

# WILLIAM MORTON COLLEGIATE HOME OF THE WARRIORS



## Principals Message:

October was quite the month. Jazz Band is already prepping for a Holiday performance and our Cross Country athletes finished the season with strong performances. Volleyball has also been great. Our Varsity Boys team placed first in the year's inaugural tournament in MacGregor, and all teams (Junior Varsity and Varsity Girls and Boys) have been competing well in league and tournament play. Grades 7 & 8 Boys' and Girls' Triple Ball (a precursor to high school Volleyball) is also in full swing. The Halloween Dance coordinated by the Student Council and parent volunteers was amazing - the students really put effort into their costumes. The dance kicked off what was the first WMCI Spirit Week of the year, which finished with the Halloween costume day on the 31st. Spirit week also included Anything but a Backpack Day, Character Day, Dress up as a Teacher in the School Day (Mr. Lang was quite a popular choice), and '70s, '80s and '90s Fashion Day. Students and staff alike enjoyed it all.

Parents/guardians please note that going forward, students who wish to play and remain on WMCI sports teams must maintain a passing grade in all subjects, and must not demonstrate delinquent attendance or be involved in activities/behaviors which warrant suspensions. This is a Manitoba High School Athletics Association (MHSAA) policy which all Manitoba schools must follow.

As we move into November, the first report card season is upon us. Parent/guardians are asked to watch their e-mail for Parent/Guardian-Student-Teacher conference scheduling. Report cards are scheduled to be e-mailed to families on Monday, November 21st. Conferences will be held the evening of November 24th and the morning of November 25th.

We are still waiting for the Science labs to be completed, and could be for a while yet due to supply chain issues (just another lingering effect of covid). However, a big congratulations goes out to the WMCI Social Work Clinician, Mrs. Wright, for winning a sizable monetary Provincial grant to develop a community Cultural, Wellness Resource Center at WMCI. We are moving forward in very significant ways at WMCI.

A huge thank-you to the 2021-22 Safegrad Committee for a monetary donation to WMCI! Plans are being made to spend that money to improve the school library.

Lastly, we will be having some teaching staff changes at WMCI in the near future. Ms. Linski has moved on from her Guidance Counsellor role at WMCI, and Mrs. Meyers will be retiring in December. Both ladies are wished the very best!

As always, should you have any questions about anything reading the operation of the school, please be in contact.

G. Strick, Principal

The Graduating class of 2022 and the Safegrad Committee gave a donation to The Mobile Stage Company, for the use of the mobile stage for the graduation ceremony. Thank you Kelvin Bueckert for your continuous support on grad day. Also, a donation was made to WMCI. Mr. Strick accepted the donation, and the money will be put towards the various clubs and activities WMCI has to offer.



**Entry Form - Poster and Literary Contests**  
**Formulaire d'inscription - Concours d'affiches et littéraire**

**A CATEGORY/CATÉGORIE**

POSTER / AFFICHE  COLOUR / COULEUR  BLACK & WHITE / NOIR ET BLANC

LITERARY / LITTÉRAIRE  ESSAY/COMPOSITION  POEM/POÈME

Word Count / Nombre de mots Maximum: 800 for 350 for 350 for 350 for

Line Count / Nombre de lignes Maximum: 32 lines

**GRADE LEVEL / NIVEAU SCOLAIRE**

Primary / Primaire (Poster Only / Affiche seulement) Kindergarten, Grades 1, 2 and 3 / Maternelle, 1, 2 et 3<sup>ème</sup> années

Junior / Junior Grades 4, 5 and 6 / 4, 5 et 6<sup>ème</sup> années

Intermediate / Intermédiaire Grades 7, 8 and 9 / 7, 8 et 9<sup>ème</sup> années

Senior / Sénior Grades 10, 11 and 12 / 10, 11 et 12<sup>ème</sup> années

**B STUDENT / ÉTUDIANT(E)** Please print (Block Letters) / Veuillez imprimer en lettres moulées

First and Last Name - Legal Name Required / Nom complet de l'étudiant(e) - Nom légal exigé: \_\_\_\_\_

Mailing Address / Adresse postale: \_\_\_\_\_ City / Ville: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code / Code postal: \_\_\_\_\_

Telephone Number / No. de téléphone: ( ) \_\_\_\_\_ Email / Courriel: \_\_\_\_\_

Grade / Année: \_\_\_\_\_ Age / Âge: \_\_\_\_\_ Language / Langue:  English / Anglais  French / Français

