

# MISD News & Notes

March 2021

## Wrestling Champions!

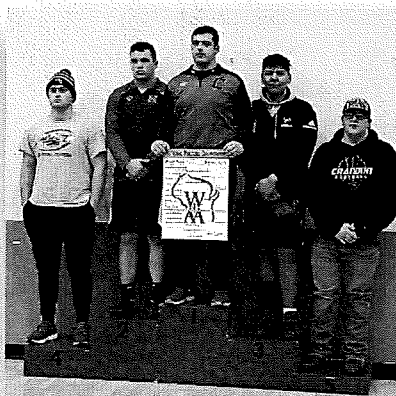
Congratulations go out to MIHS wrestlers Kanewin Dickenson and Saswaen Shawanokasic. Both wrestled in the Division III Three Lakes Regional and both took 1<sup>st</sup> place! Dickenson, a sophomore, won the 195-pound title and Shawanokasic, a junior, won the 285-pound title. They advanced to the DIII Sectional at Valders, where Shawanokasic placed 3<sup>rd</sup>. He will be listed as a state qualifier, although this year only the first two finishers advanced to state because of COVID safety protocols. Congratulations to both on a great season and we look forward to seeing you wrestle next year!



**MISD VISION**  
Enriching the lives  
of our children  
through education



Dickenson and Shawanokasic won regional titles



Shawanokasic placed 3<sup>rd</sup> in sectionals

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## Helping Students in a Stressful Time

It isn't only adults feeling the stress and strain of the pandemic, it can also impact even the youngest students.

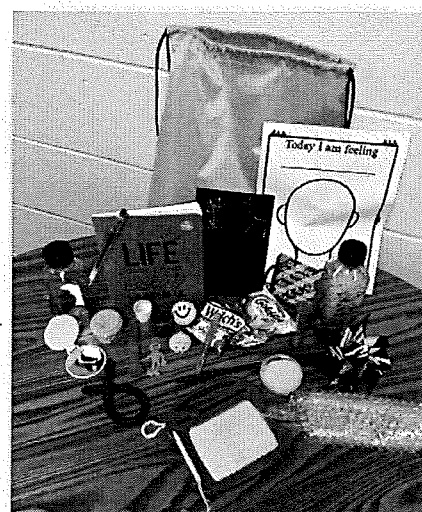
Thanks to a School-Based Mental Health Service Grant from the Wisconsin Department of Public Instruction,

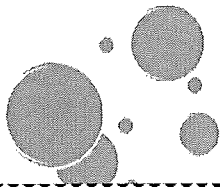
KPS students are now receiving unique, social emotional learning tool kits they can use at home.

Counselor Lucy Hess and social worker Courtney Slewinski designed the program, which provides PreK-5

students with a kit of items and educational information they can use when they are overwhelmed, sad, angry or just not feeling good emotionally.

(continued on page 2)





### DID YOU KNOW?

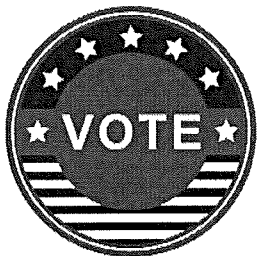
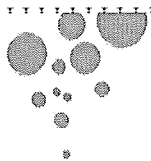
Some things you may have around the house are great stress relievers!

#### Bubbles.

Who doesn't love bubbles? They make you smile and you can practice deep, thoughtful breathing to help you calm down.

#### Bubble wrap:

Pop it with your fingers, twist it or step on it! Sure fire ways to get out your frustrations!



## Social Emotional Tool Kits

(con't. from page 1)

"The kits contain items that may look like toys, but they're specifically selected to go with learning cards that explain their purpose," explained Slewinski.

"There are a variety of tools to help with mindfulness and meditation, strategies to help manage big emotions, learning how to develop healthy coping tools and better understand complex emotions; which can be tough for small children."

"It's part of helping our students grow and emotionally develop by teaching them coping skills," said Hess. "We wanted something that students could have at

home. Because every child is different, we include a variety of items and information so they can find what works for them." A few examples of what's in the kit:

*A sand timer.* The card with the timer tells students to take a break because it's normal to feel overwhelmed at times. They're advised to use the timer for a quick break where they should sit quietly and listen to their surroundings.

