



North Memorial School

October Newsletter 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

Please take the time to look at our new website

WWW.PLPSD.MB.CA/NMS

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 & email ☺

If you change your phone number or address, and email 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.

Important dates:

Friday	Oct. 7th—Terry Fox Day 2:30-3:30pm
Monday	Oct. 10th—Thanksgiving Day— NO SCHOOL
Tuesday	Oct. 11 th – K- 3 Fire Talk Gr 1-3 Fire House (Fire Safety)
Tuesday	Oct. 18 th Picture Day 9:00am
Friday	Oct 21 st MTS PD Day No Classes
Monday	Divisional PD Day No Classes
Friday	Oct. 21st - NO SCHOOL
Thursday	Oct. 27 th Assembly Courage 9:30am

September Assembly

Principal's Message



It has been a wonderful and busy September getting back into the swing of routines at school.

Thank you to all the parents that joined us on Oct.3 for our first in house assembly after 2 long years. It was fantastic to see everyone together. Congratulations to Valorie Ledoux who won our parent draw.

It was fantastic to share our new school logo with everyone at the assembly. The students voted in June for the grizzly bear from the 7 teachings representing courage. In addition to this, students were introduced to Grizzly Growl tickets which they can earn by being caught doing respectful things at school. We will have weekly prizes and shout outs pulling names from the growl tickets in the office.

As we close September, we look forward to a wonderful year together and hope to see parents at our Halloween assembly in October where the grade two class will host and focus on courage and the bear.

Hope to see you soon.

Mrs. Smith



New Logo

Grizzly Bears



Winner of our New Logo Parent Draw was Valorie Ledoux. She takes home a lovely Bear Paw blanket just in time for winter. That's GRRREAT!!! Congratulations!





United Way
Central Plains

Koats

FOR

Kids

Let's not leave any kids out in the cold this winter!

We're collecting new/gently used winter outerwear from
October 1-31st.

DROP OFF PLACES:

Big Brothers Big Sisters
Family Resource Centre
Stride Place
Pharmasave
Portage Library
Portage Friendship Centre

DISTRIBUTION DATES:

Nov. 9 & 10th 1-5:30 pm

Nov. 12 1-4 pm

Youth for Christ

(use back alley door)

Bring MB Health Card

Thanks to our sponsors!

MB Development Centre / Visions of Independence / Youth for Christ

NUTRITION BITS AND BITES

Lunch Box Mix and Match



Lunch Box Mix and Match

Packing lunches can seem repetitive throughout the school year. Try the lunch box mix and match for new ideas!

PROTEIN (CHOOSE 2)

- LEFTOVER (CUT-UP, GROUND, SLICED) MEAT - CHICKEN, FISH, BEEF, PORK
- NUT BUTTER OR SEEDS
- HOMEMADE GRANOLA BARS
- BEANS, LENTILS, CHICKPEAS
- CHEESE OR COTTAGE CHEESE
- MILK, YOGURT
- TOFU OR TEMPEH
- HARD BOILED EGG

GRAIN OR STARCH (CHOOSE AT LEAST 1)

- RICE, QUINOA, BARLEY
- WHOLE GRAIN PITA OR WRAP
- NAAN BREAD
- WHOLE GRAIN CRACKERS
- WHOLE GRAIN PASTA
- HIGH FIBRE GRANOLA BAR
- HOMEMADE MUFFIN
- OATMEAL

FRESH OR FROZEN VEGGIES (CHOOSE AT LEAST 1)

- CUCUMBERS
- CARROT AND CELERY STICKS
- SNAP PEAS
- LEFTOVER COOKED VEGGIES
- TOMATOES AND PEPPERS
- SALAD GREENS
- VEGETABLE SOUP
- TOMATO SAUCE

FRESH OR FROZEN FRUIT (CHOOSE AT LEAST 1)

- APPLE
- ORANGE
- BANANA
- MELON
- BERRIES
- PEACH
- KIWI
- MANGO

snack (CHOOSE 1)

- HOMEMADE COOKIE
- SMALL PIECE OF CAKE
- SMALL BROWNIE
- ANYTHING THEY LOVE
- FRUIT SAUCE/POUCHES

A+ Lunch Packing Tips

Packing lunches can seem uninteresting and time consuming. Here are 5 ideas to making lunches more fun with less stress:

1. Get the little ones involved! While it is the caregiver's job to provide the food, kids can help with washing the fruit and vegetables, filling the containers and water bottles.
2. Use leftovers for lunches. Use leftover vegetables, roast meats or pasta in lunches. This can help reduce food waste and save time in making more food.
3. Prep and plan beforehand. Having a rough idea of a meal plan or food items to pack can be helpful. This can make grocery shopping and packing lunches a lot quicker.
4. Use convenience foods. Packaged foods can be a great option to make packing lunches quicker and easier. Look for higher fiber and lower sugar options. Some examples include high fibre granola bars, individual yogurts, fruit sauce pouches, individual cheese portions.
5. Make it fun for the kids! Cut fruit or vegetables into different shapes or sizes. Use different color containers to make a rainbow. Add a cute note or picture to show your love.

