

September 2024

**FYI NORTH  
MEMORIAL SCHOOL**



**September 20<sup>th</sup> and 23<sup>rd</sup>**

**Strong Beginnings**

Please drop off your child for their scheduled appointment time. (K-8 no regular classes)  
And say "hello" to our new Community School Facilitator, Hailey Pringle. Hailey will be coordinating all parenting programming this year.

**September 30<sup>th</sup>**

**National Truth and Reconciliation Day  
No Classes**

**Reminder....**

Please return green verification form and white pack of forms given by homeroom teachers at the beginning of September ASAP!

**NMS Parents and Guardians,**

If you have messages for the end of the day, please try to phone the school **before 3pm**.

The secretary needs time to manage all the messages to the teachers and students.

Thanks for your cooperation. 😊

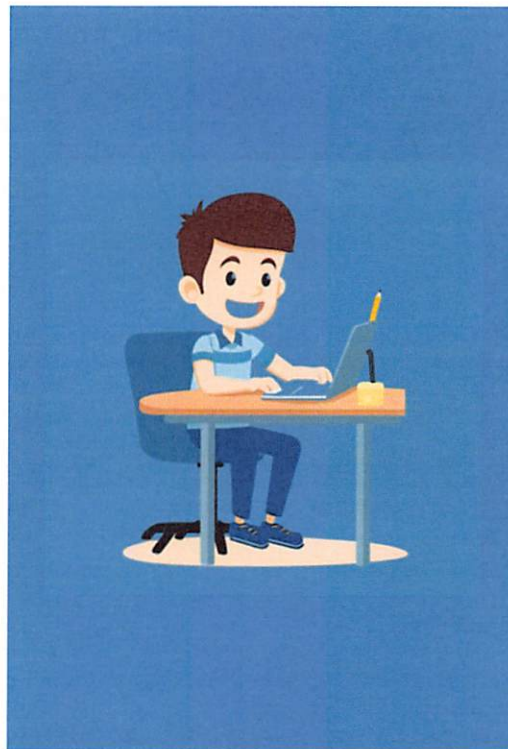
**Welcome our new staff.**

**Amanda Eckford, kindergarten**

**Terrilyn Warkenten, grade 2**

**Congratulations Mrs. Sabourin formerly known as Miss Jacobs our grade 1 teacher**

**Guidelines for Cell Phone use in Manitoba classrooms and Student Accident Insurance forms enclosed.**



# NUTRITION BITS AND BITES

## Division of Responsibility in Eating



### **Division of Responsibility in Eating:**

#### **PARENTS/ CAREGIVERS DECIDE**

*What food is being served*

*When food is served*

*Where food is served*

#### **CHILDREN DECIDE**

*Whether they are going to eat*

*How much they are going to eat*

Fostering a healthy relationship with food starts early on in a child's development.

Ellyn Satter, RD highlights the DOR (division of responsibility) during feeding and that there needs to be clear boundaries between your duties as a caregiver and your child's responsibilities during feeding.

Over stepping into your child's responsibilities will cause them to mistrust you, may negatively affect their relationship with food and hinder their ability to understand their hunger and fullness cues.

# Pizza on a Stick

- 8 ounces Italian turkey sausage links
- 2 cups whole fresh mushrooms
- 2 cups cherry tomatoes
- 1 medium onion, cut into 1-inch pieces
- 1 large green pepper, cut into 1-inch pieces
- 30 slices turkey pepperoni (2 ounces)
- 1 tube (13.8 ounces) refrigerated pizza crust
- 1-1/2 cups shredded part-skim mozzarella cheese
- 1-1/4 cups pizza sauce, warmed



1. Preheat oven to 400°. In a large nonstick skillet, cook sausage over medium heat until no longer pink; drain. When cool enough to handle, cut sausage into 20 pieces. On 10 metal or wooden skewers, alternately thread sausage, vegetables and pepperoni.
2. Unroll pizza dough onto a lightly floured surface; cut widthwise into 1-in.-wide strips. Starting at the pointed end of a prepared skewer, pierce skewer through 1 end of dough strip. Spiral-wrap dough strip around skewer, allowing vegetables and meats to peek through. Wrap remaining end of dough strip around skewer above first ingredient. Repeat with remaining dough strips and skewers.
3. Arrange kabobs on a baking sheet coated with cooking spray. Bake until vegetables are tender and pizza crust is golden, 10-12 minutes. Immediately sprinkle with cheese. Serve with pizza sauce.

Recipe from: Taste of Home

## Avoid Saying:

## Instead Try:

"You have to finish your plate or no dessert"	"That's okay, you can try it another time if you'd like."
"Broccoli is good for you."	"Broccoli is green and looks like a tree."
"Doughnuts are full of sugar and bad for you."	"Doughnuts are round shaped with a hole in the middle."
"It would make me happy if you took two more bites"	"You get to decide how much you eat. Check in with your stomach right now and listen to what it is telling you."

Scan the QR code to learn more about parents' influence on children's eating habits



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.

