

**PIZZA POP TUESDAYS/THURSDAYS**  
**APRIL - JUNE, 2010 – GRADES 1-6**

**This year the EY canteen will be offering baked pizza pops on Tuesdays and Thursdays at a cost of \$1.25 each. To help us with ordering please circle the dates your child will be having pizza pops.**

**Student Name:** \_\_\_\_\_

**Student Grade/Homeroom Teacher:** \_\_\_\_\_

**TUESDAY**

**April 6, 13, 20, 27**

**May 3, 10, 17, 31**

**June 1, 8, 15, 22**

**THURSDAY**

**April 8, 15, 22, 29**

**May 6, 13, 20, 27**

**June 3, 10, 17, 24**

**PLEASE RETURN YOUR ORDER FORM AND MONEY BY FRIDAY, MARCH 19TH**

**CHEQUES MADE PAYABLE TO MORRIS SCHOOL**

# SUBWAY DAYS ORDER FORM APRIL - JUNE GRADES 1 - 12

*Please circle the dates your child wants a sub and what type of sub (from choices below) along with what extras wanted on the sub – Please return order forms and money to homeroom by FRIDAY, MARCH 19 – PLEASE KEEP TRACK AT HOME WHICH DAYS ARE SUBDAYS TO AVOID YOUR CHILD COMING TO SCHOOL WITHOUT A LUNCH!*

**\*\* CHEQUES MADE PAYABLE TO MORRIS SCHOOL –\*\***

Student Name: \_\_\_\_\_

Homeroom/Grade \_\_\_\_\_

**Price is for sub sandwich only – no meals - \$4.00 per sub**

**Wednesday, April 7**

**Wednesday, May 19**

**Wednesday, April 14**

**Wednesday, May 26**

**Wednesday, April 21**

**Wednesday, June 2**

**Wednesday, April 28**

**Wednesday, June 9**

**Wednesday, May 5**

**Wednesday, June 16**

**Wednesday, May 12**

**Wednesday, June 23 (for grades 1-8 only)**

## **SUB CHOICES**

6" Cold Cut Combo

6 " Ham sub

6 " Turkey sub

6 " Veggie sub

Extras-Cheese, Lettuce, Tomato, Pickle, Mayo, Mustard or Nothing  
white or brown bread

# HOTDOG MONDAYS ORDER FORM APRIL - JUNE, 2010

Mondays will be hotdog days for grades 1-6 – **please keep track at home which Mondays hotdog days are ran to avoid your child coming to school without a lunch!**

Please fill in the order form below and return it with the correct amount of payment to your homeroom teacher or the office by **Friday, March 19th**

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

DATE	# of hotdogs (@ \$1.00 ea.
Monday, April 5	_____ x \$ 1.00 = _____
Monday, April 12	_____ x \$ 1.00 = _____
Monday, April 19	_____ x \$ 1.00 = _____
Monday, April 26	_____ x \$ 1.00 = _____
Monday, May 3	_____ x \$ 1.00 = _____
Monday, May 10	_____ x \$ 1.00 = _____
Monday, May 17	_____ x \$ 1.00 = _____
Monday, May 31	_____ x \$ 1.00 = _____
Monday, June 7	_____ x \$ 1.00 = _____
Monday, June 14	_____ x \$ 1.00 = _____
Monday, June 21	_____ x \$ 1.00 = _____

**PLEASE MAKE CHEQUES PAYABLE TO MORRIS SCHOOL**

# **MORRIS SCHOOL NEWSLETTER**

## **MARCH, 2010**

### **THANK YOU!!**

A big "Thanks" to the Morris Volunteer Fire Department - along with "Sparky" and to Pat Schmitke and his daughter of Morris Bigway who cooked and served lunch to our students on Friday, February 12<sup>th</sup> during our Maverick Winter Fun Day!! Thank you to those ladies who donated cookies and to all staff who helped organize and run the day's events.

### **MORRIS WINTER TOWN BUS ENDS !!**

The Town Bus will make its last run on Friday, March 26.

