



Pangman School

October 2015

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Dates to Remember

October

- 2 - Panther Pride Day
- 5 - PD Day—No School
- 7 - Live Different Presentation
- 12 - Thanksgiving (No School)
- 15 - School Picture Day
- 20 - Storyteller
- 26 - Open House & Supper
- SCC AGM
- Scholastic Book Fair



Welcome Back to School: Message from the Staff

Welcome to the 2015-2016 school year. It's hard to believe we're already back in school! Things have been busy this summer as we've made building improvements, and prepared for a great school year. Here are a few highlights for you as we get back into the swing of things.

New Staff

- **4/5/6 Classroom:** We're excited to welcome Mrs. Oberkirsch to our team.
- **Physical Education:** We are pleased to welcome back and share with Ogema School, Ms. Friesen as our 7-12 P.E. teacher as well as various other subjects.

Kindergarten E.A.: We are pleased to add to our staff as an E.A. in the kindergarten room, Mrs. Kessler. She will also continue as our library tech.

New Students: We are pleased to announce an increase to our enrolment at Pangman School. We welcome all our new students!

Kindergarten: Lief, Baillie, Vayda, Cooper, and Isaac

Grade 3: Emma & Keesha **Grade 5:** Ashton & Keera **Grade 11:** Sweyn

New School Clubs: We are excited to announce that Pangman School will be offering a couple of extra curricular activities this year.

Games Club- This is being offered to grades 10-12 and will be lead by Mr. Callfas.

Choir & Cooking Club- These clubs are open to all students. This will be lead by Mrs. Walters and Mrs. Oberkirsch. Please stay tuned for more information.

Sports Update: Junior Volleyball- Pangman School is pleased to announce that we will be offering both Jr. Girls' and Jr. Boys' teams this year. We have formed a co-op with St. Augustine School (Wilcox School) allowing our teams to be comprised of Pangman and Wilcox players.

Junior Boys-Ms. Friesen will be coaching the Jr. Boys teams and will be running her practices on Mondays and Wednesdays.

Junior Girls-Mrs. Den Boer (formally taught in Pangman) from Wilcox will be coaching the Jr. Girls team and will be running her practices on Mondays and Fridays.

Sr. Girls Volleyball- We will continue to form a co-op with Ogema School. Practices will be Mondays in Ogema and Wednesdays in Pangman. Coach-Mrs. Boyd and Pangman School Contact-Mrs. Warren

Building Improvements

Outside of the building you will see new concrete outside the elementary entrance to the playground, new windows in most of the school and inside new desks in our 7-9 home class room. We are proud of the all the work that was accomplished this summer. Our division maintenance crew deserves a huge thank you for working so hard to make it all happen. Also a note of appreciation for Jackie Wolstenholme for her hard work in getting our school spic and span as she does every year- you are amazing Jackie!

September Events: Please see the photos of our students participating in these September events: Minute to Win It Contests, swimming, and The Terry Fox Run.

Open House: Please see page 5 for details on our upcoming open house.

"Success and achievement for every student."

SRC

The SRC is up and running headed by Mrs. Oberkirsch and Mrs. Walters. We meet at lunch time on day three at least once a month. This year we have set up an executive of senior students and LOTS of classroom representatives. It is great to see such an excited group of future leaders! Right now we are busy with the Magazine Fundraiser. Next, we will be busy planning spirit days and activities for the week leading up to Halloween. Look for information on that soon!

2015/2016 Executive:

President – Ocean

Vice President – Hayley

Secretary – Natalie – sub -Anna

Treasurer – Jacey – sub - Kianna

Choir Club

We are very excited to announce that we are offering a Choir Club available to all grades. Choir Club is fun opportunity for those who love music, love to sing, or just want to be part of a fun group! You do not need to be a strong singer to join! Led by Mrs. Walters and Mrs. Oberkirsch, both of whom are active in the choral community, this club promises to be a rewarding experience. Studies show that singing in a choir can help memory, focus, and math skills not to mention balance and stress reduction. But most of all, a choir is a great place to make friends and have fun!

We will meet at lunch hours on every day 5 meeting more often close to a performance. This year we hope to sing at the school's Remembrance Day Ceremony, Christmas Concert, Bengough Music Festival, and the Year End Concert. This club does require a commitment; students must be at all lunch hour rehearsals unless they are absent from school.

Our first meeting was Friday September the 25th. If you haven't joined yet, what are you waiting for!

Cooking Club

Cooking is an invaluable skill and can be a lot of fun. Mrs. Oberkirsch and Mrs. Walters both love to cook and would like to share their experience and passion with the students. Students who join this club will learn essential cooking skills such as knife skills, baking basics, cooking on a budget, the power of soups to name just a few. This club will be responsible for creating the menu and cooking the hot lunches each the month.

