

WILLIAM MORTON COLLEGIATE



HOME OF THE WARRIORS



About a year ago, WMCI Junior Varsity coaches determined that this season was going to be even more successful than the team's 2nd place finish at Provincials last year in The Pas. By adding structure and discipline to the offense and defense, and improving shooting and dribbling skills, the girls would have a better opportunity to win the 2023-2024 season.

In January, the Junior Varsity girls started the season by going to a tournament in Somerset. The girls beat Elm Creek and MacGregor, but lost to a strong Souris team. The next action was the Warren tournament, where the Warriors defeated both Warren and Gimli, but took a loss to a AAA school from Stonewall. The final tournament of the year took the team to MacGregor. The girls defeated Glenboro and MacGregor, but came up short against a strong Prairie Mountain team.

While attending all of these tournaments, the JV girls were also playing in the MHSAA Zone 7 league. WMCI went undefeated in all their regular league games and then defeated the MacGregor Mustangs in the Zone 7 Championship final to capture the 3rd JV girls banner in a row.

With this banner win, the JV girls went on to play an inter-zone game against Souris in an attempt to get to Provincials. With a full line-up and a very sound game plan, the girls would defeat the number one ranked team in the province to punch their ticket to compete in the Provincial Championships!

(continued next page...)

The Warriors were now seeded number one going into Provincials at Springs Christian Academy in Winnipeg from March 7th to 9th. In the first game, the team would face the number eight-ranked Immanuel Christian School. WMCI came out shooting very well, played good defense, and easily defeated the Falcons by a score of 53-24. The top scorers were Zoe Carolino and Rhea Koshel with 10 points each. Other top scorers included Sveinna Bjarnarson, Regan Winters, and Dyhan Laus with 7 points each. The game star was Rhea Koshel with several blocks, assists, and 10 points.

Later that afternoon, the girls would play in the semi-finals against the Ross L Gray team from Sprague, who were ranked fourth provincially. The team struggled offensively during the middle part of the game but stepped it up defensively moving from man to man to a zone to shut down the other team's top scorer. This allowed our girls to not only stay ahead but eventually build more of a lead to win the game by a score of 41 to 33. Top scorers included Rhea Koshel with 19 points, Zoe Carolino with 12 points and Paisley Needham with 6 points. The game star was Dyhan Laus with her stifling defense and double-digit assists.

The next day, WMCI would play the rubber match in the JV A/AA championship finals against the number two-seeded Souris Sabres. The girls did not have the height that Souris had, but they knew they had to follow a very structured and patient game plan and play excellent defense to have a chance to come out on top. By listening to the coaches throughout the game, they did exactly that! The score after the first quarter was only 9-2 for the Warriors. By the end of the half, the score was still in WMCI's favor 17 to 9. The Warriors continued on this path using both their fine shooting skills and excellent man-to-man defense to win the game 36-21! This is the first JV girls championship banner in the history of WMCI! The top scorer of the game was Rhea Koshel with 11 points, followed by both Sveinna Bjarnarson and Dyhan Laus with 8 points each. Regan Winters and Paisly Needham rounded out the scoring with 5 points each. Sveinna Bjarnarson picked up the game star in this final game of the tournament.

Aside from the Provincial title, two WMCI players, Regan Winters and Dyhan Laus, were selected for the Provincial All-Star team! And, Rhea Koshel was named MVP of the entire tournament!

Head coach Donovan Nemetchek, and assistant coaches Paul Koshel and Trevor Lang set a goal eight months ago for these girls because they believed this group was capable of this type of success. They are extremely proud of the team for overcoming adversity along this journey, believing in themselves, and not getting down if players were missing or injured. The girls were complimented several times for how structured and disciplined they played, leading to their successful season and MHSAA Provincial Championship Banner!!



REMINDERS & ANNOUNCEMENTS!!!

***FEES:** Please pay any outstanding fees by April 30. This includes course fees (Art, Shops, Foods), Sports, and Student Council. Contact the office for more info or to make arrangements. Thank you!

***INFO UPDATES:** Please inform the office of any changes regarding contact info. This is the info that School Messenger relies on when sending newsletters, general announcements, and school closures.

