



# Collège Miles Macdonell Collegiate

757 Roch Street, Winnipeg, Manitoba R2K 2R1

Phone: 204-667-1103

Principal: Mr. J. Muller

Vice-Principal: L. Comte

Vice-Principal: R. Manary

[www.miles.retsd.mb.ca](http://www.miles.retsd.mb.ca)

## Spring 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 MMC 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!*

## 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

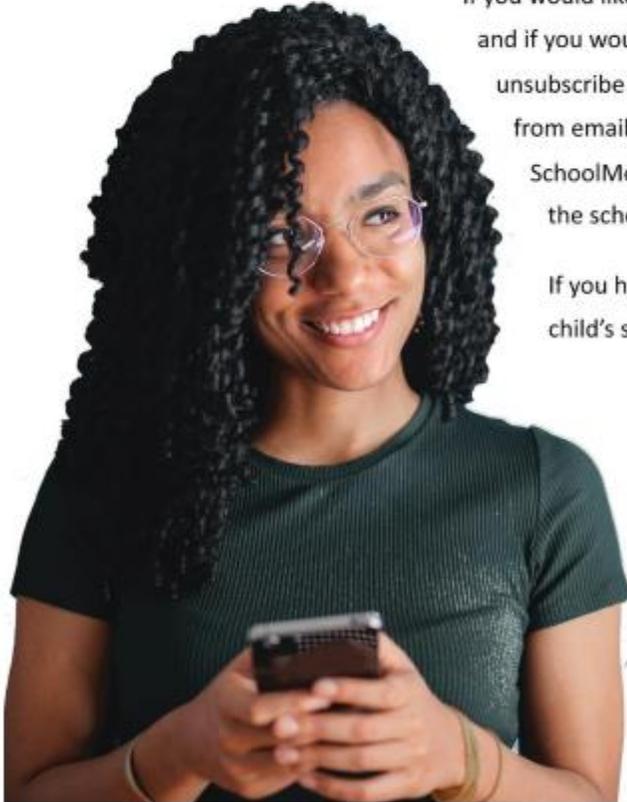
### Get texts and emails about bus delays right to your phone!

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. 



## Principals Message

As we move towards the close of this school year, this newsletter serves to capture many of the highlights we have enjoyed the past couple of months.

Our students and staff continue to create new memories centered around our teaching and learning. Many activities also support the positive school spirit we work towards each and every day.

As always, we do appreciate our families as partners in supporting students to work towards their personal best. For those students and families leaving us at the end of this year, thank you for your support and kindness! We wish you all the best going forward.

For those students and families returning in September, we look forward to our shared time together making a difference in the new school year. We wish all of you a safe and restful summer ahead.

## Reach for the Top

It has been a banner year for our trivia all-stars on our intermediate (grade 9/10) and senior (grade 11/12) teams. For the first time in school history the Seniors are the Provincial Reach for the Top champions! Despite some great competition and many tight matches, the team went undefeated across four tournaments (18-0), winning the provincial final by a score of 320-300 over Kelvin. The team has qualified for the National Reach Finals and will be heading to Ottawa to compete in early June.

The intermediate team is looking forward to hosting the provincial tournament in late May and have once again qualified after a great season of play.

All our Reach for the Top members and coaches have devoted a lot of time to lunch hour practices and we are all proud of the success and the good times we have enjoyed as a group. Special thanks to our alumni team and city councillors Jason Schreyer and Brian Mayes for coming to play some exhibition games to help us prepare for our tournaments!



