



May 2019 Newsletter

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Principals' Message:

Dear Lady Mac Families:

We are celebrating Education Week and Mental Health Week starting May 6!

Some tips for enhancing positive mental health:

1. Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.
2. Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
3. Show some love to someone in your life. Close, quality relationships are key for a happy, healthy life.
4. Get enough quality sleep. Shutting off the screen (t.v., phone or computer) an hour before bed ensures that the brain produces enough melatonin to

allow for a deep sleep. School age children require 9-11 hours while adults require a minimum of 7.5 hours.

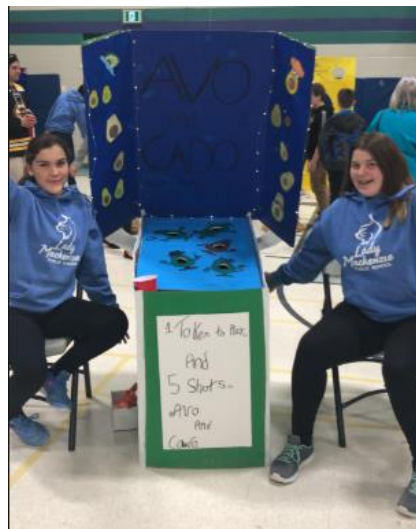
We will be highlighting some amazing learning that is happening at Lady Mac through our twitter feed. Follow us @Lady MackenziePS to see us in action!

Have an amazing May!
-Ana Mena & Kevin McMurray

Parent Council Meeting



Our next Parent Council Meeting is May 8 at 5:30 p.m. in the library. All are welcome & child care is provided.



Math Family Games Night Success!

Wow! We were overwhelmed with over 180 people at our first arcade games night! With the support of Parent Council and staff, we enjoyed trying out our awesome games and enjoying them with our families!

EQAO Dates

Education Quality and Accountability Office



For those students in grades 3 & 6, a provincial test of reading, writing and mathematics will be taking place May 21 to June 4. Please take some time to look at the website at www.eqao.com for some sample questions and tips. We would appreciate that your child is well rested and present for each of the testing dates.

Next Year

Classes and staffing for next year will be discussed over the next two months. Please note that our staff take great care in balancing male/female ratios; academics; social dynamics and learning styles. This is the time to share any concerns with the teacher in writing. Our goal is to include class placements on the June report card.

Yearbook

Yearbooks are an amazing way to look back on fond memories for years to come. They are currently on sale for \$20. Staff has been working hard to submit wonderful pictures that capture the many experiences at Lady Mackenzie. We hope you take advantage of this opportunity and order a yearbook before May 8. Online orders are accepted.

GREASE
is the word!

Grease

I would like to express my sincere appreciation to the cast and crew of our musical, "Grease", and to all the community members who joined us. Forty staff, students and parents contributed their skills, time and effort to this production and we are thrilled to share it with you. It is amazing that through the Arts, we are able to learn to face our fears, persevere through obstacles and as a result,

become incredibly resilient. Thank you to my invaluable team of Ms. Dean, Ms Wood, Mr. Stone, Mr. Scott, Ms. Coumbs, Mrs. Vos and Ms. Quinn for your never ending work and support throughout the seven months of preparation.-Mrs. Matile

Track and Field

The grade 1-3 Track and Field meet will take place here at the school on Friday, May 17th. The students from grades one to three will be participating in the following events, 50m run, 100m run, standing jump, long jump and ball throw.

The grade 4-8 Track and Field Meet will take place at our school on Thursday, May 16th. All grade 4-8 students will be involved.

The events will run as long as there is no thunder and lightning. Please have your child dressed for the weather with proper footwear. We are looking for volunteers to help with this event. If you are available and have a police check on file with the school, please let your child's teacher know.

We are looking forward to a great day! We encourage families to come and support our students! Please send sunscreen, and lots of food and drinks. Burgers and

freezies are on sale during the meets. Please see the attached order forms as all lunches must be pre-ordered.

