

CANORA COMPOSITE SCHOOL



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NEWSLETTER

Caring, Cooperative, Supportive

Issue 9, May 2024

GSSD Showcase Track & Field

Tuesday, June 11, 2024
Grades 4 & 5 GSSD Students
Century Field, Yorkton, SK



IN THIS ISSUE:

SADD—page 2

History 30—page 3

RCE Award—page 4

RCE Award cont. & Jr. Badminton—page 5

Homemade Hamburger Sale—page 6

Track and Field—pages 7, 8, & 9

Fish in School Program—page 10

IMPORTANT DATES:

June 11—GSSD Track & Field Showcase

June 27—Grad



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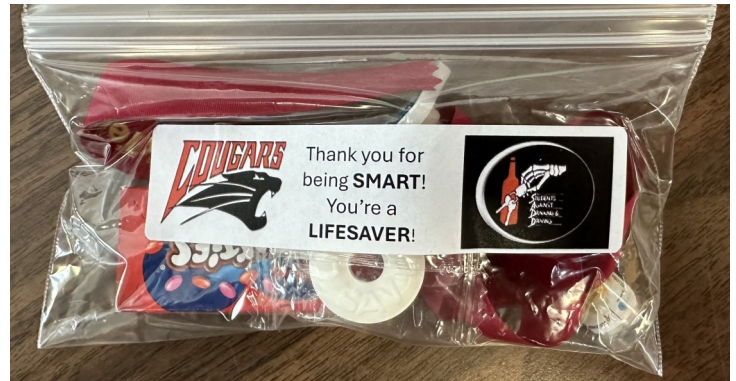
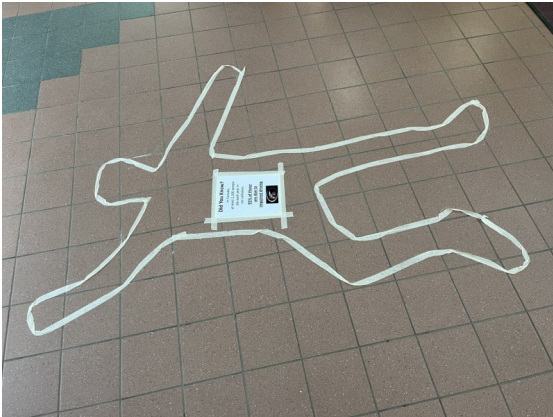
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Check our website at: www.gssd.ca/school/ccs



SADD



The CCS SADD group promoted zero tolerance prior to May long weekend. Friends don't let friends drink and drive was their motto! Wishing everyone a safe long weekend!

Inexperienced drivers of all ages, especially those aged 16 to 20, are at a higher risk of crashing after drinking (even when they drank a small amount of alcohol).

Remember, there is zero tolerance for drugs or alcohol for all new drivers, including anyone in the Graduated Driver Licensing program.



History 30

On May 27th Ms. Gordon took her History 30 class to Madge Lake to take part in a Land Based Learning field trip presented by Clifford Crane. Land based learning is an immersive education experience that takes students onto the land to learn place-based knowledge from researchers, knowledge keepers, and Elders.



RCE Awards

The Adjudication Committee of RCE (Regional Centre of Expertise on Education for Sustainable Development in Saskatchewan) determined that Canora Composite School earned two awards for their contribution to sustainability and education. CCS staff created the CCS Wellness and Sustainability Initiative which focuses on addressing many needs in our building.

- ~ Limited access to fresh, nutritious food for all students
- ~ Food insecurity among students
- ~ Disconnection between students and nature
- ~ Lack of awareness regarding environmental stewardship and sustainability practices
- ~ Insufficient opportunities for hands-on learning
- ~ The need to address mental health by providing opportunities that reduce stress, promote physical activity, and self-awareness
- ~ Increase the integration of sustainability principles into the school curriculum

CCS staff have completed or are developing the following projects to improve our school and educate students about sustainability.

1. We have created a in ground 5750 sq/ft garden that will supply fresh vegetables for our school kitchen and canteen.
2. We have an orchard with apple tree, plum trees, saskatoons, haskaps, and cherries that can be utilized in our food studies programming.
3. We have a Wellness Garden that has many native plants of Saskatchewan tied to Indigenous culture.
4. We are utilizing a garden tower and vermicomposting through the school to reduce waste and educate students.
5. We are currently implementing the Fish in School Program.
6. We are currently expanding and renovating our school kitchen. This will allow us to offer many educational opportunities for our students.
7. We are seeking out ways to purchase hydroponic growing stations so that we can offer healthy nutritious food grown by students year-round.

