

Southeast Collegiate Newsletter



March/April 2025



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Mental Wellness Day

Students and staff at Southeast Collegiate took a day to focus on the importance of mental health and self care. Students were given a variety of options to engage with to learn about self care including face masks, a therapy dog, a fire with bannock, music, gaming, movies, a long walk, and a variety of hydration options. Students also learned from techniques from the Mental Health team, made healthy snack options with Ms. Ouskin, and spent the day resetting before the second term.



Billy Harper getting cozy by the fire



Toby Goosehead playing with the therapy dog



Students and staff enjoyed the hydration station!



Benjamin Keno relaxing with a face mask

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Robb Nash Project

The Mental Fitness class had the opportunity to attend the Robb Nash Project concert at the Centennial Concert Hall. The Robb Nash Project is a mixture of rock music performances and inspiration stories about mental health. The whole goal of the concert is to inspire and empower youth through music and storytelling. Students were treated to front row tickets to the concert and received gifts from the band!



Students sitting front row



Robb Nash performing
Photo by Serenity Pierre-Mason



Aaliyah Bushie and Cyrus Green
with drumsticks and a guitar pick
gifted to them

Financial Excellence with Teqare

Darion, the founder of Teqare (an Indigenous owned company committed to technology training, education and support), came to SEC to share a presentation on “Financial Excellence and City Life”. The presentation included essential skills for managing personal finances and navigating urban life confidently, including: budgeting, understanding credit and interest, and making informed financial decisions.



Students listen to Darion speak



Students learned a variety of real world lessons from someone with experience being where they are

Winnipeg Art Gallery

Students in the Visual Arts classes had the opportunity to visit the Winnipeg Art Gallery to explore exhibitions of various Indigenous artists, such as Lita Fontaine and numerous Inuit artists. Students left the art gallery with knowledge of contemporary Indigenous art that tells a story of the rich cultural narratives.



John Starr taking a picture of the beautiful dresses made by artist Lita Fontaine



Koda Mason and Korben Harper viewing the art on the wall



Students looking at the huge collection of Inuit soap carving

Gym Challenge

The Mental Health team challenged students to get active and to make use of Southeast Collegiate's work out room and gym facilities. Students who participate in the challenge have a chance to win prizes while they improve their fitness! Recent winners include Koda Mason, Radek Bee, Russhon Semple, and Keelyn Disbrowe.



Koda Mason



Radek Bee



Russhon Semple

CMHR 2SLGBTQ+ Exhibit

Students had the opportunity to visit the Canadian Museum of Human Rights to see their exhibit: *Love in a Dangerous Time: Canada's LGBT Purge*. They learned about the history of 2SLGBTQ+ rights in Canada and how those rights have been fought for. The students also explored the rest of the museum, learning about Indigenous rights, the Charter of Rights and Freedoms, and the Holocaust.



Dramatic photo of Danielle Verrier and Gabrielle Fontaine reenacting a script as part of the exhibit
Photo by Koda Mason



Beyonka Kakegamic in front of the Red Dress display, an exhibit on MMIWG2S+



Malayda Green, Payton Crow, Leighton Green, and John Starr learn about the "Fruit Machine"
Photo by Jesslyn Okemow

TAFAs Karaoke Night

The Alliance For All celebrated spring break with a Karaoke Night! Students had been looking forward to the event all semester. They spent the night in private karaoke rooms singing classic songs with other students and staff. All the students had a great time and are looking forward to going again.



Malayda Green, John Starr, and Payton Crow belting their favourites



The entire TAFAs crew came to sing and celebrate the end of the term!



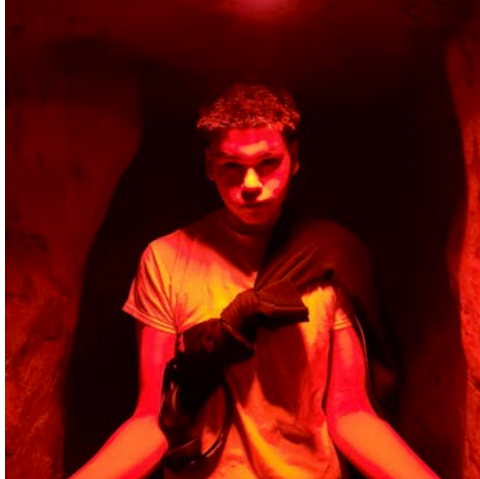
Harmony Monias and Susan Harper have a duet

Assiniboine Zoo

The Biology and Chemistry classes took a trip to the Assiniboine Park Zoo to see examples of biodiversity, adaptations, and evolution in action. They spent the day exploring the zoo in wonderful weather, meeting a wide variety of animals.



