



Green Valley School

November 2022

IMPORTANT DATES:

Take Your Kid to Work Day (Gr. 9)	Nov 2
Picture Retakes	Nov 4
Daylight Savings Ends	Nov 6
Remembrance Day Service	Nov 10
Remembrance Day (School Closed)	Nov 11
Admin Day (No Classes)	Nov 14
SY Report Cards Issued	Nov 18
Admin/PD Day (No Classes)	Nov 28

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 soccer, cross-country, and volleyball coaches for their continued support, dedication and commitment towards our Pirate teams.

We were thrilled to see many families come out to this year's fall concert. Mr. Neufeld and his students were very excited to perform for the packed house on October 20. Preparations are now underway for the school Christmas concert taking place on December 15. We will be having two shows that day: an afternoon performance starting at 1:30 pm and an evening concert starting at 6:30 pm. Stay tuned for more information about these performances.

CONGRATULATIONS to 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 14th year. Thank-you to Ms. Duval and the GVS Student Council for their help in collecting and weighing the food. A HUGE THANK-YOU to our grade 12 students for bringing in the most food and monetary donations for the food drive this year.

The infamous chocolate fundraiser made a return to GVS this year. THANKS to our entire school community for buying and supporting this fundraiser. Our students did a great job selling the tasty treats to family and friends throughout the entire community.

We will be commemorating Remembrance Day on Thursday November 10 with poems, prayers, an Act of Remembrance, Last Post, A Moment of Silence, a Commitment to Remember, Wreath Laying and honoring our National Anthem.

This year, we will be providing paper and electronic copies of report cards and will have two separate distributions for report cards this year. Students in grades 9-12 will be receiving their report cards on November 18 and students in grades 5-8 will be getting their report cards on December 2.

Parent/Teacher conferences will be held on Thursday December 8. Parents will be able to call GVS starting November 28 to book their conference times.

Parents are the best resource for a child to make their grade. When teachers and parents work together, we can help a child have a successful school year.

Angela Burtnack-Schinkel

LEST WE FORGET

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

Chocolate Fundraiser



Our chocolate sales this past month were a huge success - thank you for your support! We ordered the regular amount compared to past years and typically what sells out in two weeks was sold out in just two days. Some chocolates were returned but were quickly scooped up by other students who were eager to sell more. We wrapped up our sales on October 26 with a draw compliments of Laura Secord and World's Finest Chocolates - lots of gift cards being given out. Through these sales GVS has raised over \$10,000 (profit) that goes towards our special events, field trips, outdoor equipment and sports program. Thank you all for your support!

Food Drive 2022 Wraps-Up

The 2022 GVS Food Drive wrapped up on Thursday, October 20 at the Fall Band/Choir Concert, with “Bring a Tin for the Bin”. The competition between grade levels to see which grade could bring in the most donations was close, especially between the middle years’ grades, but in the end the grade 12's had the most points with 879. The middle years’ class with the most points and second in points overall was the grade 6's with 746 points. Well done and thank you to all those who collected and donated to this year’s food drive. Thanks to our Student Councils suggestion of points for food items rather than just weight, some really great food donations came in. These are items that are really needed by our local food bank and will have a great impact. A total of 2,526 lbs of food was collected as well as \$567.45 in monetary donations. Thank you GVS community! Thank you as well to the students who came out each morning to help over the last few weeks. Your help and participation were greatly appreciated.

Report Cards



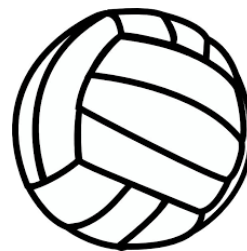
Report cards will be issued on November 18 for Senior Years and December 2 for Middle Years. Over the years as we have moved to posting the report cards on the Parent Portal, we have noticed that report cards sometimes are not being read by parents or students. In attempts to have more students and parents read the report card, we are going to be sending paper copies home with all students on the days previously mentioned. Additionally, please note that the Parent-Teacher conferences are on December 8. While these conferences are important times to meet with teachers, we encourage parents to reach out to teachers anytime they have concerns or simply want to discuss their child's progress.

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.

