



WELCOME BACK!!

Well, it is hard to believe that a month has gone by!! Welcome back to all of our students and welcome to the new students and staff who have joined us this year.

The staff additions are as follows:

Ms Samantha Popovits - Kindergarten and Grade $\frac{1}{2}$

Mr. Will Jones - Grades $\frac{3}{4}$ and Senior Years

Mrs. Marla Brandt - Grade 7/8 Resource

Mr. Boyd Noble - Student Services

Mrs Myrtle Janzen - Educational Assistant



Mrs. Noani Thiessen - Educational Assistant

MAVERICK WATER BOTTLES FOR SALE

We have stainless steel Morris Mavericks water bottles for sale in the office for a cost of \$8.00

STUDENT PRICE CARDS FOR SALE

We have student price cards for sale in the office for a cost of \$9.00 - students can use these cards a large number of stores, restaurants etc to receive discounts on their purchases.

MILK TICKETS FOR SALE

Just a reminder to parents of grades 1-6 that sheets of milk tickets can be purchased in the office for a price of \$7.50 - this gives you 10 milk tickets.

BIRTHDAY PARTY INVITATIONS K-6

Birthdays are important for children, but there have been some concerns regarding invitations in schools. To avoid hurt feelings of children please email, phone, or mail invitations to out-of-school parties from home. We would greatly appreciate it if you did not ask teachers to pass out birthday invitations. Thank you so much for your cooperation.

SCHOLASTIC BOOK FAIR

Thank you to all the parents, staff and students who supported the Scholastic Book Fair. Sales were approximately \$2,500 and will allow the school library to choose approximately \$1,000 in new Scholastic books. Many thanks to the volunteers who helped out at the book fair - Patti Nickel, Brayden Huska and Chris Wilson. The Book Fair is a major source of new books for the students and your support in any way is greatly appreciated. Remember we welcome donations of gently used books for the library as well. Call Dianne DeKezel at 746-2612 ext. 233



MAVERICK HOCKEY SEASON BEGINS!!

Welcome to another season of Morris Maverick Hockey - our first home tournament will be October 15th with the first game being the Mavericks vs Carman Cougars at 1:15 on the 15th.

The next home games will be Friday, October 22 at 7:30 pm vs Morden Thunder and then on Friday, October 29 at 7:30 vs Pembina Tigers.

The Maverick Hockey Team is looking for a trainer and equipment managers, if you are interested please contact Darren Skog at 746-2612 ext 223 or at dskog@rrvsd.ca.

WE HOPE TO PROVIDE OUR FANS WITH ANOTHER GREAT SEASON OF HOCKEY!!!!

VISION AND HEARING SCREENING

A vision and hearing screening program will be implemented at Morris School. The screening program is designed to uncover any vision and/or hearing difficulties, which may interfere with school progress. Students who will be screened for VISION TESTING include: Kindergarten, Grades 1,3,5 and students referred by the teacher as well as any new students. Students with glasses or contacts are not screened by the school. If the results of the screening program indicate that your child has a hearing or vision problem, you will be contacted regarding those results and appropriate recommendations will be made. If you have any questions or concerns please contact Mrs. Angela Skog at 746-2612 ext 232.

DATES OF SCREENINGS ARE OCTOBER 14 AND 15.

INFORMATION UPDATES

Just a reminder - if you have any information changes such as phone numbers, addresses, emergency contacts - please contact Tara Braun at 746-2612 ext. 222 - It is VERY important that your child's information be kept up to date.

SCHOOL COUNSELLOR NOTES

Welcome back to all of our families and students of Morris School. My name is Mrs. Joel-O'Hara and I am the school counsellor for Grades 5 to 12. I look forward to working with you all over the next year. The following are just a few notices and dates for senior high students:

I am presently in the process of reviewing transcripts with all of the Grade 12 students to prepare for graduation 2011. All Grade 12 students should make an appointment to review their transcript. Parents are also more than welcome to phone if they have any questions.

University of Manitoba admissions handbooks are now available in the guidance office. Please call if you have any questions regarding the university application process and/or scholarship availability. The MPCC tour will be visiting our school on October 28th. Representatives from the U of M, U of W, RRC, CMU, Winnipeg Tech, and others will be providing admission information to our Grade 11 & 12 students.

Morris School will once again be participating in the Take Our Kids to Work Day on November 3rd. All Grade 9 students will be receiving this information the first week in October. We have found this to be a great experience for our students and we look forward to another successful year.

4-H REGISTRATION



4-H will be holding its registration on Tuesday, October 5th from 6:00pm to 7:30pm at the Morris School in the Home Ec. Room. Members that are 8 years old as of December 31, 2010 are welcome to join. Leaders are required to run the projects so space is limited by the number of parents that volunteer. The Red River 4-H Club is a multi-purpose club that has projects for everyone. We run from October to April. If you have any questions please contact Bonnie Pankiw at pankiw.b@gmail.com.

