



GREEN VALLEY SCHOOL

NOVEMBER 2023

Principal: Angela Burtnack-Schinkel

Vice-Principal: Dean Hardern

Website: <https://gvs.hsd.ca/>

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 19. Preparations are now underway for the school Christmas concert taking place on December 14.

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 15th year. Thank you to all staff and students for their help in collecting food for the food drive this year.

The infamous chocolate fundraiser was in full force at 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 9 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, our grade 8 Leadership class will be hosting a fundraising event for students in grades 5-8. This fundraising dance will take place on November 9 starting at 2:20 till 3:30 pm. Students who do not want to participate in this event will be given an opportunity to meet and play games or do art activities in the library. Money raised from this event will be donated to our community Christmas Hamper program. We are proud that our students are working hard to make a difference in the lives of community members during the festive season.

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 17 and students in grades 5-8 will be getting their report cards on December 1.

Parent/Teacher conferences will be held on Thursday December 7. Parents will be able to call GVS starting November 27 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

DATES TO REMEMBER

November 1 - Grade 9s: Take Our Kids To Work Day

November 3 - Picture Retakes

November 9 - Middle Years Dance (see below for details!)

November 10 - Admin/PD Day (No Classes)

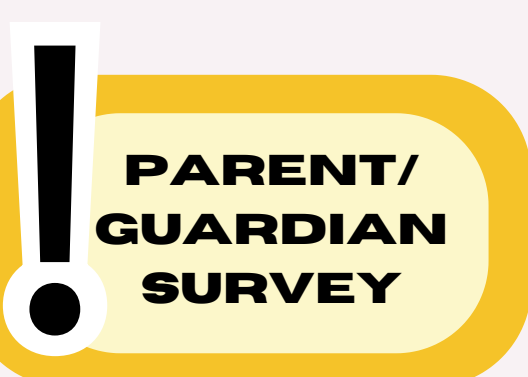
November 16 - Suicide Alertness Training for Parents & Students

November 17 - SY Report Cards Issued

November 23 - PAC Meeting at 4:30pm

November 24 - Admin/PD Day (No Classes)

December 1 - MY Report Cards Issued



We at GVS view parents & guardians as partners in education and very much value your feedback and input. Please take a moment to complete a short survey which will be sent out to all parents through Brightarrow. This survey will help us become better informed as to how we can help your child be more successful at school.

*Thank you for taking a few minutes to share your feedback,
your partnership is important to us!*

TAKE OUR KID TO WORK DAY

Wednesday, November 1 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.



PAC PIZZA DAY:

Pizza is delivered on Fridays at noon (*will default to Thurs if there are no classes*)
Orders must be placed on the Wednesday prior to Pizza Day.

Wednesday Mornings: coupons can be purchased at the canteen, between 8:30-9:00am: 1 ticket = \$1.75 / 1 sheet of 10 tickets = \$17.50
**new this year: coupons cannot be purchased on Parent Portal or at the office*



Pizza orders for Middle Years can be placed in their classrooms with their homeroom teachers on Wednesday mornings between 8:30-9:00am.

Pizza Orders for High School Students can be placed at the canteen on Wednesday mornings, before 9am (*not at the office*).

Please contact a member of the GVS PAC if you have any questions or if you would like to volunteer with this program.

Food Drive 2023: That's a Wrap

The 2023 GVS Food Drive ended on Friday, October 13 and wrapped up with a short assembly on Monday, October 16 to unveil the food collected. To make sure we were collecting the items that were most needed by the local food bank we assigned points to the food categories- -something the Student's Council started last year. The more needed the items, the more points that they were worth. For example, a can/jar of pasta sauce was 5 points.

The competition between grade levels to see which grade could bring in the most donations and get the most points was tight, especially between the middle years' grades. In the end the middle years' grade with the most points and most points in the school overall was grade six with 950 points. The top senior years' grade for points was grade twelve with 480 points. Well done and thank you to all those who collected and donated to this year's food drive. Thanks to our Student Council and other student volunteers for their help in collecting the food donations in the morning over the 2 weeks. The food bank was so thankful for all the great items and the cash donations as well. Thank you GVS community!

