



# Pangman School

October 2012

## Welcome Back Students

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Grade 3-5 students showing their colours at Jersey Day

### Saturday, October 13

**Sr. Girls Volleyball  
Tournament –Pangman/  
Ogema**

**Flag Football Festival  
Pangman / Ogema /  
Gladmar / Radville  
participating**

Students returned to Pangman School on September 4<sup>th</sup> with a Community Breakfast and Opening Day Assembly. Assembly included a Drama Play from the Pangman Daycare Summer Drama Program and a Team Building activity for the entire school. Thank you to the SCC and Pangman Economic Development Board for the breakfast and raising \$230.27 for the Sidewalk Project. Welcome Week activities continued throughout the week with Pangman Salute to the Olympics, Salute to Mentors Lunch and Swim Day. A great week and start to the school year!

### Message from the Principal

The new school year started off with a flurry of activity as students and staff are happy to be back. Opening the doors of the school this September was a significant event for us all. Not only has the school survived but it is back stronger than ever. Extensive renovations to the school have created a great environment for our K-12 school population and staff. New classrooms, new furniture, new lockers and significant technological upgrades put Pangman School on the leading edge for education opportunities.

The new infrastructure is matched by our staff's commitment to provide the best education opportunities possible. Education opportunities continue to expand at Pangman School in the high school area with greater variety of classes to meet our vast student needs. As well, a strong commitment to develop stronger and more varied fitness, athletic, and arts opportunities for our K-12 students will produce educational opportunities unmatched by any other small school. Pangman School believes a busy child is the most productive child and we seek to provide our students with as many options as possible.

I ask all Pangman School stakeholders to be active participants in the education process. We encourage all parents and community members to visit and contact the school with any questions, concerns, or suggestions.

Laury Ryan



**Thanksgiving Holiday  
Weekend**

**No School Monday  
October 8**

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*"Success and achievement for every student"*

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## Students of the Month

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### Students of the Month

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For September:

K -2

Grades 3-5

Grades 6-8

Grades 9-10

Grades 11-12

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## "Best Practices" for Pangman School

Pangman staff are dedicated to providing the best possible educational opportunities for our students. All staff members are working diligently to improve instructional time with students. Several "Best Practices" have been implemented for the upcoming academic year. A new "cell phone" and "food and drink" policy have been put in place to honour instructional time. Mandatory use of daily agendas for K-8 students helps us communicate with parents and help organize our students in their studies. Outdoor recess for K-8 students helps ensure our students are getting adequate physical activity as well as working their minds.

This year every homeroom meets at the end of each day to communicate and help organize the students in their studies. Small changes can lead to huge results. It is our hope that our "Best Practices" lead to better student performance.

## Mentorship Program Update

In its second year, our Mentor Program continues to contribute to the healthy development of children who may benefit from a quality one-on-one relationship with a high school volunteer to help the child to reach their full potential.

Mentors and mentees are meeting every Thursday at 11:40 to enjoy activities that increase self-esteem, self-awareness and self-confidence. Examples include: reading, drawing, games, sports, talking, arts and crafts. We provide a high school volunteer with an opportunity to make a difference in a younger child's life.

The foremost objective is to motivate children physically, intellectually and socially in the school setting. Win-win opportunities are created for both mentors and mentees. Children are provided with individual attention from a high school student who is seen as non-authoritative. Mentors gain experience that can enhance resumes and post-secondary applications. Mr. Mark Penny, our Student Services Counsellor encourages all students to join the program and get involved.

**Wednesday, Oct. 10, 2012**  
**School Community Council**  
**Annual General Meeting**  
**7:00 PM**  
**Pangman School Gym**



**Terry Fox Run**  
**Congratulations to all**  
**students who raised more**  
**than \$1,270.00 for cancer**  
**research. Thank you**  
**Pangman**

**School Board Election**  
**Wednesday**  
**October 24**  
**Polling Station**  
**RM of Norton**  
**Show your support for**  
**education by voting.**

## SRC News and Activities

The SRC kicked off the school year by providing all staff and students with a BBQ lunch on September 14. We would like to thank the many community members who came to join us for lunch. Lunch was followed by activities in the gym where our K-12 spirit teams competed in several challenges. The Ninja Turtles won the Pangman School Spirit Award.

