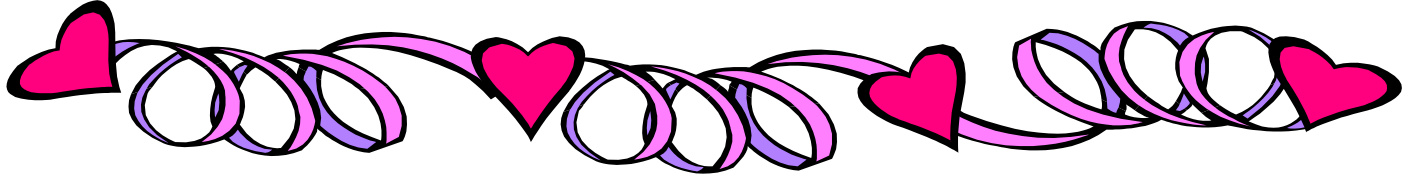


CANWOOD PUBLIC SCHOOL NEWSLETTER

FEBRUARY 2017



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.

Thank you to all our staff for their focus on your child's academics by providing high quality teaching, interesting hands-on activities and countless opportunities for your child to be successful.

Good luck to our Grade 12's as they are on the homeward stretch towards their high school diploma with the start of the second semester.

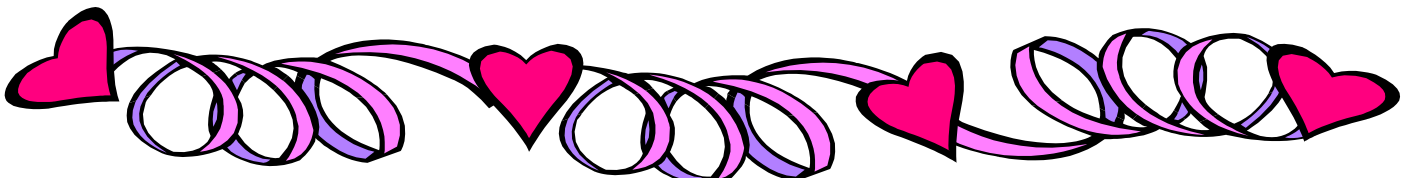
Parents, please continue to work with us to keep a focus on improving our student's literacy skills. Encouraging your children to read, write, use their math skills, problem solve, and use technology are great ways to build those literacy skills!

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 "The Wizard of Oz" will be held on March 22 and 23.

Our second round of parent/teacher/student interviews is scheduled for Thursday, February 16. Please watch for your interview notices either included with the Grade 9-12 report cards or in the mail.

Enjoy the February winter break. Happy Valentine's Day! *-Mrs. Sherry Moar & Mr. Richard Schwehr*



PAST EVENTS

Curling Bonspiel - On January 4, 5 & 6, students from Grade 5-12 competed in the Canwood Public School Bonspiel. It was a great three 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:

"A" Champion - Briar Cain's team

"B" Champion - Dylan Kvinlaug's team

Runner Up - Brody Cyr's team

Runner Up - Delayne Aiken's team

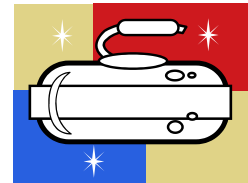
It takes the help of many people to put on this event. The organizing committee would like to thank the following individuals and business' for their support:

- 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, Eternal Memories Funeral Home, Co-op Store, Co-op Agro, Cargill, Canadian Prairie Bison, Aiken Farm & Ranch and The Village of Canwood 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



ONGOING EVENTS

Art Club - Art club will continue for two more Tuesdays, February 7 and February 14, 3:15 p.m. to 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 1:35 p.m., Grade 3/4 and 5/6 students will be skating from 1:45 p.m. to 2:45 p.m..

