

Pangman School



May 2018

contact.pangman@secpsd.ca (306) 442-2051 Box 188 Pangman, SK S0C 2C0
www.cornerstonesd.ca/Schools/pangman

Dates to Remember

May

- 1 & 2 Gr. 7-9 Field Trip
Dallas Valley
- 4 Pangman Graduation
- 4 Formal Day
- 6 Dance Recital
- 9 Gr. 10-12 Field Trip
Courthouse
- 21 No School
- 31 Gr. 10-12 Field Trip
Dallas Valley

One of our bus drivers, Megan Brice, shared "Humboldt Strong" doughnuts with her passengers on their ride home from school.



In This Issue

- 1 Grad 2018
- 2 Students of the Month
- 3 SCC Playground Fundraiser
- 4 Mock Trial
- 5 Badminton
- 6 Mindfulness Presentation
- 7 Courses
- 8 May Calendar



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 ~

"Success and achievement for every student."

Students of the Month for April



K-3: For being kind and respectful towards others, and for working really hard on reading and writing.



Grades 4-6: For being an active learner and having a positive attitude!



Grades 7-9: For his hard work, effort, and class participation in Term 2.



Grades 10-12: For volunteering to haul bottles into the city for our class fundraising.

Thank you to the SRC for
providing doughnuts to
staff and students on April
19th! They were
well enjoyed!

When leaving a
message on the
school's phone,
please leave your
name and
number as well as
the date you
called. Thank you!



Library Helpers



On behalf of the School SCC we would like to thank everyone that came out and supported our Volleyball Tournament and Cabaret. It was a huge success! Also a big thank you for all the donations whether it be silent auction prizes, cash or food donations and to our volunteers who helped make our day run smoothly!



Congratulations to the winners of the SCC Fundraising Volleyball Tournament!

1st Place: #oots



2nd Place: Metke



3rd Place: Dustin Pingert



The Pangman SCC would like to thank the following businesses who contributed to the playground fundraiser:

Old Fashioned Foods	Andrew Agencies	Great Plains Ford	Minard's Leisure World	Pet Valu
Home Hardware	Boston Pizza	Barber Motors	Peavey Mart	Lindsay Johnson (Tupperware)
Big Jim's Brew Shop	Michelle Leonard (Epicure)	Dairy Queen	E. Bourassa & Sons Ltd.	Parry Bowling Alley
Megan Brice (Pink Zebra)	Robyn Verot (Norwex/ Yunique)	SaskPower	Creek and Crossing	Weyburn Credit Union
Pharmasave - Weyburn	Village of Pangman	R.V. Trail Vet Services	Pharmasave - Radville	Prairie Designs
Ramada- Weyburn	Diane Beattie	Kal-Tire	SaskEnergy	J. Mallory
Re-Find Designs	Wanda Sambrook	Globe Theatre	Weyburn Red Wings	Cacey Warren (Thirty One)
SaskTel	Amici Hair Salon & Esthetics	Pangman Co-op	Young Living	Radius Credit Union
	Saskatchewan		Seitz Rentals & Supplies	



Mock Trial 2018



In the Law 30 mock trial of Regina v Hudson, Michael Hudson was charged with 1st degree murder of his mother-in-law, Margaret Willis. His defence was that he was sleep walking when he knifed her. The jury (grades 7-9) found him not criminally responsible and acquitted him. The case rested upon the most fundamental principle of criminal law: only those persons who act voluntarily and with wrongful intent should be punished as criminals. The defence team ascertained that Michael Hudson did not have a conscious intention to harm his in-laws. The burden of proof was on the crown whom were unable to prove beyond a reasonable doubt that Michael Hudson did intend on killing her and that there is no other reasonable explanation for his actions. The judge (Mr. Neithercut) read the verdict of not guilty and pronounced that Michael was free to go.

5 Tips to Getting a Good Night's Sleep

1. Go To Bed Early – Did you know that if a child is over tired they can act more hyper and energetic? Depending on your child's age, sleep needs and time to wake-up will determine an appropriate bedtime. General bedtimes are as follows: children 5-7yrs 7:30-8:00pm, 8-10yrs 8:30-9:00pm, 10-12yrs 9:00-9:30pm. Teens still need between 9-10 hours of sleep, but their circadian rhythms tends to have them stay up later. Weekends are a goodtime for teens to catch up on missed sleep during the week.
2. Incorporate a relaxing bedtime routine - Having a consistent bedtime routine helps signal to the body that bedtime is approaching and to start producing melatonin, which is a hormone we all need to sleep.
3. Cut out electronics between 30min-one hour before bed - Electronics, including LED lights emit blue light which suppresses the production of melatonin in the body that helps us sleep and stay asleep all night. Our brains also still process the blue light long after we fall asleep. This does not allow the brain to complete all its restorative functions while we sleep so we end up feeling more tired the next day.
4. Keep the room cool - We actually sleep better in a cool room between 16-19 degrees Celsius. So don't be afraid to turn down the furnace an extra degree or two at night.
5. Sleep in a dark room - It is best to block out as much light as possible into our bedrooms, even from the street lamps outside. If your child feels more secure with a light on to sleep, try to use a small, low light in the colour yellow, orange or red (these warm colours help block out blue light) or indirect light from the hallway or bathroom.



Our Junior and Senior Badminton teams are in the heart of their schedule. Our Junior athletes competed in a tournament in Radville and did exceptionally well for their first tournament of the year. They are scheduled to play in another tournament in Weyburn near the end of April, and are looking forward to playing in Pre-District tournament play on Monday, April 30th. The Senior team has played exhibition matches with both Radville and Yellow Grass, and are slotted to play their Pre-District tournament in Weyburn on Tuesday, April 24th.



