

SOURIS SCHOOL NEWSLETTER

<http://schools.shmb.ca/sci>.
Number 12, March 3, 2017

NEWS FROM MR. WILLIAMS

I just read the weather report for the next couple of days. I like it. Positive temperatures in March sound good to me.

If you are wanting to come out and watch some high school basketball action, come out to the gym this Saturday, March 4th, to watch some high school boys and girls Provincial Playoff Qualifier action. The day kicks off at 10:00 AM with our Souris girls in action. Games will occur throughout the day.

Progress reports will be going home on March 17th for students in gr. K-8 with Parent Teacher Conferences to occur the following week for students in gr. K-12. High School report cards will be sent out in mid-April, however, parents of high school students can look on the Portal to view student marks prior to Parent Teacher Conferences.

Interviews will occur on:

Monday, March 20th – 4:00 PM to 7:00 PM

Tuesday, March 21st – 4:00 PM to 6:30 PM

We have scheduled interviews for families with siblings so that you will be able to attend interviews the same evening. If your assigned time is not suitable, please contact your child's teacher to attempt to schedule a new time, convenient for both of you.

Parents, please be proactive. If you wish to speak to a specific teacher about a specific course, please make contact with that teacher to request an interview time. The teacher's email for a specific class is located in the Class Portal. You may also check interview schedules, which will be posted outside of each classroom, to see when that teacher is available.

Mr. Cwir will be available for interviews on Monday, March 20th.

We look forward to seeing you and discussing your child's/children's education.

Just a reminder that there are no classes on Friday, March 10th. This day is an Administration/PD Day for teaching staff. As well, there are no classes on Friday, March 24th. This day is an Administration Day for teaching staff.

Have a great weekend.

KINDERGARTEN REGISTRATION

Souris School is now accepting registrations for Kindergarten students for the 2017-2018 school year. Parents who have children of Kindergarten age are asked to register these children with the school secretary between 8:30 a.m. – 4:00 p.m., Monday to Friday at the school office. Parents are asked to bring their child's birth certificate when they come to register, so we can make a copy for our files. Children must be five years of age on or before December 31st, 2017. Anyone who is aware of neighbors and friends who may have children ready to begin Kindergarten in the fall are asked to pass the message on to them to assist with our school planning.

JUNIOR JAMBOREE A SUCCESS

Thirty young 13+U curlers gathered on Louis Riel Day to enjoy some curling. The players were from Forrest, Rapid City, Brandon and Souris.

The day started with a six-end game. All participants were put into teams with the more experienced curlers acting as skips. There were also one or two coaches on each sheet.

After lunch, there was a hot shot competition. This involved playing draws, taps and hits throwing just beyond the closest hogline.

The participants were then re-organized into new teams and played a 4-end game. This was followed by a fun activity called the Great Canadian Shootout.

After the on-ice activities, all curlers received a trophy. (These are recycled

trophies. This years trophies were supplied by Betty Couling: a former Souris resident)

A special thank you to all the volunteers that made this such a fun event for the curlers.



K-8 NEWS

I Love to Read Month

Our Early Years and Middle Years students participated in a fun-filled month of activities promoting the love of reading and literacy during the month of February.

Early Years activities centered around the theme of "Every Book is a Treasure". Students were involved in viewing a reader's theatre presentation by staff, Teacher Switcheroo, Hat and Heart Day, Musical Books, a Treasure Hunt and buddy reading with the Middle Years.

Our Middle Years students displayed their avid reading by adding a body part to Willie the Worm, wiggling their way all the way from the office to the middle years foyer by listing their individual books that they read! They Wore Their Words, Posed as a Reader, Dressed Like Their Favorite Character, guessed the book of staffs favorite reads by listening to snippets, buddy read with the early years, and wrapped up the month with a pancake breakfast. After their breakfast, they were found reading their book in the gym with only the light of their flashlights. Guest readers inspired them by reading excerpts from their favorite books. The middle years students were fortunate to have the following guest readers, Mr.

