

CANWOOD PUBLIC SCHOOL NEWSLETTER

JUNE 2016

ADMINISTRATOR'S MESSAGE

The highlight during the month of May was our graduation ceremony on May 27. Seven students were honored and congratulated on their many accomplishments and academic achievements. Mr. Schwehr and I want to personally thank all the staff and students that helped with the preparations, ceremony and banquet in anyway. Thank you to the community for your continued support in attending the graduation exercises to acknowledge the thirteen years of schooling of the students. We want to wish our graduates all the best in their future endeavors as they realize "May Each Road Lead You Where You Want to Go". Remember to set goals, take responsibility for your actions, cherish the friendships and memories that you have built and remember the lessons learnt.

Track and Field has also been busy this month. K to 8 students traveled to Debden for a joint Track and Field Meet on May 30. It was a great day for all students and staff as the weather cooperated and all the students had a great day. Thanks to Debden students and staff for inviting us to participate. Congratulations to Isabelle Bloom who was the group winner in Age 4/5 Girls, Tora Olson who was the group winner in Age 8/9 Girls and Hansyn Bahnuick who was the group winner in Age 8/9 Boys. High school students have been practicing and eight students attended the City Track Meet and seven qualified to advance to the District Track Meet. Amy Wreford and Alisha Rivard have advanced to the provincial track meet in Regina on June 4 and 5. The Grades 4 - 8 will be attending the P4A Track and Field Meet in Prince Albert June 7 and 8. Good luck to all the participants.

Thank you to all parents/guardians for encouraging your children to remain focused for the last month of school, work diligently to complete all final projects, and study for final exams.

-Mrs. Sherry Moar & Mr. Richard Schwehr

PAST EVENTS

Graduation 2016 - On May 27, 2016 the gym was filled with family and friends to celebrate the end of the graduates' school careers. Grads, decked out in their finest received good wishes and support from the community.

A delicious meal catered to by Neighbourhood Caterers was enjoyed by all in attendance at the banquet. Toasts, kind words, and humorous stories provided a wonderful start to the evening.

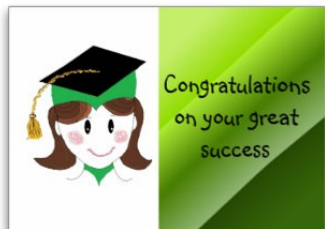
The very capable M.C. for the banquet and grand march was Mr. Richard Schwehr, and for the exercises was Miss Kori Boskill.

The exercises were highlighted by an entertaining and personal address by guest speaker Mrs. Kathy Herzog and a thoughtful valedictorian address by Kali Stocks. Sydney Kvinlaug and Ryan Aiken did a wonderful job of presenting the class history and prophecy accompanied by a slide show created by Kali Stocks and Sydney Kvinlaug.

A Friends & Memories slide show was presented for all to enjoy created by Sydney Kvinlaug and Kali Stocks.



Other well wishers for the evening included Mrs. Sherry Moar, Principal of Canwood Public School and Mr. John McIvor, Board Trustee. Presentations of scrolls and awards were given by Mrs. Moar and Mr. Schwehr. Subject Award Winners are as follows: ELA A30, ELA B30, Chemistry, Biology, History - Kali Stocks, Physics, Math Foundations, Physical Education, P.A.A. (I.A.) - Ryan Aiken, P.A.A. (Home Ec) - Sydney Kvinlaug.



The Congeniality Award was presented to Ryan Aiken, Sydney Kvinlaug, and Kali Stocks. The Student of the Year Award was presented to Sydney Kvinlaug and Kali Stocks. The Governor General's Medal was presented to Kali Stocks. The Carlson Memorial Scholarship was presented to Sydney Kvinlaug and Kali Stocks and the P.A.A.T.A. Scholarships were given to Brett Bischler and Sydney Kvinlaug. A vote of thanks by Keanu Coulineur concluded the exercises for the evening.

The grand march and social brought the entire graduation evening to a close.

WPP May Birthdays - Students from Canwood School provided an afternoon of entertainment for May birthday celebrants Mrs. Marie-Rose Lajeunesse and Mr. Paul Netmaker. The program participants sang, played violin, and danced. Our M.C.'s were Casey Kvinlaug, Kelcie Grimard & Cassidy Anderson. Our entertainment consisted of - Grade 1 to Grade 4 students singing, Harleigh Hamborg, Georgia Hamborg, Becky Wilson and Jorja Robertson. The afternoon wrapped up with Happy Birthday being sung and cake enjoyed by all. Happy Birthday Marie-Rose and Paul.



