



January Newsletter

North Memorial School 2023

WEBSITE: WWW.PLPD.MB.CA/NMS

NMS Facebook page

Important Dates:

Thursday	Jan. 12 th	K-12 Student Led Evening 5 – 7:30pm
Friday	Jan. 13 th	K-12 Student Led – No Classes 10am -1pm
Friday	Jan. 20 th	Pre-School Party 11:15 - 12:45pm
Thursday	Jan. 26 th	Assembly @ 2:30pm
Wednesday	Feb. 8 th	Kindergarten Registration
Friday	Feb. 17 th	Div. PD- No Classes
Monday	Feb. 20 th	Louis Riel Day Schools Closed
Friday	Feb. 24 th	Assembly@ 2:30pm
Friday	Feb. 24 th	Pre-School Party 11:15 - 12:45pm

Reminders:

*Always Check Facebook or the new website for the latest information about our Division and our School.

* Please read information about our Parent Portal.

*Please send your student dressed for the weather. It can be unpredictable weather during the day, so please dress warm!

*If you are planning to attend the Pre-School Party at NMS, you can also email Mrs. Mekkes @ dayna.mekkes@plpsd.net



North Memorial School Parent Survey***

We are looking for parent input for planning upcoming programming at NMS. Please watch Facebook or your email for the survey. The survey can be filled out online or you can request a paper copy. Put your name on the survey and respond by January 16, 2023 and your name will be entered into a draw.

Parents are reminded to phone the school 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.

Don't be late...

Wednesday, February 8th is
Kindergarten Registration



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!

Attendance



December Attendance winner...

Jazzmyn French-Merrick

She regularly attends Ms. Clink's
Grade six class. Congratulations!



Sports Stars of the Week December Winners



Andy Anderson
Colenne Bandayrel
Isaiah Meeches



January 2023

Mon	Tue	Wed	Thu	Fri
2	***Preregister for programs by calling/texting Allison Lee at 204-870-1810***	4	5 First day back to school	6
9	10 Healthy Baby 1-3pm	11 Wellness Wednesday 1-3pm	12 Make and Take 1-3pm Student Led Conference 5-7:30pm	13 Student Led Conference 10am-1pm
16	17 Nutrition Bingo 1-3pm After school Jigging Gr. 1-3 3:30-4:30pm	18 Coffee, Chat and Craft 1-3pm My Tween and Me 3:30-4:30pm	19 Grandparents as caregivers 1-3pm Kids in the Kitchen Gr. 4-6 Group 1—3:30-4:30pm	20 Preschool Party 11:15am –12:45pm Call 204-857-4564 to register
23	24 Healthy Baby 1-3pm After school Jigging Gr. 1-3 3:30-4:30pm	25 Wellness Wednesday 1-3pm My Tween and Me 3:30-4:30pm	26 Make and Take 1-3pm Kids in the Kitchen Gr. 4-6 Group 1—3:30-4:30pm	27
30	31 After school Jigging Gr. 1-3 3:30-4:30 pm			

January 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 learn how to jig with Miss McLennan. Thursday will be Grade 4-6. This month students will take part in a cooking program. Sign your child up for either Group 1 or Group 2. 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.

My Tween and Me: This program provides parent/caregivers with the knowledge, tools and support they need during the child's transition into adolescence. It strengthens parent-child communication and supports caregivers in building a positive relationship with their tween. (Caregiver of children ages 7-12) This program will run from 3:30-4:30pm. Both parent/caregiver and child will participate.

Preschool Party: This program is for parents and their children who are ages 3-5 years old and not yet attending Kindergarten. Parents and children will participate in craft, story and song activities. This is a great way for parent and child to become familiarized with North Memorial School.

***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.**



Virtual Family Math Games Night

Portage La Prairie S.D.



Spend a virtual evening playing a variety of math games for Kindergarten to Grade 5! Each registered family will receive a packet of math games to play along with the presenter, as well as a filled MATH SHAKER and minideck of cards to use during the session. Bring your best energy! Prizes are awarded for participation!

Benefits for Kids:

A fun way to review and strengthen basic math skills at home!

Children who are secure in their math skills will grow in self-esteem and have greater success in school.

