



Collège Miles Macdonell Collegiate

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Vice-Principal: M. Williams
Vice-Principal: C. Faria

www.miles.retsd.mb.ca

Spring 2021

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For more information about the board of trustees, visit: www.retsdb.ca/BoardofTrustees



*RETSDB is on Facebook and Twitter!
Like and follow us to stay up-to-date on what's
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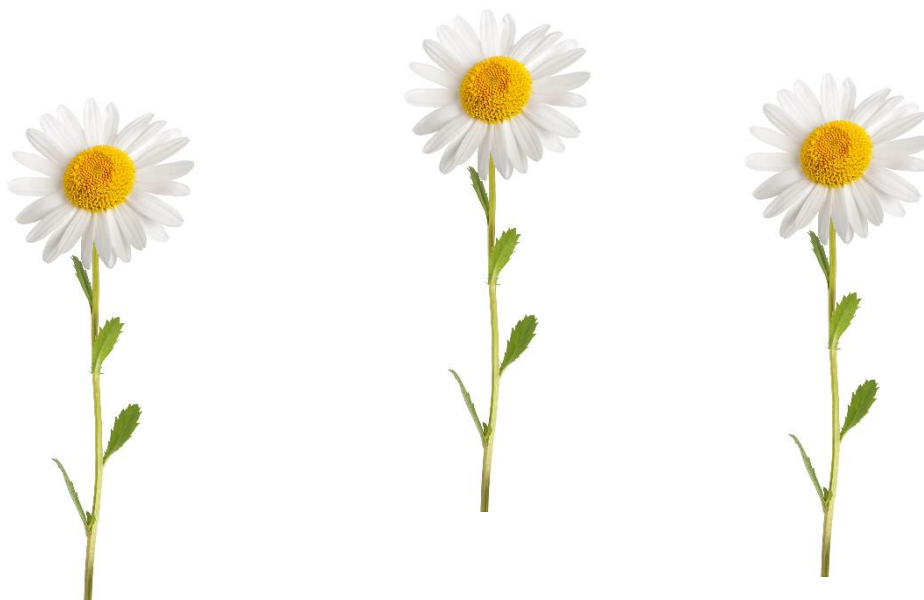
Principal's Message

This represents our final newsletter for the 2020-2021 school year. Indeed, it has been an interesting year filled with both challenges and opportunities.

We are so happy to have had our students with us in person for most of the school year. It has been our pleasure and privilege to support them and watch them work towards their goals. One of the pieces we would like to thank our students and community for is the dedication to keeping our school a safe and positive environment. This has been no small effort and we look forward to a time when we can have our students participating in the wide variety of activities that make this school such a wonderful place for connections and community building.

As we work towards the end of the school year, we encourage our students to continue to invest their very best effort in their learning. This will support their continued success when students return to us in the Fall, and for our Grade 12's, will have their path beyond College Miles Macdonell Collegiate begin with success as well.

With summer on the horizon, we also want to extend our best wishes for families to enjoy safe and restful time, it is much deserved!





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 to the greatest extent possible in all classrooms, common areas and on school grounds.
4. Unidirectional signage on the floor to guide movement in the building.

Important Dates

1. Admin Day – June 21
2. Grade 12 Caps and Gowns – June 17 & 18
3. June 24th and June 25 – Graduation
4. Last Day of School/Report Cards Posted – June 30



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](mailto:Donna.Cudmoredc2cd@shaw.ca)**
- **Secretary: [Maureen Silkmtsilk@shaw.ca](mailto:Maureen.Silkmtsilk@shaw.ca)**

Other Directors are: Rick Dondo and Carmen Dondo

They look forward to hearing from you!



Do you have fees owing?

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?

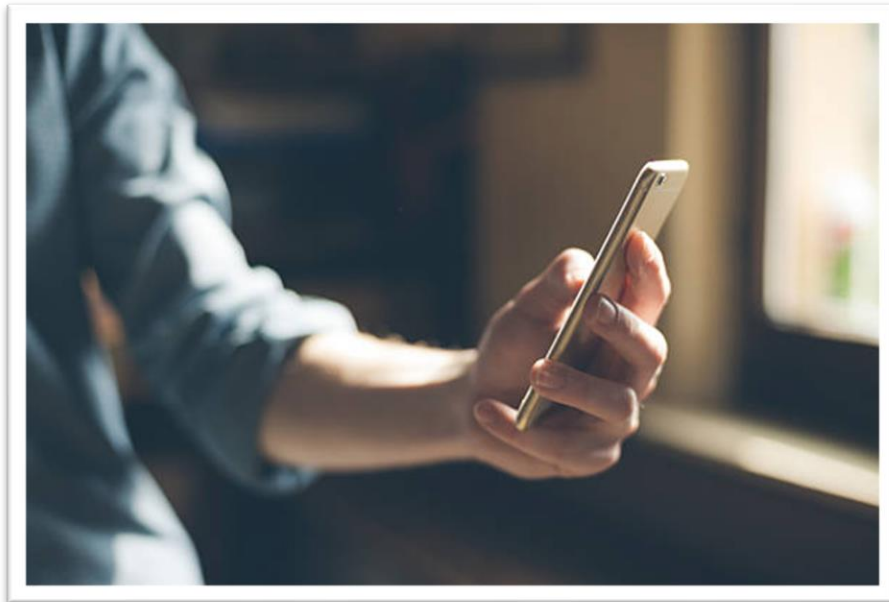
This is the phone number you need to call when your student will be absent for any reason.

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.



Languages

HALEY LINAKER WINS 1ST PRIZE IN THE U OF M FACULTY OF ARTS 2021 HIGH SCHOOL LANGUAGE CONTEST

May 06, 2021

Congratulations to Haley Linaker on winning 1st Prize in the U of M Faculty of Arts 2021 High School Language Contest with her speech on "Languages Matter". We are very proud of her achievement! Check out the video of her speech and notation of her win on the U of M faculty of Arts website here:

https://youtu.be/5cT_VX0QRJI

https://umanitoba.ca/faculties/arts/departments/language_centre/teach_tech/4555.html



2021 High School Language Contest "Languages Matters"

Tell us why learning more than one language matters. Do you speak several languages? How would a second or third language benefit you? What are the advantages of knowing more than one language?

Winners

1st Place - Haley

Linaker

"If I speak more than one language, I can advance my career, the more that I am learning the more opportunities

Félicitations/Congratulations to our students who participated in the provincial finals of the Concours d'art oratoire, a French language public speaking competition!

The competition was held virtually this year. Students wrote speeches and filmed themselves for their entries.

We had four entries this year, and all four of them placed first in their categories! Bravo!

Keira and Enock will be proceeding to the Virtual National Finals!

We wish them continued success as they will compete with the provincial winners across Canada and they will have the potential to win some University entrance scholarships!

Bonne continuation et bonne chance!

