

CONSUL SCHOOL NEWSLETTER



Box 179, Consul SK SON OPO
Tel: 306-299-2044

FEBRUARY ISSUE



*Believe, Achieve,
Succeed*

SPIRIT ACTIVITIES

SUPERBOWL FRIDAY

FRIDAY, FEB. 7TH



VS

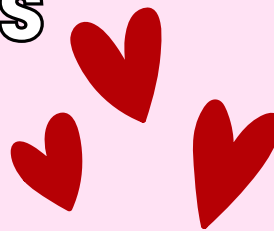


Help your team earn points by participating in a Superbowl activity at 12:35pm.

VALENTINE'S ACTIVITIES

FRIDAY, FEB. 14TH

- Wear Red or Pink
- Stealing Hearts activity for Highschool students
- Spirit Activity at 12:35



*"February is
the border
between winter
and spring."*

COUGAR SPORTS

“
Dedication, hard
work all the time,
and believe.”

CURLING



We wish our curling teams the best of luck at playoffs. The Juniors head to Leader to play in Sectionals and the Seniors go to Districts in Swift Current this weekend.

Coaches: Mrs. Jones, Heidi Beierbach and Shay Pridmore

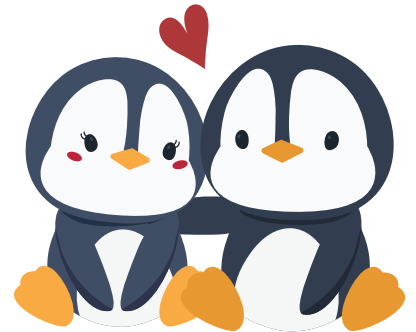
Curlers: Reese M., Sierra M., Jane B., Shiloh D., Jenaya B., Brooklyn N., Hadley D., Esmae D., Emerson K., Trey M., Tucker J. and Reid B.



- **Terry Adams** for the money donation towards Christmas Dinner
- **SCC** for providing hot chocolate at the Winter Games
- **Laura Erickson** for donating dishes to the school.
- **Donna Reynolds, Linda Brown, Christena Pettyjohn, Maria Blatz, Carrie Dahl, Heather Newman and Terry Stokke** for helping in the booth at Winter Games.
- **Wyatt Geiger, Jay Stokke, Kevin Bolduc, John Blatz and James Blakley** for coaching at the Winter Games
- **Travis Seifert, Geano Seifert and Shay Pridmore** for preparing the skating and curling ice

“

Anyone who has never made a mistake has never tried anything new.



DATE CHANGE



Wednesday, March 5th

- GRADE 1-3
CYPRESS PARK TRIP
- GRADE 4-12 SKI TRIP

This school trip has been postponed from Feb. 5th due to the cold weather forecast.

SCHOOL HAPPENINGS

CONSERVATION WORKSHOP

WEDNESDAY, FEB. 5TH FROM 9AM-12PM

Conservation Officer Michael Banks will be coming to present a workshop to Gr. 10-12 students. Students will take part in a presentation and demonstration. They will actively participate in filleting their walleye that they will cook for lunch.



Gr. 6-12 Presentation

THURSDAY, FEB. 6TH

SCC BINGO

Come out for a fun night of Bingo, at Consul School, on **Tuesday, Feb. 11th** at 6:30pm. There will be prizes, snacks and a raffle table. Everyone welcome!

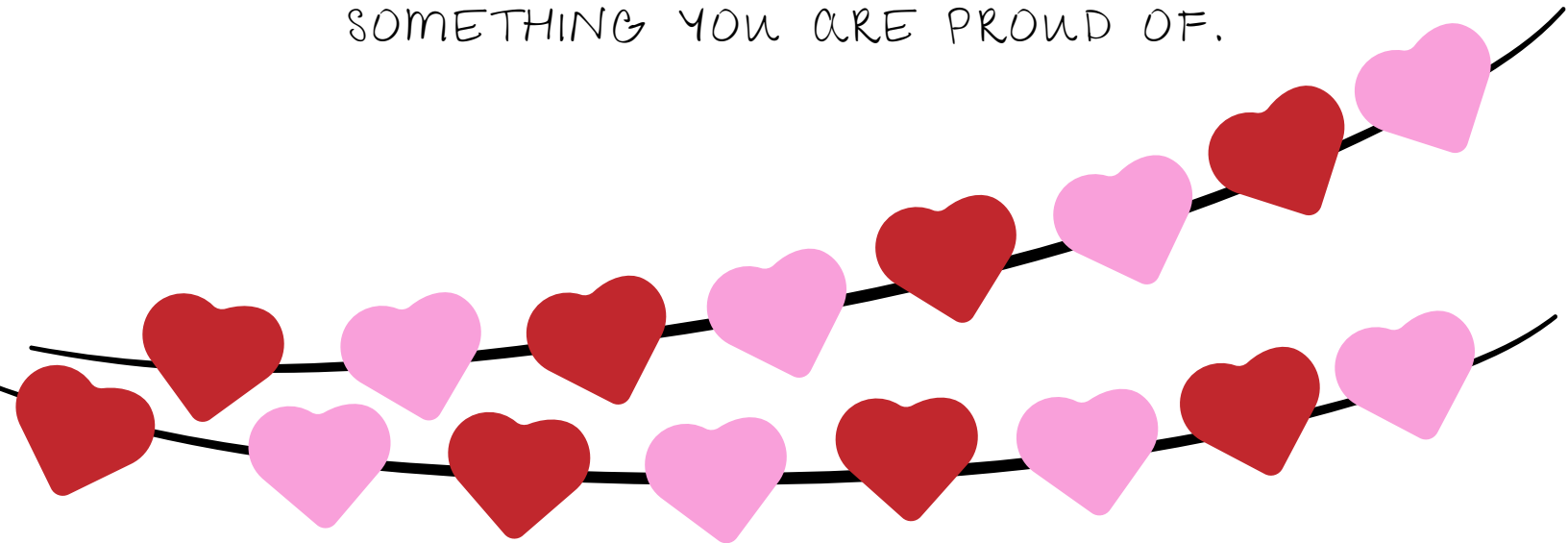
The SCC are accepting donations for the raffle table. If you are interested in donating an item, please contact Terry Stokke.



