



Collège Miles Macdonell Collegiate

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Phone: 204-667-1103

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Vice-Principal: M. Williams
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www.miles.retsd.mb.ca

Fall 2020

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



Principal's Message

Welcome to our first newsletter of the year! We have had a busy start to the school year with safety being of utmost importance! A very sincere thank you to our students, staff, and families for their continued support as we diligently follow Public Health guidelines to make this a safe and supportive place for teaching and learning.

We have thoroughly enjoyed having our students back in the school and appreciate the smiles, effort, and energy they bring each day!

The information contained in this newsletter is to serve as a sharing of "Good News" as there really is so much positive going on in the school. Wishing you all continued good health as we continue on through our year together!





Welcome

Back to School

Welcome

SAFETY FUNDAMENTALS

1. Hand Sanitizing Stations at each of the cohort entrances and in classrooms
2. All staff, students and visitors are mandated to wear a mask throughout the school
3. Physical distancing of 6 feet/2 meters in all classrooms, common areas and on school grounds
4. Unidirectional signage on the floor to guide movement in the building

Important Dates

Friday, November 6th - Picture Retakes

Tuesday, November 10th (AM & PM) - Remembrance Day Virtual Services

Friday, November 20th - Report Cards available for viewing

Thursday, November 26th - Parent /Teacher Virtual Conference (5:00-8:00PM)

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. Storozukronstorozuk@mts.net**
- **Vice-Chair: Position Vacant**
- **Treasurer: Donna Cudmoredc2cd@shaw.ca**
- **Secretary: Maureen Silkmtsilk@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?

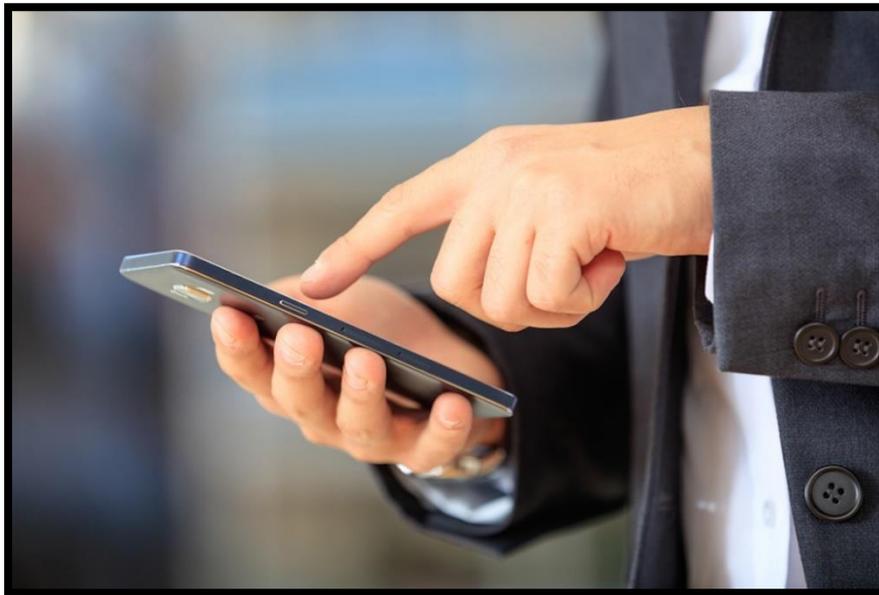
This is the phone number you need to call when your student will be absent for any reason.

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.



Student Services

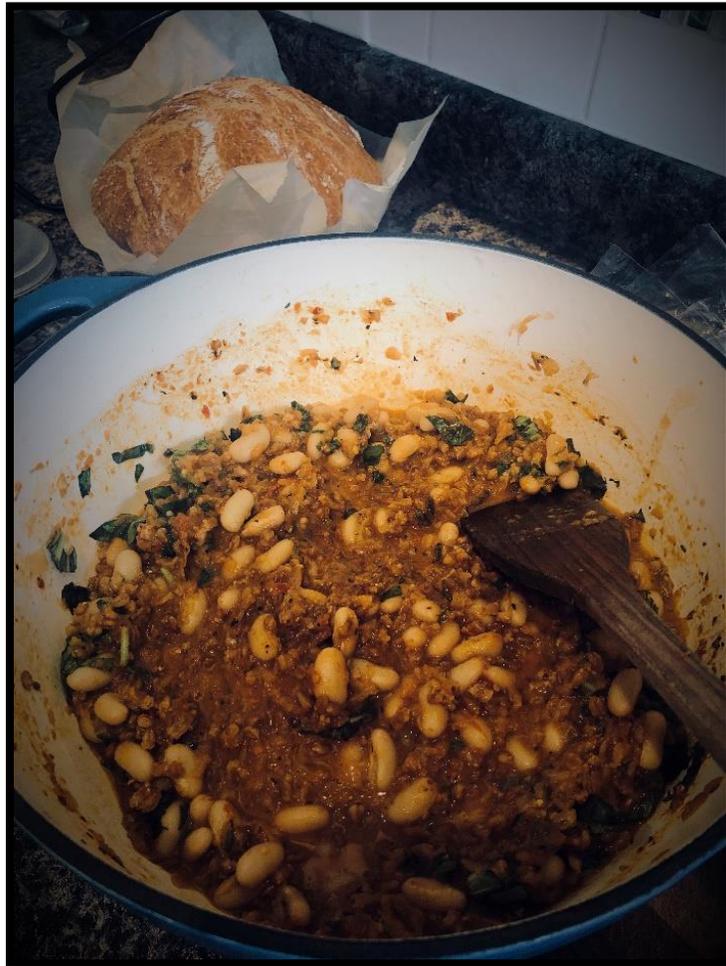
Cooking through COVID

Submitted by Mrs. Qually

It's always fun to attempt new recipes that both feed your soul while also keeping your body fueled and well. This is one of those recipes for me, it has that comfort food feeling while providing a nutritious punch to keep your energy levels high.

