

CANWOOD COMMUNITY PUBLIC SCHOOL NEWSLETTER

JANUARY 2014

ADMINISTRATOR'S MESSAGE

Merry Christmas to all and to all a great holiday! We at Canwood Community Public School hope this newsletter finds everyone healthy and happy during this magical season. May these festive days allow you to relax and enjoy time spent with family and friends.

Our annual Christmas concert was held on Tuesday, December 10. The evening was kicked off with coffee, and dainties in the foyer, along with Christmas caroling provided by some of our high school students accompanied by Mrs. Kulrich on the keyboard. Families then moved to the gym where our enthusiastic Grade 5 students narrated the Christmas Concert. Each class (K-5) performed one song and then all joined together to sing the final songs of the evening. Santa's elves handed out candy bags to conclude the evening. Thanks to all the staff and students that helped to prepare for the Christmas Concert.

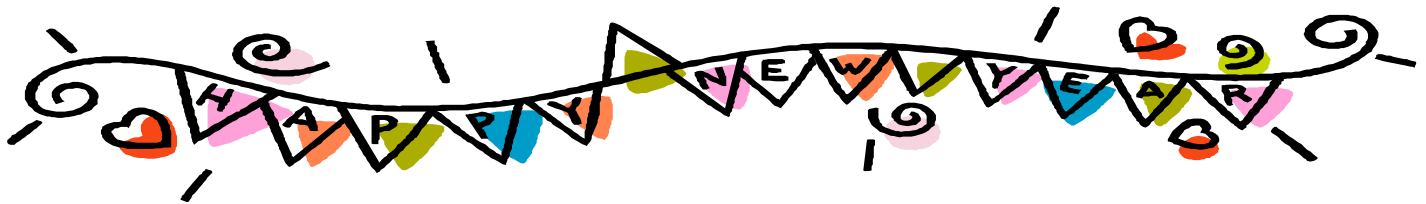
Our annual Christmas Banquet and Dance for Grade 6 - 12 students was held on Friday, December 13. Thank you to Mrs. Gwen Olson, the grade 9 class, and the parent volunteers for providing and serving the fabulous meal. The assistance that we receive from parent volunteers to chaperone the Christmas Dance is always greatly appreciated. Thank you.

Thanks to the Board & Trustees for the work they do to support our school.

Our last day of classes before the school break will be December 20 and the students will resume classes on Jan 6.

Happy New Year!

-Mr. Jaret Nelson & Mrs. Sherry Moar



THANK YOU

A great big thank you goes out to all of the people who donated items to the school this month:

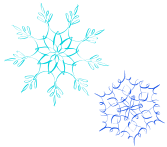
- ◆ Michelle Thall for donating skates to the elementary skating program.
- ◆ Melissa Stieb for donating 2 pairs of track cleats.

Thank you so much to all the community members and families that sent items to our annual Santa Shop. The students have so much fun shopping and choosing that special gift for their family members and friends. I am sure many of you will have a "pleasant surprise" on Christmas morning when you open up those special packages from under the tree! Also thank you to our volunteer gift wrappers and all staff that helped. *-Mrs. Diane Johnson*

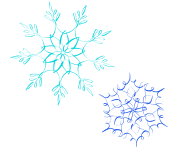
THANK YOU –CONTINUED

Thank you to the following people for helping with the delicious meal for the Christmas banquet: Faron & Lisa Anderson, Ken & Odile Aiken, Jonathon & Michelle Thall, John & Sherri Wreford, Cora-Lee Cyr, Sheldon Rude, and Greg Olson.

Thanks to Michelle & Jonathon Thall and Odile & Ken Aiken for chaperoning the Christmas dance.



WE APPRECIATE IT!!



UPCOMING EVENTS

Chess Club - Stormy outside? Cold wind blowing? Come join Chess Club on Wednesdays after school from 3:15 - 4:15 p.m. Students of all ages are welcome to come and join us in saying "Checkmate!" Rookies are welcome! -Mrs. Adrian



Firearm Safety/Hunter Education Course - A Hunter Safety course will be held on January 11 & 12, 18 & 19 and 25 & 26 at Canwood Community School. The course runs 3 weekends from 9:00 a.m. to 3:00 p.m. each day.

