

# Val Marie School Newsletter



## Principal's Message,

The staff and students of Val Marie School have been busy touching up their knowledge on safety drills and are in the middle of a 2 week safety blitz. We are practicing everything from a full Lock Down to a basic Hold and Secure. Our kids are getting quick and efficient in their responses and these drills always bring some lively and imaginative conversation.

The K-4 class has been busy learning about dinosaurs in science and making paper mache eggs. They are studying the novel *Because of Winn Dixie* and playing games and activities in PE with short handled implements. The middle years 5-9 class are polishing their improvisational skills in drama, learning about financial literacy and the cost of owning a vehicle, and are refreshing their handwriting skills while they learn about the difference between fixed and growth mindset. The high school grade 10 & 11's are working on grad plans in English, and learning about organ transplants, the discovery of insulin and the movement of atoms and molecules in science.

In addition to the academic learning, students have been busy outside of school hours as well. School curling just wrapped up this week with our junior mixed team advancing to districts and playing extremely well. Badminton practices also started this week and are being held over the lunch hour. Some of our students have also been busy participating in 4H public speaking at the club level with a few going on to District public speaking in Hazenmore on March 12th. The Fit For Life Community Center is reopened and ready for the community to once again use and enjoy. Parent Teacher interviews will take place on March 22-23 and will be offered over the phone, virtually, or face to face. Teachers will be hitting the books on March 28th with a Professional Development Day and full day of learning. Lots happening in our school and lots to be thankful for in this community!

Stay well and take care everyone!

~ Mrs. S Legault



Kaydence - March 9  
Kristian - March 19  
Josie - March 25

**March 17th**

**Taco N A Bag**

**\$6.00**



Val Marie School will  
once again be doing the  
DeVry Plant Fundraiser  
April 4th ~ May 9th.  
Delivery Date is May 25th.  
I will be emailing out  
details on April 4.

Thank you  
January



**Just a reminder to stay home if you are sick.  
Thank you for helping to keep our school a  
healthy functioning environment.**



## **BOOK SWAP**

April 12-14 @ lunch

We will be collecting book  
Donations as of April 1st.