Italian One-Pot Buttery Tomato, White Beans, and Farro

Recipe from *Oh She Glows for Dinner* by Angela Liddon



Ingredients:

1/3 cup butter, vegan butter, or olive oil
2 cups diced onion (one large onion)
¼ cup minced garlic (6 large cloves)
1 tbsp Italian seasoning
1 tsp dried red pepper flakes
1 cup dry quick cooking farro
2 ¼ cups water
1 ¼ cups marinara or crushed tomatoes
1 (14 oz) can white beans, drained and rinsed
1/3 cup sundried tomatoes, minced
2 ½ tsp nutritional yeast
½ tsp salt or to taste
½ tsp white wine vinegar
¾ cups fresh basil leaves (optional)

Directions:

1) In a large pot melt butter or oil over medium heat. Add the onion and garlic and stir to coat with butter. Increase the heat to medium-high and sauté, reducing the heat as necessary to prevent burning (7-9 minutes), until the onion is very soft.

2) Stir in the Italian seasoning and red pepper flakes and cook for one minute, or until fragrant.

3) Add the farro to the pot, stir, and cook for another minute

- 4) Add the water, marinara sauce, drained beans, diced sundried tomatoes, nutritional yeast, and salt to taste. Stir well to combine.
- 5) Increase the heat to high and bring the mixture to a low boil. Immediately reduce the heat to medium and simmer rapidly, uncovered, stirring frequently for 18-23 minutes. After 18 minutes of cooking taste the farro. If it isn't tender and cooked through, keep cooking for a few minutes longer, then check. The farro should be tender, but it will still have a *slight* chewiness when ready, and the sauce should be thickened.
- 6) Remove from the heat and stir in the vinegar, along with the basil. Serve on its own or with some crusty bread for dipping!



Individualized Program

It has been a different start to our school year due to the global pandemic. Despite the challenging time, students in Individualized programming have adapted to a new way of doing things with a positive attitude, hard work and mutual support. We are proud of you!

Though we may be wearing masks and keeping our distance, the learning continues! Students wrote the following paragraphs in class to share some of their highlights from September.

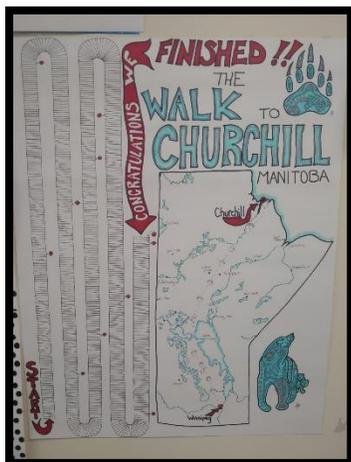
Butterfly Release: by Leah

The butterflies were in a cocoon and then they came out. They were born. It was exciting, we held them in our hands, and it crawled on my arm and tickled. Then the butterflies flew away to Mexico.



Walk to Churchill – SuLi

We made a goal to walk 1 004km to Churchill, Manitoba. Every day we walk walk walk. We have gone over 400 km already!



Orange Shirt Day - Hobbes

Orange shirt day is a day to wear orange shirts to remember the kids who were taken and ripped away from their families to different schools. The teachers were a bunch of meanies like Ms. Meany from Woody Woodpecker. You had to speak a different language and wear black and white, no different colors, and stay inside of school with no friends or family. If I was taken, I would fight my way to freedom.

They felt sad and miserable from being away from families. Kids will remember to be their selves and remember so it will never happen again. The end.



Art, Dance and Music classes - by Kevin

We do art, dance and music in the afternoon. In class we do art, and I painted a tree for fall. We made leaf hedgehogs. In Mr. Rempel's band class, I listen to music. We join dance with Mme. Ybanez and do jazz and hip hop. I love it!

