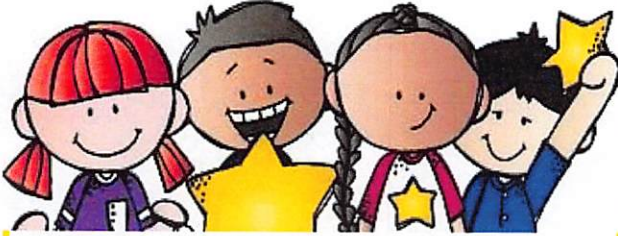


North Memorial School April Newsletter

April 2023



attendance **MATTERS** every student • every day



March attendance classroom winner enjoyed treats from NMS for having the best attendance of the month! Way to go Ms. Bueckert's grade 1 class! Monthly attendance draw winner...
Lorelia Pommer

"Sports Star Award of the Week" for the Month

Leeym Mather— Grade 1
Azhlee Bandayrel—Grade 1
Nolan Nepinak—Grade 2



Hot breakfast will take place on April 4th and April 20th. We would really like to thank our volunteers and sponsors from McCains



Important Dates

April

Monday 3rd First day back after spring break

Welcome to Term 3

Thursday 6th Gr's 4, 5, & 6 go to OVS for MTYP Frozen River (Play) bus leaves @ 1:20 sharp

Friday 7th Good Friday—Schools Closed

Friday 14th Preschool party 11:30- 12:30pm phone the school to register 204.857.4564

Friday 14th Swimming Gr 4, 5, & 6 morning classes

Thursday 20th Student Led Conference Evening
5:00—7:30 pm

Friday 21st Student Led Conferences
10:00—1:00pm No Classes

Monday 24th K-12 PD Day—No Classes

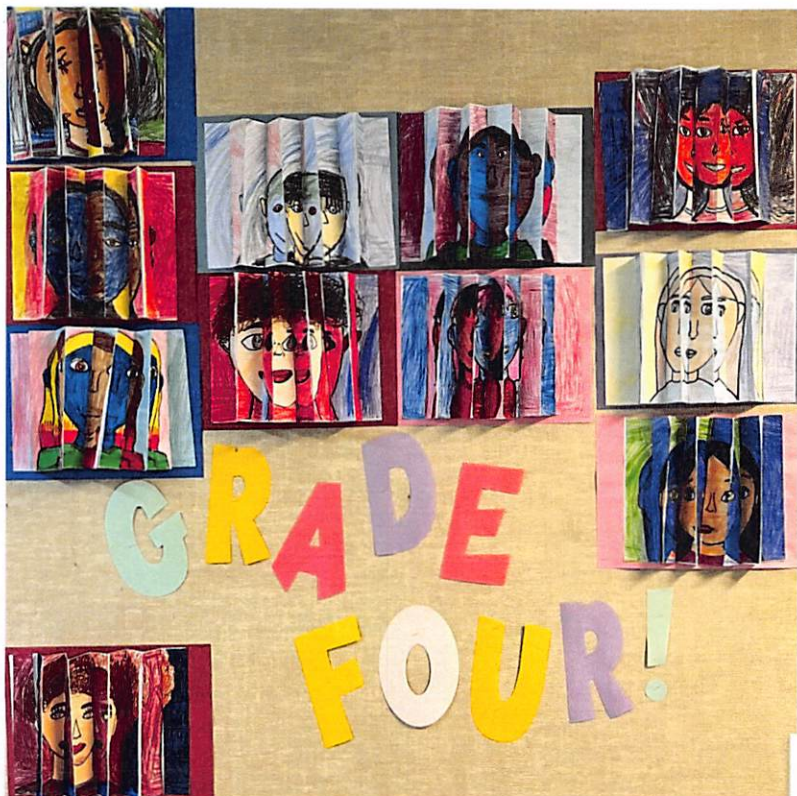
Thursday 23rd Assembly >Humility @ 9:30am

Friday 28th Preschool party 11:30- 12:30pm phone the school to register 204.857.4564

Friday 28th Swimming Gr 4, 5, & 6 morning classes

NMS had a little visitor just before the Break... Shelby Gabriel brought in her pet Rio the Parrotlet. Parrotlets are a group of the smallest New World parrot species. Rio is able to say some words, and has a contagious giggle!