**C SCHOOL / ÉCOLE**

School Full Name / Nom complet de l'école: \_\_\_\_\_

School Address / Adresse de l'école: \_\_\_\_\_ City / Ville: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code / Code postal: \_\_\_\_\_

Contact Teacher / Enseignant(e)-contact: \_\_\_\_\_

Telephone Number / No. de téléphone: ( ) \_\_\_\_\_ Email / Courriel: \_\_\_\_\_

**D STUDENT CONSENT / AUTORISATION DE L'ÉTUDIANT(E)**

I am the sole creator of the entry. I give the Legion National Foundation and The Royal Canadian Legion permission to reproduce my entry for the sole purpose of promoting this program and the Foundation/Legion for the current contest year. The Legion National Foundation and The Royal Canadian Legion do not rent or sell the names of applicants to any organization or advertiser. / Je suis le créateur/la créatrice unique de la soumission. J'accorde à la Fondation nationale Légion et à La Légion royale canadienne le droit de reproduire ma soumission pour le seul but de promouvoir ce programme et la Fondation/Légion, pour l'année courante du concours. La Fondation nationale Légion et La Légion royale canadienne ne loue ni ne vend les noms des candidat(e)s à aucune organisation ou publicitaire.

Student's Signature / Signature de l'étudiant(e): \_\_\_\_\_

**E PARENT OR LEGAL GUARDIAN'S PERMISSION / PERMISSION DU PARENT OU DU TUTEUR LÉGAL**

I acknowledge that my child was the sole creator of the entry. I hereby give my child permission to complete the entry form in full for the Poster or Literary Contest sponsored by the Legion National Foundation. / Je déclare que mon enfant est le créateur/la créatrice unique de la soumission. Par la présente, j'accorde la permission à mon enfant de compléter le Formulaire d'inscription en entier pour le concours d'affiches ou littéraire parrainé par la Fondation nationale Légion.

Parent or Guardian's Signature / Signature du parent ou du gardien / de la gardienne: \_\_\_\_\_

**F BRANCH / FILIALE:**

Branch No. / No. de filiale: \_\_\_\_\_ Branch Name / Nom de filiale: \_\_\_\_\_

Branch Address / Adresse de filiale: \_\_\_\_\_ City / Ville: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code / Code postal: \_\_\_\_\_ District: \_\_\_\_\_ Zone: \_\_\_\_\_

**G COMMAND / DIRECTION:**

Certified as eligible by Command / Certifié comme admissible par la direction: \_\_\_\_\_ Date: \_\_\_\_\_

March/Mars 2022 200832 [Clear Form/Effacer](#) [Infcanada.ca](#) [legion.ca](#)

You can enter 1 entry per category:  
 Black and White poster  
 Colour Poster  
 Poem  
 Essay

The school is asking that you hand any submissions in to the library no later than Thursday, November 10th.

The X-country season started the first week back in September with practices going Monday and Thursday after school from 3:30 till 4:30. This year is an average sized team in our school and consists of 1 senior girl, 1 junior girl, 2 senior boys, 2 junior varsity boys and 2 junior high boys. The athletes have been training hard for the upcoming meets that occurred on September 26, which was the Zone 7 meet, and the Milk cross country race at La Barriere park in Winnipeg.

The Zone meet was only for our High school athletes and the results are as follows:

JV Girls Race (3 km) Regan Teichroeb - 8th - 17:45

SV Girls Race (4 km) Chloe Riener - 3rd - 30:47

JV Boys Race (4 km) Blake Rosling- 11th - 22:54

Noah Koncz - 17th - 25:20

SV Boys Race (5 km) Joshua Haubrick- 1st - 23:14

Mateo Otto - 2nd - 27:05

Next was the Milk Cross country race in WInnipeg which had many of the top runners in the province from a number of top cross country schools such as St. Pauls, St. Mary's, Vincent Massey and Westwood Collegiate. The Milk meet was for all athletes and the results are as follows:

JH boys Race (2 km) Alex Ferguson - 23rd

Lukas Kopp - 30th

JV Girls Race (3 km) Regan Teichroeb - 31st

JV Boys Race (4 km) Blake Rosling- 11th

Noah Koncz - 17th

The High school team then had one week off and was able to practice again. However, the two Junior high boys had their divisional meet at Jacksons Lake on October 6th near Austin. The results are as follows:

JH boys Race (2 km) Alex Ferguson - 1st (no time available)

Lukas Kopp - 3rd (no time available)

Finally on October 12th, the High school athletes traveled to Kilarney to run in the Provincial Cross Country Championships. This meet hosted all the athletes from around the entire province, with each category having about 150-200 athletes in each race.

