

# Southwest Collegiate Newsletter

January  
February 2025



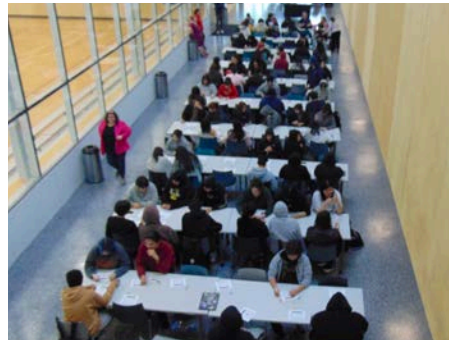
1269 Lee Blvd  
Winnipeg MB / R3T 5W8  
204-261-3551  
Toll Free: 1-833-821-0277  
[www.southeastcollegiate.ca](http://www.southeastcollegiate.ca)

## Valentine's Day

Students and staff celebrated Valentine's Day with a morning of fun activities! The students chose a full school game of bingo for gift card prizes, followed by movies and activities around the school. Students also enjoyed some Valentine's themed baking activities, making cookies and cakes for each other.



John Starr and Malayda Green enjoying the full school bingo game



Most of the student body participated in bingo, with a few exceptions for those who chose baking instead



Justice Harper and Cherilyn McDougall show off their baking



The baking activities were held at the same time as bingo, but other themed baking activities happened through the week!

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# Bingo Night

The Southeast Collegiate graduates held their first fundraiser of the year: a bingo night! The Grad Committee organized ten rounds, each with a different prize to be won. Between sales of bingo cards, canteen sales, and the bonus 50/50 round the graduates raised \$1585 for their grad events. Well done!



The Grad Committee was able to gather 10 fantastic prizes for the games!



Students and staff working to set up the Grand Hall for guests



A full house of supporters!



Students worked to greet guests as they entered



Kids were welcome upstairs to play games with the students



Students ran the canteen all night, contributing to sales



Ms. Fields organizing the volunteers



Students took turns as the bingo caller



All the guests had a great time!

# Cooking Club

Southeast Cooking Club recipes for January and February 2025 have included: Veggie & Fruit trays with dips, Hamburger soup, Valentine's Day cookies, pizza buns, and potatoes with meatballs. The students always have fun with baking and cooking!



Students busy in the kitchen



Billy Harper showing off his fruit salad



Mixing pink dough for Valentine's Day cookies



TJ Starr helping Malayda Green and John Starr make cookies



Gideon Trout and Tyanna Alexander making pizza buns



Donte Goosehead mixing his ingredients together to make meatballs



## Flame Tests

Students in Grade 12 Chemistry have been studying properties of atoms, including their ability to give off specific colours of light when excited by heat. They observed this phenomenon directly through a flame test, they exposed a variety of salts to open flame to see the variety of colours produced. This phenomenon is responsible for the colours we see in fireworks!



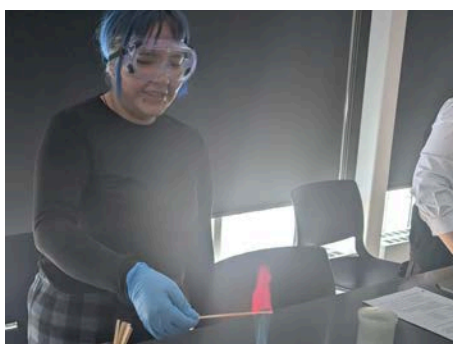
Rose McDougall and Wabathe Linklater observe their strontium



Justice Monias burns a sample of copper



Summer Harper and Beyonka Kakegamic practice observation



Serenity Pierre-Mason testing a vibrant red flame



All of the students were engaged in this pyrotechnic display!



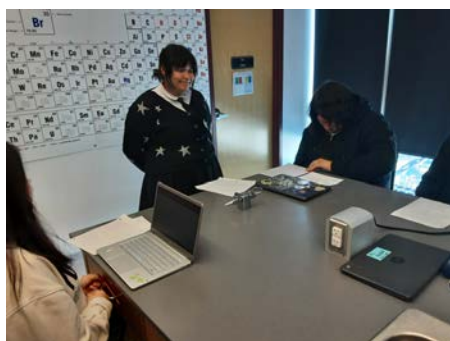
Gabrielle Fontaine and Benjiman Keno focus on observing a difficult sample of cobalt

## Lake Winnipeg Inquiry

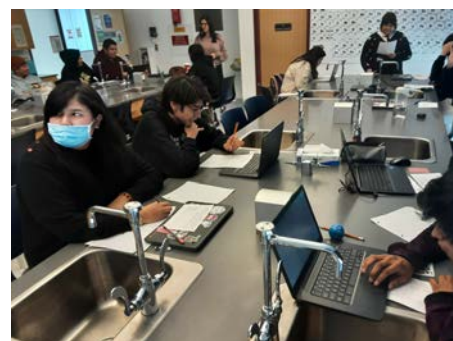
The Topics in Science class has been researching the health of water in Lake Winnipeg using inquiry-based learning. In this activity, they researched different factors that might be contributing to pollution in the lake.



