

Southwest Collegiate

Newsletter

November
December 2024



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Winter Carnival

Students spent an afternoon playing holiday themed games, participating in winter activities, and enjoying some self care time before the winter break. Activities included baking, gingerbread house construction, a guitar jam space, gaming, various holiday movies, and a full hot chocolate station!



Terrienne Mason, Aiden Mason, and Sharmell Mason bake cookies



The hot chocolate station was an instant hit!



Teisha Flett balances a "snow" ball in a relay race



Lavina Owen and Joseph Harper with their finished cookies

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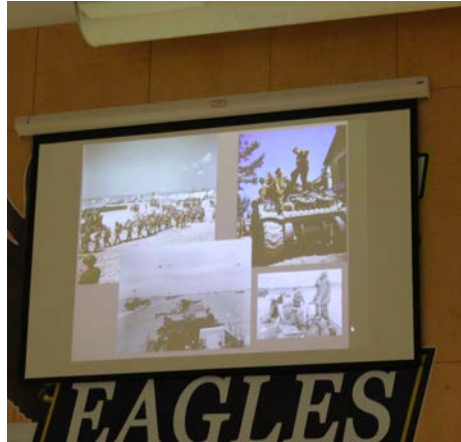
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Remembrance Day and Aboriginal Veterans Day

On November 7, 2024, Evan St. Cyr of the Canadian Armed Forces Speaker Program, shared his experience with students and staff. Evan is an Operational CC-130H Flight Engineer with the 435 Search & Rescue Squadron, in Winnipeg. With 22 years in the regular forces and multiple deployments, including a year in Afghanistan, students were extremely engaged and had many questions!



Cpl. Evan St. Cyr answering student questions
Photographer: Cody Little



His presentation included historical photos as well as many from his own tours of service
Photographer: Cody Little



Many students came to say thank you to Cpl. Cyr after his presentation and to offer him tobacco
Photographer: Cody Little

Volunteering

Students have been busy volunteering their time in December! Volunteer trips included the Christmas Cheer Board, Salvation Army's Toy Mountain, and the Southeast Personal Care Home.



Students move bread onto containers



Gadus Harper and Aiden Mason making sure the orders are right



Students packing boxes on a conveyor belt

Gingerbread Real Estate

Students in Academic Success 40S had to construct gingerbread houses in groups, and write a real-estate-style persuasive piece convincing their teacher to buy their house for 'thousands of gumdrop buttons.' A fun way to practice our writing skills!



Teisha Flett, Gabrielle Fontaine, Shane Harper, and Charity Thomas with their gingerbread house



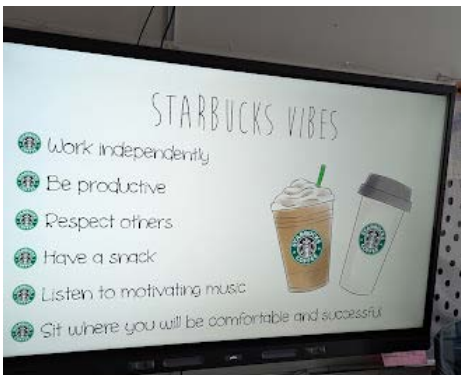
Gadus Harper served lunch during his work experience

Student Kitchen Work Experience

Students at Southeast Collegiate can now gain real experience working in a professional kitchen by signing up for a work experience. Students learn valuable skills and train with experienced, professional kitchen staff.

Starbucks Day

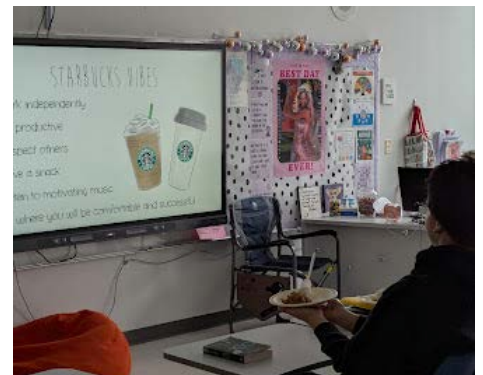
Ms. Williamson's 40S English class had a 'Starbucks Day' where they acted as if they were strangers in a coffee shop as a way to practice; time management, productivity and increased reading and writing stamina. Treats included!



