



Val Marie School

WINTER NEWSLETTER

Principal's Message



Now that we are well into 2024, we have some busy months ahead. High school exams just wrapped up and the second semester began on February 1st. We are now half way through the school year. Curling is in full swing and our senior curling team will have their sectional tournament on Feb. 2 & 3rd and districts on the 9 & 10th. Our junior curlers will play in sectionals on Feb. 9 & 10th and districts on March 1 & 2nd. Good luck to both mixed teams! Thank you to our community coach Amy Andree for dedicating her time and sharing her knowledge and enthusiasm for curling with our students. Piano lessons began in January and are after school on Tuesday and Thursday. The week before the February break is looking full with 100th day of school activities, Valentines Day, and Hot Lunch. Watch for more information on these activities on the School's Facebook page.

A big thank you goes out to the Rec Board and community volunteers for getting the skating and curling ice up and running. We appreciate their dedication and long hours it takes to ensure our students and community have somewhere to go and have some fun during the long cold winter months.

Happy Groundhog Day! Here's to an early spring!

Mrs. Legault.



Happy Birthday

Mrs. Bissonnette ~ January 4
Stella Glas ~ January 4
Raelyn Mything ~ January 21
Mason Mything ~ January 22
Mrs. J. Legault ~ January 25
Neko Proudlove ~ February 3
Ethan Mything ~ February 4
Sofia Armstrong ~ February 6
Mrs. S. Legault ~ February 16
Nieve Beauchamp ~ February 25



\$20.00 Milk Cards
for 15 Milk
can be purchased
at the school

Milk Program

Popcorn Day

Gracie sells
popcorn every
Wednesday on
the stage
\$1.00/bag



UPCOMING EVENTS!

February 8 ~ School Ski Trip Grades 5-12
February 12-16 ~ Teacher/Staff Appreciation Week
February 13 ~ 100th Day of School
February 14 ~ Hot Dog and Bake Sale
~ Magnet Maze @ noon K-Gr 4 Room
February 19-23 ~ Spring Break
February 28 ~ Pink Shirt Day
March 18 ~ No School - PD Day
March 21 & 28 ~ P/T Interviews 3:15-6:00 pm
March 29-April 5 ~ Easter Break

MAGNET MAZES

Feb 14 k-4 invite You
to come and try
their Magnet Mazes at lunch.



FEBRUARY 13TH
100TH DAY OF
SCHOOL

DRESS UP LIKE YOU
ARE 100 YEARS
OLD!!



Kinder Garden

This year's Kinder Garden planting has started! If you would like to donate seeds or soil please let us know! Special thank you to Therese and Albert Chabot for helping start our plants at the Greenhouse!

#Agliteracy #foodsecurity



Get to Know Your Chinook Trustee!

Chinook Board members answered a series of questions so Chinook families and communities can get to know their local trustees better! To read about all ten trustees, visit the Chinook website.

SUSAN MOULAND

1. What do you feel you bring to the Board table as a trustee?
I feel that as my second term I bring experience from the previous term. I bring practical solutions to the table as well.
2. What do you feel is one of the most important issues facing rural education today?
I believe that funding is a big issue right now.
3. Which of Chinook School Division's VALUES is most important to you and why? (Care, Commitment, Integrity, Respect, Trust, Empathy, Excellence, Loyalty, Honesty)
Trust, because I will always do what is best for Chinook School Division.
4. What do you think needs to happen in the Education sector to ensure a bright future for students in southwest Saskatchewan?
Education needs to be properly funded, so our schools have the resources needed in order to continue to provide quality education and supports for all students.
5. What is your most memorable school event or activity you have been a part of?
I always enjoy student functions, graduation events, or any sports!



Reading Bingo Winners

Thank you to all of the families who participated in our Family Literacy Week Reading Bingo.

Winners each received \$10 Scholastic Bucks to purchase more books!

