

# Morris School



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Achieving Success  
Together

May 2010



## Newsletter

### MANITOBA SCHOOLS SCIENCE SYMPOSIUM

Morris School was very well represented at the Manitoba Schools Science Symposium the weekend of April 23/24 in Winnipeg:

Alison Rempel received an honorable mention in the Junior Health Sciences category.

Josh Zilkie and Tyler Siemens received a bronze medal in the Junior Chemistry category.

Erin Robert received a bronze medal in the Elementary Health Science category.

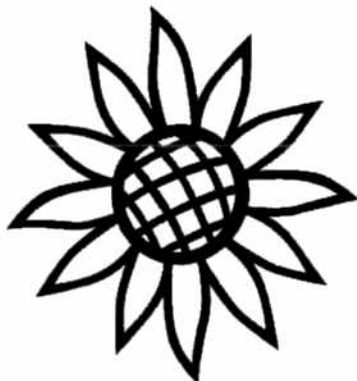
Heather Rempel received a silver medal in the Elementary Environmental Studies and Earth Science category - she also received the McDonald's "I'm Lovin' It" Science Award.

Ivory Jorgenson received a gold medal in the Elementary Chemistry category.

Riley Stevenson and Alex Enns received a gold medal in the Elementary Environmental Studies and Earth Science category and also were major award winners - winning Best Group Project in Physical Sciences at the Elementary level.

Alison Rempel, Heather Rempel, Riley Stevenson and Alex Enns have been asked to represent our school at Oak Hammock Marsh in May.

Congratulations to all of our award winners!!!



## **HIGHSCHOOL DRAMA PRODUCTION**

The previously advertised drama production - "The Bachelor King" scheduled for May 6 & 7 has been cancelled due to unforeseen circumstances.

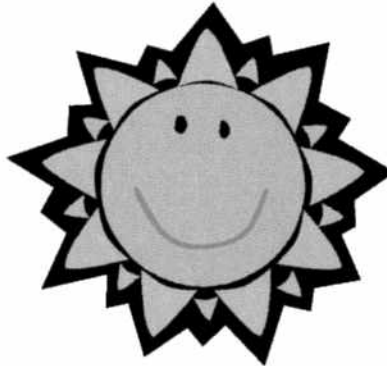
## **MUSICAL AND DINNER THEATRE** **"THE RETURN OF THE GLASS SLIPPER"**

Morris School Grades 3-5 students present a musical for young performers - "The Return of The Glass Slipper."

The date is May 13<sup>th</sup>, Supper at 6:00 p.m., Musical at 7:00 p.m. - Musical interludes provided by the school bands.

advance tickets only - Students \$5 and Adults \$10

Call 746-2612 ext 221 for tickets.



## **FINAL MTC OUTING**

The last MTC outing will be Wednesday, May 12<sup>th</sup>. This includes your annual supper wind-up at a restaurant TBA - please dress in formal - no jeans!! The bus leaves at 4:30. Those interested in MTC next year, information will be coming soon!!

## **ATHLETES IN ACTION SUMMER CAMPS**

We are once again very fortunate to be able to host the Athlete's in Action Basketball and Volleyball Camps at our school this summer - Basketball will be hosted July 26 - 30, Volleyball will be hosted August 30 - September 2 - Please contact Mrs. Laurie Edel at 746-2612 ext 228 or email [ledel@rrvzd.ca](mailto:ledel@rrvzd.ca)

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## Newsletter

### NEWS FROM THE LIBRARY

A big thank you to everyone who supported the Scholastic Book Fair this month - sales were approximately \$2200.00 - getting the library \$1100.00 worth of free books for the library,

Also thanks to those who supported the perogy fundraiser for the library - 250 dozen perogies were sold with a profit of \$445 being recognized, which went to purchase new books. Special thanks to the Swift family and Ms Tascona for making cash donations.

### MUSIC MONDAY

Senior Band students are preparing to join their fellow music students across Canada in the upcoming coast-to-coast Music Monday concert on May 3<sup>rd</sup>.

Music Monday is held at the same time to help unite Canada in song. It celebrates the importance of music in people's lives and in the lives of the students.

According to Music Monday's national organizers, the event in 2009 was a huge success with over 700,000 students from every province and territory across Canada taking part.

Join the senior band students on Monday, May 3<sup>rd</sup> at 11:45 am at the front entrance.

