

Southeast Collegiate

Newsletter

Happy Holidays

November/December 2023



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Solstice Celebration

Southeast Collegiate celebrated the solstice before students went home for the break in a day of cultural activities, games, and competition. We were joined by elders, musicians, and dancers who made it a very special day for the students!



Lyndon Flett receiving some tips from JC Campbell



Benjiman Keno makes a miniature Inukshuk



Sunshine Keno, Samantha McDougall, Nia Nattaway, and Falene Munroe prepare their bannock dogs



Any interested students got to try drumming with our musical guests, a powerful experience for anyone who had the chance

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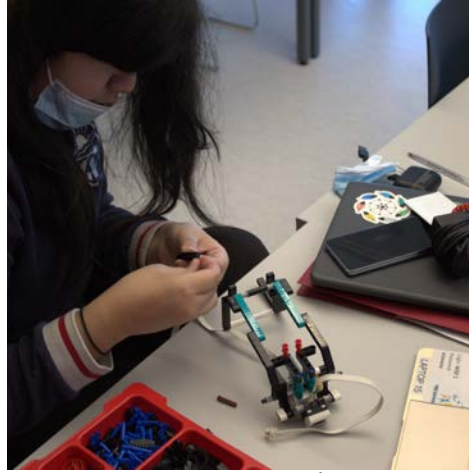
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Coding Club Robotics

Wise Kidnetic joined the SEC Coding Club to teach us about robotics and helped them build their own robots! They used the Lego Mindstorm kits to explore programming logic, processing, and problem solving.



Summer Harper working on her robot



Benjamin Keno tests his code

MFNSM Youth Internship

Students interested in technology had the opportunity to attend a week long course to improve their computer skills. Each day they travelled to the Victoria Inn to join other students learning about Windows programs, word processing, and other tips on using computers effectively. Students were given laptops from Computers for Schools to keep after the conference!



Photo by Summer Harper



Photo by Beyonka Kakegamic



Adam Beach came to talk to the students during the course!
 Back: Tashina Courchene, Summer Harper, Falene Munroe, Samantha McDougall, Nia Nattaway, Sunshine Keno, Adam Beach, Billy Harper, Hayden Cook, Marcie Harper
 Front: Our instructor, Beyonka Kakegamic

Winnipeg Art Gallery

The Environmental Eagles visited the Winnipeg Art Gallery Dark Ice Exhibition to see how climate change has affected the north and its ecosystem through photographs and aerial drone footage.

Students also checked out two other exhibits, Tarralik Duffy: Gasoline Rainbows and Inuit Sanaugangit. After the guided tour students created a Climate Change Activism poster, taking inspiration from the gallery exhibits.



Students made a climate change poster inspired by their visit



Students got to see a series of insightful aerial photos

Manitoba Museum

The grade 11 History class went to the Manitoba Museum for a day of fun and exploration of the HBC Exhibit and to see the Nonsuch to cap off their Explorers unit!



Kylene Mason and Kevin Semple in the Nonsuch Gallery



Danielle Mason, Nolton Beardy, Clayton Keno, and Kylene Mason try out the interactive display



Billy Harper, Lyndon Flett, and Frank Genaille on the Nonsuch

Volleyball

The boys and girls volleyball teams both had excellent seasons this year. The girls team had the opportunity to play in the zone finals. Many staff and students came out to support the girls team on their quest for a championship. Ultimately, they fell short of their goal but overall it was a great season. Go Eagles!



Fore McKay, Jenelle Cook, Jamie Mason, Shayla Disbrowe, Kalvina Harper, Kylene Mason, and Aislynn Harper listen to Coach/Principal Brown



A whole crowd from SEC came to cheer them on!



Aislynn Harper and Fore McKay wait for the ball

Traditional Games

Students in Native Wellness 21G and Physical Education 40F learned about Traditional Aboriginal Games: traditionally games taught skills such as hunting, accuracy, leadership, and working as a team. Students learned about and participated in six different traditional Traditional Aboriginal Games.