All remaining books will be donated to  
SPCA Book Store in Swift Current



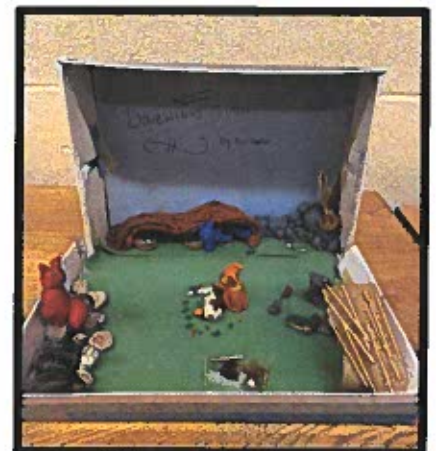
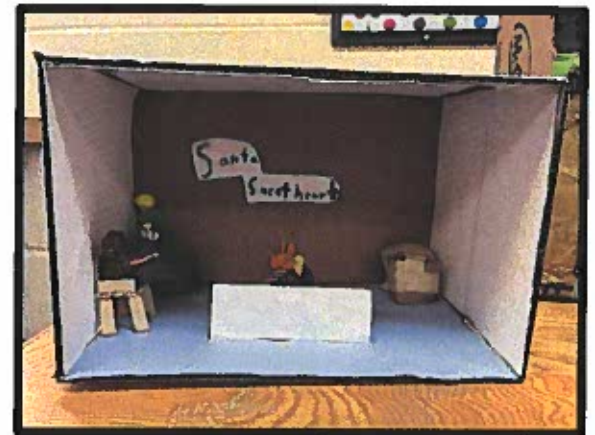
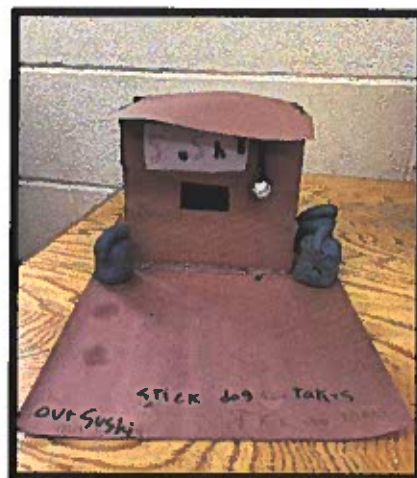
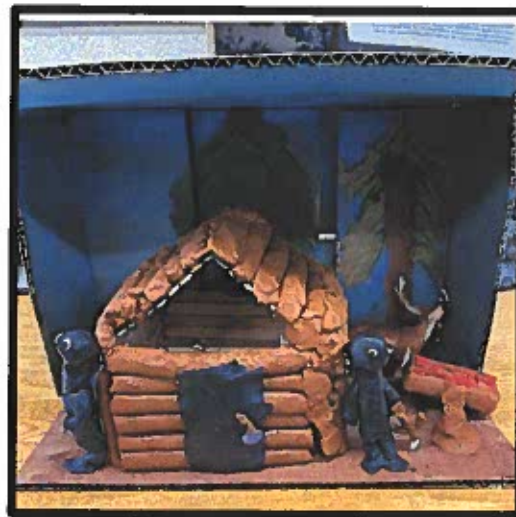
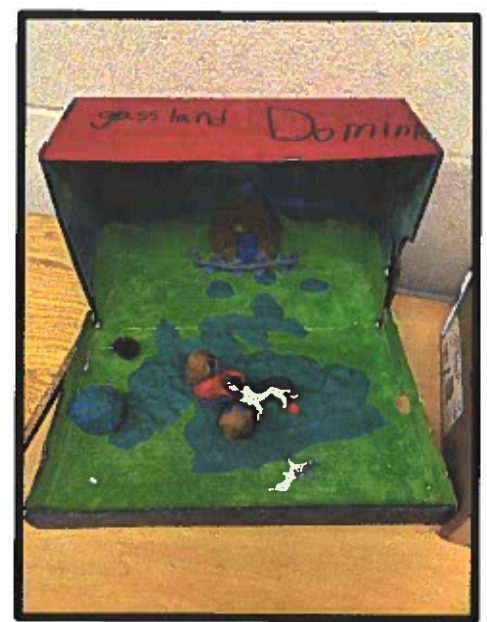
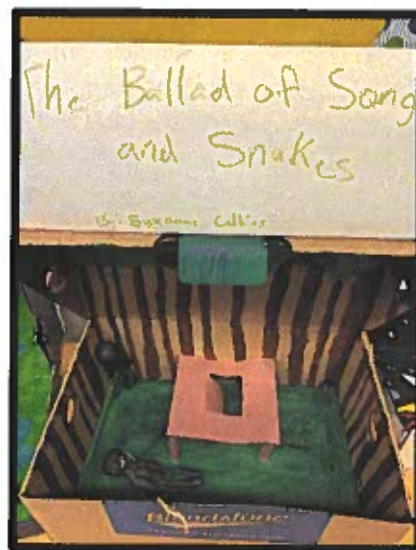
# Junior Curling

To the community and the students and staff of Val Marie School, I thank you for considering me and Susan Legault when it came to decide the curling coach for this season. Even though we can never replace the best coach a kid could have, Blaine Clement, we tried our best to teach, let the kids enjoy themselves, and find their competitiveness. I remember all the drills Blaine had me do, and used them with these up-and-coming curlers. We had the honor of coaching Katherine Andree, Joanna Andree, Dominic Andree, Ethan Mything, Ashlyn Mything, Elizabeth Legault, and Deverick Beauchamp. The year started fairly late so we didn't have very long to prepare for sectionals, which was hosted in Eastend. Within those few practices, we had our team made with Elizabeth playing skip, Ashlyn playing third, Ethan playing second, and Dominic playing lead. Each of them made some fabulous shots, communicated well with each other, had fun, showed determination, and worked great as a team! They made us very proud winning both of their games at sectionals and being titled the sectional champions. They moved on to districts and we gained a member of the team, Deverick Beauchamp. Deverick and Dominic switched out between games. We had just a couple of weeks to prepare. Unfortunately, I had an exam so I wasn't able to go to Fox Valley and coach them at their first ever districts. Susan Legault took my place and coached the team through it all. The kids played really awesome, but there were some tough teams that we couldn't get a lead on. Unfortunately, we lost out but from my understanding, we have some kids that are super excited for next season and getting back to districts! We had our curling wind-up on March 10th at the rink, which involved glow curling, and supper at the hotel afterward. It was a fun way to wrap up the season! I had a lot of fun coaching these kids. It made my weeks of being a college student go by fast. I know that they have a bright future ahead of them and this community should be very proud! We want to thank the committee for putting the ice in and maintaining it. Even though we had to follow some Covid rules it was worth it to get to curl and coach this year!

