



Pangman School



February 2020

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www.secpsd.ca/schools/pangman

February Events

- 3rd Semester 2 Starts
- 11th Family Carnival 5:30pm
- 13th Aboriginal Reader
- 14th Jump Rope for Heart
- 17th-21st Spring Break
- 26th IMPACT event
(see pg. 4)
- 28th Panther Pride Day



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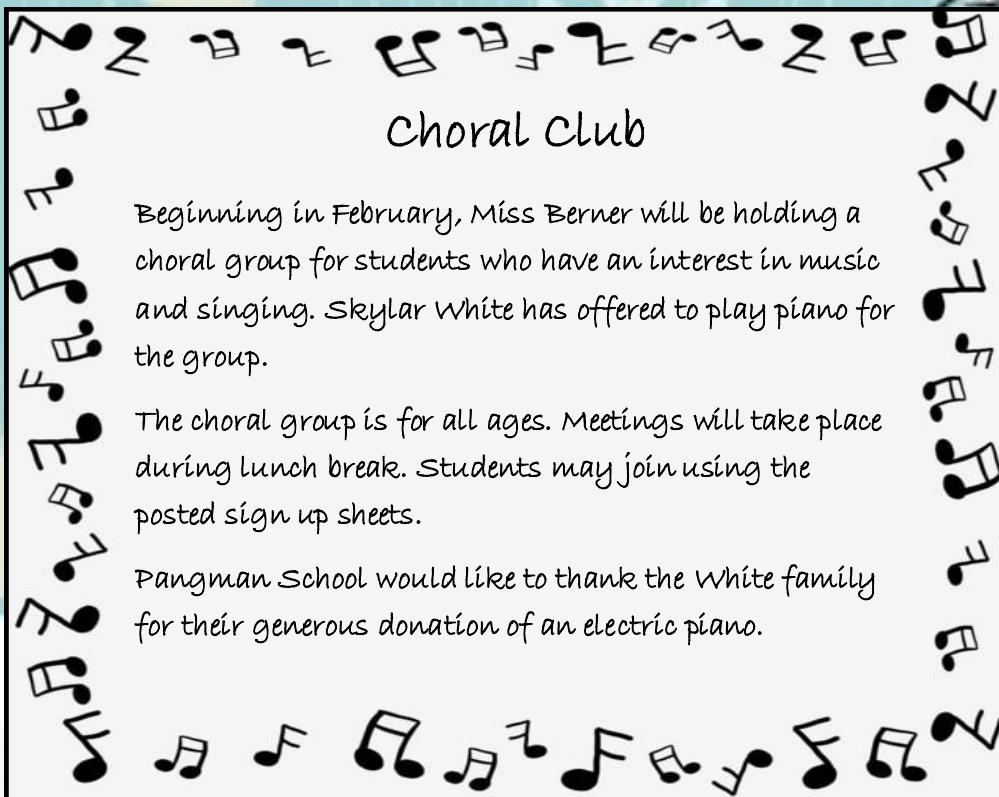


Choral Club

Beginning in February, Miss Berner will be holding a choral group for students who have an interest in music and singing. Skylar White has offered to play piano for the group.

The choral group is for all ages. Meetings will take place during lunch break. Students may join using the posted sign up sheets.

Pangman School would like to thank the White family for their generous donation of an electric piano.



Students of the Month for January 2020



K-2: She is receiving this award for how hard she has been working at reading and writing. She is also very kind to everyone and is always helping those who need it.



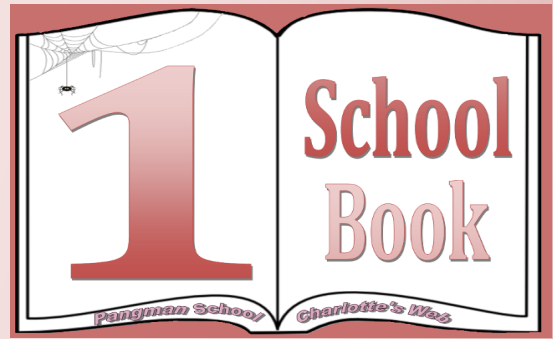
Grades 3-6: She is well organized, does her best, has a positive attitude, and is prepared for class each day.



Grades 7-9: For his effort, hard work, and participation in his classes for the month of January.



Grades 10-12: For his ability to properly prepare and execute his knowledge on his Grade 12 Math final exam.

