

VAL MARIE SCHOOL

NEWSLETTER

NOVEMBER & DECEMBER 2024

AS WE MOVE THROUGH THE LAST THREE WEEKS BEFORE THE HOLIDAYS, WE FIND OURSELVES BUSY WITH ALL THINGS CHRISTMAS! MRS. BISSONNETTE STEPPED UP TO HEAD THE CHRISTMAS CONCERT THIS YEAR AND OUR SCHOOL HAS BEEN BUSY WITH AFTER SCHOOL AND NOON HOUR PLAY PRACTICES. WE ARE PROUD TO BRING YOU OUR VERSION OF "THE LORAX" ON THURSDAY DECEMBER 12TH [AT] 6:30 PM.

EVERYONE IS WELCOME TO ATTEND! THERE WILL BE GUEST PERFORMANCES BY THE EARLY LEARNING CENTER, PIANO, GUITAR AND VIOLIN MUSICAL PERFORMANCES, DESSERT PROVIDED BY THE FOODS 30 COOKING CLASS AND A VISIT FROM SANTA. THERE WILL BE A SILVER COLLECTION AT THE DOOR AND FOOD BANK DONATIONS ARE WELCOME.

I WOULD LIKE TO WELCOME OUR NEW FULL TIME BUS DRIVER - KATHRYN BAXTER TO OUR SCHOOL TEAM! KATHRYN BEGAN DRIVING IN NOVEMBER AND HAS THE ROSEFIELD ROUTE. I WOULD ALSO LIKE TO WELCOME BACK OUR SCHOOL BOARD TRUSTEE - SUSAN MOULAND TO ANOTHER TERM AS OUR SCHOOL BOARD REPRESENTATIVE. THANK YOU TO EVERYONE WHO CAME OUT ON NOVEMBER 13TH TO VOTE.

EDUCATION WEEK RAN THE LAST WEEK OF NOVEMBER AND WE HAD THE PRIVILEGE OF LISTENING TO TWO SPECIAL GUEST PRESENTATIONS TO START AND END OUR WEEK. ANGELA CLEMENT SPOKE TO THE STUDENTS ABOUT HER PERSONAL JOURNEY OF LIFELONG LEARNING AND HOW THIS LED TO HER PUBLISHING HER FIRST BOOK. STUDENTS HEARD HER INSPIRATIONAL MESSAGE OF TAKING SMALL STEPS BY FOLLOWING YOUR PASSION AND SETTING GOALS. JACKIE CAMERON ALSO VISITED OUR SCHOOL AND SPOKE WITH THE ELEMENTARY STUDENTS ABOUT HER CHILDREN'S BOOKS AND LITERACY. THANK YOU TO BOTH ANGIE AND JACKIE FOR COMING TO TALK TO OUR STUDENTS!

WISHING EVERYONE A HAPPY HOLIDAY SEASON AND A WARM AND PROSPEROUS NEW YEAR! MERRY CHRISTMAS!
MRS. LEGAULT



**HAPPY
BIRTHDAY**

Shelby Peters ~ December 26

Ashlyn Mything ~ December 31

E~SPORTS CLUB

STARTING AS SOON AS WE HAVE RECEIVED THE EQUIPMENT, WHICH HAS BEEN DELAYED BY THE CANADA POST STRIKE, WE SHALL BEGIN OUR E~SPORTS CLUB IN VAL MARIE SCHOOL. OPEN TO ALL GRADES, WE WILL BE HOSTING WEEKLY MEETINGS (EVERY TUESDAY AND THURSDAY) AT LUNCH WHERE STUDENTS WILL GET THE CHANCE TO PLAY AGAINST EACH OTHER ON NINTENDO SWITCHES. EMPHASIZING TEAMWORK AND HAND-EYE COORDINATION, THIS CLUB WILL BE A GREAT WAY FOR THE STUDENTS TO INTERACT WITH EACH OTHER WHILE COMPETING IN FUN GAMES LIKE MARIO KART AND ROCKET LEAGUE. I HOPE TO SEE YOU ALL THERE!

