

CANWOOD PUBLIC SCHOOL NEWSLETTER

MARCH 2015

ADMINISTRATOR'S MESSAGE

Thank you to Mr. Schwehr and Mrs. Kulrich for coaching our curling programs this year. Thank you to Mr. Duval for organizing our Senior Boys' and Girls' basketball program. We have not had basketball at our school for a few years and so it has been a bit of a challenge for the students and coach, juggling games with other school and extracurricular activities. All students who participated have shown great improvement in their basketball skills, their understanding of the game and their stamina even though they were plagued with injuries and often had a very short bench.

March will be a very busy month in the school. We will once again be running our annual Mom's Pantry fundraiser with the proceeds to be shared between supporting our SRC activities and our commitment to Free the Children Alternative Income and Livelihood Pillar. K-8 report cards will be coming out on March 12 followed by Parent-Teacher Interviews for K-12 parents on Monday, March 16 from 4:00-9:00 p.m.. Our second Book Fair of the year will coincide with our parent-teacher interview night. This year's theme is "Under the Sea-Explore an Ocean of Books". Our drama directors and grade 6-12 actors are busy preparing for this year's musical comedy, "Alice @ Wonderland" which will be held on March 18 and 19. Monday, March 23 will be a PLC day for staff. Badminton leagues will also be up and running in the next few weeks.

For those families that are planning ahead for next year, the school calendar for 2015-2016 has been approved by the Board of Education and is available on the School Division website under the Parent Information tab.

We would like to thank you in advance for continuing to notify us when your child will be absent, arriving late or leaving early.

-Mrs. Sherry Moar & Mr. Richard Schwehr

HONOR ROLL - February Report Card

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 - Erin Bartley, Ramsey Rude, Cheyenne Thall, Distinction - Delayne Aiken, Paige Anderson, Makayla Stieb, Amy Wreford

Grade 11: Distinction - Ryan Aiken, Logan Halayka, Sydney Kvinlaug, Great Distinction - Autumn Mcleod-Labrecque, Kali Stocks, Matthew Wolfe

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

LIBRARY NEWS

"Under the Sea-Explore an Ocean of Books" is the theme for our semi-annual Scholastic Book Fair. It will be held in conjunction with our Parent-Teacher Interviews on Monday, March 16 from 10:00 a.m. to 12:00 p.m. and 3:00 p.m. to 8:00 p.m., and on Tuesday, March 17 from 9:00 a.m. to 2:00 p.m.. Pre-viewing for the book fair for students will be on Friday, March 13.



All community members, parents and grandparents are welcome to come and browse at the great selection of new books available. Please remember that a portion of all sales goes directly back into the school library to be used to purchase new books for our students to enjoy. I would like to send a big "Thank You" in advance for supporting this worthwhile project.

Just a reminder to please return your library books in the allotted time as there are students waiting to take these books out.

-Mrs. Tracy Pease

SRC EVENTS

During the week of February 9 to 13, our SRC organized several interesting dress-up days. It was awesome to see the participation of students and staff. All students from PreK to 12 were challenged to contribute coins to help to raise money to buy a goat for a family in a third world country.



By the end of the week, we had collected enough money to buy goats for 14 families. Every family that receives a goat will also get entrepreneurial training and the financial education needed to make their gift flourish into a sustainable income. The Grade 10 class was the first class to raise \$50.00 (the price of one goat), and they will be rewarded with noon meal vouchers. The Grade 11 class was the class to raise the most money and they will receive Galaxy Cinema movie tickets for their hard work.

-Joelle Hoeflicher & Mrs. Sherry Moar

UPCOMING EVENTS

Mom's Pantry - Canwood Public School is once again sponsoring the "Mom's Pantry" baking and food products fundraiser. The monies raised will go to support our SRC activities and our Free the Children Alternative Income and Livelihood Pillar. Order forms will be sent home with all of our students. If you do not have anyone in school, please feel free to stop by the school to pick one up. Another option for ordering is through the online program. The information needed to place your order online is on the front page of the order form. The top-fundraising family will be rewarded with a \$50.00 bill. Please make cheques payable to Canwood Public School. All orders must be received at the school by Friday, March 27. Thank you in advance for your continued support of our fundraiser.