Glenn Wallmann, Amanda Navid from 101 The Farm, and Mike Lamb from 96.1 Bob FM. Special thanks to Tracy Armitage, Kiera, and Mia, and Jennifer Greigson who volunteered to flip pancakes and help in the preparation for our breakfast!

Jump Rope For Heart

Our grades 1-4 students participated in the Heart and Stroke Foundations Jump Rope for Heart event on March 1st. The students had a fun packed afternoon where they rotated through the following stations and presentations: Skipping, Yoga, Sun Safety, Nutrition, Nutrition Bingo, and Handwashing – How Clean Are Your Hands?

A huge thank you to the following guest who traveled to our school to participate in this event: Rod Tutkaluke from the Canadian Cancer Society, Roslyn Cullen from PMH, and Dania Hutlet who led our students in yoga. Also special thank you to our staff members who lead stations in their classrooms and gym, Mrs. Butterfield, Mrs. Kempthorne, Mrs. Hicks, Miss Fordyce, and Miss Grona.

Our students also did a fabulous job in collecting donations for the Heart and Stroke Foundation! We have not yet tallied up our total, but will share that with you in our next newsletter. Thank you to all parents and community members that supported this very worthwhile cause!

Parent/Teacher/Student Conferences

We will be holding our Parent/Teacher/Student conferences on: Monday, March 20th, from 4:00pm – 7:00pm Tuesday, March 21st, from 4:00pm-6:30pm. Parents will be receiving a letter home with the time we have scheduled for your conference. We look forward to discussing your child's progress and celebrating the learning that they have accomplished.

PLEASE NOTIFY THE SCHOOL IF YOUR CHILD WILL NOT BE IN

If your child will not be in school, please contact the school to let us know. You can call 483-2161 to let the secretaries know. If it is before or after hours, you can leave a message. You may also email your child's teacher, but if you do that, we ask that you notify the office also, as there may be a sub in for your child's teacher on that day. To email any staff at the school, in

lowercase type the first name, last name @ shmb.ca. To email the office, please send to both secretaries:
conniemoffatt@shmb.ca
belindawest@shmb.ca

Thank you for your co-operation in this matter.

DONATE SOAP, SAVE A LIFE!

*The Social Justice Fighter's and Make Change class found a real need in Manitoba: SOAP and HYGIENE products for the less fortunate.

*We would like your help collecting **unused soaps, shampoos, conditioners, toothpaste, toothbrushes and deodorants.**

*Drop these products into the collection boxes at Souris School before May 1st. They will be delivered to the Souris Food Bank and Samaritan House in Brandon and will be put into food hampers for those in need.

**Thank you
for your support!!**



INFO FROM THE CAREER GUIDANCE OFFICE

Upcoming Career Events

March 7th - Brandon Career Symposium - Grade 10/11 students

Permission forms have been sent home and need to be returned before Tuesday

As we enter second semester it is time for the Grade 12 students to be really thinking about scholarships. There are many ways to find information and many websites that can help. Students need to be making sure they touch base with me on a regular basis to be sure that they are keeping up to date with what is available.

If a student has already applied to college or university they need to make sure they are checking their email regularly and that they are following instructions and submitting documents and payments on time. I can help with anything they are unsure about.

I would like to see all Grade 12 students before Spring Break

This is an exciting and stressful time of year for both students and parents. If I can be of any help please do not hesitate to contact me at the school.

