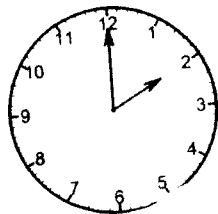


MORRIS SCHOOL NEWSLETTER - NOVEMBER 2009



TIME CHANGE

This is the weekend to change your clocks - the official time change back to standard time will occur this year at 2:00 a.m. , Sunday, November 1st.

SCHOOL MOVIE

THIS YEAR WE WILL BE HAVING ONE SHOWING ONLY AT 4:00 P.M.

November 6 will be "Ice Age: Dawn of the Dinosaurs" at 4:00 p.m.

Adults - \$4.00

Students - \$3.00

Preschoolers - Free

There will be a canteen!

GRADE 1-4 WALKING CLUB

The grade 1-4 students are into their second month of Walking Club. Every Wednesday the students come out and walk the perimeter of the school field. At times there have been up to 44 students walking during the lunch hour. The past week we had our Halloween Walk students were able to collect Halloween rings, pencils and a juice box! Congratulations to Keanna Clark and Jackie Pankiw for receiving the first toe token this year. They completed 20 laps around the field! A big thank you to the grade 5 and 6 helpers.

Submitted by Mrs. Bially

A FEW GENERAL REMINDERS!!!!

- 1) Just a reminder to please send proper eating utensils with your children's lunch!!
- 2) With colder weather creeping upon us - please be sure to dress your children appropriately.
- 3) Please call the office at 746-2612 ext 221 or 222 when your child is not going to be at school - or you can call the teacher directly and leave a message on their voice mail.
- 4) If you have any personal information changes for student records please contact Tara at 746-2612 ext 222

STAFF INTRODUCTIONS

Hi, my name is Kim Noel and I am one of the new Grade 5/6 teachers. I teach English Language Arts, Social Studies and French in the mornings. As a graduate of Morris School and a member of the community it is really exciting for me to be part of the Morris School team. I am looking forward to a fantastic school year!

Hello, my name is Stephanie Allison and I will be teaching grade 5/6 for Mrs. Wedel who is currently on maternity leave. I am in my first year of teaching and am very excited to be here in Morris. During my spare time I love to be active outdoors through hiking, snowshoeing and skiing.

Hello, my name is Janice Urbanski and I have been hired as half-time Resource Teacher for grades 7-9. I have a Masters Degree in Counseling and I am finishing my final course in my Special Needs/Resource Certificate at the University of Manitoba. I have been teaching for 19 years in various grades including French Immersion as well as 2 years of overseas E.S.L. in South Korea and Mexico. I am excited and happy to be doing Resource at Morris School!



POINSETTIAS FOR SALE

4" Red plant \$8

6" Red, White or

Pink plant \$16

8" Red, White or

Tricolor plant \$30

Proceeds towards the Senior Band - If you are interested

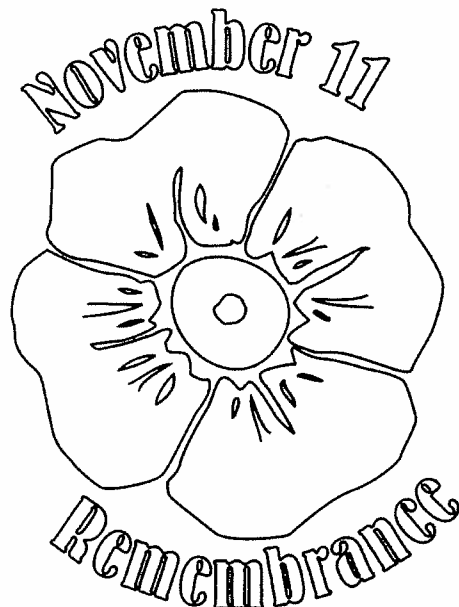
GRAD MEETING DATES

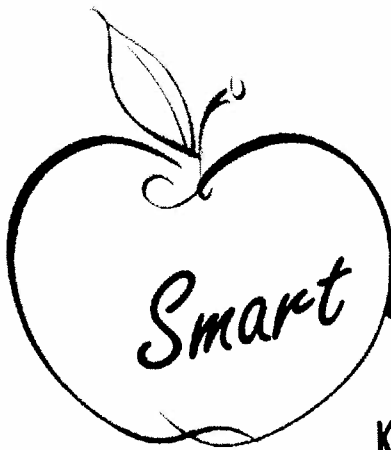
The following dates are set for grad meetings which will be held in the library at 6:30: November 30, February 8, March 8, April 5, and May 3
Safe Grad meeting date in February TBA

MTC DATES

The following dates are MTC nights - the bus leaves at 5:15 from the school on the following dates: December 16, January 27, March 3, and April 7

The bus leaves at 4:15 on May 12





Smart Eating Makes the Grade!

Keep the TransFat-ation out of School and Home

From School to Home:

New Manitoba Health legislation is banning the preparation, sale or distribution of foods containing high levels of artificial trans fats in Manitoba schools for the start of the 2009-2010 school year. If schools are being encouraged to reduce the amount of trans fats in foods, why not start at home?



What are Trans Fats?



Trans fats are found naturally in small amounts in certain foods, like dairy products and beef and lamb. Trans fats can also be made by food manufacturers in a process called "partial hydrogenation". This is when they turn a liquid oil into a semi-solid form, such as shortening or margarine. These are called "industrial trans fats" and are damaging to our health.

Why the health concern?



