

# The Sash



La Verendrye School , Portage la Prairie, MB issue 19

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## #PLPSD Presents...

“Hello everyone at LVS!! My name is Betty Ryzner-Madsen, the ‘AFM lady’!! I am so privileged to be a part of the Portage la Prairie School Division as the new half-time Addictions Foundation of Manitoba (AFM) Rehabilitation Counsellor since June 2017. Many of you will have seen me around the school and in the Grade 7 classrooms delivering prevention education sessions which will continue into the new year with the Grade 8 classes. I have immensely enjoyed meeting the students and staff and appreciate the open-mindedness and courage it takes to talk, share and learn from each other on hard topics like addictions. I like to reinforce that I am also available for confidential counselling for students who are affected by addictions involving alcohol, drugs or gambling.

I also want to share a little about myself. I have worked for the Department of Corrections for most of my working career and now almost as long within AFM because quite simply, I love helping people. On a personal note, my husband and I have two grown sons and I lavish

extraordinary love on my cat Munchkin, my girlie guinea pigs Smoky and Timber, and our playful female German Shepherd, Gypsy. I am a die-hard Philadelphia Flyers and Winnipeg Jets fan with full confidence that they will face off each other in the finals for the Stanley Cup in 2018.

Please feel free to approach me with questions you may have about addictions. My office phone number is 204-857-8353 and I will do my best to provide information, education and counselling for our middle school year students. “



# Dates to Remember

- December 1st– No School
- December 3rd– Holiday Train
- December 8th– Santa Claus Parade
- December 14th– LVS's Christmas Concert
- December 15th– Storm Date for Concert
- December 22nd– Last Day before the holidays
- December 24th– Christmas Eve
- December 25th– Merry Christmas

## School Sports

The school sports offered at LVS for grade 7 and 8's are; volleyball, basketball, curling, badminton and soccer. Grade 6's can also sign up for curling and soccer only.

## Stained Glass Poppy Art

By Ben L

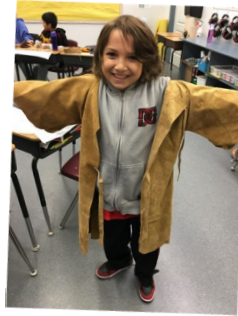


I made my poppy out of coloured paper. It is for Remembrance Day. It's for soldiers, who fought for us. They gave us peace and freedom. Thank you veterans and soldiers for all you

All images found on Google.

# Kawka Presentation

Jill fast came to 5w with some artifacts of horses, bison and donkeys. She brought spears, hatchets and arrows. There was an old flint and steel. My favorite part was the jacket. It was made of bison fur and hide.



## Manitoba Selects



By Lelend G

I tried out for the Manitoba Selects Football team at the end of October. I felt nervous because I had to prove myself, as a good offence player.

I found out I made the team on November 4th. I was proud of myself for making the team. It sure showed me that hard work really payed off. I also just finished playing for the Bronco's, so I wasn't too badly out of shape.

My first game is January 6th in Moosejaw, Saskatchewan. I'm excited for my journey ahead, as I have the chance to go to San Antonio, Texas. Wish me luck!