



Pangman School

January 2024



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www.secpsd.ca/schools/pangman

January Events

- 8th First Day Back (Gr. 1-12)
- 8th SRC at Noon
- 9th First Day Back (Kindergarten)
- 12th Anything But a Backpack Day
- 16th SRC at Noon
- 19th Decades Day
- 24th SRC at Noon
- 26th Teacher/Student Swap Day
- 30th Panther Pride Day
- 31st No School



Christmas Tree Decorating



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*Holiday Wishes from all of us at
Pangman School.*



Students of the Month for December 2023



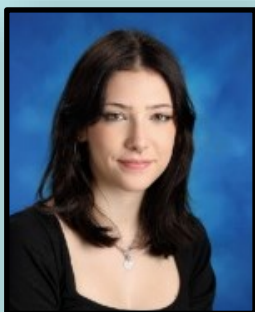
K-2: She is receiving this award for trying her best in class, for including others, and for being respectful towards everyone around her. Great job!



Grades 3-5: She is getting this award for working hard and exceeding in all she does. She is very kind and respectful to everyone she sees! Great job!



Grades 6-9: For stepping up and putting good effort into his classes and for being a role model during the Christmas concert for the K-5 students.



Grades 10-12: She has been staying on top of her online class, getting all of her assignments in on time.

SRC Report

The month of December was filled with Christmas festivities and spirit days.

The SRC would like to put out a huge thank you for supporting the Purdys chocolate fundraiser. With your help we earned \$422.91. This profit will go towards prizes for kids, activity supplies, and more!

We had the house teams decorate Christmas trees that were auctioned off online and the final auction was at the Christmas concert!

In the month of January we will have a couple spirit days such as Anything But a Backpack Day on the 12th, Decades Day on the 19th, and Teacher and Student Swap Day on the 26th.

The SRC wishes everyone a Merry Christmas and a Happy New Year. We are looking forward to many new things in 2024!



Remembrance Day Contest



Posters—Gr. 1-3 Colour

- 1st Kirby Kessler
- 2nd Parker Metke
- 3rd Jordyn Kessler

Posters—Gr. 1-3 Black & White

- 1st Presley Johnson
- 2nd Mathias Wintonyk

Posters—Gr. 4-6 Colour

- 1st Maizy Brice

Posters—Gr. 4-6 Black & White

- 1st Jenna Kessler
- 2nd Rylee Wintonyk
- 3rd Tucker Harris

Poems—Gr. 7-9

- 1st Lyrik Phelps
- 2nd Leif Brice
- 3rd Harmony Dustyhorn

Posters—Gr. 7-9 Black & White

- 1st Vayda Fornwald

Posters—Gr. 7-9 Colour

- 1st Callie Andersen
- 2nd Lyrik Phelps
- 3rd Zakiyah Harris

Intriguing Minds: Parents & Children Together

IMPACT ZOOM!

REGIONAL KidsFirst

EARLY LEARNING FAIR

For Children Born in 2020 and 2021

Pangman School

February 8th, 2024
4PM-6PM

REGISTER NOW!

SCAN ME

<https://forms.office.com/r/ZiDNDZbyGs>

WHY ATTEND AN IMPACT EVENT?

- Explore our series of educational play areas.
- Ask questions about your child's development.
- Receive a FREE take home literacy kit.



Christmas Concert



Thank You!



Thank you to all Pangman School families for supporting the Christmas Bazaar by donating baking, showing up, buying tickets, and eating some delicious soup. The class of 2024 greatly appreciates it. The money we have raised will help us fund the banquet, decorations, and more! We will also be doing a bottle drive sometime in the month of April so please save your bottles to donate to the grads!

Thank you.
Pangman Graduating Class of 2024

No Microwave Lunch Ideas

Try some of these easy, healthy lunch ideas. No microwave needed.

Pack HOT leftovers in insulated containers and lunch bags



- Heat food in the morning, then put it in an [insulated container](#) (e.g. Thermos®) to help keep it warm until lunch and it is safe to eat. Try leftover soups, stews, curries, chili, pasta, and stir-fries.



Pack COLD foods with ice packs in insulated lunch bags

- Homemade or store bought ice packs work great to help keep foods cold and safe to eat. Try milk, cheese, yogurt, tuna salad, pasta salad, leftover meat, hard-boiled eggs, fresh spring rolls, sandwiches and wraps. Homemade Pizza and hamburgers are good cold too!