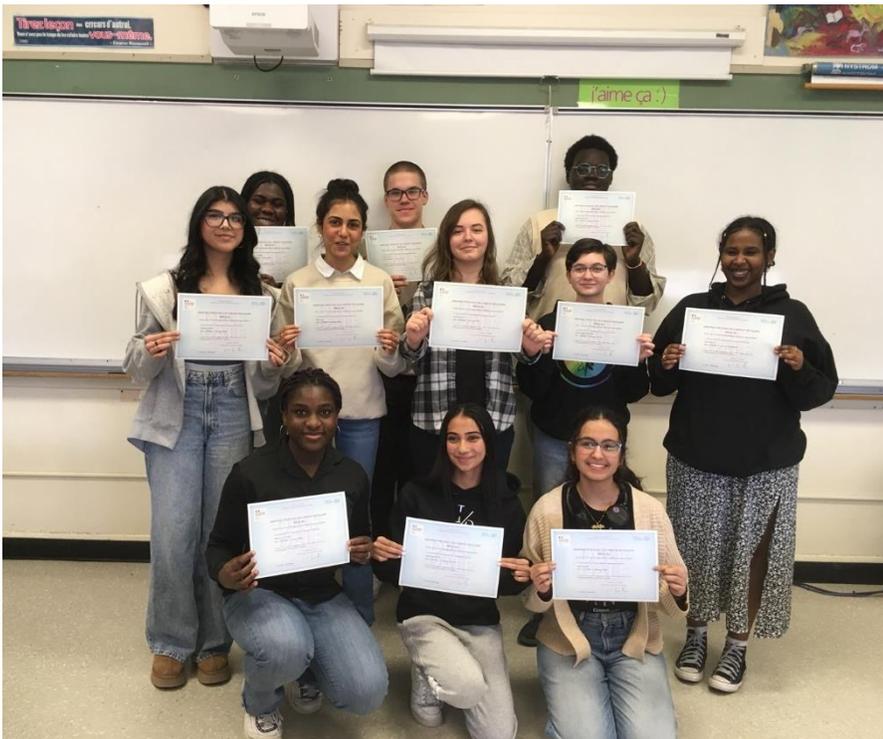


## French Communication & Culture News

Students from Mme Bailey's 42SIB and 40S French: Communication and Culture class last year who chose to take the DELF exam finally received their diplomas from France!

This diploma gives them a life-time accreditation for their French skills. They can use this diploma as a qualification of their French level on their resume, to apply for citizenship in a Francophone country and in any way that can enhance their lives. This is what knowing another language can do!

Félicitations! Les langues comptent! Bonne chance à l'avenir!!!



A **big congratulations** to all our participants of Concours d'art oratoire, a French speech-writing competition. All of our students made Miles Mac proud!!

Some of these talented students went on to represent Miles Mac at the provincial competition held on May 4<sup>th</sup> at the Université de Saint-Boniface.

Lisa Bereovska in the Grade9/10 French: Communication and Culture category. She also placed **first** in her category!

