

## Upcoming Events:

**Dec 3**

Gr. 6-8 Immunizations

**Dec 11**

Gr. 5-12 Christmas Program

**Dec 12**

SY Christmas Banquet

**Dec 16-20**

Spirit Week

**Dec 21- Jan 5**

Christmas Break



# Green Valley School

December 2019

## Principal's Message

It is the most wonderful season of all, especially for all of our Winnipeg Blue Bomber fans! December has arrived with great excitement. 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/choral and MY Christmas program and planning for the Christmas Banquet have certainly added to the business of our school community.

In the spirit of giving, GVS ran 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 & 8 teams. We sincerely thank you all for your dedication and your efforts in contributing to Pirate Athletics. Our senior varsity boys volleyball team will be travelling to "AA" Boys Provincials this weekend to defend their provincial title from last year. Best of luck to our players and coaches Ken Friesen and Justin Hart.

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 2020!

Ms. Angela Burtnack-Schinkel

# SPORTS

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## 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!

Our Varsity Boys Volleyball team has had a great season of play! The boys won the Zone 13 Champion Banner, defeating Gab Roy in the South Final in three sets and Lac du Bonnet in the Full Zone Final in straight sets. The boys will be competing in Provincials November 27-29 in Killarney. Stay tuned for an update in the next newsletter.

Over the course of the year, graduating athletes from around the Province have been nominated by their coaches for Provincial Graduating All-star considerations. Coaches, parents and anyone who has seen these players play throughout the year then vote for these athletes as Graduating All-stars. This year, Kai Wiebe will represent Green Valley as a Graduating All-Star. This is a well-deserved honor for Kai! He will be attending a banquet along with other graduating all-stars from across the Province on December 7. They will also be playing in an All-Star game after the banquet is completed.

Basketball practices will ramp up starting in December. For practice times and locations, please see the GVS Pirates calendar online. Our JV Boys Basketball team will get the season going with the Morris tournament on December 6 and 7, while the Varsity Boys basketball team will start with the annual John Kipe Basketball classic on December 13 and 14 in Niverville.

All game results will be posted at [www.mhsaa.ca](http://www.mhsaa.ca), along with current Provincial Rankings. For practice times and league games, visit [www.gvs.hsd.ca](http://www.gvs.hsd.ca) and access the Pirates calendar. For all Zone 13 information and League Schedules visit our Zone 13 league website at <http://z13aa.weebly.com/>.

## MY Sports

Volleyball season has come to a close. We had a very successful season with our teams. The grade 8 girls finished the regular season in first place in the standings out of 11 teams! We hosted playoffs where our girls defeated Bothwell to get to the semi final game versus Niverville, it was a great battle with both teams winning a set. Our girls lost a close one 15 - 13 in the third and deciding set. Well done girls! The grade 8 boys had a decent season as well, as they made it to playoffs even though some of their key players were absent down the stretch. As for the grade 7's, the PE staff have noticed a big change in the skill development and the love for volleyball as witnessed by the number of students playing volleyball before school and the demand for volleyball at every noonhour. A huge thank you goes out to all our volleyball coaches ( Ms. Persowich, Jodi Milburn, Mr. Grant, Mrs. Enns, Judith Driedger and Kara Friesen) for the countless hours of practices, games and tournaments that they attended.

Basketball season is approaching. We are looking for a grade 8 boys basketball coach and any adults interested in reffing grade 7 & 8 games come January to the middle of March. Games are on Tuesdays (Girls) and Thursdays (Boys). Please contact Mr. Hill if interested.

All PE classes will be at the arena December 10-13. Students are to bring skates and a CSA approved helmet. Skates should be in a bag while on the bus and sticks are to be delivered by other means. Equipment may be stored in the classrooms or the gym equipment room for high school students. Any student wanting to play shinny must have a shield or cage for face protection. Any parents that want to help tie skates for our gr 5 and 6 students would be greatly appreciated.