Try 'bento box' style lunches

- Mix and match easy to "grab and go" protein foods, whole grain foods and vegetables & fruit. Some ideas include: cut vegetables and fruit with dip; sliced cheese; deviled eggs; popcorn; pasta, rice or other grain salad; yogurt; and crackers with hummus. For more ideas see Canada's Food Guide food-guide.canada.ca



Pack foods in reusable containers

- Not only are they convenient and better for the environment, but they are good for your budget too! Don't forget a clean reusable water bottle.
- For low-cost containers look in dollar stores, second hand stores, and garage sales.

Involve children and youth

- Plan and pack lunches together each week with your child. Let them have a say, but also give them some guidance. You decide what foods they can choose from.

Written by the Public Health Nutritionists (2022)
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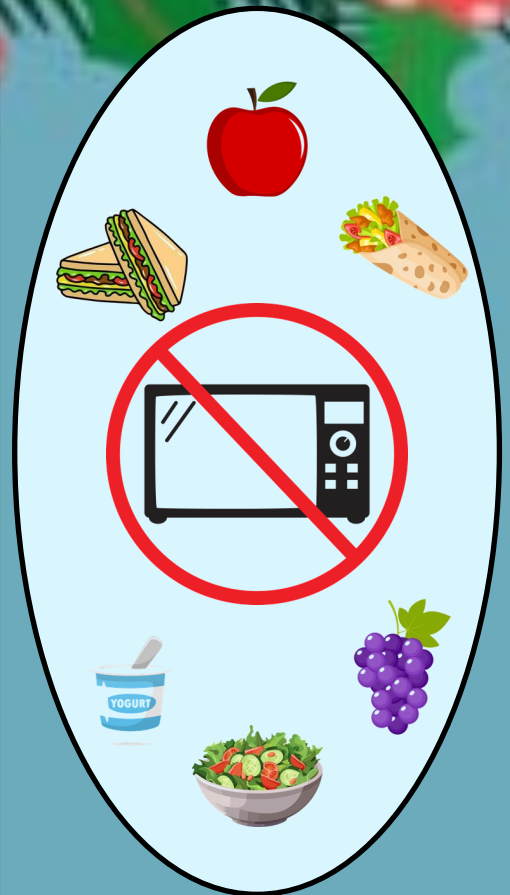


Healthy People, Healthy Saskatchewan

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



www.saskhealthauthority.ca



HOLIDAY BINGO

Sip on some hot cocoa	Build a snowman	Wrap a present	Write a list for Santa	Make holiday cards
Bake Christmas cookies	Watch a holiday movie	Host a virtual Christmas party	Donate clothes or toys	Build a gingerbread house
Look at Christmas lights	Decorate the house		Wear your pajamas all day	Listen to holiday music
Write your own Christmas carol	Participate in a Secret Santa	Make a holiday wreath	Wear an ugly Christmas sweater	Light a festive candle
Have a holiday game night	Make a homemade ornament	Pick out a Christmas tree	Take a festive photo	Go sledding

HeartSmart Kids

HeartSmart™ Quickies to Break Up Screen Time

Try all of these simple activities that you can do while studying, on the couch, or just need a stretch. Remember to interrupt screen time at least every 20 minutes and have fun!



HeartSmart Kids™ is a Heart and Stroke Foundation of Canada, 2020

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Christmas Break				
7	8 Day 4	9 Day 5	10 Day 6	11 Day 1	12 Day 2	13
	First Day of School in 2024 SRC @ Noon	Kindergarten Happy Birthday Banny!	Happy Birthday Cooper!	Kindergarten	Anything But a Back Pack Dress Up Day 	
14	15 Day 3	16 Day 4	17 Day 5	18 Day 6	19 Day 1	20
	Kindergarten	Happy Birthday Mackenzie! SRC @ Noon	Kindergarten		Kindergarten Decades Day 60s 70s 80s 90s 50s 20s	
21	22 Day 2	23 Day 3	24 Day 4	25 Day 5	26 Day 6	27
	Happy Birthday Xander!	Kindergarten	SRC @ Noon	Kindergarten	TEACHER STUDENT SWAP DAY 	Happy Birthday Savi!
28	29 Day 1	30 Day 2	31			
	Kindergarten Happy Birthday Liam!	Panther Pride Day 	No School			