

# GREEN VALLEY SCHOOL

MARCH 2022



Dear Parents, Guardians and Caregivers,

We only have four school weeks left until Spring Break!?!? How is that possible?? Even though this winter has been one of an abundance of snow and cold temperatures, spring is fast approaching. As I am visiting classrooms and standing in the hallways, I continue to be amazed to see how well our students are doing, despite the amount of days our students have missed since mid-January. We fully recognize that the return back to school in January, has been less than ideal for students and their families. The cancellation of classes due to inclement weather has caused many interruptions to teaching and learning. Please continue to encourage your child to stay focused as we make it through the home stretch to Spring Break.

As we look back and reflect on this past year, many positive things are outweighing the negative impacts that we have all endured in the last couple of years. We know that the last couple of years have brought up many challenges and struggles for our students and our families. We continue to encourage our entire school community to reach out and seek assistance when things are not going well. Find ways to be kind and assist neighbors or other community members that might be struggling. I know the phrase, "We are in this together", has been used in an abundance in the media, but it is truly a powerful reminder that we are ALL facing similar situations. We need to continue to reach out to each other and to those families that have been stricken by unfortunate situations. Rural prairie communities are known for their generosity and for always helping and supporting their own local community members. I want to THANK everyone that has shown gratitude with kind and generous gestures that have been extended to our staff and students.

We would like to remind our school community to check their home emails for regular school and divisional updates. Parents/guardians/caregivers are also encouraged to check the GVS website for daily announcements and updates for all school related activities.

Wishing our GVS families a healthy, safe and active March.

Angela Burtack-Schinkel

## IMPORTANT DATES:

**March 11**

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

**March 13**

Daylight Savings Beging

**March 18**

MY Report Cards Issued

**March 25**

Last Day of Classes Before  
Spring Break

**March 26 - April 3**

Spring Break

**April 4**

First Day of Classes After  
Spring Break



# COUNSELLING

## **Grad Cap and Gown Portraits**

Grade 12 students will be taking cap and gown pictures on Friday, March 11, 2022. Be sure to book your appointment time online. Check with Mr. Cam Gerbrandt if you have any questions.

## **Grade 9 Orientation**

For all grade 8 students and their parents, we are hoping to have an in-person grade 9 Orientation evening. Students and parents will be able to meet teachers, go into classrooms, hear about high school, find out more about credits and how to be successful in high school. This event is a great way to transition into high school and help students feel comfortable with the transition. Students will have an opportunity at this event to sign up for their grade 9 courses. More information and a date will be sent out in the near future.

## **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 virtual tour in March. There may also be a parent evening at the SRSS. Contact Mr. Cam Gerbrandt for more details.

## **Put This Number in Your Kid's Phone: 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.

## **Internet Safety**

No matter the age, all children can make use of a reminder about internet safety. Please have a conversation with your children about the protection of and sharing of personal information online. NeedHelpNow.ca is a website designed to help teens stop the spread of sexual pictures or videos and provides support such as information about how to involve a safe adult, helping a friend, how to report, and the laws in Canada.

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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 or cheque and cash payments may be made directly at the school office.

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# 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 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 under students. All orders are completed and paid for online and can ship right to your door or to the school for pickup.



# SPORTS

## SY Sports

Badminton season is around the corner as basketball season winds down. We will be having our first badminton practice on Wednesday March 9. We will then follow that up with practices on March 16 and March 23 from 4:00 - 6:00 PM. Looking forward to seeing you there!

## MY Sports

Basketball season is heading into playoffs. The grade 7/8 boys basketball team, coached by Ronny Friesen and Dana Falk, are one of the top teams in the Division with a high powered offense that scores between 70 and 100 points a game. Let's hope their defense can hold teams and make a run deep into the playoffs. Playoffs are March 10 and 17, 2022, with finals on March 24, 2022. As for the grade 7/8 girls basketball team, they have come a long way with their skills and knowledge of the game coached by none other than Ed Giesbrecht, who has been a great coach in our program. The girls wind up their season with back to back games against Landmark. Their last game is on March 15, 2022, which is a make-up game from earlier in the season.

Green Valley School is looking for badminton coaches for grades 7-8. If any parents are interested, please contact the school, 204-434-6415.

