

Pangman School



April 2018

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www.cornerstonesd.ca/Schools/pangman

Grad 2018

Please join us in celebrating the graduation of Nikita Ruiz Reyes.

Friday, May 4th, 2018

Exercises 1:00p.m.

Social 2:00p.m.-3:00p.m.

Pangman School Gymnasium

~ Everyone Welcome ~

PLAYGROUND PROGRESS



The SCC is closer to reaching their fundraising goal to purchase a new play structure for our playground! Thank you to all who have contributed.

There will be an event on April 14th to raise more funds and get us closer to our goal. See page 5 for details.



Dates to Remember - April

- 6 — Bottle Drive
- 9 — Back to School (Gr. 1-12)
- 10 — Back to School (K)
- 11 — SRC Meeting at 8am
- 12 — Mindfulness Presentation
- 12 — Daycare AGM 7pm
- 13 — Panther Pride Day
- 14 — SCC Playground Fundraiser
- 19 — SRC Donut Day
- 19 — Andrew Russell Workshop
- 20 — Electricity Free Class for Earth Day
- 25-26 — 3-Way Conferences
- 27 — Camo Dress Up Day
- 28 — Pool Fundraiser
- 30 — No School



Kids on the Block
Presentation

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"Success and achievement for every student."

Students of the Month for March



K-3: For working hard, for her participation in class discussions, and for her willingness to help others.



Grades 4-6: For making an effort in all areas of her school work and relationships.



Grades 7-9: For her outstanding effort in math.



Grades 10-12: For her outstanding leadership in SRC in the month of March, 2018.



Our school had a very special visitor in March. Mrs. Youck brought her son Barrett to meet the students and staff. Barrett was born on January 1st, 2018.

The Grade 4-6 class has begun studying a new unit in Science. We are now focusing on studying weather. We will be learning about local, national, and global weather as well as the instruments used to tell the weather and the impact that weather on society and the environment. We have already learned about different kinds of clouds and what they might be able to tell us about what future weather could be.

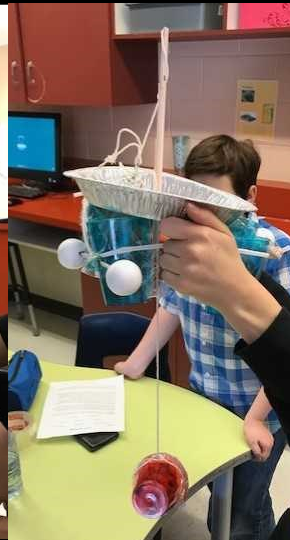




Heritage Cree Lessons

During the months of February and March the K-3 and 4-6 classes both participated in Heritage Language Lessons. We had the opportunity to spend 8 hours in Cree lessons sponsored by the Saskatchewan Organization for Heritage Language lessons. Thank you to Elder Jane and Elder Irene for coming out to Pangman School and sharing with us.

The 7-9's put their knowledge of buoyancy to the test as they designed, built, and tested boats and submarines. This was a project to assess their understanding of buoyancy, displacement, and volume.



The 7-9's learned about the concepts of force, pressure, and area by building structures to cushion the blow of an egg. This was an introduction to the idea of pressure. We will soon be learning about hydraulic and pneumatic systems that use these concepts.

Nutrition Information from Public Health

Food can keep you from getting sick

Try MORE of these foods



Help Make Your Lunch for School

Try these fun ideas for your lunch:

Fruits and Veggies:

- ❖ Apple slices
- ❖ Carrot sticks
- ❖ Red pepper
- ❖ Celery
- ❖ Snap peas



Try Adding:

- ❖ Cheese
- ❖ Nut butter
- ❖ Ranch dip
- ❖ Hummus

Potential to Fuel:

Stay energized by planning nutritious snacks

Tips for healthy snacking

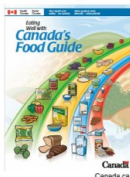
Don't snack from the box
Take smaller portions or buy small packages of food.

Idea: 7 whole grain crackers with 1 oz low fat, low sodium cheese.



Keep healthy snacks at your desk, in your bag or in your car.

Idea: Make trail mix with dry fruit, cereal and unsalted nuts and seeds.



Include at least two food groups from Eating Well with Canada's Food Guide.

Idea: Layer fruit with 1 cup of low-fat yogurt. Add a spoonful of trail mix.