2010-2011 MANITOBA TRACK AND FIELD JUNIOR DEVELOPMENT PROGRAM

Over the last number of years we have had many of our young Morris athletes excel in track and field. Many parents have asked for information regarding track development programs. Athletics Manitoba has an exciting developmental training program for athletes ages 10 -16 years. The focus is on experiencing the various disciplines of track and field. The program runs indoors at the Max Bell Center at the University of Manitoba from Nov. 1 - Mar. 16 at 6:00-7:15 pm on Mondays and Wednesdays and on Saturdays 12:45 - 2:00 pm. The program is designed to help improve agility, balance and speed. Each training session is specific to a track and field event. So one day the training is jumps and another day the training focuses on sprints, etc. This means that an athlete can go to all training sessions or they can pick and choose which practices to attend. Athletes will have the opportunity to compete in Athletic Manitoba track meets throughout the year. Certified coaches will use Long Term Athlete Development models to ensure that athletes are using age appropriate training techniques to help develop a strong sport skill set. The cost of the program is \$195 which includes their Athletic Manitoba Membership and Hershey entries (grade 4-8 students) plus access to the Max Bell Center during training. If you are interested in this program contact Diana Stevens at 925-5744 or register on line at www.athleticsmanitoba.com. Please let me know if you are registering as a car pool could be arranged. If you have any further questions please contact me at 746-2612 ext. 228 or email at ledel@rrvsc.ca

Sincerely,

Laurie Edel



THE MORRIS MAVERICK VOLLEYBALL TEAMS

Grade 7/8 - Practices are on Tuesday and Thursdays for the Girls and Tuesday and Wednesday for the boys at 3:30.

Game tourney dates: Oct. 28 (home), Nov. 4 (Sanford), Nov. 9 (St. Pierre)

Coach: Rosalyn Edel (Girls)

Weldon Rinn and Travis Dekezel (Boys)

JV volleyball (boys)- Practice schedules change as league play begins. JV boys practicing on Tuesdays and games on Monday and Wednesday plus tournaments on Oct. 16 (Winkler) and Oct.30 (MCI)

Away Game Dates: Sept. 27 - Sanford, Sept. 29 - RVS,
Oct. 6 - Altona, Oct. 13 - MCI

Home Game Dates: Oct. 4, Oct. 20, Oct. 27

Game times are 4:30pm

Regional Tourney - Nov. 1

Final Zone Tourney - Nov. 8

JV volleyball (girls)- Practice schedules change as league play begins.

JV girls practicing on Thursdays and games on Monday and Wednesday plus tournaments on Oct. 9 (Grunthal) Oct. 16 (Winkler) and Oct.30 (MCI)

Away Game Dates: Sept. 27 - Sanford, Sept. 29 - RVS,
Oct. 6 - Altona, Oct. 13 - MCI, Oct. 18 - St. Jean

Home Game Dates: Oct. 4, Oct. 20, Oct. 27

Game times are 4:30pm

Regional Tourney - Nov. 1

Final Zone Tourney - Nov. 8

Varsity Home Game Schedule

Away Game Dates: Sept. 28 (RVS), Oct. 12 (Elie), Oct. 14(Carman), Oct. 26(MCI)

Home Game Dates: Sept. 30, Oct. 5, Oct. 7, Oct. 19,Nov. 2

Playoffs Nov. 4 and Nov. 9

Home Tournament: Oct. 22/23

See website for away tourney dates and location

WHAT IS YOGA ED?

Our mission is to inspire, educate, facilitate and support children in developing physical health, emotional intelligence, self-awareness and enhanced lifetime learning skills through informed and experiential study, self-exploration and yoga.

Hatha Yoga is a system of physical exercise which studies and integrates the mind, body and breath. The practices and exercises of yoga develop the ability to sustain smooth and deep breathing while moving the body and holding a variety of challenging postures. The postures are designed to strengthen, cleanse and balance the body. Breathing focuses the mind and soothes the nervous system.

The physical demands of yoga require students to navigate and negotiate many challenges. Achieving physical strength, alignment, balance, flexibility and integration takes focus, determination and finesse. These valuable qualities are the benefits of the yoga process and become lifetime tools for wellness.

Yoga Ed. meets the criteria set out by the Manitoba Physical Education General Learning Outcomes as a valid program to be implemented into the Manitoba School Curriculum.

