

GREEN VALLEY SCHOOL

NOVEMBER 2019



PRINCIPAL'S MESSAGE

And here it is... November. Our start to the school year has been extremely busy. Our students are well into their academic courses and our first reporting period is just around the corner.

THANKS to all of our parent and staff volunteers that have been involved in our many extra-curricular activities that started at the beginning of October. Our extra-curricular programs would not exist if it wasn't for parents and staff volunteering the countless hours that they do. We wish to thank our student council and our staff advisers for their efforts in organizing the Spirit Week Activities that certainly brought out our school spirit. It is always great to see staff and students come together to share in the fun and excitement of spreading fun and good spirit throughout our entire school community.

The last week of October also saw the start of our Breakfast Program. We are extremely appreciative of the significant donations that we have received from the Grunthal Lions Club, Grunthal Caring Hands, and from the 2019 GVS Parent Grad Committee. Your donations will ensure that GVS students are getting a nutritious meal to help them start their day of learning. It is evident that all of the groups that have so graciously donated to our breakfast program believe that "We rise by lifting others."

Looking ahead at the month of November, we have our Remembrance Day assembly, picture re-takes, two long weekends, "Take Your Kid to Work Day" for our grade 9 students, parent/teacher conferences, and the end of our volleyball seasons. And all of that before December even starts! Before long, we will be talking about snow and winter break, but until then we continue working together to make the learning journey for our students engaging, rewarding and memorable.

IMPORTANT DATES:

- 01** ***PICTURE RETAKES***
- 04** ***PD/ADMIN DAY
NO CLASSES***
- 06** ***TAKE YOUR KID TO WORK
(GR. 9)***
- 08** ***SY REPORT CARDS
ISSUED***
- 08** ***REMEMBRANCE DAY
SERVICE***
- 11** ***REMEMBRANCE DAY
NO CLASSES***
- 12** ***ADMIN/ PD DAY
NO CLASSES***
- 22** ***MY REPORT CARDS
ISSUED***
- 26** ***MY/SY PARENT
TEACHER INTERVIEWS***

SPORTS

MY Sports

The Middle Years Cross-Country team worked hard attending practices twice a week with Mrs Babij in preparation for the two divisional cross country runs held in Steinbach. Unfortunately, the first divisional run was canceled due to rain but the second run went on as scheduled at AD Penner Park. Despite the muddy and wet conditions, our runners worked hard and persevered. A special congratulations to Janelle Kramm who placed 1st for Grade 6 girls and Taylor Huska who placed 8th for Grade 8 girls. Way to go!



Volleyball season is well underway and playoffs are right around the corner. Our Grade 7 girls team have their season finals at CMS on Tuesday, November 5th, while the grade 7 boys will be in Landmark on November 7th. Each of the grade 8 boys and girls teams attended tournaments this year. In regular season play the grade 8 girls have 13 wins and 5 losses, while the grade 8 boys are also above 500 with a record of 7 wins and 5 losses. These stats are as of October 28th. The girls head into playoffs on Wednesday, November 13th while the boys are on November 14th. Locations are yet to be determined. Come on out and cheer on our pirates!

We are looking for basketball coaches for the upcoming season. If you are interested in coaching or assisting a gr 7 or 8 team, please contact Mr. Hill at the school.

SY Sports

November is upon us and the stretch run 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 are ranked 4th in the Province. In the JV Category our Girls are ranked 7th. The following are some important dates to keep in mind for the rest of the season in November:



- Nov. 1 and 2: Varsity Boys in Brandon (Neelin Tournament), JV Girls in Niverville, JV Boys at Sturgeon Heights
- Nov. 16: Varsity Boys Provincial Qualifiers @ TBD Nov. 21, 22, 23: JV Boys Provincials at Gab Roy
- Nov. 28, 29, 30: Varsity Boys Volleyball Provincials at Killarney

Congratulations to Trevor Martens and Raquel Friesen for qualifying and participating in the Provincial Cross Country Run at Stony Mountain! Great job!

Basketball will also begin to ramp up in November, with Varsity Boys Practices beginning Tuesday Nov. 5th from 8-10.

