



# Collège Miles Macdonell Collegiate

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Vice-Principal: L. Comte  
Acting Vice-Principal: J. Shaddock

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

## Winter 2022

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For more information about the board of trustees, visit: [www.retsdb.mb.ca/BoardofTrustees](http://www.retsdb.mb.ca/BoardofTrustees)



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



# 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**



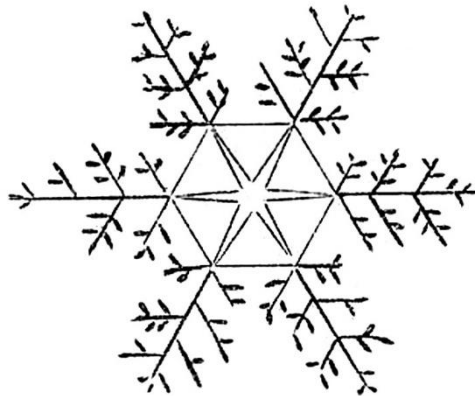
*They look forward to hearing from you!*

## 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.



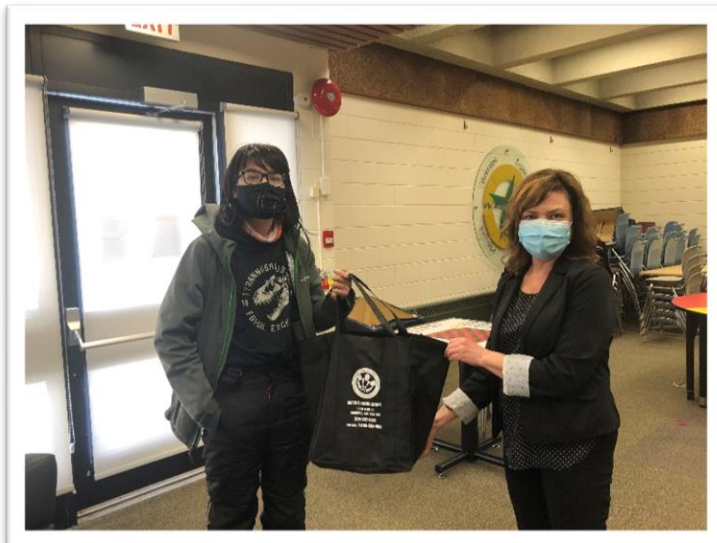
## Indigenous Club

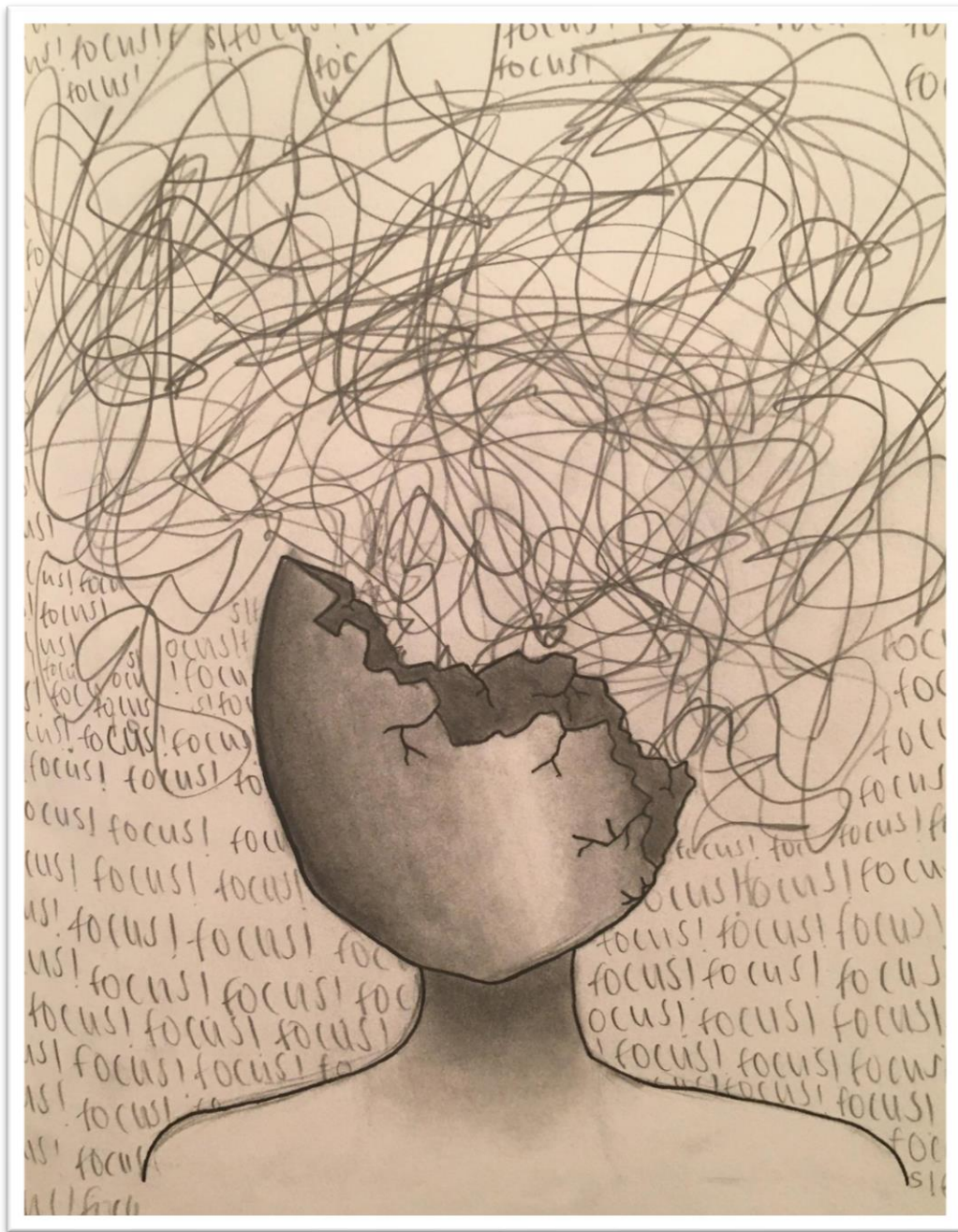


Congratulations to Michael McCall for winning a Manitoba Indigenous Youth Achievement Award in the category of Artistic Visual.

