



# Collège Miles Macdonell Collegiate

757 Roch Street, Winnipeg, Manitoba R2K 2R1  
Phone: 204-667-1103

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

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

## Winter 2021

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



*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

Dear CMMC Families,

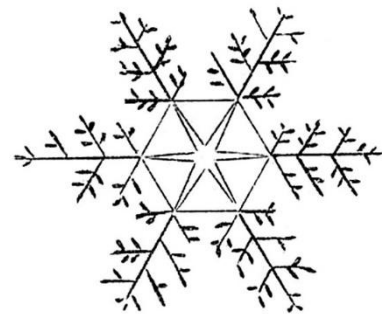
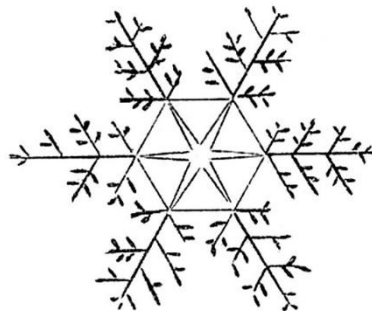
This newsletter finds us at our half-way mark for the school year! It is wonderful to see how we have all adapted to our current safety protocols and how we all continue to support each other.

We know that this year has been complicated for all of us in some way, but we are indeed dedicated to providing our students with the best possible school experience to support their academic growth and positive mental health. With first semester behind us, we are looking forward to engaging our students in meaningful learning, conversations, and goal setting.

We also look forward to our continued partnership with families to best meet the needs of the children in our care. If you require any support, please reach out to your child's teacher. We are here to help and look forward to seeing our students continue to excel.

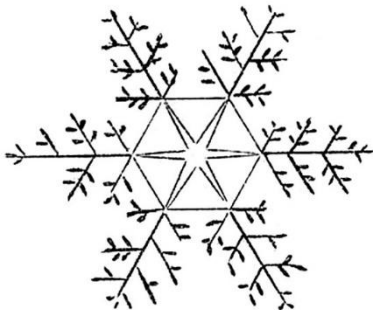
Thank you,

J. Muller



## 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

Monday, February 15<sup>th</sup> – Louis Riel Day – no classes

Wednesday, February 17<sup>th</sup> – Report Cards posted

Thursday, February 18<sup>th</sup> – Virtual Open House (CMMC website)

Monday, March 1<sup>st</sup> – Online Registration for 2021-2022 Opens

Monday, March 8<sup>th</sup> – Online Registration for 2021-2022 Closes

Friday, March 19<sup>th</sup> – PD Day no classes

Friday, March 26<sup>th</sup> – Last day of classes before Spring Break

Monday, March 29<sup>th</sup> to Friday, April 2<sup>nd</sup> – Spring Break

Monday, April 5<sup>th</sup> – First day of classes after break

# 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**



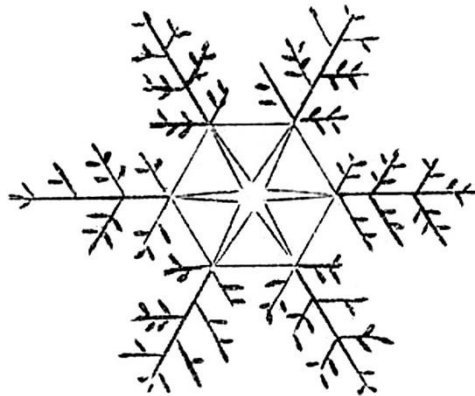
*They look forward to hearing from you!*

