

CANWOOD PUBLIC SCHOOL NEWSLETTER

MARCH 7TH, 2024

ADMINISTRATOR'S MESSAGE

This past month has been filled with so many great events and fun learning opportunities. The second week in February was staff appreciation, we are so grateful to all of the staff that we have. They make learning joyful and are so supportive to our students. We want to thank the SCC for providing lunch for our staff members and the staff also had many other tasty treats throughout the week.

The Co-op gift card fundraiser was a huge success! The proceeds will definitely help our school with playground and recreational equipment. We will be purchasing more snowshoes that are larger in size and other recreational equipment. We are so appreciative of the community support with this endeavor, thank you again! A few classrooms have had the opportunity to use the snowshoes we already have and they loved the experience.

We want to express our gratitude to SIGA and the Parkside Demolition Derby for their donations to our Nutritious Snack Program. We received \$1000.00 from a SIGA grant and \$500.00 from the Parkside Demolition Derby. Our community volunteers continue to amaze us with their support and time given to our Snack Program. We have been very blessed with many delicious snacks.

We will be asking parents to attend our Student Progress Conferences on Wednesday March 13th, you will be able to book your spot starting Monday March 4th. We believe that ongoing communication about your child's learning growth establishes a strong relationship of trust, respect, and transparency between parents, students, and teachers. The goal is to strengthen this relationship for the development and wellbeing of your child/children.

-Mrs. Sylvia Delisle



PAST EVENTS

Legion Poster Contest - On Tuesday, February 27th Mr. Bob Thompson was at Canwood School to present awards to the following students on behalf of the Legion:

Intermediate Poster:

Black & White: 1st place Robyn Dionne, 2nd place Brayzn Benson, 3rd place Rebecca Schutte

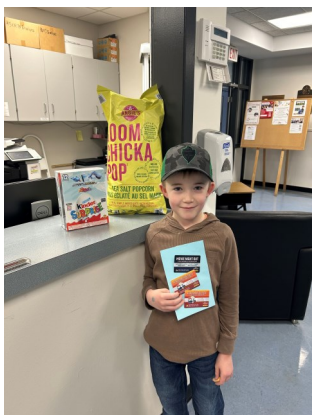
Color: 1st place Nica Villegas, 3rd place Chloe Millar, 4th place Elisha Johnson

Junior Poster:

Black & White: 1st place Athena Amistad (3rd place at Zones), 2nd place Reese Hamborg

Color: 1st place Leland Hegland

Co-op Gift Card Fundraiser - Thank you to everyone who supported our Co-op Gift Card Fundraiser. To all of our students, parents and staff who took the time to sell and to everyone who purchased gift cards. Our school sold an amazing grand total of \$38,325.00! The school's profit from this fundraiser is \$3832.50. A special thank you goes out to the Prince Albert Raiders Hockey Club for purchasing \$5000.00 in gift cards! Our top sellers have definitely enjoyed their prizes, congratulations Anders, Micah and Nolan!



The classrooms were divided into three divisions and the top selling classroom from each division won a Pizza Lunch Party. Kris and Melissa Moe generously donated the pizzas that the Grade 1/2, Grade 6/7 and Grade 9 classrooms enjoyed. Thank you Kris and Melissa!



Volunteer Baking - Thank you to these ladies for baking delicious snacks for our students this past month. Cherish and Andree Schutte, Cindy Millar and Jill Wrench, and Andree Schutte, Colleen Receveur and Barb Benson. We appreciate it!





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/>
Facebook
Instagram

UPCOMING EVENTS

Ribbon Skirt/Shirt Day - In the spirit of reconciliation, we recognize Ribbon Skirt/Ribbon Shirt Day in SRPSD schools, this year it will be on Friday, March 8th. We are all on a journey together towards reconciliation, and we recognize that education is a platform for hope as we come together as a community. The importance of this day is to bring the ribbon skirt teachings and Indigenous perspectives to the forefront and to show solidarity as an SRPSD community.

