

CANWOOD PUBLIC SCHOOL NEWSLETTER

FEBRUARY 2016

ADMINISTRATOR'S MESSAGE

Final exams, mid-terms, senior drama, curling, badminton, basketball and art club are keeping our students and staff busy! Thank you to our coaches for providing extra-curricular opportunities for our students to enhance their overall school experience.

Parents, please continue to work with us to keep a focus on improving our student's literacy skills. Encouraging your children to read, write, use their math skills, problem solve, and use technology are great ways to build those literacy skills!

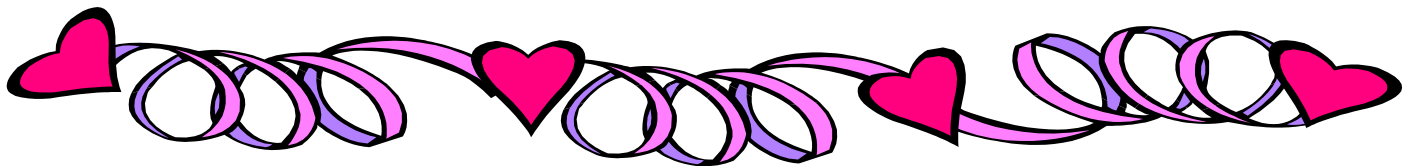
Please notify the office if your child will be absent or will be late for class. When a student is late it interferes with the teacher's ability to conduct the class and the ability of other students to benefit from the instruction. How many absences are too many? Research shows that missing 10 percent of the school year is the tipping point. This means that missing 2-3 days every month, can cause children to struggle academically in the long term.

Our annual Drama Production "Nunsense" will be held on March 21 and 22. Please note this is a change from the calendar you received at the beginning of the school year.

Our second round of parent/teacher/student interviews is scheduled for Thursday, March 17.

Enjoy the February winter break. Happy Valentine's Day!

-Mrs. Sherry Moar & Mr. Richard Schwehr



LIBRARY NEWS

Now that the longest and darkest month is over we can look forward to brighter mornings and longer evenings, the perfect time to spend reading books! There are many new books and teacher resources arriving almost daily in our school library.

Our recently upgraded L4U library system keeps track of all of the resources and books in the school. To make things run more smoothly, please return all library materials as soon as you are done with them.

Our second book fair of the school year is coming up in March so check back for updates in our next newsletter!

-Mrs. Tracy Pease

PAST EVENTS

Curling Bonspiel - On January 7 and 8 students from Grade 5-12 competed in the Canwood Public School Bonspiel. It was a great couple days of curling. Many comments were made during the week about how good it was to see the older students helping the younger students with the skills of the game. The results of the bonspiel are as follows:

Champion- Brody Cyr's team

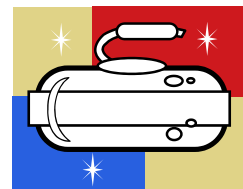
Runner Up- Keanu Coulinear's team

It takes the help of many people to put on this event. The organizing committee would like to thank the following individuals and business' for their support:

- Parents and staff for donating food and working in the canteen.
- Mr. Grant Person for taking care of the ice.
- Paige Anderson for keeping the rink so clean.
- Canwood Curling Club for the use of the rink.
- Affinity Credit Union, Co-op Store, Co-op Agro, Tabetha Person, Canadian Prairie Bison, CIBC, C and J Towing and Odile Aiken for donating prizes.

Also thank you to all the community members that came to the rink and cheered on our curlers. We hope to see you all again next year.

-Canwood Public School Bonspiel Committee



UPCOMING EVENTS

Dinner Theatre - For this year's Dinner Theatre the Canwood drama students from Grade 6-12 will be performing in the musical "Nunsense". Production dates are Monday, March 21 and Tuesday, March 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! Fraught with hilarity, both Catholic and otherwise, we watch as 5 nuns try to perform their planned performance amidst chaos and calamity. A meal is included with the cost of your ticket. Tickets will be available at the school office February 22, at a cost of \$20.00/person. Advance payment is required. Supper will begin at 6:30 p.m. with the play to follow.



Headin' for the Hills!!!!!!! - Canwood School will be going on the annual Ski Day on Monday, February 29. The K to 6 students will go to Timber Ridge (Big River), while the Grade 7 to 12 students will make the trek to Table Mountain. This day trip is a great way to improve the students skiing and snowboarding skills. Table Mountain has the added feature of a giant inner tube run that can sometimes be the hi-light of the day. It is not a Pre-K day, but Pre-K students are welcome to attend providing they have their own parent/guardian to accompany them on the hill. Transportation will be provided via school bus. Timber Ridge skiers will depart as soon as the buses are finished their morning route, buses will do their afternoon route upon their return at approximately 5:00 p.m.. Table Mountain skiers will need to be on the bus by 6:15 a.m., return time will be approximately 8:00 p.m.. Permission slips, which include the cost breakdown will be sent home in early February. It will be very important that these forms are returned back to the school promptly. Please encourage your children to attend this fun day on the slopes.

