



March 9, 2023

**"Grow To Be The Best You Can Be"**

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

Winter has been taking its sweet time, and I know we are all getting tired of cold weather, but we should be on the downside of winter and soon Spring will rear its green head. Kids have been enjoying our winter activities such as sledding, making snowmen and forts, and building tunnels in the snow. However, I don't think any of them will miss putting on the winter gear!

Our school has once again switched sports and we are now practicing Badminton and Archery. Mr. Ficzel is once again found on the badminton court, and we have a few students joining him to compete in the upcoming season. The first bantam badminton tournament will be on March 17-18 in Assiniboia and we have a few students attending. Mrs. McCrea has also started archery and they practice once a week. Their first tournament will be in April, so they have a bit of time to practice for that sport.

This week, we were able to take all students, K-12, to the curling rink to throw some rocks. Elementary students enjoyed curling and playing crokinole ( a fun game on the curling ice). The high school went in the afternoon and we had some great competition among the teams. It was a great day. I want to thank the curling club, and in particular, Stan Scribner, for getting our ice ready and volunteering his time. Thank you to the curling club for supporting our curlers. We really do appreciate your generosity and volunteerism.

Congratulations to all our Mavericks who are into Provincial and Division hockey playoffs. It's been a long hockey season and their hard work has now paid off. Best of luck as you finish your hockey season.

Best of luck to our young figure skaters who are finishing off their season with their Winter Carnival on Sunday at 4:00 in Kincaid. I know you are anxiously awaiting to show off your new skating skills to all your family, friends and community.

Report cards for our elementary students (grade K-8) will be out early next week. Please make sure that you can log in to MSS and access your child's report card. If you are having difficulty or need a new password, please make sure to contact the school and Mrs. Sayers can help you out. Student-led conferences for ALL students will be held at the end of March/beginning April. The date is still to be determined because of a change in date in my admin schedule. We will be sure to let you know ASAP.

This month, our mental health strategy is a focus on music. A. Frost from Jedfoundation.org (n.d) found that listening to music has many health benefits such as:

- Music can be distracting and lower your stress.
- Music can help feel your feelings.
- Music can make it easier to talk about what's troubling you.
- Music can help figure out who you are.
- Music builds community.
- Music build's your brain's capacity and connections.
- Music can be a mood booster.

<https://jedfoundation.org/resource/how-music-can-improve-your-mental-health/#:~:text=The%20researchers%20found%20that%20the,stress%20hormones%20in%20your%20body.>

To practice this mental health strategy, we are listening to various genres of music in the school, doing a little music trivia each day, and hope to do a little karaoke/music bands. Should be a fun month!

**Mankota School**  
**School Community Council**  
**Annual General Meeting**  
**and Elections**

A general meeting for the purpose of presenting an annual report and to hold elections for the School Community Council of **Mankota School** will be held on **Monday, April 3, 2023 at 7:00 p.m.**

at  
**Mankota School**

School Community Council Policies and Procedures developed by the Board of Education regarding the elections can be viewed under the schools tab, School Community Councils section on the Prairie South School Division No. 210 website: [www.prairiesouth.ca](http://www.prairiesouth.ca)

Parents and guardians of students attending Mankota School and School Division electors residing in the school catchment area may stand for election to the School Community Council and vote in the elections. The School Community Council is comprised of five elected parent and community members. Elections are being held to fill two of these positions.

Nominations of parents and community members interested in standing for election must be submitted on the official form and will be received up to the time of the election. Nominations are available from Mankota School and can be returned to Mankota school prior to the election or be presented at the election.

Contact: Mrs. Christina Sayers at 306-478-2370  
Email: [sayers.christina@prairiesouth.ca](mailto:sayers.christina@prairiesouth.ca)



**WOOD MOUNTAIN REGIONAL PARK**

Box 14  
Wood Mountain, SK  
S0H 4L0

**2023 Summer Job Postings**

**SENIOR LIFEGUARD**

We are currently accepting applications for Senior Lifeguards. This is a seasonal part time position with possibility of full time, approximate dates from the end of June to the end of August of 2023. Required qualifications include NLS Lifeguard certificate, Swim for Life & Lifesaving Instructor certificate, and Standard First Aid/CPR-C. Deadline for applications is April 15, 2023.

**JUNIOR LIFEGUARDS**

We are currently accepting applications for Junior Lifeguards. This is a seasonal part time position with approximate dates from the end of June to the end of August of 2023. Required qualifications include Bronze Cross and Standard First Aid/CPR-C. Applicants must be 14 years of age as of June 30, 2023. Deadline for applications is April 15, 2023.

**SENIOR MAINTENANCE**

We are currently accepting applications for Senior Maintenance. This is a seasonal full time position with approximate dates from June to the end of August of 2023. A valid driver's license is preferred. Deadline for applications is April 15, 2023.

