

# Pangman School



October 2018

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

## Principal's Message

The 2018-19 school year begins with a huge welcome back to all returning staff and students and a warm welcome to our new 4-6 classroom teacher, Ms. Johnson, and our 14 new students!

Inside this newsletter you will find our 2018-19 SRC and Yearbook members. Thank you to those students who are volunteering their time and energy on behalf of the student body!

I would also like to extend an invitation to any parents or community members to join our SCC (School Community Council). This is an opportunity for you to be an important partner in the education system who contributes to the shared goal of improving student achievement and the school learning environment. Please consider joining us at the AGM on October 22<sup>nd</sup> at the Open House. The meeting will take place at 6:30 in the 7/8/9 classroom.

Let's make this another great year at Pangman School!

Mrs. Warren, Principal

## October Events

- 5 School Picture Day
- 5 Panther Pride Day
- 8 Thanksgiving Day (No school)
- 12 Teacher Planning Day (No school)
- 14-21 Education Week
- 22 Open House & Book Fair
- 22 SCC AGM
- 27 Fall Fair & Fall Supper
- 31 Halloween



In the interest of safety, the school's front doors will be locked during the day beginning at 8:55am. Guests are asked to use the Visitor's Entrance.



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Pangman School's  
Open House

Monday, October  
22nd, 2018

Details coming soon!



# Open House

*"Success and Achievement for Every Student."*

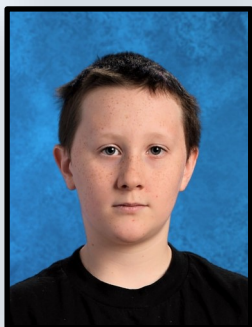
## Students of the Month for September 2018



K-3: For being kind, caring, and respectful towards her classmates and for her continuous effort to include others.



Grades 4-6: For adjusting so smoothly to the grade 4-6 classroom and for working super hard each class. She also participates in all of our discussions and shows kindness to everyone.



Grades 7-9: For a positive and great start to the school year.



Grades 10-12: For her outstanding start to her online classes during the month of September.



## U of R Cougar Trot September 15th, 2018



**Congratulations to our cross country runners on their races in Regina on September 15th! All three of these students attended every practice leading up to the Cougar Trot and gave their best effort at the event.**



Kindergarten,  
Grades 1, 2, and 3.



Monday,  
October  
22nd



Pangman  
School  
Library  
9:00am-  
3:30pm  
&  
5:00pm-  
7:30pm

**SASKATCHEWAN  
LIBRARY WEEK**  
OCTOBER 14-20, 2018  
**LIBRARIES  
TRANSFORM**



### WHAT IS BOOK SPINE POETRY?

Book Spine Poetry is a free verse poem composed by:

- using the titles written on the spines of physical books
- and stacking the books on top of one

PRIZES WILL BE AWARDED IN FOUR CATEGORIES:

- Children (5-8)
- Children (9-11)
- Teen (12-18)
- Adult (19 and older)

A Grand Prize of \$100 Chapters Gift Certificates will be awarded to one winner in each category! Two additional runner-up prizes will be awarded in each category. Tell us why your library matters to you by incorporating **Libraries Transform** into your poem.

THE CONTEST RUNS FROM THURSDAY, SEPTEMBER 7, 2018  
TO NOVEMBER 1, 2018.

**DEADLINE FOR SUBMISSIONS IS NOVEMBER 1, 2018.**



<https://bookspinepoetrycontest.ca/>

### Scholastic Book Orders

Book orders are now going through the school's library in order to benefit all students. Flyers will be sent out monthly, with the exception of October as this is when we will host the Scholastic Book Fair.



**NEW!**

**PARENT PAY!**

Parents Can Now Pay Online By Credit Card!

Please visit [scholastic.ca/canadaclubs](https://scholastic.ca/canadaclubs) to create an account  
and order on-line.

