



OFFICIAL NEWSLETTER OF Mitchell Middle School

December 2017

Principal's Message

I can't believe it's already December! I am so proud of and grateful for the many great things our staff and our kids are doing everyday at school. During the first three months I have seen our staff trying new things to engage kids, kids are working hard to engage in their learning and to show off their learning in new ways. Managing these changes can be hard for everyone involved at school, including the parents and guardians. As we head into the holiday season it's important we take care of each other, including ourselves.

This article from <https://www.mindful.org> gives some great ideas to help us all manage these changes and all the things that come at us during busy times of the year.

Change comes whether we want it or not. If we can stay open and curious to an ever-new landscape of life's possibilities, change can actually be the key to resilience. By learning to explore what presents itself, we ride the waves of change rather than losing ourselves in the undertow.

C — Choose to stay open

As we make the conscious choice to stay open, raw, and vulnerable, we can be brave, tender, and present to the technicolor experiences that reveal life's texture and richness.

H — Have awareness of what is unfolding, moment by moment

The key to mindfulness is training ourselves to notice the details: Which thoughts are here? Which emotions? Which body sensations? As we stop trying to resist what's coming our way, we can become scientists of our own experience—full of wonder at each new discovery.

So, as we enter the holiday season, I wish everyone health, happiness and

A — Adapt: It's crucial to personal and species survival

Considering that adaptation is at the heart of survival, it's surprising how afraid we are to let things evolve. If we learn to adapt, allowing new information (and challenges) to expand our perspective rather than retreating into ourselves, our unique brilliance can move along with life's flow.

N — Notice how it feels to stay close to your experience

At the end of the day, most of us just want to feel better. When we allow ourselves to be gently present, we may notice an increase in energy, joy, and resilience as we dare to explore the vividness of life.

G — Generate wisdom by remaining curious about the ever-changing adventure

As we investigate our assumptions, judgments, and other narrow ways of thinking, we open opportunities to develop insights that expand and re-charge our views.

E — Enjoy life's fresh offerings

It's important to be open to change, but that doesn't mean we should be constantly striving for change or forcing it on ourselves. Riding the waves of change means being here for what arises naturally—not moving at breakneck speed toward the next thing and the next thing. Life can so easily slip past us unnoticed. Remember to pause, take a breath, and appreciate the electric circus called life.

time to enjoy what matters most to you.

Celebrate the small things that happen everyday. Find the good that happens.

Andy Mead
Principal

Music and Band Notes

* **Noon “Voluntary Choir” for Grade 6, 7 and 8** has begun! It is totally optional for keen singers - the group assembled is keen and committed, and sound wonderful already. We will be performing at the Remembrance Day program, as well as the Christmas program. There will be a chance for new singers to join us following the November 10th performance. After Christmas – Noon Choir rehearsals will be primarily for students singing in the Chorus of our Spring Musical!

* **Jazz Band** – for Grade 8 Band students and select Grade 7 students has also begun – we meet every Wednesday over the noon hour, and are already working on music to perform over the Christmas season! New musicians welcome!

Dates to Make **of:**

Monday, December 4th – 4 - 6pm

Mom's Pantry/Bothwell Cheese pick-up. No food products allowed on school buses; there is no freezer space available to store food overnight. Please make arrangements to pick up any items your family has sold.

Tuesday, December 12th – Grade 5-8

Christmas Program – Student attendance is required for BOTH the **2:00pm and 7:30pm** program. Please inform coaches, leaders and loyal fans NOW!

Tuesday, December 19th @ 10:15 am – Grade 5 Choir sings at the Steinbach Credit Union, to be broadcast on AM 1250 radio.

Wednesday, March 21st and Thursday, March 22nd – MMS Production of... Beauty and the Beast!

Friday, June 1st to Sunday, June 3rd – Grade 8 – and tentatively also Grade 7 - Band Trip to International Music Camp at International Peace Garden (15 minutes south of Boissevain). Students will miss one day of instruction. Details will be shared via email shortly

HSD Permission to Publish

The Hanover School Division has limited, or no control, over photographs and videos taken by news media and others in public locations, or at school-sanctioned events open to the public - such as sporting events, performances, concerts, and similar events. When members of the public are invited/permitted to attend an event, those in attendance may choose to take student photographs, videos, and/or publish identifying information without requesting consent. In these instances, HSD cannot enforce or protect stated permissions.

Athletic Dept.

Skating: All Phys. Ed. classes will be going skating at the Mitchell Arena on Friday December 8th or Monday December 11th. Please see the schedule below to see when your child's class will be going. All students must wear a certified hockey helmet. Students wanting to bring along a stick may do so but must wear a full face mask.

