



Medstead Mirror

Medstead Central School Newsletter

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



Principal's Pen

The other day the grade 7-12's attended a presentation in Glaslyn from a Wellness program that included the assistant coach for the Humboldt Broncos, as well as a University Student who helped to develop the Wellness 30 program for Mental Health. Both of these speakers have been through extremely difficult experiences and were able to share the strategies and steps that were required to get them to a better place.

One of the main messages was that it is different for everyone, but there were a few common themes. One of them is that we will relive traumatic events over and over, doing anything we can to quiet the voices even for just a little while. This often leads to bad choices such as anger, alcohol, or drugs. As we adapt these "bad" strategies tend to wear off and are no longer effective so more needs to be taken to get the same effect. This creates a downward spiral that often leads to rock bottom and a string of negative consequences.

Being able to identify and help kids before they self medicate or reach rock bottom is a goal for school as well as every parent. Sometimes we rationalize behaviour or defend what is happening because of a student's past struggles, and while this is legitimate, it is not helping them long term if we don't include redirecting them through positive strategies and logical consequences of their actions. Our goal is always to help in the long term, rather than just making the easy short-term solution.

People often don't realize the number of formal and informal after school meetings that take place struggling with what we can do to help individual students. Sometimes these meetings just need to be a venting session, but I have never been at a meeting where people have sat down to see how we can make any student's life more difficult. The amount of effort and energy that goes into struggling students, either academically or behaviourally, often goes unnoticed even though any educator will tell you that is where the most energy goes. There is a meme that goes around talking about how schools need to put in as much work helping kids who will go into hands on work as much as they promote University. This always makes me laugh because it shows just how little people see the work that goes into those who struggle with academics. Our goal is never for everyone to get to University, it is to give everyone as many options as we can.

Important Dates

March 9
PD Day - No School

March 13
Gr 1-6 Report Cards

March 18
Student Led Conferences
3:30 p.m. - 8:30 p.m.

March 25
Early dismissal @ 2:25

Individual Highlights

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-Greg

Thank you to . . .

- **Glaslyn School** for inviting us the hear speaker Chris Beaudry on Feb 27th. Chris is the former assistant coach of the Humboldt Broncos. Together with a young girl from Kenaston who helped create the Mental Wellness 30 course for distance learning center in Kenaston, they spoke on:
Mental Health
Addictions
Healing your emotional wounds
and Chris' personal story of healing through the bus crash.
- **Cater Lake Wildlife Federation** for sponsoring the FINS Project. 100 rainbow trout eggs are being hatched and then released later in the spring. This is for environmental learning.
- Larissa Swityk-Conacher and Susan Siegel for facilitating LEGO Club as part of the **Spiritwood Literacy Partnership**.
- **Saskatchewan Health Authority** for HOFNOD (Hooked On Fishing, Not On Drugs) for the grade 5/6 class. Larissa Swityk-Conacher and Erin Mitchell did classroom presentations and they will be going ice fishing in March.
- **Living Sky School Division** for the Staff Appreciation lunch
- **SCC** for the treats all week for Staff Appreciation!
- **MADRA** and our rink caretakers for keeping our rink up and running so our students and community can enjoy skating and curling

**Bus to Swim for Grades 1 and 2 is complete.
Grades 3 - 6 will complete their lessons in March.**

March Birthdays

- Carter**
- Gracie H**
- Aidan J**
- Rio**
- Tyler**
- June**
- Averly**
- Mrs. Knot**
- Mrs. Franson**
- Mrs. Mann**



St. Patrick's Day Theme!



Grade 12 Grad Bingo!

March 17th 7:00pm
@ Medstead Hall

Come out and support our graduating class of 2020!
There will be raffle draws and a silent auction.

Bingo Card Prices: \$7.00/master card and \$1.00/extra cards
OR

5 cards for \$10.00

(If you would like to donate a prize please phone the school 342-4600 and talk to Janett Franson)



Mustang Sports



Jr. Curling 2020

The Junior Girl team of Marti-Beth McNabb, Sanade Kohl, Giana Loewen, Chloe Sloan, and Raya Hyrnewich played Districts in Unity on February 25 and 26. The girls played JP 2 first and got a 3 ender on the first end, which gave us a great start. They continued to draw well and add up a point at a time finishing with a 5-3 win. Next they played the home team Unity, and unfortunately, we couldn't compete with their draws and take outs. Being our first loss of Tuesday, we had to return on Wednesday to play game three vs Leoville. That game was a well matched game, but in the end Leoville outdrew us and we had our second loss of the districts. I would like to congratulate the girls on their sportsmanship, game play, and of course their Bronze medal!!!



Sr. Girls attend Regionals Friday,
February 28th!
GO Mustangs!

Medstead Basketball 2020

We started a basketball program last year and participated in a couple of tournaments and a game against Hafford. This year a mini league was created for our developing teams. The league consisted of two teams from Battleford, Cando, Pelican Lake and Medstead. We had 11 team members this year with 3 who were new to the team: Jaeger, Max, Cash, Mason, Josie, Dylan, Dawson, Giana, Rebecca, Maddy and Vance.