-Mr. Grant Person

Wake-A-Thon - Watch for posters that will be showing up around town which will have information regarding Canwood School's wake-a-thon. It will be taking place on Friday, February 12 from 8:00 p.m. to 8:00 a.m.. Students will be collecting pledges for this fundraiser, all proceeds will be used towards the new Pre-K playground.

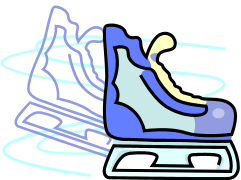
STAY AWAKE!

ONGOING EVENTS

Art Club - Art club will continue for two more Tuesdays, February 2 and February 9, 3:15-4:15 p.m..



Elementary Skating -The elementary students will continue their Friday afternoon school skating program in February. 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 1:45 p.m. to 2:45 p.m..



CANWOOD SCHOOL WEBSITE - CHECK IT OUT!

On the Canwood Public School website cw.srsd119.ca you will find bus updates, contact information, newsletters, calendars and staff lists. Add the Canwood School website to your favorites or to your home screen to quickly check the calendar, announcements for upcoming events and noon meals.

Student Assessment and Evaluation - As a parent you now have the ability to access your children's information through the Parent Portal located on our school website. In the parent portal, you will be able to see the assignments your child has done, the marks they have received as well as the characteristics of successful learners. It will also show if your child has missing or incomplete assignments. The school website you will use is <https://cw.srsd119.ca>. You will then click on the parent portal tab found on the header at the top of the website. To access this information, please contact the school and you will be provided with a username and password.

School Handbook - The Canwood Public School's 2015-2016 handbook can now be viewed on our website. All parents/guardians and students, please take the time to read through the handbook as it contains procedures followed by Canwood School and Saskatchewan Rivers School Division.

Counselor's Corner - Check out the counselor's corner tab where our school social worker Angela Leski has posted information regarding counseling services available at Canwood School, as well as other interesting and useful information.

Library Book Search - The most recent addition to our website is the Library tab, which will give you access to Canwood Public School's L4U site. Here you can search any title, author, subject or just a keyword to find a book you would need and whether it is available at the library or signed out.



COMMUNITY EVENTS

Canwood's Got Talent - Centennial Celebration - July 31. We are looking for anyone who would be willing to "show off" their talent as we celebrate Canwood's 100th birthday. Dancing, singing, joke-telling, magic tricks...whatever you're great at, we'd like to showcase. If you're interested or know someone we haven't thought of yet, please contact Tani Hamborg @ 468-2628 or Diana Schutte @ 468-2502.



Village & R.M. of Canwood 100th Anniversary - July 29, 30 & 31, 2016 - REGISTRATION IS NOW OPEN FOR THE 100TH ANNIVERSARY EVENT. WHY SHOULD YOU REGISTER? Registration will provide access to all the free shows, events and activities. By registering, you will receive access to your choices of meals and extra activities. This will help to ensure a smooth run event.

Registration will be required for camping spaces, meals and the Historic Play. **HISTORIC PLAY: The number of seats available for the play are limited and will be filled on a "First come, First served" basis. (PLEASE SEE THE ITINERARY FOR DATE/TIMES)**

There is a Registration fee of \$15.00 per family. (Family is defined as parents/guardians and dependent children residing in the same residence). With your registration packages you will also receive a keepsake souvenir item. Other souvenirs will be available for purchase as well.

Registration Packages are available from the Village Office, the R.M. Office, Village website - canwood.ca or by email. If you wish to receive a package via email, please email canwood100@outlook.com. For further information or registration options, please contact Lisa at (306) 468-7465.

BREAKFAST FOR LEARNING

Milk: More than just calcium! Written By: Rola Zahr, MPH, RD, BC Dairy Association
When we think of milk, we think of it as a good source of calcium. However, did you know that it also comes with a package of nutrients that helps children grow and focus at school? Key nutrients include protein, vitamin A and D, potassium, magnesium, and vitamin B12. Research suggests that people who consume enough milk are more likely to meet their overall nutrient needs, which is vital in the development of children. Yet many Canadian children (and adults) do not get enough servings from the Milk & Alternatives food group. Consider the below statistics: More than one in three children ages 4-9 consume less than two daily servings of milk products. By ages 10 to 16, about six out of ten boys and eight out of ten girls consume less than three daily servings of milk products.

