



Green Valley School

November 2020

IMPORTANT DATES:

Daylight Savings End	Nov 1
Admin/PD Day (No Classes)	Nov 9
Picture Retakes	Nov 6
Track A In School	Nov 10
Remembrance Day (No Classes)	Nov 11
Track B In School	Nov 12
Gr. 9-12 Online Classes	Nov 13
Gr 5-12 Report Cards	Nov 16
Virtual Parent/Teacher Interview	Nov 18
Phone Call Parent/Teacher Interview	Nov 19

Principal's Message

In October we took advantage of the beautiful weather and had many outdoor learning opportunities taking place in our PE/HE, Science and ELA classes. THANKS to our PE/HE team for continuing on with our annual Terry Fox Run. Staff and students were unable to do this run as an entire school, rather each homeroom did this run during their PE/HE classes.

GVS was thrilled to host Roseau River Anishinaabe First Nations drummers and dancers to help us in commemorating Orange Shirt Day. Our students were not able to watch the magnificent performance live, but many of our students were able to watch the performance virtually. GVS would like to sincerely thank HSD, Mr. Brett Schmall and Ms. Monica Martens for their efforts in building strong and meaningful relationships with our neighbors from Roseau River.

CONGRATULATIONS and a HUGE THANK-YOU goes out to the GVS graduating class of 2021! This group of fine young adults came together and donated over \$1300.00 worth of food for the fall food drive. The grads also made a \$300.00 donation to Grunthal Helping Hands to help make further food purchases. Mrs. Maria Friesen continued to organize and promote this very worthy community event at GVS for the 12th year.

We will be celebrating Remembrance Day with poems, prayers, act of remembrance, Last Post, a moment of silence, commitment to remember, wreath laying and honoring our National Anthem. Please consider making a small donation outside of school (grocery stores, etc.). You may also find information on donations here: <https://www.legion.ca/remembrance/the-poppy-campaign/donate-to-the-poppy-fund>, as each student will be given one to wear.

Progress Reports will be going home on November 16. Parents will be able to book a virtual meeting or a phone conference with their child's teacher for either November 18 (virtual meetings) or November 19 (phone meetings). Parents can go on Parent Portal starting November 6, 2020 to schedule their appointments.

As we continue to educate our students during a world-wide pandemic, we would like to thank our entire school community for their cooperation, patience and support during these last few months.

LEST WE FORGET

"We honour those who have given their lives serving Canadians and helping people of other nations."

Gaga Ball

With the removal of the main play structure in the school yard, the grade 11 Tech Ed class started their year off designing, problem solving, calculating, budgeting and building two Gaga Ball Pits for the school yard. Some student thoughts on their experience:

- It was good for us students to think during the planning stage since we had to do some hard math to get the right angles and to make sure we got the right cuts even though some students didn't quite manage to do that. So overall I think it was a good project because we learnt something and had fun and all the middle years students like it and they use it a lot.
- One of the things that we had to think about that could be a problem was how to make it "child-proof" so that the kids that were playing in it wouldn't get hurt. Some of the other things we had to plan for were how we were going to make it stay in one spot and not be able to move.
- Doing the construction on the gaga ball pit, it was a very fun experience. We had a great time just bonding with each other and also had fun putting the pit together.
- This project really showed our true workmanship and brought us together as a class.
- Starting this project it felt like a chore and I thought it was going to be really boring. While we were building the gaga ball pits it was exciting to see them come together. Then when we were able to put them in the ground and play in them; it was pretty fun.



Food Drive

As with many things lately, our food drive looked a little different this year. I am very thankful for a couple of students who showed up in the middle of September with the question "When are we going to do the food drive?" This got the ball rolling. We weren't even sure how we would be able to have the food drive at first, but with the cooperation of our school, the school division and our local food bank we were able to come up with a plan to collect food and follow safety protocols. It was going to be short and sweet... we hoped. Only four days, October 13-16. The cohort entrances made up the 4 groups, as students dropped off their donations at the doors on the way into school. The support we received on short notice and over a short period of time was amazing. The grade 6 and 7 cohort and the grade 5 and 8 cohort did a great job of representing the middle years wing, with the grade 5 and 8 cohort bringing in just a little more to take second place in the standing for donations. The grade 11 and 12 cohort brought in the most donations, with many, many thanks to a group of grade 12s who collected \$1600 and went shopping! The generosity of our students and their families, along with our community is amazing!!! Over those four short days, Green Valley School brought in 2115.4 pounds of food and \$967 in money donations. That's over 500 pounds of food a day, if you do the math. Well done GVS!!! You did it again, even this year.

