



Pangman School

April 2016

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Grad Fundraising Bottle Drive

Saturday, April 2, 2016

Please leave cans and bottles outside for grads to pick up if you won't be home.

Thank you for your support!



Dates to Remember in April

- 2—Grad Fundraising Bottle Drive
- 4—Back to School (Day 5)
- 8—Panther Pride Day
- 11—No School
- 15—Report Cards
- 20 & 21—3 Way Conferences
- 22—No School



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Staff Greeting

We've had an incredible March! The month was kicked off with the Grades 7-9 and some of the SRC members traveling to Saskatoon to WE Day. WE Day is a celebration of youth making a difference in their local and global communities. There were many great speakers including Henry Winkler, Chris Hadfield, and Rick Hansen just to name a few.

On March 4th, we had Zoey Roy here from the Music Alive Program. Zoey is an author, poet, and hip-hop artist. She travels to schools with the Music Alive Program. Zoey worked individually with each of our classrooms to create their own poetry. At the end of the day, the entire school gathered in the gym where we were fortunate enough to see Zoey perform and got to see each classroom's presentation. Our students created impressive poetry and put on an entertaining show for the rest of the school!

On March 11th, the Grades 1-3 students took their monthly trip to the Deep South Personal Care Home to read to the residents. This is an event that both the residents, and our students, look forward to. It's a great opportunity for our students to practice reading and to interact with the residents of our Care Home.

The SCC's playground fundraiser was a huge success. There was a remarkable amount of donations received for this good cause. The group raised approximately \$5000 to upgrade our playground. Thank you to the SCC for all of their hard work, to the sponsors, and to the supporters who attended the fundraiser. Boyd Tourscher won the 50/50 draw which was \$200 and he graciously donated it back to the SCC for our playground.

We had a week of Spirit Days that included Green Day for St. Patrick's Day, Pastel Day, Opposite Day, and PJ Day. We had an Easter egg hunt and the entire school gathered together to decorate Easter eggs.

The SRC hosted a Food Drive from Monday, March 21st-Thursday, March 24th. All donations will stay in our community. If the school can collect 300lbs of food, they will be treated to a movie afternoon.

On Saturday, April 2nd, the graduating class is holding their annual fundraising bottle drive. If you have bottles and cans to donate, but won't be home, please leave them outside for the grads. They would like to thank everyone in advance for their support. The graduating would also like to thank the SCC for the donation of all cans and bottles that were left from the fundraiser.

Happy Easter and enjoy the break! See you back at school on Monday, April 4th, 2016.

Our principal, Mrs. Warren,
reading to Grades 1-3 students
on World Read Aloud Day.

WORLD
READ
ALoud
DAY





The SRC were very happy with the participation of each student in the month of February. The money raised will then be contributed to future SRC activities/events! As for the month of March we had a dress up week. This consisted of March 17th-Green Day, March 21st-Pastel Day, March 22nd-Opposite Day, March 23rd-Egg Hunt and Egg Decorating, and March 24th Pajama Day. We were extremely pleased with the participation from each class! We have been also collecting non-perishable food to donate to local families! Our goal is to reach 300lbs of food. If our school accomplishes this goal we are then allowed to have half the day to watch a movie! The last day we are accepting food is March 24th. As a SRC committee, we were extremely inspired by We Day and have compiled a bunch of fun/ great ideas, as to how we can make a difference in and out of our community. We hope that community members, parents, and students can help us reach our goal!



Choir is currently preparing two musical numbers. We are planning to perform them at the monthly school assembly in April.

Pajama Day



"Success and achievement for every student."

Students of the Month for March



K-3: For her improved reading fluency and comprehension during the month of March.



Grades 4-6: For going out of her way to be kind and generous to her peers.



Grades 7-9: For taking a leadership role in his Math project, showing more interest and determination in his class work, and for improved attendance for the month of March.



Grades 10-12: For an increased effort toward completing his online course.



Attend Today, Achieve Tomorrow



#schooleveryday

Parents/Guardians,

Did you know that attendance matters as early as kindergarten? Studies show that children who miss too many days of school will struggle academically, both now and in the future.

Here's how you can help:

Although some absences are unavoidable because children sometimes get sick and need to stay home, the important thing is to get your children to school as often as possible.

To keep your child from missing school, try to line up vacations and doctor's appointments with the school's schedule.