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.

Easy Whole Grain Pumpkin Spice Muffins

Pumpkin spice and something nice to add to a lunch or try as a snack with some yogurt!

Ingredients:

- 2 1/2 cups whole wheat flour
- 1 cup bran cereal (bran flakes, regular all bran or rolled oats work best)
- 4 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 tbsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground ginger
- 3 eggs, lightly beaten
- 1.5 cups buttermilk
- 2 ripe bananas mashed
- 1/2 cup granulated sugar
- 1 can (14 oz) pure pumpkin puree
- 1/4 cup melted coconut oil



Kids can help by:

- ✓ Mixing ingredients together
- ✓ Scooping into muffin pan
- ✓ Mashing bananas
- ✓ Older kids can measure ingredients

Instructions:

1. Gather two 12-cup muffin tins, lightly greased or lined with paper cups and preheat oven to 375 F (or 350 F if you have a super hot oven).
2. In large bowl, combine whole wheat flour, bran or oats, sugar, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt.
3. In another large bowl, combine eggs (or chia eggs), buttermilk (or vegan alt), pumpkin, banana and oil.
4. Make a well in the centre of the dry mixture and pour in wet mixture all at once. Gently fold together until just combined- do not over-mix.
5. Spoon batter into muffin tins and bake in pre-heated oven for 18 minutes.

Recipe from: sarahremmer.com

Want more tips for packing school lunches? Check out www.unlockfood.ca and search "school lunches".

**** 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.

October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 	3 Mindful Munchkins 9 am Chest/ Breastfeeding Group 11 am Parenting 101 1 pm	4 Babies & Babble Newborn 9:30 am Babies 11:30 am Grand Pals 10 am (Dufferin Villa) Grandparents as Caregivers - 2 pm	5 Getting Ready for School 9 am Homeschool Co-Op 11-1 pm	6 Book Buddies 9 or 11 am My Tween & Me 6 pm	7 Healthy Cooking 10 am or 1 pm	1 Walking Storytime 2-3 pm (Fort la Reine Museum) 8
9	10 Thanksgiving CLOSED	11 Drop In 9 am Healthy Baby 1 pm	12 Musical Mornings 9:30 or 11:30 am	13 Wiggle, Giggle, Munch 9 or 11 am My Tween & Me 6 pm	14 Kids in the Kitchen 10 am or 1 pm Family Game Night 6 pm	15 Just Me & My Dad 10 am Preschool Party 1 pm
16 Need transportation to program? Contact FRC & we can arrange a shuttle!	17 Mindful Munchkins 9 am Chest/ Breastfeeding Group 11 am Parenting 101 1 pm	18 Babies & Babble Newborn 9:30 am Babies 11:30 am Mom's Time 2 or 7:30 pm	19 Getting Ready for School 9 am Homeschool Co-Op 11-1 pm	20 Book Buddies 9 or 11 am My Tween & Me 6 pm	21 Our Neighbourhood 10 am PD Day Camp 1-4 pm	22 
23 TUESDAY OCT 25 Adulting 101 3:45 - 5:30 pm (Life & Work Goal Setting)	24 Stay 'N Play 10 am - 12 pm FRC PD Day Camp 1 - 4 pm	25 Drop In 9 am Grand Pals 10 am (Dufferin Villa) Healthy Baby 1 pm	26 Musical Mornings 9:30 or 11:30 am	27 Wiggle, Giggle, Munch 9 or 11 am My Tween & Me 6 pm	28 Healthy Cooking 10 am or 1 pm	29 Trick or Treat Tour 1-4 pm
30	31 Toddler Shenanigans 9 or 11 am Parenting 101 1 pm	<div style="background-color: yellow; padding: 10px; text-align: center;"> <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> </div>				

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)

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

Drop In - A space for caregivers to take some time to connect with other adults while their children play and make new friends. 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)

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!

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

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 1-3 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.

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)

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 101 - This 4 session course will help you achieve your parenting goals by teaching you about your parenting style, your child's development and tools to manage conflict and challenges. Childcare provided.

PD 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!

Preschool Party - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! Ages 3-6)

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

Walking Storytime - Join us for Storytime fun! We are partnering with the Portage Library to bring you this program at the Fort la Reine Museum, and we would love to have you join us for fall stories, exploration, and a craft! (Ages 2-6)

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



October TOPICS:

Healthy Cooking - October 7

Recipe: One Dish Lazy Enchiladas

Kids in the Kitchen - October 14

Lasagna Roll Ups

Mom's Time - October 18

Topic: Make Felt Ornaments

Healthy Cooking - October 28

Recipe: 5 Bean Soup/Wraps

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!

The Trick or Treat Tour is a free community event put on by the FRC and other community partners. Families are encouraged to dress up and bring a bag to come trick or treat with many businesses and organizations in our community. Parking is available in front of the Herman Prior/Library building and families can trick or treat in the library and over by the cinema and FRC.

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.