

MCI Parent Advisory Council

Minutes- April, 2023

Date | time April 17, 2023/ 7pm | *Meeting called to order by* Leighann Quiring

In Attendance

Leighann Quiring , Elaine Kalberg, Megan Romphf ,Deanna Shurvell, , Lloyd Shurvell, , Kyle McKinstry, Karter Gurke , Mike Toews ,Caroline Wiebe, Lisa Klassen, Emily Koldyk, Debbie Funk

Minutes

Minutes from March meeting circulated.(found on MCI website) Motion to approve minutes from March meeting be adopted as read-Moved by Megan R, Seconded by Karter G.

Treasurer's Report

Opening balance was \$79.04. Deposit of \$390 from Chase the Ace on March 17, as well as \$150 received from PCSD as allocated in budget. \$19.95 paid out to Megan Romphf as reimbursement for 50/50 tickets.

Closing balance \$599.29.

Motion made to accept the Treasurer's report as posted on MCI website. Moved by Deanna S ., Seconded by Lloyd S.

Principal's Report

Principal Kyle M. presented his report. See attached.

Student Council

Student Council activities include:

- Assissippi Ski trip- rescheduled to March 16-17, after being postponed due to cold: 31 students went.
- St Patrick's Day Activities- various games through the day
- Welcome to Hollywood Dance- Mar 22- over 70 students attended this very popular event.
Made over \$400 in profits, and students had a great time (and got pics with Ryan Reynolds [in cardboard form]) Excellent activity, first SC dance in possibly 10 years!

Upcoming events

- Iced Coffee bar for school movie presentation- "Breakaway" on April 19
- Spirit Week – last week of April
- Potential Goldeyes game – May

Old Business

- Outdoor Kitchen- Westoba CU Grant has been applied for.
 - FCC grants open Apr 23, and Megan will be applying through that channel.
 - Coop Community Spaces Grant – Applied. Will know outcome by June 15.
- Fundraising- 50/50- at Chase the Ace. Leighann and Deanna did it, and was a great success, raising \$390. Already booked for another date in October, with the option of seeing if we can potentially switch with another group to get in sooner. Lisa K will check with Austin Lions to see if Austin CtA is a possibility.
- Thresherman’s Reunion Breakfast- Simplot and McCain’s have been approached for food supplies- waiting for reply.
 - Prairie Abattoir has already committed to 5 cases (100 each case) of sausages.
 - Leighann to check with Diana Peters about past experiences to know what to expect. Also waiting to hear from museum board on a few questions- ie: do volunteers need to pay to get in to work
 - Will need to get warming ovens from school
 - Start getting volunteers now for July- list circulated at meeting to sign up

New Business

- Lions Intl Peace Poster Contest: “Dare to Dream” theme- Austin Lions will pay for package for partial supplies. Contest open to students aged 11-13.
- Emily Koldyk (or another representative from the School Board of Trustees) plans to be attending future meetings, complete with a Report from the Board.

Next Meeting

May 29, 2023, at 7 pm at MCI.

Motion to adjourn at 8:05. Moved by Lisa K



MacGregor Collegiate Institute

Box 160 MacGregor, Manitoba R0H 0R0

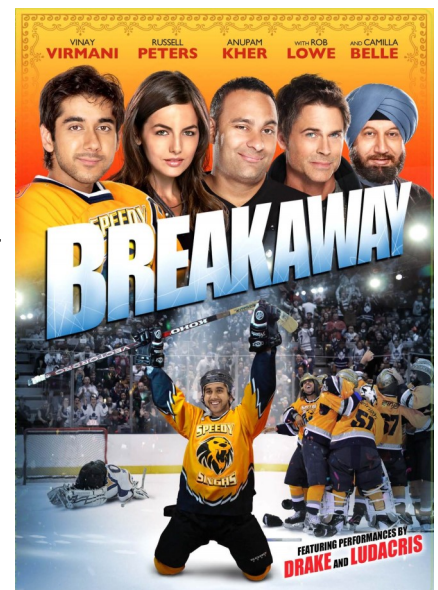
Principal: Kyle McKinstry Administrative Assistant: Sandra Peill

School: 204-685-2047 Email: mci@pcsdonline.ca

Mission:

MacGregor Collegiate will foster an educational community in which all members learn.

- School Dance—Wednesday, March 22—7:00-9:30 pm - 70 students
- Head of Council/Mayor of North Norfolk Ed Heppner approached MCI to gauge interest on co-developing a Youth Councillor position on the Municipal Council. Working with Mayor of Portage la Prairie, Sharilyn Knox, to review the benefits of such as position as Portage has a Youth Member of Council since 2017.
- MCI Ski Trip - March 16 & 17th - Asessippi Ski Resort - Russell, MB - 3 Teachers - 31.
- MCI Sr. Varsity “AA” Boys Basketball Provincials - Virden, MB - March 16-18th, 2022 - Excellent Experience
- MADD Presentation - “Final Play” - March 17th - 1 hour - MPI Sponsored - \$100 - <https://maddyouth.ca/school-program/> - MADD Canada’s School Presentation is a powerful dramatization about the tragic consequences of impaired driving. The video ends with testimonials from real-life victims who share their heartbreaking stories with the audience. MADD Canada’s School Presentation targets students in grades 7 through 12. Very well received by
- March 20th - No School PD Day - Teachers Certified in Indigenous Awareness Training - Indigenous Corporate Training
- April 19 - Breakaway Movie - Gym - Cross Cultural Story - 9 am (3hr) The movie, “Spotlights the uplifting sports comedy Breakaway, a cross-cultural story of self-discovery and perseverance, and a favorite among REEL CANADA audiences. After watching the film, students will engage in a virtual Q & A with the film’s star and co-writer, Vinay Virmani, and with student peers from across the country, all presented as a part of the 10th Anniversary of National Film Day.
- April 20 - Tri-Conference Parent/Teacher/Student Meetings - 5:30 - 8 pm
- April 21 - Tri-Conference Parent/Teacher/Student Meetings - 9:00 am - 12pm
- April 21 - PD pm School Planning
- April 25th pm - Live Different - \$500 - Altruism - How can we become people who make a difference? Empathy - How can we make others feel important? - Group Activities to follow - Subsidies cover \$1000
- April 25 - Gladstone Music Festival 9:00am - 1:00pm (senior band and 11/12 guitar)



