

Southeast Collegiate

Newsletter



September/October 2023

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National Day for Truth and Reconciliation

Southeast Collegiate held an all day event in observance of the National Day for Truth and Reconciliation. It began with educating students on the history of the day and the importance behind it, then we had a beautiful presentation from the Aboriginal School of Dance. The afternoon was filled with cultural activities like beading, putting up a tipi, and learning to make baby moccasins.



Students had the opportunity to participate in traditional games



Students received a tipi teaching before participating in setting one up

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Dana Harper and Kalvina Harper bead the edges of hearts filled with medicine



Students help the Elder set up the tipi
Photo by Noah Wood



Ainsley Young, Phoebe Keeper, and Phoenix Leveque bake their berry crisp



Wabathee Linklater shows off her rock art



Students really enjoyed being outside and cooking some bannock over the fire



Students created a variety of rock art in support of Truth and Reconciliation



Dana Harper works on her beading



Kerwin Goosehead-Semple, Kevin Semple, and Kris Flett receive a tipi teaching



Tashina Courchene works on a tiny moccasin

Career Fair

Career Fair 2023 was a huge success! Representatives came from universities, beauty colleges, trades colleges, trucking companies, and various employers; they filled the gym with booths! Students had the day to explore the booths, ask questions, and learn about their options after graduation. They also engaged in small group presentations of their choice. Many careers were explored and great prizes were won!



Students had the opportunity to talk to a variety of organizations



A presenter speaks about trades



There were dozens of organizations involved in career fair this year



Landon Harper checks out the Engineering Access program at the University of Manitoba



Julian Wood learning more about Red River College



Many different trades were represented at the fair like boilermaking!



Nicholas Hudson asking questions about future careers



Tashina Courchene and Tania Bird engaging with a kiosk



Students lined up for kiosks that brought games to engage with!

Spirit Week

Spirit Week at SEC started with a day of fun events and continued through Halloween with themed days designed and planned by the Chief and Council.



Sariyah Mckay, Eli Flett, Roselyn Mason, and Cherylyn McDougall participating in "Fear Factor"



Anything but a Backpack Day



Allana McKay making some Halloween art



Halloween Costume Day



Students had the opportunity to paint and decorate pumpkins



Mullet Day - Formal on the top and comfy on the bottom!



Trina Harper and Justice Harper split one of the pumpkin cookies they baked



Cozy Day

Volleyball

One of the most beloved sports among SEC students. The boys and girls SEC volleyball teams get to showcase their skills against opposing schools.



Kevin Semple flying through the air



Jenelle Cook with the spike!



Boys team huddled up



Mr. Brown coaching up the girls team mid game

Intramurals - Volleyball

Over the past month, students have been competing against each other over the lunch hour in games of volleyball. There were six teams created and the finals are taking place on November 7. The winning team will be crowned SEC intramural champions and get to play against the staff on November 9!



Intramurals have been a hit with the students, and will continue through the rest of the year



Environmental Eagles

The Environmental Eagles (formerly Climate Change Warriors) have started the year with a variety of activities and learning opportunities. Students participated in Fort Whyte Freshwater Day, learned more about the environment through a scavenger hunt, and heard from James Queskikaapo about his project food sovereignty project: Mamawi-Asamitwin.



James Queskikaapo told the Eagles all about his food sovereignty project and community gardens



Billy Harper and Noah Wood searching for answers in the scavenger hunt



Gerard Murdock and Bryce Bouchie participating in some citizen science at Freshwater Day
Photo by Noah Wood

Sacred Fire

Native Wellness class participated in a sacred fire ceremony where they offered tobacco ties to the fire. Students then had an opportunity to sit around the fire and enjoy some bannock and tea. Both students and staff really enjoyed the experience.



Keagan Nasee helping by handing wood to the fire keeper



Students and Ms. Ouskin around the fire



Tobacco ties in the fire

Science Labs

At the beginning of the year the science lab was filled with students learning and discovering through practical and experimental lab work. Students studied kinetic molecular theory, diffusion and osmosis, and explored all different kinds of chemical reactions!



Landon Loonfoot, Corban Mason, and Landon Harper prepare to start the experiment



Raynell McDougall was looking sharp within his matching lab coat with Mr. Strong



The students watch Mr. Strong demonstrate a magnesium reaction



Quaid McDougall, Donovan Kanabee, and Madison Monroe examine a sample.



Keenen Wood, Trisha Dunsford, and Chantelle Bouchie measure out some chemicals



The science class gets quiet during labs as the students get to work!



