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**Administrator's Message**

Zoom!! That was September roaring past us. September was full of energy and excitement and quickly flew by. September is the month where everything is gearing up but by the end everything settles into its routine. 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.

It was terrific to see everyone out for the meet the staff BBQ. We had over 230 people come and enjoy the last of the summer weather and socialize. We hope to see that much and more support from our community.

Canwood Community Public

**Library News**



Wow, what a beautiful fall we've had!

The farmers should soon have all their crops into the

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 group called "Live Different"; their dynamic message will be brought to us sometime in March.

October brings us many exciting events as Fire Prevention week is October 7-11, which will see visits with our local volunteer fire department.

bins so some serious reading time is soon upon us.

Just a reminder that October 2013 is Canadian Library Month so try to visit your local library for some great reading.

The first book fair of this school

**Provincial Sand Green Golf**

The Canwood Cougar golf team attended the Saskatchewan High School Athletic Association's Sand Green Golf Provincial Championships in Frontier on Sept 27 and 28. The team consisted of Delayne Aiken, Ryan Aiken, Rylee Aiken, Waylon Cain and Nik Person. These golfers competed in both the team competition as well as the individual male and female competition. With only one returning golfer from last year's team, the team competition was going to be difficult. After a practice round on Sept 26, the Canwood golfers played 18 holes on Friday and 18 holes on Saturday. The Frontier

School hosted a roast beef banquet for all of the participants on Friday night. The weekend weather conditions were sunny but cool and windy. This made for some adjustments in the golfer's games. Those who could deal with the elements and the soft sand greens the best would score well. After Friday's 18 holes, the golfers set their goals to improve their scores for Saturday. Final results for the weekend's championship are as follows: Delayne Aiken 12th, Rylee Aiken and Ryan Aiken tied for 26th, Waylon Cain 23rd. Nik Person was able to defend his 2012 Gold medal and win the male individual competi-

On October 11 there will not be any classes as staff will take part in their Professional Learning Communities.

Education week is from October 21-25. We have many 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 2013-14 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.

*Jaret Nelson and Sherry Moar*

year will be held in conjunction with Parent-teacher interviews scheduled for November 13 and 14<sup>th</sup>. Please keep posted for further information and plan to attend.

*Mrs. Tracy Pease*

tion. After shooting a 73 on Friday's round, Nik held a 5 stroke lead over golfers from Cupar and Dinsmore. He carried his momentum and carded a Saturday score of 76 to capture the Gold medal by 8 strokes. Repeating as Provincial Champion is a huge accomplishment and everyone at the school is very proud of Nik and all of the golfers that represented Canwood Community Public School.

*Mr. Person*

## Firearm Safety/ Hunter Educa- tion Course

A Hunter Safety course will be held on January 10 & 11, 17 & 18 and 24 & 25 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 January 1/14 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.

Please return your registration form completed, on or before December 13<sup>th</sup>, 2013 along with a cheque made payable to Canwood Community School for \$80.00. We must know if we have enough (at least 10) registrants by this date. If we do not, cheques will be returned.

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



## 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 three 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 am on Thursday, September 26<sup>th</sup> Sgt. Carl Dinsdale from the Shellbrook RCMP Detachment gave a talk on road safety, and imparted to the students a heartfelt message about the importance of "The Run". Grade 6 - 12 made their way in the wind and the rain from the school to the Regional Park and our elementary

students, staff, and parents braved the blustery day and walked to Whispering Pine Place Nursing Home. 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 \$3,144.70 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, money and volunteered their time to make this day such a success. Also, a big thank you to those in our community who purchased lunch. Thank you to the Grade 10 Wellness class and Mr. Person for assisting with the organizing. Thank you to Tylen Reimer & Demery Bisch-

ler for carrying the banner, to WPP for the homemade buns and fundraising support, to Lila Olson and her crew in the kitchen and to Karen Kvinlaug 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 Community Public School SRC, Canadian Prairie Bison, Pineland Sales & Service, Canwood Co-op, Canwood CIBC, Whispering Pine Place, Tait Insurance, Affinity Credit Union, Woodland Pharmacy, C J Towing, Viterra, Darryl Willoughby, Neighbourhood Catering, Dee's Hair Design, Mater's Garage, and Scotia Bank Shellbrook.

Mrs. Diane Johnson

## World School Milk Day

To celebrate "World School Milk Day" the students were encouraged to dress up as farmers, cows or in black and white to represent a holstein cow. Thanks to all who dressed up it is great to see the amount of participation! The students also enjoyed a Moo Milk Quiz, searched for the Missing Moo and had fun playing Dairy Bingo throughout the day for priz-

es. The entire school enjoyed chocolate milk and oreo cookies for snack. Thanks for helping us celebrate SK Dairy Farmers and the goodness of milk.

