



2021-2022 SOUTHEAST COLLEGIATE NEWSLETTER

OCTOBER: WELCOME FALL!

IN THIS ISSUE...

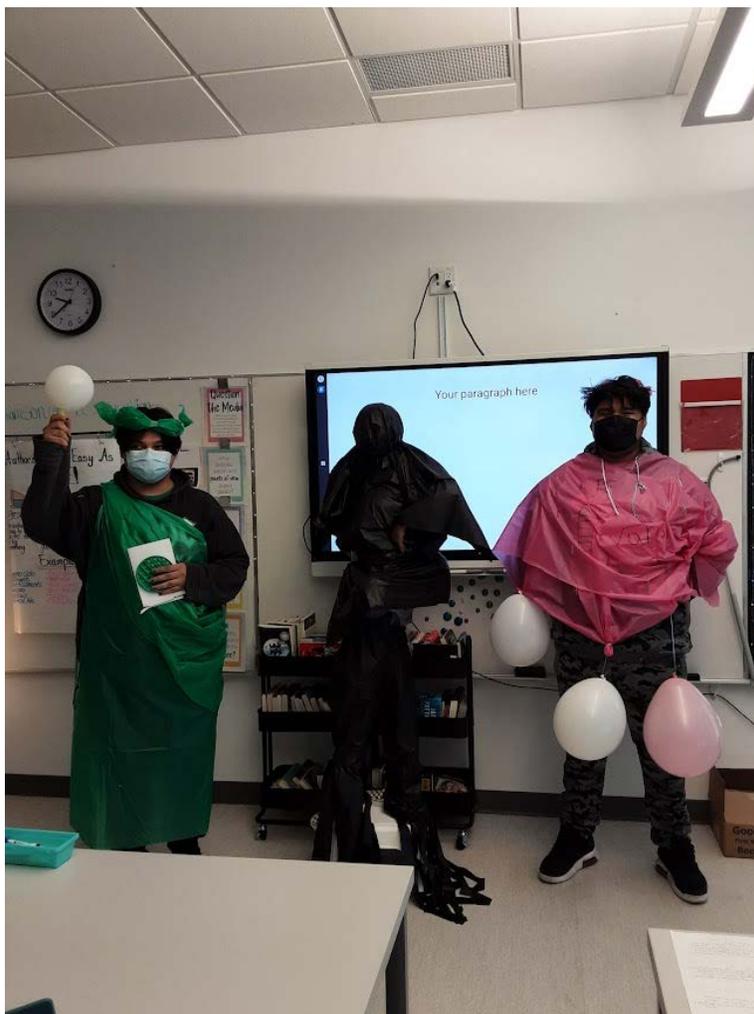
- Fashionable Grammar - Pg 2
- Cross Country - Pg 3
- Smoothies in Foods and Nutrition - Pg 4
- Climate Change Warriors & Waste Reduction Week - Pg 5
- Trivia Week - Pg 6
- Spirit Week - Pg 7
- SEC Volleyball Game - Pg 8
- Truth and Reconciliation Day Reflection - Pg 9
- Knife Safety & Cutting Skills - Pg 10
- Mother Language Plaza Reveal - Pg 11
- Preparing For Winter in Power Mechanics - Pg 12
- Housing Research in Math - Pg 12
- Vision Quest 2021 & Cribbage Club- Pg 13
- River Watch Field Trip - Pg 14
- Southeast Recreation - Pg 15

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Fashionable Grammar

Kate Williamson

Students in Comprehensive English 40S started the year strong with a grammar review. As a class we worked hard to correctly identify parts of speech, types of sentences and conjunctions, all while becoming stronger writers everyday! To wrap-up the unit, students were split into three groups, given various 'odd' supplies and told they had only 15 minutes to create a high fashion outfit for their team's model. Once completed, our models showcased their outfits. Next, students had to write a concise one paragraph review of one of the outfits using all parts of speech and their growing knowledge of effective writing- as if it were going in a fashion magazine! A big thanks to our self-named models, Mr. Liberty, Rezdashian and Sir Balloon for being such great sports during our activity!