We acknowledge the trust and commitment GSSD has shown towards our programs. Many are supported through our grant writing, but our dream for our kitchen would not have happened without GSSD's overwhelming support. Because of this team effort, Canora Composite School has fulfilled the criteria for an RCE-SK Education for Sustainable Development Recognition Award. In addition to receiving the ESD Recognition Award, we were also selected to receive the "Lyle Benko Future Generation Award" for outstanding contributions to Education for Sustainable Development in the K-12 sector.

Superintendent Shaune Beatty, School Librarian Jennifer Bisschop, and Vice Principal Derek Serdachny were present at the award banquet and accepted the awards on behalf of the CCS staff.

RCE Awards



Congratulations CCS and thank you to Mr. Serdachny and Mrs. Bisschop (pictured above) for accepting these awards on our behalf!



Junior Badminton



Congratulations to Maddy Dutchak and Paisley Wolkowski who won the Silver medal at Junior Badminton Districts in Yorkton on May 2nd!

Homemade Hamburger Sale



On May 15th the SRC here at CCS held a homemade hamburger sale which included a salad, cookies, and a drink. The funds raised are going towards the kitchen renovations.

We would like to thank our donors and volunteers who made this fundraiser possible:

- *CCS Staff
- *White Owl Farms
- *CCS School Community Council
- *Crossroads Credit Union
- *Volunteers
- *RCM Outdoors
- *Mr. Turchinetz and Mandy Price



Thank you *Dale Maier and Stacey Wiebe of White Owl Farm's* for their kind donation of beef to CCS!

**Pictured Right:
The kitchen
renovations are coming
along nicely!**



Track and Field

Congratulations to all of the CCS Track and Field Athletes that competed in Yorkton on May 28th and 29th!

The Athletes moving on to Provincials in Saskatoon from June 6-8 are:

Danielle Dutchak in Hurdles

Kaelyn Shukin in 3000M

Jordan Makowsky in Discus and Javelin

Briel Beblow in Javelin and Shot Put

Matthew Makowsky in High Jump

Porter Wolkowski in Discus

Taye Shukin in the Quadathlon

And a huge congratulations to **Taye Shukin**, who broke 3 Quadathlon records at Districts, as well as the record for the most points for a Senior Boy!

Results from Districts:

Junior Boys 1500 Meter Run	* Andrew Sliva—3rd
Junior Boys Shot Put	* Briel Beblow—1st
	* Jordan Makowsky—7th
Junior Boys Discus Throw	* Jordan Makowsky—2nd
Junior Boys Javelin Throw	* Briel Beblow—1st
	* Jordan Makowsky—2nd
Intermediate Boys Shot Put	* Jackson Palagian—9th
Intermediate Boys Javelin Throw	* Liam Trask—4th
	* Josh Prychak—7th
Junior Boys 100 Meter Dash	* Rhett Ludba—3rd
Junior Boys 400 Meter Dash	* Andrew Sliva—5th
Intermediate Boys Long Jump	* Jackson Palagian—16th
	* Josh Prychak—17th
	* Liam Trask—18th
Intermediate Boys Triple Jump	* Josh Prychak—9th
Pee Wee Girls Shot Put	* Tessa Prychak—7th
Pee Wee Girls Discus Throw	* Tessa Prychak—8th
Intermediate Boys 200 Meter Dash	* Jackson Palagian—3rd

Track and Field

Results Continued from Districts:

