

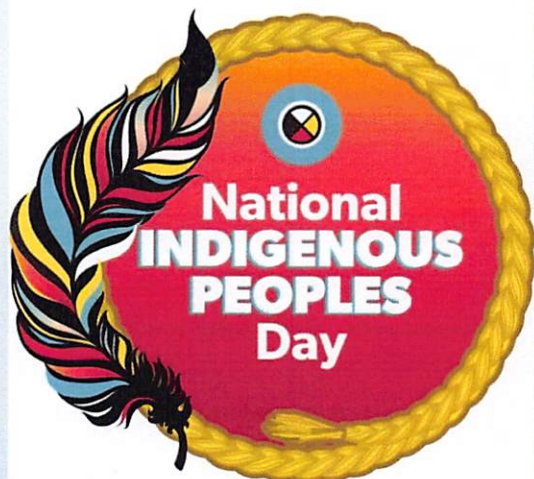
NMS Newsletter June Edition



WEBSITE: WWW.PLPD.MB.CA/NMS

NMS Facebook page

Important Dates



National Indigenous Peoples Day takes place on the summer solstice, June 21. It's a special occasion to learn more about the rich and diverse cultures, voices, experiences and histories of First Nations, Inuit and Métis peoples.

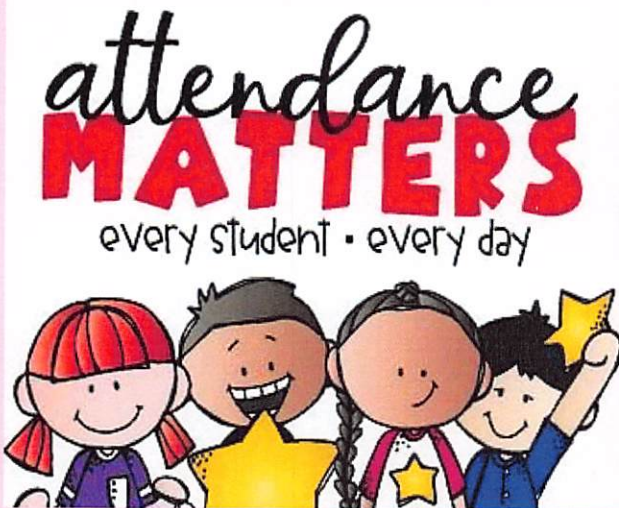
Learning about Indigenous Peoples, places and experiences is a step forward each Canadian can take on the path to reconciliation.

Elections @ NMS

There will be a
polling station
at our school on
Monday June 19th, 2023

June 1 Thurs.	Swimming 4-6 9:00—11:30am	
June 2 Friday	Kindergarten Picnic 9am –12 noon Swimming 1-3 9:00—11:30am	
June 7 Wed	Cities Track Meet	
June 8 Thurs.	Swimming 4-6 9:00—11:30am	
June 9 Friday	Swimming 1-3 9:00—11:30am Pre-school Party @ 11:30—12:30 pm Last party of the year!! Gr. 6 Field Trip to Island Park 11:00-3pm	
June 15 Thurs	Hot Breakfast	
June 16 Friday	Swimming 1-3 9:00—11:30am Rain date for Gr. 6 Field Trip to IP	
June 20 Tue	Earth Rangers show	
June 21 Wed	Indigenous Day MB National Indigenous Peoples Day	
June 23 Friday	NMS Feast Swimming 1-3 9:00—11:30am	
June 28 Wed	Indigenous Games Report Cards emailed home	
June 29 Thurs	Rain Date for Indigenous Games	
June 30 Friday	Last Day for Students (AM) Admin (PM)-No Classes in the afternoon	
Sept. 7 Wed	School Meet & Greet (PM)	
Sept. 8 Thurs	First Day Fall Term for Students	

Back Page Story Headline



May attendance classroom

winners enjoyed their treats from NMS for having the best attendance of the month!

Way to go!!!

MRS. HOBSON'S GRADE 2 CLASS!

Monthly attendance draw winner...

"Sports Star Award of the Week" for the Month



Holden Beaulieu

Saul Mousseau

Isaac Traverse

Sienna McConnell

The winner of the Scooter is....

Delilah Kennedy



Grade 1

She has perfect Attendance for the Month of May. Way to go Delilah!





The Tower Garden

Reminders...

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

WWW.PLPSD.MB.CA/NMS

* Please read information about our Parent Portal.

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

[Last Party is June 9th](#)

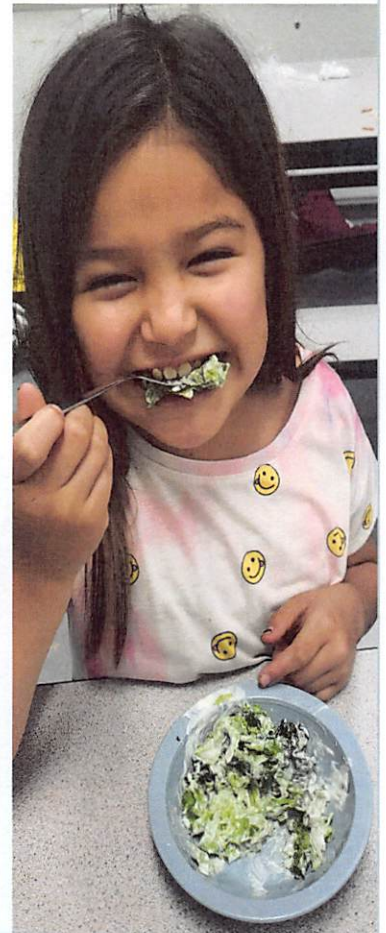


What's Happening In NMS...

