley to mayo and stir.

Spoon mayo mixture onto salmon evenly.

Bake in pre-heated oven for 15-20 minutes, or until the salmon flakes easily with a fork.



Tips on getting the kids involved:

- Have children set the oven temperature
- Children can measure out the mayonnaise and parsley
- Have kids grate the lemons and squeeze the juice out once they are cut.
- Children can stir the topping together
- Kids can spoon the topping onto the salmon
- Older children can help place the baking sheet with salmon in the oven

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-Direction 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

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