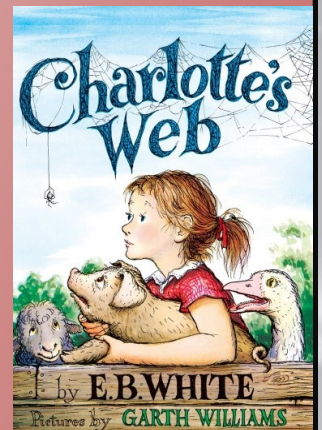


On January 13th we kicked off the **One School, One Book™** Program. Each Kindergarten through Grade six family received their own copy of *Charlotte's Web*.

Families are reading the book at home and trivia questions are read during the morning announcements. Students have been winning tokens and prizes. Families are participating on-line, also answering trivia questions pertaining to the chapters read prior to that day.

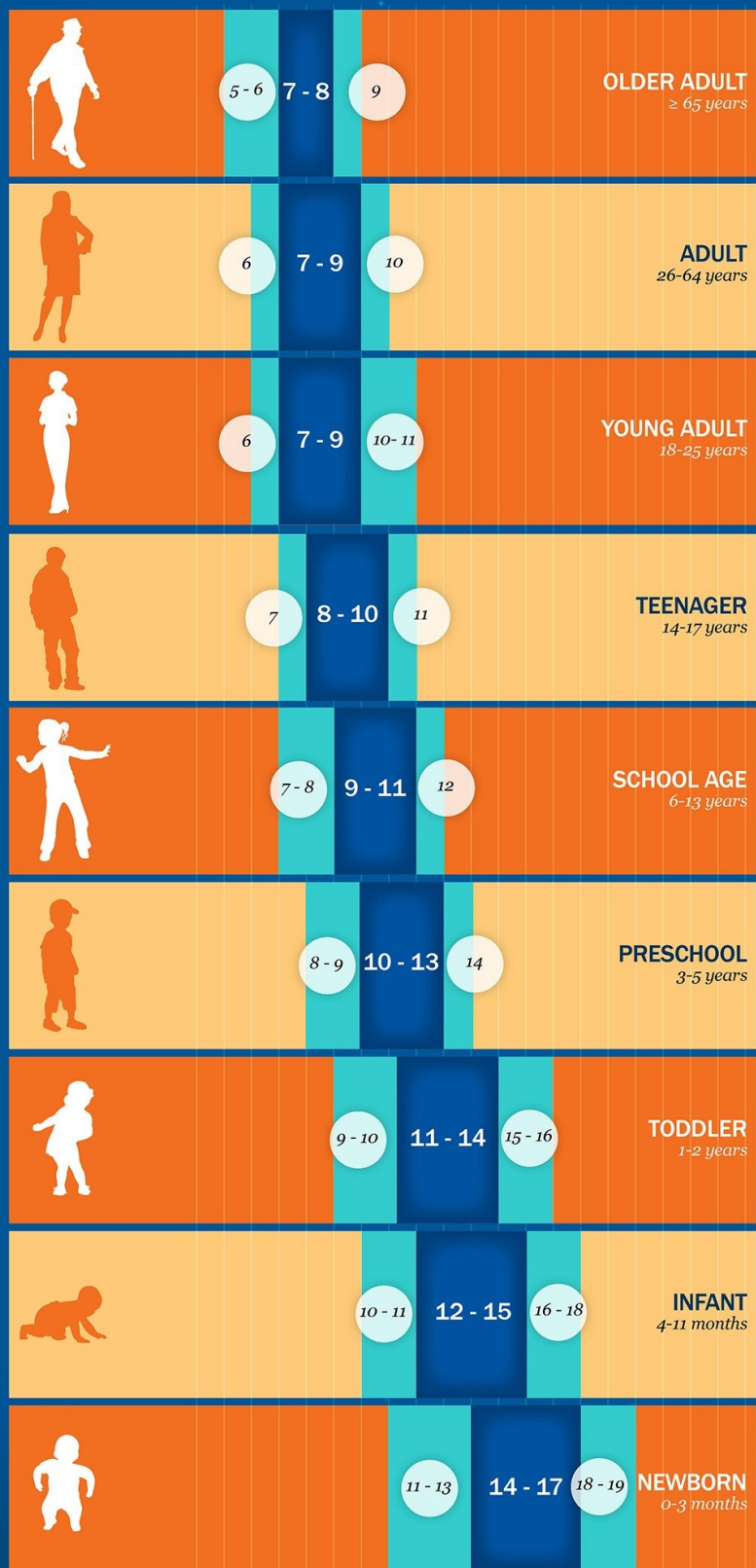
We will be having a family event on **February 11th** to wrap up this exciting project. Each guest will receive free tickets and can win them by playing games. Additional tickets will be sold. Tickets may be used for activities, food, and prizes.