This year the SRC will continue to award the Pangman School Spirit Trophy on each of our spirit days to the homeroom class that has the highest percentage of participation. The homeroom with the most wins will be awarded a pizza party in June.

Our president this year is Michelle \_\_\_\_\_. We will be holding an election for the position of Vice President. Christie \_\_\_\_\_ and Luis \_\_\_\_\_ have both expressed a desire for the position. \_\_\_\_\_ is our secretary. Classroom reps include Natalie \_\_\_\_\_, Charlee \_\_\_\_\_, Nikita \_\_\_\_\_ and Payton. These students have shown great leadership by organizing activities and spirit days as well as preparing and serving lunch for special events. Please check the calendar for upcoming spirit days and hot lunch information.



Students participating in SRC Welcome Back activities



Winning team in SRC Welcome Back activities

## Team Building - RespectED

### School focus on Team Building ...

#### Our Team Goals

Together Everyone Achieves More

#### Team Building Assembly

Each month Pangman School shall hold an Assembly with all students and staff. The assembly will include a team building activity with a focus on a specific behaviour, which will create a safe and caring environment for all students. Students are presented a behaviour that will enhance the climate of the school and by homeroom, create three or four actions that would demonstrate this behaviour in their day-to-day lives. Each homeroom will share these actions with the assembly. The actions become our goal for the month and part of the school's "best practices".

The RespectED program of the Canadian Red Cross promotes healthier relationships and safer communities through awareness and education.

Pangman School's RespectED initiative includes the anti-bullying program. In addition, as part of RespectED, our students and staff are watching out for "Random Acts of Kindness" and will be identifying students who are demonstrating the actions decided upon at the assembly. The large blue bucket beside the office will be filling with submissions detailing the actions of those "caught" doing something nice. The "Random Act of Kindness" is read aloud over the intercom every morning by a member of the RespectED team.

Hometown Café will be presenting a complimentary meal to one student randomly selected out of the RespectED Bucket each month.

Thank you Hometown Café for helping recognize a deserving student.

#### SRC Events - October

Panther Pride Day, Friday, Oct. 12

Pizza Bun Lunch, Tuesday, Oct. 16

Rider Pride Day, Friday, Oct. 19

PJ Day, Wednesday, Oct. 24

Hallowe'en Activities, Wednesday, Oct. 31

### Way to Go!

Congratulations to Christopher, James, Jacey, Aden, Nathaniel, Cailee, Evan, and Ava who all raced competitively in the Cross Country District Races held in Carnduff on October 3. Thanks Miss Quigley for your coaching and cheering!



## New teacher Mr. Callfas at Terry Fox Run

We welcome Mr. Michael Callfas to our staff. He grew up on a cattle and grain farm near Glenavon, the youngest of four children. He pursued his interest in Physics at the University of Regina and then obtained his Education degree at the U of S. He is teaching high school Math, Grade 9 Science, Chem 20, and Bio 30.

"I'm looking forward to meeting the parents of my students during 3-way conferences. I'm staying at Chuck Jacques' house in town so feel free to stop me and say hi." He's been going home to Glenavon most weekends to help with harvest but hopes to become more involved in Pangman community life soon.

## School Sidewalk Project

\$508 has been raised so far in efforts to install a new cement sidewalk to run along the eastern length of the school. The Welcome Back Breakfast contributed to this project. Donations and ideas for further fundraising are appreciated. Please contact the school.



## Photos .....



World record holder Layton \_\_\_\_\_ and his dragster



K-12 given the opportunity to see Charity Farms in action



Students participate in Salute the Olympics for Welcome Week



Opening Day breakfast and assembly



K-2 room visiting Care Home



Pangman Students participating in Cougar Trot run



Students looking at new feature wall



Senior students shaving in SRC activities



Stopping for refreshments during Terry Fox run

**Pangman School Mission Statement**  
To foster a collaborative environment in which individuals are challenged to achieve success. We value academic, physical, social and emotional development through independent thought and responsible action.