-Mrs. Sherry Moar



Dinner Theatre - For this year's Dinner Theatre the Canwood drama students from Grade 6-12 will be performing in the musical "Alice @ Wonderland". Production dates are Wednesday, March 18 and Thursday, March 19. The folly of the 21st century collides with the madness of Wonderland in this rockin' new musical adaptation that remains fairly faithful to Lewis Carroll's original tale. *The twist?* Alice is a texting, tweeting and Googling girl of the modern digital era, yet she finds herself in the Wonderland of old. With all of the characters you know and love including the Mad Hatter, the White Rabbit and the Queen of Hearts, this musical imagines a present-day Alice encountering the Wonderland so many of us treasure. A "Wonder-Full Meal" will be served both evenings with the cost included in your ticket. Tickets are available at the school office at a cost of \$20.00/person. Advance payment is required. Supper will begin at 6:30 p.m. with the play to follow.



Supper Menu:

Wednesday, March 18

- Chicken Cordon Bleu
- Lemon Roast Potatoes
- Corn
- Garden Salad
- Oriental Salad
- Marinated Salad
- Buns & Dessert
- Coffee, Tea
- Dessert at Tea Time (Intermission)



Thursday, March 19

- Roast Beef & Gravy
- Mashed Potatoes
- Peas & Carrots
- Garden Salad
- Pasta Salad
- Coleslaw
- Buns & Dessert
- Coffee, Tea
- Dessert at Tea Time (Intermission)



ONGOING EVENTS

Chess Club - Chess Club will continue on Wednesdays after school from 3:15-4:15 p.m. during March. We hope to have many more Checkmates before our wind-up on March 25. Stop by and "CHECK" us out!

-Mrs. Mary Adrian



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, and grandparents to come and help tie skates and watch the children skate. Kindergarten and Grade 1/2 students will be skating from 12:35 p.m. to 1:30 p.m., Grade 3/4 and 5/6 students will be skating from 1:30 p.m. to 2:30 p.m..



SCHOOL SPORTS

Curling - Sr. Curling has wrapped up for another year. Our team practiced throughout the months of January and February. Curlers from our mixed team have also been competing in the local regular draw. District Playoffs were held in Debden on February 6 and 7. Canwood Public School had one mixed team in competition. Although our team did not qualify to move on to Regionals, they curled well and were strong representatives for our school. The following students were on the mixed curling team: Alexandria Person, Brody Cyr, Hayden Bartley, Ryan Aiken, Keanu Coulinear, Saxon Rowland. Well done, curlers!!!!

-Mr. Richard Schwehr



CANWOOD PUBLIC SCHOOL
NEWSLETTER

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We're on the Web!

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

P4A Extravaganza - Congratulations to our junior curling teams for their fantastic play in the 2015 Curling Extravaganza on February 25 in Debden. Due to inclement weather, the draw was shortened and became a one day event. Students from grades 5-8 showcased their leadership abilities, excellent sportsmanship, collaboration and curling skills during the season. Congratulations Riley Rude, Briar Cain, Cassidy Anderson, Kiara Bahnuick, Dylan Grimard, Hunter Papin-Bather, Johnathan Bather and Kain Tooke for representing our school with school spirit and enthusiasm. Both teams played very well in the round robin draws. It was a fun curling season and we are very proud of everything you all accomplished. *-Mrs. Kirby Kulrich*

Sr. Boys/Girls Basketball - The growth displayed by the Canwood players during the 2014/15 basketball season was quite impressive. With the small number of players available to the teams, there was definitely no shortage of court time for the players, and that contributed to the impressive skill development even further. Thank you so much to all the players who

worked hard and represented Canwood School with pride and good sportsmanship. The girls team celebrated success with the Carlton tournament victory in January and even made it as far as the league semi-finals this past week. Our boys team won a few games this past season but unfortunately they were unable to get a playoff victory. Both teams should be proud of what they accomplished and you are to be commended on your dedication and enthusiasm. Well done to all players! Canwood Cougars Sr. Girls: **Kali Stocks, Delayne Aiken, Paige Anderson, Joelle Hoeflicher, Sydney Kvinlaug, Tara Johnson.** Canwood Cougars Sr. Boys: **Keanu Coulinear, Michael Andersen, Logan Halayka, Ryan Aiken, Dylan Kvinlaug, Brett Bischler, Colton Bahnuick.** *-Mr. Greg Duval*

