

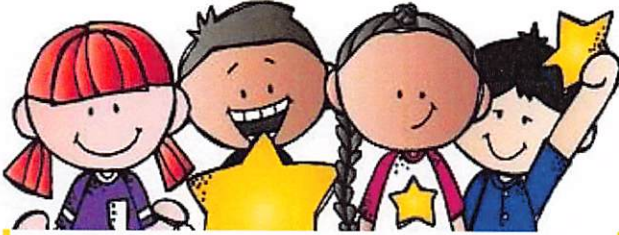
North Memorial School May Newsletter

May 2023



attendance MATTERS

every student • every day

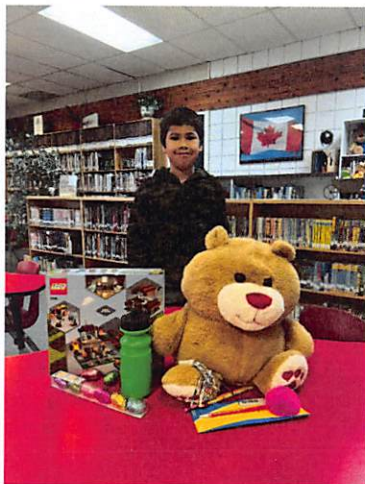


April attendance classroom winners enjoyed their sundaes from NMS for having the best attendance of the month! Way to go Ms. Clink grade 6 class! Monthly attendance draw winner...

Blake Daniels

“Sports Star Award of the Week” for the Month

LORELIA POMMER
– Grade 4
LAITYN MATHER
- Kindergarten



**Blake
Daniels
Grade 4
Attendance**



Important Dates

May

2nd , 9th **Hot Breakfast**

And 25th

Thursday **Spring Pictures Lifetouch**

11th 9:00am



Swim Dates



Friday's Grades 4, 5, & 6 swim

5th 9:00am–11:30am

12th Grades 4, 5, & 6 swim

9:00am–11:30am

19th Grades 1, 2, & 3 swim

9:00am–11:30am

26th Grades 1 2, & 3 swim

9:00am–11:30am

Friday's Preschool party @ 11:30–12:30pm

12th & 26th Call the school to register



Field trips Grades 1, 2 & 3> Morning Sound Farm

18th In Sanford MB Bus Leaves @ 9am return 3:00pm

19th Grade 6 tour to LVS 9:15–11:30am

31st Grades 4-6 -MTYP@Oakville School to watch the play Frozen River>Bus leaves @ 1:20pm



22nd Victoria Day-Schools Closed

24th Welcome to K 2:15–3:15pm 2023–24 Reg

25th Assembly- Truth @ 9:30am

30th Track and Field Grades 5 & 6

Bike Week

May 27- June 2, 2023 (tentative sched)

Saturday, May 27	Kick-off at Island Park (BBQ, etc)
Sunday, May 28	Ride to the Museum and Gravel Grumble Junk YD
Monday, May 29	Afternoon Ice Cream Ride Art Tour (evening)
Tuesday, May 30	Yoga in the Park
Wednesday, May 31	Cookie Ride to PLPSD schools (Evening)
Thursday, June 1	Grub Crawl
Friday, June 2	Ladies' Sunrise Ride Bike to School Evening Pride Ride

Bike Week
May 27 - June 02



**April 24th
was appreciate your
Secretary
Day...And
they Did!
Thank you
Students of**

**North Memorial School!
From Mrs. Mekkes**

Just a reminder

*if you are wanting to ride your
Bike to school , a policy permission
note needs to be signed by parents. A
proper Helmet and lock must be proven
before Principal approval.*

NMS ADMIN

Kindergarten registration 2023-24

Any child who was born in 2018 is welcome to start kindergarten in September. You can register online through our website <http://www.plpsd.mb.ca/nms> OR by contacting the school at 204-857-4564. When you pick up the package or we received your online registration, you will be asked to make another appointment with our Resource teacher You will also have an opportunity to learn more about the program. If you know of a family whose child is eligible for kindergarten, please share this information with them.

***To register your child, please bring with you:**

- *Birth Certificate (a copy will be made for their cumulative file)
- *PHIN from their health card (9 digit number)
- Any relevant documents (eg. Custody documents)

We are looking forward to welcoming our new Kindergarten students in September!

