

Minitonas Early Years School



IMPORTANT DATES TO REMEMBER

MAY

May 4th– Better Beginnings

May 13th– Mother's Day

May 14th– Better Beginnings

May 15th– Grade 3 Junk Sale

May 17th– Subway Lunch

May 21st– No School– Victoria Day

May 22nd– May 25th– Healthy Living Week

May 25th– Kindergarten Orientation

May 31st– Better Beginnings



JUNE

June 1st– P.D Day– No Classes

June 4th– Skipping Trip

June 5th– Garden Club Field Trip

June 8th– Tabloid Day

June 11th– Better Beginnings

June 12th– Gr. 3 Pizza Making

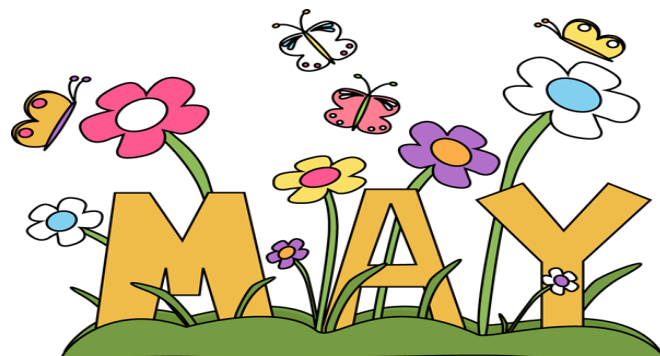
June 19th– Better Beginnings

June 21st– Skipping Presentation

June 22nd– Gr. 3 Campout

June 22nd– Kindergarten Grad (10:30)

June 27th– Last day of classes



2018

**Victoria Day– MAY 21st
NO SCHOOL**

HAPPY MOTHER'S DAY POEM

My mom is very special,
My mom is very kind,
My mom always tells me I'm special,
She's always on my mind.

My mom watches me grow,
My mom watches me cry,
Of course she'll always know, she'll never have to tell me
goodbye.

My mom will always hug and kiss,
My mom will always care, days she will never miss,
Cuz I'm her little teddy bear.

My mom is very special,
My mom is very kind,
My mom always tells me I'm special,
She's always on my mind.



KINDERGARTEN ORIENTATION

The New Kindergarten Student Orientation has been scheduled for **May 25th**. We are sure that this orientation time will make them feel comfortable about attending school in the fall. If you haven't registered please contact the school at 204-734-4561.

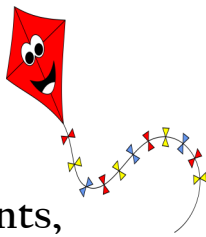


All students & staff at the MEYS believe that everyone should be treated with **RESPECT** and **KINDNESS**!

On April 11th the students and staff were encouraged to wear pink as an effort to promote healthy relationships and bullying prevention. Pink Day was a way to celebrate each other's kind gestures and positive actions. Thank you to everyone who participated and stood up against bullying!



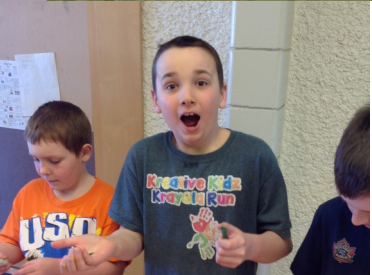
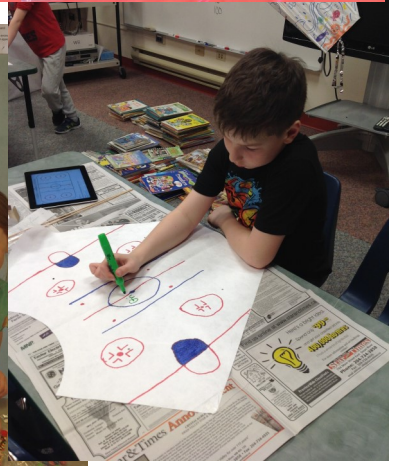
Education Day - April 19th



Minitonas Early Year's School was buzzing with excitement as students, staff, and parents celebrated Education Day!

Thursday afternoon, was filled with different activities for all the students such as kite making, Cookie Decorating, Gardening and more. All students thoroughly enjoyed participating in all these “hands on” activities!

Thank you to all volunteers, teachers and support staff for organizing these exciting activities.





Upcoming events...

