



Green Valley School

February 2019

Principal's Message

With the start of second semester, we want to thank everyone for your continued support for all of our programs here at GVS. Our entire staff here at GVS collectively strives to provide optimal opportunities for learning each and every day for our students. Also, we encourage all of our parents of students in grades 9-12 to go over their new course load for second semester. Students have until February 13 to drop or enroll in classes for the second semester.

Our GVS school community values the important contributions families make towards the success of our students in school. There is no question—success at school starts at home. Families are the most significant influence in a child's schooling. Families model both spoken and silent language in front of their children. One important sign of a great school is the partnership between the school and families who work together for the best interest of all GVS students. Make an effort to participate in the GVS Parent Advisory Council. For more information about our PAC, please feel free to contact the GVS PAC President Eric Goertzen.

Students need to be provided time to explore their world and experience the joy of discovery. As we celebrate "I Love to Read" month, it is helpful to encourage your child to read for knowledge, but to also read for enjoyment. The GVS Book Fair will be taking place from February 11-15 in our school library. Stop in and see all of the wonderful deals on books for our entire student body. Many activities promoting literacy have been planned for our staff and students during the month of February.

A huge thank-you goes out to our entire GVS parent and staff community for their cooperation and their support during the morning of January 28, when school was cancelled because of an apartment fire next door to GVS. We sincerely thank the staff and students at South Oaks for their warm welcome, the HSD Senior Admin team, Transportation and Maintenance departments at HSD, the Fire Departments from Grunthal, Kleefeld and New Bothwell, the St. Pierre detachment of the RCMP, Manitoba Hydro, and Southern Health EMS for keeping the fire contained and for keeping the rest of the community safe during the entire morning. As a reminder to all of our parents and students, please check our school website, HSD website and our GVS Twitter page for regular updates during emergency situations. I would also like to congratulate our entire staff at GVS for jumping into action. It was a complete and total team effort in handling this emergency as calmly and as professionally as our team did.

Until next time, curl up with a good book and do your part to promote and celebrate "I Love to Read" month.

Happy reading everyone!

Angela Burtnack-Schinkel

Upcoming Events

FEB 1

Admin/PD Day (No Classes)

FEB 4

Exam Makeup Day

FEB 5

First Day of Second Semester

FEB 7

Grad Meeting @ 10:15 Am

FEB 8

SY Report Cards Issued

FEB 11-15

Scholastic Book Fair

FEB 18

Louis Riel Day (No Classes)

FEB 21-22

HTA Days (No Classes)

SPORTS

SY Sports

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:

Varsity Girls:

- Consolation Side Champions @ St. Boniface Tournament

Varsity Boys:

- 3-1 League Record
- 3rd Place at John Kipe Tournament (Niveville)
- Consolation Side Champions at MacGregor Tournament
- MHSAA Provincial Ranking: 5th

JV Boys:

- 2-0 League Record
- 3rd Place at Morris Tournament
- 1st Place at MacGregor Tournament
- 3rd Place at Niverville Tournament
- MHSAA Provincial Ranking: 3rd



Some upcoming tournaments and important dates for our teams include:

February 1-2:

- Varsity Girls Basketball Tournament @ Niverville

February 8-9:

- Varsity Girls Host Basketball Tournament @ South Oaks
- Varsity Boys Basketball Tournament @ Roseau Valley
- JV Boys Basketball Tournament @ Carman

February 11:

- Varsity Basketball Zone 13 South Semi Finals @ TBD

Thanks to all our coaches for volunteering their hours in developing our student athletes, as well as to our parents, students, staff and community members who come out and support our teams!

GREEN VALLEY TEAM GEAR IS HERE! We are very pleased to open our online clothing shop through www.entripy.com. This is your one stop shop for all Green Valley School Gear. Represent your team or your school pride with a shirt, hoodie, jacket, sweatshirt and much more! All gear is fully customizable and is delivered right to your door or to the school if you wish. Visit <https://greenvalleyschool.entripyshops.com>

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

MY Sports

Basketball is in full swing this month with the grade 7 and 8 girls team playing at home on February 19th. The grade 7 boys host on the 20 and 28, while the grade 8 boys are at South Oaks on the 7. All games start at 5:30 with 3 games being played in one evening. Schedules are posted on the school website and each player has a paper copy. Mr. Hill would like to thank all the refs and scorekeepers for making the basketball season run smoothly. Intramural Basketball for the grade 7 and 8 students is ongoing with teams, schedules and playoffs. Please encourage your child to sign up for future intramurals.

COLD WEATHER POLICY



Please check the HSD website for information regarding school closures: www.hsd.ca. Schools will close for cold weather reasons when the temperatures are -35 degrees Celsius or colder, WITH a windchill of -45 degrees Celsius or colder. If there is a school closure, parents will receive an automated phone message between 6 and 8 AM. Local media and HSD Twitter also will carry the notice. All information on school closures, bus delays or cancellations will be posted on www.hsd.ca.