JV Girls Race (3 km) Regan Teichroeb - 69th - 13:29

SV Girls Race (4 km) Chloe Riener - 120th - 21:11

JV Boys Race (4 km) Blake Rosling- 92nd - 16:55

Noah Koncz - 176th - 19:09

SV Boys Race (5 km) Joshua Haubrick- 30th - 18:06

Mateo Otto - 76th - 19:51

Over all it was very successful cross country season and the athletes improved significantly by the end of the season, which was a very warm, dry fall. One final note, we unfortunately are losing three of our athletes to graduation next year: Joshua Haubrick, Mateo Otto, and Chloe Riener. We wish them the best and hope that they can keep running for as long as they can. To our returning athletes next year, we look forward to next fall!

Mr. Koshel and Mr. Watson



OCTOBER

Topic of the Month: Suicide Awareness

This month has been focused on increasing awareness around suicide and how to provide support. The Social Work Clinicians have been working in collaboration with the classrooms teachers to provide the Robb Nash Mental Health Curriculum to the Grade 9 classes. We are looking to expand the teaching to the grade 10, 11 and 12's. Over the next several weeks all the Grade 10 students will be trained in safe Talk, a suicide alertness training that helps provide students with the skills and knowledge to become a suicide alert helper and connect their peers to necessary supports if needed. Pine Creek School Division also has a protocol in place regarding how to respond to disclosures of suicidal thoughts. All threats are taken seriously.

#### Suicide STATISTICS in Canada

- Approx. 11 people die by suicide each day
- Approx. 4,000 deaths by suicide per year
- Suicide is the second leading cause of death among youth and young adults (15-34 years)
- Suicide rates are approx. 3x higher among men compared to women

#### Common Warning Signs

Engaging in high risk behaviors, withdrawing from friends, family and activities, changes in mood and behavior, giving away possessions, feeling hopeless and worthless.

#### What you can do to support your child

Listen, ask questions, take all suicide talk seriously, remain non-judgemental, connect them to community resources and school supports. If you have any questions or concerns regarding your child's well being please contact Teresa or Monique, School Social Work Clinicians.

#### Resources

<https://www.southernhealth.ca/assets/Finding-Care/Suicide-Prevention-Handbook.pdf>

Kids Help Phone: 1-800-668-6868 or <https://kidshelpphone.ca>

Klinic 24 Hour Crisis Line: 1-888-322-3019 or <https://klinik.mb.ca/>

Manitoba Suicide Line: 1-877-435-7170 or <https://reasontolive.ca/>

Manitoba Farm, Rural & Northern Support Services: 1-866-367-3276

If there are any parents/caregivers that would like to be trained in safe TALK please contact Teresa Wright at [twright@pcsdonline.ca](mailto:twright@pcsdonline.ca), 204-385-2767 or Monique Clement at [mclement@pcsdonline.ca](mailto:mclement@pcsdonline.ca), 204-637-3108

OCTOBER

### A Note From the Psychologist

Checklists are useful for children, teens, and adults. Checklists outline the steps children need to follow to complete a task. Self-monitoring is the child somehow indicating on the checklist that they have completed each step of the task. You can create any type of checklist that works for you and your child. Using pictures to show each step on the list is often helpful. Self-monitoring systems can include rewards but you don't have to use rewards. Very often the act of completing a task and checking it off a list, is a built-in reward because it makes the child feel good about themselves. Checklists should be simple and short. Post them where the tasks need to be completed (at the back door if your child needs to learn what to take to school, in the bathroom if your child needs to learn the steps for brushing their teeth). Then teach the skills and the sequence, until your child can complete the checklist independently. Why are checklists and self-monitoring skills important? They have many benefits such as:



- they set kids up for success because they break down larger tasks (helps with memory)
- they show the child exactly what they need to do
- they provide a focus for your child and help the child self-regulate by not feeling overwhelmed by a "big" task
- they cut down on the need for adult supervision and nagging, they eventually free up adult time as the child learns the skills and changes their behaviour
- they teach independence
- they let you see where your child is struggling so you can teach a particular skill
- they are a Life skill. Many tasks have to be broken down into smaller steps in adulthood.

### JR. BAND CAMP:

The Grade 7/8 Band will be headed to Circle Square Ranch for Junior Band Camp Monday, November 21- November 22 (2 full days).

