

May 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, May 3rd—last day for gr. 1-4 swimming

Thursday, May 5th—After school Powwow Club Gr. 3&4

Tuesday, May 10th—gr. 5 & 6 swimming and After School Beading Club Gr. 5

Thursday, May 12th—After school Powwow Club Gr. 3&4

Tuesday, May 17th—gr. 5 & 6 swimming and After School Beading Club Gr. 5

Thursday, May 19th—After school Powwow Club Gr. 3&4

Monday, May 23rd—Schools closed, Victoria Day

Tuesday, May 24th—gr. 5 & 6 swimming and After School Beading Club Gr. 5

Thursday, May 26th—After school Powwow Club Gr. 5 & 6

Tuesday, May 31st—gr. 5 & 6 Track & Field meet and After School Beading Club Gr. 5





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!



Become a soccer referee and earn some money before summer!

Portage Youth Soccer is looking for referees for its upcoming 2022 soccer season. The season will run in May and June (and perhaps a little into July) with games Mondays through Thursdays from about 6:15 to as late as 8:30 (depending on the age group being covered).

We are looking for confident people that are able to keep up with kids on the field. Referees need to be 12 years of age or older. We are looking for referees in Portage, Oakville, and St Claude. You will not be asked to cover games outside of your community.

Soccer experience is not mandatory but can be helpful. Referee training will be provided via an online format and most equipment will be provided to referees (whistle, jersey, red/yellow cards). Referees get paid per game refed at the end of each month.

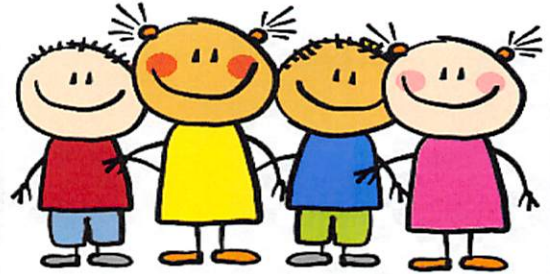
If you are interested, please contact Cliff Hamilton at pysa321@gmail.com

Pre-school Party

When: May 12th/2022

**Where: Pre-school room,
North Memorial School**

Time: 2:15–3:30



Call to preregister:

204-870-1810

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. This past month there were classroom draws. On any random day at morning announcements, a classroom was drawn. All the students in class that morning received a prize.

Students who attended school regularly, had their name put in a draw to win a prize pack for them and their family. The winner of the April draw is Marissa R. from Grade 2 / 3. Congratulations to all the winners!

For the month of May there will be a Classroom Challenge. The classroom with the best attendance for the month will win a Sundae Party. There will also be a Student/Family Prize pack. The more the students come to school, the more chances they have to win!



**Attendance
Matters**

Every student. Every day.

To register for programs or find out more:



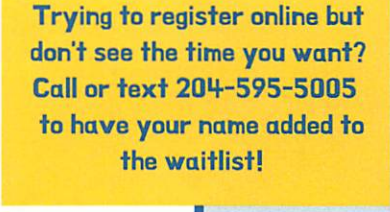
Website: frcportage.ca

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

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

234 Princess Ave, Portage la Prairie

May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Book Buddies 9 or 11 am	3 Need transportation to program? Contact FRC & we can arrange a shuttle! Adulting 101 4:30 pm	4 Grandparents Get Together 10 am Pre School Party 1 pm	5 Mindful Munchkins 10 am Parenting 101 1 pm	6 Healthy Cooking 10 am or 1 pm	7
8 Mother's Day	9 Wiggle, Giggle & Munch 9 or 11 am	10 Drop In 10 am Healthy Baby (Zoom) 1 pm Adulting 101 4:30 pm	11 Getting Ready for School 9 am Breastfeeding Group 11 am	12 Toddler Shenanigans 9 or 11 am Parenting 101 1 pm	13 Kids in the Kitchen 10 am or 1 pm	14 
15	16 Book Buddies 9 or 11 am	17 Babies & Babble Newborn 9:30 am Babies & Babble Babies 11:30 am Adulting 101 4:30 pm	18 Grandparents Get Together 10 am Mom's Time 1 or 7:30 pm	19 Mindful Munchkins 10 am Parenting 101 1 pm	20 Healthy Cooking 10 am or 1 pm	21
22	23 Victoria Day (Closed)	24 Drop In 10 am Healthy Baby (Zoom) 1 pm	25 Getting Ready for School 9 am Breastfeeding Group 11 am	26 Toddler Shenanigans 9 or 11 am Parenting 101 1 pm	27 Little Passports 10 am Family Game Night 6 pm	28 Just Me & My Dad 10 am Preschool Party 1 pm
29	30 Book Buddies 9 or 11 am	31 Babies & Babble Newborn 9:30 am Babies & Babble Babies 11:30 am Adulting 101 4:30 pm			 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!	

