



# Val Marie School Newsletter



## Principal's Message,

**We are back at it here at Val Marie School! The holidays plunged us all into a frigid cold snap and the start of January saw us beginning the New Year with two winter weather days and no buses running. Now that the weather has turned around we have had our first full week. Students and teachers are busily wrapping up units and semesterised classes, as report cards will go out January 31st and second semester will begin on February 1st.**

**This month the K-4 class is focusing on the theme of Friendship in Health. They are studying the author Kate DiCamillo and the novel The Tale of Despereaux. In Art they are learning and practicing dancing skills. The Middle Years 5-9 students are also shaking a leg in Art class and learning some new dance moves. They are studying Lifelong Fitness opportunities in PE, Literature Genres in ELA and Measurement in Math. The grade 9 class just wrapped up their Drivers Education Class with flying colours and will now wait until the real life driving hours begin next semester. The High School 10-12 students are fast and furious in completing their final assignments as Semester 1 winds down and DL classes close on January 21st.**

**The Rec Board is working hard to get the skating and curling ice up and running for our youth and community. We appreciate their dedication and long hours and look forward to having a modified school curling season. More information will be coming.**

**~Stay warm and take care!  
Mrs. S Legault**

# January Exam Schedule

<p><b>24</b> Review Day for all Middle Years/ High School</p> <p><b>31</b> No School Semester Turn Around Day K-12 Report cards</p>	<p><b>25</b> Middle Years will have no classes in the morning but can use this as study time. Final Exam 8:45 am Pre-Calculus 10 Pre-Calculus 20</p> <p>Final Exam 12:40 pm Gr. 5-9 Science</p>	<p><b>26</b> Middle Years will have regular classes. High School students will start back Feb. 1st for Semester 2</p>	<p><b>27</b> Middle Years will have regular classes. High School students will start back Feb. 1st for Semester 2</p>
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January 20th  
Grilled Cheese & Pickle Hot Lunch  
\$2.00/order.



February 17  
Hot dog Hot Lunch  
Details to Follow




## CURLING & SKATING FEES

### Curling

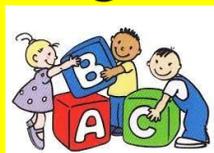
- \$200.00/Family
- \$75.00/Single

### Skating

- \$120.00/Family
- \$60.00/Single



**The Val Marie Early Learning Centre is looking for part-time and casual staff to commence work immediately. Students who are interested can earn extra credit and increase their wage by taking Early Childhood Education courses online. Please apply in person or give them a call at 298-2066.**



# Spirit Week

February 14-18

Monday	Love Bug Day Happy Valentine's Day Dress up as a love bug
Tuesday	"100 Years into the Future" Happy 100 Days of School Future Fashion Show at Lunch on the Catwalk
Wednesday	Pink Shirt Day Anti-Bullying Awareness Bring your Stuffy Pet to School
Thursday	Betty White Day Dress Up like Betty White & bring a donation for the SPCA (Can we get 100 donations for 100 days of school?) Hot Dog Hot Lunch
Friday	Dog Days of Summer Dress in your best summer-ready fashions

**Betty White was a tv and movie icon, she also loved animals as much as our staff and students do. Can you help the k-4 class collect 100 donations for the 100 days of school? Donations can be dropped off at the school until Friday February 18th.**