Mrs. Diane Johnson



## 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 21-25 we are planning several activities for the class rooms. To start off the week on Monday, Oct. 21 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 be able enjoy a complimentary breakfast together

of muffins, fruit, cheese and yogurt and then get to know each other better. Throughout the rest of the week we are extremely pleased to have several people coming into the classrooms to give presentation about their work. These include artist, Glenn Scrimshaw. Glenn grew up in Big River, SK and his message to students is they too can be whatever they want to be! Glenn will give his presentation to Grades 6 to 12. The grade 3/4/5 class will also be receiving a visit from our local Mayor Mr. Bob Thompson. We will be inviting in our families

to share dinner with us on the Wednesday. Notes will be sent home and any family members wishing to join their children for lunch can reserve a meal of Chili and a Bun for \$3.00.

We will also be setting up a time capsule for the Grade 6/7/8 class to open up at their graduations.

Mrs. Diane Johnson





# October 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Richelle Malm, Counselor, will be in Canwood every Wednesday in October</p>		<p>1 Parent &amp; Tots 10:00 am. to 12:00 p.m.</p>	<p>2 Ham &amp; Hashbrown Casserole \$3.00</p>	<p>3</p>	<p>4 Cream of Potato Soup \$1.00 &amp; Chicken Cassar Wrap \$2.00</p>	<p>5 </p>
<p>6 </p>	<p>7 Day 1 Pre-K</p>	<p>8 Parents &amp; Tots 10:00 am. to 12:00 p.m.</p>	<p>9 Baked Chicken &amp; Vegetable Rice \$3.00</p>	<p>10</p>	<p>11 PLC No Classes</p>	<p>12</p>
<p>13</p>	<p>14 <b>Thanksgiving</b></p>	<p>15 Parents &amp; Tots 10:00 am. to 12:00 p.m.</p>	<p>16 Spaghetti Bake &amp; Garlic Toast \$3.00</p>	<p>17</p>	<p>18 Vegetable Soup \$1.00 &amp; Eggs Salad Sandwich \$2.00</p>	<p>19 </p>
<p>20</p>	<p>21</p>	<p>22 Parents &amp; Tots 10:00 am. to 12:00 p.m.</p>	<p>23 Chili &amp; a Bun \$3.00</p>	<p>24</p>	<p>25 Tomato Soup \$1.00 &amp; Grilled Ham &amp; Cheese</p>	<p>26</p>
	<p>27 <b>Happy Halloween</b></p>	<p>28 Day 2 Pre-K</p>	<p>29 Parents &amp; Tots Halloween Party 10:00 am. to 12:00 p.m.</p>	<p>30 Ham &amp; Hashbrown Casserole \$3.00</p>	<p>31</p>	<p></p>

## Student Leadership Conference 2013 “Lead Into The Future”

Rylee Aiken, Cody Bischler, Waylon Cain, Joey Gaspar, Alyssa Johnson, Joelle Hoeflicher, Tara Johnson, Kali Stocks, Mrs. Johnson and Mrs. Moar attended this year’s Saskatchewan Student Leadership Conference in Lloydminster on September 18 – 20. Over 900 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 “Lead into the Future.” Students and staff from Lloydmin-

ster 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, Andy Thibodeau. Over the next two days the students attended various breakout sessions and were entertained and inspired by some great speakers, including Murray Banks, Georgette Reid, Tyler Durman and

Erin Gruwell. Thursday finished off with a formal banquet and a dance at the Lloydminster Curling Club.. Before the conference, schools were challenged to do some type of fundraising for Telemiracle 38. The total raised was 6904.00. Everyone enjoyed their time at SLC and arrived home on Friday with new ideas, cheer, a closer bond with the other members of our SRC and positive stories!

Mrs. Moar and Mrs. Johnson

## Parents & Tots Halloween Party

You are invited to a Halloween Party for Parents & Tots, Moms & Dads, Grandparents & Caregivers Bring your Toddlers – 4 years & younger  
WHEN: Tuesday, October 29<sup>th</sup> at 10:00 a.m.–12:00 p.m.

WHERE: Canwood Community School Room  
Halloween Games & Prizes  
Come for a snack, coffee and visit.

# WELCOME



## Flu Alert

Everyone is at risk of contracting influenza. Influenza (the flu) comes on suddenly and is a serious respiratory illness that spreads easily from person to person. **Regular hand washing, covering your cough and sneeze and getting a yearly flu shot is the best protection** against this potentially deadly disease.