GRAD INFORMATION

There will be a Grad Meeting during period 2 on Thursday, February 7. We will be deciding on valedictorian, grad mural, guest speakers and more. All grade 12 students should attend.

POST SECONDARY

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.

OPTIMIST FESTIVAL

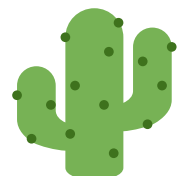
Our grade 8-12 bands will be participating in this years Optimist Band Festival. The grade 8 band will be at the Festival on February 19. The grade 9-12 bands will be combined and will be at the Festival on February 20.



GVS MUSICAL

This year GVS will be putting on the musical, The Federal Marshall (a western adaptation of The Mikado). Rehearsals will be every Tuesday and Thursday starting February 12. Music rehearsals will be on the Thursdays from 4-6 PM and Drama on both Tuesdays and Thursdays from 4-6 PM. Two performance dates have been planned for May 2 and 3, tickets will be sold for \$8.00 each. More details about ticket availability will be posted at a later time.

Volunteers are needed with help for stage make-up and hair as well as set design. If you are interested in helping in any of these areas please contact Ms. Margaret Wiens.



Dr. GORDON NEUFELD- PARENT EVENING

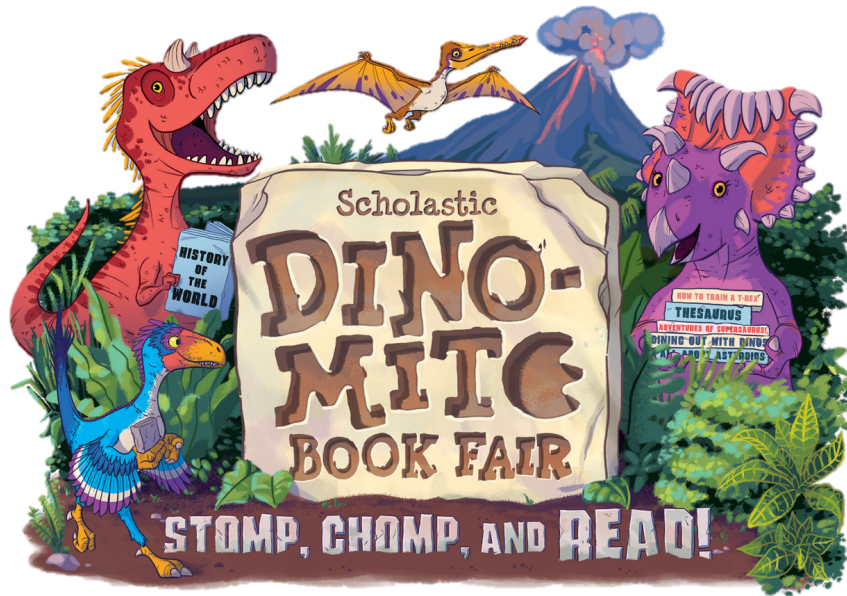
Dr. Neufeld will be speaking to HSD teachers and EAs on February 21 and 22 as a unique two day professional development opportunity. A parent evening has also been arranged for the evening on February 21 at the SRSS. Dr. Gordon Neufeld speaks to topics that include discipline that doesn't divide, attention deficits, aggression and violence in children and youth, bullying, screen time, boredom, hyper-sexualization of children, and many others. This is based on his extensive work regarding the pivotal role of the child's relationship to the adults responsible for them, both for the healthy development of the child as well as for the ease and effectiveness of raising the child support. For more information visit the Neufeld Institute website and click for a sample video: <https://neufeldinstitute.org/resources/free/>

Bio:
Dr. Gordon Neufeld is a Vancouver-based developmental psychologist with over 40 years of experience with children and youth and those responsible for them. A foremost authority on child development, Dr. Neufeld is an international speaker, a best-selling author (Hold On to Your Kids) and a leading interpreter of the developmental paradigm. Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change. While formerly involved in university teaching and private practice, he now devotes his time to teaching and training others, including educators and helping professionals. His Neufeld Institute is now a world-wide charitable organization devoted to applying developmental science to the task of raising children. Dr. Neufeld appears regularly on radio and television. He is a father of five and a grandfather to six.

GVS LOVES TO READ

February is I Love to Read month and there are many things planned to celebrate reading. There is a calendar of reading based events for each school day in February, including daily DEAR (Drop Everything And Read) time. We have the Who's Reading What? contest where students have to guess which staff member is reading which book. There is also the annual Scholastic Book Fair, with a Dino-mite Stomp, Chomp and Read! Theme this year. Back by popular demand is the Blind Date with a Book! You take your chances by signing out a wrapped up book (your blind date) - will you like it or not? Have fun reading everyone!

