



North Memorial School Newsletter

November 2022

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.

ATTENDANCE MATTERS



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.

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



Important dates:

- Nov 4th - K- 12 Admin Day-No Classes**
- Nov 7th – Picture Retake**
- Nov 10th – Remembrance Assembly**
- Nov 11th – Remembrance Day Schools Closed**
- Nov 17th – Report Cards Emailed Home**
- Dec 7th – Grade 5 & 6 Hydro Presentation**
- Dec 8th – Christmas Concert**
- Dec 9th – Christmas Concert Storm Date**
- Dec 20th – Gym Blast**
- Dec 21st – Last day fall term**
- Dec 21st – Jan 4th - Christmas Break**



October 2022 Assembly Certificates
Respect Theme of the Month: Courage

Academics

K – Lilah Hay
Gr. 1B – Autumn Gabriel
Gr. 2H – Isaiah Meeches
Gr. 3M – Zariah Blackbird
Gr. 4A – Lorelia Pommer
Gr. 5G – Avery Gabriel-Campbell
Gr. 6H – Phoenix Spence

Respect

K – Isaiah Traverse
Gr. 1B- Leeym Mather
Gr. 2H – Hazleigh Blackbird
Gr. 3M – Keesis Campbell
Gr. 4A – Colenne Bandayrel
Gr. 5G – Ayden Anderson
Gr. 6H – Andy Anderson

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



**Happy
Halloween**

Sheepy Hallow Farms came to North Memorial School and donated 1 pumpkin to every student! Thank you so much for your generous donation!

Happy Halloween



November 2022

Mon	Tue	Wed	Thu	Fri
	1 <i>Kids in the Kitchen Gr. 1-3 Group 1—3:30-4:30pm</i>	2 <i>Wellness Wednesday 1-3pm</i>	3 <i>Make and Take 1-3:00pm After School Jigging Program Gr. 4-6 3:30-4:30pm</i>	4
7	8 <i>Healthy Baby 1-3:00pm Kids in the Kitchen Gr. 1-3 Group 1—3:30-4:30pm</i>	9 <i>Coffee, Chat and Craft 1-3pm</i>	10 <i>After School Jigging Program Gr. 4-6 3:30-4:30pm</i>	11 <i>Remembrance day</i>
14	15 <i>Nutrition Bingo 1-3:00pm Kids in the Kitchen Gr. 1-3 Group 1—3:30-4:30pm</i>	16 <i>Wellness Wednesday 1-3pm</i>	17 <i>Grandparents as Caregivers 1-3pm After School Jigging Program Gr. 4-6 3:30-4:30pm</i>	18
21	22 <i>Healthy Baby 1-3:00pm Kids in the Kitchen Gr. 1-3 Group 2—3:30-4:30pm</i>	23 <i>Make and Take 1-3pm</i>	24 <i>Coffee, Chat and Craft 1-3pm After School Jigging Program Gr. 4-6 3:30-4:30pm</i>	25
28	29 <i>Kids in the Kitchen Gr. 1-3 Group 2—3:30-4:30pm</i>	30 <i>Wellness Wednesday 1-3pm</i>	*** Preregister for programs by calling or texting Allison Lee at 204-870-1810 ***	

November Programs

After School Club: Sign your student up for After School Club. It will run on Tuesdays and Thursdays from 3:30-4:30pm. Tuesday will be Grade 1-3. This month students will take part in a cooking program. Sign your child up for either Group 1 or Group 2. Thursday will be Grade 4-6. This month students will learn how to jig with Miss McKellan. Students will be provided with a snack. **Parents must call and register their student. Then a permission slip will be sent home with the student to be signed and returned in order for the student to participate in the after school program.**

Parent Make and Takes: Sign up for program from 1-3pm. Program will start with lunch for both parent and school age child. After lunch, parents will be provided with all the ingredients to create a delicious meal to take home for supper.

Coffee, Chat and Craft: Sign up for program and connect with other parents over a cup of coffee while creating a craft item to take home. Program will run from 1-3pm and will start with lunch for participants and their school age child.

Nutrition Bingo: Sign up and join a group of parents where we enjoy playing a game of BINGO. The prizes are healthy food items that you can take home. Program will run from 1-3pm and will start with lunch for participants and their school age child.

Wellness Wednesday: Sign up for a program for parents that promotes wellbeing. Are you feeling tired and drained? Has Covid been hard on you and your family? Are you feeling disconnected? Join this group and gain some insight on tools to deal with these feelings. Program runs from 1-3:00pm with lunch provided for participants and their school age child.

