



Pangman School



October 2022

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www.secpsd.ca/schools/pangman

Principal's Message

Hello Everyone!

Welcome back for the 2022-23 school year. We have an exciting year ahead of us with face to face events including Open House, Christmas Concert, Christmas Bazaar, One School, One Book, and many more. For reference please refer to your paper copy of the calendar that is sent out each month.

Last year we featured a member from the 2021-22 SCC (School Community Council) each month in the newsletter hoping to generate some interest in this important organization. We are looking for new members to join the 2022-23 SCC. If you are interested in becoming a part of this important organization, our first meeting will be the AGM meeting scheduled for October 27th. Please consider joining.

Mrs. Iris Warren, Principal

October Events

- 7th Fall Colour Dress Up Day
- 10th Thanksgiving
- 13th Fire Prevention BBQ
- 14th Formal Day
- 14th Picture Day
- 21st PJ Day
- 24th No School
- 25th Open House & Book Fair
- 27th SCC Annual General Meeting
- 28th Panther Pride Day
- 31st Halloween Dress Up Day



The 2022 Terry Fox Run was a huge success. We would like to extend a huge thank you to everyone who collected

pledges and who sponsored the Terry Fox Run. Special mention to the Pangman Branch of the Southeast Regional Library and the Pangman Ladies Auxiliary for donating water bottles, juice boxes, and snacks. Thank you to all of our volunteers who helped before and during the run! *Photos on page 3.*

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Students of the Month for September 2022



K-2: For his smooth adjustment to Grade One and for always trying his best. Great job!



Grades 3-5: For the leadership she has shown in class and on the playground. Jenna is always setting a good example by listening and being kind. Keep up the great work!



Grades 6-9: For always being kind and willing to try his very best in his classes.



Grades 10-12: For her leadership in the SRC President role.

Success and Achievement for Every Student. "

SRC Report

The SRC would like to welcome everyone back to school for the 2022-23 school year. This month we had some beginning of the year activities. Every class decorated a banner for their class to show their school spirit. We also had some spirit days every Friday: Tie-dye Day on the 16th, Athletic Day on the 23rd, and Orange Shirt Day on the 29th. We also planned some activities for Orange Shirt Day to honor the students who went through the Residential School System. Another thing we started this month are mentors and mentees. Every older student is paired with a younger student, and they will get to do activities together every month. For October we have planned some spirit days for every Friday again: October 7th is Fall Colours Day, October 14th is Formal Day, October 21st is Pajama Day, October 28th is Panther Pride Day, and October 31st is Halloween Dress Up Day. We will also be planning some activities for Halloween.

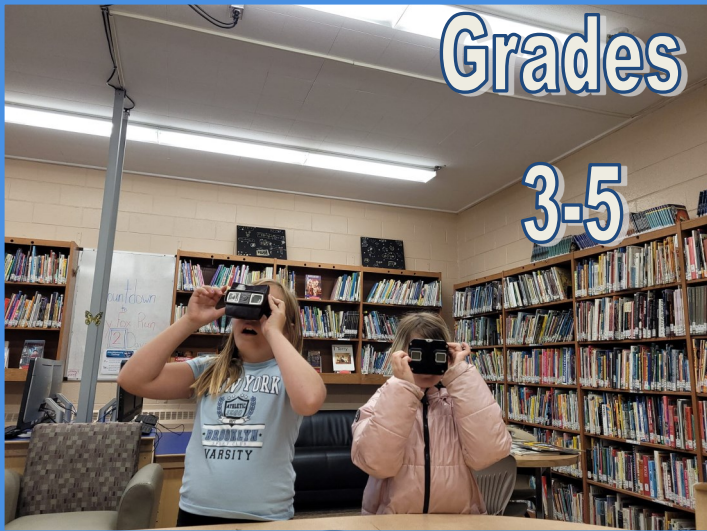
Pangman SRC



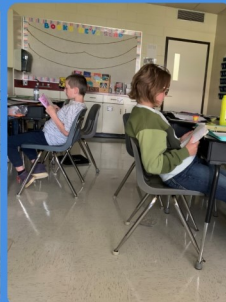
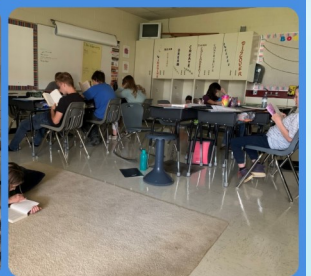
The collage consists of 24 individual photographs arranged in a grid-like fashion, capturing various moments from a community event. The top row includes a trivia table with a sign that reads 'TERRY FOX TRIVIA', a group of children and adults standing on a dirt road, a close-up of a woman with glasses, and a group of four children posing together. The middle section features a long shot of a dirt road with participants in the distance, a woman hugging two children, a close-up of a girl eating a fruit, and several photos of children running and walking along the road. The bottom row shows a group of children standing together, a silhouette graphic with the text 'Try Like Terry!', a man and a boy walking, and several photos of children and adults at a water station with a red and white checkered tablecloth. The background of all photos is a dirt road flanked by golden-brown fields under a cloudy sky.