***Report Cards and Parent-Teacher Conferences:** WMCI dates are a bit different from the rest of the division to encompass our Grades 7-12 student body.

April 2: Grades 7&8 report cards sent home

April 12: Grades 9 - 12 report cards sent home

April 15: PT Online Booking Opens (Messenger will be sent with a link)

April 18: (4:30 - 7:30): Grades 7 - 12 PT

April 19: (9:00 - Noon): Grades 7 - 12 PT

***WELCOME BACK!** Ms. Emma Fox joins the WMCI Community from April 8 - May 3!
She will be student teaching in Industrial Arts with Mr. Lang





The Varsity girls had another busy month in February playing in both league games and two tournaments. The girls started the month by going to the Rosenort tournament on Feb. 10 after a storm canceled the first day of the tournament for us. The girls first game was against a very tall and strong team from Prairie Mountain. This number two provincially ranked team would be trouble for our girls and we would have trouble scoring against this strong team. The girls would go down in defeat to them and then have to play the number one ranked 'A' team from Glenboro. The girls would try to shut down the 6' center who ended up eventually scoring 31 points against the Warriors, leading Glenboro to the victory.

The girls had to continue with their Zone 7 league play, facing Minnedosa, MacGregor, and Neepawa through the month of February. The girls had no trouble defeating each team and finished the regular season off by going a perfect 8-0.

The girls would next head to Warren for a two-day tournament over the long weekend. They would end up playing three games in this tournament. They would end up defeating Teulon and The Pas, but losing to the number four ranked Immanuel Christian team. The girls at times would show excellent shooting and then at other times, struggle to put in close shots.

After this, the girls would host a semi-final game on Feb. 27th against the Rivers Rams and easily defeat them by 50 points. The girls would then host the Zone finals against the same team as last year: Neepawa. The girls had beaten them both games earlier in the season by about 30 points each game and the finals ended up being no different. The girls would easily defeat them and capture their second Zone 7 varsity girls basketball banner in two years.

Finally, the girls would have to play in the Provincial tournament on the qualifier weekend by going to Ile de Chene to play off against Souris. The girls would lose this game from mainly a lack of scoring. Thankfully, the girls would have a second chance to get into Provincials by playing Gimli which was an easier task for the Warriors. This win would give them the number 6 seed going into Provincials which were being held in Somerset March 14-16.

At Provincials, the girls would have to face the Immanuel Christian Falcons again and hopefully shut down their top scorer, a 6' post that had most of the points against them the last time they played. The girls did exactly this but could not shut down the Falcons 3-point shooting as well. The girls would go down to the Falcons by a score of 44-58.

The girls would next face the Rosenort Redhawks in the semi-finals of the consolation side of the bracket. The girls would have trouble on defense shutting down their two top scorers as well as trouble getting some offense ourselves by not scoring on our close shots. The girls would be easily defeated by Rosenort by a score of 32-60. This loss would eliminate the girls from the Provincial tournament.

The girls had an up-and-down season and in the end, made their goal of making it to Provincials and winning their second Zone 7 banner. With this, the coaches want to say thank you to the graduating players: Skylar Winters, Laci Buydens, Errich Nidoy, and Finn Blacksmith. Good luck in the future girls. Also to the remaining Varsity players: lots of work to do between now and next March so that we improve as a team and better our results for next year.





The 7/8 girls' basketball team traveled to Austin for the Divisional Championship on March 13th. The girls worked on a couple of things in practices leading up to the tournament and were well-prepared to play. In their first game against Langruth, they took a commanding lead early on and won the game. The second game was played against Macgregor, whom they lost to in their first exhibition game as a team back in February. The girls executed their skills and played exceptional defense and to Macgregor's dismay our girls led the game throughout, upsetting them 34-16, The third game was against Austin and they won by over 40 points to reach the finals against Macgregor a second time. The girls knew what they had to do to win this tournament and they went out, played hard on defense, made some exceptional passes and baskets, and won the game 24-16 to win the championship.