Healthy Baby: Sign up for this program if you are expecting a baby or have a baby under the age of 1. This program encourages early prenatal care and promotes and supports healthy outcomes for moms, babies and families. This program will run from 1-3pm. It will start with a lunch for participants and their school age child.

Grandparents as Caregivers Program: Are you a grandparent who cares for or provides child care to your grandchild(ren). This group is for you!. This program provides grandparents with an opportunity to connect with other grandparents and share experiences with each other. Program runs from 1-3pm and will start with lunch for participants and their school age grandchildren.

***Participants MUST preregister for programs by calling or texting Allison Lee at 204-870-1810.**

***Parents must sign permission forms for students to participate in After School Club.**

NUTRITION BITS AND BITES

Eat Well on a Budget



Cooking at home is the best way to save money

Even young school age children can help...

- Read recipe
- Rinse, scrub, peel onions, carrots and other produce
- Crack eggs and use egg beater
- Measure ingredients
- Decorate baked goods
- Roll out and shape dough
- Cut soft foods with dull knife

Tips to Eat Well on a Budget

Before grocery shopping, plan meals ahead...

- Avoid eating out; eating out is often more expensive
- Make a menu by deciding which recipes you will make for lunch and dinner for a week
- Plan meals around foods that are on sale
- Plan some meatless meals
- Check your pantry, refrigerator and freezer to find foods that need to be used up, and look for recipes to use those foods and ingredients
- Avoid recipes that need a special ingredient
- Plan to use leftovers
- Make extras
- Know what your family likes to eat

When grocery shopping....

- Keep a record of spending; plan for the week or month
- Avoid shopping when you are hungry
- Stick to your grocery list
- Buy in season produce
- Buy frozen or canned
- Choose store brand or no-name brands
- Purchase bulk items that you frequently use or that have a long shelf life

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.

Mix and Match Soup

Prep time: 10 minutes

Cook time: 1 hour

Yields: 4 servings

Ingredients:

Meat or Beans	+ Vegetables	+ Whole Grains
1 lb turkey leg or thigh or 1 lb chicken legs or thighs or 1 lb cooked or 1 can rinsed and drained beans or lentils	1 large onion, chopped 2 large carrots, chopped 1 large zucchini, chopped 1 can low sodium tomatoes 1 handful fresh parsley, chopped whatever you have and need to use up	1/2 cup dry brown rice* or 1/2 cup dry barley* or 1/2 cup dry whole wheat pasta* *or 1 cup cooked

Instructions:

In a large pot over medium-high heat, saute vegetables with 1 tablespoon of oil until soft. Add your favorite seasonings to pot. Some suggestions: 1 bay leaf, ½ teaspoon of dried cumin, oregano, rosemary, or thyme, ¼ teaspoon cayenne pepper, and salt and pepper to taste. Stir and cook until you can smell them, less than 5 minutes. Add beans or meat. Brown 3-5 minutes. Add brown rice or barley now, or wait to add cooked grains 10 mins before the soup is done cooking. Add enough water or low sodium vegetable, beef, or chicken stock to cover ingredients, at least 4 cups. Bring soup to a boil. Reduce heat to low. Partially cover and simmer until the meat or beans are tender (40 minutes to 1 hour). Check your soup every 10-15 minutes to make sure there is enough liquid in the pot. Before serving, sprinkle parsley on top and adjust seasoning to taste.

Tip: Soup freezes well. Pour portion of soup in large freezer bag once cool. Can be kept in the freezer for 3 months. Barley freezes better than rice or pasta.

Recipe from Cooking Matters

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

For more nutrition topics, go to the news and events section of www.southernhealth.ca or
Contact Dial-a-Dietitian 1-877-830-2892
Health Links 1-888-315-9257
Nutrition Services Team T 204-388-2053
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](tel:2045955005)