Michael is hopeful that his art, "Can help the culture of my people become more well-known. As someone who is adopted, I am aware of the disconnection the 60s scoop had on First Nations people. Some of the art I do is about this pain, and people need to know that Indigenous people have a reason to be in pain. Art for me is a form of activism."

Michael was presented with a drum kit by Indigenous Club organizer, Sherry Proulx, who nominated Michael for the MIYAA. Michael is a member of the Indigenous Club and will put his drum together with the help of his facilitators. The goal is that it will be painted with his art and in his hands for graduation in June.





MIYAA 2021 Manitoba Indigenous Youth Achievement Awards is going VIRTUAL. The MIYAA Planning Committee understands that one of the large benefits of our annual Awards Gala is the in-person dialogue and celebrations.

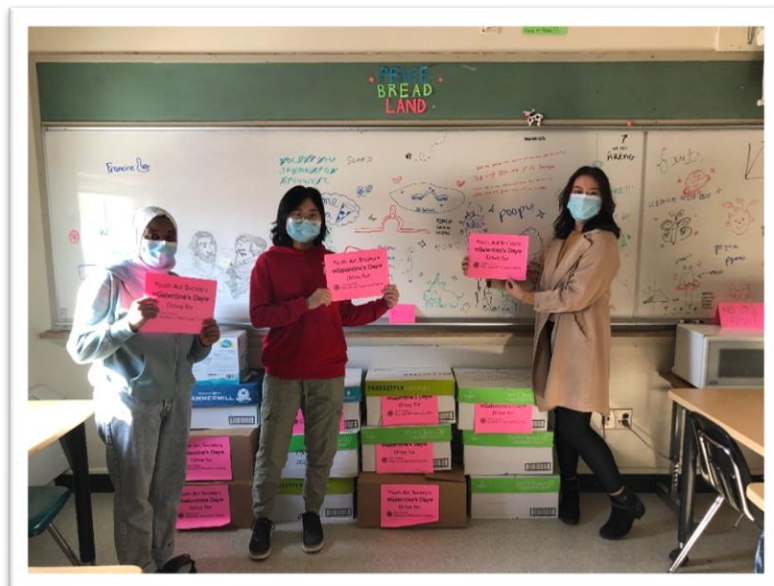
The Awards Ceremony is taking place virtually on March 8, 2022, from 6:00 – 7:30 p.m. Please visit: [www.miyaa.ca](http://www.miyaa.ca)

