

CANWOOD PUBLIC SCHOOL NEWSLETTER

MAY 2021

ADMINISTRATOR'S MESSAGE

Days are getting significantly longer, trees are starting to leaf out, and new birds at the feeders are all great signs summer is on the way. Now only if the weather could follow suit that would be perfect. Here is hoping there is a healthy mix of sun and rain in the forecast. In hopes of better weather and getting outside the PAA classes are working hard to make picnic tables for the school. The shop is buzzing with activity.

Our focus on reading in the elementary end is humming along with students making gains. You can work with your younger children on decoding, by sounding out the letters and sounds in a word then blending them together to make a smooth sounding word. For our older students you can have conversations about the stories they are reading or watching then ask about what connections the story has to their life. Regular reading, listening, and talking will greatly aid in your child's ever growing ability.

Thank you to the Métis Nation of Saskatchewan for the donation of ten Chromebooks to Canwood. This was part of a significant donation of Chromebooks to Saskatchewan schools by the Métis Nation. Thank you.

It is tinder dry and at the time of writing this, there are plenty of fire bans in effect. Hopefully rain has come, but even if it has it never hurts to remind each other of the dangers of hot exhaust pipes. When out enjoying the trails on the quad or heading across the fields in a truck take care to stay out of the long dry grass. And always be on the lookout for fire.

Wishing you all the best this spring, take care out there. *-Mr. Brian Linn & Mr. Richard Schwehr*



EXTRAS

Prekindergarten & Kindergarten 2021-2022 - Anyone interested in enrolling their child in the PreK or Kindergarten programs for the 2021-2022 school year can fill in the registration forms on our school website. Contact the school office at 306-468-2150 for more information.

SRSD Art Show - Due to COVID, Saskatchewan Rivers Public School Division - Education Centre will not be holding an in-person art show this year. The student that has artwork selected will be contacted to give them an opportunity to schedule an appointment to view their work. We will be holding private viewings in the month of May between the hours of 8:30 a.m. and 4:30 p.m.. Should anyone wish to view the artwork at the Ed Centre, please contact Lisa Dryka at ldryka@srsd119.ca or 306-764-1571 to schedule an appointment.



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Slow Down - Canwood Public School staff and students would like to remind everyone to slow down in our school zone. We have noticed an increase in "speedy drivers" traveling past the playground and school building. Please pay attention to the speed limit when traveling through the school zone on 1st Street East.

Parking Lot Safety - Parents/guardians, if you are parked anywhere near the school to pick up students at the end of the day, please remember that children may be walking between and/or behind parked cars on the way to their parent's vehicle, and might not be easily seen, or they may be riding their bikes home after school. Wait to pull away from the school until students have made their way to their vehicles or down the street, and wait until the buses have left the parking lot. Thank you.

Practical & Applied Arts Class - Just in time for summer! The grade 11 and 12 PAA class is building wooden toboggans. The students have been learning a variety of shop tools as well as how to bend wood with steam. It has been a fun and challenging project.
-Mr. Brian Linn



CMHA Mental Health Week  Canadian Mental Health Association - Mental health for all

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

HAPPY **AFRAID**

SAD **ANGRY**

Name it, don't numb it.

#GetReal about how you feel.

Even in times of extreme anxiety and stress, mental health is something we can protect. Not just something we can lose.

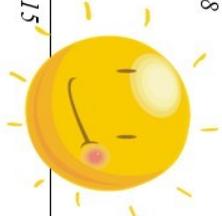
This CMHA Mental Health Week, let's focus on naming, expressing and dealing with our emotions – the ones we like and the ones we don't. It's important for our mental health.

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May 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Mrs. Kaley Spigott, School Social Worker, will be at Canwood School on May 4, 11, 18 & 25</p>						1
2	3	4	5	6	7	8
	PreK	K	PreK	K	No PreK	
9	10	11	12	13	14	15
	PreK	K	PreK	K	K	
16	17	18	19	20	21	22
	PreK	K	PreK	K	No School	
23	24	25	26	27	28	29
	Victoria Day No School	K	PreK	K	No PreK	
30	31					
	PreK					





Saskatchewan
Health Authority

MIXED EMOTIONS

VIRTUAL Anxiety and Depression Group for Children & Youth

“Mixed Emotions” will provide virtual support to child and their caregivers who are experiencing anxiety and/or depression.

“Mixed Emotions” will strengthen the participant’s knowledge of anxiety and depression, expand their “toolbox” of coping skills, increase personal accountability and assist in relapse prevention.

“Mixed Emotions” Virtual group will include parent/caregiver to assist in understanding anxiety and depression, and provides practical coping skills and support.

Up Coming Group Sessions

Youth Session (Ages 9-12) May 11th, 21st, 25th, & June 1st from 4:00-5:00pm



To register, please contact Intake at (306) 765-6055. For more information please contact Shelby Lysitza at Prince Albert Mental Health (306) 765-6055 or Shelby.lysitza@saskhealthauthority.ca.