Archer Harper and Kasson Fisher leg wrestling



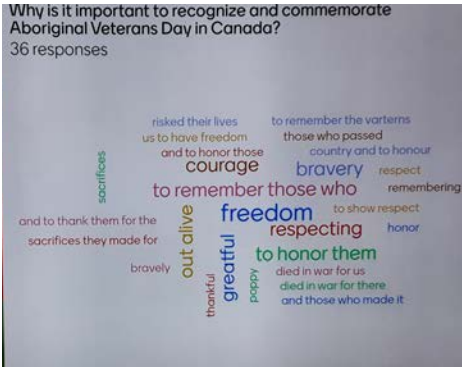
Julian Wood and Frank Genaille playing a traditional game



The students really enjoyed spending time in the gym!

Remembrance Day

Southeast Collegiate observed Remembrance Day by talking about our experiences and connections with the armed forces, and their impact on the lives of Canadians. They heard the story of Sgt. Tommy Prince and made poppies with personal messages about what remembrance means to them.



Students were asked what commemorating Aboriginal Veterans Day means to them, their thoughts were collected and shared with others



Student poppies were assembled to create a wreath



The poppies made by students were assembled into a wreath and put on display

Hamper Packing

25 students from Native Wellness as well as Community Service students volunteered by packing 250 hampers that will feed up to 1000 people during the holiday season! On arrival they were greeted by our Hamper Line Coordinator and, after a brief orientation, they proceed to the packing area where adult volunteers were waiting to assist. Each student was given instruction on a specific area and the packing line began!



Educational Assistant Tara Starr getting students organized at the top of the line



Kobe Harper helps with moving packages



Students were lined up to help with the hamper packing!

New Buffalo Gathering

Students attended the New Buffalo Gathering at the University of Manitoba, an event that gives Indigenous students a chance to explore programs, services, the campus, and the residences. They learned about the importance of budgeting while studying and finding social connections through various recreational activities available on campus.



Shayla Disbrowe and Fore McKay showing off some education fair swag



Marcie Harper, Samantha McDougall, Falene Munroe, Jayden Flett, Jaiden Andrews-Bercier, Madison Munroe, Ellery Flett, and Jaylene Harper exploring the education fair



Julian Wood, Samantha McDougall, Jayden Flett, Falene Munroe, Marcie Harper, and Jaylene Harper exploring the fair.

PCL Office Visit

On Thursday, November 2, the students from the Business Management 40S class went to the PCL Winnipeg main office for a tour and to meet the staff. Students will be going to several PCL construction sites and hearing presentations from many employees of PCL in the future as they learn all about the various careers in the construction industry.



Kerwin Goosehead-Semple, Shayla Disbrowe, Tania Bird, Rose McDougall, Harmony Monias, Kylene Mason, Cage Cook, and Todd Monias listening to Josh Girman give a tour of the PCL Winnipeg main office



Kylene Mason, Aislynn Harper, Cage Cook, Todd Monias, Kerwin Goosehead-Semple, Rosh McDougall, Ellery Flett, Josh Girman, Samantha McDougall, Shayla Disbrowe, Tania Bird, and Hailey Rice in the training room at the PCL Winnipeg Office

Student Council

SEC had a special visitor when Santa Claus came to town. He looks suspiciously like our principal, Mr. Brown.



Mr. Shead and Santa



Student Council Leader Jayden Flett and Santa

Food Plate Project

The Foods and Nutrition class learned about meal planning, writing recipes, and shopping for ingredients through their Food Plate Project. They planned, prepped, and presented a dish to a group of staff and students, much like they would do in a restaurant!



Students enjoying the results of the project



Kassandra Harper and Keira McDougall prepping their recipe

Food Labs

The Foods and Nutrition class has been focusing on learning about Canada's Food Guide, collaborating with the Physical Education classes. They made recipes like berry crisp and moose meat sliders while studying nutrition.



Billy Harper making moose meat sliders



Susan Harper, Kassandra Harper, and Dana Harper cut apples for their crisp



Todd Monias and John Starr making moose meat patties

Drum Making

On November 30, students had the opportunity to make a Cree style hand drum from caribou hide with the help of Anish Corporations. Students started and finished the drum making process with a smudge and songs sang by one the Anish Corp elders.



Shayla Disbrowe with her finished drum



Student working on their drums
Photo by Noah Wood

Environmental Eagles – The Leaf

The Environmental Eagles went to The Leaf to learn about medicines, and the totem pole located on site. Students then visited the plant biomes where they observed waterfalls and various plants such as cocoa trees and Sequoia trees.



