



# CANWOOD PUBLIC SCHOOL NEWSLETTER

DECEMBER 2015



## ADMINISTRATOR'S MESSAGE

The first week of November was extremely busy with report cards, parent/teacher interviews, guest speakers from Free the Children, our annual book fair and our Remembrance Day service. We enjoyed a week of rest and then returned to start planning for the upcoming Christmas events that our school will be involved in.

We had a strong turn-out for parent/teacher interviews with 83% of our families coming for a visit. If you were unable to attend, remember that you are welcome to call or drop in to see your child's teachers. Clear communication between home and school is vital for student success. Our School Book Fair coincided with parent/teacher interviews. Again, it was a huge success as children were seen purchasing books with the \$5 coupon from our School Community Council. The money raised is used to purchase new books for the library.

On November 6, we hosted our annual Remembrance Day service. Thank you to Bob Thompson and the Legion members who attended to make the service so meaningful. Thanks to our students for their involvement in the service by laying wreaths, singing and reading poems.

Basketball is about to begin with Mr. Duval and Mr. Person. We are looking forward to the continual rebuilding of our teams after a new start last year. We are also very excited to see the number of junior students who have signed up to play. This allows us to have a base from which to build our high school teams in the future.

Congratulations to Joelle Hoeflicher who was been awarded a \$1000 scholarship from the Saskatchewan Association of Student Council Advisors. She was one of two recipients chosen from students from all across Saskatchewan. As a school community we are very proud of Joelle for her excellent leadership and accomplishments while attending Canwood Public School.

As a school we are continuing in the Dream Catcher project working on all strands of Math. Teachers are using a variety of teaching strategies as well as re-teaching and re-assessing to help students achieve their goals. To help your child reinforce their Math, when you are driving, have them count cars, count forwards and backwards, count by 2's, 5's, 10's, etc. Have them recite their multiplication tables as well as practice their adding and subtracting.

Elementary students will be attending the production of "Shrek" on Tuesday, December 8. We appreciate the support of our School Community Council by paying for half of the tickets.

Wednesday, December 9 will be our elementary Christmas concert. It will begin with coffee, hot chocolate and Christmas treats in the foyer at 6:00 p.m. with our newly minted choir spreading festive cheer as we all celebrate the season. At 6:45 p.m. Santa's helpers will lead us into the gym to enjoy the talents of our elementary students. We look forward to an evening with staff, students, parents and community members all coming together to celebrate the Christmas season.

On Friday, December 11 we will have our school Christmas banquet for students in Grade 6-12.

Sunday, December 13 the Community Churches Christmas Concert will be held in the school gym starting at 4:00 p.m. followed by a potluck lunch. *-Mrs. Sherry Moar & Mr. Richard Schwehr*

## INCLEMENT WEATHER-BUSING NEWS

Now that we are feeling the winter weather, we would like to make sure all parents are aware of our Cold/Inclement Weather Procedures. These procedures are in affect for both rural and urban bus routes.

The Transportation Office has two methods of communicating delays or cancellations of our buses:

- CKBI and CJVR radio stations receive all notifications, these stations will announce a list of our buses that are delayed or not running.
- Notifications will be placed on our website, [www.srsd119.ca](http://www.srsd119.ca) .

We do not phone individual homes to report bus cancellations.

We ask that you do not call the Transportation Office as we will be very busy managing the routes and ensuring the safety of the children on the buses.



Dressed for the season:

Students must dress appropriately for the weather. They must be dressed adequately for a 1 kilometre walk in case of an emergency. Our bus drivers have the authority to warn/educate a student on a first offense, and refuse transportation on the second.

Saskatchewan Rivers complete Board Policies, Administrative Procedures and Transportation Manual can be reviewed on our website [www.srsd119.ca](http://www.srsd119.ca). *-Thank You, Ryan Bruce, Manager of Transportation*



## SCHOOL SOCIAL WORKER

Our School Social Worker is available in Canwood School on Mondays and Tuesdays. The School Social Worker is a resource for children and young people in building self-esteem, developing anger management skills, helping with problem solving and listening to any of the struggles they are dealing with—all in a confidential setting. The School Social Worker is part of the school team that works together for the benefit of all our students.

If you have any questions for your school counselor call the office and ask to speak to Angela Leski.