## 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?**

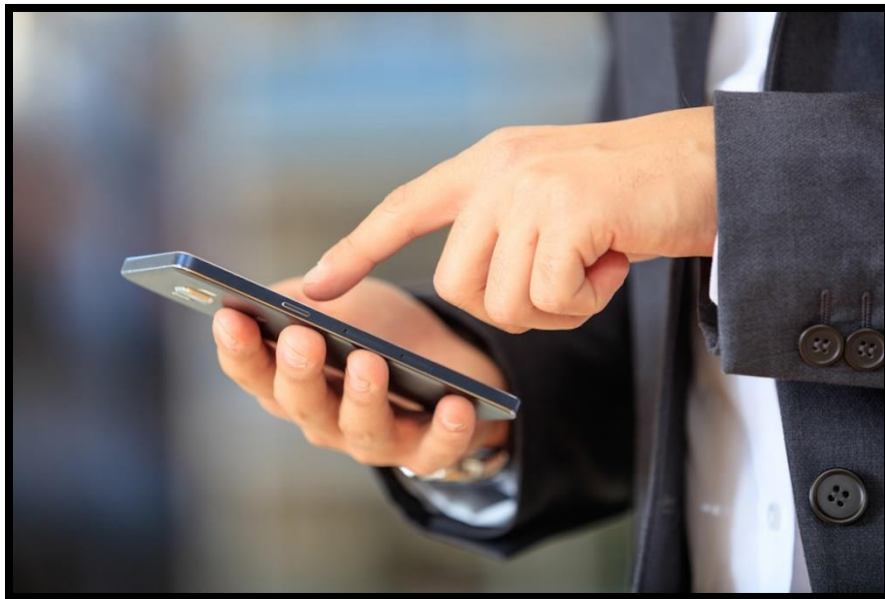
This is the phone number you need to call when your student will be absent for any reason.

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.*



# First Nations, Métis, and Inuit Student Voice Advocacy Group

Submitted by S. Proulx

The RETSD has created a “First Nations, Métis and Inuit Student Voice Advocacy Group”. Its purpose is to give students a voice and include them in discussions centered around promoting Indigenous student success and improving graduation rates in senior years schools. CMMC is proud to have four students represent our Indigenous population. The Division is excited to make space for students to be actively involved in shaping pathways to success, including mentorships, and both academic and cultural supports.

The senior years students meet monthly with the Divisional Inclusion Specialist/Indigenous Education Initiatives and Indigenous Academic Achievement team members via TEAMS as well as quarterly with the Assistant Superintendent. Students as a group will be encouraged to connect on a regular basis via TEAMS and to include other FNMI students within their schools in the conversation.

We’re also excited to announce that during the Remote Learning period, CMMC had a Métis artist render a beautiful representation of Turtle Island titled “All are Sacred”.

It is in the Multi-Purpose Room for everyone’s enjoyment.





