

North Memorial School



October 3, 2023
410-6th Ave NE
PlaP, MB
R1N oB4
204.857.45.64

IMPORTANT DATES

October Newsletter

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.

Check our twitter account@PortageSD

Please take the time to look at our new website
Please read instructions to sign in to your NMS Portal Account.

WWW.PLPSD.MB.CA/NMS

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.

Change of Phone Number or Address & email

If you change your phone number or address, and email 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. Also please call the office for a Temporary Lunch form if your child needs to stay for lunch that day.




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.

October

Monday 9th  Thanksgiving
Schools closed

Friday 20th  MTS PD Day
No Classes

Wednesday 25th  Imperial
Photos
Am @ NMS

Thursday 26th Assembly
@ 9:30am

Tuesday 31st  Happy
Halloween

November

Thursday 9th  Remembrance Day
Assembly @ 9:30am

 Student Led Conferences
@ 5-7pm

Friday 10th Student Led Conferences
@ 10am-1pm
No regular classes

Things to do in October around Portage la Prairie...



Multiple dates

<https://www.eventbrite.ca/e/fright-at-the-museum-tickets-722342404577>



Fright at the Museum

Welcome Our Newest Staff Members

Mr. Jordan Taylor - Behavioral Intervention Coach

Ms. Heather Warman - Guidance Councilor

Ms. Kylie Jacobs - Grade One Teacher

Mr. Brendan McCulloch - Grade Three Teacher

Mrs. Jodi Patterson - Outreach > Parent Programming

Mrs. Donna Harper - Outreach > Attendance

Ms. Chodachek - Educational Assistant

Miss Gladue-Peters - Educational Assistant

Mr. Talavera - Day Custodian

2





Sports Star of the Month

Coming soon...



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

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 Grrrreat kids!!



NMS' PBIS Prize

Cupboard!

www.pinterest.com/bettecmouse/

What did one pumpkin say to the other pumpkin?

Let's get glowing!



Stay connected and informed. The PLPSD Parent Portal is a communications tool designed to enhance and increase parent & guardian involvement in their children's education. The portal provides parents & guardians with secure online access to our Student Information System. With a **single username and password**, you can access the following information **for each** of your children attending a PLPSD school:

- School Bulletin
- Student Information
- Attendance Information, including excusing absences
- School Fees Account (PCI)
- Permissions & Consent Forms – coming soon
- School Information
- High School Grad & Credit Summary (PCI)
- High School Grades and Assignments (PCI)
- With more features such as report card delivery coming soon!

Let's Get Started!

1. Please take a moment to review this **short video**. Your Parent Portal account has already been set up for you. You will need to create a password, though. To do this, open a web browser and navigate to portage.powerschool.com. **Do not** include www in front of the address.
2. Click on forgot username or password.
3. You will now need to enter your email address in **both the parent username and parent email address boxes**.

Be sure to use this email address.

4. Click the enter button.
5. The system will email you a password reset link. It may take several minutes for you to receive the email.
Check your spam or junk folders if you've not received the email within 15 minutes. The email link is only valid for 24 hours, so be sure to click the link and create your password within that time. If the link expires, you can follow the same process again.

The PowerSchool Parent Portal App currently available in Apple/Google Play stores has limited functionality and does not allow for feature customizations that we use. To ensure the best possible user experience, we strongly recommend that mobile users access the PLPSD Parent Portal through the login on this web page and avoid using the PowerSchool managed App. If you want to log in with the App, you can use portage.powerschool.com as the server address.

NUTRITION BITS AND BITES

Hydration Drinks and Food Marketing



Be Aware of Energy Drinks

Prime™ also has an energy drink that contains very high levels of caffeine that is above the upper tolerable limits for anyone under 18.

Excessive amounts of caffeine can lead to poor sleep, reduced concentration, headaches and anxiety.

These drinks are not recommended for anyone under 18.

Youth and Sports Drink Marketing

Lately there has been an uptick of sports/hydration drinks being targeted to young people. Social media platforms and YouTube have created a craze causing many kids to seek out and consume these drinks frequently. Popular brands such as Biosteel™ and Prime™ have been marketed as an easy way to get vitamins and electrolytes as well.

