

CANWOOD PUBLIC SCHOOL NEWSLETTER

SEPTEMBER 2014

ADMINISTRATOR'S MESSAGE

Welcome to Canwood Public School! The building is looking amazing after a successful summer scrub by our amazing caretakers Jesse Morris and John Kunard. The school is absolutely sparkling and we were fortunate enough to get new flooring in our front entrance and the washrooms in the high school end.

The teachers have been back for a few days now preparing their lessons and anxiously awaiting the arrival of our students. We have a few new faces on staff. We would like to welcome Greg Duval who will be teaching Grade 7/8 and Grade 9/10 English Language Arts and Nicole Spencer who will be teaching Grade 1/2 in the afternoons. Welcome to Krystal Bartley, who will be interning in our school for the fall. Her cooperating teacher will be Mr. Schwehr. Something new to our school this fall is the addition of a School Social Worker. Andrea Pawluk will be here every Tuesday and Thursday and we look forward to having her in our building.

Our whole staff would like to extend a big Canwood welcome to all of our new students especially the Pre-Kindergartens.

As administrators of Canwood Public School we are excited about this upcoming school year and look forward to the many activities that will be happening in our building. We would like to extend an invitation to everyone in our community to come and enjoy these events. We will start off the year with our annual magazine campaign kickoff on Wednesday, September 3 at 11:00 a.m. and our Meet the Staff Bbq on Tuesday, September 9. Our Welcome breakfast for all students will be on Friday, September 12 with a dance for the grade 6 - 12 students in the evening. Once again our annual Terry Fox Run will be on Wednesday, September 24.

Our volleyball, cross country running, and golf teams are expecting a strong start to the year. We are also very excited to be hosting 1A girls' volleyball provincials in November. Go Cougars!

We would like to encourage parents to complete registration forms and return school fees to the office as quickly as possible. Please indicate if your child is on any medication or allergic to anything. A completed registration form allows us to be able to look after all your child's needs. Thank you for being diligent as you complete these forms. If you have any questions or concerns please feel free to contact myself or Richard at the office.

This year Canwood Public School will be focusing on reading and numeracy throughout all grades. We are involved in a new project where there will be a strong emphasis on Math (Number Strand). We are anticipating a great year full of fun and learning at Canwood Public School. Have a great 2014-2015 school year.

-Mrs. Sherry Moar/Mr. Richard Schwehr

WELCOME

WELCOME BACK REMINDERS...

School Parking Lot-Student Safety - Keeping students safe is a priority and we are asking for your assistance. After school, please do not pull out of the student parking lot until the buses have left. Children may be walking between and/or behind parked cars on the way to their parent's vehicle where they can't easily be seen. If you need to leave before the buses, please park across the street in front of the houses. We need to do everything we can to avoid accidents, therefore, there will be teachers supervising this area while the buses are loading. If you attempt to pull away before the buses have left you will be asked to wait. Thank you for your cooperation in helping us to provide a safe environment for our students.



****A reminder to all high school students:** Please park your vehicles behind the power pole in our schoolyard, as it is hard for our buses to go around each other safely.

School Bus Safety

- *Don't let children arrive at the bus stop too early. They may be tempted to wander or get into mischief. Make sure they come straight home—no detours.
- *Make sure children know what to do if they miss the bus: come back home; or if at school, report to a teacher—and **NEVER** accept a ride from a stranger.
- *If the stop is a long way from home, plan and discuss with your children where they can go in an emergency.
- *If it is dark on the way to and from the bus, make sure the children wear reflective clothing and they are visible
- *Make sure that the children wait well away from the roadway, and stay well back until the bus has come to a full stop and the door is open.
- *Explain to children they must walk at least 3 meters away when crossing in front of the bus so the driver can see them.
- *Parents and motorists—watch for the red flashing signals and stop arm on the school bus. **YOU MUST STOP.**



Children, please follow these safety tips to make your school bus ride more enjoyable and safe for everyone on the bus:

- *Make sure the driver can always see you when you enter or exit the bus
- *Wait quietly in line—do not push or shove to get onto the bus
- *Don't throw things while on the bus
- *Don't yell or shout while riding the bus. Remain in your seat at all times.
- *Look both ways before you cross the street.

****A reminder to all students:** If you are not going to be on your bus in the morning please call your bus driver and let them know the night before. If you are not able to contact the driver, call the place of pickup before yourself and ask them to tell the bus driver.

