

# CANWOOD PUBLIC SCHOOL NEWSLETTER

APRIL 2016

## ADMINISTRATOR'S MESSAGE

Thank you to our drama students for providing two awesome performances of "Nunsense" at our annual Dinner Theatre. We had a sell-out crowd for both performances and want to thank the Canwood community for once again supporting our school events. We are so fortunate to have so many people that work together to create our annual musical productions. Thank you to community members, Tani Hamborg, for her help with the singing and, Odile Aiken, for her help with the tap-dance choreography and props. The staff is extremely proud of each one of you for your hard work and dedication.

Parent/student/teacher interviews were held on Thursday, March 17. Thanks to all parents who attended their child's interview as it is important to have regular communication with your child's teacher. Grade 9 - 12 reports cards will be sent home with students on April 18. Note this is a change from the date on the school calendar.

Badminton is in full swing with students from grades 5 - 12 taking part. Our local Junior badminton tournament for grades 6 - 9 students, will be held on Friday, April 22. Canwood Classic Open badminton tournament will be held on Saturday, April 23. P4A Rural Extravaganza for our Grade 6 - 8 team will be held in Debden on Wednesday, April 20. Conference Badminton for our Grade 9 - 12 team will be held on Thursday, April 21 in Big River and Districts will be held on Saturday, April 30 in La Ronge. Please come out and support our students.

We continue to work on our school goals of increasing literacy and math for all students. School breaks are a great time to engage children in fun activities that promote both literacy and numeracy. Baking, reading and playing games are a few examples. We hope that you will have a very restful and enjoyable Easter Break.

*-Mrs. Sherry Moar & Mr. Richard Schwehr*

## LIBRARY NEWS

A huge **Thank You** is once again being sent out to everyone who so generously supported our Scholastic Book Fair "**Feeling Groovy Book Fair**". With everyone's help we surpassed \$1500 in sales and will receive over \$750 worth of supplies for the library.

Thank you to Mrs. Michele Person and Mrs. Celine Sipes who donated items to be used as decorations, Seth Martens for helping to serve customers, and to the staff of Canwood Public School who so generously supported the book fair. Thank you Lyndon Pease and Shelby Spencer who help me with the decorations every book fair, we spend many hours building the displays and setting them up. I hope all the students look forward to the decorations as much as we do. The winner of the guessing game was Cole Masuskapoe who correctly guessed 22 happy faces hiding in the lava, he received a book of his choice as well as a box of chocolates. Ms. Kori Boskill and Paige Anderson were the lucky names drawn for our \$25 worth of free books.

*-Mrs. Tracy Pease*

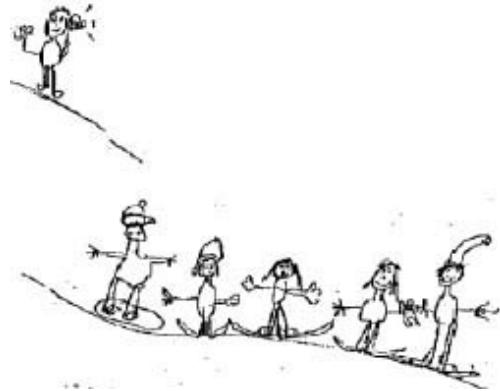


## PAST EVENTS

**Elementary Ski Trip** - The Kindergarten to Grade 6 trip to Timber Ridge was postponed to March 11. This worked out very nicely for them as the temperature was 30 degrees higher than the original date. It sounds like all had a very good time in the sunshine. We had great reports from some of the Timber Ridge staff that the students were very polite and well behaved. A huge thank you goes out to parents and chaperones that went to the hill to help out our fledgling world cup skiers and snow boarders.

-Mr. Person

The Canwood Public School K - 6 students/staff went on a ski/snowboard trip to Timber Ridge on Friday March 11. The students rode in three buses to Timber Ridge. The morning was spent on lessons and practicing skills. Once we passed, we received our lift ticket. This allowed us to go on the hills by ourselves. On the steep hills, we used the T-bar to reach the top. A few times they had to stop the T-bar. We enjoyed Birchway, Whiskey Jack, Axe handle and Certain Doom. We hit the jumps on the steep hills. There were lots of challenging turns. It was really fun. Most of the students



passed their lessons to advance to the big hill, even kindergarten. Some students chose the "Bunny Hill". It was challenging to put the bindings off and on our boarding boots. Some of us were "first time" skiers. The lessons were really good. We learned a lot of skills that day. The weather was beautiful, however the sun created a bit of slush and sticky snow. A big "thank you" to the many parents that came and helped the skiers. We sure had a great time skiing. Thank you, to Mr. Person for organizing this fun activity and to the bus drivers for taking us.