This is the mural on the wall of the Multi-Purpose Room



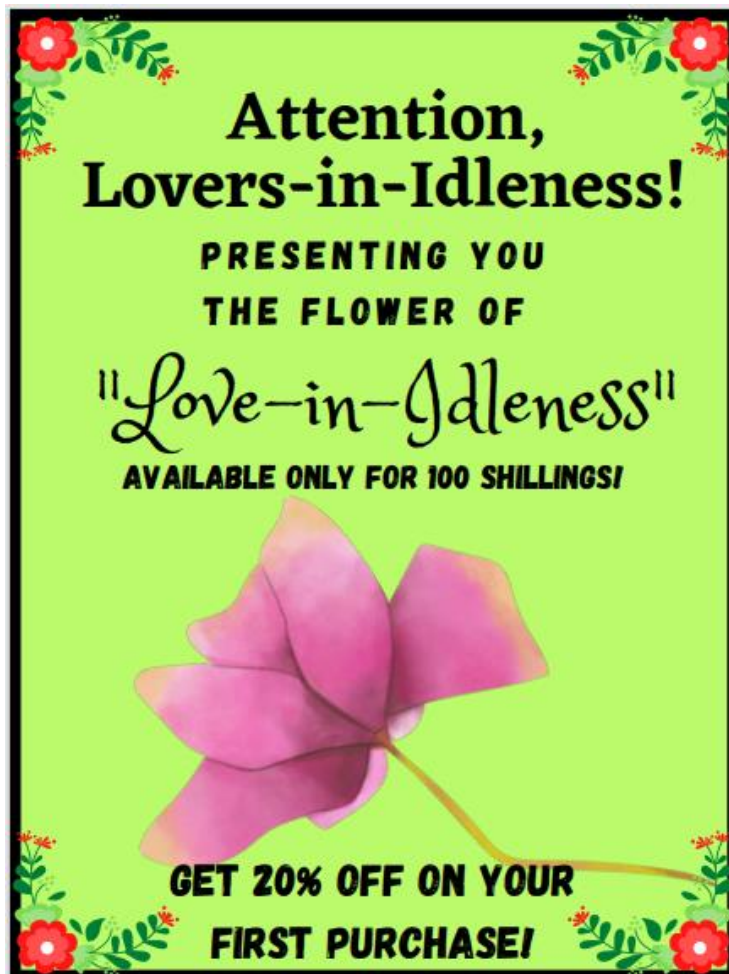
## English Department

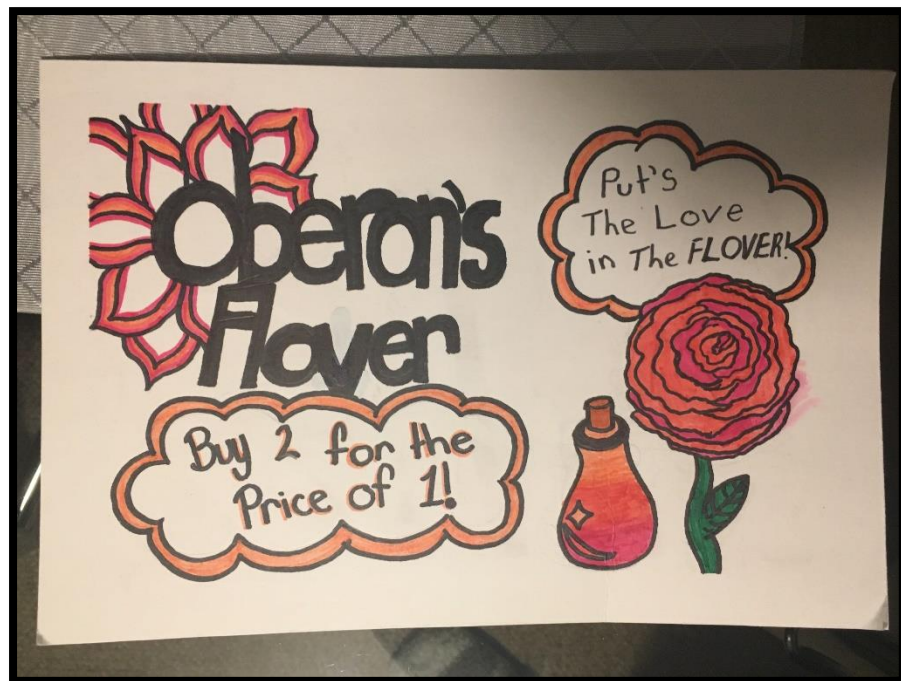
Grade 9 English: Classes RE-CA and RE-BB:

Once we returned from Winter Break, we started exploring the magical play, *A Midsummer Night's Dream* by William Shakespeare. Over remote learning we all worked together to help build our understanding of important topics and themes within the play. Once we returned to the classroom, we finished the play together through a mix of reading out loud and listening to audio versions.

To end off the semester, both classes have been showing their creativity and understanding of the play through a variety of projects and presentations! Many have created ad campaigns around the magical flower that causes the conflict in the play, while others have created animations, story boxes, comic strips, and picture book versions of the play to show off their creative skills and knowledge of the play!

M. Da cunha





July 7, 1707 BCE

## Suffer or vaccinate? The whole truth about the vaccine for UNRETURNED LOVE

An epidemic of UNRETURNED LOVE has begun on the planet. Unfortunately, this problem has not spared Athens either. More than two hundred people have already received the "Love-in-Idleness" vaccine, created by the Cupid Center. Primarily those are people who are suffering, hopelessly in love. Among those who received the vaccine are such famous Athenians as Helen, Hermia, Lysander, and Demetrius. The Vaccination Company has started in the regions: a thousand doses had arrived in the company, and in the coming months, around three thousand doses will arrive. There is a hope that the epidemic of unreturning love will be over. However, many are excited about taking the injection developed by the vaccine with contraceptives, and how it will affect their health or is it better to suffer. According to a study by the Athens Center for Unresolved Issues, only 42 percent of Athenians do not exclude the possibility of vaccination in the future. Answers to the most frequently asked questions are given in the Athens News Agency News by Oberon, the fairy king and director of the Cupid Center.

How is the vaccine done? Does it hurt?

The eyelids of a sleeping person are smeared with a magical substance. The site of action of the substance may hurt a little, redness and itching are rarely observed, but these symptoms quickly disappear on their own, without special treatment.

Sometimes "Love-in-Idleness" is introduced in two stages. First, the person receives the first dose of flower juice. However, if a person wakes up and accidentally looks at the "wrong object", he will inject a second dose. The two-stage scheme of immunization (prime-boost) is well known in the world and is considered to be very effective.

What are the side effects of the vaccine?

The results of the first and second stages of trials from the Cupid Center have shown the following most common side effects: pain at the injection site, fever, headache, fatigue, muscle and joint pain. The body temperature rose to 37-38.4C degrees, maximum - up to 38.5-38.9C degrees.

