



# WILLIAM MORTON COLLEGIATE

HOME OF THE WARRIORS



The JV Girls Basketball team has had a very successful season so far! The 14 girls have played in three tournaments in Somerset, Warren and MacGregor. The team defeated Elm Creek but lost to Souris, and eventually earning a third place finish with a score of 47-31 over MacGregor. The second tournament was in Warren where the Warriors defeated both Warren and Gimli to take them to the final against a strong AAA team from Stonewall. The team was exhausted and fell 34-23 to earn second place. The last tournament was in MacGregor where the team took two wins over MacGregor and Glenboro. The girls faced Prairie Mountain in the finals and could not contain them, losing by a score of 59-37 for another second place finish. The Warriors also completed in league play against Neepawa and MacGregor and on February 21, the Warriors hosted the MacGregor Mustangs in the Zone Championship. WMCI defeated MacGregor 50-23 to capture the Zone Banner making it the third banner in a row for WMCI JV Girls Basketball. The team then had to play an Interzone game in Brandon against Souris, the number one ranked team in the province. The girls came to play and after being down 6-1 at the start of the game, came back and never lost the lead again. WMCI shut down Souris defensively and shot well to defeat them 48-33, punching their ticket to Provincials on March 7-9, and obtaining the number seed in the tournament! Good luck at Provincials!!



Congratulations to our varsity girls who played hard and came in 3rd at the Warren Tournament. Errich was the All-Star of the game!

*Great Job!*



The 7/8 basketball team travelled to Neepawa for a tournament on February 24th. The girls won their first game against Neepawa 7's, then lost the second game to Neepawa 8's. In their third game, they beat Ochre River to have a chance to play in the final against Neepawa 8's again. In this game, the girls played hard and went basket to basket. They won the game by one point to win the tournament. Congrats Girls!

Mr. Lang



42 students and 6 staff members travelled to Brandon University on the 10th to watch the BU Bobcats play the Thompson River University Wolfpack. It was the last scheduled home game for WMCI alumni, and current starting middle hitter, Paycen Warkentin. Paycen and his Bobcats teammates won a tough 5 set game and clinched a playoff spot in the Canada West Playoffs. Unfortunately, the women's team lost in 3 straight sets. It was a great outing...can't wait to do it again next year 👍  
Mr. Smith



On Feb.11 the high school hockey team played in Gladstone against GCB Wildcats. Although the outcome was not what the Sandy Bay Badgers wanted, the team played well against Carberry. At this time the Badgers presented WMCI with a custom made Every Child Matters hockey stick. A special thank you also goes out to Art Pearce who was the winner of the 50/50 but donated his \$200.00 winnings back to the team. It was gratefully appreciated and thank you Badgers and Art. There are still a few games left so check the schedule and come out and cheer on your Badgers!  
Mrs. Ferguson

## High School Curling 2023/24

This year we were able to field 2 high school girls' curling teams. Laci Buydens, Skylar Winters, Alexis Jacobson, Sveinna Bjarnarson, and Stacie Czeranko were on WMCI A with Sylvia Hayward as their coach. Lily Stewart, Regan Winters, Odessa Kinley Mintenko, Ella Kinley Mintenko, and Madison Kennedy were on WMCI B and coached by Rob Melnyk. There was one boys' team with Blake Rosling, Noah Koncz, Keegan Single, Tristan Purkess, and Owen Ferguson coached by Keith Koncz, and one mixed doubles team with Jorja Buhr and Connor Braun coached by Barrie Troop.

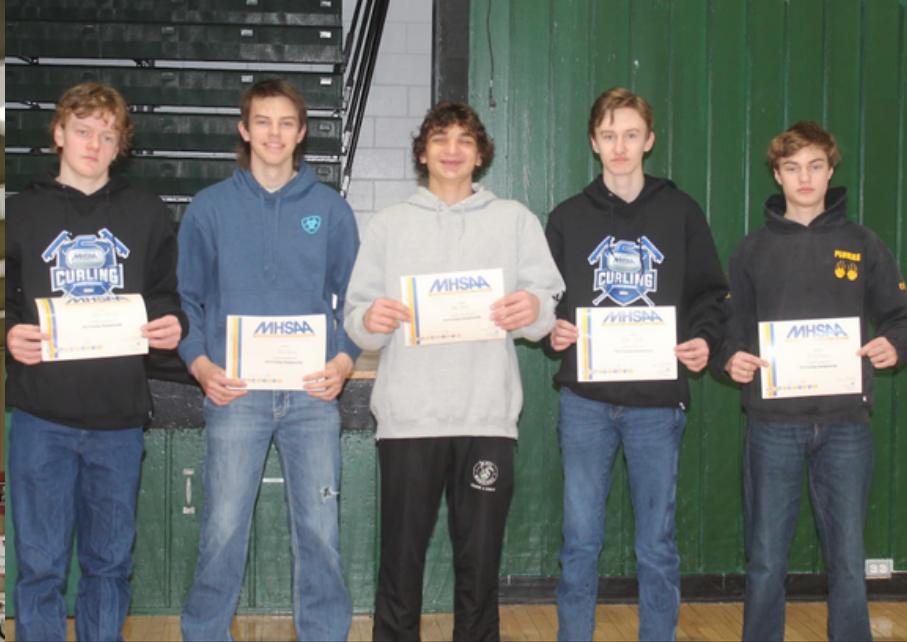
All teams were sent to zones, held in Neepawa this year, during the month of January and represented our school very well. We clinched the zone banner with our girls' WMCI B squad and our boys' team. Our mixed team narrowly lost out in the zone finals, but because of their win last year and impeccable play leading up to the finals, their wild card application and acceptance into Provincials was a no-brainer!

