

CANWOOD PUBLIC SCHOOL NEWSLETTER

MARCH 2016

ADMINISTRATOR'S MESSAGE

We would like to welcome Vanessa Thompson to our school. Vanessa is teaching the PAA program as well as Grade 1/2 P.E. and Social Studies for Mrs. Gwen Olson who is away and in May and June will be covering Mrs. Senger's maternity leave.

Thank you to Mr. Schwehr and Mrs. Kulrich for coaching our curling programs this year. Thank you to Mr. Duval for organizing our Senior Boys', Senior Girls' and Junior Girls' basketball program and Mr. Person for taking care of the Junior Boys' basketball program. Since we have not had basketball at the junior level for quite a few years, we have seen lots of enthusiasm generated, as well as great improvement in their basketball skills and their understanding of the game. Our school will be hosting 2A Conference Basketball on Saturday, March 5 beginning at 10:00 a.m..

Thank you to the brave students who participated in our PreK playground wake-a-thon fundraiser on Friday, February 12. These twenty-one students raised \$1760 for this very worthwhile project. Thanks to the community members who provided support in the form of monetary donations to the students, to our Local Elks Club who donated money for the breakfast and to our PreK parents and SCC members (Dyan Nordquist, Katelin O'Connell, Kirsten Vaughan, Tabetha Person, Elaine Holmes and Laurie-Jo Skarra) who helped chaperone the event.

March will be a very busy month in the school. We will once again be running our annual Mom's Pantry fundraiser with the proceeds to be shared between supporting our SRC activities and our commitment to Free the Children. Order forms will be available from any student or at the office on Monday, March 14. K-8 report cards will be coming out on Wednesday, March 16 followed by Parent-Teacher Interviews for K-12 parents on Thursday, March 17 from 4:00-9:00 p.m.. Our second Book Fair of the year will coincide with our parent-teacher interview night. This year's theme is "Feeling Groovy".

Our drama directors and grade 6-12 actors are busy preparing for this year's musical comedy, "Nunsense" which will be held on March 21 and 22. Badminton leagues will also be up and running in the next few weeks.

For those families that are planning ahead for next year, the school calendar for 2016-2017 has been approved by the Board of Education and is available on the School Division website and the Canwood School website under the Parent Information tab.

We would like to thank you in advance for continuing to notify us when your child will be absent, arriving late or leaving early.

-Mrs. Sherry Moar & Mr. Richard Schwehr



USE OF ELECTRONIC DEVICES

Students in Grade 3, 4, 5, and 6 are not allowed the use of any personal electronics during the school day. Any student who needs to contact a parent can use the classroom or office phone.

Students from Grades 7 - 12 are required to hand in their cell phone /Ipods at the beginning of each class. It will be returned at the end of each class. Parents you may contact your child through a text or email, but they will not be able to respond till the end of each class. If there is an emergency, please call the office and the secretary will get ahold of your child.

This change is necessary as we have been trying to teach our students to be good digital citizens but find that many students are not using their cell phones appropriately.

LIBRARY NEWS

"Feeling Groovy Book Fair" is the theme for our semi-annual Scholastic Book Fair. It will be held on Wednesday, March 16 from 10:00 a.m. to 2:00 p.m. and in conjunction with our Parent-Teacher Interviews on Thursday, March 17 from 9:00 a.m. to 9:00 p.m.. Pre-viewing for the book fair for students will be on Tuesday, March 15.



All community members, parents and grandparents are welcome to come and browse at the great selection of new books available. Please remember that a portion of all sales goes directly back into the school library to be used to purchase new books for our students to enjoy. I would like to send a big "Thank You" in advance for supporting this worthwhile project.



Just a reminder to please return your library books in the allotted time as there are students waiting to take these books out. -Mrs. Tracy Pease

PAST EVENTS

Wake-A-Thon - On Friday February 12, the SRC organized a wake-a-thon to raise money for the new PreK playground. All students from grade 7-12 were invited to attend, the only stipulation being that in order to attend the students had to raise a minimum of \$40.

