



# North Memorial School



February 2023

Newsletter **I love to Read Month**



Staff Appreciation week  
February 6-10



NMS Phone: 204.857.4564  
WEBSITE: [WWW.PLPD.MB.CA/NMS](http://WWW.PLPD.MB.CA/NMS)

## I LOVE TO READ MONTH ACTIVITIES

Feb. 1 - I Love to Read Kick-off in Gym

@ 9:15 a.m.

Feb. 2 - D.E.A.R.

(Drop Everything and Read) 9:15 a.m.

Feb. 3- Teacher Story Swap (Story of teacher's choice) 9:15 - 9:30 a.m.

Feb. 6— Create a book sleeve of your favourite story/book

Feb. 9-D.E.A.R 9:15 A.M.

Feb. 10 -Smartboard Stories/popcorn

Feb. 13- Indigenous Author/Story Day

Feb.14- Valentine Book Mark Day.

Feb.16- D.E.A.R. 9:15 a.m.

Create a classroom story.

Feb. 22- Guest Readers

11:20-11:50am

Feb. 23- D.E.A.R 9:15.a.m.

Feb. 24- Write Your Own book/story Ending!

Feb. 28- Sock-Hop\*\*\*

9:30 - 10:00 (K-3)

2:15 - 3:15 (4-6)

**\*\*\*School wide reading challenge  
- 4,000 books = Sock-Hop in Gym**

Important Dates		
Feb 6-10		Kindergarten Registration Staff Appreciation Week
Feb 17	Friday	Divisional PD No Classes
Feb 20	Monday	Louis Reil Day—Schools closed
Feb 24	Friday	Assembly @ 2:30pm

Dear NMS Parent and Guardians,

Important Reminder!!

Please **Do Not Park** in the Bus drop off zone and **do not** enter or park in the Staff parking area. Thank you for your consideration.

Sincerely,

NMS Administration



## "Sports Star Award of the Week"

January Winners

Tyson Brown

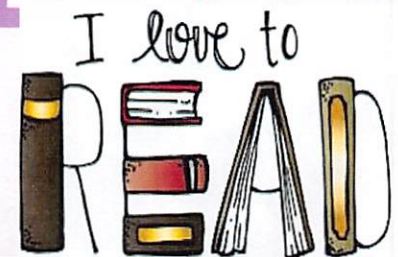
Hayden LaFrenie

Brooklyn Wilcox

Shaundre Meeches



OK, Show of hands...  
Who's tired of snow?



**Prairie Sounds Festival is back!**

April 17 - 20, 2023



If you wish to register your teen in Piano, Voice, Musical Theater or Speech (public speaking, poetry or prose readings) classes, registrations will be available

on [www.prairiesounds.ca](http://www.prairiesounds.ca) starting Monday, January 16.

The festival is a great chance for students to perform for an audience, receive constructive feedback on their performance, and win award money to help with their chosen art form.

**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**  
...every school day counts!



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 and

Our Website: [www.plpsd.mb.ca/NMS](http://www.plpsd.mb.ca/NMS)

EVERYBODY should believe in something I believe I'll read another chapter.



www.belcastroagency.com



**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.

I love to



P  
R  
I  
Z  
E  
S



Tyson Brown  
(Kindergarten)

Won the Individual  
Attendance prize  
this month.

Tyson has perfect  
attendance!

Way to go!!



### Clubs Happening At North Memorial School Right Now!

**\*After School Volleyball Club** with Ms. Goyak and Ms. Clink.

When: Mondays after school 3:45–4:30pm

5 Sessions Feb 6, 13, Mar. 13, Apr. 3 & 10

Must have signed permission form, limited space contact the school 204-857-4564

**\*Dungeons & Dragons Club** with Ms. McLennan

For Grades 5 & 6

At Lunchtime > 1:00 –2:00pm every Monday

Starting Feb 13 ending May 29th

Must have signed permission form

Don't forget to bring your Lunch!

Phone 204-857-4564 for more info :)

# February 2023

Mon

Tue

Wed

Thu

Fri

\*\*\*Preregister for programs  
by calling/texting Allison Lee  
at 204-870-1810\*\*\*

1 Nutrition Bingo 1-3pm  
My Tween and Me 3:30-4:30pm

2 Kids in the Kitchen Gr. 4-6  
Group 1—3:30-4:30pm

3

6 Kindergarten  
Registration  
week

7 Healthy Baby 1-3pm  
After School Jigging Gr. 1-3  
3:30-4:30pm

8 Wellness Wednesday 1-3pm  
My Tween and Me  
3:30-4:30pm

9 Make and Take 1-3pm  
Kids in the Kitchen Gr. 4-6  
Group 2—3:30-4:30pm

10

13

14 After School Jigging Gr. 1-3  
3:30-4:30pm

15 Coffee, Chat and Craft  
1-3pm  
My Tween and Me 3:30-4:30pm  
3:30-4:30pm

16 Grandparents as  
Caregivers 1-3pm  
Kids in the Kitchen Gr. 4-6  
Group 2—3:30-4:30pm

17 Divisional  
PD  
No Classes

20 Louis Riel  
Day  
Schools Closed

21 Healthy Baby 1-3pm  
After School Jigging Gr. 1-3  
3:30-4:30pm

22 Wellness Wednesday 1-3pm  
My Tween and Me  
3:30-4:30pm

23 BSSIP Gathering  
No Programs

24 Preschool  
Party  
11:30-12:30pm

27

28 Make and Take 1-3pm

Call 204-857-  
4564 to regis-  
ter for Pre-  
school Party

## February 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 one of the two programs 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. Please bring a container to put your meal in as well as a bag to carry it home in.