For younger children, set a regular bedtime and morning routine. Make sure they get 9-11 hours of sleep and consider laying out clothes and packing backpacks at night.

For older children, help them set homework and bedtime routines that allow for 8.5-9.5 hours of sleep. When the lights are off, phones, video games, and computers should be also.

Above all, set an example by showing your child that attendance matters to you and that you won't allow an absence unless someone is truly sick.

Good attendance now will help your children do well in high school, in college, and at work!

Meatless Meals

Meatless meals are a great way to add variety to your family meals. Many meatless dishes offer more fibre and are often less expensive than dishes that contain meat.



Pulses (peas, chickpeas, beans and lentils) are high in protein and fibre, and low in fat. They can often be used in place of meat in a recipe.

Many meatless meals have international flare, such as the recipe below.

Here are some creative ways to serve meatless meals

- Use chickpeas, black beans or other beans to make dips such as hummus
- Puree cooked beans or lentils and add to tomato based sauces for pasta or tacos
- Add lentils or split peas to soups and casseroles
- Add cooked chickpeas or lentils on a pizza
- Add nuts, seeds or chickpeas to salads and stir fries
- Make chili with beans, and skip the ground beef



Teriyaki Rice Noodles with Veggies and Beans

- 2 cups brown rice noodles
 - 1 Tbsp. cooking oil
 - 1 small onion, diced
 - 1 cup chopped celery
 - 2 cups chopped carrots
 - 2 cloves garlic, chopped
1. Prepare rice noodles according to package directions. Drain and set aside.
 2. In a large skillet, heat oil over medium heat. Sauté onion, carrots and celery until onions are softened, about 5 minutes. Add garlic and broccoli; cover and cook for 5 minutes. Stir in teriyaki sauce, hot sauce, beans and rice noodles; cover and cook for 5



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Attention Grades 7-12 Students and Parents




Envision is currently wrapping-up a two-year project that focused on the prevention and elimination of cyberviolence among young women and girls in Southeast Saskatchewan. The project was made possible by Status of Women Canada and focused on building partnerships within rural communities. A significant part of the project was to perform a needs assessment that was completed in fall of 2014, which determined the gaps and strengths in services specific to cyberviolence.

Our goal was to fully understand the depth of the issues that plague the cyber world. The youth voice was an integral part of the assessment and was included through a confidential and anonymous online survey. This survey helped to understand the needs of the youth population and also contained a parental and teacher component to ensure well rounded data collection.


Envision has been working hard over the last two years on the fight against mean and cruel behaviour online. We are looking for youth, teachers and parents to provide us with input **one last time** to see if your experiences have changed online.

Your email will be kept separate from your comments and will not be connected to the upcoming survey, should you fill it out. To thank you for taking the time to fill out our survey, **there will be a chance to win a \$100 iTunes gift card** at the end if you enter the draw.

Survey Link: <https://www.surveymonkey.com/r/cyberviolence>




The Adventures of Flat Stanley



Check out where our Flat People have been...

Our Grade 1-3 students have been learning all about the world thanks to the Flat Stanley Project. In January, each student made their own flat person and they have been traveling to many exciting places! The flat people have been to B.C., Alberta, Mexico, the Virgin Islands, and Scotland and are still out and about!






showing our school spirit!



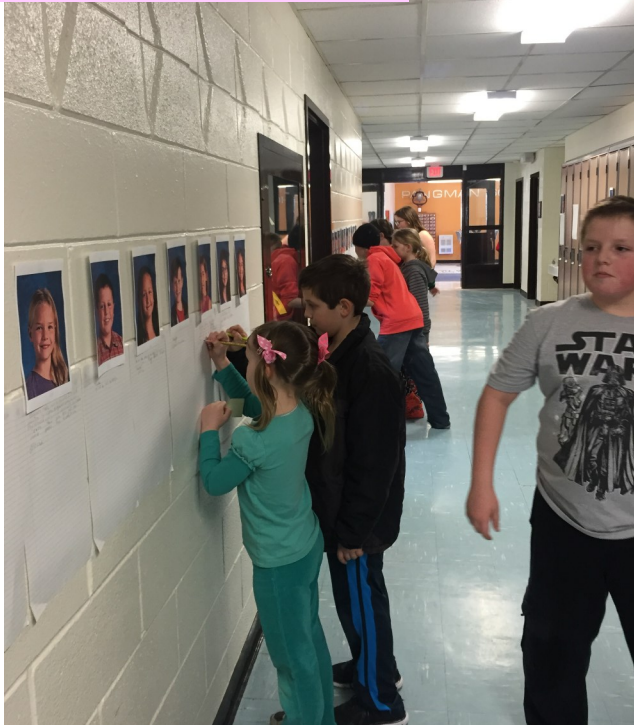


Pastel Day and Opposite Day were just two of the school spirit days that were held in March.