Students started by researching different parts of the topic in expert groups



Students then returned to their home group to share that information. Here Gabrielle Fontaine shares her research



Finally each home group summarized all of the research as an informational poster

# Mental Health Department

The Mental Health Department has been busy with a variety of educational and welcoming activities. This included student welcome packages, contests that encouraged student fitness, and education about sleep habits. They also connected students to the Red Cross through their Youth Empowerment program, and facilitated a Big Sister Sharing Circle



Mingithi McDougall was the first winner of the Fitness Challenge, winning a new pair of headphones!



The welcome packages are loaded with treats, fidgets, and encouragement



Each welcome pack came with information on how to access mental health services at SEC



In addition to being a part of our Kitchen staff, TJ has taken on mentoring and facilitating a sharing circle



Mental Health Educator Ian Widgery sharing information on how to set yourself up for successful sleep



Want to know more about sleep hygiene? Scan this QR code!



Students who attended the Red Cross Youth Gathering had a chance to develop leadership skills and build confidence



Students were visited during class to talk about sleep hygiene



## MTYP Play

The grade 11 Drama class had the chance to see the opening performance of Blue Beads & Blueberries at Manitoba Theatre for Young People. There was dancing, singing, and even chicken puppets. Students enjoyed the show. After the performance students met the playwright and some of the creative team who were taking notes. This was a great introduction to some of the various jobs off-stage!



Aaron Fontaine, Daisy Duck, Billy Harper, Shaylee Green, Keira Harper, Benjiman Keno, Harmony Monias, Teisha Flett, John Starr, Aiden Mason, Rose McDougall, Ms. Bezdek

## Textile Arts & Design

Students proudly showing off their beautiful star blankets they designed and created.



Lavina Owen



Teisha Flett



Annanias Little



Summer Harper



Jesslyn Okemow

## Parc La Salle School Visit

Grade 3 and 4 students from Parc La Salle School had a fun-filled visit at Southeast. The collaboration is to honor the calls to Action #62 and #66 for Truth and Reconciliation. The little students spent the afternoon with the grade ten Family Studies class enjoying a tour of the school and creating medicine wheels. The students also learned about the Four Sacred Medicines while making medicine pouches, and ended off the afternoon by playing Indigenous-themed games in the gym. Both groups of students enjoyed the afternoon forming some friendships. Great job to the Family Studies students for being positive role models for our young visitors.



Playing games in the gym



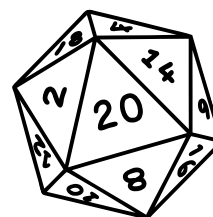
Learning about the four sacred medicines



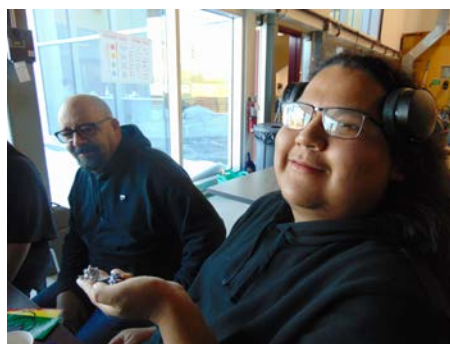
Mrs. Ouskun welcoming the little students

## Dungeons & Dragons Club

By popular demand, Southeast Collegiate has its first Dungeons and Dragons Club! Though they play the game for fun they will be learning important skills to carry into other areas of their lives. Students will be engaged in collaborative storytelling while learning improvisation, critical thinking, and practicing problem-solving skills. The group meets once a week to play.



