



Pangman School

February 2016

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Staff Greeting



It's hard to believe that the first month of 2016 has already passed. We were lucky enough to have mostly mild weather this winter, but would like to remind parents and guardians of the importance of dressing children properly for winter. The journey to and from school can be very chilly for both town students who are walking and bus students who run the risk of dealing with the cold if there is a problem with the school bus. For elementary students we go outside before school starts, for fifteen minutes in the morning, twenty minutes at lunch time, and fifteen more minutes in the afternoon. As per our school winter weather policy, we will be going outside for physical activity during these allotted times unless it is -28 degrees Celsius or colder (based on The Weather Network's website) combined ambient temperature and wind chill factor, so it is very important to dress appropriately so students can enjoy their recess times. Please also remember that the earliest students should arrive at school is **8:40a.m.** Prior to that there is no supervisor on the playground.

We, once again, welcomed the Rocks and Rings program to our school. On January 12th students learned all about curling, practiced sweeping during an entertaining activity, and got to throw special curling 'rocks' during their own mini curling game. Students had lots of fun while learning about the sport of curling.

High school students wrote their exams at the end of January. Congratulations to the students for making it through! We know it's not easy, but are proud of you for studying and working hard.

Students and staff are looking forward to the Mission Ridge Ski Trip on February 6th, Jump Rope for Heart on February 12th, spring break, and Anti-Bullying Day which is on February 24th. It's going to be a great month!

Dates to Remember

February

- 1—Jump Rope Presentation
- 4—Hot Lunch Order Forms Due
- 5—Panther Pride Day
- 6—Mission Ridge Ski Trip
- 8-11—Candy Gram Sale (at lunch)
- 12—Jump Rope for Heart (pm)
- 12—Candy Grams Go Out
- 12—Pizza Bun Hot Lunch
- 15-19 —No School **Spring Break!**
- 24—Anti-Bullying Day of Pink
- 25—Sports Dress Up Day

Notice of Elector's Meeting

Regarding the possible discontinuance of one or more grades up to and including the complete closure of Pangman School.

**Tuesday, March 15th, 2016,
7:00p.m. at Pangman School**
Everyone is encouraged to attend this important meeting.

In this Issue:

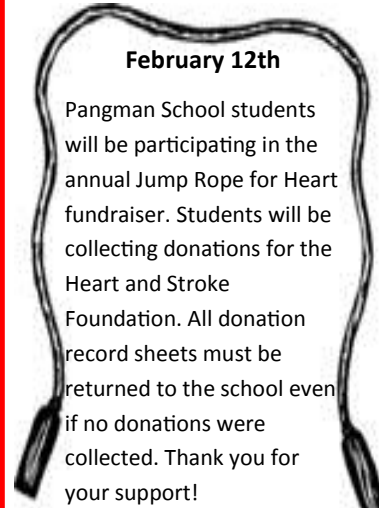
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Heart&Stroke **JUMP** ROPE FOR HEART

February 12th

Pangman School students will be participating in the annual Jump Rope for Heart fundraiser. Students will be collecting donations for the Heart and Stroke Foundation. All donation record sheets must be returned to the school even if no donations were collected. Thank you for your support!



"Success and achievement for every student."



To celebrate the end of the semester the SRC organized a skating day for all students. This took place on January 28th. The grade K-6's skated in the morning and the 7-12's skated in the afternoon. Thank you to all of the families for lending skates and helmets for student use. We hope it was a good way for the 10-12's to relax after a hard week of exams.

Next month the SRC is organizing a Candy-gram Sale to celebrate Valentine's Day. Candy-grams will be sold throughout the week of February 8 to 11th. They are twenty-five cents each and will be sold during lunch break in the library. You can buy one for your friends, your teachers, or even yourself! They will be handed out on Friday, February 12th. All proceeds will be put towards funding future SRC activities. Thank you for supporting the SRC!

We will also have "Sports Day" dress-up on February 25th. You can dress up in a sports uniform or wear your favourite team's colours or jerseys. The SRC will also host lunch time games in the gym for all students.



Students of the Month for January



K-3: Declared Student of the Month for her enthusiasm for learning in Kindergarten during the month of January 2016.



Grades 4-6: For showing outstanding perseverance in all his endeavours.



Grades 7-9: For making a concerted effort to achieve her school based New Year's Resolution to do better both academically and in school based social skills for the month of January.



Grades 10-12: For consistently submitting assignments in a timely manner.

