



Congratulations to both teams in the annual WMCI's game of Staff vs Grade 12 volleyball players! No one was seriously injured and after splitting sets and nearly zero trash talk on the court, they posed for a nice shot together. Great work this season to our departing graduates: Drake Starr, Skylar Winters, Laci Buydens, Errich Nidoy, Iver Young, Reign Ballon, and DJ Meloney.

Mrs.Henderson







### Varsity Girls' Volleyball 2023

- (#14) Laci Buydens
- (#7) Errich Nidoy
- (#17) Skylar Winters
- (#3) Karina Kuznecova
- (#10) Mikee Malli
- (#13) Regan Teichroeb
- (#18) Rhea Koshel
- (#11) Dyhan Laus
- (#16) Regan Winters

The 2023 varsity girls' volleyball season was extremely busy with tournaments in MacGregor, Carberry, Prairie Mountain, Ste. Rose, and a home tournament, not to mention league games vs MacGregor, Carberry, Elton, Minnedosa, Rivers, Erickson, and Neepawa. Our best games were at the end-of-season tournament on Nov. 3rd and 4th in Ste. Rose where the team made it to the semi-finals against Teulon. These students have been very dedicated, coming to early morning practices all season long. Mrs. Henderson and Mrs. Ferguson are very proud of the effort, dedication, and continued improvements made by the whole team from start to finish. While the team looks ahead to next season, we have a melancholy farewell for our graduating players, Laci Buydens at the left side position, Errich Nidoy at right side, and Skylar Winters at left side. These girls will definitely be missed next year.

Good luck to you all!

Mrs. Henderson & Mrs. Ferguson







The varsity boys' volleyball team had another successful season. All individuals showed tremendous growth in their skills throughout the season, and the team consistently represented the school with sportsmanship and class. This year the boys competed in Zone 7 regular season games, several exhibitions, and 5 tournaments. Between games, practices, and time on the bus, the boys spent over 120 hours together in just over 2 months. The teams would like to thank everyone who helped make the season a success: Mr Warkentin for helping coach, Mr. Nemetchek for reffing, the PAC for running our canteen, scorekeepers, and everyone who came out to cheer on the team throughout the year. I would like to recognize the commitment and dedication of graduating players Iver Young and Drake Starr, who have played with us for the last 2 seasons. Next year, the team hopes to continue to grow and fight their way into a spot at the Provincial Championship.

Mr.Smith







The JV girls volleyball 'A' team has had a roller coaster of a season this year. The girls only had league games for the first part of October, starting out with a couple of home games on October 2 against Carberry and Erickson. The girls were very nervous and looked a bit lost in their first game of the season against Carberry, who looked very in place. The girls lost both sets but would have to quickly regroup to play Erickson shortly after. The girls would then end up in a back and forth fight against them and take Erickson to three sets. The girls would prevail to win the final set by a score of 2-1.

The girls would then spend next week and a half working on serve receive to improve before their next league games. At these, they would face both Elton and Minnedosa. The girls would face Elton first and after losing the first set, win 2-1. The girls would keep the momentum rolling against Minnedosa and beat them 2-0. The girls would face off against Neepawa and the WMCI 'B' team at home. The girls would lose two straight to Neepawa 24-26 and 25-27 but beat our WMCI 'B' team in two straight sets. The final game of the Zone 7 league would be against MacGregor at MCI and the girls were never really in the game losing two straight sets.

The girls would also go to two Tournaments for the season in both Somerset and MacGregor. The girls would play a number of AA teams from around the province like Major Pratt, Prairie Mountain, and Miami. The girls were able to take at least one set off of each team and in some cases, both. The girls gained valuable experience playing in these two tournaments, proving that they are going to be potential contenders in years to come.

The girls would finish fifth in the zone standings, good enough to make it to the A/AA zone playoffs held in Elton. The girls would face Elton for the third time this season and were hoping for a repeat of the last two meetings where they defeated them. Unfortunately, the girls would lose two straight to end the season. Good luck to the girls moving up to Varsity next year and congratulations on a great season!

Mr.Koshel





The Junior Varsity Girls "B" team greatly improved throughout the season. The girls played in two tournaments and a regular league schedule, finishing the season at the MacGregor Tournament. Everyone seemed to have fun and improved steadily throughout the season. Way to go girls! Special thanks to Ms. Nichols and Mr. Ashcroft for helping out with the coaching duties. Mr.Nemetchek







The JV boys volleyball team started the season off in September, with tournaments in Brandon and Carberry. After these tournaments, the boys were ready for league play. Through the season the boys had 2 more tournaments, our home tournament in October where they placed 3rd and the Hamiota Tournament where they placed 5th. After a tough season the boys placed fourth in the zone and went to the Provincial Qualifier tournament in Carberry. They faced Carberry, who was seeded 2nd in the province, and unfortunately couldn't pull off a win. The team then applied for a wildcard to go to provincials and travelled to Warren to play the Morweena Raptors. After a well matched game, the boys were unsuccessful and wished Morweena luck at provincials.

Throughout the whole season the entire team showed improvement, including their skills, understanding of the game, confidence on the court and sportsmanship. I was proud of this team that banded together to improve and how wherever we went there was always a stranger who commented on how our team were such good ambassadors for our school. I would like to wish the grade 10s luck next year and look forward to next season!

Mrs.Geisel







7&8 Girls' Volleyball



The 7&8 girls' volleyball team had quite the season this year. We managed to fit in a few exhibition games and even a tournament. Despite having a very young team this year, and the lack of gym/practice time, the 7&8 girls' volleyball team finished on a high note placing 2nd in divisionals held in Gladstone on Nov. 20th. It was a pleasure coaching this group of girls this year, we had a lot of fun! The improvements seen were amazing and I hope they will all continue on to play next year! Great Job girls!

