

CANORA COMPOSITE SCHOOL

NEWSLETTER



Box 986

CANORA, SK SOA OLO

PHONE: (306) 563-5492

"Learning Today For Success Tomorrow"

Issue 4, December 2018

CCS would like to welcome Kristen Nagy to our team. Kristen lives in Ebenezer. She previously worked as a family support worker with SIGN, is married, and has a daughter in Kindergarten.



in

Welcome Mrs. Nagy

IN THIS ISSUE:

Annual Christmas Tea—page 2

Canteen Menu—page 2

Mrs. Homeniuk's Gr. 9 Health—page 3

Gr. 5 & 6 Christmas Concert—page 4

Gingerbread House Making—page 5

News from the Principal's Desk—page 6

IMPORTANT DATES:

Jan. 14—SCC Meeting 4pm

Jan. 24—Grad Meeting 7pm

Feb. 18-22—Winter Break

Check for upcoming important information/dates on our school calendar found at:

www.gssd.ca/school/ccs

Also follow us on Facebook @

Canora Composite School

Congratulations!
December
STUDENT
OF THE
MONTH

Kayden Harder-Gr 5 Lexie Biletski-Gr 9

Sofia Tratch-Gr 6 Maxwell Mydonick-Gr 10

Shayna Leson-Gr 7 Rebekah Thomas-Gr 11

Robin Skurat-Gr 8 Kelsey Chupa-Gr 12





Annual Christmas Tea

In the spirit of Christmas Mrs. Nieckar and the Cougar Assistant team held their Annual Christmas Tea in the Cougar Assistance Room. It is an opportunity for all staff including bus drivers, custodians and students to get together for some festive celebration.



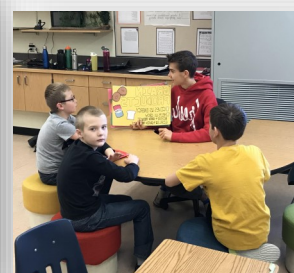
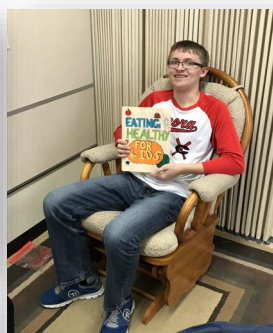
Canteen Menu

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7 Mac n' Cheese	8 Burgers Hot Dogs Mac n' Cheese	9 Pizza \$3.50	10 Burgers Hot Dogs	11 Taco in a Bag	12
13	14 Perogies & Sausage	15 Grilled Cheese/Ham Sandwiches	16 Pizza \$3.50	17 Subway	18 Burgers Hot Dogs	19
20	21 Spaghetti/ Meatballs	22 Grilled Cheese	23 Pizza \$3.50	24 Chicken Burgers	25 Perogies & Sausage	26
27	28 Subway	29 NO SCHOOL	30 Pizza \$3.50	31 Perogies Mushroom Sauce/Meatballs		

Kid's Healthy Eating Plate



Mrs. Homeniuk's Grade 9 Health



On Friday December 7th, Mrs. Homeniuk's Grade 9 Health class ventured over to CJES to meet two grade 9 health outcomes. In order for grade 9 students to make a healthy impact on healthy decision making at the local level, students created nutrition books or games to teach younger students how to understand Canada's Food Guide. Students chose which grade they were going to work with so that they could refine their teachings for their intended audience. The grade 3 students were away on a field trip so students worked with Mrs. Zayshley's students in Kindergarten, grade 1 students in Mrs. Prychak's class, grade 2 students in Miss. Miles' class and grade 4 students in Mr. Vaughn's class. Grade 9 students were very patient and caring as they taught their younger peers how to make healthy decisions. Their leadership skills were remarkable!

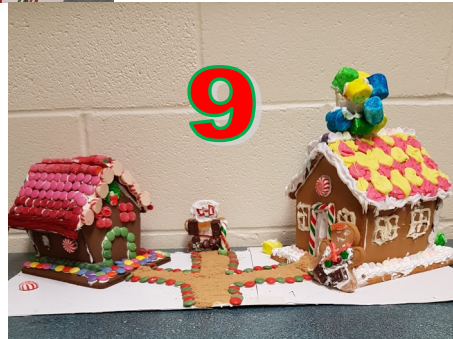
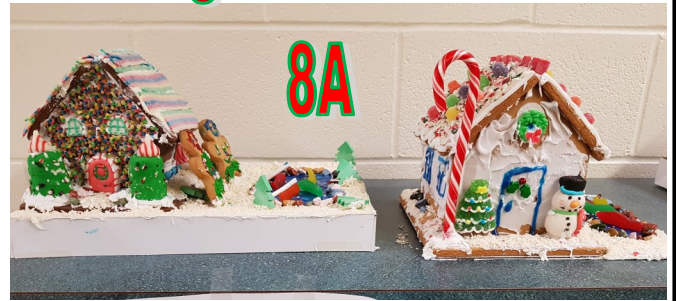
Grade 5/6 Presentation of



THE CHRISTMAS CHRONICLES



Gingerbread House Making 2018!



