



## *Principal's Message – Mrs. Karla Silbernagel*

Welcome back to a new school year. We are so pleased to be back learning together. I would like to take this opportunity to welcome some new faces to our building. First, welcome to Mrs. Sarah Seargeant who replaced Mrs. Blair after her retirement. Mrs. Seargeant, her husband and three children have moved to our area, and we are excited to have them join our community. We also welcome 5 new students: Abigail Seargeant (Grade 1), Benny Hamm (Grade 1), Claudia Jung, Daisy McCrea and Carter Swanson in Kindergarten. We are so excited to have you join our Maverick Family.



Thank you once again to Lise Williamson who works tirelessly over the summer to make our school so clean and inviting. She sets the tone for our school, and we appreciate her so much.

Our first days were busy ones setting up our school, looking at school data and provincial/division priorities, planning events and, one of the days, gathering as a very large school division in Caronport to learn with the rest of Prairie South.



On our very first day back, Mr. Ficzel and the grade 9-12's prepared a very nice breakfast of pancakes, bacon, ham, eggs, fruit and chocolate milk. We were once again spoiled by his culinary expertise. Thanks, Mr. Ficzel! After breakfast, we broke off into our new house groups and planned a name and logo for each group, did a variety of fun group activities and had lots of fun for the whole morning! We had an excellent start to our year.

On Wednesday this week, we kicked off our mental health strategy for the month which is Solitude. There are many benefits to practicing solitude and some of those include: alone time increases empathy, productivity, creativity, mental strength, and may reduce behavior problems in kids (Morin. A., 2017). This month we will be doing a variety of activities such as mindfulness, breathing techniques and some meditation. Each month we will practice a different strategy for helping kids have a more positive mental health.

Volleyball is once again starting up in the school. Unfortunately, we did not have any golfers or cross-country runners this year, so our first sport will be volleyball. Our senior girls and boys have a co-op with Glentworth. Our boys will play out of Mankota, and our girls will play out of Glentworth. We will also have one bantam girls' team. We look forward to the season.

Lastly, parents please remember to contact the school if your child will be absent. Effective communication goes a long way in helping us keep accurate attendance records. Please also contact the school, at any time, if you have any issues or concerns with your child.

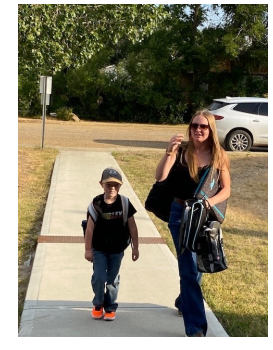
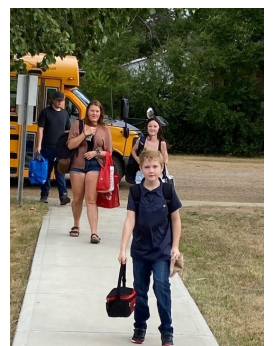
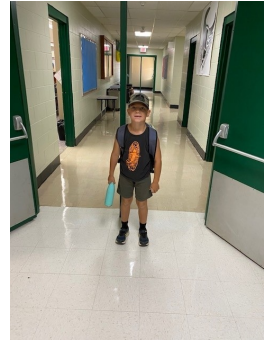
I'm looking forward to a productive and fun-filled school year.







# First Day of SCHOOL







Link to Mankota School webpage is:  
<https://schools.prairiesouth.ca/mankota/>  
 If you are viewing online:  
 Hover mouse over maverick symbol  
 and left click

Dates To Note:	
Sept. 10	School Day
Sept. 15	School Pictures 9AM
Sept. 17	School Day
Sept. 24	No School
Sept. 27	Early Dismissal
Sept. 28	Terry Fox Run
Sept. 30	Orange Shirt Day
Oct. 1	No School






# School Pictures

Thursday  
 September 15  
 9 AM

We hope for outdoor  
 photos so please dress  
 for the weather!!



Plans for Terry  
 Fox Run  
 are underway for  
 Wednesday,  
 September 28th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>September</b>		8	9 K day  School Day 	10
11	12  Magnet PAA	13 K day	14	15 K day   School Pictures 9AM	16  School Day	17
18	19 K day  	20  Magnet PAA	21 K day	22	23  No School	24  
25  	26 K day	27	28 K day  Terry Fox Run	29  Magnet PAA	30 K  School Day  Orange Shirt Day	1  <b>Oct.</b>

# Mankota Calvary United Church Turkey Supper

**Sunday, September 25**

5:00 - 7:00 p.m.

Mankota Agricultural Hall

Adults: \$17.00

Ages 6-12: \$8.00

Under 6: Free

**Everyone Welcome!**

Country Corral  
Closing Out Sale  
121 3rd St. W Mankota, SK.  
Friday September 9th +  
Saturday September 10th  
9 a.m. - 5 p.m. Both Days  
★ **MAJOR DISCOUNTED ITEMS**  
Silver Kids Kids Women's Baby  
+ Wrangler Clothes Muck Boots Fashion Gifts  
Jeans  
Cards Balloons Gift Bags & MORE  
**ALL SALES FINAL**  
**NO RETURNS + NO EXCHANGES**  
**CASH ONLY**  
★ People who have products on  
consignment Sept. 10th is the last  
day for pick up ★

Please make sure to keep  
contact information up to date.

Let the school know if there are any  
changes at any time!

## Mankota School Bus Routes

Please note your child's bus route number.  
All notices on the PSSD website will be posted  
by the town and route numbers.

Mankota 1  
Mankota 2  
Mankota 3

Merles Kress  
Darla Briere  
Laurie Robertson

# MANKOTA PRIMARY HEALTH CARE CLINIC

**Hours of Operation:** Tuesday & Wednesday 8:30 am to 5:00 pm

**Lab/X-ray Hours:** Tuesday & Wednesday 9:00 am to 3:00 pm

**September 2022**

**This calendar is subject to change without notice**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 <b>STAT</b>	6 Physician Nurse Practitioner	7 Nurse Practitioner	8	9	10
11	12	13 Physician Nurse Practitioner	14 Nurse Practitioner	15	16	17
18	19	20 Physician Nurse Practitioner	21 Nurse Practitioner	22	23	24
25	26	27 Physician Nurse Practitioner	28 Nurse Practitioner	29	30 <b>STAT</b>	

If you have a medical emergency  
and require an ambulance call:

**9-1-1**

The nearest hospital emergency department is located at:  
**Herbert & District Integrated Health Facility  
Cypress Regional Hospital (Swift Current)**  
For complete details please visit the former Cypress Health Region website at  
[www.cypresshealth.ca](http://www.cypresshealth.ca)