UPCOMING EVENTS

Celebration of Student's Success - Canwood Public School will be having an afternoon of Celebration of Student's Success. Everyone is welcome to join us on Wednesday, June 22 at 1:00 p.m. to help us celebrate! The program will be followed with watermelon, cake and refreshments.

PreKindergarten & Kindergarten 2016-2017 - Anyone who has a child that will be attending prekindergarten or kindergarten in the fall, you can stop by the school office and pick up or fill out a registration form. Registration forms are also available on the Canwood School website at www.cw.srsd119.ca. Thanks!

Summer Youth Program - We are once again able to offer our Summer Youth Program. Weekly themes and events will be announced, watch for posters around town. For more information please call Mrs. Moar at the school 306-468-2150 or Erin Robertson at the Village Office 306-468-2016. A big thank you to our sponsors: Community Initiatives Funding and Canada Summer Jobs Grant.



THANK YOU

Thank you - to the School Community Council - Erin Robertson, Tani Hamborg, Laurie-Jo Skarra, Elaine Holmes, Heather Sten and Courtney Johnson for their help cleaning up the hall after the grad banquet and looking after the social for our school graduation. Your work was greatly appreciated.

Exam Schedule

| Grade | Thursday, June 23 Day 5 | Friday, June 24 Day 6 | Monday, June 27 Day 1 | Tuesday, June 28 Day 2 | Wednesday, June 29 Day 3 |
|---------------|---|--|-----------------------------|------------------------------|--------------------------------|
| Nine (a.m.) | | Math | Science | Social | Outcome Recovery Day |
| Ten (a.m.) | History | Math 10 Foundations Pre-Calculus | Physical Science | ELA B10 | Outcome Recovery Day |
| (p.m.) | Commercial Cooking/Small Motor Mechanics | | | | |
| Eleven (a.m.) | Media Studies Final Project Presentation | Math 20 Workplace Pre-Calculus | Physical Science | History 20 | Outcome Recovery Day |
| (p.m.) | Commercial Cooking/Small Motor Mechanics | | | | |
| Twelve (a.m.) | Media Studies Final Project Presentation | Math 30 Foundations | Physics | History 20 | Outcome Recovery Day |
| (p.m.) | Commercial Cooking/Small Motor Mechanics | | | | |

LIBRARY NEWS

A special **Thank You** to all the students who have already returned their library books this school year. Library books can not be signed out of the library after June 10. All books must be returned to the library by June 15 so that I can start inventory with a full library of books. If anyone finds a library book over the summer (it may have a **Canwood Community School barcode** on the back right-hand corner or a label on the spine of the book), please hang on to it and return it in the fall as books are very expensive and we would like to keep our local school library as full as possible.

I am looking for a copy of **The Chronicles of Canwood and District History Book** from 1981. If anyone has one to donate to the library to sit alongside the 100th Birthday edition it would be greatly appreciated.

-Mrs. Tracy Pease

SCHOOL SPORTS

P4A Track & Field - The Canwood Cougar Track team has been busy preparing for the P4A meet on June 6 to 8. They have been practicing after school 3 days a week for the past 3 weeks. Our Junior track team consists of Georgia Hamborg, Emery Arcand-Sasakamoose, Dominic Sten, Kayleigh Eberts, Harleigh Hamborg, Caylah Nelson, Gage Hamborg, Hunter Papin-Bather, Casey Kvinlaug, Selena Andersen, Cassidy Anderson, Noah Johnson, Kelcie Grimard and Dylan Grimard. Hopefully there will be great weather in Prince Albert as the athletes compete against schools from the entire school division.

Coaches - Mrs. Eberts, Miss Thompson and Mr. Person

Senior Track & Field - Canwood Senior Track athletes have been busy practicing their events over the past few weeks. On May 18 and 19, the athletes took part in the City Track Meet in Prince Albert. There were several of our students that advanced to the District Track Meet which was held in Prince Albert on May 25 and 26 where they attempted to run, jump and throw their way to provincials to be held in Regina on June 4 and 5. Senior Track Team: Riley Rude, Alisha Rivard, Ryan Aiken, Paige Anderson, Dylan Kvinlaug, Amy Wreford, Preston Wright and December Whitefish. Thank you to all those athletes who came out and represented Canwood School.