Provincial playdowns commenced Thursday, February 8th in Winnipeg at the Heather Curling Club for the Boys' and Girls' teams and Friday, Feb. 9th at the Pembina Curling Club for the mixed teams. The girls and boys started with convincing wins in their round robin play Thursday, followed up by the opening ceremonies and banquet at the Heather for all 12 of our curlers. After some rest, all curlers headed to their respective rinks and continued or started their round robin play on Friday. The girls and boys teams went 3-0 in round robin action and were slotted for the quarterfinals Friday at 6pm. Unfortunately, that's where their provincial play ended. The mixed doubles team wrapped up their round robin games Saturday morning and finished with a record that clinched their quarterfinal berth. They gave it their all, but couldn't get past the Jeanne Sauvé pairing that participates in a Winnipeg league for mixed doubles. Aside from the host school, we were the only ones to send a team in each category of play and finished in the top 8 in the province for each of our WMCI teams. A huge accomplishment by these young athletes and it speaks volumes about the strong program that runs in Gladstone, Plumas, and Langruth. This year we bid farewell to two graduates from our strong curling family, Laci Buydens and Skylar Winters. Best of luck in all your future endeavors and we all hope to see you on the ice again soon!

A huge thank you to our wonderful community coaches, Mrs. Ferguson for supervising at the rink during practices and at zones, and the Gladstone Curling Club for the ice time. Without their unwavering support, our curling program would not be nearly as successful. It was an amazing three days of curling to finish off the season and I'm so lucky to have watched our Warriors compete at zones and provincials this year.

Great season!  
Mrs. Henderson









On February 28, 2024, WMCI sent 2 curling teams to Plumas for the annual divisional curling bonspiel. WMCI 1, consisting of Alex Ferguson, Bentley Reiner, Briggs Wilson, Jane Winters, and Kallie Macdonald started their day with a victory vs one of the AES teams. Their second match saw them record a loss vs a strong PES team (and a few lucky shots). This placed WMCI 1 in the 3rd event finals against the other PES team. This team bounced back and played very well, winning the 3rd event. Great work! Our second team (WMCI 2) consisting of Linley Armstrong, Lukas Kopp, Taylor Henderson, Ella Stewart, and Allan Tucker came out strong in their first game against a strong PES team. These 2 teams were evenly matched the whole game. After PES tied the game in the last end, the 2 skips needed to draw to the button and Linley had her draw weight spot on. This victory sent them to the 1st event championship finals where they met the other PES team. Our WMCI squad was on fire and came out victorious to clinch the divisional title this year. Fantastic effort everyone and congratulations to these warriors.

Mrs. Henderson



# NUTRITION BITS AND BITES

## Packing a Balanced School Lunch



### Packing an A+ lunch

Packing an A+ lunch everyday can be easy when you follow these 5 steps!

1. Keep it simple and ensure the meal incorporates fruits and vegetables, whole grain products and protein. Water to drink is always a great choice too!
2. Plan and prep beforehand. It can be helpful to have a rough schedule of what you plan to pack for the week. This can make grocery shopping, food prep, and packing so much easier.
3. Pack the night before. Trying to pack lunches during the chaos of mornings can lead to unbalanced meals. Skip the stress and do most of the work when you have time in the evening.
4. Get the kids involved. Although it's the caregiver's job to provide the food, kids can help by washing fruits and veggies, getting out supplies or filling water bottles.
5. Make it safe! Remember to keep hot foods hot and cold foods cold. Use a good quality thermos or ice packs to ensure food stays fresh and free of bacteria. Don't forget to regularly clean lunch kits and wash water bottles too!

### The Untouched Lunch....

Are you frustrated when your child's lunch comes home mostly untouched? There could be a variety of reasons why they didn't eat; however, it's important to remember- it's the child's job to decide how much and whether to eat, not yours. It can be useful to get feedback from the child and discuss if there is anything you can do to help them eat more at lunch. Perhaps pre-opening packages or sending less food if their appetite is typically low at noon. It's also helpful to get kids involved in packing their own lunches early on. They may be more inclined to eat a lunch they had a hand in preparing themselves.

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.

### Banana "Sushi"

Here is a fun and easy lunch box or after school snack idea for kids of all ages. Get creative and see what fun combinations you can make!

#### Ingredients:

2-3 bananas  
 ½ cup of chocolate chips melted or ½ cup of nut or seed butter  
 or ½ cup of whipped cream cheese  
 A variety of:  
 Shredded coconut  
 chia seeds  
 sprinkles  
 mini chocolate chips  
 hemp hearts  
 breakfast cereal  
 granola

#### Method:

1. Peel bananas and spread desired "sticky" ingredient (melted chocolate or nut/seed butter or cream cheese) onto the bananas
2. Sprinkle desired topping onto the coated bananas and cut up bananas to achieve a circle shape
3. Eat immediately or let firm up in fridge for 20 minutes. Leftovers can be put in the freezer for a cool snack another day.



TIP: Try using chopsticks to pick up and eat the "sushi"



Scan the QR code for more tips on packing school lunches



## Winter Wellness Trip - Spruce Woods

### 7/8





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4	5	6	7	8	9
				JV Girls Basketball Provincials		
10	11	12	7/8 BB Divisionals	13	14	15
	Grade 9 PE to Rob Nash	Grade 6 Band Camp			SV Girls Basketball Provincials	
17	18	19	Gr.5-8 Curling Bonspiel	20	21	22
	PD No School		School Dance!			
24	25	26	27	28	29	30
		Spring Break			Good Friday	
31	1	2	3	4	5	6

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