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04	05	06	07	08	09
	Read aloud your favorite picture book to a friend or family member.	Write an alternate ending for your favorite story.	Buddy read with a friend and use a different voice for each character.	Write a letter to your favorite storybook character.	Visit your local library with your family and bring home a new book.	
10	11	12	13	14	15	16
	Read a book that has a movie made about it.	Create a comic book strip or comic book.	Find a favorite recipe and create it with your family.	Cut out 5 pictures from a magazine or newspaper and use them to write a story.	Have your parent or teacher read their favorite children's story to you.	
17	18	19	20	21	22	23
		Get comfy with a blanket or pillow, turn out the lights and read with a flashlight.	Read a book that was written before you were born.			
24	25	26	27	28	Mar 01	02
	Draw and label a map of one setting in your book.	Write a song about a book of your choice.	Visit https://storybird.com to create, print and share a story of your own.	Create a WORDLE (www.wordle.net) describing the main character of a book.	Write a sequel to a book you have read.	



The Scholastic Book Fair is coming to our school! What better way to promote reading to our students than by supporting this important literary event. We invite your entire family to participate by purchasing the latest and greatest in children's books. Your support of this vital literary event is a key part of helping us obtain new books and resources for our library and classrooms.

You'll find hundreds of quality books plus more at our Book Fair with a wide assortment for all reading levels. Visit the Scholastic Book Fairs website at www.scholastic.ca/bookfairs to read reviews of the Featured Books. You can also watch book trailers and author videos with on the BookTube page.

The Book Fair flyers (being sent home soon) provide a preview of only a FEW of the many books available to purchase. The flyer also contains a special Family Event Draw ballot that parents can deposit during our Family Event. You could win \$50 in books – \$25 for your family PLUS \$25 for your child's classroom!

Book Fair Dates: February 11–15

Times: 8:00 AM–4:00 PM

Location: GVS Library

Family Event: Wednesday, February 13, 4:00– 7:00 PM

We accept cash and cheques (made payable to GVS) and credit cards.

Being a part of something special is easier than you think. There are lots of ways to volunteer before, during and after the Book Fair. If you are interested in volunteering or learning more about our Scholastic Book Fair, please contact Mrs.T. Friesen (librarian) by phone at 204-434-6415 or by email at tfriesen@hsd.ca.

Thank you in advance for helping to make our students lifelong readers – we couldn't do it without your participation.

NUTRITION BITS AND BITES

Fueling for Physical Activity



How much does my child or teen need?

The best way to get all the nutrients you need each day is to eat a variety from every food group. Following the recommended servings from Canada's Food Guide will provide the nourishment to keep your child's body healthy and energized throughout their busy day.

Fueling with Food

Before activity (Usually 2-3 hours prior):

- Choose foods from at least 3 of the 4 food groups.
- Try a whole grain sandwich made with lean meats, veggies and cheese; yogurt parfaits or fruit smoothies paired with peanut butter on toast or cheese and crackers.

During activity:

- If lasting longer than an hour, a small, easy-to-digest snack is recommended.
- Try fruit or a granola bar.

After activity:

- Hydrate, restore energy and repair muscles.
- Try to have a snack within 30 minutes from at least 3 of the 4 food groups.
- Try a smoothie; stir fry veggies with meat or beans and rice; pasta and meat sauce with veggies such as peppers and mushrooms are just some examples.

Hydrate with water! When exercising, drink before, during and after a workout. Sports drinks are higher in sugar and are only helpful when you are exercising in the heat or participating in activities that last longer than 90 minutes.

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.

Ginger Granola and Pineapple Cottage Cheese

Ingredients:

- 2 tsp. minced fresh ginger
- 1 tbsp. liquid honey
- 1 tbsp. water
- $\frac{3}{4}$ cup large flake rolled oats
- $\frac{1}{4}$ cup chopped pecans
- 2 cups cottage cheese
- $\frac{1}{8}$ tsp. ground cinnamon
- $\frac{1}{2}$ tsp. vanilla extract
- 2 cups chopped fresh or canned pineapple



Directions:

Step 1: In a small skillet or saucepan, combine gingerroot, honey and water. Bring to a simmer over medium-low heat, stirring often. Simmer for about 2 minutes or until ginger is translucent. Add oats and pecans and cook, stirring, for about 5 minutes or until toasted and dry. Transfer to a bowl and let cool.

Step 2: In a bowl, combine cottage cheese, cinnamon and vanilla. Divide among 4 serving bowls. Top with pineapple and granola.

Recipe source:

Cookspiration.com

TIP: The granola can be made ahead and stored in a glass jar for up to 3 days. The cottage cheese mixture can be stirred together the night before for quick and easy assembly in the morning!

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

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