

NMPPS Weekly Message

Sunday June 1, 2025

Barrier Free Track and Field

On Thursday, May 29th, students in the ISP programs took part in the annual Barrier Free Track and Field event held at Variety Village. The day was filled with excitement as students rotated through a series of inclusive and engaging activities, including lacrosse, fitness challenges, wheelchair basketball, sledge hockey, and dancing. The students were all smiles as they jumped into each activity, trying new things and cheering each other on. It was heartwarming to see classmates encouraging one another, celebrating each other's efforts, and sharing lots of high-fives and laughs—it was a day packed with movement, joy, and new experiences!



June Hot Lunch and Snack

Thank you for all the contributions to our lunch and snack program. Payments for Hot Lunch and donations for the Snack and Breakfast Programs are through [School Cash Online](#). Menu for June Hot Lunch program.

Sharing: Free workshop on stress for parents/caregivers

StressLess Workshop (virtual):

June 11th 7 pm -8 pm (Ages 4 – 12)

June 12th - 7 PM – 8 PM (ages 12 – 18)

Registration here: <https://strongmindsstrongkids.org/en/8986-2/>

Helping Children Thrive with Evidence-Based Stress Management Programs



Join us for a virtual **StressLess ages 4-12 training on Wednesday, June 11** to learn more about supporting your kid with their stress management!

Designed for parents, caregivers, coaches, and other caring adults, StressLess provides you with psychologically sound information about kids' stress and age-appropriate resources that you can pick up and use.

[Register today and help your kid StressLess.](#)



Join us for a virtual **StressLess ages 12-18 training on Thursday, June 12** to learn more about supporting your teen with their stress management!

Designed for parents, caregivers, coaches, and other caring adults, StressLess provides you with psychologically sound information about teen stress and age-appropriate resources that you can pick up and use.

[Register today and help your teen StressLess.](#)

Thanks to the support from [Jackman Foundation](#), we are able to offer these sessions for FREE.

Parents! Grow Your Child's Word Power

Get ready for a fun Word Hunt happening across the grades right in your home! Each week will bring exciting words to explore with your children – from bumpy in Kindergarten to luminous in Grade 8.

Download Word Power Scavenger Hunt #1

Toronto Parks and Recreation - Early Registration

The City of Toronto is offering early registration for recreation activities at Regent Park Community Centre, Regent Park Athletic Grounds, and Pam McConnell Aquatic Centre. Visit toronto.ca/EarlyReg for more information.