

CANWOOD PUBLIC SCHOOL NEWSLETTER

OCTOBER 2022

ADMINISTRATOR'S MESSAGE

Happy October Everyone. Thank you to all the staff, students, parents and community members for making our Meet the Staff event a spectacular time. We love that our school can host such events again! Canwood students have been working hard on their academics and many are joining the extra-curricular school teams. So great to see all the smiling faces participating in sporting events that they enjoy! Without our parent volunteers, who help transport students, we would not be able to attend these events. Thank you parents and coaches for going that extra mile for our kiddos.

If you haven't yet, please sign up for EDSBY and School Cash Online.

We look forward to seeing everyone in November to discuss your child's learning growth and progress at Parent Teacher Interviews.

-Mrs. Sylvia Delisle & Mrs. Lisa Howat



SCHOOL SOCIAL WORKER - KALEY SPIGOTT

My name is Mrs. Spigott, this is my sixth year as the School Social Worker in Canwood. I have a 2 year old son and live in Prince Albert with my husband and our two dogs. We love to be outside, go to the lake, go for walks and I especially love DIY projects!

As the School Social Worker, my job is to provide school-based intervention services to assist students and their families. I provide short-term counselling and short-term case management services for students who are experiencing social, emotional and/or behavioural problems. I initiate referrals to human services agencies and with permission, can be the connection between these agencies, the family and the school community.

School Social Workers are people who students can turn to when they need some help. If you are interested in accessing School Social Worker support you can give me a call and fill out a consent form. I love working with students and am happy to support students and their families navigate some of life's most difficult challenges.

A few examples of how we can help is:

If you are struggling in math and need some extra help

If you are new to the school and do not have friends yet

If you feel you are being bullied at school

If you are upset about a family problem, such as divorce or death of a loved one

If you are having trouble concentrating on homework

If you are having friendship troubles and MUCH more...

Give me a call at the school to chat or stop by my office to introduce yourself 306-468-2150.

SCHOOL MENTOR - CARLY WILLIAMS/KENNEDY

My name is Ms. Kennedy, I am the new School Mentor here in Canwood! I grew up in Shellbrook and moved away after high school for 8 years. I have three beautiful children who keep me on my toes and very busy, but I am so happy to be raising my kids back in my hometown! My whole family lives in our area, so we are very lucky to be able to spend time with our extended family.

As a Jordan's Principle Mentor my job is to supply an extra area of support for our students, with the main focus on students who have Indigenous heritage. Whether that may be a listening ear, making sure they have enough credits to graduate, assisting with homework, etc.. I am here for extra support for families that need anything. I will do my best to offer my assistance or find the best suitable person for the area in need. This is a new position to Canwood School and myself, so please bear with us as it is a learning curve for all of us! I am very excited to get to know everyone, and I promise I will remember everyone's name soon! Give me a call at the school to chat or stop by my office to introduce yourself 306-468-2150.

PAST EVENTS

Terry Fox Run - Thank you to our community, students, and staff for supporting our annual Terry Fox Run and Lunch. To our local sponsors, thank you for the food and door prize donations. Your support of this annual event is always appreciated. To the grade 11/12 class, thank you for your teamwork, volunteerism, and organization. You planned a wonderful event! The grand total we raised for the Terry Fox Foundation is \$5293.00! Thank you to everyone for your pledges and lunch purchases. Our local sponsors: Canadian Prairie Bison, J&R Meats, Debbie Delisle, Cargill, Canwood Co-op Food Store, Affinity Credit Union, Tait Insurance and Canwood Co-op Agro. -Mrs. Vanessa Balicki



National Day of Truth and Reconciliation/ Orange Shirt Day - Each year, September 30 marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30. Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

Thank you to all of our staff and students who wore orange to honour the thousands of Survivors of residential schools. We had a school wide assembly to raise awareness of the National Day of Truth and Reconciliation and to explain the concept of "Every Child Matters". We are all working together to achieve the same goal. Our children are the future leaders!

Thank you to Mrs. Hladun for making the beautiful quilt panel pictured below. We will be hanging this in the foyer of our school. As we gathered for our Day of Truth and Reconciliation Assembly, Mrs. Hladun's class walked through the halls carrying it for all to see. It is a true symbol of reconciliation as we move into the future with the Educational Calls to Action recommended from the Truth and Reconciliation Commission.

The Quilt panel is called The Journey Home created by Karen Erickson

"In light of the recent traumatic events that have unfolded at former Residential Schools across Canada, Karen Erickson created "Every Child Matters" out of reverence to those grieving. This painting depicts two siblings who were finally set free after being grimly discovered at a Residential School. The children who are shown holding hands were torn apart from each other, but now reunited as they make their way back home. Karen included beautiful imagery such as a moon and feathers to represent the First Nations, Inuit and Metis people joining together to guide the two siblings." **100% of the net proceeds from the sales of this quilt panel will be donated to the Indian Residential School Survivors Society and the Orange Shirt Society.**

-Mrs. Sylvia Delisle





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NEWSLETTER

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We're on the Web!

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

UPCOMING EVENTS

No School - PLC Day, Friday, October 7th and Thanksgiving Day, Monday, October 10th.

Picture Day - Tuesday, October 11th.

Education Week - October 16th-22nd.

