

# Medstead Mirror

Medstead Central School Newsletter

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

## Principal's Pen

The countdown is on for all of us, for something, somewhere. This is true if we are on vacation looking at the number of days until we go home, or heading to retirement, or just the next phase of life. This is never truer than for our students, especially this time of year. Just about every grade 12 class has a spot on the board designated to showing how many days left until graduation, and the freedoms that they see that come with that.

For some moving on is exciting, for others it is just another step towards the next step. Either way it is something to be celebrated. I have now been in this school longer than any student currently enrolled has been alive and there are a few things I have learned over the years. People generally see a finish line and either sprint hard towards it, or slow down because they see it as already over because the end is in sight. It's always important as we head into the second half of the year to understand that we are not yet done. It doesn't matter whether you are graduating or moving into the next grade take advantage of the time you have left to get involved, stay on top of your studies, and accomplish all that you can. You will never be in this part of your life again, so grab what is yours and don't settle for anything less.

Spring is busy and it is easy to get distracted by everything going on around you. More than once I have found myself finding reasons to keep busy with things that are less important because they are more fun than what I should really be doing, and sometimes that is okay. Just keep in mind the real work still needs to get done, and the habits you work on now will help determine how you handle things in the future.

Enjoy the now, but be aware that we are often able to enjoy it more when we know the things we are responsible for have been taken care of as well.

- Greg



### Important Dates

#### February 7

Grade 7-12 Report Cards

#### February 17-21

Winter Break

#### February 26

Early Dismissal at 2:25

### Individual Highlights

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## Thank you to . . .

- Everyone who supported the Sr. Boys & Jr. Boys volleyball teams by purchasing Co-op gift cards. We will be continuing on with this fundraiser!

Living Sky School Division has rolled out a Wellness Challenge for all employees. Our January theme is Celebrating Pride & Joy in Living Sky with a focus on Wellness. We will continue throughout the year with a new challenge each month, promoting mental health, nutrition, mindfulness, learning, etc.

Here is Mrs. Shiell accepting the January challenge to “Get Moving” - out for a 10 km cross country ski.  
**WAY TO GO!!!!**



### Staffing Update:

- Mrs. Shannon Mann** will be coming back from her maternity leave in February to continue in the Gr ½ room. Welcome back!!
- Ms. Kristan Kenney**, who was filling the maternity leave position will be moving back to Martensville. We will miss you Ms. Kenney!
- Welcome **Mrs. Jesse McNabb** as a part time Educational Assistant.
- Congratulations Cheyenne Orange and Jacob LaClare on the arrival of your new baby!
- Mrs. Evelyn Dezie** will be covering the bus route maternity leave.
- Mrs. Candy Pain** has been hired as the Sandwith route bus driver.



### *Chase the Ace*

Get your tickets at Medstead Hometown Grocery,  
Ubetcha's Tavern, Rabbit Lake Hotel, L&M, Glaslyn  
Agencies or Medstead School

**First Draw is Feb 5th**

## February Birthdays

**Jaeger  
Tyson  
Morgan  
Leroy  
Jackson  
Nate  
Case  
Jacob  
Rebekah  
Kelsey  
Brooklyn  
Brigid  
Lejla**

**Mr. Demencuik  
Mrs. Short  
Mr. Pylypow  
Mr. Allen**



Congratulations  
to Cheyenne,  
Jacob and  
family on  
welcoming baby  
Theodore!

## Counsellor's Corner

## Celebrating Canadian School Counselling Week

February 3 – 7, 2020

From February 3<sup>rd</sup> to 7<sup>th</sup> we recognize the contributions and impact the School Counselling Profession has had on students and staff across Canada. Their commitment and efforts to effectively address and support the personal, social, and academic wellbeing through best-practice evidence-based mental health strategies are of the greatest importance. These individuals are here for you!

The three pillars of great (mental) health:

In my years of counselling I have found that the three pillars of great health (including mental) are often over looked, minimized, or tacked onto existing support strategies as an afterthought. I too am guilty of this quite often and as such I would like to take this opportunity to share them with you and to explain a little about their importance and impact on your mental health. By addressing these three areas in simple ways you can improve your mental wellbeing exponentially! These are not a panacea approach or a one-step-fixes-all. But rather three foundational components that can alleviate many challenges brought on by life stress. If these areas of your life are already healthy and you are still struggling, I would encourage you to seek out your school counsellor or other mental health professional to learn additional strategies to support your mental health.