	Age	Number of Servings
Children	2-8	2
	9-13	3-4
Teenagers	14-18	3-4
Adults	19-50	2
	51+	3



How many servings of milk and milk alternatives does a family need? *1 serving is equivalent to 1 cup (250 ml) of milk or fortified soy beverage, $\frac{3}{4}$ cup (175 g) of yogurt and 1.5 oz (50 g) of cheese.



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/>



CELEBRATE A
HEALTHY
VALENTINE'S DAY
THIS YEAR

When it comes to Valentine's Day, it is so easy to get carried away with goodies, candy and chocolates. Instead here are some healthy and fun snack ideas for your family to try. They make great treats to take to your children's classrooms too!

- ✓ Strawberry granola yogurt parfaits
- ✓ *Sweetheart smoothies* (use strawberries or raspberries to make them red/pink in color)
- ✓ *Cupid Kabobs*-cut fruit into heart shapes and thread onto a skewer
- ✓ Cinnamon heart shaped tortilla chips with a berry fruit salsa
- ✓ Individual heart shaped pizzas
- ✓ Cheese and crackers. Cut the cheese into hearts and X and O's using cookie cutters
- ✓ Heart shaped sandwiches
- ✓ Heart shaped cucumber slices with hummus or vegetable dip

Helpful tips on how to feature more milk in your daily preparation of meals!

Serve milk with meals instead of juice or pop.

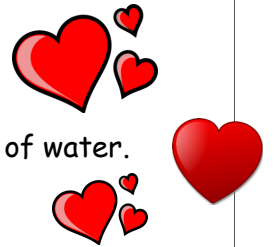
Prepare meals and snacks with your child that uses milk or other dairy products as an ingredient. Children are more likely to eat what you are serving if they are involved in the preparation. For example:

Use yogurt as a dip, garnish, spread or dressing.

Make soups and cooked cereals with milk instead of water.

Add cheese to salads and sandwiches.

Offer milk-based desserts such as yogurt, custards and puddings.



Eating Well with Children

Adults and children have different jobs when it comes to eating.

Adults choose what foods to offer, when to offer them and where they will be eaten.

How to do an adult's job well:

- Sit at the family table for meals and snacks. Put down cell phones and turn off computers and TV's.
- Do not bribe or force children to eat. If they are not hungry, it is okay if they choose not to eat.
- Close the kitchen after meals and snacks and offer only water between meals and snacks.
- Have healthy food available for you and your family. Children are more likely to eat well when healthy foods are available and the rest of the family also eats these foods.


Children choose how much food if any they will eat.

How to do a child's job well:

- Children decide whether or not they eat based on if they are hungry or not.
- Children eat the amount their bodies need to grow healthy and strong.
- As children grow older and are provided with the right structure, guidance and skills, they will start to choose more of what foods to eat.

Adapted from Eating Well with Children written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions 2016

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mrs. Angela Leski, School Counselor, is at Canwood School on Mondays & Tuesdays	1 Second Semester Begins	2 Art Club 3:15-4:15 p.m.	3 Fiesta Potatoes \$3.50	4 Donny Parentau Presentation	5 Tomato Soup \$2.00 & Grilled Cheese Sandwich \$2.00 Grade 9-12 Report Cards	6 Elementary Skating
7	8 Day 6 K	9 Day 1 Pre-K	10 Day 2 K Subs \$3.50	11 Day 3 Pre-K	12 Day 4 K Vegetable Soup \$2.00 & Cheese Biscuits \$1.00 Wake-A-Thon Pre-K Family Day	13 Elementary Skating
14 <i>Happy Valentine's Day</i>	15 Family Day No Classes	16 Art Club 3:15-4:15 p.m.	17 Day 1 Pre-K	18 Day 2 K	19 Day 3 Pre-K	20 Elementary Skating
21	22 Drama Tickets On Sale	23 Day 5 Pre-K	24 Day 6 K Taco Salad \$3.50	25 Day 1 Pre-K	26 Day 2 K Mushroom Soup \$2.00 & Pastrami & Swiss Kaiser Bun \$2.00 Elementary Skating	27
28 	29 Ski Trip K-12	Day 4 K	Day 5 Pre-K	Day 6 K	Day 1 Pre-K	Day 2 K
Day 3 No Pre-K	Day 4 K	Day 5 Pre-K	Day 6 K	Day 1 Pre-K	Day 2 K	Day 3 No Pre-K

FEBRUARY BREAK - SCHOOL CLOSED