What Yoga offers:

- enhances learning and achievement
- education that applies basic body mechanics, alignment and proper posture
- the ability to understand and regulate breathing in challenging situations
- the ability to relax and release tension
- to maintain and improve cardiovascular fitness and circulatory health
- Kinesthetic awareness, strength and flexibility

What Yoga is NOT:

Yoga is NOT a religion. The practice of yoga is NOT faith based. Yoga neither asks for nor requires an expression or practice of a transcendent belief. Yoga helps you to focus and concentrate, and to be better at what you wish to achieve. People of all backgrounds use yoga to be better people. Yoga helps you become enlightened if that's your goal; yoga helps you to be physically fit, if that is your goal; yoga helps you to be creative if that is your goal. The goal of Yoga Ed is not one of a religious manner or worship, nor will this be taught in school. Once again our mission is to bring physical wellbeing, more energy, less stress, and teach children how they can reduce their risk of injury from sports by doing yoga.

Yoga is science.

Yoga is ancient methodology of mind-body-breath exercise that enhances physical and mental health. Yoga can help you achieve a specific goal: physical fitness, mental clarity, relaxation, academic achievement or emotional management. These outcomes have been documented in scientific studies from around the world. When you are rushed, anxious, angry, frustrated, sad, etc, the body responds by producing adrenalin and cortisol. These chemical messengers cause the heart rate to speed up, breathing to become shallow, blood to be diverted from the brain and organs to the large muscles of the arms and legs, the eye muscles to expand. The backs of the knees lock, tightening the neck and lower back, in many cases setting the fight or flight instinct. Adrenalin and cortisol flood the body, these chemicals contribute to us becoming chronically stressed. Chronic stress is the cause of many health problems and symptoms such as headaches, eye strain, indigestion, stomach aches, back pain, inability to focus or concentrate, irritability and tension. It's hard for anyone to learn while in a stressed state, because physiology is working against you! Now imagine how difficult it is for children who have fewer coping mechanisms than adults to pay attention and think clearly and productively in a stressed state.

We are fortunate to have Yoga Ed included in our school Physical/Health Education program this year. Denise Hickie is an incredibly well qualified instructor from our community and she will be leading our students. It is our hope that this valuable program will benefit our students health and wellness.

Yoga Ed Certified Instructor

Denise Hickie is a Certified Yoga Instructor with the Yoga Alliance, as well receiving Certifications in all the Yoga Ed Programs from preschool to grade 12, as well specializing in Yoga for at risk youth and adults. Teaching programs in prenatal yoga, mommy and me, in Manitoba and the U.S. Making Morris her home, she works with athletes and sports teams, working ongoing with the Manitoba Wrestling Team in preparation for the Canada games and Olympics. Receiving education at Red River College as a Early Childhood Educator, she has combined her love of children with the benefits of yoga, and is currently teaching yoga with several schools in Manitoba as part of the Physical Education program, teaching students to be their best, and how to achieve academic and athletic performance.

GUITAR LESSONS FOR ALL AGES

Guitar lessons for all ages are available at Morris School on Wednesdays. Kurt Tittlemier is a qualified guitar instructor who teaches multiple styles and emphasizes general musicianship in his students. Lessons are taught during school hours and students have the opportunity to perform throughout the year. Reasonable rates, no contracts or registration fees.



Contact Kurt at 783-4844 or Kurtjt@shaw.ca

DATES TO REMEMBER

Friday, October 1 - No School

Monday, October 4 - No School

Tuesday, October 5 - Breakfast Club begins

Wednesday, October 6 - Grades 7/8 soccer - Rosenort

Friday, October 8 - Grades 5/6 soccer - Rosenort (October 13 - Raindate)

Monday, October 11 - No School - HAPPY THANKSGIVING!!

Friday, October 15 - 17 - Maverick Hockey Tournament

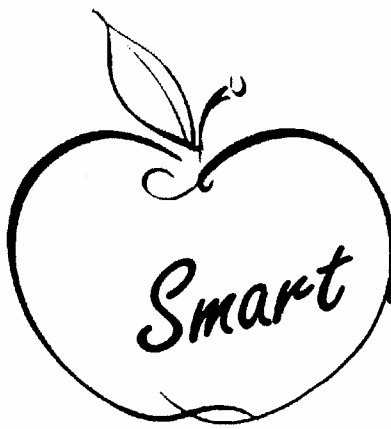
Thursday, October 21 - Grades 4-8 - Cross-Country - St. Malo

Friday, October 22 - No School

Thursday, October 28 - Picture Retake Day

Sunday, October 31 - Happy Halloween





Smart Eating Makes the Grade! Allergies

What is an allergic reaction?

It is when the body reacts to a protein or irritant (allergen). It can start as a mild reaction and develop into a severe reaction in seconds. The reaction may be caused by food, insect stings, environment, and medications.