We first discussed, when you go to a coffee shop you don't come in loudly and talk to strangers!



Brandon Tait enjoying his tea and homemade treat from our EA Danielle, before getting to work!



Justice Monias, "assessing the vibes."

WISE KidNetic Workshops

WISE KidNetic came in for a day to engage the students in four different lab activities! They guided students through dissection of a pig heart and eye, showed students different processes involved in water cleaning and treatment, and helped the students to use materials chemistry to create their own bouncy balls. Students had a great day of science activities!



Sancia Semple and Liv Semple mix their reagents



Aurora Fisher and Jamie Byron learning about polymers



Daveigh Monias and Sharmel Mason get their heart ready



Nolton Beardy and Teisha Flett show off their trimmed eye



Makayla Keeper and Deandra Mason add colour to the polymers



The eye dissection was open to the school, it was very popular!



George Owens and Waylon Harper explore the heart dissection



Landon Loonfoot, TJ Alexander, and Shane Harper prepare for the next cut



TJ Alexander and Koda Mason enjoyed the scientific exploration!

Science Labs

The science lab has been busy with chemical and biological labs for the students. These experiments included a classic frog dissection, a heartrate lab where students explored the link between exercise and heartrate, a copper cycle lab that transformed copper into many different forms, a lab skills activity, and a stations lab where students explored six different types of chemical reactions!



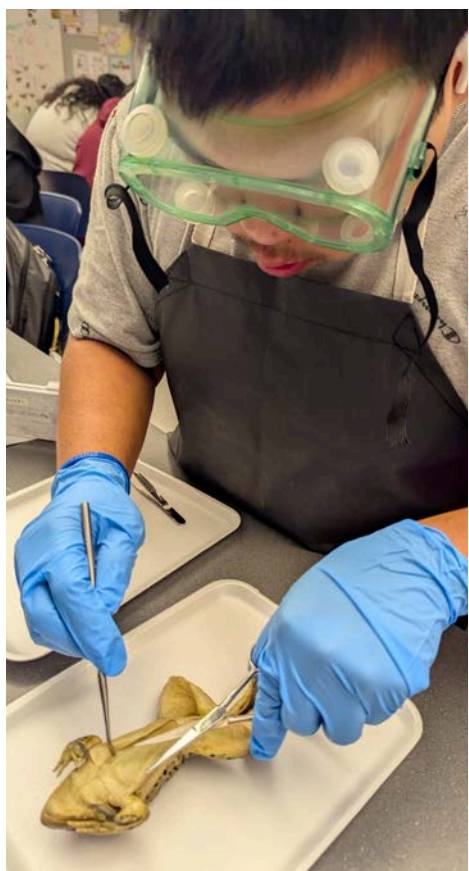
Students comparing resting heart rates



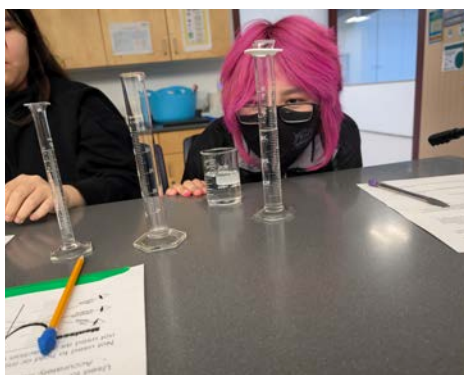
Dalton Okemow mixes his solution over a flame



Aveyah Hellwege watches the reaction unfold



Brandon Tait works on the frog with surgical precision



Rose McDougall takes a careful measurement



Tristan Owen and Damon Wood examine the dissected frog



Tyrone Mason and Gabrielle Fontaine prepare their copper sample



Beyonka Kakegamic and Summer Harper practice with a bunsen burner

Science Club – Vermicomposting Progress

The Science Club has been hard at work discussing food waste and composting. Every two weeks the group has gathered to help maintain their vermicomposting bin, a form of compost that uses worms to break down organic matter. Students enjoy watching the worms grow and multiply while learning about the importance of compost and how to deal with organic waste.



