

Southwest Collegiate Newsletter



January 2023

1269 Lee Blvd
Winnipeg MB / R3T 5W8
204-261-3551
Toll Free: 1-833-821-0277
www.southeastcollegiate.ca

Activate Event

On January 25, students and staff celebrated a successful first semester with a school wide trip to Activate! Students and staff enjoyed a variety of active gaming experiences such as dodging through a laser grid, hitting targets with rubber balls, and high energy pattern matching.



Trent Franklin, Jericho Berens-Flett, Carlene, Kaleigh Harper, and Jamie Mason.



Kerwin Goosehead-Semple, Morgan Flett, and Aiden Duck at Activate.



Kevin Semple, Greg, Donovan Kanabee, Kreanne Boucher and Kierrah Andrews flexing their strength.



Marina Duck, Phoenix Fisher-Cook, Jenelle Cook, Mason Bouchie, and Jersey Little posing.

Contents

Page 1

Activate Event

Page 2

Indigenous Foods
Native Wellness

Page 3

Honour Roll
Aviation Showcase

Page 4

Basketball

Page 5

Bonnycastle School

Page 6

Climate Change Warriors

Page 7

Art/Textile

Page 8

Race Track Readings

Page 9

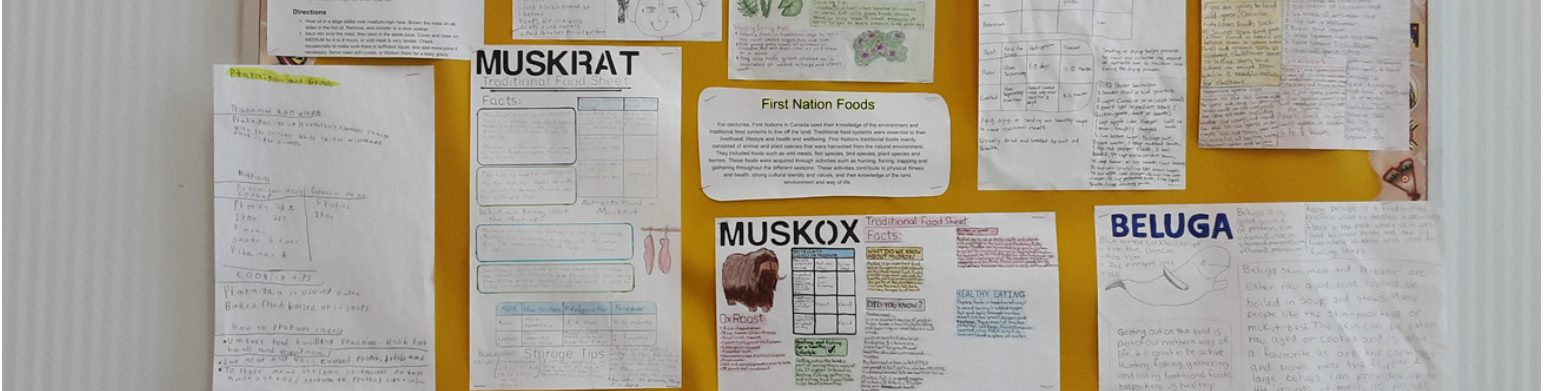
Architectural Presentation
Post Secondary Club

Page 10

Recreation

Indigenous Foods

In their Physical Wellness unit, students in Native wellness learned about traditional food systems that are essential to the livelihood, lifestyle and health and wellbeing of Indigenous Peoples. Students complete information posters that gave information on these foods such as: nutrient value, storage practices, traditional and cultural uses as well as recipes.



Students made posters from the information that they learned and displayed them in the Grand Hall!

Native Wellness

As a fun day activity, the Native Wellness students made ground beef with rice. It was a fairly easy recipe to make and the students enjoyed it very much!



Jericho Berens-Flett and Evan C. Harper creating their dish.



Educational Assistant Rita Dasilva helping with the cooking activity!



Autumn Mitchell preparing her dish.



Yummy plate of ground beef with rice!



Damian Baxter prepping his meal!



Honour Roll

In the month of January, Phoenix Fisher-Cook and Kerwin Goosehead-Semple were awarded gift cards to St. Vital Shopping Centre as a reward for a job well done maintaining grades of 80% or higher! Tania Bird was awarded a bluetooth speaker and ear buds for perfect attendance and outstanding grades in semester one. Congratulations!



Tania Bird with Executive Director/Principal Sheryl McCorrister.



Phoenix Fisher-Cook with Executive Director/Principal Sheryl McCorrister.



Kerwin Goosehead-Semple with Executive Director/Principal Sheryl McCorrister.

Aviation Showcase

On January 26 the following students attended the 4th Annual Indigenous Aerospace and Aviation Showcase: Deeroy McDougall, Tasheena Courchene, Conrad Little, Jonathan McDougall, Brocky Pascal, Mitchell Hamilton, Delaney Evans, Evan C. Harper, and Darcy Harper. The event was hosted by Kimberly Ballantyne from Manitoba Aerospace, at the Hilton Hotel. It started with a welcome song by a local drum group and a message from Kimberly. Students had time to network with the various employers and educational institutions. We enjoyed hoop dancers while we ate lunch! We heard presentations from representatives before the prize draws at the end of the day. It was a day full of aviation information!



