

CANWOOD PUBLIC SCHOOL NEWSLETTER

NOVEMBER 2014

ADMINISTRATOR'S MESSAGE

October has been a busy month in Canwood Public School. The month has been filled with various activities involving all students K-12. Cross country running finished up at the beginning of the month. It was cool weather for the Extravaganza but the students had a great time. Education week was an outstanding event that demonstrated the theme "Supporting and Celebrating Success". It was kicked off with a buddy breakfast that got the whole school together in the gym celebrating our students. Coinciding with the buddy breakfast was the kick-off for our Dream Catcher Project. Students from Grades 3 to 9 "roared" over the success of achieving mastery or proficiency in their number strand outcome. Tuesday, October 21, the Saskatchewan Cultural Exchange was in the school to present workshops in Music, Dance, Visual Arts, Drama and Writing. Each class was able to attend at least two different workshops. On October 29 our Grade 10-12 students attended the Saskatchewan Rivers Career Fair in Prince Albert.

November shows no signs of slowing down as Kindergarten through Grade 12 students will be receiving their first report card of the year on November 7. Parent-Teacher Interviews will be held from 4:00 -9:00 p.m. on November 13. Make sure to stop by the book fair and spend your students SCC money as Mrs. Pease has brought in some fantastic items. Our Junior volleyball team will be just wrapping up their season this month and our Senior Girls are hosting 1A Provincials on November 21 and 22. Opening ceremonies for the event will begin at 10:45 a.m. on Friday. Come on out and cheer on the teams. This is an awesome event for our school to host. Our Grade 7 and 8 students will be building cardboard boats to race at Carlton on November 5, and many of our student leaders will be attending the We Day celebrations in Saskatoon on November 7.

On October 10, we had a PLC day during which time our Educational Associates went to Prince Albert to participate in a workshop that dealt with working with at risk students. Our teaching staff worked on our Dream Catcher Project and focused on different strategies to use that will help students to be successful in Math. We will be having another PLC day November 24.

Our Remembrance Day program will be on November 6 at 1:30 p.m., feel free to join us as we reflect on those who sacrificed so much for us.

Have a great month of November and feel free to stop by and experience all of the great things that are happening at Canwood Public School.

-Mrs. Sherry Moar & Mr. Richard Schwehr



PAST EVENTS

Bus Driver Appreciation Day - During the week of October 20-26, Canwood Public School along with many other schools across Saskatchewan celebrated Education Week. The week started out with a big thank you to our drivers who ensure that our students safely arrive at school every day.

Muffins, yogurt, fruit, cheese and coffee were provided for our great bus drivers, Cathy Schaan, Debbie Anderson, Lynn Nelson and Tracy Pease.



ONGOING EVENTS

Art Club - Students in Art Club have been busy in October painting sunflowers and autumn trees, and creating imaginative monsters. Our November dates are Wednesday, November 5 and 12 after school from 3:15 - 4:15 p.m.

Student Attendance - Please call the school office to inform us if your child will be late or absent. If we have not received a phone call, we will be calling you to check on your child.

If a student is leaving the school a parent/guardian must come in and sign the student out or contact the office to let them know that the student will be leaving.

UPCOMING EVENTS

Report Cards - Kindergarten to Grade 12 report cards will be handed out to students on November 7.

Remembrance Day Service - November 6 at 1:30 p.m. in the gym. Community members are welcome to attend.

No Classes - November 10 and 11.



Parent-Teacher Interviews - November 13 from 4:00 p.m. to 9:00 p.m.. Notes have been mailed out with your scheduled interview time. Space is limited, so if you need to make any changes phone Mrs. Hinson as soon as possible.

Book Fair Gift Certificates - Saskatchewan Rivers Public School Division's commitment for student achievement is "Excellence for Every Learner". One way that the students' education is impacted is by improving literacy. The Canwood School Council supports the ideal of improving literacy skills for the students in our school, and therefore, looks for different ways each year to support the school in educating our children. In the past the school council has bought a variety of textbooks and materials to enhance student learning. The council has also purchased books at Christmas, one for each family with children in the elementary grades. This year the council has decided to present each student in Pre-K to Grade 8, a \$5 gift certificate to be used towards a purchase of a book at this year's book fair.

PLC Day - November 24 - no classes.

Co-op Gift Cards - The Grade 7/8 class is planning a year end trip to Camp Kadesh. In order to help pay for the trip, Grade 7/8 students are being asked to sell Co-op gift cards from October 24 - November 7. These gift cards can be used at any Co-op, not only in the immediate area, but in all of western Canada. Cards can be purchased in \$25 increments and can be used for anything that the Co-op sells (Gas, Groceries, Lumber, etc). The more cards we sell, the more profit the class makes.