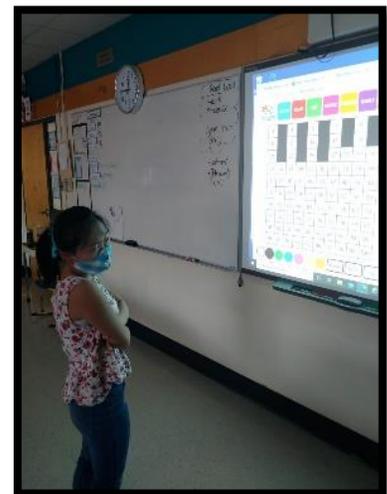
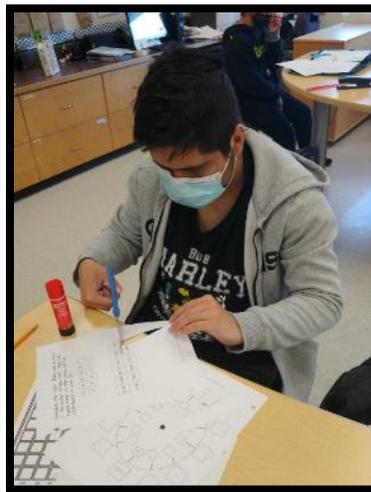


Cooking by Johnaven

We made tacos, then we made oatmeal, and then we made a quesadilla. Next, we will make John's Chili. By the way, I am John. John stands for Johnaven or John. I am the one with blue hair. My chili has pineapple in it.



Math - Ajmir



Adding and subtracting are some of the math we do but we also do money math which is good for everyone to know about, we also work on multiplying and dividing my teachers Mrs. Madsen and Mrs. Qually and the Classroom support are very good at helping us with what we need. I do like math and the help I get when we need it.

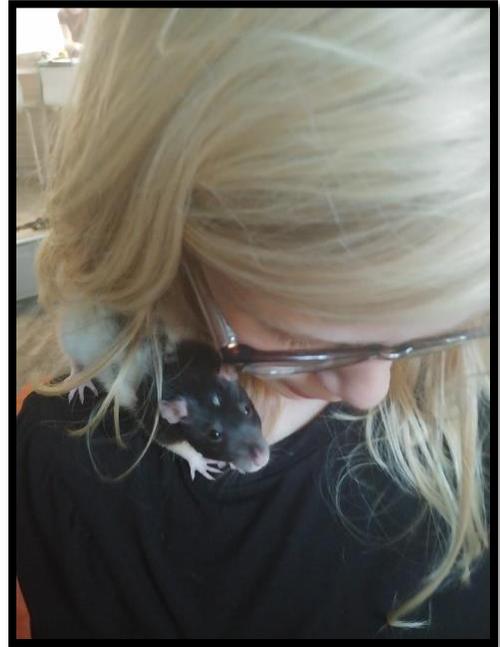
In room 10 we have been learning about personal budgets and how to make online grocery orders. We have been figuring out how to add taxes to our bills. We have also been working on a short story unit where we have written our own short stories and done a lot of editing for proper grammar. We have learned about setting, types of conflict, and character development.

By Ajmir Pameri & Mrs. Qually

Class Visitors- by Mark Parisien

We had a video chat with Kaitlyn. She showed us her pet rats, their names are Fern and Ivy.

They were cute and funny and sat on her head! We asked her questions. They eat pellets and fruits. I would not like a pet rat!

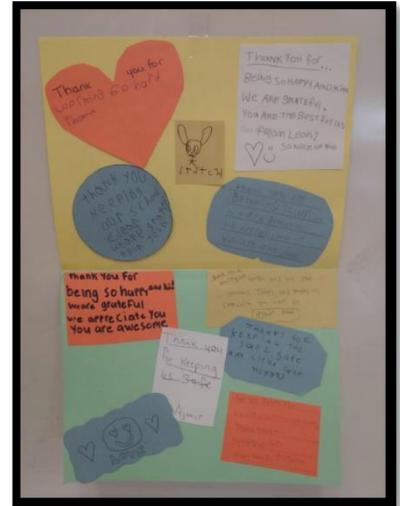
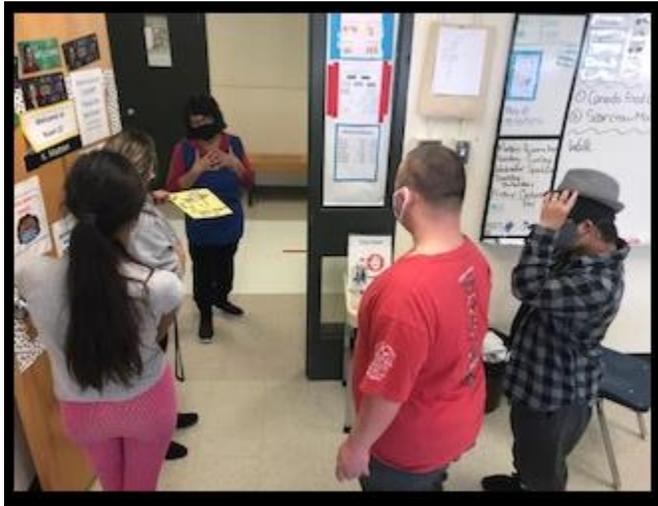


THOUGHTFUL THURSDAY - by Phoenix Narciso

FOR SPECIAL OLYMPICS, WE WENT TO THE PARK AND PICKED UP GARBAGE.

WE MADE OUR CUSTODIAN A THANK YOU CARD BECAUSE SHE WORKS HARD TO KEEP US SAFE.





Keeping Fit by Colton Krantz

Every day we do fitness and workout. We walk to the park where we run and play games. We do exercise videos, and we do Up Sally Down Sally! That is amazing!



CMMC Clothing Store

It's that time of year again... the CMMC clothing store is open for Fall purchases!

