

# Pangman School



January 2019

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



On December 13th, Kindergarten through Grade Nine students of Pangman School presented *The Nutcracker Prince* at our annual Christmas concert. Students put on a spectacular performance which captivated and entertained a full gymnasium! Congratulations to all the actors and backstage helpers for an incredible show.

The Daycare opened the evening with Christmas songs, awards were handed out, and the event concluded with a surprise visit by the Pangman Panther! The cast, crew, and spectators enjoyed goodies together following the awards program.

*More photos on page three.*

## January Events

- 7 First day back (Gr. 1-12)
- 8 First day back (Kindergarten)
- 8 Red Wings Visit
- 11 Panther Pride Day
- 21 Book Orders Due (order online)
- 29 Teacher Planning Day (No School)

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Thank you to everyone who  
contributed to the success of  
the annual fundraising  
Bazaar!





# ***NEW!***

## **Pangman Panther Spirit Wear Store!**

<https://urstore.ca/pangman-school> 520753



We are excited to introduce a new school clothing site! This site also has other great items like mugs, bags, and more! Visit the link above to customize your items.



 **SCHOLASTIC**

### **Scholastic Book Orders**

Thanks to everyone who participated in the Scholastic Reading Program in 2018. As a result, we are able to order new books for library on an ongoing basis! Thank you for your continued support in 2019.



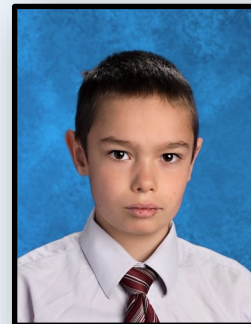
**Please visit**

***[scholastic.ca/canadaclubs](https://scholastic.ca/canadaclubs) to set up your parent account and order online.***

## **Students of the Month for December 2018**



K-3: For the hard work he put into the Christmas Concert and for the listening skills he demonstrated throughout our week of concert practice.



Grades 4-6: He receives this award because he works hard in class, usually stays on task, is kind and shows empathy to other classmates and students in school. He is also an excellent helper and enthusiastic for almost everything (except improv)!



Grades 7-9: For their hard work and dedication during the Nutcracker play.



Grades 10-12: For his outstanding consistency and achievements in Foundations of Mathematics 30 in the month of December, 2018.

*"Success and Achievement for Every Student."*





# Christmas Concert & Awards

## *"The Nutcracker Prince"*





## BUS SERVICE CANCELLATION – AMENDMENT

The Facilities & Transportation Department prides itself on transporting students safely and efficiently throughout the academic year. This is an incredible responsibility for our bus drivers, which they take very seriously. On a daily basis they have to determine if the environmental factors (severe cold, limited visibility or adverse road conditions) are safe for travel. SECPD provides a guideline for the bus drivers within Administrative Procedure 132, however each bus driver has their own risk tolerance and comfort level operating a bus when conditions are not ideal.

As Manager of the Department, I rely on the bus drivers to communicate when they are not comfortable driving the bus, and the route is subsequently cancelled. We error on safety, even though it may cause some inconvenience. In previous years if the bus route was cancelled in the morning, it was automatically cancelled for the entire day. This procedure created its own set of problems for parents and the Department, as in most cases the environmental conditions had improved enough to operate the routes by the end of the school day.

**Therefore, we have amended AP 132 whereas the route is no longer cancelled for the entire day if it's not able to run in the morning.** The weather will be monitored until noon, and the decision will be made by 1:00pm if the afternoon route will be cancelled. Bus drivers will notify parents and the school in these instances and the cancelled routes will be posted on the SECPD website and social media.

The transportation of students to school is a shared responsibility between parents and the Division, recognizing that the health, safety and welfare of the students is paramount. Thank you for your understanding and if you have any questions or concerns contact me at your convenience.

Andy Dobson

Manager of Facilities & Transportation



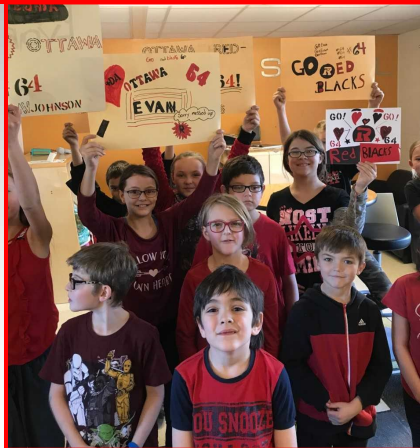
**Merry Christmas from the library!**

# Special Visitor!



Pangman School had a surprise visit from a Celebrity! #64, Evan Johnson of the Ottawa Redblacks came by to say hello and thank you for all of the support that the students showed him for the Grey Cup! Next year he hopes to be able to bring the Grey Cup back for a visit to our school!