The winners are as follows:

Cherry Nguyen, French Communication and Culture, Grade 9–10

Anna Nevoit, French Communication and Culture Extended, Grade 9–10

Keira Jordan, Later Immersion, Grade 11–12

Enock Birinda, Francophone, Grade 11–12



Social Sciences

Social Sciences Department News May 2021

Despite the fact that we are still in a situation that we cannot engage in person activities or field trips, the Social Sciences Department has continued to find creative ways to interact virtually with the larger community and encourage our students to become active and engaged citizens. Here is a look at some of the unique things our students have been taking part in over the past couple of months:

National Virtual Ethics Bowl

The Miles Macdonell Collegiate Ethics Bowl team, coached by Ms. Street and consisting of Gaelen Maderazo, Sara Bacchus, Evelyn Creed, Josef Boycaya, Kenzo Qui, Treya Williams and AV Ronquillo, did an amazing job at the 7th Annual Manitoba Regional Ethics Bowl placing second in the province and qualifying for the national event on April 16th. At the national event our team competing against the top teams from Alberta, Ontario, and B.C and ended up in 5th place overall. These kids spent hours preparing for this event and have really developed their communication, collaboration, and critical thinking skills through this process of analyzing and discussing a broad range of ethical dilemmas facing society today.

Model United Nations

On April 29th and April 30th Miles Mac participated in the Winnipeg Model United Nations Virtual Assembly. Makalia Zheng and Awa Dieye represented India and Noor Imran and Veronica Holyk represented Serbia and the teams were coached by Ms. Street and Mr. Fritzsche. Model United Nations provides high school students with the opportunity to develop their *global citizenship, consensus-building, and negotiation skills through discussing important current global issues with students from across Manitoba, Saskatchewan, Northwestern Ontario, Minnesota, and North Dakota*. The main resolutions this year focused upon the international response to the Covid-19 pandemic and cyber security. The students represented CMMC with poise and intelligence and they had an amazing two days taking part in this event that helped them to develop their global citizenship skills.

Education for Sustainable Development

On April 22nd we held a virtual Earth Day event in which all students viewed a video about what Covid-19 has taught us about ourselves and the planet. Students were then given some ideas for DIY Covid safe activities they can do that reflect sustainable practices and then cohorts participated in an Environmentally themed Kahoot challenge. We are also getting ready to plant vegetables in the school garden that will be maintained by students and teachers over the summer and

harvested in the fall. Our ESD committee looks forward to putting on a bigger and better Earth Day event next spring!

Caring for our Watersheds

Ms. Blunden's Grade 10 Geography class participated in the Caring for our Watersheds Program this semester. Amanda Benson from Ducks Unlimited Canada visited her class virtually to speak to them about the importance of wetland conservation and ways students can improve their watershed. Students in her class researched ways the Lake Winnipeg Watershed is becoming polluted and came up with possible solutions to help improve it. There were over 280 projects submitted from 365 students across Manitoba this year, and from Ms. Blunden's class, Jerick Dela Cruz's project "Replacing Styrene and Wasteful Plates and Cups" came in the top 20! Ducks Unlimited Canada would like to implement his project at our school! He proposed replacing the single use plastics and Styrofoam plates and cups used for staff meetings, parent student teacher conferences and open houses with biodegradable ones made from ethically sourced resources that are able to be composted after use in our school's compost. There were several wonderful projects submitted by Ms. Blunden's class, and a \$100 prize was awarded to the ESD group at Miles Macdonnell for all the student's submissions.





Technology Department

Our very first League of Legends eSports team placed 3rd in the finals out all the teams in the league. The team members were Ethan Findlay (captain), Vincent Molina, David Ly, Lochlan Lubinski, Xavier Nelson. Game was live streamed:

<https://www.youtube.com/watch?v=bXsbKJCrPd0>



Samantha-Rae Adamson and Patrick Hilario coached/supervised.

Also, we have opened Winnipeg's very first Makers Making Change chapter. It's an extracurricular program that creates assistive technologies for members of the community using 3D printing. Our chapter leaders are Jordon Hong, Charelle Constantino and Jaden Jensen. Samantha-Rae Adamson and Cyrus Gervais are supervising.

(<https://www.makersmakingchange.com/contact-us/community-chapters/>)



