



# SOUTHEAST COLLEGIATE NEWSLETTER

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**SEPTEMBER: BACK TO SCHOOL!**

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# 2021 Welcome BBQ

Carleen Bezdek

On September 17, 2021 Student Council hosted the Welcome BBQ activities. This was after the amazing BBQ lunch our kitchen made.

They started with an ice breaker bingo game. Students had a bingo card with various questions/ topics in each square. Some examples, who drove a boat over the summer? Who has the same favourite band as you.? Students asked around, trying to fill up all squares on their bingo card with different names. Once they were full, they were entered into a draw. After the bingo game, students had a choice of puzzles, 10,000 (the dice game), a movie, video games, board games, basketball or volleyball in the gym.

There was also ice cream & chips provided by the kitchen to round off this fun afternoon. There were 10 Winners for the Bingo Game, they each received either a \$10 Tims gift card or \$10 7/11 gift card. We also received a visit from some of our board members, who came to share messages of wisdom and good luck as we begin a new school year!



SEC board members (from left to right)  
 Tracy Berens, Director - Berens River  
 Geoff Bushie, Vice Chair - Hollow Water  
 Oral Johnston, Board Chair - Black River  
 greeting students.



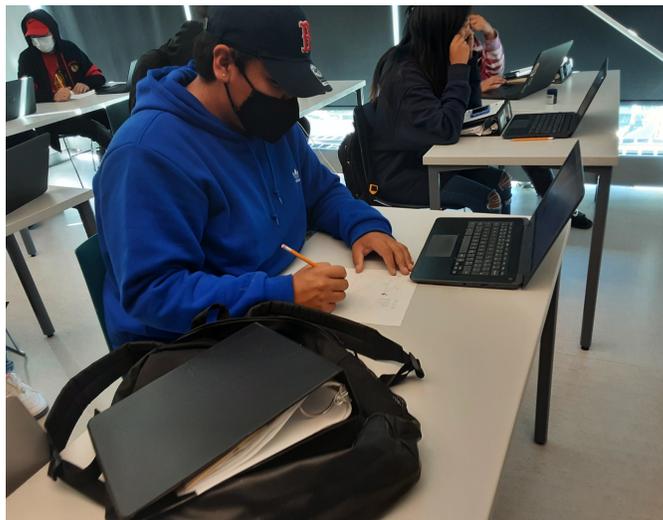
Students playing Icebreaker  
 Bingo in the gym.

# Mixed Media in Math

Kyle Strong & Carleen Bezdek

Who ever said math can't be fun? Southeast Collegiate has integrated technology into the classroom to give students new and exciting ways to engage with their work. Chromebooks let students access assignments, notes, and even tutorial videos anytime and anywhere! The students have also been given access to new writing tablets in the classroom. This lets them take the math that would otherwise be tough to write out digitally and write it directly onto their digital practice work. It also opens a ton of new opportunities for collaboration in the classroom with activities like Jamboard: a digital whiteboard that many devices can write on at once.

Adjusting to this new learning model is a challenge that the students in math have been ready to face. They have found a balance between using their digital tools, like the Google Classroom where their assignments are available and the Google Meet that puts notes right on their screen, and using their more traditional pen and paper. Some students are more comfortable using paper and use their Chromebooks for extra help, but some students are all in on the technology! Providing the best tools, with our best supports, and finding what works best for the students is what we aim to do in the math classroom. The math classes are starting the year off strong! In the math classroom, the students are exploring powerful financial tools, learning about measurement and gaining real life measurement experience, learning the ins and outs of trigonometry, and how to price out their dream car!



Cody Baptiste working hard on his math quiz.

# Mindful Meditation in Life/Work Transitioning 40S

Kate Williamson

Our class has been working hard on finding positive ways to manage stress during challenging times. Each day, students begin class by choosing an activity designed to decrease stress. (Colouring, logic puzzles, journaling etc.) We learned about the science of meditation and the importance of mindful breathing as a way to keep our body, mind and spirit in good health. We regularly meditate as a class. After trying a few breathing techniques, students reported that they felt relaxed, happy and were able to focus with more clarity.

# Innovations in Applied Business Technology 40S

Courtney Fields

Students have been researching various Indigenous owned businesses as they relate to their personal interests. We have discussed the types of technology these businesses use to better promote their products and business. Students have also been working on creating their own business models. Going forward, students will explore the Manitoba directory of Indigenous owned businesses in hopes of being able to explore some of them in person!

