



Medstead Mirror

Medstead Central School Newsletter

<https://medstead.lskysd.ca/>



2020

Principal's Pen

2 months into the school year and for the older students we are nearing the end of the first term. Despite everything going on around us education remains our number one priority. Our students are showing their resilience both in the classroom and out of it and it is important to remember that through it all they still need to make sure that they are on top of their education. For the most part I would say they are doing pretty well.

Student Led Conferences will be a little different this year, as we still are unable to have outside people in the building. Teachers will be contacting parent either by phone, video conference, or through notes home looking for feedback and information about how your child is doing. If you have a preference please let your teacher know or if you wish to initiate a contact the school is always here, it doesn't just have to be around the Student Led Conference times.

Right now there seems to be such a range of people, and as everyone grows tired of the current situation it is important to remember that we are doing the best we can as a community to protect those who need it. This isn't just physically, but mentally as well.

The impact of current events can be seen on the people around us, our staff, and our students. While there is not much we can do to change those events, I have seen staff go out of their way to provide opportunities for students, and have seen many students go out of their way to make this the best year possible. It may not be easy, and it won't be great every day, but that is true of every year. This year is just a little bit more.

Thanks for your support,

Greg Knot

Important Dates

November 10

Remembrance Day Virtual Presentations

November 11

Remembrance Day
No School

November 20

Gr 7-12 Report Cards

November 25

Early Dismissal at 2:23 pm

November 30

PD Day
No-Student Day

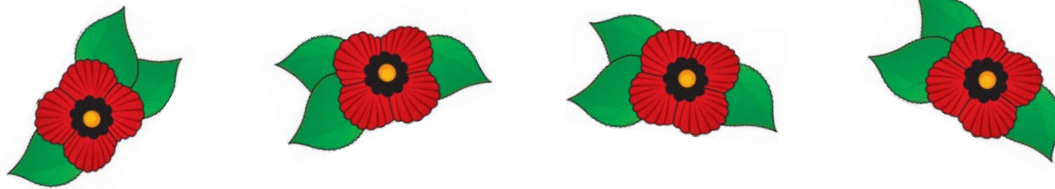
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THANK YOU TO . . .

- Donna German for the cotton face masks
- Kelly Enns and our kick-off fundraiser for new playground equipment



**Remembrance Day
Virtual Program
Will be posted on our Facebook
page Tuesday, November 10th**

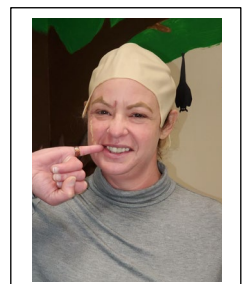
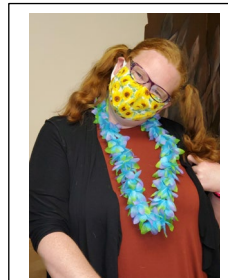
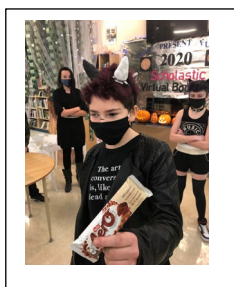
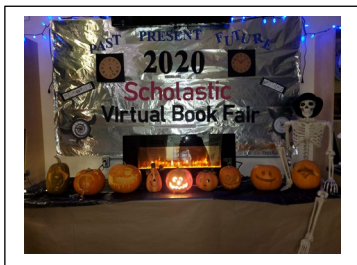
November Birthdays

Kaleb
Gracie
Madelynn
Skye
Josie
Colson
Drayce
Ronnie
Tori
Jennaya
Nelson
Lukas

Ms. Benson

Halloween Fun 2020

happy birthday





Golf

Our golf program was a little different this year. We were not allowed to travel with students, so we built a 3 hole golf course behind the schools and held our local championship. It was a hard fought battle between Myles Harms, Calvin Klassen, and Thomas Martens. The rough was heavy and the greens were slow but after playing each hold three times Thomas Martens came out the victor. Thank you to the guys who came out and made the best of it and had a great time.

Counsellors' Corner

Throughout the school months Living Sky School Counsellors will be focusing on different issues and events to bring awareness and resources to our families. For the month of November our focus is on compassion and giving to others.

