

# Medstead Mirror

Medstead Central School Newsletter  
medstead.lskysd.ca

## Principal's Pen

School is starting and with all the changes I think it is important to remember that students will mimic what we portray. Students being back in the building has created an excitement amongst the staff, with a little nervousness of how things will go. I have talked to quite a few parents and there is a range of emotions from happy to be back to anger over the situation. In every case those same feelings have been reflected in their children. Our school, like every other one in the province, will be following the guidelines laid out by public health and education. There is nothing we can do about that, and I have no interest in debating the issue one way or the other. What I would like to see, however, is parents giving their students the best opportunity to have a great year. Self-fulfilling prophecies are not a new thing in education, but seldom has it been as obvious as it is now.

Explaining to students the school expectation before they come, and letting them know this is not a choice or option for anyone involved, takes it out of their hands. It is just the way it is and we can then move on to what school is supposed to be about. We are working hard to give students every opportunity we can to learn and be active. The more they buy in the more we can do.

On the other side of things if you send students with the idea that this is a horrible situation, then it will be. It is amazing how much influence you can have on how your child's year will be, we ask that you help us to make it as good as possible, because really that is what we all want for these kids.

When this all started I read an article on the Paradox of Preparedness. It is a concept that if you see something bad coming your way, and you prepare for it so it is not as bad, people will be angry because you overreacted. All the work that is being done in the school is to protect those at high risk, and while you may not agree with everything that is being done, it would be difficult to argue with the reason behind it. For us, it is not about politics, or conspiracies, it is about creating the best environment we can for everyone involved, and we are asking that everyone help us to achieve this.

Looking forward to the start of a new school year,

Greg Knot  
Principal



## 2020

### Important Dates

#### September 8 & 9

Welcome Back!

#### September 28

PD Day-No School

#### September 30

Early Dismissal

- 2:23 pm

### Individual Highlights

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# Welcome to Club Med:

We welcome back Coralie Buchholz as our School Counselor!

My name is **Ruth Phillips**. I am going to be the intern in Mrs. Johnson's grade 3/4 class this year. I am looking forward to getting to know all of the students and parents of Medstead Central School. I look forward to making lasting memories. Just a little bit about myself I live in Glaslyn and have two small boys 5 and 4. I have lived in this area for 8 years. This is going to be a great year as we all work together.

Hello students and parents! I am **Cameron Wagner** and it is my pleasure to be interning at Medstead Central School this fall. I will be working with Janett Franson in the senior school and teaching Social Studies and English. I am originally from Winnipeg and look forward to taking advantage of the great outdoors and exploring the larger community.

## September Birthdays

**Zachary  
Madison  
Calvin  
Jaelyn  
Jamie  
Cain  
Shaylin  
Brooke  
Paris  
Kiera  
Jesse  
Quinn  
Mrs. Moore  
Mrs. Hill  
Mrs. Edwards**

## Supporting Children During COVID-19

» There are many things you can do to support your child during this stressful time.

- Listen to your child's concerns.
- Answer questions and share facts in a way they can understand.
- Reassure your child that they are safe. Let them know it is ok if they feel upset.
- Limit your family's exposure to news coverage, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.





## MASKS: Please use a clean mask every day.

### How to clean

#### Washing machine

- You can include your mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.



#### Washing by hand

- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
  - 4 teaspoons household bleach per quart of room temperature water
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the mask in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.