Serenity Pierre-Mason, Shauntae Okemow, Beyonka Kakegamic, Summer Harper, and Koda Mason at the *Journey to Churchill*



Justice Monias in the Kinsmen Discovery Centre



Tyrone Mason has a close encounter with a bird

Topics in Science Projects

Students in the Interdisciplinary Topics in Science class have started working on their own chosen field of study. Each student is doing their own research and planning for a science experiment or project to present. The topics they have chosen include testing protective equipment, mag-lev trains, comets, frog dissection, rocket science, phycology, and coding. This is a self directed project, meaning that they have planned every step themselves with minimal guidance from the instructor.



Peter Flett building a model mag-lev train track



Jen Keno's experiment modelling a miniature water cycle



Summer Harper tests the acid resistance of various fabrics

Science Labs

The Science and Chemistry classes have been busy in the lab, they performed a variety of experiments as part of their study of chemical reactions. The Science class learned about different reaction types, acid and base indicators, and the conservation of mass. The chemistry class focused on acid/base titration and analytical chemistry techniques.



Lavina Owen, Jennah Mason, and Ben Flett test indicators



Gianna Dunsford, Ryan Bird, and Toby Goosehead record results



Malayda Green and Leighton Green observe their sample plate



Adam Flett checks out a new reaction



Justice Monias teaches Ms. Fields how to titrate



Toby Goosehead testing conservation of mass



Rose McDougall and Arianna Harper watch their sample carefully



Beyonka Kakegamic and Benjamin Keno watch for the indicator to change



Wabathee Linklater and Waylon Harper set up their burette

Arctic Science Day

The Science Club attended Arctic Science Field Day at Fort Whyte. Students learned about how scientists monitor conditions in the arctic, as well as all the marine and microbial life that lives there. They also got some hands on experience in taking ice samples, water samples on a frozen lake, and various indicators for acidity and oxygen content.



Shane Harper takes an ice sample



Students enjoyed a clear day on the lake



Jeffery Cook drills through the ice

Childcare Program

Students jumped into a fun-filled Childcare Program all about little ones ages 0-5! Each week, they explored how tiny tots grow, learn, and play—discovering everything from developmental milestones to safety tips and how to handle those sniffles and sneezes. They rolled up their sleeves to practice diaper-changing and showed off their smarts in lively trivia games. To wrap it all up, each student earned a special certificate and took home a children's book—perfect for sharing story time snuggles with the kiddos in their lives.



Students received a certificate for participating!



Students studied parenting tips and developmental milestones



Jenillee Keno and Caleb Fiddler practicing changing a diaper

D&D Club

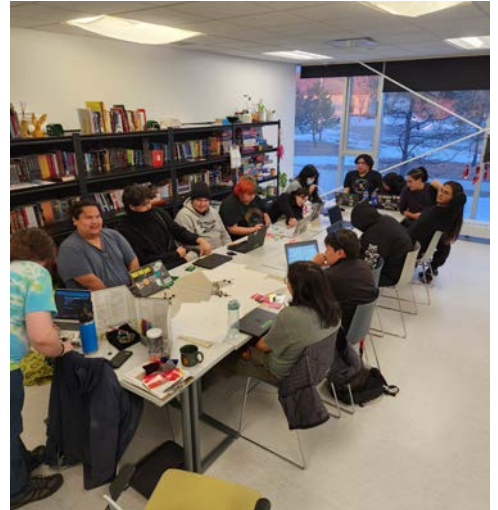
The Dungeons and Dragons club has grown steadily, now boasting more than a dozen members! Students are enjoying their weekly game with Mr. Strong and have started to learn how to run games on their own. These student “Dungeon Masters” will be running the club by the end of the semester.



Everyone gathers for a tense moment



Students have learned to use new tools to make the game more fun!



