

CANORA COMPOSITE SCHOOL



NEWSLETTER

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Caring, Cooperative, Supportive

Issue 9,

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Congratulations to Jordelle Lewchuk the 2020 Governor General Award Recipient!



Congratulations to Isabelle Chabun in grade 5 for receiving third place in the Junior essay category at the zone level in the 2020 Remembrance Day poster & literary contest!



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IMPORTANT DATES:

June 28—Last day of school

June 29—Grad 2021

Check for upcoming important information/dates on our school website:

www.gssd.ca/school/ccs

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Canora Composite School



canoracougars

Mental Health

Starting the Conversation . . .

Prairie Sky Education

Dr. Judy Jaunzems-Fernuk, RTC, MTC

A big thank you goes out to Dr. Judy Jaunzems-Fernuk! She provided our parents/guardian and community members with some great discussion and content pertaining to mental health and wellness. We also discussed depression, self-harm, and suicide. A pre-recorded video was available to all community members from May 20th- May 27th. The first video was 1 hour and 38 minutes focusing on a variety of topics including stress physiology, stress vs distress, supports, awareness, care, coping, mental health statistics, and strategies students, teachers and caregivers can use when discussing mental health or handling mental health challenges. Live sessions also took place at school on May 27th at 9:20am for students and at 7:00pm on May 27th for parents/guardians and community members.

Dr. Judy Jaunzems-Fernuk is the owner/director of Prairie Sky Education and is a Certified Teacher, Registered Counselling Therapist and Master Therapeutic Counsellor, holds an Master's degree in Education specializing in Education Psychology and Special Education, and obtained her PhD at the University of Saskatchewan. If you would like more information or would like to talk further with Dr. Judy Jaunzems-Fernuk, please contact her judy@prairieseducation.ca.

Our students' overall health is important to us and we are aware that many of our students are struggling through this pandemic and prior to the pandemic. We hope that the presentation planted some seeds and will have a positive impact going forward. We will continue to discuss mental health at school and do what we can to help all students as best we can. It is more important than ever to work together and provide resources for our youth and our community members. If you or anyone you know is suffering or facing mental health challenges, please reach out to 811, Yorkton Mental Health (306-786-0558), Kids Help Phone (1-800-668-6868), or if you need immediately help call 911. In addition, you can find online resources at: eMentalHealth.ca, Wellin5, therapytribe.ca, Wellnesstogether.ca.

STUDENT WELLNESS & SUSTAINABILITY INITIATIVE



PROPOSAL SUBMITTED BY: KIM EITENEIER
& DEREK SERDACHNY

Staff at CCS have been working hard to offer our students educational opportunities that allow them to put theory into practice and that reflect the different facets of their realities. Hands on, experiential learning, particularly outdoors, has shown the most promise for student learning. Our students that participate in experiential learning have an increased level of engagement in their learning, retain information more effectively, learn to respect the land and the different people that inhabit it, and have a deeper understanding where their food comes from and the importance of sustainable practices. 2020/21 has been a year like no other. We are seeing the toll isolation and lack of connectivity has taken on our student population. Gardening has been one outlet for people and is the reason most seeds and gardening supplies are snatched up so quickly. Being outdoors and being active does improve mental health and has never been more important in our school and community. In addition to improving mental health within our school we also see the value in educating and giving our students the opportunity to learn about the importance of agriculture in our community and around the world. Our goal is to create responsible citizens that understand the work that goes into producing food and clothing, along with the process. Knowing where food comes from and understanding the facts in food production will provide our students with important skills to become responsible consumers that can interpret and make informed decision about the food they consume. Furthermore, students will be introduced to the countless job opportunities that are available to them in the agricultural industry that do not have to do with driving tractors and combines. Our dream will not only provide an opportunity to engage our students and community members, but teaches our future leaders the importance of agriculture and environmental sustainability in Saskatchewan and all over the world.