Evan has many roots to Pangman. His Dad, Marlon Johnson grew up here (Reid and Chara, too!), his grandparents, Iris and Walter Johnson are here too. He is also related to Aden & Riana Svedahl and the other Svedahls, Karen Schwindt, Kaj Campbell (Sandi Campbell) and Ava Johnson, (Lindsay Johnson, Mark Johnson). Nothing like having deep roots!



Evan played for Campbell in Regina, the Saskatoon Huskies and was drafted by the Ottawa Redblacks 9th overall 2 years ago. He completed his Civil Engineering degree in the spring from the University of Saskatchewan. He had a great time with the students and looks forward to coming back again.

## January Exams – 2019

### Grades 10-12

Students **must** remain in the exam room for at least one hour. If, at that time, they have finished writing the exam they will remain in the room or be excused to go home to study.

You must hand in a signed permission form completed by parents and registered in the office by Wednesday, January 23<sup>rd</sup> in order to study at home.

Thursday, January 24, 2019	9:00 – 12:00 a.m.  1:00- 3:20	E.L.A.10A(10)  Media Studies Final Project Presentation	Mrs. Warren
Friday, January 25, 2019	9:00 – 12:00 a.m.	Math 10 Math 20 Math 30	Mr. Neithercut
Monday, January 28, 2019	9:00 –12:00 a.m.	Science 10 Health Science 20	Mr. Neithercut



# 50 EXPERIENCE GIFT IDEAS

by BIG LIFE JOURNAL

1. Helicopter rides
2. Wilderness/nature living skills programs
3. Cooking club memberships
4. Museum memberships or day passes
5. Tickets to an unusual museum
6. Zoo and botanical garden memberships
7. Waterpark passes
8. Amusement and attraction tickets
9. Movie passes
10. Air BnB gift card or hotel stays
11. Factory tour passes
12. Virtual reality game center passes
13. Symphony subscriptions
14. Concert venue subscriptions
15. Children's or community theatre subscriptions
16. Tickets to a sporting event
17. National Trust (UK)/National Parks Service (US) membership
18. Movie Night kit
19. Creative writing classes
20. Cooking classes
21. Group music lessons
22. School of Rock passes
23. Theatre classes
24. Visual art classes
25. Pottery or sculpture classes



26. Archery classes
27. Dance lessons
28. Outdoor wilderness and nature survival courses
29. Climbing gyms passes
30. Trampoline play zone passes
31. Horseback riding lessons
32. Tree and rope climbing adventures
33. Sports camps
34. Skiing seasonal passes
35. Ninja Warrior gym passes
36. Indoor skydiving passes
37. Yoga classes
38. Mini-golf passes
39. Ice-skating, roller skating, or skateboarding lessons
40. Magazine subscriptions
41. Mail Order Mystery
42. Park district offerings
43. Voucher booklet
44. Treasure hunt
45. Gardening kits
46. Game night kit
47. Swim lessons
48. Aquarium passes
49. Concert tickets
50. Camping supplies/camping trip



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The capacity to learn is a *gift*; the ability to learn is a *skill*; the willingness to learn is a *choice*.

Brian Herbert

steps to raising

## 5 KIND & CARING CHILDREN

by Big Life Journal

### 1 START BY PRACTICING EMPATHY

- Model empathy. Say, "You seem disappointed. I know it's hard to leave when you're having so much fun."
- Help your children consider the emotions of others. Ask, "What do you think she's upset about?" "How would you feel if that happened to you?"



### 2 READ BOOKS THAT TEACH KINDNESS

- Read storybooks which teach empathy, caring, and kindness.
- Talk to your children about the message of each story and how they can apply these concepts to their own lives.
- Ask questions like, "What are some things we can do to be kind to others?" "Do we know anyone that might need a little extra kindness and love?"



### 3 MAKING A DIFFERENCE AT HOME

- Give your kids small tasks to help around the house.
- Emphasize social skills like saying please and thank you, sharing with siblings, and recognizing when others may be having a tough day.
- Regularly ask family members questions like, "How are you feeling?" or, "Is there anything I can do to help?"



### 4 MAKING A DIFFERENCE IN THE COMMUNITY

As your child masters making a difference and offering empathy in the home, you may expand your focus outward to the community.

- Visit a "grandfriend" at a local nursing home.
- Make Valentine's for senior citizens.
- Donate clothing, toys, or food.
- Welcome new neighbors with a treat or small gift.
- Practice random acts of kindness around the neighborhood.



### 5 MAKING A DIFFERENCE GLOBALLY

Facilitate activities that make an impact on a more global scale.

- Raise money or host a fundraiser for a charity they'd like to support.
- Send holiday cards or thank you letters to the military.
- Older children can write letters to elected officials about causes they believe in.
- Donate necessary items to places affected by natural disasters.



