

MORRIS SCHOOL NEWSLETTER

MARCH, 2011

WEDNESDAY WALKING CLUB GRADES 1-4

The February weather has kept us inside for a few recesses therefore Walking Club has been held in the Early Years Gym. There have been about 30 walkers/runners coming to the gym to get their laps in. On the 9th we had our Valentine Walk with everyone leaving with a prize. The following students completed their 20 laps and received their Toe Token. Congratulations to Stanley Storck, Aylie Edel and Cody Clark. This month **Stanley Wilson** completed **40** laps and received his second Toe Token and a Foot Notepad. Congratulations! Thank you to the grade 5/6 students for helping.

SCHOLASTIC BOOK FAIR

The Morris School Library will be hosting its spring Scholastic Book Fair on March 8,9 and 10. The book fair will be opening during school hours on March 8, 9 and 10 with it also being open on March 9 from 3:30 - 7:30. Come on out and do some book shopping with your children and help raise funds for the Morris School Library to purchase new books.

Morris Minor Baseball will be hosting a ball registration evening on March 9th in front of the Morris School Library!!

GRADES 3-5 MUSICAL

Under the direction of Mrs. Heather Penno, the Grades 3-5 students will be presenting a musical called Joust! A Mighty Medieval Musical.

This musical will be held in the Senior Year's Gym on Wednesday, March 23. Performance times are 1:30 p.m. and 7:00 p.m.

Tickets prices are Adults - \$3.00 and Students - \$1.00



VISITOR SIGN-IN

In an effort to continue to provide a safe and secure learning environment for your children and a safe work environment for staff, we are asking all people who come to the school to please stop by the office to sign in and to get a visitor's pass to be worn while in the building. Thank you very much for your cooperation. If you have any questions please contact me anytime at 746-2612 ext. 223.

Mr. Darren Skog

SPORTS CORNER

Congratulations to the Grade 7/8 Basketball teams for their efforts this season. A special thank you to Mr. Moore for coaching the boys' team and Melanie Edel for coaching the girls' team. Also a big thank you to Mrs. Stevenson for being the staff supervisor for the girls.

Congratulations to our Varsity Basketball teams for their efforts this season. Unfortunately the boys were defeated in the first round of playoffs. However our Varsity girls' team has advanced to the best of three finals against Carman. Good Luck Girls.

Congratulations to Melanie Edel who was awarded on the MHSAA/MVA Dr. Dale Iwanoczko Scholarships for excellence in Volleyball, Academics and Leadership.

MILK TICKETS FOR SALE

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

MORRIS SCHOOL HOSTING 2 PROVINCIALS!!

On March 17, 18 and 19 our school is hosting the AA GIRLS BASKETBALL PROVINCIALS. This is the first time in many years that our school has hosted. We are excited to be the host team. Come out and enjoy some excellent basketball. Games start at 9:00 am on Thursday, 11:00 am on Friday and 10:00 am on Saturday.

On March 10, 11, 12 our school is hosting the Highschool Hockey Provincials. Game times have not yet been determined. You can check out the Morris School website as time gets closer @ www.morris.rrvsd.ca.

TERRY FOX UPDATE

The Terry Fox Foundation has tallied and confirmed our funds raised this year to date. We have raised \$1058.00 from our community this year. Thank you for your continued support of this great cause and helping the dream continue as the challenge of cancer research continues. We are proud of the efforts of the students, parents and community at large, here in Morris.

Thank you again this tenth year of participation!

Next year, Mrs. Jodi Johnston will be the school representative for our school.

Looking forward to next September's Terry Fox Run! See you there!

Submitted by Ms. A Tascona

EMAIL ADDRESSES

We are asking for all parents who have email addresses to please notify us ASAP of them - we want to have an updated data base of these addresses in the event that we need to evacuate come spring time - this will help us with trying to keep communication lines open at this time. Please email your address to Tara at tbraun@rrvsd.ca.

K-6 BIRTHDAY PARTY INVITATIONS

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 if you did not ask teachers to pass out birthday invitations. Thank you so much for your cooperation.