Mrs Hardy







### 7&8 Boys' volleyball

The 7&8 boys' volleyball team made tremendous progress this year. We were able to book a few exhibition games and a tournament leading up to divisionals, which were held in Gladstone on Nov. 20th. Both teams had an upsetting loss to MacGregor, in the semi-finals, in an epic 3-set battle. It was a fantastic season with these boys. I enjoyed watching how much they improved and I hope they all keep it up for next year! Great job boys!

Mrs.Hardy







"The WMCI Senior Concert Band had their first performance providing music for the school Remembrance Day service on November 9th. The Band accompanied the singing of O Canada and God Save the King. Down by the Salley Gardens was played as a musical number. Congratulations to Gianna Richard-Tripp on leading the Last Post! This is a challenging piece, and she did a great job. In addition to the school ceremony, several students led the music in the Gladstone town Remembrance Day Ceremony with the Pine Creek Community Band. There were many positive comments following the service about how much people appreciated the newly formed Community Band. WMCI's annual Christmas will feature all of the school ensembles, including the new curricular Senior Jazz Band on Tuesday, December 12th at 7:00pm. We look forward to seeing you all the

Mr. Sean Goerzen

LEST  
WE  
FORGET







Congratulations Elyse Denbow  
on making Team Manitoba for  
Hockey Nationals!



Hello from the Breakfast Club,  
October was a very busy month in the breakfast  
canteen. Let me start by thanking my awesome  
helpers. I'm so lucky to have Arvin,  
Daniella, Veronica and Patience who are helping in  
the canteen as part of their volunteer credit hours.

They have all been so helpful with all aspects of  
the canteen from grocery shopping to baking and  
general clean up.

A great big thank you to the following people for  
their generous donations of fresh fruit and  
produce. -Mr. Koshel : cantaloupe, watermelon  
and honeydew melon

-Mr. Lang : carrots

-Mr. Goerzen: potatoes from the Band  
Peak of the Market fundraiser

-Mrs. Sara Kinley: potatoes

-Mrs. Poschenreider: soy milk

-Neepawa Gladstone Co-op (manager  
Derrick Edwards): discount on Breakfast  
Program food items

-Northern Meats: free bag of hash brown patties

-WMCI PAC: Margarine, ketchup, mustard, relish

On November 24 we hosted a pancake breakfast  
for all staff and students that was very well  
attended. Thank you to Mrs. Lehmann, Ms. Hardy,  
and Mrs. Owen for coming in bright and early to  
flip pancakes. Thank you to Patience, Arvin, And  
Veronica for helping with the set up and clean -up.  
Linley, Taylor, Kallie and Bobby were a great help;  
doing dishes and general clean up. Without all  
these great volunteers we wouldn't have been able  
to serve everyone pancakes and get everyone to  
class on time! Thanks again to all who helped out.



See you for breakfast,

Mrs. Melnyk (breakfast club EA)

Mrs. Lehmann (Breakfast Club Co-ordinator)



# NUTRITION BITS AND BITES

## Change Up Food Rewards



To encourage trying new foods try this



My TRY NEW FOODS Chart		
Date	Food	Rating
_____	_____	👍 🍴 🍴
_____	_____	👍 🍴 🍴
_____	_____	👍 🍴 🍴
_____	_____	👍 🍴 🍴
★ Reward!		
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_____	_____	👍 🍴 🍴
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★ Reward!		
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★ Reward!		

COURTESY OF SALLY KUZEMCHAK

### Should Food be Used as a Reward?

We all enjoy food and it is important for celebrations and culture. Breaking the link between food and good behaviour or punishment can help promote a positive relationship with food.

- Using food as a reward may:
  - Increase a child's desire for the reward food which is often sweets.
  - Interfere with children's innate hunger and fullness cues.
  - Kids expect food when they have been good or achieved an accomplishment
  - Increased risk of dental cavities.
- Try to keep food as food, neither a prize nor a punishment.
- Having fun with food is a good thing! Try non-food rewards to support a child's health, growth, development and relationship to food!

Using non-food rewards also protects children with food allergies. Read more about non-food rewards here:

<https://foodallergy canada.ca/non-food-treats-10-food-free-ideas-kids-ages/>



## Fun with Food: Non-Food Reward Ideas



### How to Implement Ideas:

- Make a list together! Asking your child for input can help motivate them to change.
- Provide words of encouragement! Kids love hearing “I’m so proud of you” or “Thank you for your help!”
- Let them choose the game, sticker, book or activity they want in the moment!

Check Out **Appetite to Play** for More Ideas to Support Healthy Eating and Activity for Kids:  
<https://www.appetitetoplay.com/healthy-eating/tips-ideas/10-easy-non-food-rewards>

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

Developed by Registered Dietitians from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.





## December

### December 4th

Monday 2 Hot Dogs and Tater Tots **\$7.00**

### December 6th

Wednesday Cheeseburger and Fries **\$8.00**

### December 8th

Friday Paris Cafe Lunch

### December 12th

Tuesday Poutine

Original - Cheese, Gravy, Green Onion **\$6.00**

Fatboy Special - Chicken Finger, Bacon, Green Onion, Cheese and Gravy **\$8.00**

### December 14th

Thursday PITA Pizza - Cheese and Pepperoni (Only two styles made) **\$7.00**

Baldy's Big Cookie Sandwich **\$2.00**

# December



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Day 3	
3	4	5	6	7	8	9
	Day 4	Day 5	Day 6	Day 1	Day 2	
10	11	12	13	14	15	16
	Day 3	Day 4	Day 5	Day 6	Day 1	
17	18	19	20	21	22	23
	Day 2	Day 3	Day 4	Day 5	Day 6	
24	25	26	27	28	29	30
31	CHRISTMAS BREAK					