



May 11, 2023

"Grow To Be The Best You Can Be"

Principal's Message – Mrs. Karla Silbernagel

Life has been moving at a fast pace lately and we have been busy! Last week grade 9/10 students attended the Try-a-Career fair put on by Prairie South at the Exhibition grounds in Moose Jaw. Students had the opportunity to physically try different careers and play with some of the machines, tools and programs that professionals in various careers have access to. There were at least 60 different professions there and it was an interactive experience for the students who attended. Thank you to PSSD for putting on this event for our students. It was an excellent career day.

Physical activity is our focus for this month's mental health and wellness strategy and there are quite a few activities planned for them to enjoy this month. According to the research done by neuroscientist, Wendy Suzuki, physical activity can lead to lower levels of depression, stress, anxiety, and sleep deprivation, as well as increased levels of happiness, self-love, and resiliency. So, we encourage everyone to get outside and get more physical activity into their day.

This week we took our students swimming in Gravelbourg. The 9-12's attended on Tuesday afternoon and the Kindergarten - grade 8's get to go today. We always look forward to taking our students to the Aquaplex for an afternoon of water fun!

Our archers will finish their season this week in Glentworth. Glentworth School is hosting an archery tournament on Saturday and students from the local schools will be attending. Good luck to all our archers and a big thanks to Mrs. McCrea for taking our students to the tournament and for coaching our archers.

Track and Field is upon us and students have been preparing for this event over the last couple of weeks. The high school students will attend the section track meet in Moose Jaw on May 16th and those who qualify will attend the District meet on May 24th. Our elementary track meet will be hosted in Glentworth on June 1st and, because we are co-hosts for the second year of our two-year rotation, we will be taking all our students to help at the meet. It will be all hands - on deck!

To support our school goal of improving mental health, I attended a Provincial Mental Health and Wellness Symposium in Saskatoon this week. It was a wonderful two days of learning about how to support mental health in our schools – both staff and students. The theme of the conference was "Walking Together: What's strong with us?". Thank you to Prairie South School Division for sponsoring my attendance at this event.

Thank you to everyone who placed orders in our Growing Smiles campaign. The SCC will use that money to support student activities and improvements to our playground. I can't wait to see the beautiful plants and vegetables coming at the end of the month.

I want to wish all our mothers a very Happy Mother's Day weekend. I hope that all our mothers get some extra special treatment and lots of love this Sundayand every day.

Please limit disruptions to learning by calling your child at recess or noon hour. Please refer to bell times listed on school calendar.

Please make sure to keep contact information up to date. Let the school know if there are any changes!

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**

Legion Zone Awards



May 8th



K-2 Room Science Class Caterpillars

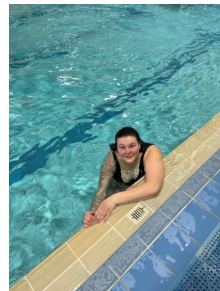


Grade 9/10 Try a Career



May 10th

Grade 9-12 Swimming



Dates To Note:	
May 11	Grades K-8 Swimming in PM
May 12	No School
May 12	Archery tournament in Glentworth
May 14	Mother's Day
May 16	High School track sections in Moose Jaw
May 19	No School
May 22	No School
May 23	Magnet PAA
May 24	High School track districts in Moose Jaw
May 26	School Day
May 31	Magnet PAA
June 1	Elementary track in Glentworth
June 2	No School



PREKINDERGARTEN APPLICATIONS and KINDERGARTEN REGISTRATIONS

will open on **March 15, 2023**

Go to www.prairiesouth.ca after March 15 to start your application/registration!



Prairie South Schools **210** Learning together.



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		May		11 K day Grade K-8 Swimming PM	12 No School Archery tournament in Glentworth	13
14 Mother's Day 	15	16 K day High School Track & Field In MJ	17	18 K day 	19 No School	20
21	22 No School	23 Magnet PAA	24 K day High School Track & Field In MJ	25 Grade 9-12 Camp trip to Cypress Hills	26 K day School Day	27
28	29 	30 K day	31 Magnet PAA	1 K day  Elementary Track & Field In Glentworth	2 No School	3 June

Urban Adventure Day Camp in Moose Jaw

Campers will experience the outdoors in Moose Jaw with daily activities structured around a weekly theme.

BONUS Campers' will develop new skills, build confidence, resiliency and create new friendships!

Ages 6 -11 Years

July 3 - 7	Colours of the Summer!	\$125.00
July 10 - 14	Ahoy Mateys!	\$125.00
July 17 - 21	Buggin' Out!	\$125.00
July 24 - 28	Wet & Wild!	\$125.00
July 31 - August 4	Barnyard Palooza!	\$125.00
August 8 - 11 <small>*No camp on Saskatchewan Day</small>	Busy in the City!	\$100.00
August 14 - 18	Animal Planet!	\$125.00
August 21 - 25	Wet & Wild...the Finale!	\$125.00



Registration opens April 24, 2023
Register by calling (306)757-9622

Gardening with Kids

Kids are curious, learn well by doing things and love to dig in the dirt. Caring for a garden or plant can be fun. Gardening helps children learn where their food comes from, how to care for the environment, reduce stress and increase physical activity and much more.

New to gardening?

- Start off small. Use a box, a pot or a sunny area in your yard.
- Choose a plant that will fit in the place you have.
- Choose plants that are easy to grow and fun to watch such as lettuce, tomatoes and sunflowers.
- Find out how much light the plant needs. Keep the pot by a sunny window or take it outside.
- Water the plant as needed. If the soil is dry, it is time to water.



Photo by [Ellia Urban](#) on [Unsplash](#)

Activities for children

- Give children their own pot or area of the garden.
- Let them dig the hole and plant the seeds. Use large seeds like beans or sunflowers.
- Talk about the activities and the plants when you are gardening. Find books or pictures of what the plant will look like when it is full grown.
- Show them the changes in the plant as it grows and blossoms.
- Include children in picking the food off the plant when it is ready.
- Don't forget tasting. Let children try the fresh foods with no pressure.
- Check out the following website for more ideas: <https://kidsgardening.org/for-caregivers/>

Written by the Public Health Nutritionists of Saskatchewan (2022)
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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca

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

MAY 2023

This calendar is subject to change without notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	Revised since last newsletter!		4	5	6
7	8	9 Physician Nurse Practitioner LAB 9:-3:	10 Nurse Practitioner LAB 9:-3:	11	12	13
14	15	16 Physician Nurse Practitioner	17 Nurse Practitioner LAB 9:-3:	18	19	20
21	22 STAT Victoria Day	23 Physician Nurse Practitioner	24 Nurse Practitioner LAB 9:-3:	25	26	27
28	29	30 Physician Nurse Practitioner	31 Nurse Practitioner LAB 9:-3:			

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

