

# WILLIAM MORTON COLLEGIATE



HOME OF THE WARRIORS



Brandon University Volleyball Field Trip

## Principals Message

Shakespeare's character Macbeth said in a famous soliloquy from the play Macbeth, that "tomorrow, and tomorrow, and tomorrow, creeps in this petty pace from day to day, to the last syllable of recorded time." February crept by quite quickly, and as usual, it was a month full of activity and excitement at WMCI

The science labs are open again, which has been a very welcome return. Now, the library doesn't have to be used as a classroom anymore. There are some finishing touches that will be added to the labs as soon as the supply-chain backlog for parts is resolved. We at WMCI are very grateful to have received the Provincial funding to make the labs renovation possible.

It was a sweep for WMCI at the Zone curling championships! WMCI won the banners for Varsity Girls, Varsity Boys and Mixed events. Congratulations to all the WMCI curlers who participated this year, and a special congratulations to our Zone banner winners!

In basketball news, our teams have had a great season. The Junior Varsity (JV) Girls team is on its way to the Provincials and recently won a tournament in Rosenort. The JV Boys are finished, and the boys are to be congratulated on a good season. The Varsity Girls and Boys teams are off to the Provincial qualifying tournament this coming weekend (March 4th). All of our teams are wished the very best going forward.

The February "I Love to Read" Month activities coordinated by Librarian Mrs. Falk were great fun. Activities included matching a teacher with a book, the morning and afternoon riddles, the Freeze 'N Read moments during the day, guess the book title, and the pajama day at the end of the month. "Congratulations Mrs. Falk!"

The WMCI Student Council held a Spirit Week from February 13th - 16th, which culminated with a Valentine's Dance the evening of the 16th. Congratulations to all the Student Council members for their work during the week to enhance the student life at WMCI!

The Second Semester is now in full swing and report cards from Semester One should have been received by all WMCI families, delivered by the School Messenger e-mail system. If you did not receive an end of Semester One report card for your child(ren), please contact the school.

G. Strick, Principal

# Curling Provincials in The Pas 🏳️

Congratulations to all of the 9 - 12 students who participated in curling this year. This year we saw an increase in participation. We were able to have two teams represent the school in each class. Barrie Troop coached our mixed doubles teams. Ty Gabor, Lily Stewart, Jorja Buhr and Connor Braun attended Mixed Doubles in Rivers where Jorja and Connor won the Zone. They made it to the quarter finals at Provincials. The boys Team A coached by Rob Melnyk was composed of Sam Koncz, Rylan Single, Dean Rosling and Noah Koncz. This team played off against Team B for the zone final. The rink was made up of Blake Rosling, Keegan Single, Owen Ferguson and Tristan Purkess, and was coached by Keith Koncz.. Team B ended up winning the Zone. The girls managed to also have two rinks. Sylvia Hayward coached both teams. Team B was a younger team but showed great growth this year. Kali Campbell, Regan Winters, Sveinna Bjarnarson, Madie Kennedy, Alexis Jacobson, Ella Kinley and Odessa Kinley. Team A members Jayden Armstrong, Laci Buydens, Skylar Winters, and Lauren Armstrong were able to maintain their title as Zone champions. Both the boys and girls teams travelled to The Pas to represent Zone 7 at Provincials.

Congratulations to all curlers for an excellent season.

Mrs. Ferguson





**WELL  
DONE**

# Varsity Girls

The Varsity Girls had another busy month in February playing in both league games and one tournament. The girls started the month by going to Treherne for a four team tournament on Feb 4. The girls first game was against a very tall and strong team from Grandview. The girls had some challenging quarters of basketball in this game with having to play both ends of the court simultaneously due to the opposition's passing abilities. The girls stayed slightly ahead of them by about 12 points for most of the game and ended up winning by a final score of 59-41 for our girls. Unfortunately, our girls had to play in the finals immediately after winning against the number one seeded team in AA from Rosenort. The girls were not able to keep up with the press of Rosenort and fell behind quickly by 20 points after the first quarter. Rosenort kept pressing the entire game even when up by 50 points and our girls were not only tired, but defeated. The final score was 93-31 for Rosenort.

