

CANWOOD PUBLIC SCHOOL NEWSLETTER

OCTOBER 2015

ADMINISTRATOR'S MESSAGE

September was full of energy and excitement and quickly flew by. It was terrific to see everyone out for the Meet the Staff BBQ. We had over 200 people come and enjoy the last of the summer weather and socialize. We were happy to see that much support from our community.

A Welcome Back to School breakfast was prepared by the staff for all students on Friday, September 11. The breakfast was enjoyed by all and was a great way to welcome all our new students.

We have many students involved in our school athletics, cross country runners from Grade 4 to 8 and Elementary soccer players from Grade 1 to 6. We also have Junior Girls, Senior Girls, and Senior Boys volleyball players as well as two senior boys playing football in Shellbrook as a jointly sponsored team between the two schools.

Canwood Public School continues to fundraise for Terry Fox each year and we congratulate all who took part on our annual walk/run. It's a great way of saying thank you to cancer research as it has touched each of our lives. Our Grade 11/12 class was in charge of planning this year's event and added incentives hoping to raise more money for the Terry Fox run. One of the incentives was that the top five fundraisers will be treated to a limousine ride.

On October 9, there will not be any classes as staff will take part in their Professional Learning Communities. Picture Day will be on Wednesday, October 21, so remember to show up with your best smile.

Education week is from October 19-23. We have fun activities planned throughout the week surrounding the theme of "Celebrating Each Student".

A big thank-you to all our community members who took billets into their homes when Shellbrook hosted the SLC conference. Once again our community showed their support for our students and the school.

Students and staff are off to a great start to the 2015-16 school year. We welcome all parents and community members into our building to support various events that happen here. Have a bountiful harvest and a great month of October.

-Mrs. Sherry Moar & Mr. Richard Schwehr

UPCOMING EVENTS

Education Week - Each year our province and the Ministry of Education dedicate the third week in October to Education Week. This year's theme is "Celebrating Each Student". During this week, October 19 - 23, we are planning a couple of activities for the classrooms. To start off the week on Monday, October 19 the students will get together for Breakfast Buddies. That morning, upon arriving at school, students in the higher grades will be partnered with the elementary students. They will enjoy a complimentary breakfast together of muffins, fruit, cheese and yogurt and then get to know each other better. On Wednesday, October 21, the SRC students are planning a Family Literacy Night from 6:30 to 8:00 p.m.. The SCC will also hold their monthly meeting that evening. Kerri English will be entertaining the students with some fiddle music on Thursday, October 22.

Influenza Clinics - Influenza vaccination is recommended for all individuals over 6 months of age each fall.

People at greatest risk include preschoolers, pregnant women, individuals with a chronic health condition, people with severe obesity, residents of long-term care facilities and persons over 65 years of age. People who are in contact with any of these groups of people are encouraged to get immunized to protect those at high risk.

This year Influenza clinics will be held at the Canwood Public School on the following dates:

October 21, 2015: 9:30-12 noon; 1-4 p.m.

November 18, 2015: 1-4 p.m.



Please note: The Flumist vaccine (nasal spray) will not be available until the November clinic. It is an optional vaccine for 2-17 year old children. Parents of preschoolers can also book their children into a Baby clinic by phoning Public Health at 306-469-2505.

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 15 to October 28. 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 from any grade 7/8 student or from the school office and they are sold 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. We thank you in advance for your support.

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

PAST EVENTS

Student Leadership Conference 2015 "Fire is Catching" - Ryan Aiken, Brett Bischler, Sydney Kvinlaug, Kali Stocks, Delayne Aiken, Paige Anderson, Amy Wreford, Dylan Kvinlaug, Cassidy Anderson, Casey Kvinlaug, Mrs. Howat and Mrs. Moar attended this year's Saskatchewan Student Leadership Conference in Shellbrook on September 16 - 18. Ryan Aiken, Brett Bischler, Sydney Kvinlaug, Kali Stocks, Delayne Aiken, Paige Anderson, Amy Wreford, and Dylan Kvinlaug joined the Shellbrook students to help out as District leaders.

Over 700 student delegates and staff advisors from across Saskatchewan came together for three days to develop leadership skills and meet new people. The theme of the conference was "Fire is Catching" based on the Hunger Games novels. Students and staff from W.P. Sandin Public High School welcomed everyone with great enthusiasm.