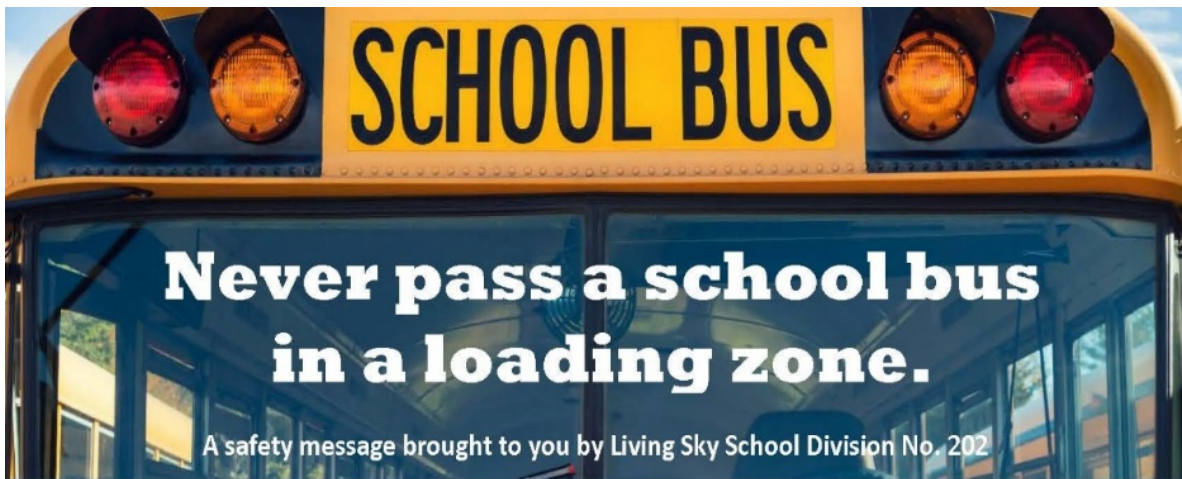
## Medstead School Staff

1. Kindergarten	- Mrs. Lisa Knot
2. Grade One / Two	- Mrs. Shannon Mann
3. Grade Three / Four	- Mrs. Brigitte Johnson
	- Mrs. Ruth Phillips (intern)
4. Grade Five & Six	- Mrs. Rae Short
5. Grade Seven&Eight/Phys Ed	- Miss Annette Benson
	- Mrs. Tara Haryung
6. Grade Nine	- Mrs. Nissa Shiell
7. Grade Ten(AM) & Senior Math	- Mr. Dean Findlay
8. Grade Eleven	- Mr. Brett Goller
9. Grade Twelve	- Mrs. Janett Franson
	- Mr. Cameron Wagner (intern)
10. Grade Ten(PM) & Math	- Mr. Brody Pylypow
11. Administrative Assistant	- Ms. Pam Ross
12. Library Aide	- Ms. Bonnie Deuel
13. Janitorial	- Mrs. Bonnie Lybeck
	- Mrs. Marjorie Klassen
	- Ms. Bonnie Deuel
15. Educational Assistants	- Mrs. Patti Edwards
	- Mrs. Lynn Moore
	- Mrs. Brenda Robertson
16. Principal	- Mr. Greg Knot
17. Vice Principal	- Mrs. Stacy Hill
Division Board Trustee	- Mr. Ken Arsenault
School Community Council	- Mrs. Lynn Moore-Chairperson
	- Mr. Dave Siegel
	- Mrs. Cara McClean
	- Mrs. Margaret Siegel
	- Mrs. Megan Friesen
	- Mrs. Vangie Loewen
	- Ms. Pam Ross
	- Mr. Greg Knot
	- Mrs. Stacy Hill
	- Mrs. Rae Short

### Polar Expressions – We Have a Winner!

Last fall the grade 3/4 class entered poems in the Polar Expressions poetry contest. The contest is open to all student from grades K – 12 in Canada. Students who are chosen have the opportunity to have their poems published! This year we had Jade Graham and Oaklee Anwender who got published and we also had Addison Pain who was the 3<sup>rd</sup> place winner for her age group! Congratulations to Jade and Oaklee and a HUGE congratulations to Addison!





A reminder that there is no public traffic in the bus zone during the posted times of 8:30 AM – 9:00 AM & 3:15 PM – 3:45 PM.

Please use 2<sup>nd</sup> Avenue to the south of the school if you are dropping or picking students up. Thank you!