Research shows that once people have enough to meet their needs, additional money and time do not increase their happiness. It's only when people 'give' to others that their happiness is increased.

People benefit from giving by connecting with others. **Humans have a built-in need to relate, resonate, and mirror each other. In a world increasingly dependent on technology, the gift of giving of oneself increases intimacy and reduces the likelihood of loneliness.**

Giving ripples out in waves like a stone plunked into still waters. It connects us in a tangible way. It makes us realize we are not alone. Giving doesn't have to be complicated or grand. It can be an encouraging smile or a gentle hug. Fifteen minutes of [attentive listening](#) can be as valuable as a one-hour massage.

After all, it's not how much we give, but how we give.

A by-product of giving freely out of compassion and love is how it makes the giver feel. The more you give from a place of unconditional generosity, the more joy you feel. Giving makes you realize how much power you have to make others feel better about themselves and their lives.

Try it today with your children – give them your time, your ear, play together, have fun!

Adapted from: <http://tinybuddha.com/blog/why-giving-to-others-is-also-giving-to-ourselves>



SCC

Medstead School Needs Your Help!

Medstead School is working hard to support our 130 kids. The adults in our building our giving kids the best we have and sometimes they just need more. What is the answer in this time of decreased funding for schools??

School Community Council

We are looking for people to become active on our school community council. The job of the school community council is to work with school staff to support our school during the good times and bad. This year there is a strong focus on building connections with our students and families as well as being pro-active on mental well-being. The community council works together to plan activities for our school and community. We would like to have parents from ALL grade levels so that all students are represented.

As well we are looking for **community members with NO students** in the building but who can give one day a month to support us. If you are a business owner, retired community member or just someone who can spare an hour once a month please consider helping us out. We believe strongly that it takes a village to raise a child and the advantages of the community working WITH the school to support our kids far outweighs what we can do alone.

The next meeting is yet to be decided.

We are so excited to welcome new members who will contribute new ideas to help keep our school going in the right direction.

Club Med

Medstead Public Library Hours

Wednesday 10:00 pm - 4:30 pm

Thursday 2 pm - 6 pm

Librarian: Chandra Pederson 306-342-4988

New School Playground Equipment

We have begun our efforts in fundraising for new playground equipment at the school.

Thank you Everyday Epicure With Kelly for helping kickstart our fundraising! Much is in the works so stay tuned for more!



Medstead Central School Library Book Fair



Recipient of the \$100 for
'Classroom Wish List'
given by Discovery CO-OP
Mrs. Jannett Franson's Grade 12 class



**Lakeland
Library
Region**

Your Community.
Your Library.

Recipients of Medstead Public Library
four gift certificates of \$25.00 each:

Kaleb Kohl
Averly Burns
Madison Locke
Rebekah Loewen



School Clothing

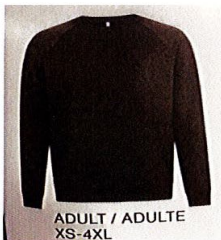
Our SLC is going to be putting in a school clothing order. All clothing would have our logo on the left upper chest area as the standard. If you choose you can replace that with a large logo across the front of the shirt for an extra fee. Available sizes for each item are listed on the pictures below.

Unfortunately, at this time trying on clothing is not possible at the school but a sizing chart is attached. Please fill out one form per family and send it to school along with your cheque or cash by November 10th.

Full Zip Hoodies, T-Shirts and Hoodies come in either Royal Blue or Charcoal Grey



Sweatshirts come in Charcoal Grey ONLY

[illegible]

MEASURING TIPS**TO ASSURE THE BEST FIT**

SLEEVE: With arm bent and hand on hip, place tape measure at the base (Centre Back/CB) of your neck and follow along the top shoulder and arm to the wrist.

BUST/CHEST: With arms at sides, place tape measure under your arms and run it around the fullest part of the chest and across the shoulder blades.

WAIST: Find the natural crease of your waist by bending to one side. Run tape measure around your natural waistline, keeping one finger between the tape and your body for a comfortable fit.

HIPS: With feet together, run tape measure around the fullest part of your hips/seat, about 7 to 8 inches below your waistline.

INSEAM: For full-length pants, run tape measure along the inside of your leg, from just below the crotch, to about 1 inch below the ankle.

