

# Pangman School



November 2018



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[www.secpsd.ca/schools/pangman](http://www.secpsd.ca/schools/pangman)

## Pangman School's Remembrance Day Service

Tuesday, November 6th - 10:30am

Pangman School Gymnasium

Everyone Welcome



## November Events

- 2nd Panther Pride Day
- 3rd Sr. Girls Volleyball Playoffs
- 3rd Daycare Fundraiser
- 5th Picture Retakes
- 6th Remembrance Day Service
- 8th Jr. Volleyball Playoffs
- 9th No School
- 12th No School
- 16th Career Fair (Gr. 10-12)
- 23rd Report Cards
- 26th No School
- 28th & 29th 3-Way Conferences

## Surprise Snowfall!



## In This Issue

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## Students of the Month for October 2018



K-3: For her continuous kindness, generosity, and respect towards others. She sets an amazing example for the younger students in our class and demonstrates strong leadership skills on a regular basis. Her listening skills and attentiveness are very appreciated!



Grades 4-6: For being an excellent role model, having a positive attitude, working hard, and helping whenever and wherever she can.



Grades 7-9: For their commitment to the school community through the willingness to help wherever and whenever.



Grades 10-12: For a good start to the year and a seamless transition into the Grade 10-12 classroom in the month of October, 2018.

*"Success and Achievement for Every Student."*

### Weyburn Elementary Mini Marathon—October 11th, 2018

Congratulations to our runners on their final Cross Country Running event of the season! They both tried their very hardest and had successful runs.



## QSP Kick Off



**Thank you to everyone who supported the 2018 QSP Magazine Fundraiser!**





**Thank you to everyone who helped with and supported the 2018 Scholastic Book Fair.**  
**We have earned \$934 worth of new books for our school's library!**  
**Congratulations to all of the contest winners!**





## Pumpkin Carving



**Thank you!**

Thank you to The Kessler Farm for donating pumpkins for each student!



Thank you to the Radius Credit Union for the Halloween treats !



## Career Fair

The grades 10-12 will be travelling by bus to a Career Fair at Radville School on November 16th. We will be leaving at noon and arriving back at school around 4:00p.m. Mr. Neithercut will be the supervising teacher. Students will need to provide their own way home as we will not be back in time to catch the buses. Below please find the schedule for the afternoon as well as the presenters that will be at the Career Fair.

1:00-1:45: SUTIL presentation by U of S, U of R, Saskpoly, Lakeland and SATCC in gym.

1:45-2:10: Students visit Full/Assoc members booths to ask questions and pick up info.

2:10-3:10: Anyone that didn't get enough time from original group can stick around and ask questions.

Also attending: Lethbridge College, Centre of Arts & Technology, SE College, St. Peter's College.





# Pep Rally



Grade 11 and 12 students put their knowledge of blood typing to the test in a practical, hands-on lab activity where they tested six different samples of blood to determine if they could find a match between them. This was a lab performed in the Health Science 20 class that focuses on understanding the roles of medical professionals as well as learning about the major body systems.





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## IDEAS TO BUILD CONFIDENCE IN KIDS

1 Ensure they know your love is unconditional	2 Give age-appropriate chores around the house or classroom	3 Address them by their name	4 Give them age-appropriate "special tasks" to help you out	5 Join their play (and let them lead)
6 Focus on improving your own confidence	7 Ask them for advice or their opinion	8 Make special time together	9 Let them make age-appropriate choices	10 Set aside time when you give them undivided attention
11 Encourage them to try a theater class	12 Praise them the right way	13 Let them overhear you speaking positively about them to others	14 Resist comparing them to others	15 Practice positive self-talk with them
16 Hang their portraits or artwork around the home or classroom	17 Teach them how to set and achieve goals	18 Encourage to try new things to develop new skills	19 Help them discover their interests and passions	20 Help them overcome the fear of failure
21 Encourage them to express their feelings	22 Make sure they know you're upset with their choices, not who they are	23 Surround them with positive, confident people (including their friends)	24 Create a Wall of Fame to recognize their achievements	25 Shower them with hugs

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## tips to build SELF-ESTEEM & CONFIDENCE in TEENS

1. **Love Unconditionally** - Make sure your teen can rest assured your love does NOT depend on their grades, performance, friend group, college, or any other factor - including their choices or behavior.
2. **Embrace a growth mindset in your home** - Many teens are stuck in a "fixed mindset", bring what you're learning about growth mindset into your family conversations.
3. **Make room for failure** - When you criticize, panic or gloss over a failure, you emphasize a fixed mindset, instead, take a deep breath and open up the conversation with your teen.
4. **Praise the process and tie it to the outcome** - Congratulate your teen's accomplishments, milestones, and growth by emphasizing their hard work, effort, and perseverance.
5. **Help them gain new and lacking skills** - Encourage your teen to see struggles and challenges as an opportunity to grow, learn and expand their interests and abilities.
6. **Be a family that doesn't give up** - Your teen can still try something they're not good at or start something new. If they stick to something wholeheartedly, they can build confidence along the way.
7. **Give reassurance** - Remind your child they are not a "bad person" for moving on from a toxic friendship or choosing an activity over a boyfriend/girlfriend.
8. **Talk about assertiveness** - Discuss how nuances such as tone of voice can make or break a conversation. Point out how body language and nonverbal cues can send a message of their own.
9. **Practice at home** - Create a safe space for your teen to process through difficult situations. Give them the freedom to talk freely about challenges. Explore ways they can manage situations with confidence.
10. **Encourage self-compassion** - Introduce mindfulness apps or activities, create positive mantras, or list affirmations where they will be seen on a regular basis.
11. **Encourage diversity in activities and interests** - When your teen engages in activities helping others, they gain a sense of purpose and tend to have a higher sense of self-esteem.
12. **Give less advice** - Rather than solving all of your teen's problems for them, engage them in the process. Listen as they explore where things went off track and then support your teen's plan to move forward.
13. **Ask for advice** - Be sure to discuss your challenges in front of your kids and see you make mistakes. Discuss the situation with them. Ask them for advice or see how they would approach your problem.
14. **Listen** - Keep the relationship with your teen strong by resisting the urge to turn everything into a long lecture. Focus on improving your listening skills rather than needing to be "right" or having the last word.
15. **Model confidence** - Be careful you don't put others down, criticize yourself, or make your own happiness dependent on other people or circumstances. Embrace a growth mindset!

