



Pangman School

March 2016

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www.cornerstonesd.ca/Schools/pangman

Staff Greeting

We hope all students are relaxed and recharged after the Spring Break. February was another busy month!

The SRC sold candy grams that were handed out on February 12th. Students, staff, and even Care Home residents, had the opportunity to purchase chocolate hearts for others in the school. This puts a smile on many faces and raised money for SRC projects. On the morning of the 12th students played "Steal My Heart". Everyone had one paper heart and if someone heard them say one of the "off limits" words of the day, that person could steal the other person's heart. The person with the most hearts at noon was awarded a prize. Also on the 12th was a hot lunch prepared by the SCC. The lunch provided much needed energy for students as they had an afternoon of physical activity. Our school participated in the annual Jump Rope for Heart fundraiser. Thank you to all who donated to the Heart and Stroke Foundation and congratulations to all of the participants. Thanks to you, we raised \$1437!

We held an Anti-Bullying Day on February 25th in support of the Red Cross initiative to end bullying. Students and staff wore pink and participated in a variety of activities to promote anti-bullying.

The ski trip to Mission Ridge was a great day and enjoyed by all. Thank you to the volunteers who came along to supervise.

Congratulations to Amy Burton, our Speech and Language Pathologist, on the arrival of her baby girl. Amy and her family welcomed baby Liv on January 27th. Megan Roelfsema will be filling in for Amy while she is on maternity leave. We are also welcoming back our School Counsellor, Melanie Gendron, who was away on maternity leave. Welcome to the staff, Megan, and welcome back, Melanie!

Coming up in March is "WE Day" where students in Grades 7 to 9 and some of the SRC members travel to Saskatoon to listen to various presenters. The SCC's fundraising cabaret will be held on March 12th to raise money for playground upgrades. On March 15th there will be an elector's meeting regarding the school review. Everyone is encouraged to attend. The last week of March will be the Easter Break. Please see the calendar for more details and events.

Happy Easter!



Dates to Remember-March

- 2—We Day
- 4—Panther Pride Day
- 12—SCC Fundraiser
- 15—School Review Meeting
- 17—Green Day
- 18—No School
- 21—Pastel Day
- 22—Opposite Day
- 23—Easter Egg Decorating (and egg hunt)
- 24—PJ Day
- 25—No School (Good Friday)
- 28-April 1—No School (Easter Break)
- April 4—Back to School (Day 5)**

In this Issue:

- 1 Welcome Message
- 2 Students of the Month
- 3 Information
- 4 Jump Rope & School Work
- 5 Ski Trip & Day of Pink
- 6 World Read Aloud Day
- 7 March 2016 Calendar



Kindergarten to Grade 3 students delivered Valentines to the Care Home residents and also treated them to some Valentine's Day songs.



Pangman St.Paddy's Day Cabaret

Come out for an evening of fun, drinks and dancing to help the SCC raise funds to bring our playground up to standards! There will be a Chinese Auction, 50/50, and Door Prizes!

March 12th

Doors open at 7:30

Advance Tickets \$15

At the Door \$20

Midnight Lunch will be provided

NO MINORS

(To get your tickets in advance please contact Lori Woistenholme, Robyn Verot, Justina Pingert, Robin Larson or Megan Brice)

"Success and achievement for every student."



Students prepare Candy Grams for delivery.

In the month of February the SRC accomplished many exciting tasks. We sold candy grams from the 8th to the 11th and they were handed out on the 12th. The candy grams were sold in the library and the Care home on the 10th and the 11th. On the 12th we did an activity called steal my heart. We had 5 words (question, class, time, shoe and pencil) and if you said one of these words you got your heart stolen. On the 23rd it was sports day, at lunch there was basketball and floor hockey in the gym.

Special Days in March:

4- Panther Pride Day

17- Green Day

21- Pastel Day

22- Opposite Day

23- Easter Egg Hunt and Easter Egg Decorating
(Please bring 2-4 hard boiled eggs to decorate.)

24- PJ Day



Students of the Month for February



K-3: For her improved effort in ELA and Math during the month of February.



Grades 4-6: For consistently completing her assignments with great care and for being kind to all she comes into contact with.