**Sleep** – There are 24 hours in a day. We are continually encouraged by the medical and health communities to obtain a minimum of 8 hours each night. This number is often greater for children under the age of 5 and youth over the age of 13 for developmental reasons. This equates to at the low-end requirement 1/3 of the hours in each of our days being committed to being unconscious. Why?

Sleep is broken down into stages. We move through these stages in a cycle with each cycle being longer than the previous. This means the longer we are unconscious (asleep) the more time we spend in each stage cumulatively. This becomes of greatest importance when it comes to the fourth stage of sleep where we enter into a state called Rapid Eye Movement (REM). REM is a paradoxical state in which the brain actually becomes more active while you are actually at the deepest state of unconsciousness. While sleep is often thought of as a passive process, research has shown that the brain and body is actively consolidating memory, healing the body, and much more during this time.

**Conclusion** – When we do not get enough sleep, we not only feel sluggish but our body is operating in a suboptimal state which hinders mental, emotional, and physical functions overall. Arguably, sleep is as important to a successful life as the efforts we put in while we are awake.





**Exercise** – For some this word will evoke strong feelings and desires to lay down and for others an excitement to prove themselves. Whether the idea of being physically active excites you, bores you, or just plain frightens you that is ok. The level of physical activity needed by most in a day is obtained through walking to and from school and recess. A general rule of thumb is 30 minutes of movement. This movement does not need to be intense; a casual walk will do. It is also encouraged that whenever possible your activity take place outside (there are other health benefits to fresh air and sunshine I can share at another time).

The human organism is built on interconnecting systems that affect one another continually. Physical movement causes internal systems to replenish oxygen and expel carbon dioxide (breathing) this exchange triggers other metabolic systems to engage which help to build muscle, burn fat, flush out toxins, and increase feelings of wellbeing. One such waste by product called Cortisol is a stress hormone that while supportive in nature, if not flushed out through sweat and urine can have profound negative impacts on a person's physical health. Some symptoms can be weight gain, headaches, clouded thinking, and exhaustion.

**Conclusion** – Light to moderate physical activity every day for 30 minutes can significantly reduce stress hormones and rev up healthy body operations to make you feel better overall.



**Nutrition** – For most students the ability to choose the foods you eat is limited to those foods your parents buy. A discussion with your parents around food choices would be great and I completely encourage that. For the purposes of today I want to provide you with strategies you can do on your own. Things you can control. So in the area of nutrition our emphasis will be on water.

Ah yes, good ol' H<sub>2</sub>O! I can almost hear you cringe as you read this. The comments abound – “there is water in ... insert your favorite beverage of choice.” The reality of the matter is that the body processes plain old H<sub>2</sub>O differently than any water content found in other beverages because of the other ingredients they contain. But that is another discussion for another time. What is important for us now is the fact that the human body is made up of 75-80% water. Most of us arguably on the low end because we are most likely dehydrated – yes I am speaking to us coffee drinkers! Water is the primary ingredient in the cells that make up our entire body! From our hair to our blood to our bones water is it! Studies have actually shown a 10% increase in strength after simply drinking an 8-10oz glass of water (effects seen in as little as 2 minutes post consumption).

**Conclusion** – Slowly add in water throughout your day! It may not taste as good as your usual, but it will make you feel better in the long run ☺

SLC

We are still running our Fundscrip Gift Card Fundraiser.  
Please see the attached forms at the end of the newsletter to  
place your order

# Club Med

## Medstead Public Library News

Librarian: Chandra Pederson 306-342-4988

Wednesday 10:30 am - 4:30 pm

Thursday 2 pm - 6 pm

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### Medstead School Library:

**Please Return  
your library books.**

If you have lost or damaged your school library book,  
please replace it or pay for it. Thank you.


*Ms. Bonnie Deuel*

### Telemiracle Smorg Hometown Grocery

February 12<sup>th</sup>, 11:00-2:00  
\$20/plate

### CLUB MED BADMINTON

Every Tuesday at 6:30 p.m.  
Grade 7-12 and the public are welcome.  
\$2 per night or \$5 per season to cover  
the cost of birdies

February 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 K  Aboriginal Storyteller	4	5 K	6	7 K Food Friday Gr 7-12 Report Cards Bus to Swim Grade 1/2	8
9	10 K	11	12 K  Grade K-4 Ski Trip Timber Ridge	13  Grade 7-12 Ski Trip Table Mountain	14 K Food Friday  Bus to Swim Grade 1/2	15
16	17 Family Day No School	18 February Break No School	19 February Break No School	20 February Break No School	21 February Break No School	22
23	24 K	25	26 K  Early Dismissal @ 2:25	27	28 K Food Friday  Bus to Swim Grade 3-6	29