# Pangman School

January 2023

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www.secpsd.ca/schools/pangman

#### **January Events**

9th First da	y back for	Grades 1-12
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10th First day back for Kindergarten

13th Sports Dress Up Day

20th Celebrity Dress Up Day

25th Exams

27th Blackout Dress Up Day

31st Panther Pride Day

31st Exams



#### In This Issue



- 1 Winter Fun
- 2 December Students of the Month
- 3 Christmas Events
- 4 Bazaar & Pancake Breakfast
- 5 Dress Up Days & Agribition
- 6 Exam Schedule
- 7 January Calendar

















#### Students of the Month December 2022



K-2: He is receiving this award for his leadership in the classroom, his willingness to help others, and his positive attitude towards learning. Great job!



Grades 3-5: She is receiving this award for working hard to develop her reading skills. She has a positive attitude and is always willing to try something new! Keep up the good work!



Grades 6-9: For taking on a main role in the Christmas concert and showing support and leadership during the preparation of the play.



Grades 10-12: This award is for his kindness. Freedom is a great person and friend. The way he interacts with everyone in the halls are signs of an amazing role model. Thank you for being kind to everyone, keep it up!!

#### **SRC Report**

December has been a very busy month for the SRC. We had many Christmas themed dress up days such as Red and Green Day, Christmas on the Beach Day, Christmas Sweater Day, and Pajama Day on the last day before Christmas break.

A new Christmas activity we did this year is Christmas tree decorating. Each classroom got to decorate their own Christmas tree and each student provided something to put on the tree. We auctioned off these trees as a fundraiser for the SRC. We'd like to say thank you to everyone who donated trees and everyone who supported the SRC by bidding on the Christmas trees.

On the last day before Christmas break, we provided cookies for each of the students to decorate and played "Minute to Win It" games.

Coming up in January we have our regular spirit days every Friday with Sports Day on the 13th, Celebrity Dress up Day on the 20th, and Blackout Day on the 27th.

## **Christmas Tree Auction**

















# Grad Fundraising Bazaar

To the Families of Pangman School,

Our Christmas Bazaar fundraiser was a huge success and you all have a part in that. We would like to thank you for your contributions to the bake trays. The trays were beautiful this year and sold out fairly quickly. It would not have been possible if it weren't for your generosity and kindness. We see the community's support and we are very appreciative.

The Graduating Class of 2023













Thank you to
the RM of
Norton and
the Village of
Pangman for
donating
treat bags
for Santa to
hand out at
the Bazaar.









&RC



#### Red & Green Dress Up Day







# CANADIAN WESTERN WESTERN



#### January Final Exams Semester 1 2023

#### **Grades 10-12**

Students will write their exam at the assigned time. Exams will take place during regular class time. Students are expected to stay at the school after their exam as they would on a regular school day.

There are regular classes in the morning on January 25<sup>th</sup> as well as all day on January 26th, 27th, and 30th.

Wednesday January 25, 2023 Day 3	1:00 p.m 3:30 p.m.	Math 10  Math 20  Math 30-Foundations 30 (departmental)	Ms. Lorenz
Tuesday, January 31, 2023 Day1	9:00 a.m 12:15 p.m.	Science 10  Health Science 20 (in class project)	Ms. Lorenz
Tuesday, January 31, 2023 Day1	1:00 p.m 3:20pm	ELA 10A  Media Studies (in class assessment)	Mrs. Warren



# ATTENTION: PEANUTS THIS SCHOOL IS PEANUT FREE THANK YOU

#### Make the Healthy Choice Easy

A healthy school food environment supports health and learning.

The food environment is made up of what food is available, where it is placed, how much it costs, and how it is promoted. Our food environment influences the way we eat and the food choices we make. Children and youth spend a large portion of their day at school and the food choices available can impact their overall health, development, and learning.

Adults play an important role in making the healthy choice easy for everyone

#### How to help at home

- Involve your kids in planning and packing their school lunches.
- Stock healthy snacks that you can add to the main meal such as yogurt, lower fat cheese, and fresh vegetables and fruit.
- Send a reusable water bottle instead of juice boxes.



Photo by Bonnie Kittle on Unsplash

#### How to help at school

Work with your school to:

- · Promote water as the drink of choice.
- Remove sugary drinks.
- Stock canteens, cafeterias, and vending machines with healthy options.
- Price healthy foods the same or lower than less healthy alternatives.
- Offer foods from different cultures in nutrition programs.
- Plan healthy or non-food based school fundraisers such as book fairs and trade shows.
- Celebrate birthdays and special events with healthy food options such as: fruit kebabs, vegetables and dip, makeyour-own yogurt parfait, whole grain crackers and hummus.
- · Join or form a school wellness committee.
- Limit marketing/sponsorship from companies that sell foods high in sugar, fat, and/or salt.
- Refer to <u>Healthy Foods for My School and Nourishing Minds</u>
   when making food and drink choices at school.

Written by Public Health Nutritionists of Saskatchewan (2022)

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saskhealthauthority.ca

### Saskatchewan Health Authority

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.



## January 2023

	unday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		2	3	4	5	6	7
29.2	Year!	C	hrist	mas	Bre	ak	
8		9 Day 3	10 Day 4	<b>11</b> Day 5	<b>12</b> Day 6	13 Day 1	14
		NO Kindergarten Happy Birthday Banny!	SRC @ Noon Happy Birthday Cooper!	Kindergarten		Kindergarten Sports Dress Up Day	
15		16 Day 2	<b>17</b> Day 3	18 Day 4	19 Day 5	20 Day 6	21
		Happy Birthday Mackenzie!	Kindergarten	SRC @ Noon	Kindergarten	Celebrity Dress Up Day	
22		23 Day 1	24 Day 2	25 Day 3	26 Day 4	27 Day 5	28
В	Happy Birthday Xander!	Kindergarten		Exams 1pm-3:30pm Math 10 Math 20 Departmental: Math 30- Foundations	SRC @ Noon	Kindergarten Blackout Dress Up Day	
29		30 Day 6	31 Day 1		*		
			Panther Pride Day  EXAMS (See schedule)			1 ce 10 & Health Sci DA & Media Studi	