

CANWOOD COMMUNITY PUBLIC SCHOOL NEWSLETTER

DECEMBER 2013

ADMINISTRATOR'S MESSAGE

November was a fast paced month, the volleyball season finished up with our senior girls hosting 1A Conference and our junior girls' and boys' teams competing hard right until the last spike. Picture day was postponed due to our first snow storm but in the end everyone said cheese. We had a great turnout for parent/teacher interviews with 90% of our families coming for a visit. We had 35 representatives from Canwood go to Saskatoon and be part of WE Day. It was an inspirational day which charged our students with the task of making our world better. The student body has decided to start with the community of Sierra Leone and their efforts to get safe drinking water. On November 7, we hosted our annual Remembrance Day service. Thank you to Bob Thompson and the numerous people involved who made the day meaningful.

During the first week of December our school will be hosting our annual curling bonspiel. Tuesday, December 10 will be our elementary Christmas concert. It will begin with coffee, hot chocolate and Christmas treats in the foyer around 6 p.m. with our newly minted choir spreading festive cheer as we all celebrate the season. At 7 p.m. Santa's helpers will lead us into the gym to enjoy the talents of our elementary students. We look forward to an evening with staff, students, parents and community members all coming together to celebrate the Christmas season. On Friday, December 13 we will have our School Christmas banquet for students in Grade 6 - 12. Elementary students will be attending the production of *Beauty and the Beast* on Thursday, December 12.

-Mr. Jaret Nelson &
Mrs. Sherry Moar



HONOR ROLL

Honor Roll is based on three levels of achievement. The average is calculated using all of the subjects that a student is currently enrolled in. 80% = Honors, 85% = Distinction and 90% = Great Distinction. The average must calculate to the percentages above; averages *will not* be rounded. To clarify, a student with an average of 84.9 will not receive Distinction.



Grade 10: *Honors* - Ryan Aiken, Matthew Wolfe, *Distinction* - Sydney Kvinlaug, Autumn McLeod-Labrecque, Kali Stocks

Grade 11: *Honors* - Michael Andersen, Lee Sanderson, *Distinction* - Tara Johnson, Alexandria Person, *Great Distinction* - Hayden Bartley, Joelle Hoeflicher

Grade 12: *Honors* - Rylee Aiken, Cody Bischler, Delilah Kay, Nikolas Person, Raymond Stieb, *Distinction* - Joseph Gaspar, *Great Distinction* - Jessica Archer, Waylon Cain, Alyssa Johnson, Jordan Sipes

UPCOMING EVENTS

Firearm Safety/Hunter Education Course - A Hunter Safety course will be held on January 11 & 12, 18 & 19 and 25 & 26 at Canwood Community School. The course runs 3 weekends from 9:00 a.m. to 3:00 p.m. each day.

The course is open to students 12 years of age as of Jan. 1/2014 to adult. A fee of \$80.00/student is due in advance. The fee covers: Provincial Hunter Education Course, Canada Firearm Safety Course, and travel for the instructor.



Canada Firearm Safety can be tested at 12 years old. It is a one time testing and students can apply for their certificate once they turn 16. Adults that have a POL (Possession Only Licence) can apply for a PAL (Possession Acquisition Licence) after the course.

Parents/guardians are welcome to come with their children, so they can see what they are learning in this class. Students will be responsible for their own lunch.

Registration forms are available at the school. Please complete on or before December 13th, 2013 along with a cheque made payable to Canwood Community School for \$80.00. We must know if we have enough (at least 10) registrants by this date. If we do not, cheques will be returned.

If further information is required please contact Diane at the Community School Office 468-2150.