Printables by Big Life Journal - biglifejournal.com

# 7 POWERFUL WAYS TO RESPOND WHEN YOUR CHILD COMPLAINS

by Big Life Journal

## 1 DEFINE IT

- Discuss the "nice voice" or "**calm voice**" inside everyone. How does that voice sound? Practice asking for things with a calm voice.



## 2 LISTEN AND VALIDATE

- Make eye contact, do not interrupt, and accept without judging.
- Use the "**I hear you...AND**" method: "I hear that's not what you wanted...AND we have no control over the weather."



## 3 GIVE A CHOICE

- When your kids start to complain, clarify **what they want to happen** as a result. Say, "It sounds like you're frustrated right now. Do you need to vent or do you want to make a plan?"
- Encourage them to switch from complaining to **problem-solving** mode. Say, "Let's think about what we can do to fix this situation."



## 4 REPHRASE AND REFRAME

- Rephrase complaints as a "**want**" or a "**wish**." Say: "You want a different toy" (The message: you're a child who knows her likes and dislikes).



## 5 SET LIMITS

- Give a **time limit** for complaining. Say, "You can say one more negative thing, but then say 5 positive things that happened today."
- Set aside a **daily "complaint time"**.



## 6 RESPOND PLAYFULLY

- Once kids know about their "strong voice" and how to use it, playfully offer to find it when it disappears.
- Say, "Hey, where did your strong voice go? It was here a minute ago...Help me look. HEY! You found it! Now let me hear you use it!"



## 7 FIND THE GOOD

- Empathize and then help **notice** the positive.
- Empower with questions: What can you learn from this? How would you like things to be? How can you take it there?



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# 10 POSITIVE RESPONSES to common child complaints

- |    |   |   |  |
|----|---|---|--|
| 1  | "I DON'T LIKE MYSELF."                          | → | "YOU DON'T LIKE YOURSELF... THAT SOUNDS LIKE IT DOESN'T FEEL VERY GOOD." |
| 2  | "I'M BORED."                                    | → | "YOU WISH THIS WAS MORE INTERESTING."                                    |
| 3  | "I'M NOT GOOD AT THIS."                         | → | "YOU THINK YOU'RE NOT GOOD AT THIS. DO YOU WANT ME TO HELP?"             |
| 4  | "I MISS MY OLD FRIENDS."                        | → | "YES, YOU MISS THEM SO MUCH. YOU WISH YOU COULD GO BACK AND SEE THEM."   |
| 5  | "THIS IS DUMB."                                 | → | "YOU WISH THIS WAS MORE ENTERTAINING."                                   |
| 6  | "HE ALWAYS GETS HIS WAY."                       | → | "YOU WISH THINGS TURNED OUT DIFFERENTLY."                                |
| 7  | "I DON'T WANT YOU TO....."                      | → | "YOU'RE SAYING NO TO ME DOING THIS. I HEAR THAT."                        |
| 8  | "I DON'T LIKE THIS."                            | → | "YOU WISH YOU GOT SOMETHING DIFFERENT."                                  |
| 9  | "BUT I WANT IT NOW!"                            | → | "YOU WISH YOU COULD HAVE IT RIGHT NOW."                                  |
| 10 | "WHY DOES SHE ALWAYS GET BETTER STUFF THAN ME?" | → | "YOUR SISTER GOT THE GIFT YOU WANTED. I SEE. YOU WISH YOU HAD HER GIFT." |

Acknowledging their feelings and letting them be.

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# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	CHRISTMAS HOLIDAYS January 1 - 4					
6	7 DAY 3	8 DAY 4	9 DAY 5	10 DAY 6	11 DAY 1	12
	First day back to school	KINDERGARTEN Red Wings Visit 12:30-3:30	Happy Birthday Banny	KINDERGARTEN Happy Birthday Cooper	 Panther Pride Day Homeroom Period 3	
13	14 DAY 2	15 DAY 3	16 DAY 4	17 DAY 5	18 DAY 6	19
	KINDERGARTEN		KINDERGARTEN		KINDERGARTEN  Happy Birthday Riana	
20	21 DAY 1	22 DAY 2	23 DAY 3	24 DAY 4	25 DAY 5	26
	Book Orders Due (please order online)	KINDERGARTEN		KINDERGARTEN	Happy Birthday Katie	
27	28 DAY 6	29	30 DAY 1	31 DAY 2		
	KINDERGARTEN	Teacher Planning Day No School		KINDERGARTEN Homeroom Period 4		

## Merry Christmas from Pangman School!



Christmas Break is from December 22nd- January 6th.  
Classes resume Jan. 7th for Gr. 1-12 & Jan. 8th for Kindergarten Students.

