

Important Dates:

May 2-3

Federal Marshall

May 14

Immunizations (Grades 6 & 8)

May 20

Victoria Day (No Classes)

May 24

GVS Gr. 5-6 Track & Field

May 27-30

Grade 12 ELA Standard Exam

May 30

Grad Farewell Supper



Green Valley School

May 2019

Principal's Message

WELCOME to SPRING 2019! It is hard to believe that we are now looking at less than nine weeks of classes before we conclude the 2018-2019 school year. As a staff, we are very busy with planning for our next school year. Timetabling, creating class lists, reviewing and revising our school plan, electing a new Student Government and of course planning for graduation 2019. May and June are extremely busy months for both students and staff. If parents would like to discuss plans for next year, we invite them to call GVS to set up a meeting with our school leadership team.

We would like to send a HUGE thank-you to all of the 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" event. The students say that this is the best educational excursion EVER!

Our students and staff have been working long, hard hours on the musical production of "The Federal Marshall". Show dates are May 2 and 3 at 7 PM. We would like to invite you to come and watch this western adaption of The Mikado. Tickets are \$8.00 and be purchased during the school day in the Library or at the door.

As we get closer to the completion of this school year, I highly encourage parents to check out our website on a regular basis for all of the upcoming events taking place during the last two months of school. Please feel free to contact GVS if you require any information about field trips, track meets, or activity days that may be coming up.

Principal,
Angela Burtnack-Schinkel

Music -Mr. Neufeld

Grade 7 Band Sign-Up 2019-2020

I've been introducing our grade 6 students to what it is like to be in grade 7 band. We have been having a lot of fun learning about instruments and even making sounds on different mouth pieces. An instrument information and selection evening is coming up in May (date to be announced). If your child is interested in joining grade 7 band, please make plans to join us for that event. Representatives from St. John's Music will be here with information about instruments and instrument rental opportunities.

Summer Concert

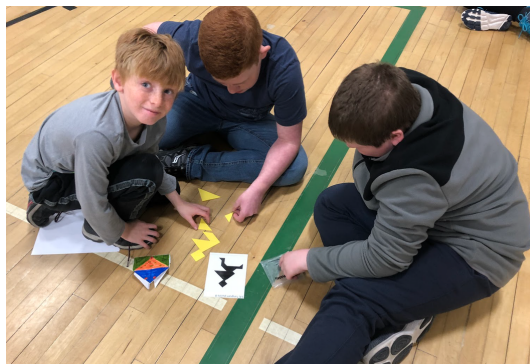
The GVS bands and choirs have had a busy and successful year so far, but we are not done yet! We have one more exciting concert coming up:

- June 13: Outdoor Band Concert (grades 7-12) at 7 pm. Bring lawn chairs and/or blankets and enjoy the great sounds of the GVS bands combined with warm summer weather, and a hot dog BBQ supper.

Numeracy Month Wraps Up!

Numeracy Month ended with Math Olympics for middle years students on April 12. Some of the teams were very competitive and there was a buzz in the gym. The top team for gr. 5/6 was team 10, and there was a 4-way tie for grade 7/8, with teams 4, 5, 7 and 11 sharing the honor. There were also some close runners-up. Way to go! The winner of the jelly beans in the "Guess How Many Candies" jar was Jasmine in 6MM with a guess of 2065. The actual amount of jelly beans was 2077.

We had a great month of celebrating Math. Students have played games, solved riddles, problems, and puzzles. Math was not just happening in Math class...how awesome! Check out the GVS facts on the bulletin board near the canteen. Thank you to all those who participated. At GVS everyone counts!



Library

As we are heading into the last two months of school, there are many items on the agenda. One of these is the yearly library inventory count. It is important for all library items to be accounted for. Unfortunately, there are many items overdue, including library books and ChromeBook chargers. Please check your backpacks and lockers, your classrooms and homes for missing library items. Please be aware that any library items that are not returned (or renewed if still needed for school work) by May 31st will be added to your student fee account.

Grade 5-8 Students: your homeroom teacher will have the list of overdue books. Grade 9-12 Students: please see the librarian for your list.

Thank you, in advance, for your cooperation

Sports

SY Sports

Spring has sprung and with that comes our Spring sport season which includes Baseball, Ultimate, Track and Field and Beach Volleyball, while closing out another successful season of badminton.

Congratulations to all of our High School Badminton players on a successful season! Representing us at Zone 13 Championships were Kade Runke (Varsity Boys Singles), Marcus Friesen (JV Boys Singles), Jaida Zarecki (JV Girls Singles) and Toni De Guzman (JV Girls Singles).

