



# Collège Miles Macdonell Collegiate

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## Fall 2024

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For more information about the board of trustees, visit: [www.retsdb.ca](http://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 CMMC Year Books dating back to 1952-53.

With the next major milestone reunion expected to be the 75<sup>th</sup> 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](http://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](mailto:ronstorozuk@mts.net)
- Vice-Chair: **Position Vacant**
- Treasurer: Donna Cudmore [dc2cd@shaw.ca](mailto:dc2cd@shaw.ca)
- Secretary: Maureen Silk [mtsilk@shaw.ca](mailto:mtsilk@shaw.ca)

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



*They look forward to hearing from you!*

## 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

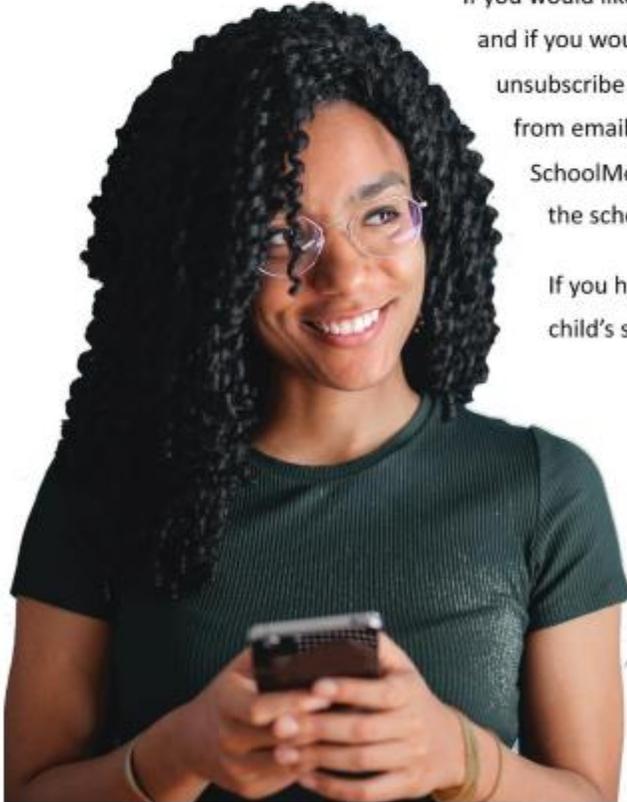
### Get texts and emails about bus delays right to your phone!

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. 



## Principals Message

As we continue to move through the semester, I want to express my gratitude for your continued support in making this school year a success. Our students are making great strides focusing on personal achievement and goal setting. It's inspiring to see their growth both academically and personally.

We encourage you to stay engaged in your child's education and continue fostering a positive learning environment at home. We appreciate working together to create and support a positive school culture and sense of community.

Please mark your calendars for upcoming events as there will be several activities approaching for the month of December. Together, we will continue to provide a supportive and enriching experience for all our students.

# ESD News

As ESD begins the new school year, we are thrilled to introduce and work with our new elected leaders, chosen by the clubs' teachers! We have Peace, Lisa, and Anupreet serving as co-chairs, Vy and Daniel as the secretaries, and the communication representatives Sabrina and Meer! We are all super excited to collaborate with one another and continue to bring life into both new ideas and past ongoing initiatives!

In this newsletter we will discuss the exciting projects we have lined up this year and reflect on all that we had accomplished last year!

As we look back on the past year, ESD is proud of the numerous initiatives that we have done to encourage sustainability throughout our school.

Last year, Weekly Thursday Eco Tips were introduced for the first time. These tips encouraged students to talk about small but impactful changes, like composting leaves or reducing water usage, helping to spread ESD's message of sustainability.

During November, we hosted our highly successful Sustainable Café in the tunnel. We sold Tall Grass Prairie cinnamon buns—a local favourite made with organic wheat - and homemade pumpkin spice lattes featuring pumpkins grown by our school's garden committee. The holiday season was celebrated with a Wooden Ornament Sale, where members handcrafted ornaments from sustainable birch discs using recyclable materials and creative designs. Our efforts helped spread holiday cheer while emphasizing the importance of eco-friendly practices. In February, we turned our focus to Valentine's Day. We hosted a Jewelry Sale, in an effort to promote the small business of ESD member Hannah Cachero. The pieces included rings, bracelets, and necklaces and were all sustainable and handmade.

