

CANWOOD PUBLIC SCHOOL NEWSLETTER

MARCH 2022

ADMINISTRATOR'S MESSAGE

We have entered the month of spring. I always notice a significant change in March, people have become acclimatized to winter, the days are noticeably longer, the hope of warmer days brings more smiles to people's faces. Speaking of smiles, as of February 28th the indoor masking mandate has been removed. I am very much looking forward to seeing staff and students' smiles once again. There will certainly be a variety of feelings towards the dropping of COVID restrictions most notably for schools the removal of mandatory indoor masking. For some it will be a thing to celebrate for others it will cause concern and worry. I would like to be clear Canwood school will be mask friendly, if staff or students choose to continue to wear a mask that will be supported and masks will still be available at the school. I would ask that we all show kindness to each other and be respectful of each other's choices when it comes to masking. Make the choice to wear or not wear a mask that is right for you and be respectful of other people's choice as well. Please remember your choice can change from day to day.

Some of the most basic health practices will stay (and will always stay) in effect. Namely thorough and regular handwashing. But also, things such as not sharing drinks, limiting the number of times we touch our face, and sneezing/coughing into our elbow rather than our hand. I would also remind people to stay home when experiencing cold and flu symptoms. Use your best judgement when experiencing symptoms and deciding to stay home or go out, I know this is not always an easy decision.

In athletic news our junior basketball team is continuing to practice and is looking at playing some exhibition games with neighboring schools. We had our sign up for Grade 7-12 badminton prior to the break with over 24 students signing up to play in the HWY 55 league. The elementary grades have been enjoying their skating days over at the arena. Thank you to all the parent and student volunteers who have helped tie skates for the little ones.

Our second parent teacher interview day is set for Thursday, April 7th. Mrs. Hinson will be reaching out towards the end of March to set up interview times. But please do not hesitate to contact your child's teacher at any time if you have any questions.

Finally, I would like to leave you with my favorite seasonal safety tip. As the days get longer and the sun higher in the sky please remember to put on sunscreen before the sun reminds you. Stay safe and have what I hope is a wonderful finish to winter and the start of spring.

-Mr. Brian Linn





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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?


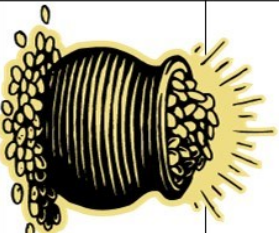
SPENDING QUALITY TIME TOGETHER IN THE KITCHEN

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 2022



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

HAPPY ST. PATRICK'S DAY

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.