

Val Marie School Newsletter



Principal's Message

It is hard to believe but here we are in December with Christmas and New Years right around the corner! While there will not be a Christmas concert this year, the school is getting into the festive spirit in many ways. Look for The 12 Days of Christmas on Social Media, as staff and students share their own version of this traditional song(Val Marie style) with the community! In the final week before the break, we will celebrate with a school spirit week, a Christmas meal, a Christmas tree decorating contest, Christmas bird count, as well as many other fun activities!

With the beautiful fall weather, the K-4 class have continued their Fresh Air Fridays, have mailed their Santa Letters, and are learning about migrations and adaptations of Caribou in Science. The middle years class have been creating winter landscapes in art, giving book sales pitches, creating book spine poems in English, and learning about careers in electricity in Science. The high school students have been learning about heating and cooling curves in Physical Science, research topics and poetry in ELA and the Colonization of Canada in Social Studies. The grade 9 students have begun taking Driver's Education and are looking forward to completing their classroom hours so that they can start the driving component. Start the car.....!! :)

I would like to welcome Kaycee Duquette to our staff! Kaycee has stepped into a temporary position as an educational assistant working with students in our school. Kaycee is enthusiastic and eager to begin her role and we are excited to have her! I would also like to take this opportunity to wish everyone a happy and joyous holiday season.

I encourage you to take time over the holidays to reach out and show kindness to those who may be struggling at this time. As Jody Carrington says, "we are all just walking each other home."

Merry Christmas!! ~ Mrs. S Legault





KIM DUQUETTE - NOVEMBER 6
MR. DAVIS - NOVEMBER 13
DEVERICK - NOVEMBER 25
MRS. MARIYATHAS - NOVEMBER 30
ASHLYN MYTHING - DECEMBER 31



Keep watching our School Facebook Page for our 12 Days of a Val Marie Christmas

the 12 days of Christmas

MOM'S PANTRY RAISED \$1530.43 THANK YOU!!!

REMINDER TO FAMILIES

Please call the school if your child has a change in their schedule
306-298-2144



Milk Cards can be purchased for \$20 (15 milk) anytime

Sask 

“My Volleyball Season”

This year I got to Co-op with Ponteix School for Sr. Boys Volleyball. The year started off with a few practices which went really well after we got our memories back in order for positioning. Since I knew almost all the guys there from previous years it was easy to fit in. Our first league game against Cabri came around and we played really well, but there were a lot of things we still had to work on. Throughout the season we practiced different scenarios and hitting in games, etc. At the end of the season we had a tournament in Moose Jaw, we had 4 games on Saturday where we had some really close games, and sets, and even won a game. Overall a great season, definitely one to remember.

-Pierce



Senior Girls Volleyball

This year for Sr.Girls Volleyball, Hailey and I joined the Ponteix Sr.Girls team! We travelled to Ponteix twice a week for practices, had league games once a week, and had tournaments every other weekend. As the season progressed, we gained more confidence as a team and improved more than the game before. We made it to the top 4 in our league to make it to the semi finals. We played against Maple Creek and won with close scores on all 3 sets. In the final we played against Frontier and won! We are the 2021 Sr.Girls league finalists! The team headed off to Eationa for conferences (playoffs). We won our first game against Gull Lake and lost our last two, with that our season came to a close. To wrap up the season as a team, we had a mini windup. We played scrimmage games, played many fun drills, had a pizza party, and just finished out the season laughing and having fun as a team!

- Katherine Andree



Monday

Christmas
Sparkle Day!
Wear your
holiday sparkles



Tuesday

Wear your Ugly
Sweater and socks
day!



HAPPY HOLIDAYS!

VAL MARIE SCHOOL SPIRIT WEEK

Week of December 13-17

Wednesday

Dress in your
Best! Holiday
Formal Day

Thursday

Dress up as
your favourite
Christmas
Character!

