

# Val Marie School Newsletter



## Principal's Message,

As we get ready to head into the Easter Break and hopefully warmer weather I would like to take a minute to reflect on some of the activities that our students have taken part in. School curling officially wrapped up at the beginning of March with our junior team representing our school at Districts in Swift Current. Thank you to Amy Andree for coaching both the junior and senior teams and to all the school curlers who made us proud!

Pierce Schmidt joined the Vanguard/ Ponteix Coop Senior Boys Basketball team this winter and not only learned a ton about the game, but his relatively new team had some great success and ended their season at regionals in Saskatoon in March.

Badminton season has been underway since February and we look forward to sectional playoffs when we return from Easter. Thank you Mr. Davis and Ms. Duquette for coaching the junior and senior badminton players.

March was also a busy month with parent teacher interviews, Chinook Teacher Professional Development, and High School Report Cards going out. The end of April and final two months of May and June appear to be full months also! Mrs. Beauchamp's class will be taking a field trip to Discover the Farm in Swift Current at the end of April. As well, the senior high students will be traveling to Saskatoon on April 28th to watch and participate in activities at the Provincial Skills Canada Competition and Try-a-Trade Day at Sask PolyTech. Track and Field practices will also be starting soon as our students get ready to compete mid May at Chinook Sectionals in Swift Current. We can't forget Gracie's Friday popcorn sale, Fresh Air Fridays, Hot Lunch days, and spirit days that have also been happening!

I would like to remind everyone that the annual School Community Council AGM will take place on April 19th at the school, beginning with chili supper at 5:30 and followed by our meeting. All community members and parents are welcome to attend!

Wishing everyone a Happy Easter, and here's hoping that warm sunny days are just around the corner!

~ Mrs. S Legault



Kaydence Glas ~ March 9  
 Kristian Mything ~ March 19  
 Josie Legault ~ March 27  
 Mrs. Mcguire ~ April 6

## Piano Recital

Tuesday, May  
 2nd @ 12:15



Mrs. Sue Legault's  
 Classroom  
 Coffee & Cake will  
 be served

## SCC AGM

Everyone is invited to our School Community Council (SCC) AGM on April 19th at 5:30pm

In March, Chinook School Division hosted SCC reps in Swift Current where we were able to get a choir concert and an update on the youth Chinook Leadership Council.

The Rural Congress conference was held hybrid in Saskatoon and online. It was great to hear discussions with a wider group with similar concerns and ideas for more connection. The conference started with Dr. Debbie Pushor

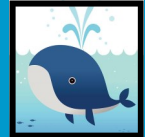
"Creating Familycentric Schools" she has a podcast which illustrates how fabulous our school is, as we have already implemented many similar ideas School Interrupted (buzzsprout.com)

We would love to have you join us on April 19th.

Amy

## SCC AGM

**Make sure to stop by the Elementary Hallway for check out how they have been making waves and their study on whales.**



Val Marie School's

# Spring

## FLOWER FUNDRAISER

Order your DeVry bedding plants, planters, herbs and veggies at



Orders Delivered May 24

OR

Come to our **Planting Party** May 5 1-4pm  
 Build your flower or herb planter  
 Flowers \$50  
 Herb \$32  
 orders must be prepaid



**ALL ORDERS DUE APRIL 21**

## FRONTIER'S FLOWER PATCH

and are hosting a  
**PLANTING PARTY**

May 5th @ Val Marie School  
 1-4pm drop in

### Option #1

**13" Hanging Basket or Planter \$50** this includes a minimum of 8 Thriller, Spiller and Filler Plants, container, soil and slow release fertilizer

### Option #2

**10" Herb Bowl \$32** this includes a minimum of 6 herb plants, container, soil and slow release fertilizer

All proceeds will support the K-4 Learning Programs

**\*\*Must be pre-ordered by April 21**



## Senior Curling

“Sweeppppp hardddd”, “Yessssss, gooooo”, “Just an easy draw” were all things that the curling teams heard for the last couple of months. Curling practices started up full swing at the beginning of January and have just concluded at the beginning of March. We went to Ponteix at the end of January for an exhibition game, we lost by 1 in our game. Practices kept on going, and sectionals were soon here!

Sectionals were held in Eastend on February 6th, with the Mustangs coming home with Silver! Districts came soon after and were held in Ponteix, although we all played hard and gave it our all, we ended up losing out, but had close games.

A huge thank you to our coach Amy Andree for taking the time and commitment that it takes to coach both our Junior and Senior teams! Another big thank you to the curling ice makers and for maintaining the ice throughout the curling season, we wouldn't be able to curl without you guys!

And with that, that concludes our curling season

~Katherine Andree

# Curling News

We had a fabulous 2023 curling season. Our mixed teams did a great job of representing our school this season. The Seniors played sectionals in Eastend and headed off to Districts in Ponteix on Feb 10th. They came together and played like a team. It was fun to watch their improved skills and sportsmanship in action!! The Juniors played sectionals in Frontier and headed on to districts in Swift Current on Mar 3 & 4th. The kids placed second, I was bursting with pride when the Juniors came off the ice. Again the skills and sportsmanship shone brightly!! We closed the season with a windup of bowling, pool, table hockey and pizza. They were a great team to coach and made the season fun!! Thank you curlers!!