Dalton Okemow searches for worms in the bin



Ms. Elder, Reynelle Knott, Callie Disbrowe, Shane Harper, Dalton Okemow, and Mr. Irfan met this week to maintain the bin

Post-Secondary Club – University of Manitoba Visit

Students in the Post-Secondary Club had the opportunity to visit the University of Manitoba and specifically the Faculty of Architecture. While at the university students built miniature houses out of cardboard and went on a scavenger hunt around the university to take pictures in front of different landmarks.



So many students signed up for the campus visit!



Sharmell Mason with her finished cardboard house



Nolton Beardy and Tristan Owen pose in front of a mural at the UofM

Foods and Nutrition Shopping Trip

Food and Nutrition students planned, budgeted, and prepared a healthy snack while considering the nutritional needs and preferences of their classmates.



After making their snacks the students shared them!



Students cutting and prepping ingredients



Students prepare and plate their snacks

Baby Food in Family Studies

Family Studies students learned to make baby food which is a part of their unit on Caregiver: 0-1 years old.



Students prepare the baby food



Simon Wood chops some apples



Rayne Semple checks out the completed varieties

Grease Test

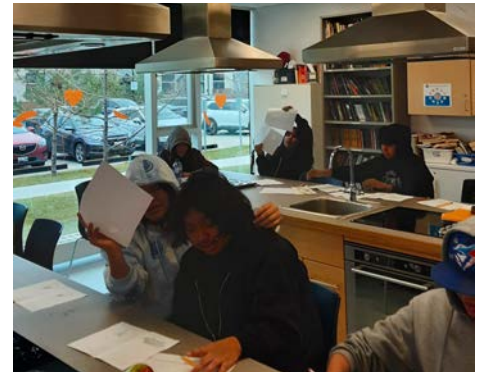
After learning about different types of fats such as saturated, unsaturated, and trans fats; Food and Nutrition students tested the different dips to test how greasy each was and which dip had healthy or unhealthy fats.



Student testing samples



Students tested a variety of dips!



Students recording their results



Mental Health Team

This year Southeast Collegiate has expanded our mental health supports through the Mental Health Department. The new Mental Health Department aims to support both traditional indigenous cultural practices and modern practices in its approach to care as a means for students to thrive emotionally, socially, and academically.



Kerstie Kona, Jade Plaseki, Michelle Funk-Haney, Haelley Cox, and Tetiana Horodetska. (Not pictured: Adey Mohamed and Lloyd Richard)



Michelle Funk-Haney - Mental Health Clinical Director

Aaniin, Taanshi, Waacye: My name is Michelle, and I am honoured to serve as the Clinical Director of Mental Health at Southeast Collegiate. I bring nearly 20 years of experience working with Indigenous young people, families, and communities to support mental health and well-being in culturally grounded and holistic ways. If you ever have concerns about your child or would like to learn more about the mental health services available at our school, please don't hesitate to reach out. I believe that the best outcomes for our students come when we work together as a community. I can be reached by calling 204-261-3551 or email mfunkhaney@sec.education



Kerstie Kona - Mental Health Clinical Therapist

Hey there! I'm Kerstie, and I specialize in working with young people. I understand the unique pressures and challenges that students face today. Whether you're feeling stressed, anxious, or just need someone to talk to, I'm here to listen and provide support. Let's work together to build resilience and improve your overall well-being. You can find me on weekdays on the 2nd floor in room 224B between 8:30 AM - 4:00 PM.



