

# CANORA COMPOSITE SCHOOL

# NEWSLETTER



Box 986

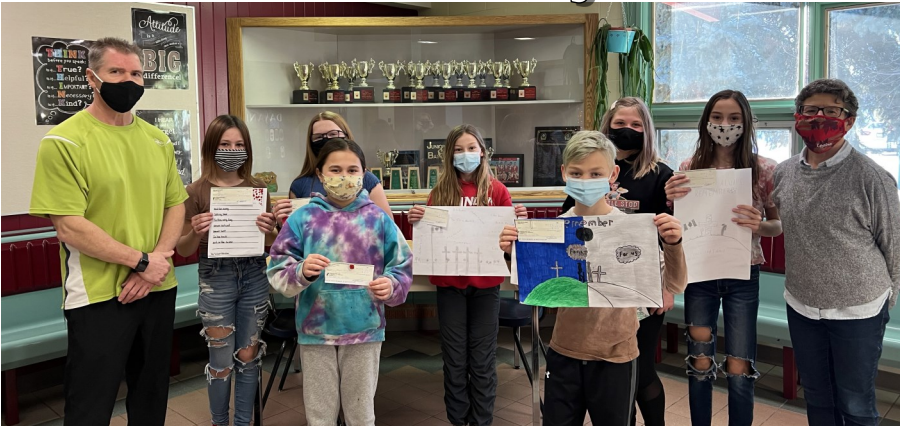
Canora, SK S0A 0L0

Phone: (306) 563-5492

**Caring, Cooperative, Supportive**

Issue 3, December 2021

## Remembrance Day Winners!



**Back Row: Kim Eiteneier, Silver Nordin, Luca Propp, Cassiday Wolkowski, Tobbi Effa, Madison Dutchak, Lori Dennis (Legion representative)**

### IN THIS ISSUE:

Adult Resiliency Program—page 2

Bio 30—page 3

Christmas Greetings—page 4

Ribbon Skirt Day—page 4

Sask. Winter Games—page 4

Poster Contest—page 5

Gingerbread House Contest—page 6

### IMPORTANT DATES:

Nov. 8 - Jan. 28—Quad 2

Dec. 18 - Jan. 3—Christmas Break

Jan. 31—NO SCHOOL

Feb. 1—NO SCHOOL

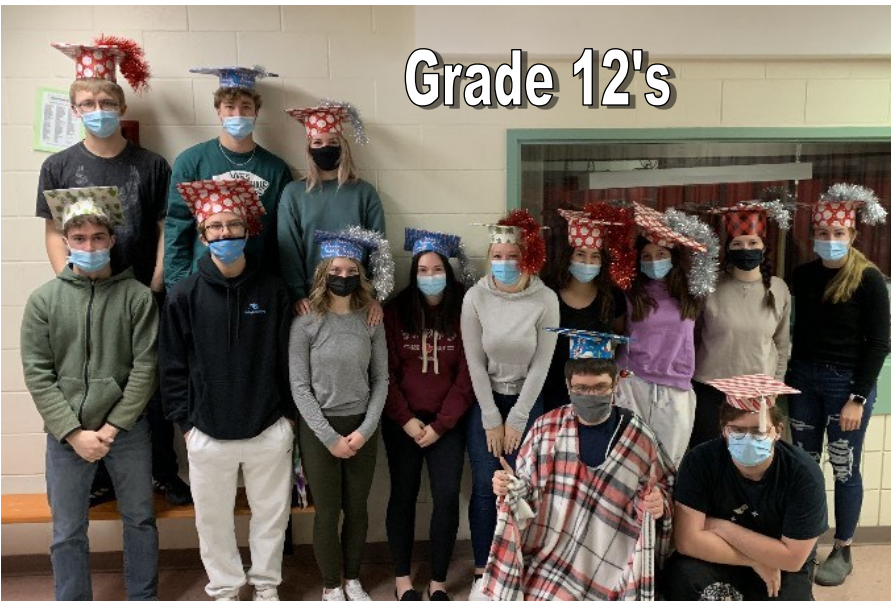
*Check for upcoming important information on our school website:*

[www.gssd.ca/school/ccs](http://www.gssd.ca/school/ccs)

*Follow us on Facebook at:*

**Canora Composite School**

*Also on Instagram: **canoracougars***



**For choose your own spirit day the Grade 12's thought it was fitting to create their own grad caps!**



**EMBRACE**



**CHANGE**

## STRONG NOT TOUGH ADULT RESILIENCY PROGRAM

Location: Virtual – WebEx

Dates: Mondays January 24<sup>th</sup> – February 14<sup>th</sup> 2022

Time: 6:30-8:30pm

This four week session teaches skills to build resiliency in our own daily lives to then role model these behaviours for our children both in school and at home.