April was the highlight of the year with our biggest event - Earth Week. Our Thrifted Fashion Show, where students modelled second-hand clothing donations in a fun and fashionable way, was a great success! This was followed by the opening of our Thrift Store, where the collected clothing was sold to students at low prices, promoting the value of reusing and recycling fashion. Alongside these events, we collaborated with Hack Club for a Hack-a-thon, encouraging students to code projects with an environmental focus. The week also included various workshops and guest speakers who shared their expertise on sustainability, inspiring our school community to take action for the planet.

Last year was an incredible journey for ESD, and we're excited to build on these successes. We look forward to another year of making a positive impact!

ESD's mission this year is to ensure that students continue to feel that they have been able to contribute to making our school and community more sustainable. After our first few club meetings, we have established a long list of creative, informational, and fun initiatives to kick off the year!

In November, we plan on making ESD's name and motivations known through our Fall Café Sale. We'll be promoting two local businesses in our community – Tall Grass Prairie and Cottage Bakery – by selling their delectable cinnamon buns. As well, we'll be encouraging students to use reusable items by offering a discount on our homemade pumpkin spice lattes if they bring in their own mug. Furthermore, by making our lattes out of pumpkins from Miles Mac's very own garden, we inspire others to grow their own food in order to reduce the purchase of imported goods.

Alongside this big fundraiser, ESD is also continuing smaller but still impactful initiatives such as our Stationery and E-Waste Collections. We have bins set up in classrooms and around the school to collect stationery and batteries so we can give students and teachers an easy way to recycle these items instead of letting them go to waste. Every few months we collect all compiled recyclables and take them to the appropriate locations and ensure they are being properly taken care of. In an effort to expand this initiative, we also plan on signing up for a Terra bin later in the year and going on community cleanups to continue reducing waste in our community.

We also plan to spread awareness about sustainability by showing movies about the environment in our school's theatre and bringing in an environmental scientist or another professional to speak about their job. Another initiative we discussed was putting on a used book sale from books collected from students and staff in our school. This would encourage others to reuse books and reduce the number of trees chopped down for paper. Additionally, we look forward to supporting more local and small businesses from our school and community this year by collaborating with them for fundraising. Most importantly, ESD has been planning many initiatives for Earth Week, some of which are repeats but we also plan on bringing new and exciting events to the table.

Overall, we're very excited to see our plans come to life during the year and hope to make a noticeable impact in our community!



# Spanish Program News

Celebrating Hispanic Heritage and Looking Ahead to “Día de los Muertos”.



In September, our Spanish classes learned about and celebrated the independence days of Mexico, Guatemala, and El Salvador. Students explored the history, culture, and traditions of these countries as they marked their independence.



October has been a busy month for our Spanish program as we've participated in Latin American Heritage Month. Each Spanish class has researched a different Latin American country, presenting information about its music, places of interest, and famous figures to the whole school during morning announcements. This has been a great way for our community to learn more about the diverse cultures and rich heritages of Latin America.

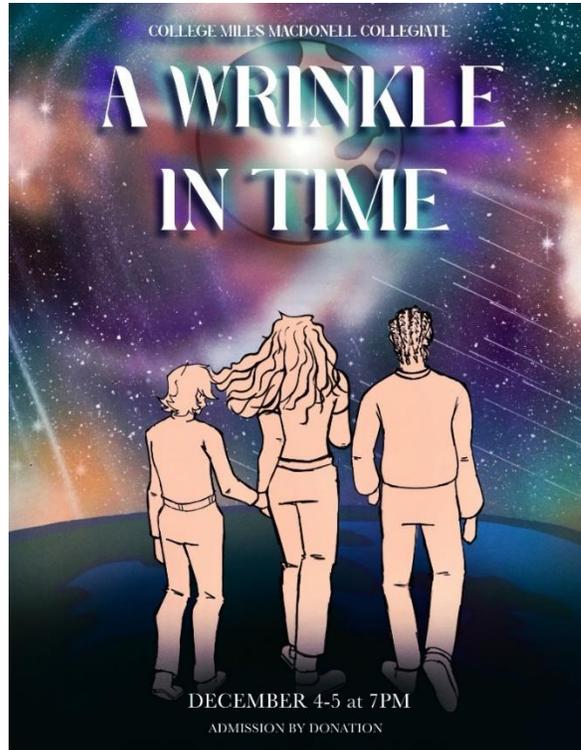


Now, as we head into November, our Spanish classes are turning their attention to “Día de los Muertos”, or Day of the Dead, which is celebrated on November 2nd. Students will learn about the history and traditions of this important holiday, which honors loved ones who have passed away. They'll create art projects, try traditional foods, and even create an altar. The school community is welcome to stop by the Spanish classes and see the “Día de los Muertos altar”.



