

Val Marie School Newsletter



Principal's Message

One student informed me at the beginning of the month, "Mrs. Legault, did you know that October is actually "Cowtober?". October feels like a whirlwind month of trying to get fall jobs done before our Canadian winter firmly sets in. Our community busily sets forth to get cattle shipped and moved, harvest wrapped up, leaves raked, summer yard stuff put away, gardens tended, campers winterized, and last minute outdoor activities. It is the same feeling inside our school building too. Classes switch from welcoming activities and setting routines to unit tests and assignments. Recess clothes change from t-shirts and running shoes to hoodies, toques and mitts. Stella turns the school boilers on and suddenly the warmest classrooms become the most popular rooms and we appreciate the warmth of our school and the company of our classmates.

The Val Marie School Community Council is back in action. We had our first meeting on October 6th via Zoom. The SCC is looking forward to supporting students not only in their academic learning, but also in their overall health and well-being. If you are interested in becoming a member of our vibrant team, it is not too late to join. We are always looking for dedicated participants. With that said, I would like to take this opportunity to thank Carmen Hanson, who has stepped down off our SCC this year. Carmen has served on our SCC for several years now bringing many great ideas and energy to our meetings. Thank you Carmen!

This month the K-4 class enjoyed a field trip to Treasure Valley Markets. They have begun their study on Spiders and will be starting "fresh air Fridays" this week. The Middle years students are continuing their study on the Plains First Nations, observing depth quality in art, learning evasion games in Phys. Ed. and finishing the novel A Night to Remember in English. The high school students are working hard in their DL classes. Grade 10-12 report cards go out on November 5th and parent teacher interviews will be November 8 & 9th for all students. Our high school students have joined the senior girls and boys volleyball teams in Ponteix and are in the thick of league games and tournaments. This arrangement is working well and our students are enjoying the competition and the opportunity to build relationships in another community.

Lastly, I would like to thank everyone who supported our annual Terry Fox Fundraiser! This year our school raised \$1015 that will go towards cancer research and the Terry Fox Foundation. Congratulations to Gracie McCrea who raised the most money towards this great cause. Happy "Cowtober" everyone!

~ Mrs. S Legault

MILK ORDERS



We are excited to once again offer the school milk program.

Milk Cards \$20 - 15 milk

Chocolate or white milk available

First Milk Day - Tuesday October 12

Payable to Val Marie School

HAPPY BIRTHDAY TO A
GREAT BUS DRIVER!



Robyn - October 13

FYI

Morning Playground
Supervision Starts
@ 8:30 a.m

Temperature is dropping
Be Winter Ready!

Winter Coat

Mitts

Hat

Scarf

Snow Pants

Winter Boots

Change of Socks



Mask Hygiene

**Don't forget to
wash your
reusable masks
after each use!**



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

Mom's Pantry Fundraiser

Oct. 4th-18th

(Orders are due on the 18th)

Contact the school if you
would like a paper order form.

http://www.momspantry.ca/?passcode=11412&fund_order_id=340587



K-4 Field Trip to Treasure Valley



On Thursday October 7 our class travelled to Treasure Valley Farms and had a day of apple picking (and eating), leaf pressing, and goat cuddles. The weather was beautiful and it was a great way to kick off Thanksgiving! Each student even came home with a gourd.



Monday October 18th is
School Bus Driver
Appreciation Day
Thank You
to all of our hard-working
bus drivers!
Twila, Robyn & Carlana



SCHOOL SPIRIT DAY

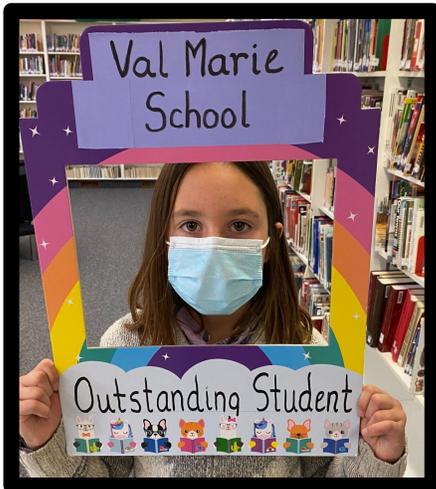
OCTOBER 22ND

JERSEY DAY!