Adey - Mental Health Clinical Therapist

Hey there! I'm Adey. I'm a therapist who understands the unique challenges young people face. I'm here to listen, without judgment, and help you navigate life's ups and downs. Whether you're feeling stressed, anxious, or just need someone to talk to, I'm here for you. Let's work together to build your strength and resilience. You can find me on the 2nd floor in room 224B on weekends between 4:00 PM - 8:00 PM.



Mental Health Team



Jade Plaseki - Mental Health Coach/Navigator

Hey, I'm Jade! I am here to help navigate supports and resources available to you here at SEC. I'm passionate about empowering students, and I believe I can help you develop the skills and confidence you need to succeed. I'll help you to explore your strengths, identify your weaknesses, understand your needs, and create a personalized plan to help you thrive. You can find me on the second floor of the lodge in office 225. Looking forward to getting to know you!



Haelley Cox - Mental Health Clinical Therapist

Hi there! I'm Haelley, and I specialize in helping young people with their mental health. I have helped many young people struggling with stress, anxiety, depression, addictions, and other concerns. I believe that everyone deserves to have someone listen to them and not be judged. Let's work together to improve your mental wellness! You can find me on weekdays on the 2nd floor in room 224B between 4:00 PM - 10:00 PM.



Tetiana Horodetska - Mental Health Administrative Assistant

Hi everyone! I'm Tetiana, and I'm here to support our Mental Health Department. I love helping students and families, and I'm always happy to answer questions or provide assistance. Let's work together to create a positive and supportive school community.



MENTAL HEALTH - WINTER TIP!

Spend time outdoors - Even brief moments outside can improve your mood. Take a walk, observe winter landscapes, walk a trapline, or connect with the land through mindful activities like snowshoeing or ice fishing.



Student Council Chief Spotlight

Greeting Students, it is your female chief, Jen, here.

I'd like to announce that the mental health team has therapists now. I encourage you all to go to a counselor or a therapist when you are feeling down or overwhelmed with problems of your own, who knows maybe you'll feel better after that. Do not be afraid or discouraged by friends or anyone for that matter, it is okay to seek help. We as a school are lucky to have therapists and counselors.

Any information you tell a therapist (except if you are going to harm yourself or others) is confidential, so you are free to talk about anything to your therapist/counselor.

Again. This is a big opportunity in SEC. Don't be afraid to seek help! Thank you for taking the time to read this, have a wonderful day.

- Jen Keno, Student Council Co-Chief



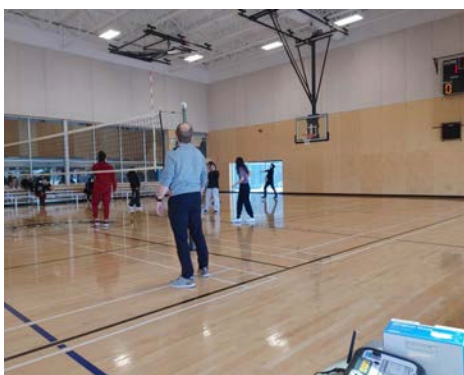
I would like to remind anyone who needs to hear this, It's okay to not be okay sometimes. Your feelings are valid, and you don't have to go through this alone. Healing takes time, and progress might feel slow, but every step counts no matter how small. Your mental health matters, and taking care of it is an important and brave thing to do. Don't hesitate to reach out to our mental wellness team here at SEC.

- Aaron Fontaine, Student Council Co-Chief



Staff vs Students Volleyball

The staff were brave enough to take on the students during a lunch hour game of volleyball. The champion intramural volleyball team had the opportunity to play against the staff as their prize for winning. It was a closer game than recent staff vs students matches, with the students winning by a score of 29-21. Maybe next year for the staff.



Mr. Brown and Mr. Shead got involved in the action



Staff team ready for the ball



Student team mid play

TAFAs Thrifting

The TAFAs group took a trip to the thrift store to find some deals! They shopped for clothing, toys, and winter wear. Students had a great time on the outing.