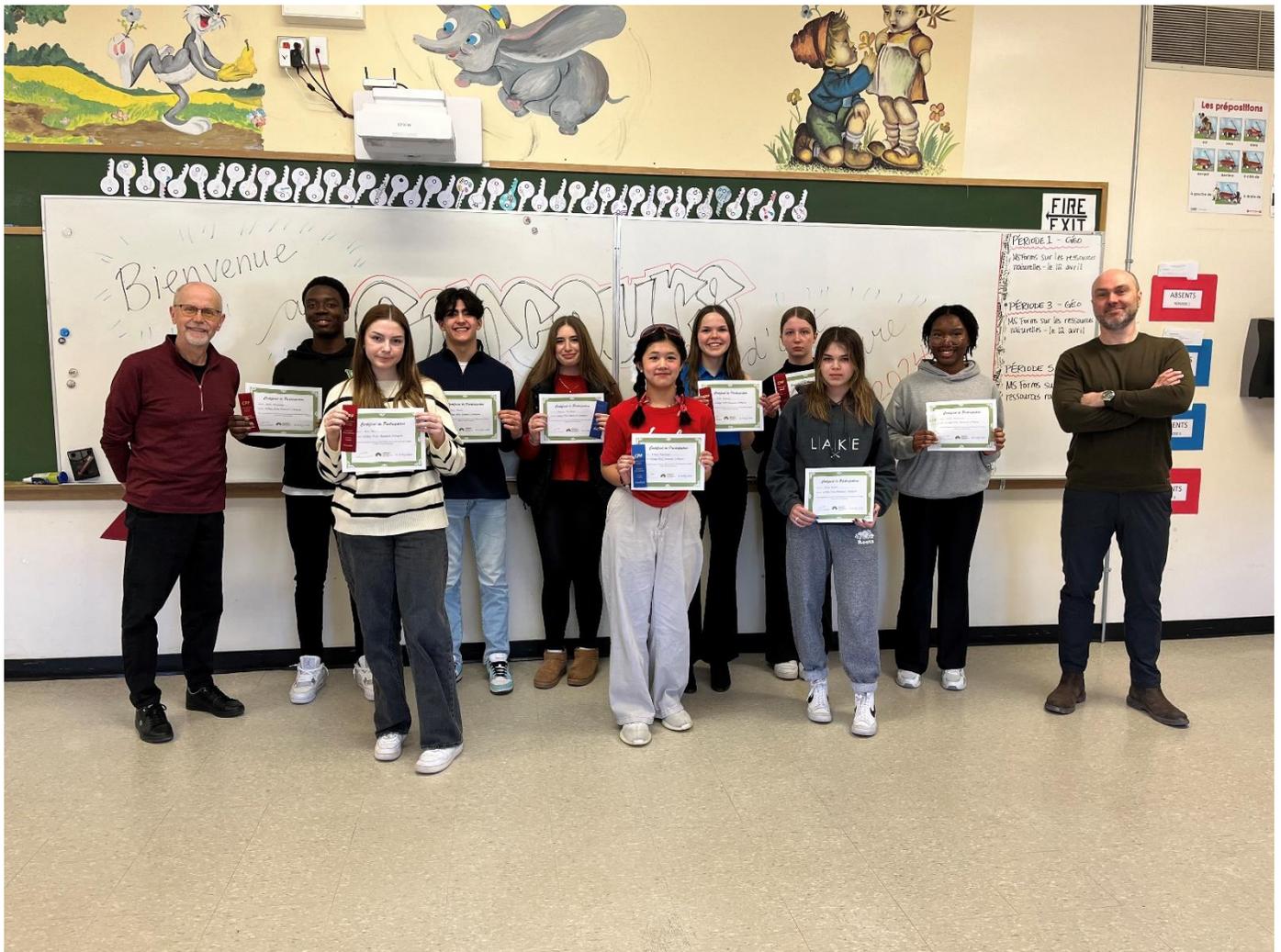
Riley Fontaine in the Grade 9/10 Early Immersion category.

Illan Ybanez in the Grade 9/10 Français category. He also placed **first** in his category!

Ella Fox in the Grade 11/12 Early Immersion category. She also placed **third** in her category!

Faith Tshiyombo in the Grade 11/12 Français category. He also placed **third** in his category!

**Félicitations à tous nos participants!**





## Social Sciences News

### Global Issues Rwandan Genocide 30th Anniversary Event

On Tuesday April 23rd, Ms. Street's Global Issues class was invited by Veterans Affairs Canada to take part in a special event to commemorate the 30th Anniversary of the Rwandan Genocide. Students had the opportunity to hear from both a Tutsi survivor of the genocide as well as a Canadian Forces Intelligence Officer that was deployed in Rwanda with the United Nations at this time. Additionally, the participated in workshops in both the Genocide and Holocaust galleries. This was an extremely powerful event that allowed students to learn first hand some of the important topics related to social justice and human rights that are so important to the work that we are doing in the school surrounding equity and diversity. Our students were extremely engaged in all aspects of the day and asked the speakers very deep and thoughtful questions- the organizers were extremely impressed by how well spoken and knowledgeable they were.







