

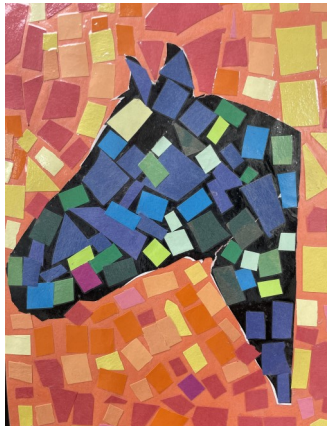


M.E.S. PRESS

MacGregor Elementary School

February Newsletter

MES ART



News from the Basketball Court.....

MacGregor Mustangs Basketball teams continue to improve their basketball skills through weekly practices and games. The Mustangs have played a variety of schools from around the area including Austin, Dakota, Langruth, and Gladstone. The most recent action saw the lady Mustangs defeat both WMCI and Langruth. The guys lost a barn burner against Dakota (41-40)



and defeated Langruth in a Monday evening battle (43-14). Coming up for the Mustangs are the invitational tournaments on March 1st and 8th.

GO MUSTANGS !

K-8 Swimming Wrap Up

We were once again excited to provide all of our students the opportunity to enjoy some time in the pool. Due to previous fundraising events, the cost was minimal for MES families and it is always a fun time for our students and staff. Thanks to our parent supervisors for helping. Swimming and being comfortable around water are excellent life long skills.



A big thank you to Mrs. Sims for organizing, supervising, and teaching our MES students how to knit. It has been a very unique and cool skill to learn. Mrs. Sims is looking for some knitting items, if families would like to donate.

- YARN
- NEEDLES
- OTHER KNITTING SUPPLIES

Upcoming Dates

March 11th

Welcome Ms. Emily Nichol
(BU Student Teacher)

March 13th

Divisional Basketball
Girls @ AES
Boys @ MES

March 15th

Recycling
Presentation

Grades 1-4

March 21

Brandon Wheat
Kings Game

March 22

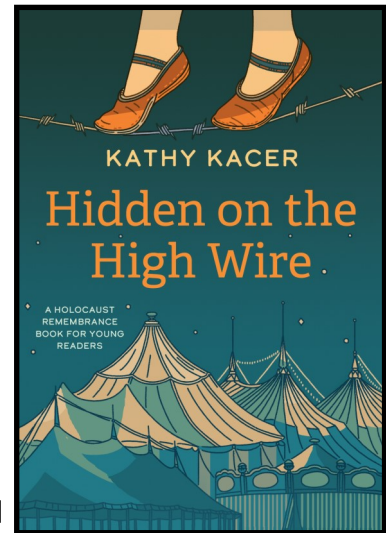
Last Day of Classes

SPRING BREAK :)

Irene travels around Germany with her family's circus, filled with new things happening every day, good or bad. Her love of doing her high wire performances take an unexpected turn after someone in the crowd boos. Her family was Jewish, and with Hitler's Nazi's taking over the Jew's Irene's life takes a dramatic turn.

When the circus is forced to shut down and Irene's father is taken away, Irene and her mother have to hide with another circus. Everyday is faced with new challenges, caught between her love of performing, and hiding - even if in plain sight.

This book is based on a true story of Irene Danner who was a young, Jewish tight-rope walker who hid in plain sight. I enjoyed this book because of its story line, and it was also very interesting. It kept me interested the whole time, I even wished there was more. Saying that, I give it a 5 star rating for it's vocabulary, setting and action.



BOOK REVIEW 2024

Lexis Toews

WHY I LOVE FRY BREAD?

It's soft when it comes out of the oil. Soft on the inside and crunchy on the outside.

You can make Bannock dogs, Bannock burgers, and taco in a bag with little pieces of fry bread.



FEBRUARY is I LOVE TO READ MONTH

Every year MacGregor Elementary School celebrates Literacy and Reading during the month of February. This year our theme was "LEAP INTO READING." It was a fantastic month filled with lots of reading, literacy challenges, and fun activities.

Students enjoyed several guest readers including the Wheat Kings, Portage Terriers, and virtual Author, Lisa Erixson. A special thanks to Cole Thompson (Maple Leaf) for supporting our Pancake Breakfast and donating all the delicious bacon. A special thanks to all staff and students for taking part in all the planned activities and continuing to develop a love for reading.

WELLNESS CORNER

February is the month to promote confidence and boost self esteem. There are many ways to help increase your child's self esteem and promote confidence in themselves.

Some examples include:

1. Encouragement to try new things. Try and try again.
2. Practice gratitude - this can include helping out those in need, donating old toys or clothes, or a random act of kindness.
3. Praise efforts but do not over praise. This can lead to disappointment over time.
4. Allow your child to take risks, make choices and finish what they start. They may fail but this will help them navigate tough moments in life.
5. Limit social media and device time. Social media has been linked to mental health decline in children and youth.
6. Encourage positive self talk in your child. Change a negative thought to a positive.
ex: I can't do that, YET. Embrace and validate your child's interests and goals.
7. Ask your child questions that are open ended and nonjudgemental. Allow them to be honest with you about how they are feeling.
8. Your child may have a hard time opening up to you in a face to face situation. Try going for a walk or a drive with your child so you are side by side in a less intimidating environment.
9. Encourage them to help around the home to build confidence in daily tasks that gives them a sense of belonging.
10. Boast about your child so they hear you talking positively about them. Indirect praise for efforts or character traits such as kindness or sharing well with others can significantly boost confidence in your child.