Belinda West, Career Guidance Assistant,
204-483-6269 or cell 204-741-0210

Souris Sabres Basketball

The Varsity Girls basketball team hosted the Zone 9 semifinal on Tuesday. Virden travelled to take on the Sabres. Our ladies had a strong showing, especially on defense as they worked tirelessly to stop the Bears attack. The team held a slim lead at halftime, but the third quarter belonged to our girls as they began to pull away behind excellent team defense and the scoring of Aly Kowalchuk and Tanja Gohl. In the end the ladies walked away with a 66-46 victory. Aly had 20 points to go along with 6 steals and 8 rebounds, while Tanja added 20 points of her own while hauling down 10 rebounds. Parker Janz played a strong game adding 10 points and 6 rebounds. With the win the team now travels to Boissevain on Tuesday to play for the Zone 9 Championship. Tip off is 5:30pm

On Saturday the ladies host the AA Provincial Qualifiers at the school. 7 teams from around the province travel to Souris to try to qualify for the Provincial

Championships March 16-18. Our ladies will play the Warren Wildcats at 10am. See the complete schedule below. Hope to see Sabre Nation out in full force!!

"AA" Boys & Girls Provincial Basketball Qualifiers
Souris, MB - Saturday, March 4, 2017

GIRLS

Game 1: 10:00am
Souris vs Warren
Winner Qualifies to Provincial Championships

Game 2 : 11:45am
Virden vs Goose Lake (Roblin)

Game 5: 5:00pm
Game 1 Loser vs Game 2 Winner

BOYS

Game 3: 1:30pm
Mennonite Collegiate vs Killarney
Winner Qualifies to Provincial Championships

Game 6: 6:45pm
Loser of Game 3 vs Winner of Game 4

CURLING

8 years & under
Wednesday, 3:30 p.m.

9, 10, & 11 years old
Monday, 3:30 - 4:15

12 years & older
Monday, 4:15 - 5:00

AVALON THEATRE

Hidden Figures March 3rd- 5th

Rated: PG 127 minutes
Biography, Drama, History
Starring: Taraji P. Henson, Octavia Spencer, Janelle Monae

The story of a team of African-American women mathematicians who served a vital role in NASA during the early years of the US space program.

A Dog's Purpose

Rated: PG (not recommended for young children)
100 minutes
Adventure, Comedy, Drama
(Filmed in Manitoba)
Starring: Josh Gad, Dennis Quaid, Peggy Lipton

A dog looks to discover his purpose in life over the course of several lifetimes and owners.

FUN FACT FRIDAY

The total earthworm population of the United States weighs 10 times more than the total human population.

COMING EVENTS

March

10 Admin Day - No Classes
24 Admin Day - No Classes
27 Start of Spring Break

April

3 First Day of Classes-Day 3

May

30 Spring Band Concert-Hartney
31 Spring Band Concert-Souris

June

23 Graduation - 3:00 p.m.
(Note: earlier start)

Child and Family Services of Western Manitoba present

NOBODY'S PERFECT

An eight-week parenting program where parents can

...meet with other parents of young children

...share questions or concerns and ideas about parenting

...learn about child development, safety, health and behaviour

...talk about real-life parenting experiences

...work together with the support of a trained facilitator

...discover ways of positive parenting

Wednesday evenings, March 1st through to April 19th.

CAMP FORMS

Turtle Mountain Bible Camp forms are available in the office or on-line registrations and payments are available at www.tmbc.ca

Camp Wannacumbac. The Souris Elks sponsor 2 students to go to Camp Wannacumbac. Preference is given to first time campers. Registration forms will be available in March and online registration begins

April 10th. Deadline for application is April 30th.
For more information please contact Dwayne Brown
741-0084

SOURIS YOUTH GROUP @ FAITH COMMUNITY BAPTIST CHURCH

Grades 7 - 12 Wednesdays 7:30pm - 9:30. Each week there will be an opportunity for fellowship and snack as well as a lesson. Both groups also participate in many fun activities such as Bigger and Better, Rake and Run, Youth Quake and TMBC camp clean up.

If you would like more information please contact Belinda @ 204-741-021

TAKE NOTE OF THE CHANGE IN COLLECTING CAMPBELLS "LABELS FOR EDUCATION"

Starting January 1, 2017 we can only send in labels that have the 'Labels for Education' marked on the label. It will be located by the UPC code. We will keep you informed of any more changes.