Lifetouch.

SPRING PICTURE DAY IS COMING!



Thursday, May 11, 2023

North Memorial School

What to Expect:



Students are
photographed on
Picture Day



Pictures are
sent home with
your child



Review pictures
& purchase on
mylifetouch.ca

All students will be photographed. Please notify your child's teacher if you do not want an individual picture taken of your child. Your child may be included in a group picture if requested by the school.

**Questions? Contact our Help Center at lifetouch.com/support-ca.
Select K-12 School Photography for assistance.**

NUTRITION BITS AND BITES

Fueling for Sport Activities



Do kids need a Sports Drink?

Little athletes need to drink plenty of fluids before, during and after exercise to help with performance and concentration:

- Sports Drinks can help restore electrolytes and energy after exercising in the hot summer heat or participating in activities that are longer than 90 minutes
- Children in recreational activities and sports **do not** need the extra sugar from a sports drink
- Water or a homemade sports drink will provide the hydration needed during or after exercise

Homemade Sports Drink

1 cup of water
¼ cup of any flavored juice
Pinch of salt

Food for Fuel

Good nutrition for little athletes helps:

- ✓ Prevent injuries
- ✓ Improve performance
- ✓ Improves strength and endurance
- ✓ Feel more energetic and less tired

• Before Activities

- 3-4 Hours Prior
 - ✓ Eat a full meal including whole grains, protein and vegetables to prevent upset stomach and have extended energy for the activity
- 1-2 Hours Prior
 - ✓ Have a small snack to allow for digestion and provide quick energy to perform your best

• During Activities

- If activities are longer than 60 minutes it is recommended to have an easy to digest, small snack
- Small piece of fruit, apple sauce, a couple energy bites (recipe on next page)

• After Activities

- Have a snack with carbohydrates and protein 30 minutes after activity to help restore energy and repair muscles
- Try a smoothie, nuts or nut butter and fruit, yogurt and granola, crackers and canned tuna

No Bake Energy Bites

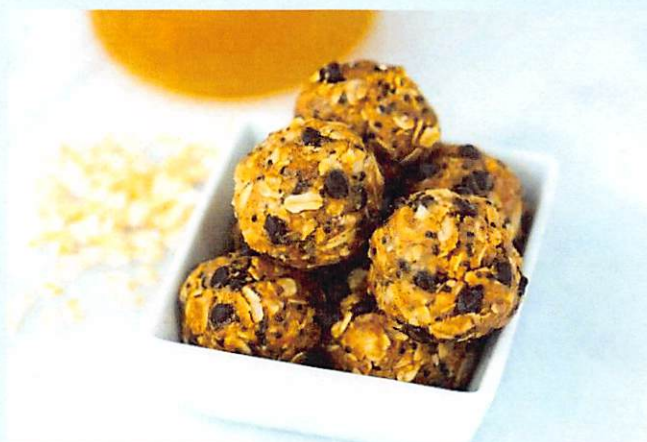
Easy grab and go energy source to take on the run

Ingredients:

- ½ cup quick or rolled oats
- ½ cup rice krispies
- ¼ cup ground flax
- 2 tbsp hemp hearts
- 2 tbsp slivered almonds
- 2 tbsp dried cranberries or raisins
- sprinkle ground cinnamon (optional)
- ½ cup peanut butter (nut butter)
- 2 tbsp maple syrup or honey
- 1 tsp vanilla

Instructions:

- In a medium mixing bowl combine: quick or rolled oats, rice krispies, ground flax, hemp hearts, slivered almonds, dried cranberries/raisins, sprinkle cinnamon (optional)
- Add in softened nut butter (room temperature works fine), maple syrup or honey, and one tsp of vanilla (or more if you like vanilla). Mix until well combined (using your hands works best)
- Form into balls (using an ice cream scoop usually makes consistent size balls). Makes 10-12 balls. Refrigerate or freeze in an airtight container.



Kids can help by:

- ✓ Mixing ingredients together
- ✓ Rolling into balls
- ✓ Older kids can measure ingredients

Want more tips for sport nutrition? Scan the QR code for more info.



**** 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.

MAY 2023

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