

CANWOOD PUBLIC SCHOOL NEWSLETTER

OCTOBER 2014

ADMINISTRATOR'S MESSAGE

September was full of energy and excitement and quickly flew by. It was terrific to see everyone out for the Meet the Staff BBQ. We had over 200 people come and enjoy the last of the summer weather and socialize. We were happy to see that much support from our community.

A Welcome Back to School breakfast was prepared by the staff for all students on Friday, September 12. The breakfast was enjoyed by all and will likely be the start of a new tradition.

The cross country runners are looking forward to the Extravaganza the first week of October while the volleyball teams are in mid-season action as their Extravaganza will be happening at the end of the month.

Canwood Public School continues to fundraise for Terry Fox each year and we congratulate all who took part on our annual walk/run. It's a great way of saying thank you to cancer research as it has touched each of our lives.

Our magazine campaign is underway and we would like to thank everyone for their continued support in our fundraising efforts. We hope to use some of the funds to bring in a motivational presentation by John Dunn: Wilderness explorer and presenter, National Geographic published photographer.

On October 10, there will not be any classes as staff will take part in their Professional Learning Communities. Picture Day will be on Friday, October 17, so remember to show up with your best smile. Education week is from October 20-24. We have fun activities planned throughout the week surrounding the theme of "Supporting and Celebrating Success".

Students and staff are off to a great start to the 2014-15 school year. We welcome all parents and community members into our building to support various events that happen here. Have a bountiful harvest and a great month of October.

-Mrs. Sherry Moar & Mr. Richard Schwehr



UPCOMING EVENTS

Education Week - Each year our province and the Ministry of Education dedicate the third week in October to Education Week. This year's theme is "Supporting & Celebrating Success!". During this week, October 20-24, we are planning a couple of activities for the classrooms. To start off the week on Monday, October 20 the students will get together for Breakfast Buddies. That morning, upon arriving at school, students in the higher grades will be partnered with the elementary students. They will enjoy a complimentary breakfast together of muffins, fruit, cheese and yogurt and then get to know each other better. On Tuesday, October 21, the Saskatchewan Cultural Exchange group will be in the school. They will present a variety of workshops that focus on Visual Arts, Drama, Music, Dance and Writing.

Art Club - Calling all artists! Come join us after school to create beautiful artwork for six dates in October and November. Any students in Grade 2 or higher are invited. If you are an older student who would like to join us in creating art or to help with the younger students, we would love to have you join us! Our October dates are: Wednesday, October 8 and 15, and Tuesday, October 21 and 28. In November, we will meet on Wednesday, November 5 and 12. The time is from 3:15-4:15 p.m. in the multi-purpose room. We hope to have a selection of artwork to display at Parent-Teacher Interviews on November 13. See you at Art Club!



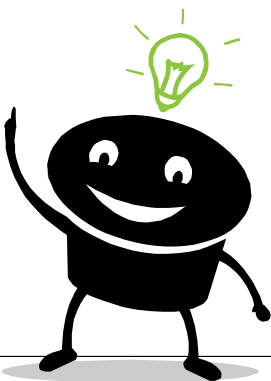
-Mrs. Adrian & Miss Spencer

PAST EVENTS

Student Leadership Conference 2014 "Another Brick in the Wall" - Michael Andersen, Hayden Bartley, Joelle Hoeflicher, Tara Johnson, Ryan Aiken, Brett Bischler, Autumn Mcleod-Labrecque, Sydney Kvinlaug, Kali Stocks, Dylan Kvinlaug, Miss Boskill and Mrs. Moar attended this year's Saskatchewan Student Leadership Conference in Nipawin on September 17 - 19. Over 700 student delegates and staff advisors from across Saskatchewan came together for three days to develop leadership skills and meet new people. The theme of the conference was "Another Brick in the Wall". Students and staff from L.P. Miller Comprehensive High School welcomed everyone with great enthusiasm. To kick things off there was a welcome BBQ, field activities, dancing and music. Students and advisors then gathered in the school gymnasium for the opening ceremonies and to hear the first keynote speaker, Ian Tyson. The opening ceremonies also included the presentation of awards - one which was the Provincial Award of Excellence in Student Activities. We are very proud to announce that Canwood School SRC was one of this year's winners. Mrs. Moar was also presented with the Saskatchewan Association of Student Council Advisors, Advisor of the Year Award. The students were presented with a banner that will be proudly displayed in our school and Mrs. Moar was presented with an engraved plaque. Many thanks to Mrs. Johnson and Joelle Hoeflicher who filled out the nomination forms and submitted our names to the Provincial SASCA executive. Over the next two days the students attended various breakout sessions and were entertained and inspired by some great speakers, including Phil Boyte, Kevin Brooks and Marc Scharenbroich.

