

CANWOOD SCHOOL NEWSLETTER

February 2025



Happy February Everyone!

“Your education is a dress rehearsal for a life that is yours to lead.” ~ Nora Ephron

Students have been learning and growing, we are excited to share their achievement thus far. On February 4th report cards will be sent home with all students and a published copy will be available on EDSBY too. For elementary students this will be their mid-year marks. For high school students this will be their final grade for the first semester classes. There are some high school students who are enrolled in full year classes, these students will receive a interim report card.

Elementary students have been enjoying the use of the community rink. We appreciate the opportunity to provide this activity for them. We want to say thank you to Trevor Kvinlaug for opening the rink to us and to Emery Hamborg for sharpening our skates! If there are any community members who have any extra skates (adult sizes 6-8) we would greatly appreciate the donation.

February 10th to the 14th is “Staff Appreciation Week”. Please join Lisa Howat and I in thanking our amazing staff for all of their support and guidance in our students’ learning journey!

On Wednesday February 26th, it is Pink Shirt Day! “It is all about cultivating a community of kindness. Just like tending to a garden, together we can each help nurture a sense of belonging where we live, work, and go to school. It all starts with small gestures– a kind word, an offer of support or understanding. If we plant enough, pretty soon, more will be sprouting up all around us! By sprinkling these seeds of empathy and compassion, we can work towards a world without bullying and "Let Kindness Grow" through all of our community gardens. Let kindness grow this pink shirt day.” ~ <https://www.pinkshirtday.ca>

We have a new school clothing website: <https://canwoodschooletripshops.com/> This website sells Pink Shirts and many more Canwood School clothing!

Principal - Mrs. Sylvia Delisle

UPCOMING EVENTS

Semester 2 begins Monday, February 3rd.

K-12 Report Cards will be published on Edsby and sent home with students on Tuesday, February 4th.

February Break from the 17th to 21st - school is closed.

Pink Shirt Day Wednesday, February 26th.

We are having a Co-op Card Fundraiser from March 3rd-12th. More information and order forms will go out on Monday, March 3rd.

Art & Painting Class with Mrs. T
EVERY WEDNESDAY AT NOON IN MRS T'S ROOM!
*Finish christmas ornament painting (January)
*NEW art project starting in February



5th annual RIBBON SKIRT/ SHIRT DAY
MARCH 7th



Sakishwan Rivers Public School Division
Empowering Every Learner

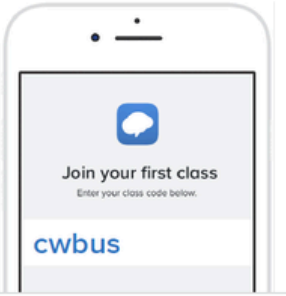
UPDATES & REMINDERS

We are looking to add some “newer” used skates and helmets with cages to our school skating program so that all our students can get the opportunity to try out skating. If you have any skates you are willing to donate, we are looking for adult size 6-8 and youth size 12-5.

SRPSD uses the Remind app to get important information to parents or students about their school bus. Follow the simple steps below to get the free Remind app for your phone. This would also be helpful for families who don't have a bus but would like to know when buses are not running. Sign up to receive notifications for Canwood buses, and also sign up for all SRPSD buses to receive information affecting the entire school division such as mass cancellations due to cold weather or rule/regulation updates.

Get the free Remind app

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

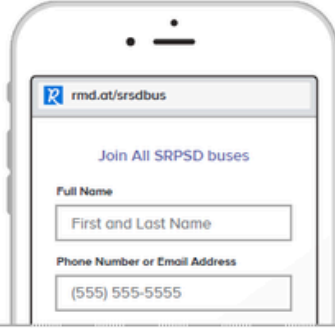


A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

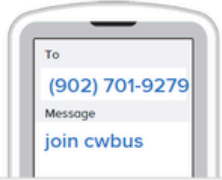
rmd.at/srsdbus

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



Or, sign up for text updates

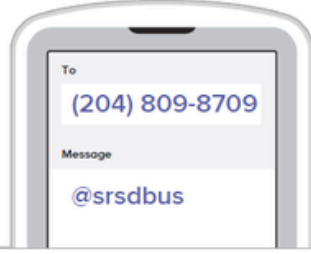
Text (902) 701-9279 with the words "join cwbus" to get updates from School bus info via text message.