The stores will be open online from Friday, October. 23rd until Sunday, November 15th. Due to our current circumstances, there are no cash sales this year or samples to try on.

CMMC Regular: <https://teamstores.carberryinternational.com/Miles-Mac-Home-s/133.htm>

CMMC Grad: <https://teamstores.carberryinternational.com/Miles-Mac-Grad-Home-s/132.htm>

In addition to the regular sweatshirts and sweatpants, we have masks, backpacks, softshell jackets and newly added letterman jackets (click "next page" to see those)!

Don't let your grade 12s miss out on getting their Grad wear!



Grad 2021

Collège Miles Macdonell Collegiate has a Grad Instagram account! Please follow the CMMC Grad Instagram account. Our handle is @milesmacgrad and this is the **OFFICIAL** account.

This is a place where Grads can see announcements and info on anything grad related. The new updated Grad website is currently under construction but will be launched soon and announced on our Instagram page.



CMMC Community Garden

The community garden was a success despite significant pandemic related hurdles. We were able to plant the garden in early June when the schools re-opened. A small group of students from Mr. Fritzsche's classes and the ESD club planted a variety of vegetables as we looked to test what is best suited for our space at the corner of Chelsea and Roch. Over the summer we made a couple of visits but Mother Nature really did a great job tending to our little plots too! In year's past, we have used the produce for school farmer markets, we have made soup, pies, and other goodies for fundraisers, and the Foods and Nutrition students have used the veggies in their classes. This year we responded to the request from Winnipeg Harvest for donations in these difficult times. They have a "grow a row" campaign and we grew several rows! In September we donated boxes of red potatoes, carrots, and beets to their main warehouse off McPhillips.







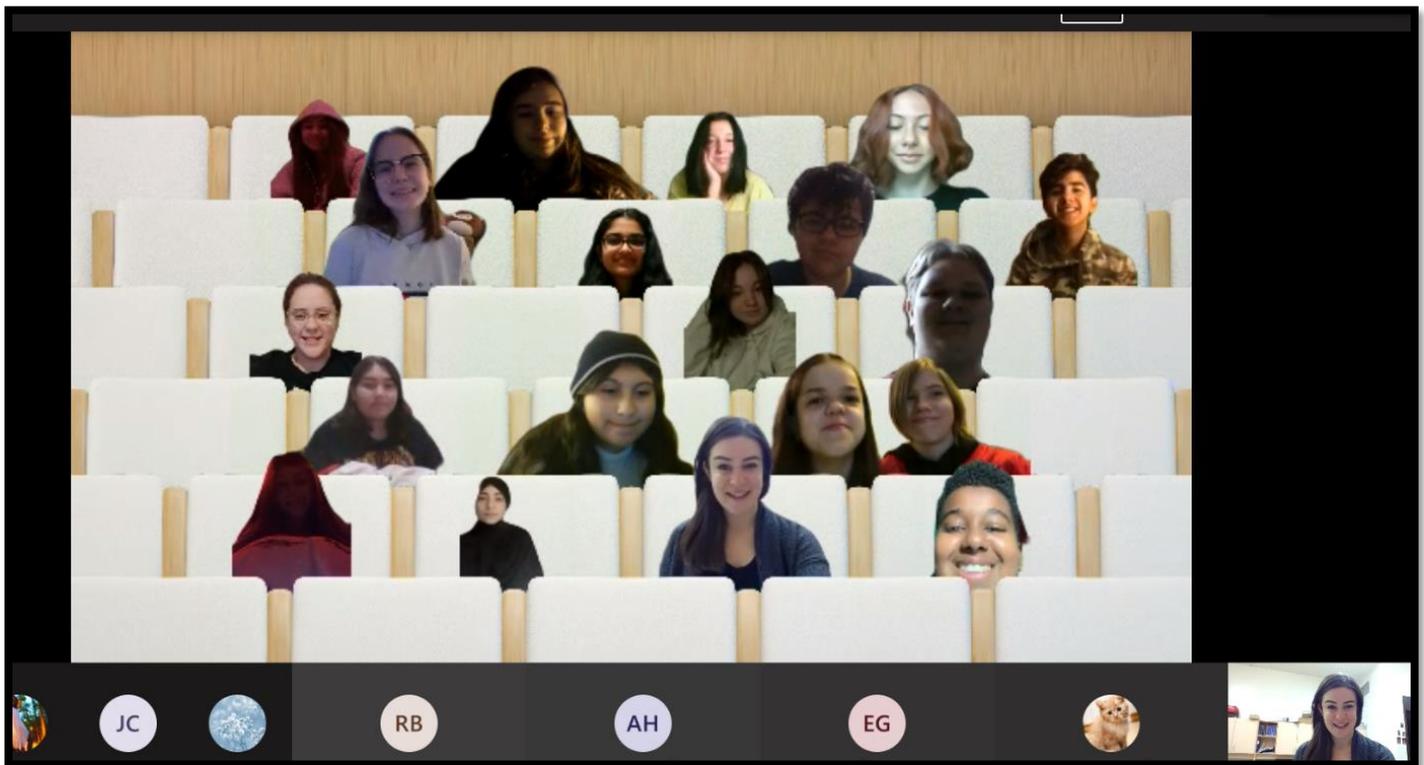
Drama

Drama classes have moved online this year, and the Grade 10 class will be the first to experience a full semester of online drama.

