

Pangman School



June 2019

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www.secpsd.ca/schools/pangman

June Events

- 4 Kindergarten Orientation
- 6 Alternate Elementary Track Date (Ogema)
- 12 Scholastic Book Order Deadline
- 20 Awards Program 2:00p.m.
- 20 All Library Books to be Returned
- 21 Last Day of Classes (Gr. 10-12)
- 24-26 Exams
- 26 Panther Pride Day
- Last Day of Classes (K-9)
- Report Cards (K-9)
- 27 No School
- 28 No School, Report Cards (Gr. 10-12)

Pangman School's Annual Awards Program

Thursday, June 20th, 2019



2:00p.m.



Everyone Welcome

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Class of 2019



Students of the Month for May 2019



K-3: For the effort he has put into telling the truth and helping others. He is also receiving this award for taking responsibility for his actions and for the maturity he has demonstrated during the month of May.



Grades 4-6: For being friendly, kind, and organized. He is also a great role model for his classmates and younger students. He asks for help after school when he needs it and has had perfect attendance since he arrived in January.



Grades 7-9: For showing exemplary leadership in our school and class and her consistent effort in her classes.



Grades 10-12: For showing a strong work ethic in class and producing outstanding work in the month of May, 2019.

Want to **RAISE** **KIND KIDS?** EXPLAIN THE **SCIENCE** OF KINDNESS

Big Life Journal



CHILDREN OF ALL AGES

- Explain that the benefits of kindness are experienced by the person who receives the kindness, the person who offers the kindness, and anyone who witnesses the kind act.
- Explain that everyone who feels the benefits of the kind act will be inspired to "pay it forward" by being kind themselves.



YOUNGER CHILDREN

- Say that **kindness makes people** healthier, happier, and more relaxed.
- You can explain kindness as a **superpower** that helps others and changes the world for the better.



OLDER CHILDREN

- Discuss the chemicals released when we see, experience, or witness acts of kindness:
 - **Serotonin** increases happiness and helps with appetite, sleep, and memory.
 - **Endorphins** trigger positive feelings and are natural painkillers.
 - **Oxytocin** reduces blood pressure and protects the heart. It produces a feeling of love and satisfaction.



NEXT STEPS

- Once you've explained the benefits, be sure to **model kind words and deeds** yourself.
- **Acknowledge and celebrate** when you notice children being kind.
- Encourage children to practice **random acts of kindness**/have a random acts of kindness challenge.

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Click the link on the SECPD website and use your regular SECPD log in and password to access OverDrive.

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June Exams – 2019

Grades K-9

Students will have regular classroom hours and schedules with **June 26th** as their last day of classes.

Grades 10-12

The last day of regular classes for 10/11/12 will be **Friday, June 21st**. Students will write their exam at the assigned time below. Students will be in the examination room or be allowed to study at home after the one hour in the examination room. **If a student is leaving after their exam they must hand in a signed permission form completed by parents and registered in the office by Friday, June 21st.** Please note that students may not just 'hang out' down town and then catch the bus home at 3:20p.m.

Awards Program 2019

The Awards Program will be on June 20th @ 2:00p.m.
Please consider this as your invitation. Hope to see you there!

Monday, June 24, 2019	9:00 – 12:00 a.m.	E.L.A. A30 ELA 20 E.L.A.10B (10)	Mrs. Warren
	1:00- 3:20 p.m.	History 10 (Final Project) Presentations	
Tuesday, June 25, 2019	9:00 – 12:00 a.m.	Biology 30	Mr. Neithercut
	1:00- 3:20 p.m.	History 30 (Final Project) Presentations	
Wednesday, June 26, 2019	9:00 –12:00 a.m.	Math 10 Math 20 Math 30	Mr. Neithercut



**The final Scholastic Book Order
deadline of the 2018-2019
school year is
Wednesday, June 12th, 2019.**

4 steps to help KIDS COPE WITH BIG FEELINGS about failure

Big Life Journal

1 EXPLAIN WHY FEELINGS ARE USEFUL

- Explain that feelings are part of our bodies. Just like our muscles, brain and heart, our **emotions work to keep us healthy and safe**.
- Tell that strong and powerful emotions, like anger, **trigger a warning system** in our bodies. Our brain thinks we are in a dangerous situation and our body reacts in lots of different ways—a fast heartbeat, a red face, or maybe a headache.



2 CREATE AN ACTION PLAN

- Tell kids that when they notice their rapid breathing, tense muscles, or upset stomach, it's a **cue to make choices** that take back control.
- When **kids are calm** (long car rides or bedtime work well) talk with them about the types of failures that trigger their strongest feelings: a poor grade on a spelling test, losing a soccer game at recess, or not understanding that homework question.



