



Pangman School

December 2023



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www.secpd.ca/schools/pangman



December Events

1st	No School
2nd	Christmas Bazaar
4th	Purdys Pick Up
7th	SRC at noon
8th	Ugly Sweater Day
15th	Red & Green Day
	SRC at noon
20th	Christmas Concert
22nd	PJ Day
	Turkey Lunch
	Christmas Activities

First Day Back (Gr. 1-12)

January 8th, 2024

First Day Back (Kindergarten)

January 9th, 2024

Pangman School presents

Alice in Christmas Land

From Lewis Carroll

Wednesday, December 20th
7:00pm

Everyone Welcome



In This Issue

1	Christmas Concert
2	November Students of the Month
3	Halloween
4	Remembrance Day
5	Agribition Field Trip
6	SHA Information
7	December Calendar

Students of the Month for November 2023



K-2: For being kind, polite, and for always including others. She is also receiving this award for working hard in class and for being willing to try new things. Great job!



Grades 3-5: She not only tries her best, but encourages her classmates to do the same! Thank you for being a positive light in our classroom.



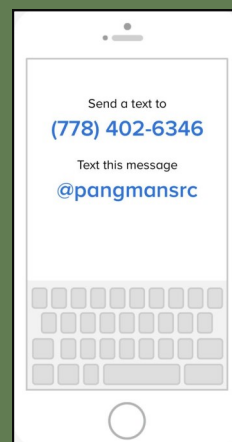
Grades 6-9: For a successful Term 1. She puts effort in all her work and focuses during class. She takes initiative and risks in her learning. Keep it up!



Grades 10-12: She uses her class time wisely and works hard.

SRC Report

In the month of November, we had a Menchie's with your mentees where all the students got to sit with their mentors and mentees. In December we are planning to introduce house teams, and a "would you rather" board, and we are so excited to be planning for Christmas. We are looking into sleigh rides and a movie with popcorn! We are also starting to use the Pangman SRC Facebook page more often. This is a new way you can stay up to date on all the newest spirit days, and events that SRC hosts! Another thing we are starting to use is an app called Remind. If you text the code to the number below it will remind you when our events and spirit days are. This is a great way to keep up to date on all things!

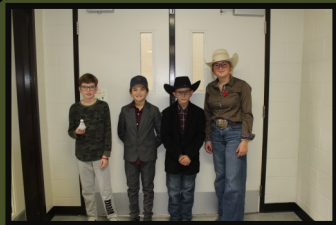


SCC Report

This has been a busy, but fun year so far for the SCC. We have six members and three appointed members this year, Megan Brice, Meagan Metke, Ashley Metke, Cacey Warren, Melissa Vande Velde and Ticia Forseth. Our appointed members are Mr. Bourassa, Ms. Berner and Madison Brice. Missoula was held with great success. Thanks to our students for their outstanding performance and our community for their amazing support. We were so excited for the completion of the student lounge and love seeing the kids utilizing it. Our latest fundraiser selling wrapping paper and other goodies gave us the opportunity to donate \$700 to our school library. This will help Ms. Kessler purchase books from other sources that our students have been requesting. Without our families' and community's support this would not be possible, so from the bottom of our hearts we thank you for your continued support!

Hope you all have a great December!
Pangman School Community Council





SPRIT
DAYS



REMEMBRANCE DAY



AGRIBITION

Kindergarten to Grade 5 students traveled to Regina to tour the Canadian Western Agribition.

Students saw a variety of livestock, watched milking and auction demonstrations, participated in many activities in the Family Ag Pavilion, watched a rodeo, and many more activities during the field trip.



MENCHIES WITH MENTORS

On November 15th, the Mentorship program was kicked off with a lunch in the gym. Students enjoyed getting to know each other and wrapped up the lunch with Menchie's frozen yogurt.



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](#)



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.

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 (2022)
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December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					No School	Grad Christmas Bazaar 10am—4 pm
3	4 Day 1	5 Day 2	6 Day 3	7 Day 4	8 Day 5	9
	Kindergarten Happy Birthday Ava! Purdy's Pick Up	Happy Birthday Hannah!	Kindergarten	SRC @ Noon	Kindergarten Ugly Sweater Dress Up Day 	
10	11 Day 6	12 Day 1	13 Day 2	14 Day 3	15 Day 4	16
		Kindergarten		Kindergarten	SRC @ Noon Red & Green Dress Up Day	
17	18 Day 5	19 Day 6	20 Day 1	21 Day 2	22 Day 3	23
	Kindergarten		Kindergarten Christmas Concert 7:00pm		Kindergarten Pajama Dress Up Day Turkey Hot Lunch Christmas Fun Activities	
24/31	25	26	27	28	29	30
Happy Birthday Vayda!		Christmas Break				First day back — Jan 8, 2024 (Day 4)