



CANWOOD PUBLIC SCHOOL NEWSLETTER

MARCH 2019

ADMINISTRATOR'S MESSAGE

It is hard to believe the school year is over half-finished and we are headed for spring. February provided many opportunities to build our tolerance for adversity, however, with as harsh as the weather was last month I am happy to say reported sightings of mosquitos, black flies and snakes were at record lows. I also did not need to weed the garden once. It's good to look for the positives when the mercury dips.

We would like to give a big thank you to all the parents who made it out to parent teacher interviews. We know the weather posed a challenge, so if you were unable to make it in please do not hesitate to call your child's teacher to set up a visit either in person or over the phone.

March is an action packed month with many activities and guests. Some of these include a visit from the Roughriders to talk about healthy relationships, a ski trip and Dessert Theatre to name a few. Please read deeper into the newsletter for all the events and details.

March 21 is the international day for the elimination of racial discrimination otherwise known as Spring Free from Racism Day. This day highlights the continuing and ongoing harm of racial discrimination. However, it takes a year-round day-to-day effort to make a meaningful impact. I firmly believe in the power of kindness. I encourage all of our school community to reflect on what we are each grateful for, and challenge us to show kindness at every opportunity. It is the day-to-day small acts of kindness that can add up to make a lasting change for the better.

-Mr. Brian Linn



ONGOING EVENTS

Elementary Skating - Elementary skating on Friday afternoons will be continuing through the month of March, for as long as the ice lasts. We welcome all parents, caregivers, grandparents and community members to come and help tie skates and watch the children skate.



UPCOMING EVENTS

Mom's Pantry - Mom's Pantry order forms will be going home with students in March. The order will be delivered before the Easter Break in April. Thank you to everyone who supports our Mom's Pantry fundraiser.

Let's Go Skiing - Canwood Public School has booked a day of skiing for it's students on Tuesday, March 12.

Kindergarten to Grade 6 classes will be going to Timber Ridge in Big River. Transportation will be provided via school bus, departing as soon as the buses are finished their morning route at 8:50 a.m.. Buses will do their afternoon route upon their return around 5:00 p.m..

Grade 7 to Grade 12 classes will be going to Table Mountain. The bus is leaving the school at 6:15 a.m. and will return to the school at 8:00 p.m..

The ski forms were sent home in February, they must be returned by March 1. If your skier did not receive a form, please contact the school office. The Timber Ridge skiers will need 3 forms signed. Make sure to look for all the spaces on the form that need to be signed. Cheques can be made out to Canwood Public School. There is always a need for some extra parental supervisors on the hills, please indicate on the form if you are willing to come along on one of the trips.

-Mr. Grant Person



Dessert Theatre - For this year's production on Wednesday, March 20, the drama students from Grades 6-12 will be performing two short comedies. "You're Driving Me Crazy" by Todd Wallinger and "10 Ways to Survive the Zombie Apocalypse" by Don Zolidis.

"You're Driving Me Crazy" is four funny stories about learning how to drive and Driver's Education.



"10 Ways to Survive the Zombie Apocalypse" is a handy and hilarious guide to surviving a zombie invasion.

The Dessert Theatre will include a selection of desserts sure to delight at the cost of \$12.00/person. The play will begin at 7:00 p.m. with the desserts served at intermission. Tickets will go on sale Monday, March 4 and are available at the school office.

EXTRAS

Social Worker - For the month of March, our school social worker Mrs. Kaley Spigott will be at Canwood School on Tuesdays, March 5 & 26, and Thursdays, March 14 & 21.

Thank You - Mr. Rod Gjerde for coming out to play music for our PreK Family Day on a very cold day in January!
-Mrs. Lisa Howat

Thank You - to all those people in the community who supported our Co-op Card Fundraiser for the Grade 7/8 trip to the Regina Science Centre and Moose Jaw Tunnels.
-Mr. Greg Duval

Yearbooks - The 2016-2017 yearbooks are in and available for purchase at the school office for \$35 each. We also have the following yearbooks for sale: 2013-2014 for \$25, 2014-2015 for \$35 and 2015-2016 for \$35.



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NEWSLETTER

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COMMUNITY EVENTS

Silent Auction - Canwood Regional Park's annual silent auction will be held on Saturday, March 16 at the Canwood Elks Hall. Doors open at 5:00 p.m., supper is at 6:00 p.m., auction to follow. Adults \$15, 12 and under \$8, 5 and under free.



Cooking with Kids

Looking for a great activity you can do at home with your kids? Try cooking! Cooking with kids doesn't have to take a lot of time and work. Whether you have toddlers or teens, your kids will love getting creative in the kitchen. Read on to learn why cooking with your kids is important and get great tips and recipes to make cooking a family hit.

Reasons to get cooking with your kids

Cooking is educational and fun! If your kids get cooking now, chances are they will continue this good habit as they grow older. Here are more good reasons to get your kids in the kitchen.

SHARING FAMILY COOKING TRADITIONS

Keep your cultural roots alive by teaching your kids some old family favourites. While in the kitchen, talk about who taught you to cook and your favourite traditional recipes. You may even want to collect recipes from family members as a gift for your children.

LEARNING TOGETHER IN THE KITCHEN

Cooking allows your children to learn in so many ways. Your children will learn about:

- **Health:** What makes a healthy meal or snack?
- **Language:** How do you read a recipe or write a grocery list?
- **Math:** How do you measure ingredients and work with fractions?
- **Science:** What will happen when you boil an egg or make bread?
- **Social studies:** What food is grown in Canada and around the world?
- **Food skills:** How do you stir, chop, knead, pour and scoop?
- **Social skills:** How can we work together, take turns and share utensils?

SPENDING QUALITY TIME TOGETHER IN THE KITCHEN

Cooking is an easy way to spend extra time with your kids. On a busy weekday, it's a great way to reconnect after a long day apart. On the weekend, it's a relaxing way to have fun together.



March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mrs. Kaley Spigott, School Social Worker, will be at Canwood School on March 5, 14, 21 & 26					1 Chicken Noodle Soup \$2.00 & Cheese Biscuit \$1.00 ←	2 Elementary Skating
3	4	5	6	7	8	9
			Taco In A Bag \$3.50 K-4 \$2.50		Day 1 No Pre-K	←
10	11	12	13	14	15	16
			Perogie Casserole \$3.50 K-4 \$2.50	PreK Family Evening	Chili \$2.00 & Dinner Roll \$1.00 ←	←
	Day 1 Pre-K	Day 2 K	Day 3 Pre-K	Day 4 K	Day 5 No Pre-K	
17	18	19	20	21	22	23
HAPPY ST. PATRICK'S DAY	PLC No Classes		Spaghetti & Meatballs \$3.50 K-4 \$2.50		War Won Ton Soup \$2.00 ←	←
			Dessert Theatre		No Pre-K	
24	25	26	27	28	29	30
			Chicken Caesar Salad \$3.50 K-4 \$2.50	Gr 6-9 Doubles Tournament	Chicken and Dumplings \$2.00 Gr 6-9 Singles & Mixed Tourn	←
	Day 4 K	Day 5 Pre-K	Day 6 K	Day 1 Pre-K	Day 2 K	←
31						Canwood Classic Open Tournament
	Day 4 K	Day 5 Pre-K	Day 6 K	Day 1 Pre-K	Day 2 K	