

Medstead Mirror

Medstead Central School Newsletter

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



2020

Principal's Pen

Expectation vs reality. With the start of the school year there was a lot of concern about the new rules, masks, etc. For the most part the reality has not been nearly as much of a concern as we feared. Students have done a great job of adapting, and I have been impressed with the parent support for what we need to do. Once again, I want to thank our community for stepping up and getting behind the school in a difficult time to make this work as best we can for the students involved.

It is impossible to foresee every situation so if some days it seems like we are making up things on the fly, it is because we are. There is no set guideline for every situation so we are doing our best to apply the general rules to specific situations. We ask for patience as we continue to work through this and please remember that any time we make a decision it starts with the best interest of all the kids in mind.

I read an article the other day that talked about how we focus on the new reality of the situation, rather than the new normal. It stated that we need to understand where we are at and be happy with all of the positives. That doesn't mean we should dismiss the things that are missing, but the fact that our numbers are low and we are able to be in the school at all is ahead of a lot of places. That is the reality. It is not, however the new normal.

Normal will be when we can get back to doing all the things we want to do. That is the normal we need to look forward to. There is nothing wrong with wanting things to be different, this is not how we all envisioned the school year. At this point in time I should have been at several volleyball practices and knee deep in taco in a bag. I also know that when I am able to talk to the kids directly rather than through a computer screen, I can see how they are doing rather than having them type out responses. This spring made me realize how important it is to be involved in the day to day directly, and I am willing to wear a mask, etc if I have to in order to make that continue.

We don't yet know what fall will bring, and we will continue to do what we have to make it work. But like everyone else, we will continue to make the best of the current reality, while looking forward to getting back to normal.

- Greg

Important Dates

October 12

Thanksgiving Day
– No School

October 23

Picture Day

October 26

PD Day – No School

October 28

Early Dismissal @ 2:23

Individual Highlights

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A reminder that Medstead Central School has a
website!!

Notes, newsletters and events will be posted. Register your email address in the bottom right of the home page to receive Newsletter updates. We are trying to reduce paper going to and from school so school notes will be available here.

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

October Birthdays

Mackenzzy

Emily

Ryann

Giana

Ella

Emilee

Jenna

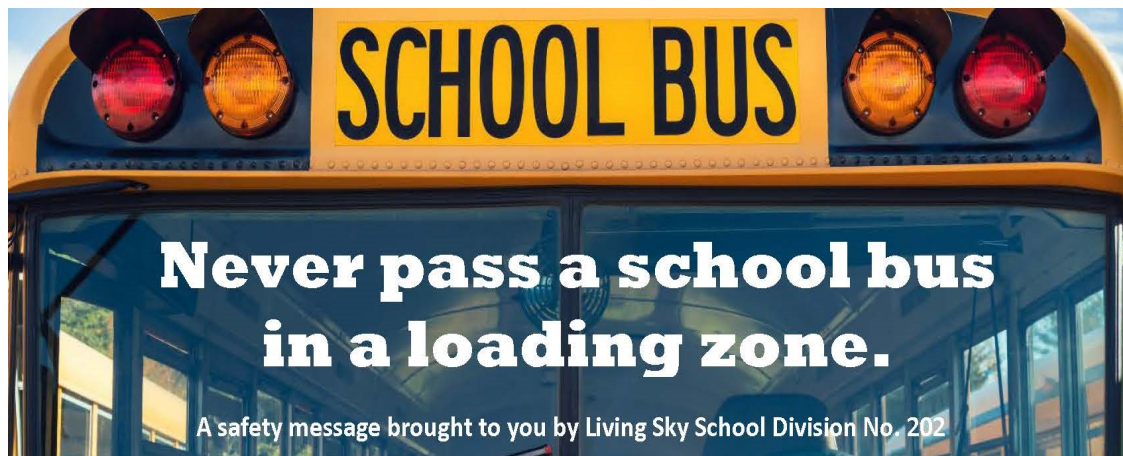
Corsin

Ethan

Keeley-Shaye

River

Leo



PICTURE DAY



October 23rd (tentatively booked)

Individual photos only

Following strict guidelines for social distancing and no props. There will be no group class photos at this time. Lifetouch will be our photographer and we will schedule group photos at a later date, if possible.

Counselor's Corner

My name is Coralie Buchholz and I'm returning to Medstead Central School as your school counsellor this year! I'm excited to be in your school and work with students, staff, and families! Here is a little information of what school counsellors do at Living Sky School Division.

School counsellors focus on the personal, emotional, and social needs of students.

The counsellor meets with students individually or in groups and may also give classroom presentations on a variety of topics. Counselling happens during the school day in private and discretion is used. Confidentiality is of paramount importance.