The Leaf is a brand new building focused on conservation and natural education



Falene Munroe, Samantha McDougall, Sunshine Keno, Nia Nattaway, Bryann Barkman, and Keenen Wood enjoying the tour

Students went on a medicine walk and learned about native plants, medicines, and their uses.



Billy Harper and John Star with their favourite tree



Students learned about traditional medicines

Post-Secondary Club

The Post-Secondary Club met on the University of Manitoba Bannatyne campus for a day of exploring Health Sciences. Students played Indigenous Education Jeopardy, made lip balm, and learned all about what it takes to study in healthcare. They also received medicine teachings from Elder Charlotte and made their own medicine pouches.



Julian Wood, Rose McDougall, Harmony Monias, Benjamin Keno, Todd Monias, Delaney Evans, Darcy Harper, Evan Flett, Madison Munroe, Billy Okemow, and Noah Wood get ready to play Indigenous Studies Jeopardy!



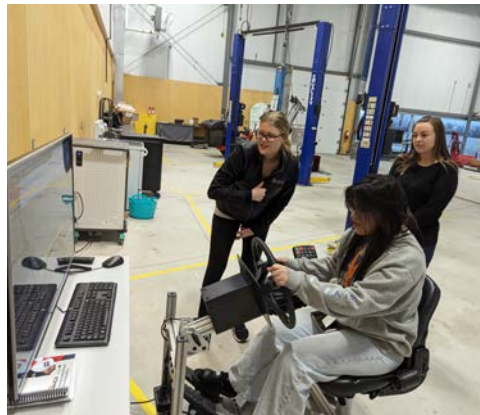
December prize winner Delaney Evans with PSC staff Taylor and Jesse



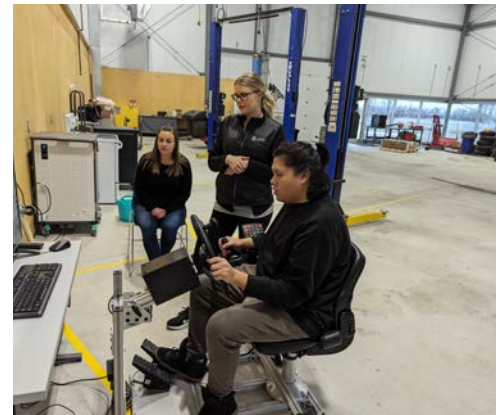
Noah Wood making his medicine pouch

CAT Heavy Equipment Simulator

The Manitoba Heavy Construction Association brought in a heavy equipment simulator for the students to try! Each student was given the opportunity to run the simulation, getting a feel for what it might be like to be a heavy equipment operator. Students enjoyed having the opportunity to get hands on experience in a potential future employment opportunity.



Deidre Wood tries the simulator



Caleb Fiddler tries the simulator



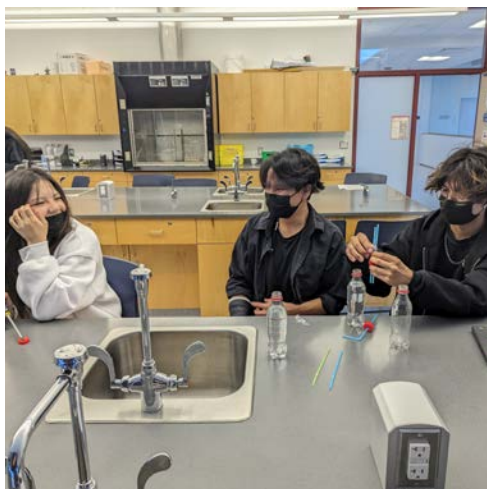
Annanias Little, Trayven Mason, and Chrisalee Leveque-Moar watching the simulation



