

Medstead Mirror

Medstead Central School Newsletter

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



Principal's Pen

Perspective is everything. The last while has been a whirlwind of trying to look at the way we do things, and completely flip it upside down. That is an incredibly difficult task when you look at it as a whole and can only be manageable by looking at it in parts. We just got through a week of pausing while things were being figured out, and it was probably the best thing we could have done. It gave everyone a chance to just take a breath and realize that we can do this.

I read a quote the other day that really helped me see things in a different way. Instead of saying, "We are stuck at home!" change just one little word and say, "We are safe at home!" It really helps to see things clearly, especially when we realize that not everyone has the luxury to be able to say that. There are people putting their health on the line in order to keep everyone else safe. We still have the opportunity to provide an education, it's just not going to happen in the same way. Again, this is a luxury not everyone has.

I have had several conversations with staff, parents, and students over the last while and the range of perspectives is amazing. Some want the full curriculum because they are not wanting their child to fall behind, others are happy with what they are doing at home already as they are seeing their kids grow through those interactions in their own way. Others are so overwhelmed trying to keep their business going, while dealing with multiple kids trying to learn that just one or two things suggested a day is all they can handle. As a division we are doing our best to try to meet the needs of everyone involved while recognizing the stress that the current situation is causing

For those looking for more, don't be afraid to look with your kids. There are plenty of websites that have been suggested. There is a resource for parents on the Living Sky School Division website (www.lskysd.ca). It covers different areas of study.

For those happy with what is going on at home already, so are we. If you are doing well then you are doing exactly what you should be. For those overwhelmed, remember that you can pick and choose. You do not have to do everything, just what is best for you.

This is a time where we need to think of others when making choices. On a global level it can save lives, on a school level you need to balance what is being given with your situation, and individually we need to look after our own wellbeing, both physically and mentally.

If you feel like you don't know what is happening then you are part of the new normal, and remember that's okay. Health is the most thing right now, and so long as that is our focus, we will all be just fine when we are able to get back to the kind of learning we are more used to, maybe even with a new trick or two to help us out.

Stay safe,

Greg Knot

Important Dates

April 9
Gr. 7 - 12 Term 2 ends

April 10 - April 19
Easter Break

April 24
Gr. 7 - 12 Report Cards

Individual Highlights

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Thank you to

- Our students, families, teachers, communities, and staff that are all in this together. We will grow from this.

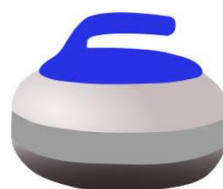
Sr. Curling 2020

On February 11/12 the Sr. Girl team of Jaelyn Kroeker, Ryann Short, Emily Gatzke, and Sarah Bargaen traveled to Spiritwood to play districts. First game was vs McLurg which came down to a final stone by McLurg to try and tie the game coming home. She was light with her draw and we won 7-6. Our next game was vs Unity and the game was close until the fifth end, when the got a 2 ender making it a 4-6 game for Unity. Medstead tried to set up the house with points, but Unity was aggressive with their take outs and the game ended with a 4-8 loss. Tuesday evening we played game 3 vs Luseland and were able to steal points throughout, winning in 5 ends with 8-1 score. On Wednesday morning we played McLurg for a second time, but this time the girls were able to get points in ends 2-5, ending the game with a 9-3 win. That win led us to the silver/bronze medal game against Unity. Unity got the first 2 points in end 1, then the girls found their weight and made some great hits to get points in the next 6 ends. Unity shook hands after six ends and we had a 8-2 win. This gave us a District Silver medal and a place in Regionals on February 28th. Congratulations to my team on their second consecutive Silver medal and Regional placement.

