



# Pangman School

March 2017

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[www.cornerstonesd.ca/Schools/pangman](http://www.cornerstonesd.ca/Schools/pangman)

## Dates to Remember

### March 2017

Feb. 27-Mar. 3—Missoula Practice  
3—Panther Pride Day  
4—Missoula Production  
13—Plaid Day  
14—Sports Day  
15—Famous Day  
16—Twin Day  
17—Green Day  
17—St. Patrick's Day Cabaret  
(SCC Fundraiser)  
24—No School (Teacher Planning Day)  
31—Report Cards



## Rumpelstiltskin



MISSOULA  
CHILDREN'S  
THEATRE

Conceived and Written by  
Don Kukla

Music and Lyrics by  
Michael McGill  
and Don Kukla

A PRODUCTION OF MCT, INC.

The directors will be here to work  
with the students during the school  
day and from

**Mon., Feb. 27 - Sat., Mar. 4.**

*The performance will be  
the evening of  
Sat., March 4, 2017.*

*Supper: 5:00pm  
Performance: 7:00pm*



## In this Issue

- 1 Rumpelstiltskin Information
- 2 Students of the Month
- 3 Ski Trip
- 4 Saskatchewan Express
- 5 Jump Rope for Heart
- 6 3-D Chess Set
- 7 Nutrition Information
- 8 Nutrition Information
- 9 March 2017 Calendar





*"Success and achievement for every student."*



Welcome to Pangman School. (Grade 2)

## ***SRC Spirit Week***

During the dates of March 13-17 the SRC is planning a spirit week. The week will consist of five days where the whole school will dress up as the theme of the day.

Monday the 13<sup>th</sup> - Plaid Day

Tuesday the 14<sup>th</sup> - Sports Day

Wednesday the 15<sup>th</sup> - Famous Day

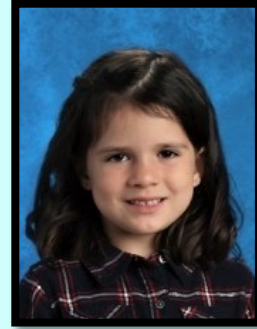
Thursday the 16<sup>th</sup> - Twin Day

Friday the 17<sup>th</sup> - Green Day



Seasonal classroom doors decorated by K-12 students.

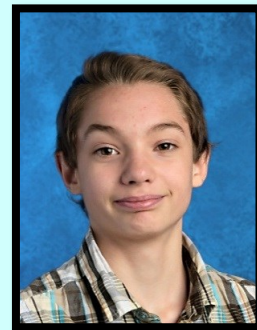
## **Students of the Month for February**



**K-3:** For her enthusiasm and dedication to learning to read and write throughout the month of February 2017.



**Grades 4-6:** For her continued effort to improve as a writer.



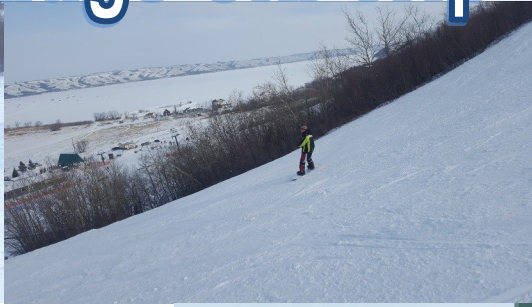
**Grades 7-9:** For using class time effectively.



