

CANWOOD PUBLIC SCHOOL NEWSLETTER

MARCH 2017

ADMINISTRATOR'S MESSAGE

Thank you to Mr. Schwehr, Miss Thompson and Mrs. Sansom for coaching our curling programs this year. Thank you to Mr. Duval for organizing our Senior Girls' basketball program and Mr. Person for taking care of the Senior Boys' program.

March will be a very busy month in the school. We will once again be running our annual Mom's Pantry fundraiser with the proceeds to be shared between supporting our SRC activities and our commitment to Free the Children. Order forms were sent home with students before the February break. Orders are due Friday, March 17. Order forms are also available at the office.

K-8 report cards went out on Wednesday, February 15 and parent teacher interviews were held for all students on Thursday, February 16. If you were unable to make your interview, please feel free to contact your child's teacher to discuss your child's progress. Our second Book Fair of the year coincided with our parent-teacher interview night. This year's theme was "Happy Camper".

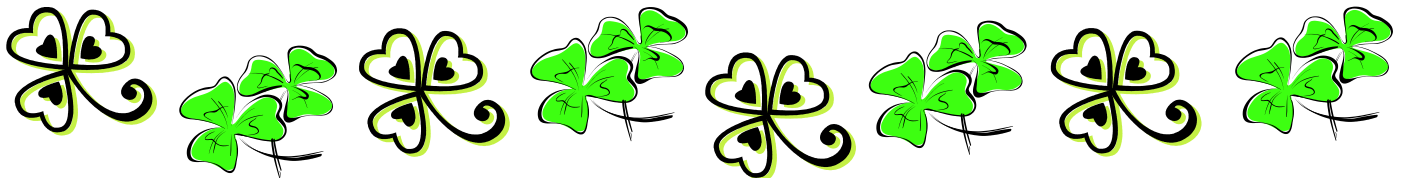
P4A Rural Curling Extravaganza will be held on Wednesday, March 1 starting at 11:00 a.m.. Canwood is hosting the event at the curling rink with teams from Canwood, Debden and Shellbrook participating. The teams include students from grades 5 to 8.

Our drama director and grade 6-12 actors are busy preparing for this year's drama production "The Wizard of OZ" which will be held on March 22 and 23.

Badminton leagues will also be up and running in the next few weeks.

We would like to thank you in advance for continuing to notify us when you child will be absent, arriving late or leaving early.

-Mrs. Sherry Moar & Mr. Richard Schwehr



ONGOING EVENTS

Elementary Skating - Elementary skating on Friday afternoons will be continuing through the month of March, for as long as the ice lasts. We welcome all parents, caregivers, and grandparents to come and help tie skates and watch the children skate. Kindergarten and Grade 1/2 students will be skating from 12:35 p.m. to 1:35 p.m., Grade 3/4 and 5/6 students will be skating from 1:45 p.m. to 2:45 p.m..



UPCOMING EVENTS

Ski Trip - The ski trip now depends upon the ski hill getting enough snow, we will give parents and caregivers more information closer to the date. As long as there is enough snow, the Kindergarten to Grade 12 classes will be going to Timber Ridge in Big River for their ski and snowboard trip on March 14. Transportation will be provided via school bus, departing as soon as the buses are finished their morning route. Buses will do their afternoon route upon their return around 5:00 p.m.. Registration forms and permission slips, which include the cost breakdown, will be sent home soon. It will be very important that these forms are returned back to the school promptly. Please encourage your children to attend this fun day on the slopes. *-Mr. Grant Person*

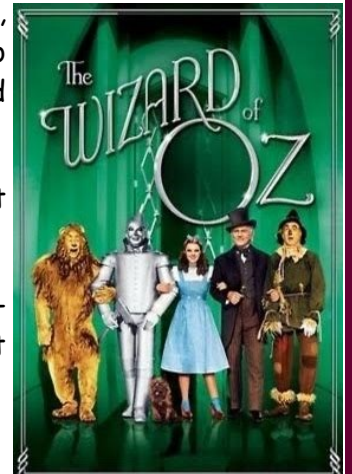


Dinner "or" Dessert Theatre - For this year's production the drama students from Grades 6-12 will be performing the play "The Wonderful Wizard of Oz" adapted by Tim Kelly. A cyclone carries Dorothy and her dog, Toto, to the magical land of Oz, where they encounter all the famous characters you love: the Cowardly Lion, the Tin Woodsman, the rubber-legged Scarecrow, Glinda the Good Witch and the evil Witch of the West, who is determined to destroy Dorothy and steal the secret of the silver slippers. The play is filled with wonderful stage thrills and humour.