Koda Mason showing off his new dice



Billy Harper shows his character mini



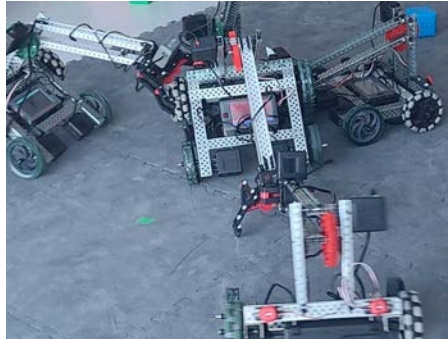
The first session was attended by Waylon Harper, John Starr, Beeyonka Kakegamic, Summer Harper, Jen Keno, Trevor DeLuca, Billy Harper, Donald McDougall, Koda Mason, Aiden Mason, Caleb Fiddler, and Mr. Strong

## Robotics

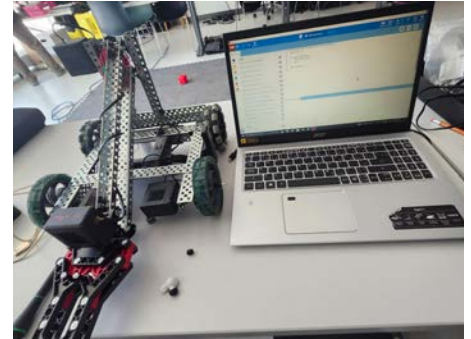
Students participated in a two-week Vex V5 Robotics course. They used coding to control the robots remotely for a variety of tasks like stacking blocks and playing tag. They even had robot battles!



A robot carefully stacks blocks.  
Photo by Koda Mason



The bots were tested in battle!  
Photo by Bronson Monias



A robot receives a code update.  
Photo by Koda Mason



Tyrone Mason building his bot for a new task  
Photo by Bronson Monias



Students challenged themselves to move abnormal objects  
Photo by Koda Mason



Students got to use sensors to control the bots, including echolocation!  
Photo by Bronson Monias

## Staff Christmas Party

Southeast Collegiate staff celebrated a successful first term with team building and group activities. This included an incredible performance from the Aboriginal School of Dance!



All school staff members got to watch the performance



Beautiful performance by Buffy Handel and her students from the Aboriginal School of Dance



Even the SEC staff got involved!

# Visual Arts

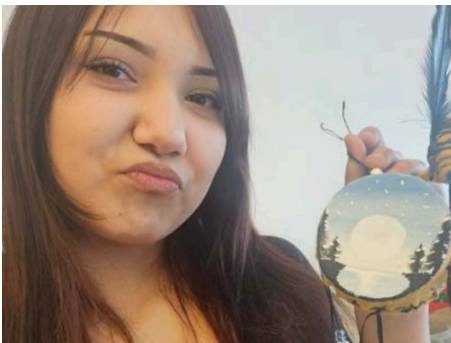
Students in the Visual Arts classes ended the semester creating beautiful work, such as paintings during a paint night activity, recreated sketchings, mini drums, dreamcatchers, dot art, and medicine bags.



Aiden Mason, Tyrone Mason, Tristan Owen, Aaron Fontaine, Donte Goosehead and Keasha Bear with their paint nite paintings



Bronson Monias recreated this beautiful drawing using the grid-method



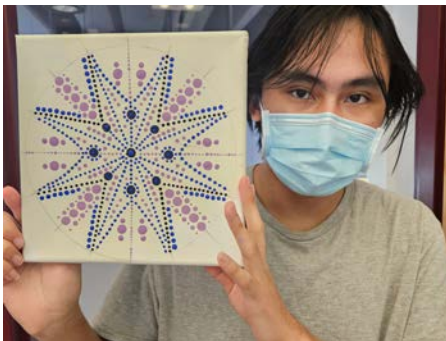
Jamie Byron with her beautiful painted mini drum



Mini drum by Crystal Semple



Dreamcatcher by Justice Harper



Tyrone Mason with his Mandala dot art



Terrienne Mason shares her beautiful dot art



Annanias Little showing pride after creating his medicine pouch

## Page Program

On January 29th, 2025 Dalton Okemow attended his first shift as a Council Page for the City of Winnipeg Meeting of Council. These photos feature our Council Page, Dalton, with the Speaker of Council, Councillor Sharma, Mayor Gillingham, Councillors Chambers and Lukes, as well as the City Clerk, Carlos Gameiro, and the Interim Chief Administrative Officer, Sherwood Armbruster. The page program wrote: "Dalton represents his school, community, and peers very well, and we look forward to continue working with him this year."