Mr.Lang





Missing in photo: Kolby Wiebe



This year WMCI Middle Years Boys Basketball had a successful basketball season. They practiced hard and attended the Pine Creek School Division tournament. The boys had a great showing but came up against a more experienced team, and missed the finals. A great year and a fantastic showing.

Mr.Ashcroft



On Wednesday, March 20th, 2024 grade 7 & 8 students that participated in after-school curling all season joined their grade 5 & 6 counterparts from GES in their annual end-of-season Funspiel. Students played five 4-end games (with some crazy rules of course) and participated in a draw-to-the-button contest by grade. Alex and Jaxen's rink won 4 of their 5 games, ending the day with the best record, and Linley and Onyx got closest to the button in their respective grades. Congratulations to all curlers from grades 5-8 on their impressive play and phenomenal school spirit. Good luck to the grade 8's moving on to high school curling next year. As for the rest, hope to see you again next season!

Mrs. Henderson



WESTERN ★ DANCE ★



THANK YOU to the
WMCI STUDENT COUNCIL
for hosting a dance on
March 20th!
Fun was had by all!
Pictures in next newsletter!

April 8th, 2024

There will be a Solar Eclipse happening on April 8th, 2024 in the afternoon. The Deputy Minister of Education emailed all MB School Divisions a Safety Precaution and Guideline Sheet. They developed this document in collaboration with MB Health.

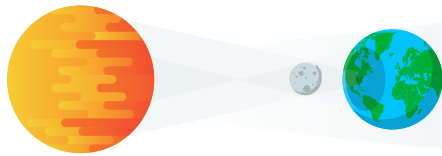
PCSD Elementary Schools will keep our students inside the schools during the afternoon. PCSD High Schools will inform our students of the safety precautions to take during the afternoon. Please assist us in talking to our children about these safety precautions.

Please contact the school if you have any questions.

Sandra Meilleur - PCSD Superintendent

SOLAR ECLIPSE

Safety Measures and Viewing Guidance



What are the hazards of viewing a solar eclipse?

Looking at the sun, including during a solar eclipse, can cause **solar retinopathy**, which can permanently damage the retina's light-sensitive cells at the back of the eye. Even a brief look at the sun during an eclipse can cause **permanent harm** to the eyes. A person may not experience any pain or discomfort while watching the event and still suffer **severe damage** as a result.

Symptoms may not surface until 12 to 48 hours after the event and could involve retinal burns, temporary or permanent vision loss and blurred vision. Once symptoms start, it is usually too late to reverse any resulting damage. If someone experiences any changes in their vision from watching the solar eclipse, they should immediately have someone else drive them to a hospital or to their optometrist to be assessed.



Additional resources

Additional resources are available through the [Royal Astronomical Society of Canada](#), the [American Astronomical Society](#) and the [Canadian Association of Optometrists](#).

What is a solar eclipse?

During a solar eclipse, the moon moves between the sun and the Earth, partially or completely blocking the sun's rays. This means that the sun will appear less bright, and people will be able to look at it directly without turning away.



Schools and child care facilities are encouraged to have a basic plan to ensure that children, students and staff will be safe.

Keep a close eye on children during a solar eclipse. Their eyes are still developing and let in more light to the retina than adult eyes, so they are at higher risk of harm if they look at the sun without proper eye protection.

How can I safely observe a solar eclipse?

Indirect observation through a recording (for example, watching on television or streaming online) is the safest way to view an eclipse. **Direct observation** requires appropriate safety measures, including internationally-certified eclipse glasses. Sunglasses, camera lenses (including smart phone cameras), binoculars, telescopes or anything else that is not specifically made for viewing an eclipse are not safe.

Breakfast Club News

February saw a few special breakfast days.

The new semester started off with a big breakfast of scrambled eggs, sausage patties and hash browns served to staff and students. A big thank you to Mrs. Owen, Mrs. Gall and everyone who asked if we needed any extra help. We're very lucky to have a great staff who jump right in when help is needed.

We had a special treat for Valentine's breakfast. A Huge thank you to Mrs. Elizabeth Melnyk for making and donating perogies for us to enjoy that morning.