Golden Ticket Contest!

There are Golden Tickets hidden in books throughout our library! Six of them have already been found! Here's what to do if you are lucky enough to find one:

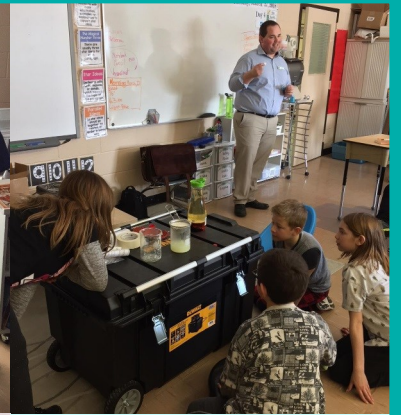
- Sign out the book in your name.
- Read the book.
- Complete the information required on the ticket including a summary of the book.
- Place the ticket in the draw bin located in the library.

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

Many great prizes have already been donated!

Congratulations to those who have already found a ticket!





Thank you to Mr. Graham for coming out to do some science demonstrations for the 4-6 class! We had lots of fun learning about static and the changes of materials!



Thank you to Scott and Mandy Davidson for taking cans and bottles to SARCAN after the bottle drive. Thank you, also, to all who donated toward this fundraiser.



On April 12th Trina Markusson visited our school to educate students on the practice of Mindfulness. She read her book and did some demonstrations with the students. Trina's book, Good Morning Sunshine!, is now a part of our library's collection.





St. John's Babysitting Course

This could be your first job!

After taking this course, you'll feel confident that you can keep kids safe, secure and happy. The cost is just \$70.00 per person, this includes all materials, Basic First Aid and CPR training and a certificate from St John's Ambulance.

Participant must be at least 11 years old the day of the class.

DATES: April 8, June 3, August 12, October 14, December 2, 2018 **TIME:** 9:30 am – 4:30 pm, Sundays

INSTRUCTOR: Cheryl Brulier **LOCATION:** Southeast College, Weyburn Campus – 633 King St

TUITION: \$75.50 (Includes \$55 tuition & \$20.50 materials)

****Bring a bagged lunch****

****Parents are to bring their child into the college and come in to pick them up****

******Payment must be made at time of registration******



Ages 6 to 12
July 9 - August 10

**WHAT ARE YOUR KIDS GOING TO
BE DOING THIS SUMMER?**

You are invited to register your child/children in individual week(s) or for the entire 5 week program.

Week 1 (July 9 – July 13) SPORTS WEEK

Each day during Sports Week the focus will be on a different set of physical activities.

Week 2 (July 16 – July 20) ARTS, CRAFT & CULTURE WEEK

Week two will have the children involved in a number of Arts, Crafts and Cultural activities.

Week 3 (July 23 – July 27) PROFESSIONAL'S WEEK

This week we will be bringing in a number of local professionals to spend time with the kids.

Week 4 (July 30 – August 3) DYNAMIC DESIGNS WEEK

The Designs week will tap into the children's creative streak by giving them an opportunity to create a variety of items.

Week 5 (August 7 – August 10) PERFORMING ARTS WEEK

Our final week will include music and preparation of a skit to be delivered at the end of the week for their parents.

* programming subject to change

CAMP HOURS: 8:30 – 4:00 **DROP-OFF TIMES:** 8:00 – 8:30 **PICK-UP:** 4:00 – 4:30
Southeast College Weyburn Campus **Tuition: \$110.00 per week**

Register Online at www.southeastcollege.org

Registrations can also be made in person at the Weyburn Campus, 633 King Street, Weyburn, SK or by calling Registrations at 1-866-999-7372.

Home Alone Courses



For your Safety

After taking this course, you'll feel confident that you can stay home alone, feeling safe that you have the skills to care for yourself. The cost is just \$50.00 per person.

Participant must be between the ages of 11-14 at the time of the class.

DATES: Monday, April 30, 2018

TIME: 3:00 – 5:00 pm

INSTRUCTOR: Cheryl Brulier

LOCATION: Southeast College, Weyburn Campus – 633 King St Weyburn, SK

TUITION: \$50 (Includes \$40 tuition & \$10 materials)

****Parents are to bring their child into the college and come in to pick them up****

To register, please call 1-866-999-7372 or 306-848-2500

******Payment must be made at time of registration******

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DAY 4	2 DAY 5	3 DAY 6	4 DAY 1	5
		KINDERGARTEN Gr. 7-9 Dallas Valley Field Trip	Gr. 7-9 Dallas Valley Field Trip	KINDERGARTEN Happy Birthday Layne	Graduation Day Exercises 1pm Social 2-3pm Congratulations Nikita Formal Day	
6	7 DAY 2	8 DAY 3	9 DAY 4	10 DAY 5	11 DAY 6	12
Dance Recital 2pm Happy Birthday Carter	KINDERGARTEN		KINDERGARTEN Gr. 10-12 Field Trip To Courthouse	Gr. 1-3 Care Home 2:25-3:00	KINDERGARTEN	
13	14 DAY 1	15 DAY 2	16 DAY 3	17 DAY 4	18 DAY 5	19
		KINDERGARTEN		KINDERGARTEN	Happy Birthday Tessa	
20	21	22 DAY 6	23 DAY 1	24 DAY 2	25 DAY 3	26
	Victoria Day No School	KINDERGARTEN Happy Birthday Taryn				Happy Birthday Aden
27	28 DAY 4	29 DAY 5	30 DAY 6	31 DAY 1		
	KINDERGARTEN		KINDERGARTEN	Gr. 10-12 Dallas Valley Field Trip		

