



Leask Community School

LCS INSIDER

Issue 22, March 4, 2022



LEARNING –EVERYWHERE TOGETHER



Vice-Principal's Message:

March is officially here, and spring is just around the corner...or so we all hope! Fingers crossed the frigid temperatures we have experienced the past few months are in the past and we will soon see the mounds of snow all around us melt away. One of the things I appreciate about being a car pooler from Saskatoon is being able to see the beauty of Saskatchewan prairies daily. As we transition from winter to spring, I notice the sun rising and how it captures the sparkle on the hoar frosted trees and awakens wildlife from the quiet and calm snow-covered prairies.

This makes me think about our school and how spring brings life and excitement to the building after what seems like a long and dreary winter. This month we have so much happening that we hope shines light into the beauty of our school. On Friday, March 4, we had a free hot dog lunch and bonfires in the school yard to celebrate togetherness. On March 9, our grade 6-12 students are going on their first ski trip to Table Mountain in three years! We are finally able to have in person three-way conferences which will take place on March 10. We hope to see many of your faces which we have missed seeing these past few years! In the coming weeks our senior boys' basketball team is winding down with playoffs and conferences. We will also be

hosting a pep rally with a staff vs students basketball game on March 18. A Toy Bingo fundraiser has been planned for early April.


LCS is ready to jump back into all the activities and excitement that make our school the best school in the division! We have much more planned in the final months of school, so stay tuned!

Lisa Kuchler

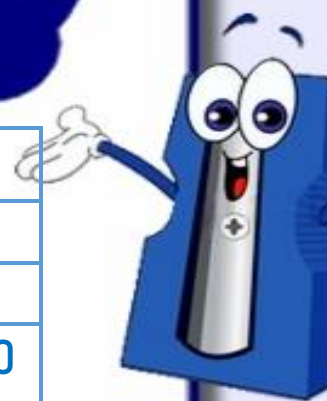
Vice Principal & Student
Support Teacher
Grade 10-12 English
Leask Community School
(306) 466-2206

**Calling all Grads and
parents/guardians.
Graduation Meeting, March 10, 2022 ,
in the school library from 5:00 pm till 5:30 pm.**





DATES	EVENTS
<i>Mar. 7th, 2022</i>	Prep Day NO SCHOOL
<i>March 9th, 2022</i>	Ski Trip – Grades 8 to 12
<i>Mar. 10th, 2022</i>	Parent/Teacher Conferences 3:10 pm – 6:00 pm
<i>Mar. 11th, 2022</i>	Grade 9 – 12 Midterm Report Grade 1-8 Term 2 Report Cards
<i>Mar. 18th, 2022</i>	PEP Rally – Senior Boys VS Staff Basketball Game
<i>Mar. 21st, 2022</i>	Pre-Grad Photos @ 1:00 pm
<i>Mar. 25th, 2022</i>	Day in Lieu NO SCHOOL
<i>April 4th, 2022</i>	Prep Day NO SCHOOL
<i>April 14th, 2022</i>	Q3 Finals
<i>April 15 – 24th, 2022</i>	Easter Break NO SCHOOL
<i>April 25th, 2022</i>	Back to School Q4 Starts
<i>April 29th, 2022</i>	Grades 9 – 12 Report Cards go home
<i>May 13th, 2022</i>	Prep day NO SCHOOL
<i>May 23rd, 2022</i>	Victoria Day NO SCHOOL
<i>May 25th, 2022</i>	Grade 9 – 12 Midterm Reports
<i>May 26th, 2022</i>	Parent/Teacher Conferences 3:10 – 6:00 pm
<i>June 2nd, 2022</i>	Free Community BBQ & ACTIVITIES
<i>June 6th, 2022</i>	Prep Day NO SCHOOL
<i>June 24th & 27th, 2022</i>	Grad 9 to 12 Finals
<i>June 28th, 2022</i>	Graduation Day
<i>June 29th, 2022</i>	Last day of school



February Birthdays

Olivia Johnson

Audi Erickson

Emily Jepsen

Allison Isbister

Kaydence Laliberte

Richard Sanderson-Gamble

Zane Black

Jaslyne Martell

Carter Autet

Autumn Ryder-Lafond

Arjay Melnyk

Payton Pambrun

Tahnis Beaudry-Sanderson

Lisa Kuchler

David Petriew

Brandon Debert

Jenn Kreese

Chantelle Robin

HAPPY BIRTHDAY!