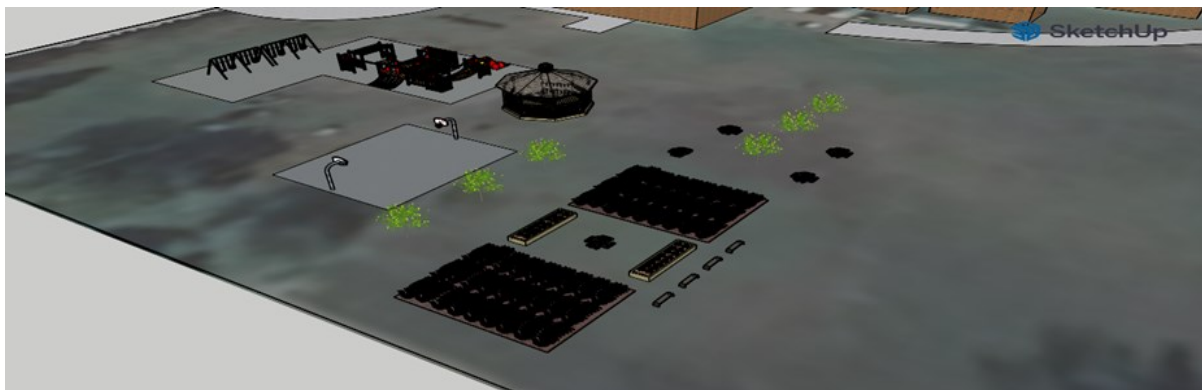


The Garden

We are going to expand the students learning opportunities by creating what is currently an unused piece of our school yard into an outdoor learning space. This area will include a garden, raised and in ground. Currently, we are preparing two 50ft x 55ft plots with a learning area in the middle of the garden, approximately 5500 square feet in total. (See picture) It will be big enough to offer areas for each class to plant, maintain, and harvest. The entire area would allow teachers to regularly incorporate experiential learning into the student's school day. The gardens would then be an opportunity to connect members of our town with the youth to do some intergenerational teaching. Finally, some of the vegetation found in the garden and around the school would be planned with the help of Indigenous members in the community. Our hope is to incorporate plants and trees that are native to Saskatchewan. The plants chosen will help teach our students about the Indigenous way of life and help us work towards reconciliation together.

Benefits of the Garden

1. Produces healthy food for those in need, for our school, and for the community.
2. Produce will be used for the school canteen, providing students with healthy food at low cost.
3. Community involvement between Canora in Bloom, local farmers, community members.
4. Promotes healthy eating habits by producing vegetables and fruit for our Practical and Applied Arts cooking program, reducing the cost of groceries for this program and teaching students how to cook with healthy ingredients.
5. Provides therapeutic healing by providing an inviting and calming space for students and staff to enjoy.
6. Develops a natural garden habitat for pollinators.
7. Engages youth in nature through educational opportunities in the garden or green space.
8. Provides students with an opportunity to manage money through a farmer's market which will provide funds to keep the garden program sustainable.
9. Teaches curricular outcomes through engaging, hands-on activities in a number of Saskatchewan Curriculums.
10. Educates students on the importance of agriculture and teaches them skills related to horticulture and soil science.
11. Creates an environmentally sustainable school.
12. Students learn about vermicomposting and our school will reduce waste production and produce rich soil for the garden.



The above picture is only an example. Not the actual plan.

The Kitchen

Secondly, our goal is to expand and renovate our kitchen. Research has shown that students perform better academically if they lead a healthy lifestyle which includes physical activity and eating healthy. Our goal next year is to complete an extensive renovation to our Home Ec lab to ensure we can offer essential learning opportunities for our students. This renovation would create a space for Food Studies, PAA, and Functional Learning classes. We would bump out the current wall and create a space that is safe for students and gives our school the ability to offer food programs and host functions at our school. (Below is a sketch of our kitchen)

Benefits of a New Kitchen

1. Able to offer Food Studies and PAA courses.
2. Creates a safe learning environment for our students and staff.
3. Students learn how to process healthy food from the garden.
4. Save money by providing our courses with school grown produce.
5. Energy efficient kitchen.
6. Increased capabilities in running a breakfast program and lunch canteen program.
7. Enables our students to eat healthier foods.
8. Students learn what it is like to work in an industrial kitchen similar to a restaurant.



The above picture is only an example. Not the actual plan.

Outdoor Learning Area

Our third goal is to create a space that utilizes our outside play area and enhances the learning environment for our students. We are currently in the planning phase. We are still taking feedback on what this area will look like. Outside furniture is costly and the ability to build this area depends on the amount of money we can raise.

Benefits of an Outdoor Learning Space/Classroom

To create an additional learning space for our students.

Provide a space for our wildlife management students to learn in.