**Grades 10-12:** For their consistent attendance and for getting themselves to school on time.

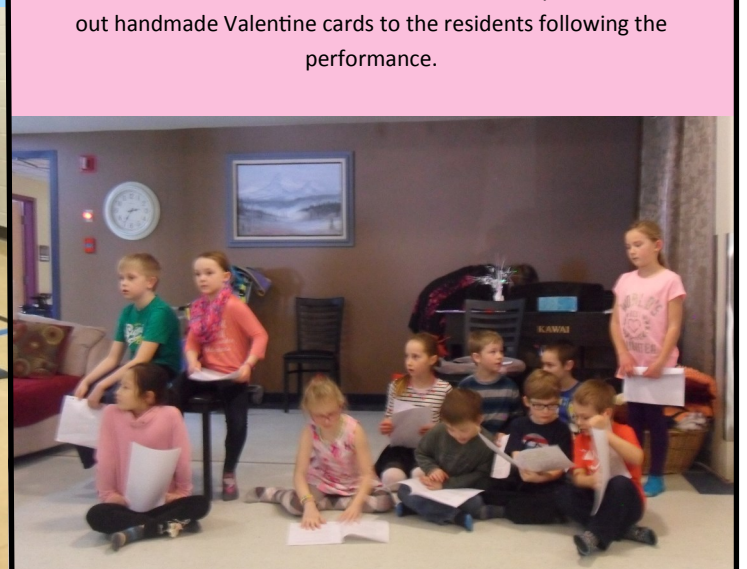


# Mission Ridge Ski Trip - Feb. 11



Author/Entertainer Carol Daniels visited our school on February 6th. She shared with us stories, her own illustrations, and unique drums.

The grades 1-3 students practiced a reader's theatre performance and performed it at the Care Home on Valentine's Day. It was entitled Little Red Hen's Valentine Wish. The students shared cherry tarts and handed out handmade Valentine cards to the residents following the performance.





# Saskatchewan Express



On February 2, 2017 Saskatchewan Express visited Pangman School as a part of their O! Canada Tour in celebration of Canada's 150th Birthday. The musical group worked with our students in the morning and then performed in the afternoon, inviting the students to sing and dance to BTO's "Taking Care of Business".



Pangman's 2nd Annual

## St. Paddy's Day Cabaret

### 03.17.2017

Pangman School Gym \* Doors open at 7:30pm

TICKETS \$15 EACH (\$20 AT DOOR)  
\*\*\*\*NO MINORS\*\*\*\*

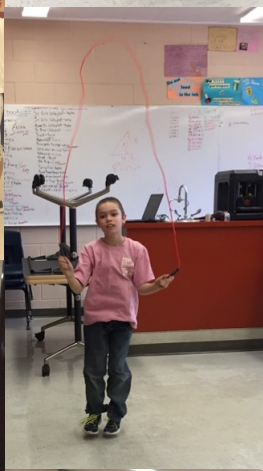
DJ CHRIS' DOOR PRIZES' MIDNIGHT  
LUNCH

Contact Lori Wolstenholme, Megan Brice, Justina Pingert or Robyn Verot for Tickets



# Jump Rope for Heart - Feb. 17

On February 7, a representative from the Heart and Stroke came to kick off our Jump Rope for Heart Fundraiser.