March **Birthdays**

Ebbie Smith
Jayce Thorpe-Konkin
Alexis Ahenakew
Damien Head
Rene Shannacappo
Stacie Basaraba
Melissa Murray
Kim Brown
Kendra Price
Ken McCormick





LEASK RAMS

Adams, Braydon #3 Bear, Michael #8 Bowes, Thomas #10

Carriere, Lewis #17 Cyr, Brett #14 Greyeyes, Kieran #13

Longneck, Ryland #19 Smith-Greyeyes, Kaleb #24

Umpherville, Colby #15 Umpherville, Rashawn # 20

Coach – Murray, Chris

Assist. Coach – Anderson, Brandi

Basketball Schedule

March 1st, Tuesday

Practice 3:15 – 5:00 pm

March 3rd, Thursday

Dalmeny hosts

March 8th, Tuesday

Practice 3:15 – 5:00 pm

March 10th, Thursday

Practice 3:15 – 5:00 pm

March 11th, Friday &

**Conference Playoffs in
Langham**

March 12th, Saturday

**Conference Playoffs in
Langham**

March 18th, Friday

**PEP Rally - Staff vs senior
boys. (Staff and student
spectators only)**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lasagna with Garlic Toast	2 Kindergarten Hot Ham & Cheddar Subs & Fruit	3 Chicken Bacon Ranch Skewers With Chunky Potatoes & Veg	4 Kindergarten Free Hotdog lunch	5
6	7 NO SCHOOL	8 Ham & Cheese Omelet with Hashbrowns & Fruit	9 Kindergarten Cheeseburger with Potato Salad	10 Spaghetti with Tomatoe Sauce, Garlic Toast and Veg	11 Kindergarten Beef Taco in a Bag	12
13	14 Chicken Fingers with Tater Tots & Veggies	15 Grilled Cheese Sandwich with Tomatoe Soup & Pickles Kindergarten	16 Pizza Quesadillas with Fruit	17 Teriyaki Chicken Stir Fry with Rice Kindergarten	18 Chicken Ranch Wrap with Veggies	19
20	21 Kindergarten S & S Meatballs with Deluxe Potatoes	22 French Toast with Sausages & Fruit	23 Kindergarten Pizza Subs With Caesar Salad	24 Cowboy Tater Tot Bake with Veg	25 NO SCHOOL	26
27	28 Chicken Noodle Soup with Biscuits	29 Kindergarten Teriyaki Chicken Caesar Salad Wrap & Fruit	30 Smokies with Stuffed Potatoes & Veg	31 Kindergarten Pork Souvlaki With Rice		



PSSD Parent Engagement Initiative presents



Strengthening Literacy Skills with Storytelling

Thursday, March 24th: 7:00 p.m.—8:00 p.m.

- Explore a variety of diverse Indigenous authors and stories for all ages while learning about how storytelling has and is used to build literacy skills.
- Discover different ways of using storytelling at home to strengthen your child(ren)'s literacy skills and love for reading!

Facilitated by Amanda Nelson, Indigenous Perspectives, Partnerships, and Outcomes Strategic Facilitator

To attend this one hour event, please [Click here](#) or scan the QR code below to register.

A Zoom link will be provided to your email address the day of the event.

Thank you to Warman High School SCC for providing zoom link and door prizes.



Please contact Peggy Mattila-Bains, Coordinator with any questions. (peggy.mattila@spiritsd.ca)

Mental Health Minute

March 2022

Hello LCS Families! I hope you all had a relaxing February break. This month's Mental Health Minute will be focused on Growth Mindset. I hope you find the information helpful!— Ms. Cassidy Puetz (school counsellor for LCS)

10 Ways to Build a Growth Mindset

Change one's mindset from a "fixed" perspective to a "growth mindset" may seem daunting, but by taking little steps, anyone who wants to build a growth mindset.

Here's how:

1. Acknowledge and embrace imperfection
2. Face your challenges bravely
3. Pay attention to your words and thoughts.
4. Stop seeking approval from others
5. Value the process over the end result
6. Learn from the mistakes of others
7. Take risks in the company of others
8. Be realistic
9. Speed is not important
10. Own your attitude.

Building a Growth Mindset

A growth mindset is simply the belief that our basic abilities can be developed and improved through dedication and hard work. Without a growth mindset, we don't exert the required effort, so we remain perpetually stuck. With a growth mindset, we can break through the stuck-ness and achieve the long-term goals we desire, whether that is at work, in our relationships, or in other aspects of our lives.

Why Does Growth Mindset Matter?

In a "fixed mindset" people believe that their intelligence is fixed and static. If we have a "fixed mindset", we may shy away from challenges because we do not want to feel embarrassed or humiliated in front of others. But this can be problematic because our fears of making mistakes can lead us to avoid challenges and new experiences – experiences that would help us grow, improve ourselves in important ways, and create the life we desire.