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 ship right to your door or to the school for pickup.

All game results will be posted at www.mhsaa.ca, along with current Provincial Rankings. For practice times and league games, visit 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/>.

CHOCOLATE SALES

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

FROM THE DESK OF MR. G

Take Your Kid to Work Day

November 6th is Take Your 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.

Tutors

Could your child benefit from a tutor in one or more subjects? Or, are you a high school student willing to tutor younger students? Our school counsellor, Mr. G, tries to connect those needing tutoring with tutors from our school. Contact Mr. G for more information.

Grad News

All grade 12 students interested in university should consider applying before December 1, 2019. 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.

When to Start Talking About Careers and University/College

Parents often wonder when is a good age to start talking about careers, college, university and what to do as an adult. The answer may be surprising. Experts recommend starting before 10 years of age. Why? Just to get an idea of the future and the prospect of post-secondary into a child's thinking mind. It does not mean you need to decide your entire future at 10 years old. But starting the conversation will open up other conversations. These are great things to discuss as a family. Let me know if you need help with conversation starters.

BUS LOOP

This past month our students were reminded about bus safety. As part of this please remember our parking lot is for busses only from 8:20-9:00 and 3:30-4:05 PM. Please also be reminded that when buses have stop signs out, all vehicles must stop.

COMMUNITY

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.

Public Health Nurse

Starting November 14 our public health nurse, Heidi Donahoe, will be at GVS one half day a month and will be available to consult with students. This will be on the second Thursday of every month. Appointments can be booked through Mr. G, the school office or emailing the public health nurse directly at hdonahoe@southernhealth.ca.

Health Clinic for Students

The SRSS Health Clinic is a cooperative partnership of the Hanover School Division, Southern Health-Santé Sud and Steinbach Family Medical. Operating as a satellite extension of Steinbach Family Medical, the on-site Health Clinic is staffed with a full-time Nurse Practitioner (NP). Students from any HSD school can make appointments at this clinic. For additional information please contact the SRSS Health Clinic reception at 204.326.6426 (ext. 42331)

COMMUNITY INVOLVEMENT

FCC Food Drive 2019 at GVS: The Drive hits new heights!

On Friday, October 4th 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. Last year we hit an all-time high with just over 7000 pounds collected. What were the chances that we could do that again? Mr. Dueck, one of our teachers at GVS, thought he was probably relatively safe offering to get a green mohawk if we reached 7000 pounds of food again this year. He was getting more confident on October 1st when we were only at 1500 pounds of food, but we had a busy few days that followed. For 2019, GVS hit a new all-time high of 7163 lbs. of food, along with almost \$900 in donations! 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, and to top it all off, we love Mr. Dueck's green mohawk.

This drive was really a team effort, but we would like to highlight the top classes and runners up in the drive to bring in the most. There were three high school classes in the running for the most per student. Mr. Thiessen's gr. 11 class, Mr. Hangle's gr. 12s, and Mr. Dueck's gr. 12s (they had a lot of interest in reaching the goal). In the end it was Mr. Hangle's smaller class that won the reward for most points per student. Special mention goes to the gr. 11 Chem class who brought in over 2000 lbs. of what GVS raised in food! We also had some very generous middle years classes. There was a close race going on between a few classes, but 6KC pulled ahead on the last day, with 5KM, 5AG, 6SM with a great showing. With all this great community spirit, GVS crushed the goal. Students helped load all this food 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 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 will be available at the office for staff to pick up. 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.

CHRISTMAS PROGRAM

MY Christmas Musical

On Wednesday, December 11 the MY students will be performing Silent Night. Auditions will be held the first week of November. If you have signed up make sure that you can be at the concert on Wednesday, December 11. 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.

Grade 7-12 Bands

The grade 7-12 bands will be performing various Christmas melodies on Wednesday, December 11 at GVS. It will be a combined performance along with the MY Musical.