From left to right: Levi Aysanabee, Holly Mason and Trent Keeper wearing their fashionable outfits.

Cross Country Meet

Amanda Toews

The first meet for Cross Country runners was scheduled for October 7th. Students practiced with Mrs. Toews twice a week and once on their own since school started in September. Unfortunately the meet was cancelled due to covid restrictions so the Southeast Team held their own event! Joel Monias, John Hastings, Keirsten Watt, Jordyn Harper, Ira McDougall, Donovan Kanabee, and Jayden Flett went with coach Mrs. Toews to St. Vital park. It was a beautiful day to be outside. The team went for a run, enjoyed the duck pond and flower gardens, played some beach volleyball and spikeball, relaxed in nature, and enjoyed their swag bags! Bags included running socks, a set of three resistance bands for training, and a hot & cold water bottle all inside a new gym bag. Team t-shirts are still to come! Keep up the great running, team!



From left to right, front: Joel Monias and John Hastings.

Back: Keirsten Watt, Jordyn Harper, Ira McDougall, Donovan Kanabee, and Jayden Flett with their swag bags.

Smoothies!

Trina Ouskun

On Friday, October 1, 2021, Foods & Nutrition students began their second unit, "Science of Nutrition" by making healthy fruit and green smoothies.



Kandence Keesic cutting up mango.



Shayla Disbrowe and Allana Mckay using blenders to make their smoothies.



Cole McKay, Mitchell Hamilton and Emroy Everett checking out their smoothie mixture.

Climate Change Warriors & Waste Reduction Week

Alundra Elder

On October 18, Climate Change Warriors began a series of events for waste reduction week. For the first event, students embarked on a scavenger hunt. The first student who provided a fact and a picture of 9 different plants native to Manitoba won an “Every Child Matters” sticker. Everyone gained knowledge about how to identify plants, as well as how these plants have been used traditionally by First Nations.



Owen Anderson, Jonathon McDougall, Kyle Keno, Jayden Flett, Micheal Wood, Jamal Harper, Lacey Monias, Chelsea Canada, Laverne Taylor, EA Rita Dasilva, and prize winner Cole Harper celebrating at the end of the scavenger hunt.



Autumn Bruce showing off her art, titled "Buzzing through the Wind".

On October 19, students gathered different coloured leaves and vegetation to create art with nature. Using minimal craft supplies, each student created a natural masterpiece. All participants' names were put into a draw to win an eco-friendly lunchbox and cutlery. Laverne Taylor took home the prize!

Trivia Week!

Carleen Bezdek

During the week of October 4 - October 8 student engagement ran a trivia contest. Students listened for the trivia question announcements in the morning and filled out a ballot with their answer. At the end of the week there were 5 winners drawn. Each winner received a \$10.00 Tim's gift card! Questions were based on some of the classes students can take. We had math, science, automotive, and a couple history related questions!



From top left: Kristopher 'Lance' Trout, Kirsten Owen, Emily Everette, Bryce Bouchie and John Hastings with their prizes.

Spirit Week

Carleen Bezdek

From Monday, October 25 to Friday, October 29, Southeast Collegiate celebrated Spirit Week! Each day of the week, students dressed for a new theme.

On Monday, it was Cozy Day!

On Tuesday, it was Twin/Triplet Day!

On Wednesday, it was Wacky Day!

On Thursday, it was Sports Day!

Finally, on Friday, everyone wore their Halloween Costumes.

Students who participated were entered into daily gift card draws! Our winners were: Sylvia Semple, Trent Franklin, Hannah Valiquette, Charnelle Flett and Allana McKay! Congratulations!



