

CANWOOD COMMUNITY PUBLIC SCHOOL NEWSLETTER

MAY 2014

ADMINISTRATOR'S MESSAGE

We would like to formally welcome Mr. Schwehr into his role as acting Vice-Principal till the end of the school year. It is great to have him committed to help with the responsibilities of running our school. Thank - you to all the parents who turned out for Parent-Teacher Interviews on April 2 and 3. We had a 90% turnout which shows that as parents you care and are interested in your child's education. The end of the school year is quickly approaching. We ask for your assistance in encouraging your child/ren to have regular attendance, complete all assignments and final projects by the assigned due date, and to study for year-end exams.

Thank you to Mr. Person, Mrs. Moar and Mr. Kuzma for coaching this year's badminton programs. Congratulations to Ryan Aiken, Waylon Cain, Jessica Archer and Hayden Bartley who have advanced to Regional Badminton in Foam Lake on Saturday, May 3. If the weather ever cooperates, we look forward to Track and Field for Grade 4 - 12 students. *-Mrs. Sherry Moar & Mr. Richard Schwehr*



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: Distinction— Ryan Aiken, Sydney Kvinlaug, Autumn Mcleod-Labrecque, Kali Stocks, Matthew Wolfe

Grade 11: Distinction—Alexandria Person; **Great Distinction**— Hayden Bartley, Joelle Hoeflicher, Tara Johnson

Grade 12: Honors— Nikolas Person; **Distinction**— Joseph Gaspar, Raymond Stieb; **Great Distinction**— Rylee Aiken, Jessica Archer, Waylon Cain, Alyssa Johnson, Jordan Sipes

PAST, PRESENT & UPCOMING EVENTS...

School Community Council - The annual general meeting will be held on May 29, 2014 at 7:00 p.m. at Canwood Community School. Coffee, juice and cookies will be served.

Pitch-In Week - Students from K-12 will be participating in pitch-in week. On Thursday, May 8, starting at 11:00 a.m., they will be helping to clean up the Village of Canwood.

Thank You - Thanks to all students who attended our Spring Dance on April 4. With the proceeds from this dance, we were able to send another \$ 352.80 to our Adopt a Village water project in Ecuador. Thanks to our parent chaperones Cora-Lee Cyr, Arlene Moritz, Ken and Odile Aiken and teacher supervisors, Lisa Howat and Lorraine Benson.

...PAST, PRESENT & UPCOMING EVENTS

Reminder - As we anticipate a very wet and muddy schoolyard this spring, we ask that parents send extra clothes to school with their children. **If anyone has rubber boots, winter boots, splash pants, or ski pants to donate to the school they would be greatly appreciated.**

Legion Poster Winners - Thanks to Mr. Bob Thompson, on behalf of the Legion, for presenting awards to the following students:

Grade 4/5/6 Black and White Poster - Gunner Thall (second place Canwood)

Grade 4/5/6 Color Poster - Selena Anderson (first place Canwood, 2nd at the Zone level), Kiara Bahnuick (third place Canwood), Casey Kvinlaug (fourth place Canwood)

Grade 7/8/9 Color Poster - Alisha Rivard (second place Canwood)

Congratulations to all the students for a job well-done.



Family Literacy Fun Night - Canwood Community School hosted a Family Literacy Fun Night on the



evening of Thursday, April 10. We welcomed over 50 students and parents to the themed evening "Blast Off Into Spring". Volunteer student leaders began the evening's events with

a game of "Asteroid Belt" and a visit to the planets on a "Space Walk" in the dark with glow sticks. Next the youth joined in on an interactive telling and dramatization of the story

"The Three Little Aliens and the Big Bad Robot". The children had great fun dressing up as the planets,

aliens and the bad robot. Participants then broke into family groups, rotating to the various literacy-based, fun activities. They made spaceships, planted flowers, built a space pal, wrote a space story,

colored pictures, and completed a space fun fact sheet. These activities were followed by the reading of their own written story "Blast Off" and a delicious snack of hot dog rockets, Martian cupcakes and milk. Draws were made for various literacy items and participants left having enjoyed some

great learning activities and family time. Thanks goes out to the Parent Council whose generous donation enabled us to purchase items to host this fun, worthwhile event.

