

CANWOOD PUBLIC SCHOOL NEWSLETTER

MARCH 2023

ADMINISTRATOR'S MESSAGE

Greetings everyone! March is here and spring is just around the corner. We are so thankful for the mild weather days in February. This past month has been filled with many events. In the high school end our students began Semester 2 classes. On February 14th the RCMP and a representative from Gateway Regional Victim Services presented to Grade 4 - 12 students about Online Safety, Child and Youth Law, Healthy Relationships and Alcohol and Drug Awareness. We want our students to be proactive and be given resources on living a healthy lifestyle. Thank you to Constable Spraggs and Miss Nikolaisen for their kind and helpful words!

This year the theme for Staff Appreciation Week was "Champions of Learning"! We definitely have a staff of Champions! Thank you Canwood Staff for your daily commitment to our students' learning and supporting their needs. The SCC showed their appreciation by providing a homemade lunch, it was very delicious!

Kindergarten to Grade 6 students have been skating every Thursday, what a great way to celebrate winter living. A huge thank you to the parents for volunteering their time to tie skates and help out at the rink.

Our SLC planned a fun Spirit Week on the week before the Winter Break, it's always nice to see our students participate in such events. Many thanks to the SLC for making school a fun place to be!

At the end of March we will be connecting with parents and caregivers once again on the evening of Thursday, March 30th. We hope to see you on this evening and talk with you about your child's learning progress and goal achievement. In the middle of March watch for a notice to sign up on EDSBY for a time to meet with your child's teacher.

-Mrs. Sylvia Delisle



SLC NEWS

Telemiracle - For the month of February, the SLC hosted bake sales every Friday, to fundraise money for Telemiracle. All baking items were \$1.00 each, and SLC members volunteered to bake items, on their own time. Thank you to those who supported this fundraiser! A big thank you to the SLC members who provided the baking: Nova, Becky, Jacklyn, Ebe, and Mr. Duval's PAA class! The total amount raised for Telemiracle was \$270.20.

-Mrs. Vanessa Balicki

The Canwood School staff is also donating their casual Friday funds of \$680 to Telemiracle for a total of \$950.20 being sent from Canwood School.



CANWOOD PUBLIC SCHOOL
NEWSLETTER

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We're on the Web!

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

UPCOMING EVENTS

Ribbon Skirt/Shirt Day - In the spirit of reconciliation, we recognize Ribbon Skirt/Ribbon Shirt Day in SRPSD schools, this year it will be on Wednesday, March 8th. We are all on a journey together towards reconciliation, and we recognize that education is a platform for hope as we come together as a community. The importance of this day is to bring the ribbon skirt teachings and Indigenous perspectives to the forefront and to show solidarity as an SRPSD community.

The road to reconciliation is paved by the commitments of all of us to do our part to create safe and inclusive learning spaces. We hope that Ribbon Skirt and Shirt day will lift us all up, as we stand together in solidarity with Indigenous people. If you have a ribbon skirt or ribbon shirt please wear it on March 8th.

"Breakfast for Lunch" - On March 16th sausage and pancakes will be available for staff and students to purchase for lunch. This is a fundraiser for new high jump mats. The cost of the meal is \$3.00. Forms will be sent home closer to the date to pre-order by March 13th.

COMMUNITY EVENTS

Auction - Canwood Regional Park Supper and Auction fundraiser on Saturday, March 11th at the Canwood Elks Community Hall. Adults \$15, 6-12 years \$8, 5 and under free. For more information contact Grant 306-893-8085 or Bob 306-468-7942.

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 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mrs. Kaley Spigott, Social Worker, will be at Canwood School on March 7, 14, 21 & 28			1 PreK	2 K	3 No PreK	4
5	6	7	8 Ribbon Skirt/Shirt Day SCC Meeting 5 p.m. PreK	9	10 Grade 7-12 Ski Trip	11
12	13 PreK	14 K-6 Ski Trip K	15 PreK	16 Sausage and Pancake Lunch K	17 Convention No Classes HAPPY ST. PATRICK'S DAY	18
19	20 PLC No Classes PreK	21 K	22 PreK	23 K	24 K	25
26 Illustration of a leprechaun in a green suit and hat, holding a pipe.	27	28 K	29 PreK	30 Parent-Teacher Interviews K	31 PreK Family Day	Illustration of a black pot of gold with gold coins spilling out.