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

234 Princess Ave, Portage la Prairie

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Musical Mornings 9:30 or 11:30 am Grandparents as Caregivers 2 pm	2 Getting Ready for School 9 am Homeschool Co-op 11 am - 1 pm	3 Mindful Munchkins 9 am Chest/Breastfeeding Group 11 am My Tween & Me 6 pm	4 PD Day Camps 9 - noon OR 1-4 pm Prenatal Course (Session 1) 6 pm	5 Prenatal Course Session 2: 10 am Session 3: 1 pm
6	7 Wiggle, Giggle, Munch 9 or 11 am Nobody's Perfect 1 pm	8 Stay 'N Play 9 am Healthy Baby 1 pm Adulting 101 3:45-5:30 (Finances & Money Management)	9 Babies & Babble Newborn 9:30 am Babies 11:30 am Grand Pals 10 am	10 Toddler Shenanigans 9 or 11 am My Tween & Me 6 pm	11 Remembrance Day CLOSED	12
13 Need transportation to program? Contact FRC & we can arrange a shuttle!	14 Book Buddies 9 or 11 am Nobody's Perfect 1 pm	15 Musical Mornings 9:30 or 11:30 am Mom's Time 2 or 7:30 pm	16 Getting Ready for School 9 am Homeschool Co-op 11 am - 1 pm	17 Mindful Munchkins 9 am Chest/Breastfeeding Group 11 am My Tween & Me 6 pm	18 Healthy Cooking 10 am or 1 pm	19
20	21 Wiggle, Giggle, Munch 9 or 11 am Nobody's Perfect 1 pm	22 Stay 'N Play 9 am Healthy Baby 1 pm Adulting 101 3:45-5:30 (Work & Employment Opportunities)	23 Babies & Babble Newborn 9:30 am Babies 11:30 am Grand Pals 10 am	24 Toddler Shenanigans 9 or 11 am My Tween & Me 6 pm	25 Kids in the Kitchen 10 am or 1 pm Family Game Night 6 pm	26 Just Me & My Dad 10 am This is Me 1 pm
27	28 Book Buddies 9 or 11 am Nobody's Perfect 1 pm	29 Preschool Party 9 or 11 am Parenting Workshop 2 or 7:30 pm	30 Our Neighbourhood 10 am	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:

Adulthood 101 - Transitioning to adulthood can feel overwhelming! Join this four-week workshops series to discover your own version of success. These sessions are designed for individuals between the ages of 15 to 30.

Babies & Babble - An interactive program connecting parents to their babies through play, music, touch, and knowledge about development. Join the group most appropriate to your baby's motor skills: Newborn - 0 to sitting unsupported (approx. 6 months); or Babies - sitting to taking first steps (approx. 6 months +). Childcare provided for older children.

Book Buddies - A literacy program focusing on speech, movement, songs and of course books! It's facilitated in partnership with a speech and language pathologist. (Ages 18 months-6 years)

Breast/Chestfeeding Group - A space for nursing parents (and those considering) to come together and feel supported on their journey from pregnancy to weaning. Childcare provided.

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

Getting Ready for School - A four part series to help you and your family as you prepare for kindergarten. Each session will include learning activities as well as information for parents and caregivers. (Ages 3-6)

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

Grand Pals - Make new friends at this program that brings together younger and older generations for planned activities and lots of fun! You're never too old to play!

Healthy Baby - This program's focus is on enhancing parents' capacity to make choices during pregnancy and the first year of life to ensure healthy outcomes for their babies. (Pregnancy - 1 year)

Healthy Cooking - Come try something new and prepare your own budget friendly, healthy family meal. It just may become a new family favourite. Please bring your own container to take your meal home. Childcare provided.

Homeschool Co-Op - A chance for homeschooling families to come together to achieve common goals and enrich the home education experience. (Preschool +)

Just Me & My Dad - Come meet other dads! We will provide the coffee and fun activities to do with the kids. (Ages 1-6 years)

Kids in the Kitchen - Introduce your kids to fun in the kitchen! This program teaches kids kitchen skills and uses age appropriate tools and activities to cultivate your future family chef. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2 - 6 years)

Mindful Munchkins - This program is designed to help children identify and learn to manage their emotions. Join us for a story, game, and time with puppets! (Ages 3-6)

Mom's Time - Time committed to focusing on you. A space to try new things and connect with other Moms. Childcare provided for daytime session.

Musical Mornings - Explore the world of rhythm and rhyme with music and songs for toddlers! This program focuses on musical discovery through instruments, finger play, and movement. (Ages 6 months-3 years)

My Tween and Me - This 8 session program provides parents/caregivers and their tweens with the knowledge, tools and support they need during the child's transition to adolescence. It strengthens parent-child communication and supports caregivers in building a positive relationship with their tween. (Caregiver of children ages 7-12)

Newbody's Perfect - This 6 session program is designed to provide new parents with the opportunity to learn about the basics of parenting including parent self awareness and self esteem, child health and safety, discipline and praise and healthy child development. Childcare provided.

Our Neighbourhood - Learn what it means to be a caring human being by learning about the wonderful places and people in our community! (Ages 18 months +)

Parenting Workshop - An opportunity for parents to learn about a specific topic. This month is all about parenting teenagers! Childcare provided for daytime session.

Play Day Camp - Join us for a half day of fun and activities and meet other kids in your community. (Ages 4-12) NOTE: Please only register for ONE date, thank you!