WEAR YOUR FAVORITE

JERSEY THAT DAY

Thank You to Ervin Cartier Jr. for
donating the giant pumpkins for our school
to enjoy!



Josie

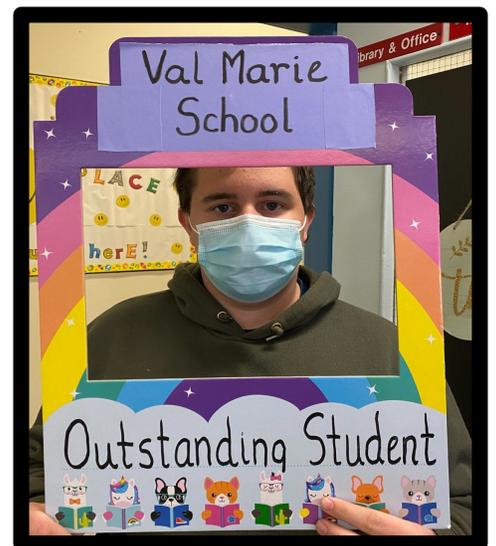
Student
of the
Week



Pierce



Kristian



Jaxson

Cross Country Team Report

Our Cross Country Team:

1 km

Flint McGuire

Nieve Beauchamp

Raelyn Mything

Ilanie Venter

Mason Mything

2 km

Deverick Beauchamp

Ethan Mything



Our team graciously hosted a fun run with Frontier School on Sept 21 at Eagle Butte Trail, GNP- that we are nicknaming the 'Hills and Valleys' course - because it was a tough run. We ran a 1km and 2 km loop. Our runners were strong, steady and represented our school well!

Results:

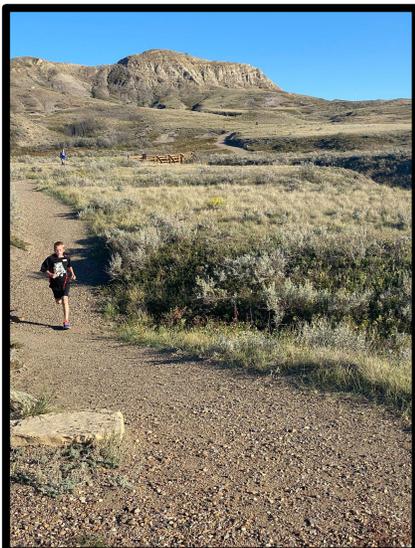
1km: Mason 1, Ilanie 3, Raelyn 4, Nieve 6, Flint 8 (10 runners)

2 km: Ethan 2, Deverick 5 (8 runners)

We had planned to attend the Eastend Scamper, but it has been postponed.

Deverick and Ethan also represented Val Marie School at the District Meet on October 6 in Eastend. Both finished with personal bests Ethan with 10:39 and Deverick 11:08! Great job representing our school!

The team is excited about the wrap up party after school on Oct 14.





Terry Fox Run

We wrapped up our Terry Fox Fundraiser this week, with a grand total of \$1015 raised for the Terry Fox Cancer Foundation. All students who participated in the fundraiser were entered for a draw to receive a beautiful commemorative t-shirt. Congratulations to Josie Legault and Gracie McCrea for winning these prizes! Thank-you to all who supported our fundraiser this year!



VAL MARIE SCHOOL'S
1ST ANNUAL

BOOK SWAP

NOVEMBER 7-9 | AT LUNCH

DONATIONS ACCEPTED
20 GOOD USED BOOKS PER PERSON BY
FRIDAY NOVEMBER 4

BOOKS CAN BE 'PURCHASED' WITH TICKETS FROM
DONATIONS OR READING BOOKS!



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?



October 2021

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Mom's Pantry Orders Due	19	20	21	22	23	24
25	26	27	28	29 Pizza Day	30	31

November 2021

M	T	W	T	F	S	S
1	2	3	4	5 Report Cards Grade 10-11	6	7
8 Student Conferences	9 Student Conferences	10	11 Remembrance Day	12 No School	13	14
15	16	17	18	19	20	21
22	23	24	25	26	26	28
29	30	31				