

CANWOOD PUBLIC SCHOOL NEWSLETTER

MAY 2015

ADMINISTRATOR'S MESSAGE

April has been a very busy month with high school report cards as well as Junior and Senior Badminton. Thank you to Mr. Person, Mrs. Moar, Mrs. Eberts, and Mrs. Howat for coaching this year's badminton programs. This year we have been invited to join Debden for a track meet leading up to the P4A track meet for our Grade 4 - 8 students. All of our students from Kindergarten to Grade 8 will travel to Debden on May 20 to participate in this fun event. Parents and grandparents are invited to attend. Our city high school track and field meet for Grade 9 - 12 students will be held on May 20 (after school) and all day May 21. Those who qualify from this meet move onto districts which will be held on May 27 (evening) and May 28. Both of these events take place at Harry Jerome track in Prince Albert. Good luck to all participants.

We would like to apologize to Paige Anderson whose name was omitted from last month's drama write-up. Paige was responsible for taking pictures and making all the decorations that adorned the hallway for our performance. Paige also very willingly filled in for our school performance when another actress was ill. Thanks for the awesome job.

We would like to welcome Mrs. Ashlee Blais to our teaching staff. She will be working in the elementary end till the end of June.

Our community has once again shown tremendous support of our school and our fundraising activities. With your help, our Mom's Pantry profit was \$2944.80. Half of this money will be put to our Free the Children project and the other half will go to our local school sponsored activities. Once again this year, our top seller was Chase Hansen and he will receive a \$50.00 cheque for his hard work.

The end of the school year is quickly approaching. We ask for your assistance in encouraging your child/ren to have regular attendance, complete all assignments and final projects by the assigned due date, and to study for yearend exams. We also appreciate when you remember to phone in or send us a text when you child is going to be absent.

-Mrs. Sherry Moar & Mr. Richard Schwehr

HONOR ROLL

Honor Roll is based on three levels of achievement. The average is calculated using all of the subjects that a student is currently enrolled in. 80% = Honors, 85% = Distinction and 90% = Great Distinction. The average must calculate to the percentages above; averages *will not* be rounded. To clarify, a student with an average of 84.9 will not receive Distinction.

Grade 10: *Honors* - Brody Cyr, Cheyenne Thall; *Distinction* - Delayne Aiken, Paige Anderson, Erin Bartley, Ramsey Rude, Makayla Stieb, Amy Wreford

Grade 11: *Honors* - Matthew Wolfe; *Distinction* - Ryan Aiken, Logan Halayka; *Great Distinction* - Sydney Kvinlaug, Kali Stocks

Grade 12: *Distinction* - Hayden Bartley, Joelle Hoeflicher, Tara Johnson, Alexandria Person

PAST, PRESENT & UPCOMING EVENTS

Legion Poster Winners - Thanks to Mr. Robert Bruyninckx, on behalf of the Legion, for presenting awards to the following students:

Grade 7/8/9 Color Poster - Kiara Bahnuick (second place)

Grade 7/8/9 Black and White Poster- Selena Anderson (third place)

Congratulations to both students for a job well-done.



SRPSD Proudly Announces New Websites - that showcase our commitment to student achievement and reflect the culture of excellence in our schools! Saskatchewan Rivers Public School Division recently implemented newly designed webpages for our schools. Features of our new mobile friendly sites include standard quick links to bus updates and contact information, current handbook, newsletters, and staff lists, familiar icons for quick recognition. We now have social media feeds displayed, and the ability to sign up to receive Google calendar updates or receive news via email. Please check it out at the same location as always, <https://cw.srsd119.ca>. Add the Canwood School website to your favorites or your home screen to quickly check the calendar, announcements for upcoming events and noon meals.

Yearbooks are now on sale! - The Canwood Public School yearbook for the 2014-2015 school year is on sale now until June 30. This yearbook will be similar to the 2013-2014 yearbook, bound with a soft cover, but will feature more pages than last year. All pages are full colour. Yearbooks are on sale for \$35/book and ordering has been designed to be efficient and family-friendly. You can order online from the comfort of your home by going to the website at <http://ybstore.friesens.com/stores/305076>. If you prefer you can also order directly through the school, order forms have been sent home with students. If you have any questions, please contact Kori Boskill at the school.

