



September  
Issue

# M.E.S. PRESS

Alternate formats of the newsletter are available upon request  
by contacting MacGregor Elementary School - 685 - 2249

## MacGregor Elementary School

MES Annual Welcome Back BBQ  
and Book Fair a Huge Success!

Our yearly welcome back BBQ and evening book fair once again turned out to be a fantastic event for the school and community. It was great to see numerous students and parents at the event and supporting the book fair. This year our book fair sales were well above the \$4000.00 mark, which provides our school library over \$2600.00 in new books. That is a magnificent number of books and the students are excited to have these in our already well stocked library. Families were also able to pick up the 2016-17 yearbook. Special thanks to Mrs. Caroline Wiebe for organizing the year book.



### Terry Fox Foundation

Students and staff at MacGregor Elementary School participated in the annual Terry Fox Run. It was a great event and an awesome way to connect the school and community. Special thanks to all those who participated and especially to Mrs. Marriott's grade 7-8 class for organizing the event.

We would also like to thank the Portage Coop for their generous donation. All proceeds from the lunch will be donated to cancer research.



MacGregor Elementary School is once again participating in the BAG UP CHALLENGE. Throughout the month of October we will be collecting as many plastic bags as we can to help our environment. Collection days are every Friday in October. Count the bags and indicate the number on the outside of the bag. At the end of the month we will see how many bags our community and school can recycle.



Congratulations to Jewell, Paige, Isabelle and Rowan for being our Book Fair winners. They were the closest in the Guess How Many contest!

Do your kids know their  
MATH facts?????

( $3 \times 4 = ???$  -  $7 \times 8 = ???$ )

Over the summer many students loss some of their mental math skills and need to practice hard and frequently to regain what they have learned. MES students, teachers and parents need to make it a priority over the month of October to learn math facts and be able to recall answers within 3-5 seconds. Please make it a priority to practice these at home each and every day.

#### Upcoming Dates

Cross Country  
Divisional Run @  
Jackson Lake  
Oct 2nd

Nursery School Boston  
Pizza Day  
October 4th

Divisional Soccer  
Grades 5-8 @ Langruth  
October 12th

PD Days - No School  
Oct 6th  
Oct 20th

MES JV Girls VB  
Tournament - Oct 19th

WE DAY  
October 25th



## MES Buddy Bench

Our Buddy Bench is finally completed and situated outside the front doors of the school. The buddy bench is a simple idea to eliminate loneliness and foster friendships on the playground. It is our hope that it helps spread the message of inclusion and kindness

# MES ART

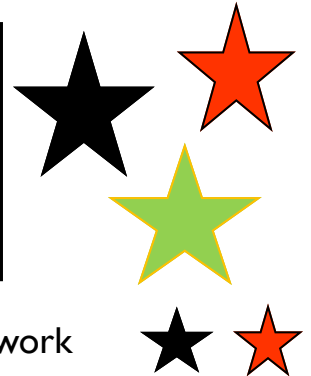
Did you know a bear has 42 teeth?

Did you know 1% of people are left handed?

Did you know honey is the only natural food which never spoils?

Did you know cats spend 66% of their life asleep?

Did you know...



Grades 1-2 Seasons Artwork

Are you looking for information, news and happenings at MacGregor Elementary School?

Check our school website

[www.pinecreeksd.mb.ca](http://www.pinecreeksd.mb.ca) (schools - MES)

## Welcome Back

It is hard to believe that we have already finished one month of school and now are into October. I would like to welcome all staff and students back to MES for another exciting school year. There are many great opportunities and activities for students to get involved in at MES. I encourage students to take pride in their learning and make the best of the school year. Learning takes many different avenues and we strive to provide unique and genuine opportunities for our students.

### Tips for Transitioning Back to School

Going back to school isn't just about freshly-sharpened pencils, new textbooks, and sharing summer stories. For a lot of young people, it's also an especially stressful time. When the pressure of going back to school is too much, as parents and family members, we need to remind our kids of how strong they really are!

Below are some basic tips for parents and caregivers to think about....

#### Tip #1: HELP

Help your child to get to know their new school environment, drop in for a tour or a visit, check out their locker, homeroom and teacher. Go to the open house events i.e., BBQ. Get involved.

#### TIP #2: BE AVAILABLE

Give your child extra time, attention, and support when needed in the start of the school year to help ease their stress and anxiety.

#### TIP #3: THEY ARE NOT ALONE

Reassure your child that there are other students feeling the same way and they are not alone in feeling stressed about the changes in their life. They can call KidsHelpPhone.ca 1-800-668-6868

Submitted by, Ginette Snaith, School Social Work Clinician

MacGregor Elementary School would like to welcome Mrs. Rebecca Wiebe to the school staff. Mrs. Wiebe is teaching multiple subjects at the grade 4-5 level. We look forward to working with Rebecca this school year. Welcome!