The road to reconciliation is paved by the commitments of all of us to do our part to create safe and inclusive learning spaces. We hope that Ribbon Skirt and Shirt day will lift us all up, as we stand together in solidarity with Indigenous people. If you have a ribbon skirt or ribbon shirt please wear it on March 8th.

Student Progress Conferences - Wednesday, March 13th from 3:30-8:30 p.m.. Parents/guardians schedule their own conferences through Edsby. If you are not signed up for Edsby you will find your "Invitation to Edsby" in your email. You can also call the school office to schedule your conferences.

Grade 9 Outdoor Ed Trip to Camp Kinaseo - Did you miss our bottle drive fundraiser? If you would like to help our Grade 9 class raise money for their Outdoor Ed trip, you can! Please contact us before March 15th to donate your refundable recyclables. All proceeds will go towards the cost of the Outdoor Ed Trip. Thank you!

-Mrs. Courtney Hansen

Drama - The Drama Club is looking for donations of some costume items for their upcoming presentation. A smoking jacket, maid outfits and female or male formal wear.

-Mrs. Kori Sansom

EXTRAS

Thank You - to Josie Hoeflicher for donating a couple books to our school library.

COMMUNITY EVENTS

Canwood Regional Park & Golf Course Auction - This annual auction will be held on Saturday, March 9th at the Canwood Elks Community Hall. Doors open at 5:00 p.m. with supper at 6:00 p.m. and auction to follow. Adults \$20, 6-12 years old \$10 and 5 years and under free. The hall will be open at 1:00 p.m. that day for the dropping off of donated items. All proceeds to Canwood Regional Park.

WPP Recipe Book - Whispering Pine Place is creating a cookbook of both modern and old-fashioned recipes from community members and friends and family of WPP, with the hopes to share and save your most cherished family recipes. Recipe submission forms are available at WPP or can be sent electronically. All recipes due by March 31st, limit of three recipes per person. Contact Erica or Lori at 306-468-2900 for more information.

Canwood Public Library - Wapiti Library events in March: Moms and Tots March 19 @ 10:30 a.m.. Crafters Choice March 12 & 26 @ 11 a.m.. WPP visit to the library March 12 @ 2 p.m.. After school movies - March 14 @ 3:30 p.m., Monster's Inc and March 28 @ 3:30 p.m. Alice in Wonderland (2010, PG). Kids Club 3:30 p.m. on Fridays that there is school.

-Karina Johnson, Librarian

Ice Safety



This newsletter is published by the Acquired Brain Injury (ABI) Education & Prevention Coordinator from Saskatchewan North ABI Services.

Saskatchewan is blessed with a range of winter activities thanks to its mixed climate. Many of these activities, like snowmobiling and ice fishing, involve frozen bodies of water. However, before venturing out, it's essential to ensure that the ice is thick enough and safe to walk or drive on.

Ice Safety Tips so you can enjoy what's left of the cold:

Plan ahead: Always inform someone about your intended location and expected return time.

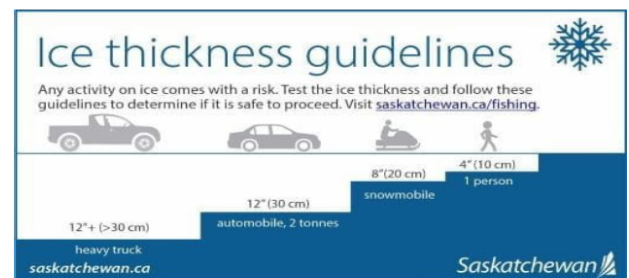
Awareness: Ice thickness differs on various water bodies and local conditions. So, it's advisable to re-evaluate the ice thickness, even if it was previously safe. The thickness of ice varies each year, making it necessary to verify its safety annually instead of relying on past experiences.

River ice: Compared to lake ice, river ice is often more unstable and riskier, mainly downstream of dams during winter releases. The Water Security Agency is currently releasing water from Reid Lake on Swift Current Creek, and there's also flow throughout the Qu'Appelle and Saskatchewan River systems. It's advisable to avoid these areas as conditions can change significantly over short distances.