Co-op Gift Card Fundraiser - We are excited for our next school fundraiser. On October 24th students will be sent home with order forms to sell Co-op gift cards. The cards will be sold in the \$25, \$50 and \$100 dollar amounts. The deadline for students to get all their forms in is on November 2nd. Once all the forms are collected we will receive the actual Co-op gift cards back to the school a week later. Each student that hands in a form will be given back the form to deliver the purchased Co-op cards to the buyer(s). The proceeds of this fundraiser will help us upgrade our school's technology. These cards are great to buy because you can use them at any Co-op food store and gas station. The amount that you pay for your gift cards is the amount you get back in gift cards. They make great gifts! Please plan to support our school by buying Co-op gift cards.

THANK YOU

Thank you - to the Canwood Lake Country Co-op Food Store for their donation of propane for our Meet The Staff BBQ.

LIBRARY NEWS

A special thank you to Fay Bruyninckx who generously donated World War books, perfect timing for Remembrance Day. Come in to the library to have a look.

SCHOOL SPORTS

Senior Golf - The Senior golf team competed in Districts at Birch Hills on September 15th. Hansyn Bahnuick and Creeson Thomas played a great round of golf and did an awesome job representing The Canwood Cougars.
-Mr. Keanan Tibbs

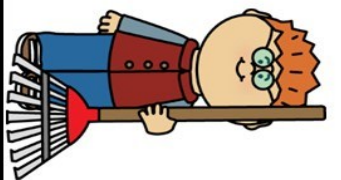
Junior Golf - On September 29th the Junior golf team participated in a friendly match at the Canwood Regional Park. The team was represented by Rajko Hinson, Kaden Benson, Tye Vaughan, Patrick Sten, Tucker Danberg, Ryder Vaughan, Brayzn Benson, and Aksel Nordquist. The team had lots of fun and made many good shots. Great job Cougars!
-Mr. Keanan Tibbs

COMMUNITY EVENTS

Annual Craft & Home-Based Business Sale - Saturday, November 5th from 10 a.m. to 3 p.m. at the Canwood Elk's Community Centre. To book a table call Margie 306-468-7021 or Barb 306-468-7711.



October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Mrs. Kaley Spigott, Social Worker, will be at Camwood School on October 4, 11, 18 & 25</p>						1
2	3	4	5	6	7 PLC No Classes	8
9 PreK	10 <i>Happy Thanksgiving</i> No Classes PreK	11 *Picture Day* K	12 PreK	13 K	14 No PreK	15
16	17	18	19 SCC Meeting 7 p.m.	20	21	22
	PreK	EDUCATION WEEK K	PreK	EDUCATION WEEK K		
23	24	25	26	27	28	29
	PreK	K	PreK	K		
30	31 <i>Happy Halloween</i> PreK	K	PreK	K	PreK Family Day	

Evergreen Oasis Counselling & Consulting Inc.

ANXIETY GROUP COUNSELLING 6 WEEK PROGRAM

Dates: Monday at 3:45pm-4:45pm
Oct. 17, Oct 24, Nov. 7, Nov. 14, Nov. 21, Dec 5

Location: 218 1st Ave East, Shellbrook, SK

Price: \$270 for the 6 week sessions (paid at first session)

Invoices and receipts can be given for benefit purposes

Maximum registered: 8 people (9year – 11years)

TO REGISTER: Call/Text Nicole Erb 306.714.7679

Evergreen Oasis Counselling & Consulting Inc.

ANXIETY GROUP COUNSELLING 6 WEEK PROGRAM

Dates: Monday at 5:30pm-6:30pm
Oct. 17, Oct 24, Nov. 7, Nov. 14, Nov. 21, Dec 5

Location: 218 1st Ave East, Shellbrook, SK

Price: \$270 for the 6 week sessions (paid at first session)

Invoices and receipts can be given for benefit purposes

Maximum registered: 8 people (15years – 17years)

TO REGISTER: Call/Text Nicole Erb 306.714.7679

Evergreen Oasis Counselling & Consulting Inc.

ANXIETY GROUP COUNSELLING 6 WEEK PROGRAM

Dates: Tuesdays at 3:45-4:45pm
Oct. 18, Oct 25, Nov. 8, Nov. 15, Nov. 22, Dec 6

Location: 218 1st Ave East, Shellbrook, SK

Price: \$270 for the 6 week sessions (paid at first session)

Invoices and receipts can be given for benefit purposes

Maximum registered: 8 people (12years – 14years)

TO REGISTER: Call/Text Nicole Erb 306.714.7679



Evergreen Oasis Counselling & Consulting Inc

GRIEF & LOSS GROUP COUNSELLING 6 WEEK PROGRAM

Dates: Thursdays at 7 p.m.
Oct. 6, Oct. 13, Oct. 20, Oct. 27, Nov. 3, Nov. 10

Location: 218 1st Ave East, Shellbrook, SK

Price: \$270 for the 6 week sessions (paid at first session)

Invoices and receipts can be given for benefit purposes

Maximum registered: 8 People (18+)

To Register: Call/Text Nicole Erb 306.714.7679

Have you lost someone in your life? Going through a divorce or separation? Lost a job? Grief comes in many forms - take this opportunity to help understand and identify stages of grief and healing in a supportive setting.

Refreshements and snacks provided!