



# Pangman School



## October 2023

contact.pang@secpd.ca

(306)442-2051

Box 188 Pangman, SK S0C 2C0

[www.secpd.ca/schools/pangman](http://www.secpd.ca/schools/pangman)

### Principal's Message

Hello Everyone!

We have had a busy start to our 2023-24 school year, Treaty 4 Gathering, Missoula, Terry Fox, and Orange Shirt Day. Thank you for the support, donations, gifts, and volunteer work for all these events. We are truly grateful and appreciate our school community's support in providing such great opportunities for our students. We continue to look forward to more exciting community events in the future. Please take a look at the paper copy of the calendar sent out each month for more details on upcoming events.

We are looking forward to a great October. Please consider joining us for our SCC (School Community Council) AGM on October 19<sup>th</sup> at 7:00, directly after our Open House and Book Fair. Joining our SCC is a great opportunity to get involved with the school and work together to support Pangman students' learning. We would love to see you at our SCC AGM this year!

Mr. Curtis Bourassa

### October Events

- 2 No School
- 6 Fall Colour Day
- 9 Thanksgiving (No School)
- 13 Breast Cancer Awareness Day
- 19 Open House, Spaghetti Supper, Book Fair, and SCC AGM
- 20 Flannel Day
- 27 Orange and Black Day
- 31 Halloween - Wear your costume



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### Welcome Back Assembly



## Students of the Month for September 2023



K-2: For being kind, helpful, and for her positive attitude towards school and learning. She is also receiving this award for working hard, for listening, and for including others. Great job!



Grades 3-5: For being a good leader in our classroom and on the playground. She has made an easy transition to our classroom. Great job!



Grades 6-9: For her hard work and success in Math, and her perseverance and stepping out of her comfort zone and participating in Missoula.



Grades 10-12: She has such a positive attitude and is always looking forward to learning something new!



## SRC Report

The SRC would like to welcome back students for the 2023-2024 school year. I would like to introduce our SRC members...

Madison Brice- President

Callie Andersen- Vice-President

Sierra Chief- Treasurer

Hannah Kessler- Secretary

Additional members: Cloud Fisher, Harmony Dustyhorn, Auric Pingert, and Lyrik Roncin.

Earlier this month we had spirit days. SRC is once again planning to do the mentor & mentee program where every older kid gets paired with a younger kid and we do activities! We once again are doing a spirit day every Friday. Spirit days are a fun way to show school spirit and boost morale in the school.

In October we have

Fall Colour Day - October 6<sup>th</sup>

Breast Cancer Awareness- wear pink to show your support- October 13<sup>th</sup>

Flannel Day- October 20<sup>th</sup>

Orange & Black Day- October 27<sup>th</sup>

Halloween- October 31<sup>st</sup>

Halloween has always been a super fun holiday in our school we will have costume awards such as cutest costume, scariest costume, funniest costume, etc. We also plan activities for the students to do!

*"Success and Achievement for Every Student"*



# Treaty 4 Gathering





MISSOULA  
CHILDREN'S  
THEATRE

A PRODUCTION OF MCT, INC.



Adapted by Michael McGill  
Music & Lyrics by Michael McGill  
Additional Music & Lyrics by  
Rebecca McGill

From September 18th to 22nd, our students auditioned for, and practiced, the King Arthur's Quest play with the Missoula Children's Theatre. On September 23rd the students put on an amazing, entertaining performance for our school and community. A turkey dinner was held prior to the show. Thank you to everyone who helped make this event a success.





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



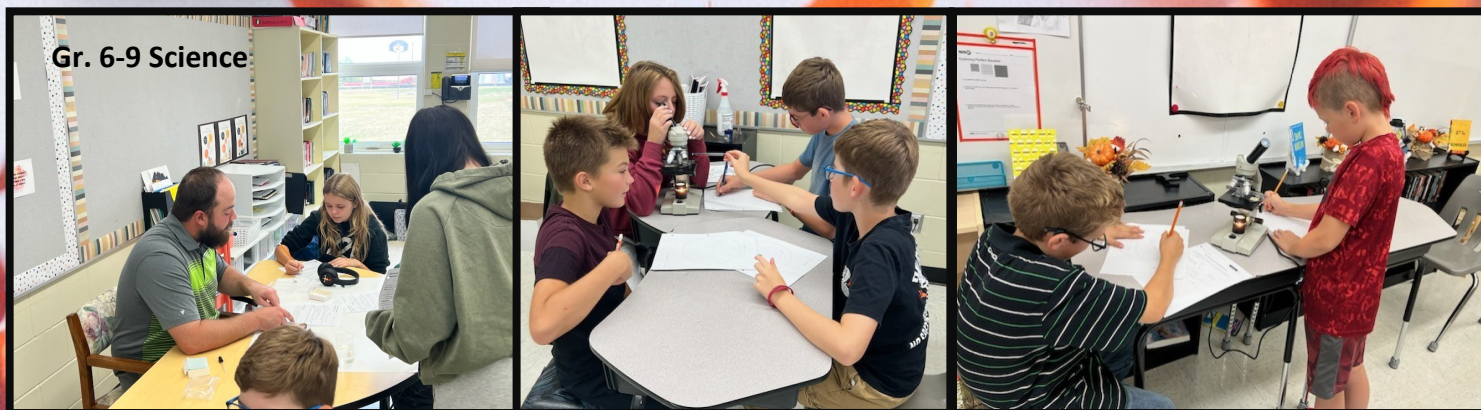
Hello everyone! I am teaching in the grade 1-2 classroom. I live in Ogema, SK with my husband and our two cats. I am also excited to share that we are expecting our first baby in January 2024. I enjoy running youth group with my husband in Ogema, cuddling with my cats, seeing students when I sub in schools, and spending time with family and friends. I got to work with the grade 6-9 students last school year, so I am excited to now work with a new group of wonderful students this school year!