...WELCOME BACK REMINDERS...

School Bus

SAFETY GUIDELINES

1. **Obey the driver** promptly
2. Avoid any unnecessary conversation with the driver while the bus is in motion.
3. **Respect the driver and fellow passengers.**
4. Arrive 5 minutes before the scheduled pick up time and stand away from the roadway while waiting for the school bus.
5. Wait until the bus has come to a complete stop before moving to get on.
6. Always cross the road at the intersection or designated cross walk.
7. Always keep a safe distance around the school bus (about 3 metres).
8. Go directly to your seat; allow others to sit with you. Remain seated.
9. Sit facing forward, with your belongings on your lap or under the seat.
Keep the aisle clear.
10. Obtain approval of the driver to open windows or emergency door.
Nothing must hang out or be thrown out of the window of the bus.
11. **Talk quietly.** Silence is required when approaching a railway crossing.
12. Eating and drinking are not allowed on the bus. Use of tobacco is forbidden.
13. Neither pets nor large objects are allowed on the bus.
14. Anyone who intentionally damages the bus will be held responsible.
15. Dress according to weather conditions. For safety reasons, avoid drawstrings or loose objects on clothing and backpacks.

Pupil transportation is a privilege – follow the rules

Violation may result in disciplinary action and possible loss of transportation.

...WELCOME BACK REMINDERS

Nut Alert - Just a reminder that Canwood Public School is "Nut Alert". Sending school lunches that don't contain nuts or nut products will take some creativity, but it's worth the effort. The best way to prevent a life-threatening allergic reaction is to avoid the foods that cause them.

Cell Phones - Students are not to have their cell phones on during class. Students in grade 7-12 are allowed to have them on in between classes, at recess and during the noon hour. If a cell phone is taken away:

1st time—it will be brought to the office

2nd time—brought to the office and phone call home

3rd time—either it stays at the office for 3 school days or a parent/guardian comes and picks it up.

If you need to contact your child on their cell phone, please contact them during the times when they are allowed to have them on. If it is an emergency, you can contact the school phone at anytime.

Noon Hour - The school policy regarding students leaving the school premises at noon hour is as follows:

*K-6 students are not permitted to leave at all. If there are exceptional circumstances, we must receive a letter or phone call from a parent/guardian.

*7-9 students will be permitted to leave unless we get a letter from a parent/guardian stating they are not allowed to leave. 10-12 students are permitted to leave but are not allowed to drive unless they have written permission.

Student Attendance - Please call the school to inform us if your child is to be absent or late. Also, if you pick your child up at school, please sign them out at the office before leaving.

Regular attendance is important for your child's academic success. Please try to schedule appointments outside of school hours whenever possible.

If your child is late or absent and we have not received a phone call, we will be calling you to check on your child.

UPCOMING EVENTS...

Meet the Staff BBQ - Canwood Public School would like to invite the community, parents, families and students to a come and go "Meet the Staff BBQ" on Tuesday, September 9 from 5:00 p.m. - 7:00 p.m.. The meal includes a hamburger/or hot dog, potato salad, baked beans, watermelon, ice cream treat and drink. The price is \$2.00/person and proceeds are going to Telemiracle.



Magazine Campaign - Magazine campaign will begin on Wednesday, September 3. Watch for our eager students knocking on your doors. This is an SRC fundraiser used to support the various activities that happen in the school. Magazines can also be ordered online at www.qsp.ca. Our school code is 16151.



...UPCOMING EVENTS

Milk Program - The Milk Program will be back the first week in September. Coupons will be sold in groups of 10. Small vico/milk will be 85¢ each (10 coupons for \$8.50) and large vico will be \$1.35 each (10 coupons for \$13.50). Cheques can be made payable to Canwood Public School and cheques or cash can be sent to the school and given to the homeroom teacher. Notes will be sent home with the student when they have used up all of their allotted coupons. A variety of activities and special draws will be held throughout the year, sponsored by the Dairy Farmers of Saskatchewan.



Parents & Tots - Canwood Public School would like to welcome all "Parents & Tots" to a morning playdate every Tuesday from 10:00 a.m. to noon (unless it is a school holiday) starting on September 9. This is a parent participation program where your toddlers will have fun playing, sharing, socializing, coloring and listening to stories. Snack is provided for the toddlers and complimentary coffee for the adults. Parent involvement is required. Come on out and have some fun!! For more info call Canwood Public School 306-468-2150.

