

# Val Marie School Newsletter



## Principal's Message,

The reports are coming in... and the groundhog did not see his shadow! Could it be an early spring? The Pig Spleen Report is also out and it indicates big swings in temperature this spring plus a larger than average amount of precipitation. Whether you believe in the groundhog or pig spleen report or not, it does generate some interesting conversation (and much needed optimism) with young and old alike!

As there was no newsletter in January, I would like to take a minute and thank the community and SCC for their support at our December Christmas Concert. Our students take great pride in preparing, practicing and then performing for their families and friends and we appreciate each and everyone of you being a part of that excitement. Thank you to the SCC for the delicious dessert and helping with other details such as hauling tables and decorating the gym. A very big thank you goes out to Brad and Coleen Proudlove for their sound and technology support.

January was a BUSY month! It started with a delicious turkey meal cooked to perfection by our SCC members. Curling practices fired up on Mondays and Wednesdays after school. Krista Ellingson came down and did a super informative one day mini clinic with our curlers on January 14th. Our high school students worked fast and furious to get all Cyber School classes wrapped up and finished by the January 19th deadline. Fun Club, led by Janine Perrault, started after school in the art room on Tuesdays for the younger students. The month finished with a full week of Literacy Activities, Bell Let's Talk Day and Report Cards. Second semester officially began on January 31st.

Now that we are well into 2023, we have another busy month ahead. Our senior curling team will have their sectional tournament February 6th and districts on the 10 & 11th. Our junior curlers will play in sectionals on February 11th. Good luck to both mixed teams! Piano lessons will begin next week during noon hour and after school. The week before the February break will be busy with 100th day of school activities, Valentines Day, Hot Lunch, Pink Day, as well as a full school spirit week. 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. Stay warm and take care!

~ Mrs. S Legault



*Stella Glas - January 4th*

*Raelyn Mything - January 21nd*

*Mason Mything - January 22nd*

*Mrs. J. Legault - January 26th*

*Neko Proudlove - February 3rd*

*Ethan Mything - February 4th*

*Sofia Armstrong—February 6th*

*Ava Line—February 13th*

*Mrs. S. Legault - February 16th*

*Nieve Beauchamp - February 25th*



**Morning  
Playground  
Supervision  
starts at  
8:30 a.m.**

**\$10 POPCORN PUNCH CARDS**



**AVAILABLE**



**CONTACT MRS. BEAUCHAMP  
FOR INFORMATION**

**SCC**

The SCC postponed their Christmas lunch due to cold weather in December. The rescheduled date was January 11th, this turned out as a nice way to kicked off the new year. The next meeting will be February 8th



Thanks to Everyone  
for supporting the  
ELF Production!!!!

## Chinook Student Leadership Council

Hello this is Jaxson Waldner and I'm on the Chinook Leadership Council. This council helps find out the students' wants and needs to help better their education. So far we have sent out rounds of surveys to better understand our students. Our group has meetings about once a month and we all meet up in Swift Current. Our meetings are held in the Chinook School Division quarters. This group consists of multiple people who each represents their own schools and there are quite a few - from Val Marie to Maple Creek all voices can be heard. And in the end that is the main goal that all voices of our students can be heard so that Chinook can adapt

In honor of #bellletstalkday on January 25th, 2023 the Val Marie High School students decided to collect gently used or new clothing items to take into the Mental Health Ward in Swift Current. We started collecting items from January 12 - January 24th, and came back with a total of 4 big garbage bags filled with clothes to take into Swift Current. As a class we were thankful to be able to do this for others on such an important occasion. A huge thank you to everyone who donated items, we really appreciate it!

~Katherine Andree



## Basketball

So this is my first year playing basketball. It was a brand new sport that some of my friends were playing in Vanguard so I decided to join the team. With basketball, there are a lot of different rules, and one of the most strenuous sports to learn and that's what has made me enjoy it. I have played a couple of tournaments and a few league games, and our team is doing pretty well. I'm very athletic and competitive so it's been great.