Baseball

Our Baseball season started on April 25 with GVS defeating St. Joachim 12-0. Our boys schedule is as follows (all games are at 5:30):

- May 2 vs. SRSS at Stahn Field, Mitchell
- May 9 vs. LCI at Stahn Field, Mitchell
- May 16 vs. Gab Roy at Optimist Field, Ile des Chenes
- Zone 13 Baseball Championships will be held May 22-23 at Stahn Field Park, Mitchell

Track and Field

Track and Field practices will begin Wednesday, May 1. Practices will occur on School Days 2,4 and 6 from 12:40 - 1:20 PM in the High School Field. If you are interested in competing, please sign-up and talk to Mr. Hart. Track and Field Zones will be on May 28 in Beausejour.

Ultimate Frisbee

The Ultimate Frisbee Team has been busy preparing for Provincials May 25 and 26 in Winnipeg.

Beach Volleyball

Beach Volleyball Provincials will be held May 24 and 25 in Winnipeg. If you are interested in registering, please talk to Ms. Corbin.

2019-2020 Soccer Season

We are also busy preparing for the 2019-2020 athletic season. First up is planning for our High School Soccer teams. If you are interested in playing soccer and are in Grade 8-11, please sign up on the gym bulletin board. We will be having a very important meeting on May 7 at 12:30 PM in the High School hut for all interested soccer players. At this time, you will receive a contract for next season. The contract and \$50 user fee (non-refundable unless there is no team) is to be paid to the general office by May 14 to reserve your position on the team and to determine commitment to the soccer team in the fall.

MY Sports

Badminton

Badminton season has come to a close with track and field around the corner, and the Hanover Soccer day concludes the athletic at the end of June. Thanks to Mr. Shumsky and Ms. Persowich for coaching the grade 7 and 8 badminton team. Players that made it to the playoffs included Morgan Rempel (Grade 8 Boys Singles), Kaitlyn Reimer and Brian Thiessen (Grade 7 Mixed Doubles) and Zachary Rempel and Austin Friesen (Grade 7 Boys Doubles). Congrats to all!

Track and Field

Track and Field sign-ups for grade 7 and 8 are posted by the gym. Practices for 7 and 8's will start May 6 and will be held at noon hours every odd day in the school day cycle. The Barb Cheop Meet is on Friday June 7. Grade 5 and 6 track will include all students with our own meet on Friday May 24. Students making top 6 in an event will go on the Tri-Meet in Steinbach on June 6. Every student will be in at least 2 events. Students will be taking track and field in PE classes in May with some practices at Noon with Mrs. Stemkoski. Sign-ups for any grade 7 and 8 Students wanting to play in the Hanover Soccer day on June 24 are posted by the gym. Practices will be announced in June.

May Hot Lunch Schedule

MONDAY	WEDNESDAY	FRIDAY
Apr 29th – Quesadilla & Pudding	1st – Farmer Sausage & Perogies	3 rd – Pizza
6 th – Quesadilla & Pudding	8 th – Spaghetti & Garlic Toast	10 th – Pizza
13 th – Quesadilla & Pudding	15 th – Farmer Sausage & Perogies	17 th – Pizza
20 th – NO SCHOOL	22 nd – Spaghetti & Garlic Toast	24 th – Pizza
27 th – Quesadilla & Pudding	29 th – Farmer Sausage & Perogies	31 st – Pizza

Mon & Wed Lunch - \$4.00
Pizza - \$1.75/slice
Chocolate Milk - \$1.50 large, \$1.00 small
Pudding – 50 cents
Forks, Spoons, Knives, Cups – 5 cents

****Please remember to order your lunch before 8:55****

Night at the Museum

Grade 5 students recently took part in Night at the MuZZZuem Sleepover. Students had the chance to explore the universe in a digital Planetarium, multiple experiments in the Science galley and a ton of fascinating history in the Museum Galleries. Highlights included exploring the Nonsuch and the mysterious flashlight adventure of the darkened galleries.

Thank you so much to the many parent volunteers that helped make this night a success!



From Mr. G

Grade 5 Orientation

The South Oaks grade 4 students, along with their parents, are invited to an orientation meeting on Wednesday, June 5 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 Mr. Cam Gerbrandt at the school.

University and College Tour

The Grade 11 students will be going on some field trips in May to tour some post-secondary institutions. On May 14, students will tour the University of Manitoba. Students should make sure they have their permission forms handed in for this trip.

Grad Supper

All grade 12's and teachers will be going out to Quarry Oaks on May 30 for our annual Graduation Farewell Supper. Grade 12's, please make sure you have your permission form submitted for this event.

Spring Musical



School Performance 1 pm May 2
Community Performances 7 pm May 2, 3

May 1 Dress Rehearsal 4 pm - May

GVS presents

The FEDERAL MARSHALL

Tickets at GVS library or at the door. Rush Seating.

\$8

A WILD WEST ADAPTATION OF THE MIKADO BY GILBERT SULLIVAN ADAPTATION BY JAMES FAST

Dear Students and Parents:

The Green Valley School 2018-2019 yearbook is on sale! Students can purchase a yearbook by bringing their order form and money to the office.

