



# McDermid Community School

**HONOR ~ RESPECT ~ RESPONSIBILITY**  
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## JANUARY, 2023 NEWSLETTER

### PRINCIPAL'S MESSAGE

Happy New Year to all! I hope that everyone had a restful and enjoyable break. The month of December was very busy, but also very exciting. Our students were able to attend two musical productions; one at the Riddel Centre at the U of R, and the other at Thom Collegiate. Our students also got to be the performers at several events. Congrats to our band students for putting on a wonderful concert. We are proud of the gr. 2-5 students who were able to sing at a local seniors' home. And, of course, who could forget our wonderful Winter Concert featuring all the students of McDermid! A huge thank you to Ms. Howard and Mr. Bzdel, and all the teachers for their hard work. Thank you to the School Community Council for putting on a fantastic bake sale to raise money for our students. We also had a very successful Toy Store and food drive this year: thank you to everyone who donated, and thank you to Ms. Eashappie and Ms. Cyr for heading up both these initiatives. Our SLC put on some enjoyable dress-up days and a movie afternoon. Thank you to the SLC for all of your hard work, and to the SCC for donating the popcorn!



The month of January will not be as busy as December, but we do have a few things going on. Basketball games will soon be up and running: stay tuned for more information about when and where the games are. Our SLC will be planning more events for the near future, so watch for emails about those. We have a PD day coming up on Monday, Jan 16th, so there will be no school for students that day. Report cards will be coming out on Jan 27th, the same day as the Michif Family day. Our next assembly will be on Jan 31st.

We are excited for the new year and hope you are too!

Sincerely,  
Mr. Ryan Josephson  
Principal

### At McDermid, January is the month of Humility

Humility is to know your place within Creation and to know that all forms of life are equally important. We need to show compassion (care and concern) for all of creation. The wolf demonstrates this by living for his pack.



Humility is represented by the wolf. The wolf lives for his pack and recognizes that no individual knows everything. When you are humble, you are ready to learn from others.

### Winter Activities

**Basketball:** Our co-ed team has been hard at work practicing. Game schedules are being finalized and will be posted once they have been determined.

Our **SLC** (Student Leadership Club) and **GSA** (Gay-Straight Alliance) meet on alternating weeks. Our SLC planned a number of fun events in December: we will send out information on their January events once they have had a chance to meet.

Many thanks to our **Safety Patrol** team who continue to go outside in the cold weather to keep students safe. Please note that if weather is colder than -25 we may keep our Safety Patrol inside.



### Growing Young Movers

Last week, forms were sent home with students in Gr. 2/3 and 4/5 for this after school program that includes mentors from Scott Collegiate. This program runs Mondays from January 23<sup>rd</sup> until March 6<sup>th</sup>. Forms need to be returned and registration confirmed in order for students to participate.

### YWCA UpStander In School

The YWCA has graciously offered this program for some of our gr. 5/6 boys. With very limited registration, this program was offered to a smaller group of students. This program will also run after school on Mondays.



## Report Cards and Edsby

Edsby continues to be our primary resource for communication. Families can check on marks, communicate absences, or message staff. Teachers are busy this month finalizing marks and comments for progress reports, but student progress is visible at any time through Edsby. If you have not yet been able to connect to Edsby, please contact the office.

**Report Cards will be sent home Friday, January 27<sup>th</sup>.**

## Mental Health Supports

Humility means we recognize that we need a team, and that we can learn from others. There are a number of resources available in the community to support students and families. We have included information below on Kids Help Phone, and a program available for students 13 years and up through the YMCA. (links to these are available on our website).



**KIDS HELP PHONE**

Free mental health support for K-12 students and parents/caregivers in Saskatchewan

Kids Help Phone is here 24/7 to support young people with any issue on their mind, big or small.

Bookmark these articles, tools and tips to help you support the young people in your life. Click on an image to explore!

 <p>How to have an open conversation with a young person</p>	 <p>Resources for caring adults</p>	 <p>50+ student wellness resources</p>
 <p>7 ways to build authentic connections with teens</p>	 <p>Download, print and share mental health materials</p>	 <p>Resources Around Me: Find support across Canada</p>

Here's how the young people in your life can connect for support:

Call 1-800-668-6868  
Text 686868  
Connect with peers at [peertopeer.kidshelpphone.ca](http://peertopeer.kidshelpphone.ca)

Searching for support? You can text in, too. Adults can text WELLNESS to 741741.



No cost to participate!

Learn to Cope with Stress  
Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Y Mind is a **FREE** online 7-week group program that uses Acceptance and Commitment Therapy (ACT) and mindfulness techniques to support you to cope with feelings of stress, and anxiety.

**February 1st, 2023 – March 15th, 2023**  
**Wednesday's 6:30 PM – 8:00 PM**

For more information, contact [Janelle.Janzen@regina.ymca.ca](mailto:Janelle.Janzen@regina.ymca.ca)

This free program is run by caring, trained staff, in a safe supportive environment.



[www.regina.ymca.ca](http://www.regina.ymca.ca)

## NUTRITION PROGRAM

**Free Breakfast** begins at 8:20 a.m. and students can remain supervised in the Nutrition Room until they head out for recess or start class at 8:50 a.m.

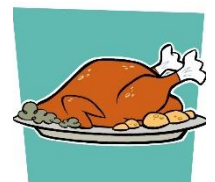
**Daily snacks** are provided for our students in Pre-K through Grade 3. We serve snacks to our older grades weekly.

**Lunch:** Students are welcome to bring their own lunch, or to purchase one for \$2. Payment can be made the day of, or ahead of time either through the office or School Cash Online (available through our website).

➤ *Please see the attached calendar for the lunch plans for November.*

**A FREE, WHOLE-SCHOOL TURKEY LUNCH** will take place on Thursday, February 2<sup>nd</sup>!

All of our students are invited to stay for that day.



## JANUARY CALENDAR

**Wednesday, January 11<sup>th</sup> – SCC Meeting at 6:00 p.m. All welcome to attend**

**January 16<sup>th</sup> – NO SCHOOL: PD Day for staff**

**Monday, January 23<sup>rd</sup>: Growing Young Movers and Upstander programs begin after school**

**Friday, January 27<sup>th</sup>: Michif Family Day from 11:30 – 1:00**

**Friday, January 27<sup>th</sup> – Report Cards sent home**

**Tuesday, January 31<sup>st</sup> – Humility Assembly at 10:30**