



Pangman School

May 2015

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The staff of Pangman School would like to congratulate our 2015 graduates. We wish Jordan Bedard and Lilia Svedahl the very best in their futures. The graduation ceremony is May 1st at 7:00 p.m. in the Pangman School Gym. We welcome the community to this celebration.

The month of April had kicked off with the Red Cross Day of Pink in support of anti-bullying. Our students joined together to create murals and messages against bullying and participated in other anti-bullying activities.

We have brought back the fluoride mouth rinse program to our school. Once per six day cycle, students will rinse with a fluoride solution to assist in the prevention of tooth decay. Daily flossing and brushing, a healthy diet, and regular visits to a dentist are all part of proper dental care.

Please note that the Breakfast Club has concluded for this school year.

We are excited to participate in the Saskatchewan Archaeological Society's School Field Program. On June 16th, grades 3-6 (morning) and 9-12 (afternoon) will travel to a site near Ogema, SK where they will be instructed in archaeological excavation techniques, provincial heritage and archaeology as well as Plains archaeology. Students will have the opportunity to discover actual artifacts! Other fun and educational activities will be taking place as well. We are very excited about this opportunity.

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Dates to Remember

May

- 1- Pangman Graduation 7:00 p.m.
- 1- Panther Pride Day
- 4- SCC Meeting
- 13- Fancy Day
- 15- SRC selling \$1 Dilly Bars
- 15- K-2 Library visit
- 18- Victoria Day (No School)
- 20- Regional Track & Field Weyburn
- 27- District Track & Field Weyburn
- 29- Gr. 1-2 Care Home visit



June 5—Kindergarten Orientation

June 16—Archaeological Dig

Grad 2015
Congratulations
To the Pangman
school graduating
class.



"Success and achievement for every student."

Badminton is in full 'swing'

The badminton season got off to a swinging start for Pangman School students with very good participation.

Congratulations to the two players moving on to districts.



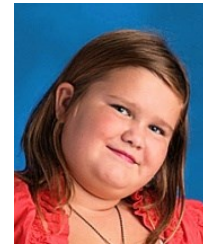
Pangman School Participates in Anti-Bullying Day



Students of the Month for April



K-2: for her consistent and effective use of time on her independent assignments during the month of April.



Grades 3-5: for her extra effort in Language Arts and Math.



Grades 6-8: for working hard to make improvements in participation in class, use of class time and getting her assignments in on time.



Grades 9-10: for excellent effort in the Pre-district Junior badminton tournament in April.



Grades 11-12: for his consistency, hard work and effort in ELA in April.

Music Alive!

We were excited to have had Jacob from the Music Alive program here on April 28th.



The Music Alive Program provides dynamic, interactive visits from professional teaching artists paired with curriculum-based resource materials for teachers and students in rural and remote communities.

Since its inception in 2006, the Music Alive Program has focused on work with elementary schools across Alberta and Saskatchewan, and has expanded to Nunavut and Manitoba in more recent years. Music Alive teaching artists are trained to engage creatively with all program participants and to empower children and youth through the arts.

The musician visit includes hands-on, small-group workshops and a full-group presentation for all participating students and also provides professional development opportunities to the teachers.

More information can be found at: <http://nac-cna.ca/en/musicalive/alberta-saskatchewan>

Archaeological Dig

On June 16, 2015 our students (grades 3-6 in the morning and grades 9-12 in the afternoon) will be traveling to an archaeological site near Ogema, SK where they will be instructed in archaeological excavation techniques, provincial heritage and archaeology as well as Plains archaeology and will have the opportunity to discover actual artifacts! Students will also get to participate in other activities such as spear hunting and fur trade games. This is an exciting opportunity for our students!



Breakfast Club has
been discontinued
until the fall of 2015.



~ Coin Designing Contest ~

MY CANADA,
MY INSPIRATION
CONTEST



More information can be found at: MINT.CA/CANADA150



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EARLY CHILDHOOD BRAIN DEVELOPMENT

After your child is born, their brain continues to develop. Your child's brain is a work in progress. It is shaped by all the experiences your child encounters throughout each day by using their senses-what your child sees, hears, smells, touches and tastes. What your child is exposed to during the early years shapes their brain development.