Our Winners are
Dominic, Quinn, Flint,
Kaydence, Nieve & Trevyn

Basketball

This is my second year playing basketball with Vanguard and so far it has been quite exciting! We have won a couple of games and lost a couple of games, but we have all had much better practice playing than last year. I have had way more points scored this year than last year. We've played in Gull Lake, Maple Creek, and Pambrun with this weekend being a tournament in Gravelbourg. Basketball is a great sport for cardio. I hope we can make playoffs this year.

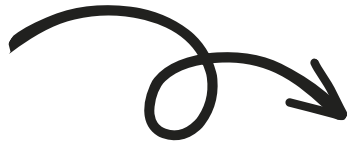
Pierce Schmidt



Curling

Our Jr. & Sr. curling teams had a fun day at the Maple Creek Youth Curling Funspiel on January 27th. It was fun and a good opportunity to mesh as a team. Congratulations to the Jr mixed team for placing First in the A event.



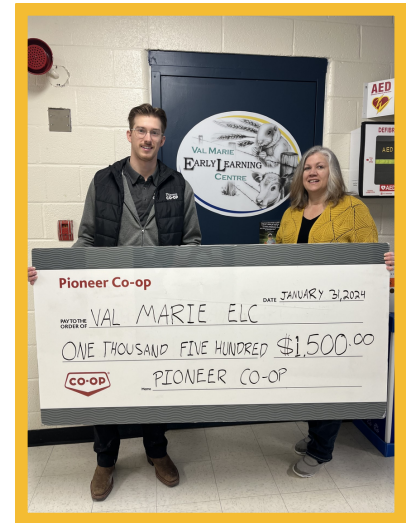


Val Marie Early Learning Centre News



Val Marie Early Learning Centre was the recipient of a generous donation from Pioneer Co-op.

Next hot lunch date: Monday, February 26 Taco in a bag



THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming, Using Mean Words

Hitting, Kicking, Biting, Throwing, Punching

Blaming, Deflecting Responsibility, Defensive

Demanding, Controlling

"Oppositional", "Defiant", "Noncompliant"

Moving Towards What Feels Threatening

Irritable, Angry, Furious, Offended, Aggressive

FLIGHT

Wanting to Escape, Running Away

Unfocused, Hard to Pay Attention

Fidgeting, Restlessness, Hyperactive

Preoccupied, Busy with Everything But the Thing

Procrastinating, Avoidant, Ignores the Situation

Moving Away From What Feel Threatening

Anxious, Panicked, Scared, Worried, Overwhelmed

FREEZE

Shutting Down, Mind Goes Blank

Urge to Hide, Isolates Self

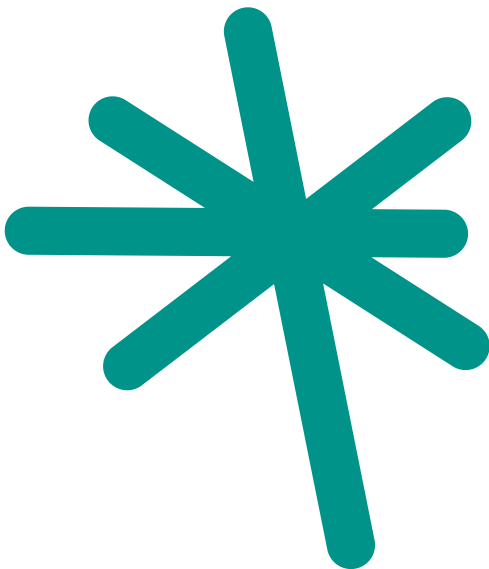
Verbally Unresponsive, Says, "I don't know" a lot

Difficulty with Completing Tasks

Zoned Out, Daydreaming

Unable to Move, Feeling Stuck

Depressed, Numb, Bored/Apathetic, Helpless



Evening for the Birds

Thank you to everyone who came out and supported the k-4 winter solstice presentation of Birds in Winter. We really appreciated all of your participation.

Find the Acorns Draw Winner: Kathryn Baxter

Thank you to everyone who purchased birdseed treats. We raised \$124 for our classroom adventures!

Special thank you to all of those who donated items to help make our evening so special:

Paulette Legault

Jade McGuire

Hayley Olson

Clark Family

Jacques Beauchamp

Cairns Family