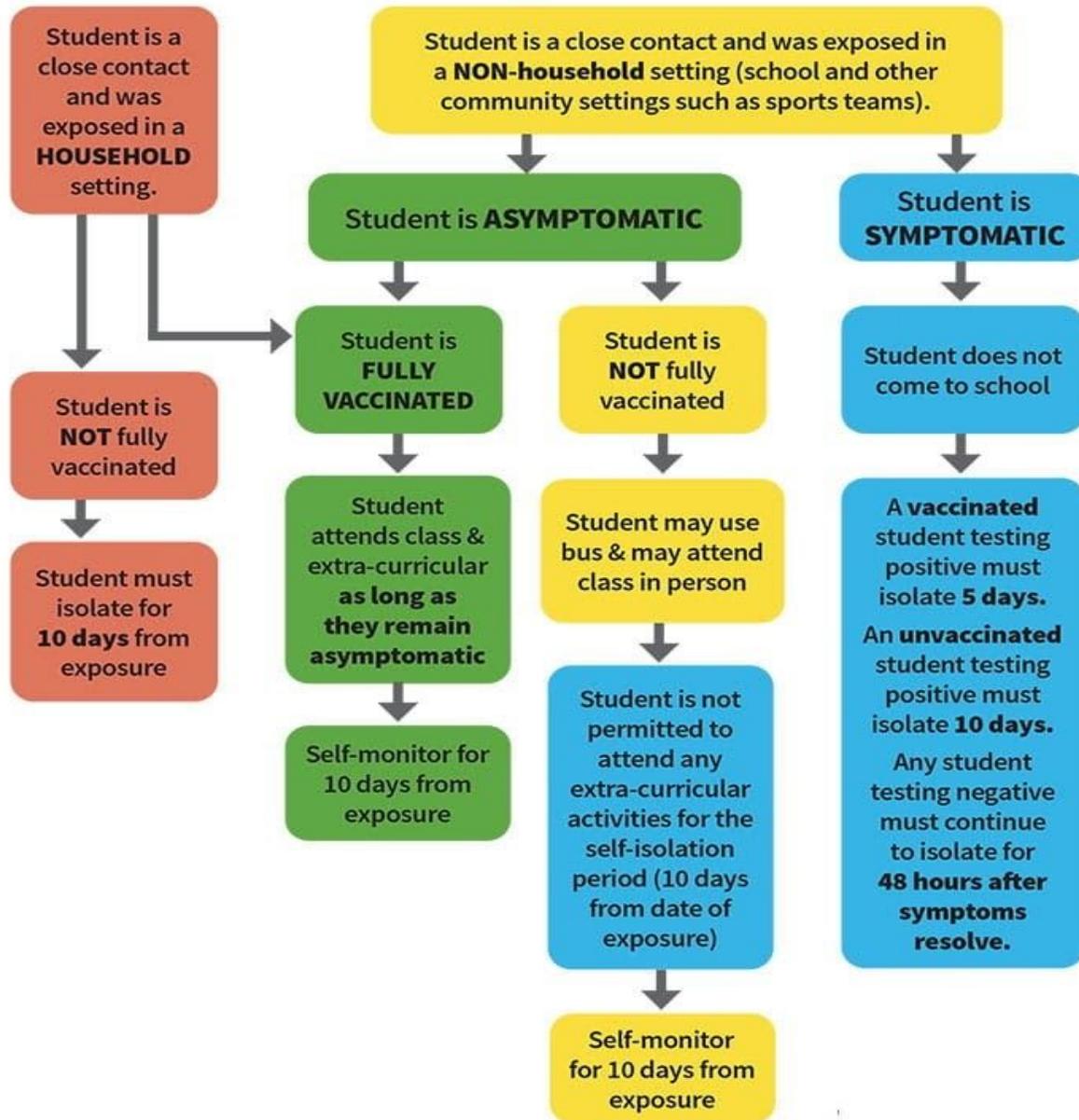
## SPCA Donation Item Suggestions:

- Kitten dry kibble (Special Kitty kitten food)
- Kitten/Cat kibble (Purina Cat Chow Complete or anything All Life Stages)
- Dog kibble (any brand, breed or age)
- Puppy kibble (Puppy Chow/All Life Stages)
- Canned puppy or dog food (any brand, breed or age)
- Canned cat food (any brand)
- Cardboard scratchers
- Cat Nip
- Cat and dog treats (anything)
- Dog chews (Kongs)
- Litter (clay clumping or wood pellets)
- Vinyl gloves (large or extra large)
- Heavy duty garbage bags
- Toilet tissue & paper towel
- Hand sanitizer
- Liquid dish soap
- Printer paper (8½" x 11")
- Envelopes (5 7/8" x 9 5/8", 14.9cm x 24.4cm)
- Canadian Tire money
- HE Laundry detergent
- Bleach
- All stationary items
- Printer ink (Canon Cartridge 128 and HP Laserjet 85A)

Thank you so much if you can help!