Thank you to everyone who participated in, collected pledges, sponsored, and helped make the 2022 Terry Fox Run a success!

Grades 3-5



Grades 6-9



We would like to welcome new staff members to Pangman School!



I am the new senior Math & Science teacher. I was born and raised in Raymore, SK. I like to read, go for walks, and socialize with my friends. After high school I went to the University of Regina and received my degree in 2021. In the 2021-22 school year I was covering a mat leave in Yellow Grass School. I had an amazing experience in Yellow Grass and the best part – it led me here to Pangman School. I've been having a great time getting to know all the staff and students! I look forward to getting to know the community better at Pangman School's open house!



Hello everyone! I am working alongside Ms. Friesen as an intern in the grade 6-9 classroom until the end of December! I was born and raised in Veteran, Alberta and in 2018, I moved to Ogema, SK where my husband and his family live. I have done a few years of post-secondary at various locations (Eston College, University of Lethbridge, and University of Regina), and I am happy to say that I will be completing my degree in Education at the end of December 2022. I enjoy running youth group with my husband in Ogema, cuddling with my cats, and spending time with family and friends. I look forward to getting to know the people of Pangman more!



I am a new teacher at Pangman School! I am teaching 6-9 Art and PAA, as well as 10-12 Phys Ed. I grew up in Radville and then moved to Regina to complete my education degree. I graduated from the University of Regina in 2021. I enjoyed getting to know everyone in the first few weeks I have been here. I am looking forward to the rest of the year!



I have lived in Ceylon, Sk for 26 years. I have been a substitute EA for the last couple years plus I drove school bus for Radville school. I am working with grades 3-5 and 6-9. I enjoy reading, cooking, baking with my kids. I can't wait to get to know everyone in the school and the community.

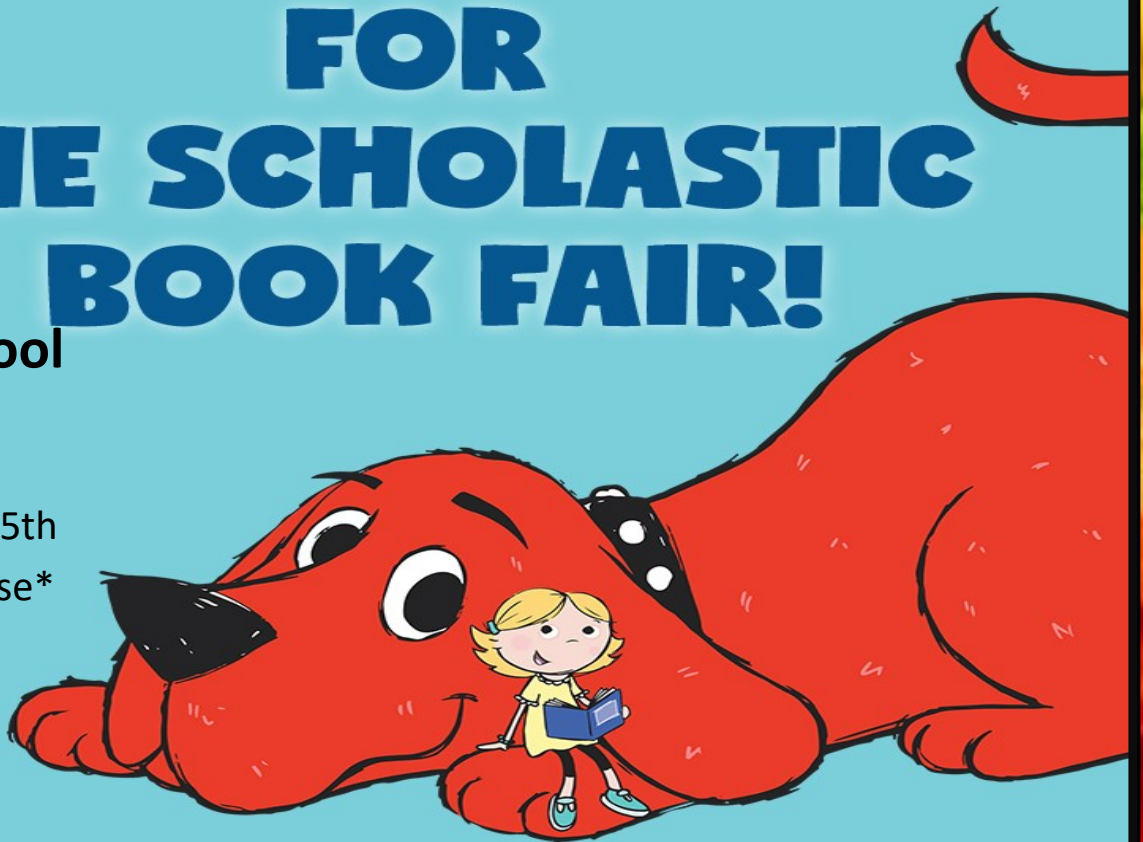
SAVE THE DATE FOR THE SCHOLASTIC BOOK FAIR!