Friday December 8th Day 4:

Per. 1 & 2: 7R / 7F (9:10 - 10:15)

Per. 3 & 4: 6T / 6HB / 6B (10:30 - 11:45)

Lunch

Per. 5 & 6: 5B / 5L (12:55 - 2:00)

Per. 7 & 8: 7M / 7T (2:20 - 3:25)

Monday December 11th Day 5:

Per. 1 & 2: 8R / 8H / 8M (9:10 - 10:15)

Per. 3 & 4: 5W / 5J (10:30 - 11:45)

Bowling: All Phys. Ed. classes will be transported by bus to the Deluxe Bowling Lanes in Steinbach on Tuesday December 19th or Wednesday December 20th. Please see the schedule below.

Tuesday Dec. 19th Day 5:

Per. 1 & 2: 8R (9:10 - 10:30)

Per. 3 & 4: 5W / 5L (10:25 - 11:45)

Lunch

Per. 5 & 6: 6B / 6T (12:50 - 2:05)

Per. 7 & 8: 7R / 6HB (2:20 - 3:25)

Wednesday Dec. 20th Day 6:

Per. 1 & 2: 8M / 8H (9:10 - 10:30)

Per. 3 & 4: 7F / 7M (10:25 - 11:45)

Lunch

Per. 5 & 6: 7T (12:50 - 2:05)

Per. 7 & 8: 5J / 5B (2:20 - 3:25)

MMS Community Christmas

We are again doing the Community Christmas food drive. Students are encouraged to bring food items to the school during the week of December 4th-8th, to help for families in need during the holidays.

Monday Dec. 4th- Condiment Monday

Tuesday Dec 5th- Toiletries Tuesday

Wednesday Dec 6th- Wheat

Wednesday (eg. pastas)

Thursday Dec 7th- Thirsty Thursday (eg. water, juice and more)

Friday Dec. 8th- Fun Breakfast Friday

A letter will be sent home with examples for each day. And please don't bring food that has been used or is perishable.

Your Student Council: Landon (President), Samuel (Vice-President), Rachel (Secretary), Seth (Treasurer), Brady (Grade 8 Rep.), Jay (Grade 7 Rep.), Leah (Grade 6 Rep.), Seth (Grade 5 Rep.)

Evermore, Ever coming!

Auditions are done! The cast list has been posted! And now we are preparing for this years musical, Beauty and The Beast. Stay tuned for more information.

Mark your calendar!

Performance dates are March 21 & 22, 2018

QSP Fundraiser

Thank you to all students who sold magazine subscriptions and to all parents and staff who supported them in these efforts. As in the past, the profits from magazine sales by Grade 8 students will be directly credited to the cost of their Camp Cedarwood retreat. The balance of the profits will go towards a school project led by Student Council.

Our grand prize winner was Spencer from 7R. Congratulations!

The Facts of Lice

Head lice are small insects that live in people's hair and feed on their blood. Lice glue their eggs—which are called “nits”—to the hair near the scalp, so they can't get brushed off. The nits are small, whitish and oval, and may look like dandruff. In very light hair, they may look cream or tan-coloured. Lice are very common, and anyone can get them, though they most commonly affect children. Lice don't spread disease, and having head lice is not a sign of uncleanness or poor hygiene. If someone has head lice, their scalp will be very itchy.

Let's look at some other facts about head lice:

- Lice are smaller than sesame seeds, have 6 legs and can move very quickly.
- Lice only live where they are warm and are usually found where there is a lot of hair, especially behind the ears and on the back of the neck.
- Lice are clear in colour when hatched. Seven to 10 days after hatching, they become adult lice, which are able to lay eggs.
- Lice need human blood to live and multiply, and they look reddish brown after feeding.
- Lice do not hop, jump, or fly.
- Lice bites cause itching.
- Lice can live up to 48 hours off the human body.
- Pets cannot get head lice and people cannot get head lice from pets

What should you do when someone has head lice?

- If you or your child has lice or nits in your hair you should do something about

it the same day.

- If you or your child has lice, he or she may spread it to someone else in the family, neighbourhood or school unless they are properly treated.

- Notify others who have been in direct contact (head to head or sharing hair brushes, headgear, etc.) with your child. Remember to include schools, day cares, friends, relatives and neighbours.

- Make sure you check everyone in your family for nits or head lice. This should be done daily for 14 days. Only treat those family members where lice and/or nits are found and treat all persons at the same time.

- Do not use a lice treatment unless lice or nits have been found in that person's hair.

- A child may return to school or day care after the first treatment is done and headgear, combs, brushes, etc. have been cleaned.

Head lice are spread by:

- Head to head contact with someone who has head lice.

- Sharing things that are in direct contact with a person's hair such as combs, brushes, barrettes, ribbons, caps, hats, scarves, helmets, towels, pillows and coats.
- Children age 5 to 12 get lice more easily because their heads often touch when they play together.

