

Pangman School



February 2019

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www.secpsd.ca/schools/pangman



The Weyburn Red Wings visited our school on January 8th.



February Events

1st	Panther Pride Day
2nd	Ski Trip
4th	Saskatchewan Express
7th	Forms Due for Hot Lunch (12th)
9th	Rec Volleyball Tournament
12th	Hot Lunch
13th	Toy Bingo
14th	Book Orders Due
15th	Jump Rope for Heart
18th-22nd	Winter Break
25th	First Day Back After Break

TOY BINGO NIGHT
FEBRUARY 13TH 2019
6:30PM PANGMAN SCHOOL

FAMILY PACK - \$40
20 CARDS
SINGLE PACK - \$15
5 CARDS

PRIZES FOR ALL AGES! BE SURE TO GATHER THE FAMILY AND ENJOY A NIGHT TOGETHER!
 snacks & drinks available
 ALL PROCEEDS GOING TO PANGMAN SCHOOL SCC

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Jump Rope for Heart
 February 15th, 2019



Students of the Month for January 2019



K-3: For consistently putting lots of effort into his work and for being kind to others.



Grades 4-6: For excellent effort and continued mindfulness during class and recesses!



Grades 7-9: For volunteering at the Welcome to Kindergarten night.



Grades 10-12: For performing extremely well in all of her final exams in the month of January, 2019.



Classrooms Care
Reading is Giving

Pangman School will be participating in the Classrooms Care Program!

How it works:

Students will track each book read on a poster in the library. When we reach the goal of 100 books Scholastic will donate books to children who need them!



About the Classrooms Care Program

Right here in Canada there are plenty of boys and girls who don't have any books in their schools. Classrooms across Canada have the power to change that! Classrooms Care is a special reading program that empowers students to read and make a difference. When your students read 100 books by May 31, 2019 Scholastic Reading Club will donate 100 books to kids who need them! The donation will be made in honour of our school with the help of Scholastic's Literacy Partners. Together, we can do our part to ensure all Canadian children get access to books they can own so they can build a lifelong love of reading.

Scholastic's Goal

We believe every child deserves to own their own books. That's why we've committed to donating 100,000 books to children in need this year. We believe reading will take children to new and wonderful places where they will learn about their world, discover who they are and follow a path of happiness and success wherever they want to go.



1.5 M

Donated 1.5 million books since 2005



\$7.5 M

Value of \$7.5 million in books donated with help from our Literacy Partners



75K

Participation from 75,000 classrooms across Canada since 2005

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"Success and Achievement for Every Student."



Grades 4-6 students created and delivered Christmas cards to the residents of the Deep South Personal Care Home.



Gingerbread House Decorating Contest

On the last day of school before the Christmas break Kindergarten to Grade 9 students decorated gingerbread houses. Gift certificates for a free book were awarded to the groups who decorated the top three houses.



Sponsored by the Pangman SCC.



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

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Fun GOAL-SETTING ACTIVITIES for families

by Big Life Journal

1 MAKE A FAMILY BUCKET LIST

- Gather your family together, grab a piece of paper and some markers.
- Brainstorm a list of accomplishments, experiences, or achievement goals.
- At the end of the year, you can look back over all of the things your family has accomplished!
- Encourage teens to use online tools such as Trello and Evernote to help create the family bucket list or to make one for themselves.



2 DRAW A WHEEL OF FORTUNE

- Draw a wheel divided into segments, much like what you would do with a pizza.
- On each segment, write important categories in life: Family, Friends, School, etc.
- For each category, each participant will write out goals they would like to accomplish in a set period of time.
- Color and decorate the wheel, then hang it somewhere prominent.



3 CREATE A VISION BOARD

- Take some old magazines and cut out pictures that represent your hopes and dreams.
- Paste these pictures onto a piece of poster board and decorate with colors, glitter, stickers, etc.
- Ask your child what different pictures represent and how she plans to achieve her dreams.



4 PLAY 3 STARS AND A WISH

- First, come up with 3 "Stars," or things you do well. This can be anything from running fast to comforting friends when they're feeling sad.
- Next, discuss together HOW you became so good at these "Stars."
- Next, come up with a "Wish." The "Wish" is something you need to work on (a goal).



5 ASK FUN QUESTIONS

- Ask, "What would you do if you won the lottery? If you had a superpower, how would you use it?"
- Discuss that they can take their fate into their own hands by making a plan to achieve their hopes, goals, and dreams.



6 INTEREST MAPS

- Older kids can learn a lot about themselves by paying attention to their interests.
- Do they like art or science or writing or sports? Write down all their favorite interests.
- See if they can find patterns in the things they enjoy doing.
- Once they see their interests mapped out, they can create goals.



7 GOAL LADDERS

- Using a stair-step visual for goal-setting, older kids can break down their goals into doable steps. Follow this simple method:

- Write down your DREAM at the top of the staircase.
- Write down your FIRST GOAL at the very bottom of the staircase and the first action towards that goal.
- Create your SECOND GOAL and the first action towards it.
- Create your THIRD GOAL and the first actions towards it.
- Continue "CLIMBING" the stairs. Add dates, drawings, anything that helps motivate you.



