

# GREEN VALLEY SCHOOL

## IMPORTANT DATES:

### March 13

MY Admin Day/SY PLC/PD Day  
Grad Pictures  
(No Classes)

### March 20

MY Report Cards

### March 25

MY Learning Expo

### March 27

Last Day of Classes  
Before Spring Break

### March 28- April 5

Spring Break



## Principal's Message

THANK-YOU to all of our families for coming out and supporting our Scholastic Book Fair during "I Love to Read" month. A HUGE shout out to Mrs. Tracey Friesen for all of her efforts in spearheading this event. I also would like to thank our office staff, EAs, students and parent volunteers that came to help with this very successful event. Another thank you to Mrs. Kate Babij for organizing all the fun activities that happened during "I Love to Read" month.

As we bid farewell to all of the fun activities that took place in February for "I Love to Read" month, March will be just as exciting with Numeracy month activities. One favorite day that many of our students look forward to is "Pi Day". Mrs. Maria Friesen works hard organizing many fun filled activities that get our kids to showcase their numeracy skills.

CONGRATULATIONS to Mr. Vernon Neufeld and our GVS Band for their great performances and showings at this year's Optimist Festival in Winnipeg. I highly encourage parents to attend this festival next year, to see our students showcase their musical talents.

Our senior boys basketball team will be preparing to play in a wild card game next weekend to qualify for the AA Boys Basketball Provincials on March 19-21. We wish them well as they represent Pirate Nation and as they play hard to make it to Provincials.

We would like to remind all of our parents of our grade 5-8 students about our Middle Years Learning Expo that will be taking place on Wednesday March 25 at GVS from 4:00-6:30 pm. We won't be hosting our grade 9 Orientation on March 25 but will be later in May. Grade 8 parents will receive an email and a phone call reminder of the date and time of that event.

Spring Break will run from March 28-April 5. We wish all of our students and staff an enjoyable, safe and relaxing break. We look forward to seeing everyone back on April 6.

Angela Burtnack-Schinkel

# Counselling

## **Students Going into Grade 10 Next Year**

For all students in grade 9, going to the SRSS is an option in grade 10 if the student is majoring in a vocational program. Interested grade 9 students will be taken on a tour on Thursday, March 12. There is also a parent evening at the SRSS that evening. Contact Mr. Cam Gerbrandt for more details.

## **Travel/Learning Opportunity**

If you are interested in travel and learning about the Americas, then the Youth Ambassadors program may be for you. It is a three week summer program for high school students. Tuition is completely free for selected applicants. Applications are due by March 20. The application can be found at: [https://wl.force.com/YA/WL\\_SiteLogin](https://wl.force.com/YA/WL_SiteLogin) . If you are interested in this program, please talk to Mr. G for more details

## **Kids Help Phone**

If you're located in Manitoba, you can now text TALK to 686868 to be connected to a trained Crisis Responder to help you with any issue – big or small. The service is free, confidential, and available 24/7. Of course, you can always call as well - 1-800-668-6868.

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# Music News

## **Optimist Festival**

Another Optimist Festival has come and gone. The GVS grade 8-12 bands represented Green Valley School with strong performances.

## **Southeast Manitoba Music Festival**

March is the month for the South East Manitoba Music Festival. This year the GVS grade 9 -12 choir, will be participating in the festival on March 24. We are always looking for parents to come along and experience the wonderful performances with which the music program represents Green Valley School and Grunthal.

## **Spring Concert**

The annual Spring Concert will be taking place on Thursday April 15 at 7:00 PM in the school gym. Grade 7-12 bands and grade 9-12 choirs will be performing the selections which they represented GVS at this years festivals.

## **Grade 6 Band Info Night**

At Green Valley School we have a strong band and choir program. Band is a wonderful way of learning many life skills, such as team work, perseverance, long term learning, emotional expression, instrument playing skills and so much more. Our grade 6 students will soon start to explore what band is all about at GVS. It is never too early to start thinking about having your child in band in grade 7. Be on the look out for communications in regards to next year's band sign up coming home with your child.

## **Fundraisers for Band Trip**

We anticipate to be going on a grade 9 -12 band and choir trip next spring. In preparation for this we are working on raising individual and group funds. Keep a watch on your emails and also ask your child(ren) about any current or upcoming fundraisers.