The price of the yearbook is now \$30 and there will no longer be the option of personalization. The yearbook will be also be a little smaller than previous years at 64 pages. However, we are confident that it will still showcase all the events and memories made during the school year.

To purchase a yearbook, please complete the attached form and submit it with your purchase. You will receive your yearbook in September 2019. Cheques can be made payable to Green Valley School.

If you own a business and would like to purchase an advertisement in the yearbook, please contact Ms. Harder at 434-6415. **An advertisement of \$125.00 or more allows you to receive a free yearbook while also receiving a receipt for income tax purposes.**

If you have any questions, please contact Ms. Sarah Harder at (204)434-6415.

2018-2019 Yearbook Order Form

Please Print Clearly

Student Name: _____

Homeroom: _____ Number of yearbooks ordered: _____

Advertising in the yearbook? (Please fill out the form on the back.)

Business Name: _____

Amount: \$ _____

2018-2019 Green Valley School Yearbook Advertisement Form

Please Print Clearly

Business Information:

Business Name: _____

Contact: _____

Phone Number: _____

Address: _____

Amount: *(Check the box that applies.)*

- Yearbook Supporter \$50
- Yearbook Sponsor \$75
- Yearbook Patron \$125
- Yearbook Pillar \$175
- Other \$ _____

All cheques should be made out to Green Valley School.

Please send a current business card/advertising logo along with this form and payment. You can also submit a digital copy of your logo/business card to sharder@hsd.ca

Yearbook Delivery:

If you are advertising for \$125 or more, you will receive a free yearbook. Please fill out this portion if it applies.

Do you want the free yearbook that comes with your donation? Yes? _____ No? _____

Will this yearbook be sent home with a student?

If yes, student name and grade: _____

Will you be needing delivery of this yearbook, or will you pick it up at the school?

Thank you so much for your support of our yearbook!

NUTRITION BITS AND BITES

Picky Eating



Is it hard to get your kids to eat a variety of healthy foods?

Do they refuse eating certain fruits and vegetables? Do you wish you knew how to get your kids to eat what you put in front of them?

A positive, non-pressuring eating environment, involvement in cooking, and repeated trials with new foods can all decrease picky eating & improve intake!

We value your feedback!
Please complete our short survey to help us improve the School Nutrition Newsletter:
<https://www.surveymonkey.com/r/88ZYW2P>

Feeding a Picky Eater

- If your child is a picky eater, you are not alone! Up to 50% of children exhibit picky eating.
- Many parents get frustrated by this behaviour and may start pressuring children to 'eat their veggies', but this may increase pickiness.
- Enjoyable, non-pressuring eating environments have been found to decrease picky eating.
- Saying to your child 'you don't have to eat it' and really mean it, will decrease pressure and increase willingness to try new foods.
- Keep conversations at the dinner table positive, and try to stay away from talking about food likes & dislikes.
- If your child doesn't like a new food right away, try again! It can take up to 8-15 tries before a new food is accepted.
- Get kids involved with preparing meals! Hands on experience using new foods increases the chances your child will try it. We have provided a snack recipe with lentils to try in this newsletter!
- Want more information on this topic? The Ellyn Satter Institute has excellent tips and resources on how to feed so your child eats well: <https://www.ellynsatterinstitute.org/how-to-feed>

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.

No Bake Coconut Banana Energy Bites

Ingredients:

- 1 cup coconut flakes, unsweetened
- ¼ cup sunflower seeds, unroasted, unsalted
- ½ tsp ground cinnamon
- ½ cup mashed ripe banana, approx. 1 whole
- ½ cup cooked green lentils
- 3 Tbsp honey
- ¼ cup mini chocolate chips or dried cranberries
- 1 Tbsp coconut oil, melted (not hot)
- ½ cup coconut flour



Instructions:

1. Place coconut flakes, sunflower seeds, cinnamon, banana, lentils, and honey in a food processor. Pulse until smooth, scrape down the sides and pulse again. Transfer to a bowl using a spatula.
2. Stir in chocolate chips and oil until fully incorporated. Stir in the coconut flour until fully combined.
3. Roll into bite-size balls, about 1 Tbsp (15 mL) in size. Cover and refrigerate or freeze for 5-10 minutes. The bites will become more solid and ready to eat. Store in an air tight container in the fridge to snack on during the week, or freeze until you are ready to nibble.

Quick Tips:

- Coconut flour can be found at most bulk food, grocery or health stores.
- You can also use almond flour instead of coconut flour. Simply stir in enough flour as needed to easily roll the batter into balls.
- For the cooked lentils, you can use canned or homemade from scratch. For more information on how to cook/use lentils, visit <https://www.lentils.org/recipes-cooking/how-to-cook-lentils/>

Ideas to get the kids involved with this recipe:

- Measuring out the coconut flakes, sunflower seeds, or chocolate chips
- Mashing the ripe banana
- Rolling the batter into bite sized balls

Recipe & Picture Source: www.cookspiration.com

**** 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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