SOURIS MINOR BALL

Rally Caps, Baseball and Softball programs for ages 4-18.

Registration takes place during Parent-Teacher Interviews on March 20 and 21 from 4:30-6:30 in front of the main office.

Did you know, SMB is currently raising money to rebuild diamond #4. There are opportunities for you, your child, family, community groups or businesses to contribute and get your name on the recognition signage. Please contact Loretta Turner, President, at 204-483-4067 for more information. (A shout out to the Souris Elks Atom hockey team whose players have donated over \$100)

FEMALE PEEWEE "A" PROVINCIALS

March 3rd, 4th, and 5th at the Souris Glenwood Memorial Complex. Come out and cheer on the Souris PeeWee girls as they compete for a provincial championship! Schedules are posted around the community or on Facebook (PeeWee "A" Female Provincials) or Twitter (Female Provincials @ PeewefemaleA). Players are Emily Speers, Kelsey Page, Bailey Kreuzsch, Aly Samels, Mya Stam, Paige Kozak, Brynn Tosh, Louise Fergusson, Ally Humphries, Jazmyn Barwick, Sidney Batycki and Jaeda Clayton. To view game results, visit www.hockeymbstats.ca

GO ELKS GO!

SOURIS VALLEY RECREATION

Please call Carole 204 483-5214 or email svrc@mymts.net to register

We appreciate pre-registration for all our programs. Classes may be cancelled if not enough

participants. Upcoming Programs 204 483-5214 or email svrc@mymts.net

Gymnastics

March
7, 9 Tuesday Thursday March 14,
16 Tuesday, Thursday March 21, 22
Tuesday, Wednesday Grade 4+ 4pm -
5pm \$65
18 months - 3 years (with parent) 5pm-5:30pm \$45
4 years - Kindergarten 5:30-6:15pm \$55
Grades 1-3 6:15pm-7pm \$55
Souris & Glenwood Community Hall

Strength and Conditioning

Monday
February 27 - April 10
No Class March 27
6:30pm - 7:30pm
Cost: \$60 or \$14 Drop In

Drum and Tone

Wednesdays
March 8 - April 19
No Class March 29
6pm - 7pm
Cost: \$65
What to Bring: 65 - 75 cm exercise ball, water bottle, yoga mat, clean shoes.
No ball - no problem...ask about borrowing one when you register.
Alexander School

Yoga

Thursdays
March 23 - April 20
5:30pm - 6:30pm
Cost: \$40 for 5 weeks or \$14 Drop In
Souris Glenwood Memorial Complex

Drums Alive Program

Thursdays
April 6 - May 11
6pm - 7pm
Cost: \$60 or \$14 Drop In
Souris Glenwood Memorial Complex

Community Volunteer Income Tax Program Need a hand with your taxes? See if you qualify for the FREE program - Single with income under \$30,000 - Married Couple with income under \$40,000 Plus \$2,500 for each dependent - 1 Adult and 1 child with income under \$35,000 Plus \$2,500 for each dependent Contact: Souris Valley Recreation Office Weekdays 9am - 5pm 204-483-5214

Swimming Registration opens April 3 at 9am
Camping Registration open April 3 at 9am
Monthly Camping Registration open March 27 at 9am.
You can request online www.sourismanitoba.com and look for the links under swimming and camping.

Reminder of the following programs you can drop into:

Community Badminton Wednesday and Sundays
7:30pm Souris School
Community Pickleball Tuesday and Thursdays

7:30pm Souris School
Zumba Mondays at 6pm – Souris Community Hall

White or Chocolate Milk	sm	1.50
	lg	2.50



PRAIRIE STORM ATHLETICS

Fast enough isn't fast enough!

SPEED CAMP
DEVELOP SPEED, POWER & PROPER MOVEMENT PATTERNS

IDEAL FOR ALL ATHLETES!