## Ethics Bowl News

The CMMC Ethics Bowl Team had a great season finishing tied for fourth out of 22 teams at the Manitoba Regional Championship held at the University of Manitoba on February 23rd. The team narrowly missed competing in the semi-finals which would have allowed them the opportunity to represent Manitoba at the National event at the Canadian Museum for Human Rights. The team worked extremely hard over lunch hours in the months leading up to the event to research and prepare their cases and consider the ethical implications of important issues facing the world today. 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 respond to commentary and questions. We are extremely proud of all of the hard work and dedication that went into this season and of how these amazing students represented CMMC!

Team Members:

Coach: Ms. K. Street

Grade 12- Gagandeep Sahota,  
Precious Ola-Joseph, Sarah  
Madsen, Nyla Hicock

Grade 11- Kyna Burdeniuk,  
Delices-Shaloom Solotshi

Grade 10- Lisa Berezovska



## ESD News

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.

In March, ESD's main initiative was the screening of "The Lorax." We chose to show "The Lorax" due to its excellent and easily understandable message. The movie raised awareness of the dangers of deforestation and was well-received by students.

On Tuesday the 23rd, we kicked off this year's Earth Week with a hackathon in collaboration with our very own CMMC Hack Club. Our Hackathon consists of a day spent in our library where groups of students build projects centered around a theme using code and technology. This year's theme was water and all topics surrounding it, including conservation, waste, and sustainability. ESD members presented our theme at the hackathon to open the event and showed up near the end of the day to judge the participants in categories such as creativity, ambition, and impact. At the end of the day, students came up with a wide variety of creative and inspiring projects, all designed to spread awareness and incite action at a local and global level to help protect our environment and ecosystems.

On Wednesday, we proudly presented our annual Thrifted Fashion Show. Our models, comprised of students from various grade levels, modeled various clothing that were graciously donated by our student population. Thank you to all our model volunteers who showed that cute fashion CAN be sustainable. The Thursday following our fashion show, the modeled pieces were put on sale in our school library, allowing our school community to purchase the items!