We certainly miss being on stage together, but we have been having a lot of fun playing virtual drama games and experimenting with audio drama as a medium. In late October, we had the chance to participate in a virtual workshop run by instructors from Manitoba Theatre for Young People.

This was an amazing opportunity to meet theatre professionals, learn new warm-ups, and try virtual improv activities. It was so great to learn from the pros and expand our virtual drama horizons.

We look forward to continuing to try new things and exploring different styles of virtual theatre!



AFM News

From the desk of your Addictions Foundation of Manitoba
Counsellor- Alana Sigurdson



Resources/Websites for Youth and Parents

<https://www.afm.mb.ca>

[https://www.retsd.mb.ca/school/rec/Programs/AFM/Pages/default.aspx#/="](https://www.retsd.mb.ca/school/rec/Programs/AFM/Pages/default.aspx#/=)

What does the AFM counselor do at College Miles Macdonell Collegiate?

RETSd and the Addictions Foundation of Manitoba have had a long standing partnership to allow youth and families in our Division to have convenient and confidential access to AFM supports "right down the hall."

Youth are able to access

- individual counseling,
- information or resources to help them or their friends make educated decisions around substance use,
- support to cope with a friend/family member who struggles with using
- Additional strategies to support mental health

Parents are able to access:

- information about youth substance use trends
- strategies on how to talk with your youth about substance use what recommended interventions to encourage a youth to reduce/stop using.
- referral to additional mental health resources to support youth

The AFM counselor works collaboratively with the Student Services staff in schools to support students as well as offers classroom presentations for students and community presentations for parents.

Helpful Webinars for Parents/Caregivers

Substance Use Prevention Information for Parents:

This webinar is designed to provide information to parents on youth substance use and trends as well as signs to look for that a youth may be using, strategies to prevent harmful use and resources available to help.

<https://www.youtube.com/watch?v=XLpWxabcGcY&feature=youtu.be>

Parent Intervention Program

This program is for parents who are concerned about their youth's substance use and who are looking for information, strategies and resources to help support their youth.

Part 1:

<https://youtu.be/L2r7SeaPnwY>

Part 2:

<https://youtu.be/h4kvzDI2hZk>

Substance Use and Mental Health Supports for Youth

Addictions Foundation of Manitoba Youth Services: 204-944-6235

Youth Addictions Centralized Intake: 1-877-710-3999

Crisis Support Lines (available 24 hours)

Mobile Crisis team: (204) 949-4777

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



Alana Sigurdson

Addictions Foundation of Manitoba
asiurdson@retsdb.ca
204-223-8829

College Miles Macdonell Collegiate
Mondays, Thursdays & alternating Fridays



**ARE YOU CONCERNED ABOUT YOUR TEEN'S ALCOHOL
OR DRUG USE? ARE YOU LOOKING FOR NEW WAYS TO
SUPPORT THEM?**

**If your answer is yes, join us for the virtual
Parent Intervention Program.**

This free, two-part, interactive presentation is offered by the Addictions Foundation of Manitoba in partnership with RETSD on:

**Tuesday November 17 & Thursday November 19, 2020
6:30 p.m.-8:00 p.m.**

The program will be offered via Teams and participants are asked to attend both sessions

The Parent Intervention Program offered by the Addictions Foundation of Manitoba is designed to provide information and support related to youth involvement with alcohol, other drugs, and gambling.

The purpose of the Parent Intervention Program is to:

- Introduce the AFM Youth Services philosophy in working with youth;
- Strengthen the understanding of how a youth's substance use affects everyone;
- Introduce parent response strategies that may assist and support youth in making healthier choices;
- Re-introduce principles of self-care to aid parents in maintaining health;
- Provide information about available community supports and a network of mutual encouragement and support.

This program is open to all parents/caregivers seeking information and support regarding their young person's substance use and those who are looking for alternate strategies to use to support their youth in considering change.

Pre-registration for this presentation is required, please phone or email (contact information below) to register, by November 16. A Teams meeting invitation will be sent to you via email. Participants will be asked to have their cameras and microphones off during the presentation; however participants will be able to ask questions throughout the presentation through the chat function on Teams. In doing this, each participant's confidentiality will be protected.

**Alana Sigurdson at (204) 223-8829
asigurdson@retsd.mb.ca**

Orange Shirt Day



Students and a nun in a classroom at Cross Lake Indian Residential School, Manitoba, 1940. (REUTERS/Canada)

Residential schools were church-run schools where approximately 150,000 Métis, Inuit and First Nations children were sent between the 1860s and the 1990s. The schools harmed Indigenous children by removing them from their families, forcing them to speak English or French instead of their ancestral languages, disconnecting them from their culture and traditions and forcing them to adopt Christianity in order to assimilate into Canadian society. The government has since acknowledged that this approach was wrong, cruel and ineffective, and offered an official apology to the Indigenous people of Canada in 2008.

The “orange shirt” in Orange Shirt Day refers to the new shirt that Phyllis Webstad was given to her by her grandmother for her first day of school at St. Joseph’s Mission residential school in British Columbia. When Phyllis got to school, they took away her clothes, including her new shirt. It was never returned. To Phyllis, the colour orange has always reminded her of her experiences at residential school and, as she has said, “how my feelings didn’t matter, how no one cared and I felt like I was worth nothing. All of us little children were crying and no one cared.”



