

CANORA COMPOSITE SCHOOL



Box 986

Canora, SK S0A 0L0

Phone: (306) 563-5492



NEWSLETTER

Caring, Cooperative, Supportive

Issue 6, February 2021

Canora Composite School Outdoor Recess Policy



Before School: If temperature including wind-chill is **-30 or greater** students will come inside immediately at 8:40am in the morning. Note: Doors do NOT open and students are NOT supervised until 8:40am.

Inside Recess: If the temperature is **-35 or more** with the wind-chill, students will stay inside for recess.

Be Prepared for ALL Weather Conditions: Because weather is fluid, students should always be prepared for any weather conditions. All students should be prepared to go outside and will be expected to go for fresh air breaks during recess and lunch hour. Administration will determine the length of these breaks based on the inclement weather.



IN THIS ISSUE:

Important Reminder—page 2

Spirit Week—page 3

Spirit Week cont.—page 4

Spirit Week cont.—page 5

Spirit Week & Go Code—page 6

Triple P Seminar—page 7

Counselor's Corner—page 8

IMPORTANT DATES:

Apr. 2—Good Friday

Apr. 5-9—Easter Break

May 24—Victoria Day

May 25—NO SCHOOL

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

www.gssd.ca/school/ccs

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Canora Composite School



canoracougars



Just a friendly reminder for all students to wear appropriate winter clothing to school. The students in grades 5-7 need to go outside for breaks and noon hour.



When children play outside and get fresh air they are more likely to use their imagination, creative play and inventions, which expands their creative thinking.



Spirit Week!

Socks & Sandals Day



Can you guess who these feet belong too??

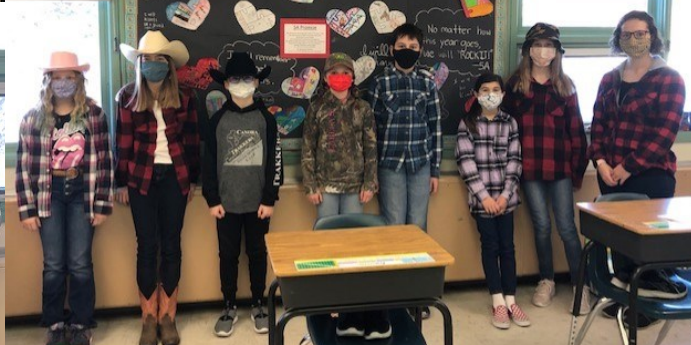


Winter Sports Day



Spirit Week cont...

Farmer/Flannel Day

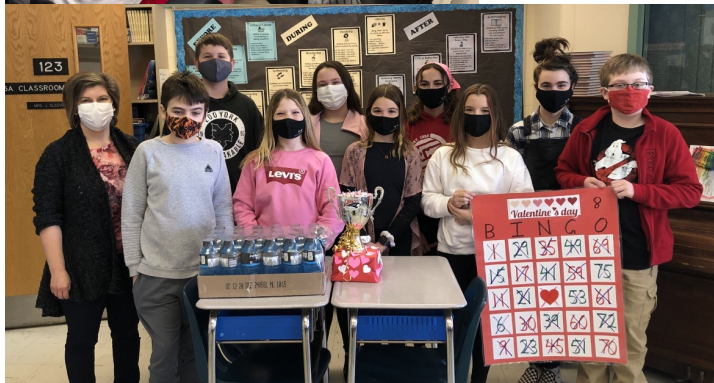
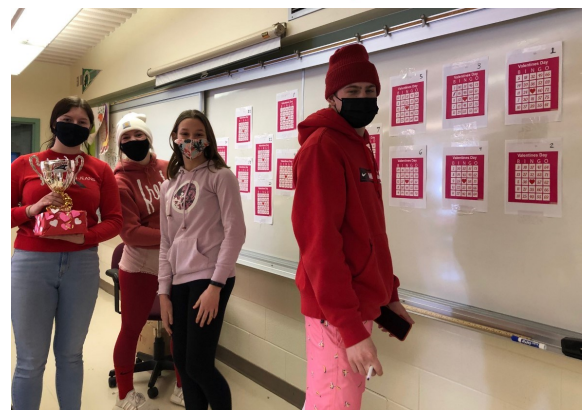


Spirit Week cont...

Red, White & Pink Day



Valentine Bingo



Left Photo: Bingo Winners were the Grade 6A's

L-R back row: Mrs. Sleevea, River Kozmanuik, Heidi Parmley, Danielle Dutchak, Zoey Brodeur

L-R front row: Damian Woolman, Paisley Wolkowski, Kaelyn Shukin, Rhianna Stefanyshyn, Jacob Lowes



Spirit Week cont...

Blast from the Past



Grade 5B

Saskatchewan Science Centre Go Code Workshops



Small changes,
big differences.



FREE Triple P Seminar **Raising Confident, Competent Children**

During this session we will begin by discussing the importance of getting children off to the right start and the role that parents can play in laying the foundations for children's success at school & beyond.

We will discuss each of the six important building blocks or life skills and how parents can promote these skills.

DATE: Tuesday March 17, 2015

TIME: 7:00 pm

VENUE: SIGN on Broadway (Downstairs)
345 Broadway Street West
YORKTON, SASK.

TO REGISTER, PLEASE CALL 306-783-3080

FOR MORE INFORMATION ON TRIPLE P PROGRAMMING:

JAMIE DE VOS

Triple P Coordinator, Yorkton & Area

306-783-3080

(LIMITED childcare available – please specify at time of registration)

www.triplep-parenting.net

FACEBOOK: Triple P – Positive Parenting Program Yorkton & Area

Welcome to the School Counselor's Corner



“The most basic and powerful way to connect to another person is to LISTEN. Just listen. Perhaps the most important thing we ever give each other is our attention ... A loving silence often has far more power to heal and to connect than the most well-intentioned words.”

~ Rachel Naomi Remen

“All is connected. No one thing can change by itself.” ~ Paul Hawken

It is likely safe to say that we are currently experiencing a high level of social disconnection. Loneliness was already seen as a huge societal issue even prior to the Covid-19 pandemic. Lack of social connection can have detrimental effects on our mental and physical health, including symptoms of depression and anxiety, and an increase in maladaptive coping strategies such as drug and alcohol use.

Our social connections include our friends, family, colleagues and community members. We can also get social support from anyone who provides the following:

Someone who is available to listen;

Someone who can give advice in a crisis;

Someone to confide in;

Someone who understands your problems.

Phone calls, video calls and other digital technologies offer opportunities for connecting, even when we can't be in the same room. Listening to others can foster social connection and reduce social isolation.

Other protective factors for both adults and youth include having a safe and stable environment, meaningful activity, spiritual connection, positive role models, access to resources, work/life balance, and good nutrition, sleep and exercise habits.

If you or someone you know is struggling, reach out for help. There is magic in connection.

Alison Kawa

306-563-4873