Councillor Markus Chambers, Mayor Scott Gillingham, Councillor Janice Lukes, Dalton Okemow, and Councilor Devi Sharma



CAO Sherwood Armbruster, City Clerk Carlos Gameiro, Dalton Okemow, and Councilor Devi Sharma

## Healthy Groceries Workshop

Students had the opportunity to attend the "Five Steps to Healthier Grocery Shopping" workshop. In this workshop they learn tips and tricks for grocery shopping on a budget, how to read grocery labels, and make the most of their meals. The students ended the workshop with a grocery shopping game where they were tasked with putting together a healthy meal on a budget.



Tyanna Alexander, Koda Mason, and Tyrell Cook explore the options



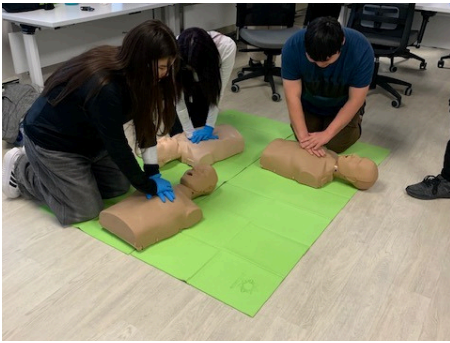
Example items available to purchase



Students listen to instructions

# First Aid Workshop

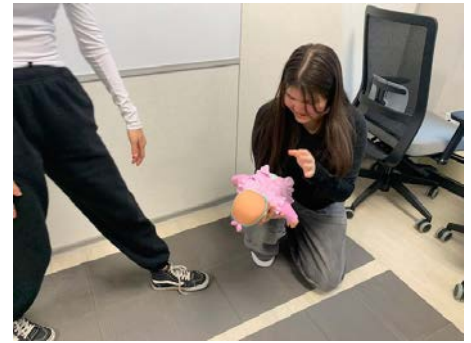
A group of SEC students attended a First Aid Basics Workshop at Red Cross. They learned how to recognize when common, potentially life-threatening situations are occurring, when to provide first aid care, and how to do so. They each received a certificate for participating in this workshop.



Students practice CPR



Koda Mason practices bandaging Donte Goosehead



Kassandra Harper practices what to do with an infant that is choking.

# Post Secondary Open Houses

Students had the opportunity to attend the RRC Open House to explore post-secondary programs and opportunities. While at the open house, we ran into former SEC grads! Students also went to the University of Manitoba's Winter Open House. Here they explored everything the UofM has to offer and connected with the Indigenous Student Services team!



Karrienne McDougall, Bryanna Beardy, Cody Little, Justice Monias, Deandra Mason, Susan Harper, Harmony Monias, Wabathe Linklater, and Benjiman Keno at Red River College



Aiden Mason, Thomas Mason, Teisha Flett, Nolton Beardy, Keira Harper, Arianna Harper, Harmony Monias, Susan Harper, and Rose McDougall at the University of Manitoba



Students toured RRC and checked out a variety of programs

# Recreation

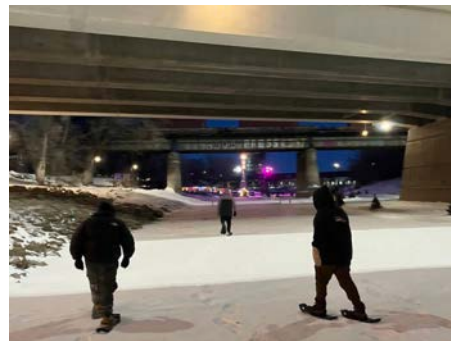
The Recreation team at SEC kept the students busy during these cold winter months with many different indoor and outdoor activities. Some of the indoor activities included escape rooms, GameFest Indoor inflatables, Lego building nights and paintballing at Paintball Paradise. A lot of time was spent outside too, having fun snow tubing at Springhill, snowshoeing at the forks, participating in a variety of activities with Kendrick's Outdoor Adventures, and enjoying the Snow Maze.



Donte Goosehead, Peter Flett, and Rayne Semple at the ski hill



Cyrus Green and Serenity Pierre-Mason dodge obstacles



Students snowshoeing on the river at the Forks



Brody Hastings, Donte Goosehead, and Brandon Tait at The Forks



Benjiman Keno, Caleb Fiddler, Jen Keno, Rose McDougall, Susan Harper, and Harmony Monias at Enigma Escapes



Koda Mason taking a break at paintball



Brandon Tait and Damon Wood chilling in an ice building



Jeffery Cook shows off his shark onesie



Billy Harper at Paintball Paradise