

CANWOOD PUBLIC SCHOOL NEWSLETTER

DECEMBER 2021

ADMINISTRATOR'S MESSAGE

A person far smarter than me once said 'the days can be long but the years are short'. That quote seems to fit this year well. We have had some big events so far this year, most recently co-hosting provincial 3A girls volleyball with Shellbrook. There were a number of events this past month including volleyball wrapping up with playoffs and season ending tournaments. I would like to thank the coaches for volunteering their time, thank you Mrs. Sansom, Mrs. Howat and Mrs. Hansen. Also a big thank you to the players for their dedication and effort and to all the parents who helped drive the teams to games. The football season lasted into November for the first time in 14 years after the team made it deep into playoffs. The season came to an end with a loss to Clavet in the provincial semifinal game. I am extremely proud of the team and the impact the Canwood players had on the success of the season. Congratulations Johnathan Bather and Dominic Sten, our senior players, who finished their high school football career on a high note.

The Remembrance Day service followed a similar format to last year and was very well received by both our students and visiting Legion members. There were a few senior ELA projects of particular note. Johnathan Bather carved a poppy out of wood, while Dominic Sten used his preferred medium of steel to create a sculpture of a poppy. Tessa Genereaux observed Remembrance Day by running from her home on Ahtakakoop First Nation to Canwood Public School. A write up and picture of Tessa's run was widely shared in the media and on social media. The school has received multiple phone calls and letters from across Canada about how Tessa's run touched people in a positive way and gave 'good feels' to many people.

Mental health and wellbeing is a stated priority for our division and our school. To help support our students through the stress of being a youth in these increasingly complex times we live in we are taking action in a variety of ways. A number of our staff are taking professional development workshops on mental health first aid. We have also had the school division's mental health coach Carolyn Lemire out to present about mental health and work with students to develop resilience in coping with daily struggles. Carolyn is booked in to work with our students throughout the year. We are also pleased to have Odile Aiken to do BodyTalk presentations with all of our classes. Thank you, Odile, for donating your time and expertise.

The SLC is planning a variety of Christmas activities including name that tune Christmas edition, spirit week, and planning a senior Christmas party for the final day before the Christmas break. The elementary end is happy to have Santa Shop return, and the classes will be celebrating Christmas with class parties and activities. Canwood will also be collecting food, toys and cash donations in support of the local church's Christmas hamper program.

Finally I'd like to finish off with a safety reminder. Our parking lot supervisors and bus drivers have noticed cars driving past the busses while the stop signs are out and lights flashing. Fines for driving past a school bus with it's stop sign out and lights flashing start at \$360. In the interest of safety and your pocket book please stay parked until the busses have departed. From all of us at Canwood public school to all of you please have a very Merry Christmas and a Happy New Year. -Mr. Brian Linn

SCHOOL SPORTS

Senior Girls and Boys' Volleyball - The Senior Girls' team had a great season and developed a lot of their skills during their Hwy55 league games against Debden and Big River. They played well at their Halloween tournament in Medstead and finished the season at Conference Playoffs back in Medstead.



The Senior Boys' team played games against Leoville and Glaslyn and faced off against some challenging teams at Conference in Edam. Thanks to all the volunteers that helped our home games run smoothly. Thank you to the players who were willing to learn and grow their skills in the first season back after Covid. Thanks also to Ms. Stefankiw who helped coach while she was at the school. We are looking forward to a great season for both teams next year as the players continue to grow and develop their skills. *-Mrs. Kori Sansom & Mrs. Lisa Howat*

PAST EVENTS

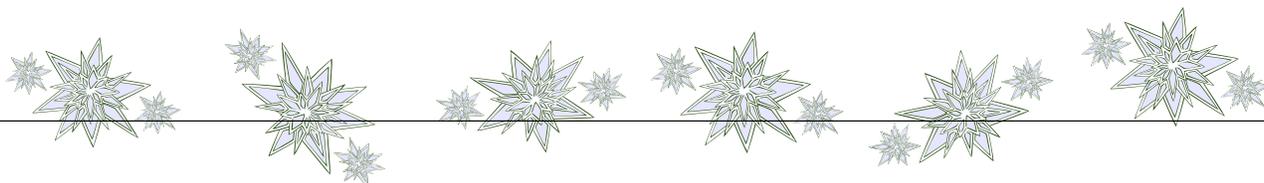
Grade 12 English Language Arts - The Grade 12's were asked to draw Remembrance Day posters for an ELA assignment. Some went ahead with the original poster assignment, while others decided to think of alternative ways to honour our veterans. Dominic Sten chose to weld a poppy. Johnathan Bather used his shop skills to design a poppy out of wood. Tessa Genereaux did a performance art piece and ran from her home on Ahtahkakoop First Nation to Canwood Public School. Thank you to all the Grade 12's for their participation and creativity. But more importantly, thank you to our veterans for your sacrifice and bravery. *-Mrs. Vanessa Balicki*



UPCOMING EVENTS

Breakfast - Baby Got Bannock breakfast for all students on Tuesday, December 7

Christmas Food Hampers - The Shellbrook and District Ministerial Association Food Bank is collecting non-perishable food and items to provide food hampers for families in the area. If your family is in need of a Christmas hamper this year you can pick up a request form at the Canwood School office.