# CENTRAL SPEED SKATING CLUB

**REGISTRATION  
NOW OPEN!  
AGES 7+**



## LOCATION

Stride Place



## SEASON DATES

Oct. 7, 2024 – Mar. 12, 2025  
(2 week break for Christmas)



## TIMES

Mondays: 7:15–8:15  
Wednesdays: 4:15–5:15  
*Athletes can skate once or twice a week.*



## CENTRALSPEEDSKATING@GMAIL.COM

Email for registration form,  
payment options, and more  
information!



## DETAILS

Not a learn-to-skate program – basic skating skills are necessary.  
10 session/5 session options for anyone who wants to try it out!  
Skate rental available for athletes who do not have their own.  
Beginners are welcome to wear hockey skates.

OPTIONS	TOTAL <small>(before skate rental)</small>
Recreation - 1 session/week	\$325
Recreation - 2 session/week	\$485
Competitive - 1 session/week	\$396
Competitive - 2 session/week	\$556
5 session pack	\$95
10 session pack	\$170

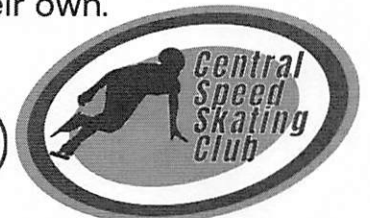
*\*Competitive Option is for athletes who wish to attend province wide races held on weekends.*



@centralspeedskating

**REGISTER NOW**

centralspeedskating@gmail.com



September 9th - October 7th

# BEAUTIFICATION DAYS

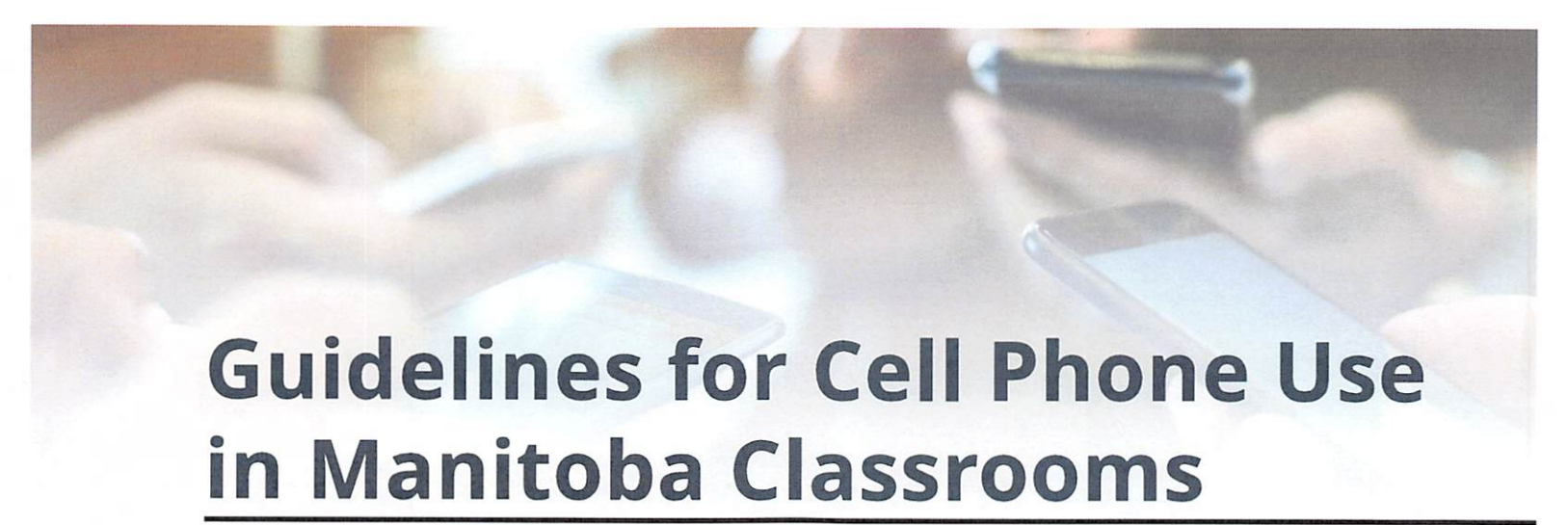
Please contact:

[r.roteliuk@portagecrc.com](mailto:r.roteliuk@portagecrc.com)

for FREE supplies!

Submit your photos for a chance to win!





# Guidelines for Cell Phone Use in Manitoba Classrooms

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## FREQUENTLY ASKED QUESTIONS

### **1 Schools and school divisions already have policies for appropriate use of technology. Why is Manitoba directing them to revise these policies to restrict the use of cell phones in schools?**

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Manitoba is committed to working with schools and school divisions/districts to ensure that schools are places where all children and youth matter, belong, and are respected, successful, and safe.

We have a collective responsibility to ensure Manitoba classrooms are environments that minimize interruptions and distractions to support student engagement in learning.