Benefits for Parents:

A motivating, simple and economical homework support that reinforces concepts taught in school.

Your presenter will provide you with strategies, tips and tricks to help your child with math fluency.

Games Reinforce:

- Counting
- Problem Solving
- Basic Facts: $+$, $-$, \times , \div
- Place Value

Wednesday, January 25th, 2023

WHEN:

Kinder-Grade 2: 5:00 - 5:50 PM Central Time

Grades 3-5: 6:00-6:50 PM Central Time

WHERE:

ZOOM WEBINAR - Meeting info will be forwarded to participants after registration

RSVP To:

patricia.lawrence@plpsd.net

By:

Jan 23rd, 2023

Box Cars and One-Eyed Jacks

p. 1-866-342-3386

p. 780-440-6284

f. 780-440-1619

info@boxcarsandoneeyedjacks.com



Manitoba Remote Learning Support Centre – After-School Programming – Winter Term

Dear Parents,

We are happy to share a further update on the **Manitoba Remote Learning Support Centre – After-School Programming – Winter Term**.

The MRLSC **will be accepting registrations** for the After-School Program, Winter Term, on Monday, January 9, 2023 starting at 9:00 AM. Please share the registration information below to schools within your division and share it with the local community.

MRLSC After-School Registration Form: Winter Term - <https://bit.ly/MRLSCWinter> (opens January 9, at 9:00 AM). This information will also be posted here: [Parents & Caregivers | Manitoba Remote Learning Support Centre \(mbremotelearning.ca\)](https://bit.ly/ParentsCaregivers)

Details about the Winter Term

- Registration period: January 9 – January 20, 2023
- Winter Term: January 30 to March 9, 2023
 - 4:30 PM – 5:15 PM and/or 5:30 PM – 6:15 PM on Monday/Wednesday.
 - 4:30 PM – 5:15 PM and/or 5:30 PM – 6:15 PM on Tuesday/Thursday.
 - An overview of the Winter Session can be viewed here: <https://bit.ly/Wintermap>

Future blocks are planned for

- Spring Session: March/April Registration
 - Registration period: March 20 – March 31
 - Spring Term: April 10 to May 18, 2023

Winter Term Program Details

Program A: Language Development - For more details go to: <https://bit.ly/WinterMRLSCLanguage>

- English Language Acquisition/Development
- French Language Acquisition/Development
- Speech and Language Development

Program B: Literacy/Numeracy Development - For more details go to: <https://bit.ly/WinterNumLit>

- Literacy: Writer's Workshop
- Numeracy: Math Playground

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Program C: Social Emotional Learning - For more details go to: <https://bit.ly/WinterMRLSCSEL>

- Interactive Storytelling through Minecraft
- Project 11
- Learn to Code
- Visual Art/Storybook Art

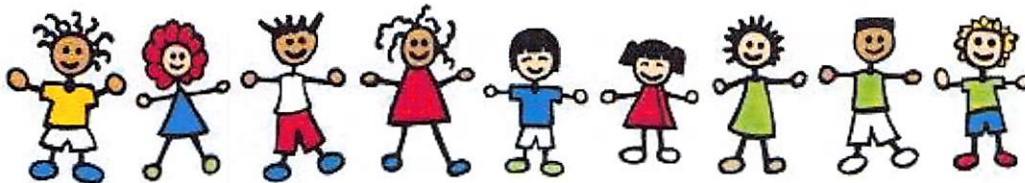
Caregiver Expectations

- When children are participating in remote learning, caregivers play a critical role in ensuring that their children are engaged in their learning by:
 - providing supervision & supporting learning
 - being present while their children are engaged in remote learning
 - supporting engagement in learning experiences
 - communicating concerns and/or questions with the teacher
 - supporting their children in adhering to online etiquette and policies. Read the MRLSC etiquette here: <https://bit.ly/MRLSCetiquette>

There is no cost to join any of these programs and it is open to any grade 1 to 8 student residing in Manitoba. If joining Minecraft, there is a cost associated with installing the Minecraft java program on a laptop/computer.

CAREGIVERS CAN PICK UP TO TWO SESSIONS FOR THEIR CHILD. IF MORE THAN TWO SESSIONS ARE CHOSEN, THEN TWO OF THE CHOICES WILL BE RANDOMLY SELECTED FOR THE CHILD.

