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# Welcome May!

Knightly News - May 2023



## Upcoming Dates

### May

May 1 - Band fundraiser for Sunshine Greenhouse/Chinos ends

May 12-14 - Grade 7/8 Music students at Camp Assiniboia

May 15 - School of Choice Deadline

May 17-19 - Grade 8 Spring Camp to Camp Arnes

May 18 - Grade 5 Orientation evening - 6:30 p.m.

**May 22 - Victoria Day (No Classes)**

May 30 - Grade 5/6 Track meet at SMS (CMS/SMS)

May 30 - Grade 7/6 1500m run (4:30 p.m.)

May 31 - Grade 6 Musical THWACKED- \*\*NOTE\*\* date changed

May 31 - 7JL/7KH - Learning Trip

### June

June 1 - 7EW/7RD/7JB - Learning Trip

June 6 - Track and Field - Grade 5 & 6

June 8 - Track and Field - Grade 7 & 8

June 22 - School Picnic - Details to follow

June 26 - Hanover Soccer Day - Grade 7 & 8 - Details to follow

June 29 - Activity Day - Details to follow

## Attention Parents! Re: Classroom Placements.... A Message from your Principal

As May kicks off, schools are already beginning to think about next year - staffing, timetabling, and of course, Homeroom Placements. Stonybrook Middle School works very hard to ensure that each child



is placed carefully and with much consideration. Homeroom teachers will ask your child for their requests to ensure that every student has a friend in their class the following year because we know that this is a very important factor to ensure a successful year.

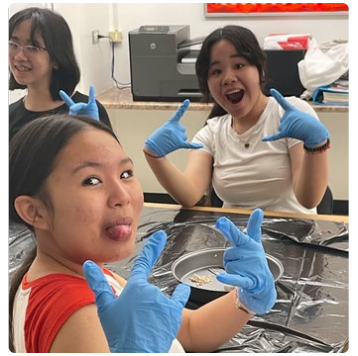
Please understand that not every request may be granted due to other factors. We value your input and should you wish to have any further conversations you are welcome to reach out to either of our Administrators.

Rita Rebizant, Principal [rrebizant@hsd.ca](mailto:rrebizant@hsd.ca)

Jaime Siska, Vice Principal [jsiska@hsd.ca](mailto:jsiska@hsd.ca)

Thank you.





## Grade 8's did an EYEBALL Dissection!


It was a fun, gross, eventful day in the foods lab!



## Stem Camp and TechTok

They have launched their online registration for STEM camp and TechTok sessions that are happening in Steinbach in August, hosted at Clearspring Middle School!  
Registration is available on their website listed above.



 **WISE Kid-Netic Energy**

[www.wisekidneticenergy.ca](http://www.wisekidneticenergy.ca)





WISE Kid-Netic Energy

a summer with

# WISE

Kid-Netic Energy

SUMMER STEM FUN FOR  
**Ages 9 to 15**

Check out our 2023 summer programs:

**STEM Camps**  
AGES 9-12

STEM day camp which covers a variety of fun theme days throughout the week!

**TechToks**  
AGES 13-15 **FREE!**

"Byte"-sized sessions where participants can sign up for their choice of tech topic to explore!

Coming to:  
**STEINBACH, MB**  
**AUG 14-18, 2023**

Learn More & Register at:  
**[wisekidneticenergy.ca](https://wisekidneticenergy.ca)**

Follow us!



**@wisekidnetic**



University of Manitoba

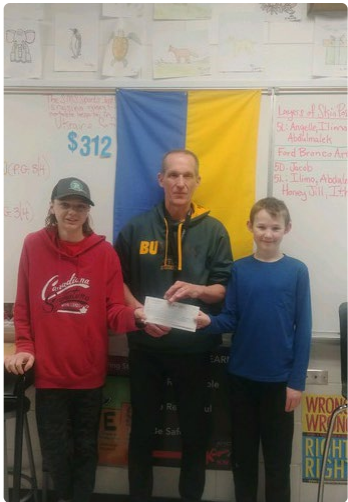
A network member of **actüa**



## SMS Sports Card Club

The SMS Sports Card Club raised \$312 over the last few months to provide financial aid and support for Ukraine. This is the second fundraiser that the SMS Sports Card Club has done. Last year, the club raised \$1,027 that was donated to the Canadian Red Cross work in Ukraine.

Picture below:  
(Left to right) Brad, Mr. Don Dewey, and Elliott



## Talent Show!

We had an amazing and entertaining talent show put on by our



SMS students. So amazing, that we have only one picture as we were all too mesmerized!

# 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


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.

### 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-cpr/health-info-for-you/nutrition-and-healthy-eating/>  
To access previous school nutrition newsletters, visit:  
<https://www.southernhealth.ca/whats-happening/functionnal-newsletters/>  
Contact Diet-e-Dietitian 1-877-830-2892    Health Links 1-888-315-9257    Nutrition Services Team 1-204-836-2055  
Created by Registered Dietitians from Southern Health-Santé Sud  
May be photocopied in its entirety provided source is acknowledged.





## Parent Coaching Program

The Aulneau Renewal Centre in Steinbach is offering a Parent Coach Program.

Parent Coaches work with parents and their children, primarily in their homes, to improve attachment relationships and develop effective parenting skills and home management skills. Coaches provide hands-on, structured opportunities for parents to practice new skills in their home setting and help organize their homes and routines to better cope with the demands of parenting and the systems they are involved with.

These parent coaching services are available to parents within the city of Winnipeg and Steinbach for up to 12 sessions.

A Parent Coach can:





- Provide coaching and mentorship
- Teach skills on how to help children regulate their emotions
- Help parents improve their relationship with their children
- Access community resources and services

- Provide advocacy
- Collaborate with other professionals
- Help develop routines
- Help set appropriate boundaries
- Support in organizing household duties
- Teach household management skills
- Work on coping skills and practicing self-care

If you know anyone that is curious about Parent Coaching and would like to meet a Parent Coach before registering or just want to talk about parenting in general, please contact Annie at [annie.buchholz@aulneau.com](mailto:annie.buchholz@aulneau.com) or on their website <https://aulneau.com/parent-coaching/>



### Got a Question? Just ask!

 [77 Lumber Avenue, Steinb...](#)  [sms@hsd.ca](mailto:sms@hsd.ca)  
 [204-326-6481](tel:204-326-6481)  [sms.hsd.ca/](https://sms.hsd.ca/)



### Connect with Heather Friesen

Heather is using Smore newsletters to spread the word online.

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