Youth-In-Action Volunteer Program - Whispering Pine Place welcomes students in grades 8 to 12 to join the Youth-In-Action Volunteer Program. Want to make a difference in residents' lives? Visit, play cards and games, read, assist with meals, style hair and paint nails, and listen to great stories from the past. Pick up your application at Canwood Public School, at Whispering Pine Place, or download it from the website www.paphr.sk.ca. Students must be 14 years or older on or before September 1, 2014. The program will begin sometime in October. The Recreation Therapy/Activities Dept. staff will communicate the start dates during an orientation session. All new and returning volunteers must attend the orientation session. Returning volunteers are asked to complete an update form to keep information current, please notify Whispering Pine Place or Mrs. Moar of your intention to return. Applications must be returned to Canwood School by September 30, 2014. Help your community achieve Optimal Health - Become Involved!



LIBRARY NEWS

Welcome back to all students, we have an exciting new year starting with a wonderful school from which to experience it all. I hope everyone had a wonderful summer and that you had time to pick up a book and read! Our library is once again open to all students, and it will be open at noon from 12:10 to 12:35 for students wishing to have a quiet place to do homework or work on projects. All overdue books from last year will be added to your child's student fees for this school year. During the Meet the Staff BBQ on September 9 I will be holding a .25 cent book sale where you can pick up a few "new" books to read. All proceeds go towards purchasing new library books. -Mrs. Tracy Pease

SCHOOL SPORTS...

Junior Girls' Volleyball - Practices will be held one day per week and league games will be on Mondays. The team will be entered in a grade 6/7 league. More information will be sent home with interested players. -Mrs. Eberts & Miss Bartley



...SCHOOL SPORTS

Elementary Soccer - A non-competitive elementary soccer club for girls and boys in grades 2-6 will begin September 8. Practices will be held every Monday and Wednesday after school from 3:15-4:15 p.m.. Permission forms will be sent home with students before the season begins. Games will be announced at a later date. We are excited for the season to begin and encourage students to sign up and come join the fun!

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

STAFF 2014-2015

Mrs. Lisa Howat: Pre-Kindergarten, Kindergarten

Mr. Richard Schwehr: Vice Principal, Grade 1/2 Homeroom (a.m.)

Miss Nicole Spencer: Grade 1/2 Homeroom (p.m.)

Mrs. Mary Adrian: Grade 3/4 Homeroom

Mrs. Colleen Eberts: Grade 5/6 Homeroom, Coaching Project, Student Support Services

Mr. Greg Duval: Grade 7/8 Homeroom, Grade 9/10 English Language Arts, Health/Career Education 7/8/9

Mr. Grant Person: Grade 9/10 Homeroom, History 9/10, History 30, Math 9, PE 9 - 12, PAA 7 - 12 (Industrial Arts), Carpentry and Construction 10

Miss Kori Boskill: Grade 11 Homeroom, Math 10, 11, Science 9, Physical Science 20, Science 5/6, Health Career Ed 5/6, Science 7/8

Mrs. Kirby Kulrich: Grade 12 Homeroom, Math 12, Science 10, Science 3/4, Art 5 - 9, Guided Reading, Music 1 - 4

Mrs. Gwen Olson: PAA 7 - 12 (Home Ec), Kindergarten PE, Social Studies 5/6, Commercial Cooking 10

Mrs. Sherry Moar: Principal, English Language Arts Grade 11/12

Mrs. Tracy Pease: Library Clerk

Mrs. Valerie Hinson: School Secretary

Mrs. Connie Bailey: Pre-K EA (0.5)

Mrs. Kathy Herzog: Special Education EA

Mrs. Diane Johnson: Special Education EA

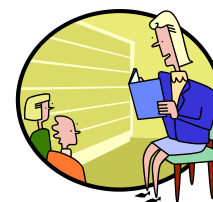
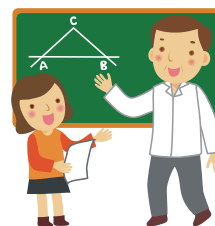
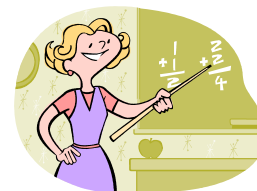
Mrs. Lila Olson: Special Education EA