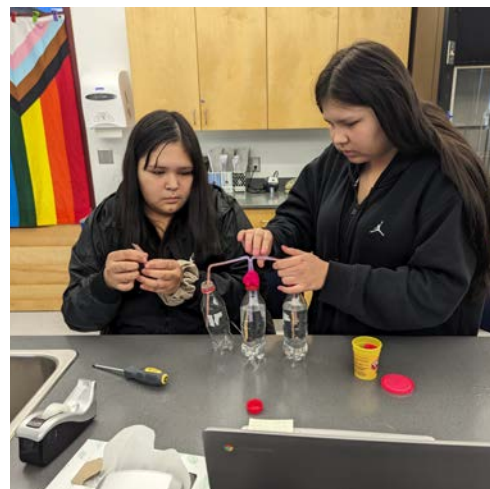
Kasson Fisher, Billy Okemow, Julian Wood, and Jaylene Harper watching the simulation

Building a Heart

The Biology class has been studying the cardiovascular system, focusing on the structure and function of the heart. To model the function of the heart the class built a pump from bottles and straws to represent the different steps in a heartbeat and how heart valves control blood flow.



Bryann Barkman, Bret Harper, and Quaid McDougall start assembly



Phoenix Leveque and Trinity Pronteau put the finishing touches on their model heart

Natural Indicator Lab

The grade 10 Science class has been exploring the science of Chemistry. They spent time in the lab discovering indicators: one of the quickest ways to identify certain substances. They also explored natural indicators like tumeric and purple cabbage that can tell if a liquid is acidic or basic.



Nia Nattaway and Keenen Wood enjoying the lab



Peter Flett and Annanias Little add drops of indicator to the sample plate

Conservation of Mass

As part of their study of Chemistry the grade 10 Science class has been talking about the conservation of mass: how matter cannot be created or destroyed. They observed and explained how steel wool gains mass when it burns, they also learned about accounting for the gaseous parts of reactions.



Triss Dunsford helps the steel wool reaction by providing air

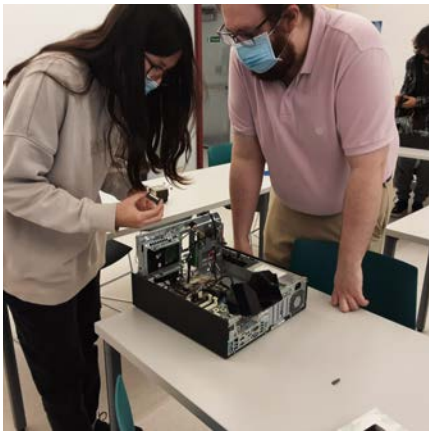


Students (and Principal David Brown) watch the reaction glow



Computer Hardware Workshop

Students in the Computer Science Club held an open workshop on computer hardware. They learned about the parts of a computer, what they do, and they got to take real computers apart to see how they fit together.



Teisha Flett and Mr. Strong checking out how a CPU connects to the motherboard



Quaid McDougall and Josie McDougall taking apart their computer



Network Administrator Dane Burstahler showing Jenelle Cook different parts of the computer

TAFAs Movie Night

The Alliance for All held their movie night in November, showing the film *Love, Simon*. Students in attendance enjoyed the inclusive and relatable themes in a safe space. The group had such a good time that they've already started planning another for the new year!



We had a great turnout for the event!



The safe space portion of the event provided art supplies and a quiet environment to relax in

Art

In the Arts courses, students have created beautiful projects using a variety of techniques. We've made beading projects, watercolor landscapes, string art, dot art, mini teepees, medicine bags, and torn paper art!



String Art projects done by Jazleen Redhead (flower), Justice Monias (mushroom) and Summer Semple (cloud)



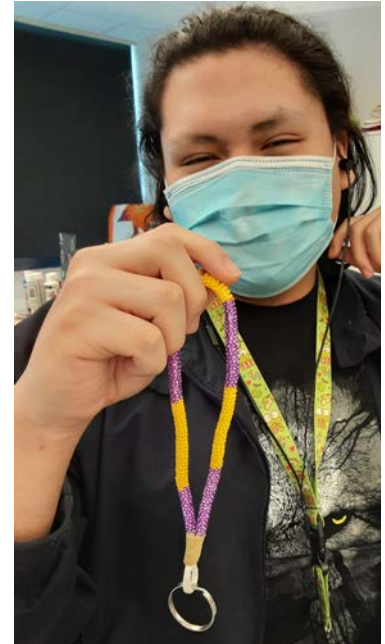
Sundance Stevens with her mini teepee



Beaded earrings made by Mariah Beardy



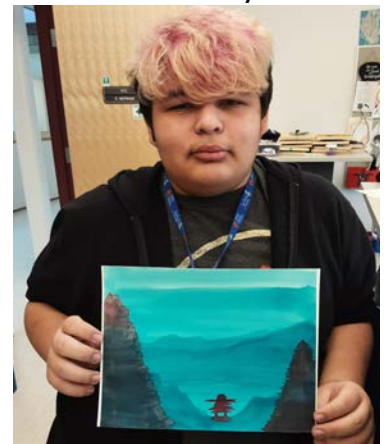
Helen Kennedy making a loom beading project