## PRIDE WEAR

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We are very pleased to offer Green Valley Pirate Pridewear through our online store! The store offers a wide range of wear including hats, hoodies, t-Shirts, sweatpants and bags from brands such as Under Armour, Champion and Russell. You can check out the wear at <https://greenvalleyschool.entripyshops.com> or follow the link on our website. All orders are completed and paid for online and can be shipped right to your door or to the school for pickup.

# COUNSELLING

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## Post- Secondary

Many universities and colleges have early admissions policies and deadlines. Many of these are fast approaching. If you or your son/daughter is 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 and RESP's are a great way to decrease the cost of post-secondary studies. RESP's can be started as soon as a child is born. 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 are [www.scholartree.ca](http://www.scholartree.ca) and [www.scholarshipscanada.com](http://www.scholarshipscanada.com). Contact Mr. Gerbrandt if you would like more information on scholarships, bursaries or RESP's.

## Take Your Kid to Work Day

Thank you to all parents, community members and workplaces who hosted students on Wednesday, November 6 for Take Our Kids to Work Day. GVS had 58 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 world of work. Thank you!

# UPCOMING EVENTS

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## SY Winter Banquet

GVS Winter Banquet is on Thursday, December 12 from 6-9 pm. Tickets are \$15 and are on sale during noon hour from November 25 - December 6.

## Grades 5-7 Swimming

Grades 5 - 7 students will be going swimming the afternoon of December 18. The cost is \$4.00 per person. Permission forms have been distributed through Parent Portal. Please inform your child's teacher if you would prefer a paper copy. We will also need several parent volunteers. This is a popular field trip for volunteers, so as soon as possible, let the classroom teacher know you are interested in coming with us!

## Spirit Week

Get in the Holiday Spirit;

December 18- Hot Chocolate Bar \$2

December 19- Christmas Sweater Day

December 20- Christmas Morning at GVS Pyjama Day



## A Middle Years Christmas Musical

Silent Night, the musical is the story of how the Christmas carol, Silent Night was written in the late 18th Century. It takes place in the village of Oberndorf, Austria. The villagers are busy preparing for Christmas and the Christmas pageant, while mice are destroying the pipe organ in the church. Franz Gruber, the schoolteacher, has to write a song for the performance, which must now be performed without any musical instruments. He tries to imagine how it might have been on the very first Christmas night in Bethlehem.

Please note that the whole cast will be needed for two after school practices (please provide a snack for your child);

Tuesday, December 3: 4:00 – 5:00

Thursday, December 5: 4:00 – 5:00

There will be two performances on Wednesday December 11, an afternoon performance at 1:30-3:30 pm and again in the evening at 6:30-8:30 pm.

# COMMUNITY

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## Christmas Hampers/ Toy Drive

Jingle all the way... Getting into the Community Christmas Spirit at GVS! The student councils in both the Middle Years and Senior Years have been ringing up support for the Community Christmas Hampers in our area. They have run a coin drive to collect funds for purchasing toys or gifts for youth in needy families in our area. These gifts are part of the Christmas Hampers that will be distributed in the middle of December. Our school goal is \$500, which would be about 20 gifts. To help out the cause the Senior Student Council ran two fundraising events: a pie and ice cream sale and a loaded baked potato sale. Thank you to everyone who donated and added your jingle, jingle! If you would like to donate new unwrapped toys to the Community Christmas Hampers, there will be a marked bin in the front foyer of GVS until December 10. Groups from GVS will be helping pack the hampers on Monday, December 16. This is a favorite activity for many students. The Community Christmas Board is grateful for our school's support!

## WEATHER-RELATED SCHOOL CLOSURE

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In the event of severe weather, schools will close when weather and road conditions in Hanover School Division are not advisable for transporting students by bus. This may be due to storms or cold weather. In extreme cold weather, please refer to the Divisional website. Read the full policy: <https://hsd.ca/schools/weather-related-closures>. When schools are closed due to extreme weather, parents/guardians will receive an automated phone message between the hours of 6:00-8:00 am. A notice will be posted on [www.hsd.ca](http://www.hsd.ca) and Twitter @HanoverSD. Closure announcements are also distributed to local media outlets (AM 1250, Mix 96.7, CJOB, SteinbachOnline.com, TheCarillon.com, and the NivervilleCitizen.com).