# Terry Fox Run 2018



**Grades 7-9 students held a bake sale where they raised \$200! The Grades 10-12 are hosting "Wear a Hat Fridays" and have raised \$79 at their first two hat days!**

**Thank you to everyone who supported and participated in the 2018 Terry Fox Run!**



# St John's Babysitting Courses



## ***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 \$75.50 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:** 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\****

## **On Friday, October 26th the Grades 1-12 students will be carving pumpkins!**



After they are carved, the pumpkins will be donated to the Pangman & Area Historical Society's Fall Fair which will be held on October 27th at the Community Centre. Pumpkins will be judged and up for silent auction from 1:00-3:30pm so families can bid to take their student's artwork home!

There are many other fair categories open for everyone to enter! Please contact Allison Kessler or Robin Larson for details.

Thank you to The Kessler Farm for the donation of the pumpkins.

## **Become a Part of your School Community Council**

School Community Council (SCC) is a committee of parents and community members that are elected at a public meeting to serve to facilitate parent & community involvement in the school.

Each year we welcome new parents, school members & community members to join us to help make our school the best that it can be. As a SCC member you will attend meetings to help decide fundraisers, volunteers, and give ideas.

The AGM is on October 22 and EVERYONE is welcome to come check it out!



# SRC



## Yearbook Committee

Yearbook Editor



One of the goals of the yearbook committee is to gather enough sponsorship to purchase one copy of the 2018-2019 for each family of Pangman School!

Dear Parents:

It is that time of year again that we have begun our school lockdown practices. Last month our teaching staff had discussions with their classrooms to prepare students for our first practice, and began with lockdown talking points to help them understand why we will be practicing lockdown procedures. These discussions start with the kinds of things we already do at home, school, and in our community to stay safe. We then discuss what a lockdown is and why we need to practice them. By connecting it to the many ways we already keep ourselves safe, it simply becomes one more way we can practice staying safe at school. In taking this approach we are hoping to minimize the “worries” a lockdown practice can have, especially for early elementary age students. We also include, each time we practice a lockdown, a debriefing process with students. This will give staff and students an opportunity to discuss the process through another series of talking points, and be able to further alleviate any worries that may arise for a child during a lockdown practice. Also, part of our plan will be to notify you by See Saw when we do have a practice so you are kept in the loop.

Finally, if you happen to stop in at the school during a practice that is already underway, we would like to ask that you step back outside the building until the practice is over. That would be the protocol we would follow in an actual lockdown situation. Please feel free to contact us with any questions or concerns you may have, and we would like to thank you in advance for your support with this process, and keeping our school a safe place to be.

Yours in Education,

Iris Warren and Pangman School Staff

# 8

## ESSENTIAL TIPS TO HELP YOUR TEEN set effective GOALS

by Big Life Journal

### 1 MAKE SURE IT'S THEIR GOAL NOT YOURS

- Teens can easily reject any attempt to be controlled.
- Allow your teen to set the goal and don't manipulate them into fulfilling your goals for them.



### 2 PARTNER WITH THEM AND SUPPORT THEIR INTERESTS

- If what your teen wants to do is safe and reasonable, you have an opportunity to show interest in their passion and partner with them.



### 3 INTRODUCE GOAL SETTING AS A TOOL TO SUPPORT THEIR DREAMS

- It's better NOT to force teens to do goal setting or introduce it as a "should" or "must."
- For example, an effective invitation to goal setting could be, "Sounds like you're interested in improving your Spanish so you can get selected for the school trip to Spain this summer. What a great idea. Would you like me to support you in creating a plan?"



### 4 KNOW WHEN CONVERSATION ABOUT GOAL SETTING IS APPROPRIATE

- If a teen is complaining about a task, like having to complete homework, don't initially try a conversation about goal setting.
- It's more effective to skillfully address their complaint first.



### 5 DEMONSTRATE THEY'RE IN CONTROL

- What if your teen is complaining about a situation they see as outside of their control, like a bad grade? This is a great opportunity to partner with your teen by empathizing, "Sounds like you're frustrated with your score in math."
- Then, point out how they have accomplished other goals on their own.
- Finally, name what your teen specifically did in order to accomplish this goal. This is important in building your teen's awareness of how effective they already are.