The course is open to students 12 years of age as of Jan. 1/2014 to adult. A fee of \$80.00/student is due in advance. The fee covers: Provincial Hunter Education Course, Canada Firearm Safety Course, and travel for the instructor.

Canada Firearm Safety can be tested at 12 years old. It is a one time testing and students can apply for their certificate once they turn 16. Adults that have a POL (Possession Only Licence) can apply for a PAL (Possession Acquisition Licence) after the course.

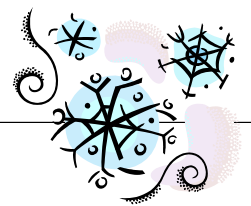
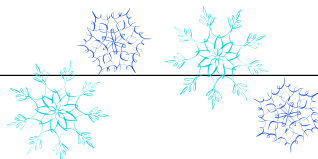
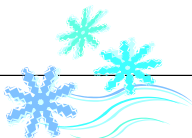


Parents/guardians are welcome to come with their children, so they can see what they are learning in this class. Students will be responsible for their own lunch.

If further information is required please contact Diane at the Community School Office 306-468-2150.

Badminton - Open badminton every Thursday at 7:00 p.m., starting January 9, at Canwood Community Public School gym. Everyone welcome.

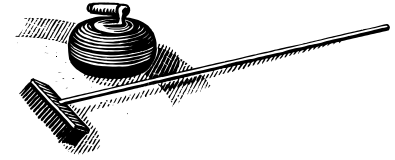
Elementary skating - The students in the elementary grades began their Friday afternoon school skating program in December. In order for our students to participate they must wear a CSA approved helmet. If your child does not have a pair of skates or a helmet, please come and see Mrs. Johnson at the community school office, or call 306-468-2150, and we will do our best to fit them with some. 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 12:30 p.m. to 1:30 p.m., grade 3/4/5 students will be skating from 1:30 p.m. to 2:45 p.m..



SCHOOL SPORTS

School Bonspiel - On December 4 to 6 students from grades 5-12 and one staff team competed in the CCPS Spiel. It was a great week 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.

- 1st Event Brody Cyr's team
- 2nd Event Nickolas Person's team
- 3rd Event Keanu Coulinear's team
- Grand Challenge Brody Cyr'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.
- Niels Bundgaard for taking care of the ice.
- Affinity Credit Union, Canwood Co-op, Pineland Sales & Service, Tabetha Person, C and J Towing, Odile Aiken, F. Anderson Trucking, Viterra, Neighbourhood Caterers and Cargill 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.

-Bonspiel Committee

SEMESTER 1 – FINAL EXAMS

When we return in January there are three weeks of school before final exams begin for semester one classes. Thank you, in advance, to our parents for encouraging your child/ren to study for their midterm and final exams. A commitment from students to fully prepare assists them in achieving to their full potential.

| | Monday, January 27 | Tuesday, January 28 | Wednesday, January 29 |
|-----------------|--|---|--|
| Grade 12 - a.m. | ELA A30 (Dept.) (must be at the school by 8:45) | Math 30 (Pre-Calculus) (Workplace and Appren- | Bio. 30 (Dept.) (must be at the school by 8:45) |
| Grade 11 - a.m. | ELA 20 | Math 20 (Foundations) (Workplace and Appren-ticeship) | Bio. 30 (Dept) (must be at the school by 8:45) |
| Grade 10 - a.m. | Math 10 (Workplace and Appren-ticeship) | ELA A10 | Science 10 |