B If you don't have a smartphone, get text notifications.

Text the message @srsdbus to the number (204) 809-8709.

* Standard text message rates apply.



Don't have a mobile phone? Go to this link in your browser to receive messages via email: rmd.at/cwbus

Don't have a mobile phone? Go to rmd.at/srsdbus on a desktop computer to sign up for email notifications.

COMMUNITY EVENTS

Canwood Public Library hours:
 Tuesday 9:30-4:00 Friday 10:30-5:00
 February Events:
 Kids club: Fridays-3:30-4:30
 Crafters Choice: Feb. 11th, 25th
 Parents and Tots: Feb. 4th, 18th
 Flag Day: Feb. 25 Legion with Grade 5/6
 Breath work and meditation Event: Sunday, Feb. 23 - *information on our site*

We welcome and encourage you to support your local Library! Many thanks to those who supported our upcycled BIRD FEEDER making project with donations of recycling materials, volunteers to assist, cutting out material and getting it ready (Lester) and the grant money from Sask. Library Association and affiliates. It was an awesome event in spite of the weather! Librarian-Mrs. Bev Wyatt

Canwood Royal Purple Elks are hosting a...

SUNDAY BRUNCH

February 9th, 2025 10:00am-1:00pm
 Canwood Elks Community Centre

\$15.00	Adults & Children 11+
\$10.00	Children 6-10
FREE	Children 5 and Under

Pancakes, sausage, eggs, muffins, toast, coffee, juice and all the fixin's!

EVERYONE WELCOME!

CANTEEN

30+ VENDORS

50/50 AND RAFFLE TABLE

FREE ADMISSION

PRINCE ALBERT COLLEGIATE
 Est. 1910

P.A.C.I. TRADESHOW

APRIL 5TH, 2025
 SATURDAY 10:00AM - 4:00 PM
 45 20TH STREET WEST
 PRINCE ALBERT, SK

TO BOOK A TABLE, PLEASE CONTACT:
 (306) 763-6485 OR
 BSILVER@SRSD119.CA

Canwood Public School Phone: 306-468-2150 Fax: 306-468-2999	Website: cw.srsd119.ca Email: vhinson@srsd119.ca Facebook & Instagram	850 - 1st Street East Box 370 Canwood, SK S0J 0K0
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FEBRUARY 2025



SUN	MON	TUE	WED	THU	FRI	SAT
						1
Miss Allyssa Salmond, School Social Worker, will be at Canwood School on February 4, 11 & 25						
2	3	4	5	6	7	8
	Semester 2 Begins	K-12 Report Cards				
	PreK & K		PreK & K			
9	10	11	12	13	14	15
					Happy Valentine's Day	
	PreK & K		PreK & K		K	
16	17	18	19	20	21	22
	Family Day No Classes					
	February Break - school closed					
23	24	25	26	27	28	
			Pink Shirt Day			
	PreK & K		PreK & K		K	

HELPFUL HEALTH TIPS

Diet plays a crucial role in children's learning and cognitive development. Proper nutrition supports brain function, memory, concentration, and overall academic performance, while poor nutrition can hinder these processes.

Key Tips for a Learning-Friendly Diet:

Include: Whole grains, lean proteins, healthy fats, fruits, and vegetables.

Limit: Sugary, processed, and high-fat junk foods.

Hydration: Encourage drinking water instead of sugary drinks.

Regular Meals: Prioritize breakfast and ensure consistent meals/snacks to maintain energy and focus.