### THANK YOU!!

Thank you to all of those who supported the Kids Caring for Kids Week of Change - we raised over \$300.00 - all of which is being donated to an orphanage in Haiti.

Thank you also goes out to all who helped in any way to make the "Set For Life" 24 hour volleyball tournament a great success - funds raised will be sent to the Cancer Society.



## THE GREAT CANADIAN MAIL RACE

There was a letter waiting to be opened upon return from Spring Break. It was addressed to "Any Grade 5 Classroom", so it was forwarded to Mrs. Noel's home room. The contents of the letter revealed an invitation to participate in the "Great Canadian Mail Race!"

What a perfect opportunity to address authentic letter writing in the classroom. So, discovering that the letter was initiated in Antogonish, N.S. and sent to MacGregor, Manitoba, and then another one to Morris, raised interest for the students to investigate on the internet where they would like to send their letters.

All students participated and mailed their letters last Tuesday. One has been returned from the original sender in MacGregor.

All students are waiting with anticipation to receive their letter and to write back. Who knows what can develop as bonds are built and linked between the writers of the Great Canadian mail race?

Kim Noel/Angela Tascona

Grade 5/6 RN

## DIVISIONAL TUSC FAIR

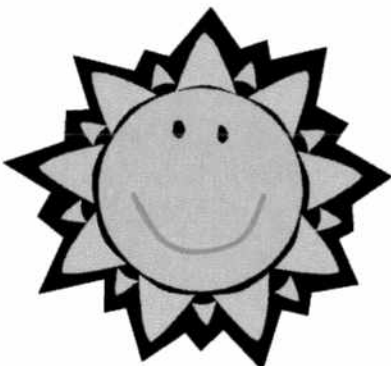
This year, our Middle Years teachers' committee decided to hold and host a speakers' fair at Starbuck School. Details of the event were planned by a sub-committee and plans were shared at the divisional inservice day. The event was held on Wednesday, April 14<sup>th</sup>, 2010.

Two students represented Morris School. They were Ivory Jorgeson (5/6A) and Erin Robert (5/6RN). Teacher, Mrs. Kim Noel and the students' parents attended. The morning component was the competition. In the afternoon, the participating students worked together in mixed school workshop groups facilitated by the members of MTYP, the Manitoba Theatre for Young People, and investigated the art of Improv.

We wish to congratulate Erin, who won a gold medal and Ivory, who won silver! We are very proud of you both for representing our school at this unique experience and know that you have benefited by attending this fair!

Kim Noel/Angela Tascona

Grade 5/6 N



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May 2010



## WEDNESDAY WALKING CLUB!!

March 24 we were outside running our laps. We celebrated the spring holiday by running for stickers, pencils, juice and Easter treats. Around 45 students participated with several of them completing their first 20 laps and a few more completing 40 laps! Great job! Congratulations to **Lesa Klassen, Sydnee Gauthier, Sadee Atkinson, Cara Klippenstein and Emily Ciglar** they completed 20 laps around the school field and received a Toe Token.

As the month of April has been quite warm several more students have completed their 20 laps and received their toe token. Congratulations to **Rebecca Thiessen, Poncho Klassen, Joyce Pickart, Devan Ayres-Collingridge, Cullen Driedger and Gregory Klassen. Kenzie Sheane, Trisha Brethour, Keanna Clark and Bryce Neustater** received their second toe token for completing 40 laps.

Congratulations to **Betty Wilson** who has completed 60 laps!!

## DATES TO REMEMBER

- May 9 - Mother's Day - HAPPY MOTHER'S DAY
- May 12 - Final MTC outing - supper - bus leaves at 4:30
- May 13 - Grade 3-5 Musical and Dinner Theatre - Supper 6:00, Performance 7:00
- May 20 - Grade 5-8 Softball Tournament - Lowe Farm
- May 24 - Victoria Day - NO CLASSES
- June 2 - Spring Band Concert-7:00 pm

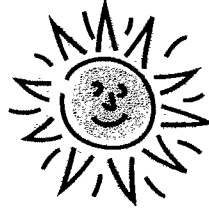


- June 15 - 21 - 9-12 exams
- June 24 - Grad Rehearsal
- June 25 - Grad - 2:00 p.m.
- June 29 - K-8 Last day of classes
- June 30 - Admin Day
- September 8 - Classes begin



# HAPPY MOTHER'S DAY

## MOTHER IS THE BEST



My mom is really great;  
She's sweet as she can be;  
When I need some help, I know  
She's always there for me.