Potential to Discover:

Develop healthy eating habits by learning to shop and cook

Improve your math, spelling, reading, science, and health skills by learning how to cook!

- ❖ Watch YouTube videos to learn new skills.
- ❖ Challenge yourself to make one meal a week including all 4 food groups.
- ❖ Get creative! Come up with different after school snacks. Make sure to include at least 2 food groups.



Counselor's

PRINCIPLES OF MINDFULNESS

Jon Kabat-Zinn, the founder of the Center for Mindfulness at the University of Massachusetts has also developed the Mindfulness Based Stress Reduction course. Kabat-Zinn describes mindfulness as moment to moment nonjudgmental awareness. Although this sounds like an easy thing to do, practically it is incredibly hard. We get caught up in our conditional states of mind. These conditioned states of mind are ones we want to change in formal and informal mindfulness practices. This is a shift in attitude.

The do nots in mindfulness are:

- ~ do not force awareness and things to happen
- ~ do not be rigid

Kabat-Zinn advises and encourages an attitude shift towards acceptance, non-striving, letting go and letting be, trust, patience and nonjudgment in the moment. Cultivate these attitudes in formal meditation practices and into your informal practice or your day to day life to help reduce stress.

Orner

Mark Your Calendar!



Pangman School's 10-11-12 class is throwing
our

Annual Bottle Drive!

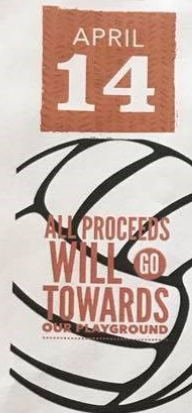
On Friday, April 6th
Starting at 9:00AM!

We will be driving to local farms and
around Pangman Village picking up bags of
bottles and cans!

Or you can just drop off your
cans/bottles at Pangman School!



We thank you for your support!
103 Carruthers St



VOLLEYBALL TOURNAMENT CABARET & SILENT AUCTION

Pangman School & Community Centre

Volleyball Tournament will begin at 9:00am!
\$125 a team, Minimum 2 Girls per team. Payout for 1st & 2nd place!
Each Team entered receives 8 tickets to the Cabaret
CASH BAR & FOOD will be available during the day at the Community Centre
Cabaret will begin at 8:00pm
Early Bird Tickets \$15 at the Door \$20
Be sure to come out to see all our silent auction items!
To Enter a team please call Jaime (306)891-5343 or Megan (306)861-9715

SaskTel
Today is the day

Thank you to SaskTel for their contribution of
\$400 toward this fundraising project!



Golden Ticket Contest!

There are Golden Tickets hidden in books throughout our library! Here's
what to do if you are lucky enough to find one:

- Sign out the book in your name.
- Read the book.
- Complete the information required on the ticket including a summary
of the book.
- Place the ticket in the draw bin located in the library.

Contest runs from April 9th to June 14th, 2018.

Prizes to be announced at a later date.



April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Easter Sunday Happy Birthday Emily	Easter Break	Happy Birthday Jonathan Easter Break Happy Birthday Allisa	Easter Break Happy Birthday Kianna	Easter Break	Easter Break Pangman School Bottle Drive	
8	9 DAY 1	10 DAY 2	11 DAY 3	12 DAY 4	13 DAY 5	14
	First Day Back to School	KINDERGARTEN Happy Birthday Grayson	SRC Meeting 8am Happy Birthday Isaac	KINDERGARTEN Mindfulness Presentation Happy Birthday Hunter Daycare AGM 7pm Looking for new members!	Gr. 1-3 Care Home 2:25-3:00  Panther Pride Day	SCC Volleyball Tournament, Cabaret & Silent Auction (playground fundraiser)
15	16 DAY 6	17 DAY 1	18 DAY 2	19 DAY 3	20 DAY 4	21
	KINDERGARTEN		KINDERGARTEN	SRC Donut Day (SRC will be providing donuts for all staff & students) Andrew Russell Workshop	KINDERGARTEN Report Cards 11:14 Electricity Free Class for Earth Day (Power Down for Pd. 3)	
22	23 DAY 5	24 DAY 6	25 DAY 1	26 DAY 2	27 DAY 3	28
		KINDERGARTEN	3 Way Conferences	KINDERGARTEN 3 Way Conferences	Camo Dress Up Day	Ladies Night Out (swimming pool fundraiser)
29	30					
Happy Birthday Layton	No School Teacher Planning Happy Birthday					