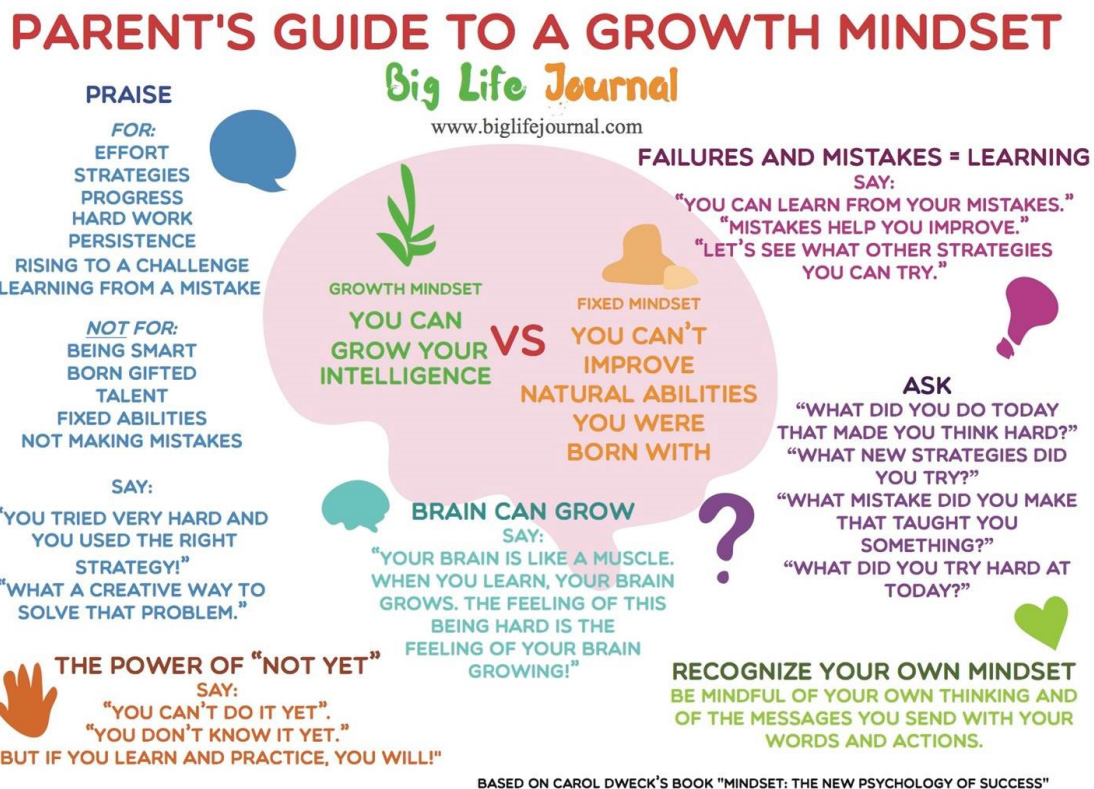
News from the Principal's Desk...



Welcome back to all our Cougars, and Happy New Year to our CCS families! I hope you had some great family time together over the break!

As we embark on the New Year, the staff of CCS is focusing on what priorities we have set for our school. I'd like to share a one of those with you.

One priority is the promotion of a growth mindset. Research shows that kids learn more when they recognize that they can always learn and improve. We are careful with our language with children, avoiding praising kids for being "smart" and praising them instead for investing and working hard. Parents play an important role in supporting this mindset.



BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"

The great news is this doesn't only apply to children, but adults as well. Any of us can improve ourselves in any area we choose – and not just at skills and knowledge. We get better at life, relationships, kindness, insight, empathy, boundaries, and acceptance, and can experience personal growth at any stage of life. One of my favourite quotes is "I am not tied to who I was yesterday". Not only do we have the ability to grow and improve, we have the right. This is important when we think of judgement and forgiveness. Everyone has a right to be a better person. Everyone deserves a fresh start, another chance.

Here are some videos and articles with a great impact.

<https://youtu.be/pN34FNbOKXc>

<https://www.mindsetworks.com/parents/growth-mindset-parenting>

https://youtu.be/KUWn_TJTrnU

<https://youtu.be/hiiEeMN7vbQ>

<https://youtu.be/LrgpKjiQbQw>

Cindy Smith, Principal, CCS