To kick things off there was a welcome Beef on a Bun supper, field activities, dancing and music. Students and advisors then gathered in the curling rink for the opening ceremonies and to hear local performing artists "The Girls on Fire" - Kerri English and Kelsey Fitch. Thursday the students attended various breakout sessions, including participating in the Amazing Race and Surviving the Arena.

Thursday finished off with a formal banquet and a foam dance at the Shellbrook Skating Rink. Friday morning the students were able to participate in their own form of the Hunger Games with activities at the Shellbrook Hidden Hills Golf Course. The highlight of the morning was Kyle Helm flying his helicopter over the golf course dropping supplies for the tributes. They were entertained and inspired by some great speakers, including Andy Thibodeau, Theo Fleury, and Ishmael Beah.

Everyone enjoyed their time at SLC and arrived home on Friday with new ideas, cheers, positive stories and a closer bond with the other members of our SRC! Our students did an awesome job as District leaders and were thankful to Mrs. Philp for asking them to help out. *-Mrs. Moar & Mrs. Howat*



ONGOING EVENTS

2014-2015 Yearbooks - There are yearbooks from last year still available for order. Yearbooks are \$35/book and will be sent home with students once they have arrived at our school. Make sure to order your copy now before they're all gone! Contact Ms. Boskill for an order form.

Noon Meals and Soup and Sandwich Lunch Cards - We are pleased to offer the opportunity for students to purchase meal cards and/or soup and sandwich cards. The noon meal card is \$35.00, enough for 10 meals. The soup and sandwich card is \$20.00 - this covers soup, sandwich and/or biscuit. Cards can be purchased at the school office.

DREAMCATCHER PROJECT

This will be our second year in the Dream Catcher Project, a Saskatchewan Rivers School Division initiative. The focus of the project is to increase the achievement of every student in our school. This means setting a school-wide goal and having a school-based instructional coach work with staff and students to achieve it. *We are happy to announce that last year 86% of our students either achieved proficiency or mastery OR had 50% catch up growth OR reached their own individual benchmark in the Number strand.*

Our goal for this year reads:

By June 2016, 100% of Canwood Public School K - 9 students will be achieving mastery or proficiency in **Mathematics Literacy** OR will have 50% catch up growth in mathematics literacy (students not achieving mastery or proficiency standards) OR will reach their individual benchmark level in mathematics literacy (students on individualized plans).

Our specific goal will be our focus on Mathematical Literacy, which includes Numbers, Patterns and Relations, Shape and Space as well as Statistics and Probability.

Essentially, this means that our wish is for every student at Canwood Public School to improve their math skills to proficiency at their grade level, or to improve their math skills if they are not currently at their grade level. We look forward to updating you with our progress towards our goal.

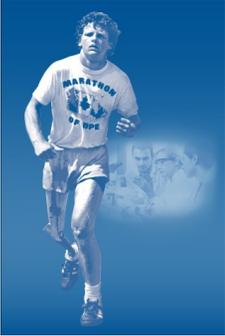
-Mrs. Moar & Mrs. Eberts

THANK YOU

A great big Thank You to **all** of the people who donated vegetables, cucumbers, carrots, potatoes, etc. to the school for our Nutrition Program. We do not wish to forget anyone - so again Thank You All!

Thanks!

Thank You to the following who donated towards the meal or door prizes for the Terry Fox Run: Canadian Prairie Bison, Ken and Odile Aiken, Connie Bahnuick and family, Loretta Kvinlaug, Canwood Co-op Store, Canwood Co-op Agro, Canwood Hotel, Whispering Pine Place, Neighbourhood Catering, Canwood Hotel, CIBC, Tait Insurance, Cargill, Affinity Credit Union, Eternal Memories Funeral Home and Crematorium, Canwood Café, Canwood Public School SRC, Louise's Classic Cuts, Bernice Nordquist & Canwood Regional Park, Woodland Pharmacy and Pineland Sales & Service.



Thanks so much to Kathy Herzog, Lila Olson, Tani Hamborg and Karen Kvinlaug for helping to prepare and serve the delicious Terry Fox Lunch.

LIBRARY NEWS

Wow, what a beautiful fall we've had! Just a reminder that October is Canadian Library Month so try to visit your local library for some great reading. The first book fair of this school year will be held in conjunction with parent-teacher interviews on Thursday, November 5, keep posted for further information. A huge Thank You to Erin Bartley for donating books to our school library, many of which were the "next" book in a series. The students are sure to love them.

