

June 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:

Thursday, June 2nd—NMS school wide special breakfast celebration at 9:00

Monday, June 6th—Rain date for Track & Field

Tuesday, June 7th—Gr. 5 & 6 swimming

Wednesday, June 8th—Divisional Track Meet

Tuesday, June 14th—Last day for Gr. 5 & 6 swimming

Tuesday, June 21st—National Indigenous Peoples Day

Thursday, June 23rd—North Memorial School Feast, details to be announced

Thursday, June 30th—Last day for students in the a.m. only, no classes in the p.m. Report cards get emailed out.

Tuesday, June 21/22
National Indigenous Peoples Day





Kindergarten Registration

Any child who was born in 2017 is welcome to start kindergarten in September. You can register online through our website <http://www.plpsd.mb.ca/nms> OR by contacting the school at 857-4564 to make an appointment to pick up a registration package. When you pick up the package or we received your online registration, you will be asked to make another appointment with our Resource teacher. Please complete the forms inside the package at home to bring with you to your 2nd appointment. You will also have an opportunity to learn more about the program. If you know of a family whose child is eligible for kindergarten, please share this information with them.

To register your child, please bring with you:

- Birth Certificate (a copy will be made for their cumulative file)
- PHIN from their health card (9 digit number)
- Any relevant documents (eg. Custody documents)

We are looking forward to welcoming our new Kindergarten students in September!

Attendance Announcement

This month we had another school wide attendance contest for the students. It was lots of fun encouraging each class and student to come to school every day. The classroom with the best attendance won a Sundae Party. The winning classroom for the Sundae Party is Mrs. Houle's Grade 6 class. They will have lots of fun building Sundaes with many different toppings to choose from!

Students who attended school regularly, had their name put in a draw to win a Student prize pack. The winner of this draw is Zariah B. Grade 2 / 3. Congratulations to all the winners!



To register for programs or find out more:

Website: frcportage.ca

[Call or Text: \(204\) 595-5005](tel:2045955005)

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

234 Princess Ave, Portage la Prairie

June 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>1 Staff PD Day (Centre Closed)</p>	<p>2 Art in the Park 10 am (Red River College Park) Stay 'N Play 1-3 pm</p>	<p>3 Healthy Cooking 10 am or 1 pm</p>	<p>4</p>
<p>5 Need transportation to program? Contact FRC & we can arrange a shuttle!</p>	<p>6 Play in the Park 10 am (Simplot Central Park)</p>	<p>7 Drop In 10 am Healthy Baby (Island Park) 1 pm</p>	<p>8 Getting Ready for School 9 am Breastfeeding Group (Island Park) 11 am</p>	<p>9 Storytime in the Park (Island Park) 10 am</p>	<p>10 Kids in the Kitchen 10 am or 1 pm</p>	<p>11 </p>
<p>12</p>	<p>13 Growing Up Green (Island Park) 10 am</p>	<p>14 Grandparents as Caregivers 10 am Adulting 101 4:30 pm</p>	<p>15 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>16 Art in the Park 10 am (Island Park) Stay 'N Play 1-3 pm</p>	<p>17 Healthy Cooking 10 am or 1 pm</p>	<p>18</p>
<p>19 Father's Day</p>	<p>20 Play in the Park 10 am (McKay Park)</p>	<p>21 Drop In 10 am Healthy Baby (Island Park) 1 pm</p>	<p>22 Getting Ready for School 9 am Breastfeeding Group (Island Park) 11 am</p>	<p>23 Storytime in the Park (Island Park) 10 am</p>	<p>24 Family Game Night (Island Park) 6 pm</p>	<p>25 Just Me & My Dad 10 am (Koko Platz Park)</p>
<p>26</p>	<p>27 Growing Up Green (Island Park) 10 am</p>	<p>28 Mom's Time 10 am or 1 pm Adulting 101 4:30 pm</p>	<p>29 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>30 Staff PD Day (Centre Closed)</p>	<p>1 Closed for Canada Day</p>	<p></p>

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

Art in the Park - Come and create with us outdoors! This program will introduce your littles to different kinds of creative activity, such as painting, music, and dance. We will host this program at different parks over the summer. This is a messy, fun time so wear appropriate clothes! (Ages 18 months+)

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 +). Childcare provided for older children.

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

Drop In - A time to socialize and support other parents while enjoying coffee or tea, childcare provided.

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

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)

Grandparents as Caregivers - A time for Grandparents who are guardians or childminders to learn, connect and share experiences with one another. Childcare provided.