Students enjoying lunch!



Albert Ducharme of Boeing Winnipeg.



Basketball!

Boys and Girls Basketball Season has begun. Here are some highlights from some of their games. They are working really hard, learning new skills, and improving their skills with each game! Go SEC Eagles!! Here's to a great season!



Tashina Courchene guarding the ball. Charlie Hudson on guard. Natasha Owens in the play as well!



Allana McKay, Janelle Cook, Jamie Mason, and Tania Bird making a play.



Trent Franklin passing to Nicholas Hudson with 4 seconds left to shoot. With Jayden Flett, Donovan Kanabee, and Kayden Harper.



Tania Bird running for the shot! Teammates also in the play are Keirsten Watt, Natasha Owens, and Charlie Hudson.



Jenelle Cook, making the shot! Natasha Owens, Kadence Starr, Tashina Courchene on guard!



Kayden Harper, making a shot! Trent Franklin and Donovan Kanabee in the play as well.



Deeroy McDougall making a pass to Kayden Harper. Trent Franklin and Donovan Kanabee are on defence.

Bonnycastle Visit

On January 11, 27 second grade students visited our school and spent time with our grade ten English students! Their visit included a tour of the school, completing a "My Medicine Wheel" activity and playing some Indigenous games in the gym. The visit was a great success and both groups had a ton of fun! The grade two students then sent over some of their drawings/pictures depicting the cultural knowledge they gained from visiting our school.



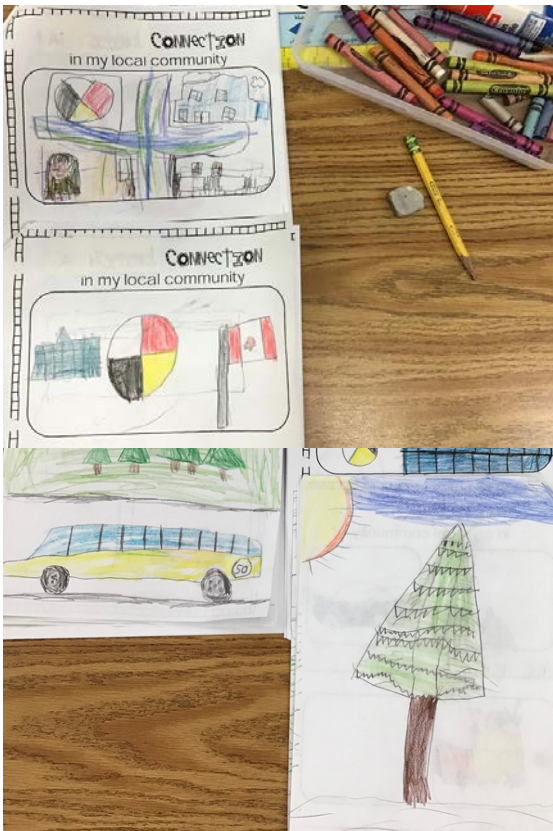
Ms. Ouskun addressing Bonnycastle visitors and explaining the plan for the day.



Student's gather in Ms. Ouskun's room.



Grade 2 students working on their medicine wheels.



Some of Bonnycastle students' drawings.



The Bonnycastle students enjoying the huge gym!



Ms. Ouskun's grade 10 english students giving our Bonnycastle visitors a tour of the school.

Youth Employment Services

Frances Amara from Youth Employment Services visited the Applied Business Technology class to teach students about how to find and apply for jobs, how to communicate in the workplace and how to avoid conflicts.



Jersey Little and Denzel Keeper writing down details about their dream jobs.



Frances Amara speaking to the class.

Game Night!

Mr. Laramee hosted a January Game Night where students could explore his collection of video games and stay up until midnight.



Edwin Flett, Jersey Little and Kerwin Goosehead-Semple playing video games.

Textile Art & Design

The students in the grade 11/12 Textile Arts & Design course have been working hard on completing their beautifully designed star blankets/pillows for the end of term.



Students working on sewing their projects!



Reva Monias with her gorgeous star blanket that she worked so hard to complete!



Sunshine Keno sharing her hard work.



Summer Harper proud of her beautiful star pillow!

Visual Arts

In the Visual Arts grade 10 course, the students worked on several small projects to end the term. For one of those projects the students create gorgeous abstract art pieces using a medium and technique of their choice!



Buddy Flett with his tape resist abstract art.



Summer Semple shared her galaxy abstract art.



Beautiful sponge art done by Cherilyn McDougall.



Precious Flett's awesome abstract art!