**CONNECTING MAKERS
TO PEOPLE IN NEED**



**PROVIDING
AFFORDABLE OPEN
SOURCE ASSISTIVE
TECHNOLOGIES**

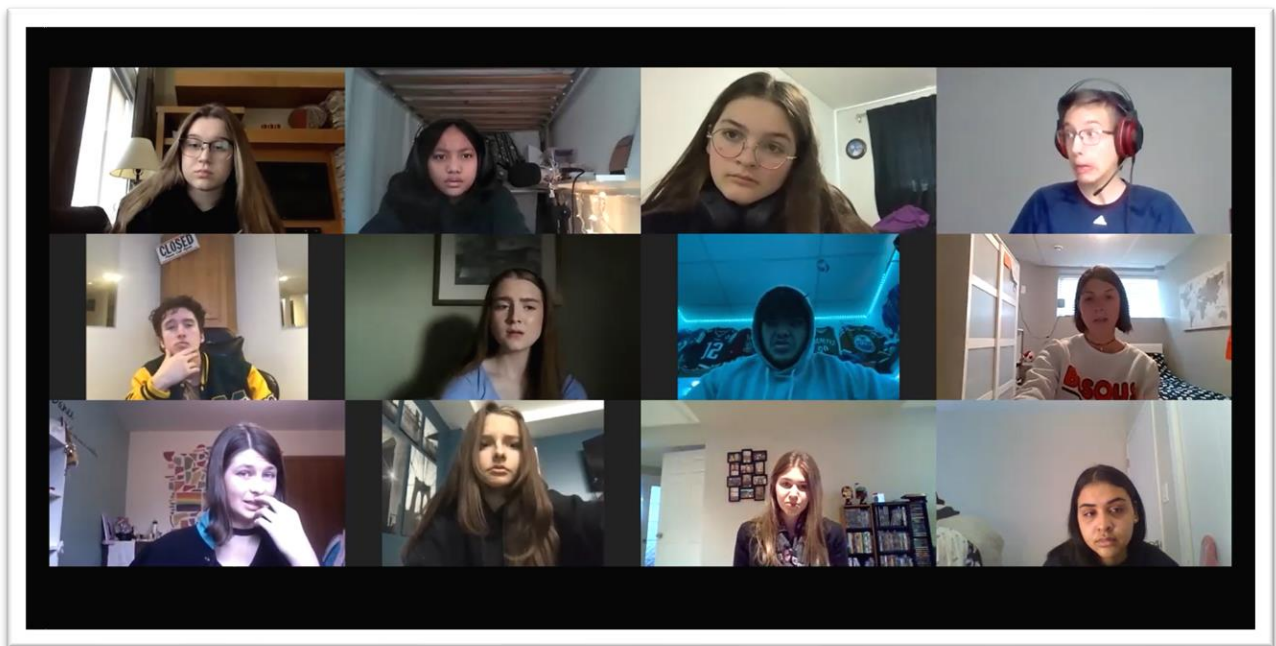


**ENABLING
COMMUNITY-BASED
DEVELOPMENT**

Drama Department

Manitoba Drama Youth Festival

Our Grade 12 Online Drama class recently submitted a short virtual play to be “performed” at the Manitoba Drama Youth Festival. The yearly festival has moved online this year and will be making performances available to festival-goers virtually and providing opportunities for virtual workshops. The play was devised by the class and follows a group of high school students who are being accused of vandalism by school staff. The piece explores themes of guilt, blame, and truth. The piece will be viewed online by other classes from across the province and will be adjudicated by a theatre professional. In addition, both the Grade 11 & 12 Drama classes will participate in a virtual “Acting for the Camera” workshop as a part of the festival. We are very excited to have the opportunity to participate in these events, even online!



Grade 12 students performing *If Snitches Get Stitches, Cheaters Get Caught*

Wellness

Cooking through COVID

Trout Malai

Submission by Mrs. Qually

We love steelhead trout in our house. It's close in flavour profile to salmon but much friendlier on the wallet. This recipe was inspired by a dish we had at a delicious restaurant in Calgary called the Bengali Cricket Club. It was an Arctic Char Malai to the best of my memory - and it blew my mind. This is everything you want in a curry - smooth, comforting, full of flavour, and a great introduction for those who haven't yet experienced the joys of a great curry.

What you need:

- Trout (or salmon or char ...or shrimp if that's what you've got). The amount is your discretion because this recipe is all about the sauce.
- Rice (we love basmati here)
- 1 tbsp grated Ginger (Root or ginger puree in jar)
- 1 Yellow Onion
- 1 Can Full Fat Coconut Milk
- 3 tbsp Milk
- 1 tbsp Sugar
- 1 tsp Salt
- 1/2 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Red Chilli Powder
- 1 tsp Garam Masala
- Oil

How:

1. In a food processor put onion (cut into half or quarters without peel) and ginger and blend until it is a paste. Heat frying pan with oil and fry the onion paste along with the turmeric, paprika, and chilli powder.
2. Add 3 tbsp milk to the paste and fry for another couple minutes.

3. Pour in coconut milk, sugar, and salt and bring to a low boil for approximately 5 minutes.
4. Add garam masala (remove from heat and put to the side for now)

Fish:

1. Oil fish and salt the top of it generously and place flesh down into a hot skillet to sear for approximately 4 minutes. Flesh should easily remove from pan - if it is sticking it is not ready yet. Flip quickly to sear skin side down for 30 seconds.
2. Remove from heat and finish cooking in pre-heated oven at 400 Degrees Fahrenheit for approximately 7 minutes.
3. Submerge fish in Malai Curry and serve over a hot bed of basmati rice.



sTeam

Students in CMMC's new sTeam program have been hard at work learning, designing, and innovating all semester! Students started the semester by exploring physics and Newton's Laws of Motion. They did a "design sprint" to show their understanding of these laws and then animated their own "Minute Physics" style videos to further show their learning!

Students also had the opportunity to participate to explore design and innovation by inventing their own unique inventions intended to bring positive change to people and our world. They presented their pitches and inventions in a Dragons' Den style show we called "Alligator Swamp," with their teachers as the judges. Their teachers were so impressed by their creativity and had so much fun watching them present!

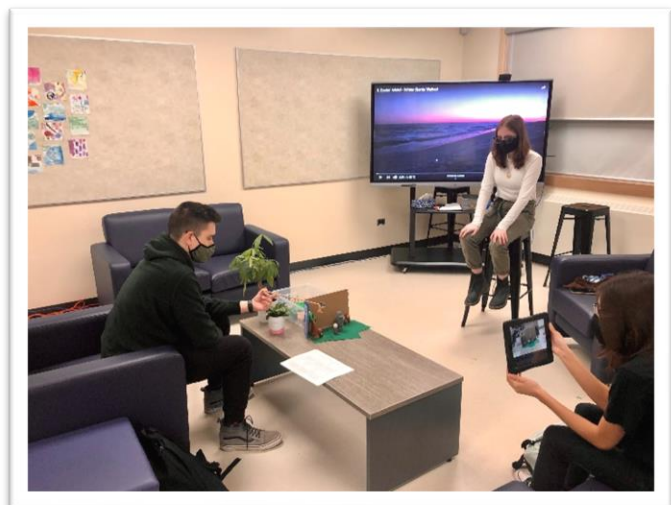
Students have had the chance to engage in several virtual conversations this semester with various members of our local and global communities. Earlier this semester we talked to Ace Burpee about his experience pitching an invention on the real Dragons' Den show and his various philanthropic endeavours in Winnipeg. We also recently talked with Margaux Miller, who hosts the Start Canada podcast, works in the technology and innovation industry in Winnipeg, and is on the board of TedX Winnipeg. After doing their own Ted Talks a few months ago related to their passion projects, it was so interesting for sTeam students to hear about how Ted Talks take place in our city. Margaux also talked about her podcast and careers in the tech and innovation industries. She was so interested to hear that earlier this school year, our students had also created their own podcasts using sound technology. In addition, Margaux talked to students about the benefits of volunteering and becoming active citizens in their communities.