How do you prevent head lice?

- Lice have trouble living in very short hair. Tie long hair back in a braid or ponytail. This makes it harder for lice to crawl from one person to another.

- Do not share things like pillows, towels, coats, caps, hats, or hair accessories.

- Keep children in separate

beds on sleepovers. Change the sheets when a different person will be using them.

How do you know if your child has head lice?

- Check your child's head in bright or natural light on a regular basis, and most importantly, if you receive a letter from your child's class informing you of a case of head lice in the classroom.

- Look for nits by parting hair in small sections with a pointed object that will not scratch the scalp.

- Look close to the scalp for new nits.

- Check all the hair carefully; go from one side of the head to the other.

- Brush hair over a sink or towel.

- Hair conditioner that is white in colour may help make eggs and lice easier to see but the conditioner must be completely removed before head lice treatment is used.

- Nit combs can be used to find lice. One of the first signs of head lice is itching and scratching of the head. Adult lice move quickly, are different sizes and are hard to see. You may see the nits first. (Treatment and Cleaning on next page) page 1

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Treatment

It is important to follow all the treatment and cleaning steps outlined below on the same day.

- Do not treat unless there are lice and /or nits.
- You can buy supplies from the drug store. Sprays to clean the environment are not necessary.
- Make sure you have

enough treatment for everyone in the family who needs it.

- Some lice products are NIX™, R&C™, and Kwellada-P™. • R&C™ is recommended for children under 2 years of age and pregnant and breastfeeding women.
- Natural and alternative treatments are not recommended until more studies show that they work.
- Nit combs should not be used alone to get rid of lice and nits but should be used with the lice product. Please follow the package instructions, as each type of treatment is different.
- No treatment will kill all the nits when used for the first time.
- Wash the hair with plain shampoo (no conditioners, etc.), baby shampoo, or dishwashing soap before treatment.
- Most lice treatments should be repeated after seven days. This includes NIX™ and Kwellada-P™.
- Do not use less of the treatment than recommended. It will not work. Be sure to saturate the whole head of hair.
- Use more product for very long hair or thick hair. Removal of nits from the hair may be helpful as it

makes it easier to see new lice and nits.

- Pull off each nit by grasping it with your fingernails and sliding it off the hair strand.
- Throw nits into a garbage bag and seal it.
- Wet combing and metal nit combs may help to remove the eggs and lice.
- Check for and remove nits daily for 2 weeks.

Cleaning

Do not wear the same clothes that were worn before treatment or sleep in the same bedding until the clothes and bedding are washed.

- Clothes or bedding that may have been in contact with infested hair should be washed in hot water before they are used again. They can also be put into a hot dryer for 20 minutes.
 - Items like teddy bears or winter coats that cannot be washed or put into a hot dryer should be put into a sealed plastic bag for at least 10 days. They can also be dry cleaned or frozen for 48 to 72 hours.
 - Combs and brushes should be put into hot water for 15 minutes.
 - Vacuum the couch, car seats, the bed or any pillows that the hair may have touched in order to remove live lice or hair with nits.
- For further information,

Please call your Public Health Nurse in your Community Area or Health Links/Info Santé at 788-8200.

Revised July, 2007



May you experience the love, joy
and peace that is Christmas.

The Board of Trustees, Administration and Staff of the Hanover School Division
wish you and your loved ones a Merry Christmas and Happy New Year.

DECEMBER 2017

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 5 Day Steak & Cheese Pizza \$2.00	2
3	4 Day 6 Community Christmas Dec 4 - 8 Pick Up Mom's Pantry Orders 4 - 6 pm	5 Day 1 Day Wonder	6 Day 2 Sub Sandwich \$4.75	7 Day 3	8 4 Day PE Classes Skating Double Cheese Pizza \$2.00	9
10	11 5 Day PE Classes Skating	12 Day 6 Grade 5-8 Christmas Concert 2 pm and 7:30 pm	13 Day 1 Day Wonder Sub Sandwich \$4.75	14 Day 2	15 3 Day Pepperoni Mushroom Pizza \$2.00	16
17	18 Day 4	19 Day 5 PE Classes Bowling Grade 5 Choir Steinbach Credit Union 10:15 am	20 Day 6 PE Classes Bowling Sub Sandwich \$4.75	21 Day 1 Day Wonder	22 2 Day Last Day Of Classes Pepperoni & Cheese Pizza \$2.00	23

<div>24</div> <div>Christmas Eve</div> <div>31</div> <div>New Years Eve</div>	<div>25</div> <div>Christmas Day</div> <div>Christmas Break (Dec. 25 - Jan. 5)</div> <div></div>	<div>26</div> <div>Boxing Day</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>
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