

# *Autumn Sports Break*

from Ms. Lindquist and Mr. Saschenbrecker

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With super fall weather, we were able to take advantage of the outdoors for physical education classes and fall sports training. Throughout September and October nearly 150 students ran around the soccer fields, training for a 1 km or 2 km distance. The Regional Cross Country meet was held at the Kanata Recreation Centre. Our dedicated Roch Carrier students raced in weather conditions which were constantly changing. Special thanks to many amazing parent volunteers, who rode the bus, came to cheer, helped supervise, fetched children's numbers, put up canopies and took them down before the storm blew in. Thanks to Mrs. Harrison, Mlle Gravel and Mrs. Hammond for their time and additional help at the start of each race and for shuttling each group to the meet. We really did quite well and we were proud to have brought so many runners.

## **Race statistics:**

- ✓ Over 20 schools participated
- ✓ 1100 students ran in the 8 races
- ✓ Roch Carrier E. S. team placed **3rd over all!**
- ✓ Roch Carrier E.S. brought **114 students**



Here are the top 50 results for each race:

### **Grade 3 Girls** (120 participants)

Heather Williams 6<sup>th</sup>  
Andrea Orr 12<sup>th</sup>  
Dalia Zeidan 36<sup>th</sup>  
Elizabeth Tackabury 37<sup>th</sup>  
Munrina Bawa 43<sup>rd</sup>  
Zoe Hamilton 44<sup>th</sup>

### **Grade 3 Boys** (130 participants)

Erik Wehrmann 52<sup>nd</sup>

### **Grade 4 Girls** (165 participants)

Jaiden Clee 21<sup>st</sup>  
Lucy Geng 31<sup>st</sup>  
Gabriela Ford 34<sup>th</sup>  
Ellanore Rughani 36<sup>th</sup>  
Grace Veldkamp 38<sup>th</sup>  
Anisha Dilawri 50<sup>th</sup>  
Vanessa Patapovich 53<sup>rd</sup>

### **Grade 4 Boys** (195 participants)

Samarath Chauhan 15<sup>th</sup>  
Ian McAllister 17<sup>th</sup>

**Grade 5 Girls** (165 participants)

Stephanie Gao 12<sup>th</sup>  
Maiya Tisdall 33<sup>rd</sup>  
Julia Moat 38<sup>th</sup>  
Michaela Jones 39<sup>th</sup>  
Claire Spearman 48<sup>th</sup>  
Maddy Sachs 53<sup>rd</sup>

**Grade 5 Boys** (120 participants)

Jason Nguyen 19<sup>th</sup>  
Matthew Rorwick 22<sup>nd</sup>  
Alex Scott 38<sup>th</sup>  
Justin Levesque 44<sup>th</sup>  
Matthew Nguyen 47<sup>th</sup>

**Grade 6 Girls** (130 participants)

Megan Timlin-Thicke 26<sup>th</sup>  
Tia Chen 32<sup>nd</sup>  
Alex Korolev 42<sup>nd</sup>  
Morgan Mees 47<sup>th</sup>

**Grade 6 Boys** (130 participants)

**Aidan Warnholtz 1<sup>st</sup>**  
Jordan McCambly 33<sup>rd</sup>  
Rohan Rughani 34<sup>th</sup>  
Liam Boissonault 43<sup>rd</sup>  
Markus Wehrmann 48<sup>th</sup>



Along with cross country running, we had students who signed up to play intramural soccer during recess. Following a round robin schedule, a group of students was selected to play at a tournament.

The boys and girls represented Roch Carrier E. S. well in the regional soccer tournament. Both teams played hard, but were a little shy of making the playoffs. Thanks to Mlle Gravel and Mr. Saschenbrecker for coaching the team and all the many parents who came out to support us in the cold windy weather.



## Soccer Team Members

Damon Ye  
Brendan Menary  
Liam Boissonault  
Connor Nicol  
Cody Jarvis  
Colin Robinson  
Vlad Artyshchuk  
Magan Abdurahman  
Liam Lafrance  
Brook Biniam  
Aiden Warnholtz  
Jordan McCambly  
Trumann Boston  
Jai Prasad  
Carlos Lara Bermudez

Karin Eriksson  
Shkula Wardak  
Katya Beguenane  
Kyra Rowsell  
Maddy Sachs  
Daniela Trotto  
Anisha Dilawri  
Alina de la Fuente  
Megan Timlin-Thicke  
Kamilia Sundara  
Simran Brar  
Tia Chen  
Malika Brown  
Amber Williams

Several classes signed up for skipping workshops from the Heart and Stroke Foundation. Students tried new skipping “moves” and were quite challenged. A healthy lifestyle lesson addressed the importance of exercise, a balanced healthy diet and the importance of not smoking. The students participated well and we have incorporated skipping in our daily warm-ups ever since.

Ms. O’Shaughnessy is organizing a “Hoops for Heart” activity for grades 1-3 students in early December. In the spring, we will also participate in “Jump Rope for Heart”, with the students from grades 1-6. Thanks Ms. O!



Primary classes (grades 2 & 3's) will have some intramural sports time during the first recess to experience dodge ball and borden ball under the supervision of Mrs. Richardson, Mme Greenland and Mme Tamara. Announcements will be made and students only need to bring a pair of indoor running shoes to play.



Borden ball is the sport occupying much of our gym time this month. It's a great game,

similar to handball (3 steps, 3 seconds) and incorporates throwing and catching. The junior students (grades 4, 5, 6) are keen to play. Intramural teams play during recess and skill development is improving with each game. A competitive boys and girls team, made up of students from grades 4, 5 and 6 will be selected to play in mid-December at a regional tournament.

Please remind your child of the absolute importance to have a change of indoor running shoes for safety and to keep our floors clean and tidy.