Regional in Spiritwood February 28/29

The Sr. Girls had their first game vs Lloydminster at noon on Friday. The game progressed with each team getting one point ends until the 8th end when it we were two down coming home. Jaelyn had the house set up nicely with 4 rocks counting, but the Lloyd skip made a perfect draw to score 1. We lost 6-3, but it was a very competitive game. Our second game was against St. Walburg at 7pm, which started out to be another 1 point per end game. Then St. Walburg scored a 4 ender on us and jumped ahead in the 6th end. On the 7th end Jaelyn had to make a tap back angle raise to push the St. Walburg shot stone out of the house to count our 3 points. With success! The score was now 8-6 coming home. Unfortunately, we had several rocks in the house, but there was one St. Walburg stone that was sitting 2nd shot and we just couldn't get two points out of it. The game ended with a final score of 8-7 for St. Walburg. Congratulations to Lloyd who won first in Regionals and earned their way to Provincials. Thank you to the girls for committing to practice time and competition days. Also, thank you to Shawna Schira-Kroeker for helping coach throughout the season.

Mrs. Rae Short



April Birthdays

Daxton
Mason
Wendal
Lyla
Bethany
Cree
Casey
Trevor
Braden P

Mrs. Haryung
Ms. Ross
Mrs. Mann
Mrs. Johnson
Mrs. Klassen

Community and On-line Supports

At Living Sky School Division, the health and safety of our staff and students is our number one priority. As we navigate the COVID-19 pandemic, we are committed to providing our families with the resources they need to support their health and wellness.

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Counselling Agencies:

Catholic Family Services

North Battleford: 306.445.6960
 Prince Albert: 306.922.3202

Saskatchewan Health Authority

Regional Mental Health Supports
 North Battleford: 306.446.6500
 Prince Albert: 888.765.6055
 Lloydminster: 306.820.6250

Battle River Treaty 6 Health

306.937.6700

West Central Crisis Services

Kindersley (outreach in Kerrobert)
 306.463.6655

Mobile Apps:

Calm: provides guided meditations to help manage anxiety, lower stress, and better sleep.

Mindshift: Is designed to help you reduce stress through guided meditation, cope with anxiety and develop healthy ways of thinking.

Health Lines:

Kids Help Phone
 1.800.668.6868
 or text 686868

Saskatchewan Healthline
 811

COVID-19 Information and Resources:

Children are surrounded by as much information each day as we are. It's a stressful and uncertain time for everyone. We can help by doing a few things:

- | | | | | |
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| 1. Correct misinformation for them. | 2. Focus on what kids do to keep themselves healthy. | 3. Manage your own fears by modeling calm. | 4. Don't dismiss their fears. Instead validate them using logical information. | 5. Preview changes or disruptions that may happen. |
|-------------------------------------|--|--|--|--|

Tips for managing anxiety about COVID-19:

Canadian Mental Health Association
cmha.bc.ca/news/managing-anxiety-Covid-19/

Anxiety Canada
anxietycanada.com



Talking to your children about COVID-19:

Center for Disease Control
cdc.gov/coronavirus

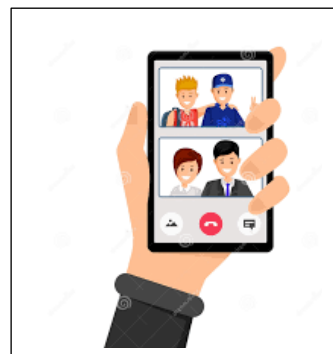
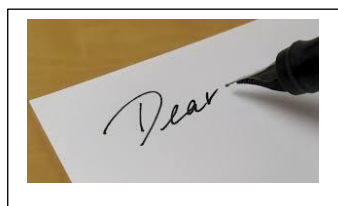
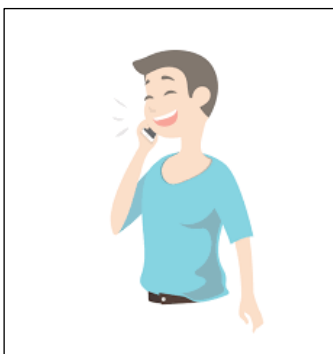
Kids Health
kidshealth.org/en/parents/Coronavirus-how-talk-child.html

COVID-19 Information by and for people with disabilities - selfadvocacyinfo.org

Please visit www.lskysd.ca for our response to COVID-19

Stay Connected

"Anything you can do to help others meet their need for connection also helps you. There is satisfaction, even joy, to be found in serving a cause greater than self."



April 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 Grade 7-12 Term 3 Ends	10 Easter Break	11
12	13	14	15	16	17	18
19	20	21	22	23	24 Grade 7-12 Report Cards	25
26	27	28	29	30		