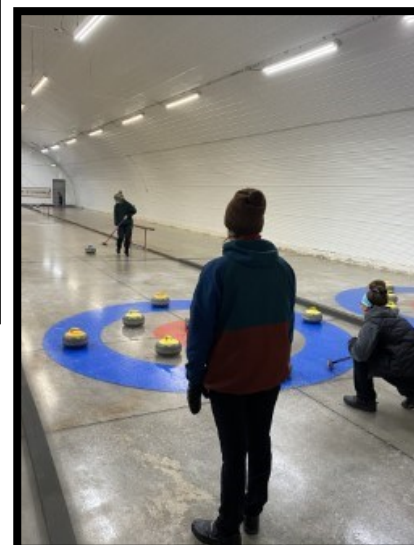
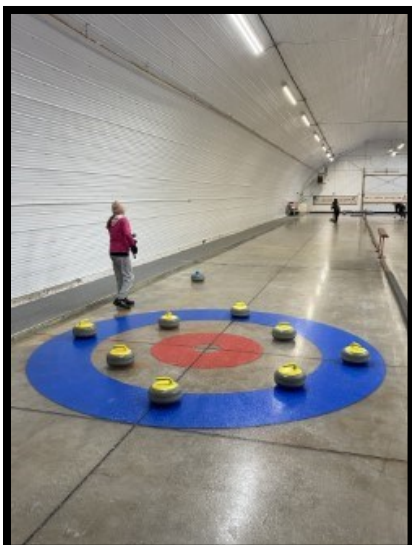
~Pierce Schmidt



## Curling

Junior and Senior curling is going good. We are very grateful to Krista Ellingson for coming down for a clinic on Saturday, January 14th. She provided fantastic games to build our skills. Everyone improved from the beginning of the day to the end. Bot teams played a game in Ponteix on January 19th, this gave us an opportunity to put the skills ina game setting and did very well. Next week is a big week, our Senior team plays in Eastend on Monday, February 6th for Sectionals and on February 10th and 11th in Ponteix for Districts. Our Junior team plays in Fronteir for Sectionals February 11th

~Amy Andree



**The PAA 10 class had a great inaugural year. We learned the safety and technique of woodworking which ultimately led to the class completing three projects. The class coffee bar, their individual projects and the k-4 raised garden bed. All of the projects that the students made this year were created with recycled pallet wood. While this was a cost and environmentally friendly method of woodworking, finding good wood was a challenge the students had to overcome. The students developed the skills needed to measure, cut and assemble the wood for their projects. I look forward to what they are going to create with real lumber next year!**



## **Important Dates**

February 6 ~ Senior Curling Sectionals @ Eastend

February 10-11 ~ Jr. Curling Sectionals @ Frontier

February 10-11 ~ Senior Curling Sectionals @ Ponteix

February 14 ~ Valentines Day Bake Sale @ the school

February 20-24 ~ No School

March 3-4 ~ Jr Curling Districts TBA

March 3-4 ~ Senior Curling Regionals TBA

March 10-11 ~ Senior Curling Regionals



# Wellness Wheel for kids and families



# GROUNDING WITH YOUR FIVE SENSES

*What are*

5

THINGS YOU CAN SEE



*Ideas*

**SUN**  
PICTURE ON THE WALL  
**PEOPLE WALKING**

4

THINGS YOU CAN FEEL



**WIND BLOWING**  
FEET ON THE FLOOR  
**PENCIL IN HAND**

3

THINGS YOU CAN HEAR



**BIRDS CHIRPING**  
CLOCK TICKING  
**CAR HORNS**

2

THINGS YOU CAN SMELL



**FOOD FROM THE CAFETERIA**  
LAUNDRY DETERGENT ON CLOTHES  
**FRESH CUT GRASS**

1

THING YOU CAN TASTE



**MINT**  
Breakfast  
**TOOTHPASTE**

# 21 AFFIRMATION SAYINGS TO PRACTICE WITH YOUR CHILD

I AM  
WONDERFUL

I can do  
anything

I AM KIND

I am  
smart

I AM BRAVE

I AM  
STRONG

I NEVER  
GIVE UP

I AM  
GRATEFUL

I am  
important

I AM  
HELPFUL

I strive  
to do  
my  
best

I have  
great  
ideas

I AM  
THANKFUL

I make  
smart  
and good  
choices

I EMBRACE NEW  
CHALLENGES

I AM  
CREATIVE

I have  
a happy  
life

I AM  
AWESOME

I am  
ready to  
learn

I AM  
CAPABLE

I am  
intelligent



**tutor  
doctor**

How learning hits home.