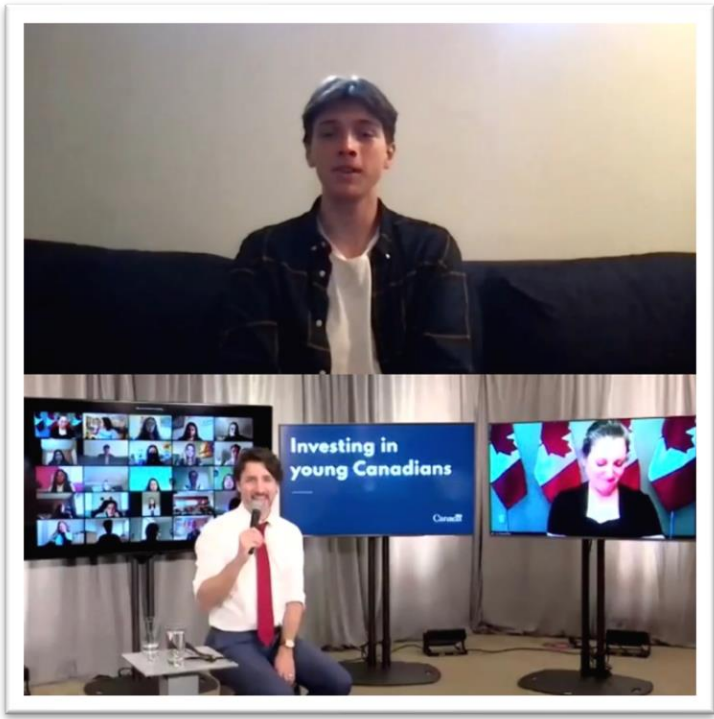
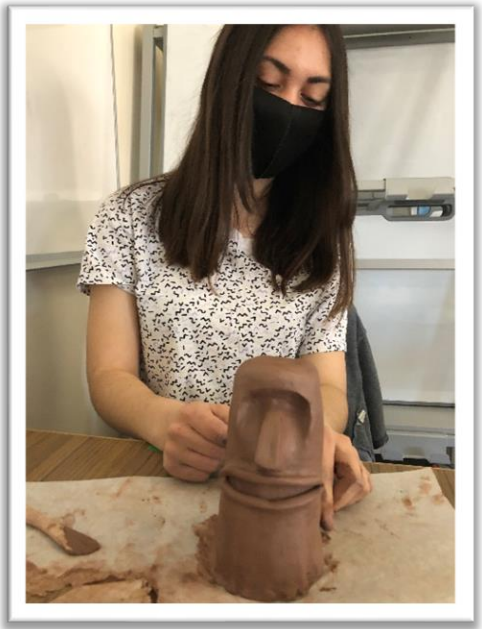
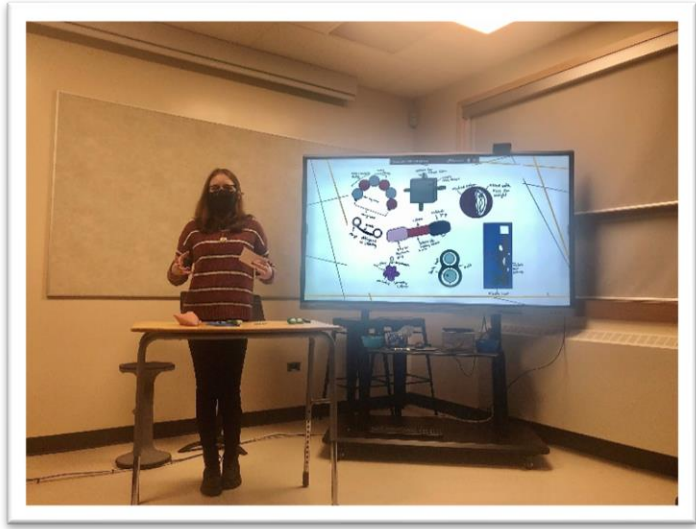
We also all had so much fun these past couple weeks creating stop motion claymation videos to represent our understanding of physics and theories around how the Moai statues were moved on Easter Island. It was an exciting week both creating the characters out of plasticine and learning how to use stop animation apps on our sTeam iPads. Students also had the opportunity to learn about sculpting clay thereafter and created their own little Moai style statues to take home with them!

We are now moving into our Ecology unit and are so excited to look at various ecosystems and ways in which we can all improve our everyday habits to have a positive impact on the Earth! Students will be doing both individual and group inquiry tasks while learning remotely. Students will also have the opportunity to chat with John Gunter, who is the President and CEO of Frontiers North Adventures, based in Churchill, Manitoba. Frontiers North Adventures is an ecotourism company that takes guests from around the world on tours to see the polar bears in Churchill, Manitoba! We are excited to learn about ecotourism from John in June!

sTeam students also had the incredible opportunity to represent high school students in Manitoba and participate in the Virtual Town Hall with Canada's Prime Minister, Justin Trudeau, and Deputy Prime Minister, Chrystia Freeland. Their teachers were so proud of all the sTeam students' participation and the question they all worked together to come up with. sTeam student, Nate Harris asked a question of Justin Trudeau related to how youth of today, and particularly those living in Northern communities and on reserves, can access mental health supports. It was truly amazing for sTeam students to participate in this online event with students and their teachers and Principals from across Canada!

It has been a busy semester and Ms. Gillis and Ms. Doerksen are so proud of their students and their dedication to learning and becoming active global citizens!





Library News

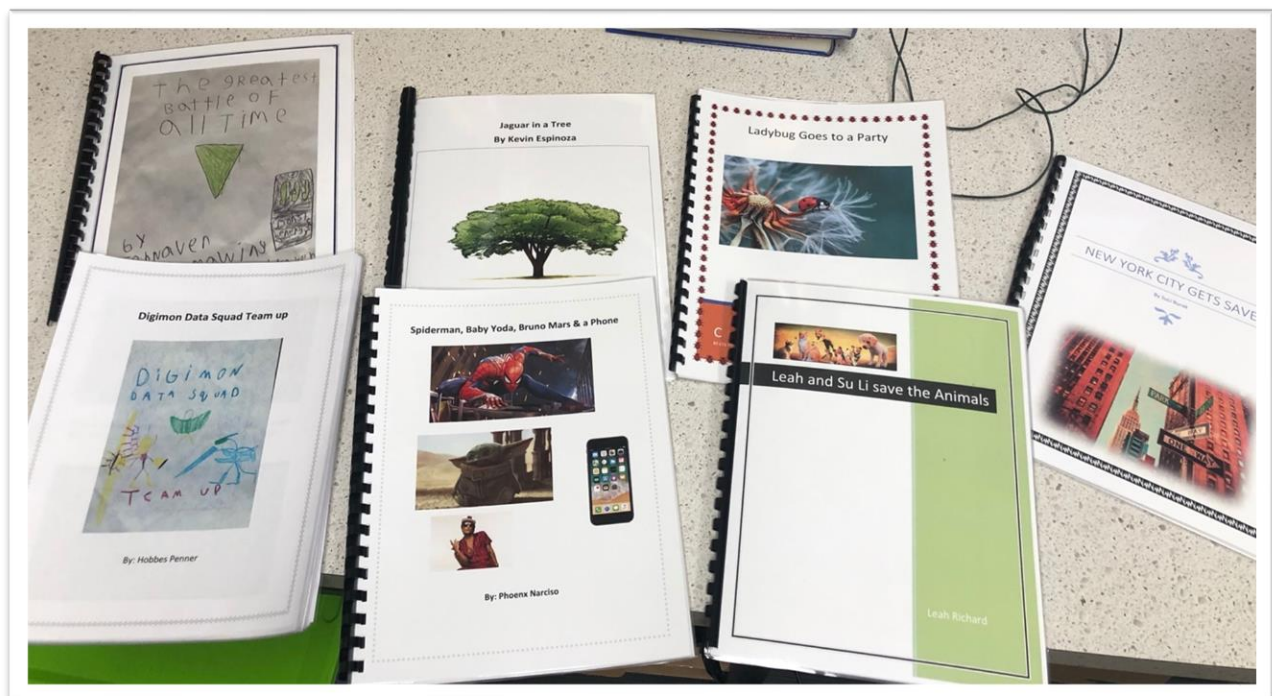
Ms. Madsen's Students are Authors!