The girls again had to continue with their Zone 7 league play, facing both Elton and Minnedosa. The girls struggled with Elton but squeaked out a win by a score of 46-42. The girls had a much easier time at home hosting Minnedosa by a score of 68-12. The girls would have two more away games the following week against Neepawa and Rivers. The girls struggled in the shooting department and in their defensive abilities and lost their first two league games. Credit to both Rivers and Neepawa for shooting very well against us. The girls lost both games by two very close scores of 48-46 and 61-59. This put the girls in second place in the zone league standings with one last game to play in Carberry on February 28. After this the girls will host a semi final game on March 2 so come out and cheer out your Warriors. They would appreciate the boost in morale after a tough February of basketball.

Mr. Koshel, Mr. Nemetchek , Mr.Lang



# JV GIRLS

The girls started February with an easy Zone league schedule by not having any games. So instead, the girls traveled to a JV tournament in Dauphin on Feb 10-11. The girls went into this tournament with only seven players and faced the number 5 seeded AA team from The Pas in their first game. The girls took control again with their press and defeated them by a score of 59-25. The next day, the girls would face off against the AAA team from Neepawa again. The girls easily handled them again, as they did previously in their Zone matches, and defeated them 51-18. Unfortunately, with only 8 players to Dauphin's 13 players, our girls had to play back to back in their final game of this tournament. The exhausted girls would beat Dauphin, another AAA team, as they did earlier in the season by a score of 66-28 to win the Dauphin tournament.

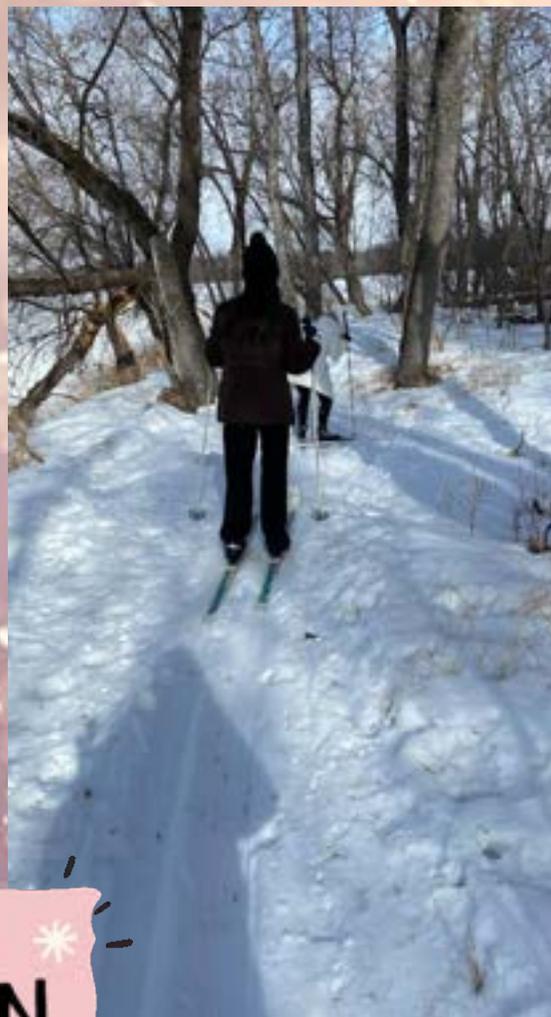
The girls would have almost a week and a half off and then had to face the MacGregor Mustangs in our home gym for the Zone 7 banner and the JV A/AA Provincial qualifier. The girls came out pressing very well and playing phenomenal defense in the first half, holding the Mustangs to only 9 points. However, MacGregor started to find a way to score and closed the gap on the girls. In the end, the girls would defeat them by a score of 49-36 to win the Zone 7 banner and earn their trip to Provincials in The Pas in mid-March.

Good luck girls on the rest of the season and look forward to the next few weeks of basketball

Mr. Nemetchek and Mr. Koschel



The Grades 7s & 8s have been enjoying PE class at Broadfoot Trails, cross-country skiing and snowshoeing.



# PHYSICAL EDUCATION



# NUTRITION BITS AND BITES

Unlock the Potential of Food: Find a Dietitian



## Dietitians are here to help you and your family!

Dietitians are the experts in nutrition. They LOVE to talk about food and enjoy helping others find joy in eating and the connections between nutrition and health.

Dietitians see clients of all ages and stages of life. They can support families with children who may be experiencing selective eating, growth concerns, or nutritional deficiencies.

Dietitians are located all around the Southern Health-Santé Sud region and can be seen in person or virtually over the phone or video conference.

Contact your primary care provider or community health services unit to inquire about making an appointment with a dietitian.