A display of the week's participants! Who knew physical education teacher, Mr. Shead had so many twins!?! (top right)

Southeast Collegiate Volleyball Game

Rich Shead

The Girls and Boys Volleyball Teams played an exhibition match on Wednesday, October 27th at Southeast Collegiate. The girls team battled hard, but came up short. The scores were 21-25, 9-25, and 24-26 in favor of the visiting school St. Boniface Diocese. The boys team won a thrilling five set match against visiting St. Boniface Diocese. The scores were 25-14, 25-22, 20-25, 22-25, and 15-5. Both teams have been practicing very hard, and have shown big improvements over the past several weeks. The athletes hope to continue improving next week when they face Faith Academy, and Immanuel Christian for exhibition matches. Faith Academy will be visiting Southeast Collegiate Tuesday, November 2nd. The girls will play at 5:00pm, and the boys at 6:30pm. Immanuel Christian will be visiting Southeast Collegiate Thursday, November 4th. The girls will play at 5:00pm, and the boys at 6:30pm. Due to covid there was not a regular season played in Zone 12. The teams are playing in exhibition games against their fellow Zone 12 schools.



Left Back: Kendra Owen, Dephanity Houle,
Kadence Starr

Left Front: Mr. Brown, Holly Mason, Kassie
Owens, Jenelle Cook in a team huddle!



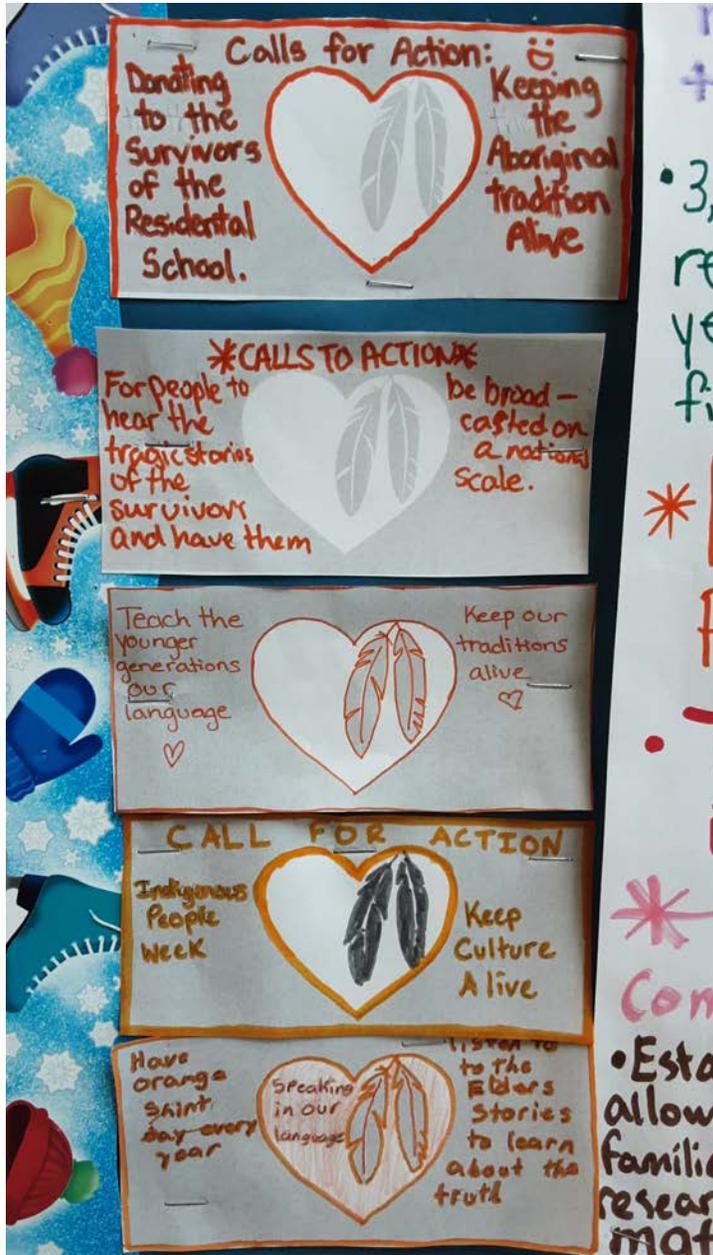
Left Back: Edwin Flett, Nicholas Hudson, Jordan Flett, Jayden
Flett, Owen Anderson, John Hastings, Mr. Shead, Cody Baptiste

Left Front: James Everette, Donny Kanabee, Kyle Keno, Harris
Harper, Jaydis Kakekagumic.