From birth to age six are particularly important years for brain development. In the first year your child's brain doubles in size. By age three their brain is twice as active as an adult's. In fact, by the age of six, your child's brain is 90% developed! During these years billions of brain cells make connections. How strong these connections are depends on their early experiences. Our brains work on the motto "Use it or lose it".

Parents, family members, caregivers and community can make a huge difference in early brain growth. Babies and young children learn best through warm, loving caregiving. By holding, talking, singing and reading to young children, connections in the brain form – eventually trillions of connections. If a child cannot explore their surroundings, talk to people, be talked to, and experiment with a variety of things, their brain will stop being active.

Some of the things parents and community can do to keep your child's mind active and making connections are:

1. Breastfeed your child if possible. Breast milk is the ideal food for brain development.
2. Watch for what your child needs. If they are ill, hurt or upset, a warm response lets them know they are worthy, loved and important.
3. Protect your child from harm. By using consistent appropriate discipline and setting limits, they will feel less stress and know what is expected of them.
4. Talk, read and sing to your child
5. Encourage safe exploring and playing.
6. Teach your child what they are feeling and words to describe their feelings.
7. Have a predictable schedule so they know what to expect and can count on you.
8. Provide a nutritious diet.
9. Limit television because actively doing something with your child is better for learning.
10. Above all show your child you love them and form attachments with them.

So touch, talk, read, smile, sing, count and play with your child. It will help their brain development and help prepare them for a lifetime of learning.

References

Neuro Developmental Research, "Implications for Caregiver Practice" CCF/CICF 2011

American Association of Pediatrics. (2010). *A parent's guide to building resilience in children and teens: Giving your child roots and wings*. Retrieved June 2010 from <http://www.aap.org/stress/buildresTOC.ht>

Mindless Eating

We overeat for many reasons; plate shape and size, brand names, packaging and food labels, lighting, color, and advertising as well as just to be sociable. We are influenced by many things inside and outside the home; so how can we make it work for, rather than against, us?

Tips to be mindful while eating at home

- Serve meals on an 8" dinner plate instead of a 10" one. A plate just 2" smaller means about 22% less calories are put on a plate.
- Serve smaller portions of the meal. Enjoy the meal, rest a few minutes and then, if you or the children are really still hungry, take seconds.
- Leave the serving dishes in the kitchen. The distance between the family table and the kitchen is often enough to make us consider if we are really hungry.
- Look at what you eat *before* you eat it. Instead of eating right from the box, put your portion in a small bowl and leave the box in the cupboard. It is less tempting to eat the whole box!
- Plan meals. Knowing what is on the menu and when a meal and snack is planned, helps to manage hunger and prevent the overeating that happens when you skip meals.
- Dim the lights and play soft music. Make your family table a fine dining experience! We eat slower and enjoy food more in this kind of environment. Our body then has time to signal fullness and we eat less but are satisfied.
- Separate food from technology. We are less mindful and eat much more food when we eat while sitting in front of the TV or computer; or while we scan a cellphone or read a newspaper. Leave the distractions behind and eat at the family table.



Making healthy food choices is different from deciding how much to eat. Most of us think we are not affected by mindless eating. The truth is we do not know it is happening. Be aware, make a few simple changes and enjoy family meal time.



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MAY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 DAY 5	2
					 Panther Pride Day KINDERGARTEN GRAD supper 5:30	
3	4 DAY 6	5 DAY 1	6 DAY 2	7 DAY 3	8 DAY 4	9
Happy Birthday Layne	SCC Meeting	KINDERGARTEN		KINDERGARTEN Fluoride Treatment		
10	11 DAY 5	12 DAY 6	13 DAY 1	14 DAY 2	15 DAY 3	16
	KINDERGARTEN		KINDERGARTEN Fancy Day		KINDERGARTEN K-2 Library Fluoride Treatment Dilly Bar Sale \$1 each at noon	
17	18	19 DAY 4	20 DAY 5	21 DAY 6	22 DAY 1	23
	Victoria Day No School Happy Birthday Tessa		KINDERGARTEN Regional Track & Field Weyburn		KINDERGARTEN Fluoride Treatment Happy Birthday Taryn Happy Birthday Lilia	
24	25 DAY 2	26 DAY 3	27 DAY 4	28 DAY 5	29 DAY 6	30
----- 31		KINDERGARTEN Happy Birthday Aden	District Track & Field Weyburn	KINDERGARTEN Fluoride Treatment	Gr. 1-2 Care Home visit	