

WILLIAM MORTON COLLEGIATE



HOME OF THE WARRIORS



BACK TO SCHOOL FOOD DRIVE

*A Huge Thank you to our grade 7 & *8 students for collecting all the food bank donations! We stormed the town and appreciate all the generous donations. We're super proud of our community for their generosity! Thank you!*

Mrs. Smith



Congratulations Cash Thomson, Drake Starr, DJ Meloney and Riley Kleinsasser on winning the title as Zone Champions!

Principal's Message

The start of the 2023-2024 school year has come and gone, and the Warriors hit the ground running! Classes are in full swing, sports teams have been practicing and competing, and clubs are meeting to plan and coordinate upcoming events! Students and staff were honored to be part of the Terry Fox Walk, the 100th Anniversary of the Gladstone Cenotaph Commemoration, the laying of crosses at the Gladstone Cemetery, and most recently, Truth and Reconciliation and Orange Shirt Day. It is important for students to be exposed to these different types of opportunities as learning takes place all around us!

I am so proud to be part of the WMCI community! In addition to the amazing staff, there are 177 Warriors this year! 22 Grade 7's, 21 Grade 8's, 27 Grade 9's, 44 Grade 10's, 34 Grade 11's, and 29 Grade 12's. Get to know your classmates and schoolmates, support one another through the good times and bad, and be part of a safe and positive environment for all!

Have a great year, **WARRIORS!!**

Please feel free to contact the school at any time if you have any questions or need assistance!

Reminders:

Consistent attendance and punctuality is essential to success!

Parents/guardians are reminded to contact the school when their child is absent/late. WMCI will soon have automated daily calls home for Grades 9-12, if your child misses any portion of the day.

Students are asked to arrive between 8:40 and 9:00 am in the morning when doors are unlocked and there is supervision.

Cell phones are a privilege. However, this privilege can be revoked at any time if necessary!

OVERDUE: Registration forms and Use of Technology Agreements need to be returned to the office

FEES:

Student Council Fee: \$25.00

Course Fees (ONLY registered in these classes for semester 1)

Shops \$20.00

Foods \$30.00

Art \$20.00 (IF you need the whole kit; others pieces sold as necessary)

Golf/Cross-Country/Volleyball

(Varies depending on team! Talk to your coach!)

*Please contact the office if you need to make payment arrangements!

THANK YOU's!

The Staffroom got a much needed makeover this summer! Thank you to all involved so that it was done in time for the start of the school year! Many volunteered their time or made room in their already full schedules to help out!

A huge shout out to Richard Hackywicz, Mike Blondeau, Barry Wright, Teresa Wright, Lesley Owen, Evi Young, Joselita Young, Jehtro Young, Clayton Read, George Constant, James Lindsay, JC Berard, Kevin Koldyk, and Erwin Hiebert. **THANK YOU!**

And to....

Tyler Douglas, Frank Porada, Winnie Ferguson, and the many others for the donation of time and items!



Breakfast Club News

Let me start by saying welcome back to the new school year!

The Breakfast Program was able to start up on the first day of school with a limited menu. It was nice to have some students and staff come by and say hello and grab a snack. As the first week of school got into full swing and everyone got used to their new routines there were the usual number of breakfasts served.

This years breakfast choices will be much the same as last years with some extras throughout the school year such as pancake breakfasts. There is always a choice of, cheese, crackers, fruit, milk, granola bars and cereal available for breakfast as well as a fresh item each day. The weekly fresh or warm breakfast menu is as follows:

One of the listed items will be served:
Monday: Muffins, fruit crisp or fruit loaves
Tuesday: Scrambled eggs, or an omelet
Wednesday: Porridge or baked oatmeal
Thursday: Toast, breakfast wrap or open face grilled cheese
Friday: Hash brown patties or hash brown casserole

*Gluten free, lactose free and vegan options are available

As always, breakfast is offered free of charge to anyone at our school thanks to the help of The Child Nutrition Council of Manitoba and Breakfast Clubs of Canada.

Thanks to the following community members who have donated fresh produce or gift cards last year as well as this fall.
Buydens family (zucchini), Lehmann family (oatmeal), Lang family (tomatoes and peppers), John Weibe (carrots), Melnyk family (pumpkins), Waldner family (Coop gift card), P&H (pancake mix), Smith family (pumpkins), Keri-Lynn (watermelon), Gowan family (zucchini and peppers), Gladstone Terry Fox Committee (pancake mix)
Hope to see you all for breakfast!

Mrs. Melnyk (Breakfast Club EA)
Mrs. Lehman (Breakfast Club Co-Ordinator)



NUTRITION BITS AND BITES

Hydration Drinks and Food Marketing



Be Aware of Energy Drinks

Prime™ also has an energy drink that contains very high levels of caffeine that is above the upper tolerable limits for anyone under 18.

Excessive amounts of caffeine can lead to poor sleep, reduced concentration, headaches and anxiety.

These drinks are not recommended for anyone under 18.

Youth and Sports Drink Marketing

Lately there has been an uptick of sports/hydration drinks being targeted to young people. Social media platforms and YouTube have created a craze causing many kids to seek out and consume these drinks frequently. Popular brands such as Biosteel™ and Prime™ have been marketed as an easy way to get vitamins and electrolytes as well.

