



April 6, 2023

"Grow To Be The Best You Can Be"

Principal's Message – Mrs. Karla Silbernagel

Easter break is quickly upon us, and I know students are looking forward to a much-needed break. Our reality is that there are only a few months of school left and I'm always baffled at how fast the school year goes. There is still a lot of learning to be done and time is short!

This week, we hosted our School Community Council AGM and I'm very thankful for our volunteers who decided to stay on the board. Thank you to Lorena Gillespie (chairperson), Nancy Anthony (Vice Chair), Heather Lochart, Sharisse Pritchard, Tiffany McCrea (teacher rep), Kaitlyn Silbernagel (outgoing student rep), Emily Collins (secretary) and Josie Anthony (incoming student representatives). Thank you for helping Mankota School be a great place to be. We are still looking for another person to sit on the board. The commitment is usually five meetings per year and an opportunity to make decisions for the school. Please consider sitting on this board and becoming involved in the life of the school. The school community council is open to community members, as well. You don't have to be a parent to sit on the council. If you ever want to help, make hot lunches, or volunteer at the school, please let us know. I've included our AGM minutes in the newsletter for your perusal.

Also, this week, we held our student-led conferences where we showcased all the learning that is happening in the school. Thank you to the parents who came out to support their child(ren) and take the time to listen to all the great things their child(ren) is doing. If you were unable to attend and would like to talk to any staff member, please do not hesitate to call the school and set up an appointment.

On Wednesday, Prairie South School Division hosted a Mental Health Youth Wellness Online Conference. Students from grade 6-12 listened to two keynote speakers and a speaker of their choice in the breakout session. It was an informative day focusing on mental health and wellbeing and learning strategies to help with our mental health. Thank you to the Division for bringing this opportunity to our students!

Jeff Feeley was also in attendance at our school this week offering career counselling to the grade 11 students and their parents. As well, he spoke to our Grade 10's to get them to start thinking about their career journey. We appreciate the Division offering career counselling to our students and Mr. Feeley's wealth of knowledge.

In April, our mental health strategy will focus on creativity and art. Art expression is a wonderful way for students to express their feelings. According to Randy Cohen, "Preliminary findings show that just 30 minutes of active arts activities daily may lower anxiety and depression and increase life satisfaction (reading for pleasure, playing or listening to music, gardening, engaging in a creative hobby)". We look forward to practicing this strategy for our mental health.

I want to thank the SCC for organizing an Easter egg hunt for our students to do in their house groups. We spent the last period doing an Easter art activity and then we let the students loose in the school to find their Easter eggs. It was chaos, but so much fun. Thanks, Lorena, for buying the candy and hiding the eggs!

I hope everyone has a wonderful Easter break and that the Easter bunny is good to all.



Mankota SCC 2022-2023

Expenses:

Grad Bags (2022).....	(grant).....	\$56.61
Mankota Family Madness Prizes.....	(grant).....	\$104.87
Retirement gift.....	(SGF).....	\$138.20
K Orientation bags.....	(grant).....	\$40.00
Awards Day Lunch.....	(grant).....	\$648.04
Highest Avg Award.....	(SGF).....	\$50.00
Game truck for end of year.....	(grant).....	\$681.98
Hot Lunch (Dec., Jan., Feb., Mar.).....	(SGF).....	\$531.36
Year- end meal.....	(grant).....	\$118.49
Total Expenses.....		\$2369.55

Revenues:

Flower Fundraiser...(2022).....		\$985.29
Hot lunch (Apr., Dec., Jan., Feb., Mar.).....		\$778.50
Total Revenue		\$1763.79

Our Lady of Fatima Acct.....\$3790.32(sav)...\$180.49(chcq)

Mankota SCC Year in Review:

Mary Wickhorst Scholarship paid to Hailey Warberg (\$449.14 left in acct)
Highest Grade Average for Grade 11/12 to Kaitlyn Silbernagel
Playground improvement project – sandboxes installed, sledding hill made, waiting on basketball net installation.
Sponsored game truck for end of year activities for students
Prepared hot lunches for students (December – March)
Bought (new) Kindergarten orientation bags
Organized snacks for exam week

Mankota School Events:

Terry Fox Run- raised \$2304.51
Monthly Mental Health Activities planned – Each month focused on a different strategy
Celebrated Orange Shirt Day
Bus Driver Appreciation
Career Fair in Assiniboia – Grade 9-12
Made Connections with seniors at Health Centre
Remembrance Day Ceremony
Mom’s Pantry fundraiser - \$1844.72
Christmas Concert
Christmas lunch – turkey dinner
Christmas Advent Calendar Activities for Mental Health and Wellness
Christmas Activities
Skating at outdoor rink, curling and bowling in the community
Regina district Industry Education Council (RDIEC) presentation for 9-12’s
Career Counselling – Grade 10-12’s
Ski trip for Grades 6-12 at Elkwater

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:	
April 7-14 Easter Break - NO School	
April 20	Magnet PAA
April 21	School Day
April 21	Senior Badminton Sections
April 22	Bantam Badminton Sections
April 25	High School Report Cards
April 28	Badminton Districts in Moose Jaw

McCord Hall Committee
STEAK
Supper
APRIL 22

Thanks To Our Sponsors
 Nutrien
 FMC
 Syngenta
 NexusBioAg

\$25/Plate
 Includes 10oz Steak, Salad Bar, Dessert
 \$15-Salad Bar/Smokie/Dessert
 \$5 - Smokie Only
 Tickets @ The Door

5PM TO 7PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			April	6	7 No School 	8
9 	10	11	12	13 	14	15
Easter Break						
16 	17 K day	18	19 K day	20 Magnet PAA	21 K day School Day Badminton Sections Senior	22 Badminton Sections Bantam
23 	24	25 K day High School Report Cards	26	27 K day	28 Badminton Districts Bantam & Senior in Moose Jaw	29

Assiniboia Badminton Tournament



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

APRIL 2023

This calendar is subject to change without notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Revised from last newsletter!				1
2	3	4 Physician Nurse Practitioner LAB 9:-3:	5 Nurse Practitioner LAB 9:-3:	6	7 STAT Good Friday	8
9	10	11 Nurse Practitioner	12 Nurse Practitioner	13	14	15
16	17	18 Nurse Practitioner LAB 9:-3:	19 Nurse Practitioner	20	21	22
23	24	25 Nurse Practitioner LAB 9:-3:	26 Nurse Practitioner	27	28	29
30						

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



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

Updated: March 29, 2023