Growing up Green - Take a closer look at the outdoors! This program focuses on the natural world all around us, from the sky, to animals, to the trees. (Ages 2-6)

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! Childcare provided.

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)

Mom's Time - Chat with other moms and enjoy self-care time! Childcare provided.

Play at the Park - Enjoy the fresh air and warm weather with us! We will host this program at different parks over the summer, so join us to play fun games across town! (Ages 18 months +)

Stay 'n Play - A chance for families to come meet others and play together in the playroom. (Ages 0-6)

Storytime in the Park - An interactive literacy program featuring stories, songs, games, costumes and more. (Ages 18 months+)



June TOPICS:

Healthy Cooking - June 3
Recipe: Baked Chicken Shawarma

Kids in the Kitchen - June 10
Recipe: Cheesy Potato Taquitos

Adulting 101 - Transitioning to Adulthood - June 14
Theme: Employment & Eggo Waffles

Healthy Cooking - June 17
Recipe: Roasted Chickpea Couscous Bowls

Mom's Time - June 28
Theme: Abstract Watercolours

Adulting 101 - Transitioning to Adulthood - June 28
Theme: Sex Ed & Spaghetti

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

Please bring a chair/blanket as the grass can sometimes be wet. If it rains, program will be moved to the FRC. You will be notified the morning of via text (by 9 am) if the venue changes.

MASK UPDATE - PLEASE READ!

Masks are not required for our outdoor programs. They are recommended but optional for the indoor programs. If you or someone in your family is unwell, please stay home and let us know you won't be attending. We will have masks and sanitizer available! If you would prefer staff wear a mask when interacting in close contact with your children/yourself, please let us know.

Find us on Facebook & Instagram: Family Resource Centre Portage

NUTRITION BITS AND BITES

Stay Hydrated in the Summer Months



How much fluid is needed?

The amount of fluids needed for kids depends on several factors.

Temperature, activity level, gender, and age can influence fluid needs.

Younger children need approximately 5 cups of fluids per day while older children and teens may need 6-10 cups per day

Focus on Fluids in the Summer Months

Fluids are important for our bodies no matter what temperature it is outside. However, outdoor activities in hot weather can lead to dehydration fast, especially in kids.

What are the signs of dehydration?

- ✓ Dry mouth and cracked lips
- ✓ Flushed skin
- ✓ Dark or strong-smelling urine
- ✓ Headache, dizziness or fainting
- ✓ Thirst

What is the best drink to prevent dehydration?

Water should be the first drink of choice. It is readily available and thirst quenching. However, milk, juice, smoothies, popsicles, and soup are considered fluids and provide hydration to the body. The key is to drink often and enough in hot weather.

What about sports drinks?

Sports drinks are mostly water but also contain sugar and electrolytes such as sodium and potassium. These are only needed if playing intense sports or heavy exercise for 45 minutes or more. In most situations for children, water is a better choice.

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Watermelon Blueberry Yogurt Pops

Ingredients

2 cups	Plain Greek yogurt
1 1/2 cup	chopped seedless watermelon
1 cup	fresh blueberries
1/3 cup	liquid honey

Instructions

Step 1 Place the yogurt, watermelon, blueberries and honey into a blender and puree until smooth. (For a chunkier texture, pulse the mixture until desired texture.)

Step 2 Fill eight 4 oz (125 mL) popsicle molds or paper cups with yogurt mixture. If using paper cups, cover top with foil and poke a wooden craft stick through the centre of each pop.

Step 3 Place molds on a flat surface in the freezer for at least 6 hours or up to 2 weeks.

Recipe from cookspiration.com

Little Chefs can help by:

- Measuring the fruit and yogurt
- Filling the popsicle molds
- Suggesting new fruit combinations!



These popsicles are not only hydrating but also provide protein from the yogurt.

Try different fruit combinations with fruit you have on hand or what is in season.



Scan the QR code for more tips on staying hydrated

**** 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.

June 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 NMS school-wide special breakfast celebration at 9:00 Welcome to Kindergarten 2:00-3:30	3	4
5	6 Track & Field Rain date	7 Gr. 5 & 6 Swimming lessons Beadin club 3:30	8 Divisional Track Meet	9 Powwow club 3:30	10	11
12	13	14 Gr. 5 & 6 Swimming lessons Beadin club 3:30	15	16 Powwow club 3:30	17	18
19	20	21 National Indigenous Peoples Day Beadin club 3:30	22	23 NMS Feast Details to be announced Powwow club	24	25
26	27	28 Beadin club 3:30	29	30 Last day for students AM only No classes PM Report cards go out		