Santa Shop - A Santa Shop for our elementary students in grades K - 6 will be held at Canwood Community School on Wednesday, December 18. We would like to ask each of the students in these grades to donate gently used items such as jewelry, mugs, ornaments, books, toys or other small items to the program. These items will be set up and displayed for the students to purchase for Christmas



presents for their families at the low, low cost of 25 cents each. Imagine the treasures they will find for mom & dad, grandpa & grandma, or their siblings. The Santa Shop will be open on Wednesday, December 18 and each student will have a chance to purchase some Christmas presents. Proceeds from this "sale" will be donated to the Adopt A Family Christmas program. If anybody would like to donate sale items, ribbons, bows, small gift boxes or gift wrap or is able to help set up the shop (afternoon of Tuesday, December 17) take down, or wrap gifts, we welcome your assistance. Please call Mrs. Johnson at 306-468-2150. Students please bring your items as soon as possible.

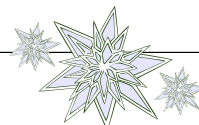
Picture Retakes - Monday, December 2. Students must bring in their order form and proofs to have retakes done, or there will be a \$5.00 charge.



Beauty & The Beast - Grade K-5 will be travelling to Prince Albert for a performance of Beauty & The Beast at E.A. Rawlinson Center on Thursday, December 12.

Christmas Banquet and Dance - Grade 6-12, Friday, December 13 @ 6:00 p.m..

School Skating - Friday, December 13 & Thursday, December 19. Grade 1/2 - 12:45 p.m. Grade 3/4/5 - 1:45 p.m.. Help to tie skates is always appreciated.



UPCOMING EVENTS - CONTINUED

Christmas Concert - Everyone is invited out for an evening of Christmas cheer at Canwood School on Tuesday, December 10. Join us between 6:00 and 7:00 p.m. for visiting in the school foyer area. The coffee pot will be on, along with tea, hot chocolate and some delicious baking. Some of our students will entertain us with a selection of Christmas music. At 7:00 p.m. we will join together in the gym for a concert with songs and humor from the Kindergarten - grade 5 students. What a great way to get into the holiday mood! We hope to see you there!



School Curling Bonspiel - The Canwood Community School Bonspiel will be held during the week of Dec. 3rd to Dec. 6th. Students from grades 5 to 12 will be taking part. Draws will be held after school Tuesday through Thursday and all day on Friday. Feel free to come down to the rink and cheer the teams on. The curling rink kitchen will be open for business. Hope to see you there!

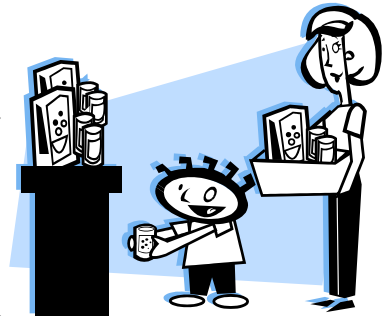
Adopt A Family Christmas Program - Canwood Community School SRC will be participating in the Salvation Army Adopt a Family Christmas Program again this year. We will be adopting a family from the Prince Albert area. The size of the family and names will be available by mid-December. The students will be preparing a hamper and buying a gift for each of the family members. The Salvation Army has suggested the kinds of items that we should put into the hamper. The list is basic to ensure that all families are treated fairly.



Suggested items include: Oranges, potatoes, carrots, cranberry juice or sauce, canned vegetables, pasta, stuffing mix, candy, chocolates, flour, sugar, cookies, dessert/baking items, bread or buns, tea/coffee/juice. Small novelties ex: mitts, hats, books and coloring books will also be acceptable. We also hope to purchase a \$25.00 gift for each child (**monetary donations** will be accepted & the school will purchase the gifts). Cheques can be made payable to Canwood Community Public School. The SRC will be supplying a turkey.

A box has been placed in each of the class rooms for donations. Non-perishable items can be sent as soon as possible.

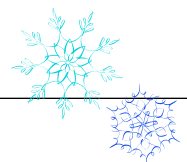
If each child donates one item we will have more than enough. Thank you for your generosity and for sharing in the spirit of Christmas.



PLEASE HELP US THIS CHRISTMAS - SEND YOUR FOOD ITEM OR DONATION BY WEDNESDAY, DEC. 18. WE WILL DELIVER THE HAMPER TO THE FAMILY ON DEC. 20.