-Mrs. Diane Johnson

LIBRARY NEWS

A huge **Thank You** to parents, teachers, students and community members for your generous support of the book fair. With everyone's help we surpassed \$1500.00 in sales and will receive over \$750.00 for the library.

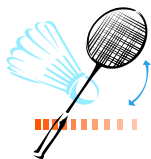
Thank you to Mrs. Kathy Herzog, Mrs. Colleen Receveur, Ms. Kori Boskill and her Grade 9 Art class, Lyndon Pease and Shelby Spencer for helping with the decorations, and to Mrs. Jean Christianson, Mrs. Susan Sorenson, Jessica Archer and Shelby Spencer for helping to run the book fair. I hope all the students look forward to the themes as much as we do.

The winners of the contests were Seth Martens and Dreyss Arcand-Bird, who both had the correct guess of 33 smiling yellow jumping beans. They each won a piñata filled with candy. Mr. Grant Person as well as Sydney Kvinlaug were the lucky names drawn for our \$25.00 worth of books.

Just a reminder to please take good care of the library books and textbooks as you transport them to and from school, as snow and rain can ruin a book very quickly. Also, a reminder to students that all library books will need to be returned by June 10 in order to start inventory. -Mrs. Tracy Pease

SCHOOL SPORTS

Badminton - Badminton season was extremely busy with the 9/10's participating in the P4A league and the Grade 9 -12's participating in a rural league with Big River, Shellbrook and Debden. As well, many of our players participated in the Big River, Maidstone, Melfort, Shellbrook and Canwood Open Tournaments. The 9/10 P4A playoffs were held in Prince Albert on April 7 with 11 students participating. Congratulations to Ryan Aiken (boy's singles), Brody Cyr and Paige Anderson (mixed doubles) and Delayne Aiken and Amy Wreford (girls' doubles) who all placed second in their categories. Other team members who put forth a strong effort for the team were Ramsey Rude and Erin Bartley (mixed doubles), Makayla Stieb (girl's singles), Keanu Coulinear (boy's singles) and Autumn Mcleod-Labrecque and Cheyenne Thall (girls' doubles).



Our Senior team hosted Conference Playoffs on April 14. Players who moved on to the District level were Nikolas Person (boy's singles), Makayla Stieb (girl's singles), Waylon Cain and Ryan Aiken (boys' doubles), and Jessica Archer and Hayden Bartley (girls' doubles).

Congratulations to Ryan Aiken and Waylon Cain, (first in boys' doubles) and Jessica Archer and Hayden Bartley (second in girls' doubles). Both teams qualified for Regional Badminton in Foam Lake on Saturday, May 3. Congratulations to Nik Person who placed third, coming up just short in his last match and Makayla Stieb who also played strong. All the players did a great job representing our school by playing hard and presenting excellent sportsmanship. *-Coaches: Mrs. Moar & Mr. Person*

Junior Badminton - This was another spectacular year for Canwood's Junior Badminton team. We had a very strong, young team that will be promising in the years to come. This year all participants showed a lot of growth and accomplished some personal bests! We were given the opportunity to host P4A Rural Extravaganza this year. Thank you to all of the parents and community members who came out to support our athletes and to those that volunteered their time in driving the students. Also, thank you to all Canwood students who represented our school, showing great respect for our visitors during Extravaganza, and to Colton, Karina and Dylan for helping in the canteen. It was greatly appreciated! A special thank you to the athletes who contributed to a wonderful year while playing:

Boy's Singles: Dylan Kvinlaug, Demery Bischler

Girl's Singles: Selena Andersen, Saxon Rowland

Boys' Doubles: Riley Rude & Briar Cain, Noah Johnson & Tylen Reimer

Girls' Doubles: Cassidy Anderson & Casey Kvinlaug, Kelcie Grimard & Kayleigh Eberts