School counsellors may be required to assist with crisis intervention and response. When appropriate, counsellors work with parents and teachers to provide extra support for students. Unfortunately, school counsellors cannot provide counselling to adults or families. Counsellors can assist families with accessing agencies and professionals if additional services are required.

Referrals can be made by principals, teachers, parents, agencies, and students. Permission from the parent(s) or guardian(s) is required for a student under the age of 16 to see a school counsellor on an ongoing basis.

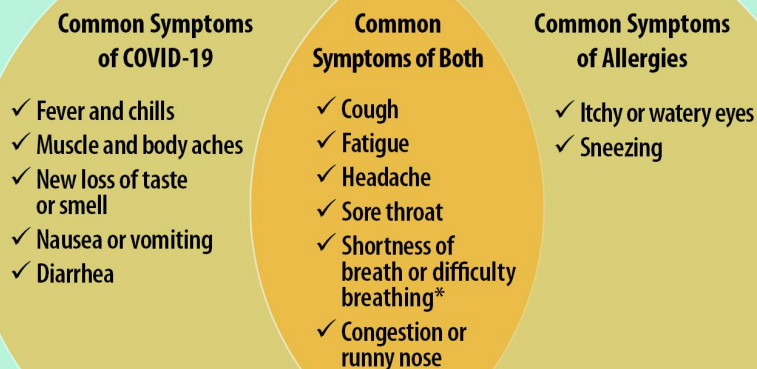


Absences:

Please notify the school with your child's absences. These are the ways in which you can notify us:

1. Edsby (student progress system) – parents/guardians should have received an email to register. If you didn't please let us know.
 2. Phone the school at 1-306-342-4600
 3. Text the school cell 1-306-841-7726
 4. Email the school at medstead@lskysd.ca
- If you don't contact the school with an absence, staff may contact you.

COVID-19 and Seasonal Allergies



**Seasonal allergies do not usually cause shortness of breath or difficulty breathing, unless a person has a respiratory condition such as asthma that can be triggered by exposure to pollen.*



cdc.gov/coronavirus

Masks

Thank you to the students and staff who have adjusted to wearing masks in hallways, on busses and when social distancing is not possible. Thank you for sanitizing and following our Safe School plan. Two masks per student were distributed last week. Please ensure all masks are marked with initials or some identification. Please remember that a clean mask should be worn every day. Masks should be washed regularly.

It's Okay to Tune Out.

The 24 hour news cycle is a lot at the best of times. Feel free to take a break from the updates if they're negatively impacting your mental health.



Living Sky School Division VIRTUAL COUNSELING

Available Tuesday, Wednesday and Friday

1-306-937-7943 or virtualcounseling@lskysd.ca

This is for all students and staff. If a student wants to contact virtual counseling during the school day, get in contact with Mrs. Hill or Mr. Knot.

COMING SOON 2020 VIRTUAL BOOK FAIR

**From Scholastic,
More details for this first
time
ever spectacular event
Later this month.**

Save Money on Food

Try the following tips to help save money when feeding your family.

Plan before you go

- Plan what you want to eat for a few days.
- Check what foods you have on hand. Use up fresh foods first.
- Get creative. Modify recipes to include foods you already have.
- Consider less costly protein foods such as eggs, lentils, beans or canned fish instead of pricier meats.
- Plan for leftovers. If you have roasted chicken one meal, use the leftovers to make chicken quesadillas, stir-fry, burrito/grain bowls, soups, or hearty salads for another meal.
- Finalize your grocery list.



**Plan for homemade meals whenever possible.
Eating meals from restaurants will cost more.**

While you are shopping

- Stick to your grocery list. Shop when you are rested and not hungry.
- Try frozen or canned vegetables and fruit if fresh are more costly or not available.
- Buy large packages of meat, poultry and fish. Divide the food into smaller amounts. Label and store extras in the freezer.
- Watch for sales. Bread products, several vegetables and fruit, and some dairy products can also be stored in the freezer.
- Compare the prices of different brands. Generic brands will often cost less.

Written by Public Health Nutritionists in Saskatchewan (2020)
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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

School Health & Safety

To ensure the safety and good health of our students and staff, we ask that anyone who is sick to stay home and call 811 and follow the instruction of Public Health. Even if you test negative for Covid, it is recommended that you are healthy (symptom-free) for 48 hours to return to school. Thank you.

October 2020							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2 K	3	
4	5 K	6	7 K	8	9 K	10	
11	12 Thanksgiving Day - No School	13	14 K	15	16 K	17	
18	19 K	20	21 K	22	23 K Picture Day 	24	
25	26 PD Day - No School	27	28 K Early Dismissal @ 2:23	29	30 K	31 	