Christmas Singing at Whispering Pine Place - On Friday, December 20, grade K-5 students will join residents for a sing along at 11:15 a.m..



UPCOMING EVENTS - CONTINUED

Poinsettia Fundraiser - Proceeds to the Adopt A Village Program. We are fundraising to provide a Clean & Safe Water Supply to a Village in Sierra Leone, West Africa.

The cost of each poinsettia is \$20.00 (taxes included). Orders must be in by December 11. Cheques should be made payable to Canwood Community Public School. Plants will be delivered to the school on the afternoon of Wednesday, December 17, in plenty of time for Christmas. They may be picked up at the school or you should make arrangements with your seller to deliver them to you.

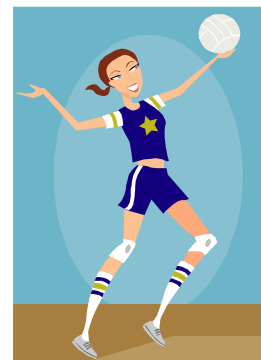


Each poinsettia will be approximately 12-16 inches high and 12 inches wide. Sizes may vary according to color. They will be in a 6 inch pot decorated with a festive pot cover. Each poinsettia will be individually wrapped in a plastic shipping sleeve and a special frost protection carry bag.

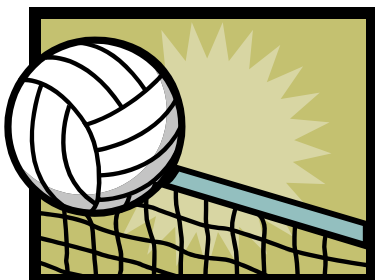
If you would like to place an order, please call Joelle or Mrs. Johnson at the school at 306-468-2150.

SCHOOL SPORTS

Senior Girls Volleyball 2013 - The girls had a terrific volleyball season. From the first tournament in Medstead in September to Conference in Canwood in November, the girls showed their determination, school spirit, sportsmanship and their awesome volleyball skills! Every team member demonstrated growth in their skills and knowledge of the game. This was Jessica Archer's and Delilah Kay's last year and we will miss them next season. There are many people to thank for the wonderful season. Thank you to Mr. Nelson and Mr. Kuzma, for your volleyball knowledge and drills. We would like to give a HUGE thank you to Chalayn Johnson for all of her help coaching! Thank you to the Aiken boys and Keanu for your assistance during practices. Thanks to Mrs. Aiken for your expertise on the bench. Lastly, thank you to all of the parents for your support, and for driving to games and tournaments. *-Mrs. Lisa Howat*



Senior Girls Conference Volleyball Tournament in Canwood-November 1 & 2 - The tournament was a great success and there are numerous people to thank. First, we are grateful for all those who volunteered their time to work at the canteen, admission, lines, scorekeeping, set-up and clean-up. Thank you again to the parents for your help and food donations. We appreciate Mrs. Johnson and all of her work that she did to set up and run the canteen for the tournament. A big thank you to Mr. Person for his help with the draw, and for entering the scores and comments online. We need to thank Mrs. Hinson for making the tournament programs. Thanks to Mr. Nelson and Mrs. Moar for being there all weekend and lending a hand with anything that was needed. Thanks also, to Lisa Anderson for representing Affinity Credit Union, and handing out the medals to the winning team, Medstead. Lastly, thank you to the senior girls for all of your help at the tournament and for representing our school well by playing your best and displaying good sportsmanship. *-Mrs. Lisa Howat*



LIBRARY NEWS - BOOK FAIR

Our first of two Scholastic book fairs to be held this school year was a great success! Once again with the huge support from our parents, staff, community members and students the "**Reading Oasis - A Cool Place to Discover Hot Books**" managed to top expectations. We managed to top our projected total of \$1,500 in sales with a total of over \$1,600. Half or \$800 of these sales are returned to our own library in books. As with past fall book fairs I had a second company in attendance, Reader's World, with many great Christmas gift ideas. Through credits earned from the Reader's World sales I was able to choose 7 items to add to our library collection. I will soon have the new books processed into the computer so that students will have access.