Winter

"Hosh" the Inuksuk

Students proudly pose with the Inuksuk they built on top of hill on our playground.

An inuksuk is a human-made stone landmark or cairn used by the Inuit, Inupiat, Kalaallit, Yupik, and other peoples of the Arctic region of North America. These structures are found from Alaska to Greenland.



Fun!



Star Wars Dress Up Day



The Ski Trip will be on **Saturday, February 6th.**

The bus will be **leaving the school for Mission Ridge at 7:00am and returning at approximately 9:00pm.**



Please remember to bring proper clothing for skiing (ski pants, warm winter jacket, toque, mittens), money for lunch and supper, snacks for the bus and ski hill.



ROCKS & RINGS

HURRY!



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Pay Attention to Attendance: Keep Your Child on Track in Middle and High School

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school every day, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

Communicate with the school

- Know the school's attendance policy - incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.



For more on school readiness, visit attendanceworks.org and reachoutandread.org

Feed Me a Story!

DOES IT REALLY MATTER IF I READ TO MY CHILD EVERY DAY?

Yes, if daily reading for 30 minutes a day begins at birth, by the time the child is 5 years old, he or she has been fed roughly 900 hours of brain food!

Reduce that to just 30 minutes a week, and the child enters kindergarten with just 130 hours. The child's hungry mind loses over 770 hours of nursery rhymes, songs, and stories.

No teacher, no matter how talented, can make up for those lost hours of mental nourishment.

You want me to read to my child for 30 minutes a day. How in the world can I do that? **I don't have time!**

The good news is that much of what you already do every day can be brain food. See the reverse for good ideas on how to fit your child's 30 minutes in every day.

Source: U.S. Department of Education, America Reads Challenge, Start Early, Finish Strong: How to Help Every Child Become a Reader. For more information, www.ed.gov/america/reads.



30 minutes of brain food everyday

The thought of reading to your child for 30 minutes can feel overwhelming. But "reading" for infants and small children involves talking, singing, naming things, telling stories out loud as well as reading books. Here's how to fit it all in:

In the morning...

Sing a good morning song to your child	1 minute
Talk about the clothes that your child will wear	2 minutes
"Read" a thermometer to see what the temperature is	1 minute
Play "This Little Piggy" while putting on socks	1 minute
Name parts of your body or things in the room	1 minute
Read the cereal box (milk carton, etc.) at breakfast	2 minutes
Think of all the words that rhyme with "milk" or "egg"	2 minutes
Read the bus schedule/school schedule to get information	1 minute
TOTAL	11 minutes

During the day...

Sing "Old MacDonald" while walking to school	2 minutes
Read all of the store and street signs on the way to school	5 minutes
Bring a book to read while riding on the bus	3 minutes
Ask your child's teacher/caregiver to read to your child	5 minutes
TOTAL	15 minutes

In the evening...

Read the TV Guide to find out when your shows are on	1 minute
Cuddle with your child and point at the pictures in a book	2 minutes
Sing a lullaby to your child at bedtime	1 minute
TOTAL	4 minutes

This gives you a total of 30 minutes of reading activities a day!

Other ideas:

- Tell your child about what it was like when you were little
- Make up a story about a bunny who loves to make friends
- Have your child "read" a book to you

Source: Annie Atwood, Middletown Even Start, Middletown, CT.



February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 DAY 2	2 DAY 3	3 DAY 4	4 DAY 5	5 DAY 6	6
	Jump Rope Presentation	KINDERGARTEN	Happy Birthday Callie	KINDERGARTEN Pizza Bun Hot Lunch order forms due.	Gr. 1-3 Care Home  Panther Pride Day	Mission Ridge Ski Trip
7	8 DAY 1	9 DAY 2	10 DAY 3	11 DAY 4	12 DAY 5	13
	KINDERGARTEN Candy Grams for sale during lunch break	Candy Grams for sale during lunch break	KINDERGARTEN Candy Grams for sale during lunch break	Candy Grams for sale during lunch break	KINDERGARTEN Pizza Bun Hot Lunch Jump Rope for Heart <small>pm</small> Candy grams go out	
14	15	16	17	18	19	20
 Valentine's Day	S B	P R	R E	I A	N K	G
21	22 DAY 6	23 DAY 1	24 DAY 2	25 DAY 3	26 DAY 4	27
		KINDERGARTEN	Anti-Bullying Day of Pink	KINDERGARTEN Sports Dress Up Day		
28	29 DAY 5					
	KINDERGARTEN					

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