OCTOBER HIGHLIGHTS



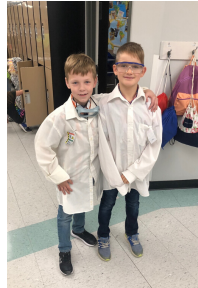
2x4 Challenge



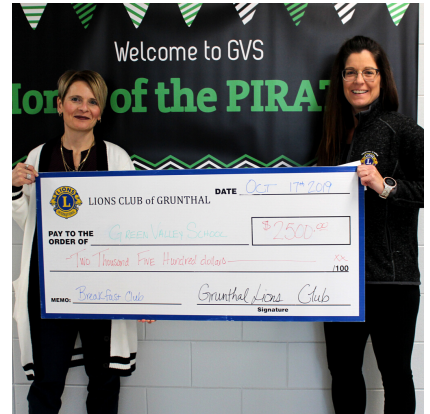
SY Cross Country



SY Cross Country



Mr. Hangle's Gr. 10's Shed Build



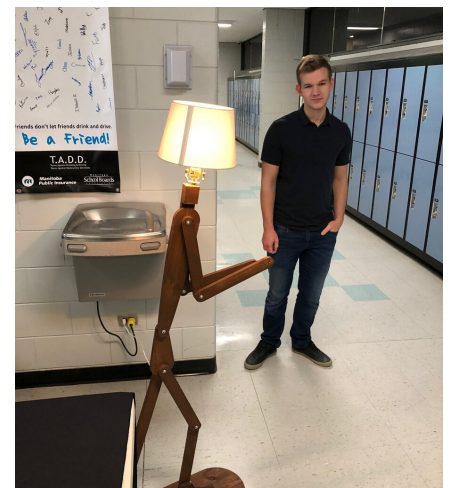
FCC Food Drive



Using Tech for Games



Gr. 9 Model Parliament



2x4 Challenge

NUTRITION BITS AND BITES

Rethinking Rewards



Did you know?

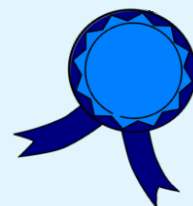
The type of rewards we use impact a child's overall health and well-being.

Should Food be Used as a Reward?

- Using food rewards can be harmful for children.
- IF you use food as rewards, it can:
 - Make it hard for children to listen to their natural hunger cues.
 - Confuse the healthy eating messages that are being taught at home and school.
 - Increase a child's desire for sweets.
 - Increases risk of dental cavities.
- Non-food rewards are the best way to support a child's health, growth, and development!
- Want to start using non-food rewards? Check out the "Recipe for Change" on the next page with several reward ideas for you to use!

Using non-food rewards also protects children with food allergies. Read more about non-food rewards here:
<https://foodallergycanada.ca/non-food-treats-10-food-free-ideas-kids-ages/>

Recipe for Change: Using Non-Food Rewards



Reward Ideas:

At Home:

- Dance Party
- Dress Up Day
- Pajama Day
- Stickers
- Face Painting or Temporary Tattoos
- Bookmarks
- Books
- Family game night
- Painting a mural for their bedroom or playroom
- Invite a few of your child's friends over for a sleepover
- Camp out in the backyard
- Go to a sports game
- Create a box of special toys or art supplies that are only used for rewards or special occasions



At Schools or Community Centers:

Early Years:

- Stickers
- Bookmarks
- Extra art time
- Fun coloured pens or pencils
- Get to sit by friends
- Eat lunch outdoors
- Dance to favourite music in class
- Extra recess time



Older Years:

- Get to listen to music while working
- Extra talk time at the end class
- Extra credit
- Have class/programs outside
- No Homework Pass
- Books

Tips to Implement Ideas:

- Get input from your child. Ask how would they like to be rewarded and make a list together 😊
- Use words of encouragement! Kids love to hear "You did a great job!" or "I appreciate your help!"
- Choose prizes, toys, and games that promote physical activity!

Check Out **Appetite to Play** for More Ideas to Support Healthy Eating and Activity for Kids:
<https://www.appetitetoplay.com/healthy-eating/tips-ideas/10-easy-non-food-rewards>

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 a Dietetic Intern from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.