Wednesday, March 22 is a Dinner Theatre which includes a wonderful meal at the cost of \$20.00/person. Supper will begin at 6:30 with the play to follow.

Thursday, March 23, is a Dessert Theatre which includes a selection of desserts sure to delight at the cost of \$12.00/person. The play will begin at 7:00 with the desserts served at intermission.

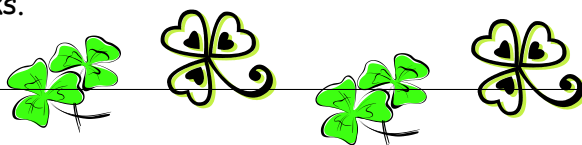
Tickets are now available at the school office.



LIBRARY NEWS

A huge **Thank You** is once again being sent out to everyone who so generously supported our Scholastic Book Fair "**Happy Camper Book Fair-S'more Fun with Books**". With everyone's help we raised over \$1200 in sales and will receive over \$600 worth of supplies for the library.

Thank you to Mrs. Jean Christianson for helping to serve customers, Kelsey Grimard who helped paint decorations and Mrs. Lisa Howat for the camping items for display. Thank you Lyndon Pease and Shelby Spencer who help me with the decorations every book fair, we spend many hours building the displays and setting them up. I hope all the students look forward to the decorations as much as we do. The winner of the guessing game was Nickolas Moritz who correctly guessed 49, there was a tie between two students and Nickolas was the lucky name drawn. He received a book of his choice as well as the s'more mix. Miss Vanessa Thompson and Leroy Ahenakew-Fleury were the lucky names drawn for our \$25 worth of free books. *-Mrs. Tracy Pease*



SCHOOL SPORTS

Boys Basketball - The 9/10 boys' basketball season has now come and gone. Once a week our motley crew of future basketball stars ventured to Prince Albert to take on teams from Prince Albert, La Ronge and Birch Hills. Our win/loss record was not very desirable, but there was always effort shown by the team. Not only did we battle the other teams but also encountered the white out conditions on the way home from a game in Birch Hills. Thanks to all of the drivers for taking the boys to their games this year. This year's squad consisted of Derek Bedard, Riley Rude, Adam Moritz, Noah Johnson, Briar Cain, Tylen Reimer, Zach Hounsell, Hez Masuskapoe, and Demery Bischler.

-Mr. Grant Person



Senior Girl's Basketball - Cougar basketball was filled with many exciting games from the Senior Girls basketball team this past season. The team was coached by Mr. Duval and players were made up of representatives from both Canwood and Debden schools. The team was able to play in the 9/10 league in Prince Albert. There were some very entertaining games this season and the team was strong and talented, however the girls were unfortunately not able to participate in the 9/10 league playoffs. The team will however, be going to the conference playoffs on the weekend of March 10 and 11 in Duck Lake. It will be a good experience for the girls as they put their skills to the test. They have put in many hours of hard work and dedicated themselves to developing skills and comradery.

The girl's team is made up of Paige Anderson, December Whitefish, Amy Wreford, Paige Hinson, Cassidy Anderson, Casey Kvinlaug, Jayde Hinson, Rayjeanne Meiklejohn, and Daphne Nelson. Good luck to the team as they prepare to head off to conference playoffs. Regardless of how the season ends it will be considered a successful season and we are all looking forward to further growth next year. We are going to miss our graduates: Paige A, Paige H, Amy and December.



The girls and Mr. Duval would like to send out a sincere thank-you to all the parents that were able to provide transportation to and from the games. It was greatly appreciated!

