

April 2022

GREETINGS FROM NMS

Parents don't forget to check our North Memorial School Facebook page and our Portage la Prairie School Division Facebook page. Just go to Facebook and put in our school name or the school division name to see event happenings. There is also a Portage la Prairie Transportation Facebook page for bus cancellations. Check our twitter account @PortageSD

Attendance

Parents are reminded to phone the school or send a note if their children are going to be late or absent from school.

Truancy and lates disturb other students' learning and create an extra load for teachers who have to re-teach or get students caught up in what they miss. Students need to be in their homerooms by 9:00 AM and 2:00 PM .

Students are considered late after 9:00 am bell and 2:00 pm bell.

Change of Phone Number or Address.

If you change your phone number or address, please contact the office immediately to advise us of updates. This is extremely important for us to know this in case of emergency.

Class Interruptions

North Memorial School (204)857-4564. Parents are reminded to please be cautious of interrupting your child's class. If parents need to drop off money, a lunch, or other school materials, please call in advance to the office.

Reminder: If you need to pick up your child early from classes you must call ahead to the office and you will be met at the door to sign your child out. You will wait outside until your child arrives.

Important dates:

Tuesday, April 12th—Gr. 1-4 swimming

Wednesday, April 13th—International Day of Pink—wear pink to school

Thursday, April 14th—Report cards get emailed home

Friday, April 15th—Good Friday, No School

Tuesday, April 19th—Gr. 1-4 swimming

Wednesday, April 20th—Spring Photos at 9:00

Thursday, April 21st—Parent/teacher interviews 5:00-7:30

Friday, April 22nd — Parent/teacher interviews 10:00—1:00, no classes

Tuesday, April 26th—Gr. 1-4 swimming



19 Portage Army Cadets is once again parading in person. We are a youth organization open to anyone aged 12-18. We meet every Tuesday from 6:30pm to 9:00 pm at the Portage Armouries located at 143nd St NW. For more information please email sean.robertshaw@cadets.gc.ca or come down and see what we do for yourself.

Thank you,

Tammy Alexander

Lifetouch.

Picture Day is
Quickly Approaching!
La journée photo approche
à grands pas



School Name : North Memorial School
Picture Day Date : Wednesday, April 20/22

School Fees

We are currently accepting student fees for the 2021-22 school year.

The \$25.00 is now due but if you require assistance with fee payment we are happy to work out an installment plan with you. Please come into the office and we will assist you with this request.

If you have paid your child's fees, please disregard this notice.

Thank you,

Mrs. Smith

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Preschool Parties!

Join us as we read, play, and get ready for Kindergarten! For children ages 3-5.

École Crescentview School

March 8; April 6; May 4

To register: www.plpsd.mb.ca/cvs/
204-857-3475

Fort la Reine School

March 16; April 13; May 11

To register: www.plpsd.mb.ca/flr/
204-857-7687

La Verendrye School

March 10; April 13; May 11

To register: www.plpsd.mb.ca/lvs/
204-857-3478

North Memorial School

March 10; April 7; May 12

To register: www.plpsd.mb.ca/nms/
204-857-4564

Oakville School

March 24; April 29; May 25

To register: www.plpsd.mb.ca/oakville/
204-267-2733

Yellowquill School

March 23; April 25; May 26

To register: www.plpsd.mb.ca/yqs/
204-857-8714

Family Resource Centre

February 26; March 30; May 2

To register: frcportage.ca
204-595-5005



Getting Ready for School!

In addition to Preschool Parties, the Family Resource Centre is offering a four-part series you can attend with your 3-5 year old child, as they prepare to enter Kindergarten. Each session will include learning activities, as well as information for parents and caregivers.

March - April

- **March 2 - Healthy Development**
- **March 16 - Social-Emotional Skills**
- **April 13 - Play**
- **April 27 - Literacy**

May - June

- **May 11 - Healthy Development**
- **May 25 - Social-Emotional Skills**
- **June 8 - Play**
- **June 22 - Literacy**

Contact us at info@frcportage.ca or 204-595-5005

NUTRITION BITS AND BITES

Ingredients for a Healthier Tomorrow



A Note on Food Safety:

- Thaw frozen leftovers in the fridge (not the counter).
- Re-heat leftovers to 165°F – check using a food thermometer
- Only reheat leftovers one time. Do not refreeze thawed leftovers.
- Keep leftovers in the fridge for a maximum of 2-3 days. Freeze if storing longer
- Ensure soups, gravies, sauces are brought to boil before you eat them.

Lovely Leftovers

Getting creative with leftovers can help you save time, money and help decrease food waste. Planning to use leftovers can help you prioritize key nutrients that we need for good health.

