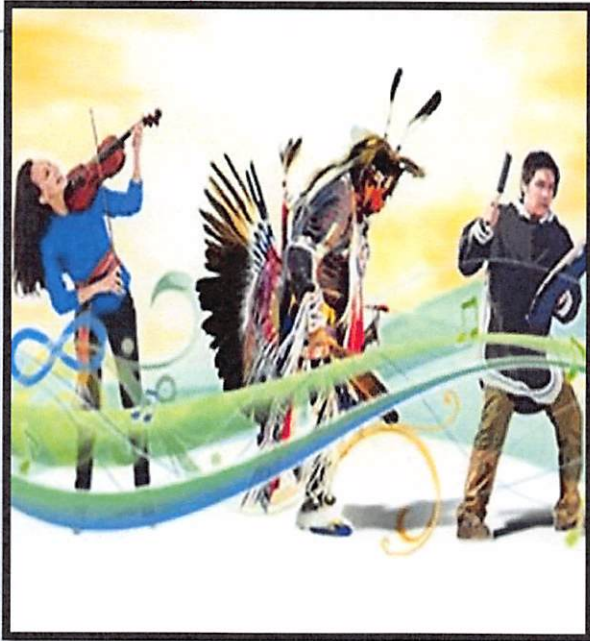


NMS Newsletter June Edition



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.

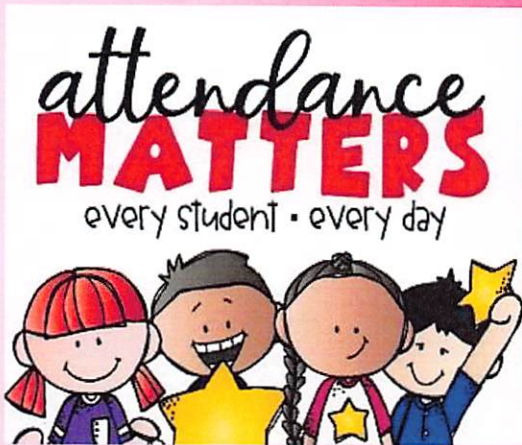
Important Reminder

Last Day of school for students
Is **Friday, June 28th 9am-Noon**

Please make arrangements
To pick up your student(s) by 12:00pm
Have a happy & safe summer holiday!

June 4 Tues.	Gr.2 Last One!! Swimming > bus leaves @ 9am
June 7 Friday	Kindergarten Picnic 9am –12 noon
June 7 Friday	Pre-school Party 2:30—3:30pm Contact the school
June 10 Mon.	Welcome to K> Info to follow
June 12 Wed.	Hot Breakfast
June 18 Tues.	Splash Island @ Island Park for K-6
June 20 Thurs.	NMS Feast
June 21 Friday	Indigenous Day MB National Indigenous Peoples Day
June 25 Tues.	Indigenous Games
June 26 Wed.	Rain Date for Indigenous Games
June 27 Thurs.	PBIS Freezies and Playground!
June 28 Friday	Last Day for Students (AM) Admin (PM)-No Classes in the afternoon Report Cards emailed home
Sept. 4 Wed	School Meet & Greet (PM)
Sept. 5 Thurs	First Day Fall Term for Students

Back Page Story Headline



May Attendance Winners

having the best attendance of the month!

Way to go!!!

Heaven Gabriel

“Sports Star of the Week”

Aydan Anderson

Heaven Gabriel

Isaiah Traverse

Leo Desmarais

“Music Stars of the Week”

Ameriyah Traverse-Gabriel

Akeelah Meechas

Heaven Gabriel

Avery Gabriel



June 28th 9:00am—Noon Classes
Please arrange for pick-up before
12:00pm.



September 5th— first day back for student

Reminders...

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

WWW.PLPD.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 7th](#)

Things to do in Portage this summer!!

