



# Pangman School

December 2015

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## Dates to Remember

### December

- 2-Community Meeting (School Review)
- 4-Panther Pride Day
- 5-Christmas Bazaar/Santa Visit
- 6-11-Spirit Week
- 9-SCC Hot Lunch
- 17-Christmas Concert
- 18-SCC Sleigh Ride/Wiener Roast
- 21-Christmas Holidays begin

**January 4, 2016-Back To School**

## Staff Greeting

It's hard to believe we're already into December and the holiday season is upon us! Staff and students are busy planning the Christmas Concert which will take place at 7:00pm on December 17<sup>th</sup>. The next day will be the annual SCC wiener roast and sleigh ride. Christmas holidays will be from December 21<sup>st</sup> until January 3<sup>rd</sup>.

Early in December there will be an important community meeting hosted by the SCC's School Review Committee to address the School Review process. We encourage everyone to attend. The meeting will be on Wednesday, December 2<sup>nd</sup> at 7:00pm in the Pangman School Gym.

On Saturday, December 5<sup>th</sup>, the graduating class will be holding the annual Bazaar from 10:00am-4:00pm in the School Gym. Lunch will be sold. This is a great opportunity to get your Christmas shopping done! Families, please remember to send your donation of baking to the school on Friday, December 4<sup>th</sup>. Thank you!

We had a very busy November. The Remembrance Day service was well attended and was very special, thanks to our many performances, student readings, and our guest speaker, Mrs. Judy Schwindt. Our school traveled to Regina on November 13<sup>th</sup> to see the Globe Theatre's production of The Snow Queen. We all enjoyed the wonderful acting, incredible costumes and set, and the fascinating story.

Thank you to the SCC for making improvements to our playground. These enhancements will contribute to the safety of our students. The students and staff are looking forward to the SCC's hot lunch on December 9<sup>th</sup>. This will be the first of many lunches aimed to raise funds for continued improvements.

Enjoy the holiday season and see you back at school on January 4<sup>th</sup>, 2016!

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## **Community Meeting regarding the School Review**

**Pangman School Gym      Wed., December 2 at 7:00pm**

**Everyone welcome      Hosted by the School Review Committee (SCC)**

## **CHRISTMAS BAZAAR**

**Saturday, December 5, 2015 ~ 10:00am—4:00pm - Pangman School Gym**

**Santa will be visiting the Bazaar at 1:00pm! There will be a children's movie at 1:30pm**



*Lunch will be sold.*

*"Success and achievement for every student."*

**SRC**



This month the SRC has been planning spirit days and organizing activities for the weeks leading up to Christmas. The SRC also hosted a celebration breakfast for the grades 4-6 classroom who sold the most magazines per student during our magazine fundraiser this year on November 30. The SRC is hosting a Spirit Week from December 7-11 as well as Monday, December 14. The theme days will be:

December 7 – Beach Day

December 8 – Neon Day

December 9 – Pajama Day

December 10 – Twin Day

December 11 – Fancy Day

December 14 – Christmas Dress Up Day



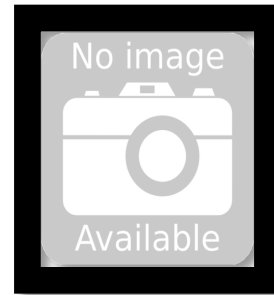
The Choir had their first performance during our Remembrance Day ceremony as they sang "A Wish For Peace". They did an excellent job and should be very proud of their accomplishment. We are now busy preparing for the Christmas concert on December 17<sup>th</sup>. We are preparing two songs to perform for the event. We are very lucky to have such a wonderful group of voices to work with!

## News from the Public Health Nurse

The Public Health Nurse will be at Pangman School during the morning of Friday, December 4th. Influenza vaccines will be available to the students on that day and will be given **if requested by the parent or guardian.** More information and consent forms will be sent home with your child.



## Students of the Month for November



K-3: **Baillie** for her strong interest in learning activities in Kindergarten during the month of November.



Grades 4-6: is receiving the student of the month award for the Grades 4-6 class this month for outstanding effort in his schoolwork and for being patient with all his peers.



Grades 7-9: for having an excellent start to the year by pushing herself to do her best in all of her classes, showing a positive attitude, and for her commitment and diligence as the SRC secretary.



Grades 10-12: for showing a great independent work effort.



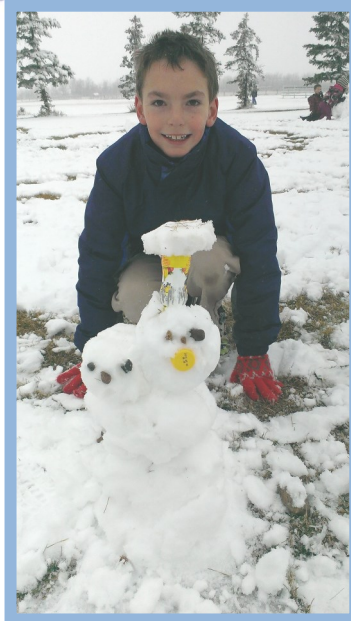
# SRC Magazine Fundraiser Wrap Up



The five top sellers were wrapped in tape to collect "cash" to purchase prizes. Congratulations to our top sellers.

Pangman School's Remembrance Day Ceremony was held on November 10th. We were pleased to welcome many parents, community members, and the Pangman Daycare to our ceremony.





*Let it snow*



On November 13, our school was fortunate enough to take a trip to The Globe Theatre in Regina to see the production of the Snow Queen. We were all impressed by the story, the acting, the set, and the entire experience. A big thank you to the Globe Theatre team!