In a "growth mindset" people believe that intelligence and talent can be improved through effort and learning. If we have a "growth mindset", we enjoy challenges, despite the risk, usually because we value learning and growth more than others thinking we know what we're doing. Those of us with a growth mindset often build new skills and manifest something more easily because we believe we can, so we really work at it. Developing a growth mindset could contribute to a fuller, more meaningful life because the range of experiences that such a life encompasses will be broader.

The Key Differences Between "Fixed" and "Growth" Mindset

- 1) Effort. When faced with hard work, the "fixed" mindset person may recruit others to do other hardest parts, spending as little efforts as possible
- 2) Challenge. A "fixed" mindset person shies away from challenges, possibly from fear of failure, and may go into hiding as a way to avoid responsibilities.
- 3) Mistakes and Feedback. The "fixed" mindset person hates making mistakes because it's embarrassing. They may blame others or be defensive when criticized.



Source: <https://hbr.org/2016/01/what-ha-ving-a-growth-mindset-actually-means> & <https://www.mindsethealth.com/matter/growth-vs-fixed-mindset>



© Big Change



Virtual Mental Health Counsellor

Prairie Spirit currently has a full-time Virtual Mental Health Counsellor who is available to support students and families across our Division.

Prairie Spirit School Division has school-based counsellors available at every school.

Virtual support may include:

**General
Consultation &
Inquiries**

**Accessing
Resources**

**Virtual
Counselling**



When the needs of a student are deemed to require longer term counselling, or involve issues not impacting the student at school, the Virtual Mental Health Counsellor will work with the student and family to access community mental health services.

- Counselling support**
- For registered students
 - Short term
 - Offered via telephone or video conference



**Available by
appointment**
Monday to Friday
during general
school day
hours until
June 28, 2022



Call or text
(306) 371-4214
*This is not a crisis line.
In an emergency,
please call 911*



Email:
**virtualMH@
spiritsd.ca**
www.spiritsd.ca

LEASK SPORTS CENTRE Ltd.

OPEN HOUSE, FREE SKATE AND AGM

THURSDAY MARCH 17, 2022

Open house & skating 4:00~7:30

AGM @ 6:30

Drop in, have a coffee, see the new flooring, have a skate, offer some suggestions in the suggestion box, write on the “wish list for facility”.



Open to everyone.



Thank you for your

Past, present, and future support!

Sask *Culture* Thank you

FUNDING PROVIDED BY | **LOTTERIES**

For supporting our Cultural Arts 20 Class!

Multicultural Council of Saskatchewan. MCo is seeking opportunities to support school activities that work towards a deeper understanding, acceptance, and demonstration of multicultural values. MEI projects benefit students through classroom and professional development projects that promote the understanding, respect, appreciation, acceptance, and celebration of all people as equally valuable in our society.

THANKS SCC

FOR THE STAR DISPLAY AND CINNAMON BUNS FOR STAFF APPRECIATION!



Our current SCC members are

Jenn Kreese, Lynne Farthing, Pam Wheeler, Tracy Henderson, April Smith, Brittney Autet, Christina Melnyk, Lindsey Burym, Marilyn Doucette, and Shae Donohue.

Next SCC meeting is March 15th, 2022, at 4 pm in the Leask School Library.

EASTER BINGO

WIN

Door Prizes

- ✓ Gift Cards
- ✓ Family Easter Baskets
- ✓ Turkeys
- ✓ Good Food Boxes
- ✓ Toys

Thursday April 7, 2022
5:30 Start (Doors open at 4:30)
LEASK COMMUNITY SCHOOL GYM

Proceeds go to L.C.S.

Extracurricular sports and field trips


Single cards & booklets available

Canteen available

Cheese Burger \$5

**Also available: chips, bars, pop,
candy bags, water bottles, juice
boxes**

Name: _____

Amelia Earhart

Amelia Earhart
was the first female
airplane pilot to fly
solo across the
Atlantic Ocean.

*"Women must try to do things as men have tried.
When they fail their failure must be but a challenge to others."*



WORD BANK



law
honor
statue
justice
protect
women
highest
decisions
Supreme Court

DOWN

1. The Supreme Court makes d___ about laws.
2. Ginsburg was a Supreme Court j___ until 2020.
3. Some decisions help to p___ women's rights.
6. Laws were different for men and w___.



Women's History Month

ACROSS

4. Ginsburg became a s___c___ justice in 1993.
5. Arts made a s___ that looks like Ginsburg.
7. People can h___ important women in March.
8. The Supreme Court is the h___ court in the U.S.