Junior Basketball Season

We would like to congratulate the Junior Basketball Team for a great season. You all made Mrs. de Koning and Mrs. Wilson very proud. We had a very successful year. We won every game in our round robin, making it on to the semi-finals. Unfortunately losing the semi-finals to Jack Callaghan. It was a great day! All of the players showed great sportsmanship and teamwork. Everyone put forth their best effort. Thank you for all the parents that drove to the tournament and cheered us on. We wouldn't be able to do it without you. Thank you Austin McCrackin, Sidney Shaw, Olivier Donais, Samantha Cheung, Luke Lightfoot, Brooklyn Saunders, Adam Teel, Jaelynn Barton Bell, Bobby Payne, Serene McCarthy, Byrnell Roberts, Evey de Groot, Austin Brianka, Tori MacEachern for all your hard work and dedication. You all were a pleasure to coach.

Mrs. de Koning and Mrs. Wilson

Intermediate Girls' Basketball

The Intermediate Girls Basketball team represented Lady Mac in their tournament on April 9th with sportsmanship and pride. A huge thank you to all of the students who attended each practice, game, and tournament.

Congratulations to the following: Emma Todd, Emma Shaw, Kiera Bourassa, Brook Reed, Kasandra Fraser, Jessannah Slawich, Sydney Manning, Sydney Lytle, Sydney



Brown, Taryn Durward, Hailey Norris.

Intermediate Boys' Basketball

The Intermediate Boys Basketball team represented Lady Mac in their tournament on April 16th with sportsmanship and pride. A huge thank you to all of the students who attended each practice, game, and tournament. Congratulations to the following: Brody Warren, Sawyer Currie, Jacob Eastcott, Jacob Michniacki, Logan Dwyer, Bobby Champion, Niall Diesberger, Tyson Teel, Andrew Krauss.



Welcome to Kindergarten!

We are very excited to host our future Junior Kindergarten students on Tuesday May 14 from 5:00-6:00pm. On this evening families will have the opportunity to meet the Kindergarten team as well as some of their child's classmates. Come learn what Kindergarten is all about!



Robotics

The Lady Mackenzie robotics team worked hard at the competition. Way to go team! You represented us so well!



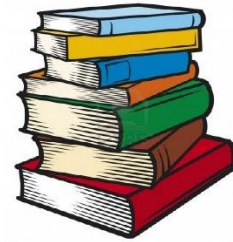
Battle of the Books

A big shout out goes to the Battle of the Books team consisting of Hilary Handley, Stella Handley, Lola Switzer and Auburn Poley for placing third at the Battle of the Books tournament at Central Senior on Tuesday, April 16th. They represented Lady Mackenzie well!!



Me to We

The ME to WE team was proud to be part of the WE GO GREEN initiative during the month of April! From April 23-26, the classes were challenged to bring litterless lunches. Congratulations to Mrs. Vos & her grade 1 class on having the least amount of litter for the week. Not only did they have the least amount for the week, on the final day their garbage can was empty! Our next event will be our second grilled cheese sandwich day on Tuesday, May 28th. Details to follow.



Library News

Buy One Get One Free Book Fair May 31 and June 3. This is a great opportunity to get some books for the summer.

Tech it Out Camp

On May 1-3 a select group of grade 7 students are participating in the Tech it Out Camp to get them excited about the skilled trades, and giving them an experience and inspiring them to consider skilled trades as a viable career path.

"P.R.E.T.T.Y"- Intermediate Girls Night

May 10 from 3:20-10:00 pm we are enjoying an evening dedicated to the intermediate girls and staff to come together and "Feed All Four" in a safe, fun and inspiring environment.

Leadership Conference

Emily Schmidt will be attending the TLDSB Leadership Conference on Social Justice. We know you will be representing us well.

Lady Mac Clothing Order

For those of you who wish to order some spirit wear, please see the attached order form. Orders are due May 2 with delivery May 24.