Congratulations to Amy Wreford who advanced to provincials in Senior Girls Javelin and to Alisha Rivard who advanced in the Midget Girls 200m. Good luck to both of you!

Coaches - Mr. Duval, Mrs. Howat and Miss Thompson

EXTRAS

Missing Items - Parents please have a look at home for misplaced badminton t-shirts and goggles. If any are found please return them to the school. Thanks.

-Mr. Grant Person

Legion Poster Contest - On May 27 Bob Thompson and Fay Bruyninckx of the Canwood Legion presented students from Canwood Public School their awards for the Legion's annual essay and poster contest commemorating Remembrance Day. Bruce Bedard placed 3rd in the grade 7, 8 and 9 black and white poster, Josie Hoeflicher placed 3rd in the grade 4, 5 and 6 colour poster, Selena Andersen placed 1st in the Branch and Zone grade 7, 8 and 9 colour poster and Harleigh Hamborg placed 3rd in the grade 7, 8 and 9 colour poster. Canwood Public School would like to thank the Canwood Legion Branch #132 for sponsoring this annual contest.



LEGION

-Mr. Grant Person

COMMUNITY EVENTS

History Book - If you have not received your Canwood and Districts Now and Then, Volume II History Book, it will be available every Friday, 5:00 to 7:00 p.m. at the Canwood Co-op for the month of June. The total cost of each book is \$60 less any deposit paid, if any. If you are unable to get to the Co-op at these times, please arrange for family or friends to pick up for you. The books will also be available for purchase the weekend of Canwood's 100th Anniversary Weekend.



CANWOOD PUBLIC SCHOOL
NEWSLETTER

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We're on the Web!

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

Senior Tea - The Royal Purple are hosting their annual Senior Tea on Wednesday, June 1 at 2:00 p.m.. The students from Canwood Public School will be entertaining. Come out and join us.

Summer Classic - The Dry Creek Summer Classic fastball tournament will be held June 25 & 26 at the Canwood Regional Park.

Amazing Race - Come join the "Amazing Race" challenge at the Shellbrook 6th Annual Street Fair. Rain or shine, August 27, 10:00 a.m. to 1:00 p.m., ages 10 to 14 years. Teams of 4 people need to register by August 12, \$5/person. For more information or to register call 306-747-2351, 306-714-7445 or email dianneethier@hotmail.com.

Vacation Bible School - This year the Vacation Bible School will be held on the mornings of August 22, 23, 24, 25 and 26, from 9:15 to 11:45. The location is the Canwood Pentecostal Church and children 5 to 12 years of age are welcome to attend. Sponsored by the Canwood Community Churches.



Storing Fresh Vegetables

Fresh vegetables are an important part of a healthy diet. Storing them properly is the best way to ensure they stay fresh and taste great when you go to use them. It can also save money on your grocery bill by reducing waste in your kitchen.

The chart below summarizes the best way to store some common vegetables. A couple of them might surprise you!

| Vegetable | How to Store | How long the veggie should last |
|--------------------------------|---|--|
| Bell Peppers | Store peppers in a loosely closed plastic bag in the fridge. | Up to 1 week |
| Broccoli | Store broccoli unrinsed in an open plastic bag in the crisper drawer in the fridge. | Up to 1 week |
| Carrots | Store carrots, green tops removed, in the crisper drawer in a loosely closed plastic bag or in their original plastic bag. | Several weeks |
| Cauliflower | Store cauliflower in a plastic bag in the crisper drawer of the fridge. | Up to 1 week |
| Celery | Wrap celery in aluminum foil and store it in the fridge. | Several weeks |
| Cucumbers | Store cucumbers in a loosely sealed plastic bag in the fridge. | Up to 1 week |
| Garlic | Store garlic heads in a cool dark place with plenty of air circulation – a small basket in the pantry is ideal. | A couple of weeks |
| Lettuce Romaine, Green Leaf | Separate the leaves, wash in cold water and dry. Wrap in paper towel and store in a sealed plastic bag in the fridge. | 1 to 2 weeks |
| Mushrooms | Store loose mushrooms in a paper bag in the crisper drawer of the fridge. Wash just before using. | Several days |
| Cooking Onions | Store onions in a cool, dark, place such as the pantry. | 3 to 4 weeks if stored properly |
| Potatoes | Keep potatoes in a paper bag in a cool, dark, well ventilated location such as a cellar or pantry, away from onions. | Several months if stored properly Except new potatoes |
| Sweet Potato | Store sweet potatoes in a cool, dark, well-ventilated spot such as a cellar or pantry. Do not store them in a plastic bag. | 1 to 2 weeks |
| Tomatoes | Do not refrigerate tomatoes. The cold damages the flavour and texture. Store tomatoes in an open container at room temperature. | 3 to 4 days until ripe, then use in 1 to 2 days |
| Zucchini | Store zucchini in a loosely closed plastic bag in the fridge. | Several days |