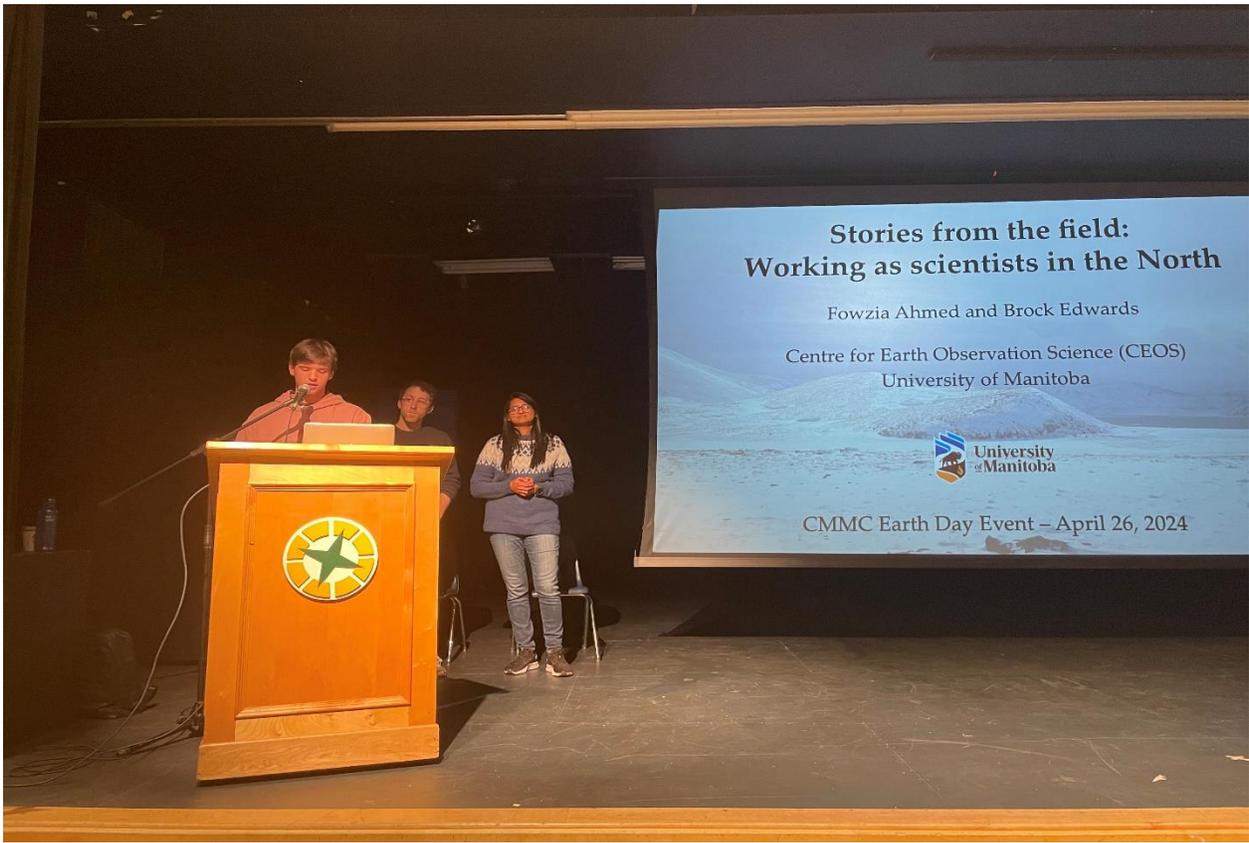
The Friday of Earth Week, April 26, consisted of various educational workshops and keynotes. For example, classes could sign up to be taught how to make beeswax wraps or turn old t-shirts into functional bags. Another workshop was delivered by CMMC student Cherish Bukola, who led a workshop on Tire Upcycling in which classes were able to decorate tires that could be used in parks! As for keynotes, MLAs Jelynn Dela Cruz and Tracy Schmidt delivered an excellent keynote on sustainability at the municipal and provincial level. Each speaker was then thanked with a thank-you card and gift. Staff and students alike were happy to be able to witness these excellent presentations!

As the year comes to a close, ESD would like to focus on advocacy and educating our school population. In the month of May, we plan to run showings of "Magic School Bus" in the theater in collaboration with Pop life, to educate our students on a current environmental issue using cartoons. We are also in the process of planting our community garden that includes vegetables and pollinators. In June, we'd further spread our message by organizing community cleanups that each student can participate in!









# Watersheds News

## Watersheds Contest Gala

A huge congratulations goes out to Ms. Street and Ms. McCrindle's grade 10 Geography and Science students Abigail Bartley, Yashdeep Akulah and Emily Grant for placing in 4th, 5th, and 8th place respectively at the Caring for Our Watersheds Gala at Assiniboine Park on Saturday April 13th.

Their winning proposals for ideas on how to improve their local watersheds came with both funding to implement their ideas and \$700, \$600, an \$400 in prize money respectively!





**IMPORTANT  
ANNOUNCEMENT FOR  
TEEN CLINIC**

**Teen Clinic will be  
permanently  
relocating to:**

**Access River East  
975 Henderson Hwy  
(204) 938-5050 ext 2**

*Regular Hours: Tuesdays 3:30-7:30pm*

*Summer Hours: Tuesdays 1:00-4:30pm*

Our last day at Elmwood High School is

**JUNE 25, 2024**

[teenclinic.ca](http://teenclinic.ca)



# Summer School

Failed a course, upgrading a mark or need an additional course? Consider Summer School!