Prevent and predict danger: Stick together, engage in activities with a partner rather than alone. It's essential to note that any activity on ice has inherent risks. Clear, hard ice is the only recommended ice for travel.



Check: Always check the thickness of ice before walking or driving on it. As a guideline, you need at least 10 cm (four inches) of ice to walk on, 20 cm (eight inches) to drive a snowmobile or ATV on, 30 cm (12 inches) to drive a car or light truck on, and more than 30 cm (12 inches) to support a heavy truck.



Avoid ice that:

- ★ has open water or appears slushy
- ★ thawed, then frozen again
- ★ is near moving water
- ★ is layered due to sudden temperature changes
- ★ has structures on it, such as pressure ridges.

Be prepared: Wear proper cold weather apparel and layer clothing to stay warm. Assemble safety gear for emergencies, such as a cell phone, ice picks, a throw rope, flares, and a life jacket or flotation suit.

Visit the Water Security Agency for more information

Resource: [Protect Yourself To Ensure Safety On Ice This Winter | News and Media | Government of Saskatchewan](#)

Always on the lookout to connect with communities interested in injury prevention. Please email Laquisha.boechler@saskhealthauthority.ca for more information. Look forward to hearing from you!

Acquired Brain Injury Education & Prevention Services

What Do We Do?

We are Saskatchewan Health Authority health educators employed in a unique partnership. We strive to engage and support community efforts in reducing injuries; and enhance safety awareness through the provision of injury prevention, brain function & brain injury education, information & resources.

Contact Us About:



We developed this program to make brain education easy to understand and deliver. We'll coordinate with you to bring this fun "WALK" through the brain to your school or community. Kindergarten to grade 6 students rotate through 10 interactive stations that teach brain function and how to keep the brain safe & healthy.



We offer, to grades 4-6 students, Parachute Canada's interactive neuroscience in-class presentation. Students learn brain anatomy, basic neuroscience vocabulary, and why it's important to protect the brain & spinal cord.

Information will enhance brain knowledge and provide simple injury prevention strategies.

* Virtual sessions are also offered, provincially, several times throughout the school year.



We work with your community to plan this dynamic injury prevention program for teens. The day-long event simulates the difficult journey of a

hypothetical injury trauma patient,. Students follow the path of an injury victim, through the provision of interactive sessions from local emergency, enforcement, health and other community-based professionals involved in trauma care.

*Condensed virtual events are also offered, provincially, several times throughout the school year.



We can direct community members/organizations to current best-practice **Mild Brain Injury/Concussion** education and resources. Information that helps identify common symptoms and effective recovery strategies.

We Partner to Provide Education On:

- Brain Function/Structure/Health & Wellness
- Proper Helmet Usage
- Child Passenger Safety
- Safe Road Usage (bicycle, driving & pedestrian)
- Off-Road Vehicle Safety (snowmobile and ATV)
- Falls Prevention Resources
- Accessing Injury Prevention & Traffic Safety Grants

Contact or Follow Us on Facebook/Instagram:

ABI Education and Prevention Team

SHAPreventionABI@saskhealthauthority.ca

North ABI Education and Prevention Coordinator

Prince Albert, SK (306) 765-6470

Laquisha.Boechler@saskhealthauthority.ca

Central ABI Education and Prevention Coordinator

Saskatoon, SK (306) 655-8433

Lisa.McGowan@saskhealthauthority.ca

South ABI Education and Prevention Coordinator

Regina, SK (306)766-5760

Lorie.Norris@saskhealthauthority.ca



**Saskatchewan
Health Authority**



Saskatchewan



March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Miss Allyssa Salmon, School Social Worker, will be at Canwood School on March 12, 19 & 26					1 Grade 7-12 Ski Trip	2
3	4	5	6	7	8 K Ribbon Skirt/Shirt Day	9
10	11 PreK & K	12	13 PreK & K	14	15 Convention No Classes	16
17	18 PreK & K	19	20 Student Progress Conferences 3:30-8:30 p.m. PreK & K	21	22	23
HAPPY ST. PATRICK'S DAY						
24	25 PreK & K	26	27 PreK & K	28	29 Good Friday	30
						