**Lesson Topics Include:** Learning to Be Mindful | Inner  
Helpful Thoughts | Feeling like a Resilient Person |  
Enjoying a Healthy Lifestyle



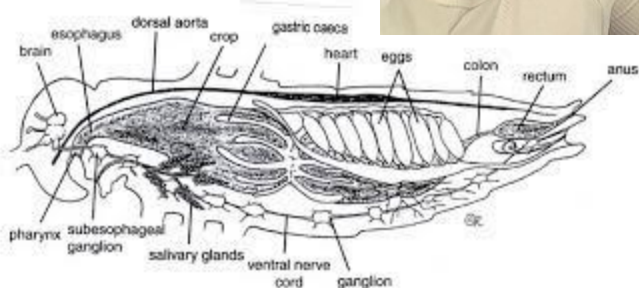
To register, please contact Kim Simoneau directly at 306-786-0596 or call Mental Health and Addictions Services intake line at 306-786-0552. Contact information and email address will be needed for registration process. Meeting link will be sent prior to start date.  
Laptop, tablet, or mobile device will be necessary to join the program.







BIO 30



**The BIO 30 and Grade 6 classes spent one afternoon dissecting grasshoppers**





Kim Eiteneier

Candace Lowes

Derek Serdachny

Clarissa Mydonick

Koren Baillie

Jennifer Sleeva

Leona Kitchen

Karen Wilgosh

Andrew Hoffman

Rebecca Matte

Hannah Maurer

Alison Kawa

Jill Craig

## Merry Christmas and All the Best in 2022!

### Canora Composite Staff

Curtis Baillie

Dustin Nielsen

Simone Homeniuk

Thomas Lowes

Cindy Szerch

Paul Geerds

Erin Graas

Jennifer Bisschop

Kim Merriam

Lorraine Gress

Michelle Anaka

Cheri Bown

Debbie Hort

Amber Weinbender

Melody Berehula

Max Zbitniff

Don Berehula

Morgan Stiles

Peyton Secondiak

Jeff Davis

#### Good Spirit School Division

**JANUARY 4, 2022**

## RIBBON SKIRT/SHIRT DAY Celebrate YOU!

"We ribbon up for healing and strength. Our skirts keep us grounded and connected to Mother Earth. Wearing our skirts shows that we are sacred, we are medicine and we are still here. Stay visible!"  
- Healing Stitches, Ribbon Skirt Designer

To honour this day, we invite staff and students to wear clothing that represents the same message for them; to wear something that shows the world who you are.



Ribbon skirts have many different meanings to different people but when an Indigenous person wears a skirt, they are using their clothing to demonstrate the strength and beauty of Indigenous people and culture. It shows the world who they are and represents their identity as an Indigenous person.

Think of how you can represent your identity in your clothing - that could be your culture, your personality, your gender identity, or anything else that represents who you are as an individual.



**Saskatchewan Games**  
REGINA | WINTER 2022  
presented by TEINE ENERGY

**February 20 - 23, 2022**

### Male and Female Teams

#### DISTRICTS

DEADLINE TO REGISTER: JANUARY 3, 2022 AT NOON  
COST: \$160  
DATES: JANUARY 8-9, 2022  
LOCATIONS TO BE DETERMINED BY DISTRICTS

#### SASK WINTER GAMES

REPRESENTATIVES DETERMINED BY DISTRICT WINNERS  
LOCATION: CALEDONIAN CURLING CLUB  
FEBRUARY 20-23, 2022

COMPETITORS SHALL BE A MINIMUM OF 11 YEARS OF AGE AND A MAXIMUM OF 16 YEARS OF AGE ON JUNE 30, 2021

### Mixed Doubles

#### DISTRICTS

DEADLINE TO REGISTER: JANUARY 17, 2022 AT NOON  
COST: \$80  
DATES: JANUARY 22-23, 2022  
LOCATIONS TO BE DETERMINED BY DISTRICTS

