

Val Marie School Newsletter



Principal's Message

Welcome to the 2022-2023 School Year! I would like to welcome the following Kindergartens; Trevyn Glas, Althea Fernandez and Sally Cairns as well as Clark Fernandez (gr.2), Axl Fernandez (gr.4) and Ava Line (gr.4) to our school! I would also like to welcome Jade Hayes back from her maternity leave as Student Services Counselor. It is wonderful to have new faces on our playground and in our classrooms!

September has already been a busy month for athletes in our school. Cross Country is a short but jam-packed season with students traveling to Grasslands National Park, Frontier, Swift Current, Eastend and Lac Pelletier for events. Thank you Mrs. Beauchamp for providing so many wonderful opportunities for our runners to participate in! Our senior volleyball players continue to enjoy playing on the Ponteix/ Val Marie/ Vanguard Co-op teams this year. Our players have already attended several tournaments as well as league games. We are hoping to host at least one senior volleyball game here in Val Marie School. Continue to watch for announcements!

Cyber School teachers Mrs. Budd, Mrs. Cloutier and Mr Rumpel as well as Career Counselor Mrs. Poisson have all been out to visit our Grade 10-12 students and it is nice to connect with them! Grade 10-12 will travel to Swift Current on Oct. 12th for Career Expo and are looking forward to seeing what the post secondary educational world has to offer each one. On September 30th the high school students traveled to Regina to take part in National Day for Truth and Reconciliation at Mosaic Stadium with several thousand other students from across our vast province. It was a great day of learning!

Thank you to all community members that supported the Terry Fox Run and Mom's Pantry Fundraisers. To date, our school has raised \$1338.00 for the Terry Fox Cancer Foundation and \$1332.35 from Mom's Pantry that will be used towards School Field trips. We appreciate everyone's support!! Remember to look for announcements on Val Marie School Facebook page where you can keep up to date on school happenings. Education Week runs from October 17-21st and we will kick off the week by recognizing our wonderful School Bus Drivers. Our School SCC will have their second meeting on Oct. 12th and remember that it is never too late to join as we are always looking for enthusiastic members!

Here's wishing everyone a Happy Thanksgiving weekend, a bountiful fall and a safe "Cowtober" as many of our students lovingly refer to this month.

Yours in learning,
Mrs. S. Legault.

Welcome to
Kindergarten!

Sally Cairns
Athea Fernandez
Trevyn Glas

**Welcome to our New
Students**

Axl Fernandez
Clark Fernandez
Ava Line



**HAPPY
BIRTHDAY**

Alec - September 1
Dominic - September 11
Janine - September 14
Gracie - September 26
Joey - October 25

Fall is a fun and busy time at the **Early Learning Centre**. With cooler temperatures, we are spending more time outside as that is where children learn best. We did our Terry Fox walk on September 21st - a big thank you to all of you who made donations on the children's behalf!

We are kicking off our Christmas Fundraising Bonanza this week. We are once again teaming up with Growing Smiles, EZ Fundraising (coffee, tea, Christmas signs), and will also be selling birdseed wreaths.

Please contact the Centre for order forms.

Save the Date
"ELF"



Christmas Concert

December 14 ~ Dress Rehearsal

December 15

Matinee 1:00 p.m.

December 15

Evening Performance 6:00 p.m.

Class of
2023!

Come celebrate the graduation of

*Katherine Andree
&
Hailey Yaremko*

7:00 PM

May
26

Val Marie
School
Gymnasium

More information to follow



MILK ORDERS

Milk Cards \$20 ~ 15 milk

Chocolate or White milk available

Payable to Val Marie School

PARENT REMINDER



**PLEASE SEND CUTLERY
+ A WATER BOTTLE TO
SCHOOL IF YOU HAVE
NOT YET WITH YOUR CHILD**

Val Marie Fit Centre

We are excited to announce that the Fit Centre will resume regular operations and memberships now that Covid restrictions are lifted. Daytime access to the centre will resume. Sometimes it will not be available if the students are using it. Please keep your music volume low if school is in session out of respect for working students. To get a new membership, contact January Legault during school hours at 306-298-2144.

Stay active

& keep fit!!



