

WEST VALLEY COMMUNITY NEWS
FEBRUARY 6, 2026



Glacier Wolfpack

WRESTLING

NO EXPERIENCE NEEDED!

WE WELCOME BEGINNING WRESTLERS!

Girls welcome and encouraged to sign up! Sign Up Online at https://glacierwrestlingcamps.square.site OR **Scan Here**

BENEFITS GAINED FROM WRESTLING

- ☑ Self Confidence
- ☑ FUN
- ☑ Self Defense
- ☑ Perseverance
- ☑ Sense of belonging
- ☑ Grit

Attention Middle School Wrestlers and Parents! Enroll now and receive a ***full refund*** upon completing the season. It's a win-win: build skills, stay active, and finish strong to get your ***money back!***

SEASON WILL START FEB 23rd

AND RUN FOR 6 WEEKS

FREE pre-season practices currently running at Glacier HS Wrestling Room Mon & Wed from ***5:30pm-6:45pm***

Tamarack Grief Center Adult Groups:

Grief Matters Adult Support Group: Mondays, 12 noon - 1:00 p.m., February 23rd to March 30th (skipping March 23rd). A five-week support group for adults. For more information and to register, please click here.

Child Loss Adult Support Group: Tuesdays, 5:15-6:30 p.m., March 24th to April 28th. This six-week support group is for adults who have experienced the death of a child of any age. For more information and to register, please click here.

Adult Workshops:

Music and Grief: Mondays, 12 noon - 1:00 p.m., Monday, February 9th: Music can help us to process grief, and to express ourselves when words fall short. This drop-in workshop will take place in our Kalispell office. Bring a list of the songs that have helped you process your grief, and feel free to come for one session or both. No registration necessary - just show up!

Gardening Through Our Grief: 1:45 - 2:45 p.m., Saturday, March 7th. As part of the annual "Free the Seeds" community event organized by Land To Hand, TGRC's Rick Stern will be presenting on how gardening can help us to process and work through our grief. This event takes place from 9 a.m . – 3:00 p.m. in the Arts and Technology building at Flathead Valley Community College. For more information, please visit here.

Living with Losses: for adults grieving non-death losses: Tuesday, March 10th, 5:30-6:30 p.m.: Losses such as moving, job loss, loss of an important relationship, etc. can be extremely disruptive and emotional. Join us in our Kalispell office for companionship and tips on how to process these non-death losses. For more information and to register, please click here.

WV COMMUNITY FITNESS - *For teachers and community members*
Get your Monday workout done right here at the school! Please join us on Mondays from 4:00-5:00 in the elementary cafeteria (unless told otherwise) for some strength training/fat burning/overall healthy fun!
Classes will vary and will be determined by class interest: High Intensity Interval Training HIIT, TRX bands, Free Weights, Fitness Balls, Pilates, Circuit Training, Cardio Boxing, Cardio Pump, Step Class, Stretching, Fitness Bands, Foam Rollers, Booty Barre, Zumba, Dance Aerobics, Core, and more!
Low impact needs and modifications are always provided. Remember it is FREE! So bring a friend, family, or community member. If you have any questions or concerns please let me know. Please email me to let me know if you plan on attending, tmeasure@westvalleyschool.com.
Looking forward to seeing you there, Tara Measure, PE Specialist/Fitness Instructor

NEW CHILDCARE FACILITY - in the West Valley area. Call or text to find out about availability and answer any questions, 406-955-1712.

BIBLE CLUB - In the library every Thursday after school until 4:30, join the Bible Club for fellowship with your friends while diving into the Word together.



Click here for more information or click the photo to view the guide: [Kalispell Parks and Recreation | PDF to Flipbook]