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.



February 22, 2023

Dear Parent/Guardian,

Recently a Pertussis (whooping cough) outbreak was declared in southern Alberta. Prince Albert Public Health is asking parents and guardians to please ensure their children are up to date with **routine immunizations**.

What is pertussis?

- Is caused by the bacteria *Bordetella pertussis*
- Is a serious and highly contagious infection of the lungs and throat
- Young children, especially those *who have not been immunized*, get sicker than other children—**immunization is key to preventing serious illness and outcomes**
- **Early diagnosis and treatment is important** to stop the spread of the pertussis bacteria
- Pertussis spreads easily when an infected person coughs, sneezes or has close contact with others
- It starts like a common cold with symptoms such as sneezing, runny nose, mild fever and a mild cough.
- During the next week or two, the cough gets worse, leading to severe coughing spells that often end with a whooping sound before the next breath—especially in young children
- Teenagers and adults may not make the whooping sound
- The cough can last one to two months and occurs more often at night
- The cough can make a person gag or spit out mucus, making it hard to breathe. This prevents enough oxygen from getting to the brain

How can I prevent getting or spreading Pertussis?

- **Get immunized for Pertussis to protect yourself and those around you**
 - Pertussis containing vaccines are part of the routine childhood immunization program and adult immunizations (including for pregnant women) are available as well
 - **If you're unsure if your child is up to date please phone (306) 765-6506 to speak with a Public Health Nurse**
 - **We have also attached clinic poster with our available clinics in Prince Albert and Rural Areas.**
- Stay home when you feel sick
- Wash your hands with soap and water.
- Use an alcohol-based hand sanitizer gel to clean your hands if soap and water are unavailable.
- Cough and sneeze into your sleeve or a tissue (throw tissue away after use and wash your hands)
- Clean and disinfect all surfaces regularly

For more information: <https://www.saskhealthauthority.ca/news-events/news/protect-yourself-and-your-family-pertussis-whooping-cough>

Sincerely,

School Team Prince Albert Public health, Saskatchewan Health Authority



**Saskatchewan
Health Authority**

Public Health Nursing
2nd Flr. LF McIntosh Bldg
204-800 Central Avenue
Prince Albert, SK S6V 6G1
P: 306-765-6506 | F: 306-765-6536

Childhood Immunization Clinics



PRINCE ALBERT & AREA CLINICS

By Appointment Only - CALL 306-765-6510

Prince Albert Public Health Office

2nd Floor L.F. Macintosh Building - 800 Central Avenue
Monday to Friday 9am - 4pm

Birch Hills Health Center

3 Wilson St, Birch Hills
1st & 3rd Tuesday each Month

Late Day Child Health Clinics



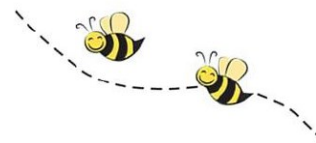
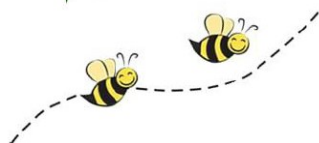
Gateway Mall (C19 clinic location)
Thursdays 3pm - 6:15pm

Kinistino

Farm World
4th Tuesday each month

St. Louis

Public School
2nd Tuesday each month
September to June



PRINCE ALBERT DROP IN CLINICS

First Come First Served—no appointment needed

Prince Albert Public Health Office

2nd Floor L.F. Macintosh Building - 800 Central Avenue
Thursday & Friday
8:30 – 11:30 am & 1 - 4 pm

Bernice Sayese Centre

1350 - 15th Ave. W
Wednesday
10 am - 3:30 pm



Bee Wise, Immunize



**Saskatchewan
Health Authority**

Saskatchewan