It's been an eventful few months for our Spanish program, and we're excited to continue exploring the language, cultures, and traditions of the Spanish-speaking world. Stay tuned for more updates!

## DRAMA PRODUCTION



This year, our students are performing *A Wrinkle in Time*, adapted for the stage by Morgan Gould. Based on Madeline L'Engle's timeless original novel, we follow Meg Murry as she is whisked through time and space alongside Charles Wallace and Calvin O'Keefe to save her father—and perhaps all of humanity.

Our cast and crew have been working hard to bring this whimsical play to life! *A Wrinkle in Time* will run December 4th and December 5th, with shows beginning at 7:00pm.

Admission will be by donation. Tickets can be reserved at the front office, in the CMMC tunnel at lunch, by phone (204-667-1103), or by email: Ms. C. Belton (cbelton@retsd.mb.ca) or Ms. E. Ahrens-Townsend (eahrenstownd@retsd.mb.ca). We hope to see you there!

## Ethics Bowl News

Under the direction of Ms. Street our Ethics Bowl team has been selected and is ready to compete in the upcoming regional event in February at the University of Manitoba and hopefully compete in the national event at the Canadian Museum for Human Rights in April.

The Ethics Bowl is a collaborative yet competitive event in which teams analyze a series of wide-ranging ethical dilemmas. Responses are judged according to the quality of a team's reasoning and how well team members organize and present their case, attend to and analyze the morally relevant features of the case and anticipate and pre-emptively respond to commentary and questions and since this is not a debate, students are rewarded for their skills at acknowledging and/or enriching their opponent's strengths.

This years team members are: Anupreet Saini, Brooklynn Marion, Delices Shaloom-Solotshi, Ha Vy Le, Isabella Hawrylyshen, Katelyn Stein, Lisa Berezvoska, and Kyna Burdeniuk.



# Stuco News

The start of a new school year is always a challenging adjustment for upcoming students, especially to our new buckeyes in the building. Beginning in late August, student council eagerly started to prepare for our upcoming welcoming/welcome back to school day, and enthusiastically showed our new students what it means to be a part of our school community. The annual 'R U Buck Enuf' activity introduced our Grade 9 students to the building and fostered friendships among their peers, facilitated by our staff and student council members. Our first event as an official group was the evening of our CMMC Open House, where student council members actively welcomed families into the building, introducing the different opportunities their child has to be a part of many different clubs, sports teams and programs here at Miles Mac. As a group we continued this momentum to our STUCO retreat at Camp Arnes. The students spent two days equipping themselves with different leadership skills, perspectives and ideas that we could bring back to the school. Throughout the retreat the students were able to create connections with each other and develop our teamwork. Our group learned a lot coming out of this retreat. Undoubtedly, we have a very strong and passionate group this year, with a lot of potential for leadership, spirit and fun.

After our month of team-building and brainstorming, student council got straight to work putting our plans in action. It was a collective agreement that we wanted to start our presence off strong within our school, so we implemented a Halloween spirit week with an abundance of exciting activities, new and old! We introduced a student section at the varsity girls and boys senior night volleyball games on October 30th as a way to bring more of our students to the gym to celebrate our student athletes. The gym was packed with students dressed in pink and the school spirit was high throughout the night! What a great way to end off the volleyball regular season and celebrate senior night, with a win for both teams! On the same day, that afternoon, we brought back our spooky haunted house with the help of our drama department, to get students into the Halloween spirit! Participation was high and students came out smiling with laughter and totally spooked! It was an inspiring way to collaborate with the arts and drama programs in our building, the actors were spectacular! On the actual day of Halloween, student council ran a costume contest at lunch where both teachers and students participated! The crowd was packed at lunch, cheering for their favourite costumes from the students and teachers, and excitement was in the air due to our 'Dress to Impress' reference, bringing in something creative and festive to the event! While there were big events, throughout the week there was a small activity where a pumpkin was placed in the display case in the schools' tunnel. Students got a chance to guess the weight and create a design for the pumpkin to win a treat basket at the end of the week. This way, we had a constant activity throughout the week keeping spirits high! For Stuco, October was a month to implement new ideas and new methods of reaching our student population, which ended off the month successfully!

As November begins, the students in student council are still actively trying to find ways to engage the student body and address the needs in our school. Our goal this year is to cultivate the students' leadership skills and find ways to bring enthusiasm, pride and encouragement into the building. We are excited to showcase the plans that we have been making, which we aim to further accomplish throughout the month of November!