**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.**

# NUTRITION BITS AND BITES

## Intuitive Eating



Children are born knowing when they are full and when they are hungry.

Intuitive eaters respond to their hunger cues and have healthy relationships with food and eating.

Kids raised to be intuitive eaters typically have: better coping skills, higher self-esteem, better response to hunger and fullness cues, better self-image, more pleasure from eating, and better physical health.



### Intuitive Eaters

Here are strategies to raise intuitive eaters:

- Set up your house to encourage healthy eating by having whole foods easily available, such as fruits, vegetables, nuts, beans, lean animal products, whole grain rice, pasta, breads, and crackers.
- Provide balanced meals and snacks at set times. Try to eat as a family and make meal time about sharing and getting to know one another.
- Use positive language in regards to eating and bodies. Avoid commenting on children's bodies, your own body, or someone else's. Avoid negative or diet talk, such as, "I shouldn't eat this, otherwise I will be ..."
- Be aware that your praise or discipline shapes behaviour. For example, praise for eating large portions may lead to pushing through fullness cues and overeating later in life.
- With multiple avenues of advertising, our children are consistently exposed to harmful body image messages. Monitor what your kids are viewing and discuss the messages they see and hear.
- Keep the whole family active. Staying active improves mental and physical health.

## Delicious Zucchini Muffins

### Ingredients

Extra virgin olive oil **1/3 cup (80 mL)**

Honey **1/2 cup (125 mL)**

Eggs **2 large**

Buttermilk **2/3 cup (160 mL)**

Vanilla **2 teaspoons (10 mL)**

Whole wheat flour **1 ¾ cup (450 mL)**

Cinnamon **1 teaspoon (5 mL)**

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

Baking soda **1/2 teaspoon (2.5 mL)**

Salt **1/2 teaspoon (2.5 mL)**

Nutmeg **¼ teaspoon (1.25 mL)**

Walnuts or pecans **¾ cup (190 mL)\*\***

Zucchini, grated **1 ½ cups (375 mL)**

**Note:** To make buttermilk, add 2 teaspoons lemon juice or vinegar to milk, let stand 5 minutes.

### Directions

1. Preheat oven to 400°F (204°C). Prepare muffin tins with spray or muffin cups.
2. With an electric mixer or a wooden spoon, cream together oil and honey. Add the eggs and beat well. Add buttermilk and vanilla to the sugar mixture and combine until smooth.
3. In a medium bowl mix together all dry ingredients: whole wheat flour, cinnamon, baking powder, baking soda, nutmeg, and salt. Divide the dry flour mixture into 3 portions and stir each portion into the wet ingredient mixture until combined. Stir to combine.
4. Combine the wet with the dry ingredients. Squeeze the excess liquid from the zucchini and add to bowl. Fold in nuts.
5. Bake for 16-19 minutes, or until golden on top. Transfer to a cooling rack and enjoy.

Having children help with recipes can help them be more adventurous with foods, teach them well-needed skills in the kitchen, and help them learn reading and math in a fun and interesting way!

Little Chefs can help by:

Measuring dry ingredients

Stirring ingredients

Scooping dough into muffin cups

Choosing add-ins

Zucchini is easy to grow! Just plant a few seeds in a sunny place, water, and watch this beautiful summer squash grow. Zucchini is typically ready to be picked in the late fall season.

**\*\* Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.**

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.



February 2023

# FAST FACTS

National Crime Prevention and Indigenous Policing Services



\*To register or access more information, please click on the [blue and underlined](#) sections throughout this document.\*

## National Youth Services – What’s Happening?

2022-2023 RCMPTalks registration is OPEN!

RCMP employees or school educators can identify interested schools/classrooms by contacting [us](#). The schedule is as follows:

- February 15, 2023 - Gang Awareness with Surrey Gang Enforcement Task Force (SGET)
- **NEW:** March 15, 2023 – Panelist Discussion for Parents on various youth mental health, wellness and safety topics!

## In Focus: First Ever RCMPTalks Panelist Discussion for Parents!

- **WHO:** The RCMP will be hosting its first-ever virtual RCMPTalks session for parents and guardians of children and youth across Canada.
- **WHAT:** It will feature panelist expert speakers from the Centre for Addiction and Mental Health, the Canadian Centre on Substance Use and Addiction, Bullying Canada, and the Canadian Centre for Child Protection.
- **WHY:** The goal of this session is to give

parents and guardians guidance on how they can help youth with regard to mental health, substance use, cyberbullying, and sextortion.