## LIBRARY

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Scholastic book order forms are due in the office by December 16 to ensure delivery to the student before the Christmas break. Parents can also order online. Parents pick a FREE book (worth \$7 or less) when they spend \$30 or more online! The Coupon Code is CLIFFORD. Pick Mrs. T. Friesen as the teacher. The books will be delivered to the school, the same as if you order off the paper Scholastic order forms.

Welcome to Destiny Discover! It is a library search engine, similar to Destiny Quest. You can follow the steps below to access it from home or from your classroom or from any device with wifi access:

1. To search for books or check on your library info in the GVS library, go to [www.destiny.hsd.ca](http://www.destiny.hsd.ca). This will work from a cell phone, laptop, chromebook or iPad. It will also work from the classroom computer if you login as yourself on the computer and doubleclick on the chrome icon first. It should also work from a home desktop computer.
2. Click on Green Valley School (it is the first one in the list).
3. Click on Destiny Discover (the third option on the beige area to the left of the screen).
4. Login using your username and password. If you click on the three lines (left side) after you login, you will see your library info such as your current checkouts and holds. You can also see if a book you want is in or not, put a book on hold or just check out the site.

## PIZZA DAY REMINDER

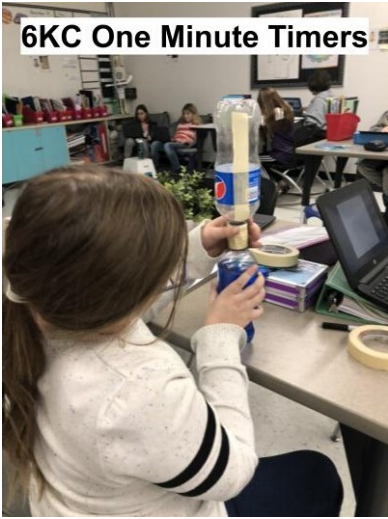
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Cash or cheques will no longer be accepted for Pizza Day purchases on Pizza Day. Families can purchase vouchers for pizza and milk in advance and students will use these vouchers when placing their orders. Vouchers will be available for purchase through the Parent Portal or at the office from Monday–Thursday. To purchase vouchers on the Parent Portal, simply add funds to your students account and email [gvs@hsd.ca](mailto:gvs@hsd.ca) stating amount of vouchers you have paid for, or send a note along with your student to school. As long as there is a positive balance in your student's account it could be used for pizza and milk vouchers. Pizza vouchers are \$17.50 for a sheet of 10 slices (\$1.75/slice), \$15.00 for 10 500mL chocolate milks and \$10.00 for 10 250mL chocolate milks.



# NOVEMBER HIGHLIGHTS

6KC One Minute Timers



STEM for Girls Gr. 6 Conference



STEM for Girls Grade 6 Conference



Gr. 12 Bio Field Trip



Remembrance Day Program



JV Girls Volleyball



MHSAA  
ZONE 13  
VOLLEYBALL  
AA BOYS  
CHAMPIONS  
2019-2020



Fall Band Concert



Cardboard Arcade Challenge



Gr. 7 Rube Goldberg Machines



Gr. 12 Bio Field Trip



# GVS - Jan 2020

## Final Exam Schedule

### Provincial Exams

ELA 40S Provincial Exam – Jan 7-10  
 Applied Math 40S Provincial Exam – Jan 21  
 Pre-Cal Math 40S Provincial Exam – Jan 23