Miss Andrea Pawluk: School Social Worker (Tuesdays and Thursdays)

Mr. John Kunard: Head Custodian

Mrs. Jesse Morris: Custodian

Mr. Ross Nicolas: Custodian



HEALTHY LUNCHES

Did you know? A student may eat more than 2400 lunches at school from grade 1-12! Here are some Healthy Lunch Links: <http://heartandstroke.com/site/c.iKlQLcMWJtE/b.3805979/k.D7E3/Recipes>

<http://ilunchbox.com/recipes.php>

http://www.toronto.ca/health/pdf/nm_lunches.pdf

<http://kidshealth.org/kid/recipes/#cat20816>

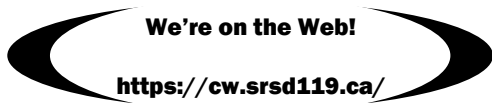
[kidsfriendly lunches.htm](http://kidsfriendlylunches.htm)



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



SRC 2014-2015

We are looking forward to working with those students who have put their names forward for our new SRC. The new executive is made up of:

President: Joelle Hoeflicher

Sr. V. President: Tara Johnson

Secretary: Hayden Bartley

Jr. V. President: Dylan Kvinlaug

Sports/Yearbook Coordinator: Autumn Mcleod-Labrecque

Dance Coordinator: Kali Stocks

Canteen Coordinator: Brett Bischler

Drama Coordinator: Sydney Kvinlaug

Executive Members: Michael Andersen, Ryan Aiken

Spirit Builders: Lee Sanderson, Alexandria Person, Keanu Coulin-ear, Amy Wreford, Paige Anderson, Matthew Wolfe, Delayne Aiken



BELL TIMES 2014-2015

8:45 Warning Bell

8:48 Announcements & O Canada

8:50-9:45 Period 1

9:45-10:00 Recess

10:00-10:55 Period 2

10:55-11:50 Period 3

11:50-12:35 Lunch Break

12:35-1:30 Period 4

1:30-2:25 Period 5

2:25-3:15 Period 6

3:15 School Dismissal



DON'T SKIP BREAKFAST

Encourage your child to eat breakfast each day to get a healthy start to their day! Help them include at least 3 of the 4 food groups.

Here are some suggestions:

- o Oatmeal with cooked diced apples and a glass of milk.
- o Homemade bran muffin with a wedge of cheese and an orange cut up.
- o Scrambled eggs, whole grain toast and a glass of 100% unsweetened fruit/vegetable juice.
- o High fibre, lower sugar cereal with milk and banana slices.
- o Homemade smoothie with yogurt, milk, and frozen berries served with a bran muffin.
- o Whole wheat wrap/pita with peanut butter and banana.
- o Leftover pizza with an apple and a glass of milk.



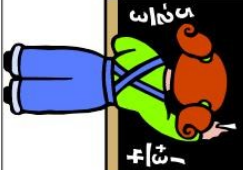
HAVE A HEALTHY LUNCH

A healthy lunch is important to give your child the nutrients and energy they need to stay active and learn in the classroom. When packing your child's lunch try to include one food from each of the 4 food groups in Eating Well with **Canada's Food Guide**, and let them help decide!



September 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Miss Andrea Pawluk, Social Worker, is in Canwood Tuesdays and Thursdays	Labour Day	Classes Start	Magazine Campaign Kick-Off			
1	2	3	4	5	6	
7	8	9	10	11	12	13
	Meet The Staff BBQ 5-7 p.m. Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.
Day 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
No Pre K	No Pre K	No Pre K	No Pre K	No Pre K	No Pre K	No Pre K
14	15	16	17	18	19	20
School Community Council Meeting 5 p.m.	Greg Woods (magician) K-6 Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.
Day 4	Day 5	Day 6	Day 1	Day 2	Day 3	Day 4
K	Pre K	K	Pre K	K	Pre K	K
21	22	23	24	25	26	27
	Parents & Tots 10:00 a.m. to 12:00 p.m.	Parents & Tots 10:00 a.m. to 12:00 p.m.	Terry Fox Run & World School Milk Day			
Day 3	Day 4	Day 5	Day 6	Day 1	Day 2	
Pre K	K	Pre K	Family Day	K	No Pre K	
28	29	30				
	Day 2	Day 3				
K	K	Pre K				