With the only correct guess of 272, the lucky winner of the book page guessing game was Wesley Charbonneau. Wesley wins a book of his choice. Mr. Schwehr and Becky Wilson were the lucky winners of the \$25 draw; they will each receive \$25 in books. Congratulations to all three of you.

Our elementary teachers were also the happy recipients of many books purchased from their Christmas wish lists. I know they will all enjoy receiving these wonderful books as a Christmas gift from their students.

Thank you to the Canwood Community School Council for giving each student a \$5 certificate to use towards the purchase of books at the book fair. I would also like to thank the following people for their help with the book fair: Kathy Herzog and Jean Christianson who helped work at the fair, Ms. Boskill and her grade 9 art class who made the jackal which adorned the outside of the library, Mr. Person who helped build some of the decorations, the elementary students who colored papers for display, Kathy Herzog and Colleen Receveur who helped trace and cut decorations, and Shelby and Lyndon who helped with the planning and building of the pharaoh, mummy, and the setting up of the book fair. Thank you to everyone. - Mrs. Tracy Pease

COMMUNITY EVENTS

Village of Canwood - 100th Anniversary Committee Meeting - Monday, January 6, 2013, 7:00 p.m. - RM Council Chambers. This meeting is open to anyone who is interested in becoming involved in the start-up for the 100th Anniversary of The Village of Canwood which will be held in 2016. Also at this meeting there will be a presentation regarding doing an updated History Book for the Anniversary. If you are interested in hearing about or helping with this, your input would greatly be appreciated! If you are unable to make this meeting, but would like to be informed of when the next one will be held, please contact Lisa at the Village Office 306-468-2016 or email Canwood.town@sasktel.net

Canwood Canskate - Mondays & Wednesdays from 3:30 p.m. to 5:00 p.m.. Start date is December 2, 2013. Cost is \$50 per skater plus rink fees, rink fees are \$70 per individual or \$100 per family. This is a great way to get exercise in the winter and learn to skate. To register call Michelle Thall 306-468-2996, if no answer please leave a message. You can also register at the rink on December 2.





Public Skating - There will be public skating at the Canwood rink on Mondays, Wednesdays, Fridays, and Sundays. The rink will be open over the Christmas holidays. Call 306-468-2200 if any questions.

Trip of the Month - Get your tickets now!!! Tickets can be purchased at the Canwood Affinity Credit Union for \$100.00 each. Only 300 tickets sold.



DECEMBER 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Richelle Malm, Counsellor, will be in Canwood every Wednesday in December	2 Picture Retakes	3 Parents & Tots 10:00 am to 12:00 p.m.	4 Perogie Casserole \$3.00 School Curling	5 Movie Night 3:30 p.m. Bonspiel	6 Cheese Burger Soup \$1.00 & Ban-nock \$1.00	7 
8	9 Day 6 K	10 Parents & Tots 10:00 am to 12:00 p.m. Pre-K	11 Taco Salad \$3.00 Day 2 K	12 Beauty & The Beast at E.A. Rawlinson for grade K-5 Day 3 Pre-K	13 Vegetable Soup \$1.00 & Tuna Salad on Kaiser Bun \$2.00 Christmas Banquet Day 4 Pre-K	14 School Skating grade 1-5
15 	16 Day 5 Pre-K	17 Parents & Tots 10:00 am to 12:00 p.m. K	18 Spaghetti Bake & Garlic Toast \$3.00 Santa Shop Day 1 Pre-K	19 School Skating grade 1-5 Day 2 K	20 Grade K-5 singing at WPP Tomato Soup \$1.00 & Grilled Cheese Sandwich \$2.00 Day 3 Pre-K	21
22	23 Day 4 K	24 Christmas Eve Pre-K	25 Merry Christmas Day 6 K	26 Boxing Day Day 1 No Pre-K	27	28
29 	30	31 New Year's Eve				



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850-1st Street East
Box 370
Canwood, SK S0J 0K0

Phone: 306-468-2150
Fax: 306-468-2999
E-mail: vhinson@srsd119.ca

We're on the Web!