## PAST EVENTS

**Pre-kindergarten News** - The pre-kindergarten table at the Canwood Royal Purple annual craft sale was a success. We raised over \$500 for our outdoor learning environment! There are many people that we need to thank. Thank you to the following for setting up and taking down tables at the craft sale: Dustin Skarra, Mike Bodnarchuk and Jeff Howat. Thanks to all the pre-kindergarten parents that worked at the table on the day of the craft sale: Tabetha Person, Kirsten Vaughan, Jessica Nordquist, Nicole Nordquist, Laurie-Jo Skarra, Katelin O'Connell and Karla Nordquist. A HUGE thank you to all the parents, teachers and community members that donated baking and items to sell, it was greatly appreciated! Lastly, thank you to everyone that bought from the pre-kindergarten table and purchased raffle tickets on the two donated knotted fleece blankets. The blankets were kindly donated by Leah Kluz and Mrs. Sherry Moar. Heather Nordquist and Eileen Hamborg were the lucky winners of the blankets. Thanks for the support.

-Mrs. Lisa Howat

## ONGOING EVENTS

**Grade 12 Garden Shed** - The Grade 12 Practical and Applied Arts class is once again in the process of constructing a garden shed. The Class of 2016 is using this as one of their fundraisers for their graduation and they are in the process of selling the tickets, which are \$5 each or 3 for \$10. Tickets will be on sale at the Elementary Christmas concert on December 9 and the draw will be made that evening. Thanks for your support of this annual fundraiser.

-Mr. Grant Person

## UPCOMING EVENTS

**Christmas Concert** - Join us on Wednesday, December 9 when Canwood Public School celebrates Christmas with an evening of music, visiting, and a concert performed by elementary students. An Open House will be held between 6:00 and 6:45 p.m. with a Christmas sing-along in the foyer. Come and sing, visit, and enjoy coffee/tea/juice and dainties.

At 6:45 p.m. students will gather in their classrooms to get ready for the concert. At 7:00 p.m. our concert will begin in the gym. Lots of humor and songs are sure to put you in the Christmas mood! The evening will conclude with a draw for the Grade 12 Shed Raffle. Transportation for seniors will be provided in town. Please call the school at 306-468-2150 if you would like to arrange for a ride that night. See you at the concert!



**Christmas Banquet and Dance** - For Grades 6-12 on Friday, December 11 at 6:30 p.m.. Dance to follow, beginning at 8:00 p.m.. Admission for the dance is \$5.

**Santa Shop** - A Santa Shop for our elementary students in grades K-6 will be held at Canwood Public School on Wednesday, December 16. We would like to ask each of the students in these grades to donate gently used items such as jewelry, mugs, ornaments, books, toys or other small items to the program. These items will be set up and displayed for the students to purchase for Christmas presents for their families at the low, low cost of .25¢ each. Imagine the treasures they will find for mom & dad, grandpa & grandma, or their siblings. The Santa Shop will be open on Wednesday, December 16 and each student will have a chance to purchase some Christmas presents. Proceeds from this "sale" will be donated to the Adopt A Family Christmas program. If anyone would like to donate sale items, ribbons, bows, small gift boxes or gift wrap, or is able to help set up the shop (afternoon of Tuesday, December 15), take down, or wrap gifts, we welcome your assistance. Please call Mrs. Hinson or Mrs. Moar at 306-468-2150. We are often short on items for men - suggestions are tape measures, gloves, ties, socks, coffee mugs or travel mugs. Students please bring your items as soon as possible. Community members can drop off donated items at the front office.



**Adopt A Family Christmas Program** - Canwood Public School SRC will be participating in the Salvation Army Adopt a Family Christmas Program again this year. We will be adopting a family from the Prince Albert area. The size of the family and names will be available by mid-December. The students will be preparing a hamper and buying a gift for each of the family members. The Salvation Army has suggested the kinds of items that we should put into the hamper. The list is basic to ensure that all families are treated fairly.

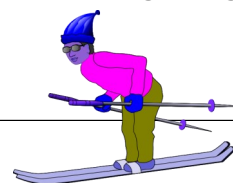


**Suggested items include:** Oranges, potatoes, carrots, cranberry juice or sauce, canned vegetables, pasta, stuffing mix, candy, chocolates, flour, sugar, cookies, dessert/baking items, bread or buns, tea/coffee/juice. Small novelties such as mitts, hats, books and coloring books will also be acceptable. We also hope to purchase a \$25 gift for each child (monetary donations will be accepted & the school will purchase the gifts). Cheques can be made payable to Canwood Public School. The SRC will be supplying a turkey.