Monday, Jan 27, 9:00 am			Monday Jan 27, 1:00 pm		
French 10S/20S	T. Duval	Rm 102	Study Hall	S. Hill	Rm 103
Chemistry 30S	C. Thiessen	Rm 109			
Law	M. Zwaagstra	Rm 113			
Study Hall	R. Schroeder	Rm 112			
Tuesday, Jan 28, 9:00 am			Tuesday, Jan 28, 1:00 pm		
CCW (Social) 10F	M. Zwaagstra	Rm 113	Study Hall	S. Hill	Rm 103
Geo 20F	R. Schroeder	Rm 112			
ELA 20F	N. Little	Rm 108			
Art 30S	M. Wiens	Rm 100 - Art			
Applied 30S	A. Penner	Rm 110			
PreCal 30S	G. Dueck	Rm 106			
Chemistry 40S	C. Thiessen	Rm 109			
Study Hall	T. Donkersloot	Rm 107			
Wednesday, Jan 29, 9:00am			Wednesday, Jan 29, 1:00 pm		
Science 10F - Per. 5	C. Thiessen	Rm 109	Study Hall	J. Hart	Rm 103
ELA 10F	K. Martin	Rm 105			
American History 20S	M. Zwaagstra	Rm 113			
Psychology 40S	G. Dueck	Rm 112			
Study Hall	T. Donkersloot	Rm 107			
Thursday, Jan 30, 9:00 am			Thursday, Jan 30, 1:00 pm		
Science 10F - Per. 4	C. Thiessen	Rm 109	Study Hall	J. Hart	Rm 103
Pre-Applied Math 20S	G. Dueck	Rm 106			
Can Hist. 30S	M. Zwaagstra	Rm 112			
Lit ELA 30S	K. Martin	Rm 105			
Bio 40S	A. Penner	Rm 110			
Study Hall	T. Donkersloot	Rm 107			
Friday, Feb 1, 9:00 am					
Admin Day					

\*\*Courses have portfolio assessments.

Classes not listed on the exam schedule will have final assessments during regularly scheduled classes prior to Jan 27<sup>th</sup>. 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.

Dear Students and Parents:

The Green Valley School 2019-2020 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 64 pages and we are confident that it will 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 2020. 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.

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## 2019-2020 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: \$ \_\_\_\_\_



# 2019-2020 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](mailto: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

Eating around the holidays!



## Is it hard to say no to food?

People often struggle around the holidays with their food choices; they often feel like they are eating a lot of “bad” food.

Good news! Mindful eating gives you the tools to enjoy all food, GUILT-FREE. Check out the 4 tips on the right to see how you can balance your plate with all the foods you love!

## Mindful eating around the holidays!

### What is mindful eating?

Mindful eating teaches us to enjoy our food in every way (this includes the taste, smell, and texture). When we pay more attention to what we are eating, we tend to enjoy special treats guilt-free.

### Mindful eating tips:

- 1) Avoid distractions – it’s hard to be mindful when you are eating in front of the TV. Instead, enjoy your meal/dessert at the table with family and friends.
- 2) Avoid skipping meals – we all know what it feels like to be “HANGRY” (hungry + angry). We often don’t make the best food choices. Instead of skipping meals and overeating at a big feast, eat at regular times.
- 3) Give yourself permission – When we tell ourselves it is okay to enjoy food; we get rid of the guilt.
- 4) Plan your treats –this will make it easier to say no to less special treats.

*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.*

## Chickpea Chocolate Chip Cookies

Prep: 8 min

Cook Time: 10 min

Ready in: 18 min

Yield: 14 cookies

### Ingredients

- 1¼ cups canned chickpeas (rinsed and patted dry)
- 2 teaspoons vanilla extract
- ¼ cup + 1 tablespoons peanut butter
- ¼ cup + 1 tablespoon almond butter - room temperature
- ¼ cup honey
- 1 teaspoon baking powder
- a pinch of salt
- ½ cup dark chocolate chips/chunks
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### Directions

1. Preheat oven to 350°F. Combine all the ingredients (except chocolate chips), in a food processor and process until very smooth. Make sure to occasionally scrape the sides.
2. Stir in chocolate chips. The mixture will be very thick and sticky.
3. With wet hands, form 1½" balls. Place onto a pan lined with parchment paper. Press down slightly on the balls. Wash hands in between rolling cookies if needed.
4. Bake for 10 minutes. The cookies will still be very soft when you take them out of the oven.
5. Cool and enjoy!

### Tips on getting the kids involved:

- Kids can measure and add ingredients into the food processor
- Let them get messy by rolling the dough into balls!



**\*\* 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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