



Pangman School

February 2024



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www.secpd.ca/schools/pangman

Telemiracle Fundraiser



February Events



2nd	SRC at Noon
2nd	"Be YOUUnique" Dress Up Day
8th	Early Learning Fair for children born in 2020 & 2021
9th	Twin Dress Up Day
12th	SRC at Noon
14th	Red & Pink Dress Up Day
14th	100th Day of School
15th	Family Dance, 6pm-7pm Grades 8-12 Dance, 7:30pm-9:30pm
16th	Jersey Day
16th	Jump Rope for Heart
19th-23rd	Winter Break
27th	SRC at Noon
28th	Pink Shirt Day
29th	Panther Pride Day

In This Issue

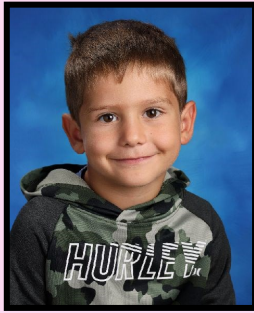
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Storm Chaser Presentation



Students of the Month for January 2024



K-2: For being kind to others, working hard in class, and being willing to try new tasks. Great job!



Grades 3-5: For her hard work and dedication to all she does. She listens and helps others when she can! She is a problem solver and a really great friend! Great job!



Grades 6-9: For improvement in his attendance.



Grades 10-12: For having the best attendance in semester 1.

SRC Report



In the month of January, the SRC hosted a pancake breakfast on January 19th. With the support of the school and community, we raised \$350 to donate towards TeleMiracle! We would like to send out a big thank you to P&H for donating pancake mix.



We ran a pie the teacher or SRC member fundraiser, also in support of TeleMiracle, where we raised \$285!



In February, the SRC is planning a family dance alongside a Grade 8-12 dance. Details will come out soon!



February is also anti-bullying month so we have spirit days planned in support of anti-bullying!



Thank you

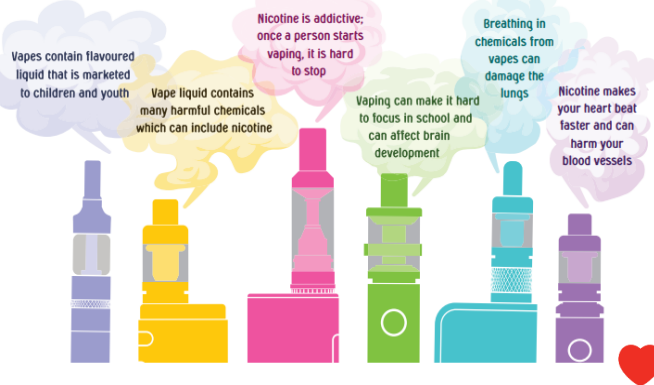
Thank you to Richard Metke for helping with the sleigh ride, Tifani Caldwell and Ryan Bell for lending their bales for the sleigh ride, and to the SCC members for providing lunch for the students and staff.



Information from Heart and Stroke Foundation And Saskatchewan Health Authority

Vaping: Clearing the Air

You need accurate information to make good decisions, so get the facts on vaping and electronic cigarettes! Read more about the effects of vaping on your body and how it harms your health.



What is a stroke?

A stroke happens when blood stops flowing to any part of your brain, damaging brain cells. The effects of a stroke depend on the part of the brain that was damaged and the amount of damage done.

How can a stroke affect my body?

The effects of stroke are different for each person. They can be mild, moderate or severe. The severity depends on factors such as:

- the type of stroke
- the amount of time the brain area had no blood flow
- the time it took to get to hospital
- the side of the brain where the stroke occurred
- the lobes of the brain affected by the stroke
- the size of the damaged area in the brain
- the body functions controlled by the affected area

KNOW THE SIGNS OF STROKE SO THAT YOU CAN GET HELP QUICKLY



Heart&Stroke.

Learn the signs of stroke

- F**ace is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **FAST** because the quicker you act, the more of the person you save.

heartandstroke.ca/FAST

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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!



*Jump Rope for Heart and the heart and / icon on its own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.

Packing School Lunches

Involve children and youth in planning and packing lunches. When kids help, they are more likely to eat and enjoy the food! Let them pick items from each of the three food categories in [Canada's Food Guide](#). Check out the ideas below:

- Leftovers make great lunches.
- Don't forget water. Use a CLEAN reusable bottle.
- Keep food safe. Use reusable, insulated containers for hot food and insulated lunch bags and ice packs for cold food. Wash them every day.
- Before you pack, check the school's food allergy guidelines.



Vegetables and Fruit Aim for 1/2 the lunch		Whole Grains Aim for 1/4 the lunch	
<ul style="list-style-type: none"> • Broccoli • Cauliflower • Carrot and celery sticks • Cucumber slices • Cherry tomatoes • Red or green peppers • Tomato, cucumber, or lettuce in a sandwich • Veggie stir fry • Butternut squash soup 	<ul style="list-style-type: none"> • Bananas • Apple sauce • Frozen berries • Oranges • Pineapple • Strawberries • Fruit salad or kabobs • Pears • Canned peaches • Grapes • Saskatoon berries • Kiwis cut in half with a spoon 	<ul style="list-style-type: none"> • Whole grain bread, pita, naan, bannock, or tortilla • Quinoa or barley • Whole grain crackers • Oats or oatmeal • Whole grain noodles 	<ul style="list-style-type: none"> • Brown or wild rice • Low sugar whole grain cereals • Buckwheat pancakes • Homemade whole grain muffins
Protein Foods Aim for 1/4 the lunch			
<ul style="list-style-type: none"> • Boiled or deviled eggs • Leftover turkey, beef, chicken, pork, or lamb • Beans or lentils in: chili, curry, stew, soup or salad • Baked or stir fried tofu • Soups made with milk 		<ul style="list-style-type: none"> • Canned tuna • Sunflower seeds • Low sugar yogurt • Cheese cubes • Hummus • Unsweetened milk or soy beverage 	

For more meal and snack ideas, check out Canada's Food Guide recipe page at: food-guide.canada.ca/en/kitchen

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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.



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Day 3	2 Day 4	3
				Kindergarten	SRC @ Noon Be YOUUnique (Wear Your Favourite Colour or Outfit)	Happy Birthday Callie!
4	5 Day 5	6 Day 6	7 Day 1	8 Day 2	9 Day 3	10
	Kindergarten		Kindergarten	 IMPACT ZOOM! LEARNING DAY For Children Born in 2020 and 2021 4-6pm	Kindergarten You Are Not Alone! (Twin Dress Up Day)	
11	12 Day 4	13 Day 5	14 Day 6	15 Day 1	16 Day 2	17
	SRC @ Noon	Kindergarten	Red & Pink Dress Up Day Happy Valentine's Day 100th day in School	Kindergarten Family Dance 6pm—7pm Grade 8-12 Dance 7:30-9:30pm	Jump Rope for Heart Team Up Against Bullying! (Wear Your Favourite Jersey Day)	
18	19	20	21	22	23	24
	 FAMILY DAY					
25	26 Day 3	27 Day 4	28 Day 5	29 Day 6		
	Kindergarten Happy Birthday Asher!	SRC @ Noon Happy Birthday Jaydon & Freedom!	Kindergarten Pink Shirt Day Anti-Bullying Activities	Panther Pride Day 		

Winter Break — No School