

CANWOOD PUBLIC SCHOOL NEWSLETTER

MAY 2016

ADMINISTRATOR'S MESSAGE

April has been a very busy month with high school report cards as well as Junior and Senior Badminton. Thank you to Mr. Person, Mrs. Moar, Mrs. Eberts, and Mrs. Howat for coaching this year's badminton programs. This year we have been invited to join Debden for a track meet leading up to the P4A track meet for our Grade 4 - 8 students. All of our students from Kindergarten to Grade 8 will travel to Debden on May 30 to participate in this fun event. Parents and grandparents are invited to attend. Our city high school track and field meet for Grade 9 - 12 students will be held on May 18 (after school) and all day May 19. Those who qualify from this meet move on to districts which will be held on May 25 (evening) and May 26. Both of these events take place at Harry Jerome track in Prince Albert. Good luck to all participants.

We would like to welcome Mrs. Raquel Olson to our teaching staff. She will be filling in for Mrs. Gwen Olson till the end of June. Miss Vanessa Thompson has moved from Mrs. Gwen Olson's position to Mrs. Nicole Senger's maternity leave until the end of June.

Our community has once again shown tremendous support of our school and our fundraising activities. With your help, our Mom's Pantry profit was \$1297.94. Half of this money will be put to our Free the Children project and the other half will go to our local school sponsored activities.

The end of the school year is quickly approaching. We ask for your assistance in encouraging your child/ren to have regular attendance, complete all assignments and final projects by the assigned due date, and to study for yearend exams. We also appreciate when you remember to phone in or send us a text when your child is going to be absent.

-Mrs. Sherry Moar & Mr. Richard Schwehr



LIBRARY NEWS

Hello from the library! I encourage students to take special care in transporting their library books back and forth from home to school.

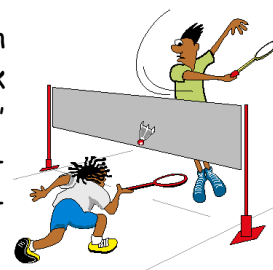
A reminder to all students to return their library books by the due date so no late fees will be applied to their accounts and their lending privileges will not be affected.

All library books must be returned back to school by June 10 in time for inventory. Any unreturned books will be added to your child's student fees in the fall.

-Mrs. Tracy Pease

PAST EVENTS

Junior Badminton Tournament - Canwood hosted its annual Junior tournament on Friday, April 22. The Junior tournament drew players from Canwood, Shellbrook and Debden. Congratulations to Riley Rude and Briar Cain for winning the boys' doubles and to Briar Cain for winning the B side in boy's singles. Others competing were Preston Wright, Adam Moritz, Tylen Reimer, Kelcie Grimard, Dylan Grimard, Dominic Sten and Noah Johnson.



Open Badminton Tournament - The Canwood Classic Open tournament drew players from Canwood, Shellbrook, Debden, Leoville, Prince Albert, Moose Jaw, Unity, Meath Park, Carrot River, Saskatoon and Nipawin. There were many great rallies and matches throughout the day which allowed our younger players from the surrounding area to see badminton played at a high level. A huge thank you goes out to the players and the volunteers in the canteen for making the tournament a success.

-Mrs. Sherry Moar & Mr. Grant Person

ONGOING EVENTS

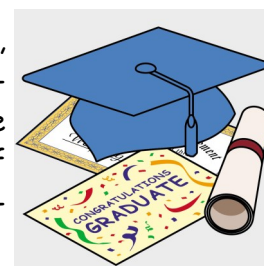
Yearbooks are now on sale! - The Canwood Public School yearbook for the 2015-2016 school year is on sale now until June 30. Yearbooks are on sale for \$35/book and ordering is the same as last year. You can order online by going to the website at <http://ybstore.friesens.com/stores/305076> or if you prefer you can also order directly through the school. There are also some yearbooks from the 2014-2015 year left, you can purchase a copy at the school office. If you have any questions, please contact Kori Boskill at the school.