Friday

Wear your
Holiday PJs

Important Dates To Remember

December 13th-17th School Spirit Week

December 15th - Christmas Meal

December 20th - January 2nd - Christmas Holidays

January 3rd - Students back in class

January 31st - K-12 Report Cards Go Out

January 31st - Turn-Around Day No School



Support for School ATTENDANCE ISSUES:

Does your child give you a hard time about coming to school? Does your child say, "I don't want to go to school" or take too long getting ready in the morning? It's a common problem! Here are some tips to help curb the bad habit before it turns into a serious concern.

- First, make sure you understand the importance of your child being at school **on time** every day. Even a few lates really add up! Say your child is only 10 minutes late each school day. Not a big deal right? Well, that adds up to 1,750 minutes = almost 30 hours of school missed in one year! **THAT IS A BIG DEAL!**
- Determine any school or home barriers that are preventing your child from coming to school. Are they prepared? Do they connect with their teacher? Do they feel safe at school? Do they have a routine for bedtime and morning at home?
- Communicate with your child's teacher, school counselor, or principal to help your child feel better about coming to school.
- Once any simple barriers are removed, make it a priority to get them to school on time. Do not make or accept any excuses!
- Routines are key. Bedtime should be consistent to ensure enough rest. Most school aged children need between 8-10 hours. Adults should set the bedtime.
- Develop a morning routine that works. If you or your child is constantly rushing to get out the door, everyone needs to get up at least 15 minutes earlier. Rushing is not a good way to start the day.

If your child continues to give you a hard time about coming to school, try using logical consequences to help them change their own behavior and learn responsibility. Here are a few examples for dealing with frequent problems:

- Your child fusses and fights each morning or refuses to get ready. Immediately implement an earlier bedtime of at least 30 minutes. Explain to your child that their behavior shows that they need more sleep. When they can show better behavior in the morning consistently, they can earn back a later bedtime little by little.
- Your child doesn't care if they're late. However many minutes of school they miss, they spend doing extra homework afterschool. Or, they go to bed a minute earlier for each minute they miss school.

To contact the Student Services Counsellor email Kimberly Duquette, BSW, RSW at

Kduquette05@chinooksd.ca

DE-ESCALATION

strategies for meltdowns

Don't yell to be heard over a screaming child

Avoid making demands

Remain non-judgmental

Validate their feelings, but not their actions

Silence

Don't try to reason

Be aware of your body language

Avoid the word "no"

Respect personal space

Answer questions, but ignore verbal aggression

Acknowledge your child's right for refusal

Use a distraction

Practice deep breathing exercises

Take a walk or a short movement break

Get down to your child's level

Decrease sensory stimulation

Reflective listening

Use calming visual input

Contributed by Kimberly Duquette
Social Worker-Student Services Counsellor

Moving Forward: Beyond COVID-19



A Virtual WebEx Training Event

3 sessions— December 1, 8, 15 2021

4:00 pm— 5:00 p.m.

This virtual group for teens, aged 14-17, will offer interactive and reflective strategies to help find a path through the uncertainty and frustrations of living in a pandemic. The goal of the group is to introduce habits and practices that will empower teens now and into the future when faced with other adversities.

To register please talk with your clinician or contact Mental Health & Addictions Centralized Intake at

1-877-329-0005



Understanding and Supporting Your Child with AD/HD



A Webex Training Event

3 sessions— January 19, 26, and February 2, 2022

6:30-8:00 p.m.

This is an information group for parents with children of all ages who have a diagnosis of ADHD or a diagnosis is under consideration. Sessions will focus on understanding ADHD and the brain, the role of medication, parenting and practical management strategies at home and school

To register please talk with your clinician or contact Mental Health & Addictions Centralized Intake at

1-877-329-0005



Parenting the Emotional Child Group



**4 weeks starting on January 25, 2022 and ending on February 15, 2022
on Tuesdays from 4:00 pm until 5:30 pm**

This is a 4 week WebEx for parents of children eligible to be in school from ages 5-12 years old. Parents will be taught strategies to regulate and recognize strong emotions in themselves and their children so they can be role models for their children. Parents will learn information about strong emotions as it relates to anxiety, depression and anger.

Please talk with your clinician or contact the intake team to register at

1-877-329-0005