# The Youth Aid Society

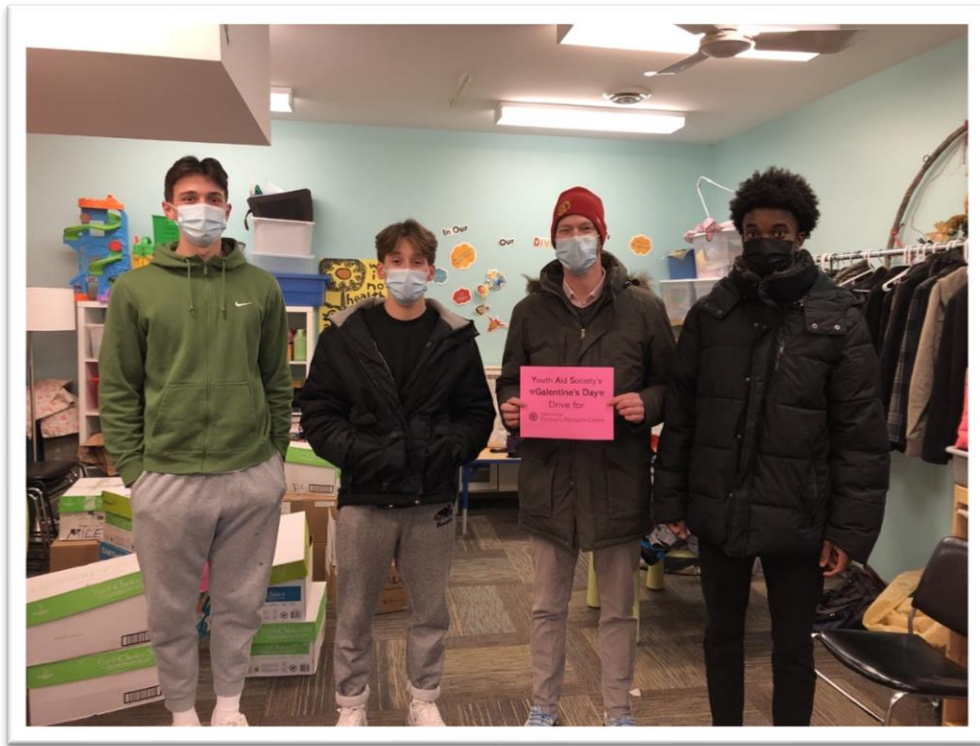
## Y.A.S.' Galentine's Day Drive for Women's Health

The Youth Aid Society (Y.A.S) is a student-initiated club at CMMC that seeks to support health care in our local community and in our school. February's initiative was the **West Central Women's Resource Centre Drive for Hygiene items in support of "Galentine's Day"**. YAS' community of students worked together to educate their cohorts about the impacts of Covid on Women in particular. This initiative ultimately resulted in the collection of **20 boxes of toiletries totalling 756 items!** The boxes were delivered with the help of the Varsity Boy's Basketball team and were met with enthusiastic appreciation! Thank you to all that participated in making a positive difference in our community!

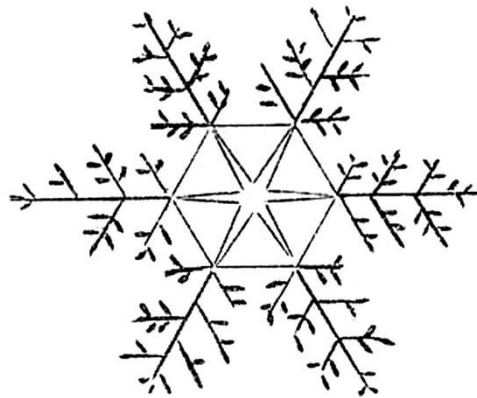
Our donations



Sofiyah, Kate and Makalia – our club leaders



The Varsity Boy's Basketball Team Drop Off





# Social Sciences Department

## Social Sciences Department Highlights

As we come to the close of the first semester our department has been looking at finding creative ways to interact virtually with the larger community since we are still not able to go on field trips, attend conferences or put on school wide events. Here is a look at some of the unique things our students have been taking part in over the past couple of months:

### Virtual Ethics Bowl

On Friday February 25<sup>th</sup> we will be sending a team of 7 students to participate in 8<sup>th</sup> Annual Manitoba Regional Ethics Bowl. This event, put on by The Manitoba Association for Rights and Liberties, the Canadian Commission for UNESCO, the Canadian Museum for Human Rights, the Manitoba Department of Education and the University of Manitoba Centre for Professional and Applied Ethics, will be held virtually this year. Our team is coached by Ms. Street and consists of grade 12 students Evelyn Creed, Josef Boycaya, Treya Williams and AV Ronquillo and grade 11 students Khava Amir, Grace Wall and Zoe Judson. The winning team at the regional event will then move on to compete in the national event in April. An Ethics Bowl is a collaborative yet competitive event in which teams analyze a series of wide-ranging ethical dilemmas. Judges rate responses 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; anticipate and pre-emptively respond to commentary and questions. The Ethics Bowl allows for deeper critical thinking by examining Canadian and international issues as they unfold, while always looking for the best solution possible. Students who have participated say they love the format because of the respectful discussion on difficult issues and many of them have stated it has encouraged them to be more open to ideas.

### Black History Month

The Social Studies Department worked with the student lead Black History Month Committee to prepare lessons and activities for students to take part in to deepen their learning regarding the important contributions that Black Canadians have made to society throughout history. Each student cohort has been provided the opportunity to learn about the significance of Black History month and then research and create a presentation on an important Black Canadian.

### Geography

Since the start of the semester, Ms. Da Cunha's Grade 10 Geography PB class has been examining the importance of maps and being able to locate places. Students have been learning how to use a variety of maps for different purposes. Coming up at the end of February, the class is going to explore how maps are created through building a community map on the computer program ArcGIS to help them connect their own sense of identity to the community around them and reflect on how it helped them develop their individuality.

## **ESD News (Education for Sustainable Development)**

The Miles Macdonell Social Sciences Department and the student ESD group (Education for Sustainable Development) student and staff groups have had a busy past couple of months promoting citizenship, stewardship, and sustainability in the school. Here are some of the highlights of what the group has been working on so far this year:

### **Battery and Electronics Recycling Initiatives**

ESD has launched an e-waste and battery recycling depot in the school. Staff and students can bring these items to the boxes located outside of the cafeteria at any time.

### **Sustainable Valentines**

The ESD student group created eco-friendly Valentines made from recycled paper and re-usable items that students had the opportunity to purchase and customize. The cards came with a fair-trade chocolate and were delivered to students on Valentine's Day. Creating the cards was a lot of fun and provided a great opportunity for our ESD students to display their creativity. This initiative proved to be super popular with over 50 cards ordered!

### **Little Free Library**

The student ESD committee will be working with our teacher librarian, Ms. Card, to establish a little free library for CMMC students to access. The goal of this initiative will be to both encourage literacy and to encourage sustainable living.

### **Earth Day**

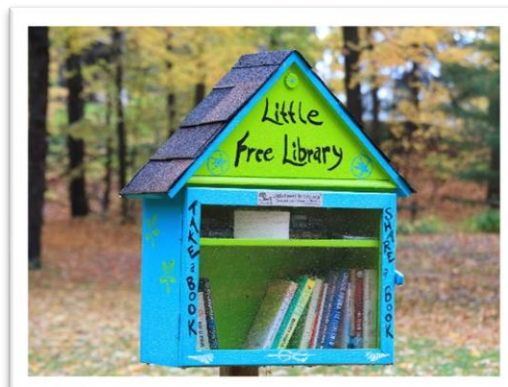
Save the date- on Friday April 22<sup>nd</sup> we will be hosting our sixth annual Earth Day at MMC. Our ESD committee is planning a hybrid virtual and in-person event which will enable students to engage with several leaders and organizations in the environmental community. Leading presenters from the field will be speaking to students and there will be a variety of workshops available for classes to take part in.