### **JUST A FRIENDLY REMINDER - PARENT/TEACHER INTERVIEWS**

Just a reminder to book your parent/teacher interviews which are being held on April 15 in the evening and April 16 in the morning. Please call, **after March 6**. 746-2612 ext. 221 with a list of teachers you need to see and we will be happy to book these for you.



### **WEDNESDAY WALKING CLUB FOR GRADES 1-4**

Congratulations to *Justin Keck* who completed 20 laps around the school field and received a Toe Token.

Now that the Olympics have started our torch relay is over. *Jordan Huska* was the lucky winner of the Olympic Mitts.

With the cold weather we had our Valentine Walk/Run in the senior years' gym. Around 25 students participated with several of them completing 20 laps! At the end they all got some Smarties! Thanks to the grade 5 and 6 students for helping out!

## A GREAT BIG THANKS FROM THE MORRIS MAVERICK HOCKEY TEAM!!

With the generosity of many people - 90 kits containing such items as soap, towels, toothbrushes and shampoo were sent to help people in Haiti. The Morris Maverick Hockey Team would like to send out a great big "THANK YOU" to all who participated in this worthwhile cause.



## SCHOOL BOOK FAIR

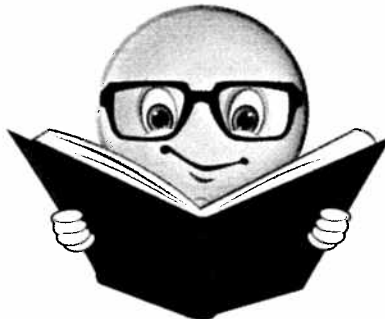
The Scholastic Book Fair returns to the Morris School Library in mid-April with a new selection of excellent reading materials. The Book Fair will be open Wednesday, April 14<sup>th</sup> to Friday, April 16<sup>th</sup> with the following hours:

April 14 - 8:30 a.m. to 4 p.m.

April 15 - 8:30 a.m. to 3:30 p.m. and 4:30 p.m. to 7:30 p.m.

April 16 - 8:30 a.m. to 12 p.m.

Purchases from the book fair earn credits for the Morris School Library and allow us to buy more new books for the students to read. Please drop in anytime during the open days or when you visit the school for parent/teacher meetings.



**PETER ST. JOHN (also known as the Ninth Earl of Orkney)**  
**VISITS MORRIS SCHOOL**

Peter St. John visited Morris School on Monday, February 22<sup>nd</sup> to speak to students on his experiences in publishing, writing, history and terrorism. Mr. St. John is well acquainted with Morris through his long-time association with Mel and Yvonne Baxter at the Superthrifty Pharmacy, which carries many of his published books. In addition to his career as a university professor (retired but still part-time), he is a partner in Heartland Associates publishing company. He was accompanied to the school by Student Teacher Jennifer Landry of Morris who knows Mr. St. John well from her work at the pharmacy. He was able to visit with the High School Writer's Group over a lunch generously provided by the Baxters, then address a history class where he gave several students free copies of his book *Heart of the Continent* (a story of the Forks) and spent the last part of the afternoon with the Grade 12 Literature class. The students really enjoyed his presentations and were very fortunate to have such an opportunity. Many thanks to Mel and Yvonne for their support of Morris School - they have donated a number of these wonderful books to the school and public library for all to enjoy. And thanks to Jennifer Landry for all her work in making this visit possible.

**"I Love to Read" Month**

The school has been busy with "I Love to Read" month and on February 10th a special guest dropped in to the library to read to the Elementary school students. Lloyd the Intern from Hot 103 FM visited Morris School and had lots of fun with the kids, reading books, answering questions, signing autographs and having his picture taken with staff and students. Hot 103 Radio do a lot of community service work, especially during "I Love to Read" month. Lloyd is on the morning show with Ace Burpee and Chrissy Troy. The students sent him home with both a Love Morris t-shirt and a Morris Mavericks t-shirt to show him that Morris, Manitoba is a very friendly community.



## YEARBOOK ORDERS

It's time to order your 2009-2010 school yearbook. Yearbooks are \$40 each and will be delivered next September. Order forms are available in this newsletter, on-line at the Morris School website or in the Morris School Library. The deadline for orders is April 6, 2010. If you have questions, call Dianne DeKezel at the school 746-2612 ext. 233

## KINDERGARTEN REGISTRATION

We are now accepting applications for students who will be attending Kindergarten in September - your child must be 5 by December 31, 2010.