<b>LOCATION</b> <i>*Click on the underlined text to connect to the website</i>	<b>COST</b>	<b>DETAILS</b>	<b>CONTACT</b>	<b>REGISTRATION OPENS...</b>
<a href="#"><u>Informnet</u></a> (online)	Repeater Courses: \$250 Non-Repeater Courses: \$500	Dates: July 2nd - July 29th Repeater courses: plan to allocate 2 hours/day Non-Repeater courses: plan to allocate 4 hours/day	informnet@sjasd.ca 204-831-4000	Beginning of May
<a href="#"><u>Seven Oaks</u></a> (in-person - Garden City Collegiate)	Repeater Courses*: \$200 <small>*minimum 35% - verification of this mark will be required prior to acceptance by providing an official transcript prior by 2:30 p.m. on June 30th</small>	Dates: July 3rd - July 26th Period A - 8 a.m. - 10:30 a.m. Period B - 10:40 a.m. - 1:10 p.m.	Sandra Lubkey, Summer School Principal saundra.lubkey@7oaks.org 204-927-3700	Mid June
<a href="#"><u>Winnipeg School Division</u></a> (in-person - River Heights School and St. John's High School)	Repeater Courses*: \$200 <small>*minimum 30% - copy of report card or transcript is required</small> Non-Repeater Courses: \$600	Dates: July 4th - July 26th Repeater: 10:30 a.m. - 1:00 p.m. Non-Repeater: 9:00 a.m. - 2:00 p.m.	Paula Patten ppatten@wsd1.org 204-586-5015	May 22-July 2 (12 noon)
<a href="#"><u>Louis Riel</u></a>	To Be Announced	To Be Announced	To Be Announced	To Be Announced
<a href="#"><u>RETSD</u></a>	To Be Announced	To Be Announced	To Be Announced	To Be Announced

# \* Summer Sessions \*

## MOVING FORWARD

A Therapeutic Counselling Program for Young People  
and their Families and/or Caregivers



Life can be hard and a better future can seem beyond reach.  
Moving forward to healing and hope is possible with support

### WE CAN HELP!

Knowles Centre therapists have specialized training and significant experience working with young people in care. All hold masters degrees in counselling, psychology, or social work and can offer a variety of therapeutic approaches. Plus, we can arrange access for clients to a consulting psychiatrist.

### TALK TO US!

Grief & Loss • **SKILL BUILDING** • Substance Abuse • Anxiety  
**CULTURALLY SENSITIVE** • Self-Harm • School Problems • FASD  
Aggression • Suicidal Ideation • **EMOTIONAL REGULATION** • Depression  
**IMPULSE CONTROL** • Poor Social Skills • **HEALTHY RELATIONSHIPS**  
Attachment Disorders • **STRENGTH-BASED** • History of Abuse • Exploitation  
Intergenerational Trauma • Delinquent Behaviours • ADHD • **MOTIVATION**  
Running Behaviours • **MINDFULNESS** • Other Mental Health Concerns

Flexible appointment times are available  
Monday to Friday.

Sessions are held at Knowles Centre,  
2065 Henderson Hwy, Winnipeg. Other  
locations (including phone and virtual)  
may be accommodated.

This is a fee-for-service program open to  
clients ages 12 - 21.

MOVING FORWARD is an approved  
provider with JORDAN'S PRINCIPLE



FOR MORE INFORMATION, contact  
Lauren Hershfield, MSW, Clinical Director  
204-339-1951 (ext. 152) or  
[lhershfield@knowlescentre.org](mailto:lhershfield@knowlescentre.org)



# MAKE THE MOST OUT OF Summer!!!

## LOOKING FOR A Summer Job?

**yes** YOUTH  
EMPLOYMENT  
SERVICES

### Open the door to your future career.

YES Manitoba provides free employment services to youth 16-29 years old.

ADDRESS

614 – 294 Portage Avenue  
Winnipeg, MB  
R3C 0B9

PHONE

Phone: 204.987.8661  
Fax: 204.942.8262  
E-mail: [reception@yesmb.ca](mailto:reception@yesmb.ca)

#### What do we do?

- We provide free employment services to young Manitobans.
- Write a strong resume/cover letter.
- Find job postings that will fit you.
- Prepare for job interviews.
- Register for education/training opportunities.
- Fulfill EIA requirements.
- Access education funding.
- Get your birth certificate/social insurance number.
- Connect to other support services.