What To Watch Out For

Although these drinks do provide a source of hydration, they may contain high levels of certain vitamins which meet or exceed tolerable upper levels for kids. They also contain artificial sweeteners which can displace nutrient dense foods in the diet for children. Its important to note that Biosteel™ and Prime™ hydration don't contain enough carbohydrates to be suitable for intense or prolonged exercise.

Final Message:

Sports/hydration drinks are being heavily marketed to kids but can be harmful to their health. Talk to your kids about social media marketing and stick to tried and true beverages such as water, milk and 100% fruit juice.

True or False: Most kids need a sports/hydration drink for when they play after school sports
FALSE: Water is typically all that is needed. Sports drinks are only beneficial for long duration (more than 1 hour) or intense sports in hot weather

Pecan Parmesan Chicken Bites

A simple and tasty take on chicken fingers!

Ingredients:

Boneless skinless chicken breasts 3 (about 1 ½ lb/600 g)
Maple syrup-2 Tbsp (30 mL)
Canola oil -1 Tbsp (15 mL)
Whole wheat panko breadcrumbs -½ cup
Finely chopped pecans -1/3 cup (75 mL)
Parmesan cheese, grated - 1/3 cup (75 mL)
Flax seeds, ground -½ cup (60 mL)
Garlic powder -2 tsp (10 mL)
Dried oregano leaves -1 tsp (5 mL)
Each salt and fresh ground pepper - ½ tsp (1 mL)



Recipe source: unlockfood.ca

Directions

Cut chicken into cubes or strips and place in a large bowl. Drizzle with maple syrup and oil and coat evenly; set aside.
In a large resealable bag, combine breadcrumbs, pecans, cheese, flax seeds, garlic powder, oregano, salt and pepper.
Add a few chicken pieces at a time to bag and shake to coat.
Place onto parchment paper lined baking sheet and repeat with remaining chicken and coating.
Bake in preheated 475°F (246°C) oven for about 15 minutes or until golden and chicken is no longer pink inside.

TIPS:

*These chicken bites can be re-purposed the next day and put into pita pockets, wraps, or in a salad

*The ground flax in the recipe adds a boost of healthy fats and fibre

*Substitute ground pecans for other nuts such as walnuts or pistachios

For more information on how to limit food marketing exposure to children scan the QR code



For more information on nutrition and healthy eating, visit:
<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892

Health Links 1-888-315-9257

Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.





Head Lice Control Check List

Environmental Health – Factsheet

Check your child's head for head lice every week using bright or natural lighting. If you find lice or nits, check the hair of other family members daily for two weeks. Do not treat anyone unless they have lice.

1. Brush hair thoroughly ☐
2. Before treating, wash hair thoroughly with shampoo **free** of conditioners and other additives. They may interfere with the lice product. ☐
3. Read directions on lice product as some products are applied to damp or dry hair. ☐
4. Shake lice product well. ☐
5. Thoroughly saturate hair and scalp with sufficient amount of lice product (as indicated on product insert). ☐
6. Leave on hair for period of time stated on product. For thicker, longer hair, you may want to double the time and/or amount of product. ☐
7. Rinse hair well with water and towel dry. ☐
8. Part hair into sections to assist with nit removal. ☐
9. Remove **all** nits by pulling them off with your fingers (a nit comb may help). This can take time but it is the **most important step**. Checking for and removing nits should be done daily for 14 days. ☐
10. Repeat steps 1 - 9 in 7 days. ☐

Use another head lice product if **live lice** are found within 24-48 hours after first treatment.

Immediately contact schools, child caregivers and any other persons who may have been exposed.

Your child can return to school or child care after the first treatment.

Call your public health nurse for advice if necessary.

Household Cleaning

1. Soak combs, brushes, hair clips in very hot water for 15 minutes. ☐
2. Launder personal belongings (especially head gear), recently-worn clothing, towels and bed linen in hot water. Dry using hot cycle of the dryer. ☐
3. Items that cannot be exposed to hot water should be either placed in a hot dryer for 20 minutes, frozen at -20°C for 24 hours, sealed in a plastic bag for 10 days or dry cleaned. ☐
4. Vacuum or wash areas where there has been direct head contact (couch, bed, car seat). ☐

If you have any concerns or questions, or have difficulty getting rid of head lice, contact your doctor, public health nurse or Health Links-Info Santé, Winnipeg at 788-8200 or toll-free at 1-888-315-9237; or access our website at www.gov.mb.ca/health.

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Manitoba 

October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 ELECTION DAY/ PD DAY NO SCHOOL	4	5	6	7
Day 6	8	9 Happy Thanksgiving NO SCHOOL	10	11	12	13
Day 6	Day 4	Day 5	Day 6	Day 1	Day 2	Day 3
15	16	17 Jr/Sr Band Camp	18	19	20 MTS PD DAY NO SCHOOL	21
Day 2	Day 3	Day 4	Day 5	Day 6	Day 1	Day 2
22	23	24	25	26	27	28
Day 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
29	30	31				
Day 5	Day 6					