### Is there a difference between a Registered Dietitian and Nutritionist?

YES! Dietitians are regulated health professionals with a university degree in nutritional sciences. They also have to meet regulatory standards to maintain their credentials yearly.

In the province of Manitoba anyone, regardless of schooling or education, can call themselves a nutritionist.

To ensure the nutritional information you are seeking is accurate and safe, stick to a Registered Dietitian (RD)

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your school to identify foods that are acceptable or unacceptable in the classroom.*

## Yogurt Bark



- frozen mango cubes, thawed -3/4 cup (175 mL)
- water- 3 tbs (45 mL)
- vanilla Greek yogurt- 1 1/2 cups (375 mL)
- 6 - 8 large strawberries, diced ~6-8
- 1 handful of pumpkin seeds
- 1 handful of unsweetened coconut strips

### Directions:

1. Mix together the mango cubes and water. With an immersion blender, purée until smooth and evenly combined.
2. Line a baking sheet with parchment paper.
3. Spread the yogurt in a layer approximately one centimetre thick.
4. Pour the fruit purée over the yogurt. With the tip of a knife, marble the mixture using circular motions.
5. Sprinkle with toppings: strawberries, pumpkin seeds and coconut strips.
6. Place in freezer until the yogurt is completely frozen, about two hours.
7. Break the bark into pieces and enjoy! The bark can be stored in the freezer.

Recipe source: Dairy Farmers of Canada



## Are you interested in becoming a suicide alert helper?

### PLEASE JOIN US FOR A FREE TRAINING AND HELP MAKE YOUR COMMUNITY A SAFER PLACE

Safe Talk training helps prepare individuals to recognize invitations and warning signs that may alert you to the possibility that suicide may be possible. Additionally, you will learn the steps to know how to connect the individual to a keepsafe connection and help to potentially save a life.

This training will be held at William Morton Collegiate

March 2nd, 2023

6:00 - 9:00

Certified Trainer with Living Works

Free of Charge

To register please call (204) 385-2845

Deadline to register is February 27th

Supper and refreshments provided.

You will also receive a certificate

On Thursday, February 16th, our Student Council members put on a Valentine's Dance at the school. We hosted a fun-filled dance with guests from other schools, and are looking forward to hosting another one later in the year.



February was **I Love to Read Month**. We enjoyed all sorts of games, jokes and riddles read by staff and students throughout the month. On February 8th students participated in Match our Staff to their Favorite Book. All grades participated. The winning class was Mrs. Henderson's Gr.11 class that won a pizza lunch!

Mrs. Falk



Hello from the Breakfast Club,  
 With the start of the new semester I'd like to  
 take the time to thanks everyone who has  
 donated to our program thus far.

- Mrs. Buydens- zucchini
- Mr. Lehmann - oatmeal
- Mr. Lang - tomatoes and peppers
- Mr. John Weibe - carrots
- Mrs. Nancy Smith - pumpkins
- Mrs. Cheryl Waldner - Co-op gift card

We have enjoyed muffins, wraps, baked oatmeal  
 and omelets made with your generous  
 donations.



Thanks again,  
 Mrs. Melnyk  
 (Breakfast program EA)

**Warriors**  
**7/8 Girls Volleyball Club**

**Who** > Girls in grade 7/8 who are interested in playing volleyball at the high school (more competitive) level.  
**Where** > WACI Gymnasium  
**When** > Thursday evenings from 6:30-8:30. April 6th to June 8th.  
**What** > 10 sessions focusing on fundamental skills and game play. \$40.00 per athlete (includes a Warrior Volleyball t-shirt)

CONTACT Collin Smith at [csmith@psdonline.ca](mailto:csmith@psdonline.ca) to register. Please provide the following information: athlete's full name, any pertinent medical info, parent contact info (email & phone), and ladies' t-shirt size.

# MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Day 4	2 Day 5 Zone Banner Playoffs	3 Day 6	4
5	6 Day 1	7 Day 2	8 Day 3	9 Day 4 JV Basketball Provincials	10 Day 5 JV Basketball Provincials	11 JV Basketball Provincials
12 Daylight Savings	13 Day 6	14 Day 1	15 Day 2	16 Day 3 V Basketball Provincials	17 Day 4 St. Patrick's Day V Basketball Provincials	18 V Basketball Provincials
19	20 Vernal Equinox Admin Day No Classes	21 Day 5	22 Day 6	23 Day 1	24 Day 2 Last Day of Classes	25
26	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break	31 Spring Break	
		<b>February 2023</b> Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		<b>April 2023</b> Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		