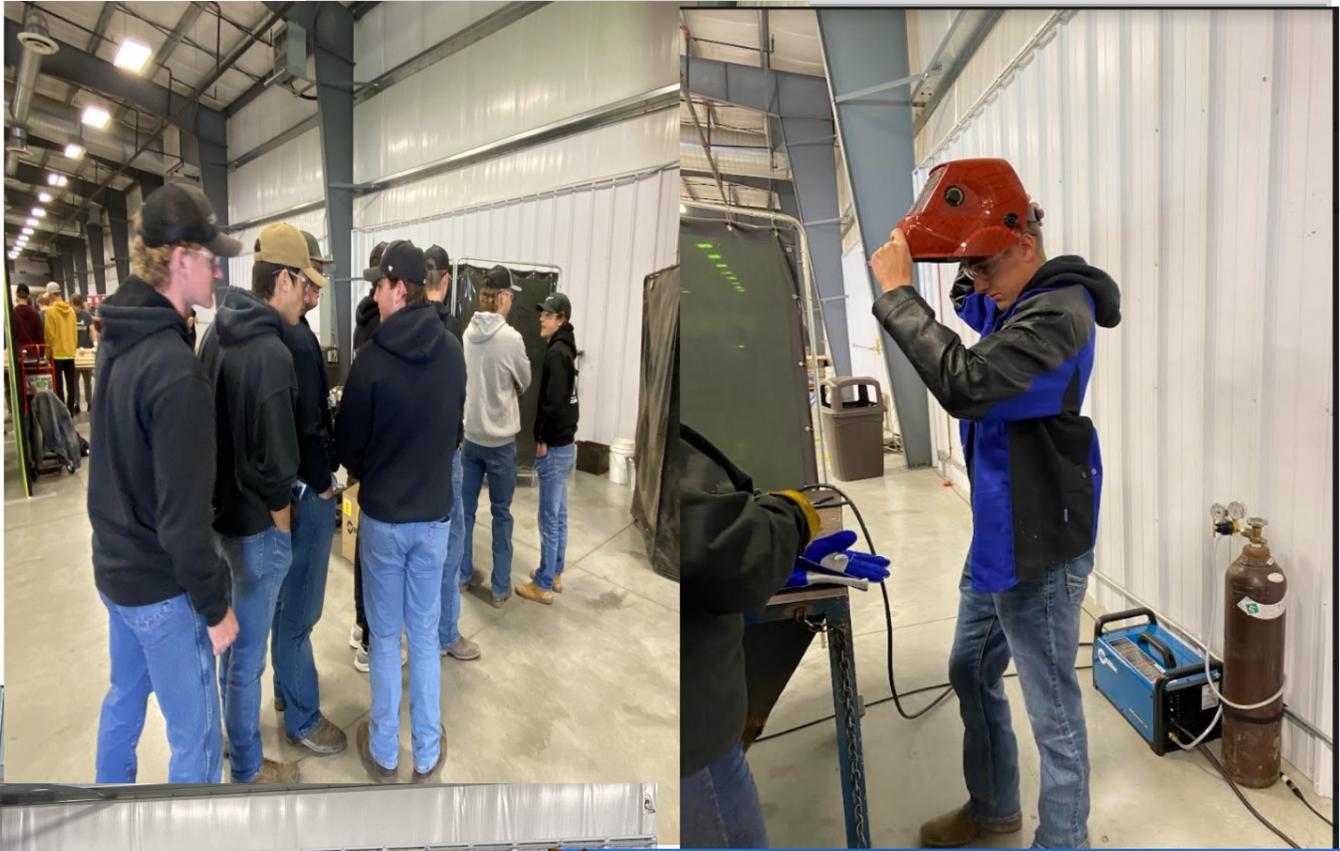
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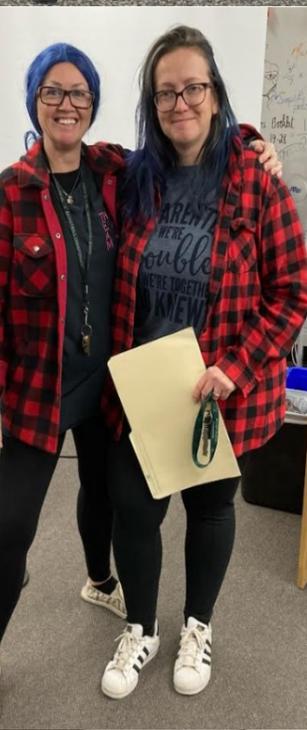


### Budget Bites for the Family:

1. Opt for cheaper proteins such as beans, lentils, peanut butter, canned fish and eggs.
2. Frozen fruit and vegetables are just as nutritious and cost less than fresh, especially in the winter.
3. Check out store brand products; they are usually cheaper and nearly identical to national brand items.

# MANITOBA CONSTRUCTION CAREER EXPO





# NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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