

# Pangman School



March 2019



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

*Saskatchewan Express visits Pangman School!*



## March Events

2	Ski Trip	14	Green Dress Up Day
5	Order Forms Due for Hot Lunch	15	No School
8	SK Apprenticeship Presentation	18	Book Orders Due
9	Paint Night Fundraiser (Rec Board)	20	Impact Fair
11	Hot Lunch	29	Panther Pride Day

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## Students of the Month for February 2019



K-3: For being helpful and for being a leader in our classroom.



Grades 4-6: He has excellent attendance, shows daily improvement on his work, works well with others in groups, loves, loves, loves to read and is showing continued effort at getting his shoes on first thing in the morning!!



Grades 7-9: For her hard work, determination, and persistence in Math.



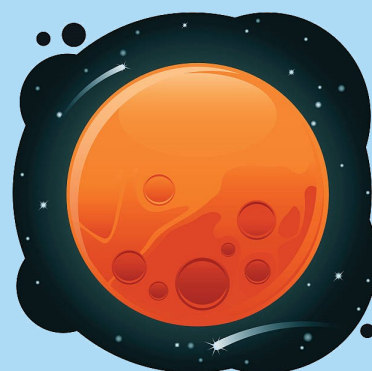
Grades 10-12: For showing outstanding progress in Pre-Calculus 30 for the month of February, 2019.

## 3...2...1...Ladies and Gentlemen, we have lift off!

Students in the grades 4-6 classroom are looking forward to embarking on a mission to Mars on March 14th.

While on the Mars Station the students will be performing tasks similar to those that would be done on Mars in the future. The students will be inhabiting the Mars Space Station all morning! The student engineers are busy planning and building their pods and station out of garbage bags and packing tape. Families will have an opportunity to visit the Mars station closer to the mission date. Next month we will report on the success of the mission and have descriptions of the tasks that they planned. Special thanks goes out to Jim Deurksen from Rosetown, creator of the Space Station.

Please check out the students designing and building the models for their pods.





# Toy Bingo Fundraiser



# Jump Rope for Heart







# Polar Bear Club



Pangman School is organizing a Polar Bear Club this year for those students who love/need to get outdoors. When the weather gets really cold (-25 with the wind chill), we have indoor recess at school; however there are always students who like to get outside even when the weather is colder than -25 with the wind chill. The Polar Bear Club is for any students who choose to go outside on indoor recess days if deemed safe by staff. An available staff member will supervise students who choose to come out. Only students who are dressed appropriately (ski-pants, toque, mitts, scarf, boots, and a warm jacket) will be allowed outside and they may choose to come in at any time as regular supervision will occur inside. Parents will sign the form that was sent home with each student if they wish their child to participate in the Polar Bear Club.

## Safe School Information

Our policy is to have outdoor recess until the temperature or wind chill reaches -25°C

Warm clothing—Once again we would like to ask that our students come to school prepared for cold winter days. Students are expected to go outside for the recess breaks and will need to dress accordingly. As always, we will continue to monitor the



temperatures and wind chill factors when the weather becomes extreme and will adjust our recess plans for those days.



Printables by Big Life Journal - biglifejournal.com

## 4 WAYS TO HANDLE FIXED MINDSET

adults in your kids' lives

Big Life Journal

### 1 START WITH YOURSELF

- What are my fixed mindset "triggers"?
- How do I currently monitor and **overcome these triggers**? Are there ways I could do it differently?
- What mistake did I make that taught me something?
- How can I **create more learning experiences** for myself?



### 2 SHARE THE CONCEPT

- Share your excitement about learning a new mindset and the **powerful effect** it's had on your family
- Ask if they would be willing to use **Growth Mindset language** during the day or in the classroom
- Offer resources for getting started (check out Big Life Journal and How to Teach Growth Mindset to Kids [The 4-Week Guide])
- Discuss the **Power of "Yet"**



### 3 CLARIFY MISCONCEPTIONS

#### Misconception #1: Results Don't Matter

- Growth mindset ties praise to success. As Dweck says, "The whole idea...is to **focus on the learning process**. When you focus on effort, you have to show how effort created learning progress or success."

#### Misconception #2: You Either Have it or You Don't

- Growth mindset is a spectrum. Dweck states that "nobody has a growth mindset in everything all the time. **Everyone is a mixture of fixed and growth mindsets.**"



### 4 SEE THE POSSIBILITIES

- Use fixed mindset comments as discussion starters (Did the teacher say she's smart because she got an 'A' on the test? Prompt her to identify other possible **causes of her success—studying, persistence, or asking questions.**
- Help your child cultivate empathy and understanding of those who think differently. Living with a **fixed mindset doesn't always feel good.**
- Find your **growth mindset tribe**



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# DID YOU KNOW?

