

GREEN VALLEY SCHOOL

November 2021



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, Tech Ed., and ELA classes. THANKS to our staff for taking advantage of the lovely fall weather and extending their learning environments to the great outdoors.

Thank you to our volleyball coaches for the continued support, dedication, and commitment towards our Pirate teams. Even though parents were not able to watch volleyball live, the streaming of events certainly was appreciated. Thanks to Mr. Adrian and our staff supervisors for arranging and setting up the technology to make this possible.

CONGRATULATIONS and a HUGE THANK YOU goes out our student body and staff at GVS for bringing food in for the food drive. Mrs. Maria Friesen continued to organize and promote this very worthy community event at GVS for the 13th year.

We will be commemorating Remembrance Day on Wednesday November 10 with poems, prayers, Act of Remembrance, Last Post, A Moment of Silence, Commitment to Remember, Wreath Laying and honouring 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.

Report cards will be going home on November 19th. Parents will be able to book a phone conference with their child's teacher(s) on Thursday, November 25 from 4:00-7:00 pm. Parents can go on Parent Portal starting Nov. 15, 2021 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.

Angela Burtnack-Schinkel

IMPORTANT DATES:

November 3

TOKWD Virtual Training
(Gr 9s Only)

November 5

Picture Retakes

November 7

Daylight Savings Ends

November 11

Remembrance Day
(No Classes)

November 12

Admin/PD Day
(No Classes)

November 18

Immunizations

November 19

Report Cards

November 25

Parent/Teacher Conference

November 29

Admin/PD Day
(No Classes)

LEST WE FORGET

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

FOOD DRIVE WRAP-UP

With all things that may be weighing us down these days, our GVS community was able to share some good weight during the 2021 food drive from October 4-21. Thank you to everyone who donated! GVS raised almost 1800 lbs of food and \$700 in donations. Along with the local GALF youth who canvassed the community, bringing in 555 lbs of food, together we brought in over 3000 lbs worth of food/money for Grunthal Caring Hands Food Bank. Thank you! And thank you to the students who volunteered to help with loading the food. Your muscles and willingness were appreciated. Hats off to the Middle Years teams who brought in three quarters of the school amount. It was a close race between the gr. 5/8 team and the gr. 6/7 team, but the gr. 6/7 team brought in the most with just over 800 lbs.! As a little extra this year, all those who brought in three items could get a draw ticket for four prizes. The winners of the draw prizes for the grade teams are: Grade5/8 - Kasey Donovan, Grade6/7 - Christopher Friesen, Grade9/10 - Clayton Unger, Grade11/12 - Katherine Dueck. Congratulations! Thank you all for your participation and support of the food drive again this year!



TAKE OUR KID TO WORK DAY - VIRTUAL

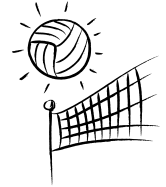
Wednesday, November 3 is Take Our Kid to Work Day (TOKWD). In a normal year, grade 9 students would go with a parent, a relative, or a community host and experience the world of work for the day rather than going to school. This gives all grade 9 students in the province a chance to experience the world of work through job shadowing a parent, relative or family friend. This year, once again, due to the pandemic, TOKWD will not occur as normal. School classes will continue as normal and students in grade 9 will be in school. 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? Are the adults doing now what they thought they would be doing when they were 14 years old?

GVS PRIDEWEAR

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, 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.

MIDDLE YEARS SPORTS

Volleyball is nearing the end of the season. It's nice to see team sports going again with all the smiles on their faces especially when a play is made to help their team or if a serve successfully goes in. Teams have been improving and having a lot of success learning to play with three hits. A big thanks to all our coaches who have been making this all happen. With all the hosting of games at GVS, a big thanks goes out to our refs and scorekeepers, as without them our games are not possible. The grade 8 teams will be awaiting the word to see if they will be having a season ending playoff or not. Information about this will be passed on to teams once we find out. With Volleyball nearing the end, basketball sign up sheets will be posted shortly.



SENIOR YEARS SPORTS

November will mark the end to the volleyball season for both our Varsity Boys and Girls teams. Both teams have steadily improved over the course of the season and are looking to keep the ball rolling when Zone 13 Playoffs take place next week. The following are some important dates for our Volleyball teams:

- Nov 8: Zone 13 South Playoffs @ TBD
- Nov 10: Zone 13 Championships @ North School Winner
- Nov 20: Provincials – Regional Qualifier @ TBD
- Dec 3 or 4: Provincials – Final 4 @ TBD

Best of luck to all of our Volleyball teams as they wrap up their seasons this month!

As November begins, it is time to start thinking about basketball season. Sign-ups for all High School teams have been posted on the bulletin board outside the gym office. We will be having team meetings next week to confirm our teams as well as to order jerseys. The following meeting dates have been scheduled:

- Varsity and JV Boys: Nov. 9th in Gym @ 12:30
- Varsity and JV Girls: Nov. 10th in Gym @ 12:30

You must attend these meetings if you plan to play this season.



For league results, you can check out <https://www.mhsaa.ca/schools/view/166/green-valley-school/>. At this point in time, all league games will take place without spectators.

A reminder to all our student athletes that all contracts must be completed and athletic fees paid to the general office. A failure to pay fees will result in ineligibility of the athlete to play in league games and tournaments.

To access the GVS athletics calendar for practices, league games, zone and Provincial Championship dates, visit <https://gvs.hsd.ca/sports-calendar/sports-calendar/> to access the Pirates calendar.

HOW OLD IS OLD ENOUGH TO TALK CAREERS/COLLEGE/UNIVERSITY?

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.

COLLEGE/UNIVERSITY APPLICATIONS

All grade 12 students interested in university should consider applying before December 1, 2021. 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

HELPING KIDS COPE

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. Our school counsellor also has contact cards with helpful numbers that can be kept in a wallet, purse or backpack.

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.

The school website has a lot of useful information on the counselling blog. Find it under the parents tab or use this link: <http://gyscounsellingthoughts.blogspot.com/>