Mom loves me all the time  
Even when I'm a pest;  
She always takes good care of me;  
My mother is the best

### YEARLY CALENDAR VIEW 2010 – 2011

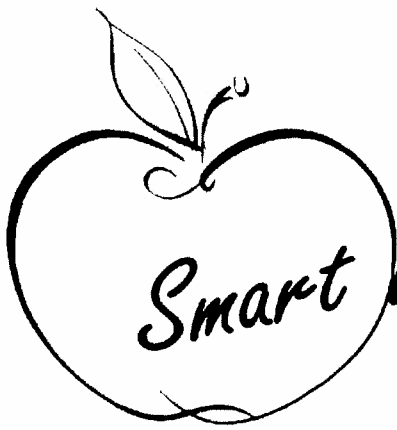
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#### 2010

September 6	<b>LABOUR DAY</b> – no classes	Monday
September 7	School Inservice/Administration Day – no classes	Tuesday
September 8	Classes begin	Wednesday
October 1	Divisional Inservice – no classes	Friday
October 4	School Inservice/Administration Day – no classes	Monday
October 11	<b>THANKSGIVING DAY</b> – no classes	Monday
October 22	Provincial S.A.G. Day – no classes	Friday
November 11	<b>REMEMBRANCE DAY</b> – no classes	Thursday
November 12	School Inservice/Administration Day – no classes	Friday
November 26	School Inservice/Administration Day – no classes	Friday
December 22	Last day of classes before <b>Winter Break</b>	Wednesday

#### 2011

January 6	Classes resume	Thursday
January 28	School Inservice/Semester Turnaround– no classes	Friday
February 18	Divisional Inservice – no classes	Friday
February 21	<b>LOUIS RIEL DAY</b> – no classes	Monday
March 25	Last day of classes before <b>Spring Break</b>	Friday
April 4	Classes resume	Monday
April 15	School Inservice/Administration Day – no classes	Friday
April 22	<b>GOOD FRIDAY</b> – no classes	Friday
May 23	<b>VICTORIA DAY</b> – no classes	Monday
June 29	Last day of classes	Wednesday
June 30	School Inservice/Administration Day – no classes	Thursday



# Smart Eating Makes the Grade!

## Fueling Active Kids

What you fuel your body with before and after activity will impact your overall performance. From amateur sports to Olympic athletes, food provides us the energy we need to do our best!

### Pre-activity nutrition:

Have food and drink before activity to fuel your muscles and help you get the most out of your activity. What you eat before an activity depends on the length of time until your activity starts.

Time before activity	Sample meal/snack	
3 hours prior	2 grain servings 1 meat/alternate serving 2 fruit servings 1 milk/alternate serving	1 cup whole wheat pasta, 3 oz lean meat, 1 cup 100% fruit juice, 1 yogurt cup.
2 hours prior	2 grain servings 1 meat/alternative serving 1 milk/alternate serving 1 fruit serving	Roast chicken sandwich on whole wheat bread, 1 cup milk and an apple
1 hour prior	2 grain servings 1 milk/alternate serving	Whole grain cereal & milk
Less than 1 hour prior	1-2 fruit servings <i>or</i> 1-2 grain servings	Fresh or canned fruit <i>or</i> Whole wheat toast with honey



### KEY NUTRITION POINTS

- ◆ One of the most powerful nutritional influences on the health and performance of athletes is getting enough fluids and being hydrated.
- ◆ Within 15-30 minutes of completing an event or game, have a snack with carbohydrate and a little bit of protein. *Example: yogurt and kiwi, or chocolate milk.*
- ◆ Carbohydrate is mainly found in fruit/vegetables, milk and alternatives, grain products and legumes.
- ◆ Protein is mainly found in milk and alternatives, and meat and alternatives.

### Post-activity nutrition:

The half hour immediately after activity is when the body recovers best. Having a snack with fluid, carbohydrate & protein within 30 minutes of activity will replenish energy and repair muscles.