**The Snow Queen**

## Helping Children to be Competent Eaters

Children are more likely to grow and develop to their full potential when they are well nourished. In order for this to happen, they need to be supported to become competent eaters.

Competent eaters consume healthy food, are able to enjoy a variety of foods, try new foods and rely on their internal cues of hunger and fullness.

### CHILDREN AND ADULTS HAVE DIFFERENT BEHAVIOURS AROUND FOOD:

- Children are normally cautious about eating new foods. They may like a food once and decide not to eat it the next time it is offered. As they challenge themselves to meet other developmental milestones like walking and talking, children will learn to like new foods by seeing, touching and tasting them many

times. Seeing friends and family eating these foods helps children to learn to eat them too.

- Children eat better when they are given the opportunity to choose from a small variety of foods and when they are able to choose how much they will eat of these foods. Children need to know they can politely turn down food, take a food and not eat it, or taste a food and not have to finish it.

- Children may eat more one day and less the next and this is a normal part of healthy development. Children need to learn to listen to



their internal sense of hunger and fullness. Ultimately this will help them to eat what and how much they need to grow properly.

Adults choose what foods to offer, when to offer them and where they will be eaten. Children choose how much food if any they will eat.

### HOW TO BE A SUPPORTIVE ADULT AND PROMOTE A POSITIVE FOOD ENVIRONMENT:

- Provide structured times for meals and snacks. Young children under the age of 6 years, need a distraction-free sit down snack time

in the midmorning and midafternoon. Older children may also need a snack, but should come to lunch hungry and ready to eat. Do not allow eating during classes and other instruction time. Offer only water between meals and snacks.

- Give children enough time to eat well without distraction. Turn off televisions and other media during snack and meal times.

- Children eat best when they eat in designated spaces, preferably a lunch room or cafeteria with tables and chairs or desks.

- Be present at meals and snacks. Be friendly, personable and provide companionship but do not interfere with children's eating. Do not praise, bribe, cheerlead or restrict children's food intake. Be a good role model; demonstrate healthy eating habits around children.

- Elementary school age children do not have the ability to make rational and healthy decisions about the type of food to select. Adults need to provide them with healthy choices to support them in food selection. Often foods found in vending machines or canteens, or those used in classroom celebrations or as rewards are "easy to like foods" such as candy, chocolate, sweets and chips. These foods interfere with children's interest in trying other foods and can spoil their appetites for the next meal. Limit access to these foods to support children's ability to eat well.

- Teach and support a respect for diversity in body size and shape and that "everybody" is different in regards to energy needs, size and shape.

"If we put children in a positive food environment, we can trust them to eat and grow in a way that is right for them" -Ellyn Satter

References: 1. Ellyn Satter Institute. Feeding in the School Community [www.ellynsatterinstitute.org/cms-assets/documents/99541-178972.lytle.pdf](http://www.ellynsatterinstitute.org/cms-assets/documents/99541-178972.lytle.pdf)  
2. Lytle et al. Children's interpretation of Nutrition Messages. Society for Nutrition Education. <http://ow.ly/RsQod>



# Thank you!

We would like to extend a huge thank you to Kyle Beattie and Chris Schwindt who donated sand for our playground upgrades, the trucking of the sand, as well as the use of a skid steer.



# December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DAY 5	2 DAY 6	3 DAY 1	4 DAY 2	5
		KINDERGARTEN	Community Meeting (School Review) 7pm Pangman School Gym	KINDERGARTEN	Gr. 1-3 Care Home  Panther Pride Day	Christmas Bazaar Santa visit 1pm Movie 1:30pm 
6	7 DAY 3	8 DAY 4	9 DAY 5	10 DAY 6	11 DAY 1	12
Spirit Week →	KINDERGARTEN  Beach Day	Neon Day	KINDERGARTEN SCC Hot Lunch (Taco in a bag) Pajama Day	Twin Day	KINDERGARTEN  Fancy Day	Happy Birthday Levi
13	14 DAY 2	15 DAY 3	16 DAY 4	17 DAY 5	18 DAY 6	19
	Christmas Themed Clothes Day	KINDERGARTEN		KINDERGARTEN  Christmas Concert 7pm	SCC Sleigh ride/ Wiener roast	
20	21	22	23	24	25	26
	Christmas Holiday Dec. 21 – Jan.3 No School	No School	No School	No School	Christmas Day No School	
27	28	29	30	31		
	No School	No School	No School	No School	No School	



Enjoy your holidays! See you back at school on  
Monday, January 4th, 2016 (Day 1)!



# PANGMAN SCHOOL

## 2015-2016 Yearbook

### Sponsorship Form

I wish to be a sponsor of the 2015-2016 Pangman School Yearbook.

The sponsorship levels are:

<b>Bronze</b>	<b>\$10.00</b>
<b>Silver</b>	<b>\$25.00</b>
<b>Gold</b>	<b>\$50.00</b>
<b>Platinum</b>	<b>\$75.00</b>

#### Business Sponsorship

Business Name: \_\_\_\_\_ Amount \$\_\_\_\_\_

Please send your business card and donation to:

Pangman School Yearbook Committee

P.O. Box 188

Pangman, SK S0C 2C0

If you have an electronic version of your business card, please email it to

sabrina.youck@cornerstonesd.ca

#### Individual or Family Sponsorship

Name(s) to be printed

\_\_\_\_\_ Amount \$\_\_\_\_\_

Please make cheques payable to Pangman School.



# PANGMAN SCHOOL

## 2015-2016 Yearbook

### Order Form

I wish to purchase \_\_\_\_\_ Pangman School Yearbook(s) at \$15.00 per book.

Name: \_\_\_\_\_ Circle: Paid/Not Paid