Wabathee Linklater examines all of the softest animals available



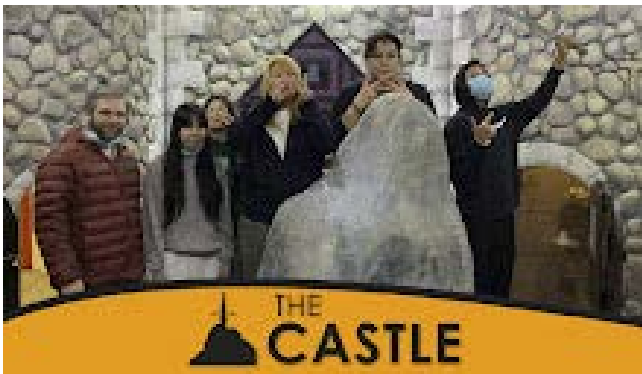
The TAFAs group took transit to the Thrift Shop, it was a first time for some of us!



Beyonka Kakegamic examines the options

Escape Room

On Dec 10, 2024 both grade 12 Essentials Math classes went to The Real Escape, where they tested their problem-solving skills in an escape room. Students had fun solving a variety of different puzzles. Some involved math questions and others involved lasers! Despite all of our great problem-solving skills & teamwork we were all a few puzzles short of escaping within the hour.



Peter Forsberg, Bryanna Beardy, Justice Harper, Cheryl McDougall, Brooklynn Spence, and Clayton Keno conquered The Castle



Annaias Little, Benjiman Keno, Waylon Harper, Wabathee Linklater, and Ms. Bezdek escaped The Ruins

Schools Net Conference

A group of students had the opportunity to attend a conference focused on computer skills and the computer industry. The students explored tutorials on Windows programs, toured facilities related to computers such as the Ubisoft Winnipeg offices, and got to keep the tablet computer they worked on during the conference!



Mariah Beardy and Karrienne McDougall talking to the camera at Ubisoft studios



Students in front of the Canadian Museum for Human Rights



Keenan Wood, Karrienne McDougall, Mariah Beardy, Daveigh Monias, and Justice Harper in front of a green screen

Computer Science Workshops

WISE KidNetic came to Southeast Collegiate to give students a chance to learn some computer science and technology skills! Over three days students learned about how computers work, how to solder a circuit board, and got to build the basis of a solar panel system using micro bits and a visual programming language.



Simon Wood adjusts his tools



Nolton Beardy is shown how the soldering tools work



Koda Mason solders his circuit board

Art

Students in the Arts courses have been exploring a variety of mediums, creating beautiful artwork. Their projects include learning art techniques such as beading, acrylic pour, string art, torn paper collage, black-out poetry, 3D art, and making tote bags using sewing techniques.



Deandra Mason with her string art!