Any money raised above the cost of Camp Kadesh will be used for a trip to Regina in March, in which some of the students will be taking part in the Saskatchewan Math Challenge at the University of Regina. We thank you in advance for your support in buying these cards.

Should you have any questions or concerns please contact Mr. Duval at the school @ 306-468-2150.

LIBRARY NEWS

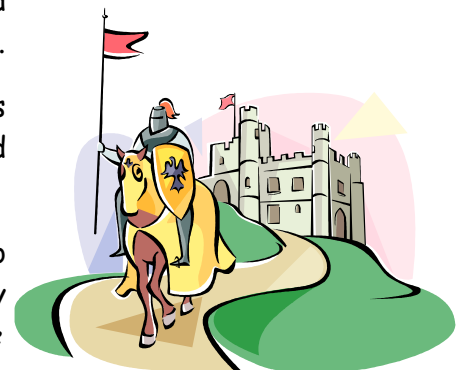
"Enter the Kingdom of Books" is the theme of Canwood Public School's Fall Scholastic Book Fair. This year the fair will be held on Thursday, November 13 from 9:00 a.m. to 9:00 p.m., and, will continue on Friday, November 14 during school hours.

Please feel free to come and look around at your leisure. Not only will you have a chance to explore hundreds of magnificent books, there will be plenty of fun contests to enter and lots of great decorations to see! Castles, dragons and princesses will be showcased on the bulletin boards for all to enjoy. Come in and check them out!!

We will have the Classroom Wish List Bulletin Board set up once again this year. Teachers make a wish list of titles that they would like to have in their classrooms and students can purchase them as Christmas presents for their teacher.

Also available will be over 120 new items from Readers World Books Ltd.. This company carries a great selection of books, cookbooks and gift items, just in time for Christmas gift giving.

Parents, grandparents and community members are all welcome to attend the book fair and help bring new books into our school library for the students to enjoy for years to come. *-Mrs. Tracy Pease*



THANK YOU

Thank you to Lisa Anderson who donated \$200 to our athletic program from her Affinity Credit Union Community Spirit Fund. This money will be used to provide a breakfast for the teams attending 1A provincial volleyball.

Thanks to everyone who donated pumpkins to the school, they helped to make our Halloween celebrations so much fun!

Thank you to everyone who bought Spook Insurance. If you need anything cleaned up contact the Canwood Public School office.

SCHOOL SPORTS

Cross Country Running - Canwood Public School's cross country running team had a great year. We were fortunate enough to have nice weather for a couple of the meets and then some "winter" type weather for Extravaganza. We had runners at the PACI, WESMOR, PMP and Extravaganza events. Georgia Hamborg, Chase Hansen, Harleigh Hamborg, Dominic Sten, Ethan Bodnarchuk, Tessa Genereaux, Casey Kvinlaug, Selena Anderson and Riley Rude all put in great efforts in each race. They were a strong group as they ran through pain, hot weather, cold weather and unfamiliar courses. Improvement was shown at each race. Congratulations on the terrific season. *-Coach: Mrs. Moar*



Senior Girls Volleyball - The Canwood Senior Girls Volleyball team is excited to be hosting 1A Volleyball Provincials on November 21 and 22. We have nine other teams joining us from all over the province and we are expecting up to 300 people in attendance over the two days in Canwood and Shellbrook. This is a large undertaking and we will be canvassing local businesses and clubs for their support. A BIG thank you to the following people and businesses that have already donated goods and funds: Affinity Credit Union, Cleveland's Farm (John & Sherry Wreford), Aiken Farm & Ranch and Lisa Anderson.

