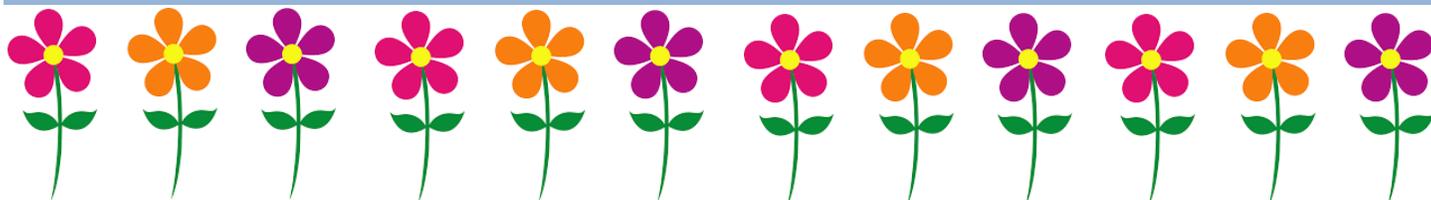


Val Marie School Newsletter



Principal's Message

How do you respond when someone says or does something to you that is insulting or hurtful? I know it has happened to you. It happens to everyone at some point.

Are you quick witted and throw something hurtful back their way? Do you think about ways you can get them back for their actions or words? Do you justify this behaviour as "standing up for yourself" or "being strong"? It is not right for others to treat us poorly but how can we change them you ask?

When we retaliate we often create more anger and resentment and so a cycle continues with us that might never end. Not only that, we pass this along to our young people who are looking to us for guidance on how to be good citizens in the community. It certainly sends a message to others from outside our community as well.

We teach people how to treat us. According to marriage and family therapist Michael Morgan, teaching people how to treat us is a process that involves teaching them "what is acceptable and unacceptable. It is knowing what we need and want and being able to communicate it effectively to others."

Here are some things to consider next time you find yourself in a situation:

Start with yourself. "Be the pebble." In other words, "to create even a seemingly small amount of change will ripple out and create more change."

Talk about your "rules of engagement. Rules might include no name calling or yelling during a conversation, and taking a break when tempers flare.

Communicate your needs clearly and compassionately. Identify a need and then express it in a clear and comprehensible way.

Model how you'd like to be treated. If you want anyone to be kind to you, be kind to them.

Reinforce behaviors you like. Express appreciation when the other person makes the effort to change their behavior.

Pick a role model to emulate. Find a peer, friend, family member who is emulating the desired beliefs and behaviors that you would like to adopt or integrate.

Have realistic expectations. You don't teach people how to treat you in a day, or a week, or a month; it probably takes many months at a minimum to really get someone to treat you the way that you want to be treated. You are worth it and so are they!

Enjoy the sunshine! It is so nice to have spring again.

Mrs. Clement





Pierce Schmidt - May 2

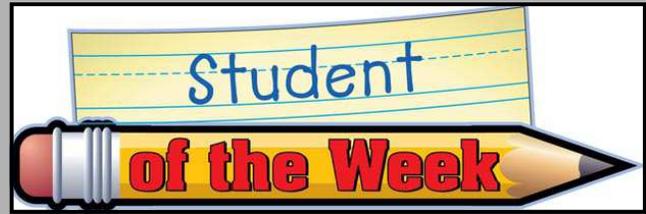
Mrs. Beauchamp - May 3

Katherine Andree - May 10

Brielle Christianson - May 11

Mrs. Coupe - May 16

**Plant orders
will arrive
Wednesday,
May 17.
Emails
will be
sent out
the day before
regarding
pickup times.**



Taylor Platt - For being willing to do a chrome book presentation to the Chinook Board of Trustees & doing an excellent job.

Cassidy Duquette - Being thoughtful & working hard to keep up with classes; excellent work.

Rayna Coupe - For always going the extra mile to be helpful in our classroom.

Daniel Cornoc - For offering a helping hand to Gerald Hundt & Mrs. Clement.

Kristian Mything - For never needing a reminder or to be told twice to do something.

Ashlyn Mything - For staying focused and using her class time wisely.

Mikayla Andree - For keeping her work organized and working hard in class.

Taylor Platt - For following classroom rules, arriving on time for math class everyday! Keep it up!

Jesse Christianson - For taking care of the rodent.

Colt Kornfeld - For taking care of the rodent.

Brayden Penner - Focusing well, working hard on his online classes & great organization skills.

Karissa Duquette - Working hard in Math class and completing assignments on time.

Joey Perrault - For working hard & staying focused in class.

Elizabeth Legault - For going above and beyond, helping in the classroom.

Mason Duquette - For behaving in a respectful & responsible manner at school.

Dress Code

We ask for parental assistance in guiding their child to dress in a manner which shows they are ready for school and are respectful of themselves and others.

Students may not wear:

- Attire which is sexually suggestive (midriff tops, knit tops, spaghetti straps less than 1" wide, short skirt/shorts etc.)
- With arms down by sides fingertips should not be longer than the shorts or skirts you are wearing.
- White muscle shirts that are meant to be undershirts
- Clothing that allows undergarments to be exposed
- Hats, caps, visors, or other headgear inside the building
- Clothing that advertises drugs or alcohol, or has logos with negative connotations.

If a student wears prohibited attire we will

- Ask students to change into gym clothes
- Make arrangements for student to go home and change or for someone to bring appropriate clothing

Junior Badminton News:

The Junior Badminton players attended the Whitemud Sectionals in Frontier on Saturday April 29th. Representing our school were the following players:

Alex Waldner & Jayne Hanson - Mixed Doubles

Arlis Hanson & Jacob Duquette - Boys Doubles

Chase Duquette & Daniel Cornoc - Boys Doubles

Josh Penner - Boys Singles

Mason Duquette - Boys Singles

Gabrielle Schmidt - Girls Singles

Josh & Gabrielle (finishing 4th and 1st respectively in their events), advanced to the district playoff event in Maple Creek on May 6th. Both played hard and Gabrielle went undefeated into the semi final match and came out finishing 3rd in the district!

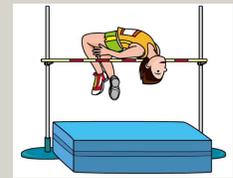
Thanks to all players for a great season!

Mrs. S. Legault



Track and Field

Good Luck to Val Marie School's 14 track athletes, from Grades 6 to 9, who will be competing in Consul this upcoming Tuesday, May 16th. The top four Midgets (Grade 9's) in each event will advance to the District Meet in Swift Current on Wednesday, May 24th, as will the top two Bantams from grades 6,7,8. Any Grade 9's who place in the top two at Districts will have the opportunity to advance to the Provincial Championship Meet on June 2nd and 3rd in Saskatoon.



Milk Program

The cost of supplying milk to our students has increased significantly. We pay \$1.12 each for chocolate milk and \$1.02 each for white milk plus tax. We now have to pay a deposit of \$0.13 per carton. We try to recycle as many of our milk cartons as possible.

We haven't increased the price of our milk cards as the cost of milk has risen, but with the latest price increase, we can no longer subsidize the cost.

Milk cards will now cost \$20.00 for 15 milk.

Thank-you for your understanding.

Mrs. Glas



Important Dates

May 16 - Track & field Grades 6-12

June 9 - Graduation

June 16 - Online Classes Deadline