### **Future Outdoor Learning Space**

Our student ESD committee and staff ESD Learning and Leading team are working with the school IAA (Indigenous Academic Achievement) group to plan an outdoor learning and garden space in the area behind the library. We have secured \$8000 in funding from the national Depave Paradise Project and will be looking for sponsors, donations, and volunteers for the project as work gets underway in the spring. Depave Paradise is a project of Green Communities Canada whose goal is to engage volunteers and neighbourhoods to remove pavement and planting gardens filled with native species in its place.

Ms. McCrindle's Grade 10 PB Science class participated in the Caring for our Watersheds program in semester 1. The Caring for our Watersheds program invites students from Grades 7-12 to propose ideas on how they can help their watersheds. The primary goal is to encourage youth to initiate a call to action. Amanda Benson from Ducks Unlimited Canada visited our class virtually to speak to students about the importance of wetland conservation and ways students can improve their watershed. Since the program began, dozens of projects have been implemented in the Lake

Winnipeg Watershed, from simple environmental projects in the classroom to community-wide events. Tens of thousands of dollars are available as prizes for the students, for the schools, as well as to implement the action projects. Some examples from Ms. McCrindle's class's proposals included reducing single use plastics, providing alternatives for hygiene products, and hosting workshops to make recycled metal jewelry to reduce the impact of mining. Projects have been submitted and we are awaiting to see if we have any winners!



ESD Valentine Cards



# Library News

## **I Love to Read**

February is an exciting month at CMMC as we celebrate, I Love to Read month! A group of STUCO students arranged several fun activities throughout the month, including author spotlights, Caught You Reading draws, a guessing contest, and a bookmark contest. Students have had the opportunity to win a book from an amazing selection! We love reading all year, but sure enjoy highlighting it in February!

## **New Books**

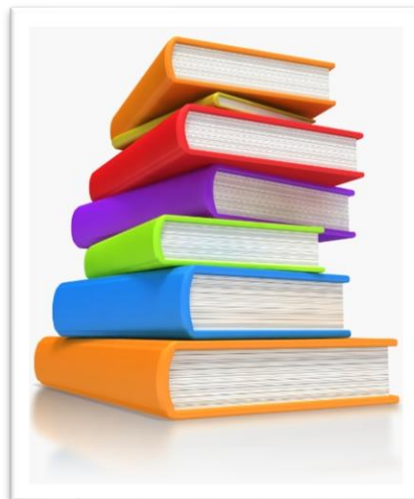
We continue to add many new books to our library collection. We've been focusing on newly published fiction, filling in some missing books from much loved series, and adding to our manga collection. We always enjoy hearing what the students are interested in and let them be the first to check out any book they recommend for purchase! We share information about our new books on a regular basis on the CMMC Buckeyes Team.

## **Monthly Draw**

With every library check out, students can enter our monthly contest. At the end of each month, a winner is selected to choose an awesome book prize.

## **Library Continues to be Open**

Our Library Learning Commons is always available for students to return and/or check out books. We are open 8:00-3:45 each school day and there is no check out limits. Also, we encourage students to return any overdue books, even if they are from a remote learning period from another school year! We can even return books to other school libraries in RETSD. We do not charge late fees; we're just happy to have the materials returned.