#### SASK WINTER GAMES

REPRESENTATIVES DETERMINED BY DISTRICT WINNERS  
LOCATION: HIGHLAND CURLING CLUB  
FEBRUARY 20-23, 2022

COMPETITORS SHALL BE A MINIMUM OF 11 YEARS OF AGE AND A MAXIMUM OF 16 YEARS OF AGE ON JUNE 30, 2021

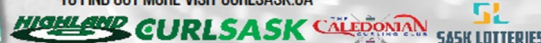
#### COVID REQUIREMENT:

AS PER SASK SPORTS REQUIREMENT TO COMPETE IN THE SASKATCHEWAN WINTER GAMES, ALL PARTICIPANTS, COACHES, AND MANAGERS MUST SHOW PROOF OF DOUBLE VACCINATED. NO EXCEPTIONS

#### DISTRICT TEAMS

TEAM LAKELAND - PRINCE ALBERT, NIPAWIN, Melfort  
TEAM NORTH - LARONGE, CUMBERLAND HOUSE, PELICAN NARROWS, LALOCHE, STONY RAPIDS  
TEAM PARKLAND VALLEY - YORKTON, MELVILLE, ESTERHAZY  
TEAM PRAIRIE CENTRAL - WARMAN, HUMBOLDT, KELVINGTON, FORT DU'APPELLE, OUTLOOK  
TEAM REGINA - CITY OF REGINA  
TEAM RIVERS WEST - NORTH BATTLEFORD, LLOYDMINSTER, ROSETOWN, BIGGAR, KINDERSLEY, MEADOW LAKE  
TEAM SASKATOON - CITY OF SASKATOON  
TEAM SOUTH EAST - WEYBURN, ESTEVAN, WHITEWOOD, BROADVIEW  
TEAM SOUTH WEST - MOOSE JAW, SWIFT CURRENT, ASSINIBOIA, MAPLE CREEK

TO FIND OUT MORE VISIT [CURLSASK.CA](http://CURLSASK.CA)





# Homeroom Poster Contest

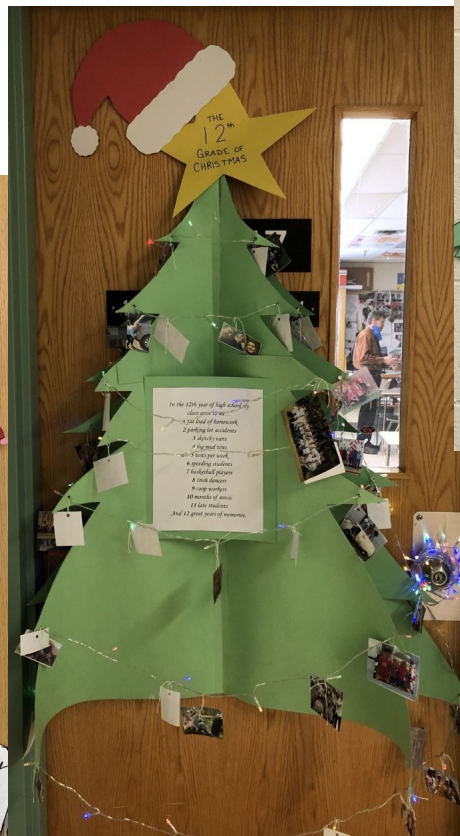
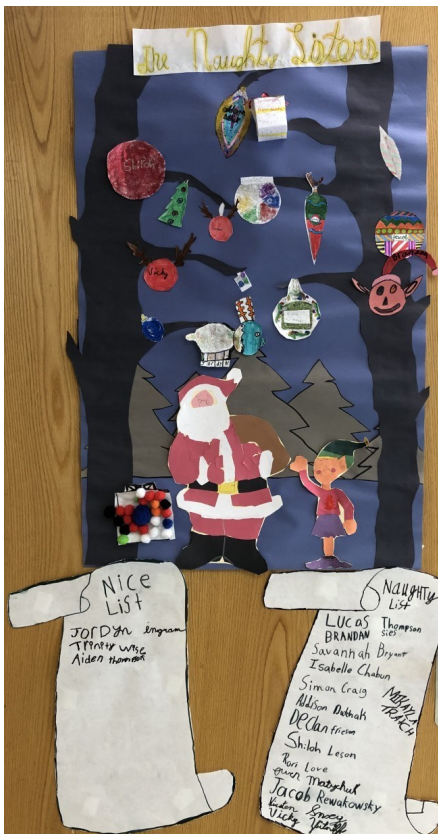


5A Junior 1st



8A Junior 2nd

6B Junior 3rd



12 Senior 1st



9 Senior 2nd



11 Senior 3rd



# Gingerbread House Contest