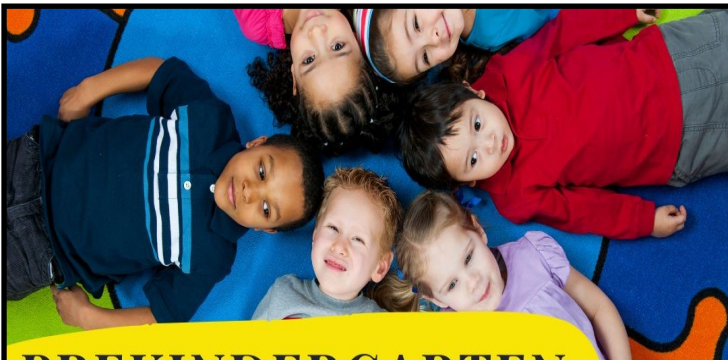
**MAINTENANCE**

We are currently accepting applications for Maintenance Staff. This is a seasonal part time position with approximate dates from June to the end of August of 2023. Must be 14 years of age as of June 30, 2023. A valid driver's licence is an asset but not required. Deadline for applications is April 15, 2023.

To apply for a position, send a cover letter and resume to:

Board of Directors, Wood Mountain Regional Park  
Box 14 Wood Mountain, SK S0H 4L0

Or email  
[woodmountainrp@gmail.com](mailto:woodmountainrp@gmail.com)



**PREKINDERGARTEN APPLICATIONS and KINDERGARTEN REGISTRATIONS**

will open on  
**March 15, 2023**



Go to [www.prairiesouth.ca](http://www.prairiesouth.ca) after March 15 to start your application/registration!

Prairie South Schools

**Kindergarten & Prekindergarten Registrations Applications NOW OPEN!**

Prairie South is excited to welcome new Kindergarten students to the 2023-2024 school year!

Prekindergarten is an application process not a registration process. Families will be contacted by the school in June to discuss their application.

Children must be 5 years of age by December 31, 2023 to register for kindergarten.



Children must be 3 or 4 years old by the time school starts in the fall to apply for prekindergarten.

Classes begin September 2023.

[www.prairiesouth.ca](http://www.prairiesouth.ca)



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:	
March 10	School Day
March 13	Elementary Report Cards
March 15	Magnet PAA
March 17	NO School
March 24	School Day and Magnet PAA
March 29	Student Led Conference 4-8 PM



# Mankota Community Centre & Agriculture Hall

March 31<sup>st</sup>, 2023

@

## Steak Supper Fundraiser

Mankota Agricultural Hall

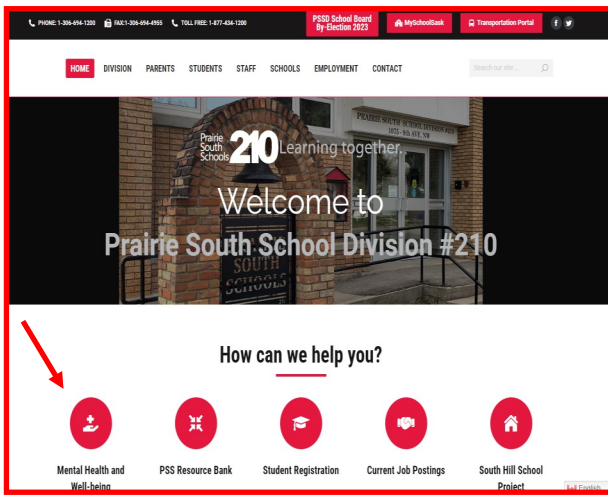
5:00pm – 7:30 pm

Kids Welcome  
Burgers & Hotdog  
Will be Available

*Advance Tickets Available at*  
 Innovation Credit Union Mankota Branch  
 Poplar Valley Vet Clinic

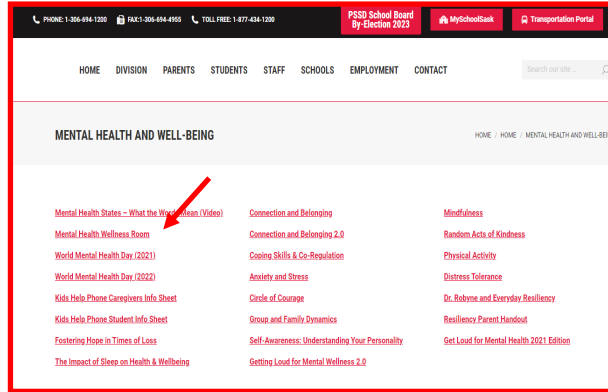
Or Contact  
 Kevin Gillespie – 306-741-9582  
 Kurt Silbernagle-306- 478-7791

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				9	10 K day School Day	11
<b>March</b>						
12	13  Elementary Report Cards	14 K day	15  Magnet PAA	16 K day	17  No School	18
19	20	21 K day  	22	23 K day	24  School Day  Magnet PAA	25
26	27 K day	28	29 K day	30	31  No School	1



Mankota's future Veterinarians!

There are many mental health resources in the mental health tab on the Prairie South Website. In particular check out the mental health wellness room. See screen shots to the left.



# 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 3:30 pm

## MARCH 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lab 9:00-3:00	2	3	4
5	6	7 Physician	8 Lab 9:00-3:00	9	10	11
12	13	14 Nurse Practitioner	15 Nurse Practitioner	16	17	18
19	20	21 Nurse Practitioner	22 Nurse Practitioner Lab 9:00-1:00	23	24	25
26	27	28 Nurse Practitioner	29 Nurse Practitioner Lab 9:00-3:00	30	31	

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)



If you have any questions or concerns, please contact the Mankota Primary Health Care Clinic at (306) 478-2294

Updated: February 27, 2023