

CANWOOD PUBLIC SCHOOL NEWSLETTER

MARCH 2021

ADMINISTRATOR'S MESSAGE

It is absolutely amazing how a change in temperature and a little extra sunlight in the day can make a person feel so good. It feels like after the cold snap in February finally broke, we are walking downhill into spring. As the weather becomes even more unpredictable as spring time approaches please be sure to send your little ones dressed for the weather. I have a feeling we will be flip flopping between ski pants and slush pants for the next little while.

Our graduating class with the guidance of Mr. Schwehr are starting to plan for graduation. This time of year for graduates it becomes very real that their high school career is coming to an end and the next chapter of their lives is just beginning. With the impact of Covid-19 on all things this year the grad committee is working hard to plan within what is allowed. I thank the students for their understanding and willingness to make the best of a tough situation. Stay tuned for more details including the date of this year's ceremony.

I would like to thank the School Community Council for their donation of a book for every K-6 student. The books did not make it in time for Christmas but the kids were no less excited to receive a new book to take home. Thank you SCC. The next SCC meeting is Monday, April 19 at 5 p.m..

Finally, a reminder to stay safe while out on the snowmobiles, the layers of ice and snow make conditions very unpredictable which can easily throw a rider. Add in melting snow and small rivers which can become very unpredictable. Be sure to always let people know where you are going and when to expect you back and always wear a helmet. Stay safe and have a wonderful month of March.

-Mr. Brian Linn



LIBRARY NEWS

A special "Thank You" to the School Community Council for so generously purchasing a book for each child in the elementary grades. They finally arrived and were handed out this month. What a wonderful way to get a new book into all the elementary children's hands. Thank you again!

-Mrs. Tracy Pease

Thanks!



CANWOOD PUBLIC SCHOOL
NEWSLETTER

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We're on the Web!

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

EXTRAS

Bus Notifications - Remind notifications for SRPSD buses are available. Follow these simple steps to receive important information about your school bus, sent right to your phone. We ask that along with your specific school(s) you also subscribe to "All SRPSD buses". Important division wide information may be sent only to "All SRPSD buses" in some circumstances. For instance, in the case of buses being cancelled because of weather thresholds, notice will be sent out on the "All SRPSD buses" channel.

For Canwood buses:

1. Download the Remind app from the App Store or Google Play
2. Sign up for an account and enter the code cwbus to join Canwood buses

Or, sign up for text updates:

Text 902-701-9279 with the words "join cwbus" to get updates from Canwood School bus info via text message

For all SRPSD buses:

1. Download the Remind app from the App Store or Google Play
2. Sign up for an account and enter the code srsdbus to join all SRPSD buses

Or, sign up for text updates:

Text 902-701-9279 with the words "join srsdbus" to get updates from SRPSD bus info via text message

Cooking with Kids

Reasons to get cooking with your kids

Cooking is educational and fun! If your kids get cooking now, chances are they will continue this good habit as they grow older. Here are more good reasons to get your kids in the kitchen.

Sharing family cooking traditions

Keep your cultural roots alive by teaching your kids some old family favourites. While in the kitchen, talk about who taught you to cook and your favourite traditional recipes. You may even want to collect recipes from family members as a gift for your children.

Learning together in the kitchen

Cooking allows your children to learn in so many ways. Your children will learn about:

- **Health:** What makes a healthy meal or snack?
- **Language:** How do you read a recipe or write a grocery list?
- **Math:** How do you measure ingredients and work with fractions?
- **Science:** What will happen when you boil an egg or make bread?
- **Social studies:** What food is grown in Canada and around the world?
- **Food skills:** How do you stir, chop, knead, pour and scoop?
- **Social skills:** How can we work together, take turns and share utensils?


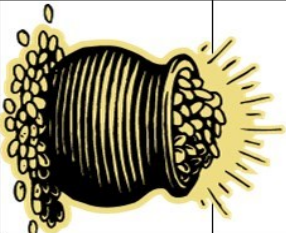

SPENDING QUALITY TIME TOGETHER IN THE KITCHEN

Cooking is an easy way to spend extra time with your kids. On a busy weekday, it's a great way to reconnect after a long day apart. On the weekend, it's a relaxing way to have fun together.



March 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Mrs. Kaley Spigott, Social Worker, will be at Canwood School on March 2, 9, 16, 23 & 30</p>	1 PreK	2 K	3 PreK	4 K	5 Ribbon Skirt or Ribbon Shirt Day No PreK	6 13 
7 PreK	8 PLC No Classes	9 K	10 PreK	11 K	12 K	20
14 PreK	15 PreK	16 K	17 PreK HAPPY ST. PATRICK'S DAY	18 K	19 No PreK	27 
21	22	23 K	24 PreK	25 K	26 Grade 1-12 Report Cards K	
28 	29 PreK	30 K	31 PreK			

Hearty Beef Minestrone

Ingredients:

- 1 lb lean ground beef
- 1 can (28 oz/796 mL) no-salt added diced tomatoes
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green pepper or zucchini
- 1 cup shredded cabbage
- 1 cup diced potatoes
- 1 cup sliced carrots
- 2 bay leaves
- 1 tsp salt
- ¼ tsp freshly ground black pepper
- 6 cups water
- 1 tsp Worcestershire sauce
- 1 can (14 oz/398 mL) red kidney beans, drained and rinsed
- ½ cup elbow macaroni
- Freshly grated Parmesan cheese (optional)



Instructions:

1. In a deep, heavy pot, over medium-high heat, cook beef, breaking it up with the back of a spoon, for about 8 minutes or until no longer pink. Drain off fat.
2. Stir in tomatoes, onion, celery, green pepper, cabbage, potatoes, carrots, bay leaves, salt, pepper, 6 cups water and Worcestershire sauce; bring to a boil.
3. Reduce heat to low, cover and simmer for 1 hour. Stir in beans and macaroni; cover and simmer for 30 minutes or until vegetables are soft and pasta is tender.
4. Ladle into warmed bowls and sprinkle with Parmesan, cheese if desired.