A box has been placed in each of the class rooms for donations. Non-perishable items can be sent as soon as possible. If each child donates one item we will have more than enough. Thank you for your generosity and for sharing in the spirit of Christmas.

**PLEASE HELP US THIS CHRISTMAS - SEND YOUR FOOD ITEM OR DONATION BY MONDAY, DECEMBER 14. WE WILL DELIVER THE HAMPER TO THE FAMILY ON DECEMBER 16.**

**Off to the Hills !!!!!!!!!!!!!!!** - Canwood Public School has officially declared February 29, 2016 as Slip and Slide Day. To commemorate this, the Kindergarten to Grade 6 classes will be going to Timber Ridge for their ski and snowboard trip. Grades 7 to 12 will be getting up earlier that same day to venture to Table Mountain for a day of skiing, tubing and snowboarding. Registration forms, along with further details will be made available closer to the date.



-Mr. Grant Person

## LIBRARY NEWS

Our first Scholastic Book Fair this school year, "Monster Book Fair", was a great success and topped expectations, with the huge support from our parents, staff, community members and students, once again. We managed to take in over \$2,000 in sales, \$1000 of these sales are returned to our library. As with past fall book fairs we had a second company in attendance, Reader's World, with many great Christmas gift ideas. Through credits earned from the Reader's World sales, nine items were added to our library collection.



With the correct guess of 56 "eyeballs" Casey Kvinlaug was the lucky winner of the guessing game. Casey won the bubble gum eyeballs and chose a book. Mr. Duval and Harleigh Hamborg were the lucky winners of the draw for \$25 worth of free books. Congratulations to all three of you!



I would like to thank the following people for their help with the book fair: Jean Christianson for helping to work the book fair, Sydney Kvinlaug, Amy Wreford and Paige Anderson who helped work at the fair and helped with the decorations. There were many other students (too many to name) who also helped with painting. Thank you so much, I could not have done it without everyone's help.

A special "thank you" to our School Community Council for giving the elementary students \$5 coupons to spend at the book fair.

*-Mrs. Tracy Pease*

## SCHOOL SPORTS

**Basketball** - The Junior and Senior basketball season is just around the corner. The athletes were presented with a terrific opportunity to participate in a basketball camp on Saturday, November 28. They had 6 hours of intense and challenging drills, and on court skills and development from a 3A provincial winning coach, Trent Salmond.

We were very impressed with the work ethic and development of our players last year and we are anticipating even further growth this year.

The Senior Girls will be playing in the Senior B Basketball League and the Junior teams will be playing in the P4A. Senior Boys will be playing a series of exhibition games throughout the season. Junior Girls play at Canwood on December 2, in Wild Rose December 8 and at Vincent Massey December 16. Junior Boys play at Shellbrook December 3, and will have two more games scheduled later on.



*-Mr. Greg Duval*

## THANK YOU

**Co-op Card Fundraiser** - The Grade 7/8 class would like to thank the Canwood community and all those who supported our Co-op gift card sales fundraiser. The class raised \$1775.25 from those sales. The money raised will go a long way to help raise the funds needed for a class trip to Moose Jaw/Regina where they will get to experience the Moose Jaw Tunnels and the Saskatchewan Science Center. Thank you, your generosity is greatly appreciated!

*-Mr. Greg Duval*

**Library Donations** - Thank you so much to the community members who donated books and/or learning material to the school library. They are appreciated!

*-Mrs. Tracy Pease*

## EXTRAS

**Internet Safety** - Our children and youth are very computer literate - often more so than their parents. It is always a good idea to review internet safety guidelines - especially during the winter when children may have more computer time. The best place to locate the computer is in a **well supervised area**. Nothing beats supervision and attention to what children and youth do online. While youth friendly sites are a good idea they are **no guarantee** because anyone can access these sites. As parents it is always a good practice to reward children for being **open and honest** about situations in which they feel uncomfortable. Children and youth should **never** give out **personal information** or agree to meet someone without the parent's knowledge and consent. A screen name should never give out personal information such as name, age, year of graduation, year of birth, location or school. It is always a good idea for parents to receive additional computer training.