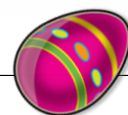
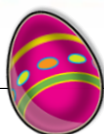
-Grade 5/6 Class

**High School Ski Trip** - We picked the coldest day of the year to embark upon our Ski Trip this year. The Grade 7 - 12 students were a brave lot, boarding the bus at 6:15 a.m. on a -30°C morning to head out to Table Mountain. The weather actually felt quite nice on the hill as it was sunny and there was little wind. The students made full use of the ski slopes and of the canteen at the hill. Some of the staff could hardly wait for their bacon and eggs upon arrival in the morning. The day was capped off with a pizza smorg at Boston Pizza. All were tired when they arrived home. Hopefully we can continue this trip in the future, but we need to continue to have student participation in order to make it feasible. See you out on the slopes.



-Mr. Person

# HAPPY EASTER



**Dinner Theatre** - For this year's dinner theatre presentation, Canwood drama students from grades 7 - 12 performed in the musical "Nunsense". The musical book, music and lyrics were by Dan Goggins. This delightful presentation entertained sold out audiences for two evenings, March 21 & 22. The Order of the Little Sisters of Hoboken - take over a high school auditorium to hold a fundraising variety show to raise money to bury several sisters (who were accidentally poisoned by their cook). They must inter the nuns before the health inspector comes and finds the dead nuns in their freezer!



**The Cast** - Sister Mary Regina - Mother Superior (Kali Stocks), Sister Mary Hubert - Mistress of Novice (Delayne Aiken), Sister Robert Anne (Amy Wreford), Sister Mary Amnesia (Sydney Kvinlaug), Sister Mary Leo (Kiara Bahnuick), Sister Julia (Child of God) - The Convent Cook (Kelcie Grimard), Sister Mary Wilhelm (Casey Kvinlaug), Sister Mary Brenden (Harleigh Hamborg), Sister Mary Luke (Caylah Nelson), Father Virgil (Derek Bedard), Sister Mary Myopia (Paige Anderson). **Directors** - Kori Boskill, Nicole Senger, Sherry Moar & Diane Johnson, **Lights & Sound** - Ryan Aiken, Dylan Kvinlaug, Miss Boskill, **Stage Set-up & Design & Props** - Mr. Person, Paige Anderson, **Curtains & Stage Hand** - Brett Bischler, **Vocal coach** - Tani Hamborg, **Puppet Design & Tap Dance Choreography** - Odile Aiken, **Ticket Sales, Seating Arrangements & Programs** - Mrs. Hinson. A wonderful meal was served both evenings by our local Neighbourhood Caterers. Thank you to the many hands that helped make our production a success.  
-Mrs. Diane Johnson & Mrs. Sherry Moar

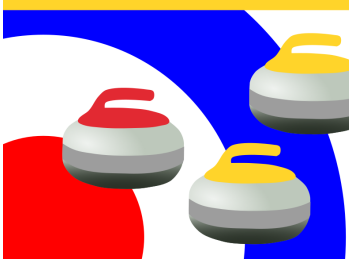
## ONGOING EVENTS

**Mom's Pantry** - Order forms have been sent home with all families in the school. Thank you in advance to everyone who supports our Mom's Pantry fundraiser. The due date for orders will be Wednesday, April 6. A note will be sent home once we know the date we will be receiving our order.

## SCHOOL SPORTS

**Sr. Boys Curling** - The Senior Boys' curling team had a successful season. Brody Cyr, Keanu Coulinear, Riley Rude, Briar Cain and Ryan Aiken (alternate) became the district champions at playoffs in Prince Albert. Although busy schedules did not make it possible for these boys to play many games or practice together often - they curled very well and meshed together nicely as a team. As district champions they headed to Muenster, SK for Regional Playoffs. In Muenster the boys won their way through the "A" side of the draw but were defeated in the final game. They then dropped to the "B" final and were again defeated in a very close game against the hometown Muenster team.