Annaias Little made a beautiful tote bag that he embroidered



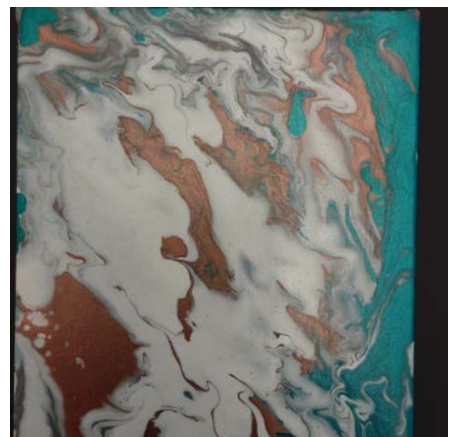
Rayne Semple with his Torn Paper art



Acrylic pour art by Danielle Mason



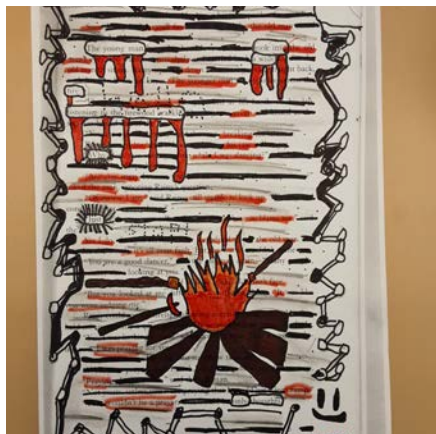
Justice Harper's string art piece



Acrylic pour art by Keasha Bear



Pop socket beading art made by Jamie Byron



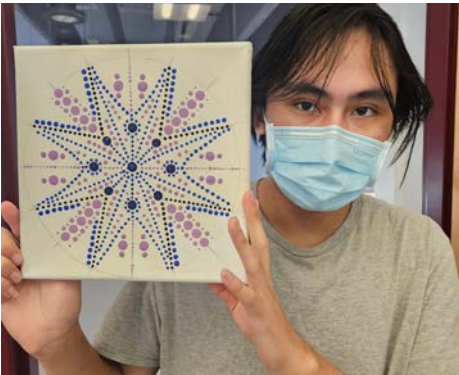
Black out poetry art by Elliot Crow



3D bubbles created by Noah Leveque

Winnipeg Art Gallery Tour

The students from the Visual Arts grade 11/12 class went on a field trip to the Winnipeg Art Gallery to tour the 'Winyan' exhibition by Lita Fontaine – a Dakota/Metis Artist. Lita hosted our tour, giving the students insights and teachings about her art that provides a deeper connection to Treaty 1 heritage. We focused on the Mandala Art that Lita created and used that as inspiration for the students to create their own mandalas using the Dot Art technique.



Tyrone Mason with his beautiful mandala he created using dot art!



Lita Fontaine giving the students a teaching about her beautiful Mandala Art piece.



Dot art mandala created by Danielle Mason.

MTC – The Play that Goes Wrong

Students in the Drama class had the opportunity to attend a Manitoba Theatre Centre show: *The Play That Goes Wrong*. The comedy involves a play within a play, filled with slapstick humour and impressive technical elements. The students enjoyed the performance very much, talking about the experience for days afterwards!



The drama class posing with the statue of Manitoba Theatre Centre founders John Hirsch and Tom Hendry



It was a full house! The class had a great view of the action

Scientific Revolution Egg Drop

Students in the History classroom are currently studying the Scientific Revolution. To make their studies more hands-on they were challenged to engage in the scientific method to create a structure to protect an egg from a fall from the top of the Grand Hall steps. Students were given recycled materials and, through the design process, created and tested prototypes.



Hayden Young and Cyrus Green showing off their creation



Students used a wide array of materials, but were not allowed to attach them directly to the egg!



Jared Mason and Korben Harper going through the design process

Study Night

Students gathered with teachers and EAs after school for a study session before midterm exams. The kitchen provided snacks and drinks to fuel their efforts as they prepared themselves for their tests and caught up on missed work. EAs and teachers stayed late to make sure they had all the help they needed!



Resource Room packed with students!



Students sought help with many topics, particularly science and math

Recreation

Students were kept busy with many different fall and winter-themed activities planned by our Recreation Team. Students had the opportunity to visit Wheelies Roller Rink, Vertical Adventures, Escape Rooms, a Christmas-light tour, and the pool! They also enjoyed activities hosted at the school such as lego-building nights, volleyball tournaments and gingerbread house building.



Students having fun rock climbing



Joseph Harper and Lavina Owen at Vertical Adventures



Students at Wheelies Roller Rink



Tristan Owen focused on Legos



Gabriel Keeper at Paintball Paradise



Donte Goosehead hanging out in the pool



Shaylee Green, Cyrus Green, and Tyrell Cook building their gingerbread house



Jack, Zacharias Wood, Donte Goosehead, Ryan Bird, and Rayne Semple at Enigma Escape Room



Arthur Harper and Koda Mason running in a track and field event at the UofM