JANUARY 2014



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|------------------------|---|--|--------------------------|--|--|
| <p>Richelle Malm, Counsellor will be at Canwood School every Tuesday in January</p>  | | | <p>HAPPY NEW YEAR</p> | | |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Firearm Safety Course 9:00 a.m. to 3:00 p.m. | Classes Resume | Parents & Tots 10:00 a.m. to 12:00 p.m. | Baked Chicken & Wedges \$3.00 Chess Club 3:15 p.m. to 4:15 p.m. | Open Badminton 7:00 p.m. | Cream of Mushroom Soup \$2.00 & Ham & Swiss on Kaiser \$2.00 Elementary Skating | Firearm Safety Course 9:00 a.m. to 3:00 p.m. |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Firearm Safety Course 9:00 a.m. to 3:00 p.m. | | Parents & Tots 10:00 a.m. to 12:00 p.m. | Pancakes & Sausage \$3.00 Chess Club 3:15 p.m. to 4:15 p.m. | Open Badminton 7:00 p.m. | Chicken Noodle Soup \$2.00 & Biscuit \$1.00 Elementary Skating | Firearm Safety Course 9:00 a.m. to 3:00 p.m. |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Firearm Safety Course 9:00 a.m. to 3:00 p.m. | | Parents & Tots 10:00 a.m. to 12:00 p.m. | Sub Sandwich \$3.00 Chess Club 3:15 p.m. to 4:15 p.m. | Open Badminton 7:00 p.m. | Cream of Potato Soup \$2.00 & Roast Beef & Lettuce Sandwich \$2.00 Elementary Skating | Firearm Safety Course 9:00 a.m. to 3:00 p.m. |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| Firearm Safety Course 9:00 a.m. to 3:00 p.m. | | Parents & Tots 10:00 a.m. to 12:00 p.m. | Chili & a Bun \$3.00 Chess Club 3:15 p.m. to 4:15 p.m. | Open Badminton 7:00 p.m. | Semester End No Classes |  |
| | Day 6 | Day 1 | Day 2 | Day 3 | Day 5 | |
| | K | Pre K | Pre K | K | Pre K | |
| | Semester 1 Final Exams | | | | | |



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We're on the Web!

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

EXTRAS

Congratulations!! - Congratulations to Lynette Cain, Waylon Cain and Nikolas Person for making the Lakeland District Zone badminton team. They will be participating in the Winter Games in February in Prince Albert.

Movie Night - Canwood Community Public School held a Christmas themed movie night on Thursday, Dec. 5. A large crowd of students stayed after school and enjoyed a snack, popcorn and juice and enjoyed watching the movie "Home Alone". Thanks to all who attended.

Canteen Pricing - The cost of a bowl of soup on Fridays will be changing to \$2.00 in the new year.

Hockey Helmets - We are looking for some "Adult Size" hockey helmets with masks for our older students so that they will be able to play broomball. If anyone has a helmet/and mask that they are no longer using and would like to donate please drop it off at the school or call Grant Person or Diane Johnson at 306-468-2150.



NUTRITION TIPS

Do Kids Need Snacks? - Snacking is important for kids. They have small tummies and growing bodies that need a lot of energy.

Think of snacks as "mini meals" that help kids to meet their nutritional needs and keeps them energized throughout the day.

Kids should eat smaller amounts of food every two to three hours during the day. Kids should aim to have 3 meals and 2-3 healthy snacks each day.

Healthy Snacks - Make healthy snacks the easy choice by having them visible and ready-to-eat at home or in a lunch kit. Children are more likely to eat what is handy when they are hungry.

Healthy snacks are lower in fat, sugar and salt. Foods such as cookies, cake, candy or chips are not healthy snacks and should only be offered occasionally.



Trying New Foods Together



Canada's Food Guide encourages us to enjoy a variety of foods. Variety not only makes eating more interesting but it also helps us get all the nutrients we need.

Children who form healthy eating habits at a very young age will keep these habits later on in life. Children learn from the adults around them. They learn to eat the foods their parents eat. Families can form healthy habits by eating nutritious foods together.

Adults and children can learn to enjoy new foods. Feeling good about trying new foods can lead to healthy eating. Why not try new foods together?

- Relax. Offer new foods without pressure, rewards or punishment.
- Get everyone involved. Children are more likely to try new foods when they help with meal planning and preparation.
- Enjoy your food. Children are more likely to try new foods when their parents enjoy them too!
- Be creative. Make faces out of raw vegetables or try a taste test.
- Introduce new foods in at "matter of fact" way. Children are more likely to try new foods when they show up regularly and casually.
- Be patient. Many children need a number of opportunities before they will accept a new food. It's normal for them to be cautious.



These ideas will encourage you and your family to enjoy a variety of nutritious foods for life-long healthy eating.

Written by the Public Health Nutritionists of Saskatchewan and supported by the Prince Albert Parkland Health Region. 2009