School Community Council - The annual general meeting will be held on Tuesday, May 5 @ 7:00 p.m.. Everyone is welcome to attend.

Graduation - Canwood Public School graduation will be held on Friday, May 22, 2015. The exercises will be held at the school gym at 7:00 p.m., followed by a social. The exercises are open to all members of the community. Please feel free to join us and celebrate with the graduates. The graduating class of 2015 is Michael Andersen, Hayden Bartley, Joelle Hoeflicher, Tara Johnson, Alexandria Person and Lee Sanderson.



LIBRARY NEWS

Hello from the library! With the recent stretch of cold, wet weather that we have been experiencing I would encourage students to take special care in transporting their library books back and forth from home to school.

A reminder to all students to return their library books by the due date so no late fees will be applied to their accounts and their lending privileges will not be affected.



All library books must be returned back to school by June 10 in time for inventory. Any unreturned books will be added to your child's student fees in the fall.

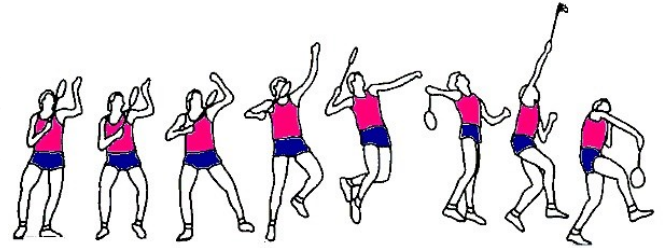
-Mrs. Tracy Pease

SCHOOL SPORTS

Junior Badminton - It was a great season for junior badminton with the students playing many games and all showing an improvement in their skills. They played in a tournament at Carlton in Prince Albert and in a home tournament put on by Mr. Person. At extravaganza in Shellbrook all players performed well; Briar Cain and Riley Rude won gold in boys doubles and Cassidy Anderson and Casey Kvinlaug won silver in girls doubles. Thank you to all the students and parents, and to Mr. Person for helping to make it a successful season.

-Mrs. Lisa Howat & Mrs. Colleen Eberts

Senior Badminton - This year's edition of the Canwood Cougar badminton season is hitting the home stretch. There has been open badminton on Monday nights that began in January. It was great to see the parents surprising their children with hidden badminton skills. Our season officially began in March. We were in a league on Tuesdays with Prince



Albert and its surrounding areas. The first leg of SHSAA playoffs were in Shellbrook on April 21. Canwood did fairly well. The results were as follows: Dylan Kvinlaug 1st in boys singles, Keanu Coulinear 2nd in boys singles, Tara Johnson 2nd in girls singles, Delayne Aiken and Ryan Aiken 1st in mixed doubles, Cheyenne Thall and Makayla Stieb 3rd in girls doubles. The others who have competed for Canwood this year are Brody Cyr, Paige Anderson, Ramsey Rude, Erin Bartley, Alex Person, Hayden Bartley and Saxon Rowland. Delayne, Ryan, Dylan, Keanu, Tara, Cheyenne and Makayla all advanced to District playoffs in Prince Albert on April 28. The results from Districts are : Dylan 2nd in boys singles, Delayne & Ryan 2nd in mixed doubles and Makayla and Cheyenne 1st in girls doubles. These students advance to Regional playoffs in Carrot River on May 2. Good luck to all.

The school has also hosted two tournaments this year. There was an open tournament on March 27 that saw some ex-students, current students, and adults from the surrounding area display their skills. On April 24, the grade 6 to 9's invaded the gym to compete in all 5 categories. Thanks to parents who have driven our players to their away games.