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

EXTRAS

Art Club - Our enthusiastic artists created some interesting and beautiful artwork this month. Before Halloween, students painted "Pumpkin Pals". Lots of fun! In November, we were inspired by artist Ted Harrison, and painted scenes on a tinfoil background. Cool! We wound up Art club by making Christmas ornaments and enjoying ice-cream cake. Yum! Check out all of our photos from Art Club in the hallway. To our young artists: Keep on drawing, painting, and creating! - *Mr. Schwehr & Mrs. Adrian*



Hockey Helmets - We are looking for some "Adult Size" hockey helmets with masks for our older students so that they will be able to play broom ball. If anyone has a helmet/and mask that they are no longer using and would like to donate please drop it off at the school or call Grant Person or Diane Johnson at 306-468-2150.

Keep Your Noggin Safe When You Toboggan - Tobogganing with friends and family is an affordable, fun way to be active in the winter. Children between the ages of five and nine, account for 40 per cent of all sledding related injuries in Canada. Over 20 per cent of these injuries involve concussions, internal injuries or broken bones. (Statistics: Canadian Hospital's Injury Reporting Prevention Program). Most injuries are caused by colliding with an object (e.g., trees/rocks/signs) or from being thrown from the sled.

Tips for safe tobogganing:

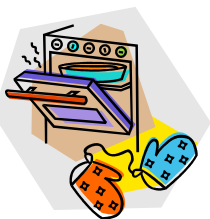
Dress in layers. Wear a CSA certified multiple impact helmet (i.e. ski helmet or hockey helmet). Choose a hill away from road-ways, trees and rocky areas.

Sit facing forward so you can see any hazards. Remember to tuck in any strings or scarves that may get tangled or caught.

Resource: http://www.ottawa.ca/residents/health/living/injury_prevention/youth_safety/recreation/tob_sledding_en.html

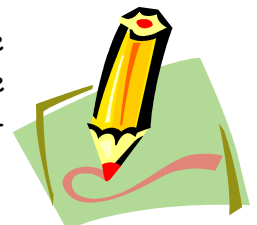


Healthy Holiday Gift Ideas - Buy your kids child-sized aprons and cooking utensils like spatulas, vegetable peelers and whisks and start teaching them to cook. Include a coupon for an hour of cooking time with you.



-Cook and deliver healthy ready-to-eat meals to busy family and friends or to elderly family members who may have trouble making their own healthy meals.

-On a tight budget? Give the gift of your time. Create homemade coupons that can be used to spend time together as a family. Make up a coupon that can be used for a family meal together or for outdoor fun like tobogganing or building a snowman together.





Healthy Holiday Eating

If you struggle with healthy eating during the holidays, consider these tips:

- ◆ **Eat only when you are hungry and stop when you are satisfied.**
Remember that chocolate, nuts, and many holiday treats are available year-round.

- ◆ **Prioritize – you need to pick and choose.**
Select your favourites and try a few new things. Take smaller amounts. Have those foods you only eat this time of year and enjoy them.

- ◆ **Minimize – reduce the number of holiday “treats” you make.**
Do your guests a favour and only make 1-2 types of squares or desserts. This saves you time and reduce stress as well!

- ◆ **Watch those liquid calories.**
Keep eggnog and alcoholic beverages to a minimum. Choose diet pop or sparkling water more often. Drink water when you are thirsty.



- ◆ **Give yourself a few days to indulge; then try to get back to a routine.**
It can be easy to use the holidays as a reason to overeat all month.

- ◆ **Get moving**
Stay active during the holiday season. Try for at least 60 minutes of physical activity each day.

- ◆ **The holiday season is meant to be special.**
◆ **Enjoy!**



Distributed by School Nutritionist, Food For Thought 765-6609

Adapted from, Healthy Holiday Eating compliments of Nutrition Professionals from the Heartland Health Region.