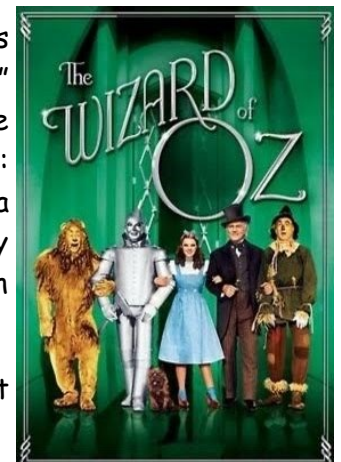
UPCOMING EVENTS

Dinner "or" Dessert Theatre - For this year's production the drama students from Grades 6-12 will be performing the play "The Wonderful Wizard of Oz" adapted by Tim Kelly. A cyclone carries Dorothy and her dog, Toto, to the magical land of Oz, where they encounter all the famous characters you love: the Cowardly Lion, the Tin Woodsman, the rubber-legged Scarecrow, Glinda the Good Witch and the evil Witch of the West, who is determined to destroy Dorothy and steal the secret of the silver slippers. The play is filled with wonderful stage thrills and humour.

Wednesday, March 22 is a Dinner Theatre which includes a wonderful meal at the cost of \$20.00/person. Supper will begin at 6:30 with the play to follow.

Thursday, March 23, is a Dessert Theatre which includes a selection of desserts sure to delight at the cost of \$12.00/person. The play will begin at 7:00 with the desserts served at intermission.

Tickets will be available at the school office on February 27.



Ski Trip - The Kindergarten to Grade 12 classes will be going to Timber Ridge in Big River for their ski and snowboard trip on March 14. Transportation will be provided via school bus, departing as soon as the buses are finished their morning route. Buses will do their afternoon route upon their return around 5:00 p.m.. Registration forms and permission slips, which include the cost breakdown, will be sent home in 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

LIBRARY NEWS

"Happy Camper Book Fair-S'More Fun With Books" is the theme for our semi-annual Scholastic Book Fair. It will be held in conjunction with our Parent-Teacher Interviews on Thursday, February 16 from 9:00 a.m. to 9:00 p.m.. Pre-viewing for the book fair for students will be on Wednesday, February 15.



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

CANWOOD SCHOOL WEBSITE - CHECK IT OUT!

On the Canwood Public School website <https://cw.srsd119.ca/> you will find bus updates, contact information, newsletters, calendars, staff lists and more. 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 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 2016-2017 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.

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.



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/>

THANK YOU

Thank You - Sandra Boyle and the Campbell family for their generous donation to our PreKindergarten Playground.

Lawrence & Loretta Kvinlaug for their donation to our drama program.



COMMUNITY EVENTS

Silent Auction - Canwood Regional Park's annual silent auction will be held on Saturday, March 11 at the Canwood Elks Hall. Supper is at 6:00 p.m., auction to follow. Adults \$10, 12 and under \$8, 5 and under free.

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.

How many servings of milk and milk alternatives does a family need?

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

*1 serving is equivalent to 1 cup (250 ml) of milk or fortified soy beverage, ½ cup (175 g) of yogurt and 1.5 oz (50 g) of cheese.

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.

About Breakfast for Learning

Breakfast for Learning is committed to helping children across Canada realize their full potential in life by ensuring they attend school well nourished and ready to learn. Breakfast for Learning has been helping support student nutrition programs in every province and territory for 23 years. During the 2015/16 school year, Breakfast for Learning funded 1,887 breakfast, lunch and snack programs, supporting 238,853 children with more than 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.8 million children enjoy over 594 million healthy meals and snacks. For more information, please visit www.breakfastforlearning.ca.

Creamy Tomato Soup with Mini Grilled Cheese Hearts

Ingredients:

- 2 Tbsp. oil
- 1 onion, chopped
- 1 clove of garlic, chopped
- 2 Tbsp. flour
- 1-28 ounce can crushed tomatoes
- 1 ½ cups low sodium chicken broth
- ½ cup homogenized milk, warmed
- salt and pepper



For mini grilled cheese hearts:

- 16 slices whole wheat bread
- 2 Tbsp. non-hydrogenated margarine
- 1 ¼ cups shredded cheddar cheese

Directions:

1. Warm oil in a large saucepan over medium-high heat.
2. Add onion and cook, stirring often, until softened, 3 to 5 minutes. Add garlic and cook until slightly softened and fragrant, about 1 minute. Stir in flour to blend, about 1 minute.
3. Add tomatoes and broth to saucepan, increase heat to high and bring to a boil. Stir or whisk constantly until slightly thickened, about 3 minutes.
4. Working in batches, carefully transfer soup to a blender and puree until smooth. Pour into a bowl until all soup is pureed.
5. Return soup to saucepan, stir in milk and cook over low heat for 3 to 5 minutes, until heated through. Do not boil. Season with salt and pepper.
6. To make the grilled cheese lightly mist a large frying pan with cooking spray. Use a 2-inch heart-shaped cookie cutter to cut three hearts from each slice of bread. Lightly brush both sides of bread with margarine.
7. Place about 1 ½ tsp. of cheese on top of a heart. Place another heart on top of the cheese.
8. Cook sandwiches in frying pan over medium-high heat until lightly browned, 3 to 5 minutes per side.
9. Serve with the tomato soup! Makes 8 Servings

