

MITCHELL MIDDLE SCHOOL

OFFICIAL NEWSLETTER



FEBRUARY 2018

Principal's Message

February is 'I Love to Read Month' at MMS. Along with students throughout Hanover School Division, as well as pretty much everywhere else in Manitoba, Canada, and throughout the world, we will be celebrating reading. MMS has planned a series of events throughout February to engage kids in reading including our Annual Book Fair (February 5 –7 In the Library). Thank you to Mrs. Doerksen and other staff for working hard to bring this temporary bookstore right into our school. The profits from the books your kids and you purchase will be directly reinvested in the form of more new books for our library.

Thanks for your help! The benefits of reading are proven. The more we read, the better we get at it.

Looking forward to a great February!
Mr. Mead

10 Benefits of Reading: Why You Should Read Every Day from <https://www.lifehack.org/>

1. Mental Stimulation

Studies have shown that staying mentally stimulated can slow the progress of (or possibly even prevent) Alzheimer's and Dementia, since keeping your brain active and engaged prevents it from losing power. Just like any other muscle in the body, the brain requires exercise to keep it strong and healthy, so the phrase "use it or lose it" is particularly apt when it comes to your mind. Doing puzzles and playing games such as chess have also been found to be helpful with cognitive stimulation.

2. Stress Reduction

No matter how much stress you have at work, in your personal relationships, or countless other issues faced in daily life, it all just slips away when you lose yourself in a great story. A

well-written novel can transport you to other realms, while an engaging article will distract you and keep you in the present moment, letting tensions drain away and allowing you to relax.

3. Knowledge

Everything you read fills your head with new bits of information, and you never know when it might come in handy. The more knowledge you have, the better-equipped you are to tackle any challenge you'll ever face.

Additionally, here's a bit of food for thought: should you ever find yourself in dire circumstances, remember that although you might lose everything else—your job, your possessions, your money, even your health—knowledge can never be taken from you.

4. Vocabulary Expansion

This goes with the above topic: the more you read, the more words you gain exposure to, and they'll inevitably make their way into your everyday vocabulary. Being articulate and well-spoken is of great help in any profession, and knowing that you can speak to higher-ups with self-confidence can be an enormous boost to your self-esteem. It could even aid in your career, as those who are well-read, well-spoken, and knowledgeable on a variety of topics tend to get promotions more quickly (and more often) than those with smaller vocabularies and lack of awareness of literature, scientific breakthroughs, and global events.

Reading books is also vital for learning new languages, as non-native speakers gain exposure to words used in context, which will ameliorate their own speaking and writing

5. Memory Improvement

When you read a book, you have to remember an assortment of characters, their backgrounds, ambitions, history, and nuances, as well as the various arcs and sub-plots that weave their way through every story. That's a fair bit to

remember, but brains are marvellous things and can remember these things with relative ease. Amazingly enough, every new memory you create forges new synapses (brain pathways) and strengthens existing ones, which assists in short-term memory recall as well as stabilizing moods. How cool is that?

6. Stronger Analytical Thinking Skills

Have you ever read an amazing mystery novel, and solved the mystery yourself before finishing the book? If so, you were able to put critical and analytical thinking to work by taking note of all the details provided and sorting them out to determine “whodunnit”.

That same ability to analyze details also comes in handy when it comes to critiquing the plot; determining whether it was a well-written piece, if the characters were properly developed, if the storyline ran smoothly, etc. Should you ever have an opportunity to discuss the book with others, you’ll be able to state your opinions clearly, as you’ve taken the time to really consider all the aspects involved.

7. Improved Focus and Concentration

In our internet-crazed world, attention is drawn in a million different directions at once as we multi-task through every day. In a single 5-minute span, the average person will divide their time between working on a task, checking email, chatting with a couple of people (via gchat, skype, etc.), keeping an eye on twitter, monitoring their smartphone, and interacting with co-workers. This type of ADD-like behaviour causes stress levels to rise, and lowers our productivity.

When you read a book, all of your attention is focused on the story—the rest of the world just falls away, and you can immerse yourself in every fine detail you’re absorbing. Try reading for 15-20 minutes before work (i.e. on your morning commute, if you take public transit), and you’ll be surprised at how much more focused you are once you get to the office.

8. Better Writing Skills

This goes hand-in-hand with the expansion of your vocabulary: exposure to published, well-written work has a noted effect on one’s own writing, as observing the cadence, fluidity, and writing styles of other authors will invariably influence your own work. In the same way that musicians influence one another, and painters

use techniques established by previous masters, so do writers learn how to craft prose by reading the works of others.