Thursday finished off with a formal banquet and a dance at the Nipawin Evergreen Centre. Everyone enjoyed their time at SLC and arrived home on Friday with new ideas, cheers, positive stories and a closer bond with the other members of our SRC! The students are also looking forward to next year when the conference will be held in Shellbrook and they will be able to help out at the ground level.

-Miss Boskill & Mrs. Moar



Canwood Public School Outdoor Ed - The Grade 11 and 12 students from Canwood Public School headed north to the PANP to begin their annual canoe expedition to Grey Owl's cabin on August 29. The enthusiastic group consisted of 10 students and 2 chaperones. After registering for the Back Country Camping, the group watched a short video outlining the dangers of big lake flat water canoeing as well as being made aware of the precautions to take to avoid contact with bears.

Following the registration, the group was transported to the drop off point to Kingsmere Lake. After the canoes were loaded with gear, it set off on the river to the portage. The paddling and steering techniques that were practiced at Fish Lake a week earlier were put to a quick test against the current of the river. The first night was spent at Bladebone Bay. This required a 4 hour paddle from the south end of the lake. The *Canoe Gods* were with us as the water was quite calm and the temperature was 18°C.

After setting up camp at Bladebone, the hungry paddlers ate supper. After supper was cleaned up, the task of creating a bear cache out of a canoe strung up in the trees began. This ended up to be a work of art and very functional.

The kids woke up Saturday morning to the sound of a South East wind bringing waves straight into the bay. Everyone took their time having a big breakfast and tearing down camp. The timing was perfect which allowed the canoe party to get on the water by 11:30 a.m. as the wind had switched to a more favourable direction. The group reached the North End campground at 1:30 p.m.. Camp was set up and lunch was eaten by 3:00 p.m.. Everyone put on a good pair of shoes and embarked on the hike to Sandy Bay. Many pictures were taken through the mossy path, small creeks and downed trees on the way to the Sandy campground. Everyone returned to the Northend by 6 p.m., just in time to gather up some grub before darkness arrived.

On Sunday, the canoeists were eager to make the trek to Grey Owl's cabin. Some chose to hike while the others took their canoes over the trail so that they could get some fishing in after visiting the cabin. The fishing did not disappoint as many pike and walleye were caught and released. Only a few were kept for supper that night. This is always the best day of the trip as it is not too taxing on the canoeers and there is a lot of time just to hang out with their classmates on the beach. It was a perfect day sitting in the canoe with a little radio, listening to the Roughrider game while catching some enthusiastic fish. The evening concluded with supper and returning to the beach after dark to star gaze.

Everyone tore down the camp on Monday morning and made the journey down the east side of the lake in a casual 4 hours. While paddling, part of the group passed the time planning for the first pep rally of the school year by singing all of the songs they wanted to share with the group back at school. After camp was set up at the Southend campground, a familiar face appeared. A former student who was on the trip 2 years prior and wanted to show his cousin the beauty of the region, was just finishing his trip. The canoeing skills he learned in the past were being put to good use. The students were also made aware of how quick the weather could turn bad on Kingsmere as a quick storm brewed up large waves within about 15 minutes. Small hikes, a little swimming and games of hide and seek occupied the group into the night.

Everyone was looking forward to getting home on Tuesday. The gear was packed up into canoes after a very large breakfast. The paddle to the portage was very leisurely as the canoes drifted down the river to the unloading spot. The group met up with the trucks that transported everyone back to Canwood with eyes full of beautiful scenery and our minds full of memories to be shared for many years to come.