Grades 7-9: For his improvement in Physed class.



Grades 10-12: For her contribution to SRC.

TAKE A 100 MEAL JOURNEY

MAKE SMALL CHANGES, ONE MEAL AT A TIME.



1. Get Ready

- Pledge to make one small healthy change and stick with it.
- Think about where you could easily make a positive change in your eating habits.
- Set yourself up for success. Make goals that are specific, measurable and "doable".

2. Get Nourished

- Start the day with a nourishing and balanced breakfast.
- Pack a healthy lunch and stash healthy snacks in your lunch bag
- Choose water instead of sugary pop and specialty hot drinks.

3. Get Portioned

- How much you eat is just as important as what you eat.
- Eat only as much as you are hungry for; stop eating before you feel too full
- Estimate food portions with your hands: 2 handfuls of vegetables, 1 handful of grain products, 1 of meat and alternatives. Round the meal off with a glass of milk.

4. Get Creative

- Healthy eating doesn't have to be bland. Try something new.
- Download and check out the Cookspiration app at www.cookspiration.com

5. Make it Stick

- Think about what might get in the way of you choosing a healthy life.
- Check out other tips to beat stress without food: www.eatrightontario.ca/en/Articles/Alcohol/Healthy-Habits-to-Cope-with-Stress.aspx



Distributed by Barb Wright, RD
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Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2016)

Eating Well with Children

Adults and children have different jobs when it comes to eating.

Adults choose what foods to offer, when to offer them and where they will be eaten.

How to do an adult's job well:

- Sit at the family table for meals and snacks. Put down cell phones and turn off computers and TV's.
- Do not bribe or force children to eat. If they are not hungry, it is okay if they choose not to eat.
- Close the kitchen after meals and snacks and only water between meals and snacks.
- Have healthy food available for you and your family. Children are more likely to eat well when healthy foods are available and the rest of the family also eats these foods.



Children choose how much food if any they will eat.

How to do a child's job well:

- Children decide whether or not they eat based on if they are hungry or not.
- Children eat the amount their bodies need to grow healthy and strong.
- As children grow older and are provided with the right structure, guidance and skills, they will start to choose more of what foods to eat.



Distributed by Barb Wright, RD
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Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2015)



Southeast Cornerstone School Division has subscribed to a trial of Tumble Books until the end of May 2016. This fantastic resource allows on-line access to many books, videos, playlists, games, and more.



Check it out!

www.TumbleBookLibrary.com

Username: southeastcsd

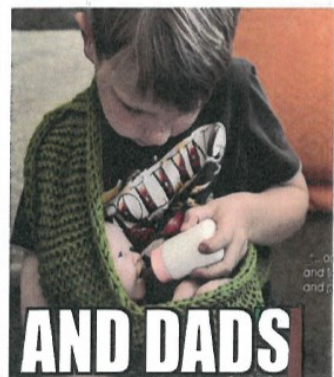
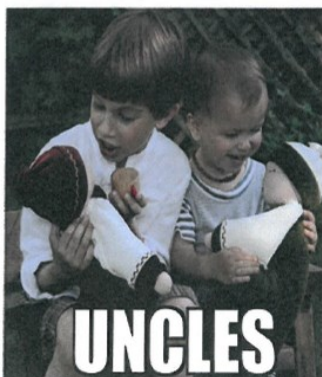
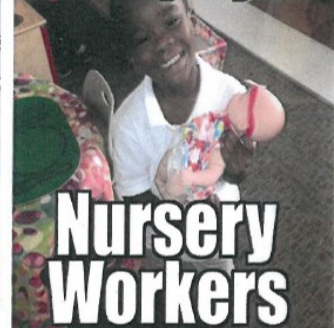
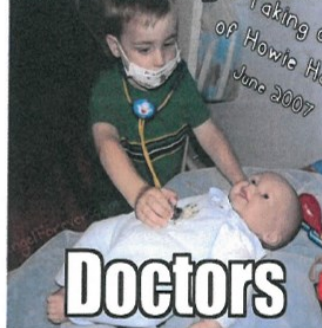
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Direct Link: http://www.tumblebooklibrary.com/auto_login.aspx?u=southeastcsd&p=trial



South East Cornerstone Early Learning

Let them play with dolls. One day they'll be:





On February 12th, our school participated in the annual Jump Rope for Heart Fundraiser. It was an afternoon of physical activity and fun as we jumped for a good cause!