HOCKEY ACADEMY

Hockey Canada Skills Academy Being Proposed For The Fall Of 2011

In an effort to continue to offer exciting and innovative programming for our students here at Morris School we are in the process of applying for a Hockey Canada Skills Academy to commence in September of 2011. The school will be looking to implement programs in Grades 5/6, 7/8 and also two, for credit, courses in the high school.

If you have any questions please feel free to contact me at the school at anytime.

Mr. Darren Skog

FLOOR HOCKEY ACTION COMING TO MORRIS SCHOOL

Morris School will be hosting the Divisional Floor Hockey Tournament on Thursday, March 3rd. Rosenort, Lowe Farm, St. Malo and St. Pierre schools will be attending. Feel free to come out and cheer on our students in this "Friendly Format" tournament. A canteen will be available.

WINNIPEG BLUE BOMBERS WIN MORRIS FANS

A visit to Morris School by Winnipeg Blue Bomber veterans Doug Brown and Jon Oosterhuis was a thrill for True Blue & Gold fans and even made some new fans for the team. The two Blue Bombers were in Morris School on Tuesday, February 22nd to read to the students from Grades one to six celebrating "I Love to Read" month. The CFL players brought the message that reading is a lot like playing football - you get better at it by practicing. Brown who is a defensive tackle has recently signed to play one more season with the Bombers. Though he has many trophies, he has yet to win a Grey Cup. The same goes for fullback Oosterhuis. The two answered all questions thrown at them and raised more than a few eyebrows with the string of injuries suffered in the line of play. Autographs and photos were much in demand and the two players obliged all who stopped in to see them. Brown and Oosterhuis live in Winnipeg during the off-season and have other careers outside of the Bombers which allow them to make public appearances in the community on the football team's behalf. Doug Brown has a radio show called SpinZone on CJOB which can be heard Monday nights plus a column in the Winnipeg Free Press sports section every Tuesday. Jon Oosterhuis works at the Winnipeg Airport. One thing is for sure - there will be more young Morris fans cheering on the Winnipeg Blue Bombers this year.

WINNIPEG WRITER MELISSA STEELE VISITS ASPIRING WRITERS

Melissa Steele, who is the Winnipeg Public Library's Writer-in-Residence, visited Morris to conduct a workshop with twenty-two writers from the school and public. The visit tied in with the annual celebration of "I Love to Read" at Morris School and was co-sponsored by Valley Regional Public Library and Morris School. The workshop was free to all attendants and comments afterward were extremely positive. Melissa spoke on writing and evaluated several of the participants' work. One attendee commented that more programs of this kind would be welcome in our community. Melissa was very impressed with the calibre of work the writers brought in and the high level of interest.

DATES TO REMEMBER

March 8-10 - Scholastic Book Fair - during school hours

March 9 - Book Fair - 3:30 p.m. - 7:30 p.m.

March 9 - Morris Minor Baseball Registration - Morris School - 3:30 - 7:30

March 10 - 12 - AA Highschool Hockey Provincials - Morris Arena

March 17 - 19 - Highschool Basketball Provincials - Morris School

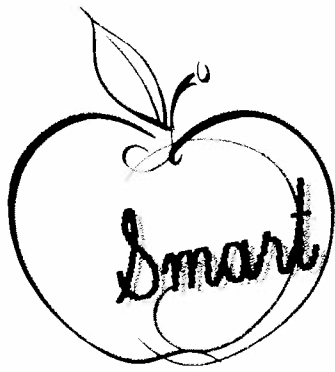
March 23 - Grade 3-5 Musical - 1:30 and 7:00 - SY Gym

March 28 - April 1 - NO SCHOOL - SPRING BREAK - ENJOY!!

April 4 - Return to Classes

April 14 - 4:30 - 8:00 - Parent/Teacher Interviews

April 15 - Parent/Teacher Interviews - NO CLASSES



Eating Makes The Grade

Celebrate Food... From Field to Table

Celebrate food...from your backyard!