This is a camp has been designed to benefit all athletes from all sports backgrounds! Both individual sport and team sport athletes need to develop speed and power, which are essential athletic abilities. Athletes will be taught fundamental movement skills, learn how to accelerate and how to properly develop speed and power, so regardless if they are playing hockey, volleyball, soccer, basketball, baseball, softball, figure skating or any other sport they'll be able to move faster, become more powerful and move more efficiently.

APRIL 22, 2017 RUSSELL, MB
Russell Memorial Multi-Plex

GROUP 1 - Athletes in Grades 7-8 - 20 spots available
3 hours of instruction for only \$65 (2 Sessions)
Session 1 - 10-11:30am
Session 2 - 2:30-4pm

GROUP 2 - Athletes in Grades 9-12 - 20 spots available
3 hours of instruction for only \$65 (2 Sessions)
Session 1 - 11:45-1:15pm
Session 2 - 4:15pm - 5:45pm

Instructed by Coach Bryce Koscielny

- BSc in Physical Education & BSc in Psychology
- Director/Head Coach – Prairie Storm Athletics
- Athletics Manitoba Provincial Level Coach
- Athletics Canada Performance Analysis in Sprints/Hurdles (Trained)
- Athletics Canada (Sport Coach)
- USA Hockey Levels 1 and 2 Certified
- Hockey Canada Coach 2 and Development 1 Certified
- Lead off Ice Instructor/Performance Consultant- Next Generation HKY and Fit Inc

To register contact
The Russell & District Recreation Commission office at
(204)-773-2422

Daily Specials

Week 1

Monday	Chicken Burger - \$6
Tuesday	Taco In A Bag-\$6
Wednesday	Perogies-\$5
Thursday	Pork on a Bun-\$6
Friday	Pizza-\$6

Week 2

Monday	Grilled Cheese with 1 Cookie-\$5
Tuesday	Taco In A Bag-\$6
Wednesday	Mac/Cheese -\$5
Thursday	Chili Bun-\$6
Friday	Pizza-\$6

Week 3

Monday	Chicken Burger-\$6
Tuesday	Taco in a Bag-\$6
Wednesday	Perogies-\$5
Thursday	Lasagna-\$6
Friday	Pizza-\$6

Week 4

Monday	Grilled Cheese & Cookie-\$5
Tuesday	Taco in a Bag-\$6
Wednesday	Mac/Cheese-\$5
Thursday	Chili & Bun-\$6
Friday	Pizza-\$6

LORRAINE'S LUNCHES

If you have any suggestions or ideas for menu items please contact Lorraine at:
lorriwurtz@gmail.com Menu subject to change.

Reminder: The plastic cutlery/plates are not free for the taking, unless you order food from the canteen. They do come at a cost. If you need one, the cost will be 5 cents.

Daily Soup & 1 pkg. crackers	4.00
Hot Dog	3.00
Hamburger	4.50
Cheeseburger	5.00
Pizza Pops	2.00
Sandwiches: Ham, Chicken, Cheese	4.50
Caesar Salad with 1 Dressing	5.00
Chicken Caesar Salad with 1 Dressing	6.00
Chicken Wraps – with 1 Dressing	6.00
Extra crackers/dressing	25
Snacks	
Veggie Bag & Dip	2.00
Old Dutch Chips	1.25
Hot Rod	1.25
Beef Jerky	2.50
Rice Krispie/Puffed Wheat Cake	1.30
Donuts/Apple Fritters	1.25
Cookies	.75
Muffins	1.25
Drinks	
Apple/Orange Juice 300 ml bottle	1.50

IT'S FRIDAY!
PLEASE CHECK YOUR CHILDREN FOR HEAD LICE. IF THERE ARE ANY SIGNS OF LICE, YOU CAN TREAT IT OVER THE WEEKEND. THANK YOU IN ADVANCE FOR YOUR CO-OPERATION IN THIS MATTER.

HAVE A GREAT WEEKEND!