



Pangman School

December 2022



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www.secpsd.ca/schools/pangman

PANGMAN SCHOOL Christmas Bazaar and Craft Sale!

Saturday, December 3rd, 2022

10:00 am to 3:00 pm

**Homemade Soup/Bun
and Chili/Bun Lunch**

**Baking Table, 50/50 Tickets,
Lottery Ticket Tree and
Santa Visit @ 2:00**

Grade 12 Grad Fundraiser



December Events

- 2 Grade 3-7 Field Trip
- 2 Red & Green Dress Up Day
- 3 Christmas Bazaar & Craft Sale
- 9 Christmas on the Beach Dress Up
- 12 Christmas Auction
Bidding begins at 4pm.
- 16 Christmas Sweater Dress Up
- 19 Panther Pride Day
- 21 Christmas Concert
- 21 Auction Bidding Closes
- 22 PJ Day & SRC Activities
- 23 No School, Holidays Begin

First Day Back: January 9th, 2023

SRC Christmas Tree Auction

Pangman School's SRC is
hosting a Christmas
tree auction!

Bidding will be on the
school's Facebook page
beginning December 12th.

Details on Page 2



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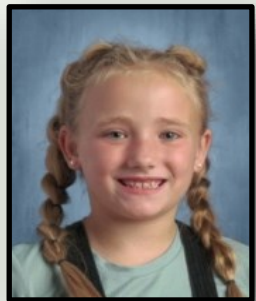
- 1 Coming Events
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Students of the Month November 2022



K-2: For his positive attitude towards school, the effort he puts into his work, and his willingness to try new things. Great job!



Grades 3-5: She has been an exceptional leader in our classroom this year. She is quick to help out her classmates and has been a great role model! Keep it up!



Grades 6-9: For her dedication to playing on the volleyball team and coming out to practices, and for the positive attitude she brings into class and her interactions with classmates.



Grades 10-12: We would like to acknowledge his participation in class discussions. Colton makes excellent points and his ability to understand and speak from different points of view is incredible. Keep up the good work!



SRC Report



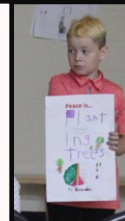
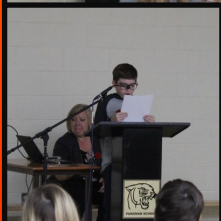
At the end of November we hosted a pancake breakfast and had some fun spirit days. We also raised over \$1000.00 with the H5 dough fundraiser. Thank you to everyone who bought and supported us!

December is filled with fun! We have Red and Green Day on December 2nd, Christmas on the Beach on December 9th, Christmas Sweater Day on December 16th, and on the last day of school, December 22nd, it's PJ Day.

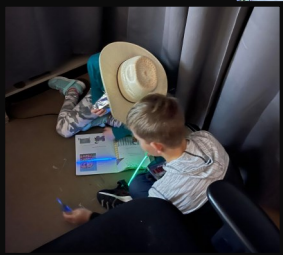
This December the SRC has planned something new for the students and the community. Each class will be decorating a Christmas tree. The Christmas trees will go up for silent auction which will be held on the school's Facebook page from December 12th-21st. Final bidding will be held live at the Christmas concert on the 21st. Highest bid gets to take home the Christmas tree that night! The classroom's tree who had the highest bid will get a popcorn party.

On December 22nd we will have a bunch of activities in the afternoon such as floor hockey, sugar cookie decorating, and a snowman building competition (weather permitting). We ask for you to please pack your child proper winter clothing on the 22nd. We look forward to these events!

A group of 14 children and one adult woman are posing in a school hallway for a Halloween photo. The children are dressed in various costumes, including a witch, a skeleton, a vampire, and a clown. A large 'Halloween' banner is visible in the background.



Hat Day!



Food as a Reward

Using sugary and salty foods as a way to reward good behaviour (i.e. getting dessert for eating veggies or a candy for completing homework, etc.) can be confusing for children and youth who are learning about healthy eating at home and school.

Rewarding with food can lead to unhealthy habits such as:

- developing a **preference for less healthy foods** over more nutritious ones.
- **expecting to be rewarded** for doing good things instead of learning to do it on their own.
- eating when not hungry and using food to make them feel good—leading to an **unhealthy relationship with food**.

To help children stay healthy, find other ways to celebrate good work and behaviour with the goal to reward less and less. Then they can learn to do tasks on their own and enjoy the feeling of a job well done.



Photo by [Annie Spratt](#) on [Unsplash](#)



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.

Try some of these ideas:

At home

- Compliment and thank them
- Play a game, read, do a craft or puzzle together
- Go to the library, park or for a bike ride together
- Let them choose a new pencil or colouring book
- Let them have time with friends
- Encourage them to enjoy their feeling of accomplishment and thank those who helped them.

At school

- Give compliments, high fives or thank-you cards
- Send an email or phone home to let the family know how well the students have done
- Do a craft or go outside for a fun activity
- Let them choose where to sit or be the helper
- Let them choose a low-cost item such as pens, erasers or stickers
- Play music while students work
- Extend recess time
- Share this information with others!

Written by Public Health Nutritionists of Saskatchewan (2022)

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www.saskhealthauthority.ca

ATTENTION:

NO
PEANUTS
THIS SCHOOL IS
PEANUT FREE
THANK YOU

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Day 5	2 Day 6	3
				Kindergarten	Red & Green Dress Up Day Gr. 3-7 Field Trip Agribition 	Christmas Bazaar 10am – 3pm
4	5 Day 1	6 Day 2	7 Day 3	8 Day 4	9 Day 5	10
Happy Birthday Ava J!	Kindergarten Happy Birthday Hannah!		Kindergarten	SRC @ Noon	Kindergarten Christmas on the Beach Dress Up Day 	
11	12 Day 6	13 Day 1	14 Day 2	15 Day 3	16 Day 4	17
	Happy Birthday Levi! Christmas Auction Bidding Begins @ 4pm 	Kindergarten		Kindergarten	SRC @ Noon Christmas Sweater Dress Up Day 	
18	19 Day 5	20 Day 6	21 Day 1	22 Day 2	23	24
	Kindergarten Panther Pride Day 		Kindergarten Christmas Concert Christmas Auction Bidding Closes 	Last Day of Classes SRC Afternoon Activities PJ Day 	No school Happy Birthday Sophie!	Happy Birthday Vayda!
25	26	27	28	29	30	31
Christmas Day 	Christmas Break					

First Day Back: Monday, January 9th, 2023