MR. BANKS

SCC

The SCC has been working on our alignment goals for the 2024-2025 year. One of our projects is to create an appealing garden and bench at the front of the school, another is to create team sport learning activities. Thank you to Gabrielle, Pierce and Colin Schmidt for kicking us off with a volleyball clinic. If anyone has any suggestions or ideas please contact us, SCC members: Amy Andree, Jenn Mything, Colin Schmidt, Robyn Kerr or Krista Cairns. We hope to see you at the Christmas Concert

MOM'S PANTRY

RAISED

\$1600.00

Thank You to

Everyone for

Supporting us!!

Val Marie School

Raised

\$1190.00

for TERRY FOX

Thank You Everyone!

Welcome

Kathryn Baxter

**our new driver for
the Rosefield Route**



The Fit Centre would like to thank Val Marie School for their continued support of housing the Centre, collecting fees and registration forms.

Not only

do they provide this much appreciated in kind support, but they gave us a monetary donation too! These funds will help the Centre purchase supplies and maintain our equipment.

Thank you very much!



Val Marie School book club

Book Reviews

Book club Info:

Who is part of the book club?

Grade 9-12 students

How many members are there?

5, Miss Evans and four students

What do you do in book club?

At the beginning of the year we picked out 11 books we were interested in reading. Each month we read a book and get together every other week to discuss what we think so far, when we are done we have discussions about things that happened in the book, rate the book out of 10 and give it a review of if we think others should read it.

1. **Of Mice and Men by John Steinbeck:**

Rating: 4.5/10

We chose this classic because we thought it would be a good way to start off the year, but most of us were disappointed, The plot was not very strong or interesting throughout the entire book. The very end was good but by that point it was too late to be redeemed. Overall would not suggest to read.

2. **Catcher in the Rye by J.D Salinger**

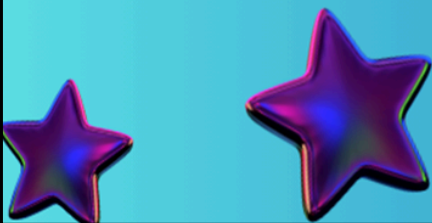
3/10

The character of Holden was definitely not predictable and the complexity of his mind continues throughout the book. But the issue with this was it made the plot feel disorganized and hard to follow, the plot was about a million different thoughts going through his mind but it never actually amounted to him accomplishing anything he thought or talked about. Overall only 1/5 members would suggest reading this book to others



Upcoming book:

Lord of the Flies by William Golding



Education Week at Val Marie School



Christmas Tree Decorating



Important Dates

December 10 ~ Christmas Sparkle Day

December 10 ~ Dress Rehearsal 3:15-5:00

December 12 ~ The Lorax @ 6:30

December 18 ~ Formal Day & Christmas meal @ noon for Staff & Students

December 20 ~ Last Day of School Before Christmas Break

January 6, 2025 ~ First day back 2025

January 7 ~ Career Counselor

January 27 ~ Family Literacy Day

~ High School Exams start

January 31 ~ No School Turn Around Day

February 3 ~ Semester 2 Starts

February 12 ~ Early Dismissal @ 2:05

February 17-21 ~ Spring Break



SCHOOL CONTACT INFO

Office Hours

8:00 a.m. ~ 3:30 p.m.

Office Manager

Michele Dash

Phone

(306) 298-2144

Email

mdash68@chinooksd.ca

Val Marie School Believe & Achieve

Val Marie School is located on Treaty 4 Territory, the original land of the Cree, Ojibwe, Saulteaux, Dakota, Nakota and on the homeland of the Metis Nation.



healthy CONFLICT RESOLUTION TIPS



Get Calm First

Wait until you are calm before addressing a conflict. Take some time to cool off and breathe.

Ignore or Walk Away

This works good when dealing with something that is annoying you.



Find a Win-Win Solution

Brainstorm a solution or make a deal where everyone feels heard and that their voices and needs matter.



Share or Take Turns

Everyone wins!



Use an I-Message

Say how you feel, what you hope for and how you want to be treated. For example, "I felt ___ when ___," or "I would like ___," or "I want ___."



Play a Game of Chance

...like Rock, Paper Scissors or Flip a Coin.



Do Something Else

...like play another game.



Listen with an Open Heart

Listen to the other person without interrupting or judgment. Try to put yourself in their shoes.



Ask for Help

Get help if you feel unsafe or have tried 2 or 3 of these strategies and still feel stuck.



Say Words that Mean "No"

Use a strong and respectful voice to say that you are not okay with something.



Apologize

Saying you are sorry when you make a mistake helps to make repairs.



Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.