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).

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.

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, childcare provided.

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

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

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

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)

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 Time - Chat with other moms and enjoy self-care time! Childcare provided (day time slot only).

Parenting 101 - This 4 session program will provide parents with proven parenting strategies for everyday conflicts and challenges. This program will teach you about your parenting style, help you achieve your parenting goals, teach you about your child's development, and provide you with an abundance of tools to strengthen your parent-child relationship. Childcare provided.

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)



May TOPICS:

Adulting 101 - Transitioning to Adulthood - May 3

Theme: Rent Smart & Ravioli

Healthy Cooking - May 6th
Recipe: Shanghai Noodle Bowl

Adulting 101 - Transitioning to Adulthood - May 10

Theme: Budgeting & Blueberry Pancakes

Mom's Time - May 11

Theme: Spa Time

Kids in the Kitchen - May 13

Recipe: Pancake Poppers

Adulting 101 - Transitioning to Adulthood - May 17

Theme: Meal Planning with Momentum

Healthy Cooking - May 20th

Recipe: Curry Roasted Vegetable Bowl

Adulting 101 - Transitioning to Adulthood - May 31

Theme: Introduction to Credit with Caesar Salad

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!

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.

Find us on Facebook & Instagram: Family Resource Centre Portage

NUTRITION BITS AND BITES

Language around food and bodies



Beware of social media and advertisements

Children and teens are exposed to multiple avenues of advertising. Unfortunately, some of these promote dieting, weight loss, or striving for the perfect body.

Talk to kids about how to think critically about what they see or hear on ads

Fostering positive body image in children and teens promotes better health outcomes as the child grows. Parents and educators should strive to promote positive language around bodies and food to minimize body dissatisfaction or disordered eating patterns in youth.

Tips for promoting better language around food and bodies at home and school

- Avoid using terms such as “junk food”, “unhealthy”, “treats”, or “cheat day”. Call food what it is i.e. French fries, cookies, candy. This eliminates the perceived stigma around eating these foods.
- Talk to kids about their bodies in a positive way. Show your kids how strong they are and discuss all their amazing abilities and skills.
- Avoid negative talk about your own body. Limit discussions about your weight or desire to change your body shape. You are your child’s biggest role model and negative body talk can influence how they view their own body.
- Discuss how the body changes as we go through childhood and puberty. These changes are normal and expected.
- Enjoy family meals together. Talk about how food give us energy to move and grow. Trust your child to eat enough for their own body. Never force eating or use food as a punishment or reward.

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.

Everyone's Favourite Oatmeal Chocolate Chip Cookie

Ingredients

Non-hydrogenated margarine $\frac{1}{4}$ cup (60 mL)

Brown sugar **1 cup (250 mL)**

Egg whites **2 large**

Vanilla **1 teaspoon (5 mL)**

Whole wheat flour **1 cup (250 mL)**

All purpose flour $\frac{1}{2}$ cup (125 mL)

Oats **1 cup (250 mL)**

Baking soda **1 teaspoon (5 mL)**

Salt $\frac{1}{4}$ teaspoon (1 mL)

Chocolate chips $\frac{1}{2}$ cup (125 mL)

Note: the chocolate chips can be replaced with an equal quantity of raisins, dried cranberries, or nuts

Recipe source: nutritionmonth2022.ca

Directions

1. Preheat oven to 350°F (220°C). Spray baking sheet with non-stick cooking oil or cover with a sheet of parchment paper.

2. With an electric mixer or a wooden spoon, cream together margarine and brown sugar in a large bowl until light and fluffy. Add egg whites and vanilla to the sugar mixture and combine until smooth.

3. In a medium bowl mix together all dry ingredients: flours, oats, baking soda and salt. Divide the dry flour mixture into 3 portions and stir each portion into the wet ingredient mixture until combined. Stir in chocolate chips.

4. Drop cookies onto baking sheet 2 inches apart, flatten cookies slightly with hand. Bake for 10-12 minutes, or until golden around the edges. Transfer to a cooling rack and enjoy.

Little Chefs can help by:

- Measuring dry ingredients
- Scoop dough onto baking sheet
- Suggesting nuts or seeds to add in!



** 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.

May 2022

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

June 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 Gr. 5 & 6 Swimming Lessons	8 Divisional Track Meet	9	10	11
12	13	14 Gr. 5 & 6 Swimming Lessons Last day	15	16	17	18
19	20	21 National Indigenous Peoples Day	22	23	24	25
26	27	28	29	30 Last day for students AM only No classes PM		