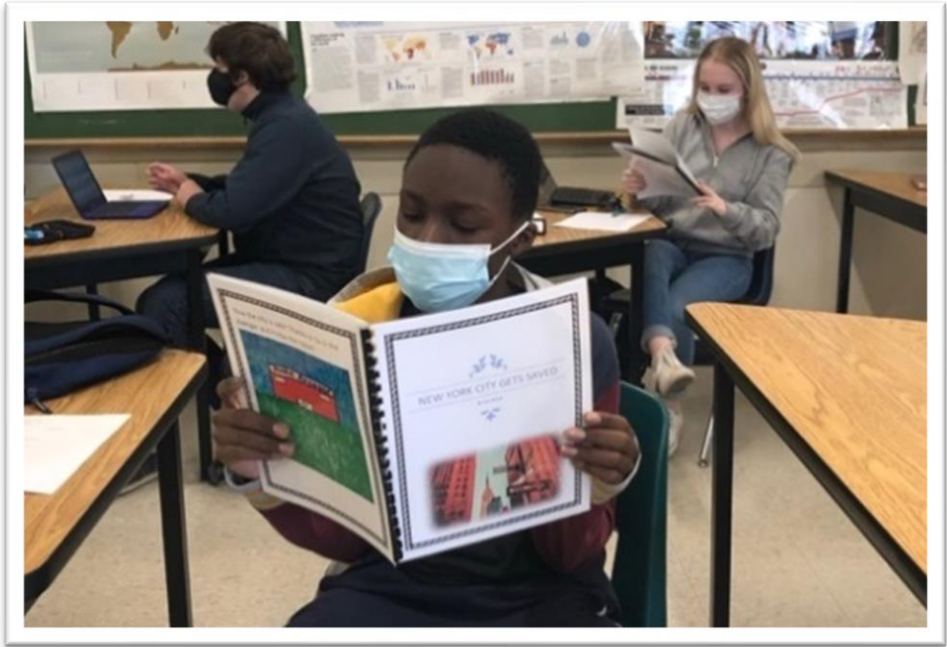
Since our last newsletter in February, Mrs. Madsen's students in the Individualized program have been busy writing their very own picture books. Under the guidance of our Teacher Librarian, Mrs. Bell, students read and explored a wide variety of picture books, spoke to local author Dr. Adrian Hawaleshka, and brainstormed a variety of plot lines and characters. Once prepared with knowledge, these Buckeyes put the pencil to paper and wrote their own books! What an accomplishment!

The books were sent off to be bound and laminated. Each student received their own copy to take home and share with their family. However, the most exciting part of this learning adventure is the fact that the CMMC Library has all received copies of all the students' books. They have been catalogued and added to our library so other Buckeyes can sign them out and enjoy them.

Congratulations to these talented authors. We applaud your creativity, effort, and the exciting picture books you created.

Ms. Madsen





From the Library

Did you know that students who read during the summer gain an average of 1 month of reading proficiency? Students who don't read lose an average of 2-3 months reading proficiency and over time, those lost months add up to years!

Three Ways for Buckeyes to Read this Summer!

One: CMMC Summer Reading Sign Out

The CMMC Library is offering books to all Buckeyes for summer reading! The 'lazy, hazy crazy days of summer' are almost here and the library can help you pass those long glorious summer days with a great read!

- **Requesting Books-** Starting on **Monday, June 21** Buckeyes can go to the College Miles Macdonell Collegiate website and click on Our Library, search our Library, and then log in to request books for July and August.
- **Curb Side Pick UP-** Tuesday June 22 to Wednesday June 30, students can pick up their books at the Curb Side Pick Up Table located at the Court Side doors (in the parking lot off Kimberly).
- **Return of Books-** Students are then to return their books the first week of school in September.
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To help encourage and motivate reading, here is a link to the Winnipeg Public Library and their Summer Reading Challenge for Teens! I highly recommend it!

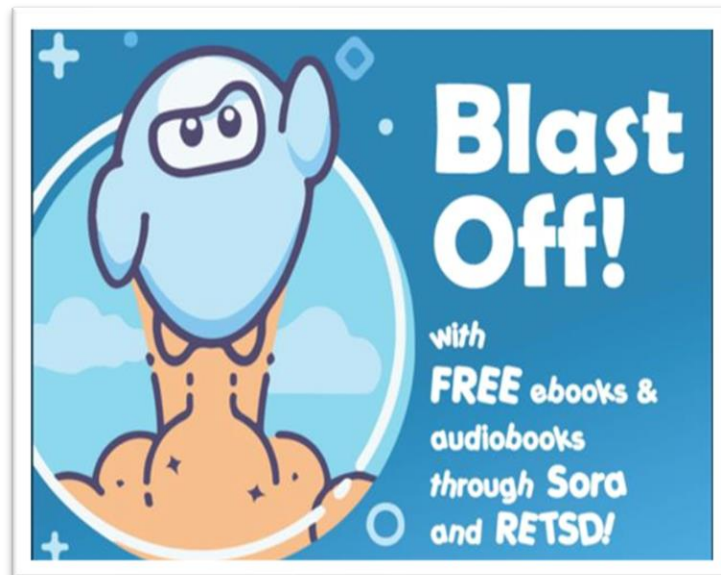
https://guides.wpl.winnipeg.ca/teens?b=g&d=a&group_id=14963

Over the past year the library has heard your suggestions for new books, and we have delivered! Let's get reading Bucks! Sign out some great reads to get you through the dog days of summer!



Two: The Sora App

Buckeyes can also get access to great books through the new SORA APP (available at the Apple Store and Google Play). Follow the instructions below to gain access to thousands of eBooks or Audio books.



1. Download the app or visit sorapp.com.
2. Once the app has been downloaded, it will ask for the school name, type in **River East Transcona School Division**.
3. Log in. To log in use, your student **RETSD credentials** (the same username and password you use to log on to computers!).
4. Explore! Spend some time browsing the app to see all the titles and choices that are offered to you via eBooks or audio books. Use the limiters to help refine your search (such as "young adult literature, mystery, science fiction"). You can look up specific authors and book titles.
5. Link your **Winnipeg Public Library** card to this app too. Just click on the ellipses in the top right corner and you will be seeing the WPG Library Link. Follow the log in steps.
6. If you want to use it on your computer, it can be found under the 365 Waffle (top left corner of the screen) under an app icon called Overdrive. Click on this app and you will be directed to Sora.

Three: The Flipster App

As of July 1, Buckeyes will have access to a variety of magazines on the Flipster App. This is another way to stay engaged and read for the summer and into the new school year. There are magazines for everyone on this app! Just go to Apple Store or Google Play and download the App onto your smart phone, iPad, or tablet. The log in credentials are as follows:

Username: mmschool

Password: Mmc\$1

Once you've logged in you can browse the magazines that CMMC has subscribed to and read at your leisure!



