



Pangman School



November 2019

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www.secpsd.ca/schools/pangman

Congratulations to the Senior boys on winning the Yellow Grass Tournament!



November Events

- 4 Picture Retakes
- 5 Career Fair
- 7 Remembrance Day Service 10:30am
- 7 Flu Shots
- 8 No School
- 11 No School
- 14 Team Colour Dress Up Day
- 15 Report Cards
- 19-20 3-Way Conferences
- 20 Hot Lunch
- 21 Throwback Thursday & Flash Mob Dance
- 22 No School
- 25 No School
- 26 SCC AGM
- 29 Panther Pride Day

December 7th—Grad Bazaar

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Four of our Terry Fox Run participants were greeted by a community member who brought them a donation in support of cancer research as they finished their 6km walk.

More photos on page four.

Students of the Month for October 2019



K-2: She follows directions, works hard while completing her work, and makes an effort to include others. She participates in class discussions and is kind to everyone in our class. Great job Jenna!



Grades 3-6: He has shown excellent attitude and perseverance in every subject this year. He is friendly and supportive of all of his classmates. Keep up the great work, Isaac!



Grades 7-9: For setting a goal to finish the Terry Fox Walk and sticking with it. Well done!!!!



Grades 10-12: For his strong ability to work independently for the month of October.

Pangman School's Remembrance Day Service

November 7th, 2019

10:30am

Everyone Welcome



Did you know many of the products we use or food we eat were created by mistake? It's true! Everything from microwave ovens, to SuperGlue™ and, chocolate chip cookies were created by accident. Making mistakes is an important part of life!



We are sending this letter to raise awareness of the increase in vaping among youth.

The Government of Canada's *Tobacco and Vaping Products Act* (TVPA) regulates vaping products to protect young persons from nicotine addiction and tobacco use. It is against the law to sell vapour products to a person under 18 years of age.

Vaping is the act of inhaling and exhaling an aerosol produced by a vaping device. Vaping devices come in many forms and sizes. Some devices are small and look like USB drives or pens, while others are much larger. There are two types of vaping devices:

- open, which means they can be refilled; and,
- closed, which means either the whole product or the part that holds the vaping substances, cannot be refilled.

The vaping device heats a liquid into a vapour, which then turns into an aerosol that may contain dozens of chemicals. Vaping liquids and substances that are available for sale:

- can be flavoured;
- contain nicotine or other substances such as cannabis; and,
- can be liquids, wax or herbs.

How do I recognize if my child is vaping?

- unfamiliar handheld objects or devices, such as USB drives or pens; look for holes on each end as it could be a vaporizer;
- unfamiliar batteries and chargers, some vaporizers can be charged using a USB cable, others use 18650 batteries and a charger;
- device accessories such as discarded small containers or pods and concentrate containers;
- unexplained sweet scent, such as candy, mint, fruit punch and so on;
- finding organic cotton balls, empty plastic vials or thin metallic wires; and,
- increased thirst, dry mouth and drinking more water.

Some strategies to help your teen quit vaping

- Prepare to quit by leaving the vaping device at home during the day.
- Identify things in your life that prompt you to reach for your vaping device.
- Figure out the types of cravings you have, and have strategies ready to counter your cravings.
- Ask family and friends to help you quit vaping.

It is normal for teens to be moody, have a larger appetite during a growth spurt or tire easily. Look for changes in your teen's pattern or routine. Have open, honest and ongoing conversations with your teen about the risks of vaping.

For more information or to seek help:

- Government of Canada: *Tobacco and Vaping Products Act* *La Loi sur le tabac et les produits de vapotage* /
- Government of Canada: About Vaping *Au sujet du vapotage* /
- Government of Canada: Risks of Vaping *Les risques du vapotage* /
- Government of Canada: Talking with your teen about vaping: a tip sheet for parents *Parler de vapotage avec votre adolescent : une fiche de conseils pour les parents* /
- Become a Smokefree Teen: Quit Vaping (Government of United States)
- For free help, visit gosmokefree.gc.ca/quit or call 1-866-366-3667

Note: This material is for information only and should not replace advice from an addictions counsellor, doctor or other health care provider.

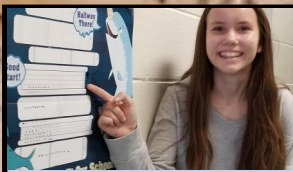


October 17th, 2019



Thank you to everyone who supported and participated in this year's Terry Fox Run. It was held on October 17th, 2019.