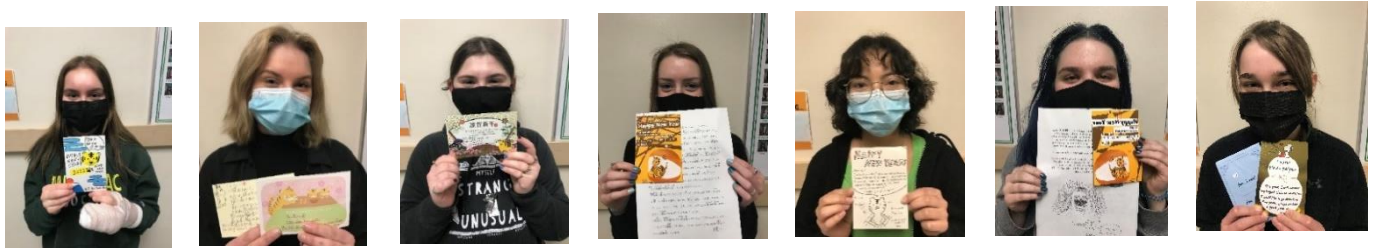
# Languages Department

## Pen pals from Japan Help Bolster Language Usage

Students taking Japanese at College Miles Macdonell were treated to “Nengajo” (traditional Japanese New Year’s cards) this month. The cards were sent by students studying English from Toho High School in Nagoya, Japan. As part of a free culture exchange program offered every year, students from schools teaching Japanese in Canada connect with schools in Japan to support intercultural connections.

The pen pals wrote back and forth during the year in their learned language. Many also connected via social media, following their new friends in a 21st century way! However, despite being a lot slower (letters took over a month to receive), traditional pen and paper letters (and drawings) continue to hold special value as a souvenir from a foreign land.

“This is so cool,” commented grade 11 student Nika Artemenko upon receiving her New Year’s card. Nika is exploring the possibility of going to university in Japan. Many Japanese universities have generously subsidized programs allowing students to earn degrees in English paired with a language study program.



Above: The smiling eyes of a few of the Japanese language students with their “Nengajo”

## FRENCH LANGUAGE NEWS

As we are able to slowly re-introduce our cultural programming, we have some news of events that have taken place and are coming up this semester!

### CIP – ALÉA 2021 – afternoon activities

In November, our grade 10 French Immersion students were able to participate in various cultural activities run by le Conseil de Jeunesse Provincial (CJP) who animated workshops on beading, pasta-making and cultural trivia, and brought some mega-sized games for students to enjoy all afternoon! Nous nous sommes bien amusés!



### **DELFL exams (Diplôme d'études en langue française)**

Also in November, we had a very large cohort of students who took both the voluntary DELF B1 and B2 exams with success!

Diplomas have just arrived from France and will be distributed to our participating students!

The diplomas are a life-time recognition of their French language capabilities. The B1 diploma proves the language level needed to become a citizen in a Francophone country, and the B2 level gives the qualifications needed to study at a French university.

Félicitations à tous! Soyez fiers de vos capacités en français! Congratulations to all our students who can be proud of their French language skills!

### **Le Concours des voix de la poésie**

Our annual Concours des voix de la poésie (Poetry in Voice competition) had to be held virtually this year due to restrictions. Despite the restrictions, we had some very brave students memorize and film themselves reciting poems in both French and English.

Our judges chose the following students as the winners of our school-level competition:

First Place: Rohan Mariash (grade 11 Immersion)

Second place : Ella Fox (grade 9 Immersion)

Third place: Urvi Singh (grade 9 immersion)

Rohan will advance as our school's representative at the online national final competition, which will take place very soon in March. There are cash prizes to win! Bonne chance Rohan!

Félicitations à tous les finissants et aussi à tous les participants et à leurs enseignants!

Congratulations to our finalists and to all our participants for their hard work in preparing their poems and to their teachers that supported them in preparing for this virtual event! Merci et bonne continuation!

### **Le concours d'art oratoire**

Our annual oral speaking competition is coming soon in March! We are hoping to have an in-person competition!

Students are busy preparing their speeches on topics that are of interest to them. The categories of participation are French: Communication and Culture, French: Communication and Culture (enriched), Early and Late Immersion and Francophone. Students will be judged on the quality of their French and their oral speaking skills.

We have a long-standing tradition of excellence at the competition at all levels. It starts with our school competition where we choose winners at each category at both the grade 9/10 and 11/12 levels that will advance to the divisional level of the competition that takes place in April. This is followed by the provincial level competition which takes place in May.

Grade 11 and 12 students from all categories who win at the provincial level have the possibility of participating at the National competition where students compete with participants across Canada for the chance to win University scholarship money!

We hope to have exciting results to share in the next newsletter!!