Congratulations to our students for raising \$1437 for the Heart & Stroke Foundation!



The grades 1-3 students worked in pairs to create art using paint and magnetic forces. They used a magnet to drag a paperclip through the paint to create an abstract painting.

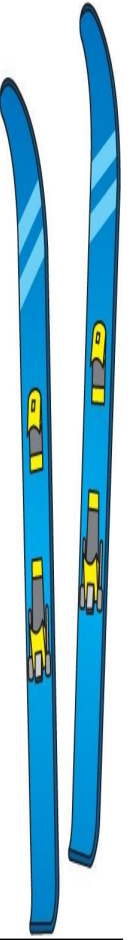
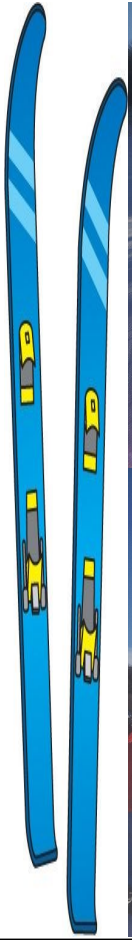


cleg
The raven meets the dog.
They turn into friends.
And there's a rabbit.
The end!

The elementary students have been studying Ted Harrison's books. One assignment was to create their own interpretation of a part of the story, "The Blue Raven" (left). The picture on the right was created by Christopher for the Grades 4-6's book, "A Pangman Alphabet", which has been added to our library's collection. The heading is, "M: The moose and mule deer munched in the moonlight."



Mission Ridge Ski Trip



CANADIAN
RED CROSS

DAY OF PINK

On February 25th our school showed their support against bullying by wearing pink. Activities were held in the last period and will continue on after Pink Day.

“It isn't big
to make
others feel
small.”





World Read Aloud Day—February 24th, 2016



Inclusive Education



"Inclusive Education is based on the fundamental belief that all students belong and are valued members of their classroom and neighbourhood school communities." -Specht and Bennett, 2013

- Inclusive practice is about creating an environment in which children of different abilities are educated together.
- It is about delivering a quality education in which all children are challenged.
- It is about building social and life skills for all students.

Some benefits of inclusive education:

- Meaningful friendships
- Increased social initiations, relationships and networks
- Peer role models for academic, social and behaviour skills
- Higher academic expectations and achievement
- Increased appreciation and acceptance of individual differences
- Positive life attitudes such as empathy and understanding
- Respect for all people
- Prepares all students for adult life in an inclusive society
- Opportunities to master activities by practicing and teaching others

"The quality of our education should be measured by the quality of education we provide to our most vulnerable children."

-Vianne Timmons, 2013

March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DAY 6	2 DAY 1	3 DAY 2	4 DAY 3	5
			KINDERGARTEN We Day		KINDERGARTEN  Panther Pride Day	
6	7 DAY 4	8 DAY 5	9 DAY 6	10 DAY 1	11 DAY	12
		KINDERGARTEN Happy Birthday Hayley L. Happy Birthday Clea		KINDERGARTEN	Gr. 1-3 Care Home	SCC Fundraising Cabaret 7:30 Pangman School Gym
13	14 DAY 3	15 DAY 4	16 DAY 5	17 DAY 6	18	19
	KINDERGARTEN	School Review Electors Meeting 7pm at Pangman School – please show your support by attending.	KINDERGARTEN	Green Day  Happy St. Patrick's Day!	No School Happy Birthday Baylee	
20	21 DAY 1	22 DAY 2	23 DAY 3	24 DAY 4	25	26
Happy Birthday T.J.	KINDERGARTEN Pastel Day	Opposite Day	KINDERGARTEN Easter Egg Decorating (Bring 2-4 hardboiled eggs.) Easter Egg Hunt	PJ Day	Good Friday No School	
27	28	29	30	31	April 1	
Easter Sunday	E B	A R	S E	T A	E K	April 4– Back to School (Day 5)

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.