Spring is a great time to start thinking about planting a garden. Gardens can be large or small depending on the space you have available. Small garden plots can be made in your back yard, or plant vegetables in individual pots and put them on your deck. Do some research and find out which vegetables grow best for your space.

Having a garden in your back yard allows you to have access to fresh produce without having to make a trip to the grocery store. Kids will have fun planting, watering, and watching the plants grow.

Why not keep a calendar of your garden's progress? Mark the days the seeds were planted, when they sprouted, and the first taste testing session. Kids are more likely to eat vegetables they planted and watched grow all summer long.

Having your own garden also gives you pride in producing your own food and the ability to use or not use any chemicals. Whether large or small, planting a garden is a great way to include more fruits and vegetables in your diet.



Did you know???

Canada produces 70% of the worlds maple syrup. How sweet is that?

Manitoba is the 2nd largest producer of potatoes in Canada. We love our spuds!

Nutrition Tips of the Month

- Try eating a new vegetable or fruit each month.
- Go on-line to www.foodmattersmanitoba.ca to find out where the food is produced.
- Experiment with recipes using the new fruit or vegetable throughout the month and keep your favourites in a recipe file.



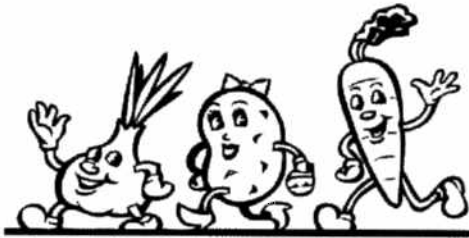
Budget Tips

Load up on fresh fruits and vegetables when they are in season and freeze them for later in the year, when food prices tend to go up. Freezing produce at the peak of freshness will ensure that the nutrients are locked in and will help stretch your food dollar in the winter.

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

Visit a U-Pick farm this summer. U-Pick farms allow you to harvest your own produce that a farm grows. U-pick farms are a great way to get some local produce, see Manitoba farms up close, and get some fresh air and exercise. Why not try strawberry, raspberry, or Saskatoon picking this summer?



Lunch Box Corner

Make a Manitoba Lunch! Include foods that are grown and made by your local producers.

- Broccoli, Carrots, Cauliflower, Corn
- Peas, Spinach, Tomatoes
- Strawberries, Cantaloupe
- Navy Beans
- Beef, Chicken, Pork, Eggs
- Perogies, Whole Grain Bread
- Cheese, Milk

4 Great Reasons to visit your local Farmer's Market!

- A Farmer's Market has an abundance of local, home-grown foods!
- Talking to local food producers will help you understand what foods are grown around your area and how they are produced.
- Local Farmer's Markets reflect the culture of the surrounding area, allowing you to purchase and try new foods like tourtiere, perogies, or bannock. You will feel good knowing the money that you spend at a Farmer's Market will be going to local farming families in the area.
- For a listing of Farmer's Markets in your area, view Manitoba Agriculture Food and Rural Initiatives' Local Produce Guide at <http://www.gov.mb.ca/agriculture/food/upick/markets.html>

Under the Sea Salmon Cakes

- 1 pound cooked fresh BC salmon, skin removed and flaked (or one 14 oz can of salmon, drained and flaked)
- 24 unsalted, saltine crackers, whole wheat, finely crushed
- 1 large egg beaten
- 3 tablespoons light mayonnaise
- 1 tablespoon Dijon mustard
- 2 green onions, trimmed and finely chopped
- 1/4 tsp of your favourite low sodium

1. In a medium-size mixing bowl, gently stir together salmon, 2/3 crushed crackers, and remaining ingredients except oil. Form mixture into 6 round cakes and set aside on a piece of wax paper.
2. Place the remaining crushed crackers on a plate and coat each salmon cake, pressing gently to adhere. Transfer to a clean plate and refrigerate for 1 hour.
3. Heat oil in a large nonstick skillet over medium-high heat. Cook the salmon cakes about 5 minutes per side until golden brown. Transfer to a paper towel to drain, then serve.

Adapted from: You CAN Eat That! Awesome Food for Kids with Diabetes by Robyn Webb, MS

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