What does the "Love-in-Idleness" vaccine consist of?

The vaccine consists the juice of the flower into which the arrow of the Cupid (the god of love) fell.

"... A small western flower,

Used to be milky white, now purple from the wound of love

And the girls call it to love in idleness. "

Is there anything dangerous in the vaccine?

No. The vaccine has a magical effect on a person, making him fall in love with the first leaving creature he or she sees upon awakening.



Around 50% of all Athenians have been already diagnosed with UNRETURNED LOVE

Is it possible to vaccinate those who have suffered UNRETURNED LOVE?

It is not known how the vaccine works on those who have been ill - such studies have not been conducted. Common sense dictates: after UNRESPONDING LOVE, natural immunity should form. How long it lasts is unclear. But, given the rare cases of repeated suffering - perhaps months, six months.

The media writes about those suffering from UNRESPONSIBLE LOVE after vaccination.

Such cases are possible, and here it is important to understand what is the cause and what is the effect. So, if a person did not sleep at the time of vaccination, then, the active substance does not have the expected effect on the body. The effectiveness of the vaccine "Love-in-Idleness" is described on the official website of the Cupid Center.

Isn't it better to get sick with UNRESPONDING LOVE instead of getting a vaccination?

Everyone decides on vaccination for himself. If there are no contraindications, you need to weigh the health risks: with vaccination, they are lower than with UNRESPONDING LOVE, that stronger immunity is formed just after the vaccine.

According to studies, 22 percent of the population is at risk of suffering a severe form of UNRESPONDING LOVE. But even a mild form is a blow to the nervous system. The choice is yours!

# Student Council

From January 4th-15th, Buckeyes took on Remote Learning! These weeks were anything but usual for CMMC and so to maintain normalcy, Miles Mac's own Student Council wanted to stay connected with the student body of CMMC, by hosting virtual announcements!

Every Monday, Wednesday and Friday during the remote learning period STUCO members recorded themselves and read some news about the school library, Litmag, Wellness Wednesday and most importantly, reminded students to take care of themselves- as well to stay connected with others!

These virtual announcements were a way for staff and students to see some faces of Miles Mac and to stay connected with our school community!

Students returned to the classroom on January 18<sup>th</sup>!



# Cooking Through Covid

Submitted by Ms. Vince

It's always fun to attempt new recipes that both feed your soul while also keeping your body fueled and well. From my home to yours, here are a few recipes that go well together to nourish your family.

## [Vegetarian Baked Ziti Recipe with Goat Cheese](#)



From: <https://draxe.com/recipes/baked-ziti-recipe/>

3½ cups brown rice pasta, cooked (I used organic red lentil penne and quinoa noodles)

1½ cups fresh spinach

½ cup cauliflower rice (I used 2 cups plus)

1 zucchini, chopped

1 yellow squash, chopped

2 cups cherry tomatoes, sliced

1 teaspoon Italian herbs (I used 1 tsp oregano and 1 tsp basil)

½ teaspoon garlic powder

½ teaspoon sea salt

½ cup goat cheese crumbles

2-3 cups marinara sauce (used my homemade tomato sauce)

4 ounces buffalo mozzarella (found it at DeLuca's on Portage or used ricotta too)

¼ cup caprino Romano, shredded (used parmesan)

5-6 large fresh basil leaves, chopped

Preheat oven to 375 F.

Cook the red lentil and brown rice/amaranth noodles for 3 – 4 minutes – for al dente in casserole.

In a 9x13 greased baking dish add the cooked pasta, spinach, cauliflower rice, zucchini, yellow squash, cherry tomatoes, goat cheese crumbles and spices. I mixed everything in a large bowl first, then poured into the 9x13 dish.

Pour marinara sauce, stirring until well-combined.

Top with buffalo mozzarella and pecorino Romano.

Bake for 30-35 minutes.

Allow to rest for 5 minutes before serving.

Top with fresh, chopped basil

### Basic Tomato Sauce

2 tsp Olive Oil	1 – 6oz can Tomato Paste
6 cloves Garlic (minced)	2 – 28oz can Tomatoes
1 medium Onion (finely chopped)	(whole then crush)
1 tsp Salt	1 tsp Dried Basil (1 Tbsp fresh)
1 grated Carrot	Fresh Ground Pepper
2 tsp Vinegar	2 Tbsp parsley (fresh chopped)

Heat oil in saucepan over medium heat. Add onion and garlic and sauté until onions become soft. Turn heat to low. Add next 7 ingredients. Cook, stir occasionally for 45 – 60 minutes. Add parsley, stir, and cook for 5 minutes.