Raynell McDougall carefully pours his sample



Hailey Harper examines some cells



Jolene Hudson and Tara Flett set up their experiment

Art

In the arts courses, students have been busy creating beautiful art work by exploring a variety of mediums. We've made mini drums, dreamcatchers, fabric pumpkins, & beaded earrings. We also used chalk pastel to create northern lights, ink to make woodland style pictures and created beautiful abstract art pieces.



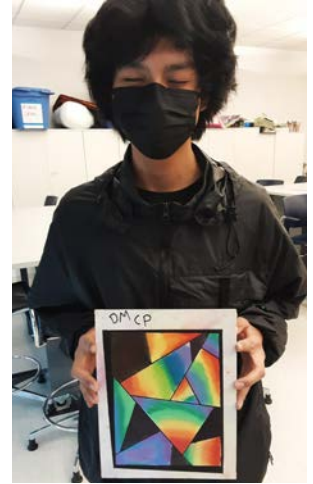
Sundance Stevens with her dreamcatcher



Tara Flett with her beaded earrings



Tashina Courchene with her mini drum



Davion McPherson with his abstract art piece



The Alliance for All

by: Marcie Harper

The first meeting of the Tafa (The Alliance For All) club was held in room 609, where the members displayed a variety of pride stickers and offered an opportunity for students to make their own bracelets. The evening's events were a great way to get to know one another and socialize with others who expressed a similar interest in pride.



Students made bead bracelets to represent themselves or to show their support as allies



Brooklyn Spence and Danielle Mason enjoyed bracelet making



The display of stickers at the first meeting.
Photo by Marcie Harper

Milk Run

On September 27th, the cross country team took to La Barrière Park to compete in 2023 Milk Run which consisted of several different schools running the 5 kilometre long trail. All SEC runners finished the 5k and represented the school with great pride.



Kendal Bear, Jayden Andrews Bercier, Javone Harper, Jayden Flett, Kevin Semple, Cage Cook, Jeffery Cook, Kyle Mason Lyndon Flett, Arthur McDougall and Julian Wood

Food Labs

Ms. Ouskin's Food Lab has been busy! The students made eggs benedict; the recipe was chosen because most students hadn't tried it before and all the ingredients that were used are low in bad fats, sugars, and salt! They also made nutrient dense real fruit smoothies!

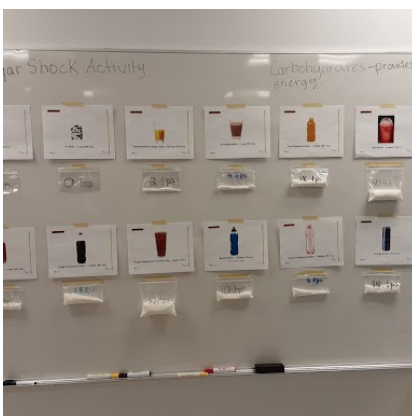


Blake Pascal and Ms. Ouskun hard at work!

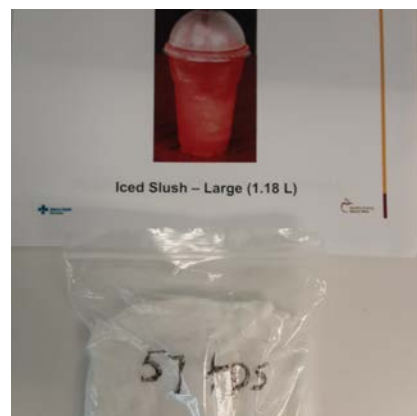


The students made eggs benedict from scratch!

The sugar shock challenge engaged students in thinking about sugary drinks, enabling them to make more informed decisions about the drinks they consume. What shocked the students the most in this activity is that one large slushie contains 57 teaspoons of sugar! The world health organization recommends that youth aged 13-17 consume only 11-15 teaspoons of sugar per day to keep the body healthy!



Sugar Shock indeed!



57 teaspoons of sugar in a slush!

Post-Secondary Club

Jesse McGregor from the University of Manitoba Indigenous Student Services hosts Post-Secondary Club at SEC once a month. Students met with him for the first time on October 10. This club explores all the options students have once they graduate high school. This first meeting students got to know each other and Jesse. They also talked about upcoming events at the UofM, what to expect to learn about cultural events at UofM, and which classes students need to take in high school to be successful in post-secondary programs.