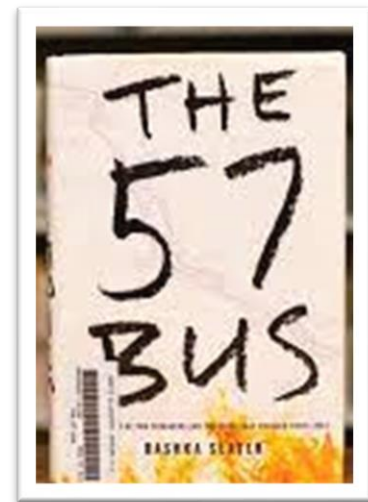
Bookeye Book Club Still Going Strong!

A variety of students from grade 10 to 12 are still actively participating in the virtual CMMC 'Bookeye Book Club'. In April, these students read the graphic novel *March* an autobiographical black and white *novel* about the Civil rights movement, told through the perspective of civil rights leader and U.S. Congressman John Lewis. The series is written by Lewis and Andrew Aydin; illustrated and lettered by Nate Powell.

The next novel we will be exploring is *Bus 57*. This book is nonfiction and describes a 2013 assault in Oakland, California, where a public-school teen attacked a sleeping, gender-nonconforming private school teen on bus 57.

Participants in the book club expressed an interest to expand their world view and to that end, are now viewing several documentaries and thought-provoking movies/tv series.

For the next school year, any student interested in participating in 'Bookeye Book Club', is more than welcome to send me a message on TEAMS (Joleen bell) or email (jbell@retsd.mb.ca). All are welcome and even though we will still have to meet virtually, we will have a lot of fun!



Two CMMC Teachers Recipients of 'Significant Contribution to Excellence in Teaching and Learning' Award

As some of you may be aware, our very own Mr. Noah Joseph and Ms. Joleen Bell were both recognized earlier this week by the University of Manitoba Centre for the Advancement of Teaching & Learning with an award for 'Significant Contribution to Excellence in Teaching'! Congratulations to Mr. Joseph and Ms. Bell on your award and thank you for all that you have done and continue to do as an educator in making such a positive difference in the lives of your students! Below are the links to view the presentations from the recognition reception.

Ms. Bell:

<https://www.youtube.com/watch?v=Z1vToYG4mjm&feature=youtu.be>

Mr. Joseph:

https://m.youtube.com/watch?fbclid=IwAR0EmjDOpZOIS0QNqqUM6L3VtqjcuLhjnPo8_UWA1gnwVQo92gzFeSrvIhY&v=mCAWYoZvO_E&feature=youtu.be



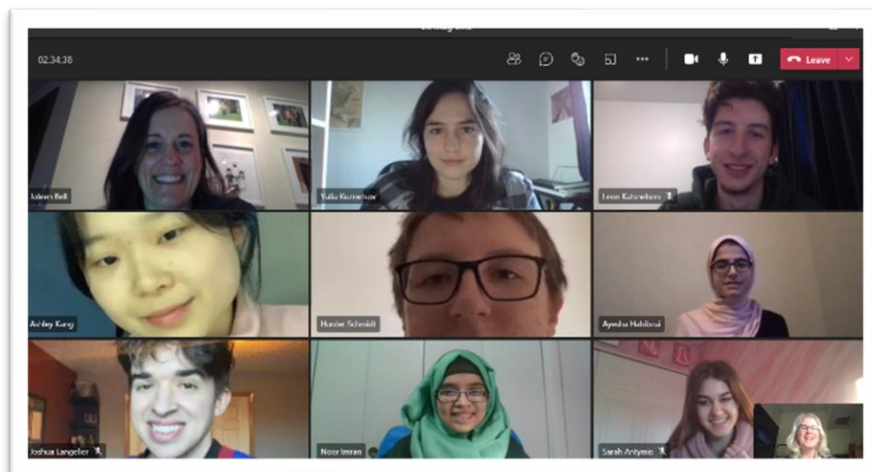
‘Rise’ of the CMMC Lit Mag!

For the past 14 years CMMC has created a space and place where students from all grade levels can submit creative writing and art. This year presented a lot of challenges for students and staff and the tradition of creating, publishing, and celebrating student work in a Lit Mag was in jeopardy. Out of the abyss, a small voice reached Ms. McMaster simply asking, “are we still going to do a Lit Mag this year?” It was at this point that Ms. McMaster decided to ‘Rise’ above the challenges of the pandemic and go forth with creating and designing this year’s Lit Mag.

Ms. McMaster put out the call for students interested in creating the Lit Mag and as a result, a talented group of creative students came together to work VIRTUALLY to create this year’s magazine. We knew there would be many challenges working on this magazine remotely and online (nothing is quite like working side by side with peers) however, through grit and determination the students dedicated even more of their day to “screen time” to create a powerful and beautiful magazine appropriately titled, ‘Rise’.

Congratulations to all the students for submitting your powerful words and beautiful artwork. Also, congratulations to Ms. McMaster and the students for your efforts to create a magazine that is reflective of this challenging time! ‘Rise’ will be available to students in early June. We will be sure to notify students who contributed their work and the team who created it. Any student interested in purchasing a copy can contact Ms. McMaster or Ms. Bell.

You all did ‘Rise’ to this occasion and you all should be proud of that!



Ms. Bell

Student Council

This school year has been unlike any other. CMMC's Student Council group of 2020-21 (STUCO) had to face obstacles when creating events and activities that would promote a positive atmosphere in a safe manner for our student body during the COVID pandemic. STUCO has successfully been able to hold Grade Wars, Mental Health Week, Cultural Week, and many challenges that staff and students could do virtually (while sharing their experience online with others!).

As a student council group, we never looked at the pandemic as a burden, but instead something to push us to view our events and initiatives through a different perspective. This year showed us how inclusive online activities can be for all students, and led us to discover just how powerful, compassionate, hardworking, and inspiring our council is.

Student Council is an amazing opportunity for any Buckeye that is ready to make a positive difference in our school community.

Look out on your TEAMS page and our Instagram @mmcstuco for future information on how to be a member of 2021-2022 Student Council group!



Student Services



<https://www.anxietycanada.com/>



**ANXIETY
CANADA**

Free online resource with information
to help individuals to manage anxiety,
cope with covid-19 and access self-help
resources.