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## BUS LOOP, DROP OFF & PICK UP

Parents and students also reminded that drop-offs in front of the school (in the bus-loop) are not permitted. Please do not drive into the main parking lot/bus loop during these times:

**8:25-9:00 AM** and from **3:25-4:00 PM**.

Vehicles that pass buses during drop-off and pick-up times could be subjected to a fine under The Highway Traffic Act. Buses are equipped with cameras and vehicles that drive by buses while their stop signs are out, will be reported. PLEASE help us keep our students and bus drivers safe during drop-off and pickup times. We truly appreciate your support and attention to school bus safety.

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## BUS DRIVERS WANTED

HSD is looking for more bus drivers. These positions would start off on the spare list - casual then when routes open up, full time positions might be available. HSD will provide all the training for free with applicants only required to provide a few items for a small fee. If anyone is interested, they can gladly email Robert at [rwarkentin@hsd.ca](mailto:rwarkentin@hsd.ca) or call the Transportation office 204-320-2347 for more information. Another option to apply is under [www.hsd.ca](http://www.hsd.ca), Employment tab, job openings and on the left side is the link to our transportation application form.



# VIRTUAL BOOK FAIR

Just a few days left to take advantage of our Virtual Book Fair! Check out exciting new books to enhance your home library and inspire the young readers in your life! Hundreds of books have been carefully chosen to delight kids of all reading levels, are waiting for you, don't miss out, virtual doors close on February 28.

- REMEMBER! Every purchase earns valuable Book Fair Rewards that can be used to support our students.
- Shop any time! Your fair is open 24 hours!
- No shipping fees! Orders are sent directly to our school.  
\*Free shipping where available, some restrictions may apply
- Visit <https://virtualbookfairs.scholastic.ca/pages/5171497> to preview some of the books available at our Virtual Book Fair. Or click the link that's on GVS' website [www.gvs.hsd.ca](http://www.gvs.hsd.ca)

## NUMERACY MONTH

At GVS, we are counting down the days to Numeracy Month! Numeracy Month activities will be running from March 14-25, 2022. 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 Monday, March 14 or 03/14. Pi is a special math number. Pi is the ratio of a circle's circumference compared 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 - which makes it an irrational number), or Pi. For March 14 we are encouraging all staff and students who have GVS Pi-rate gear to wear it to school. Each day there will be DrEAM time (Drop Everything And Math) to explore different math puzzles, games and problems. Check out the special days and events below, as well as some useful sites in the links below. Remember, everyone counts at GVS. Keep calm and calculate on!

Dates to remember:

March 14: Numeracy Month at GVS begins and Pi Day activities, also Wear your GVS Pirates gear

March 17: Wear a Number Day (clothing with numbers on them, ex. Sports jersey)

March 23: Wear a Pattern Day

March 24: All Candy Guessing Ballots must be turned in by lunch

March 25: Escape from Numeracy Month Math Escape Room and Announcement of the Candy Jar winner. Numeracy Month complete.

Looking for some online sites that offer extra math practice?

- All grade 5-9 students have a Mathletics subscription and they can access this online.
- Greg Tang website: <https://gregtangmath.com/index>
- Youcubed At Home: <https://www.youcubed.org/resource/youcubed-at-home>
- Cool Math Games: <https://www.coolmathgames.com/1-number-games>
- Basic Facts Games: <https://www.multiplication.com/games>
- Math Playground: <https://www.mathplayground.com/math-games.html>



## Open-faced Applewiches

Set up an assembly line of toppings and go for it! These fun and naturally sweet Applewiches are a hit with all ages. Packed with energy and protein, they make for the perfect post-exercise or after-school snack - but can be served anytime!

**Prep Time:** 10 minutes

### **Ingredients:**

- 60 mL (1/4 cup) natural almond or peanut butter or non-nut alternative
- 75 mL (1/3 cup) 0% fat plain Greek yogurt
- 2 apples, cored and thinly sliced horizontally
- Sprinkle of cinnamon
- Optional toppings: sliced almonds, dried fruit, unsweetened shredded coconut, seeds

### **Directions:**

1. In a small bowl, combine nut or non-nut butter with Greek yogurt and cinnamon. Stir until combined.
2. On a clean cutting board, lay the apple slices and spread about 10 mL (2 tsp) of the yogurt/nut butter mix on each.
3. Sprinkle on toppings of choice. Enjoy!

**On-The-Go Tip:** Turn this recipe into one easy to grab on the go recovery snack by cutting the apples into cubes. Mix apples with all other ingredients and place in a jar or airtight container.

Recipe Source: <https://food-guide.canada.ca/en/>



**\*\* 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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