



Collège Miles Macdonell Collegiate

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Vice-Principal: L. Comte

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www.miles.retsd.mb.ca

Fall 2023

Your River East Transcona School Division Trustees

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For more information about the board of trustees, visit: www.retsdb.ca > Your RETSD > Board of Trustees



*RETSD is on Facebook and Twitter!
Like and follow us to stay up-to-date on what's
happening in the division.*



Collège Miles Macdonell Alumni Association

Here is a wonderful way to stay connected to Miles Macdonell Collegiate!

Please consider joining the Alumni Association.

Most importantly, this is the group that organizes multi-year reunions for all MMC graduates. The Alumni Association also carries on a few activities that are of value to current and former students alike, such as:

- Scholarships for graduating students
- Grants for changes to and equipment for the school
- Pizza lunches for EAL students
- Sale of digital versions of MMC Year Books dating back to 1952-53.

With the next major milestone reunion expected to be the 75th in 2027, the current slate of Association directors is unlikely to be the group that organizes it.

In addition, the funds in the trust that allows the Association to provide the scholarships and other grants for school changes and equipment will require on-going attention.

The best ways you can get in touch with the group are by visiting and liking their Facebook page at www.facebook.com/MMCAA, or you can contact the current Board of Directors elected officers directly via email as follows:

- Honorary Chair Darlene Lindsay (Former teacher)
- Chair: Ronald N. Storozuk ronstorozuk@mts.net
- Vice-Chair: **Position Vacant**
- Treasurer: Donna Cudmore dc2cd@shaw.ca
- Secretary: Maureen Silk mtsilk@shaw.ca

Other Directors are **Rick Dondo and Carmen Dondo**



They look forward to hearing from you!

Have you tried Pay Pal?

Did you know that you can pay your student's outstanding fees online? You can sign into the Parent Portal, and you will see a series of tiles, one of which is "Fees & Billing".

Fees owing are visible, and you now have the option of paying for outstanding fees this way. There is a nominal fee to use this service.

It is a great way to stay on top of all fees owing!



Attendance Telephone Number

Did you know that Collège Miles Macdonell Collegiate has a designated Attendance telephone line?

This is the phone number you need to call when your student will be absent for any reason. It is a voicemail messaging system. You can leave a message on this line stating your student's name, the date, and the reason for the absence at the following number:

CMMC Attendance Line:

(204) 663-4068

Please always use this number to report an absence





Parents & Guardians

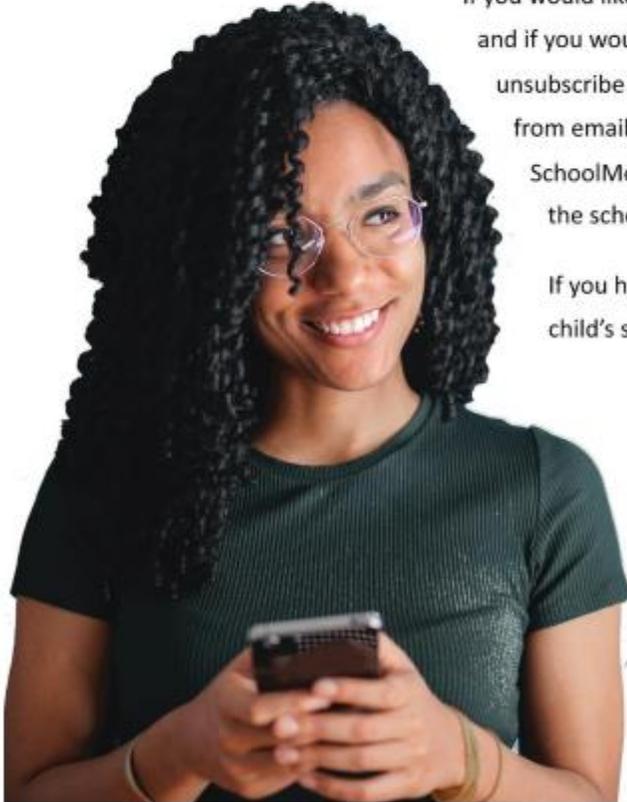
Get texts and emails about bus delays right to your phone!

The RETSD transportation department uses SchoolMessenger to deliver texts and emails about bus delays, route cancellations, and more, directly to your child's primary contact with a cellphone number and email address in the system.

If you wish to continue receiving the texts and emails, no further action is needed apart from ensuring your contact information is up to date with the school(s), with a cellphone number and email address for the primary contact.

If you would like to opt out of texts, simply reply STOP, and if you would like to opt out of emails, click the unsubscribe link. **Please note:** If you unsubscribe from emails, you will be unsubscribed from all SchoolMessenger emails, including ones from the school that may pertain to your child(ren).

If you have any questions, please contact your child's school for assistance. 



YOUTH SUBSTANCE USE RESOURCES

Alana Sigurdson
Youth Substance Use Counsellor
Shared Health Mental Health & Addictions

On site at CMMC every Monday & Thursday
204-260-9921

Youth Addictions Centralized Intake
1-877-710-3999

Crisis Resources (available 24/7)

Kids Help Phone: 1-800-668-6868 or
text 686868

Mobile Crisis team: (204) 949-4777





SUBSTANCE USE RESOURCES FOR PARENTS



Parent Support Hub: Drug Free Canada
This site has online support for parents, substance specific information and strategies to support your youth.