Vegetables and Fruit:

- Peel & freeze overripe bananas and use in loafs, muffins and smoothies.
- Add any combination of leftover cooked vegetables into a pasta dish, casserole or quiche.
- Use leftover stir-fried vegetables in a wrap or omelette.

Grains:

- Chill leftover pasta for pasta salad, soups or casseroles
- Use extra quinoa, rice or barley in a grain bowl, soup or casserole
- Make individual sized pizzas using tortillas, English muffins or pita breads for the crust.

Protein Foods:

- Sauté ground beef, use some in a casserole and freeze the rest for chili, pasta sauce or stuffed peppers
- Bake larger pieces of meat such as whole chicken, ham or beef. Serve hot and use leftovers in stir-fries, soups, casseroles, sandwiches or salads.

Find more at www.nutritionmonth2022.ca

Mediterranean Inspired Power Bowl

Ingredients:

Power Bowl:

2 cups	Quinoa, barley or brown rice, cooked
2 cups	Grape tomatoes, halved
2 cups	Sliced, halved English cucumber
1	Sweet yellow pepper cut into bite sized pieces
2 cans each (6 Oz/170g)	Water-packed salmon or tuna drained
1 cup	Small cubed Havarti cheese or pan fried halloumi cheese
¼ cup	Red onion, diced
8	Kalamata olives, halved, pitted

Preparation Time: 15 Minutes

Serves: 4

Dressing:

1/3 cup	Oil
1 tsp	Dried oregano
¼ tsp	each salt & ground pepper
1 clove	garlic, pressed

Directions:

1. Pan fried halloumi cheese (if using): Cut into 1 cm slices. Heat a non-stick pan on medium heat. Add cheese and cook for 1 to 2 minutes on each side until golden brown. (Use a bit of oil if pan is not non-stick.)
2. Dressing: In a small bowl, whisk together oil, lemon juice, oregano, salt, pepper and garlic; set aside
3. Power bowl: Divide quinoa, tomatoes, cucumber, yellow pepper, and salmon (or tuna) among 4 bowls. Top with cheese, onion and olive. Drizzle with dressing

Recipe source: www.nutritionmonth2022.ca

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older. In this recipe, kids can help to:

- Measure the ingredients
- Cut vegetables and cheese (age dependent)



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.

To register for programs or find out more:

Website: frcportage.ca

Call or Text: (204) 595-5005

E-mail: info@frcportage.ca

234 Princess Ave, Portage la Prairie

April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Trying to register online but don't see the time you want? Call or text 204-595-5005 to have your name added to the waitlist!</p>		<p>Need transportation to program? Contact FRC & we can arrange a shuttle!</p>			<p>1 Kids in the Kitchen 10 am or 1 pm</p>	<p>2</p>
<p>3</p>	<p>4 Book Buddies 9 or 11 am</p>	<p>5 Coffee, Chai & Chat 10 am Healthy Baby 2 pm (ZOOM) Adulting 101 4:30</p>	<p>6 Grandparents Get Together 10 am</p>	<p>7 Mindful Munchkins 10 am</p>	<p>8 Healthy Cooking 10 am or 1 pm</p>	<p>9 Easter Fun Day 9 - 12 pm </p>
<p>10</p>	<p>11 Wiggle, Giggle & Munch 9 or 11 am</p>	<p>12 Babies & Babble-Newborn 9:30 am Babies & Babble-Babies 11:30 am Mom's Day/Night Out 2 or 7:30 pm</p>	<p>13 Getting Ready for School 9 am Breastfeeding Group 11 am</p>	<p>14 Toddler Shenanigans 9 or 11 am</p>	<p>15 Closed for Good Friday</p>	<p>16</p>
<p>17</p>	<p>18 Closed for Easter Monday </p>	<p>19 Coffee, Chai & Chat 10 am Healthy Baby 2 pm (ZOOM) Adulting 101 4:30</p>	<p>20 Grandparents Get Together 10 am Infant CPR Workshop 7:30 pm</p>	<p>21 Mindful Munchkins 10 am</p>	<p>22 Healthy Cooking 10 am or 1 pm Family Game Night 6 pm</p>	<p>23 Just Me & My Dad 10 am</p>
<p>24</p>	<p>25 Wiggle, Giggle & Munch 9 or 11 am</p>	<p>26 Babies & Babble-Newborn 9:30 am Babies & Babble-Babies 11:30 am</p>	<p>27 Getting Ready for School 9 am Breastfeeding Group 11 am</p>	<p>28 Toddler Shenanigans 9 or 11 am</p>	<p>29 Little Passports 10 am (ZOOM)</p>	<p>30</p>

STEP 1: Find a program to join! STEP 2: Register on our website! STEP 3: Join us at FRC!