Everyone is welcome to attend!



RECOMMENDED SLEEP

HOURS OF SLEEP



Recommended Range



May be Appropriate



Not Recommended

Teens and Sleep

Facts

- Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.
- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm.

Consequences

Not getting enough sleep or having sleep difficulties can:

- Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your homework or a date with a special person in your life
- Lead to aggressive or inappropriate behavior such as yelling at your friends or being impatient with your teachers or family members

Solutions

- Make your room a sleep haven. Keep it cool, quiet and dark. If you need to, get eyeshades or blackout curtains. Let in bright light in the morning to signal your body to wake up.
- Establish a bed and wake-time and stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine.
- Don't eat, drink, or exercise within a few hours of your bedtime. Don't leave your homework for the last minute. Try to avoid the TV, computer and telephone in the hour before you go to bed. Stick to quiet, calm activities, and you'll fall asleep much more easily!
- Most teens experience changes in their sleep schedules. Their internal body clocks can cause them to fall asleep and wake up later. You can't change this, but you can participate in interactive activities and classes to help counteract your sleepiness. Make sure your activities at night are calming to counteract your already heightened alertness.

More information: <https://www.sleepfoundation.org/>

"How are the Children?"

Early Childhood Development Information

Emotions & Feelings



You can help children express and cope with their feelings by:

- Talking out loud about your own feelings
- Using words like disappointed, calm, excited and hopeful to teach all the different feelings that we can have
- Allowing children to express all of their feelings, big and small
- Showing them how **you** deal with **your** feelings
- Helping them practice ways **they** can deal with **their** feelings

Scan the code for more information



How you handle your own emotions will teach your child how to handle theirs!

February 2020

REGIONAL KidsFirst

Pangman School's One School, One Book Family Fair
 Tuesday, February 11th
 Pangman School Gymnasium
 5:30pm-7:30pm

CARNIVAL Games

PRIZES

Food sales

PAW Patrol Characters

Movie

EVERYONE WELCOME

IMPACT
 Inspiring Minds: Parents & Children Together

Children born in 2016...
 ...are a-FISH-ally invited to attend our
IMPACT Early Childhood Fair!

Wednesday, Feb 26th
Come & Go between 4:30 p.m. – 6:30 p.m.
Pangman School Gym

Childcare for Siblings & Light Supper Provided

Please scan the code to register or call the school at (306) 442-2051

****Children will receive a gift pack valued at \$30.00****
****All children must be accompanied by a parent or caregiver****
****It will take an hour to tour all the stations****

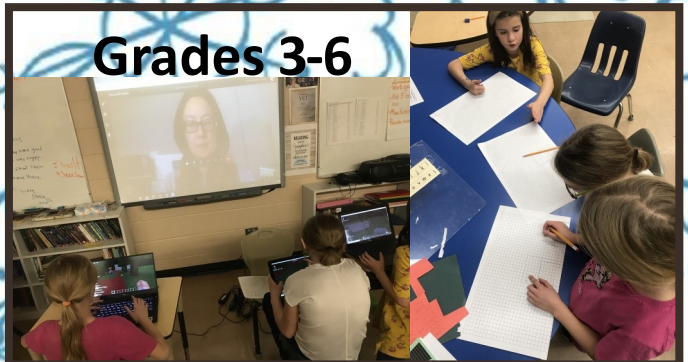
DIVE ON OVER AND HAVE SOME FUN UNDER THE SEA!

REGIONAL KidsFirst

#GirlsWhoGame have been meeting on Tuesdays after school. The participants are creating zoos and schools of the future. We are looking forward to meeting with a female professional in the IT field to learn about coding using MineCraft. The club will be winding down at the end of January.



Grades 3-6



February 2020

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 Semester 2 starts Happy Birthday Callie		KINDERGARTEN		KINDERGARTEN	
		Happy Birthday Garter				
9	10 DAY 2	11 DAY 3	12 DAY 4	13 DAY 5	14 DAY 6	15
		KINDERGARTEN Family Fun Fair 5:30pm-7:30pm 		KINDERGARTEN Aboriginal Reader 9:30-11	Jump Rope for Heart 	
16	17	18	19	20	21	22
			Spring Break			
		Happy Birthday Lyrik				
23	24 DAY 1	25 DAY 2	26 DAY 3	27 DAY 4	28 DAY 5	29
	KINDERGARTEN		KINDERGARTEN Impact Fair 4:30-6:30 Happy Birthday Blake Happy Birthday Parker		KINDERGARTEN Panther Pride Day  Assembly	