The 21 participating students arrived between 8:00 and 8:30 p.m.. The evening began with X-box and Wii games, and singing karaoke. Throughout the rest of the night, attendees were entertained with games of Mexican hideout, cannibal and Amazing Race, and enjoyed fireworks, gym activities and a sumo suit competition. At midnight, everyone chowed down on pizza and ice cream cake, and in the morning the Elks provided us with a huge breakfast of pancakes, bacon and fruit prepared by Mr. and Mrs. Schwehr. Thank you to all who attended, the night was a huge success and surprisingly everyone was able to stay awake until 8:00 a.m.!

A huge thank you to our chaperones: Katelin O'Connell, Dyan Nordquist, Tabettha Person, Kirsten Vaughan, Elaine Holmes, Laurie-Jo Skarra, Mrs. Moar, Mrs. Howat, Mr. Schwehr and Corrine Schwehr.

After all was said and done, we raised a total of \$1760. Great job everyone!

-Kali Stocks

Grade 7/8 - The Great Escape - On February 10 and 11 the grade 7/8 class from Canwood School went on a class trip through Moose Jaw and Regina. The class worked hard at fund-raising, they sold Co-op gift cards and had a successful bake sale that they organized themselves. With this fundraising, they were able to ensure a very comfortable trip.

At 8:00 a.m. on Wednesday, February 10 students boarded a P.A. Northern bus and set off to Moose Jaw to tour the Tunnels of Moose Jaw. The first set of tunnels told the tale of Al Capone during the times of prohibition in the early 1900s, presented with actors portraying some of the characters of that time. The second tour was an informative adventure telling the ugly tale of Chinese immigration and the hardships that they faced. Both tours were very entertaining and very educational.

Once the tunnel tours were done, our trip continued on to Regina and the Saskatchewan Science Center. In the Science Center we started our visit by watching *Star Wars-The Force Awakens* on the IMAX big screen, then we were treated to several explosive science experiments put on by the center's staff. The grade 7/8 class then got to explore the many exhibits and displays within the center, then later on it was lights out for the camp-in.

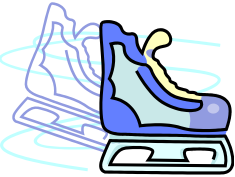
The morning of February 11 the wake-up call was for 6:45 a.m.. Despite some very tired looks, students got moving, had breakfast and boarded the bus again. Our bus driver, Bob, took us to a Tim Horton's and then we were off to tour the Saskatchewan Legislature. The tour there was quite interesting and our tour guide did what he could to try keep the students as entertained as possible. Once this tour was done it was back on the bus for the ride back to Canwood.

The 7/8 class would like to thank the chaperones who volunteered their time to make the trip possible: Elaine Holmes, Tani Hamborg, Gerald Grimard and Cari Genereaux. -Mr. Greg Duval



ONGOING EVENTS

Elementary Skating - Elementary skating on Friday afternoons will be continuing through the month of March, for as long as the ice lasts. 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 12:35 p.m. to 1:30 p.m., Grade 3/4 and 5/6 students will be skating from 1:45 p.m. to 2:45 p.m..



UPCOMING EVENTS

Dinner Theatre - For this year's Dinner Theatre the Canwood drama students from Grade 6-12 will be performing in the musical "Nunsense". Production dates are Monday, March 21 and Tuesday, March 22. The Order of the Little Sisters of Hoboken take over a high school auditorium to hold a fundraising variety show to raise money to bury several sisters (who were accidentally poisoned by their cook). They must inter the nuns before the health inspector comes and finds the dead nuns in their freezer! Fraught with hilarity, both Catholic and otherwise, we watch as 5 nuns try to perform their planned performance amidst chaos and calamity. A meal is included with the cost of your ticket. Tickets are available at the school office at a cost of \$20.00/person. Advance payment is required. Supper will begin at 6:30 p.m. with the play to follow.