Eden Humbert and Juliana Nicolas - Stuco Co-Presidents 2024-2025

# Social Sciences News

## Occupations of New France Inquiry Project

Ms. Street's Canadian History class completed an Inquiry project in which they had the opportunity to choose an occupation from 17th and 18th century New France and represent their learning through a method of their choice. Students built models, wrote and recorded songs, wrote biographies and created art pieces to represent occupations such as habitants, midwives, voyageurs, apothecaries amongst others.



Ms. Kaminsky and Ms. Street's grade 10 Geography students had the opportunity to get outdoors and participate in some land-based learning at Oak Hammock Marsh on Monday October 28th. The students participated in three different workshops.

In the first workshop they learned about out the Lake Winnipeg watershed, in the second one they had the opportunity to use GPS devices to participate Geocaching on the trails around the marsh and finally they had a lot of fun learning about Indigenous culture by playing some traditional indigenous games. After taking part in this field trip, they will be inquiring into environmental issues facing our school community in order to put together action projects to address these issues and promote sustainability. These projects will ultimately be entered into the province wide Caring for Our Watersheds competition where they can be selected to be funded so they can be implemented by our schools Education for Sustainable Development Club.







On September 18th, Mr. Sass and Ms. Street's Canadian History classes had the opportunity to attend the Mino-pimatisiwin - The Good Life Youth Gathering at the Canada Life Centre as part of the National Week for Truth and Reconciliation.

Students had the opportunity to experience unity and healing through Indigenous music, dance, and storytelling. This event was meant to teach students about our shared history, honour the voices of Survivors, and inspire action toward a harmonious future.

We had the opportunity to listen to speakers such as Premier Wab Kinew, Micheal Redhead Champagne, deaf actress Alequa Fox from the Marvel series Echo, as well as elders and residential school survivors. There were also performances from Indigenous artists from across the country such as Canada's Got Talent winner Rebecca Strong, the Ivan Flett Memorial Dancers, hip hop artists MacMatt and Dakota Bear and even a fashion show from Vancouver's indigenous fashion week.





## International Student News

This year CMMC has 18 international students. The students are here for as little as 3 months, or some stay for several years.

We have students this year from Vietnam, Cambodia, Hong Kong, Brazil, Germany, Spain, and Italy. We will be welcoming two students from New Zealand in December.

We went to Bird's Hill Park in September for a hike and bonfire.











# Class Is In Session

## *Practical Learning for Parents*

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Throughout the 2024–25 school year, River East Transcona will be providing a variety of FREE learning sessions and resources for parents, some virtual and some in person. Topics will include:



VIRTUAL

### Online Safety



IN-PERSON

### safeTALK: Suicide Alertness & Safety Connection



IN-PERSON

### Parenting for Prevention: A Crash Course in Substance Use



VIRTUAL

### Overcoming Anxiety



IN-PERSON

### Youth & Parent Transition Sessions: Students with Additional Needs



IN-PERSON

### The Seeds of Prevention Start Now: How to Talk to Your Child About Substance Use in Early Years

Keep your eyes peeled this year for more information about these practical parent learning sessions!

# safeTALK: A Suicide Alertness Training Session for Parents

River East Transcona School Division is offering a session in safeTALK, a half-day training in how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.

**When:**

Saturday, October 5, 2024  
9 a.m.–12:30 p.m.

**Where:**

Polson School (Mini Gym)

**Registration deadline:**

Wednesday, October 2, 2024

To register, please contact  
Samantha Fuellbrandt  
at: [sfuellbrandt@retsd.mb.ca](mailto:sfuellbrandt@retsd.mb.ca)



## HEALTH HUDDLE | NOVEMBER 2024



Vaping: The Hit Your Brain Takes



# VAPING: THE HIT YOUR BRAIN TAKES

WATCH HERE

Watch on YouTube

## LET'S TALK VAPING

### WARNING

Using nicotine while  
the brain is still  
developing is  
dangerous

#### Risks Include:

-Depression

-Anxiety

-Sleep problems

-Lung damage



There is so much  
about vaping that  
we don't yet  
know

#### Talk to your teen

- Do they understand the risks of vaping?
- Some people say that vaping is more safe than cigarettes. What do they think?
- Discuss ways to refuse.
- Discuss family expectations and consequences of use.

PARENT VAPE  
RESOURCES

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River East Collegiate & Collège Miles Macdonell  
Collegiate, and all feeder middle years schools

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