A big thanks to Odile "Mom" Aiken who helped to chaperone the grade 11's and 12's on their canoe trip.

-Mr. Person



Run With Us, Run With Terry! - Terry Fox Run - Terry's journey is one that we will never forget. His dream was for a world without cancer. Thirty four years ago Terry's words were, "Even if I don't finish, we need others to continue. It's got to keep going on without me!". How proud Terry would be to know that so many years after his memorable and heroic journey, his dream and his belief in miracles is still going strong.

At 10:30 a.m. on Wednesday, September 24, Constable Haley from the Ahtakakoop RCMP Detachment, with his lights flashing, kicked off the walk as Pre-K - Grade 4 students, parents and staff made their way down the streets of Canwood to Whispering Pine Place. Grades 6 - 12 made their way from the school to the Regional Park. Everyone enjoyed walking or running in the sunshine. When the participants returned to the school they purchased a hearty fundraising lunch of beef/bison stew. A number of draws were made and prizes were given out to the Terry Fox participants. A total of **\$2861.14** was raised for cancer research and more proceeds are still coming in.

We'd like to give a great big thank you to all who donated prizes and money and volunteered their time to make this day such a success. Also, a big thank you to those in our community who purchased

THANK YOU

lunch. Thank you to the Grade 12 English class, Grade 10 Wellness class and Mr. Person for assisting with the organizing. Thank you to Tylen Reimer & Demery Bischler for carrying the banner, to our Support Staff, Commercial Cooking class and Tani Hamborg for their help with lunch and clean up. Thank you to Lisa Anderson for adding up the pledges. Our generous sponsors were: Canwood Public School SRC, Canadian Prairie Bison, Pineland Sales & Service, Canwood Co-op, Canwood CIBC, Whispering Pine Place, Affinity Credit Union, Woodland Pharmacy, Beleza Salon (Tabetha Person), Louise's Classic Cuts, Hawryluk Funeral Home, J& R Meats, Neighbourhood Catering, and Canwood Hotel.

-Mrs. Moar

LIBRARY NEWS

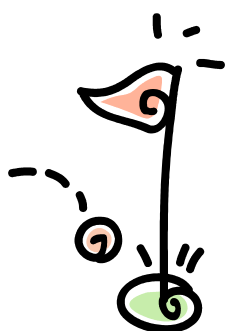


Wow, what a beautiful fall we've had! Winter is just around the corner and some serious reading time will soon be upon us. Just a reminder that October is Canadian Library Month so try to visit your local library for some great reading. Thank you to Kelcie Gri-mard for donating a new book to our library.

-Mrs. Pease

SCHOOL SPORTS

Senior Golf - Three Canwood Cougar golfers entered the North Central District Grass Green golf championships at the Cooke Municipal Golf Course on September 18. In order to advance to Provincials the local golfers would have to compete against strong competition from Prince Albert and Area. Our team was quite inexperienced compared to other golfers. Unfortunately, Delayne Aiken, Brody Cyr and Colton Bahnuick did not advance from District playoffs but hopefully this experience will help them in the future as Canwood forges ahead into Grass Green golf.



Junior Golf - The Canwood Regional Park was busy on Friday, September 26 as roughly 50 golfers from Big River, Debden, Se-Se-Wa-hum, Ahtakakoop, Shellbrook and Canwood began their school golf careers. A list of participants from Canwood will be listed in the November newsletter.

-Mr. Person

Elementary Soccer - We had an excellent year for elementary soccer this fall. On September 8 our soccer season began and we had 32 students join from grade 2 to grade 6 to participate in the sport. We were so excited to have so many students come out to play, it was definitely a fun season!! On September 22 and September 29 we played 2 games against Debden. The students showed off their skills and abilities in successful matches and kept close scores in each game. We had the most beautiful weather for our first game in Debden and the temperatures cooled off a bit for our second game at home in Canwood. We are so proud of our students' teamwork and collaboration in practice and during our games! We would also like to add a special thanks to everyone who helped out with practices and games. Way to go, Canwood Cougars!!

