



# M.E.S. PRESS



## MacGregor Elementary School

## HAPPY HALLOWEEN

If I were a Thanksgiving turkey, I would run away and never come back. When he picks me up I would peck him on the head until he lets me go and then I would run away. If that doesn't work I would attack him with a big piece of wood and knock him out. Being a Thanksgiving turkey would be terrifying.

Written by: Andrew D.

If I were a Thanksgiving turkey, I would be really nervous. I would not want to be cooked. I would ambush the farmer, jump on him when he walked by and give him lots and lots of things so I wouldn't get cooked. If that didn't work I would just run as fast as my little turkey legs could carry me thinking, "I'm too young to die!" Being a Thanksgiving turkey would be scary.

Written by: Elora D.

### October Issue

If I were a Thanksgiving turkey, I would feel scared, nervous, and mad. First, I would get a replacement turkey and then I would play dead. I would run away. Then I would say "Why! Why! Why! Being a Thanksgiving turkey would not be fun because I would be dead in the end.

Written by: Harper T.



**Halloween Parade  
Oct 31st @ 1:00 pm**

### Upcoming Dates

**Nov 2nd**

**MES volleyball teams at Dakota**

**Nov 9th**

**Remembrance Day Service - 11:00 am**

**Nov 13th**

**MES PAC MEETING**

**7:00 pm**

**Nov 17th**

**MES PAC Hot Lunch**

**Nov 20th**

**Divisional Volleyball Tournament @ Gladstone**

**Nov 24th**

**NO SCHOOL**

**Student Led / PD Day**

**Nov 27th**

**Grade 7-8 Residential School Museum Tour in Portage**

## MacGregor Elementary School - School Plans / Priorities 2023-24

- 1) Indigenous Education** - “At MES, we will make it a priority to learn and engage in authentic learning activities with and from Indigenous people.”

\* Land acknowledgements at special MES events \* Connect with Indigenous role models and guests to speak and interact with our students \* Incorporate Indigenous perspectives into daily teaching \* O’ Canada in different languages \* Use of more Indigenous books within the classroom \* Connect with Northern Manitoba School

- 2) Exposure and Opportunity** - “By June 2024, MacGregor Elementary School will make it a priority to provide activities and learning experiences beyond sports and art.”

\* Continue to evolve the MES leadership group \* Search new and interesting technology for students to use \* Provide a variety of special interest groups for MES students \* Talent Show at Christmas Dinner \* Visit and explore local community spaces

- 3) Literacy** - “By June 2024, MES students will show individual improvement with the F/P reading and comprehension scores. (Improvement of at least one grade level)

\* Common assessments used across all grade levels \* Professional development for teaching staff \* Build a strong reading community \* Seek alternatives for non-readers \* Increased focus on comprehension \* Reading/Writing happens daily

- 4) Numeracy** - “By June 2024, all MES students will show individual growth in the Pine Creek School Division math readiness assessment. (MRLC or PCSD Math Readiness)

\* Use variety of teaching strategies and manipulatives \* Emphasis on mental math \* Professional development and learning for teaching staff \* Math happens daily

- 5) Mental Health/Well Being** - “By June 2024, MES students will practice self-regulatory strategies using Strong Kids, Kids in the Know, Project 11, and self-talk and become more conscious about having open discussions regarding student-specific well-being.

\* Exposure to a variety of mental health topics and presentations \* Visible support services throughout the school \* MES mental health/well being support brochure for families \* Healthy lunches and snacks available to all students \* Instill a growth mindset in students and staff \* SWC to train student and staff on self-regulation strategies to use in classroom.

# MES ART



**ALTERNATE FORMS OF THIS NEWSLETTER  
ARE AVAILABLE UPON REQUEST. PLEASE  
CONTACT MES AT 204-685-2249.**

## WELLNESS CORNER - Coping with Depression

When you're depressed, you can't just will yourself to "snap out of it." But these coping strategies can help you deal with depression and put you on the road to recovery.

- 1) Reach out to people and stay connected.
- 2) Do things that make you feel good.
- 3) Be active and exercise.
- 4) Get a daily dose of sunlight.
- 5) Challenge negative thinking.
- 6) Eat healthy and sleep well.



Did you know Halloween is the second-largest commercial holiday in the country?

Did you know Jack-O-Lanterns were once carved out of turnips, potatoes, and beets.

## Cross Country News

During the month of September, students from grades 5-8 were involved in cross country. The team practiced twice a week and competed at the Divisional Cross Country meet on October 2nd. MES is proud of the 32 students who took part this season. Great job! Results from the divisional meet are below:



Grade 7-8

Ren Murray 1st

Tyson Wowk 3rd

Jordyn McKinnon 1st

Hailey Terrick 2nd

Payton Longclaws 3rd

Grade 5-6

Londyn Taylorson 1st



**Cross Country Team 2023**