

# January 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**

### Important dates:

**Monday, January 17th—First day back**

### 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 due to Covid restrictions. Also please call the office for a Temporary Lunch form if your child needs to stay for lunch that day.

**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.



# Attendance Matters!

On random days throughout the month of December, a student's name was drawn at morning announcements. If that student was at school, then the whole class received a prize that day. The individual names that were drawn were:

Kindergarten – Mya D. Grade 1 – Isaiah M. Grade 2 – Charlotte P.

Grade 3 – Lorelia P. Grade 4 – Angelo P. Grade 5 – Andy A. Grade 6 – Valayna D.

There was also a Student prize pack. The more times the student came the school, the better their chances were to win the prize pack. The winner was Jordan S. from Grade 4. Congratulations to everyone! Thank-you to everyone who tried to be at school every day!

Student/Family Prize Package:



## January Attendance Announcement

There are 3 ways that students can get their names entered to win the Monthly Attendance Prize.

1. Each day a student is in class, their name will go on a ballot to be entered into a draw to win the monthly attendance prize!
2. If a student is doing remote learning, they must attend their remote learning session to receive a ballot for that day.
3. If a student is doing a learn from home package, the completed package must be returned to receive 5 ballots in the draw.

### 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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To register for programs or find out more:

**Website:** [frcportage.ca](http://frcportage.ca)

**Call or Text:** (204) 595-5005

**E-mail:** [info@frcportage.ca](mailto:info@frcportage.ca)

**234 Princess Ave, Portage la Prairie**

## January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Due to rising COVID cases we will be resuming virtual programs and pick-up activities.					1 Happy New Year!
2	3 CLOSED 	4 Healthy Baby 2 pm (ZOOM)	5 Breastfeeding Group 11 am (ZOOM)	6 Staff PD Day	7 Healthy Cooking (Pick-up)	8
9	10 Wiggle, Giggle & Munch 10 am (ZOOM)	11 Babies & Babble - Newborn - 9:30 am (ZOOM) Babies & Babble - Babies - 11:30 am (ZOOM)	12 Grandparents Get Together 10 am (ZOOM) Meal Planning Workshop 7:30 pm (ZOOM)	13 Mindful Munchkins 10 am (ZOOM)	14 Kids in the Kitchen (Pick-up)	15
16	17 Book Buddies 10 am (ZOOM)	18 Coffee, Chai & Chat 10 am (ZOOM) Healthy Baby 2 pm (ZOOM)	19 Breastfeeding Group 11 am (ZOOM) Mom's Day Out 2 pm (ZOOM) Mom's Night Out 7:30 pm (ZOOM)	20 Toddler Shenanigans 10 am (FB post) My Tween and Me 6 pm (ZOOM)	21 Healthy Cooking (Pick-up) Family Game Night (Pick-up)	22 Just Me & My Dad 10 am (ZOOM)
23	24 Wiggle, Giggle & Munch 10 am (ZOOM)	25 Babies & Babble - Newborn - 9:30 am (ZOOM) Babies & Babble - Babies - 11:30 am (ZOOM)	26 Grandparents Get Together 10 am (ZOOM)	27 Mindful Munchkins 10 am (ZOOM) My Tween and Me 6 pm (ZOOM)	28 Little Passports 10 am (ZOOM)	29
30	31 Book Buddies 10 am (ZOOM)	Activity Packages will be ready for pick-up between 1-3pm on Fridays				

**STEP 1: Register for Programs**   **STEP 2: Pick-up activity packages**   **STEP 3: Join us online!!!**

**Find us on Facebook & Instagram: Family Resource Centre Portage**

# PROGRAMS DESCRIPTIONS:

**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 (age 18 months - 6 years) 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.

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

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

**Family Game Night** - Pick-up a game at the FRC for fun and laughter with the whole fam!

**Grandparents Get Together** - A support group for grandparents and those who are caregivers.

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

**Healthy Cooking** - Come pick-up your own healthy family meal to prepare at home, with step by step instructions.

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

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

**Kids in the Kitchen** - Introduce your kids to the fun preparation of healthy nutritious meals, with step by step instruction.

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

**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 (ages 2 - 6) to have fun through active play, games, and songs.



## January TOPICS:

**Healthy Cooking - January 7th**  
**Recipe:** Meatloaf!

**Parent Workshop - Meal Planning - January 12th**

**Description:** Come learn the secret to successful meal planning. You'll have a plan, recipes and a new energy to answer the question "What's for dinner?"

**Kids in the Kitchen - January 14th**  
**Recipe:** Countdown Fruit Salad!

**Mom's Day/Night Out - January 19th**  
**Theme:** Socialize while participating in yoga!

**Healthy Cooking - January 21st**  
**Recipe:** Sweet Potato Black Bean Enchiladas!

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!

### Isolating with kids?

Ask us about activities or supplies for keeping your kids entertained.

Call 204-595-5005 or email [info@frcportage.ca](mailto:info@frcportage.ca) for more info!

# NUTRITION BITS AND BITES

## Smart Snacking



### DID YOU KNOW?

An adult's stomach is about 12 x 6 inches, whereas a child's stomach is about the size of their fist. Children can benefit from snacks to get the nutrition they need in a day!

### Fueling your body throughout the day

- Eating a snack between meals can be a good way to satisfy hunger or fuel your body for an upcoming activity!
- Learning to satisfy your body in a positive way is important for your well-being.
- Getting your kids involved in preparing snacks can be a valuable way to get them interested in food and nutrition.
- There are no “good” or “bad” foods! All foods can contribute to growth and development; your body appreciates variety!
- Making snacks at home is great. It can save money, get the family involved, and allow you to make the snack how you like it!
- Try starting with a small portion and then reaching for more if you still are hungry. Eat mindfully and assess along the way if the snack has satisfied you!
- Planning a snack in advance can set you up for success to prevent a ‘hangry’ feeling in between meals.

## Eggnog Chia Pudding

### Ingredients

2 cups Eggnog

1/2 cup Chia seeds

**Optional:** Top with whipped cream, cinnamon, and nutmeg

Involve your kids by letting them:

- Measure the ingredients
- Add the ingredients to the bowl
- Stir the pudding
- Spoon the pudding into cups

Recipe from:

<https://downshiftology.com/recipes/eggnog-chia-pudding/>

### Instructions

**Step 1:** In a mixing bowl, stir together the eggnog and chia seeds. Let it sit for 10 minutes, then stir again once the seeds have started to gel.

**Step 2:** Cover the bowl and place it in the refrigerator to chill for at least one hour or overnight.

**Step 3:** Remove the eggnog chia pudding from fridge and give it a good stir. Split the chia pudding into individual cups and add optional toppings.



**\*\* 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.

# JANUARY 2022

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**Christmas Break**

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# FEBRUARY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 <i>Divisional PD Day NO CLASSES</i>	8	9 <i>Kindergarten Registration</i>	10	11	12
13	14	15	16	17	18	19
20	21 <i>Louis Riel Day SCHOOLS CLOSED</i>	22	23	24	25	26
27	28					