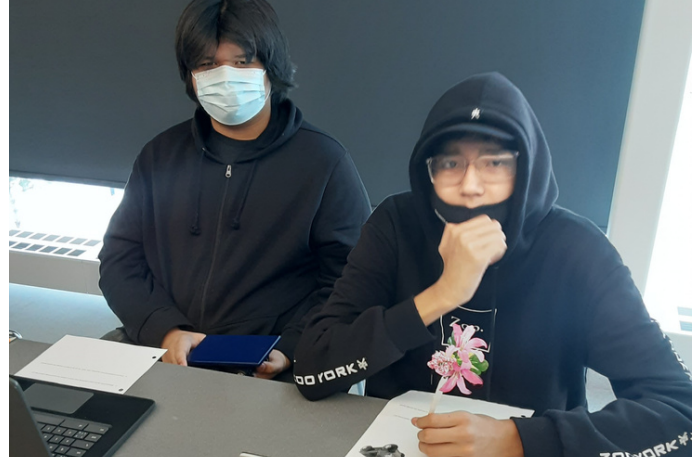
Falene Munroe sharing her cool bubble abstract art!

Race Track Readings

During a Friday class this month, we tried to build on our understanding of speed using distance and time trials we ran with battery operated cars. The students enjoyed moving around a bit and got a better understanding of exactly what a speed is describing and how we calculate those values!



Percy Pascal and Tristan Owen doing a trial with their car.



Percy Pascal and Tristan Owen calculating average speeds.



Phoenix Bear and Logan Wood performing a trial with their car.



Tashina Courchene and Jenelle Cook doing a trial with their car.



Nattie Wood and Ophelia Bushie Leveque doing a trial with their car.



Jenelle Cook and Tashina Courchene posing with their vehicle.

Architectural Presentation

Grey and Ivy Design Architecture Firm visited the Business Management class on January 24 to talk about how the land influences building design. Students completed Inspiration Collages to get them started on designing a building for their communities. Students used Google Earth to look at their communities to see where their buildings could fit and how their communities have changed over the past 40 years. Grey and Ivy also brought virtual reality headsets for students to explore a Lego building app and a design and paint activity.



Jonathan McDougall, Kyle Harper, and Chloe Kakegamic working on their community Lego build.



Angus Wood, Lucas Druet from Grey and Ivy, Keaira Goosehead-Semple, and Ajay Harper working on their community building designs.



Lucas from Grey and Ivy working with Ajay Harper on his Housing design collage.

Post Secondary Club

On Tuesday, January 24, Jesse McGregor from the University of Manitoba hosted another Post-Secondary Club on campus. Students got to munch on pizza and caesar salad while talking about SMART goals. These goals are Specific, Measurable, Achievable, Relevant, and Time Bound. Students completed an activity creating their own goals related to post-secondary education.



Kyle Harper, Evan Harper, Deeroy McDougall, Jonathan McDougall, Jared Taylor, Evan C. Harper, Darcy Harper, Delaney Evans, Conrad Little, and Evan Flett listening to Jesse McGregor talk about making SMART goals for post-secondary.



Congratulations to Darcy Harper for winning the participation prize! He got 2 tickets to the Grant Park Cineplex, including snacks.

Recreation

After returning from winter break, many fun activities were planned to kick off the new year! Students attended events and outings including trips to the theatre to see *Avatar The Way of Water* and *Puss in Boots The Last Wish*. Students went to U-Puttz where they had unlimited rounds of mini golf, laser tag, motion cinema, and the arcade. Through a partnership with Spirit North, many students were also able to go Skiing and snowshoeing at the Windsor Park Nordic Centre to make the most of the winter season. Go-Karting at Speedworld, ice skating at the Forks, Rock Climbing at The Hive, Visiting The Leaf butterfly conservatory at Assiniboine Park Zoo and a trip to the Human Rights Museum were also options this month. It was a busy, fun-filled month, we were so glad to have students back on campus!



Bumper Cars at U-Puttz.



Racing at Speed World.



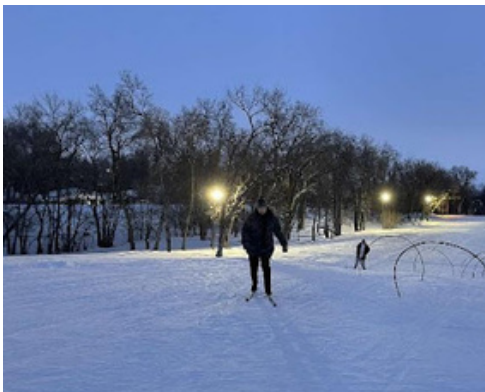
Racing fun!



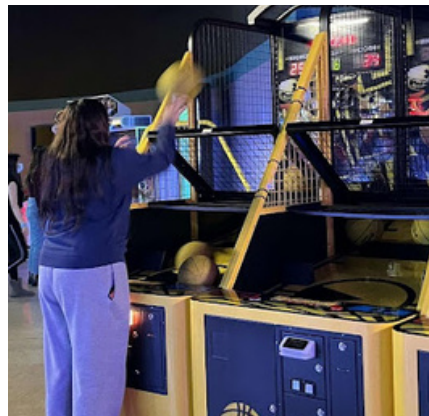
Raniel Harper, Sherman Douglas, and Jordan Flett having fun skating.



Glow in the dark mini golf.



Skating into the evening.



Phoenix Bear shooting some hoops.



Students enjoying snowshoeing.