# News in Sports

Rich Shead

Manitoba High Schools Athletic Association announced earlier this month they would be allowing Schools to return to play sports. Southeast Collegiate is very excited to have their students able to return to sports play this year. We have been busy running practices for both girls and boys volleyball and cross country running. Mrs. Toews has been coaching cross country running practices after school in preparation for the Crescent Drive Run on October 7th.

Meanwhile PE teacher Mr. Shead, as well as classroom teachers Mr. Brown, and Mrs. Ouskun have been busy preparing the girls and boys varsity volleyball teams for exhibition play in October and November. School volleyball games are going to be considered exhibition play as no regular league will be occurring at this time. MHSAA has approved exhibition play, but are not having a regular volleyball season. The return to sports plan and protocols are fluid, and will be assessed regularly to ensure a safe return to sports. Southeast will be playing a series of exhibition games from School's within zone 12. There has been strong interest from the students, and they have been working hard to prepare for their games. This is an exciting time of year for students as many of them have been without sports for sometime now.

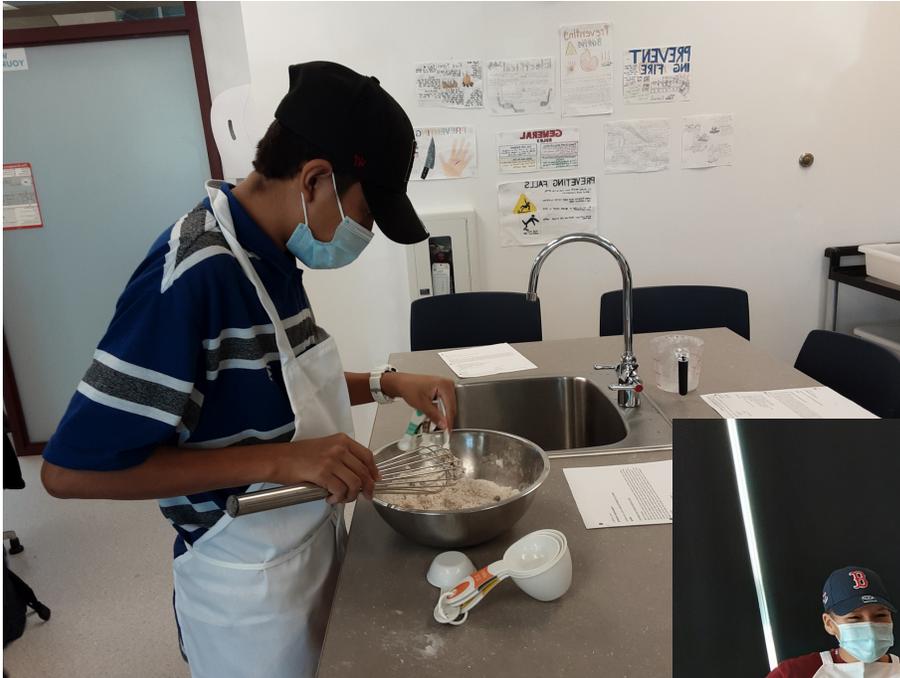


Jenelle Cook, Chloe Kakegamic, Sarah McDougall, Allina McKay, Phoenix Fisher Cook, Kaiser Little Harper practicing volleyball skills.

# Fun in Foods

Trina Ouskun

Foods and Nutrition students have been completing a kitchen safety and kitchen literacy unit in preparation for their first lab. Students baked some healthy chocolate cookies and enjoyed eating and sharing them afterwards!



Mitchell Hamilton mixing his ingredients.



Shayla Disbrowe, Sherman Douglas and Charlie Hudson -ready to put cookie dough in the oven.

# National Day for Truth and Reconciliation

Alundra Elder

On September 30, 2021 Southeast Collegiate held an assembly to honour Residential School Survivors, taking time to hear and reflect upon their stories. Guest speakers Elder Perisian and Black Wolfe Drummers were invited to speak and perform. Stories and encouragements from Phyllis Webstad, Justice Murray Sinclair, Rosanna Deerchild and our Executive Director/Principal, Sheryl McCorisster were shared and felt by all.

Following the assembly, Tobacco Ties prepared by students were offered into the sacred fire, kept by Jimmy Bruce. Prizes were awarded to students throughout the day. A closing prayer was offered by Elder Perisian, followed by a smudge.