-Miss Kori Boskill

2016-2017 Calendar - The 2016-2017 school year calendar is available on the Canwood School website at www.cw.srsd119.ca or the Sask Rivers website at www.srsd119.ca under "parent information".

UPCOMING EVENTS

Graduation - Canwood Public School graduation will be held on Friday, May 27, 2016. The exercises will be held at the school gym at 7:00 p.m., followed by a social. The exercises and social are open to all members of the community. Please feel free to join us and celebrate with the graduates. The graduating class of 2016 is Ryan Aiken, Brett Bischler, Keanu Coulineur, Sydney Kvinlaug, James Milliken, Kali Stocks and Matthew Wolfe.



Summer Youth Program - Canwood Public School along with the Village of Canwood has applied for funding to continue the Summer Youth Program, which will run for July & August 2016. Please watch for further information and job postings. The following qualifications will be an asset for applicants: experience in working or volunteering with youth/children, and Play Leadership Training/First Aid/CPR.



SCHOOL SPORTS

Senior Badminton - The last couple of weeks have been very busy for the Senior badminton players. They finished off league play on April 19. Thursday April 21 was our Conference Playoffs which were held in Big River. The following players attended the Conference Playoffs: Dylan Kvinlaug, Keanu Coulineur, Saxon Rowland, Paige Anderson, Riley Rude, Preston Wright, Alisha Rivard, Mercedes Bedard, Brody Cyr, Makayla Stieb, Delayne Aiken and Ryan Aiken. District playoffs will be held in La Ronge on April 30. Ryan, Delayne, Paige, and Dylan qualified for this competition. The top two in each of the categories will then advance to Humboldt for the Regional Playoffs on May 7. Good luck to our badminton team.

-Mrs. Sherry Moar & Mr. Grant Person

Junior Badminton - Junior badminton was fast and fun. All students played many games and saw improvement in their skills. Many played in the tournament in Shellbrook and at our home tournament. At extravaganza in Debden our players displayed good sportsmanship and represented our school well. Congratulations to Briar Cain for winning gold in boy's singles and Cassidy Anderson and Casey Kvinlaug who won silver in girls' doubles. The other Canwood team members were: Noah Johnson, Rebecca Moritz, Johnathan Bather, Ethan Bodnarchuk, Dominic Sten, Kayleigh Eberts, Kaley McInnis, Caylah Nelson, Selena Andersen, Dylan Grimard, Kelcie Grimard, Adam Moritz, Tylen Reimer and Keegan Thomas. Thank you to all parents for driving and supporting our team members. Thank you to Mr. Person and Mrs. Moar for organizing and hosting our home junior badminton tournament.

-Mrs. Colleen Eberts & Mrs. Lisa Howat

Track and Field - Track and Field is ready to go for another year! We will be having combined practices, after school, for students in grades 4 - 12 throughout the next month. The track will be set up soon and the practice dates are as follows: May 3, 4, 5, 11, 12, 17, 18, 19, 24, 25, 26, 31, June 1, 2.

Grade 4 - 8 students will take part in the P4A city track meet on the evening of June 6 (long distance running only), June 7 and June 8.



High school students will compete in the city meet in Prince Albert on May 18 and 19. Those that qualify from the city meet will go to districts in Prince Albert on May 25 and 26. Provincials are to be held in Regina on June 3 and 4.

This year's coaches will be Mr. Person, Mrs. Eberts, Mrs. Howat, Miss Thompson and Mr. Duval.

EXTRAS

Prekindergarten 2016-2017 - Anyone interested in enrolling their child in the PreK program for the 2016-2017 school year can contact the Canwood Public School office for more information, or come in and fill out a registration form.

Canwood's 100th Birthday Celebrations - During the upcoming Village of Canwood and R.M. 100th Birthday celebrations, Canwood School will be open throughout the weekend for anyone wanting to tour the school. We also plan on displaying old yearbooks, school jackets and/or other memorabilia. If you have any Canwood School articles that you think should be displayed, please contact the school at 306-468-2150.



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We're on the Web!

