

# Medstead Mirror

Medstead Central School Newsletter  
<https://medstead.lskysd.ca/>

## Principal's Pen

In a time when we have all been so focused on what we can't do, it is nice to see people take advantage of all the things we can. The last while has seen the school start to come alive again as Christmas is approaching, and there is genuine excitement in the air.

A room decorating contest has begun, and while it isn't the first time, I can honestly say that I have never seen so many grades going over the top with what they are doing. While some may be pushing the boundaries on the "recycled decorations" idea, the school has an energy that is great to see. Kids are working on their room, keeping others from spying on their ideas, and everyone is convinced that their room will win.

This time of year there is always an anxiousness for the Christmas break. It is like anything else, once you can see it coming it is hard to wait for. It is important to remember that there is still school happening, and with all the fun, there is also the work that needs to get done before the break. Some things are different this year, but it is refreshing to see that there are also a lot of things that are the same. The Christmas break brings out an energy in everyone, and while some have trouble focusing that energy, it is showing up in everyone.

The break will be different, but it will still be a time to get together in whatever form that takes. Sometimes it is hard to be thankful for what we have when what we are focusing on is what is missing. These last few weeks have shown me what the kids in our school are capable of again. My hope for all of our families is that carries over to the holidays, and everyone can find joy in whatever their Christmas looks like this year, even if it is a little different. - Greg



### Important Dates

**January 4**  
School Resumes

**January 25-28**  
Exams

**January 29**  
PD Day – No School

### Individual Highlights

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## Thank you to . . .

- Sask Lotteries / RM of Medstead for the Bus to Swim Grant/Playground Donation
- All who donated prizes for our 12 Draws of Christmas!
- All who purchased tickets for the 12 Draws of Christmas playground fundraiser



## January Birthdays

- Adrienne
- Jade
- Alyssa
- Myles
- Mason
- Addison
- Xander
- Thomas
- Emmett
- Nadia
- Ms. Deuel

### Staff Changes:

- Mr. Pylypow has taken an overseas position and will be leaving Medstead Central School at Christmas. He will be greatly missed by staff and students. All the best for his next adventure!
- Mr. Schneider will fill this position until the end of June.
- Mrs. Crystal Sacrey joined us this fall as an additional Educational Assistant.

### January 2021 Exam Schedule

Grade	Mon - January 25	Tues - January 26	Wed - January 27	Thurs - January 28
12	ELA A 30	History 30	Health Science	Math:Pre-Calc
11	Math 20	History 30	Health Science	ELA 20
10	Social 10	Math 10	ELA 10	Science 10

These are all morning Exams which start at 9:00 a.m.



# Club Med

### Medstead Public Library Hours

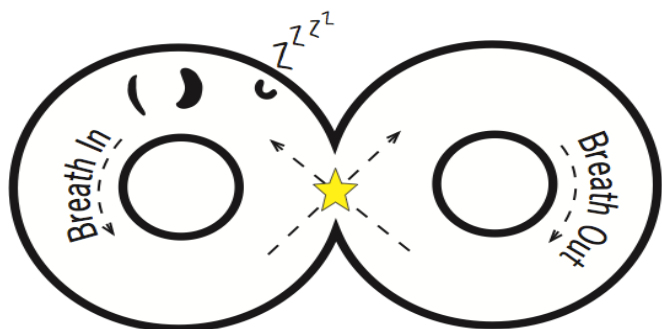
Wednesday 10:30 am - 4:30 pm

Thursday 2 pm - 6 pm

Librarian: Chandra Pederson 306-342-4988

Counsellor’s Corner: Self-Regulation

Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

Now more than ever, anxiety is high. Anxiety is something more parents are becoming aware of and concerned about for their children. I am providing this self-regulation strategy in the hope of reinforcing healthy coping strategies. Self-regulation allows time for the brain to think about your surroundings, the situation you are in, and regain control of your body and emotions. This also includes regulating your breathing, heart rate, and feelings.

I would like to share a deep breathing exercise named Lazy 8 Breathing. I sometimes explain the pattern of this breathing as following the shape of a snowman. We start at the neck, trace across the scarf, and around the snowman’s head as we inhale. Pause at the neck for a few seconds.

Then trace around the body and



back up to the neck while you exhale. As we trace the body, our exhale needs to be longer. In the picture of the snowmen you may notice the body needs to be bigger as a support or the snowman will fall over. Slowing the exhale is important as it helps reduce the heart rate more effectively. You can explain the exhale as if we are blowing on hot chocolate. If we blow too fast or too hard, the hot chocolate will spill.

Practice Lazy 8 breathing with your child when they are upset or needing to unwind. Model this strategy yourself when you’re feeling stress. Being aware of your breathing and slowing it down when tension is high is a great self-regulation strategy. Lazy 8 Breathing is just one helpful activity that can help you with this.

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**Merry  
Christmas**

from the Students and Staff  
of Medstead Central School

## January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Christmas Break New Years Day	2
3	4 K School Resumes Welcome Back!	5	6 K	7	8 K	9
10	11 K	12	13 K	14	15 K	16
17	18 K	19	20 K	21	22 K	23
29	25 K EXAMS	26 EXAMS	27 K EXAMS Early Dismissal At 2:23	28 EXAMS Gr. 7-12 Term 2 ends	29 PD Day No School	30
31						