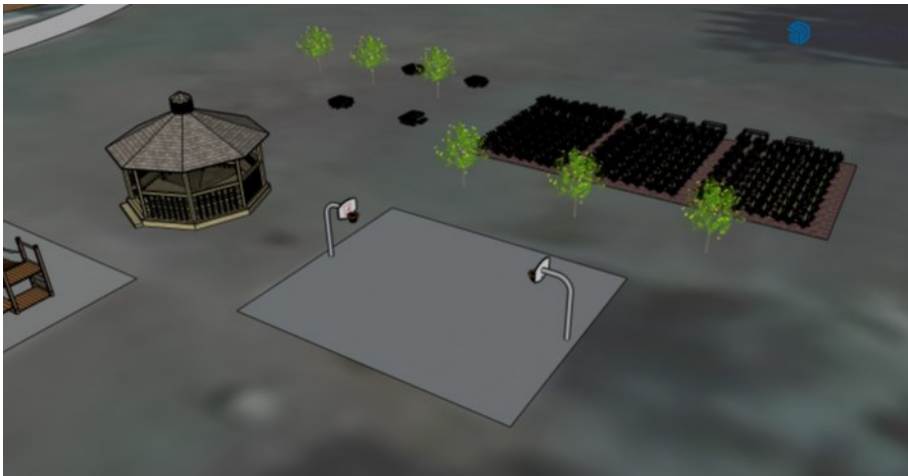
Daily exposure to natural settings increases children's ability to focus.

Apply knowledge to real world scenarios.

Better physical health through physical activity.

Enhanced social development.

Disconnect from technology and focus on the natural environment.



The above picture is only an example. Not the actual plan.

Student Involvement so far...

Mr. Serdachny's grade 9 PAA class spent time researching the type of soil on our playground and will monitor the changes as manure and topsoil are added to the garden. Students scaled the garden on chart paper and then staked it out, ensuring enough room for lawn maintenance and equipment. In addition, students looked at the science behind manure and the ratio of manure to topsoil as well as how well as how we can incorporate composting inside the school and outside of the school. We also planned what types of seeds would be planted and where each class will plant their section of the garden. Once the garden is ready to go, students from all classes will take part in planting the garden. We will also be inviting the grade 4's to plant their plot for their arrival in grade 5!

Cost of our Canora Composite School Student Wellness and Sustainability Initiative

Garden Start Up	\$6000
Garden Annual	\$1050
Outdoor Classroom	\$62,392.58
Kitchen Renovation	\$109,429.38
TOTAL COST	\$178,871.96

Grants and Donations

To date, we have received grants from Nutrien, Nutrients for Life, and Canada's Farmers Grow Community Grant sponsored by Bayer Crop Science. A number of local businesses have donated to our initiative as well. Home Hardware Canora has donated gardening tools, Danny Rakochy is tilled up the garden area, Logan Stevens Construction gave us a discount on a rototiller, Leson's Funeral Home is supplying the dump trailer for the manure provided by Darcy Korol and Linda Banga.

We have applied for roughly 15 grants and are hopeful we will receive some good news in the near future!

If you would like to know more about our plan or like to support our initiative, please contact us at 306-563-5492 or derek.serdachny@gssd.ca or kim.eiteneier@gssd.ca

7A PAA Class

The Grade 7 PAA class had fun building schlocky boards. We are in need of sticks to play schlocky. If anyone has old or broken hockey sticks laying around please consider donating them to CCS. You can drop them off at the school.



News from the Counselor's Corner...

CCS Family Challenge for June

Based on the idea that it is the things we do daily that truly make a difference, we challenge our school community to practice measures of self care every day of this month! Here is a calendar with some simple ideas of taking care. Try to cross them all off as a family!

Alison Kawa

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		Start a gratitude practice that you will continue for the month	Do 15 minutes of exercise	Plant some flowers or vegetables	Hug someone you love	Take 24 hours off social media
6	7	8	9	10	11	12
Call a friend (not a text)	Do one small random act of kindness	Create something! Colour a picture / paint / sew / build, etc.	No complaining today!	Dance to happy music	Watch a funny movie	Go get your favourite treat
13	14	15	16	17	18	19
Take a walk in nature	Give someone a compliment	Read a chapter of a book	Declutter the busiest room of your house	Text five people you are thinking about	Find a meditation/yoga video and do as a family	Take a guilt-free nap
20	21	22	23	24	25	26
Bake something from scratch	Make a new goal	Make supper as a family	Spend one-on-one time with a favourite person (even if it's over Zoom)	Set a goal for how much water you will drink today and drink up!	Cuddle with a pet or look at cute pics of pets online	Visit a lake
27	28	29	30	1	2	3
Watch the sun set	Do something for someone to bring them joy	Take a break outside in the fresh air	Breathe and find your own way to relax			