<https://www.drugfreekidscanada.org/>

Kids & Drugs

[A parents Guide to Prevention](#)



[Parents Like Us: The Unofficial Survival Guide to Parenting a Youth with a Substance Use Disorder](#)



[Community Reinforcement and Family Training \(CRAFT\) for Substance Use](#)
[In person course for parents looking for support for their youth's substance use](#)



CURRENT YOUTH SUBSTANCE USE TRENDS: HOW TO SUPPORT OUR YOUTH



An information session for parents interested in information about substance use and looking for tips to help their youth navigate choices and risks through their teen years.



Wednesday November 15
6:30- 8:00 p.m.
River East Collegiate Library

295 Sutton Avenue

*All parent/caregivers are welcome
to attend.*

*No pre-registration
required*

Facilitator: Alana Sigurdson School Substance Use Counsellor



(204)- 260-9921



asigurdson@retsd.mb.ca

ESD News

ESD (Education for Sustainable Development) News Submitted by the ESD Co-Chairs:

Jonah Henwood, Precious Ola-Joseph and Lukwasa Faragalla

Teacher Leaders: Kara Street and Laura McCrindle

The ESD leadership team is excited to share with you a collection of our past and future projects and events that we have planned for the year. All these projects were chosen with the main goal to support and raise awareness for sustainability in our community.

As of October, ESD has once again began stationary, e-waste and battery collections. The stationary recycling project is a student, Cherry Wang's, Caring for our Watershed project, and the goal is to recycle writing instruments to help reduce the effects the manufactured plastics within have on our environment. There are black bins around the school and white baskets in classrooms for any old stationery. In addition, ESD has a battery and e-waste collection. The goal is to properly recycle and reuse the materials within these old batteries and electronics instead of them just building up in landfills. Collection bins for these will soon be placed around the school. Once all of these bins fill up, the contents will be carefully recycled.

For the entire year, we will be having weekly eco-tips. On Thursdays, we will mention one way you can be more eco-friendly in your daily life. For example, by raking and composting leaves. By doing this, you are recycling amazing nutrients that can be used in your garden.

In November, we plan to have a cinnamon bun sale. Last year, we sold cinnamons buns from Tall Grass Prairie, which is a local bakery that uses organic, wheat grown by Manitoba farmers. It was a hit last year and hopefully will be again.

In December, we plan to do a fair-trade hot chocolate sale. Winter months are chilly, and a nice cup of hot chocolate would likely put a smile on anyone's face. With our hot chocolate sale, we will urge everyone to bring their own reusable mugs. In addition, we plan to sell our own product at the Youth Aid Society's holiday carnival. We will create items out of reusable materials like paper, fabrics, string, etc. Last year, we sold ornaments.

In February, we will be selling cards for Valentine's Day. They will be made of recyclable materials and will be made completely by members of the committee.

In April, we will be having our annual Earth week. We will plan many events for this week that all promote sustainability. Firstly, we will be having our Hackathon in partnership with Hack Club. Students will have the opportunity to create projects that promote sustainability in various ways, for example, by hacking or by a physical project. Secondly, we will have our Thrifted Fashion Show. We will begin collect clothing from students earlier in the year and then throw a fashion show during Earth Week where volunteers will wear these collected clothes and model them in the theatre for our student body to see. In connection with that, we will have our CMMC Thrift Store.

ESD News - continued

The clothes from the collection will be sold to students for low prices. And lastly, we will have many guest speakers and hands-on activities.

In addition to the stationery Watershed project, we will also be doing a tire recycling Watershed project. Another CMMC student, Cherish Bukola, plans to collect car tires through ESD so that they can be reused and repurposed. Students at CMMC will soon have the opportunity to decorate a tire which may be put in our school's outdoor classroom.

In May, we plan to sell a beautiful upcycled gift for Mother's Day. In previous years, we have sold flowers wrapped in seed paper. Not only was this a beautiful gift, but the seed paper could be planted into the ground which was perfect as May is the perfect time for planting.

In June, we would like to implement bi-weekly community cleanups. This would promote a sense of community and sustainability. We will also be planting our community garden and we hope to plant a Buckeye tree in our outdoor learning space.

Our team is very excited about our upcoming projects and hope that they inspire CMMC students to think about sustainability in your everyday life and take action to make a difference in your community.

Geography – Caring for our Watersheds

Ms. McCrindle's and Ms. Street's grade 10 Science and Geography students had the opportunity to visit Oak Hammock Marsh on October 16th. The purpose was to learn about our watershed, geocaching and participate in an eco hike. After taking part in this field trip they will be inquiring into environmental issues facing our school and community in order to put together action projects to address these issues and promote sustainability.

Some of these projects will ultimately be entered into the province wide Caring for Our Watersheds competition where a panel of judges will evaluate them, and the winners will be given funding to be implemented in the school community.