Amy



## Junior Curling

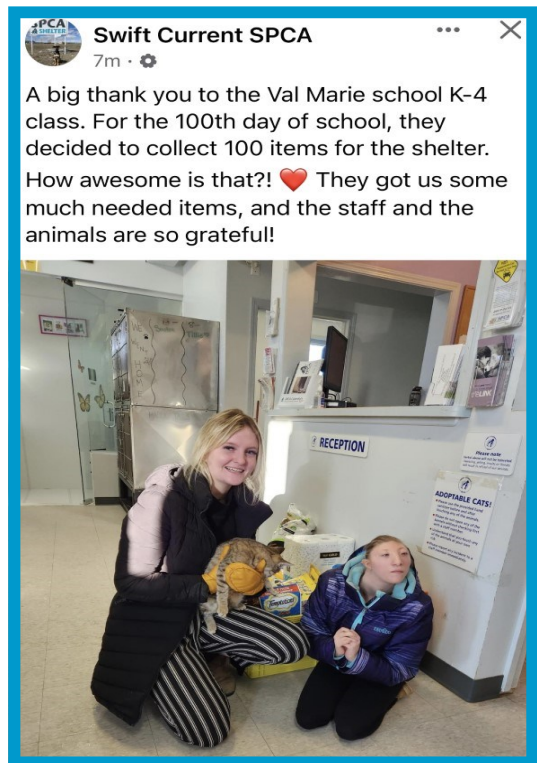
We started the season off with a fun game in Ponteix. We had Krista come down for a clinic, where we learned new skills. We practiced a lot and made it to Sectionals in Frontier we played against Frontier and Eastend, and won second place. We practiced some more and got ready to go to Swift Current for Districts. Sadly the ice had melted and we were not able to practice, so we got a chance to practice in Swift, where we made the deal that every rock in the house was a Tim bit from Tim Hortons.

We played Districts on that Friday and Saturday. We played against many teams, and we won second place, Maple Creek in first place. Our team and the Sr. team are ending the season with a meet up and bowling on the 13th of March. The team had a great season with the team and can't wait to play again next year!

~Ashlyn and Elizabeth



This was a great season in basketball for me. First time playing Basketball was in 11th grade. I got to learn a new sport and make new friends. We had a good start to the year even though it was a completely new sport for half of the team. We slowed down half way through the season losing to a few teams we should be able to beat. We ended up picking up the pace again and made it all the way to regionals at Saskatoon. We had a nail biter game but ended up losing by 2 points. It was a great season with the guys.  
~Pierce



**Milk Cards and Popcorn Cards are Available**



**Milk Cards - \$20/15 Milk**

**Popcorn Day is every Friday**

**Popcorn Cards - \$10/10 Popcorn**



Val Marie Early Learning Centre would like to thank everyone who has supported our recent fundraisers, either through purchasing products or making a direct donation. The centre fills a need in the community and we are grateful for all of you who help make it a success."

**Important Dates**

- April 19 ~ SCC AGM & Chili supper starting at 5:30
- April 20 ~ Pizza Hot Lunch
- April 21 ~ Planting Party Sign up deadline
- April 21 ~ DeVry Flower Fundraiser orders due
- April 22 ~ Sr. Badminton Sectionals
- April 27 ~ K-4 Field Trip to Swift Current
- April 28 ~ Skills Competition Saskatoon Grades 10-12
- April 29 ~ Jr. Badminton Sectionals & Sr. Badminton Districts
- May 2 ~ Piano Recital @ 12:15
- May 5 ~ Planting Party
- May 17 ~ Track & Field Sections in Swift Current Grades 6-12
- May 24 ~ Track & Field Districts in Swift Current
- May 26 ~ Val Marie Grad
- June 22 ~ Awards Day ~ Lunch @12:00 awards @1:00

**Remember Supervision doesn't start until**

**8:30 am**



# Easter Spirit Week



# 7 EASY & FUN mindfulness ACTIVITIES FOR KIDS

BY THIS TIME OF MINE



- 1 CALMING GLITTER JAR**
- Grab a jar or plastic bottle and let your child decorate it.
  - Fill the bottle 3/4 of the way with water followed by clear glue, food coloring, and glitter.
  - Seal the lid with hot glue, shake, and have fun watching the glitter settle.

- 2 LISTEN TO THE BELL**
- Have your child sit somewhere comfortable and close their eyes.
  - Ring a bell and instruct them to focus on the sound as it fades away.
  - When they think the sound is gone, they can open their eyes.



- 3 FEEL THE BEAT**
- Have your child jump up and down or do jumping jacks for 1 minute.
  - Then have them sit down and place their hand on their heart.
  - Encourage them to pay attention to their breathing and how their heartbeat feels.



- 4 HOW IS THE WEATHER?**
- Help your child relate their feelings to different weather patterns (Sunny=happy, cloudy=lonely, etc.)
  - Just as the weather, emotions come and go. Feeling emotions is perfectly normal, and naming them helps us have power over them.



- 5 5 SENSES GRATITUDE CHALLENGE**
- Have your child close their eyes and use their senses to concentrate on things they are thankful for.
  - Walk them through this exercise by asking, "What is your favorite thing to listen to?", etc.



- 6 HOT COCOA BREATHING**
- Have your child close their eyes & imagine holding a big mug of hot chocolate.
  - Tell them to slowly bring the mug close to their face.
  - Then a deep breath in, smelling the delicious chocolate scent.
  - And slowly blow the steam away from the hot chocolate.



- 7 SENSORY SCAVENGER HUNT**
- Go outside on an adventurous scavenger hunt.
  - As your child finds each item, have them notice how it feels, looks, and smells.

THISTIMEOFMINE.COM

## How Are You Feeling Today?

What color is your feeling?

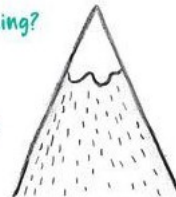


Where do you feel this color in your body?



How BIG is your feeling?

Does it feel as BIG as a mountain?



Or does it feel middle-sized ... like the size of a chair?



Or as small as a button?

If you could touch your feeling, how might it feel?



What else would you like to say about your feeling?



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