Mixed Doubles: Gunner Thall & Kiara Bahnuick, Alisha Rivard & Adam Moritz

A special congratulations to Dylan Kvinlaug who won gold in Boy's Singles, Riley Rude and Briar Cain who won bronze in Boys' Doubles and to Cassidy Anderson and Casey Kvinlaug who took home bronze in Girls' Doubles. *-Coach: Mr. Kuzma*



Track & Field - Spring means it's time for Track and Field! Track and field practices will be held throughout the month of May. Students in grades 4 - 8 will be eligible to attend the P4A track meet in Prince Albert on June 3 and 4. High school students will compete on May 21 and 22 in Prince Albert. Those who advance will go on to the District Meet on May 28 and 29. Provincial Track is held on June 6 and 7. Our joint practices for students from grades 4 - 12 will be held after school from 3:15 - 4:30 p.m. on April 30, May 6, 8, 12, 14, 22, 26, and 28. *-Coaches: Mr. Kuzma, Mrs. Howat, Mrs. Benson, Mrs. Olson, and Mrs. Adrian.*

BREAKFAST FOR LEARNING

Building a Healthy Breakfast-When a child is hungry, it's hard to learn. Research supports a strong link between good nutrition and success. Students who are well nourished perform better in school, including improved test scores, memory, attendance and classroom behaviour. Lorna Shaw-Hoepfner, a Registered Dietitian and a Breakfast for Learning volunteer, shares her expertise on building a balanced breakfast:

Breakfast really is the most important meal of the day. A balanced breakfast helps kids to fuel their bodies and brains and keeps them going until lunchtime. To build a balanced breakfast select a food from at least three out of the four food groups from Eating Well with Canada's Food Guide. Try this balanced combination: Vegetable and Fruit: Orange

Grains and Starches: Whole grain toast

Milk and Alternatives: Glass of milk

Meat and Alternatives: Peanut butter



About Breakfast for Learning-Breakfast for Learning is committed to ensuring students attend school well nourished and ready to learn. In the 2013/14 school year, Breakfast for Learning funded 2,398 breakfast, lunch and snack programs, served 250,707 children and youth and provided over 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped serve over 510 million meals to children and youth across Canada. For more information, please visit www.breakfastforlearning.ca.

EXTRAS

Got Kids? Get Dirt! - Gardening is a fun activity that gives children and teens a chance to learn about nature. Studies show that community gardening helps youth: enjoy learning and do better in science, become more confident, be more aware and supportive of the environment, grow relationship skills, be more accepting of others, know more about nutrition, and eat more vegetables and fruit now and in the future.



How to get your kids to eat more fruit - At breakfast: top your cereal with bananas or peaches; add blueberries to pancakes; offer 100% juice; mix fresh or frozen fruit with yogurt.

At lunch: pack an orange, banana, or grapes to eat; make a fruit salad; offer canned fruit (canned in water or 100% juice) or applesauce.




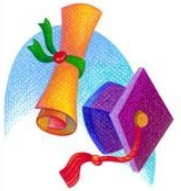

At dinner: add crushed pineapple to coleslaw; add orange sections or grapes in a tossed salad; make a Waldorf salad, with apples, celery, walnuts, and a low-calorie salad dressing; try meat dishes that incorporate fruit, such as chicken with apricots or mangoes; add fruit like pineapple or peaches to kabobs as part of a barbecue meal; for dessert, have baked apples, pears, or a fruit salad.

At snacks: make a fruit smoothie; spread peanut butter on apple slices; have fruit with a yogurt dip; make homemade frozen fruit bars; make fruit kabobs with your kids.