... that "Vaping or Juuling" is the trendy term for using an electronic cigarette. Instead of inhaling smoke, users inhale vapour from the e-cigarette cartridge. E-cigarettes contain liquid nicotine and flavouring to make the vapour more appealing and addictive. They have teen friendly flavours like bubble gum, chocolate or watermelon, to entice students to try. The liquid (also called vape juice, e-juice and e-liquid) heats up inside the cartridge to produce vapour. This liquid nicotine can easily be bought and sold over the Internet allowing teens to get the products they want. This industry has developed many products that are very appealing to teens: E-pens, vape pens, e-Hookah and hookah pens are just a few. Some of them simply plug in to re-charge like all other tech gadgets. Data from a recent Health Canada survey showed that 23% of students in grades 7-12 have tried an electronic cigarette.

So what can parents and adults do? Talk to your child and/or students about the addictive dangers of vaping and nicotine. Look up information together and discuss the information you find. Ensure that your child and/or students understand that an e-cigarette will be treated the same as cigarettes if they are found using them at school, on the bus or during any school activity. The [Safe School Environment Administrative Procedure 352](#) outlines that a student may be suspended for possession of, distributing, selling, or supplying drugs or alcohol listed under the Controlled Drugs and Substances Act or the Food and Drugs Act. Vaping will be treated the same as tobacco use.

More information may be found at the following links:

<https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html>

<https://www.webmd.com/smoking-cessation/features/teen-vaping#1>

<https://drugfree.org/parent-blog/the-teen-vaping-trend-what-parents-need-to-know/>

<https://www.teenlife.com/blogs/your-teen-vaping-dangers-e-cigarettes>

<https://publichealthinsider.com/2018/08/14/tips-from-teachers-how-to-talk-to-your-kids-about-vaping/>

## Key Strategies

## to teach CHILDREN EMPATHY

Big Life Journal

### 3-5 YEARS

- **DESCRIBE AND LABEL** - Help children recognize their emotions and body, "You're clenching your fists. You stomped your feet. You seem angry."
- **READ STORIES** and discuss character's feelings
- Make a **WE CARE CENTER**
- Coach their **SOCIAL SKILLS**

### 5-7 YEARS

- Use **PICTURES** - Cut out pictures from magazines or print pictures that show sad, angry, or happy faces.
- **EMBRACE DIVERSITY** - Help children understand what they have in common with others.
- **OBSERVE OTHERS** - Note the body language of others and guess how they might be feeling.
- Teach about **HEALTHY LIMITS** and their own boundaries

### 7-9 YEARS

- Engage in high-level **DISCUSSIONS** about book characters
- Try loving kindness **MEDITATION**
- Engage in cooperative **BOARD GAMES**

### 9-11 YEARS

- Sign up for **ACTING CLASSES**
- Create **EMPATHY MAPS** - Choose an emotion, then brainstorm what you might say, think, and do when you feel that way

### 12+ YEARS

- Discuss current **EVENTS**
- Encourage your child to choose **VOLUNTEER WORK**
- Try **"WALK THE LINE"** activity - perfect for classrooms, summer camps, or other places with a large group of older children/teens

Big Life Journal - biglifejournal.com

## 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.

*"Suggested age of student to be 10 years of age or turning 10 within one month prior to course date."*

**DATES:** March 31, 2019

**TIME:** 9:30 am - 12:00 noon

**INSTRUCTOR:** Cheryl Brulier

**LOCATION:** 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\*\*\***





# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 DAY 6	2
					KINDERGARTEN	<b>School Ski Trip</b>
3	4 DAY 1	5 DAY 2	6 DAY 3	7 DAY 4	8 DAY 5	9
		KINDERGARTEN  <u>Forms due</u> for Hot Lunch	<b>Homeroom Period 1</b>	KINDERGARTEN	<b>SK Apprenticeship Presentation Gr.7-9</b>  Happy Birthday Clea Happy Birthday Ava M.	<b>Paint Night In the Gym</b>
10	11 DAY 6	12 DAY 1	13 DAY 2	14 DAY 3	15	16
	KINDERGARTEN  <b>Hot Lunch</b>  Happy Birthday Cade	Staff Meeting	KINDERGARTEN	St. Patrick's Green Day	Teacher Planning Day No School  Happy Birthday Ms. Berner	
17	18 DAY 4	19 DAY 5	20 DAY 6	21 DAY 1	22 DAY 2	23
	KINDERGARTEN  Book Orders Due  Happy Birthday Baylee		KINDERGARTEN <b>Homeroom Period 2</b>  Impact Fair 4:30-6:30 For children born in 2015		KINDERGARTEN	
24	25 DAY 3	26 DAY 4	27 DAY 5	28 DAY 6	29 DAY 1	30
31		KINDERGARTEN		KINDERGARTEN	 <b>Panther Pride Day</b>	