3 VALIDATE FEELINGS

- In their most difficult moments, kids need to know that **all feelings**—including ones about failing—are okay to have.
- Ask questions** to better understand their frustrations, and communicate that you hear and accept exactly how they feel.
- Then ask, "What should we do to tackle this?"



4 CO-REGULATE

- Each child's capacity for managing feelings is different (and age-dependent). The prefrontal cortex, the area regulating emotions, **isn't even fully developed until early adulthood**.
- By responding to our child's frustrations with **warmth and support**, rather than reacting with our own high emotion, we can provide that experience.



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Printables by Big Life Journal - biglifejournal.com

WHEN *it* RAINS, LOOK *for* RAINBOWS.
WHEN *it's* DARK, LOOK *for* STARS.

OSCAR Wilde

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Big Life Journal

Today, I will help someone.

Today, I will have confidence in myself.

Today, I will try something new and be courageous.

Today, I will make a mistake and learn from it.

Today, I will make or create something.

Today, I will set a new goal.

Today, I choose to have a great day.

Today, I will tell someone how much they mean to me.

Today, I will list 3 things I love about myself.

Today, I will practice what I am learning.

Today, I will find out an answer to a question I have.

Community Clean Up

May 24, 2019



 Thank you to The Village of Pangman for providing ice cream treats after the town clean up! 



Memories of Pangman School's Terry Fox Run Events 2015- 2018



THE TERRY FOX
FOUNDATION

Pangman School
Attn: Iris Warren
103 Carruthers St
Pangman SK S0C 2C0



Fox Family at Mount Terry Fox
Dedication Ceremony - 1981

Dear Principal, Staff and Students of Pangman School,

Words on paper will never come close to expressing how thankful we are for the contribution you make through your Terry Fox School Run on Terry's behalf. However, as believers in Terry's message of never giving up we will try our very best!

In our travels representing Terry we are constantly asked has it really been 39 years since Terry's run? We quickly reference Terry Foxers from coast to coast for ensuring Terry's story is always fresh, real and powerful. You are directly responsible for Terry's name, likeness and the Marathon of Hope remaining relevant and real for 4 decades.

We have consistently communicated that The Terry Fox Run is the vehicle used to continue the Marathon of Hope and the support of cancer research. We have remained protective of the Marathon of Hope branding using it sparingly and selectively waiting for the right opportunity to maximize it's meaning and value. We have found that opportunity with the Marathon of Hope Cancer Centre Network and precision medicine. The Marathon of Hope Cancer Centre Network is the result of a bold vision for the future of cancer research and care, one that will make it possible for MOH Centres anywhere in the country to offer the right drug/treatment to the right patient at the right time. The Marathon of Hope Cancer Centre Network is more than Terry's legacy, this is also your legacy.

In 1980, Terry ran because he knew that too many of the children he left behind in the cancer wards would never have the chance to make a difference. Today, we are so inspired by students like you who make the most of your opportunity to make our world a better place. Thank you for your leadership, dedication and optimism.

With sincere gratitude,

On behalf of Terry's Family
Fred, Darrell, Judith, Terrance, Kirsten, Erin, Jessica & Alexandra

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 DAY 3	4 DAY 4	5 DAY 5	6 DAY 6	7 DAY 1	8
		KINDERGARTEN Kindergarten Orientation		KINDERGARTEN Alternate Elementary Track & Field Day (Ogema) <i>*in the case of inclement weather on May 31st*</i> Happy Birthday Logan		
9	10 DAY 2	11 DAY 3	12 DAY 4	13 DAY 5	14 DAY 6	15
	KINDERGARTEN		KINDERGARTEN Scholastic Book Order Deadline	Homeroom Period 2	KINDERGARTEN Happy Birthday Mr. Neithercut	
16	17 DAY 1	18 DAY 2	19 DAY 3	20 DAY 4	21 DAY 5	22
Father's Day Brunch –Khedive 10am-1:30pm		KINDERGARTEN		KINDERGARTEN Awards Program 2 pm All library books must be returned today.	Last day of classes for Gr. 10-12	Happy Birthday Maizy
23	24 DAY 6	25 DAY 1	26 DAY 2	27	28	29
Happy Birthday Leigha 30	KINDERGARTEN June Exams	June Exams	Panther Pride  Day Last day of classes for Gr. K-9 Report Cards K-9 KINDERGARTEN June Exams	Teacher Planning Day No School Happy Birthday Tanner	Gr. 10-12 Report Cards Teacher Planning Day No School	