**Gift Ideas** - With the Christmas season arriving shortly, please consider books, math games, cards, puzzles and even iPad apps as a gift. Any of these choices will encourage learning in a fun and enjoyable atmosphere. Some suggestions for Math apps that can be downloaded for free are:

Math vs. Zombies, Grade Level 2-5, Concept: Basic Facts  
 Math Bingo for Kids, Grade Level 1-5, Concept: Basic Facts  
 Mathmateer, Grade Level 3-5, Concept: Basic Facts  
 Chicken Coop Fractions Game, Grade Level 4-6, Concept: Fractions  
 Math Ninja HD, Grade Level 1-5, Concept: Basic Facts  
 Count and Matching, Grade Level K & 1, Concept: Counting  
 Motion Math Wings, Grade Level 3 & 4, Concept: Multiplication  
 Drop N Add, Concept: Addition & Subtraction - includes integers & fractions



## COMMUNITY EVENTS

**Bingo** - Santa Claus Bingo Tuesday, December 1 at 7:00 p.m. at the Elks Hall.

**Elks Santa Claus Day** - Come and enjoy fun and games at the annual Santa Claus Day. Saturday, December 5 from 2:00 to 4:00 p.m. at the Elks Community Hall bowling alley.

**Canwood Community Christmas Concert** - at the Canwood Public School gym on Sunday, December 13 at 4:00 p.m.. Potluck lunch to follow. Sponsored by Canwood Churches.



Seasons Greetings



**Village & R.M. of Canwood 100th Anniversary Monument Fundraiser** - Be a part of history! Purchase your personalized brick that will be used in the building of the 100th monument. Bricks are \$100 each and can be personalized with up to 3 lines of engraving (15 spaces each line). These bricks will be in place when the monument is unveiled in 2016. Order deadline is December 31, 2015. For more information and order forms, please see our website at [canwood.ca](http://canwood.ca), email us at [canwood100@outlook.com](mailto:canwood100@outlook.com) or call Lisa at 306-468-7465. Makes a great Christmas present!!



CANWOOD PUBLIC SCHOOL NEWSLETTER

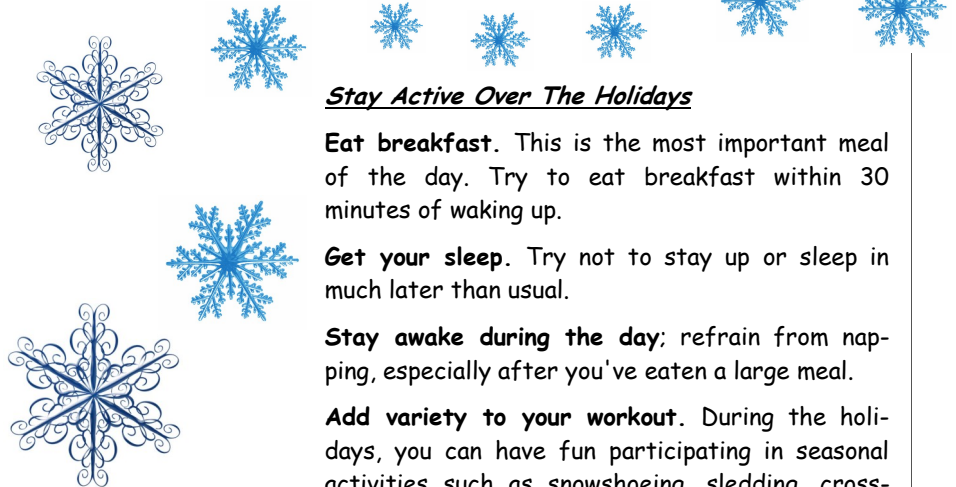
850-1st Street East  
Box 370  
Canwood, SK S0J 0K0

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

We're on the Web!

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

**Canwood & District History Book** - Looking for gift ideas for Christmas? Here's one more! Give a gift certificate of \$50 towards the Canwood & District "Then and Now" history book, to be released the spring of 2016. To order or for more information contact Barb Benson 306-468-2797, Shelley Andersen 306-468-2051 or Donna Wyatt 306-468-2830.



**Stay Active Over The Holidays**

**Eat breakfast.** This is the most important meal of the day. Try to eat breakfast within 30 minutes of waking up.

**Get your sleep.** Try not to stay up or sleep in much later than usual.

**Stay awake during the day;** refrain from napping, especially after you've eaten a large meal.

**Add variety to your workout.** During the holidays, you can have fun participating in seasonal activities such as snowshoeing, sledding, cross-country skiing or ice-skating.