Ms. McLennan Science Grade 3

The Gr 3s have been studying the growth and changes in plants. We have been growing leafy greens and herbs in our Tower Garden and got to harvest them for a salad party! We all got to enjoy lettuce, kale, basil, dill, rosemary and a few other herbs and veggies in our salads.

Zariah Gr.3
Enjoying her
yummy
leafy
Salad!
yum yum!!



June 2023

Mon

Tue

Wed

Thu

Fri

			1 Nutrition Bingo 1-3pm After school Pow wow Gr. 4-6 3:30-4:30pm	2
5	6 Healthy Baby 1-3pm After school Book Club Gr. 1-3 3:30-4:30pm	7 Wellness Wednesday 1-3pm	8 Make and Take 1-3pm After school Pow wow Gr. 4-6 3:30-4:30pm	9 Preschool Party 11:30am-12:30pm
12	13 After school Book Club Gr. 1-3 3:30-4:30pm	14 Parent Sewing 1-3pm	15 Grandparents as Caregivers 1-3pm After school Pow wow Gr. 4-6 3:30-4:30pm	16
19	20 Make and Take 1-3pm After school Book Club Gr. 1-3 3:30-4:30pm	21 Wellness Wednesday 1-3pm	22 After school Pow wow Gr. 4-6 3:30-4:30pm	23 Indigenous Feast 11:00am
26	27	28 Make up Sewing Class (if needed) 1-3pm	29	30 Last day of School

June Programs

After School Club: After School programming will run on Tuesdays and Thursdays from 3:30-4:30pm. Tuesday will be Grade 1-3. Thursday will be Grade 4-6. Beginning Tuesday May 23, Gr. 1-3 will take part in Book Club. On Thursday May 25, Gr. 4-6 will start Pow wow Club. A snack will be provided. **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.

Parent Sewing Class: Join us with instructor Thelma and learn how to make a Ribbon skirt. Material and ribbons will be provided. Program will run for approximately 6 sessions 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? Are you feeling disconnected? Join this group and connect with others as well as gain some insight on tools and activities to promote your wellbeing. 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.

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

Summer Food Safety



The Temperature 'Danger Zone'

Have you ever heard of this term? Harmful bacteria grow best in what is called the temperature danger zone, which is 4°C to 60°C. It is important to keep foods chilled below 4°C before cooking, and after cooking keep the hot food above 60°C. Do not let food sit in the danger zone for more than one hour on hot summer days.

Keep your family safe during the hot summer months

If your family enjoys beach days, camping, picnics, and going to the cabin, these tips may help you reduce your risk of food poisoning!

- People are at higher food poisoning risk during summer because the warm, moist conditions are favourable for bacterial growth.
- Foods high in protein, low in acid, and/or high in moisture content can spoil easily. Examples include meat, seafood, and dairy products.
- Most opened sauces, dips, and spreads need to be stored in a cooler (refer to product packaging).
- Keeping perishable foods in coolers filled with ice helps the food stay out of the danger zone. Freezing foods like raw meat can help keep the cooler at a safe temperature.
- Putting raw meats at the bottom of the cooler in sealed containers will help prevent the transfer of harmful bacteria onto other foods in your cooler.
- Keep coolers in the shade and limit the amount of time the cooler is open.
- It is important to wash your hands with soap and warm water before and after handling food. If you do not have access to soap and water while you are out and about with your family, be sure to bring hand sanitizer along that has an alcohol content of at least 60%.

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.

Campfire Mexican Street Corn

This fun and flavourful dish is a great side dish to any campfire meal!



Ingredients:

- 3 tablespoons vegetable oil
- 6 ears of corn, kernels removed
- ¼ cup of mayonnaise
- ½ cup fresh cilantro, finely chopped
- ½ cup scallion greens, finely sliced
- ¾ cup feta cheese, crumbled
- 2 fresh limes, juiced
- 1 clove garlic, minced
- Chili powder and/or hot chili flakes, to taste
- Salt to taste

Directions:

- Heat oil in a cast iron pan over the fire until shimmering. Add corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side, about 2 minutes. Toss corn, stir, and repeat until charred on second side, about 2 minutes longer. Continue tossing and charring until well charred all over. Transfer to a large bowl.
- Add mayonnaise, feta, scallions, cilantro, garlic, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.

Tips on getting the kids involved:

- Get your kids to help you prep the ingredients by allowing them to crumble the feta cheese, squeeze the limes, and portion out the mayonnaise.
- Let your kids retrieve foods from the cooler and teach them about keeping it closed to maintain a food safe temperature.
- Allow the kids to stir the corn together with the other ingredients.



**** 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.

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
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10	11 Day 3	12 Day 4	13 Day 5	14 Day 6	15 Day 2	16																																																																																																		
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