

# Pangman School

## November 2016

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#### **Dates to Remember**

#### November

4th—Panther Pride Day

7th-Flu Shots

9th-Retakes

10th—School Remembrance Day Program

11th—Remembrance Day (No School)

18th-Report Cards

22nd & 23rd— 3 –Way Conferences

25th-No School

28th-No School



Pangman School's Remembrance Day Program November 10th 10:30 am

Pangman School Gym Everyone Welcome



### Help us go Paperless

This newsletter is available digitally!

- www.pangman.ca
- Pangman School's Facebook page
- Via email
- On Pangman School's link through the SECPSD's website

If you would prefer to stop receiving a paper copy and/or have the Pangman School's monthly newsletter emailed to you, please send your name and e-mail address to:

allison.kessler@cornerstonesd.ca



### **Students of the Month for October**



K-3: For the kind, caring and positive friendship he has consistently demonstrated towards all student in our classroom during the month of October 2016.



Grades 4-6: For being an incredible helper at the Book Fair.



Grades 7-9: For working hard and getting her work done on time.



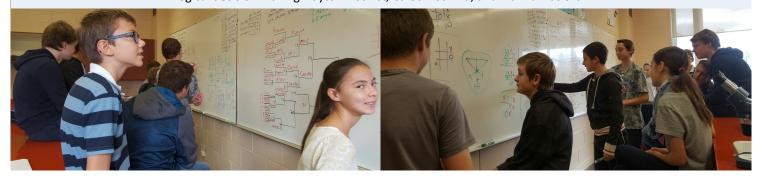
Grades 10-12: For her enthusiasm and effort during Phys. Ed.



Volleyball is in full swing. The first two photos are of our team playing against Ogema and the last is in Filmore.



The grades 7-9 students are playing each other in Ultimate Tic Tac Toe. We've been having an in-class tournament to work on their logical decision making. Layton was 1st, Caleb was 2nd, and Kianna was 3rd.







Thank you to everyone visited the Open House, Scholastic Book Fair, and the SCC Annual General Meeting.



Thank you for supporting the 2016 Scholastic Book Fair.

We have earned **\$804** dollars worth of new books for our library!



Congratulations to our raffle winner who won \$25 worth of books for himself and \$25 for his classroom.

A big thank you to Tessa, Caleb, Madison, Riana, Kianna, Nikita, Katie, Hailey, Baylee, Hunter, and Skylar for volunteering their time to make the Book Fair a success.

## **Breakfast Ideas**

#### Aim for 3 of the 4 food groups of Canada's Food Guide

- Whole grain bagel with sliced cheese and tomato
- Scrambled eggs topped with cheese and salsa in a whole grain tortilla wrap
- Yogurt topped with granola and peach slices
- · Whole grain muffin with a pear and glass of milk
- Whole grain bagel with sliced apples, sprinkled with cheese and cinnamon. This can be served cold or warm
- Oatmeal topped with walnuts, fruit, and a glass of milk
- Whole grain toast or tortilla with nut butter and banana and a glass of milk
- Hard cooked egg, yogurt and sliced oranges
- Berry yogurt smoothie and a hard cooked egg
- Poached egg on English muffin with tomato slices



#### **Apple Cinnamon Baked Oatmeal**

#### Ingredients Directions 1. In a large bowl, combine oats, cinnamon, baking 3 cups (750 mL) large flake oats powder and salt. 2 tbsp (30 mL) ground cinnamon 2 tsp (10 mL) baking powder 2. In another bowl, whisk together milk, eggs, apple sauce and oil. Pour over oat mixture and stir to 1/4 tsp (1 mL) salt combine. Stir in apple and raisins. 1 1/2 cups (375 mL) milk 3. Divide mixture among 12 lightly sprayed muffin ½ cup (125 mL) unsweetened apple sauce tins. Bake in preheated 350°F (180°C) oven for 1/4 cup (60 mL) canola oil about 30 minutes or until tester inserted in centre 34 cup (175 mL) diced apple comes out clean. Serve warm 4 cup (60 mL) raisins Preparation time: 10 minutes Cook time: 30 minutes Makes: 12 muffins Recipe from: www.eatrightontario.ca/en/Recipes/Kid-friendly-award-winning-recipes/ Apple-Cinnamon-Baked-Oatmeal.aspx Distributed by Barb Wright, Registered Dietitian Public Health Nutritionist SunCountry Sun Country Health Region barb.wright@schr.sk.ca

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# Healthy Snacks









Pangman School will continue to recycle pens, markers, and highlighters. The drop off container is located outside of the K-3 classroom. We also recycle household batteries, cell phones and chargers, digital cameras, and mp3 players.







November 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DAY 3	2 DAY 4	3 DAY 5	4 DAY 6	5
			KINDERGARTEN		KINDERGARTEN  FAMORIAN DOUBLE  Panther Pride Day	
6	7 DAY 1	8 DAY 2	9 DAY 3	10 DAY 4	11	12
	Flu Shots	KINDERGARTEN	Picture Retakes	KINDERGARTEN School Remembrance Day Program 10:30am Everyone Welcome	Remembrance Day	Happy Birthday Paige Happy Birthday Callum
13	14 DAY 5	15 DAY 6	16 DAY 1	17 DAY 2	18 DAY 3	19
		KINDERGARTEN  Happy Birthday Ariez		KINDERGARTEN	Gr 1-3 Care Home Visit Report Cards	
20	21 DAY 4	22 DAY 5	23 DAY 6	24 DAY 1	25	26
	KINDERGARTEN	3 Way Conferences Happy Birthday Lexy	KINDERGARTEN  3 Way Conferences		Day in Lieu of Conferences No School Happy Birthday Olivia	
27	28	29 DAY 2	30 DAY 3			
	No School  Happy Birthday Nixon	KINDERGARTEN				