Last year a record of four College Miles Macdonell Collegiate student projects were top 10 project winners so we are looking forward to another successful year!





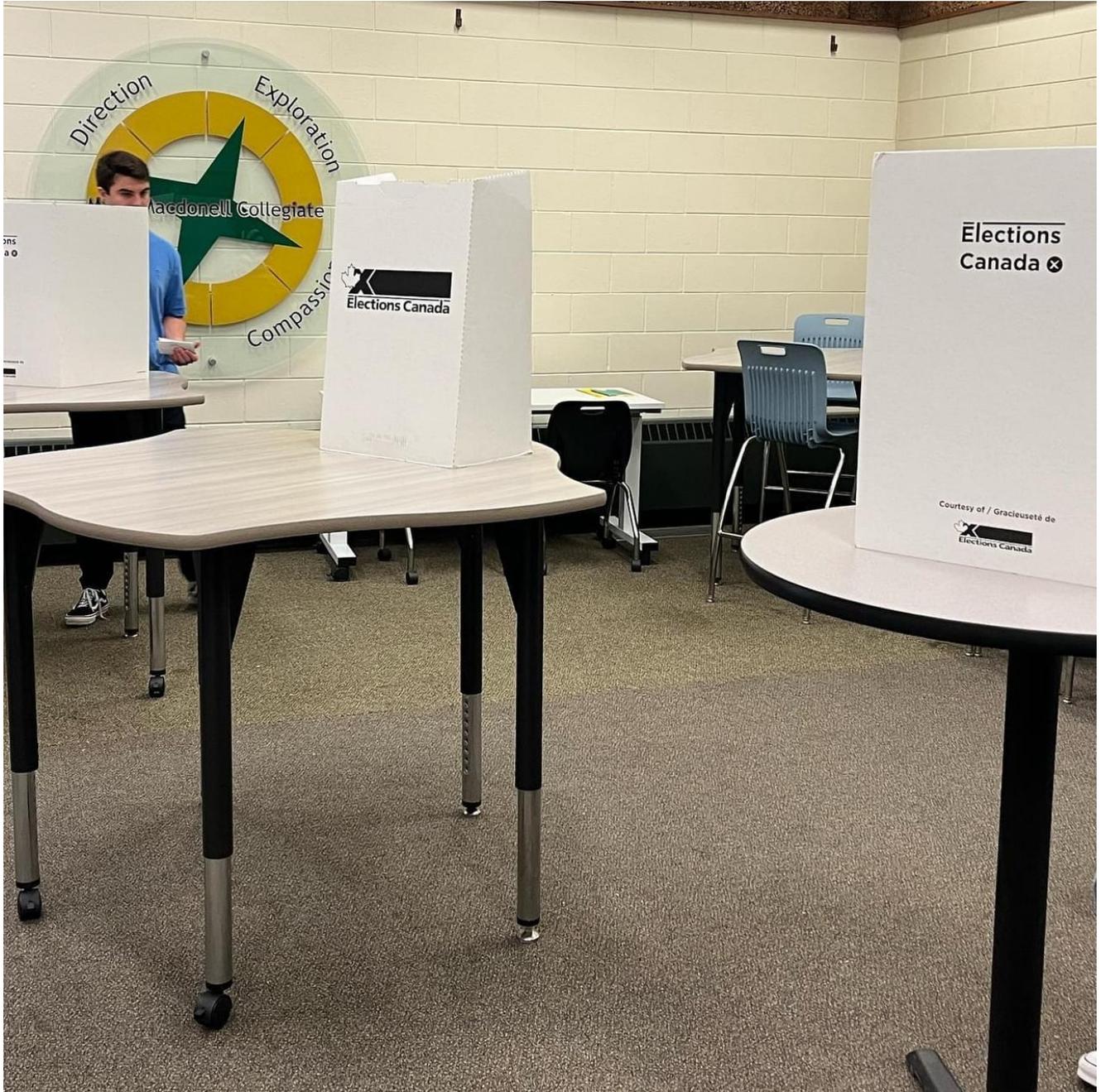
Social Sciences Department

CMMC welcomed candidates from the riding of Elmwood to participate in a candidate forum, moderated by our own CMMC students!

Candidates Donovan BeBattista, Nicolas Geddert, Jim Malloway, and Josh Okello spoke to students about important issues in the community and province, and even had a time to answer questions curated by students. Following the candidate forum, almost 600 students participated in our Student Vote, a mock provincial election where students were able to experience the electoral process themselves and practice being active democratic citizens. Way to go Bucks!







Grade 9 Math Blitz News

October 24 - 27 we mixed up all our Grade 9 Math classes for a Blitz Week of math learning. Students chose a topic of interest to study for four days.

Based on their choices, they had the chance to experience math in a different way. Some of the topics were: Money Management, Health & Fitness, Sports, and STEM. This mix of classes gave students the chance to connect or reconnect with other students who aren't normally in their class.

Most students had the chance to connect with new teachers, as well. According to the student feedback that we've received from this experience, an overwhelming amount of students greatly appreciated this event.

