



# Val Marie School Newsletter



## Principal's Message

We are excited to once again be preparing for a Christmas Concert at this time of year. The K-12 students will be performing the musical "Elf" on December 15th with two performances, an afternoon matinee at 1:00 p.m. and an evening performance at 6:00 p.m. Tickets can be purchased for \$10 from the school office. With the SCC support, we will be offering a warm dessert, coffee, juice, etc. Students have been working hard to learn their lines, practice their songs and perform on stage. There are so many benefits for students that participate in drama activities such as increased public speaking skills, literacy, and active participation in the arts. We would like to warmly welcome you on December 15th and please help us encourage our young actors and actresses in this production! A big thank you also goes out to Director Davis and Mrs. Beauchamp for the countless hours and dedication they have spent organizing this event.

We hosted our Scholastic Book Fair from November 14-18th with sales totalling just over \$1400! This is an amazing accomplishment for a school of our size and just goes to show that the love of reading and books is very much alive in our school and community. Thank you to all who supported our book fair, including a generous donation made on behalf of the SCC. Our success this year allows us to host again in the future! Thank you to January for planning the book fair and to all the community members that helped work shifts.

The grade 7-12 class traveled to Ponteix on December 1st and participated in Gym Blast with students from Ponteix and Vanguard. It was an afternoon full of loud music, dancing, cooperative games and a little old-fashioned competition. You can see photos of this event later in the newsletter.

There is no shortage of festive activities happening this time of year! Our students will be participating in the Christmas Bird Count on December 19th, and the SCC will be doing a Christmas Meal for staff, students and the ELC on December 20th. Mrs. Beauchamp and the K-4 Class will be Cocoa, Carols and Campfire at the Village Square Dec. 21st over lunch.

I would like to welcome Shelby Laturnus as our third full-time School Bus Driver. She officially takes over her route on Monday December 5th and we are so excited to welcome her to Chinook School Division and Val Marie School.

Here's wishing you and your family a very Merry Christmas and a Happy New Year!

~ Mrs. S. Legault.



**Mr. Davis - November 13**

**Deverick Beauchamp - November 25**

**Miss. Mariyathas - November 30**

**Sally Cairns - December 26**

**Ashlyn Mything - December 31**



Thank you so much for your amazing support for our In-School & Virtual Book Fair.

I would like to thank our volunteers for working a shift and for the huge support from our SCC for purchasing \$200.00 worth of books for our school library.

We have received \$199.00 worth of resources to purchase for our school.



Thank you everyone that supported Val Marie School Mom's Pantry Fundraiser it was very successful we raised \$1306.60.

The staff and board from the Early Learning Centre would like to thank everyone who volunteered, donated items, or purchased something from our Christmas fundraisers.



It is because of you that we are able to provide quality programming for the children.



## Important Dates

**December 14 - Christmas Concert Dress Rehearsal**

**December 15 - Christmas Concert 1:00 & 6:00 Performances**

**December 21 - Last Day of Classes**

**January 4, 2023 - Back to School**

**Grade 7-12 students participated in Gym Blast with students from  
Ponteix and Vanguard Schools.  
It was a highly engaging, energetic and fun afternoon!**





# **Val Marie School**

## **Christmas Spirit Days**



**FRIDAY DEC 16 - PJ DAY**  
**MONDAY DEC 19 - HAT DAY**  
**TUESDAY DEC 20 - CHRISTMAS  
SWEATER DAY**



SPECIAL THANKS TO THE SCC FOR PROVIDING ALL  
STUDENTS WITH LUNCH ON DEC 20



**HAVE A WONDERFUL HOLIDAY  
SEASON**



# November Nutrition Challenge ~ Taste Test Challenge



**HEY KIDS!**

**GUESS WHAT?**

**COOKIE'S FUN CLUB IS COMING TO YOUR SCHOOL!**

DO YOU LOVE ARTS AND CRAFTS?  
AND HAVING LOADS AND LOADS OF FUN?

**THEN JOIN COOKIE'S FUN CLUB!**

STARTING IN JANUARY 2023,  
EVERY OTHER WEEK, FUN CLUB KIDS  
WILL MEET IN THE ARTROOM AFTER SCHOOL TO:

**PAINT, BUILD, AND CREATE AMAZING THINGS!**

IF YOU WOULD LIKE TO BE A FUN CLUB KID  
ASK YOUR PARENTS TO TEXT ME  
AT 1-306-750-1411 OR  
EMAIL ME AT: [FUNCLUBKIDS@OUTLOOK.COM](mailto:FUNCLUBKIDS@OUTLOOK.COM)  
AND I WILL SEND THEM AN INFORMATION PACKAGE.

**GIFT CERTIFICATES AVAILABLE!**  
\$12.00 PER CLASS (INCLUDES SNACK)

Val Marie Grad Class Hosts

**Christmas**  
*Santa Pictures*

Bring Your Kids or Friendly Four Legged Friends To VM Grocery & Liquor To Get A Picture With Santa!  
\$10 Per Picture  
Free Hot Chocolate Provided by VM Grocery & Liquor  
1-3PM  
To Be Sent Via Digital File

December 3rd, 2022



## Senior Boys Volleyball

Pierce helped the Ponteix Predators to a first place Gold Medal at Whitemud Sectionals. The team competed at Regionals in Eston on Nov. 19th but came up short on advancing to Provincials. We are already looking forward to next season and it is our hope to host more senior volleyball games in our school gym in the Fall. Congratulations Pierce and the Ponteix Predators for a great season!

**PAA 10 STUDENTS  
ARE WORKING  
HARD ON THEIR  
GROUP PROJECT  
BUILDING A COFFEE  
BAR FOR THEIR  
CLASSROOM**

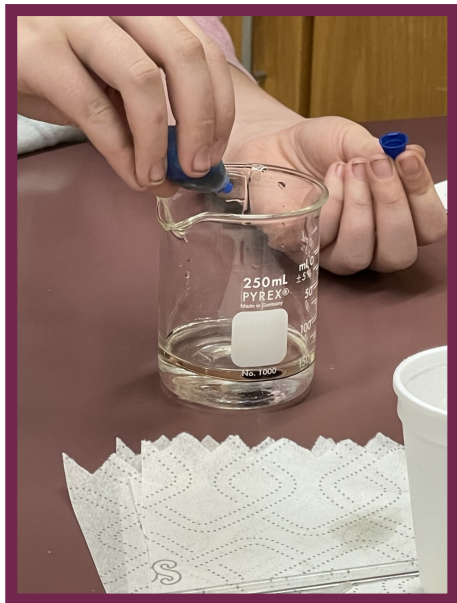


## *Elf Practice*





# Middle Years Science



# 7 WAYS TO TEACH YOUR CHILDREN TO BE PROBLEM SOLVERS



## THE EMOTIONAL CUP

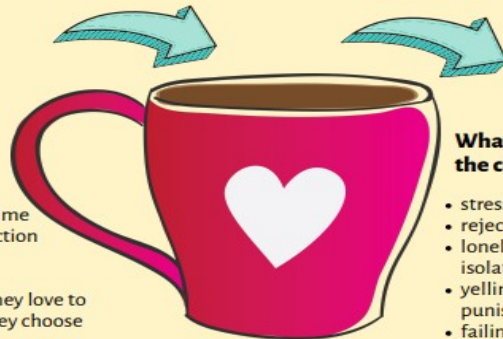
Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

### Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

### What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



### What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do



Publisher of Therapy Resources