9. Tranquility

In addition to the relaxation that accompanies reading a good book, it’s possible that the subject you read about can bring about immense inner peace and tranquility. Reading spiritual texts can lower blood pressure and bring about an immense sense of calm, while reading self-help books has been shown to help people suffering from certain mood disorders and mild mental illnesses.

10. Free Entertainment

Though many of us like to buy books so we can annotate them and dog-ear pages for future reference, they can be quite pricey. For low-budget entertainment, you can visit your local library and bask in the glory of the countless books available there for free. Libraries have books on every subject imaginable, and since they rotate their stock and constantly get new books, you’ll never run out of reading materials.

BOOK FAIR FEBRUARY 5 - 7, 2018

The Scholastic Book Fair has arrived at MMS! Celebrate ‘*I Love to Read Month*’ by coming to the fair. Parent Evening Tuesday February 6, 4:30 - 7 pm



Notes from the Music Room

There are FOUR different permission slips circulating right now – please turn them in ASAP to confirm your attendance at the following exciting events!

1) Grade 6-8 Choir is singing O Canada at the Steinbach Pistons game on Friday, February 9th! Maximum of 16 singers for this event – first to turn in forms will make up the choir! Free ticket for singer and the adult accompanying them.

2) Grade 6-8 Choir is singing O Canada at the Manitoba Moose game on Monday, February 19th @ 2:00pm. Forms were due for this on February 1st.

3) Grade 8 Band is performing at the Optimist Band Festival on Wednesday, February 19th at 2:20pm. Parent drivers are still needed for this trip – please contact Mrs. Sawatzky for more details.

4) Grade 7 and 8 Band Trip to Band Camp at the International Peace Gardens, in cooperation with the Clearspring Middle and Stonybrook Middle School Bands. Forms are due back on February 9th stating whether you will or will not participate in this overnight Learning Excursion from June 1st to June 3rd, along with a \$50 deposit to secure your spot (if you have not previously participated in any fundraising). One more fundraising project is being planned to help cover the costs of this trip. Please refer to the email and/or paper newsletter sent home this week.

Home Ec.

Reminder for grade 7 & 8 students who are starting Human Ecology in February to bring their fabric and sewing supplies to school.

Camp Cedarwood:

This year our grade 8's will be going to Camp Cedarwood from Wednesday, February 7 to Friday, February 9th.

Beauty and the Beast - Tickets on Sale Now!

Tickets are now available for our awesome Upcoming presentation of Beauty and the Beast! A paper order form was sent home last week - if you missed yours, extras are available outside the music room.

Seats are \$5.00 each - don't wait to get yours! Please turn in your forms with payment (cash or cheques made to Mitchell Middle School) at the office, or to your homeroom teacher.

Over 40 actors and singers have been rehearsing every noon hour and after school for weeks already, in addition to the 15 keen artists who have been working hard on painting sets and creating props. You don't want to miss this outstanding production! Get your tickets today!

Parent Council

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

Naomi Streit
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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	-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
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

Red River College – Steinbach Campus

Red Cross Babysitting Course – GENI-1010

This course is designed to prepare adolescents 11 years of age and older for babysitting. Participants will learn important child care skills, safety tips for children of all ages, how to cope with common problems, how to make the children's environment safe and enjoyable, some great games and what to do in case of an emergency. Students need to bring a doll or teddy bear, pencil and eraser and a lunch. Students will need to be signed in and out by an adult.

***Tuition: \$59.00**

Date: Saturday, March 3, 2018

Time: 9:00 am – 5:00 pm

****Please REGISTER in person or by phone minimum 5 business days prior.**

Phone Payment: Credit Card In-Person Payment: Cash, Cheque, Debit or C/C

STEINBACH CAMPUS

385 Loewen Blvd.

204-320-2500

February

2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Day 3 Booster Juice \$4.50	2 Admin/PD Day No Classes	3
4	5 Day 4 New Term Begins Scholastic Book Fair Feb. 5 - 7	6 Day 5 Book Fair Family Evening 4:30 - 7 pm	7 Day 6 Grade 8 Camp Cedarwood Feb. 7 - 9 Sub Sandwich \$4.75	8 Day 1	9 Day 2 Double Cheese Pizza \$2.00	10
11	12 Day 3	13 Day 4	14 Day 5 Happy Valentine's Day! Sub Sandwich \$4.75	15 Day 6	16 Day 1 Day Wonder Pepperoni & Mushroom Pizza \$2.00	17
18	19 Louis Riel Day No Classes MMS Choir Singing at the Moose Game	20 Day 2	21 Day 3 Gr. 8 at Optimist Band Festival Parent Teacher Meeting 4:30 - 6:30 Sub Sandwich \$4.75	22 Day 4	23 Professional Development Day (HTA) No Classes	24
25	26 Day 6	27 Day 1	28 Day 2 Sub Sandwich \$4.75			

