

MITCHELL MIDDLE SCHOOL

OFFICIAL NEWSLETTER



MARCH 2018

Principal's Message

Thank you to all the families who were able to come to the parent teacher meetings in February, We hope the meetings gave you some insight into your child's progress to date. Report cards are being sent home and will be available on March 23, 2018.

A huge thank you to all of our basketball coaches who have spent hours in the gym supporting and cheering on our athletes. The season is winding down and I wish them the best of luck in their playoffs!

There are many exciting things happening over the next 4 months as we head into spring. Our grade 8s will be visiting the SRSS soon and will begin to make plans for their high school experience. Badminton teams have begun to train and practice. Something that I am looking forward to is watching the musical Beauty and the Beast get underway. Our kids and staff have been working so hard to prepare. It runs on March 21 and 22. Tickets can be purchased at the office for \$5. We hope everyone is able to make it out!

Watch for a parent survey in the coming weeks to give our school some feedback about:

- Our school plans
- Activities we offer
- Communication
- How we use technology
- And more

This parent feedback is important for us so we can continue to respond to our kids so we can support them as best we can.

Enjoy the warmer weather (I hope!)

Andy
Principal

Notes from the Music Room



Congratulations to the Grade 8 Band on a STELLAR performance at the Optimist Band Festival last week! They played their pieces very well, achieving a "4 Star" status, and did a great job representing Mitchell Middle School in a positive light! They enjoyed a great workshop with Dr. Mark Hopkins of Acadia University in Nova Scotia. Way to go, Grade 8 Band!

The **Grade 7 Band** is the next to perform when they travel to the **Level One Festival in Winnipeg in April**. When that schedule is confirmed, an email will be sent home.

The Grade 5 Choir will be performing as part of the Southeast Music Festival in Steinbach at **1:00 pm on Monday, March 12th**. The Choir portion of the Festival is held at the **Steinbach Mennonite Church at 345 Loewen Blvd**. Students are asked to wear dark bottoms and a plain, bright-coloured top. Think "Skittles" colours! Permission slips will be sent asap.

One more fundraiser is in the works for our **Grade 7 and 8 weekend Band Trip to the International Peace Gardens from June 1st to 3rd**. There are still a few more available spots on the bus - please contact Mrs. Sawatzky asap if you still wish to attend but have not turned in the papers!

Beauty and the Beast Jr- Tickets on Sale Now!

Students have been rehearsing, building, singing, painting, non-stop to get ready for the upcoming production of, Beauty and the Beast Jr.

Tickets are on sale at the MMS Office for \$5.00. Get yours today! Show runs March 21 & 22! Bravo to all our hard working students. The show is going to be incredible. You don't want to miss it!

Grade 8 Orientation Tours

(students going into Grade 9)

The Grade 8 Orientation Tours at the SRSS will take place on Thursday, March 8th. Our Grade 8 students will be going to the SRSS for a half day of Transition activities. These tours will provide our Grade 8s with an overview of the courses and programs available at the SRSS. The MMS tour is from 12:30-3:00 p.m.

Grade 8 Parent Orientation Evening

The Grade 8 Parent Orientation Evening at the SRSS is on Thursday, March 8 th from 6:00-8:30

pm. The evening will consist of a 30-minute presentation and an Open House . Guided tours

will also be available and teachers and counsellors will be present to answer specific questions.

SRSS Counsellor Visits

A counsellor from the SRSS will be available to visit our school to provide our Grade 8s with an Intro to the SRSS and to answer questions on March 6 . The counsellor will bring the Grade 9 Registration 2018/2019 brochures and registration forms when she comes for the school visit. These will be sent home with our students and parent participation in choose courses is required.

Parent Council

If you have any questions or concerns please contact one of the PAC members.

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Clubs at MMS

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School					
Lunch	-Musical Rehearsal -Beading Club -Think Tank in the Library for 5s and 6s -CO2 Dragster Team	-Musical Rehearsal -Gr 6-8 Voluntary Choir -Principal's Principled Program (Grade 7 and 8)	-*Tech Ed Club (7/8s) -Jazz Band -Beading Club -Think Tank in the Library for 5s and 6s	-Musical Rehearsal -Gr 6-8 Voluntary Choir -Principal's Principled Program (Grade 7 and 8)	-Crochet Club -Makerspace Fridays -CO2 Dragster Team
After School	Musical Rehearsal		Musical Rehearsal		

*Tech Ed Club is guaranteed on Wednesdays, but additional days may be offered as students request them.

**Listen to announcements as some of these days change due to unforeseen circumstances

March

2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
	 <p style="text-align: center;">Nutrition Month</p>				1 Day 2 Booster Juice \$4.50	2 Day 3 Pepperoni & Cheese Pizza \$2.00	3
4	5 Day 4 Nutrition Month PM Snack	6 Day 5 HSD Board Meeting (Public)	7 Day 6 Sub Sandwich \$4.75	8 Day 1 SRSS Gr. 8 Tours 1 - 3:30 pm SRSS Open House 6 - 8:30 pm Day Wonder	9 Admin/PD Day (No Classes)	10	
11	12 Day 2 Term 3 Begins Nutrition Month PM Snack	13 Day 3	14 Day 4 Sub Sandwich \$4.75	15 Day 5 Keith Macpherson Presentation pm	16 Day 6 Gr. 6 French Culture Movie pm Day Wonder Ham & Pineapple Pizza \$2.00	17	
18	19 Day 1 Beauty and the Beast Tech Run-Through 4-6:30 Nutrition Month PM Snack	20 Day 2 Beauty and the Beast Tech Run-Through 4-6:30 Gr. 5 French Culture Movie pm	21 Day 3 Beauty and the Beast Dress Rehearsal 1:30 Beauty and The Beast Musical Mar. 21-22 7 pm Sub Sandwich \$4.75	22 Day 4	23 Day 5 All School Breakfast Term 2 Report Cards Pepperoni & Bacon Pizza \$2.00	24	
25	26 Spring Break Mar. 26 - 30	27	28	29	30	31	

THE POTENTIAL TO DISCOVER

Foster healthy eating habits in children by teaching them to shop and cook.

Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians. [Visit NutritionMonth2018.ca](http://www.visitnutritionmonth2018.ca)

Starting from a young age, inspiring children to shop, cook and prepare food can set them up for a lifetime of healthy eating. A great way to teach children about food is to let them shop and cook with you. Yet, a recent Ipsos survey found that 38 per cent of parents rarely or never let their child prepare a meal or snack – it's a missed opportunity, but it can be easily fixed! This Nutrition Month, dietitians want to remind you of the power of discovering food with your children.

FIVE TIPS FOR COOKING WITH KIDS

It's fun and rewarding to involve kids in meal preparation – whether it's at breakfast, lunch or dinner. Here are five tips for getting your kids involved:

1. Pick a recipe together: Children need to be part of the plan

from the beginning, and it helps if they prepare something that they love to eat. Shop for groceries together too!

2. Incorporate learning: Build on lessons they learn in school,

such as math, social studies, media literacy, spelling, science and reading. Younger children can practice fine motor skills.

3. Keep it fun! Imaginative play helps children get deeply involved.

Make a theme night or turn your kitchen into a restaurant or reality cooking show.

4. Be a role model: If you're excited, they will be too. Try a new food, describe the flavour and be adventurous to inspire your eaters to do the same. Get other members of the family involved.

5. Be cool about the mess: Spills and accidental messes happen, and it's

important to remain calm about little mishaps. Keep kitchen towels handy for cleaning up spills.

Kids are much more likely to eat what they make, so cooking at home is a great tip if you have picky eaters. It's fun for them to eat their art creation! Cooking with kids helps reduce mealtime battles and boost their willingness to try new foods. It's great for their self-confidence too.

IN YOUR NEIGHBORHOOD

Do you want to inspire your kids with food? Here are three ways to get started:

1. Head to your nearest grocery store or farmer's market and taste something new.

2. Call your local public health department or boys & girls club to see if they offer cooking programs for children.

3. Check the children's programming at the local supermarket. Many offer grocery store tours, food demos and cooking classes for children.

WHAT CAN MY CHILD DO?

Here's a guideline of kitchen skills based on age:

- 2-3 year olds can wash vegetables and fruit or tear lettuce and salad greens
- 3-4 year olds can mash potatoes and bananas or mix together batters
- 4-6 year olds can measure dry and liquid ingredients or set the table
- 6-8 year olds can toss salad ingredients together or make a simple breakfast
- 8-12 year olds can make their own school lunch or help to plan meals
- Teens can follow more complicated recipes or assemble and mix most ingredients. They can also be in charge of making one meal per week.

Madonna Achkar MSc, RD Montreal, QC

Improving children's ability to prepare food can lead to healthier eating habits, including eating more vegetables and fruit. Cooking exposes children to fresh, healthy ingredients. The earlier kids become familiar with nutritious foods, the less likely they will develop a taste for processed foods.

WANT TO UNLOCK THE POTENTIAL OF FOOD?

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

Find a dietitian at www.dietitians.ca/find.

THE POTENTIAL TO HEAL

Learn how food can promote healing and how dietitians work in health care teams to make a difference.

Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians. Visit NutritionMonth2018.ca

Dietitians believe in and understand the potential of food to enhance lives and improve health. Dietitians can help you select and prepare the foods you need to meet your nutrient needs. They use food to promote healing, and educate about how nutrition can help prevent or manage certain conditions, such as diabetes, celiac disease, swallowing problems (dysphagia), heart conditions, cancer and more. This Nutrition Month, dietitians want to remind you of the potential of food for healing.

DIETITIANS ARE HERE TO HELP

Dietitians are members of the health care team and work with doctors, nurses, pharmacists and other health care professionals to provide quality care, and they use food to promote healing. You can find dietitians working in many places, including:

- Hospitals

- Doctor's offices
- Private practice offices
- Community health centres
- Public health offices
- Rehabilitation facilities
- Seniors' residences
- Long-term care settings
- Cooking studios
- Grocery stores
- Diabetes education centres

Dietitians use foods to help you get the nutrients needed for the growth and repair of your body. Their advice helps prevent disease, treat conditions and keep the immune system healthy.

WORK WITH A DIETITIAN

Lifestyle interventions from a dietitian, such as nutrition counselling, physical activity and behaviour modification, can help heal patients/ clients in many situations. Here are some examples:

- Working with a dietitian can help people with diabetes manage their blood sugar levels.
- Dietitians work with their clients on lifestyle changes that can improve blood pressure, cholesterol levels and help promote weight control.
- In the cancer care setting, advice from dietitians promotes healing, weight maintenance, and manages side effects of treatments to help patients feel their best.
- Dietitians can help people with celiac disease plan and navigate a gluten free diet, to promote gut healing and restore nutrient absorption.
- People with swallowing problems (dysphagia) can work with a dietitian as part of a health care team to find the right meal pattern, food texture, supplements and assistive devices to stay well-nourished.

Mandy Megan Conyers-Smith RD Edmonton, AB

Like all regulated health professionals, dietitians undergo comprehensive and rigorous training, both on the job and in universities. Dietitians are held accountable to the highest standards of education and ethics, which means they look beyond fads and gimmicks to deliver reliable, life- changing food-related advice that supports prevention and healing.

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