Follow them on Instagram to see  
their weekly list of TOP 10 FULL  
and PART-TIME JOBS!

[@yesmanitoba.ca](https://www.instagram.com/yesmanitoba)  
<https://yesmb.ca/>

## CAMP AURORA



## Camp Aurora

is an overnight summer camp for Two-Spirit, lesbian, gay, bisexual, transgender, queer, questioning (2SLGBTQ+) youth between the ages 14-17.

Camp Aurora is run by Rainbow Resource Centre and is located about 2 hours outside of Winnipeg in the Whiteshell area at Camp Brereton.

Camp Aurora programming aims to build capacity, resilience, and community of 2SLGBTQ+ youth. Every year, programming includes a variety of sessions that focus on: creativity, expression, education, support, hands-on activities, self-care practices and more.

Workshops have included a drag show with local performers, learning about queer history, queer sex education, and affirming yoga to name a few. Classic camp activities like swimming, canoe trips, campfires, arts and crafts, recreational games and a dance also take place.

Camp Aurora will be running from Sunday, August 25th to Thursday, August 29th for 2024.

Registration will open in May 2024. The fee for Camp Aurora is \$450. However, campers and their families can request to pay a portion of the full fee, or have all fees waived.

**MDAM**  
MOOD DISORDERS  
ASSOCIATION OF MANITOBA  
Helping People  
Help Themselves

**SUMMER  
M.A.D.  
CAMP**

MUSIC . ART . DANCE . DRAMA.

**JOIN US FOR A FREE 2-WEEK  
SUMMER CAMP  
FOCUSED ON CREATIVITY AND  
MENTAL WELLNESS  
AGES 12-17**

**2024 REGISTRATION OPEN NOW!**

**EMAIL: youthprogram@moodmb.ca to  
REGISTER NOW!**

## 2 week camp! Free!

Date: Mon – Fri, 9 am- 4 pm,  
July 8th to August 30th, 2024.



# Volunteer OPPORTUNITIES

Check out the Volunteer Manitoba search engine to find a volunteer opportunity that works for you!



# Volunteer AT...

01

Winnipeg Harvest



03

Bomber Fan Ambassador



02

Variety Bike Camp



04

Assiniboine Park Zoo Camp Crew



# Volunteer AT...

01

Winnipeg Folk Fest



03

Teddy Bear's Picnic



02

Winnipeg Fringe Festival



04

IRCOM - Newcomer Children's Assistant



# SUMMER SELF-CARE CHALLENGE

Day 1

Make a list of goals for the month

Day 2

Sit in the sun and meditate

Day 3

Make lemon water or lemonade

Day 4

Go on a hike or nature walk

Day 5

Enjoy the pool or sprinklers

Day 6

Waterguns, Bubbles, Side-walk Chalk

Day 7

Picnic or eat lunch outside

Day 8

Unplug from technology

Day 9

Drink all the water today

Day 10

Make a fruit salad

Day 11

Relax to the sound of nature

Day 12

Go out for ice cream

Day 13

Dress up and feel pretty

Day 14

Make a summer playlist

Day 15

What do you need today?

Day 16

Watch the sunrise or sunset

Day 17

Make your own popsicles

Day 18

Eat a watermelon

Day 19

Take a mid-day nap

Day 20

Visit a Farmer's Market

Day 21

Make s'mores or grill

Day 22

Try watergun painting

Day 23

Take a ton of pictures

Day 24

Do a yoga routine in the sunlight

Day 25

Walk away from unhappiness

Day 26

Re-organize your sacred space

Day 27

Write something beautiful

Day 28

Go star-gazing + count stars 

# PHONE & *crisis lines*

## **9-8-8 Suicide Crisis Helpline**

A safe space to talk, 24/7/365.