This young group showed another level of basketball this year cycling the ball, putting up screens, improving and developing new skills & plays. They had a tough season playing against older athletes but they never gave up. Two of our players move to seniors, so this young team has potential and time to continue and grow and develop together.

Thank you to all of our volunteers who were scorekeepers, refs and cheering squad. A special thank you to, Paris who tried her new skills at reffing. See you all next year.

Mrs. Hill and Mrs. Caffet

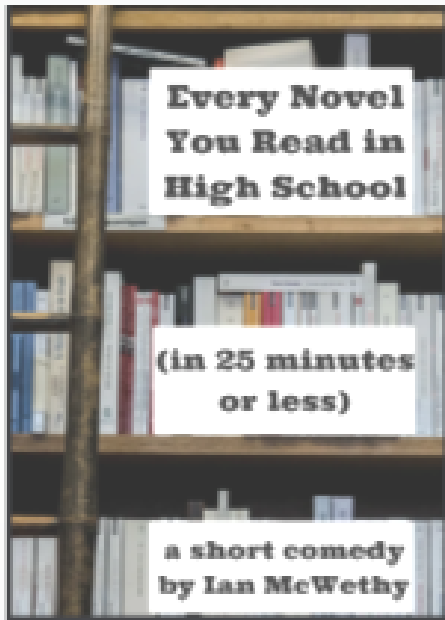


Medstead Talent Show!!

Featuring Performances By...

Medstead School Drama Club

Medstead School Rock Band



By Jonathon Rand

Dessert Theatre Dates:

Thursday, March 26, 2020 at 7:00 p.m.

&

Sunday, March 29, 2020 at 2:30 p.m.

\$6.00 person and \$25/family (immediate family)
Advance Ticket Sales Preferred—contact the School at 1-306-342-4600

All proceeds go towards
Drama Club & Hosting Regionals

Club Med

Medstead Library News

Wednesday 10:30 am - 4:30 pm

Thursday 2 pm - 6 pm



Check Out a Library Book

Librarian: Chandra Pederson 306-342-4988



Medstead Winter Festival

Sunday March 1st through to Friday March 6th
Organized by the SCC in partnership with MADRA and Leisure Life

Wanted: Community Spirit

Sunday, March 1st Medstead Skating Club Annual Carnival at 3:30 pm, raffle & bake table

Monday, March 2nd NOON HOUR- Extended lunch to 1:00 for the students with Road Hockey and Sledding Bingo, this is open to the public
- 6:30 pm School Community Council Meeting and everyone is welcome

Tuesday, March 3rd Winter Fun!!
- 3:30—6:00 pm Snow Carving, Snowshoe Races, roasted marshmallows, wiener, & Bannock (we have snowshoes for you to try)
- 6:30 MADRA Badminton—drop in for Gr 7-12 and community
- 7:00 Adult Board Games at Ubertiche's Tavern

Wednesday, March 4th MADRA Fish Fry at the Arena at 5:00 pm—\$20.00/adult, \$10.00/12 & Under, preschoolers free (includes sides, salads, homemade dessert and beverages)
- 7:00 League Curling play-offs

Thursday, March 5th Hometown Hockey—Medstead Hitmen vs Spiritwood 8:30pm

Friday, March 6th MAIN EVENT starts at 5:00 at the arena. This is a family event and parent supervision is required at all times

- * Kitchen will have fries and burgers available for purchase
- * Hot chocolate, coffee, tea and desserts will be complementary
- * Free skating
- * Free curling
- * Board game room upstairs
- * Marshmallow and wiener roast at the fire pit
- * Roving musicians
- * Other fun outdoor activities
- * Winterfest will wrap up with a Spectacular Fireworks Display at 8:00 at the Tom Cat Ball Diamond



CLUB MED BADMINTON

Tuesdays @6:30

Grade 7-12 and the public are welcome.

\$2 per night or \$10 per season to cover the cost of birdies



Every Tuesday for the last break SLC is sponsoring a healthy snack. Students have been enjoying apples, bananas, oranges, yogurt, etc. Thank you for encouraging healthy eating!

Staff have also set up a morning lounge for students to visit for tea, coffee and occasional muffins. This is open from 8:40-9:00.

March 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Medstead Skating Carnival at 3:30 Winterfest Mar 1-6	2 K	3 Club Med Badminton	4 K Chase the Ace Draw	5 K Grade K-4 Ski Trip Timber Ridge 	6 Food Friday	7
8	9 PD Day No School	10 Club Med Badminton	11 K Chase the Ace Draw	12	13 K Food Friday Grade 1-6 Report Cards	14
15	16 K	17 Grad Bingo 7:00 p.m. 	18 K Student Led Conferences 3:30 – 8:30 Chase the Ace Draw	19	20 K Food Friday	21
22	23 K	24 Club Med Badminton	25 K Chase the Ace Draw	26 Dessert Theatre 7:00	27 K Food Friday	28
29 Dessert Theatre 2:30	30 K Grade 5-12 Ski Trip Table Mountain	31 Club Med Badminton				