The seasonal influenza vaccine will be available, **free of charge**, through public health clinics and physicians for everyone. **It is especially encouraged for the following:**

- People 65 years of age and older and their household contacts
- Children 6 months and up to 5 years of age and their household and child care contacts (including daycare staff)
- Pregnant women and their

household contacts

- Residents and staff of care homes, mental health facilities, correctional facilities, and group homes
- Individuals with chronic health conditions (heart, lung, diabetes, cancer, anemia, etc.) or severe obesity and their household contacts
- Health care providers, health office/facility staff (dental, optometrist, pharmacy, laboratory, care homes, chiropractors, physiotherapist, medical clinics etc.), health science students, and volunteers in health care facilities

**Drop in Clinics for all ages** will be held at the **South Hill Mall** (next to Deals Plus):

October 21-26, 2013 (Monday to Saturday) 9:30 am – 5:00 pm

October 28- November 2, 2013 (Monday to Saturday) 9:30 am – 5:00 pm

November 4-9, 2013 (Monday to Saturday) 9:30 am – 5:00 pm

November 12, 19, 26, 2013 (Tuesday) 9:30 – 5:00 pm

December 3, 2013 (Tuesday) 9:30- 5 pm

Families with children under 5 years of age can also choose to book an appointment by contacting Prince Albert Public Health @ (306)765-6510

Flu clinics have also been scheduled at many other locations in Prince Albert and surrounding district.

For more information please call the Public Health Office at (306) 765-6500 or check our website at [www.princealbertparklandhealth.com](http://www.princealbertparklandhealth.com)

## Canwood Flu Clinics

Where: Canwood Community Public School  
When: October 23 & November 4  
Time: 9:30 a.m.–12:00 p.m. & 1:00 p.m.–3:00 p.m.  
These clinics are open to anyone—No Cost.

## Healthy Halloween!

Halloween is a time for fun and treats! Here are some ideas for healthier treats to use at parties, at home or in the classroom:

### Pumpkin:

- Cookies
- Loaves
- Muffins
- Roasted Seeds
- Soup

### Orange & (almost) Black Fruit Platter:

- Cantaloupe
- Dried apricots
- Mangoes
- Nectarines
- Oranges
- Papaya
- Plums

### Dark Purple Grapes

### Cheese & Crackers:

- Sliced cheddar cheese can be cut into Halloween shapes with small cookie cutters

### Ghost Gut Dip

- 1 cup low fat cottage cheese or ricotta cheese
  - 1 cup unsweetened pineapple chunks
- Mix together in a blender. Leave a little lumpy to resemble guts. Serve with carrots, celery, apples, oranges, cucumber, banana.



CANWOOD COMMUNITY PUBLIC SCHOOL NEWSLETTER

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**We're on the Web!**

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



**Thank You!**

A great big Thank You to **all** of the people who donated vegetables: cucumbers, carrots, rhubarb, 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 Cheryl Bartley, Darren Cain, Mary-Anne Grimard and Brenda Rivard for chaperoning our Welcome Back Dance.

**Whispering Pine Place**

\*25th Anniversary Dine and Dance\*

Saturday, October 26, 2013 @ Canwood Community Hall. Advance tickets only.

\$25.00/adult, 5-12 years \$7.50  
Tickets available from:  
Margie Storey 468-2274  
Dale Schwehr 468-2944  
Canwood Credit Union

Sponsored by Canwood & District Bus Association.

**Non-Food Rewards For Kids**

Sometimes it can be hard to resist the temptation to use food as treats that reward kids for good behavior or to get them to do something. Food shouldn't be used as a reward or incentive.

When children are given food for good behavior or for doing well in school, it can teach them to eat as a way to reward themselves instead of eating when they are hungry and stopping when they are full.

Non-food rewards can promote healthier school and home environments by showing that food is something to feed our bodies when we are hungry not as a reward for good behaviour.

*Here are a few suggestions for non-food rewards at school and home.*

**At school:**

Pencils, erasers, bookmarks, water bottles, frisbees, keychain, magnets, books, rulers, notebooks, game time/ reading time, free time, sitting by a friend, eating lunch outdoors, have lunch with another classroom, have gym with another classroom, extra-long gym class, extra-long recess, go for a walk around the school, take a fun physical activity break: jump rope contest, relay race, etc.

**At home:**

Invite friends over to play games, choose a new toy: a ball, music to dance to, etc., no chores for the day, read an extra book together at bedtime, extra-long play time outside, have a family fun night: play games, bike ride, campout, picnic, etc.

