

# Southeast Collegiate



## Newsletter

September/October 2024



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## National Day for Truth and Reconciliation

Students observed the National Day for Truth and Reconciliation by reflecting on the Calls to Action, exploring information about Orange Shirt Day and the history behind it, and creating a public display of support for victims of residential schools and their survivors. Students created sidewalk artwork with various supportive messages and tied ribbons alongside the school closest to the road.



Students tying ribbons and making chalk art



Messages shared by the students

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# Mino-Pimatisiwin

The entire student body had the opportunity to attend the Good Life Youth Empowerment Gathering which focused on mino-pimatisiwin, or living the good life. Students heard from inspiration speakers, experienced art and performances from Indigenous creators, and heard from Elders on their views of what living the good life means.



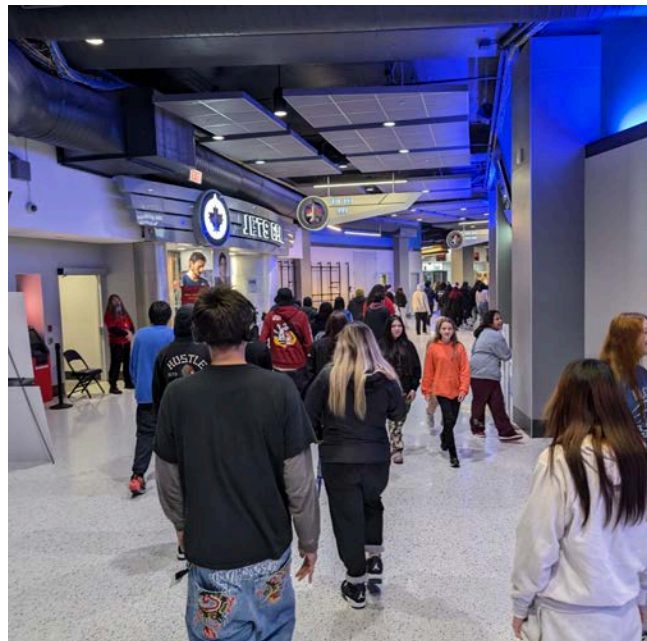
All of SEC had the opportunity to attend!



Schools across the city sent students to listen



Manitoba Premier, the Honourable Wab Kinew spoke at the conference



Students enjoyed the large scale event hosted in the Canada Life Centre

## Math Labs

Students in the grade 10 math class got some hands on experience with measurement, area, and 2D space. They practiced using measuring tools on real world objects, as well as calculating the surface area of a 2D object.



Students collaborated to measure larger objects



Mars Bittern measures a small guitar



Arthur Harper practices units and measurement

## Club Showcase

Southeast Collegiate has a tonne of extracurriculars to try out! Some of the clubs set up in the Grand Hall to start recruitment among the new students. Students had the opportunity to explore all that these clubs have to offer.



Stickers, pamphlets, and prizes drew in students to check out all the options!



There were many clubs to choose from, including: The Alliance for All (TAFA), Traditional Threads, Student Council, Science Club, and so many more!



Ms. Elder shows students what the Science Club has to offer with a live vermicomposting bin!

# Science Labs

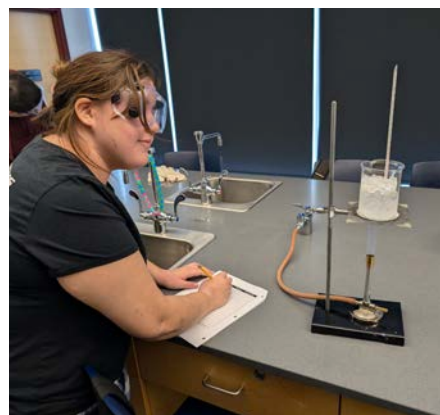
The Chemistry, Biology, and Science classes have been busy with hands on labs! Some examples include studying vapour pressure, exploring natural and chemical indicators, and observing diffusion and osmosis. They also got to participate in activities presented by WISE Kidnetic Energy.



Dalton Okemow carefully watches the timer



Bryann Barkman, Clayton Keno, and Landon Loonfoot wait for the water to boil



Rosie Mason records her group's results



Students in Biology finished their study of digestion with a Nutritional Exploration, trying a variety of healthy snacks and researching their benefits



There were 25 different options to try!