Manitoba's cell phone directive protects students, teachers' instructional time, and student learning time during the school day by setting healthy boundaries within Manitoba classrooms in a time when technologies, social media, and online platforms are rapidly evolving, highly distracting, and addictive.

### **2 What about parents who have concerns about being able to reach their children during the school day?**

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When urgent or emergency issues arise, parents/caregivers can always reach their children by calling their school's administration office.

### **3 What about other devices used in schools, such as tablets, personal computers, and smart watches?**

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The intent of this provincial directive is to reduce the number of distractions in classrooms and minimize the impact of harmful effects of social media and online platforms. The use of other devices should be considered within this intent. It is expected that devices that have similar functions to cell phones would be treated similarly to cell phones.

Schools and school divisions continue to be able to determine policy with regard to the use of electronic and personal devices. The intent of this directive is to minimize non-educational distractions, not to limit the classroom use of technology that serves student learning.

## **4 How does this provincial guidance apply to teachers and school staff?**

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School staff are role models in their schools and school communities. As a part of the renewed use-of-technology policies, schools and school divisions will establish clear and appropriate direction for cell phone use during the school day. This direction may vary depending on local context, and staff role and function. As the employing authority, schools and school divisions are responsible for setting employment expectations for teachers and school staff.

## **5 Do cell phone restrictions apply to use on buses, and during field trips, extracurricular activities, off-campus events, and so on?**

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Provincial guidelines on cell phone use are applicable in school during regular school hours. Schools and school divisions have the authority to set additional direction for use of cell phones and other devices outside of these periods, based on local needs and contexts.

## **6 Can schools and school divisions make additional restrictions on cell phone use beyond the provincial guidance?**

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Yes. The provincial guidelines are set to ensure a minimum level of consistency in cell phone use across Manitoba schools. Based on local needs, schools and school divisions may wish to add further restrictions in their use-of-technology policies.

## **7 What are appropriate exceptions to these restrictions?**

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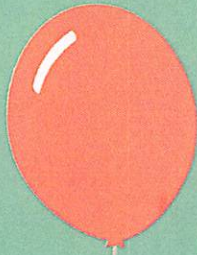
Teachers, schools, and school divisions know their students best. Exceptions should be determined and accommodated for student medical needs and/or diverse learning needs through the student-specific planning process.

## **8 How can schools and school divisions support students' adherence to cell phone guidelines?**

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The experiences of schools and school divisions who have implemented cell phone restrictions over the last several years have been positive and the guidelines have been well received. Staff have worked diligently to build shared understandings of the reasons for the guidelines with parents/caregivers and students, and students have generally adapted well to clear expectations on cell phone use in school.

As schools and school divisions revise current use-of-technology policies and school code of conduct policies to align with this direction, clearly articulated expectations and rationale on cell phone guidelines will support students and families in adapting to cell phone guidelines in schools.



**Youth for Christ**  
 Youth Unlimited™

**INVITES YOU TO OUR:**

**SUMMER  
 CARNIVAL**

**AT NORTH MEMORIAL SCHOOL: ON THE GREEN SPACE  
 BEHIND SCHOOL**

**FREE  
 EVENT**

**FRIDAY  
 SEPTEMBER**

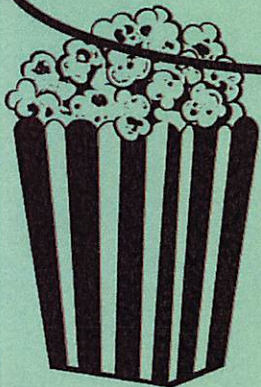


**20, 2024**

**5:30-7:30 PM**

FOR MORE INFO  
 CALL OUR  
 OFFICE: @204-  
 239-6763

**ACTIVITIES: COTTON CANDY,  
 POPCORN, BOUNCY CASTLE,  
 FACEPAINTING AND MORE!!**





# 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, insuremykids® protects your family from the resulting expenses, which are not normally covered under your government health and group insurance plans.



## 3-Year & 5-Year Plans

Save time and money!  
One quick purchase is all it takes to get multiple years of coverage!



## 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
<b>Out of Pocket Expenses</b>	<b>\$42</b>	<b>\$2,207</b>

### Benefits\* Include:

	Platinum Plan	Gold Plan	Silver Plan
	\$42/year	\$32/year	\$17/year
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](http://www.manitobastudentinsurance.ca).

## 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.



**Full Year of  
Coverage**

📞 1.800.463.5437

🌐 [manitobastudentinsurance.ca](http://manitobastudentinsurance.ca)

Underwritten by Old Republic Insurance Company of Canada. Please visit [insuremykids.com](http://insuremykids.com) for detailed information on coverages, conditions, limitations and exclusions.

 OLD REPUBLIC INSURANCE COMPANY OF CANADA

# STUDENT ACCIDENT INSURANCE

For when they're  
shooting for the moon



Endorsed by:

MANITOBA

**School Boards**  
ASSOCIATION

Program Arranged by:  
HUB International & Milnco Insurance

[manitobastudentinsurance.ca](http://manitobastudentinsurance.ca)