# Soccer



## Girls Indoor Soccer

The girls' indoor soccer team (Grades 9-12) enjoyed a solid season of eight regular season games and nine playoff games from September through February. These girls committed a lot of time and energy to making this the best season it could be. Way to go, Buckeyes!

# Student Council

Student Council of 2021-2022 is focused on inclusivity and highlighting the diversity within Miles Macdonell Collegiate.

Despite the transition from remote learning to in-person learning, the council continues to bring creative events to the school community.

Starting in October, we celebrated with a Halloween-themed Spirit Week. We brought new ideas to the school, with days such as "Anything but a Bay Day" and "Age Day" where students were encouraged to wear unique costumes and bring different "bags" to school. To increase the school's Buckeyes, we also held our first Grade Wars in November. Although we couldn't hold a gym riot at the end of the week like the past years, every class was able to participate in the friendly competitions that the council planned.

During February, we continued the tradition of celebrating Valentine's Day by selling roses to students. This was successful as 300 roses were sold and delivered on Valentine's Day to their recipients.

As the school year progresses, our Student Council hopes to bring more events to the school such as Grade Wars and other unique ideas!



# AFM Information



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



**Vaping information and resources for parents (click link to access):**

[Drug Free Canada Vaping](#)

[Health Canada Parent Tip Sheet on Vaping](#)

[Information about Cannabis](#)

## Information about Vaping

**34% of Canadian students in grades 7-12 have tried vaping products, and youth aged 15-19 have the highest rates of trying vaping in Canada.**

Vaping has become one of the most popular forms of substance abuse and it has particular appeal to youth.

Originally it was promoted as a smoking cessation tool; however now due to its appeal to youth, many youth who have never smoked before have started vaping.

Youth will vape either nicotine or cannabis. Vaping eliminates the typical smell of nicotine or cannabis, the smell will be pleasant.

Vaping is the act of inhaling and exhaling chemicals that have been heated in a device to produce an aerosol.

The vaping device comes in all shapes and sizes. Originally they looked like cigarettes or pipes but the devices are constantly evolving and offer users different options in terms of the temperature they can heat the chemical to, size, and ability to be recharged (by plugging into a USB port) or be disposable.

The current most popular vapes are very discreet and look like USB sticks, lipstick or other common household items. Larger "mod" devices are also still commonly used.

The most common chemicals used in vape juice are:

- glycerol
- flavours

- propylene glycol
- nicotine or cannabis

The heating process can also cause reactions that cause additional chemicals to be produced like as formaldehyde.

The long term effects of vaping are still unknown. We do know that exposure to nicotine during adolescence can affect memory, concentration, impulse control as well as cognitive and behavioral problems. We also know that cannabis has the greatest negative health consequences on youth as their brains are still developing. They tend to struggle with memory and concentration and are at increased risk for depression, anxiety and psychosis.

The other component that is very important to note is that there are significant risks to inhaling chemicals into the lungs.

Remember, you don't need to be an expert on substance use to talk to your youth about vaping! Start the conversation, listen to what they are saying and provide information and resources to aid them in decision making.

### 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  
[asigurdson@retsd.mb.ca](mailto:asigurdson@retsd.mb.ca)  
204-260-9921

College Miles MacDonell Collegiate  
Mondays, Thursdays & alternating Fridays

# Dance

## Dance Crew 2022

Auditions were held at the beginning of the school year for all students who were interested in joining ACE Dance Crew, the Hip Hop performance group at Collège Miles Macdonell Collegiate. Twenty-five students were selected for their energy, their motivation, and their love of dance.

The group practices once a week after school and worked hard for their first performance which took place just before the Winter Break. The students performed at a show entitled "Next Gens" which was put on by L.I.V.E Dance Studio. The performance took place at Seven Oaks Performing Arts Centre, and it was electric! This was an incredible experience for the students to be able to perform and to share their love of dance with a live audience! The students had the opportunity to watch and learn from the other performers that were at this show and were thrilled that they could be a part of the show.

Looking forward to being able to share with the Collège Miles Macdonell Collegiate community when it is possible.

Mme. Ybanez is so proud of all the students that are a part of this group as they truly embody what the dance community is about; respect, collaboration, and hard work!!

Bravo!









Spring is just  
around the  
corner!