Christmas Hamper Program - This year Canwood Public School SLC will be partnering with the Shellbrook and District Ministerial Association Food Bank. This program supports families each Christmas season, including families in the Canwood area.

Items being collected are:

-Non-perishable food such as canned food, pasta and sauce, stuffing mix, cranberry juice or sauce, candy, chocolates, flour, sugar, cookies, crackers, tea/coffee/juice

-New mitts and toques

-New in the box toys

-Cash Donations (used by the church to buy perishable food).

Donations can be sent as soon as possible. Thank you for your generosity and for sharing in the spirit of Christmas.

THANK YOU FOR YOUR SUPPORT-SEND YOUR FOOD ITEM OR DONATION BY TUESDAY, DECEMBER 14.

-Canwood Public School SLC



Santa Shop - A Santa Shop for our elementary students in Grades K-6 will be held at Canwood Public School on Wednesday, December 15. We would like to ask each of the students in these grades to donate gently used items such as jewelry, mugs, ornaments, books, toys or other small items to the program. We are often short on items for men - suggestions are tape measures, gloves, ties, socks, coffee mugs or travel mugs. These items will be set up and displayed for the students to purchase for Christmas presents for their families at the low, low cost of .25¢ each.



Imagine the treasures they will find for mom & dad, grandpa & grandma, or their siblings. The Santa Shop will be open for Kindergarten students on Tuesday, December 14 and Grade 1-6 on Wednesday, December 15 and each student will have a chance to purchase some Christmas presents.

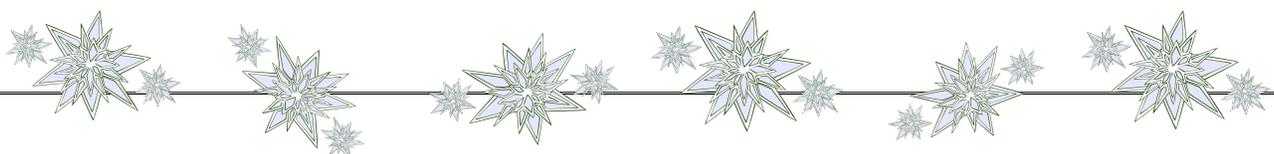
We welcome any donations of sale items, wrapping paper, bows and small boxes. Students please bring your items as soon as possible. Community members can drop off donated items at the front office. Thank you!!

EXTRAS

Thank You - Thank you to the Canwood Lake Country Co-op for their donation of Hey Clay to Canwood School.

Thank You - Thank you to the R.M of Canwood for their yearly \$50 donation to Canwood School's yearbook account.

Rapid Test Kits - We have a supply of COVID-19 rapid test kits at the school that the SHA sent out for their Self Testing Program For Schools. These kits are for Canwood School families with students 11 years old or younger. Each kit contains 5 tests. We currently have a limited supply available on a first come first serve basis. Please stop in at the school office or call 306-468-2150.





CANWOOD PUBLIC SCHOOL
NEWSLETTER

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"Food for Thought" Breakfast Program - It is not news to us that what you consume first thing in the morning can drastically affect your mood and productivity levels. Eating breakfast has been linked to improved concentration, better test scores and increased energy.

We are so excited to share that Canwood Public School is one of the recipients of the SaskEnergy "Share the Warmth" grants this year. This grant will allow us to provide our students with breakfast items on Tuesday and Thursday mornings and will also allow us to have a small stock of lunch items for the times when students are unable to bring a lunch or forget theirs.

We are so thankful that SaskEnergy chose us!

- Mrs. Kaley Spigott, School Social Worker



Tap out your Cortices! - Cortices is a brain-balancing technique that's like pressing the reset button on your nervous system. It brings both halves of your brain into better communication, decreases your stress response, speeds up healing, and boosts your creativity. It awakens and balances all areas of the brain. I have found that by tapping out the cortices on a regular basis there's an improvement in mental acuity, cognitive functioning, emotional balance, and an increase in focus, concentration, and attention span; as well it resets the Amygdala (responsible for the fight/flight/freeze response), which is activated when you're stressed. It can even be done on babies who have no other means of communication but by crying. It's easy to learn, easy to do and is totally safe for any one of any age.