Fluid - to replace the water lost in sweat	Water, milk (white or chocolate), juice, drinkable yogurt, sports drinks
1 Fruit/Vegetable and 1 Milk/Alternate <u>OR</u> 1 Fruit/Vegetable and 1 Meat/Alternate <u>OR</u> 1 Grain and 1 Milk/Alternate <u>OR</u> 1 Grain and 1 Meat/Alternate	Chocolate milk, cereal & milk, cereal bar and drinkable yogurt, ham & cheese sandwich, crackers & cheese, trail mix, cottage cheese & fruit, fruit smoothie

### During Activity:

Generally, water is enough to prevent dehydration and minimize fluid losses during physical activity. However, there are a few exceptions to this.

Physical activity lasting longer than 1 hour	Add 30-70g Carbohydrate for each hour of activity.	Homemade sports drink or 1-2 cups of a sports drink
Rest period (in an activity longer than 40 min)	Incorporate a Carbohydrate during rest periods after 40 minutes of play.	1 cup of 100% fruit juice or 1 fruit or 1-2 cups of a sports drink

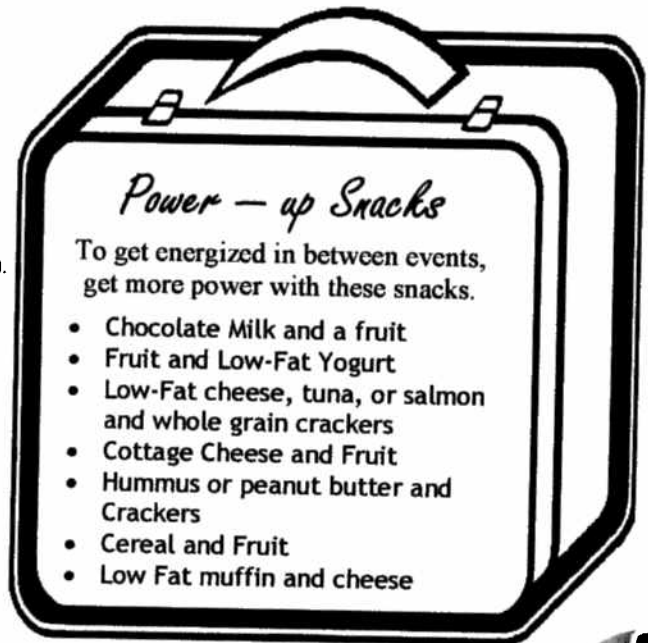
## The Bottom Line

To achieve optimal health, growth, development and performance, eat healthy foods and drink plenty of fluids. The well-nourished athlete will be able to play better and for longer, stay mentally alert and recover quicker from training and competition.



## Activity Corner

Why don't you try something new this spring? Baseball, soccer, swimming, dance classes... the options are endless!



## Sip Sip Sip!

Athletes are at risk for dehydration. To achieve your best performance, your body needs to be well hydrated. It helps to improve alertness, concentration, focus and actual physical performance.



Younger athletes are often thirsty before they take a sip of fluid. By this time, they are already starting to dehydrate. Heavy or prolonged sweating can lead to dehydration which is a major cause of fatigue and poor performance. It increases the risk of cramps, heat exhaustions and heat stroke. Dehydration can also delay recovery after exercise.

To perform your best, and to prevent dehydration, drink plenty of water before, during and after exercise. For activities lasting longer than 1 hour, include a sports drink with 30-70 grams carbohydrate per hour.

**NOTE:** Avoid energy drinks while training. Energy drinks put you at risk for dehydration and stomach discomfort during activities.

### Quick Recovery Smoothie

- 1 banana
- 1 cup white or chocolate milk
- 1 tbsp honey (if you use white milk)
- Ice cubes

Place all ingredients into a blender, blend up and enjoy! Source: dairygoodness.ca

### Homemade Sports Drink

(to be used with activities lasting more than an hour)

- 2 tbsp sugar
- 1/8 tsp salt
- 2 tbsp boiling water
- 2 tbsp 100% fruit juice (orange, cranberry, grape, etc.)
- 1 tbsp lemon juice
- 1 3/4 cup cold water

Combine the sugar and salt in a bowl. Add boiling water. Stir until dissolved. Added remaining ingredients and chill until needed. Source: www.coachingmanitoba.ca



For more information go to [www.rha-central.mb.ca](http://www.rha-central.mb.ca) and [www.dietitians.ca](http://www.dietitians.ca)

Nutrition Services Team

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