Please stop by the school office or call Tara at 746-2612 ext. 222 for further registration information. Birth Certificates are required at the time of registration.

An information night will be held at a date yet to be determined.



PRESENTING THE 2010

MORRIS HIGH SCHOOL DRAMA PRODUCTION ....

## **THE BACHELOR KING**



This is a comedy set in a modern-day "kingdom". A new king is "accidentally" crowned, and through a search for the perfect candidate to become his queen, he learns what it really means to be king!

**Friday & Saturday**

**May 6 & 7**

**7:30 p.m.**

Tickets will become available soon, from either  
the cast or  
by calling the school at 746-2612

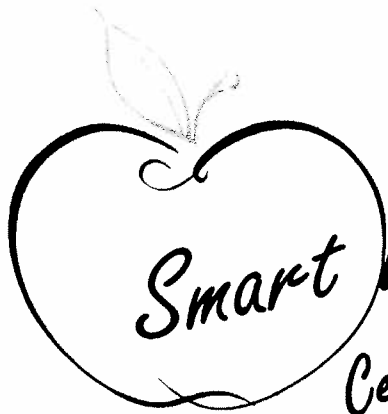
## **MORRIS MINOR BASEBALL**

Baseball season is around the corner and the Morris Minor Baseball Committee needs your help!! In order for this program to run this year, volunteers are needed in several areas including coaches (for all ages), league reps, treasurer. If you are willing and able to volunteer some time to this sport please contact Barb Pettapiece at the Morris Recreation Office.



## **DATES TO REMEMBER**

March 15 - NO CLASSES - ADMIN DAY  
March 29 - April 2 - NO CLASSES - SPRING BREAK  
April 2 - Good Friday  
April 4 - Easter Sunday - Happy Easter  
April 14 - Scholastic Book Fair - during school hours  
April 15 - Parent/Teacher - 4:30 - 8:00 p.m.  
April 15 - Scholastic Book Fair  
April 16 - NO CLASSES - Parent/Teacher - 9:00 - Noon  
April 16 - Scholastic Book Fair  
April 16 - Grad Photo Retake Day  
May 6 & 7 - Morris School Drama Production



# Smart Eating Makes the Grade!

*Celebrate Food... From field to table.*

## March is Nutrition Month

March is Nutrition Month across Canada. This year we celebrate food and the journey it takes to get from the field to our table. During the month of March watch for Nutrition Month activities around your community or check out [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell).



### Did you know...

- A food product must contain 95% organic ingredients to be a "Certified Organic" product?
- The term "locavore" refers to the trend of using locally grown or seasonally ready foods?
- Only 7.3% of Canada's land is used for agriculture due to climate and soil quality?
- Our land used for farming
- represents 167 million acres, according to the Consensus of Agriculture?

## Eating Local



<b>What does eating local mean?</b>	Foods are grown or produced within 50 km of where they are sold.
<b>What is the benefit of eating local?</b>	<ul style="list-style-type: none"> <li>- Reduced packaging, waste and transportation of food</li> <li>- Greater income for area farmers</li> <li>- Better prices for consumers</li> <li>- Foods sold at peak freshness and ripeness</li> <li>- Increased flavour and taste</li> </ul>
<b>Is eating local healthier?</b>	<ul style="list-style-type: none"> <li>- Little evidence that locally grown foods are more nutritious</li> <li>- Limited evidence that certain locally produced vegetables and fruits have greater nutritional value</li> </ul>
<b>What influences the nutrient value of foods?</b>	<ul style="list-style-type: none"> <li>- Crop variety</li> <li>- How it is grown</li> <li>- Ripeness at harvest</li> <li>- Storage</li> <li>- Processing and packaging</li> </ul>

## Milk: From Farm to Fridge

Milk is produced from dairy cows that live on a dairy farm. In one day, a dairy cow will eat 30 kilograms of grass, hay and silage and drink about half a bathtub (60 litres) of water. The cow uses the energy from her food to produce 80 glasses (20 litres) of milk in one day, totalling 85 bathtubs of milk in one year!