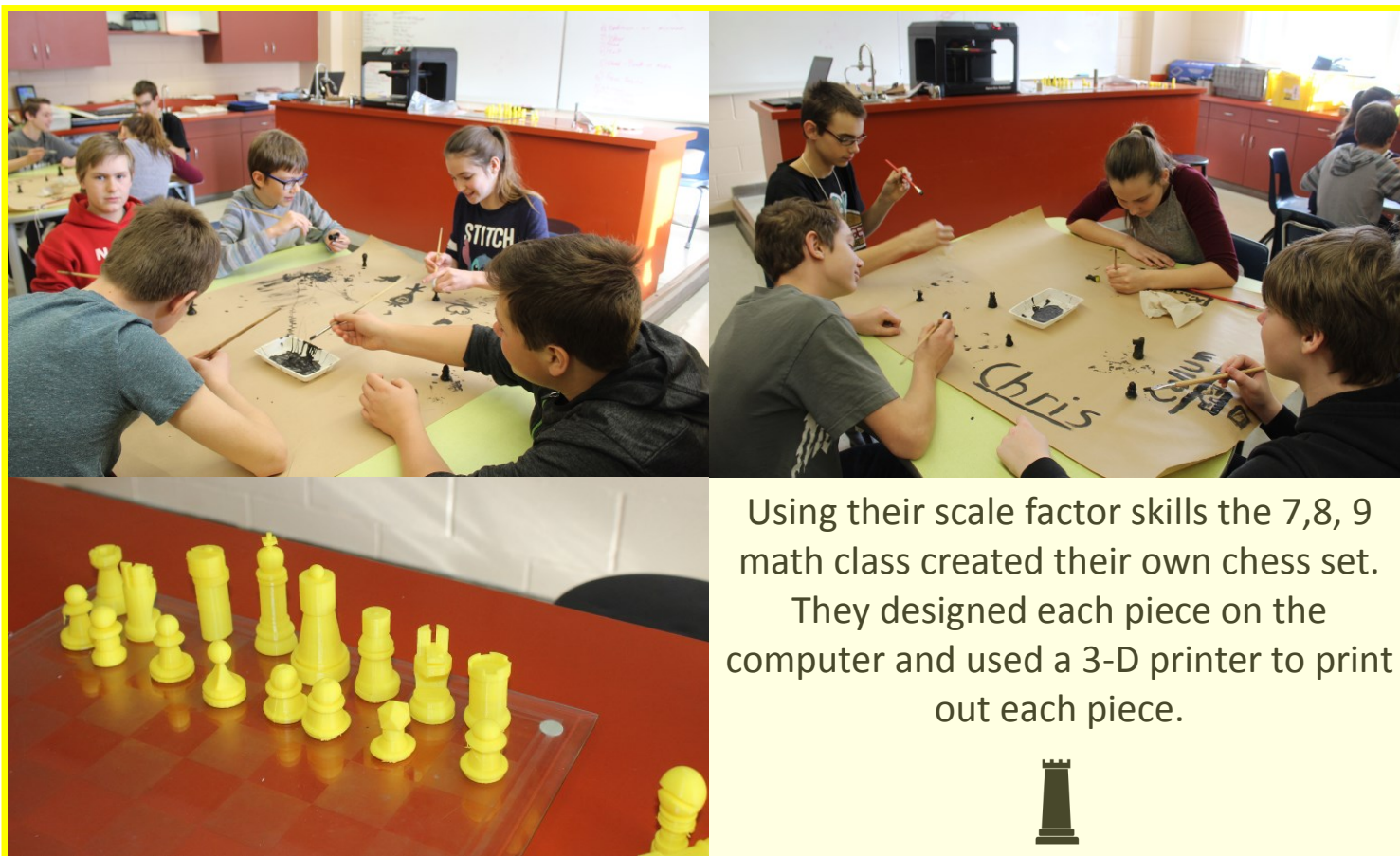


Our school has raised approximately \$1400 for the Heart and Stroke Foundation to date. Thank you to everyone who sponsored our students. Please return all envelopes and pledges.



The grades 1-3 students celebrated the 100<sup>th</sup> Day of School on February 14. They participated in counting, reading and writing activities centered around numbers to 100. In the pictures, the grades one and two students are rolling two die, finding the sum and using tally marks to graph how frequently each sum is rolled in 100 tries. All of the students ended up with six, seven or eight being the most popular sum from all the possibilities from 2 to 12.





Using their scale factor skills the 7,8, 9 math class created their own chess set. They designed each piece on the computer and used a 3-D printer to print out each piece.



## Registration is now open for the 2017 Baseball and Softball Season!

Go to [www.veyburnminorball.ca](http://www.veyburnminorball.ca) to register or to find out more information.

If you have any questions, please email [wmb@sasktel.net](mailto:wmb@sasktel.net)

### Registration Cost for 2017 Ball Season

#### **Boys Baseball**

Midget (1999, 2000, 2001) \$185  
 Bantam (2002, 2003) \$165  
 Pee Wee (2004, 2005) \$145  
 Mosquito (2006, 2007) \$135  
 Rally Cap (2008, 2009, 2010) \$80

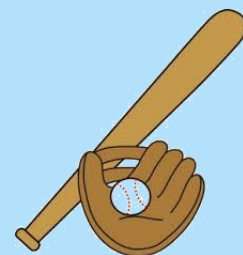
**Learn to Play** – Coed...Boys & Girls born in 2011, 2012 - \$50 (Parents choose which nights Mon/Wed or Tues/Thurs)

#### **Girls Softball**

Midget (1999, 2000) \$185  
 Bantam (2001, 2002) \$165  
 Pee Wee (2003, 2004) \$145  
 Squirt (2005, 2006) \$135  
 Mites (2007, 2008) \$80  
 MIni Mites (2009, 2010) \$80

There is plenty of information on our Facebook page...like it if you haven't already.