Supper Menu:

Monday, March 21

Chicken Cordon Bleu
Lemon Roast Potatoes
Corn
Garden Salad
Oriental Salad
Marinated Salad
Buns
Coffee, Tea
Dessert

Tuesday, March 22

Roast Beef & Gravy
Mashed Potatoes
Peas & Carrots
Garden Salad
Pasta Salad
Coleslaw
Buns
Coffee, Tea
Dessert



SCHOOL SPORTS

P4A Extravaganza - Congratulations to our 3 junior curling teams for their fantastic play in the 2016 Curling Extravaganza on February 24 in Shellbrook. We began the day at 12:30 p.m. and it was a great curling filled day for the students who are in grade 5-8! Congratulations Briar Cain, Cassidy Anderson, Dylan Grimard, Kayleigh Eberts, Harleigh Hamborg, Georgia Hamborg, Jette Bye, Jonathan Bather, Dominic Sten, Chase Hansen and Josie Hoeflicher for representing our school with school spirit and enthusiasm. All three teams played very well in the round robin draws and Cassidy, Dominic and Chase advanced to the playoffs and finished in 4th place, which was fantastic!

It was a fun curling season and we are very proud of your leadership abilities, excellent sportsmanship, collaboration, curling skills and everything you accomplished during the season. *-Mrs. Kulrich*

Basketball - Cougar basketball was filled with many exciting games from the 4 teams we had running this year. Mr. Person coached the Junior Girls and Boys through some very close games in the P4A league. The boy's team consisted of Briar Cain, Demery Bischler, Gunner Thall, Tylen Reimer, Noah Johnson, Gage Hamborg and Hunter Papin-Bather. They learned how to work as a team and made some very good memories along the way with some victories on the side. The girl's team was made up of Cassidy Anderson, Casey Kvinlaug, Selena Andersen, Harleigh Hamborg, Kayleigh Eberts and Caylah Nelson. This team made it to the B side playoffs where their season ended in a close match. Both of the teams had a successful season and we are all looking forward to their further growth next year.

Mr. Duval had the opportunity to coach both the Senior Boys and Girls again this year, it was a season filled with learning new skills, hosting a camp, competing against high level teams and having many laughs along the way. Canwood and Debden have combined to create stronger and larger Senior teams for the season. The boy's involved were Logan Collins, Tyler Couture, Ryan Aiken, Dylan Kvinlaug, Brett Bischler, Keanu Coulinear, Derek Bedard, Riley Rude and Preston Wright. These boys did not enter into a league but they did play a couple exhibition games that allowed them to participate and have fun. The girl's team is composed of Paige Anderson, Sydney Kvinlaug, Kali Stocks, Amy Wreford, Delayne Aiken, Paige Hinson and December Whitefish. These girls continued to make noise as they took part in the Prince Albert Senior B league which included many 4A or 5A schools, they played hard every game and came out with some very close games and a very strong win against Leask in an exhibition game.

Our school and Senior Girls team have a great opportunity to host the 2A Basketball Conference for our district on Saturday March 5, we welcome and invite everyone to come out and watch some entertaining ball and cheer on your local Cougars!

-Mr. Greg Duval

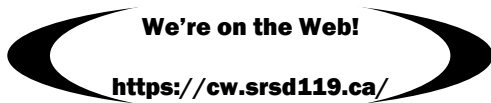




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EXTRAS

Thank You - Thanks to Lila Olson and Eleanor Person for volunteering their time to do some baking for the school's snack program.

COMMUNITY EVENTS

St. Patrick's Day Annual Supper - at the Canwood Legion Hall on Sunday, March 13 from 4:30-6:30 p.m.. Adults \$13, under 12 \$6, under 6 free. Take out available, call 306-468-7942. Sponsored by the Canwood Legion.

Silent Auction - the Canwood Regional Park and Golf Course silent auction will be held on Saturday, March 12. Supper is at 6:00 p.m., auction at 7:00 p.m.. Adults \$10, 12 and under \$8, preschoolers free.



Happy Hearts Childcare Centre - in Shellbrook has spots open in our licensed childcare centre. We offer part time and full time care to children from 6 weeks to Grade 1. We also offer drop in care for children from 6 weeks to 13 years, a perfect placement for school aged children on non-school days. We are open Monday to Friday from 7:00 a.m. to 6:00 p.m.. As a licensed childcare centre we offer subsidy to eligible parents. Please call the centre for more information (306)747-3991.