Jessie Mcgregor presents to the students



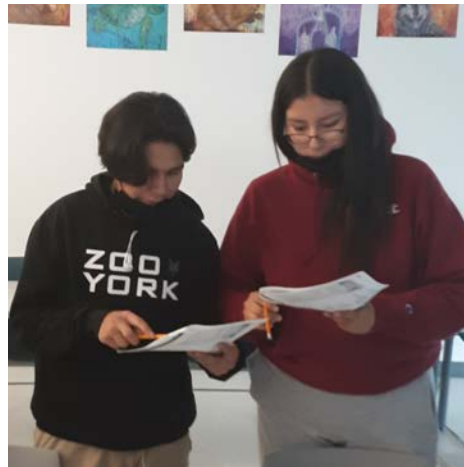
Lyndon Flett, Archer Harper, Brett Harper, Buddy Flett, Julian Wood, Jayden Flett, Rose McDougall, Noah Wood, Evan Flett, Darcy Harper, and Delaney Evans talking with Jesse and enjoying pizza

Nutritional Exploration

Students in the grade 11 Biology class have been studying digestion and nutrition. During their study of nutrients they had the opportunity to try a variety of healthy snacks, many of which they had never heard of! Jícama was the stand out as a veggie that they had never tried, but would like to have again.



Hayden Cook, Nicholas Hudson, and Bryce Bouchie sample the snacks



Bret Harper and Aislynn Harper compare tasting notes



Sundance Stevens and Jenelle Cook choosing their next veggie

Recreation

The activities don't stop at 4:30 at Southeast! Recreation ensures that the students have plenty to do after hours to enrich their experience and keep them entertained. These past couple of months have included art projects, a trip to a haunted house, martial arts with the Life Skills Councilor, and sports activities in the gym!



Cage Cook focused on painting



Caleb Fidler, Teisha Flett, Tyrone Mason, Benjamin Keno and Harmony Monias playing bingo



Deidre Wood enjoying some painting



Waylon Harper enjoying Hebbie Jeebies Haunted House



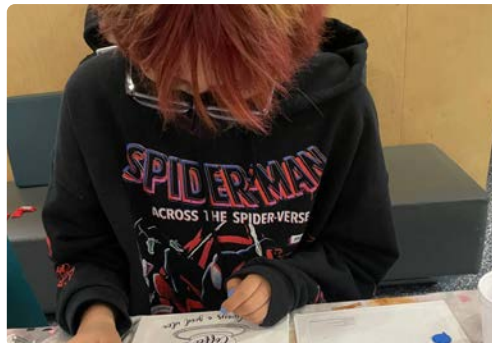
Tyrone Mason with his new pillow



Lloyd Richards, our Life Skills Counsellor, teaching a martial arts class



Hot dogs by the fire!



Rose McDougall working on an evening art project



Teisha Flett making Halloween art



Students at a powwow at the Canada Life Centre on TRC day sponsored by Wa-Say Centre



Jeffery Cook showing off his art skills



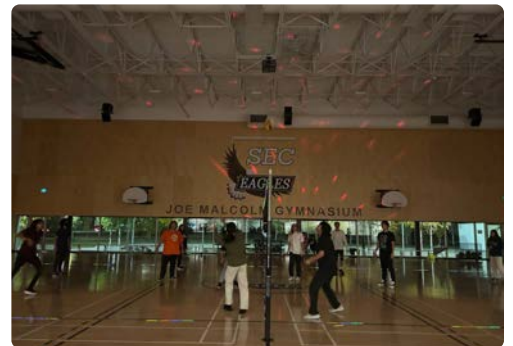
Gerard Murdock working on an art project



Roselyn Mason, Hayley Wood, and Deandra Mason on a shopping trip



Some students made shoes into art!



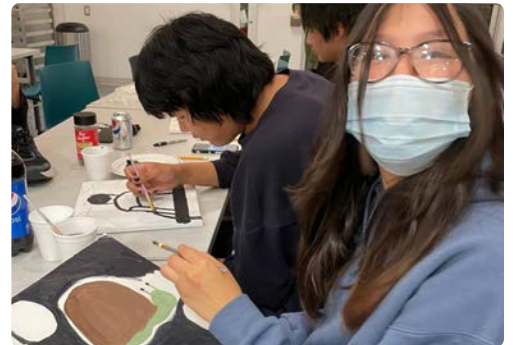
Volleyball is still popular after hours



Keira McDougall with her bingo prizes



Noah Wood and Bret Harper playing bingo



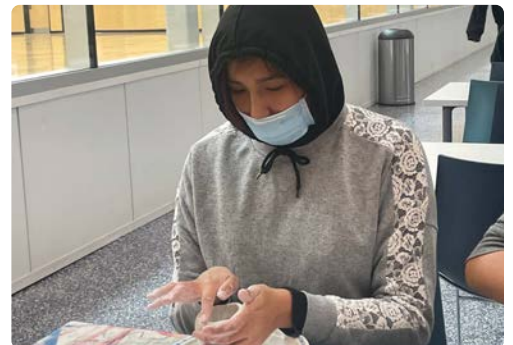
Teisha Flett and Benjiman Keno making art



Students enjoying an evening fire



Waylon Mason enjoying some painting



Tashina Courchene working with clay