## CURLING



It was an exciting season for this team. They learned lots, had fun and represented Canwood Public School well. I look forward to another season with them next year.  
-Mr. Schwehr



**Senior Badminton** - The grades 9 - 12 badminton players have begun another season. There is an open night on Monday nights at 7 p.m. for all to practice their skills, the community is welcome to attend these nights. Tuesdays are our league nights, Thursdays we practice at 3:15 p.m.. We will compete against players from Big River, SeSeWaHum, Debden, Ahtahkakoop, and Shellbrook. There will be stiff competition from some of the other schools so our players will have to perform at their best to advance to Provincial Playoffs. We will be attending tournaments in Maidstone, Canwood, Shellbrook and possibly Prince Albert and Melfort. The more we play, the better that we will be come playoff time.

-Mr. Person & Mrs. Moar

## EXTRAS

**2016-2017 Calendar** - The 2016-2017 school year calendar is available on the Canwood School website or the Sask Rivers website at [www.srsd119.ca](http://www.srsd119.ca) under "parent information".

**Spring is coming!!** - As we anticipate a very wet and muddy schoolyard this spring, we ask that parents send extra clothes to school with their children. If anyone has clothes to donate to the school, it would be great to have some extras on hand.

**Yearbooks are now on sale!** -The Canwood Public School yearbook for the 2015-2016 school year is on sale now until June 30. Yearbooks are on sale for \$35/book and ordering is the same as last year. You can order online by going to the website at <http://ybstore.friesens.com/stores/305076> or if you prefer you can also order directly through the school, order forms will be sent home with students. There are also some yearbooks from the 2014-2015 year left, if you would like a copy please call the school. If you have any questions, please contact Kori Boskill at the school.

-Miss Boskill

**Canwood's 100<sup>th</sup> Birthday Celebrations** - During the upcoming Village of Canwood and R.M. 100th Birthday celebrations, Canwood School will be open throughout the weekend for anyone wanting to tour the school. We also plan on displaying old yearbooks, school jackets and/or other memorabilia. If you have any Canwood School articles that you think should be displayed, please contact the school at 306-468-2150.

## COMMUNITY EVENTS

**Annual Supper** - The Canwood & District Health Co-operative annual supper and meeting is on Wednesday, April 13 at 6:30 p.m. at the Canwood Legion Hall. The cost of the meal is \$10/person, meeting to follow. Everyone welcome.

**Census Jobs** - The 2016 Census is staffing 35,000 jobs across Canada. The period of employment is to the end of July, rate of pay is \$16.31 to \$19.91 per hour. Apply now at [www.census.gc.ca/jobs](http://www.census.gc.ca/jobs) or call 1-877-325-2016.





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NEWSLETTER

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**We're on the Web!**

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



**READING IS FUN**

## **10 NON-BOOK WAYS TO GET YOUR CHILD READING**

1. **Play board games.** Scrabble or Boggle are specifically good for building vocabulary and spelling.
2. **Collect trading cards.** There are card series to appeal to most interests, from sports to space travel, Yu-Gi-Oh! to Beanie Babies.
3. **Learn "how to."** Is there something your child would really like to do, such as perform magic tricks or add sequins to her jeans? Encourage her to find out how by reading about it.
4. **Get cooking.** Invite your child to help you bake a cake or a special meal together. If necessary, simplify and rewrite a recipe's instructions so he can read it to you.
5. **Make cards.** Have your child make her own cards for holidays, birthdays, party invitations, and thank-yous. Help her write a personal message to each recipient.
6. **Create signs and labels.** Help your early reader build his vocabulary by creating stickers or signs for his room that identify toys or furniture: "bike," "desk," etc.
7. **Take a road trip.** Write down travel directions and have your child serve as navigator when you drive. Give your co-pilot a map before you go, and ask her to mark the route according to the directions.
8. **Put on a play.** You can perform the play for a special celebration or family party. Help your child find an appealing script or create one together based on a favorite movie. Remind your child that he must memorize his lines by reading them over and over.
9. **Write messages for your child.** Even if you spend hours together in the same room, there are many reasons to write to your child. Drop a letter in her school bag or email her a joke she can forward to her friends. Post a list of chores on the refrigerator, and write family news or appointments on a wall calendar.
10. **Host a scavenger hunt.** Make a list of items that your child and his friends need to find inside your house or around the neighborhood. Provide written clues that lead to the treasures.