**Temperature is dropping
Be Winter Ready!**

- Winter Coat**
- Mitts**
- Hat**
- Scarf**
- Snow Pants**
- Winter Boots**
- Change of Socks**



SCC

We the SCC (School Community Council) would like to welcome students, staff & community members to the 2022-2023 school year!! This year Amy Andree is chairperson, Krista Cairns is secretary and our members at large are Nick Cairns, Jodie Carleton & Jen Mything. Our role is to support the School Learning Improvement Plan and encourage community connection. At the start of the year we are reviewing the School's Learning Improvement Plan and developing ideas on how we can support the plan. As we plan for the new school year and reflect on previous years, we are filled with gratitude for the support and engagement our community has shown over the years to the school, its staff, and students. Thank you for all of your support, and for demonstrating how much you care for our youth

FYI



**Morning playground
supervision**



starts@ 8:30 a.m.



Senior Volleyball News



Senior Girls Volleyball

We're deep in volleyball season already, at least the Ponteix Sr. Girls are. Practices started way back in early September, and practices still (and will continue) go on every Monday and Wednesday after school. Katherine, Hailey and myself are all playing this year with Ponteix Senior Girls.

Ponteix has been asked to play in many different tournaments in places like Herbert, Gull Lake, Assiniboia (all those three they've already played in), Gravelbourg, and other tournaments where the location is still to be decided.

League games take place every Tuesday in different schools that are also competing in league. So far the team has played in Frontier and Ponteix, but they will continue to go to more as the season goes on.

Hopefully the season will continue to go well and the Ponteix sr. girls can bring home a few awards for their hard work, dedication, and wonderful playing skills.

-Joanna Andree

Sr. Boys Volleyball - Val Marie/ Ponteix/ Vanguard Co-op Team News!

I have had a few tournaments so far. This included Frontier, Swift Current, and Shaunavon. I played very well with my team. We started off really strong at Frontier for being our first tournament. Throughout Frontier our team chemistry just kept improving; we even beat the strongest team there. We finished Frontier by making it to the playoffs. Next up in Swift Current we stayed strong and came in 2nd the whole tournament. We knew that we had to beat Frontier to secure playoffs which we did. First round of the playoffs we were down a set against Swift Current then won the next two with an excellent comeback to go into finals where we were up against Kincaid. They took the first set then we took second then they took third making us get second. In Shaunavon we managed to win the whole tournament with excellent performance.

Pierce Schmidt

K-4 Class
Is looking for
old metal
pots/pans

K-4 Class
Is looking for
Flower Bulbs/Garlic
To plant this fall

**Watch for
School Clothing
order during
Education Week**

Important Dates

November 11th & 14th - No School
December 14th - ELF Dress Rehearsal
December 15th - ELF Christmas Concert
December 21st - Last Day of Classes



I am from a Cub Cadet 100
From a rock in my knee and riding in the combine with my dad
I am from a worm house
And free
I am from planting carrots with my mom
Whose tasty
I am from my tractors and so many dolls
From grandma and grandpa
And from active
From traveling anywhere
I am from having the most decorated house in town
From muffins and pumpkin pie
From how she lived and got food
And from how she got water
Memory my ipad
I am moments from riding in the seeder with my dad.
~**Deverick Beauchamp**

Middle Years “Where I’m From” Poems

I am from rickety old rocking chairs
From stuffed animals, horse dolls, and calico critters.
I am from green grass, cattle and chickens.
And a small house, four rooms, an open kitchen, and two bathrooms.
I am from freshly cut grass, trees, treehouses, and many dogs.
Who's tried dancing but is not my thing.
I am from Tall chairs, long tables and family supper every night.
From my grandparents babysitting us every week.
And from bothering siblings and fights.
From sitting in the corner when we would fight.
Sharing food and holidays.
From steak from our cattle and a day making lefse.
From living on the West Flat with no one around.
And from fresh garden veggies, and cow patties,
Making a big metal swing, then breaking it.
I am from the moments of laughing, music, catching frogs, fresh food,
and lonely dark nights.
~**Elizabeth Legault**

I am from a rocking chair
From a little bear, a slide
I am from comfy and cozy
And nice
I am from gavel
Whose gray dust is flowing and dancing
I am from soup and grilled cheese
From Wanda and Richard
And from simplicity
From nothing unique
I am from christmas
From applesauce
From from mom
And from and from grandma
Seeing my baby lil sis
I am from the moments of good times
~**Isabelle Armstrong**

I am from the rocking chair in the corner
from DVDs and cap guns
I am from small, closed in
and yellow and cozy
I am from sunflowers and lilacs
whose leaves danced in the wind
I am from baskets and shelves
from great-grandma Doris and aunt Doll
and from tough and ruthless
from spitting on the ground
I am from Christmas on boxing day
from lefse and butter tarts
from boat across the ocean and mean comments
and from the lost of fingers
smarties in my nose
I am from the moments of sunflowers and lilacs
~**Mikayla Andree**