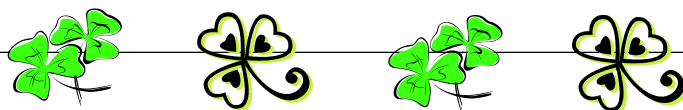
COMMUNITY EVENTS

Canwood Regional Park - Annual Silent Auction on March 14 at the Canwood Elks Hall. Happy hour 5:00 p.m., supper at 6:00 p.m.. Adults \$10.00, 12 and under \$8.00. Donations for the auction are greatly appreciated, proceeds going to Regional Park improvements.

Canwood Legion - Annual St. Patrick's Day Supper at the Canwood Legion Hall on Sunday, March 15 from 4:30 p.m. to 6:30 p.m.. Adults \$13.00, under 12 \$6.00, under 6 free. Take out is available by calling 306-468-7942.

Broomball Tournament - 2nd annual FUN Broomball Tournament on Saturday, March 21 at the Canwood skating rink. \$100.00 per team to enter, please call Trevor at 306-468-4443.







Monument Fundraiser - Village & R.M. of Canwood 100th Anniversary Committee is asking you to be a part of history. Purchase your personalized brick that will be used in the building of the 100th Monument. Bricks are \$100.00 each and can be personalized with up to 3 lines of engraving (15 spaces each line). For more information and order forms, visit canwood.ca, email canwood.town@sasktel.net, or call the village office at 306-468-2016.





March 2015



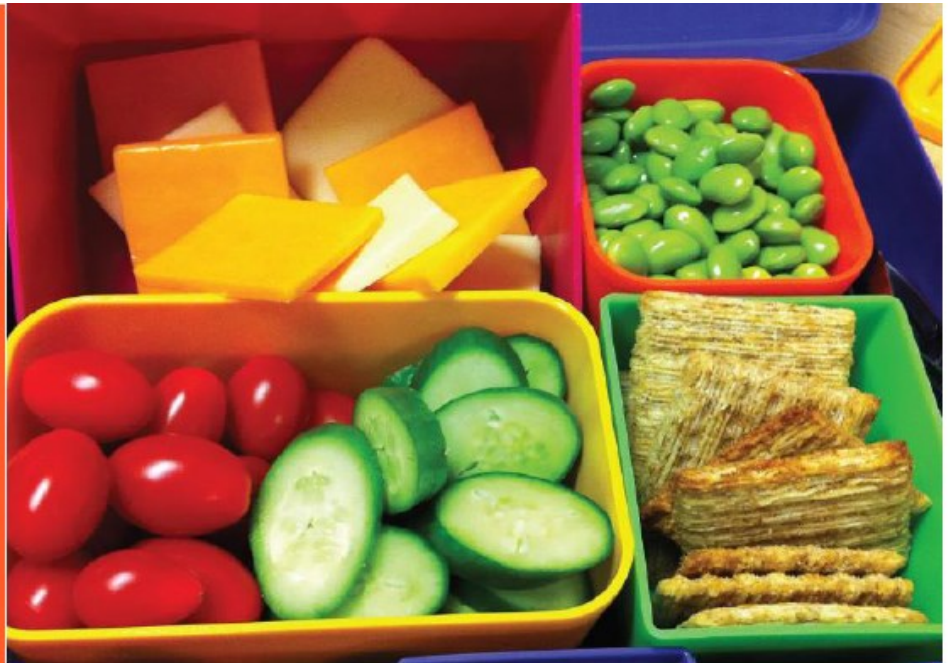
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Angela Leski, Social Worker, will be at Canwood School on Mondays & Tuesdays	2 Day 1 PreK	3 Day 2 Parents & Tots 10:00 a.m. to 12:00 p.m.	4 Day 3 PreK <i>Fried Perogies & Sausage \$3.50</i> Chess Club 3:15-4:15 p.m.	5 Day 4 K	6 Day 5 No PreK <i>Loaded Potato Soup \$2.00 & Cheese Biscuit \$1.00</i> Elementary Skating	7 Day 5 No PreK 
8	9 Day 1 PreK	10 Day 2 Parents & Tots 10:00 a.m. to 12:00 p.m.	11 Day 3 PreK <i>Sweet & Sour Meatballs & Rice \$3.50</i> Chess Club 3:15-4:15 p.m.	12 Day 4 K	13 Day 5 No PreK <i>Tomato Soup \$2.00 & BLT Sandwich \$2.00</i> Elementary Skating	14 Day 5 No PreK K-8 Report Cards 
15	16 Day 6 K Parent-Teacher Interviews 4:00-9:00 p.m.	17 Day 1 PreK Parents & Tots 10:00 a.m. to 12:00 p.m.	18 Day 2 K <i>Ham & Hash-brown Casserole \$3.50</i> Chess Club 3:15-4:15 p.m.	19 Day 3 PreK Dinner Theatre	20 Day 4 K <i>Italian Wedding Soup \$2.00 & Banrock \$1.00</i> Elementary Skating	21 Day 4 K 
22	23 Day 5 PreK PLC No Classes	24 Day 6 K Parents & Tots 10:00 a.m. to 12:00 p.m.	25 Day 1 PreK <i>Chicken Fettuccine Alfredo \$3.50</i> Chess Club 3:15-4:15 p.m.	26 Day 2 K Dinner Theatre	27 Day 3 Family Day <i>Beef Barley Soup \$2.00 & Ham & Cheese Sandwich \$2.00</i> Elementary Skating	28 Day 3 Family Day
29 	30 Day 2 K	31 Day 3 PreK Parents & Tots 10:00 a.m. to 12:00 p.m.	Day 5 PreK	Day 6 K	Day 1 No PreK 	