Karver Berens, Jeffery Cook, Russhon Semple, Rayne Semple, and Donte Goosehead record results



Makayla Keeper, Dee Mason, and Sancia Semple work with EA Peter Forsberg to test their samples

# Volleyball

Volleyball season is currently underway at SEC! One of the most popular sports at the school and the season hasn't disappointed. Huge crowds of staff and students have come out to support both the boys and girls teams. Both teams have been practicing and playing hard. The boys team has started their season with an impressive 3-2 record, while the girls team just got their first win of the season. Go Eagles!



Boys team huddled up  
Photo by Cody Little



Boys team celebrating a point  
Photo by Cody Little



Mr. Brown coaching up the girls  
Photo by Cody Little

# Medical Careers Exploration Class

The Medical Careers Exploration class focuses on getting students at SEC real world experience in the medical field! Once a month, the class goes on a field trip to different medical centres around Winnipeg to learn about different medical practices. This month they went to the Pan-Am Clinic, where they learned about different aspects of the clinic, such as X-Ray, minor injury, casting, research, and surgery.



Payton Crow reading a medical graph with a Pan-Am Clinic worker



Marlene Bittern, Sharmell Mason, Payton Crow, Keasha Bear, Nia Nattaway, Lucas Trout, Danielle Mason, Mariah Beardy, and Karrienne McDougall at the Clinic



Marlene Bittern, Nia Nattaway, and Sharmell Mason using an arthroscopic camera

## Medicine Picking

Ms. Fields and Ms. Nepinak took their classes medicine picking together to make cultural connections related to their courses. Students learned about traditional medicines as they explored the land that they grow in.



Students were immersed in the outdoor activity

## Freshwater Day at Fort Whyte

Students in the Science Club attended Freshwater Day at Fort Whyte, one of their specialty science events. Students learned about a variety of topics like invasive species, shore restoration, and water monitoring. They also spent time with a Knowledge Keeper who shared teachings about medicines related to water.



Cody Little and Jeffery Cook ready to work



Students got to explore Fort Whyte while we were there



Jeffery Cook heads into the water while Beyonka Kakegamic tries to pull free from the mud



Sherleen Harper, Benjiman Keno, Arianna Harper, and Mars Bittern build water filters



Koda Mason and Gabrielle Fontaine test a water sample



Cody Little made a new friend  
Photo by Daveigh Monias

# Science Club

The Science Club started strong this year by setting up an in school vermicomposting bin! Students have been collecting organic waste and composting it by using worms. The students have also engaged in nature walks, a trip to Fort Whyte, and activities from WISE Kidnetic Energy about optics.



The group gathered to learn about vermicomposting, and to build our own bin!



James Queskikaapo, a Knowledge Keeper from Norway House came to talk about his Food Sovereignty project



Ms. Elder helps Billy Harper to check the progress of the vermicomposting bin

# TRC Tableaus

In honour of Truth and Reconciliation Day the Drama class did a Tableau project. Students were to create a tableau (frozen picture) depicting one of the 94 calls to action. Some students chose to put on a surprise demonstration of these during lunch in the Grandhall.



Call to Action 12 - Malayda Green, Shaylee Green, Zacharias Wood, Lucas Trout



Call to Action 16 - John Starr, Jesslyn Okemow, Gideon Trout, Angel Berens



Calls to Action 22 - Linnea Easter, Brandon Tait, Harmony Monias, Payton Crow



John Starr preparing for the drama class surprise tableaus in the grand hall for TRC

# Career Fair

Career Fair was another success this year! With 40 different booths and 14 different presentations, students had a wide variety of career opportunities to explore. The day was divided into two sections. First, half of the school would tour around the gym finding booths that interested them. In the second half, students would sit in for a presentation given by one of the vendors. Overall students were engaged and happy to learn about all the opportunities they have after high school!



The gym was packed with career opportunities!



Mingithi McDougall and Rose Mason checking out one of the booths



Johnson Okemow, Landon Loonfoot, and Annanias Little talking to the Armed Forces representative



Classroom presentation from the RCMP



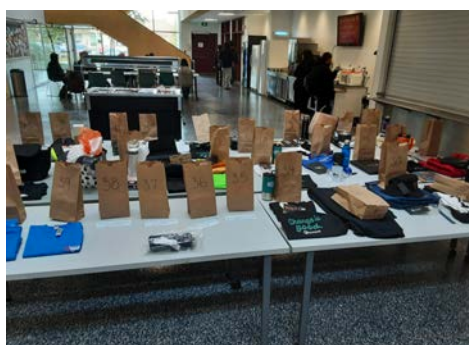
Gabriel Fontaine talking to the University of Manitoba booth



SAFE Workers of Tomorrow's classroom presentation



Arthur Harper holding his prize



Raffle prizes provided by vendors



Benjamin Keno with his raffle prize

## Food Labs

Students in Food and Nutrition completed two food labs to complete this recipe. They first fried up hamburger meat and mixed it with gravy. The next day they fried bannock and combined. Students enjoyed this recipe as it reminded them of a meal back home!