An average session involves anywhere from five to fourteen students!

Birthday Cupcakes

Every month Southeast Collegiate celebrates the birthdays of students and staff together in the Grand Hall. We sing *Happy Birthday* and serve cake and ice cream. The kitchen always makes a special effort to make the deserts for this event. This past month Kitchen Staff John Ross created these seasonal cupcakes to help us celebrate!



Cupcakes by John Ross



Science Fair

Students had the opportunity to participate in the Manitoba Indigenous Science and Engineering Fair (MISEF) at the University of Manitoba. Two groups entered the fair with different projects. Jen Keno and Caleb Fiddler worked on “Snow to H₂O” focusing on water purification methods to create clean drinking water from fallen snow. Koda Mason focused on the relationship between electricity and magnetism, constructing a small electromagnet to demonstrate.



Jen Keno and Caleb Fiddler with their project “Snow to H₂O”



The students also showed off their projects at SEC



Koda Mason with his constructed electromagnet

Native Wellness – Physical Wellness

Throughout the months of March and April, Grade 10 Native Wellness students completed multiple physical wellness activities. These included snowshoeing, jigging, and traditional Aboriginal games. They also worked on self care and studied the First Nations food guide, eventually preparing a traditional First Nations recipe: berry crisp.



Naeyli Desjarlais and Crystal Semple making their berry crisp



Deacon Bushie and Allie Flett playing lacrosse



Russhon Semple trying out snowshoeing

Soaring Eagles Cooking Club

The cooking club has been busy! Soaring Eagle Cooking Club recipes for March and April have included: bannock tacos, homemade burgers, bannock with jam, and Easter bunny cupcakes.



Justice Harper mixes vigourously



EA Deanna Racette and Gianna Dunsford form burger patties



Tyrell Cook and Harmony Monias flip the burger patty



TJ Alexander with her finished cupcakes



Kitchen Staff John Ross shows students how to construct the cupcakes

Nutritional Smoothies

In their Science of Nutrition unit, Food and Nutrition students chose smoothie recipes because they are a convenient and nutrient-rich way to increase one's intake of fruits and vegetables. Smoothies provide vitamins, minerals, fibre, and antioxidants, which can support overall health and well-being. They also taste great!



Students had a wide variety of fruits and veggies to choose from!



Students assembled all their ingredients and blended them together



Peter Flett and Kylee Harper enjoy their creations

Big Sisters Club with TJ

Students have been enjoying time with Big Sister TJ, a member of Southeast Collegiate Kitchen staff who has given her personal time to the students for enrichment and support. Some activities have included: making pizza, a weiner roast, tea and bannock, nature walks, and spending time by the fire.



Waylon Harper and Wabathe Linklater with their pizza



Reynelle Knott, Callie Disbrowe, Gianna Dunsford, Chloe Harper, Destiny Harper, Lavina Owen, Tessa Flett, Serenity Pierre-Mason, Cyrus Green, Thomas, Rose McDougall, and Donte Goosehead



Students enjoying a fire in the snow



Students (and dogs!) by the fire



The smores were a big hit!



Serenity Pierre-Mason, Koda Mason, Reynelle Knott, Callie Disbrowe, and Chloe Harper out for a walk with TJ



Callie Disbrowe, Reynelle Knott, Koda Mason, Serenity Pierre-Mason and Chloe Harper at Tim's!



Chloe Harper at the playground

Recreation

The Rec Team has been keeping the students busy after hours with a wide range of indoor and outdoor activities! These included: skating at the roller rink, archery, bonfires, and tie dying. The students also stayed active with a three on three basketball tournament at Linden Christian, enjoyed some hockey at a Manitoba Moose Game, and met a Blue Bomber when he visited Southeast Collegiate!



Arson Harper and Arianna Harper making sushi!



Students training during Blue Bomber Night



Jeffrey Cook and Brandon Tait at the arcade



Students enjoying a day out at the fair!



Students enjoyed learning more about football



Students at Unleashed Rage Rooms in Niverville



Gianna Dunsford and Aaliyah Bushie at Wheelies Roller Rink



Korben Harper and Lynzee Keeper at the arcade



Dana Harper, Lavina Owen, and Arianna Harper at the Zoo