Anti-Bullying Continues at Pangman School



Grades 4-6 students writing compliments to their peers. As a follow up to anti-bullying day, photos of all students in our school were posted on the walls and lockers. Students and staff had the opportunity to pay compliments by writing them on the papers below the photos.





Kindergarten to Grade 3 Poem written with Zoey from Music Alive

There once was an orange tailed fox

Who found herself stuck in a box

She was saved by a bear

who heard from his lair

that from far over there

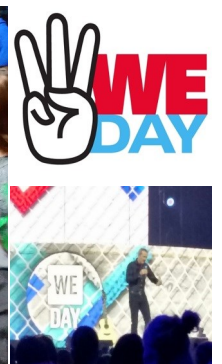
a fox was stuck.

A moose took notice while he was with his friend goose.

They both ran over to get the fox loose.

The owls just scowled and started to howl.

To all of the forest to come and help.



On March 2nd twenty students from grades 7 to 12 woke up bright and early to make the trip to Saskatoon for We Day. A big thank you to the SCC and SRC for funding this bus trip! We Day is a celebration of youth making a difference in their local and global communities. It is a program that nurtures compassion in young people and gives them the tools to create transformational social change. Many speakers and entertainers took to the stage to tell their stories of inequality, courage, and empowerment. Since returning from We Day, students have been inspired to do a Food Drive for our local community. Together, we collected 340.4 pounds of food that will stay in our community. The students have also been inspired to adopt a global community to raise money for food, water, education, health care and alternative incomes. The students really identified with the Malawi Prime Minister, Joyce Banda, who discussed the inequality for girls' education. We are currently discussing a fundraiser to help this worthy cause. Together, We Are Powerful, We Are Determined, We Can Change the World!



Easter Egg Decorating



Food Drive

Our school collected

340.4lbs


of food for the food drive!
All of the food donated will
stay in our community.

Good work and thank you
to all who donated!

Pangman Dancers Participate in Avonlea Dance Competition

Congratulations to our students who participated in the Avonlea dance competition! The age 9-10 Tap group received 2nd place, Ballet received 4th, Jazz placed 2nd, Hip Hop 3rd, Preschool Ballet 1st, and Tap received 2nd place. Tessa and Katie received 1st in their Jazz duo, Madison and Skylar won 1st for their Tap duo, Alyscia placed 3rd for her Jazz solo, and Tesni received 2nd for her Tap solo. Hayley and Natalie's Ballet group placed 1st, Hayley received 1st in her solo, 1st in Jazz, and 3rd in Lyrical. Natalie placed 3rd in Jazz, and 4th in Lyrical.

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Easter Break No School	Grad Fundraising Bottle Drive
3	4 DAY 5	5 DAY 6	6 DAY 1	7 DAY 2	8 DAY 3	9
Happy Birthday Jonathan	KINDERGARTEN Back to School Happy Birthday Kianna		KINDERGARTEN		KINDERGARTEN  Panther Pride Day	
10	11	12 DAY 4	13 DAY 5	14 DAY 6	15 DAY 1	16
Happy Birthday Grayson	Teacher Planning Day No School Happy Birthday Isaac	Happy Birthday Hunter	KINDERGARTEN		KINDERGARTEN Report Cards	
17	18 DAY 2	19 DAY 3	20 DAY 4	21 DAY 5	22	23
		KINDERGARTEN Happy Birthday Alyscia	3 Way Conferences	KINDERGARTEN 3 Way Conferences	Day in Lieu of Conferences No School	
24	25 DAY 6	26 DAY 1	27 DAY 2	28 DAY 3	29 DAY 4	30
		KINDERGARTEN		KINDERGARTEN	Gr. 1-3 Care Home Happy Birthday Layton	