Tabloid Day

Friday, June 8th

Kindergarten Graduation

Friday, June 22nd @
10:30am

Next PAC
Meeting is
Tuesday,
May 1st
at 6:30 pm



**Minitonas Minor Sports Baseball
Registration**

Forms should be returned to the school
by **Wednesday May 2.**

Questions? Please see contact information
below.

**Fee \$20 – Please send with registration
or
will be collected at the first practice.**

*** Coaches are needed. If interested
please contact Lee-Anne Campbell 238-
4868 or email leeblairhome@hotmail.com**

**THE GRADE 3'S ARE HAVING A "JUNK
SALE" ON TUESDAY, MAY 15TH.
THIS WILL BE HELD AT NOON RECESS
IN THE GYM AT MINITONAS EARLY
YEARS SCHOOL. THE MONEY RAISED
WILL GO TOWARDS A PIZZA PARTY IN
JUNE. PRICES RANGE BETWEEN .25 UP
TO \$2.00**



HEALTHY LIVING WEEK- MAY 22nd-May 25th

On the week of May 22nd-May 25th, the staff and students will be participating in various activities that relate to eating healthy, exercising, and ways of maintaining a happy lifestyle. Mrs. Kurtz and Mr. Simpson have many fun filled events planned for this week. If you have any questions or concerns, please feel free to contact either one of them!

"Healthy eating and physical activity help children grow, learn, and build strong bones and muscles. As a parent or caregiver, you have a great opportunity to be a role model of positive behaviours and a healthy lifestyle. Healthy food choices and regular physical activity may help children have a healthy weight and prevent health problems including type 2 diabetes. Type 2 diabetes usually develops in adults, but increasing numbers of overweight children and teens are being diagnosed with this chronic disease. The benefits of eating well: Good health, More energy, Healthy body weight, Lower risk of disease, Improved concentration, Strong heart, muscles, and bones."

Top 10 Reasons Kids Should Get Plenty of Exercise:

1. Kids who exercise are more likely to keep exercising as adults
2. Exercise helps kids achieve and maintain a healthy body weight
3. Regular physical activity helps build and maintain strong, healthy muscles, bones and joints
4. Exercise improves the quantity and quality of sleep
5. Research shows that exercise promotes improved school attendance and enhances academic performance
6. Exercise aids in the development of important interpersonal skills – this is especially true for participation in team sports
7. Kids who exercise have greater self-esteem and a better self-image
8. Participating in regular physical activity prevents or delays development of many chronic diseases (eg. Heart disease , diabetes, obesity , and hypertension) and promotes health
9. Children who are active report fewer symptoms of anxiety and depression and a better overall mood
10. Exercise helps improve motor coordination and enhances the development of various motor performance skills



Swan River Fun Run

Sunday, June 3, 2018
 Start Time: 8:00am
 Centennial Arena Parking Lot
 Swan River, MB



1K Kids' Run –free
5K & 10K- \$25
1/2 Marathon- \$45



Register by mail: Box 2373 Swan River , MB R0L 120 by Friday, May 25th
 or in person on race day.

This race is sanctioned by the
 Manitoba Runners' Association



Proceeds go towards the Swan River
 Kinsmen Nursery School

Contact: Keith Immerkar @ 734-0720
 Or immerkarfarms@hotmail.com



The Skipping Team took part in the Jump Rope for Heart Jump Off on April 12th. It was a great success! The team raised \$531.00!! WOW!
 All the donations will be given to the Heart and Stroke Foundation. Great Job Everyone!

Swan Valley District Recreation Commission

Youth Sports Night – Swan River: Mondays . Ages 5 – 12 at 6pm – 7:30pm at Taylor School. Cost: FREE. Pre-registration is now required. Call the Friendship Centre at 204-734-9301 to reserve a spot for your child.

Red Cross Babysitter Course: Location: Swan Valley Regional Secondary School. 9:00am–2:00pm both days. May 5 & 6. Must be 12 by December 31, 2018. Cost is \$50.00. To register, contact the Rec office at 204-734-3847. Space is limited. Alana Bruce will be the instructor. CLASS IS FULL. WAIT LIST AVAILABLE.

Playground program: July 3–August 10. 1:00–4:00 pm. Kids born 2006–2012. \$20/week. \$100/summer. \$6 drop in fee. Registration begins June 5.

Swan River Daycamp #1: July 3-6 (4 day). 9:00 am–4:00 pm. Kids born 2006–2012. \$35/week. Registration begins June 5.

Swan River Daycamp #2: July 23-26 (4 day). 9:00 am–4:00 pm. Kids born 2006–2011 (must be 7 by the start date of camp). \$50/week (includes daily swim at the pool). Registration begins June 5.