- April 28 - Central Honour Band
- May 11 - Spring Production and Band Concert - 6:30 pm
- May 12 - Spring Production
- May 17-19 - Moose Jaw Band Trip (Senior Band)
- 2023-2024 Staffing - Status Quo with a possible increase.




Six tips to help you level-up your study skills.

1. Time Management

Between exams, classes, studying, extracurricular, family responsibilities, and more, we know students are stretched for time, and it can be a true challenge trying to make it all fit. This is where time management really comes into play. Students who organize their time succeed. Consider trying a time management app like Tomato Timer.

We recommend using a daily planner to plan out your days. Whether that's a virtual calendar such as Google calendar or a physical planner that travels everywhere with you, use it and stick to it as best you can. Schedule in your free time, test prep hours, everything you can think of.


As you're studying, also try out the Pomodoro Technique, which helps you break down large tasks into smaller blocks of work, so it's more manageable, and you're rewarded with breaks. This way, you're able to visualize how each day's hours get spent, and you'll find a sense of accomplishment ticking each of those tasks off. Make sure you're budgeting in time for adequate sleep! Without the right amount of sleep, you won't accomplish your tasks as efficiently.



The Pomodoro Technique

Pomodoro – the Italian for tomato is a method used to boost productivity by working in short bursts and taking more regular breaks

1	Pick a task that you want to work on or need to complete	2	Set a timer for 25 minutes. Use a clock or your phone	3	Work on the task with full concentration
4	Stop when the alarm sounds and take a 5-minute break	5	Get back to work and repeat the process 3 more times	6	After the 4th round of work, take a longer 30-minute break





2. Task Prioritization

Take time to reevaluate your to-do list. What's the most pressing item there, and which ones can wait? Is it more important to prepare for your History exam on Friday or complete your ELA Literature essay due in two weeks? Since you have your daily planner dialed in (ideally a few weeks ahead of time), you should be able to look ahead at what's coming and figure out what needs to be tackled first. Some students work best by getting the harder tasks out of the way first, creating a sense of accomplishment, and lightening the load going forward. Some students prefer tackling easy tasks first, so they're able to cross off a few things on their long list quickly. Figure out which system works best for you and stick to it. The most important thing is that you look at your upcoming tasks holistically and figure out what needs to be handled first.

3. Note Taking and Note Reviewing

We're all familiar with being in class, feeling like we understand a concept, then returning home to tackle our homework, feeling lost on the same material. This is where diligent and organized note taking comes into play. Not only does note taking help you review class material after first hearing it, but the actual writing and taking notes of what you're hearing will help you absorb and hold onto more of it rather than the information flowing in one ear and out the other. Of course, it can be hard to keep really organized notes when the teacher is moving quickly in class. We recommend reviewing your notes each night. Go through and highlight key points, color code particular topics, add post it notes to areas you know you need more clarity on. Your notes are your surest guide to success in your classes.

4. Setting up your Space

In order to succeed, make sure your study space is set up to your liking. Clear off all of your distractions, have all of the materials you need: think textbooks, notebooks, highlighters, your favorite snack, etc. If your desk is disorganized, it can be difficult to focus on what really matters. We recommend having a study space separate from where you like to relax or sleep. This way, when it's time to work, you come to your study space, and when it's time to relax, you're able to disconnect from your work and recharge.

5. Motivation and Rewards

Provide yourself rewards for your hard work. Did you bust out three hours of studying for that upcoming test? Treat yourself and allow your brain to recharge. Maybe that means a walk around the neighborhood, eating your favorite snack, or watching a favorite show. Just make sure you come back to your work when you need to. Remember your long-term goals and why each of these small tasks really matters. Small successes add up to your overall goals. Keep the long game in the back of your mind while you focus on bite-size tasks that will get you there. Don't forget to reward yourself for the small wins along the way to keep yourself motivated and charging forward.

6. Form Study Groups

What happens when you get stuck on a concept you don't fully understand, and you're stuck at home without access to your teacher? This is where study groups can really come in handy. Forming study groups with a few classmates will help reinforce concepts, allow everyone to talk through questions, and really solidify your understanding. Reviewing aloud can immensely help students absorb the material and make sure they fully grasp it. It's also a great opportunity to help out other classmates while you continue reviewing the material. It can also break up the monotony of studying for hours on end alone.

- Edsembli Parental Portal - Means for parents to stay connected with their child's school programming.
- If you have a question about your child's programming - contact your child's teacher.

Kyle McKinstry - Principal MCI