Phys Ed Department

After nearly two months into the school year our Phys Ed staff are proud of our Buckeye community. It has been amazing to watch students embrace and navigate the daily challenges and restrictions we have faced. As with all aspects of life, Covid-19 has presented many challenges for participation in Physical Education and our students have not only overcome these barriers, they have thrived.

Grade 9's and 10's have safely engaged in various racquet sports such as Badminton, Pickleball and Tennis. They have also ventured outdoors for activities such as Disc Golf, Power Walking, Geocaching, Soccer and Community Fitness.

Our grade 11's have successfully taken their physical activity on the road as they are remote learning. Students have created physical activity inventories, weighed the various risks associated with those activities and are actively working towards a required total of 55 hours of physical activity throughout the semester.

Finally, our grade 12's are also in remote learning and have embarked on a Well-Becoming Inquiry Journey – looking at their nutrition, active lifestyles, mental emotional health, social well-being, sleep, financial health/literacy and to no surprise, leadership. All this in addition to attaining their required 55 hours of physical activity.



sTeam Program

CMMC's new sTeam program is now up and running!! The sTeam program is an interdisciplinary program and this school year, it combines learning in the grade 10 subjects of English Language Arts, Geography, Science, Pre-Calculus/Applied Math, and an Arts option, taught by Carrie Gillis and Chelsey Doerksen. This program focusses on project and inquiry-based education where students utilize an integrated form of learning that can be applied to real-life scenarios. It is a program that fosters innovation, creativity, critical-thinking and problem-solving skills. Subjects are taught in a way that show students how skills and knowledge in the various fields compliment and support each other. Our sTeam students are learning to work collaboratively, to creatively express their ideas and problem-solve, to critically think about the world around them, and to communicate their ideas and advocate for change. We also have French Immersion programming in Geography and Math for our FI students, facilitated by M. Turenne! We are excited to see how much subject and language integration is happening every day. All sTeam students have already been so courageous in their endeavour to explore learning in new and different ways these past seven weeks!

Students in sTeam are currently wrapping up a 6-week interdisciplinary unit around the experiences and historical mistreatment of Canada's Indigenous people. Students read and learned through graphic novels, short stories, articles, journals, novels by Indigenous authors, song lyrics, memoirs, and viewed and analyzed visual art. Students demonstrated their learning through 90-minute student-led discussions around improving access to natural resources for Indigenous communities. They also created visual artwork inspired by the memoir, *Keeper 'N Me* by Richard Wagamese, and posted their work in a "Virtual Art Gallery." This gave them the opportunity to be able to give each other lots of constructive online peer feedback using our sTeam program Team in Office 365.

Students also recently participated in an amazing virtual conversation with Niigaan Sinclair, regular commentator and writer for CBC, and discussed his work around advocating for change for Indigenous people in Canada. Students will be participating in a socially distanced "Walk for Wenjack" this month, where they hope to raise awareness around the history of residential schools.

The sTeam students have now moved into their brand new classroom space and are so excited to engage with the new technology and use the green screen as they begin a unit on urban places and travel and script writing. They will be developing their own board room pitch presentations and green screen commercials for global cities they are researching and are so excited to video chat with the Deputy Director of the City of Amsterdam, Colleen Geske, about her work branding and promoting this global city.

Students are truly developing a passion for exploration and growth! They are already finding and chasing their passions and we are so very excited to see all the things they innovate and create this school year!



Students in the sTeam Program



Foods Program

A Shout out to the MMC community to share what's been happening in the Foods program in the last few weeks:

Students have been cooking up a storm!!!! This was our most recent assignment - "THE ROMAN NOODLE CHALLENGE" - the students plan of action for their roman noodle/pasta stir-fry . The cooking and preparation were in 2-minute video clips. They used a noodle of their choice, cooked, and put aside, used any vegetables they had on hand whether it was fresh, frozen or canned, and also, any left-over meat of any kind - even hot dogs or smokies or fish! They used any sauces they had in the fridge to create their dish.

This assignment was creativity based, using whatever they had in the house with no shopping required. Clean out the fridge and make a meal!

I am so pleased to share that all classes participated in this challenge and the different foods that were cooked was nothing short of amazing!!!! Everything from stir-fries of every different kind, to making frittatas, and raising the cooking bar even higher.

All student dazzled me with their style and creativity. I watched more than 300 video's and every single one was well executed with style and flair!!!

Ms. D. Brajkovich



Social Sciences Department

It has been a very different start to the school in our Department as we are usually planning a multitude of field trips and events throughout the school and community. Since we are unable to engage in the activities that we would normally take part in we have had to find some creative ways to bring the world to us. Here are some of the things that we have been involved in.

ESD- Please see the Community Garden above. This is part of the Social Sciences Department

Elections Canada Webinar

In September, Ms. Street's grade 9 Social Studies class took part in a livestreamed webinar entitled "Digital Skills for Democracy" in which they explored case studies, both real and fictional, on elections and other issues. Students from other schools throughout the country took part in this webinar which was designed to help develop students' skills to understand information around elections and political issues.