Kindergarten to Grade 12 students, staff, parents, and community members departed the school following the kick off assembly. Many proud students returned to the school after the walk. All students completed at least 3km, many doing 6km, and others walking or running up to 11.26km in support of the Terry Fox Foundation and cancer research. So far our school has raised close to \$800 in pledges. Please return forms as soon as possible so we can send the donations to the Terry Fox Foundation.



Scholastic Book Fair



Thank you to everyone who contributed to the success of the 2019 Scholastic Book Fair. We were able to earn \$958 worth of free books for our library!



Meeting is open to parents and community!

PANGMAN SCHOOL COMMUNITY COUNCIL

An SCC member is...

- * a dedicated volunteer providing advice for educational planning and decision-making at the school level

- * interested in working with others (including the Board of Education, school division administrators, parents, community members and other Council members) to support student learning success and well-being

- * willing to be guided by "Principles" that support good School Community Council practice and,

- * able to provide a two-year commitment to the work of Council

SCC Annual General Meeting

**Tuesday,
November 26,
7:00 p.m.**

Pangman School (Science lab)

Pangman School

PANGMAN SCHOOL Christmas Bazaar & Craft Sale!

Saturday, December 7th, 2019

10:00 am to 3:00 pm

Lunch

**Homemade Soup/Homemade
Chili/Bun & Doughnuts**

**Baking Table, 50/50 Tickets, Lottery Ticket Tree,
Santa Claus Visit and much more !**

**Book your table now by contacting
Pangman School**

(306)442-2051

Pangman/Ogema Home Tournament



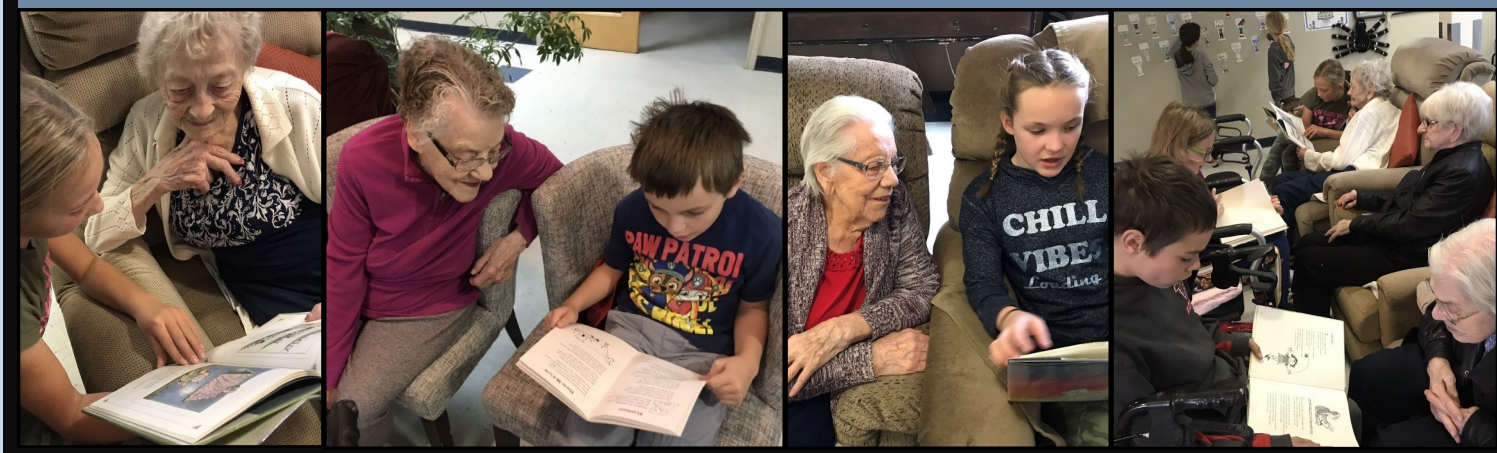
Grades 3-6 Update

Be sure to get your Remembering or Honouring submissions for the Remembrance Day service handed in.