Find us on Facebook & Instagram: Family Resource Centre Portage

PROGRAMS:

Adulting 101 - Transitioning to Adulthood - Join us for a delicious meal and a learning session all about skills for adulthood. These sessions will cover everything from taxes, renting, budgeting, careers and employment, credit scores and sex ed. (Ages 15-30).

Babies & Babble - Interactive baby and parent activities, including music and movement for sensory development. Join the group appropriate to your baby's motor skills: Newborn - to sitting unsupported (approx. 0-6 months.); or Babies - sitting to taking first steps (approx. 6 months +).

Book Buddies - A language development program for parents and their children focusing on speech, movement, songs, and attention span. Facilitated by a Program Coordinator with direction from a Speech & Language Pathologist in partnership with Portage la Prairie School Division. (Ages 18 months - 6 years)

Breastfeeding Group - A way to receive emotional support and discuss practical insights on breastfeeding and navigating mom life.

Coffee, Chai and Chat - A time to socialize and support other parents while enjoying coffee or tea.

Getting Ready for School - A four-part series you can attend with your child, as they prepare to enter Kindergarten. Each session will include learning activities, as well as information for parents and caregivers. (Ages 3-5)

Family Game Night - Meet up at the FRC for fun, laughter and lots of board games!

Healthy Baby - A program for pregnant and new moms to come together and chat. (Pregnant-1 year)

Healthy Cooking - Come join others and prepare your own healthy family meal, with step by step instructions. Please bring your own container for this recipe, so you can enjoy your creation at home!

Just Me & My Dad - We will provide fun activities for Dad to do with the kids for some Saturday morning fun! (Ages 1-6 years)

Kids in the Kitchen - Introduce your kids to the fun preparation of healthy nutritious meals, with step by step instruction. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2 - 6 years)

Little Passports - come prepared to "explore the world" through a variety of languages and cultures! (Ages 2 - 6 years)

Mindful Munchkins - This program is designed to help children identify and learn to manage their emotions with puppets Peter & Shelley. (Ages 2 - 6 years)

Mom's Day/Night Out - Chat with other moms and enjoy self-care time!

Toddler Shenanigans - This program provides children the opportunity to explore and experience the world through tactile and messy play. The program is designed to allow children to use and develop their five senses and further develop their natural inquiry skills. (Ages 1 - 6)

Wiggle, Giggle & Munch - A physical activity and nutrition program that encourages parents and children to have fun through active play, games, and songs. (Ages 18 months - 6 years)



April TOPICS:

Kids in the Kitchen - April 1st
Recipe: That's a Wrap & Banana Sushi

Adulting 101 - Transitioning to Adulthood - April 5th
Theme: Mentorship & Macaroon's

Healthy Cooking - April 8th
Recipe: Pecan Crusted Chicken

Easter Fun Day - April 9th
Description: Bring the family to FRC for a fun filled day of Easter activities!

Mom's Day/Night Out - April 13th
Theme: Plant Propagation and Seed Planting

Adulting 101 - Transitioning to Adulthood - April 19th
Theme: Budgeting & Blueberry Pancakes

Infant CPR - Parent Workshop - April 20th
Description: Come to FRC to learn about lifesaving Infant CPR techniques.

Healthy Cooking - April 22nd
Recipe: Vegetarian Carbonara

Please sign up for **one** of your preferred cooking or Mom's Out classes for the month. You can also request to be placed on a wait list for additional ones!

Masks required until further notice

We are excited to offer many of our programs in person. Please note, we will be observing all COVID-19 safety protocols. We are continuing to require the use of masks for those 5+ since many of our participants are not eligible for vaccination. Extra masks and sanitizer will be available! If you or someone in your family has COVID symptoms, please stay home and let us know you won't be attending.

April 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Gr. 1-4 Swimming lessons	6	7	8	9
10	11	12 Gr. 1-4 Swimming lessons	13 International Day of Pink- wear pink to school	14 Report cards get emailed home	15 Good Friday No School	16
17 Happy Easter! 	18	19 Gr. 1-4 Swimming lessons	20 Spring Photos 9:00 a.m.	21 Parent/ teacher interviews 5:00-7:30	22 Parent/ teacher interviews 10:00-1:00 NO SCHOOL	23
24	25	26 Gr. 1-4 Swimming lessons	27	28	29	30

May 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Gr. 1-4 Swimming lessons Last day	4	5	6	7
8	9	10 Gr. 5 & 6 Swimming lessons	11	12	13	14
15	16	17 Gr. 5 & 6 Swimming lessons	18	19	20	21
22	23 Victoria Day Schools Closed	24 Gr. 5 & 6 Swimming lessons	25	26	27	28
29	30	31 Gr. 5 & 6 Swimming lessons				