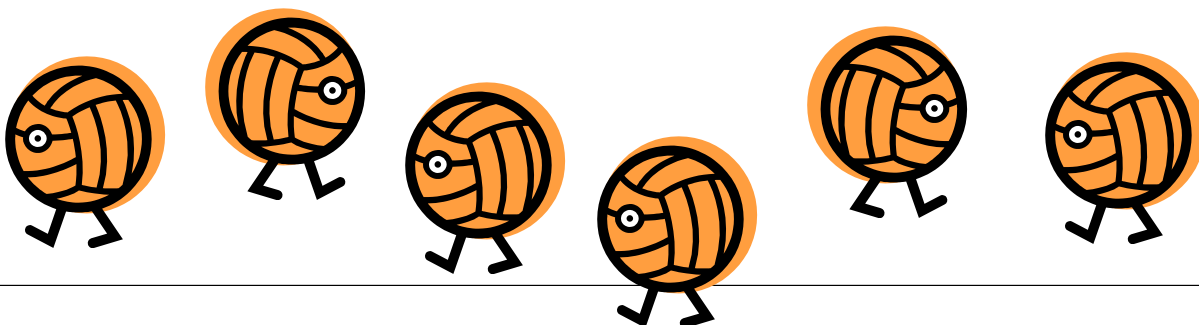
-Coaches: Mrs. Howat & Miss Boskill



Junior Volleyball - The beginning of the year was a little slow for the Junior Volleyball team. In order to make a squad for Canwood, a co-ed team was formed because of initial low numbers signing up. However, at the first practice 12 eager players showed up. Throughout the year, the coaches could see the skill level increasing for all of the players. The Cougars held their own during the grade 7/8 P4A Boys volleyball league, despite being a younger co-ed team competing against boys teams. Thanks to all of the parent drivers who delivered the team to its away games. Also, thanks to all those who came out to watch our future volleyball stars. Hopefully next year there will be a boys and a girls team from Canwood. The team consisted of Isaiah Morin, Tessa Genereaux, Johnathan Bather, Casey Kvinlaug, Cassidy Anderson, Kiara Bahnuick, Selena Andersen, Noah Johnson, Adam Moritz, Gunner Thall, Briar Cain and Riley Rude. *-Coaches: Mr. Person & Mr. Duval*



Senior Boys Volleyball - The Senior Boys Volleyball team has not had very much action this year but the boys were still fairly loyal about practice. We had a few Monday practices to prepare us for our tournament on October 25. Considering how much court time we had prior to the tournament everyone played quite well. Hopefully we can make a more concerted effort next year and play some more matches. The team consisted of Riley Rude, Dylan Kvinlaug, Colton Bahnuick, Brody Cyr, Ryan Aiken, Logan Halayka and Keanu Coulinear. *-Coach: Mr. Person*



BREAKFAST FOR LEARNING

Our school's nutrition program is proudly funded by Breakfast for Learning. Thanks to their support, we are able to offer our students a healthy meal or snack during the school day.

Breakfast for Learning is a national charity that is committed to ensuring students attend school well nourished and ready to learn, giving them the best chance of success in life.

In the 2013/14 school year, Breakfast for Learning funded 2,402 breakfast, lunch and snack programs, served 251,531 children and youth and provided over 40 million nourishing meals and snacks.

Since 1992, Breakfast for Learning has helped serve over 510 million meals to children and youth across Canada. For more information, please visit breakfastforlearning.ca.



EXTRAS

New Social Worker - In October Canwood School welcomed our new social worker, Angela Leski. Angela provides counselling therapy to students and their families using a range of counselling methods which include talk therapy, play therapy, art, games and writing. She looks forward to meeting everyone, and welcomes all students to stop in and say "hello" and discuss any concerns they may have.

Canwood Flu Clinic - For anyone who would like to receive the flu vaccine there will be a clinic at the Canwood Public School. November 7, 9:30 a.m. to 12:00 p.m.. Please remember to wear a short sleeved shirt.

Yearbooks - All the yearbooks we have had printed have been handed out, one to each family. We have a few extra for the 2013-14 year, they are being sold for \$25 each. If anyone would like to order more copies of the 2009-2010, 2010-2011 or 2012-2013 yearbooks please contact the school office. We will order them and they will cost \$27 each.

COMMUNITY EVENTS

Remembrance Day Service - Tuesday, November 11 at 10:45 a.m. at the Canwood Legion Hall. Potluck lunch to follow, everyone welcome.

Canwood Fall Supper - Sunday, November 9 from 4:30 p.m. to 6:30 p.m.. Adults \$13, 6-12 yrs \$7, 5 and under free. Proceeds to the village and R.M. of Canwood 100th Anniversary Committee. Matching fund provided by Scotiabank to a maximum of \$5000.

Canwood Curling Club - Registration night on Thursday, November 13 beginning at 6:00 p.m. at the school during Parent-Teacher interviews. Fees for the year will be \$120 for adults and \$80 for students. Please bring your fees on registration night. Regular curling will be on Tuesday and Wednesday evenings beginning in December and running through February. You can sign up as a rink, individual or group. Remember, you don't have to be an expert to curl, come out and have some fun!



CANWOOD PUBLIC SCHOOL
NEWSLETTER

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We're on the Web!

<https://cw.srsd119.ca/>

Need snack ideas?

Vegetables + Fruit

- Oranges
- Bananas
- Carrots
- Cucumbers
- Grapes
- Apples
- Applesauce
- Snap peas

Grain Products

- Tortillas
- Whole grain bread or bagels
- Crackers
- Plain popcorn
- Whole grain
- Fig Newtons
- Low sugar cereal

Milk + Alternatives

- Low-fat cheese
- Milk
- Yogurt
- Cheese strings
- Chocolate milk

Meat + Alternatives

- Hummus
- Chicken, tuna or ham for sandwiches
- Tofu
- Boiled eggs
- Trail mix
- Peanut butter



HEALTHY SNACKS FOR ACTIVE KIDS

Good nutrition will help provide kids with the energy they need to have fun and perform well during sports and other physical activities. There are three times to think about nutrition: before, during and after physical activity.