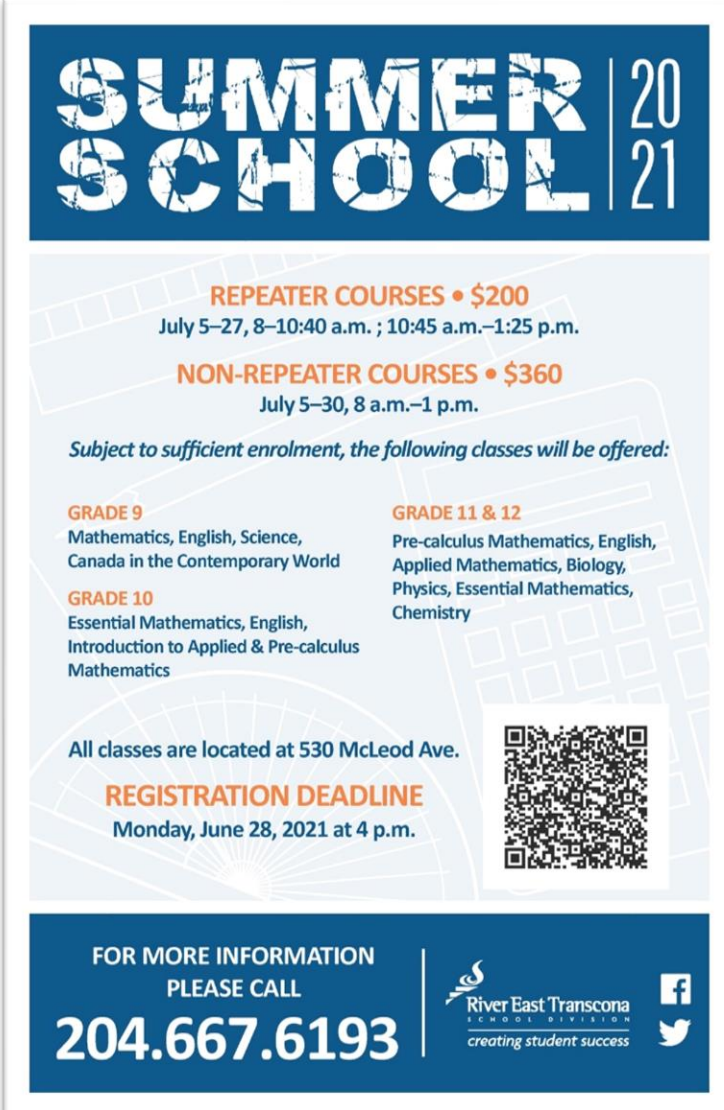


Summer School

Dear families,

We want you to be aware that summer school options exist for students who may have failed a course this year. A few different options exist currently that we want to bring your attention to:

- 1) Online repeater courses through Informnet. The Manitoba Government is covering the cost of these Informnet courses. Registration is open now and goes until July 5th, or the courses reach capacity, which may happen quickly.
[InformNet](#)
- 2) In person repeater (they have already attempted the course once) courses through RETSD.
- 3) In person non-repeater courses through RETSD



SUMMER SCHOOL | 2021

REPEATER COURSES • \$200
July 5–27, 8–10:40 a.m. ; 10:45 a.m.–1:25 p.m.


NON-REPEATER COURSES • \$360
July 5–30, 8 a.m.–1 p.m.

Subject to sufficient enrolment, the following classes will be offered:


GRADE 9 Mathematics, English, Science, Canada in the Contemporary World	GRADE 11 & 12 Pre-calculus Mathematics, English, Applied Mathematics, Biology, Physics, Essential Mathematics, Chemistry
GRADE 10 Essential Mathematics, English, Introduction to Applied & Pre-calculus Mathematics	



All classes are located at 530 McLeod Ave.

REGISTRATION DEADLINE
Monday, June 28, 2021 at 4 p.m.



**FOR MORE INFORMATION
PLEASE CALL
204.667.6193**


River East Transcona
SCHOOL DIVISION
creating student success

International Baccalaureate News

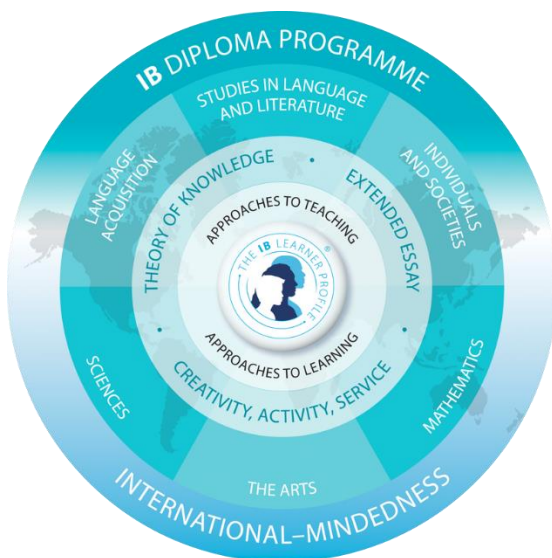
IB News

Congratulations to all the Buckeyes who completed International Baccalaureate courses this year. It was not the journey any of us had planned for, but we completed it just the same. In fact, this year's cohorts were amazing and deserve such recognition for their ability to adapt and improvise quickly to changing teaching and learning scenarios. An amazing 37 students attempted the diploma this school year!

We, the teachers, are always proud of the hard work and dedication of Buckeye students but are particularly proud of the student's efforts on a core part of the program called CAS. The three strands of CAS are creativity, activity, and service. The program teaches students to consider healthy work/life balance, the power of goal setting, reflection, and the joy of pursuing individual areas of interest in the three strands.

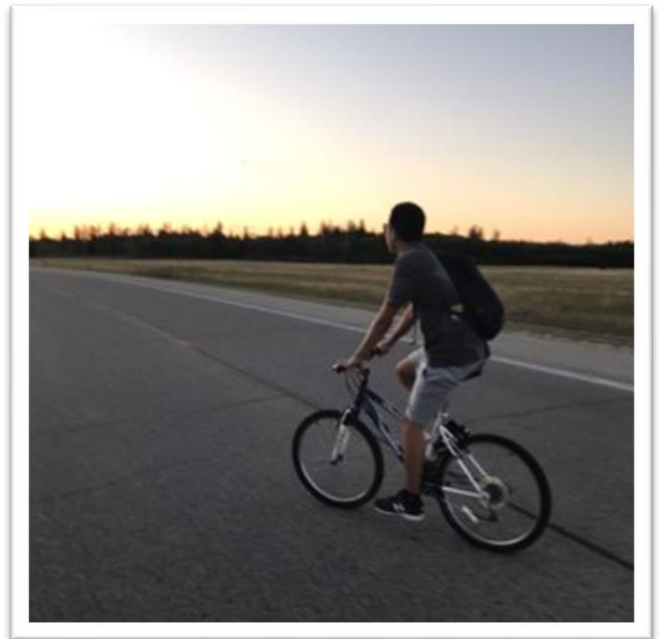
Students engage in a collaborative work project with classmates. They identified a need in the community and plan a project to try and make a positive difference. A few highlights from this year include the following:

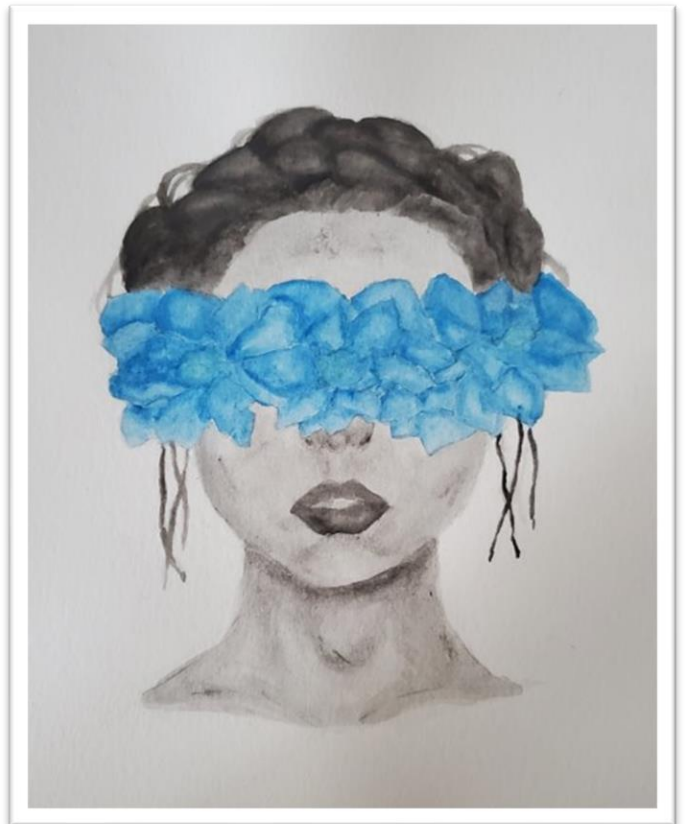
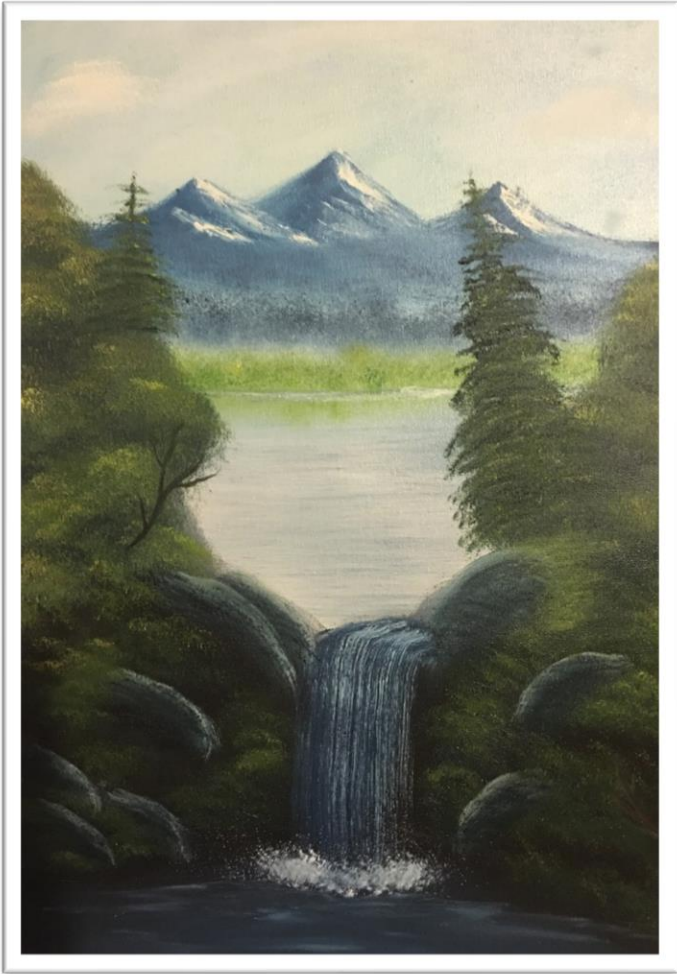
- A campaign to support a women's shelter called Willow Place. Students consulted with the shelter and created care packages with feminine, hygienic, and sanitary supplies. They were featured in the United Way 2020 summit for their efforts with a video interview.
- Many students volunteered as tutors for newcomer families in children working with the NEEDS Inc.
- A letter and card writing campaign to residents in Donwood Manor isolated by the pandemic as well as northern communities.
- Work supporting the staff at the Winnipeg Pet Rescue





They also had the chance to explore areas of interest and we were amazed by their creativity and dedication in pursuing activities that ranged from art, music, language, and trades. In a year with so many challenges, their enthusiasm and efforts are testament to the brightness of our youth! Congratulations Buckeyes!





AFM



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



Tips on how to talk to your teen about substance use.

Start the conversation about alcohol, cannabis and other drugs early. Parents can have the single greatest influence on their youth by developing a strong relationship with your youth and providing accurate information early. Find out what your teen knows about substance use and research any missing information together.

Relationship is key. Talk with your teen. get to know them and what their interests are, be interested in their friendships.

Talk about a wide range of topics. Invite them to offer their opinions and perspectives on different topics, even if they are different than yours.

Spend time together & keep them busy. Sometimes during adolescence, teens pull away from their parents as they are seeking independence. However, teens still need their parents and still want to spend time with their parents. Doing things together and supporting them in their interests and hobbies is a huge protective factor in substance use prevention and supporting mental health.

Share your family values and expectations. Be sure your teen knows what your family values and expectations are around substance use.

Keep an open mind and be willing to negotiate. If they do not agree with your family values or expectations of them, listen to them and their perspective before offering your own. Be open to the possibility of negotiation about expectations.

Don't lecture, be calm, talk & actively listen. Communication is a two-way street. Listen to you youth, validate their feelings and perspective and share your concerns.

Safety First. Let teens know that their safety comes first. Let them know they can depend on you to help them if they feel concerned about their own or a friend's safety related to substance use or any other unsafe situation.

Let them know they can talk to you if they are worried about their own substance use or someone else's use - it's about safety

Check in with them. find out who they are hanging out with and get to know their friends. Be curious!

Set an Example. Model responsible substance use and share how you handle difficult situations.

Stay in the know. You don't have to be an expert, but being informed about current evidence related to alcohol and other drugs will give you the information you need to help your teen make better choices.

Seek help if needed. If you are concerned about your teen's substance use or mental health, don't be afraid to ask for help.

Parents are a teen's
best role model and
defense against
substance use.

START EARLY

BE OPEN
SET AN EXAMPLE

LEARN FROM MISTAKES
STAY INFORMED

PROVIDE A SAFETY NET



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College Miles MacDonell Collegiate
Mondays, Thursdays & alternating
Fridays



Substance Use Supports & Resources over Summer Break



Substance Use Support and Counselling 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

Parent Support/Information Webinars:

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>

Alcohol and Other Drug Information for Parents & Youth:

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

Let's
HAVE A GREAT
SUMMER



stay safe