Food Drive Points Race Results:

- 1st - Gr. 6 = 950 pts
- 2nd - Gr. 7 = 781 pts
- 3rd - Gr. 8 = 701 pts
- 4th - Gr. 12 = 480 pts
- 5th - Gr. 5 = 465 pts
- 6th - Gr. 9 = 436 pts
- 7th - Gr. 11 = 391 pts
- 8th - Gr. 10 = 171 pts
- 9th - Staff = 129 pts
- Total Pts = 4633 pts**

Suicide Alertness Training for Parents and Students

Thursday, November 16th at 6:30 (sharp)

GVS is planning to offer a suicide alertness course for students over 16 years of age and parents. The course is developed by LivingWorks and is called safeTALK, which stands for Suicide Alertness for Everyone.

This 1-evening course takes approximately 3.5 hours and teaches participants how to recognize signs of someone considering suicide and how to connect them to others who can help keep them safe.

Please contact the school office if you are interested in being part of this 1-evening course. Cost is \$15 per person.

Visit the following for more information:

<https://livingworks.net/training/livingworks-safetalk/>
or view this short YouTube video
<https://youtu.be/QQ-CdrWgz1c?si=7xdp6jNQV0aFVUqs>

A Middle Years Dance!

Winter is approaching quickly, and the GVS Grade 8 leadership group has organized a fun middle years dance to help raise money for Christmas Hampers! The dance will be held in the GVS gym on Thursday, November 9, 2023 from 2:35- 3:30 pm. The cost for the dance is a \$3 donation to give to Grunthal Christmas Hampers. The theme is winter formal, students are encouraged to dress up if they would like, but shouldn't feel pressured to; all are welcome! There will be music, fun games and prizes! For students who prefer not to attend a dance, there will be alternate options waiting for them in the library!

Emergency Number for Kids

Parents of students of all ages can help kids out. Sit down with your kids and get them to put the 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 it 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:

<https://gvscounsellingthoughts.blogspot.com/>



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.



SENIOR YEARS, 9-12

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. Currently our Varsity Girls are ranked 9th & our JV Boys ranked 7th.

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

Some important upcoming dates on the volleyball calendar are:

- Mon. Nov. 6 - Varsity Girls Volleyball Playoffs @ TBD
- Wed. Nov. 9 - Varsity Girls Volleyball Zones @ North Host
- Thurs. Nov. 9 - JV Boys and Girls Zone Playoffs @ TBD
- Tues. Nov. 14 - JV Boys and Girls Zones @ North Host
- Sat. Nov. 18 - Varsity Girls Provincial Qualifier @ TBD
- Thurs. Nov. 23 - 25: JV Volleyball Provincials - Boys @ The Pas, Girls @ Flin Flon
- Thurs. Nov. 30 - Dec. 2 - Varsity Girls Volleyball Provincials @ Lac du Bonnet

As November begins, it is time to start thinking about basketball season.

At the end of October, we had meetings to see who was interested in playing this season. If you are still interested in playing, but missed the meeting, please see Mr. Hart ASAP.

As of right now, our Varsity and JV Boys have been holding practices 8-10pm Tuesdays and Thursdays at South Oaks.

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.

MIDDLE YEARS, 5-8



Volleyball is nearing the end of the season. Teams have been improving and have had 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.

The grade 7 girls team play in their last games on November 7th. Coach Persowich will be having a team wind up the following week. Gr 8 Girls Playoffs start on November 14th while the Gr 8 Boys playoffs begin on Nov. 16th. Good luck to all Coaches and Players on their quest to bring home a banner.

Basketball sign ups will be up starting the week of November 13th. Any parents wanting to help coach are to inform Mr. Hill as soon as possible as we have several coaching positions available

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 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.



**Visiting the school?
Check out our new sign,
thanks to
Mr Penner's Gr 11
Woodworking Class!**