Pee Wee Girls 400 Meter Dash	*Madison Dutchak—2nd
Pee Wee Girls 800 Meter Dash	*Angel Sliva—4th
Pee Wee Girls 1500 Meter Dash	*Angel Sliva—1st
Pee Wee Girls High Jump	*Kenzee Kopelchuk—3rd
	*Claire Ruf—11th
Pee Wee Girls Long Jump	*Courtlyn Heshka—4th
	*Tobbi Effa—9th
Pee Wee Girls Triple Jump	*Tobbi Effa—5th
	*Angel Sliva—8th
Pee Wee Girls 100 Meter Dash	*Courtlyn Heshka—2nd
	*Tobbi Effa—6th
Pee Wee Girls 200 Meter Dash	*Madison Dutchak—4th
Bantam Girls Shot Put	*Maddy Dutchak—8th
Bantam Girls Discus Throw	*Isabelle Chabun—2nd
Bantam Girls Long Jump	*Isabelle Chabun—7th
Bantam Girls Triple Jump	*Maddy Dutchak—2nd
Bantam Girls 100 Meter Dash	*Isabelle Chabun—8th
Senior Girls High Jump	*Sofia Tratch—4th
Senior Girls Triple Jump	*Sofia Tratch—8th
Senior Girls 80 Meter Hurdles	*Sofia Tratch—7th
Junior Girls Discus Throw	*Cairwyn Bailey—7th
Junior Girls Long Jump	*Cairwyn Bailey—8th
Junior Girls Shot Put	*Cairwyn Bailey—7th
Intermediate Girls 3000 Meter Run	*Kaelyn Shukin—1st
Intermediate Girls 80 Meter Hurdles	*Danielle Dutchak—2nd
Intermediate Girls Long Jump	*Danielle Dutchak—8th
	*Paisley Wolkowski—12th
	*Heidi Mentanko—19th
Intermediate Girls Triple Jump	*Danielle Dutchak—4th
	*Heidi Mentanko—9th
Intermediate Girls Shot Put	*Paisley Wolkowski—9th
Intermediate Girls Discus Throw	*Paisley Wolkowski—6th
Intermediate Girls 100 Meter Dash	*Kaelyn Shukin—4th
	*Danielle Dutchak—5th

Track and Field

Results Continued from Districts:

Senior Boys 100 Meter Dash	*Matthew Makowsky—4th
Senior Boys 200 Meter Dash	*Bronson Heshka—2nd
Senior Boys 100 Meter Hurdles	*Hunter Lamb—3rd
	*Bronson Heshka—4th
Senior Boys High Jump	*Matthew Makowsky—1st
Senior Boys Long Jump	*Hunter Lamb—9th
	*Matthew Makowsky—11th
Senior Boys Shot Put	*Noah Prychak—6th
Senior Boys Discus Throw	*Porter Wolkowski—2nd
	*Noah Prychak—4th
Senior Boys Javelin Throw	*Porter Wolkowski—4th
	*Matthew Makowsky—6th
Senior Boys Tetrathlon 100 Meter Dash	*Taye Shukin—1st
Senior Boys Tetrathlon 800 Meter Run	*Taye Shukin—1st
Senior Boys Tetrathlon Long Jump	*Taye Shukin—1st
Senior Boys Tetrathlon Shot Put	*Taye Shukin—1st
Senior Boys Tetrathlon	*Taye Shukin—1st
Bantam Boys 1500 Meter Run	*William Sliva—5th
Bantam Boys 3000 Meter Run	*William Sliva—4th
Bantam Boys 80 Meter Hurdles	*William Sliva—1st
Bantam Boys Discus Throw	*Parker Kraynick—10th
Pee Wee Boys 100 Meter Dash	*Kasen Heshka—2nd
Pee Wee Boys 200 Meter Dash	*Kasen Heshka—4th
Pee Wee Boys 400 Meter Dash	*Kasen Heshka—4th
Pee Wee Boys 800 Meter Run	*Kasen Heshka—4th
	*Karter Shukin—7th
Pee Wee Boys 1500 Meter Run	*Karter Shukin—5th
Pee Wee Boys High Jump	*Hudson Matychuk—12th
Pee Wee Boys Long Jump	*Reid Kitchen—13th
Pee Wee Boys Triple Jump	*Karter Shukin—9th
Pee Wee Boys Discus Throw	*Hudson Matychuk—8th
	*Seth Propp—10th

Good Luck at Provincials Athletes!!

FINs Fish in School Program

Mrs. Bisschop heard about the FinS program last year and thought it would be an exciting learning opportunity for the students. She applied through the Saskatchewan Wildlife Federation and got accepted into the program.

The Buchanan Wildlife Federation and Canora Fish and Game sponsored start up costs which were approximately \$2000. The fish tank was set up in the library for all the students and staff to enjoy.

One hundred Rainbow Trout eggs were received on February 1st and within about a week all but two eggs hatched.

Mrs. Baillie and her grade 5 class have take a special interest in the FinS project. They have been learning about the fish life cycle and their habitat. Her class comes to document and observe the fish and are also responsible for weighing out the fish food to feed them.

In June the grade 5 class will take the Rainbow Trout to be released into Lady Lake.