# Sports News

## Green Valley Team Gear is Here

We are very pleased to open our online clothing shop through [entripy.com](https://greenvalleyschool.entripyshops.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>

## SY Sports

March Madness takes over Green Valley as both our JV and Varsity Boys look for berths in Provincial Championships. The Varsity Boys will begin their playoffs Feb 24 at South Oaks School, while the JV Boys began Feb 27 at Gab Roy. The Varsity Boys will be taking part in a Provincial Qualifier on March 7, location to be determined. Good luck to our teams as they begin their quest for a Provincial Championship! Varsity Boys Basketball Provincials will take place March 19-21 in Roblin, while JV Boys Basketball Provincials will take place March 12-14 in Carberry.

The Varsity Boys Basketball team went undefeated on their route to their home tournament victory on Feb 22nd. Currently the boys are ranked 5th in the Province!

Our JV Girls Basketball team co-oped with Landmark this season. The girls steadily improved every game, and defeated Niverville in their final league game. Congratulations on a solid season of development and thank you to Kevin Wiebe for coaching our team!

Our High School Badminton team will begin to ramp up practices in March, in preparation for their first tournament March 24 (JV category) and March 25 (varsity category). The team practices every Wednesday from 4-5:30pm at South Oaks School.

For all game and tournament results and current rankings please visit [www.mhsaa.ca](http://www.mhsaa.ca). For a schedule of practices, tournaments and upcoming games, please visit the Athletics calendar at [www.gvs.hsd.ca](http://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 season is nearing the end of its season. The grade 7 boys have played some exciting games at South Oaks over the past few weeks bringing fans to their feet with a great display of skill and effort on the way to several wins. The grade 8 boys are having a good season as well, they are in the middle of the pack and are awaiting playoffs. Teams who placed 5th through 10th will battle it out on March 2. Winners on that date continue on to the next playoff round on March 5. Good luck boys!

Badminton season is right around the corner. Time to gear up and get your raquets and court shoes. Practice times will be posted later in March.

# Night at the Museum

Thank you to everyone for handing in their forms in on time! A reminder to parents that payment (\$45.00 per person) for the sleepover is due by Friday, March 6.

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## School Fees

If your student(s) are enrolled in Shops, Food, Art, Band or sports, please make sure to pay the fees for those courses and activities. Online payments can be made by logging into the HSD Parent Portal at [www.powerschool.hsd.ca](http://www.powerschool.hsd.ca) or cheque and cash payments may be made directly at the school office.

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## MY Learning Expo

You are formally invited to GVS Annual Middle Years Learning Expo! This evening will highlight the learning of all middle years students. Enjoy displays showcasing classroom work, as well as the opportunity to sit with your child and discuss their own learning via individual student portfolios. We hope you are able to join us!



# From the Library

February, I Love to Read Month, was busy at GVS with different activities and "Drop Everything and Read" time each day. There was the Reading Across Canada challenge, featuring books by Canadian/Indigenous authors, the Blind Date With a Book and then the Scholastic Jungle Book Fair.

Thank you to all the GVS staff and students and their families for making the annual Scholastic Book Fair a success! We achieved over \$3600 in sales! WOW! This meant that many new books were purchased for the library and classrooms, including most of the books on the library wish list. Thank you to all those who volunteered before, during and after the sale. There was a flurry of student activity with decorating, unpacking boxes and organizing books and boutique items, putting up posters, cutting up prize draw entry tickets, setting up the contests, helping at the sales desk and the library counter, shelving books, packing up the leftover books and so much more. Congratulations to all the winners of the various Book Fair contests!

Thank you also to all those who helped pick and wrap books for the Blind Date With a Book. Over two hundred and fifty books were signed out for a blind date! A big thanks also to the grade 9 work experience students who helped with the Reading Across Canada bulletin board.

Again, I appreciate all those students, staff and parent volunteers who took time out of their busy days to help make the Book Fair and all the library events a success. Thank you, GVS Pirates!

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## Social Justice

Winter in Manitoba can be pretty nasty. During the month of January, a couple grade 9 students, Melina and Vivian, started a drive and collected new or gently used winter clothing. They were pleased and surprised with the amount of items that our community donated in the 2 weeks. These items were gratefully accepted by Steinbach Community Outreach (345 Loewen Blvd.) at the beginning of February. The students had the opportunity to have a tour and learn more about the impact that this facility and their staff have on those who are in need and struggling in Steinbach and the surrounding area. SCO's goal is restoring dignity through meeting basic needs such as food, clothing, shelter and connection. We all learned a little bit more from our visit. Thank you GVS for sharing the warmth!