Cypress Credit Union January Student Awards



THE GREATEST AWARD IS DOING
SOMETHING YOU ARE PROUD OF.



Counsellor's Corner with

Mrs. Sarah Koch



Gratitude Exercises

Gratitude means appreciating the good things in life, no matter how big or small. Making the practice of gratitude a regular part of your day can build happiness, self-esteem, and provide other health benefits.



Gratitude Journal

Every evening, spend a few minutes writing down some good things about your day. This isn't limited to major events. You might be grateful for simple things, such as a good meal, talking to a friend, or overcoming an obstacle.



Give Thanks

Keep your eyes open throughout the day for reasons to say "thank you." Make a conscious effort to notice when people do good things, whether for you or others. Tell the person you recognize their good deed, and give a sincere "thank you."



Mindfulness Walk

Go for a walk and make a special effort to appreciate your surroundings. You can do this by focusing on each of your senses, one at a time. Spend a minute just listening, a minute looking at your surroundings, and so on. Try to notice the sights, sounds, smells, and sensations you would usually miss, such as a cool breeze on your skin, or the clouds in the sky.



Gratitude Letter

Think about someone who you appreciate. This could be a person who has had a major impact on your life, or someone who you would like to thank. Write a letter that describes why you appreciate them, including specific examples and details. It's up to you if you'd like to share the letter or not.



Grateful Contemplation

Remove yourself from distractions such as phones or TV and spend 5-10 minutes mentally reviewing the good things from your day. The key to this technique is *consistency*. Think of it like brushing your teeth or exercise—it should be a normal part of daily self-care. This technique can be practiced as part of prayer, meditation, or on its own.



Gratitude Conversation

With another person, take turns listing 3 things you were grateful for throughout the day. Spend a moment discussing and contemplating each point, rather than hurrying through the list. Make this part of your routine by practicing before a meal, before bed, or at another regular time.



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
		<ul style="list-style-type: none"> • Kindergarten • Piano • Sr. Curling vs Frontier 	<ul style="list-style-type: none"> • Playschool • Driver Ed • Curling practice • Conservation Workshop from 9-12 	<ul style="list-style-type: none"> • Kindergarten • Grilled Cheese food sale • Career Counsellor • MADD presentation @ 1 	<ul style="list-style-type: none"> • Superbowl spirit activity Jr. • Curling Sectionals • Sr. Curling Districts 	<ul style="list-style-type: none"> • Jr. Curling Sectionals • Sr. Curling Districts
9	10	11	12	13	14	15
<ul style="list-style-type: none"> • Teacher/Staff Appreciation Week 	<ul style="list-style-type: none"> • Kindergarten • Driver Ed class 	<ul style="list-style-type: none"> • Piano • Counsellor Sarah • SCC Bingo @ 6:30 	<ul style="list-style-type: none"> • Kindergarten • Food sale • Early Dismissal • Mom's Pantry orders due 	<ul style="list-style-type: none"> • Playschool 	<ul style="list-style-type: none"> • Kindergarten • Wear Red or Pink • Stealing Hearts • Spirit activity 	
16	17	18	19	20	21	22
February Break						
23	24	25	26	27	28	
	<ul style="list-style-type: none"> • Driver Ed class 	<ul style="list-style-type: none"> • Kindergarten • Piano • Food sale 	<ul style="list-style-type: none"> • Playschool 	<ul style="list-style-type: none"> • Kindergarten 		