Gratefully,  
Mckenna Legault



*Mckenna Legault - Coach  
Elizabeth Legault - Skip  
Ashlyn Mything - 3rd  
Ethan Mything - 2nd  
Dominic Andree - Lead  
Deverick Beauchamp - Lead*



Students in Grades 5-9 ELA were asked to recreate their favourite scene from their self chosen independent reading book. They all did such a great job!

# 100 items for 100 days

☰ Category: [Local News](#)

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✍️ Written by Ally Paige



*Photos courtesy of Anne Beauchamp.*

Val Marie school's K-4 class recently made a sizeable donation to the Swift Current SPCA to mark 100 days of school.

Anne Beauchamp, K-4 teacher at Val Marie School said that the inspiration came from a dream list created by the students at the beginning of the year.

"So, at the beginning of the year, my class and I made a dream list of things that we wanted to accomplish throughout the year, and one of them was to be kind and the other one was to do more things with pets," she explained.



All the pieces fell into place when the students were approaching their 100 day of school around the same time that the Betty White challenge went viral.

The students made posters to hang throughout the community, while parents and the local grocery store also assisted in collecting items.

The students were able to donate 100 items to the SPCA in celebration of 100 days of school.



Beauchamp said that many different types of items were donated including teats, paper towels and beds for the animals.

She added the SPCA was exceptionally grateful for the donation, and the students were proud of their contribution.

*A Big Thank You to  
Mckenna Legault  
for coaching the  
School Curling this  
year! The students  
were very fortunate  
to have her.*

*thankful*  
→ & →  
*grateful*

April Hot Lunch  
will be held on  
April 13th  
Menu TBA!



**MIDDLE YEARS P.E.**  
Remember to bring a  
change of clothes,  
indoor shoes, water  
bottle and  
deodorant for the  
remainder of the  
school year.

## Important Dates

- March 17 - Taco in a Bag Hot Lunch
- March 22 & 23 - Parent/Teacher Interviews 3:15 - 6:00 p.m.
- March 25 - No School - in lieu of evening interviews
- March 28 - No School - Teacher PD Day
- April 4th - Plant Fundraiser starts
- April 8 - High School Report Cards
- April 15 - 22 - Easter Break
- May 23 - No School - Victoria Day
- June 17 - DL Classes Close
- June 28 - Last Day of Classes
- June 29 - Report Cards



# Benefits of School Gardens

*Through a garden students will have the opportunity to witness the complex interactions that sustain life, while also gaining food and agricultural literacy and environmental stewardship. But that's not all...*

A garden provides a perfect tool for hands-on learning, inquiry-based learning to deepen the learning in your core curriculum. Many life skills can be learned through gardening, as well as research and the scientific method, problem solving, team building, cooperation, nutrition, gardening, and critical thinking.