## ATTENTION SCHOOL VISITORS

Parents and visitors, when you arrive at our school please call the school at 1-306-342-4600 or text the school cell at 1-306-841-7726.

# Lunch Ideas

There are no microwaves, no canteen and no popcorn sales for the time being. So that's means we must get creative. Here are some ideas for cold/room temperature lunches and warm thermos lunches:

- Macaroni salad
- Pita bread with hummus and veggies
- Tomato and cheese bagel sandwiches
- Pancakes (cut up) with syrup in a thermos
- Oatmeal with yogurt, berries and seeds
- Fruit with yogurt dip
- Ceasar salad with chicken strip chunks (combine and mix ingredients at school)
- Mini quiche eaten cold
- Snack it up with crackers, cheese and pickles

It helps to get kids involved with making their lunches. Food prep on Sundays is a good idea to get lunches prepared for the week.

# Medstead School Library News



CURFORD THE BIG RED DOG Illustration © 2020 The Norman Bridwell Trust. All rights reserved.

Dear Parents/Guardians,

This year our class will be participating in the **Scholastic Reading Club program**. Reading every day is the best way for children to become independent readers.

**NEW** this year: your order will now **ship to your home** and you can order online whenever you want at **[scholastic.ca/clubshop](http://scholastic.ca/clubshop)**.

When you checkout, please enter my **Class Code**. When you use my Class Code our class earns **20%** of the value of the order in rewards and you get **Free Shipping** on your order of \$35 or more\*. The rewards earned can be put towards books, digital teacher resources, and more!

\*Orders below \$35 will be charged \$3.50

Here's to a great year of reading!

Your Teacher

**Bonnie Deuel**

MY CLASS CODE:

**RC 222571**

For full Class Code and Free Mini Book details visit:  
[scholastic.ca/rc/terms](http://scholastic.ca/rc/terms)



DOG MAN™/® Dav Pilkey.

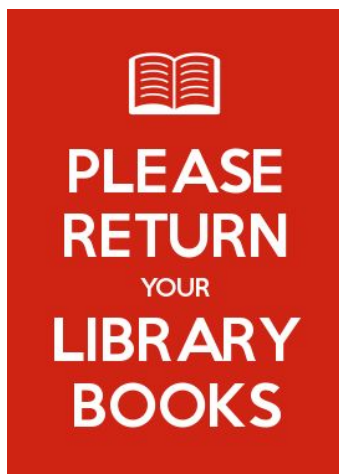
GET A  
SNEAK PEEK OF  
**DAV PILKEY'S**  
**New Series!**

With an order of \$10 or more

USE CODE: CATKID  
AT CHECKOUT TO  
GET YOUR COPY!  
While quantities last!

40 PAGES  
FULL-COLOUR  
MINI BOOK

# We Welcome You and Overdue Library Books Back.



*Thank you.*

*Sincerely,  
Bonnie Deuel*

## Club Med



### BUS TO SWIM Update

Bus to Swim will be postponed until further notice.

### Bell Schedule

8:47	Warning Bell
8:50	P1 O Canada
9:43	P2
10:35	Morning Break
11:10	P3
12:03	P4
12:55	Afternoon Break
1:30	P5
1:23	P6
3:16	Home Time

### Medstead Public Library News

Wednesday 10 pm - 4:30 pm

Thursday 2 pm - 6 pm



Librarian: Chandra Pederson 306-342-4988

Curb-side pickup is available. The library is open with a maximum of 2 people in at one time, encouraging social distancing.



September 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Labour Day - No School	8 Students Return: Last name begins with A-L	9 K (1/2 class) Students Return: Last name begins with M-Z	10	11 K (1/2 class)	12
13	14 K	15	16 K	17	18 K	19
20	21 K	22	23 K	24	25 K	26
27	28 PD Day No School	29	30 K Early Dismissal @ 2:23			
		Notes:				