School Nutrition News

*Nutrition Tips, Recipes
and More!*

Mar 2015



March is Nutrition Month! *Eating Well 9 to 5!*

Nutrition Quiz!

Unscramble the words:

School days are demanding. You require 1. **chunl** and 2. **knassc** to give you the vitamins, 3. **ralmines** and other nutrients your body needs.

Answers: Lunch: snacks: minerals

For more information on
Nutrition Month, visit:

<http://www.dietitians.ca/>

OR

<http://www.nutritionmonth.ca/>



Quiz and picture taken from:

http://www.nutritionmonth.ca/web/pdf/flyers/NM15_Ed.Sheet_Teen_color_E.pdf

March is Nutrition Month! This year's Nutrition Month theme is "*Eating Well 9 to 5*", with the purpose of helping Canadians make good food choices throughout the day. Here are a few nutrition tips from Dietitians of Canada to help children eat well throughout the day!

No time for breakfast? Try a breakfast to grab 'n' go! Here are three easy breakfast ideas that will get your kids out the door and on their way to school in a hurry:

1. Small home-baked whole-grain muffin, fresh fruit and a slice of cheese.
2. Sliced hard-boiled egg, tomato and lettuce in a whole wheat pita.
3. Fresh fruit topped with plain yogurt and granola.

Are your kids bored with the same old sandwich for lunch? Think outside the lunch box! Keep lunch interesting by trying these tasty ideas:

- **Southwestern wrap:** combine leftover chicken, avocado, cheese, baby kale or lettuce on a tortilla.
- **Snack-like lunch:** pack hard-boiled eggs, cheese, fresh veggies and dip, and whole grain crackers.
- **Vegetarian lunch bowl:** combine cooked brown rice with black beans, veggies, salsa, shredded cheese and hot sauce (optional).

Are your kids busy with after-school activities? Pack a snack to fuel afternoon fun! Try these snacks that are rich in nutrients for an afternoon energy-boost:

- Veggie sticks + hummus
- Fruit + yogurt
- Apple slices + nut butter
- Snack-size can of light tuna + whole grain crackers

Adapted from the Dietitians of Canada 2015 Nutrition Month Campaign Resource Manual for Dietitians.