MAY 2014



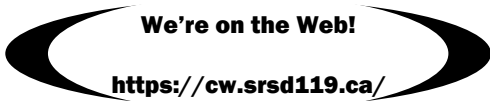
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Richelle Malm, Counsellor, will be at Camwood School May 6, 13, 20, and 29.			1 Day 2	2 Tomato Soup \$2.00 & Turkey Wrap \$2.00	3 
4	PLC No Classes	6 Parents & Tots 10:00 a.m. to 12:00 p.m.	7 Taco Salad \$3.00	8 Pitch-In Day	9 Cream of Mushroom Soup \$2.00 & Grilled Cheese Sandwich \$2.00	10
11 Mother's Day 	12	13 Parents & Tots 10:00 a.m. to 12:00 p.m.	14 Chicken Caesar Salad & Garlic Toast \$3.00	15	16 Vegetable Soup \$2.00 & Cheese Biscuit \$1.00	17
18	19 Victoria Day No Classes	20 Parents & Tots 10:00 a.m. to 12:00 p.m.	21 Hashbrown Casserole & Ham \$3.00 City Track & Field in Prince Albert	22	23 Graduation Cream of Potato Soup \$2.00 & Roast Beef Kaiser Bun \$2.00	
25 	26 Day 5 Pre K	27 Parents & Tots 10:00 a.m. to 12:00 p.m.	28 Baked Chicken, Lemon Potato & Vegetable \$3.00 District Track & Field in Prince Albert	29 Annual School Council Meeting 7:00 p.m.	30 Chicken Noodle Soup \$2.00 & Tuna Salad Sandwich \$2.00	31



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...EXTRAS

Frozen Fruit Pops - Fresh fruit with a splash of juice makes a fresh and healthy snack. Use whatever fruit you're heart desires. A perfect summer treat! Makes 4 servings

Ingredients: 1/3 cup diced kiwi, 1/3 cup diced watermelon, 1/3 cup diced pineapple, 1/4 cup 100% unsweetened pineapple juice or orange juice, 4 - five ounce paper or plastic cups, 4 popsicle sticks or craft sticks

How to make it: Combine diced fruit and put in a small bowl. Divide fruit evenly among the 4 cups. Add 1 Tbsp of juice into each cup. Insert one popsicle stick or craft stick into each cup. They will easily stay in place as the fruit will hold them up. Place cups in freezer for a few hours or until firm.



COMMUNITY EVENTS

Canwood Public Library - May is a busy month for the Canwood Public Library. Tuesday, May 6, at 7 p.m. is our Beginner Card Class. A \$5.00 fee covers all the supplies needed to make 2 wonderful cards, no experience necessary. Call Heidi at the library to reserve your spot 306-468-2501. Thursday, May 8, at 2 p.m. Chris Pease is coming to share her love of flowers with a speaking engagement. On May 13 at 2 p.m. the library will be hosting a Farewell/Welcome Tea for past board member Doris Bazley and new member Laverne Adrian, please join us for tea and goodies. And finally, mark your calendars for our first ever BBQ Fundraiser on Thursday, May 22! This will take place over the lunch hour and deliveries to the school will be available! At the BBQ our draw for the \$50 gift certificate donated by Chris Pease will be drawn. Until then ballots are available at the library for \$2.00 each or 3 for \$5.00. Thank you for your ongoing support of your Canwood Public Library!

Canwood Regional Park - Weather permitting, the Regional Park and Golf Course Committee will have a clean-up at the park on Saturday, May 10 at 9:00 a.m.. Bring your rakes and lend a hand. Contact Lorraine Benson for more information at 306-468-2607.

Canwood & District Now and Then History Book - If you have a family, business, or organization history you would like to submit to the Canwood & District Now and Then History Book, which will be unveiled at the 100th birthday celebration in August of 2016, contact: Web: www.canwood.ca, Mail: Canwood and District History Book, Box 172, Canwood, SK, S0J 0K0, or Email: canwoodhistory-book@gmail.com. We have individuals who will sit with you and scribe your story if you or someone you know is unable to write the story but would like to contribute. To request brochures or further information please contact Barb Benson @ 306-468-2797. Please share all information with everyone including those who have moved away-this is an opportunity to include your/their story.