Trans fats are unhealthy fats because they tend to raise the risk of heart disease. They increase the bad cholesterol and decrease the good cholesterol in your blood. The key is to limit the "natural trans fats" and avoid "industrial trans fats".

Key Nutrition Points



All fats are not bad!
Fat is found in many healthy foods that children and teens need for growing bones and bodies.

Why do we need fat?

- ◆ It allows our body to absorb Vitamin A, D, E and K
- ◆ Cells need healthy fats to function well
- ◆ Fat slows down digestion of carbohydrates, helping them fuel the brain longer
- ◆ Omega-3 fats are healthy fats important for children's brain and vision development, as well as helping to improve mood, memory and learning

Food Sources of Industrial Trans Fats:

- Shortening and partially hydrogenated oils and any items made with these
- Breaded or battered chicken/fish/vegetables
- French fries
- Biscuits, scones, donuts, muffins, cookies, danishes, cakes, icing
- Crackers, chips, cheezies, microwave and movie popcorn
- Instant flavoured coffee mixes
- Many margarine and chip dips
- Lunchables lunch kits



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.

Activity Corner

As the temperature starts to dip, you can continue your physical activity indoors or outdoors with these ideas:

Outdoor - raking leaves, go for a walk, play on the playground

Indoor - bowling, badminton, indoor soccer, family gym nights



The Bottom Line

Everyone needs fat in their diet to keep their body healthy, but choose the healthier fat options and keep the total intake low. Eating Well with Canada's Food Guide recommends 2-3 Tablespoons of unsaturated fat every day.



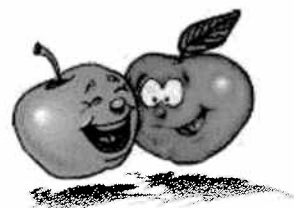
Low Trans Fat Lunches

Make your own lunch from scratch to lower Trans Fat AND salt:

- ◆ Whole wheat crackers made with non-hydrogenated oils (eg. President's Choice cracker line)
- ◆ Lunch meat such as turkey, chicken or tuna
- ◆ Mozza or cheddar cheese cut into thin slices
- ◆ Vegetable choice: carrots, cucumber, tomato
- ◆ Fruit choice: apple, grapes, kiwi, orange, peach
- ◆ Milk

Practical tips to lower the intake of Trans fat in your Diet

- ◆ Follow Eating Well with Canada's Food Guide
- ◆ Prepare foods with little or no fat
- ◆ Choose soft margarines that are labelled as being free of trans fats or made with non-hydrogenated fat
- ◆ Fry foods less often
- ◆ Eat more fruits and vegetables
- ◆ Choose whole grain breads and cereals
- ◆ Choose more fish and seafood, beans, peas, lentils and nuts as meat alternatives
- ◆ Choose the healthier oils and fats for food preparation, such as canola, olive, sunflower, safflower, corn, soybean and sesame oils



Super Duper Chicken Soup

Ingredients:

- 2 ½ cups (625ml) water
- 1 x 10 oz (284ml) can of chicken broth
- 1 Tbsp (15ml) non-hydrogenated margarine
- ½ cup (125ml) chopped celery
- ½ cup (125ml) sliced carrot
- ¼ cup (50 ml) chopped onion
- 1 tsp (5ml) basil or 1 bay leaf
- 1 cup (250ml) chopped, cooked chicken
- 2 Tbsp (30ml) rice

Yield: 2-3 servings

Directions:

1. Melt the margarine in a medium pot then cook the celery, carrot and onion for about 2 minutes
2. Add water and chicken broth and bring to a boil
3. Reduce heat to medium low
4. Add the chicken, vegetables, bay leaf or basil, and rice to the broth
5. Cover and simmer for 30 minutes, stirring occasionally



Source: Adapted from The Amazing Little Cookbook; Alberta Health and Wellness-Healthy U Initiative

For more information go to www.rha-central.mb.ca and www.dietitians.ca

Nutrition Services Team

May be photocopied in its entirety provided source is acknowledged.



IMPORTANT DATES TO REMEMBER!!

November 1 - Change clocks back 1 hour

November 6 - School Movie - 4:00 p.m. - "Ice Age: Dawn of the Dinosaur"

November 10 - Remembrance Day Service - 10:45 in SY Gym

November 11 - Remembrance Day - NO CLASSES

November 13 - Inservice - NO CLASSES

November 26 - Parent/Teacher Interviews - Evening

November 27 - Parent/Teacher Interviews - 9-Noon - NO CLASSES

December 2 - Band Christmas Concert - 7:00 p.m.

December 17 - K - 5 Christmas Concert - 7:00 p.m.

December 18 - Last day of classes before Winter Break

January 1 - HAPPY NEW YEAR!!!

January 4 - Return to classes.

January 5 - Grade 12 English Provincial Exam begins



November 2009



	Mon	Tue	Wed	Thu	Fri	Sat
2		3 <i>Picture Retake Day</i>	4	5	6	7
8	3	4	5	6	7	8
9		10 <i>Remembrance Day Service—10:45 am</i>	11 <i>Remembrance Day NO CLASSES</i>	12	13 <i>Varsity Boys and School Inservice NO CLASSES</i>	14 <i>Girls home tournament</i>
15	2	3	4	5	6	7
16		17	18	19	20	21
22	6	1	2	3	4	5
23		24	25	26 <i>Parent-Teacher 4:30—8:00</i>	27 <i>Parent-Teacher 9-noon NO CLASSES</i>	28
29	5	6	1	2	3	4
30						
	4					<i>20 monthly 58 cumulative</i>