SY Sports

November will mark the end of the volleyball season for our volleyball teams. All teams have shown much improvement over the course of the season. The following are some important dates for our Volleyball teams:



- Nov. 7: Varsity Girls Volleyball playoffs location TBD
- Nov. 9: Varsity Girls Volleyball Zone Finals (if qualified)
- Nov. 10: JV Boys and Girls Volleyball playoffs location TBD
- Nov. 15: JV Boys and Girls Zone Finals (if qualified)
- Nov. 19: Varsity Girls Provincial Qualifiers location TBD
- Nov. 24-26: JV Boys and Girls Volleyball Provincials @ Hamiota (Boys) Major Pratt - Russell (Girls)
- Dec. 1-3: Varsity Girls Provincials @ Margaret Barbour (The Pas)

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

With volleyball coming to a close, it is time to start thinking about basketball season. We will be having very important meetings for all students in grades 9-12 who are interested in playing basketball this upcoming season. You must attend these meetings if you plan to play.

- Nov. 3: Varsity Girls and Boys Basketball Meeting in the gym @ 12:30
- Nov. 4: JV (grades 9 and 10) Girls and Boys Basketball Meeting in the gym @ 12:30

For league results, you can check out <https://www.mhsaa.ca/schools/view/166/green-valley-school/>.

To access the GVS Athletics calendar for practices, league games, zone and Provincial Championship dates, visit <https://gvs.hsd.ca/kmartin-2/sports-calendar/> and access the Pirates calendar.

MY Sports

Volleyball is nearing the end of the season. 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 thanks goes out to our supervisors, refs and scorekeepers as without them, our games are not possible. Good luck to the grade 8 girls as they will be heading into playoffs in a couple of weeks.

Take Our Kid to Work Day

Wednesday, November 2 is Take Our Kid to Work Day (TOKWD). Grade 9 students will 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.

COLLEGE/UNIVERSITY APPLICATIONS

All grade 12 students interested in university should consider applying before December 1, 2022. 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. College applications are usually based on a first come/first served model. If you want to get into a college program, apply as early as you can. Talk to Mr. Gerbrandt 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. 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. 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://gvscounsellingthoughts.blogspot.com/>.

NUTRITION BITS AND BITES

Eating on a Budget



Budget Bites for the Family:

1. Opt for cheaper proteins such as beans, lentils, peanut butter, canned fish and eggs.
2. Frozen fruit and vegetables are just as nutritious and cost less than fresh, especially in the winter.
3. Check out store brand products; they are usually cheaper and nearly identical to national brand items.

Stretching our food dollar

It's no surprise to anyone that our money doesn't go as far in the grocery store anymore. Inflation, food shortages, and increasing costs of fuel and farming are leading to higher prices at the grocery store. Feeding your family **and** staying on budget is harder than it ever has been. Here are some tips to help you stay on budget without sacrificing nutrition:

- ✓ Start out by creating a menu and a grocery list. This will help you avoid any unnecessary meals out or groceries that you don't need.
- ✓ Shop around to get the best deals. If possible shop at different stores or do price matching to get the best deals. Stock up on non-perishables that are on special such as canned goods or frozen fruit and vegetables.
- ✓ Check out produce or dairy products that are nearing their best before date. These foods are safe to consume but much cheaper. Just plan to use them up quickly.
- ✓ Purchase in bulk. Usually the bigger the package the cheaper the unit price. Store the extras for another time or split with family or friends.
- ✓ Focus your food dollars on nutrient dense foods. Limit the purchase of extras such as pop, candies and chips.



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.

Beef and Lentil Burgers

This recipe will help stretch your protein budget by utilizing lentils with the hamburger.

Makes 4 Servings

Ingredients:

3/4 cup cooked or canned green lentil
3/4 lb lean ground beef
1 small zucchini, coarsely grated
1 egg
1/4 tsp salt
1/4 tsp freshly ground black pepper
canola oil cooking spray

Instructions:

Step 1

In a large bowl, place lentils, beef, zucchini and egg. Season with salt and pepper. Mix until well combined. Shape into 4 patties. Place on a baking tray. Cover and place in the fridge for 10 minutes to chill.

Step 2

Spray a barbecue grill or chargrill with oil and heat on medium high. Cook the patties for 4 minutes each side or until lightly charred and cooked through.



If you are having trouble feeding your family there are community supports to help. Contact your primary care provider to talk about resources in your area.

Scan the QR code for tips on planning meals on a budget



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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