Phone or Text : 9-8-8

## **Kids Help Phone**

24/7 free, confidential counselling in over 100 languages (Ukrainian, Arabic, Pashto, etc.)

Phone : 1-800-668-6868

Text : 686868

## **Youth Mobile Crisis Line**

24/7 crisis line and mobile crisis teams to help stabilize youth with safety, mental health concerns, parent/child conflict and behaviour management.

Phone : (204) 949-4777

Text : (204) 900-6010

## **First Nations Hope for Wellness Helpline**

24/7 Mental health counselling and crisis intervention available to all Indigenous peoples.

Phone : 1-855-242-3310

## **Centralized Intake - Mental Health and Addictions**

**Mental Health:** Intake and referral services to MATC and the Health Sciences Centre.

Phone : (204) 958-9660

**Addictions:** A Provincial service that helps youth and families navigate addiction services and identify appropriate programming.

Phone : 1-877-710-3999

## **Support for 2SLGBTQIA+ Students**

**Youthline:** Confidential, non-judgemental peer support via Text or Chat. Sun-Fri, 4 pm-9:30 pm.

Text : 1-647-694-4275

**Trans Lifeline:** Confidential peer support phone service ran by trans people for trans and questioning peers. 1 pm - 9 pm Central.

Phone : 1-877-330-6366

# APPS & websites

## APPS

[Always There - Kids Help Phone](#)



[Mindshift CBT - Anxiety Canada](#)



[Smiling Mind - Mindfulness & Meditation](#)



[Insight Timer - Sleep, Anxiety & Stress](#)



## WEBSITES

[KidsHelpPhone.ca](#) (a variety of resources on various topics)



[AnxietyCanada.com](#) (healthy coping skills, tips and tricks)



[StressHacks.ca](#) (mental health resources, tips and tricks)

## STRESS [HACKS]

[MoodDisordersManitoba.ca](#) (various programs and services)



[Jack.org](#) (youth-led mental health movement)



[mb.211.ca](#) (an online database of community resources)



[HuddleManitoba.ca](#) (youth mental health hubs; monthly calendar)



[NeedHelpNow.ca](#) (getting help if a nude photo has been shared online)



# NON-INSURED HEALTH BENEFITS (NIHB) FOR

## *first nation status individuals*

### **Non-Insured Health Benefits - Mental Health Services**

Status First Nation individuals are able to access 20 sessions per year through an eligible provider.

You can call a provider directly by contacting this [list](#) or by calling a **Navigator** who can assist you in getting set up with counselling services.

Note that if you require more sessions, you can contact the NIHB mental health line to request more: 1-800-665-8507.

### **NIHB - Other Coverage**

The NIHB also covers the following:

- Medical Transportation
- Eye and Vision Care
- Dental Services
- Prescription Drugs and Medication
- Medical Supplies and Equipment
- Short-Term Crisis Intervention

Consult the [website](#) for a list of approved providers and the [brochure](#) for more details.

### **CONTACT US TODAY!**



T: 204.946.1869 EXT 120  
TF: 1.866.876.9701  
Hours: Monday – Friday  
8:30 am – 4:30 pm  
E: [NIHB.navigators@scoinc.mb.ca](mailto:NIHB.navigators@scoinc.mb.ca)



# **RINK**

## **TRYOUT PREP CAMP**

Tryout Prep concentrates on body position both forwards and backwards. Precisely focusing on forward and backwards stride, crossovers and transitions. Players will focus on EDGE Power Skating and Shooting & Scoring skills.

### **CAMP FEATURES**

- July 22nd - Aug 1st
- U15: 4:15PM-6:30PM
- U18: 6:45PM-9:00PM
- Gateway Arena
- 2HR of On-Ice Instruction
- EDGE Power Skating
- Shooting & Scoring
- Skill Development



Contact [info@therink.ca](mailto:info@therink.ca) or call 204-489-7465 if you have any questions regarding this camp.