I Am From
I am Horses
From a bouncy trampoline
I am from a old fashion hardwood floor
And with a big green backyard
I am from Tall smelly sagebrush
Who's from miles of hills
I am from black cows
From Dad
From the turkey track
From riding and ranching
I am from learning how to swim at sleeping buffalo
From sloppy christmas pudding
From caving
From branding the turkey track
From riding on the back of my dad's bike.
I am from..... Getting trampled by a stuped calf.
~**Josie Legault**

I am from 24.7 farms
the two things from my past was patch and the old pool.
I am from 24.7 farms
I live in a big grayish blue house.
My favorite thing was the climbing tree b/c it was the only tree good for climbing
Two objects from my past are trampoline and the old pool we had
To family members were great grandma evelyn and great great grandma julia
The two foods from the family history are lefse and tacos
The bad things they went through where the world wars and the spanish flu
A memory i have is walking in the office
And i am used to mason and realyn screaming and them playing excessively loud music
~**Ethan Mything**

Where I'm From
I am from barbecues,
From green grass and haystacks.
I am from open prairies,
And clear blue skies.
I am from tall trees,
Whose fallen leaves dance in the wind.
I am from patio swings and campfires,
From Erik and Jenn,
And from music and farming,
From homemade bread.
I am from trick-or-treating,
From lefse and sour cream raisin pie,
From cows and horses
And from helping neighbors and shooting pumpkins.
I am from the moments of tractors and combines.
~**Ashlyn Mything**

I am from a white fences
From cattle and dogs
I am from a small and cozy home
An open and warm house
I am from alf alf plants
Whose big and lush
I am from a red wagon and my cowboy hat
From grampu Tony and grammy Marge
And from kind and western
From spitting on the ground
I am from making lefsa at christmas
From ribs and lefsa
From world war 2
And from my grampu coming to Canada
My baby blanket
I am from the moment Learning to ride a horse
~**Dominic Andree**

Where I'm From
I am from my red rocking chair
From warm soup and vinyl music
I am from small spaces and lush green gardens, and the dark & cool yet calming basement
I am from bright green leaves and grass, whose branches and bristles would constantly dance in the wind
I am from figurines and plushies
From grandma marcy and dad
And from many apologies to musical gifts
From book and graphic novel reading
I am from visiting home every year
From soup and deep fried chicken
From my grandma's funeral
And from hearts of gold
Playing with StarWars figurines and playing on my Nintendo Wii
I am from the moments... of singing and the low hum of guitar strings
~**Neko Proudlove**



The Grade 10-12 Class traveled to Prairie Spirit Apiaries and learned about bees and the process to extract honey. Where they got to experience hands-on learning including scraping the caps off the honeycomb. They also tasted the fresh honey.

Grade 10-12 Class





things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.



4. What would you like to say to your worry? What might your worry say back? Then what?

5. Let's draw it.

6. What does it feel like in your body? Where is the worry? How big is it?



7. Match your breaths to mine.

8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).



9. What's something we could do to help you feel better?

Cross Country Team Report

The 10-member cross country team took off running this school year! Training 2x per week at noon-hour and then competing in local, fun, and district level races our team was able to make some incredible strides in their running of 1km and 2km races. Our first event was at Eagle Butte where we hosted Frontier and Pontix teams for the gruelling buttes race. We set some incredible pace times and were very thankful for the practice on the hills. Special thanks to Grasslands National Park Staff for helping us coordinate a fun afternoon of running.

Later that week we took off to Frontier to participate in 'for fun' Colour Run. This was a messy but great evening where we got doused in coloured powder and enjoyed the sport of running.

Our runs became more serious as we traveled to Riverside Park in Swift Current and then Eastend for some tougher competition and different terrain.

Finally our grade 4-6 runners participated in Districts at Lac Pelletier with some strong finishes after a difficult and very hilly course. All runners exceeded my expectations by making huge improvements on their personal best times (some shaving more than 2 min off their finishing times). They demonstrated incredible sportsmanship and camaraderie as we build up this young running team.

Congratulations

to the following team members:

Clark Fernandez

Flint McGuire

Nieve Beauchamp

Raelyn Mything

Ava Line

Axl Fernandez

Mason Mything

Josie Legault

Deverick Beauchamp

Ethan Mything