Kenville Daycamp: July 9–13. 9:00 am–4:00 pm. Kids born 2006–2012. \$40/child. Registration begins June 5.

Benito Daycamp: July 16–20. 9:00 am–4:00 pm. Kids born 2006–2012. \$40/child. Registration begins June 5.

Bowsman Daycamp: July 30–August 3. 9:00 am–4:00 pm. Kids born 2006–2012. \$40/child. Registration begins June 5.

Minitonas Daycamp: August 7–10 (4 days). 9:00 am–4:00 pm. Kids born 2006–2012. \$35/child. Registration begins June 5.

Physical Arts Camp–Tribal Kinetix: August 13–17. Ages 6+. More details coming soon.

Adult Water Walking: Refreshing waist deep water that puts little to no strain on your ankles, knees, hips & back. Mon. to Fri., 6am-9am, 12pm-1pm, 8pm-9pm, at the SVCU Aquatic Centre. Cost: regular drop in fee. Walk in the Lap Pool or against the current in the Lazy River – your choice.

Toonie Swim: Every Wed. from 6pm - 8pm at the SVCU Aquatic Centre. Go to: www.swanvalleyrec.ca for a schedule or call the Customer Service Desk at 204-734-4119

Monday Aquafit: Every Monday 6pm-7pm. Come for a relieving workout that stretches out all those painful muscles and joints. This workout is for those with replacement pain, arthritis and joint pain. Everyone welcome at the SVCU Aquatic Centre. Work up a sweat with high energy upbeat music, fun, and a social environment. Everyone welcome at the SVCU Aquatic Centre. Cost: regular drop in fee. Call: 204-734-4119 for more information.

Aquasize: A refreshing chest deep water workout that puts little to no strain on your ankles, knees, hips & back. High energy upbeat music, fun, social environment. Everyone welcome at the SVCU Aquatic Centre. Cost: regular drop in fee. Call: 204-734-4119 or go to: www.swanvalleyrec.ca for a schedule.

Swan River Ladies Curling Club Annual Garage & Bake Sale: April 27, 2018—at the rink.

Kidsport Applications: NEW DEADLINES – Applications now accepted on the 15th every month. We believe no kid should be left on the sidelines, and all should be given the opportunity to experience the positive benefits of organized sports. Kidsport provides support to children to help remove financial barriers preventing them from playing sports.

GraciousYoga by Jennette: Hatha vinyasa yoga. \$15 drop in. class packages available gift certificates available. Sunday class 3 pm (subject to change) Contact 204-731-0452 for more information.

Yoga with Corinna: Therapeutic & Critical Alignment Yoga. Class times are: Tuesday 9:30am-10:45am, 5pm-6:15pm, and 7pm-8:15p. Wednesday 5pm-6:15pm. Thursday 7pm-8:15pm at the Swan School of Dance. Price: \$21 drop-in or 10 class pass for \$189. Contact 204-731-4152 or YogaWithCorinna@shaw.ca go to: www.highriveryoga.ca for more information.

Wellman Lake Swimming Lessons: Will be held July 16 – 20. Early bird registration is \$40 by June 1. After June 1, fee is \$50. For more info or to register, please contact Ronn at 204-734-0115 or ronn13@mymts.net

If you have any questions or comments or want to register for a program contact

Patti at 204-734-3847 or check out our website at www.swanvalleyrec.ca

If you are looking for information about the Swan River Centennial Arena or wishing to rent tables and chairs, or meeting space call the Swan River Recreation and Facilities Office located in the Centennial Arena at 204-734-4141

If you are looking for information about the Swan Valley Credit Union Aquatic Centre or wishing to rent meeting space there, call the Customer Service Desk at 204-734-4119



For more information
contact a coach:
Erica Forsyth - 431-281-3172
Quinn Munro - 204-281-3980

If you are ages 8-17 and want to
see what competitive swimming is
all about join us

Tuesday May 15th
from 6-7pm for a
Rapids Open House

Individuals will get the opportunity
to see what swim club is all about
and ask questions

Existing swim club members bring
a friend!

Season begins
June 5th at 5pm
Parent Meeting to follow
at 6pm

SUBWAY
eat fresh.™

Subway Lunch
May 17th, 2018
Forms will be sent home
and are due back by
May 9th

NO LATE ORDERS
WILL BE ACCEPTED

Thank you to Gena
Finlay for organizing
the hot lunches all
year! We appreciate it
very much!



Grade 4s
getting messy
in Art Class!