Indoor Shoes/Weather Appropriate Clothing

With the weather getting colder and snow on the ground, we would like to remind students to wear appropriate outdoor clothing (toques, gloves, snow/splash pants) to keep them warm and dry. As well we have a lot of students wearing their winter boots in the building. Please remember to send indoor shoes for your child to wear inside to help keep our classrooms and hallways clean and safe. Students will be able to keep their indoor shoes at school overnight/weekend on their chair in the classroom.

MY Sports

With no volleyball and cross country running, the PE department has had to change gears and focus on different games and fitness ideas that involve limited equipment and social distancing. The students have really appreciated the time spent outdoors which gives them an opportunity to take off their masks. One new item of interest was the GVS Fastest Class Challenge between our grade 5 to 8 students. This challenge involves each class running laps for a total of 10 minutes around a designated course. The total number of laps is divided by the number of students that ran for that class that day to get a class average. The fastest class challenge winner ended up being Mr. Hart's grade 7LS class with an average of 13. Second place was 8JW with an average of 12.5, while 3rd place went to 8MF with a score of 11.7. We will be giving each class an opportunity to do this again sometime this winter. Finally let's hope that some form of organized sports such as volleyball and basketball resumes in the near future. We will pass on this information to parents as soon as we get approval.

Parent/Teacher Interviews

This fall we will be having our Parent/Teacher Interviews on two evenings:

- November 18: **online virtual** meetings **only** from 4-7pm.
- November 19: **phone call** meetings **only** from 4-7pm.

You can book appointments on Parent Portal or by calling the school office from November 6- 17. When booking online virtual meetings, please remember to include your email address. For phone meetings, please put your phone number in the comments box. If you sign up for the online virtual meeting, your student(s) teacher(s) will email you the link to Google Meet on the day of the meeting. If you sign up for the phone meeting, your students(s) teacher(s) will be calling from their own personal device, therefore it may come in as a "blocked" or "anonymous" caller.

Take Our Kid to Work Day

November 4 is Take Our Kid to Work Day (TOKWD). In a normal year, grade 9 students would go with a parent, a relative, or a community host and experience the world of work for the day rather than going to school. 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. This year, due to the pandemic, TOKWD will not occur as normal. School class will remain on the track system. However, students will cover the TOKWD experiences in their Lifeworks classes, either in semester 1 or semester 2. GVS encourages parents/guardians to discuss the world of work with their children: What do they really like about their job? What is not so great? What is one important lesson working has taught them?

When to Start Talking About Careers/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 Mr. Gerbrandt know if you need help with conversation starters.

There are also great ways to start saving money for university or college and ways parents can access money from the government that does not have to be repaid. Talk to Mr. Gerbrandt if you are interested.

Grad News

All grade 12 students interested in university should consider applying before December 1, 2020. 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.

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.

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.

What Does School Anxiety Look Like?

Even during a regular year, students can experience anxiety about school. Now, during the pandemic and the accompanying restrictions, that anxiety can be heightened. What can parents look for and what can they do to help?

What to look for:

- stomach aches or headaches Sunday afternoon or evening or even Monday morning before school
- lots of isolation or seeking to be alone
- asking not to go to school; begging to stay home today
- fairly consistently missing of bus or delaying leaving for school

What parents can do:

- talk to their children about their feelings
- really listen and give the children space to talk
- check for issues like bullying or feelings of frustration with school work- communicate with the child's teachers to see if anything has been seen at school that may add to the anxiety
- contact the school counsellor for added advice or actions

Giving children "a day off" and allowing them to stay home may feel like you are helping, but often that can just add to the anxiety the next time it is time for school. Psychologists call these "safety behaviours". They feel like they are keeping us or our children safe and happy, but actually these avoidances can contribute to heightened anxiety.

Anxiety can be addressed and dealt with and it is best to do as a team rather than try to deal with it all alone.