A free 'introduction to Ball night' is being planned for first time ball players...watch for details.





# Learning to Enjoy New Foods

Do your children struggle to try new foods? As a parent you can feel frustrated but don't give up. It takes children time and a lot of experience to learn to eat new foods. Here are a few tips that might help your children be more interested in trying new foods:

## **Be a role model**

- Your children will want to try new foods if they see you eating them.

## **Get your kids involved**

- Take them grocery shopping and suggest they pick out a new food to try.
- Let them help you prepare meals, snacks and school lunches.

## **Let your kids see, smell and touch new foods**

- Even if they don't eat it at first, becoming familiar with new foods, will increase the chances they will eat them eventually.

## **Be creative**

- Present food in creative ways. Cut foods into fun shapes using a knife or cookie cutter.

## **Add variety**

- Try experimenting with one new food a month.
- Offer new foods prepared in a variety of ways.

## **Introduce new foods with familiar foods**

- Offer different foods such as kale with family favourites.

## **Relax**

- Never force children to eat anything they do not want to. This can actually make them want it less both now and in the future. Teach them to politely turn it down.

## **Keep trying**

- Keep offering new foods even if they refused it in the past. Children may need to experience a new food many times before they will eat it.



For more information or support about picky eating contact a registered dietitian or visit the following websites:  
[www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org) and [www.eatrightontario.ca](http://www.eatrightontario.ca).



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## ***Finding nutrition Information you can trust***

### **Follow these tips when finding nutrition information**

- Get information from a professional source. Registered dietitians are the most trusted source of nutrition information.
- Make sure the information is based on science not on personal opinion or success stories. Actors and models are not nutrition experts!
- Look for up-to-date information. If it is from 5 years ago it may not be current.
- Watch out for anyone selling special products or supplements.
- Good nutrition information will encourage eating a variety of foods from all 4 food groups from Canada's Food Guide.

### **Reliable sources of nutrition information:**

- **Registered dietitians (RD)** are recognized professionals in nutrition. They provide information that is based on scientific evidence.
- **Dietitians of Canada** website [www.dietitians.ca](http://www.dietitians.ca)
- **Health Canada** website [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)
- **Eatright Ontario** website [www.eatrightontario.ca](http://www.eatrightontario.ca)
- **Some websites** ending with .edu or .gov



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## March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 DAY 5	2 DAY 6	3 DAY 1	4
	Missoula practice this week.		Sr. boys practice 5:30 @ Pangman	KINDERGARTEN  Sr. boys practice @ Ogema	 Panther Pride Day	Missoula Theatre Supper 5 pm Show 7 pm
5	6 DAY 2	7 DAY 3	8 DAY 4	9 DAY 5	10 DAY 6	11
	KINDERGARTEN		KINDERGARTEN National Pancake Day  Sr. boys practice @ Pangman Happy Birthday Clea Happy Birthday Hayley	Mandatory Morning Practice Sr. boys 7:15-8:15 @ Ogema	KINDERGARTEN K-3 Library Visit  Sr. boys Conferences @ Stoughton	Sr. boys Conferences @ Stoughton
12	13 DAY 1	14 DAY 2	15 DAY 3	16 DAY 4	17 DAY 5	18
	SRC Spirit Week "Plaid Day"	KINDERGARTEN "Sports Day"  Sr. boys practice @ Ogema	"Famous Day"  We Day Sr. boys practice @ Pangman	KINDERGARTEN "Twin Day"	Gr 1-3 Care Home Visit  "Green Day"  SCC St. Patrick's Day Cabaret	Happy Birthday Baylee
19	20 DAY 6	21 DAY 1	22 DAY 2	23 DAY 3	24	25
	KINDERGARTEN  1 <sup>st</sup> Day of Spring Happy Birthday TJ		KINDERGARTEN		Teacher Planning Day <b>No School</b>	
26	27 DAY 4	28 DAY 5	29 DAY 6	30 DAY 1	31 DAY 2	
	KINDERGARTEN		KINDERGARTEN		KINDERGARTEN K-3 Library Visit  Report Cards	