Before: Include foods from all four food groups at regular meals and snacks for the best before game nutrition. The best way to fuel muscles is with carbohydrates 1-2 hours before an athletic event or practice.

During: During a game, the most important thing is to stay hydrated. Water is the best choice to stay hydrated. Children do not usually need a half time snack. If children are very hungry or have been very active, offer fruit as a healthy, hydrating snack.

After: In most cases, water and healthy snacks or regular meals are all kids need to get back the nutrients and fluid they lost during physical activity. Milk is another great option for after game hydration.

Quick Tip: Plan Ahead!

Plan healthy snacks with your kids and pack them the night before. This will help them have healthy snacks handy!

Ideas to Help Your Kids Get & Stay Active!

- Go for a walk after supper-make it an adventure!
- Play music and dance!
- Create a walking school bus with other parents and kids in your neighbourhood.
- Leave the car at home when going on short trips.
- Play throwing games-have your child throw at a target as hard as they can.
- Play catching games using a wide range of soft objects.
- Introduce your child to skates or skis.
- Go tobogganing as a family.
- Encourage unstructured play with their friends everyday!
- Enroll your child in learn to swim programs, multi-sport programs, or a wide range of activities.



Ways a Parent Can Help with **READING**

1

Let your child see you reading!

Have magazines and books in your home.

2

Help your child find appropriate word & reading games on the computer.

Keep a dictionary on hand. Help your child look up new words they read or hear.

3

Read mysteries with your child and try to figure out the clues together.

4

Movie version coming out?

Read the book together first, then talk about which you each liked better.

5

Set aside a time and place for your child to read -

like a comfy chair and a reading light in a quiet place

6

Visit your public library regularly.

Look for and read together the books that were your favorites when you were a kid.

7

Encourage your child to write -

letters, thank you notes, emails, journals, lists, stories about their own trips, events, and daily life

8

Ask your child questions about what he or she is reading, such as:

- What is the story about?
- Who are the important characters in the story?
- Where does the story take place?
- Why do you think the character made that choice?
- Why did that happen?
- How did you know about...?
- Would you recommend this book to your friends?

9

Ask your child to draw a comic strip about what happens in the story.

Provide word searches, crossword and other word games and puzzles, or help your child make his/her own




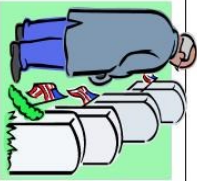




Share with your child about what you're reading... and encourage your child to do the same



November 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3	4	5	6	7	8
	Day 1 Pre-K	Day 2 K	Day 3 Pre-K	Day 4 K	Day 5 No Pre-K	Gr. K-12 Report Cards
	No Classes	Parents & Tots 10:00 am to 12:00 pm	<i>Pierogie Casserole</i> \$3.50 Art Club 3:15-4:15	Remembrance Day Service 1:30 	<i>Potato Soup</i> \$2.00 & <i>Salami & Cheese Kaiser</i> \$2.00 *Flu Clinic* 9:30 am-12:00 p.m.	
9	10	11	12	13	14	15
	Day 1 Pre-K	Day 2 K	Day 3 Pre-K	Day 4 K	Day 5 No Pre-K	
	No Classes	Remembrance Day No Classes	<i>Chicken Caesar Salad</i> \$3.50 Art Club 3:15-4:15	Parent-Teacher Interviews 4:00-9:00 p.m.	<i>Vegetable Soup</i> \$2.00 & <i>Grilled Ham & Cheese</i> \$2.00	
16	17	18	19	20	21	22
	Day 3 Pre-K	Day 4 K	Day 5 Pre-K	Day 6 K	Day 1 No Pre-K	Senior Girls 1A Volleyball Provincials
	PLC No Classes	Parents & Tots 10:00 am to 12:00 pm	<i>Subs</i> \$3.50 		<i>Cheesburger Soup</i> \$2.00 & <i>Cheese Biscuit</i> \$1.00 Senior Girls 1A Volleyball Provincials	
23	24	25	26	27	28	29
	Day 3 Pre-K	Day 4 K	Day 5 Pre-K	Day 6 K	Day 1 No Pre-K	
	No Classes	Parents & Tots 10:00 am to 12:00 pm	<i>Taco Salad</i> \$3.50		<i>Tomato Soup</i> \$2.00 & <i>Tuna Salad Sandwich</i> \$2.00 Pre-K Family Day	
30						