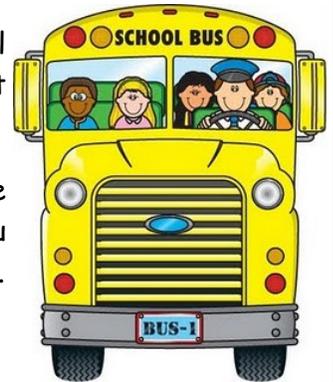
-Mrs. Tracy Pease



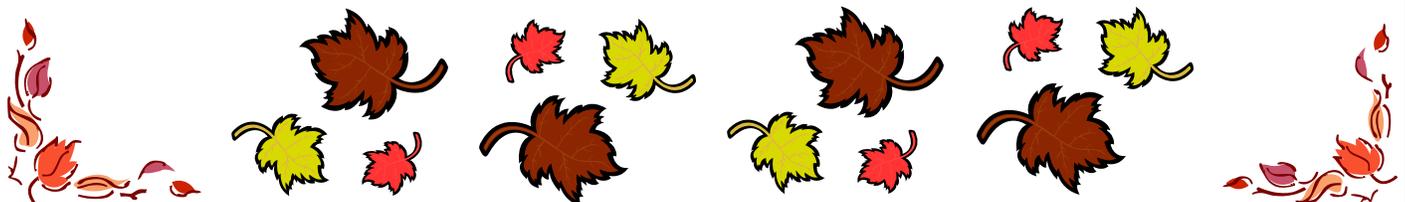
EXTRAS

Important School Bus Information - We are facing an immediate shortage of spare bus drivers in your area. This may be an excellent opportunity to both help your community and become a valuable employee of Saskatchewan Rivers Public School Division.

If you or anyone you know is interested in full or part time work as a school bus driver, please contact Ryan Bruce, Manager of Transportation Services at 306-763-2323. You can also apply online at www.srsd119.ca/srsdcareers.html.



Training can be done at your pace and can fit around almost any other schedule (work or home) that you may have on the go. Applying now would ensure you have time to complete the school bus training this fall. Thank you, Ryan Bruce 306-763-2323.



BEAKFAST 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 helping children across Canada realize their full potential in life by ensuring that all children attend school well nourished and ready to learn, giving them the best chance of success in life.

As Canada's first charity focused on child nutrition, Breakfast for Learning has been helping support school based nutrition programs in every province and territory for almost 23 years.

In the 2014/15 school year, Breakfast for Learning funded 2,174 breakfast, lunch and snack programs, served 271, 663 children and youth, and provided more than 44 million nourishing meals and snacks.

Since 1992, Breakfast for Learning has helped 3.6 million children enjoy over 554 million healthy meals and snacks. For more information, please visit breakfastforlearning.ca.



COMMUNITY EVENTS

Expression of Interest - The Village & R.M. of Canwood 100th Anniversary Committee is looking for Clubs, Groups or Organizations that may be interested in running a concession booth at our 100th Anniversary Celebration. The Celebration is being held on July 29, 30 & 31, 2016 in the Village of Canwood. Interested parties would be responsible for providing all their own supplies and equipment. This will be an excellent fundraising opportunity as over 2000 people are expected to attend. Interested parties are asked to send their expression of interest to: Village & R.M. of Canwood 100th Anniversary, Box 206, Canwood, SK S0J 0K0, Email: canwood100@outlook.com **BY OCTOBER 31, 2015**

Please include a brief description of your group and an idea of the type of food you would serve. If you would like further information, please contact Lisa at 306-468-7465 or email: canwood100@outlook.com

Table Rentals - The Canwood Royal Purple Ladies would like to remind people in the area who are interested in renting a table at our Annual Craft Sale on Saturday, November 7 to book early. Tables go quickly and we do not want our local people to miss out on this event. Contact Linda Young 306-468-2253 or Glenda Wilson 306-468-2164.

Fall Supper - Looking for donation of garden turnips for the Canwood Fall Supper on October 18 from 4:30-7:00 at the Canwood Community Hall. Also if anyone would like to volunteer to help call Margie at 306-468-2274 and leave a message.



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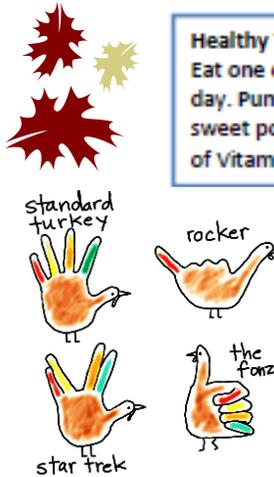
Phone: 306-468-2150
Fax: 306-468-2999
E-mail: vhinson@srsd119.ca

We're on the Web!