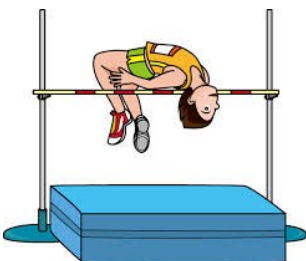
-Mr. Grant Person & Mrs. Sherry Moar

Track and Field - Track and Field is up-and-running for another year! (Pardon the pun). We will be having combined practices, after school, for students in grades 4 - 12 throughout the next month. April 29 will be track set up. The practice dates are as follows: May 6, 7, 11, 13, 14, 19, 21, 26, 27.



Grade 4 - 8 students will take part in the P4A city track meet on the evening of June 1 (long distance running only), June 2 and June 3.

High school students will compete in the city meet in Prince Albert on May 20 and 21. Those that qualify from the city meet will go to districts in Prince Albert on May 27 and 28. Provincials are to be held in Yorkton on June 5 and 6.



-Coaches: Mr. Greg Duval, Mrs. Lisa Howat, Mrs. Colleen Eberts, Mrs. Gwen Olson and Mr. Grant Person



BREAKFAST FOR LEARNING

Healthy Bag Lunches: Getting your Children Involved - Written by: Phyllis Reid-Jarvis, Dietitian, Certified Life Coach and Breakfast for Learning Board Member

Teaching kids cooking skills is a topic of great importance for the future health of our children. There are many benefits to making homemade lunches, including improving children's overall health and wellness while at school, improving their ability to learn, saving money and teaching children the importance of cooking/preparing their own meals from scratch.

However, if you are like most parents, making lunches can begin to feel like a chore after a while. Below are some ways to get your children involved in the lunch-making process, while making it fun for the entire family.

Use Dinner Leftovers - Make use of leftovers to save time and prevent food waste. Ask your children to help with portioning out leftovers into containers and bagging them for the next day's lunch.

Ideas to Keep Lunches Warm - For lunch items that need to be served hot, you can ask children to leave the thermos on the kitchen counter overnight. Simply add your warm meal to the thermos in the morning.

Plan Ahead - Encourage children to assemble an extra pizza, macaroni dish, or any other preferred dish during general meal preparation. Let kids know that the extra dish will be their lunch for the next day or two.

Soups and Stews - Cooking soups and stews can be a fun way to involve children in washing and chopping vegetables, dicing onions, crushing garlic, and breaking up herbs to add to the meal. If you are making a cream soup, ask them to help with pureeing the soup with a food processor (once it is cooled). The next morning, simply warm up the dish and pour it into a thermos.

Taste Tests - While cooking, ask children to taste meals and tell you what they think is missing. This process gets them actively involved in cooking and learning how to make meals that are nutritious and tasty.

For more lunch recipes visit: www.dairygoodness.ca/getenough/recipes/meals/lunch and www.bonappetit.com/test-kitchen/common-mistakes/article/school-lunch-common-mistakes

Breakfast for Learning is committed to ensuring students attend school well nourished and ready to learn. During the 2014/15 school year, Breakfast for Learning invested in 2,174 breakfast, lunch and snack programs, serving 271,663 children and youth and providing over 44 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.6 million children and youth across Canada enjoy over 554 million healthy meals and snacks. For more information, visit breakfastforlearning.ca.





CANWOOD PUBLIC SCHOOL NEWSLETTER

850-1st Street East
Box 370
Canwood, SK S0J 0K0

Phone: 306-468-2150
Fax: 306-468-2999
E-mail: vhinson@srsd119.ca

We're on the Web!

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

COMMUNITY EVENTS

Canwood Minor Ball - Canwood is hosting ball playoffs this year as part of Parkland Minor Ball League. This event will occur June 20 and 21 at the Canwood Regional Park. The boys tournament is Saturday and the girls will play on Sunday. Come on out and watch some great ball! If anyone would like to volunteer to help us out please contact Lisa Anderson 306-747-7764, Karen Kvinlaug 306-468-2073 or Heather Sten 306-468-3030.