## Our Top 8 Evidence-Based Reasons to Cultivate a Classroom Garden

**1.** Gardens create greater opportunity for hands-on, experiential learning and can improve academic achievement. (Berezowitz, Bontrager, Schoeller, 2015)

**2.** Gardens help to increase in knowledge and awareness about gardening, agriculture, healthy eating, local foods, nutrition, growing cycles, seasonality and other STEM concepts (in early childhood and K-12 settings). (Schmidt, 2006; Hughes, 2007; Murphy, 2003)

**3.** Gardens build responsibility, confidence, promote teamwork and build positive social and emotional skills. (Robinson & Zajicek, 2005; Hung, 2004; Alexander, North & Hendren, 1995)

**4.** School gardens support inquiry and connection to the natural world. (Habib & Doherty, 2007)

**5.** Students show a willingness to try new foods after garden-based education and research shows that eating patterns, and especially food choices relating to the consumption of fruits and vegetables, are developed at an early age. (Kirby 1995)

**6.** Gardens lead to improvement in nutrition habits, environmental awareness and health-related knowledge. (Boxmeyer, 2013-2014)

**7.** Gardens build environmental stewardship in students. (Flagler, 1995)

**8.** Gardens increase opportunity for innovative teaching platforms for core subjects, such as science, math and language arts in early childhood and K-12 settings. (Hoffman et al., 2016)

Last, but not least, it's FUN! Through a classroom garden, we aim to create an exciting and relevant learning environment for memorable shared experiences. We believe that learning should be fun!

**Please see the 'Our Impact' page on the Little Green Thumbs website for a collection of summary documents of peer reviewed articles on the impact of garden-based learning on youth education and health.**

[www.LittleGreenThumbs.org](http://www.LittleGreenThumbs.org)

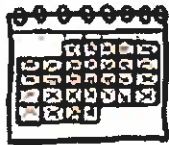


# Make Your Own Happiness

Who Can Make You Happy? ONLY YOU!



## Happiness



1. Write goals



2. Listen to music



3. Meditate



4. Flowers



5. Compliment someone



6. Dance



7. Gratitude



8. Be creative



9. Hot bath



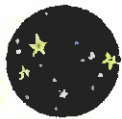
10. Write a letter



11. Bake a cake



12. Take a walk



13. Star gazing



14. Read books



15. Learn new things



16.



17. Help someone



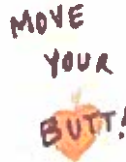
18. Start a journal



19. Self-love



20. warm Hugs



21. Exercise



22. watch sunrise



23. Eat healthily



24.



26. Cook



27. Call a friend



28. nap



29.



30. Reward yourself!

Submitted by:

Kimberly Duquette - Registered Social Worker

Student Services Counsellor - Chinook School Division

Val Marie, Frontier, Hodgeville & Vanguard Schools ♦ Virtual Student Services Presenter

Contact at: [kduquette05@chinooksd.ca](mailto:kduquette05@chinooksd.ca)

# Coping Skill for Emotional Regulation & Anxiety

A 'Grounding Technique' can be used in times of distress and to manage anxiety using our 5 senses to keep our mind in the present. This strategy can help people stay calm, stay safe, and stay present to prevent our emotions from escalating.

## GROUNDING WITH YOUR FIVE SENSES

*What are* → **5** THINGS YOU CAN SEE



*Ideas* → **SUN**  
PICTURE ON THE WALL  
**PEOPLE WALKING**

**4** THINGS YOU CAN FEEL



**WIND BLOWING**  
FEET ON THE FLOOR  
**PENCIL IN HAND**

**3** THINGS YOU CAN HEAR



**BIRDS CHIRPING**  
CLOCK TICKING  
**CAR HORNS**

**2** THINGS YOU CAN SMELL



**FOOD FROM THE CAFETERIA**  
LAUNDRY DETERGENT ON CLOTHES  
**FRESH CUT GRASS**

**1** THING YOU CAN TASTE



**MINT**  
Breakfast  
**TOOTHPASTE**

TRY:

- 1) Take a Deep Breath
- 2) Name and Describe 5 things you SEE
- 3) Name and Describe 5 things you can FEEL
- 4) Name 3 things you HEAR
- 5) Name 2 things you SMELL
- 6) Name 1 thing you TASTE

Submitted by:  
Kimberly Duquette  
Registered Social Worker  
Student Services Counsellor  
Chinook School Division  
Contact:  
kduquette05@chinooksd.ca