Every Child Matters Reconciliation through Education #OrangeShirtDay Program

On September 30th Ms. Street's grade 9 Social Studies and grade 11 IB history cohorts (along with approximately 500,000 students from across Canada) took part in this program put on by the National Centre For Truth and Reconciliation. This national event was presented virtually in two 45 minute sections. The first 45 minute section focused on the theme of Truth and the second section focused on the theme of Reconciliation. The truth section featured an in-depth discussion of the residential school system and legacy. A broad range of First Nations, Métis, Inuit and non-Indigenous speakers provided messages of determination, hope and resilience in the Reconciliation section. Speakers included Senator Murray Sinclair, Prime Minister Justin Trudeau, Duncan McCue, Buffy Saint-Marie, Zoe Roy and many more. Several of the program's segments were produced by youth or feature youth leaders. After taking part in this program, the students all completed an inquiry project in which they reflected upon what they learned and then furthered their research by looking at these topics in more depth.

Community History Inquiry

Mr. Fritzsche and his IB history students are working on discovering more about the history of the community and of CMMC. Students have selected their own topics to research and how they will be presenting their findings. Projects include family histories depicting when and how roots were set down in this area, self-guided local history tours, detailed histories of the school and neighbourhood streets, and biographies on people like Chief Peguis and Miles Macdonell. Students are still at work but here are some neat pictures and maps we've discovered in our research:

Original Miles Mac - 1952



Science Lab - 1953



Miles Mac - 1978



Brazier Street property (near current Sobeys) with old McLeod Creek running through it (now covered by development)



Map of Selkirk Settler Lots with current Google Earth map (note - north is down on this map)

LEGEND

Yellow – Prince Edward School

Green – Miles Macdonell Collegiate

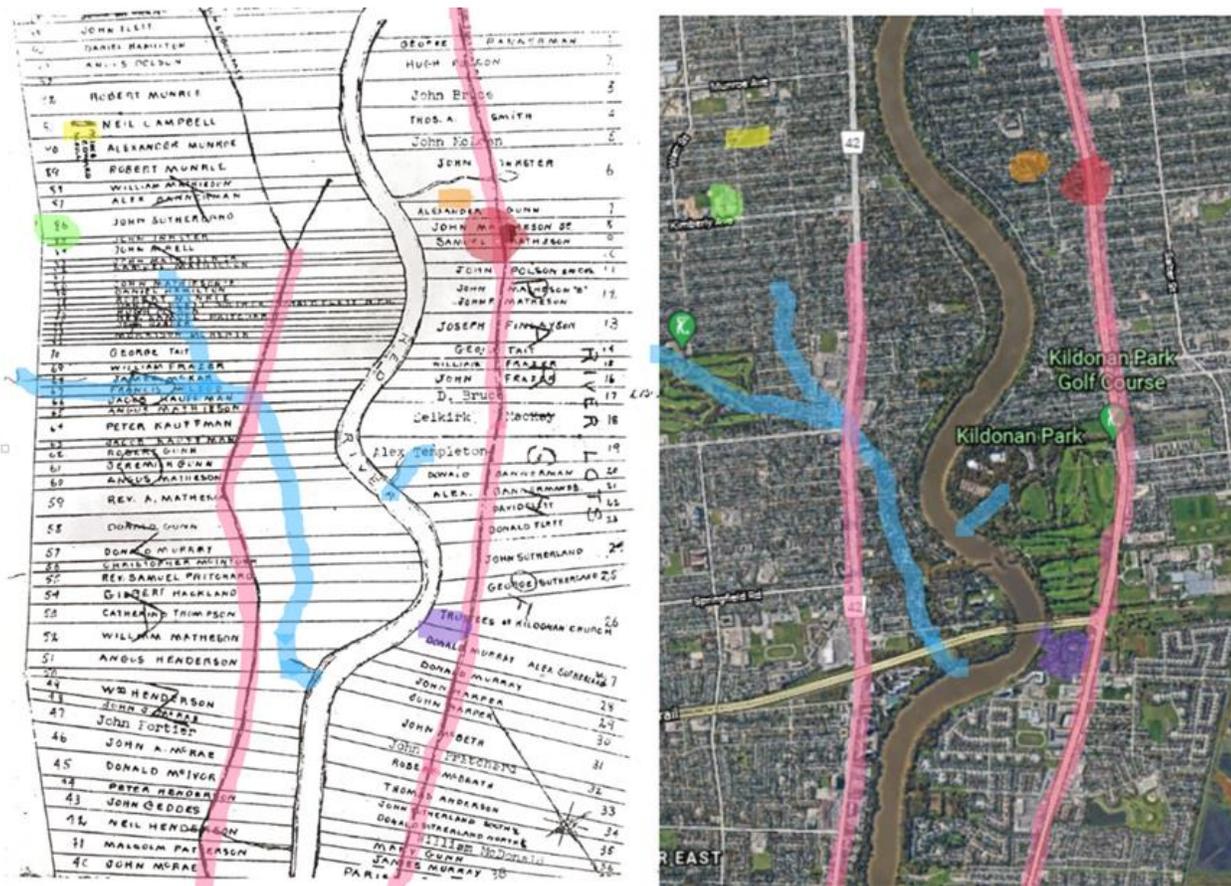
Blue – Creeks (the old path of McLeod's Creek and Lord Selkirk's Creek in Kildonan Park)