### 6 HELP TEEN REVISE GOALS TO BE SPECIFIC AND MEASURABLE

- Sometimes a goal involves someone else's decision. For example, "I want to make the track team" may ultimately depend on a coach's decision.
- Instead, help your teen identify the qualities and skills it would take for them to get onto the team.



### 7 EXPLAIN IT'S ABOUT THE JOURNEY NOT THE DESTINATION

- We don't want to teach our teens they can't be happy or satisfied NOW, and that they'll only be happy once they reach their goal.
- Explain to your teen they can be satisfied in all aspects of the goal-setting process. It is the process that can ultimately build a growth mindset.



### 8 HELP THEM SEE A DEEPER VALUE AND BENEFIT TO THEIR GOAL

- Goals are more likely to be achieved if one considers the "why" or purpose behind the goal.
- If we say to teens, "Clearly that's important to you. Tell me more about it," teens are more likely to open up.
- You can validate your teen's initial reason while helping them see a deeper value and a benefit to their goal.



Big Life Journal - biglifejournal.com

## 5 STEPS FOR EFFECTIVE GOAL SETTING

### STEP 1: WRITE DOWN YOUR GOAL

Research shows people are 33% more likely to achieve their goals if they write them down.

### STEP 2: MAKE YOUR GOAL SPECIFIC AND MEASURABLE

Lots of research around SMART goals [Specific, Measurable, Achievable, Realistic, and Timely] has shown if one takes the time to define a goal, it will have a higher rate of success. Use the template below to define your goal:

I will \_\_\_\_\_ by \_\_\_\_\_

When and with whom? \_\_\_\_\_

### STEP 3: IDENTIFY A "GOAL BUDDY"

Studies show those who had an accountability partner with weekly check-ins achieved their goals significantly more than those who didn't.

A "goal buddy" can be your friend or family member. You can have more than one!

### STEP 4: NAME POTENTIAL SETBACKS AND CHALLENGES

It's important to think of potential challenges and setbacks which can prevent you from achieving your goal. In fact, some studies show that imagining roadblocks can increase productivity, improve time management, and reduce stress.

### STEP 5: SCHEDULE REVISING DATES

Set a few dates to revisit your goals. It's a great opportunity to celebrate small successes you already achieved. Also think if the current goals are still meaningful to you or need to be changed.

"LIFE IS A JOURNEY, NOT A DESTINATION."  
Ralph Waldo Emerson

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# 50

## Powerful Ways to WISH A GOOD DAY TO YOUR CHILD

- I Love You!
- You can do hard things!*
- Take care polar bear.
- Be kind. Be helpful. Be YOU!
- Make good choices!
- Be a good friend!
- Don't forget to be awesome!
- Be the best YOU today!
- Have courage and take risks.
- Make yourself proud!*
- I trust you.
- Be a leader!
- Make it a great day!
- Your choices matter.
- Ask good questions.
- Enjoy the struggle of the day
- Make a difference.
- Fill someone's bucket!*
- Remember who you are.
- Make a new friend today!
- Believe in yourself!
- Today is a new day!
- You've got this!
- Learning is your superpower.
- Use kind words & kind actions.
- I believe in you!
- Smile at somebody today!
- You can do hard things.
- Shine like the sun!*
- Be positive and confident!
- Make today great!
- Be kind to yourself and others.
- You can do anything!
- I love you for who you are!
- Be everything you can be!
- Remember who you are!
- Grow your brain and be kind.
- Be brave, be kind, be bold.
- Go make a difference!*
- Learn something new today!
- Try your best, have fun!
- Help someone today.
- You've got what it takes!
- Take Chances & Make Mistakes.
- Run fast, jump high and take risks!
- Be a leader who leads with kindness.
- Make the world more beautiful today!
- Be respectful, be responsible, be safe.
- Today will be a great day if you start with a great attitude.