**It's All About Character**

Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; it becomes your destiny.  
*-Frank Outlaw*

October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 DAY 1	2 DAY 2	3 DAY 3	4 DAY 4	5 DAY 5	6
	KINDERGARTEN		KINDERGARTEN Cross Country Running Districts in Carnduff Jr. Volleyball vs St. Mikes @ Pangman	Mentorship 11:40	KINDERGARTEN School Pictures AM	Madison Birthday Troy Birthday
7	8	9 DAY 6	10 DAY 1	11 DAY 2	12 DAY 3	13
Brittinay Birthday	THANKSGIVING NO SCHOOL	Jr. volleyball practice 3:30-4:30	KINDERGARTEN Magazine Fundraiser Kick Off Jr Volleyball vs Radville @ Pangman SCC AGM 7 pm	Mentorship 11:40	KINDERGARTEN Hot Lunch order forms due  Panther Pride Day	Flag football Sr. Volleyball Tournament @ Pangman
14	15 Day 4	16 DAY 5	17 DAY 6	18 DAY 1	19 DAY 2	20
		KINDERGARTEN Hot Lunch Jr. volleyball practice 3:30-4:30	Sr. Girls vs Gladmar 4:30 Jr. Volleyball 4:30 James Davidson Birthday	KINDERGARTEN Mentorship 11:40	Gr. 1-2 Care Home Visit Rider Pride Day Sr. Girls Volleyball Tournament @ Weyburn	Sr. Girls Volleyball Tournament @ Weyburn
21	22 DAY 3	23 DAY 4	24 DAY 5	25 DAY 6	26 DAY 1	27
	KINDERGARTEN Jr. Volleyball vs St. Mikes Sr. Girls Milestone @ Pangman	Jr. volleyball practice 3:30-4:30 Johny Birthday	KINDERGARTEN School Board Election PJ Day Sr. Girls vs Gladmar @ Ogema	Mentorship 11:40	KINDERGARTEN Magazine Sales Due K-2 Library Visit Sr. Girls Volleyball Tournament @ Gladmar	Sr. Girls Volleyball Tournament @ Gladmar
28	29 DAY 2	30 DAY 3	31 DAY 4			
	Sr. Girls @ Milestone	KINDERGARTEN Jr. volleyball practice 3:30-4:30	KINDERGARTEN moved from November 1 Hallowe'en Activities 1:30- 3:00 K-5 Costume Parade to Care Home Colton Birthday Jr. Volleyball practice	1		



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### **Reducing Anxiety in Your Pre K and Kindergarten Children**

**Anxiety** (we teach children to say: ang-zye-uh-tee) is a **big word that means feeling scared and nervous**. The feeling comes from a worry, an upsetting situation, or a thought that is hard to let go. Sometimes it occurs for no real reason.

Many children become anxious as they begin their school year. This anxiety can be expressed in many forms. Anxious children may shed tears, express anger toward others, become introverted or have toileting accidents.

Parents or caregivers can help to relieve these anxious feelings in young children. Here are a few tips to help along the way.

- Be positive and reassure your child that school is a good place.
- Don't linger to say good-bye. Give your child a hug or a kiss and walk out the door.
- Reassure your child that you will be back to pick him/her up. Talk to your child about the after school routine. Make sure your child knows who will be there for pick up and ensure that person is on time.
- Be sure your child knows what to expect. Go through the handbook provided to you at orientation and talk to your child about the expectations.
- Children need to be well rested in order to feel refreshed, alert and ready to face daily challenges. 3-5 year olds typically need 11-13 hours of sleep each night.
- Breakfast really is the most important meal of the day. If you run out of time to eat at home, take it along. Teachers are usually very accommodating.
- Provide nutritious snacks: fresh fruit, crackers and cheese, pickles, almonds, vegetables and dip. Avoid prepackaged foods that contain additives and lots of sugar. Be aware of the school policy on food allergies.
- Throughout the year consult the calendar to ensure your child comes to school with special items for special days. Prepare your child by talking about the upcoming events.
- Talk to your child each night about the events of the day. Young children love to share and this is a great language building activity.

With you providing this support, your child will be well on their way to becoming a successful learner.