Hi! I have lived in the Pangman area since 2008, where I now live on a farm with Ryan and my son, Denver. My interests are exploring nature, plants/flowers and my animals. I worked at the daycare previously to starting my EA adventure. I love this job and look forward to coming to school to see all the smiling, happy students everyday. I'm ready for a fun filled year ahead!



Hello! My wife and I are transplants from Ontario and have lived in Pangman since last November. I have two dogs. Their names are Gracie and Ryder. I am the new custodian of Pangman School. Looking forward to serving the students, staff, and community.





# Pangman School OPEN HOUSE AND SCHOOL COMMUNITY COUNCIL AGM



THURSDAY  
**19**  
**OCTOBER**  
**5-7PM**

Interested in learning more about what we do at Pangman School? Come visit us on October 19th and then join us for our SCC annual general meeting at 7:00 PM. Future Kindergarten students welcome!

- ✓ Meet the staff
- ✓ Get your questions answered
- ✓ Get involved in your child's education

## For More Information:

(306) 442-2051

Curtis Bourassa - Principal of  
Pangman School

## Open House Details:

- Meet the teachers (6:00 - 6:30)
- Scholastic Book Fair (5:00 - 7:00)
- \$6 Spaghetti meal with garlic bread, salad and a drink, or \$5 no meat sauce. (5:00 - 6:00)
- Staff/Parents vs. Students Volleyball Game (6:30 - 7:00)

**Pangman  
School  
Library**

**Thursday,  
October 19th**  
\*During Open  
House\*  
More dates to  
be announced.

  
**SCHOLASTIC  
BOOK FAIR**

All purchases benefit our  
school's library!

**good  
vibes**



**SAVE  
the  
DATE**



**#ScholasticBookFairs**



# Deli-Meat-Free Sandwich Ideas

Sandwiches can be part of a delicious and filling lunch! However, deli meats are a highly processed food and [Canada's Food Guide](#) recommends we limit how many highly processed foods we eat. Thankfully, there are many ways to build a mouthwatering sandwich without the deli meat.

Try any of these ideas on whole grain bread, pitas, buns, tortilla wraps, or naan:

- **Last Night's Leftovers:** Slice up roasted chicken, turkey, beef, or pork and top with fresh veggies. Try adding a tasty condiment like Dijon mustard or fruit chutney.
- **Egg, Tuna or Salmon Salad:** Mix up these favourites by using hard boiled eggs, canned tuna or canned salmon, mayonnaise, finely chopped celery and peppers. Top with fresh lettuce.
- **Chicken Salad:** Try a new twist with diced roasted chicken, mayonnaise, curry powder, and cut up red grapes.
- **Hummus or Bean Dip:** Spread the hummus or bean dip and top with sliced cucumbers, shredded carrot and lettuce.
- **Cheddar, Mozzarella, Marble or Swiss Cheese:** Thinly slice or grate the cheese and top with jam, veggies or thinly sliced pear.
- **Dry Cottage Cheese:** Mix cinnamon, fruit or tomatoes and sliced peppers with the cheese.
- **Fresh Vegetables:** Load up with lettuce, spinach, peppers and tomatoes. Top with light cream cheese or mayonnaise.
- **Meatloaf:** Slice it cold and top it with fresh vegetables and mustard or ketchup.



Photo source: <https://www.flickr.com/photos/liaar04/3352193845/>

Here are some delicious ideas that work better in a wrap:

- Diced roasted chicken, red onion, spinach, [mango chutney](#) and mayonnaise.
- Scrambled eggs, onions, peppers, grated cheddar cheese and salsa.
- Refried beans, salsa and lettuce.
- Soy butter with a whole banana.

Written by the Public Health Nutritionists (2022)  
Barb Wright, Dietitian | Population Health | Estevan  
[barb.wright@saskhealthauthority.ca](mailto:barb.wright@saskhealthauthority.ca)



[saskhealthauthority.ca](http://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.



# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Day 2	4 Day 3	5 Day 4	6 Day 5	7
	No School	Driver's Ed in Pangman (4-7pm)	Kindergarten	SRC @ Noon Driver's Ed in Ogema (4-7pm)	Kindergarten Happy Birthday Madison B! Fall Colour Day	
8	9	10 Day 6	11 Day 1	12 Day 2	13 Day 3	14
	No School  Happy Thanksgiving Day	Happy Birthday Scarlett! Driver's Ed in Pangman (4-7pm)	Kindergarten	Driver's Ed in Ogema (4-7pm)	Kindergarten Breast Cancer Awareness Day (Wear PINK)	
15	16 Day 4	17 Day 5	18 Day 6	19 Day 1	20 Day 2	21
	SRC @ Noon	Kindergarten		Kindergarten Open House 5-7pm Spaghetti Supper 5-6pm Book Fair 5-7pm SCC AGM @ 7pm	Flannel Dress up Day	Happy Birthday Sierra!
22	23 Day 3	24 Day 4	25 Day 5	26 Day 6	27 Day 1	28
	Kindergarten	SRC @ Noon	Kindergarten		Kindergarten Orange & Black Dress Up Day	
29	30 Day 2	31 Day 3				
		Kindergarten Halloween Dress Up ALL DAY (Costume Awards)				