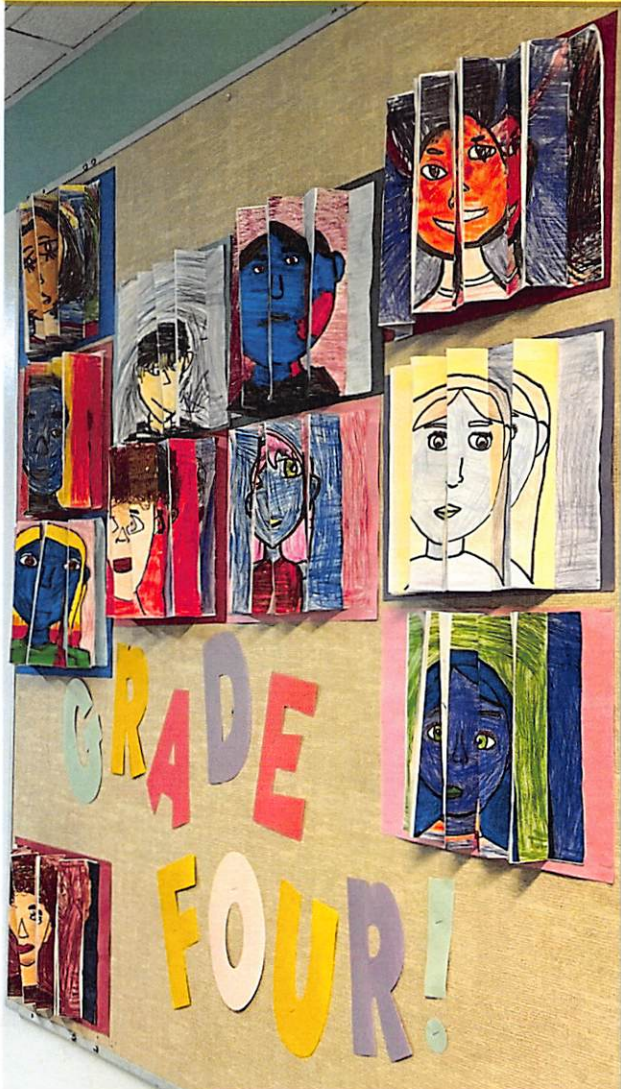




Ms. Allan's Gr. 4 Class

The grade 4 class spent time experimenting with line, texture, and color by making illusion self portraits. This particular project required quite a bit of attention to detail, and the grade 4 students took this challenge head on and came out successful!

Great job grade 4!



NUTRITION BITS AND BITES

Food Language



Why does food language matter?

There's no denying that some foods provide more nutrition than others, but when we demonize less nutritious foods or label foods as "bad", "unhealthy" or "junk", it can negatively impact our child's relationship with food. This can lead to feelings of guilt or shame for eating, or even wanting, those foods. Kids may also internally label themselves as "good" or "bad" based on their food choices. Moving away from these labels allows kids to feel confident in their food choices and learn to enjoy a variety of foods on their own.

The way we talk to our kids about food and nutrition can have a lasting impact on their health. Kids may not know what "good for you" or "healthy" means. Finding ways to talk about food and nutrition to kids in a way they understand, can create positive associations with those foods without attaching moral value to it.

Instead of...	Try...
"Carrots are good for you."	"Orange foods have vitamin A in them. Vitamin A keeps our eyes working well so we can see in the dark."
"Blueberries are healthy."	"Purple and blue foods have antioxidants in them that keep our brain strong."
"Eat your greens."	"Green foods have prebiotics in them that feed the helpful bugs in our gut. The bugs keep us from getting sick."
"Cookies are bad for you."	"Some foods do a few things in our bodies and some foods do a lot of things in our bodies. Cookies are fun to make and taste yummy."
"Chips are unhealthy."	"Some foods give us quick energy and other foods give us long-lasting energy. Chips don't give us long-lasting energy, but they are fun to eat."

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.

Oatmeal Raisin Cookies

Prep time: 15 minutes

Cooking time: 45 minutes

Makes 4 dozen cookies

Recipe source: Cookspiration.com

Ingredients:

- 1 cup all purpose flour
- 1 ½ tsp baking powder
- 1 ½ tsp ground cinnamon
- ½ tsp baking soda
- ½ cup butter, softened
- 1/3 cup packed light brown sugar
- 1 large egg
- 2 tbsp fancy molasses
- 1 1/3 cup unsweetened apple sauce
- 1 ¾ cup large flake or quick-cooking oats
- 1 cup raisins
- ¾ cup toasted sliced almonds (optional)
- 1 ½ tsp vanilla



Directions:

1. In bowl, whisk together flour, baking powder, cinnamon, baking soda; set aside.
2. In a large bowl, beat butter and sugar until fluffy.
3. Beat egg and molasses until combined.
4. Alternate adding the flour mixture and applesauce into the butter mixture.
5. Stir in oats, raisins, almonds, if using and vanilla.
6. Line a baking sheet with parchment paper. Drop batter by tablespoons (15 mL) onto baking sheet.
7. Bake in 375 F oven for 12 to 15 minutes until golden brown.

Get the kids involved! Kids can help by:

- Measuring ingredients
- Stirring dry ingredients
- Beating egg and molasses
- Dropping batter onto baking sheet

Scan the QR code for more kid friendly award-winning 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.



Dear Parents / Guardians,

The Earth Rangers and Call2Recycle Battery Blitz School Mission has launched in your child's school. In honour of Earth Month, this competition encourages students to take an active role in protecting the environment, by recycling used batteries.