LUNCH IDEAS
 VEGGIES & DIP
 HOMEMADE SOUP/BUN
 FRUIT
 CRACKERS & CHEESE
 QUESADILLAS
 WRAPS
 SANDWICHES
 OATMEAL
 YOGURT & GRANOLA
 MEAT AND CHEESE STICKS
 GRANOLA BAR
 GRILLED CHEESE
 LEFTOVERS
 BOILED EGGS
 PITA PIZZAS



Hamburger Soup

Hamburger Soup Ingredients



- **Onion** – about ¾ of a cup, diced.
- **Celery** - 1/2 cup, diced
- **Garlic cloves** – minced
- **Lean ground beef** – Ground turkey or chicken will also work.
- **Condensed tomato soup** – This will add flavor to the broth without adding bulk. My family doesn't like tomatoes in soup, but you could add a can of diced tomatoes or tomato sauce if you prefer.
- **Beef Broth** – the base of the soup. Use canned broth, or some bouillon and water.
- **Corn or other canned/frozen vegetables** (your choice)
- **Small pasta** – I prefer to cook the pasta separately because if it's cooked in the soup the starches will thicken the broth and when stored it will continue to soak the broth up.
- **Salt and pepper /vegetable spice**

How to Make Hamburger Soup

1. Cook the hamburger. Start by heating olive oil in a 5-quart soup pot or dutch oven. Add some diced onion and celery and saute for a few minutes, until they begin to soften. Crumble ground beef and stir garlic into the pot with the onions and cook until beef is no longer pink. Drain as much of the grease as possible. (I use paper towels to soak it up). Be sure to add a little salt and pepper for enhanced flavor.
2. Add remaining ingredients. Stir in beef broth, tomato soup, and water (just fill the tomato soup can with water). Bring the soup to a boil over medium-high heat, then reduce the heat to a simmer. Add the corn or any frozen veggies you have on hand and simmer until the veggies are heated through.
3. Cook the pasta. While the soup is simmering, start boiling water for the pasta and cook it to al dente. Drain and set aside.
4. Finish and serve. Stir in the cooked pasta, divide into bowls, garnish with parsley if desired, and serve hot.

How Diet Effects Behavior and Emotional Regulation

Diets high in processed foods and sugar may lead to mood swings, hyperactivity, and behavioral issues. A balanced diet with adequate nutrients supports emotional stability and impulse control.



Banana Oatmeal Muffin Cups

Ingredients

- 3 cups rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon of salt
- 1 cup mashed banana (2-3 bananas depending on their size)
- 2 eggs
- 1.5 cups unsweetened almond milk (or any milk you prefer)
- 2 tablespoons mini chocolate chips (or other favorite mix-in like fruit or raisins)

Prep Time 15 minutes
 Cook Time 25 minutes
 Total Time 40 minutes
 Servings: 12 servings
 Calories: 122 cal

Cooking Instructions

- Preheat oven to 350 degrees F.
- Spray a 12-cup muffin tin with cooking spray or coat with coconut oil or butter.
- In a large bowl combine oats, baking powder, cinnamon, nutmeg, and salt.
- In a separate bowl mix together mashed bananas, eggs, and milk until well combined.
- Pour milk mixture over oat mixture and stir well to combine.
- Evenly divide the oat mixture between all 12 muffin cups and then top each one with a sprinkle of chocolate chips.
- Bake for 20-25 minutes or until set and cooked though. Allow to cool and then store in an airtight container in the fridge for up to a week.

These flourless Banana Oatmeal Muffins are dairy-free and gluten-free. They are so quick and easy to make and they freeze well for meal prep breakfasts and snacks!

CREATE Healthy HABITS

MORE OF THIS

- READ MORE
- SLEEP
- Drink more WATER
- EXPLORE

LESS OF THIS

- Video Games
- Junk Food (Takis, fries)
- Screen Time (Netflix, smartphone)
- Smoking

Red Bull ENERGY DRINK