When you tap out the cortices, it helps to bring the whole body and brain back into a state where it can start healing again. Amazing for situations when you can't sleep, focus, or function, or when you're feeling hurt, angry, frustrated, sad, alone, afraid etc.

For more information on the Cortices Technique you can go to YouTube and search: Tapping Cortices or you can google search the technique on the International BodyTalk Association (IBA) website: www.bodytalksystem.com

-Mrs. Odile Aiken

Please see the attached Quick Reference Guide





BodyTalk Cortices Technique Quick Reference Guide

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The BodyTalk Cortices Technique Self Application



①

Place one hand, with fingers together, at the base of your skull, so that it straddles both sides of your head and covers the top of the neck and the bottom of the skull. While holding this position, lightly tap the head, then the sternum, then the navel with your other hand, alternating for two full breath cycles. Focus on connecting all points of the right hemisphere of the brain to the left hemisphere, and highlighting circulation and communication between them.



②

Now move your hand up onto your head just above the position you just held. (You are going to systematically cover the whole head one hand-width at a time.) In the new position, tap out your head, sternum, and navel, alternating for two full breaths.



③

Repeat this procedure until you have covered the whole midline of the head from the base of your skull to just above your eyebrows, making sure that the entire brain is covered. Your hand positions may overlap to ensure that no areas are left untouched.



④

Remember to maintain deep (but not forced) breathing throughout this entire procedure. Just getting more oxygen into the body can improve health on its own. Oxygen is vital to every cell producing energy for all biochemical processes.



⑤

Now cover the sides of your head to balance the temporal lobes of your brain. After holding both sides of your head for a few seconds, let go with one hand; and while still holding one side of your head, use your other hand to tap on your head, sternum, and navel. After each head-sternum-navel tapping, place your tapping hand back onto the side of your head for a few seconds. Continue this process for at least two full breath cycles.



⑥



BodyTalk Cortices Technique Quick Reference Guide

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The BodyTalk Cortices Technique With a Partner



①

Place one hand on the person's head at the base of the skull where it meets the neck. (Keep fingers and thumb together during this technique to avoid missing any areas of the brain.) While holding this position, lightly tap the head, then the sternum (or mid-back if preferable), then the navel (or low back), alternating for two full breath cycles. Focus on connecting all points of the right hemisphere of the brain to the left hemisphere, and highlighting circulation and communication between them.



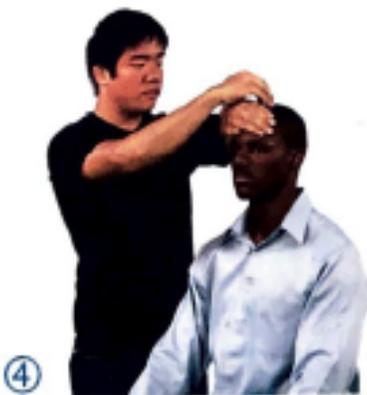
②

Now move your hand up onto the head to the position just above the one you just used. (You are going to systematically cover the whole head, one hand-width at a time.) In the new position, tap out the head, sternum, and navel, alternating for two full breaths.



③

This procedure is repeated until you have covered the whole midline of the head from the base of the skull to just above the eyebrows. This could mean three hand-widths for a large hand to cover a small head or five hand-widths for a small hand to cover a larger head.



④

The main objective is to make sure that the entire brain is covered. The hand positions may overlap to ensure that no areas are left untouched. Maintain deep (but not forced) breathing throughout this entire procedure.



⑤

Now cover the sides of the head to balance the temporal lobes. Preferably, have the person cover both sides of his or her head with their own hands. Or you can cover both sides of their head with your hands. Now tap out head, sternum, and navel while the person takes two full breaths. (If you are doing it the second way, let go with one of your hands to tap the head, sternum, and navel.)



December 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
Mrs. Kaley Spigott Social Worker School on December 7 & 14			PreK	K	K	K
5	6	7	8	9	10	11
	PreK	Baby Got Bannock Breakfast for all students	PreK	K	PreK Family Day	
12	13	14	15	16	17	18
	Spirit Week Red & Green Day PreK	Spirit Week Christmas Hat & Hair Day K	Santa Shop Spirit Week Christmas Sweater Day PreK	Spirit Week Christmas Formal Day K	Spirit Week The Night Before Christmas Jammies Day K	
19	20	21	22	23	24	25
	PreK	K	PreK	K	K	
26	 Merry Christmas 