Each cow is milked several times a day using a milking machine. After being milked, the raw milk flows through pipes and in to a large refrigerated tank. Here it waits to be picked up by the milk truck. The truck carries the milk to a dairy where it undergoes pasteurization to kill any bacteria and homogenization to prevent fat from floating on top of the milk. Some milk has the fat removed creating partially skimmed milk.

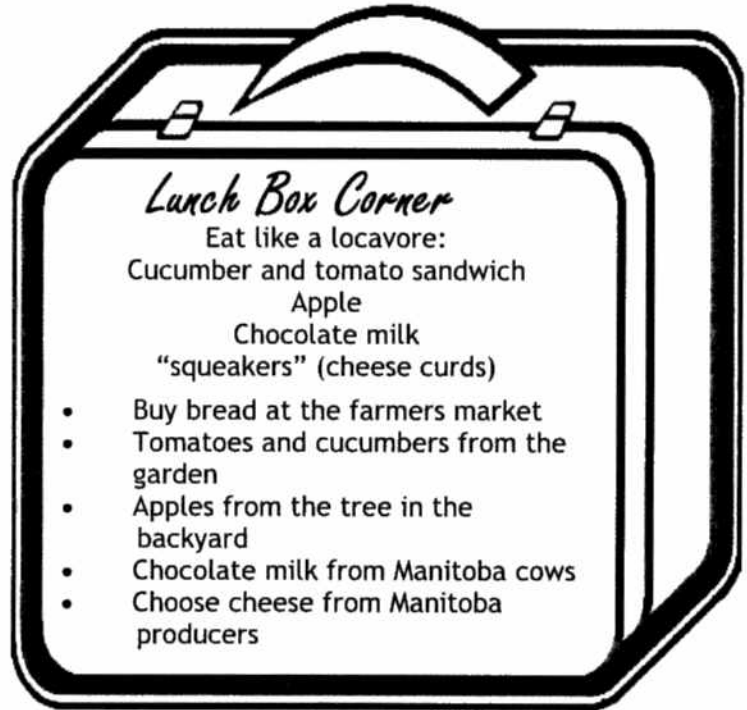
Vitamin D and calcium are then added to enrich the milk and boost the milks vitamin and mineral content.

Finally, machines package the cold milk into cartons or jugs and the milk is delivered to your local grocery store and ready for you to drink!

Source: [www.milk.mb.ca](http://www.milk.mb.ca)

## The Bottom Line

Choosing foods that are produced closer to home benefits your local community and is better for the environment. Challenge friends and families to find Manitoba made or grown foods.



## Activity Corner

Organize a farm tour with your classroom.

Farms you could visit in Central Manitoba:

1. Connery's Riverdale Farms
2. Jeffries Brothers Vegetable Growers Inc.
3. Carman Research Station



\*Visit [www.aitc.mb.ca](http://www.aitc.mb.ca) for more information or other activities.\*

## Going Organic?



Organic foods have been popping up all over grocery store shelves. From organic fruits and vegetables to organic snack products, the term "organic" has lead consumers to believe these products may taste better and be nutritionally superior.

Organic farming limits the use of synthetic fertilizers and pesticides while using environmentally friendly farming practices. Research studies have been inconsistent in determining if organically farmed products really do contain a higher nutritional content.

The decision to purchase organic food is a personal choice and may be based on personal values regarding food production and environmental issues. However, the idea that organic products are richer in nutrient value should not be the basis for this decision.

### Carrot Nut Salad

Try this recipe with as many local ingredients as you can:

3 cups	Shredded carrots
1 cup	roasted peanuts, chopped
1 tbs	onion, finely chopped
½ tsp	salt
½ cup	light mayonnaise
2 cups	raisins
1 head	Leaf lettuce
1	tomato, cut into wedges

In a large bowl, combine carrots, peanuts and raisins. In a small bowl, combine onion, salt and mayonnaise. Mix well. Add light mayonnaise mixture to carrot mixture. Toss evenly to coat. Serve on lettuce leaves and garnish with tomato wedges

Source: Peak of the market