What To Watch Out For

Although these drinks do provide a source of hydration, they may contain high levels of certain vitamins which meet or exceed tolerable upper levels for kids. They also contain artificial sweeteners which can displace nutrient dense foods in the diet for children. Its important to note that Biosteel™ and Prime™ hydration don't contain enough carbohydrates to be suitable for intense or prolonged exercise.

Final Message:

Sports/hydration drinks are being heavily marketed to kids but can be harmful to their health. Talk to your kids about social media marketing and stick to tried and true beverages such as water, milk and 100% fruit juice.

True or False: Most kids need a sports/hydration drink for when they play after school sports
FALSE: Water is typically all that is needed. Sports drinks are only beneficial for long duration (more than 1 hour) or intense sports in hot weather

Pecan Parmesan Chicken Bites

A simple and tasty take on chicken fingers!

Ingredients:

Boneless skinless chicken breasts 3 (about 1 ¼ lb/600 g)
Maple syrup-2 Tbsp (30 mL)
Canola oil -1 Tbsp (15 mL)
Whole wheat panko breadcrumbs -½ cup
Finely chopped pecans -1/3 cup (75 mL)
Parmesan cheese, grated - 1/3 cup (75 mL)
Flax seeds, ground -¼ cup (60 mL)
Garlic powder -2 tsp (10 mL)
Dried oregano leaves -1 tsp (5 mL)
Each salt and fresh ground pepper - ¼ tsp (1 mL)



Recipe source: unlockfood.ca

Directions

Cut chicken into cubes or strips and place in a large bowl. Drizzle with maple syrup and oil and coat evenly; set aside.

In a large resealable bag, combine breadcrumbs, pecans, cheese, flax seeds, garlic powder, oregano, salt and pepper.

Add a few chicken pieces at a time to bag and shake to coat.

Place onto parchment paper lined baking sheet and repeat with remaining chicken and coating.

Bake in preheated 475°F (246°C) oven for about 15 minutes or until golden and chicken is no longer pink inside.

TIPS:

*These chicken bites can be re-purposed the next day and put into pita pockets, wraps, or in a salad

*The ground flax in the recipe adds a boost of healthy fats and fibre

*Substitute ground pecans for other nuts such as walnuts or pistachios

For more information on how to limit food marketing exposure to children scan the QR code



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.

Who is Eligible?

Children are eligible for coverage if they are:

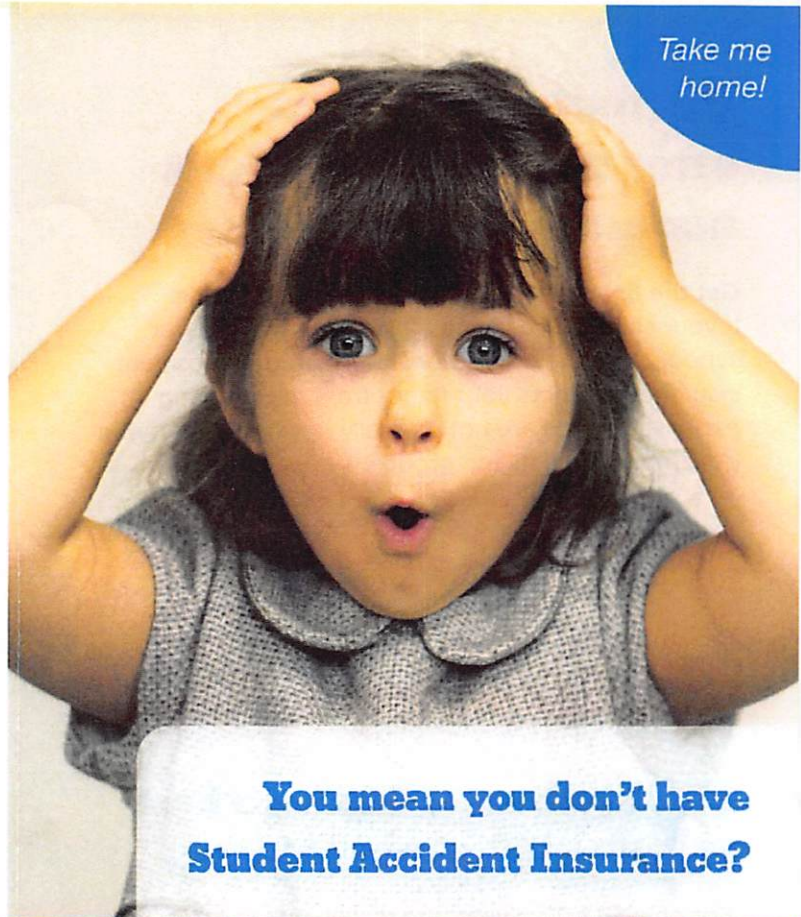
- a) more than 6 months old;
- b) less than 27 years old; and
- c) live in Canada, except the province of Quebec.