-Mrs. Kulrich, Miss Boskill and Mrs. Gwen Olson

DREAMCATCHER PROJECT

New to our school this year is the Dream Catcher Project, a Sask Rivers School Division coaching project. The focus of the project is to increase the achievement of every student in our school. This means setting a school-wide goal and having a school-based instructional coach work with staff and students to achieve it. Canwood Public School's 2014 - 2105 smart goal is:

By June 2015, 100% of SRPSD students will be achieving mastery or proficiency in **mathematics literacy** OR will have 50% catch up growth in mathematics literacy (students not achieving mastery or proficiency standards) OR will reach their individual benchmark level in mathematics literacy.

Our specific goal will be our focus on the Number Strand (adding, subtracting, multiplying and dividing). By June 2015, 100% of the Grades K - 10 students will be achieving mastery or proficiency in mathematical outcomes in the **NUMBER STRAND** OR will reach their individual benchmark.

Essentially, this means that we desire every student at Canwood Public School will improve their math skills to proficiency at their grade level, or to improve their math skills if they are not currently at their grade level. We look forward to updating you with our progress towards our goal.

-Mrs. Moar & Mrs. Eberts

HELPFUL IDEAS FOR PARENTS (MATH & READING)

I recognize that number! Math - Being able to identify numbers is the important first step for every other math skill your child will need in school and in life. Use these clever ideas to help them learn to recognize and name numbers:

- Write numbers outside with sidewalk chalk. Ask your youngster to "walk" each number and say it aloud. Or let them "drive" the numbers with a toy car.
- When you make phone calls, let them punch in the digits. Say the numbers one at a time, giving them time to find and press each one.
- In a darkened room, use a flashlight to "write" digits for each other to identify. Naming the numbers you form and writing their own numbers for you to identify are both good practice. *Hint:* This is a fun bedtime activity.
- Get a package of magnetic numbers (available at dollar stores) and a stainless steel cookie sheet. Call out activities for the numbers and have them stick the answer to the cookie sheet. *Examples:* "Show me the number for how old you are" or "Put down a number that is larger than 5."

Read, write, and stay active! - Children love to run, jump, and climb. So why not link reading and writing to your youngster's physical activities? They'll get exercise and practice literacy skills at the same time. Try these ideas:

Get inspired - Does your child like to tap dance, swim, or play hockey? Whatever their passion, use it to get them interested in different kinds of books. You could read them a story about a little girl who takes dance classes, a nonfiction book about Olympic swimming, or a biography of a hockey star. They might even discover a different style of dance or a new swim stroke to try.

Keep an activity log - Your youngster can work on writing by tracking their active play. Encourage them to record it in a notebook, including how long they do each activity. For example, you might help them write, "Recess, 20 minutes. Family walk, 30 minutes. Tag, 10 minutes." (Experts recommend 60 minutes of daily exercise.)

EXTRAS

Thank You! - A great big Thank You to **all** of the people who donated vegetables: cucumbers, carrots, potatoes etc. to the school for our Nutrition Program. We do not wish to forget anyone - so again Thank You All!

We would also like to send out a big thank you to Lisa Anderson, Lynn Hansen, Connie Bahnuick, and Connie Bailey for chaperoning our Welcome Back Dance.

Noon Meals and Soup and Sandwich Lunch Cards - We are pleased to offer the opportunity for parents to purchase meal cards and/or soup and sandwich cards. The noon meal card will cost \$35.00, enough for 10 meals. The soup and sandwich card will cost \$20.00 - this will cover soup, sandwich and/or biscuit. Cards can be purchased at the school office.



CANWOOD PUBLIC SCHOOL
NEWSLETTER

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We're on the Web!

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

Looking for Pumpkins - If anyone would have any pumpkins to donate for the Pre-K or Kindergarten classrooms, they would be very much appreciated.
-Mrs. Howat

Missing Jerseys - There are girls' volleyball jerseys missing from the school. Can you please check your closets for any of these green, sleeveless cougar uniforms.
-Mr. Person

Canwood Flu Clinics - For anyone who would like to receive the vaccine, there will be two clinics at the Canwood Public School. October 17, 9:30 a.m. to 12:00 p.m. & 1:00 p.m. to 3:00 p.m.. November 7, 9:30 a.m. to 12:00 p.m.. Please remember to wear a short sleeved shirt.