# Saskatchewan Schools: Student Close Contact Protocol

Province-wide mask mandate applies to all students.



**Call 811 for answers!**

Unvaccinated pupils that are identified as a close contact of a household case will not be exempted from the requirement to isolate for 10 days. They may not attend school.

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/about-covid-19/covid-19-case-and-contact-management-in-schools>

**Stay home if sick**

We will continue to have students who display symptoms stay home until 48 hours symptom free. We do realize it is an inconvenience, however, we need you to keep sick children at home. And, if they come to school accidentally, we will call you to pick them up. Thank you for helping us.



*Stella - January 4*  
*Raelyn - January 21*  
*Mason - January 22*  
*Mrs. J. Legault - January 25*  
*Neko - February 3*  
*Ethan - February 4*  
*Mrs. S. Legault - February 16*  
*Nieve - February 25*

Work hard, be kind  
and amazing things  
will happen.

-Conan O'Brien





Fresh Air  
Friday  
Fun

January 31 - No School - Turn Around Day & Reports Cards go out

February 1 - Semester 2 Begins

February 21-25 - Winter Break

March 25 - No School in Lieu of Conferences

March 28 - No Classes - PD Day

April 15-22 - Easter Break

May 23 - No School - Victoria Day

June 28 - Last Day of School

June 29 - Report Cards

Dates to Remember

# When You Want to Say "BE CAREFUL"



## Play with Great Heights

- Stay focused on what you're doing.
- What's your next move?
- Do you feel safe there?
- Take your time.
- Does that branch feel strong and stable?
- I'm here if you need me.

## Play Near Dangerous Elements

- Please move slowly and carefully near the...
- Please give each other lots of space so that no one feels like they need to push, and no one gets knocked over by accident.
- Do you feel stable/balanced?
- Do you need more space?

## Rough and Tumble Play

- Make eye contact before you tackle someone. Make sure they know you are coming so that they can get their body ready.
- Check in with each other. Make sure everyone is still having a good time.
- Ask them if they're ok.
- Ask them if they're still having fun.
- Did you like that? Make sure you tell them if you didn't like that.

## Play Where Children can Get Lost

- If you need to run, meet me at the next trail marker!
- Let's check this cave/fort to make sure it's safe to hide in.

## Play with Great Speeds

- Please find a safe spot for your stick while you're running.
- I've noticed that this is a really busy area and I'm worried that someone not playing this game might get knocked over. Watch out for other people and give them lots of space.
- Should we move this game to a more open area?

## Play with Harmful Tools

- Sticks need space. Look around you - do you have enough space to swing that big stick?
- Please keep one end of your stick on the ground!
- What's your plan with that big stick?
- Rocks need space!
- Before you throw that rock, what do you need to look for?
- That rock looks really heavy! Can you manage it?



# I AM AFRAID...

As children grow up, they develop different worries and fears. Some of these feelings are common in all stages of child development.

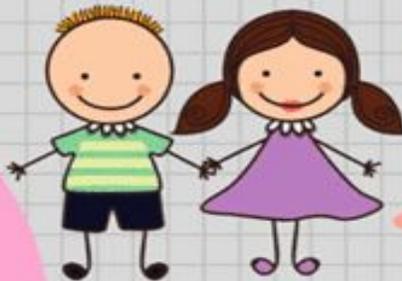
## AGES 2-4

- Fear of the dark
- Fear of wardrobes
- Fear of sleeping alone
- Fear of the weather (thunder and lightning)
- Fear of shadows
- Fear of loud sounds



## AGES 5-7

- Fear of the dark
- Fear of doctors
- Fear of sudden loud noises
- Fear of insects and animals
- Fear of friends' rejection



## AGES 8-11

- Fear of ghosts
- Fear of losing beloved persons
- Fear of school failure
- Fear of evil people (kidnapping)
- Fear of disappointing their parents



## AGES 12-18

- Fear for personal safety
- Fear of school presentations
- Fear of death
- Fear of the future
- Fear for self-image (fear of what other people think of them)
- Fear of abuse
- Fear of world events



**up**bility

Publisher of Therapy Resources

You can help your children with fears by normalizing the common fears for their developmental age.

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