Food allergies are triggered when your body's immune system mistakenly identifies a food protein to be harmful. Exposure to even the smallest amounts of allergenic protein can cause a serious allergic reaction in sensitive individuals. This is why you need to be very careful when packing school lunches for your children. (Health Canada 2009)



Cross Contamination

To be completely allergy-free, there must be no allergen present. When preparing food at home, make sure all cutlery, countertops, surfaces, and hands are clean and do not mix with allergens. Use soap and rinse with warm water to clean for 20 seconds.



Reading Food Labels

Be sure to read the ingredients section of the label to identify if the product is free of the allergen. Labelling regulations currently allow manufacturers to use the term "may contain" to indicate the "possible" presence of ingredients, however because the use of this phrase is not legislated, both its use and meaning are inconsistent. Always read the labels on the food you pack in your child's lunch. Don't pack any food with ingredients that are restricted at your school. Look for warning statements on the label such as "May Contain...". Remember, even trace amounts can cause a severe allergic reaction. (Health Canada)

Did you know?

More recent studies suggest that nearly 4% of the US population, or 1 in 25 Americans, is at risk for food allergy alone, a rate much higher than noted in the past. Canadian trends are thought to mirror those of the US, given similarities in lifestyle. Reference: www.anaphylaxis.ca

Allergy Alert!

It is important to check with your student's classroom for a safe food list. The schools are not asking students to eliminate these foods from their diet. It is just asked that these high risk foods be consumed at home.

Children's & Teen Books Music / Cookbooks Websites

Alexandra Goes to a Birthday Party age 3-7
Always be Prepared age 3-8
No nuts for me age 3-7
"New" One of the Gang! Age 3-8

Stories from the heart - volume II (Teens)

"New" Music CD: You must be nuts!

Allergy Free Cookbook for Kids - Mar2010
Sophie Safe-Cooking

www.aaia.ca
www.specialtyfoodshop.ca

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.

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The Bottom Line

Living with food allergies comes with it's challenges, but with the right information and support, it is possible to live a delicious and nutritious life! (www.sickkids.ca)



Activity Corner

Rake leaves into piles
Run and jump over bales
or over piles of leaves
Go for a walk or bike ride
through a park



What is Quinoa?

(Pronunciation keen-wa)

It's nutritious seeds resemble millet. It is gluten-free, wheat free. Use as a hot cereal, or to replace rice or pasta, use in soups, casseroles, salads, and desserts. Be creative and add it to your lunch kit this year!

Go to www.quinoa.com for recipes.

Hot Breakfast Cereal Bring 2 cups water to a boil, add 1 cup quinoa, reduce heat, simmer 5 minutes. Add 1/2 tsp cinnamon and simmer until water absorbed, Serve with fortified soy milk. Sweeten with 1/2 cup fruit.

Milk

Water, Rice milk, Fortified almond milk, pecan milk, cashew milk, brazil nut milk, walnut milk, fruit juice, fortified soy milk. *NOTE: (These substitutions may be used to achieve the same taste as milk, however should not be used to replace calcium, unless they are fortified with calcium.)*

Sour cream—4 tablespoons of starch (corn starch, rice starch, or potato starch) mixed with 3/4 cup water and 1/4 cup vinegar for each cup of sour cream required.

Desserts that are traditionally made with milk, such as tapioca, sago or rice pudding, can be made with fruit juice instead.

Ice Bean, a soy product which is available in a variety of flavour, is a substitute for ice cream. In recipes that require milk, such as breads and rolls, the same quantity of potato water can replace milk.

Eggs

Commercial egg replacements, e.g. Ener-G EggReplacer

Flax seed; for every egg white, use 1 tbsp of ground flax seed and 3 tbsp water

Tofu

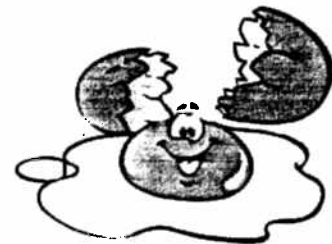
1 Banana = 1 egg in cakes

2 tbsp potato starch = 1 egg

2 tbsp arrowroot powder = 1 egg

2 tbsp water + 1 tbsp oil + 2 tsp baking powder

For substituting up to 3 eggs: for each egg, use 1 tsp baking powder, 1 tbsp liquid, and 1 tbsp vinegar



Wheat Flour

In place of wheat flour, combinations of alternate flours work better than single flours alone.

Recipe: 2 cups rice flour, 2 cups soy flour, 3 cups potato flour, 1 cup arrowroot flour.

1 cup of recipe replaces 1 cup wheat flour.

Regional Health Authority
Central Manitoba Inc.



Office régional de la santé
du Centre du Manitoba inc.

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

Regional Nutrition Services Team

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