CONSEILS SUR LES MESURES**POUR UNE COUPE PARFAITE**

MANCHE : le bras plié et la main sur la hanche, placer le ruban à mesurer à la base de votre cou (au niveau du milieu du dos), et faites-le descendre jusqu'au poignet, en passant par le haut de l'épaule et le bras.

BUSTE/POITRINE : les bras sur les côtés, placer le ruban à mesurer sous vos bras et faites le tour de la partie la plus grande de votre poitrine et des omoplates.

TAILLE : trouvez le pli naturel de votre taille en vous penchant d'un côté. Faites le tour de votre taille par rapport à ce pli naturel, en gardant un doigt entre le ruban et votre corps pour assurer une coupe confortable.

HANCHES : joignez vos pieds puis faites le tour de la partie la plus large de vos hanches/fessier avec le ruban, environ 7 à 8 pouces sous votre taille.

COUTURE D'ENTREJAMBES : pour un pantalon couvrant toute la jambe, placez le ruban le long de l'intérieur de votre jambe, de l'entrejambe à environ 1 pouce en dessous de la cheville.

MEN'S GENERAL SIZING GUIDE / GUIDE DE TAILLE GÉNÉRALE POUR HOMMES

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest / Buste	30"- 32"	34"- 36"	38"- 40"	42"- 44"	46"- 48"	50"- 52"	54"- 55"	56"- 57"	58"- 61"	61"- 64"
Waist / Taille	26"- 29"	29"- 32"	32"- 35"	35"- 38"	38"- 41"	41"- 44"	44"- 47"	47"- 50"	50"- 53"	53"- 56"
Sleeve Length-CB / Manches - CDD	31"- 32"	32"- 33.5"	34"- 35"	35"- 36"	36"- 37"	37"- 38"	38"- 39"	38.5"- 39"	39"- 39.5"	39.5"- 40"
Sleeve Length-CB TALL / Longueur de manches - grande taille - CDD				37"- 37.5"	38"- 38.5"	39"- 39.5"	40"- 40.5"	40.5"- 41"		

LADIES' GENERAL SIZING GUIDE / GUIDE DE TAILLE GÉNÉRALE POUR FEMMES

	XS	S	M	L	XL	2XL	3XL	4XL
Numeric Size / Taille numérique	2	4-6	8-10	12-14	16	18-20	22	24
Bust / Buste	32"- 34"	35"- 36"	37"- 38"	39"- 41"	42"- 44"	45"- 47"	48"- 51"	52"- 55"
Waist / Taille	24"- 25"	26"- 27"	28"- 30"	30"- 32"	33"- 35"	36"- 38"	40"- 42"	42"- 44"
Hip / Hanches	33"- 35"	35"- 37"	37"- 39"	39"- 41"	42"- 44"	45"- 47"	48"- 50"	50"- 52"
Sleeve Length-CB / Manches - CDD	30"- 30.5"	30.5"- 31"	31.5"- 32"	32.5"- 33"	33.5"- 34"	34"- 34.5"	34.5"- 35"	34.5"- 35"

YOUTH GENERAL SIZING GUIDE / GUIDE DE TAILLE GÉNÉRALE POUR JEUNES

	XS	S	M	L	XL
Numeric Size / Taille numérique	2-4	6-8	10-12	14-16	18-20
Chest / Buste	24"- 26"	26"- 28"	28"- 30"	30"- 32"	32"- 35"
Waist / Taille	22.5"- 23.5"	23"- 24.5"	24.5"- 25.5"	25.5"- 27"	27"- 29"
Sleeve Length-CB / Manches - CDD	24"- 25"	25"- 26"	26"- 27.5"	27.5"- 29"	29.5"- 31"

Please note: This information is intended for use as a general guideline. Sizing and fit may vary somewhat by brand. All measurements are in inches.

Remarque : Les informations suivantes sont fournies pour servir de référence. La taille et la coupe peuvent varier d'une marque à une autre. Toutes les mesures sont en pouces.

November 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 K	3	4 K	5	6 K	7
8	9 K	10 Gr 7-12 Term 1 Ends	11 Remembrance Day -School Holiday	12	13 K	14
15	16 K	17	18 K	19	20 K Grade 7-12 Report Cards	21
22	23 K	24	25 K Early Dismissal @ 2:23	26	27 K	28
29	30 PD Day – No School					