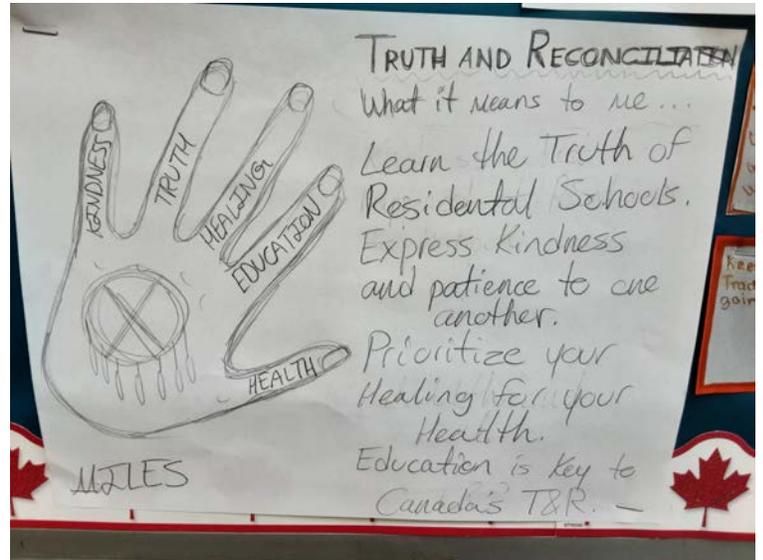
Truth & Reconciliation Day Reflection

Trina Ouskun

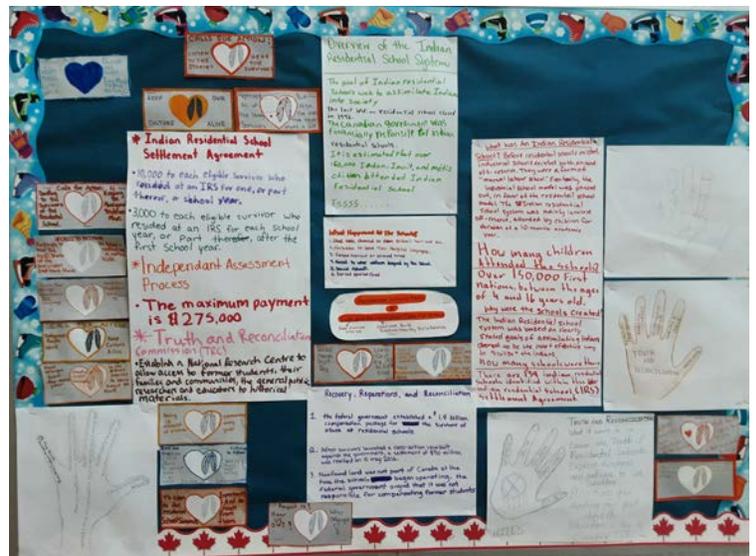
Food & Nutrition/Native Wellness students shared some facts about Residential Schools and their ideas and hopes regarding Truth and Reconciliation.



Students listed what positive actions they want to see in the future.



Kadence Keesic shares what Truth and Reconciliation means to her.



Students display their knowledge of and hopes regarding Truth and Reconciliation.

Knife Safety & Cutting Skills

Trina Ouksun

Southeast Collegiate's own Red Seal Chef Bill Smith , taught the Food and Nutrition students knife safety skills. Chef Smith also brought a variety of knives and kitchen utensils and taught the students how to safely cut and chop fruits and vegetables.



Southeast Collegiate's Red Seal Chef Bill Smith, with Foods & Nutrition students.