A big thanks to Mrs. Cynthia Toews for the donation of granola bars, instant oatmeal, rice cakes etc. These items are very much appreciated and have been enjoyed by all. Mr. Lang was also very generous with his donation of unused items from a basketball tournament. Napkins, plastic baggies, seasonings etc.

March is designated as Nutrition Month. To celebrate there were special menu items throughout the month as well as a draw students could enter for a nutritious snacks basket. The draw for the basket was made after the pancake breakfast. Check out next month's newsletter for the winner!!!

March 7: Child Nutrition Council of Manitoba's BIG CRUNCH DAY

There were a variety of apples served along with regular breakfast items to celebrate taking a big bite out of hunger.

March 11-17: Child Nutrition Council of Manitoba's Stone Soup Week, a week where various restaurants donate a portion of the proceeds from their signature soups to the Nutrition Council of Manitoba.

Our "signature breakfast soup" at WMCI was Lucky Charms cereal to help commemorate this great undertaking in the province of Manitoba.

March 12: yoghurt banana split breakfast day.

March 20: green smoothies consisting of tasty and healthy fruits and veggies were served. (Could anyone guess what they were?)

March 22: Kick -off to March Break was celebrated with a pancake breakfast that the whole school enjoyed.

Thanks to everyone for trying out the new items this month as well as stepping in when some extra hands were needed to serve these special breakfasts.

Until next month,
Mrs. Melnyk
Mrs. Lehmann

Clinican Corner

#TAKE CARE OF YOURSELF

What is Self-Care?

Self-care refers to taking time for activities and practices that we can engage in on a regular basis that help you feel better. It can include activities you normally do and new things you are trying. Self-care activities may add meaning to your health while also supporting your life. They can also help reduce the effects of negative stress on your life.



Self-Care Strategies

- Healthy Sleep
- Healthy Eating
- Physical Fitness
- Limit Technology use
- Relaxation
- Journaling
- Managing your time effectively
- Engaging in activities/hobbies you enjoy
- Connecting with supportive friends and family
- Talking to a counselor



A Note from the Psychologist



MORNING ROUTINES

Children need and thrive on reliable daily routines, especially in the morning and at night. Creating daily routines to guide your children through transition times provides external organization, giving your kids the chance to prepare for school without stress, anxiety, or fighting. Here are some quick tips for morning routines (parents need to be out of bed to help kids learn these skills):

- invest in a good, very noisy alarm clock. I like the one called "Sonic Boom"
- for kids who need time to wake up, let natural light into the room or use a dimmer switch and turn up the light gradually
- stagger your child's routines if you have more than one getting ready (they all don't have to be in the bathroom or at the kitchen table at the same time)
- if your child has trouble sitting still at the table, turn on the TV while they are eating, or play music
- let your kids pick out their clothes the night before
- try and keep the same routines seven days a week (sleeping in on the weekends makes it harder to adjust to getting up early when Monday comes around)
- set up a reward system and use a checkmark chart or a token system for getting out the door with minimal fuss
- always build in an extra ten minutes to the morning routine for "surprises"
- mini dry erase boards in rooms can be great for monitoring tasks

*** Adapted from "Routines for Morning and Night" - www.additudemag.com



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day6 *Classes Resume	2 Day1	3 Day2	4 Day3	5 *NO SCHOOL (WMCI PD/Admin)	6
7	8 Day4 *Solar Eclipse (pm)	9 Day5	10 Day6	11 Day1	12 Day2	13
14	15 Day3	16 Day4 *Grad Photo Retakes (Times TBD)	17 Day5	18 Day6 *Gr. 7-12 PT Conferences (4:30 - 7:30)	19 *NO SCHOOL *Gr. 7-12 PT Conferences (9:00- Noon)	20
21	22 Day1	23 Day2 *Bus Driver Appreciation Day! *Career Symposium for registered students	24 Day3 *Admin Assistant Day! *Music & Arts Festival Day 1 (WMCI Gym)	25 Day4 *Music & Arts Festival Day 2 (WMCI Gym)	26 Day5 *Gr. 7&8 Badminton Divisionals @ MES *Honor Band @ Carman (Day 1)	27 *Honor Band @ Carman (Day 2)
28	29 Day6	30 Day1				