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## 5 steps to a POSITIVE MORNING ROUTINE for kids

by Big Life Journal

### 1 RECONNECT

Kids will be much more willing to listen and follow your morning directives if you've connected with them first. Time spent reestablishing your bond after a long night can make the morning run smoothly.

- Spend 5 minutes snuggling
- Hold hands while walking downstairs
- Share a few deep breaths together
- Choose a card from a yoga deck and do a pose or two
- Write with your journal buddy in your Big Life Journal or do a page from the Gratitude Challenge in the Challenges Kit
- Play a gratitude ball game (included in the Growth Mindset Activity Kit)



### 2 CREATE A ROUTINE

Make a "launch pad" in your home. Simply choose an area where kids get organized for the day. Include:

- hooks or small table for backpacks
- bins for organizing folders or homework
- morning routine checklist
- affirmations jar
- "Things I Can Control" poster from the Growth Mindset Printables Kit



### 3 DO AFFIRMATIONS

Speaking positively about ourselves aloud can change our brains and even improve the way we see our future unfolding. Follow these steps together:

- Language** - Begin each phrase with strong, positive words (e.g., "I am kind, I am going to rock this day," "I create happiness for myself").
- Visualization** - Spend several moments picturing details of the emotion or situation you're affirming. This step connects your words to the positive feelings surrounding them.
- Implementation** - Believe in your statement, if the affirmation feels false, know the more you practice, the more real it becomes.



### 4 SET THE STAGE

Engaging your child's five senses is a simple and impactful way to create positive associations with the morning routine. Some ideas include:

- Touch**: hug, snuggle or hold hands
- Sight**: make eye contact, read affirmations
- Sound**: play soft instrumental music, Big Life Journal growth mindset Spotify playlist, or other selection
- Smell**: light candles or incense, spray essential oils
- Taste**: mindful sip of water, eat healthy breakfast together



### 5 PRACTICE AND REHEARSE

Choose a relaxing time to encourage your child to make a meaningful morning goal. Ask, "What would you like to learn how to do in the morning?" Ideas include:

- Making her own breakfast
- Writing or selecting the daily affirmations for the week
- Getting himself dressed
- Creating a positive playlist
- Being the morning leader who gets everyone up and moving



Printables by Big Life Journal - biglifejournal.com

# October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day 2	2 Day 3	3 Day 4	4 Day 5	5 Day 6	6
	Kindergarten  Sr. G 3:45 Sr. B 5:30-6:30		Kindergarten	Jr. Game @ Gladmar Sr. G 3:45 @ O Sr. B 6-7 @ O	Kindergarten Panther Pride Day  Pictures 9am	Happy Birthday Madison
7	8	9 Day 1	10 Day 2	11 Day 3	12	13
	Thanksgiving Day No School		Kindergarten	Jr Game @ Pangman Sr. G 3:45 Sr. B 6-7	Teacher Planning Day No School Sr. G tournament @ Weyburn	Jr. Tournament @ Radville Sr. G Tournament @ Weyburn
14	15 Day 4	16 Day 5	17 Day 6	18 Day 1	19 Day 2	20
	Kindergarten  Sr. G 3:45 Sr. B 6-7:30		Kindergarten  Sr. B vs Yellowgrass @ Ogema Happy Birthday Jimmy	Sr. G 3:45 Sr. B 6-7:30	Kindergarten  Pangman/Ogema Sr. B & G Tournament	Pangman/Ogema Sr. B & G Tournament
21	22 Day 3	23 Day 4	24 Day 5	25 Day 6	26 Day 1	27
	Open House & SCC AGM  Book Fair  Happy Birthday Maddox	Kindergarten Jr. Game @ Pangman Sr. B 6-7:30 Happy Birthday Rebecca Happy Birthday Johnny		Kindergarten  Jr. Game @ Pangman Sr. G 3:45 Sr. B @ Gladmar 5pm	Carve Pumpkins	Fall Supper  Jr Tournament @ Ogema
28	29 Day 2	30 Day 3	31 Day 4			
	Kindergarten  Sr. G 3:45		Kindergarten  Halloween  Happy Birthday Colton			