THE BENEFITS OF EGGS UNSCAMBLED

Are eggs good or bad for you? The answer has finally been unscrambled.

Recent research has highlighted that the cholesterol found in eggs has a minimal effect on blood cholesterol levels. An average of 1 egg per day can easily fit into a healthy diet. So, despite eggs unhealthy reputation in the past, we now know that eggs are a great choice:

They are an excellent source of protein. Getting enough protein from your meals can be especially challenging during breakfast time. Eggs can help! Each large egg has 6 grams of protein. Add them to your breakfast to help spread your protein intake more evenly throughout the day.

They are nutritious. Don't throw out the yolks, as they contain almost half of the protein and many other healthy nutrients, such as choline, folate, vitamin B12 and vitamin A.

They are affordable and readily available. Some organic or omega-3 enriched options can be more expensive so stick to the regular option. Eggs are a good choice any way.

They are versatile and easy to use. Perfect for quick meal with family or friends. Get the little ones involved too – teach them how to crack open an egg and whip up some delicious scrambled eggs!

Here are some simple ideas of how to incorporate more eggs into your diet:

Hard boil eggs and keep them in the fridge for easy snacks or additions to meals.

Bake mini-quiches in muffin cups for a quick grab-and-go option in the morning, or make a sandwich with an English muffin and microwave it with a slice of cheese for a quick meal.

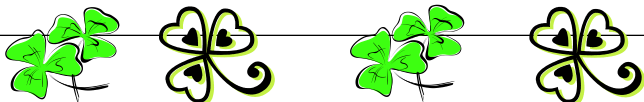
Egg salad is a great staple when you just don't know what to pack for lunches. You can make it ahead of time and keep it in the fridge for 2-3 days.

Try a healthier version of "fried" rice at home. Stir-fry brown rice, with your favourite vegetables, and some eggs.

Top pizza or sautéed greens with an over-easy egg.

Want some more delicious and nutritious ideas? Visit Breakfast for Learning's Nutrition corner at <http://www.breakfastforlearning.ca/services-info/nutrition-corner/>.


About Breakfast for Learning: Breakfast for Learning is committed to helping children across Canada realize their full potential in life by ensuring they attend school well nourished and ready to learn. Breakfast for Learning has been helping support student-based nutrition programs in every province and territory for 23 years. During the 2015/16 school year, Breakfast for Learning funded 1,887 breakfast, lunch and snack programs, supporting 238,853 children with more than 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.8 million children enjoy over 594 million healthy meals and snacks. For more information, please visit www.breakfastforlearning.ca.





March 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mrs. Angela Leski, School Counselor, is at Canwood School on Mondays & Tuesdays		1 Day 4 K	2 Shepherd's Pie \$3.50 Fudge Brownies .50¢ Day 5 Pre-K	3 Day 6 K	4 Corn Chowder \$2.00 & Garlic Cheese Biscuit \$1.00 Elementary Skating Pre-K Day 1 Family Day	5 Senior Girls 2A Basketball Conference
6	7 Day 2 K	8 Day 3 Pre-K	9 Chicken Caesar Salad & Garlic Toast \$3.50 Choc Chip Cookies .50¢ Day 4 K	10 Day 5 Pre-K	11 Chili \$2.00 & Bun \$1.00 Elementary Skating Day 6 K	12
13 	14 Day 1 Pre-K	15 Day 2 K	16 Scalloped Potatoes & Ham \$3.50 Book Fair K-8 Report Cards Day 3 Pre-K	17 Parent-Teacher Interviews 4:00-9:00 p.m. Book Fair HAPPY ST. PATRICK'S DAY Day 4 K	18 Turkey Noodle Soup \$2.00 & Biscuit \$1.00 Elementary Skating Day 5 No Pre-K	19
20	21 Day 6 K 	22 Day 1 Pre-K 	23 Day 2 K Chicken Fettuccine Alfredo \$3.50	24 Day 3 Pre-K	25 Day 5 No Pre-K Good Friday No School	26 
27	EASTER BREAK - SCHOOL CLOSED					