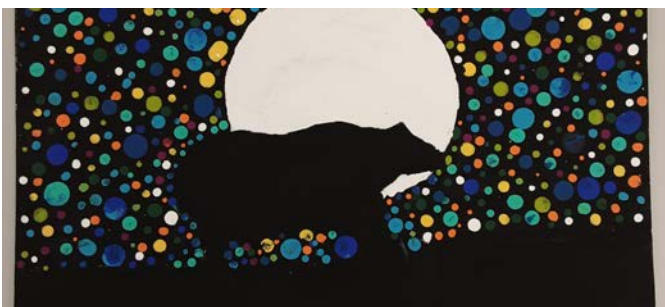
Caleb Fiddler with his beaded lanyard



Gorgeous watercolor painting done by Marie Harper



John Starr's beautiful watercolor painting



Dot art done by Justice Monias



Bryann Barkman with her torn paper art



John Starr's torn paper art

REC

The REC team kept the students busy with many fun activities. They attended Winnipeg's Comiccon, took trips to The Forks, attended University of Manitoba Bison Games, and went to Ikea where they enjoyed dinner at the cafe. Chief Bluesky of Brokenhead offered some of our students tickets to attend "Bear Grease" at the Burton Cummings Theatre, they had a great time! On campus activities were: Karaoke nights, bubble soccer, and lots of competitive tournaments. We also had several game nights where we played video games, chess, UNO, and Jenga- just to name a few!



The boys enjoying a drum group lesson



Students playing on the inflatable mats



Frank Genaille enjoyed meeting the mascot!



Susan Harper playing some Uno with giant cards



Clayton Keno and John Starr playing Super Smash Brothers



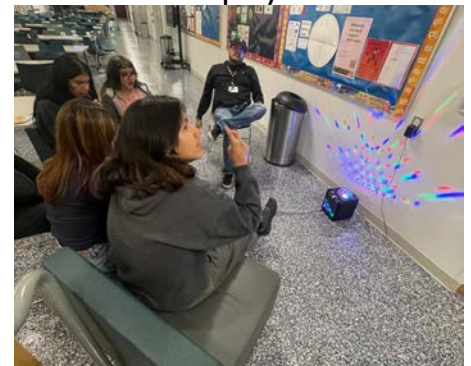
Students checking out the light displays



Caleb Fiddler, Rose McDougall, Kobe Harper, Hayden Cook, and Arson Harper enjoyed Comiccon



REC staff enjoying the inflatable orb for bubble soccer



Karaoke nights are always fun!



Frank Genaille focusing hard on the Jenga game



Keira Harper and Cassandra Harper with their finds



Students exploring The Forks Market



Raniel Harper during the Christmas tree contest



Peter Flett getting ready for the art activity



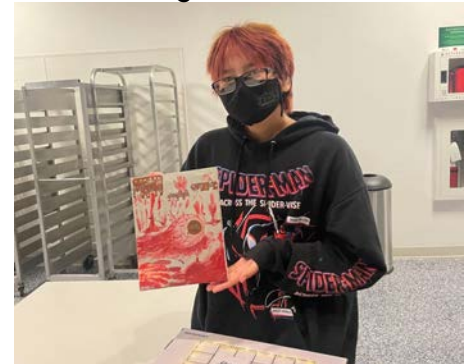
Cold weather means smores and hotdogs over the fire!



Frank Genaille enjoying the snacks at the Bison game



Kevin Semple enjoying an evening out skating



Rose McDougall and her art piece



Charity Thomas and Kailee Harper having fun with the art activities



Benjamin Keno, Clayton Keno, Arthur McDougall, and Ananias Little enjoy some board games



Kasson Fisher and John Starr playing a game of chess