



M.E.S. PRESS



MacGregor Elementary School

March Issue

MES ART



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204-685-2249

Spring Break
As the month of March comes to an end, we want to wish all families a safe and enjoyable Spring Break. The third term begins on April 1st for all students. We encourage students to return to MES rested and prepared to give their best effort in the final term. Have a great break and see you again very soon.

BAKE THE WORLD A BETTER PLACE

Throughout the month of March and April all of our grade 1-2 students will have the opportunity to bake with Mrs. Dorothy Hill. Time in the kitchen has been a huge hit and allowed our students to learn about new foods, safety in the kitchen, building math skills, and bonds between friends. Not



to mention the awesome snacks that students are sharing with staff and classmates.

WINTER ACTIVITY DAY

In early March, our grades 1-8 students took advantage of the little amount of snow and nice weather to hit the tubing hill at Valleyview. This was a great opportunity to get outside after a winter with minimal snow. Students took to the tubing hill making chains and racing against their friends and staff. Getting outdoors has lots of benefits for physical fitness, mental health, and allowing our bodies to absorb some much needed vitamin D.



Did you know that Leprechauns are known for being elusive tricksters?

Did you know Irish legend and folklore tells the tale that leprechauns make and repair shoes, and are known for exceptional craftsmanship?

Did you know Leprechauns are also said to be the guardians of hidden treasure?



<u>Upcoming Dates</u>
April 4th—5th Student Led Conferences
April 10th Jump Rope for Heart Activity Day
April 18th MES Invitational Badminton Tournament Grades 7-8
April 32rd Bus Driver Appreciation Day
April 24th Admin Assistant Day

MES BOYS RISE TO THE TOP

Congratulations to the MES Mustangs boys basketball team for being crowned the PCSD divisional basketball champions on March 13th. At the tournament our MES 7's defeated the WMCI Warriors in an epic battle and came out on top in their pool making it an all MES final. The boys worked hard all year and we are super proud of not only their athletic abilities but sportsmanship and teamwork. The lady Mustangs came up a little short in the championship game against the Warriors. All in all, it was a super exciting and rewarding season for all players. A big thanks to Ms. Boychuk for coaching the girls' and to Mr. May, Mr. Terrick, and Mr. Nichol for officiating our home games. Next on the rotation of sports is badminton and that will start upon return after Spring Break.



Grade 8's (red jerseys) - Grade 7's (white jerseys)

CURLING WRAP UP

After school curling started in January two nights a week. We had 40 kids in grade 5-8 participate during those weeks and organized a couple little bonspiels with other schools in our division to get some game like situations. We took two teams to divisionals in Plumas at the end of February. Liam Blyth, Zaelyn Lambert, Bailey Sheppard, Walker Murray, Hailey Terrick, Emily Wieler, Bodie

Lambert, Jude Hill represented MacGregor well.

Thanks to the MacGregor Curling Club and the staff at the rink. ★



THE BENEFITS OF EXERCISE ON MENTAL HEALTH

- REDUCED STRESS LEVELS
- REDUCED DEPRESSION
 - INCREASED MOOD
- INCREASED CONFIDENCE
 - IMPROVED SLEEP
- BOOSTS BRAIN POWER
- INCREASED SELF ESTEEM
- INCREASED ENERGY LEVELS

I feel lucky when..... (Ms. Winistok's Grade 1-2 class)

I go to the Jets game.



My mom and dad leave me in charge.

I get to play on my tablet.

I go to a hotel.

I go swimming.

We have gym class.

It's my birthday.

I get to play with my friends.

I play with my dog.

I finish an obstacle course.

I eat lucky charms.

I get to play hockey.

My dad takes me out for supper.

I get to see my grandma.

When my dog sleeps with me.

When I get kittens.



MES MISSION STATEMENT

To create a safe, respectful, and encouraging environment where students feel comfortable, responsible, and excited about their learning.