*A doodle pad* to use for relaxing and creating a positive picture.

*A smiley stress ball,* with information that

when students feel upset, worried or anxious, they should squeeze it to release some tension.

"We compiled easy and proven techniques for the students to use," Hess said. "We'd like to thank the teachers and staff who helped us with the kit assembly, as well as the administration for giving us the green light to develop the program."

"Our students are loving this special delivery and it's great to see them smile when they're told the kits were made just for them," added Slewinski.

## Spring School Board Election

Mark your calendar and plan to make time to vote on April 6.

That's when the MISD school board election takes place. Two MISD School Board seats will be decided.

- Neopit Area: The incumbent is Nanette Corn
- South Branch: The incumbent is Karen Washinawatok

Both seats are three year terms.

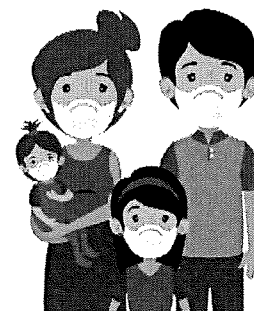
Our school board members represent all of us and play a major role in our district. We appreciate their time and dedication!

## Spring Sports

With the success of the pandemic-adjusted winter sports schedule, MISD is pleased to be able to have a spring sports season with both football and volleyball. To keep everyone safe:

- In person spectator attendance is limited to 4 family members or friends of each athlete
- All persons in attendance must wear a mask at all times and socially distance in the stands
- Temperature checks and verification forms required for all
- No locker rooms will be used and no concessions offered
- Restrooms will be open and sanitized periodically

Thank you to our student athletes, their friends and families for their cooperation. Good luck this season!

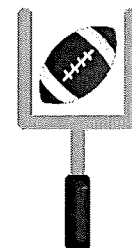


Athletes can each have up to four family members or friends at a game/match. Face masks must be worn.

### Menominee Indian Football

<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>	<u>Bus</u>
Mon., March 8	First day of practice			
Thurs., April 1	Kewaunee	Menasha	TBD	TBD
Sat., April 10	Deerfield	Away	1:00 p.m.	8:15 a.m.
Sat., April 17	Parkview/Albany	Away	1:00 p.m.	7:30 a.m.
Sat., April 24	Mon/Prin/GL	Home	1:00 p.m.	
Mon., April 26	Princeton (JV)	Away	5:30 p.m.	2:00 p.m.
Fri., April 30	Poynette	Away	7:00 p.m.	2:45 p.m.
Fri., May 7	Columbus	Away	7:00 p.m.	2:45 p.m.

*Schedule accurate as of 12/22/20*



### Menominee Indian Volleyball

<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>	<u>Bus</u>
Mon., February 22	First day of practice		3:30 p.m.	
Tues., March 2	Bowler	Away	6:00 p.m.	4:45 p.m.
Mon., March 8	Elcho	Away	5:30 p.m.	3:45 p.m.
Tues., March 9	Oneida	Home	5:30 p.m.	
Thurs., March 11	Gresham	Away	6:00 p.m.	5:00 p.m.
Tues., March 16	Tigerton	Home	6:00 p.m.	
Tues., March 18	Gibralter	Home	5:30 p.m.	
Tues., March 23	Bowler	Home	6:00 p.m.	
Thurs., March 25	Elcho	Home	5:30 p.m.	
Mon., April 5	Gresham	Home	6:00 p.m.	
Tues., April 6	Oneida	Away	5:30 p.m.	4:00 p.m.
Thurs., April 8	Tigerton	Away	6:00 p.m.	4:45 p.m.

*Late bus will be available. Players are responsible to get to school for practice. More matches may be added.*





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# March 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 School Board mtg. @5 p.m.	2	3	4	5 Schools closed for deep cleaning	6
7	8	9	10	11	12 Schools closed for deep cleaning	13
14	15 School Board mtg. @5 p.m.	16	17	18	19 Schools closed for deep cleaning	20
21	22	23	24	25	26 Schools closed for deep cleaning	27
28	29 No School	30 No School	31 No School	NOTE: No school April 1-2		