Recipe courtesy of www.myrecipes.com



February 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Kaley Christianson, School Social Worker, will be at Canwood School on February 2, 7, 14, 16 & 28</p>			<p>1 No Noon Meal</p>	<p>2</p>	<p>3 Chicken Noodle Soup \$2.00 & Egg Salad Sandwich \$2.00 Grade 9-12 Report Cards</p>	<p>4 Elementary Skating</p>
<p>5</p>	<p>6</p>	<p>7 Art Club 3:15-4:15 p.m.</p>	<p>8 Jambalaya \$3.50 K-4 \$2.50</p>	<p>9</p>	<p>10 Corn Chowder \$2.00 & Cheese Biscuit \$1.00</p>	<p>11 Elementary Skating</p>
<p>12 </p>	<p>13</p>	<p>14 Happy Valentine's Day Art Club 3:15-4:15 p.m.</p>	<p>15 Pizza \$3.50 K-4 \$2.50 Report Cards K-8</p>	<p>16 Parent-Teacher Interviews 4:00-9:00 p.m. Book Fair</p>	<p>17 Tomato Macaroni Soup \$2.00 & Grilled Cheese Sandwich \$2.00</p>	<p>18 Elementary Skating</p>
<p>19</p>	<p>20 Family Day No Classes</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26 </p>	<p>27 Day 3 No Pre-K</p>	<p>28</p>	<p>FEBRUARY BREAK - SCHOOL CLOSED</p>			
			<p></p>	<p></p>	<p></p>	<p></p>

Call for Ice Rental
\$75/hr
468-2200

CANWOOD SKATING RINK

- FEBRUARY / MARCH 2017 -

Rink Fees:
\$100/family
\$70/person
\$5 drop in

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 PUBLIC SKATING 12-5 PM	6 MINOR HOCKEY 3:30-6 PM ATOM CANUCKS VS. PA WHITE FOXES 6:30 PM	7 CANSKATE 4-5 PM PUBLIC SKATING 5-8 PM	8	9 MINOR HOCKEY PRACTICE 3:30-7:30 PM	10 SCHOOL SKATING 11-3 PM PUBLIC SKATING 3:30-8 PM	11 NOVICE CANUCKS TOURNAMENT
12 PUBLIC SKATING 1-7 PM	13 MINOR HOCKEY PRACTICE 3:30-7:30 PM	14 CANSKATE 4-5 PM PUBLIC SKATING 5-8 PM	15	16 MINOR HOCKEY 3:30-6 PM NOVICE CANUCKS VS. PA RANGERS 6:30PM	17 SCHOOL SKATING 1-3 PM PUBLIC SKATING 3:30-8 PM	18 PUBLIC SKATING 1-7 PM
19 PUBLIC SKATING 1-7 PM	20 MINOR HOCKEY 3:30-6 PM ATOM CANUCKS VS. PA WARRIORS 6:30 PM	21 CANSKATE 4-5 PM PUBLIC SKATING 5-8 PM	22 PUBLIC SKATING 1-7 PM	23 MINOR HOCKEY PRACTICE 3:30-7:30 PM	24 PUBLIC SKATING 1-5 NOVICE CANUCKS VS. PA BRUINS 6:30 PM	25 ATOM CANUCKS TOURNAMENT
26 PUBLIC SKATING 1-7 PM	27 MINOR HOCKEY PRACTICE 3:30-7:30 PM	28 CANSKATE 4-5 PM PUBLIC SKATING 5-8 PM	1	2 MINOR HOCKEY 3:30-6 PM NOVICE CANUCKS VS. PA BRUINS 6:30 PM	3 PUBLIC SKATING 3:30-8 PM	4

ANNUAL BROOMBALL TOURNAMENT MARCH 17 & 18!!!