**Horse around with the kids** by playing tag, keep-away or something similar to burn extra calories.

**Go on a turkey hunt.** Trace your hand on paper to make a turkey; make at least 10. Have a relative or friend hide them inside or outside. After dinner, everyone goes on a hunt.

**Play a group game outside,** like capture the flag, red rover or four square.

**Try to exercise** one to two hours after eating breakfast or an hour before eating supper.

**Have a dance party** after supper.

**Help clean up after dinner.** Hand wash the dishes instead of using the dishwasher.

**Play a fun game after dinner.** Laughing burns calories.

**Use holiday shopping as an opportunity to be active.** Walk as much as possible. Park far from the store. Go to the mall early and walk around for 30 minutes before shopping. Walk from store to store instead of getting back in the car, if possible.

**Take a visiting family member to your gym or an exercise class.**

**Take visitors on a walking or biking tour of your town/neighborhood.**

**Healthy Tips and Treats for the Holiday Season**



The holiday season is upon us! Amidst the festivities, parents are faced with the challenge of trying to keep up with their children's healthy eating habits, while still indulging in the delicious foods that the holiday season has to offer. Many store-bought kid-friendly holiday treats are loaded with fat and sugar. However, here are some easy tips to keep your holiday treats healthy:

- > When baking cookies or other traditional baked goods, try experimenting with whole-wheat flour instead of white flour.
- > Keep lots of cut up fruit and veggies on hand for easy grab and go snacking. Get your children involved with the shopping and ask them to choose at least one fruit and vegetable to try.
- > If the kids are looking for something salty, try air popped popcorn. Adding your own toppings such as cinnamon means you can control how much salt and butter is added.

**It's Party Time!**

It's that time of year when classrooms are having their holiday parties and parents are trying to figure out what to send to school with their children. Party snacks do not have to be unhealthy. You can make holiday snacks that are fun and festive, and that will still give kids the nourishment they need. There are so many holiday items you can create with healthy foods and your kids can be of great help by using their imagination to come up with creative ideas. Here are some suggestions to get you started:



- > **Fruit and Veggie Christmas Tree:** Try creating a Christmas tree with vegetables like broccoli, cucumbers and cherry tomatoes, or with fruits such as grapes, strawberries, kiwi, star fruit and bananas. Children will have lots of fun eating the fruit and vegetables right off the tree! <http://www.breakfastforlearning.ca/wp-content/uploads/2013/06/Grape-Christmas-Tree.pdf>
- > **Rudolph the Red-nosed Muffin:** Use your favorite muffin recipe and decorate it like a reindeer or elf. <http://www.breakfastforlearning.ca/wp-content/uploads/2013/06/Rudolph-the-Red-Nosed-Muffin.pdf>

Breakfast for Learning is a national charity committed to helping children across Canada realize their full potential by funding breakfast, lunch and snack programs. Check out Breakfast for Learning's Nutrition Corner for more Holiday Recipe ideas: <http://www.breakfastforlearning.ca/services-info/nutrition-corner/>








HAPPY HEALTHY HOLIDAYS!





# December 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mrs. Angela Leski, School Counsellor, is at Canwood School on Mondays & Tuesdays		1 Day 3 Pre-K	2 Spaghetti & Meat Sauce \$3.50	3 Grade 9-12 Food Safety Course	4 Tortilla Soup or Corn Chowder \$2.00 & Breadsticks or Biscuits \$1.00	5 
6 	7 Day 1 Pre-K	8 Grade K-6 Shrek @ EA Rawlinson Center	9 Taco Salad \$3.50 Elementary Christmas Concert 6:00 p.m.	10 Day 5	11 Day 6 Grade 6-12 Christmas Banquet & Dance Pre-K Family Day	12
13 Community Churches Christmas Concert	14 Last Day For Adopt-A-Family Donations	15 Day 2 Pre-K	16 Day 2 Banquet Leftovers, Spaghetti Bake or Hashbrown Casserole \$3.50 Santa Shop	17 Day 4	18 Day 3 Italian Wedding, Lemon Chicken Orzo or Mushroom Soup \$2.00 & Biscuits \$1.00	19 
20	21 Day 6 K	22 Day 1 Pre-K	23 Day 2 K	24 Day 3 No Pre-K	25 Day 4 K	26
27 	28 	29 	30 	31 