Prenatal Course - This comprehensive course will provide soon to be parents with practical tools to help during labour and delivery as well as provide care for their new baby. We recommend you and your partner or support person to sign up for all 3 sessions but you can also attend just any part of it. Session 1 - Pregnancy & Birth Plans / Session 2 - Labour & Birth / Session 3 - Newborn Care & Safety

Preschool Party - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! (Ages 3-5)

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

This is Me - A group focused on bringing together families with children who have neurodiverse or have physical challenges.

Toddler Shenanigans - This program provides children the opportunity to explore the world around them by using their five senses to further develop their natural desire to learn! (Ages 1-6)

Viggle, Giggle, Munch - A physical activity and nutrition program that encourages parents and children to have fun through active play, games and songs! (Ages 2-6)



November TOPICS:

Mom's Time - November 9
Topic: Wreath Making

Healthy Cooking - November 18
Recipe: Thai Turkey Meatballs

Kids in the Kitchen - November 25
Recipe: Eggsperaments!

Parenting Workshop - November 29
Topic: Parenting Teenagers

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!

FREE wellness coaching is available! Schedule your appointment online, childcare is available

FREE help with getting IDs! First Wednesday of the month, we're at Salvation Army. Other Wednesdays at FRC from 1-4 pm.

MASK UPDATE - PLEASE READ!

Masks 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.

A Recipe that Gives the Chills!



Photo Credit: All the Nourishing Things

Did you know Halloween doesn't necessarily means serving candies and treats? The proof is this frightening yet nutritious recipe, Booonana Ghost Pops! Easy to make, they will make children of your breakfast program shudder with joy!

You will need: bananas, vanilla yogurt, raisins or chocolate chips, popsicle sticks.

1. Line a 9-inch baking pan with parchment or waxed paper.
2. Peel the bananas and cut them in half crosswise at a slight angle. Insert a popsicle stick into the cut end of each banana and push it about halfway up.
3. Put the yogurt into a small bowl. Hold onto the pops by the popsicle sticks and roll each banana in the yogurt to coat the exterior (tilting the bowl so the yogurt pools on the side makes this easier). Let excess yogurt drip back into the bowl (you can run your finger along the back of the bananas to remove the excess). Lay the pops in the baking pan.
4. Push 2 chocolate chips or 2 raisins into each banana to make the eyes of the ghosts.
5. Put into the freezer to firm up, at least 3 hours. Serve straight from the freezer.

The Whole Truth About Fruits and Vegetables!




Whole vegetables and fruits are an essential part of a healthy diet and offer many nutritional benefits over their liquid counterparts, which often contain added sugar and salt.

Here are a few more reasons you should serve them instead of juice for breakfast:


- **They contain fibre:** Fibre plays an important role in naturally controlling your appetite. Most of the fibre in a vegetable or fruit is found in its peel and pulp. When these are removed, as they are with juice, the benefits of the fibre are lost.
- **They are chock-full of vitamins and minerals:** Whole vegetables and fruits are complex foods that are rich in vitamins and minerals from root to stalk. By eating all the edible parts, you'll be getting the most out of every nutrient.
- **The sugar and salt they contain are naturally balanced:** Think of the last time you squeezed an orange. How much juice did you get out of it? Barely enough to fill the bottom of a glass, right? So you can imagine how many it would take for a full serving! The result is very high in sugar (the same sugar content as a soft drink!) and does not make you feel full. What's more, many commercial fruit juices contain added sugar, and many vegetable juices contain salt, which is a shame because vegetables and fruits in their natural state are already bursting with flavour.

All in all, there really is no comparison between whole vegetables and fruits and juice, be it store-bought or freshly pressed. No matter how you serve whole vegetables and fruit — fresh, frozen, canned, stewed or blended — be sure to work as many of them as you can into your breakfast menu. They are as versatile as they are colourful, making the first meal of the day appealing to the eye as well as the taste buds. Use them to introduce your students to a world of flavours and textures.

NOVEMBER 2022

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DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Day 5	2 Day 6	3
4	5 Day 1	6 Day 2	7 Day 3	8 Xmas Concert Day 4	9 Day 5	10
11	12 Day 6	13 Day 1	14 Day 2	15 Day 3	16 Day 4	17
18	19 Day 5	20 Gym Blast Day 6	21 Last Day 000 Last Day Fall Term Day 1	22 23 Christmas Break SCHOOLS CLOSED		24
25  Christmas Day	26 Boxing Day	27	28 Merry Christmas from Christmas Break SCHOOLS CLOSED	29 Merry Christmas from	30 NMS	31