



GREEN VALLEY SCHOOL

DECEMBER 2022

December 2
MY Report Cards Issued

December 8
MY/SY Parent Teacher Interviews
4-6:30 PM

December 15
Christmas Concert
1:30 PM
6:30PM

December 21
Last Day of Classes before Break

December 22- January 4
Christmas Break

PRINCIPAL'S MESSAGE

Dear GVS School Community,

Senior Years report cards went home two weeks ago and Middle Years report cards go out Friday, December 2 which means Parent/Teacher conferences are coming up on December 8. Parents can book their appointments on the Parent Portal. We appreciate you taking the time to meet with your child's teacher. We hope that you understand the progress your child is making and that you feel that there is a partnership between you and the teachers. If you are unable to make it to the conferences, please feel free to call or email your child's teacher.

In the coming weeks, we plan on celebrating the festive season with "Spirit Week" activities here at GVS. The dress up days will be posted on our school website, www.gvs.hsd.ca.

Due to the widespread cold/flu/COVID transmissions, we are graciously declining all delicious home baked treats. Unfortunately, this means our students will not be able to bring homemade treats to share with their classmates or teachers this year. Commercially baked/ individually wrapped food is acceptable. We sincerely appreciate your understanding and cooperation with this. We are wanting to have our students and staff enter the holiday season healthy, so that they can all enjoy their much deserved winter break.

With the start of December, the cooler, blustery days of winter are most certainly on the way. We highly encourage our students to dress in their winter gear. Our students in grade 5-8 still have daily outdoor recess and noon hour breaks, so dressing for the weather is important.

Again, we wish everyone the very best of the holiday season. Wherever you are or however you celebrate, our wish is for you to be safe and happy. Thank you for a great fall. We look forward to seeing you on January 5, 2023

SY SPORTS

A huge congratulations to all of our Volleyball teams on an incredible season of play! Thanks to all of our coaches for their dedication to our teams!

Our Varsity girls volleyball team has had a great season of play! The girls narrowly lost the south zone final to Gab Roy in three sets. However, they earned themselves a spot at Provincials by finishing 2nd at their Provincial Qualifier. The girls will be competing in Provincials on December 1- 3 in The Pas. Stay tuned for an update in the next newsletter!

Our JV and Varsity boys basketball teams have already started to prepare for the upcoming season. Both teams will kick off their seasons in December with the JV boys traveling to Immanuel Christian on December 9-10 and the Varsity Boys traveling to Niverville on December 16-17, for both tournaments.

All game results will be posted at www.mhsaa.ca, along with current Provincial Rankings. For practice times and league games, visit www.gvs.hsd.ca and access the Pirates calendar. For all Zone 13 information and League Schedules visit our Zone 13 league website at <http://z13aa.weebly.com/>.



MY SPORTS

Volleyball season ended a couple weeks ago with our grade 8 girls team making it to the final 4. The girls were 2 points away from taking SCS to a third game in which we had the momentum and could have won. Our players had improved tremendously over the season learning basic passing, setting, serving and hitting skills to learning how to play specific positions with a three hit mentality. Mr. Hill saw a great deal of improvement and dedication to the sport of volleyball. The fair play, encouragement of one another and the respect for the other teams was evident here at GVS. We held our heads high knowing that we played a great game. Thanks to all of our coaches, referees and scorekeepers for making this season possible.

Basketball sign-ups have been posted. It looks like the student interest is there but we are in need of coaches for the boy's teams. If interested please contact Mr. Hill at the school. Practice times will be announced soon and can be found on the GVS sports calendar.

Lastly, we are hoping to go skating at the arena from December 13 - 16 during PE classes. A reminder to get your skates and helmets ready for those days.



PARENT TEACHER INTERVIEWS

Parent Teacher Interviews for both Middle and Senior Years students will be on December 8 from 4-6:30pm. You can book your appointment(s) on the Parent Portal or by calling the school office.



CHRISTMAS PROGRAM

This years Christmas program will be a combination of the grade 7-12 bands and choir, as well as a group of grade 5-6 drama students. The grade 5-6 drama students will be presenting a short performance based on Robert Munsch's book, 50 Below Zero. There will be two public performances, both held in the GVS school gym:

- December 15 @1:30 pm
- December 15 @6:30 pm

For the evening performance students should arrive between 5:45 and 6:00pm. We look forward to celebrating with you.



POST-SECONDARY

Grade 12 students, talk to Mr. Cam Gerbrandt if you have any questions about applications. Money and funding for post-secondary schooling, bursaries, scholarships, Manitoba Student Aid and more could be sources of funding further education. Talk to Mr. Gerbandt about these too.



MENTAL HEALTH NOTE

The three most important and "doable" things a person can do to support positive mental health is SEE. Sleep/Eat/Exercise. Sleep about 8 hours each night. Keep a regular sleep and wake schedule. Eat three balanced meals per day. Skipping meals lowers a person's ability to concentrate and learn. Exercise for at least one 20 minute time frame per day. Daily exercise has been shown to have as much benefit as taking mental health medication. Talk to Mr. Cam Gerbrandt if you are looking for strategies and ideas to support your mental health.