-Mr. Greg Duval

Senior Curling - The Senior Curling program has wrapped up for another year. This year we had a boys team representing Canwood Public School. The team members were as follows: Skip- Brody Cyr, Third- Riley Rude, Second- Briar Cain, Lead- Dylan Grimard. The Team headed to District Playoffs in Candle Lake on February 15 and 16. They came up against some tough opponents and were eliminated from the competition after their second loss to the St. Mary's team from Prince Albert. These four boys represented our school well and showed excellent sportsmanship on and off the ice. I want to wish our skip Brody Cyr the best of luck as he finishes grade twelve and moves on to the next chapter of his life. I hope curling continues to be a part of your life after you complete your schooling. To the other three boys; I hope to see you all back on the ice next year! Thank you to the Canwood Curling club for letting us use your rink for practices and thank you to the Candle Lake Curling Club for providing excellent facilities during District Playoffs.

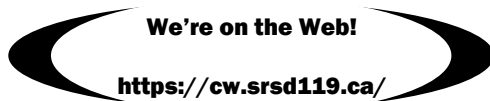
-Mr. Richard Schwehr



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Badminton - Another season is beginning for Senior Badminton, practices are Tuesdays after school and Thursdays at 7 p.m.. We will be playing in a rural league with Big River, Shellbrook, Ahtahkakoop, SeSeWaHum and Debden.

Canwood will be hosting two tournaments, the Grade 6-9 Junior Badminton tournament on Friday, March 31 and the Senior/Open tournament on Saturday, April 1.



-Mr. Grant Person & Mrs. Sherry Moar

THANK YOU

The Kindergarten and Pre-K classes would like to thank John Kunard, one of our school's custodians, for giving us the beautiful tropical Zebra Cichlid Fish for our fish tank. We would also like to thank him for setting up the tank and for allowing us to borrow a heater, bubbler and other fish paraphernalia! We are enjoying learning about the fish and watching them.



-Mrs. Lisa Howat

COMMUNITY EVENTS

Silent Auction - Canwood Regional Park's annual silent auction will be held on Saturday, March 11 at the Canwood Elks Hall. Doors open at 5:00, supper is at 6:00 p.m., auction to follow. Adults \$10, 12 and under \$8, 5 and under free.

March 2017

The Nutrition Month 2017 campaign is dedicated to helping Canadians **Take the fight out of food!** by guiding them through a three-step approach (spot the problem, get the facts, seek support) to improve their relationship with food, no matter what the struggle.

The campaign highlights five common 'food fight' examples:

1. **FOOD FADS:** Ugh! How do I know which nutrition information to trust?
2. **DIGESTIVE WOES:** Eek! What's causing all this gas?
3. **PICKY EATING:** Grr! Why is family mealtime such mayhem?
4. **EATING AND STRESS:** Help! Why do I always turn to food when I'm stressed?
5. **MANAGING A CONDITION:** Sigh! How can I manage my diabetes?

To view the 5 fact sheets, 12 feature recipes and other nutrition month resources, visit:
<http://www.nutritionmonth2017.ca/>

Take the fight out of food Spot the problem. Get the facts. Seek support

HELP! How can I help my children learn to eat new foods?

Do your children refuse new foods? This can be frustrating but don't give up. Here are a few tips that might help:

Be a positive role model

- Your children will want to try new foods if they see you eating them.

Get your children involved

- Let your children pick out new foods to try from the grocery store.
- Let them help you prepare meals, snacks and school lunches.

Let your children see, smell and touch new foods

- Even if they don't eat it at first, becoming familiar with new foods will increase the chances they will eat them eventually.

Be creative

- Present food in creative ways. Cut foods into fun shapes using a knife or cookie cutter. Use foods to make pictures on your children's plate.

Add variety

- Try experimenting with one new food a month.
- Offer new foods prepared in a variety of ways.

Introduce new foods with familiar foods

- Offer kale with their favourite family meal.



Adapted from *How can I help my child learn to eat new foods?* written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions 2017.