**Pangman School
Library**

Tuesday, October 25th

During Open House

More dates to
be announced.



Pangman School's Open House

**Tuesday,
October
25th**

Open House



**Details
coming
soon!**

Packing School Lunches

Involve children and youth in planning and packing lunches. When kids help, they are more likely to eat and enjoy the food! Let them pick items from each of the three food categories in [Canada's Food Guide](#). Check out the ideas below:

- **Leftovers** make great lunches.
- **Don't forget water.** Use a CLEAN reusable bottle.
- **Keep food safe.** Use reusable, insulated containers for hot food and insulated lunch bags and ice packs for cold food. Wash them every day.
- Before you pack, **check the school's food allergy guidelines.**



Vegetables and Fruit Aim for 1/2 the lunch	
<ul style="list-style-type: none"> • Broccoli • Cauliflower • Carrot and celery sticks • Cucumber slices • Cherry tomatoes • Red or green peppers • Tomato, cucumber, or lettuce in a sandwich • Veggie stir fry • Butternut squash soup 	<ul style="list-style-type: none"> • Bananas • Apple sauce • Frozen berries • Oranges • Pineapple • Strawberries • Fruit salad or kabobs • Pears • Canned peaches • Grapes • Saskatoon berries • Kiwis cut in half with a spoon

Whole Grains	Aim for 1/4 the lunch
<ul style="list-style-type: none"> • Whole grain bread, pita, naan, bannock, or tortilla • Quinoa or barley • Whole grain crackers • Oats or oatmeal • Whole grain noodles 	<ul style="list-style-type: none"> • Brown or wild rice • Low sugar whole grain cereals • Buckwheat pancakes • Homemade whole grain muffins

Protein Foods	Aim for 1/4 the lunch
<ul style="list-style-type: none"> • Boiled or deviled eggs • Leftover turkey, beef, chicken, pork, or lamb • Beans or lentils in: chili, curry, stew, soup or salad • Baked or stir fried tofu • Soups made with milk 	<ul style="list-style-type: none"> • Canned tuna • Sunflower seeds • Low sugar yogurt • Cheese cubes • Hummus • Unsweetened milk or soy beverage

For more meal and snack ideas, check out Canada's Food Guide recipe page at: food-guide.canada.ca/en/kitchen

Written by the Public Health Nutritionists (2022)
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saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

Please only send peanut free foods to school with your child/children. We also ask everyone to refrain from sending food or drinks containing kiwi or chickpeas.

Thank you.

ATTENTION:

NO

PEANUTS

**THIS SCHOOL IS
PEANUT FREE**

THANK YOU

October 2022

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	SRC @ Noon Happy Birthday Maggie!	Kindergarten	Happy Birthday Madison B!	Kindergarten Grade 9-12 Guest Speaker @ 1pm Fall Colour Dress Up Day	
9	10	11 Day 2	12 Day 3	13 Day 4	14 Day 5	15
	Thanksgiving No school Happy Birthday Scarlett!		Kindergarten	100th Year Fire Prevention Lunch BBQ & Scavenger Hunt Dough Orders Due	Kindergarten Formal Day 	
16	17 Day 6	18 Day 1	19 Day 2	20 Day 3	21 Day 4	22
	SRC @ Noon	Kindergarten		Kindergarten	SRC @ Noon Pajama Day	Happy Birthday Maddox!
23	24	25 Day 5	26 Day 6	27 Day 1	28 Day 2	29
Happy Birthday Rebecca!	No school	Kindergarten Open House & Book Fair		Kindergarten Happy Birthday Carter! SCC AGM 7pm	Panther Pride Day 	
30	31 Day 3					
	Kindergarten Happy Birthday Colton! Halloween Dress Up Day 					