- **WHEN:** It will be held on March 15<sup>th</sup> from 7PM to 8:30PMEST. Please check the timing for your time zone.
- **WHERE:** The event will be held virtually on MS Teams and will conclude with a question and answer period on Sli.do.
- **TO REGISTER:** Parents, guardians, educators, and organizations can email [RCMP.Youth-Jeunesse.GRC@rcmp-grc.gc.ca](mailto:RCMP.Youth-Jeunesse.GRC@rcmp-grc.gc.ca)

## In Focus: Virtual Youth Officer Training

National Youth Services is pleased to be hosting a *virtual* Youth Officer Training (YOT) course for the week of **February 27 – March 3, 2023 – 10:00 to 17:00 hrs EST**. The YOT is HRMIS credited and brings subject matter experts from a variety of criminal justice-related fields to present on topics relevant to youth crime and victimization in Canada.

### Required Information for Registration

To register, we require the following information:

\* Name, email, phone number, job title, rank/level, HRMIS number, mailing address

The YOT is free of cost. We request participants express their interest no later than **February 13, 2023** to [CYCP\\_CPCJ@rcmp-grc.gc.ca](mailto:CYCP_CPCJ@rcmp-grc.gc.ca). The course is available in English only. Space is limited to 30 participants.



Royal Canadian Mounted Police



@rcmpgrcpolice



Royal Canadian Mounted Police



@rcmpgrcpolice







## Special Dates

\*Please note that these dates are not exhaustive and do not encompass all of the upcoming dates that merit recognition. \*

- February - [Black History Month](#)
- February 2 - [Groundhog Day](#)
- February 4 - [World Cancer Day](#)
- February 6 - [International Day of Zero Tolerance to Female Genital Mutilation](#)
- February 13 – 17 - [Sexual and Reproductive Health Awareness Week](#)
- February 14 - [Valentine's Day](#)
- February 15 - [International Childhood Cancer Day](#)
- February 22 – [Human Trafficking Awareness Day & Pink Shirt Day](#)
- February 28 - [Rare Disease Day](#)

## Recent Research: MediaSmarts

- [MediaSmarts](#) used two surveys to gather information from 1,058 Canadian youth from grades 4 to 11 regarding their phone usage.
- They found that 86% of youth ages 9 to 11 were using social media apps that required users to be at least 13 years old.
- The top 5 social media apps were:
  1. YouTube (50% of youth)
  2. TikTok (42% of youth)
  3. Instagram (38% of youth)
  4. Facebook (37% of youth)
  5. Snapchat (28% of youth)
- 77% of youth surveyed have their own smartphone.
- 62% have spoken online to someone they have never met in-person.
- 9 out of 10 youth reported that their parents trust them to make good decisions, while 54% of parents have rules regarding when and

where they are not allowed to use their smartphones.

## Educational Resources

- [The White Hatter](#), based out of Victoria, BC, released a [video for parents, caregivers, and educators on the topic of sextortion](#). They discuss the importance of youth of all genders and sexualities to be informed of the pretexts, tactics, and strategies used by online predators, as well as to include support systems in these discussions. In their video, they discuss what teen sextortion is, examples of it, and what can be done if they are targeted.

## Support Services

- [Kids Help Phone](#) – 1-800-668-6868 or Text - 686868
  - [Indigenous Help Line](#) Call or Text – 1-855-554-4325
- [Black Youth Helpline](#) – 1-833-294-8650
- [Hope for Wellness Helpline](#)– 1-855-242-3310 or use their chat function
- [Indian Residential Schools Resolution Health Support Program](#) – 1-866-925-4419
- [Trans Life Line](#) – 1-877-330-6366
- [Sexual Abuse Crisis Text Line](#) – Text HOME to 741741
- [Canadian Human Trafficking Hotline](#) - 1-833-900-1010



Royal Canadian Mounted Police



@rcmpgrcpolice



Royal Canadian Mounted Police



@rcmpgrcpolice



# FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday									
			1	2	3	4									
			High School Exam Week												
			Day 2	Day 3	Day 4										
5	6 Second Semester begins at high school Day 5	7 Day 6	8 Kindergarten Registration Day 1	9 Day 2	10 Day 3	11									
12	13 Day 4	14 Day 5	15 Day 6	16 Day 1	17 Divisional PD NO CLASSES	18									
19	20 Louis Riel Day SCHOOLS CLOSED	21 Day 2	22 Day 3	23 Day 4	24 Day 5	25									
26	27 Day 6	28 Day 1													
		January 2023		March 2023											
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# MARCH 2023

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# Black History Month

Every February, people across North America participate in Black History Month events and festivities that honor the legacy of Black people in North America and their communities. The 2023 theme for Black History Month is: “Ours to tell”.

Here are some very influential people who have helped make the world a better place!