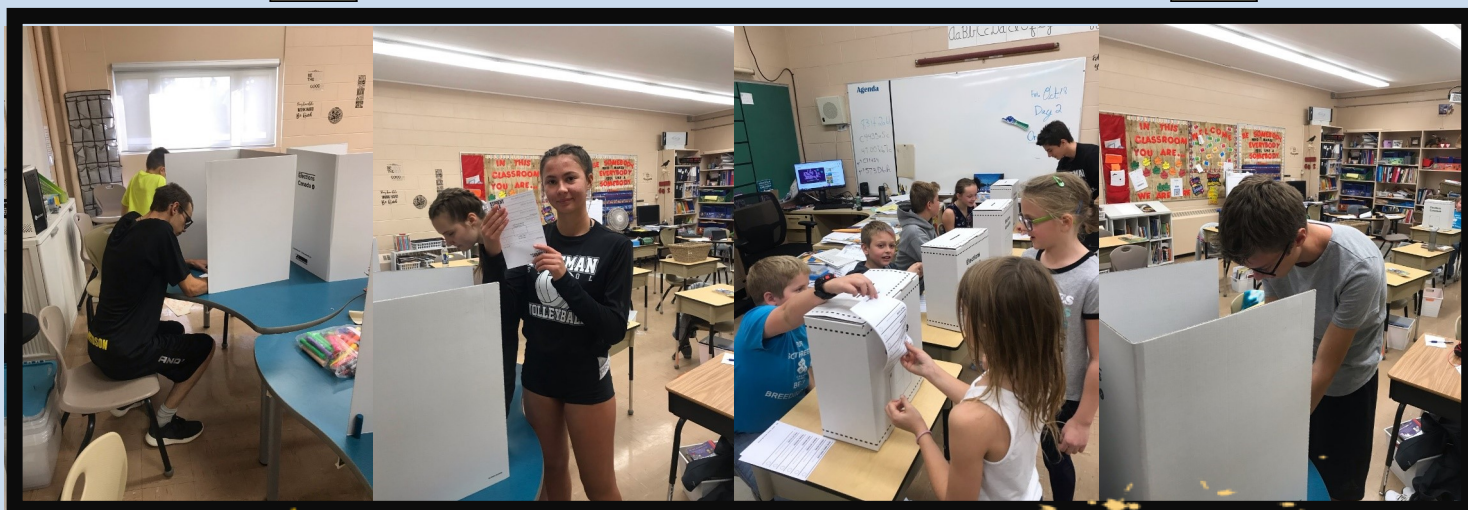
The grade 3 to 6s trek to the Pangman Library twice a month to sign out books and to see what the library has to offer. This will continue throughout the winter. Students are asked to keep their school library books and the Pangman library books separate.

Girls Who Game will be starting soon!!! This will involve girls from grades 4-9 learning through the use of Minecraft in an extra-curricular club. They will be joining clubs across the world to share what they have made. Presentations will be made as well. This is an exciting opportunity for our students! More information to follow.




The grade 3-6 classroom enjoys visiting with the residents at the Deep South Personal Care Home. The students have enjoyed reading books and poetry to the residents so far this year.



Student Vote



November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 DAY 6	2
					Picture orders due Sr B Gladmar tournament	Sr B Gladmar tournament Smokin' Okies Daycare Fundraiser
3	4 DAY 1	5 DAY 2	6 DAY 3	7 DAY 4	8	9
	KINDERGARTEN Picture Retakes 1pm Happy Birthday Jack		KINDERGARTEN Career Fair	 Remembrance Day Service 10 :30AM Flu Shots 1 pm Sr B practice @ P	Teacher Planning Sr B Conferences Gladmar	Sr B Conferences Gladmar
10	11	12 DAY 5	13 DAY 6	14 DAY 1	15 DAY 2	16
	Remembrance Day No School  REMEMBER	KINDERGARTEN Happy Birthday Paige	Sr B practice @ O	KINDERGARTEN Colour Day	Report Cards Sr B Regionals	Sr B Regionals
17	18 DAY 3	19 DAY 4	20 DAY 5	21 DAY 6	22	23
	KINDERGARTEN	3 Way Conferences	KINDERGARTEN Hot Lunch 3 Way Conferences	Throwback Thursday & Flash Mob Dance	Day Off in Lieu of Conferences	
24	25	26 DAY 1	27 DAY 2	28 DAY 3	29 DAY 4	30
	Teacher Planning Happy Birthday Jayde Happy Birthday Olivia	KINDERGARTEN SCC AGM 7pm		KINDERGARTEN Happy Birthday Nixon	 Panther Pride Day	Happy Birthday Saige