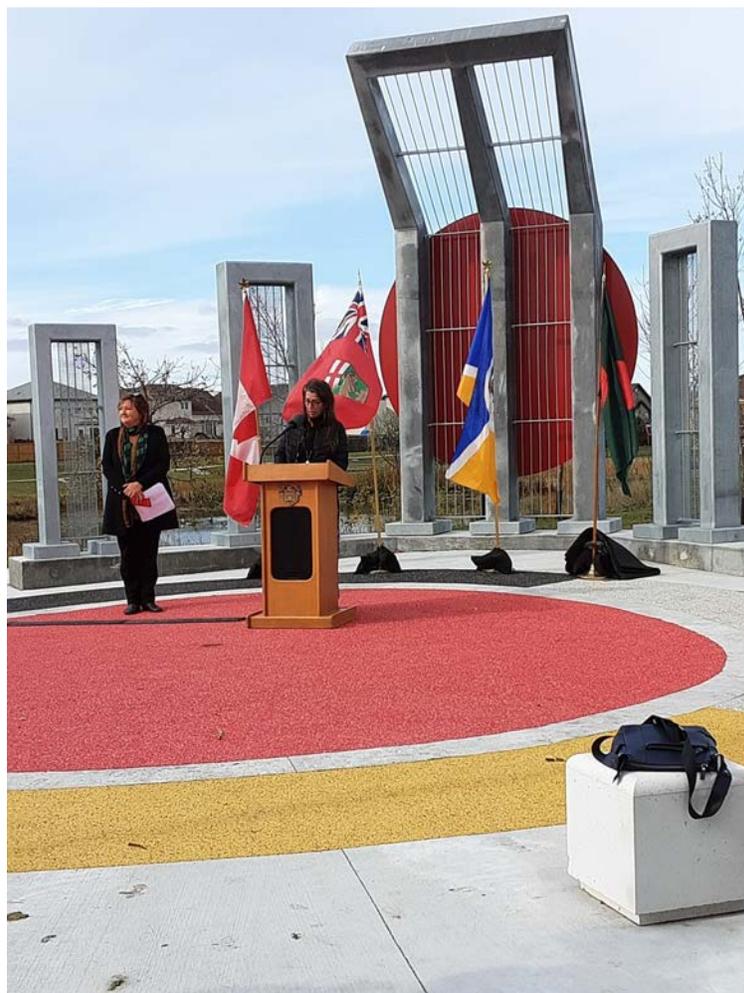
Mother Language Plaza Reveal

Alundra Elder

On October 12, students from Current Topics in First Nations, Metis & Inuit Studies and Canadian Law attended a local reveal of monument to celebrate cultural and linguistic diversity in the community. Students learned about how the people of Bangladesh were not allowed to speak their language or practice their culture under the Pakistan military. Executive Director Principal, Sheryl McCorrister was invited to speak about the importance of the preservation of Indigenous languages and cultures. The monument incorporated a medicine wheel to acknowledge that our languages and cultures are important to protect. Several students of Baridmore School who shared what they are thankful for in their mother languages. Many students were featured on the news!



Conan McKay, Michael Wood, Colten Semple, Jonathon McDougall and several other SEC students watching the reveal.



Executive Director/Principal of SEC, Sheryl McCorrister speaking about the importance of Indigenous Language & Culture preservation.

Preparing for Winter in Power Mechanics

James Waterston

The Power Mechanics class has been learning about safety in the Automotive shop and what types of careers are available to them should they want to pursue a career in the Automotive industry. This past week they have been busy learning how to use a tire machine plus installing winter tires on vehicles.



Edwin Flett changing out snow tires.

Housing Research in Essential Math

Kyle Strong

This month the Essential Math class is focused on the costs and budgets surrounding housing and home ownership. The students have been hard at work researching options for their Home Budget Projects. Their goal is to understand all of the “hidden” costs of home ownership, how financial institutions decide on whether to approve a mortgage, and how to find a house in their price range based on a future career. Students have been having a blast exploring all of the options available, ranging from their multi million dollar dream homes all the way to more sensible choices based on their budgets and preferences. This all goes towards the Essential Math goal of building their core financial skills and preparing them for the real world.