Splash Island Waterpark

Splash Island Waterpark is a fun time for the family. Get out of the summer heat by taking a dip in the pool or going on their rides. They also offer swimming lessons for new swimmers as well. You can learn more about what services they have to offer by [visiting their website.](#)

Prairie Dog Central Railway

If you want a nice relaxing train ride, you're in luck. The Prairie Dog Central Railway is offering rides throughout the summer for a fun time learning about history and seeing the beautiful sights of Manitoba. The kids will love it, and it's a fun way to see the beauty of the natural world. To learn more, you can [visit their website for more information.](#)



The Grade 4 & 5 classes had an awesome opportunity to learn how to bead and had so much fun creating their medicine wheel keychains. Our artist Dee Harder gave a lesson on how each section of the medicine wheel symbolizes a different cycle of life. The group then had a conversation about how beading is a form of art and everyone's keychain will not be perfect but rather unique to them. Some kids were frustrated with the repeating beading process and had many tangles along the way but most of the kids found the process very relaxing. It was an awesome experience, many of the students expressed a new appreciation for their family members who bead as they know understand the amount of effort it takes. It was nice to see the kids so proud of their



Grade 4 & 5 Artsmart Classes

Here are some quotes from the Students:

"Beading is kind of hard and not easy. It's really fun though once you get the hang of it. I really want to do it again sometime and learn other patterns" - Heaven Gr. 5

"I like beading because it's fun and relaxing. It takes a lot of time though. Now I can help my mom with her beading" - Parker Gr. 5

"When I first got it, I thought it was really hard to do. I only new how to put the beads on but then once someone helped me I got it and then I really enjoyed it" - Logan Gr. 4

"I liked adding the beads onto the string. I liked seeing the progress and knowing that I made it" - Patrick Gr. 4

NUTRITION BITS AND BITES

Eating during Summer Vacation



Batch Cooking to the Rescue

Batch cooking means making a large amount of a meal or food and freezing portions for later use.

This can be a great option for kids home alone as they can just “heat and eat”

Soups, stews, muffins, breakfast burritos, casseroles, egg cups, waffles and pancakes can all be frozen and re-heated as needed.

Balanced eating in the Summer

Summer break is soon upon us and this sometimes leads to less structure around our eating habits. Children, especially those old enough to be alone, may not eat regular meals in the day but prefer to snack or “graze” on whatever they can find. Often convenience foods are the stand by for quick meals for independent eaters home alone. These food items tend to be high in saturated fat, low in fibre and lacking variety.

What to have instead

Balance is key! It can be helpful for parents to have a variety of food items available to provide long lasting energy, good sources of vitamins and minerals, as well as tasty and easy to prepare for young chefs. Try making a list of simple snack and meal ideas kids can create on their own and have these listed for reference in the summer. Also, it may be wise to spend some time in the evening or weekend prepping items to have on hand for when they are home alone during the day.

Final Message:

As parents, we have to provide children with the tools and knowledge to help them make their own balanced meals as they become more independent. This will give them a jump start to healthy eating as they grow into adults.

Looking for more ideas on cooking with kids? Check out unlockfood.ca and search children’s nutrition to find great articles and recipes

Easy Breezy Smoothie Packs

Smoothies are a great option for breakfast or snack time that older kids can quickly and safely make on their own. Gather ingredients together and make these smoothie packs that can be frozen and used at a later date. Just add the liquids and blend away!

Into each ziplock bag add:

- 1 banana
 - ½ cup of other fruits (berries, pineapple, melon, etc)
 - 1 cup spinach or kale leaves
 - + add ins that you enjoy such as chia seeds, hemp hearts, ground flax, coconut, cocoa powder, protein powder, etc.
- Place ziplock bags into freezer.

When ready for a smoothie- pull out 1 ziplock bag of ingredients and put into blender
add in 1 cup of milk or preferred liquid plus
½ cup of Greek yogurt.
Blend until smooth and Enjoy



* Get creative with combinations and try different add ins to create new flavours. *

- Smoothie packs are a great way to extend the life of fruit that is ripe. Freezing fruit helps to stretch your food dollar and prevent food from ending up in the garbage

The pitfall; of “grazing” during the day

When children snack or graze throughout the day they may choose foods that lack variety. Often mindless eating tends to blunt appetites for balanced meals later on in the day.

Instead of constant snacking, try to set up an established snack and meal routine and include a variety of foods each time.



Scan the QR code for more tips on eating while on vacation

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.

06

JUNE

2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 1-3:15pm Small Star Quilt Session 5 @ NMS	4	5	6	7 Welcome to Kindergarten @ LVS 2-3pm	8
9	10 1-3:15pm Small Star Quilt Session 6 @ NMS	11 11:30am-1pm IAA Parent Council Meeting @ NMS	12 8:15-9am NMS Hot Breakfast	13 1:45-3pm Nutrition Bingo @ LVS	14	15
16	17	18 1:45-3pm Nutrition Bingo @ NMS	19	20 Indigenous Day @ NMS	21	22
23	24	25	26	27	28	29
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JUNE 2024

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Portage la Prairie School Division

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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