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

COMMUNITY EVENTS

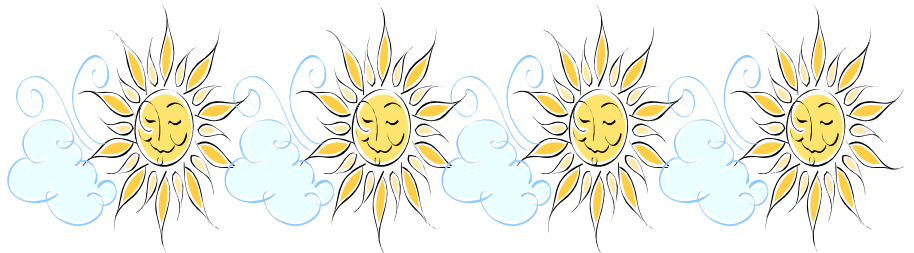
Spruce Side Arena - now open for:

- Western riding lessons (for all ages)
- Boarding
- Training



Melissa and Makayla Stieb are excited to share their passion of horses! We are Equine Canada Certified Coaches. Lesson horses are available or bring your own.

Please call 1-306-468-7279 or 1-306-468-4383 for more info.



Produce of the Month

Eating celery does so many great things for your body. Celery helps reduce inflammation, is low in calories, aids in digestion and is loaded in vitamin A which helps with eye health. Celery is also packed with a powerful flavanoid called luteolin which helps prevent cancer.



Activity of the Month

Lacrosse uses a unique combination of speed, skill, agility, grace, teamwork and finesse. But, you don't have to be a professional player to have fun. Start by practicing, grab a stick and have a catch with a friend. Have fun!

Back to Basics with Whole Foods

You may have heard some of the buzz about eating whole foods and how they are so much better for you than the processed alternative. Well, it turns out that eating whole foods really is good for your health. The American Dietetic Association describes whole foods as that in its natural state. Apples are a good example; they are a whole food when picked off the tree but when turned into apple sauce, they are no longer a whole food. Some other whole foods include all fruits, vegetables, organic meats, and whole grains. Eating whole foods is such a healthy choice because they are loaded with fiber, vitamins, minerals and phytochemicals- the natural compounds found in plants which contain antioxidants. Another advantage of eating whole foods is the natural combination of vitamins and minerals contained within. Studies have shown that supplements of single vitamins and minerals have not shown the same health benefits as the naturally occurring ones within whole foods. So why not go back to the basics; try eating some whole foods in your meals. It will be delicious and nutritious!

Cooking Lesson... Orange Frosty

Ingredients:
 1/2 cup fat-free vanilla ice cream
 1/2 cup orange juice
 1 orange, peeled and frozen
 1 tsp orange zest (optional)

Directions:
 Place all ingredients in blender and enjoy!
 Each serving provides: An excellent source of vitamin C and a good source of calcium and potassium.

May 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Angela Leski, Social Worker, will be at Canwood School on Mondays & Tuesdays	2	3	4 Pizza \$3.50	5	6 Beef Barley Soup \$2.00 & Cornbread \$1.00	7
8 	9 Pre-K Family Day (Evening)	10 Gr. 9 Party Program in Shelbrook	11 Lasagna \$3.50	12	13 Corn Chowder Soup \$2.00 & Ham Sandwich \$2.00	14 
15	16 Day 4	17 Day 5	18 Baked Chicken & Veggie Rice \$3.50	19 Day 1	20 Day 2	21
	Pre-K	Pre-K	Gr. 9-12 Track & Field in P.A. (evening) Day 5	Gr. 9-12 Track & Field in P.A. Day 6	Lemon Chicken Orzo Soup \$2.00 & Biscuit \$1.00 Day 1	
22	23 	24 Day 4	25 Subs \$3.50	26 Day 6	27 Leflowers	28 
	Pre-K	Pre-K	District Track & Field in P.A. (evening) Day 5	District Track & Field in P.A. Day 6	No Pre-K	
29	30 K-8 Track & Field in Debden	31 Day 2	Day 3	Day 4	Day 5	
Day 6	K	Pre-K	Pre-K	K	No Pre-K	

Spring