# Numeracy Month

At GVS, everyone counts! Numeracy Month will be running from March 18 to April 9 at GVS. Activities to highlight and celebrate math will be going on throughout this time. Students will have opportunities to earn ballots for guessing the number of candies in a jar that will be on display.

World Pi Day is on March 14th or 03/14. Pi is the ratio of a circle's circumference to its diameter. ... So, for any circle, dividing its circumference by its diameter will give you the exact same number: 3.14159...(goes on forever without repeating)... or pi. As Pi Day is on a Saturday this year, we will celebrate Pi Day on Wednesday, March 18th with a pie eating contest for middle years' Pi-rates as well as other Pi awareness information and activities for all. Check out the special days and events below. Keep calm and calculate on!

March 18: Numeracy Month at GVS begins and Pi Day celebrations, Wear your GVS Pirates gear

March 20: Wear a Number Day

March 24: Wear a Pattern Day

April 6: Wear a Geometric Shape Day

April 9: Numeracy Month Wrap-up celebration and Wear a Number

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# Parent Advisory Council

PAC is back! We are excited to be up and running once again. We are still looking to recruit a few more people to join our team. If you would be interested please contact Jenn Reimer at 204-955-6342 or on our Green Valley School PAC group page.

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# Parent Portal

Attendance notices such as sick days and vacation days can be entered here at any time. This will save you a phone call to the office. School and field trips fees can be paid via Parent Portal and will reflect your student's account immediately which saves you from sending cash or cheque to school. Please contact the office at [gvs@hsd.ca](mailto:gvs@hsd.ca) should you require assistance with signing up for Parent Portal.

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# Yearbooks

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 \$30. The yearbook will be 64 pages and we are confident that it will showcase all the events and memories made during the school year. You will receive your yearbook in September 2020.

## Yearbook Purchase and Payment

To purchase a yearbook, please complete the attached form and submit it with payment at the office. There are three ways that you can pay for your yearbook. Please indicate on the form below how you intend to pay. Cheques can be made payable to Green Valley School. Cash is welcome. \*NEW\* Payments can also be made through the Parent Portal. If you have any questions, please contact Mrs. Sarah Harder at (204)434-6415.

Dear Students and Parents:

The Green Valley School 2019-2020 yearbook is on sale!

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**Yearbook Purchase and Payment:**

To purchase a yearbook, please complete the attached form and submit it with payment at the office. There are three ways that you can pay for your yearbook. Please indicate on the form below how you intend to pay.

1. Cheques can be made payable to Green Valley School.
2. Cash is welcome.
3. **\*NEW\*** Payments can also be made through the Parent Portal.

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

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# 2019-2020 Yearbook Order Form

Please Print Clearly

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Number of yearbooks ordered: \_\_\_\_\_

**Payment Choice:**

- ☐ Cash
- ☐ Cheque
- ☐ Parent Portal

*Thank you for your order!*

# Grunthal Winter Carnival

March 6, 7 & 8

## LOCATIONS:

Grunthal Arena, Dropzone, Hanover Ag Fairgrounds, South Oaks

Community Art Contest

Fire Pits

Kid's Craft Table

50/50 Draw

## Friday, March 6

4:15 – 5:15	Shinny Hockey
5 – 10 pm	Pickle Ball at South Oaks School
7–10 pm	Skate-a-thon at the Arena
7–11 pm	Pool Tournament at Drop Zone

## Saturday, March 7

7–9 am	Pancake Breakfast at Arena
8:30 – 10	Vintage Snowmobile Show & Shine
10	Vintage Snowmobile Ride
10 – 11	MR KEN MAGIC at Arena
10 – 2	Cribbage Tournament at <u>Dropzone</u>
11 – 3	Sleigh Rides
11 – 3	Cookie Decorating at Arena
1 – 3	Video games by <u>CURBSIDE</u> (free)
1 – 4	Crafts by Connie at Arena
2 – 4	Face Painting by <b>DEEDEE THE CLOWN</b>

2:30 – 7:30	Broomball Tournament
4:00	Candy Scramble
4:15	Toboggan Races for the family
4:30	Snowplank Races for the family
5 – 7	<b>SLEEPY THE CLOWN SHOW</b> and balloon fun
6 – 8	Longer Table Community Supper Dropzone (\$5.00)
8:00	Hockey Midgets vs Coaches
7 – 10	<i>Paint like Bob Ross Night</i>

## Sunday, March 8

1:00 – 2:30	Free Family Skate
3:15	Grunthal Skating Club Ice Show
4:00 – 6:00	Hockey Skills Competition
7:00	Juniors vs Alumni

**Don't Miss Out!**

THANK YOU TO OUR SPONSORS:

GRUNTHAL L.U.D.

