

NORTH MEMORIAL SCHOOL



March Newsletter

GRIZZLY BEARS ARE RESPECTFUL, RESPONSIBLE, AND SAFE

NMS Phone: 204.857.4564

Website: www.plpsd.mb.ca/NMS

Parent Portal

Please visit our website to learn how to sign up for the Parent Portal or come visit the school to use the Office laptop to log in to view your students Portal account.

PLPSD SORA eLibrary students

We belong to a consortium of Manitoba school divisions that share access to this eLibrary. Students may sign out up to eight books. You can read the books in your web browser. There are both digital books and audiobooks in the eLibrary. If you prefer to install and read in the Overdrive App, search for Manitoba Small Public Division Consortium, choose Portage la Prairie Division from the list of schools and divisions under the Consortium title, and then log in using your computer username and password.



Babysitter Course 2023

St. John Ambulance Babysitter First Aid Course here in Portage during spring break!!!! Our course is a 4-6 hour 1 day course for ages 11-15, cost is \$75.00 per student. If you happen to have any questions or concerns please feel free to contact us directly!!!

Meek Medics 204-720-2438

Meekmedics@gmail.com www.meekmedics.ca

Important Dates

March

Mar 6	Monday	K-12 Admin Day– No Classes
Mar 7	Monday	Hot Breakfast Pre-school Party 11:30am-12:45pm
Mar 10	Friday	Please register with the school 204-857-4564
Mar 20-24	Spirit Week	See below for all the fun! Hot Breakfast
Mar 23	Thursday	Reports emailed home Gymblast
Mar 24	Friday	Pre-School Party 11:30am-12:45pm
Mar 27-31	Monday-Friday	Spring Break– Schools Closed
April 7	Friday	Good Friday– Schools Closed
April 20	Thursday Evening	Student Led Conferences >5:00 -7:30pm
April 21	Friday	Student Led Conferences >10:00am - 1:00pm
April 24	Monday	K– 12 PD Day– No Classes



Spirit Week

March 20-24



Monday, March 20 - 'HAT DAY'

Tuesday, March 21 - 'BACKWARDS DAY'

Thursday, March 23 - 'PJAMA DAY'

Wednesday, March 22 - 'WEAR WORDS DAY'

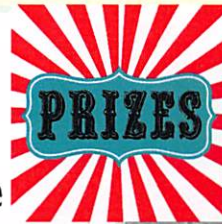
Friday, March 24 - 'TEAM SPIRIT DAY' (Wear your favorite sports team's logo/clothing)





All students' absenteeism must be covered by an explanation from the parent or guardian. Phone calls to the office are also acceptable in place of a note.

Grizzly Growl Tickets



At NMS we are so proud of our students' positive citizenship and have been catching kiddos doing fantastic things such as; being **respectful, responsible, and safe. Friendly, kind and HELPFUL.** Students have many opportunities to be caught by staff and will enter their tickets into a weekly Office draw x2 for a prize. All of the weekly tickets from the classrooms will then be transferred into a draw made at our monthly assembly. We love to celebrate our Grrreat kids!!



Please Don't Park in The Bus Zone you could risk a Parking Violation



Please ensure your child is dressed for the cold weather when it happens. Boots, warm jacket, touques and mittens are advisable still on these unpredictable pre-spring like days.

Remind your children to check the Lost & Found in the Office for missing clothes, mittens, shoes, lunch kits...



Sports Star of the Month
February

- Jaydes Catcheway**
- Blake Daniels**
- Kingston Daniels-Woods**
- Zariah Blackbird**



March 2023

Mon	Tue	Wed	Thu	Fri
		1 Nutrition Bingo 1-3pm My Tween and Me 3:30-4:30pm	2 Kids in the Kitchen Gr. 4-6 Gr. 2—3:30-4:30pm	3
6 No Classes K-12 Admin. day	7 Healthy Baby 1-3:00pm After school Art Club 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 After school Art Club Gr. 4-6 3:30-4:30pm	10 Pre-School Party 11:30- 12:30pm
13 Volleyball Club	14 Coffee, Chat and Craft 1-3pm After school Art Club Gr. 1-3 3:30-4:30pm	15 CPR/First Aid Course 9am-4pm	16 Make and Take 1-3pm After school Art Club Gr. 4-6 3:30-4:30	17
20	21 Healthy Baby 1-3pm After school Art Club Gr. 1-3 3:30-4:30pm	22 Wellness Wednesday 1-3:30pm	23 Grandparents as Caregivers 1-3pm After school Art Club Gr. 4-6 3:30-4:30pm	24 Pre-school Party 11:30- 12:30pm
27	28 Spring Break	29 See you April 3rd!	30	31

March 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. Thursday will be Grade 4-6. This month students will take part in Art Club. 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

Unlock the Potential of Food: Find a Dietitian



Dietitians are here to help you and your family!

Dietitians are the experts in nutrition. They LOVE to talk about food and enjoy helping others find joy in eating and the connections between nutrition and health.

Dietitians see clients of all ages and stages of life. They can support families with children who may be experiencing selective eating, growth concerns, or nutritional deficiencies.

Dietitians are located all around the Southern Health-Santé Sud region and can be seen in person or virtually over the phone or video conference.

Contact your primary care provider or community health services unit to inquire about making an appointment with a dietitian.

Is there a difference between a Registered Dietitian and Nutritionist?

YES! Dietitians are regulated health professionals with a university degree in nutritional sciences. They also have to meet regulatory standards to maintain their credentials yearly.

In the province of Manitoba anyone, regardless of schooling or education, can call themselves a nutritionist.

To ensure the nutritional information you are seeking is accurate and safe, stick to a Registered Dietitian (RD)

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.

Yogurt Bark

- frozen mango cubes, thawed -3/4 cup (175 mL)
- water- 3 tbsp (45 mL)
- vanilla Greek yogurt- 1 1/2 cups (375 mL)
- 6 - 8 large strawberries, diced ~6-8
- 1 handful of pumpkin seeds
- 1 handful of unsweetened coconut strips



Directions:

1. Mix together the mango cubes and water. With an immersion blender, purée until smooth and evenly combined.
2. Line a baking sheet with parchment paper.
3. Spread the yogurt in a layer approximately one centimetre thick.
4. Pour the fruit purée over the yogurt. With the tip of a knife, marble the mixture using circular motions.
5. Sprinkle with toppings: strawberries, pumpkin seeds and coconut strips.
6. Place in freezer until the yogurt is completely frozen, about two hours.
7. Break the bark into pieces and enjoy! The bark can be stored in the freezer.

Recipe source: Dairy Farmers of Canada

Get the kids involved! Kids can help by:

- Spreading the yogurt
- Sprinkling the toppings
- Suggesting new and interesting fruit/nut/ seed combinations



scan the QR code
for more information on Nutrition
Month including more recipes!

**** 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.

APRIL 2023

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