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



Healthy Tip:
Eat one orange vegetable every day. Pumpkin, squash, carrots, sweet potatoes and yams are full of Vitamin A!



Healthy Halloween Tips

Did you know on Halloween night, most kids come home with about 7 lbs of Candy! That's equivalent to about 10 cups of sugar!



Make this Halloween a healthier one for you and your family by following a few easy tips:

1. **Handout non-sugary foods and toys.** Healthier food options include: fruit cups, applesauce, granola bars, baked cracker packages, trail mix, animal crackers, 100% juice boxes or sugar free gum. Better yet give out non-food treats such as stickers, tattoos, pencils, erasers, bubbles, glow sticks, jewellery, mini containers of Play-Doh or small toys. Ask your kids for fun ideas!
2. **Have your kids keep your favorite sweets and give away the rest.** Have them divide their treats into two piles-one for their favorite candy and one for all other candy. Keep their favorites and give away the rest to other family members or to a local charity. You can also buy back their candy using incentives like money, books, or toys.
3. **Limit the number of candy pieces your kids can have each day.** Allow 1-3 pieces of candy a day. Have your kids enjoy their candy with a healthy snack or meal to prevent cavities.

Healthy Snack and Meal Ideas for School Family Nights

With school, work, meetings, and extra-curricular activities, it can be difficult to schedule time with your family. School family nights give opportunities to reconnect with your family in a fun-filled evening complete with tasty healthy meals or snacks that are easy to prepare!

Snack Ideas

- Raw vegetables with hummus (chickpea dip)
- Whole grain crackers topped with light cheddar cheese
- Cut up fruit with yogurt as a dip
- Plain popcorn sprinkled with parmesan cheese
- Fruit salsa with baked pita bread (see recipe below)
- Popsicles made with fruit and yogurt

Meal Ideas

- Quesadillas made with cheese, chopped vegetables, and beans
- Whole wheat pita pizzas with vegetables and cheese
- Baked chicken tenders with Tzatziki sauce and baked sweet potato "fries"
- Tuna salad sandwiches and vegetable kabobs
- Vegetable fajitas topped with cheese
- Hamburger soup with a whole wheat bun

Quick Tips

- Serve milk or water instead of pop or juice.
- Adding strawberries and lemon to water is a great way to boost the flavor!

Fruit Salsa Recipe

- 2 peaches, chopped
- 2 nectarines, chopped
- 4 kiwi, chopped
- 2 16oz containers of strawberries, chopped
- 1 tablespoon lemon juice
- 1/4 cup strawberry jam

Add all of the fruit to a large bowl, drizzle with lemon juice and jam and lightly fold. Serve with baked pita wedges sprinkled with cinnamon.





October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Day 4	2 Day 5 <i>Leftover Soup \$2.00 & Cheese Biscuits \$1.00</i>	3 Senior Girls Volleyball Tournament
4 	5 Day 6	6 Day 1	7 Day 2 <i>Ham & Perogie Casserole \$3.50</i>	8 Day 3	9 Day 4 PLC No Classes	10
11 Day 6	12 Day 6 <i>Happy Thanksgiving</i> No Classes	13 Day 1	14 Day 2 <i>Subs \$3.50</i>	15 Day 3	16 Day 4 <i>Hamburger Soup \$2.00 & Breadcrumbs \$1.00</i>	17 Day 5 **ATTENTION: Also happening on Wed, Oct 21**
18 Day 6	19 Day 6 <i>Breakfast Buddies</i>	20 Day 1	21 Day 2 <i>Baked Chicken & Veggie Rice \$3.50</i> *Picture Day*	22 Day 3 Kerri English entertaining students	23 Day 4 <i>Mainroom Soup \$2.00 & Grilled Ham & Cheese \$2.00</i>	24 Day 5 Flu Clinic 9:30-4:00 and Family Literacy Night 6:30-8:00
25 	26 Day 2	27 Day 3	28 Day 4 <i>Lazy Man Lasagna & Garlic Toast \$3.50</i>	29 Day 5	30 Day 6 <i>Lemon Chicken Orzo Soup \$2.00 & Biscuits \$1.00</i>	31 Day 6 <i>Happy Halloween</i>