Vision Quest 2021 Conference

Amanda Towes

Students had the option of registering for the Cultural Exploration course for extra credit with the goal of participating in, and reflecting on, cultural activities. Jaydis Kakekagumic, Precious Leask, Ladimir Harper, Neepin Flett, Autumn Bruce, and Karassa Day participated in the virtual Vision Quest 2021 conference on October 20 & 21. They enjoyed music by Susan Aglukark (Award-winning Inuk Singer/Songwriter). They laughed with comedian Don Burnstick as he spoke about Rebuilding The Spirit: Health Recovery for Indigenous People. Students also learned helpful tips for job searching and interviewing from Debbie Tabor from RBC Future Launch. The first day finished with a panel discussion on Engaging the Entrepreneurial Spirit among Indigenous Communities. The second day of the conference began with entertainment by Walking Wolf Singers and Dancers and a keynote speech by Kendal Netmaker, Entrepreneur & Author. This was followed by a panel of women entrepreneurs discussing the topic: Inspiring Indigenous Women in Business hosted by Dennis Ward of APTN. Next, from eating organic non-GMO foods, to daily exercise, and other grounding techniques, Joey Styles explained the science and benefits of healthy living. Lastly, through personal stories and words of guidance, Candy Palmeter shared her passionate perspective on inclusion, self-acceptance, and the love of reading.

Cribbage Club

Carleen Bezdek and Kyle Strong

With more students becoming interested in cribbage Mr. Strong & Ms. Bezdek decided to start a cribbage club. We meet on Fridays to get together and play online as well as using a board. Cribbage is a game of strategy and luck, it involves addition, counting and sometimes frustration. Students were quite excited when they had a great hand, however they were also quite frustrated when they were faced with a difficult decision for the crib. Students had an opportunity to play a couple games with different opponents. We are hoping to plan a tournament soon!

Riverwatch Field Trip

David Brown

It was a great day on the La Salle River where we had a lesson on water from two University of Manitoba students (Dylan Kensick and Taylor Galvin) who are knowledge keepers. They had a great talk with the students and also gave them some traditional medicines to keep. The students were pretty interested in the stories, wildlife and the science involved with monitoring the environment. Everyone had a chance to use equipment and test for different solutes such as oxygen, phosphate, and nitrogen while being taught how they affected water quality. All the students returned to the school smiling and hopefully appreciating their water a bit more!



Donovan Kanabee and Nattie Wood smudging before our knowledge keepers teach us.

Southeast Recreation

Andi Davenport

This month was busy for Rec as we had lots of outings planned. The students went to the Rec Room where they enjoyed many arcade games and fun, and the Golf Dome where they enjoyed the mini golf and driving range. The students also attended A Maze in Corn and Heebie Jeebies for some fun and scary haunted houses. In school, we continued to do lots of volleyball tournaments as that has proven to be the students favourite sport this month! WASAC (Winnipeg Aboriginal Sport Achievement Centre) has started up this month and they are making moccasins, as well as, going on outings such as bowling and Halloween shopping. For Halloween this year, we did pumpkin carving, Fear Factor, held a Halloween party and of course we went out to trick or treat. Charlie Hudson was our winner for Fear Factor and Jenelle Cook was our winner for best costume!

Activities

- Rec Room
- Golf Dome
- Corn Maze
- Heebie Jeebies
- Volleyball
- Pumpkin Carving
- Fear Factor
- Halloween Party
- Trick or Treating



Josh Sinclair with his pumpkin.

Next Month...

- Flying Squirrel
- Activate
- Movie Night at the theatre
- 3 On 3 Basketball Tournament
- Floor Hockey

Southeast Recreation held 9 activities in October!

Monthly Prize Winners: October's monthly draw winners will be announced in our next newsletter!