From April 3rd to April 28th, 2023, students are requested to bring single-use and rechargeable dry-cell batteries (under 5 kg) into school. For safety, please place batteries in a clear plastic bag or cover battery terminals with tape.

15 schools from across Manitoba will compete to collect as many used batteries as they can. Three amazing Cash Grand prizes are available for the schools that bring in the most batteries by weight. 1st place- \$3,000, 2nd place- \$2,000 and 3rd place- \$1,000. Plus, any school that exceeds 750 kg will receive a bonus \$150 Visa gift card for a pizza party!

For more details about eligible batteries, winning strategies and safety tips, please visit:

<http://www.earthrangers.com/batteryblitzschoolcontest>

Since 1997, Call2Recycle has diverted almost 40 million kilograms of batteries from Canadian landfills. To find the nearest Call2Recycle drop-off location, please visit

www.RecycleYourBatteries.ca

Generously supported by:
call2recycle[®]

*No purchase necessary. In order to receive this prize, there must be a battery submission on record. The "Battery Blitz School Mission Contest" (the "Contest") closes on Monday, April 28, 2023 at 5:00pm CST. Open only to elementary schools in Manitoba that have been registered for the Contest. For more information and full rules and regulations, visit <https://www.earthrangers.com/batteryblitzschoolcontest/>

Help Keep Batteries Out of Landfills!

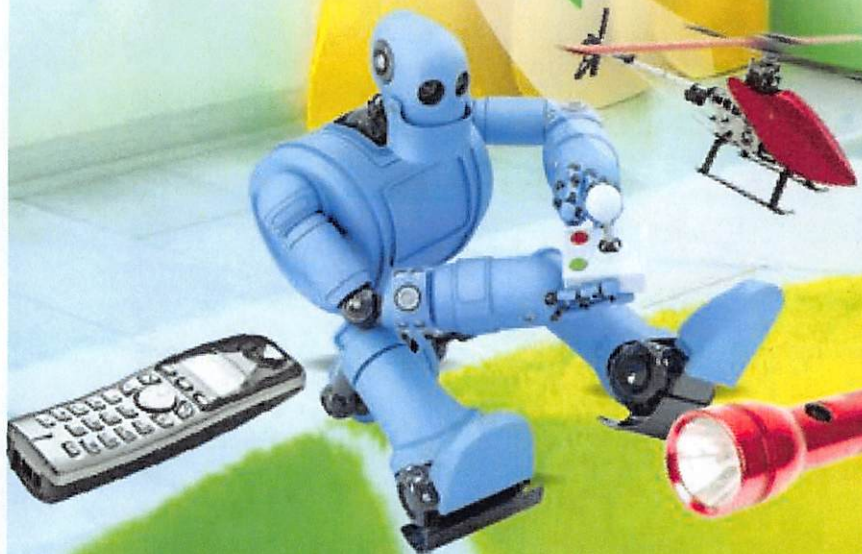
When batteries are thrown in the trash, they end up in landfills where they can potentially release harmful materials into the environment. You can do your part to protect the environment by participating in the Battery Blitz School Mission!

Your Mission is to recycle as many used batteries as you can by bringing them into your school and disposing of them in the Call2Recycle collection box.

Last year Call2Recycle collected and recycled over 4 million kg of batteries. That's more than the weight of 667 African elephants!

**The school that recycles
the most batteries
(by weight)**

Will win* \$3,000!





Bring in your used batteries and help protect the animals you love!

Did you know when you recycle your used batteries in the Call2Recycle Collection Boxes at your school you are helping protect animals? Batteries that go out with the trash end up in landfills, adding to solid waste that can be harmful to the environment.

Help your school win one of the following prizes:

1st: \$3,000 **2nd: \$2,000** **3rd: \$1,000**

Generously supported by:

call2recycle®

*No purchase necessary. In order to receive this prize, there must be a battery submission on record. The "Battery Blitz School Mission Contest" (the "Contest") closes on Monday, April 28, 2023 at 5:00pm CST. Open only to elementary schools in Manitoba that have been registered for the Contest. For more information and full rules and regulations, visit <https://www.earthrangers.com/batteryblitzschoolcontest/>

APRIL 2023

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Academic Calendar by Vertex42.com
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<http://www.vertex42.com/calendars/academic-calendar.html>

Grades	Dates	Time for lessons in the pool
Grades 4, 5 & 6 go on the same days	April 14, 28, May 5, 12, June 1, & 8	
4A	(dates above)	9:30 - 10:00am
5G	(same as above)	10:00 - 10:30am
6C	(same as above)	10:30 - 11:00am

March 2023

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*Swim Times for Grades 4-6



MAY 2023

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Swim dates and times:

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Grades 1, 2, & 3 go on same days	May 19, 26, June 2, 9, 16, & 23	
1B	(dates above)	9:30 - 10:00am
2H	(same as above)	10:00 - 10:30am
3M	(same as above)	10:30 - 11:00am



April 2023

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June 2023

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