Vacation Bible School - Once again we are having our Vacation Bible School fundraiser on Tuesday, May 26, from 11:30 a.m. to 1:30 p.m. at the Canwood Seniors Room. The menu is hamburgers, salad, beverages and squares. Children \$6.00 and adults \$7.00. Thanks in advance for your support



Affinity Credit Union - Canwood branch BBQ on May 28 from 11:30 a.m. to 1:30 p.m. at the Canwood curling rink. \$8.00 for a hamburger, drink and dessert. Proceeds to the Canwood Curling Club.

Whispering Pine Place - Strawberry shortcake tea & bake sale & craft sale on Friday, May 15 from 2:00 to 4:00 p.m.. \$4.00/person. Everyone welcome!

Whispering Pine Place - Yard sale and BBQ on Friday, June 12. The yard sale is from 10:00 a.m. to 4:00 p.m.. The BBQ is from 11:30 a.m. to 1:00 p.m., \$8.00/person.

Canwood Golf Course - There is a clean up day planned for Saturday, May 2 at 9:00 a.m.. If you would like to volunteer to help do some raking, etc... please come out and join us.

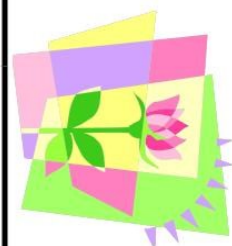
Canwood Golf Course - On Sunday, May 24 there will be a tree planting day at the park. Please contact Bob Thompson at 306-468-2266 for more information.

Royal Purple - The ladies of the Royal Purple/Elks Lodge #114 would like to thank everyone who volunteered their time to prepare coffee for our Morning Coffee Time. We hosted this during the months of March and April. Thanks to everyone who came for coffee and gave their support.





May 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Angela Leski, Social Worker, will be at Canwood School on Mondays & Tuesdays</p>					<p>1 Vegetable Soup \$2.00 & Roast Beef Sandwich \$2.00</p>	<p>2 </p>
3	4	5	6	7	8	9
		<p>Parents & Tots 10:00 a.m. to 12:00 p.m.</p>	<p>Lasagna & Garlic Toast \$3.50</p>		<p>Day 2</p>	
	<p>Prek</p>	<p>Annual School Council Meeting 7:00 p.m.</p>	<p>Prek Caregivers Lunch</p>		<p>Cream of Potato Soup \$2.00 & Pastrami & Swiss Sandwich \$2.00</p>	
10	11	12	13	14	15	16
<p></p>	<p>Day 3</p>	<p>Parents & Tots 10:00 a.m. to 12:00 p.m.</p>	<p>Chicken Taco Salad \$3.50</p>		<p>Tomato Soup \$2.00 & Cheese Kaiser Sandwich \$2.00</p>	
	<p>Day 2</p>	<p>Prek</p>	<p>Day 4</p>	<p>Day 5</p>	<p>Gr. 7-12 Gym Blast in Debden</p>	
17	18	19	20	21	22	23
	<p>Victoria Day No School</p>	<p>Parents & Tots 10:00 a.m. to 12:00 p.m.</p>	<p>Jambalaya \$3.50</p>	<p>Gr. 9-12 Track & Field in P.A.</p>	<p>Italian Wedding Soup \$2.00 & Breadsticks \$2.00</p>	<p>Graduation</p>
		<p>Gr. 9 Party Program in Big River</p>	<p>Gr. 9-12 Track & Field in P.A. (evening)</p>	<p>Gr. 9-12 Track & Field in P.A.</p>	<p>Day 3</p>	<p></p>
	<p>Day 1</p>	<p>Prek</p>	<p>Day 2</p>	<p>Day 3</p>	<p>Day 4</p>	
	25	26	27	28	29	30
	<p>PLC No Classes</p>	<p>Parents & Tots 10:00 a.m. to 12:00 p.m.</p>	<p>Chicken & Wedges with Coleslaw \$3.50</p>	<p>District Track & Field in P.A.</p>	<p>Corn Chowder \$2.00 & Grilled Ham & Cheese Sandwich \$2.00</p>	
<p></p>		<p>Day 6</p>	<p>Day 1</p>	<p>Day 2</p>	<p>Day 3</p>	
		<p>K</p>	<p>Prek</p>	<p>K</p>	<p>No Prek</p>	