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### Grade 4, 5, & 6 News!

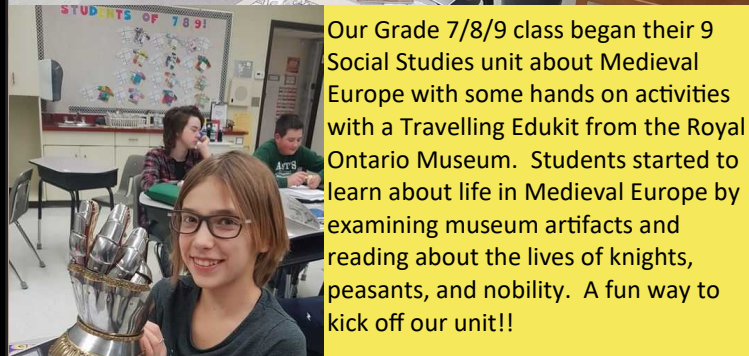
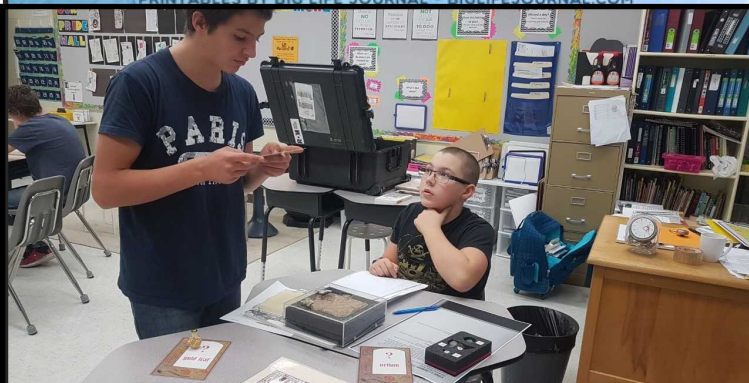
The past two months have been a whirl wind! The students have been super busy working on patterns and relations, increasing read to self stamina, parts of sentences, handwriting, grammar, living things, snow sculptures, classification systems and numerous art projects.

The students love to read! Please remember to have your child read out loud to you once a week so you can check on their progress and understanding.

It was great to meet so many of you at our Open House. I look forward to meeting more of Pangman community members at our next event.

The 4-6 students have shown me how much they love to learn, have positive attitudes, are willing to try new and sometimes difficult things and most importantly, how kind and caring they are.

Grade 1-3s are soon wrapping up their unit on Soil. They have been enjoying observing, working with soil and making soil layer replicas with lego.




Our Grade 7/8/9 class began their 9 Social Studies unit about Medieval Europe with some hands on activities with a Travelling Edukit from the Royal Ontario Museum. Students started to learn about life in Medieval Europe by examining museum artifacts and reading about the lives of knights, peasants, and nobility. A fun way to kick off our unit!!





# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 DAY 5	2 DAY 6	3
				Flu Shots 1 pm  Jr. Volleyball @ Radville	KINDERGARTEN  <small>Panther Pride Day</small>	Day Care Supper & Auction  Sr. Girls VB Playoffs
4	5 DAY 1	6 DAY 2	7 DAY 3	8 DAY 4	9	10
	Picture Retakes 1 pm	KINDERGARTEN Remembrance Day Service 10:30		KINDERGARTEN  Jr. Volleyball Playoffs @ Pangman	Teacher Planning Day No School	
11	12	13 DAY 5	14 DAY 6	15 DAY 1	16 DAY 2	17
Remembrance Day	Remembrance Day Holiday No School  <small>Let us not forget</small> Happy Birthday Paige		KINDERGARTEN		KINDERGARTEN  Career Fair in Radville. Gr. 10-12	
18	19 DAY 3	20 DAY 4	21 DAY 5	22 DAY 6	23 DAY 1	24
		KINDERGARTEN		KINDERGARTEN  <small>Happy Birthday Lexy</small>	Report Cards	
25	26	27 DAY 2	28 DAY 3	29 DAY 4	30 DAY 5	
Happy Birthday Jayde Happy Birthday Olivia	Teacher Planning Day No School	KINDERGARTEN	3 Way Conferences Happy Birthday Nixon	KINDERGARTEN  3 Way Conferences	Homeroom Period 1	

The annual graduation fundraising Bazaar will be held on

**Saturday, December 1st, 2018**

Pangman School Gymnasium

Please call the school at (306)442-2051 to book your table.