Pink – Roads (Main St. Still follows the same path – Henderson Hwy doesn't quite match the old East Kildonan Road)

Purple – Kildonan Presbyterian Church (built for the Selkirk Settlers)

Orange – Home of John Inkster (now Seven Oaks Museum)

Red – site of the Battle of Seven Oaks



Ethics Bowl

Under the direction of Ms. Street our Ethics Bowl team has been selected and is ready to compete in the upcoming virtual Regional Bowl in February and possibly a national event in the spring. 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; Gaelen Maderazo, Sarah Bacchus, Evelyn Creed, Treya Williams, Kenzo Qui, Josef Bocaya, and AV Ronquillo.

Student Council

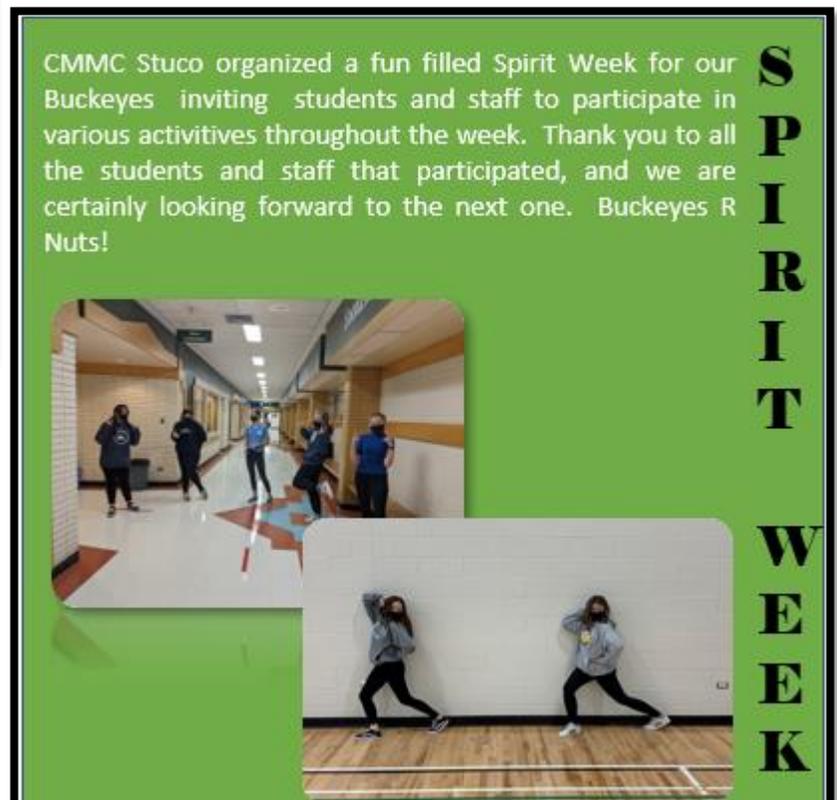
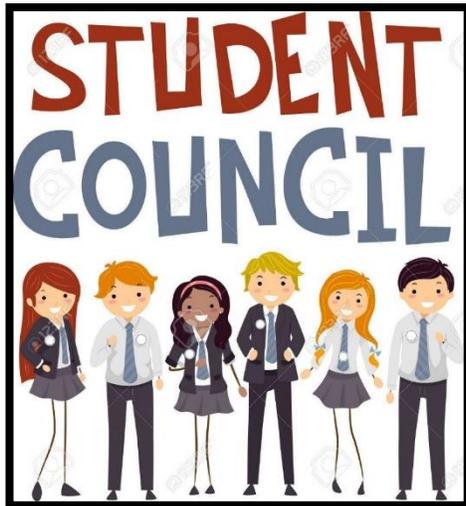
The goal of Student Council at Collège Miles Macdonell Collegiate is always to create an atmosphere that is not only welcoming but full of spirit and Buckeye pride.

As we couldn't welcome staff and students into the building in our traditional ways this fall, we knew we needed to find a way to continue to bring spirit into CMMC. As a student led group, we led an "October Spirit Week" from October 26th-30th 2020.

Each cohort in the school was encouraged to dress up and participate in activities within their cohort class; to earn some "cohort points"! The spirit week included dressing up in your pajamas, as a twin, wearing some sports attire, throwing it back to the past and having a costume day before Halloween! The staff at Miles Mac also participated in the spirit week raising school spirit and helping us lead an amazing + safe week.

All of this was accomplished in correspondence with the current COVID-19 regulations. We are so proud of the spirit and responsibility demonstrated this week and we can't wait to watch it grow!

Arielle Valencia and Emma Harris
Student Council Co-Presidents 2020-21





Spirit Week



Dr. Indiana Jones
(Mr. Skodlock)



Dr. Marie Curie
(Mrs. O'Hron)



Dr. Pepper
(Mrs. Zubrick)



Dr. Bursen Honeydew
(Mrs. Pellora)



Dr. Dana Scully
(Ms. Kowalski)



Dr. Dian Fossey
(Mrs. Carlenesi)