Meeting times are yet to be determined. We will start very soon!

Fundraiser

The Pangman School students and staff are once again having a magazine fundraiser. This is a great program that provides on average 40% of profits to the SRC to enhance the students' experience at Pangman School for something that many people subscribe to. Last year the SRC purchased iPads for use in the classrooms. The last day for students to earn Pick a Prize points will be October 16. Magazines can be ordered at any time during the year online at www.qsp.ca. QSP no longer provides notice for gift subscriptions however we will provide you a magazine gift tag should you want to order a subscription as a gift. Thank you for supporting Pangman School.

Students of the Month for September



K-3: For working hard to get his assigned work finished during class time.



Grades 4-6: He has demonstrated leadership qualities in class when he is working with his classmates. He has been especially helpful to his group mates during math class and is happy to help wherever he can!

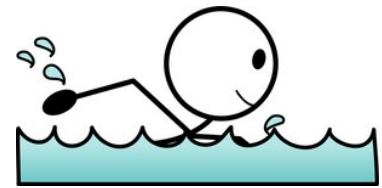


Grades 7-9: For consistently using her class time wisely and putting her best effort into her work.



Grades 10-12: For endeavoring to be on time for his classes.

Welcome Week!



As part of their science unit on Structures, the grades 1-3 students worked in small groups to build nests in a similar fashion as birds. The resulting structures will be tested to see if they:

- hold together after two days,
- are stable when windy conditions exist
- will hold an egg



To continue their study of strong and stable structures, the grades 1-3 students built paper structures. They loaded their structures with pennies to determine which structure was the strongest.



Terry Fox Run - September 24th, 2015

Congratulations to our students for raising **\$1634** for Cancer research!



Thank you to the Pangman Co-op Grocery store for the donation of apples for the Terry Fox Run participants!



Population and Public Health is responsible for the immunization of children in grade 1, 6 and 8 as well as follow-up when there is a case of a vaccine preventable disease in a classroom or school. To do their work, public health staff review student immunization records and enter vaccines given in school into the electronic provincial immunization registry called Panorama. Panorama is a secure electronic health record system designed to store and record immunization related information. Confidential immunization information is only available to authorized health care workers such as members of the public health team, nurse practitioners and physicians across the province using secure networks. To learn more about Protecting the Privacy of Your Immunization Record visit www.ehealthsask.ca/services/panorama or call Population and Public Health at 306-766-7904.

Pangman School's Open House

Monday, October 26th

5:30-6:30: Supper (spaghetti and meat sauce)

6:30: Early Literacy Presentation

8:00: SCC (School Community Council) Annual General Meeting

9:00am-3:30p.m. and 5:00pm-8:00pm: Scholastic Book Fair

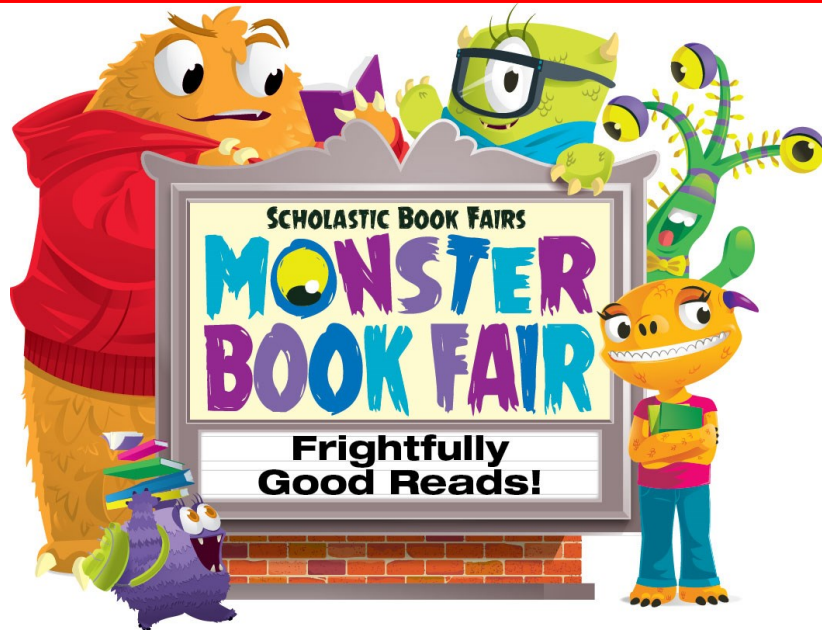
This year, in addition to our Meet & Greet and spaghetti/meat sauce supper, Pangman School will be hosting an Early Literacy information night with Jackie Gibbs, the Early Literacy Consultant for the West side of the division. This will be followed by the student led math centres meet and greet, Daily 5 in action, and the AGM for the SCC. The AGM will begin with an information session on the importance of an SCC and how it can support the learning that takes place in a school.