HANOVER MUNICIPALITY

CLEARVIEW COOP

GRANT DRIEDGER OF SMITH, NEUFELD, JODOIN

MYRON MARTENS OF ROYAL LEPAGE RIVERBEND REALTY

CANDICE BAKX FRIESEN TEAM



## Calling All Artists Grunthal Community Art Contest.

- ✓ We are looking for as many ideas and entrants as possible to show us their ideas and input into visioning what our community has to offer.
- ✓ All art will be displayed at the Grunthal Arena from March 5<sup>th</sup> March 29<sup>th</sup> – Judges include members from the Multiplex Design Committee. Please ensure that all entries are labeled with your name, age and contact information so that we can contact the winners.
- ✓ Questions? Call 204-434-6772 or email [allisonlazaruk@hotmail.com](mailto:allisonlazaruk@hotmail.com)

4 age categories, with different requirements for each  
**free to enter**  
**great prizes.**

<b>CATEGORY 1: Ages 10 and under</b> On an 8 ½ X 11 sheet of paper draw a picture of: What do you like most about Grunthal?  <b>Submit to: Grunthal Arena Canteen on or before March 5<sup>th</sup></b>	<b>CATEGORY 2: Ages 11 to 14</b> Illustrate a place of significance in Grunthal (include a brief summary of its importance to the community) <b>\$50 prize awarded to the top entrant</b>  <b>Submit to: Margaret Wiens at Green Valley School</b>
<b>CATEGORY 3: 15-19</b> Design a map of Grunthal showing places of interest, businesses, historic sites, etc. <b>\$50 prize awarded to the top entrant</b>  <b>Submit to: Margaret Wiens at Green Valley School</b>	<b>** NEW THIS YEAR **</b> <b>CATEGORY 4: 20+</b> Create a Google slide document highlighting Grunthal. The slide document should be between 10 – 20 slides. Use pictures and descriptions to promote the community of Grunthal. See yourself as showing new residents or visitors what our community has to offer – include businesses, places of interest, attractions and anything else that would attract people to come to Grunthal. <b>\$50 prize to top entrant</b>  <b>Submit to: Margaret Wiens at Green Valley School <a href="mailto:mwiens@hsd.ca">mwiens@hsd.ca</a></b>



# NUTRITION BITS AND BITES

## Sport Drinks



### Do kids need Sport Drinks?

Professional athletes advertise sport drinks as their choice of hydrating drink. Children and teens can get swept up in the marketing.

As a parent, it can be hard to distinguish between all the different options and choose a good hydrating drink.

**Water is a great choice for hydration.**

### Sport Drinks

- Sport drinks are used to restore electrolytes and energy after extreme physical activity for high performing athletes
- Children in routine play based activity do not need sport drinks
- The ingredients in sport drinks can have a stronger effect on children because they are smaller than adults
- On average sports drinks can contain up to 8 teaspoons of added sugars per 500 ml serving
- Consuming excess added sugars can increase risk of obesity and tooth decay
- Water is safe, hydrating and a cheap choice for children before, during and after routine physical activity

For more information, visit:  
[www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca)  
[www.dietitians.ca](http://www.dietitians.ca)  
[www.healthycanadians.ca/eatwell](http://www.healthycanadians.ca/eatwell)  
[www.eatright.org](http://www.eatright.org)

*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.*

## Watermelon Infused Water

**2 Cups of diced watermelon**

**1 cup of mint leaves (optional)**

**8 cups of water**

**1 cup of frozen blueberries and or strawberries  
(optional: use sparkling water for extra fizz )**

- Add watermelon and mint leaves to 8 cups of water and refrigerate
- Allow at least 4 hours for the ingredients to infuse
- When ready to serve, stir well and add frozen berries for garnish and plenty of ice
- Infused water can be kept for up to 2 days in refrigerator



**\*\* 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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