Guerin McDougall waiting for his food to be ready



Ms. Ouskun teaching students how to make fried bannock



Aleena McPherson, Payton Crow, and Leighton Green helping each other make bannock

## TAFA First Meeting and Movie Night

The Alliance for All (TAFA) had their first meeting with great success! The club focuses on creating safe spaces for 2SLGBTQ students and allies, it is open to any students who want to attend. They also hosted their first movie night of the year where the students watched Beetlejuice.



The first meeting was packed with new faces!



Movie night is always a hit, and a great way to end a week!

# Spirit Week

Student Council chose to have pyjama day, wear halloween costumes and carry their things in anything but a backpack! So far, the Grade Wars standings are as follows: Grade 10 has 91 points, Grade 11 has 91 points and Grade 12 in the lead with 100 points! Such a close race, we'll see if the Grade 12's can keep their lead in the next Grade Wars event in December.



Comfy Day!



Koda Mason as The Joker and Jeffrey Cook as a vampire



Anything but a Backpack Day!

# Halloween

To celebrate Halloween, students were able to choose a classroom to watch a festive movie and race for candy thanks to Student Council! Every student who was on time for class, got a point for their grade. Special thanks to Mr. Laramee for his awesome face painting services!



Mr. Laramee laser focused on facepainting with Lavina Owen



Summer Harper, Beyonka Kakegamic, and Sherleen Harper as teletubbies



Leighton Green's terrifyingly terrific costume!

# Art

The Arts students have been busy exploring different art mediums such as chalk pastels, loom beading, graffiti, and abstract art. In the Textile Arts class, the students completed hand-stitching projects making pincushions and fabric pumpkins!



Abstract art piece by Danielle Mason



Summer Harper's mini Fabric pumpkin



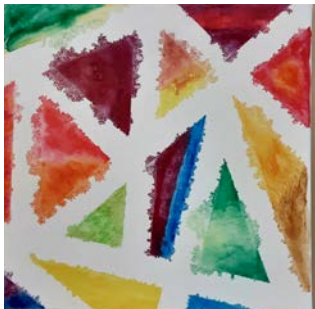
Pincushion by Zacharias Wood



Aleena McPherson's chalk pastel northern lights art



Graffiti tagged art folder by Sancia Semple



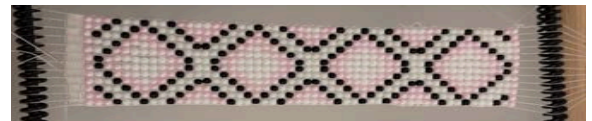
Abstract art piece by Keenen Wood



Inuksuk carved soap



Pincushion by Summer Harper



Loom beading work by Justice Harper



Loom beading work by Tristan Owen

## Winnipeg Art Gallery Fieldtrip

The Visual Arts grade 10 students went on a field trip to the Winnipeg Art Gallery to explore the 'Truth and Reconciliation through Art Tour'. They learned how art can foster an understanding of TRC's Calls to Action! This was followed by a school art project; students created an art piece representing one of the #94 Calls to Action.



Art by Bronson Monias #19



Art by Noah Leveque #73



Art by Sancia Semple #75



Art by Vince Berens #1

# Recreation

The Recreation team at SEC is always busy planning after-school fun for the students to experience and keep busy with! This past couple of months included self-care nights and cuddles with Therapy Dogs. They had fun going to escape rooms, go-karting at Thunder Rapids, and paintballing. They enjoyed several Halloween events like the haunted forest at the Corn Maze, scares at Six Pines and the famous Heebie Jeebies. They also enjoyed lots of activities back at the school such as obstacle courses, making slime, baking, and games nights.



John Starr cheers on the volleyball teams



Students at the Winnipeg Blue Bomber game on TRC Night!



Gabrielle Fontaine on a Cow-ch



Kobe Harper and Johnson Okemow at Heebie Jeebies



Gabriel Keeper falling through the obstacle course



Students enjoying slime making



Simon Wood, Jeffrey Cook, Donte Goosehead, Westley Leask and Frank Genaille bowling at Uptown Alley



Zacharias Wood cuddling a therapy dog from St.John's Ambulance



Cody Little, Rose Mason, Jack, and Brandon Tait at the Corn Maze Haunted Forest