Big Life Journal - biglifejournal.com

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new (and fun) ways for KIDS to do AFFIRMATIONS

by Big Life Journal

1 START BY AFFIRMING THEM YOURSELF

- Take time daily or weekly to look into your children's eyes and affirm them. You can say, "You matter. You're loved. You're enough."
- End with a long hug to reap the benefits of neurochemicals, like oxytocin, that are released with physical touch.



2 CREATE AN AFFIRMATION BOARD

- Grab a poster board, cork board or small canvas. Together, draw or find pictures which describe their values, things they want to achieve, and/or who they want to become.
- Encourage your kids to include positive things they believe about themselves, their goals and things they can't do YET but want to learn.



3 DRAW AFFIRMATIONS ON THE MIRROR

- Help your children use sticky notes or washable markers to place or draw affirmations on the mirror.
- When they look in the mirror, they will be reminded of all the ways they matter and make a difference in this world.



4 SING YOUR WAY INTO A BETTER MOOD AND BETTER HEALTH

- Whether in the shower, the car, or getting ready in the morning, we use singing to lift our spirits and make things like household chores a lot more fun. Invite your children to turn their favorite affirmations into songs.



5 BUILD A TREASURE CHEST OF GOODNESS

- To help offset the negativity bias in their brain, you can help your child learn to treasure themselves.
- Use My Mighty Treasure Coins in the Self-Esteem & Confidence Kit.

- Buy or build a small wooden treasure chest or, alternatively, use an empty tissue box.
- Ask kids to paint and decorate the chest or box with the words "I am" on the top.
- Make some coins out of thick card or cardboard that are big enough to write on.
- Then, for each coin, children pick out "I am" affirmations and write one on the front side of a coin.



6 LEARN FROM THE GREATEST

- Use the stories from the Big Life Journal or the Famous Failures Kit to help children learn from others' experiences.
- Ask your child what they think these people told themselves or what affirmations they must have used to help them get back up and keep moving towards their goals.



7 ASK, "WHAT IF?"

- Find an adventure book where the main character has a goal and one or more obstacles to overcome.
- Discuss how the story might change depending on what the character chooses to say to him or herself.
- Discuss what happens when the character believes the affirmations versus the criticism.



BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM

TOP 40 GROWTH MINDSET podcasts for children & adults

by Big Life Journal

Kids

- ☐ 1. Dream Big Podcast
- ☐ 2. Wow in the World
- ☐ 3. Peace Out
- ☐ 4. Story Time
- ☐ 5. What If World
- ☐ 6. But Why?
- ☐ 7. Brains On!
- ☐ 8. Short & Curly
- ☐ 9. Sesame Street
- ☐ 10. Storynory
- ☐ 11. TedTalks Kids & Family
- ☐ 12. Five Minutes with Dad
- ☐ 13. Rebel Girls
- ☐ 14. Circle Round
- ☐ 15. Sparkle Stories
- ☐ 16. Story Pirates
- ☐ 17. Be Calm on Ahway Island

- ☐ 24. The Stuff of Life
- ☐ 25. Mentor 4 Teens

Parenting

- ☐ 26. Brave Writer
- ☐ 27. Little Sprigs
- ☐ 28. The Modern Dads
- ☐ 29. Spawned
- ☐ 30. Zen Parenting Radio
- ☐ 31. The Read-Aloud Revival
- ☐ 32. Parenting Today's Teens
- ☐ 33. Parenting Beyond Discipline
- ☐ 34. Parenting Great Kids
- ☐ 35. Maggie Dent
- ☐ 36. Janet Landsbury Unruffled
- ☐ 37. The Mindful Kind
- ☐ 38. Everyday Motherhood
- ☐ 39. The Balanced Educator Podcast
- ☐ 40. The Adult Chair

Teens

- ☐ 18. Unstoppable Teen
- ☐ 19. Youth Radio
- ☐ 20. The Moth - True Stories
- ☐ 21. How Stuff Works
- ☐ 22. BrainStuff
- ☐ 23. Part-Time Genius

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 DAY 3	2
					 Panther Pride Day	Mission Ridge Ski Trip
3	4 DAY 4	5 DAY 5	6 DAY 6	7 DAY 1	8 DAY 2	9
Happy Birthday Callie	KINDERGARTEN Sask. Express Happy Birthday Carter		KINDERGARTEN	<u>Forms Due</u> for Feb. 12th Hot Lunch	KINDERGARTEN	Pangman Rec. Center Volleyball Tournament in the school gym.
10	11 DAY 3	12 DAY 4	13 DAY 5	14 DAY 6	15 DAY 1	16
		KINDERGARTEN Hot Lunch Staff Meeting	Homeroom Period 5 Toy Bingo 6:30 in the gym	KINDERGARTEN  Book Orders Due	Jump Rope for Heart	
17	18	19	20	21	22	23
	Winter Break Happy Birthday Lyrik	Winter Break	Winter Break	Winter Break	Winter Break	
24	25 DAY 2	26 DAY 3	27 DAY 4	28 DAY 5		
	KINDERGARTEN First Day Back to School	Happy Birthday Melanie Happy Birthday Parker Happy Birthday Blake	KINDERGARTEN			