Once a registration is received, the email address that is listed will receive an invitation for a virtual meeting within MS Teams to join the scheduled sessions. Caregivers will be contacted between January 23 and 27, 2023 with meeting links (MS Teams) and specific information about individual programming. To join, students will need access to their own device that is connected to the Internet. It is beneficial if the device has a camera to join meetings.



NUTRITION BITS AND BITES

(Kids in the Kitchen/Food exposure)



Just try it!

Imagine. You sit down at the table and in front of you is a food you've never seen before and you're told to 'just try it!' Only the most adventurous will engage in the unknown. Most of us need to become familiar with a new food before we put it in our mouth. What does it look like and smell like? Do other people enjoy it? Becoming familiar with food is an important first step in expanding variety.

Kids in the Kitchen

- Its estimated that 40% of Canadians that eat out regularly do so because of convenience, feel there is no time to cook, or do not know how to cook.
- Getting kids in the kitchen at an early age helps to develop the cooking skills that they need to feel confident in the kitchen.
- Having kids help in the kitchen also helps to increase the acceptability of food. The more a child sees, feels and touches the food, the easier it becomes to eat it.
- Even kids 2-3yrs old can have fun washing fruits and vegetables or smelling herbs and spices.
- As kids grow older, getting them to chop their own vegetables, measure out ingredients or make their own school lunches is a great way to keep them involved and interested in the kitchen.



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.

Green Eggs and Ham (Mini Quiches)

Ingredients:

1 tbsp vegetable oil
1 onion chopped
1 (10 oz) pkg of chopped frozen spinach, thawed
1 can mushrooms, chopped
1 cup diced ham
5 eggs, beaten
2 cups shredded cheese
Dash salt
1/8 tsp pepper

1. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and mushrooms. Continue cooking until excess moisture has evaporated.
2. In a large bowl, combine eggs, cheese, ham, salt and pepper. Add spinach mixture and stir to blend. Scoop into greased muffin pan.
3. Bake at 350°F (175°C) until eggs have set, about 30 minutes. Let cool for 10 minutes.

Substitute or replace any ingredients to give this recipe your own twist



scan the QR code
for more ideas on how to make
cooking a fun activity for the
whole family.

Get the kids involved! Kids can help:

- crack the eggs
- shred cheese
- rinse the canned mushrooms

**** 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.

Preschool Parties!

Join us as we read, play, and get ready for Kindergarten! For children ages 3-5.

École Crescentview School

January 16; February 9;
March 20; April 25

To register: 204-857-3475

12:30 - 1:30
pm &
2:00 - 3:00
pm

Fort la Reine School

January 23; February 16;
March 9; April 18;
May 25

To register: 204-857-7687 or
arielle.humphrey@plpsd.net

2:30 -
3:30 pm

La Verendrye School

January 26; February 23;
March 22; April 19; May 17

To register: 204-857-3478

2:30 -
3:30 pm

North Memorial School

January 20; February 24;
March 10 & 24; April 14 & 28;
May 12 & 26; June 9 & 23

To register: 204-857-4564 or
hema.harrysingh@plpsd.net

11:30 am
12:30 pm

Oakville School

January 19; February 24;
April 10; May 16; June 2

To register: 204-267-2733 or
alana.jack@plpsd.net

2:30 -
3:30 pm

Yellowquill School

January 20; February 27;
March 16; April 19; May 1

To register:
204-857-8714 or
alana.jack@plpsd.net

2:30 -
3:30 pm

Children must be
accompanied by
a parent / adult.

Family Resource Centre

January 12; February 13; March 4;
April 17; May 11

To register: frcportage.ca

Check
calendar
for times

Getting Ready for School!

In addition to Preschool Parties, the Family Resource Centre is offering a four-part series you can attend with your 3-5 year old child, as they prepare to enter Kindergarten. Each session will include learning activities, as well as information for parents and caregivers.

March - April

- **March 9 - Healthy Development**
- **March 23 - Social-Emotional Skills**
- **April 13 - Play**
- **April 27 - Literacy**

Contact us at info@frcportage.ca or 204-595-5005