If a child is 14 years old or older at any time during the Coverage Period, they must be a full-time student within the 12 months prior to any claim. We define a full-time student as being enrolled in a minimum of 3 courses at the same time, during any 4-month period.

If you have children enrolled in different schools or school boards, they may all be insured under one policy.

Effective date of insurance

Coverage under the Policy begins on the date when we, Old Republic Insurance Company of Canada, or our authorized representative receive your completed application and the premium.



**You mean you don't have
Student Accident Insurance?**

Please visit manitobastudentinsurance.ca for detailed information on coverages, conditions, limitations and exclusions.

**Purchase Online Today:
manitobastudentinsurance.ca
or call us at 1.800.463.5437**

Termination of insurance

For all plans, coverage ends on the earlier of: a) the expiration date shown on the confirmation of coverage; or b) the date you no longer meet the Eligibility conditions as stated above.

Underwritten by:



Student Accident Insurance

Endorsed by:

MANITOBA

School Boards
ASSOCIATION

Program Arranged by:
HUB International & Milnco Insurance

Protect your loved ones 24/7 with student accident insurance

Get the financial protection your family needs. If your child is involved in an accident, whether at school or during non-school hours, student accident insurance protects your family from the resulting expenses, which are not normally covered under your government health and group insurance plans.

Are you sure your child is covered?

Government health plans and employment plans offer limited coverage. We help to fill in the gaps.

The Platinum Plan - our best selling plan - only \$42/year

For only \$42.00 a year, the Platinum Plan offers our best value in 24/7 accident insurance coverage. Plus, it is our only plan to offer out-of-province emergency medical coverage (up to \$200,000) plus other travel benefits.

How much of a difference can Student Accident Insurance really make?

Example: A 12 year-old was riding a bike. The student fell over the handle bars, fractured a wrist and cracked several teeth.

	Platinum Plan	Without Student Accident Insurance
Annual Premium	\$42	\$0
Dental Treatment	\$0	\$1,515
Chiropractic Treatment	\$0	\$361
Prescription Medication	\$0	\$81
Expense Reimbursement	\$0	\$250
Out of Pocket Expenses	\$42	\$2,207

Three Plans to Choose From!

Benefits* Include:

	Platinum Plan	Gold Plan	Silver Plan
24 Hours/Day Coverage	✓	✓	✓
Out-of-Province Emergency Medical & Other Travel Benefits	\$200,000	n/a	n/a
Total & Permanent Disability**	\$350,000	\$150,000	\$75,000
Loss of Limb/Loss of Sight, Hearing or Speech**	\$150,000	\$150,000	\$75,000
Accidental Death	\$30,000	\$20,000	\$15,000
Unlimited Accidental Dental	10 years	10 years	10 years
Per Tooth After 10 Years	\$1,650	\$1,400	\$1,250

*Benefit limits vary based on plan chosen and the insured's age.
 **Only one of these two benefits is payable per child in the event of an accident. For complete descriptions of benefits, benefit limits, conditions, limitations and exclusions, please view the policy online at www.manitobastudentinsurance.ca.

Premium Summary

	Platinum Plan	Gold Plan	Silver Plan
1 Child	\$42	\$32	\$17
2 Children	\$84	\$64	\$34
3 or more Children	\$116	\$88	\$47

Premiums shown are one-time single annual rates.

3-Year & 5-Year Plans


Save time and money!

One quick purchase is all it takes to get multiple years of coverage! For quotes on our 3 and 5 year plans, please call us at 1.800.463.5437.

OCTOBER 2023

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