A special shoutout to Yvette Doell and the Life Skills Team for organizing the day!



Elder Perisian and daughter Toni with Fire Keeper Jimmy Bruce.



Students gathering for the National Day for Truth & Reconciliation Assembly on Septemeber 30, 2021.

# An Egg-cellent Lab

David Brown

In this first month we have been exploring the different parts of the cell, as well as what functions they perform. After learning about how concentration gradients affect the movement of particles through water, and how osmosis can occur when there is a selectively permeable membrane, our students tested those ideas with a lab using eggs!

First we removed the shells of the eggs using vinegar over night, then proceeded to put them into different solutions. One solution was pure water, while the other was syrup. As expected, the egg in syrup became lighter, while the one in water became heavier as water moved through the membrane to reach an equal concentration inside and outside of the egg.

The students were pretty intrigued by the egg after its shell was gone and had fun playing with it while taking measurements and making observations. Hopefully this helps them understand the processes the cell membrane must go through to keep the cell working properly.



Dale Flett, Kingsley Harper, Owen Anderson making observations about their egg membranes.

# Southeast Recreation

Andi Davenport

For the month of September, the Recreation team held lots of volleyball and pool tournaments, went on a few mall trips, as well as outings to Go Karting at SpeedWorld and laser tag at Lasertopia. We also hosted bubble soccer and archery tag at the school. We had a draw for the students who participated in the most events throughout the month. Nicholas Hudson won the grand prize for the males for coming to 14 out of 18 events, and Holly Mason won the grand prize for the females for coming to 10 out of 18 events. Secondary prizes were awarded to Brocky Pascal, Jayden Flett, Kirsten Owens, and Jada Monias. October will be a busy month, as we are preparing for Halloween and planning on taking the students to a corn maze, haunted house, carving pumpkins, and going trick or treating.

## Activities

- Bubble Soccer
- Archery Tag
- Lasertopia
- Go Carting
- Mall
- Volleyball  
Tournaments
- Pool Tournaments



## Next Month...

- Corn Maze
- Haunted House
- Carving Pumpkins
- Trick-or-Treat!

**Southeast Recreation held 18 activities in September**

**Monthly Prize Winners: Nick Hudson & Holly Mason**

# Welcome New Staff!

## Yvette Doell



My name is Yvette Doell. Please call me Yvette, Ms. D or Ms. Doell. I am one of the Life Skills Counsellors.

I am a mom to a daughter and a Jack Russell/Chihuahua named Niko.

Music makes me happy! I enjoy going to concerts, especially outdoor ones. Classic rock music is one of my favourites, but I do enjoy country and rap as well.

I really enjoy playing volleyball, badminton, and ping pong. I am hoping it will be possible to join you in a game sometime.

I am very happy to be a part of Southeast Collegiate and I hope to get to all of you better.

## Jade Plaseski

My name is Jade Plaseski (please call me Jade), and I am a new Life Skills Counsellor here at Southeast Collegiate. Before joining Southeast I worked in a few different areas of the counselling field, with both adults and youth. Most of my experience comes from working in mental health and addictions settings. Some of my favourite things include (but are not limited to) bubble tea, scary movies, laughing, car dancing, thunderstorms, a good song when you need it most, and spending time with my family. I love getting to know new people and look forward to connecting with students.



*Welcome New Staff Continues on pg 11*

# Welcome New Staff!

## Alundra Elder



Hi, I am Ms. Elder! This year I am teaching Life Works Planning 20S, Life Works Building 30S, and Current Topics in First Nation, Metis and Inuit Studies 40S. I also enjoy environmental topics, and so I will be leading this year's Climate Change Warriors at Southeast Collegiate! I love learning through hands-on activities and games, and aim to incorporate this into my classroom.

It has been so great to work at Southeast Collegiate so far, everyone is so friendly. Thank you to everyone, I already feel at home!

We would also like to welcome all new staff:

Recreation Co-ordinator Andi Davenport, and facilitators Dustin Favell and Nolan McCue. Lodge and Youth Care Workers Ethan Courchene, Broadarick Mason, Talia Cote Vonau, Calie Chippeway, Amala Hutchinson-Jones and Alexandra Francis.

Welcome back returning administration, teachers, lodge staff, maintenance, student services, life skills staff and kitchen staff! Together we make an amazing team and team work makes the dream work!