Please consider becoming part of the SCC of our school. Ideally we want to encourage representation of all grades in our school so please give this serious consideration.

The Scholastic Book Fair is back!

This year's Book Fair hours are

Monday, October 26th 9:00am-3:30p.m. and 5:00pm-8:00pm



The Book Fair is an excellent way to support literacy, stock up on gifts, and support our school's library.

Watch for more information coming soon!

The Book Fair will accept payment by cash or cheque.

Menu Planning

Menu planning can be a hard job when feeding a family of different ages and with different food likes. Planning a menu ahead of time can help you to create tasty nutritious meals for the whole family. Writing a quick menu for the week before shopping can help you to save time, money, and ensure you have all of the ingredients on hand.



At every meal:

- Use Canada's Food Guide to help you include food items from all four food groups.
- Vary your food choices within each food group to get a variety of different nutrients.
- Plan the timing of snacks so that they do not affect the child's appetite at mealtime.

When you have little time:

- Have healthy options on hand, such as washed vegetables and fruits or portioned leftover meat, for quick sandwiches and salads.
- Consider using a slow cooker so meals are ready when you arrive home.
- Use leftovers to create new dishes.
- Have homemade frozen meals on hand rather than buying convenience foods.
- Keep a list of family favourites handy for when you are out of meal ideas.

When you have lots of time:

- Involve your child in the planning and preparing of meals.
- Cook larger dishes and save leftovers for days when you have little time.
- Wash, prepare, and store vegetables and fruits to have them ready for later.

To help develop healthy eating habits, include many different tastes, textures, and colours, and provide children with opportunities to try new foods. Enjoy meals as a family.



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Reducing Anxiety in Your Pre K and Kindergarten Children

Anxiety (we teach children to say: ang-zye-uh-tee) is a big word that means feeling scared and nervous. The feeling comes from a worry, an upsetting situation, or a thought that is hard to let go. Sometimes it occurs for no real reason.

Many children become anxious as they begin their school year. This anxiety can be expressed in many forms. Anxious children may shed tears, express anger toward others, become introverted or have toileting accidents.

Parents or caregivers can help to relieve these anxious feelings in young children. Here are a few tips to help along the way.

- Be positive and reassure your child that school is a good place.
- Don't linger to say good-bye. Give your child a hug or a kiss and walk out the door.
- Reassure your child that you will be back to pick him/her up. Talk to your child about the after school routine. Make sure your child knows who will be there for pick up and ensure that person is on time.
- Be sure your child knows what to expect. Go through the handbook provided to you at orientation and talk to your child about the expectations.
- Children need to be well rested in order to feel refreshed, alert and ready to face daily challenges. 3-5 year olds typically need 11-13 hours of sleep each night.
- Breakfast really is the most important meal of the day. If you run out of time to eat at home, take it along. Teachers are usually very accommodating.
- Provide nutritious snacks: fresh fruit, crackers and cheese, pickles, almonds, vegetables and dip. Avoid prepackaged foods that contain additives and lots of sugar.
- Throughout the year consult the calendar to ensure your child comes to school with special items for special days. Prepare your child by talking about the upcoming events.
- Talk to your child each night about the events of the day. Young children love to share and this is a great language building activity.

With you providing this support, your child will be well on their way to becoming a successful learner.

October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 DAY 3	2 DAY 4	3
				KINDERGARTEN	Sr. Girls Tournament in Gladmar Panther Pride Day 	Sr. Girls Tournament in Gladmar
4	5	6 DAY 5	7 DAY 6	8 DAY 1	9 DAY 2	10
	Teacher PD No School	KINDERGARTEN Happy Birthday Troy Happy Birthday Madison	Live Different Presentation 2 pm	KINDERGARTEN		
11	12	13 DAY 3	14 DAY 4	15 DAY 5	16 DAY 6	17
	Thanksgiving No School	KINDERGARTEN		KINDERGARTEN School Pictures 9 am 		Happy Birthday Jimmy Happy Birthday Baillie
18	19 DAY 1	20 DAY 2	21 DAY 3	22 DAY 4	23 DAY 5	24
	KINDERGARTEN	First Nation Presentation	KINDERGARTEN		KINDERGARTEN Happy Birthday Johnny Happy Birthday Rebecca	
25	26 DAY 6	27 DAY 1	28 DAY 2	29 DAY 3	30 DAY 4	31
	Open House - supper - presentation - SCC AGM - Book Fair	KINDERGARTEN		KINDERGARTEN Happy Birthday Marshall	Sr. Girls Tournament in Midale	Sr. Girls Tournament in Midale Happy Birthday Colton

Ogema/Pangman Senior Girls Volleyball Schedule

Practices will be Mondays in Ogema at 6:30p.m. and Wednesdays in Pangman at 6:30p.m.