Vegetable Quinoa

Ingredients

(Makes 6 servings)

- 1 cup quinoa
- 1 cup boiling water
- ¼ cup diced tomatoes
- ¼ cup carrot strips
- ¼ cup chopped broccoli
- ¼ cup cauliflower florets
- ¼ cup diced zucchini
- 2 tbsp. olive oil
- 1 tbsp. low sodium soy sauce



Directions

1. Rinse quinoa under cold water. In a medium saucepan, add quinoa to boiling water; cover and simmer for about 15 minutes or until tender. (Watch carefully to prevent sticking.)
2. Heat oil in a skillet over medium-high heat. Add tomatoes, carrots, broccoli, cauliflower, and zucchini and stir fry for about 7 minutes. Add quinoa and soy sauce to cooked vegetables and mix together. Serve immediately.



For more than 100 years, Girl Guides of Canada-Guides du Canada has been the leading organization dedicated solely to girls, offering fun and relevant programming to more than 7 million girls across Canada.

Today's Guiding is a safe, inclusive, all-girl environment that invites girls to challenge themselves, find their voice, meet new friends and make a difference in the world. Girl Guides has over 70,000 girls and young women Members, with leadership provided by more than 18,000 dedicated volunteers.

When your daughter joins Girl Guides she is embarking on an incredible journey. Each year, from approximately September to May, she will have the opportunity to be part of weekly activities and fun outings with friends in her own age group.

At Girl Guides we make a positive difference in the life of every girl and woman who experiences Guiding. We help girls:

- Make new friends
- Make a difference in the world
- Learn new & fun things
- Develop their own identity
- Discover their skills and talents
- Gain confidence and experience



| Evergreen District Girl Guides has units for all ages in: | |
|--|---|
| <ul style="list-style-type: none"> 👧 Sparks (5-6 yr olds) 👧 Brownies (7-8 yr olds) 👧 Guides (9-11 yr olds) 👧 Pathfinders (12-14 yr olds) 👧 Rangers (14-17 yr olds) 👧 Adult members are always welcome as we need help to expand to reach more girls. | <ul style="list-style-type: none"> 👧 Prince Albert 👧 Birch Hills 👧 Christopher Lake 👧 Shellbrook – NEW 👧 Big River – Pending Volunteers 👧 We would like to open a French unit pending volunteers. |

To register visit www.girlguides.ca Email questions to Evergreengirlguides@sasktel.net





cwafoundation
WELDING SUMMER CAMP
MIND OVER METAL

Camp Location: Saskatchewan Polytechnic,
Prince Albert Campus, Technical Building
1100 15th St E | Prince Albert, SK | S6V 7S4

Camp Schedule:

- Monday, July 18 - 9AM - 4PM
- Tuesday, July 19 - 9AM - 4PM
- Wednesday, July 20 - 9AM - 4PM
- Thursday, July 21 - 9AM - 4PM
- Friday, July 22 - 9AM - 1PM

Camp is free of charge and generously funded by the CWA Foundation. Breakfast and lunch provided. Parent/child Pizza Lunch to be held on Friday July 22 at 12 noon.

Please register as soon as possible online:
www.saskpolytech.ca/WITT OR contact
Tammie Pawlust, T: 306-765-1916, F: 306-765-1833,
E: Tammie.Pawlust@saskpolytech.ca

"The thing I really enjoy about welding is the diversity, Just because you begin your career as a welder, doesn't mean you're going to retire a welder. The opportunities are endless and welding is everywhere – all you have to do is look around you."

Miley Jones, Welding Student | Summer Camp Student

FOR GIRLS AGE 12 - 15



#NewWelderNation