Misleading Food Labels

Is it really as healthy as it sounds??

Is it healthier if it says it is 'made with real vegetables or fruit'?

NOT ALWAYS

Examples: breads, chips, pasta, fruit beverages, fruit snacks.



So why aren't they always the best choice?

- Sometimes they have very little vegetables or fruit added.
- The rest of the product may still be high in sugar, sodium and/or fat.

If a food product says it is 'made with whole grains,' does that make it a healthy choice?

NOT ALWAYS

Examples: breakfast cereals, breads, chips, cracker snacks.



So why aren't they always the best choice?

- Sometimes only small amounts of whole grains used.
- The rest of the product may still be very high in sugar, sodium and/or fat.
- To find a better grain product, choose one that has more fibre, lists a whole grain as the first ingredient, and does not have sugar as the first or second ingredient.

Is a 'low fat' or 'fat free' food product always a better choice?

NOT ALWAYS

Examples: ice cream, yogurt, gummy candies.



So why aren't they always the best choice?

- Often when the fat is removed, more sugar and other flavourings is added.
- May also be low in other healthy nutrients.

If a food product claims to be 'All Natural', does that mean that it is 'all good for you'?

NOT ALWAYS

Examples: deli meat, chips, pop, fruit beverages.



So why aren't they always the best choice?

- The only requirements for a product to be labeled as 'all natural' is that it not contain added colours, artificial flavours, or synthetic substances.
- Therefore, products that are full of preservatives like sodium or have high fructose corn syrup can be considered "all natural."



Sport Nutrition Presentation

Tuesday Oct. 14, 2014

7:00pm – 9:00pm

Prince Albert

SIAS Woodland Campus Rm 236
Academic Centre, corner of 15th Street & 10th Ave East

Who should attend?

- Athletes, Parents, Trainers and Coaches!
- Sport organizations working with athletes in improving nutritional practices for quality sport performance.

Topics:

- Basic Sport Nutrition - energy & fluids!
- Pre & Post competition nutrition.
- Healthy Nutrition on the go!
- How sport organizations, coaches & parents can support healthy eating by all athletes.

No pre-registration required!



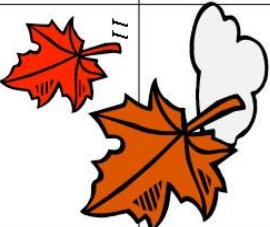

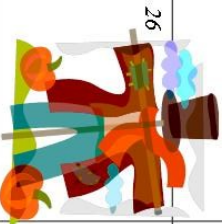

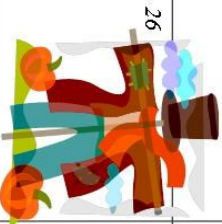
For more information contact:
LDSCR, Lyle Campbell 306-953-1623 or lyle.ldscr@sasktel.net





October 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 5 	6 Day 1 Pre-K	7 Day 2 K	1 Hashbrown Casserole & Ham \$3.50 Day 4 K	2 Day 5 Pre-K	3 Tomato Soup \$2.00 & Grilled Cheese Sand- wich \$2.00 Day 6 K	4 
12 13 	No Classes	14 Day 5 Pre-K	15 Chili & Bun \$3.50 Art Club 3:15- 4:15 Day 6 K	16 Day 1 Pre-K	17 *Picture Day* Flu Clinic 9:30-12:00 a.m. & 1:00-3:00 p.m. Day 2 K	18 Mushroom Soup \$2.00 & Biscuit \$1.00
19 	20 Breakfast Buddies Day 3 Pre-K	21 Art Club 3:15- 4:15 Cultural Exchange Day 4 K	22 Baked Spaghetti \$3.50 EDUCATION WEEK Day 5 Pre-K	23 Day 6 K	24 Corn Chowder \$2.00 & Pasta- mi & Swiss Sandwich \$2.00 Day 1 No Pre-K	25 
26 	27 Day 2 K	28 Art Club 3:15- 4:15 Day 3 Pre-K	29 Baked Chicken & Wedges \$3.50 Day 4 K	30 Day 5 Pre-K Family Day	31 Chicken Noodle Soup \$2.00 & Bannock \$1.00 Day 6 K	