## It's the Year of the Pulses

*Carolyn Frail, PHEc, BASc Food and Nutrition*

In 2016, the United Nations General Assembly voted to declare it as the "International Year of the Pulses". But what is a "pulse"? Pulse is the term for the edible seeds of legumes (plants with pods) and includes lentils, chickpeas, dry peas and beans.

Do you think beans are just used for chili? Think again. We need to eat more of them, and here are a few reasons why:

- 1) Pulses are packed with nutrients and are a low fat source of protein, fibre, vitamins and minerals, including iron, potassium and folate – essential for growing bodies.
- 2) Pulses are inexpensive. As an alternative to meat products, pulses cost much less and can be stored for months (canned or dried) without losing nutritional value.
- 3) Pulses are local. Did you know Canada is the leading producer of pulses!
- 4) Canada's Food Guide recommends eating pulses often, as alternatives to meat. How much? One serving of pulses (cooked) equals  $\frac{1}{2}$  cup (175 ml). Adults should aim for 2-3 servings per day, and children 1-2.

If your family members are not bean eaters, try introducing beans gradually into their diet. Cook the beans and add them to your favourite pasta or soup dish, or try blending them and adding as a thickener to your soup.

Are your children or family members a fan of hummus? Get them to help you make this delicious homemade version: <http://bit.ly/lmXHilD>. Fun for the entire family as well as a classic party favourite!

For more easy recipes that you can try with your family at home, please visit our Nutrition Corner at <http://www.breakfastforlearning.ca/services-info/nutrition-corner/>

### **About Breakfast for Learning:**

One million Canadian children – that's 1 in 6 – face hunger every year, which has huge impact on a child's health and ability to learn and function. Established in 1992, Breakfast for Learning is a national charity that helps address child hunger by funding breakfast, lunch, and snack programs in high-needs schools. Breakfast for Learning is committed to ensuring children and youth in Canada attend school well nourished and ready to learn, helping them reach their full potential in the classroom and in life. For more information please visit [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca)

# Meatless Meals

Meatless meals are a great way to add variety to your family meals.

Many meatless dishes offer more fibre and are often less expensive than dishes that contain meat.

Pulses (peas, chickpeas, beans and lentils) are high in protein and fibre, and low in fat. They can often be used in place of meat in a recipe.

Many meatless meals have international flair, such as the recipe below.

Try having one meatless meal a week.

For recipes and information on pulses visit [www.saskpulse.com](http://www.saskpulse.com)



Here are some creative ways to serve meatless meals

- Use chickpeas, black beans or other beans to make dips such as hummus
- Puree cooked beans or lentils and add to tomato based sauces for pasta or tacos
- Add lentils or split peas to soups and casseroles
- Add cooked chickpeas or lentils on a pizza
- Add nuts, seeds or chickpeas to salads and stir fries
- Make chili with beans, and skip the ground beef
- Use beans in tacos, quesadillas and burritos



## Teriyaki Rice Noodles with Veggies and Beans

- 2 cups brown rice noodles
  - 1 Tbsp. cooking oil
  - 1 small onion, diced
  - 1 cup chopped celery
  - 2 cups chopped carrots
  - 2 cloves garlic, chopped
  - 2 cups broccoli florets
  - 1/2 cup reduced sodium teriyaki sauce
  - Dash of hot pepper sauce
  - 1 can ( 540 ml) mixed beans, drained and rinsed
1. Prepare rice noodles according to package directions. Drain and set aside.
  2. In a large skillet, heat oil over medium heat. Sauté onion, carrots and celery until onions are softened, about 5 minutes. Add garlic and broccoli; cover and cook for 5 minutes. Stir in teriyaki sauce, hot sauce, beans and rice noodles; cover and cook for 5 minutes.



Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2015)

Distributed by Heather Carnegie, School Nutritionist