I started to use the whole tomatoes and once everything is cooked, I use my immersion blender to break up the tomatoes a little more.

## Juicy and Crunchy Kale Salad



From: <https://www.joyoushealth.com/27263-blog-juicy-crunchy-kale-salad>

### Ingredients

- 1 head dino (Tuscan) kale, washed and de-stemmed, chopped
- 3 small apples (Macintosh, Royal Gala, or Granny Smith), chopped
- 2 carrots, grated or shaved with a veggie peeler
- 3 celery stalks, chopped
- 1/3 medium red onion, finely chopped
- 5-6 medjool dates, pitted and chopped
- 1 ripe avocado, cubed

### Dressing

- 3 parts EVOO
- 1 part apple cider vinegar or lemon juice
- 1-2 garlic cloves, finely chopped
- Sea salt to taste

1. In a small bowl, whisk together EVOO and apple cider vinegar. Add garlic and sea salt. Set aside.
2. In a large bowl, combine kale and remaining salad ingredients.
3. Toss salad with dressing.
4. Enjoy right away or refrigerate for a few hours. Consume within 24 hours for maximum nutrition and crunch!

## Salted Caramel Almond Balls

From: [amylecreations.com](http://amylecreations.com)

You could probably use pumpkin seeds and sunflower seeds instead of nuts for a nut free version. But I have not tried.

### Ingredients

½ cup + 2 TBSP raw almonds (*I have also used ½ walnuts*)

¼ cup golden flaxseeds (*I used flax meal*)

¼ cup hulled hemp seeds

½ cup rolled oats (*¾ cup almond flour*)

200g medjool dates, pitted and quartered (*about 11 dates*)

1 tsp vanilla

¼ tsp salt (or to taste)

1. Preheat the oven to 180 degrees Celsius. Place 2 TBSP of the almonds onto a baking tray lined with parchment. Cook for 8 minutes or until the almonds are slightly browned. They will also smell nuttier when done. When mostly cool, chop the almonds into small pieces. Place onto a plate mixed with 1/8 tsp of the salt. Take and add more salt if needed. Set aside.
2. Add the flaxseed and hemp seeds to a high-speed blender and blend until the seeds are a fine consistency. Add the remaining ½ cup of almonds and rolled oats and blend until they are a fine consistency as well.
3. Add the dates, vanilla, and remaining 1/8 tsp of the salt and blend until everything comes together and looks fudge like.
4. Roll the mixture into tablespoon sized balls. After you make each ball, roll them into the almond pieces. Doing this as soon as you rolled the mixture into a ball, ensures the almonds stick easily. Refrigerate for one hour or until cold before enjoying. Store these in the fridge.



# Library News

## From the Library Learning Commons:

**I Love to Read Contest:** This month the CMMC Library Learning Commons will be celebrating **I Love to Read**. Every time a student signs out a book from the CMMC Library Learning Commons, their name will be entered into a draw to win a free portable Power Bank battery charger. Also, whenever Ms. Bell spots a student reading, she will enter their name into a draw. So, get reading Bucks!

**NEW BOOKS HAVE ARRIVED!** In other great news the LLC has just received a variety of new and exciting books. Here are some, just to name a few: Jamie Oliver's *Everyday Super Food*, John's Lewis's civil rights graphic novel *March*, Pierre Burton's classic historic novel *Vimy Ridge*, *Chicken Sisters* by KJ Dell'Antonia, *21 Things You May Not Know About The Indian Act* by Bob Joseph, *Bus 57* by Dashka Slater, *Can We All Be Feminists* by June-Eric-Udorie, *Dissenter on the Bench* by Victoria Ortiz, the entire *Dogman* series by Dave Pilkey and for those astrophysics lovers *Death by Black Hole* by Neil deGrasse Tyson. There is something for everyone, just go online to CMMC Library Services to place a hold on one of these new and exciting titles and get reading.

**Buckeyes Love to Read:** A variety of staff and students have participated in celebrating and sharing their favourite book and reasons why they love these books. Check out our staff and student's book choices on STUCCO Instagram under the Library Info Highlights.

**Bookeyes Book Club:** On Tuesday, February 2 on TEAMS several CMMC students participated in an online book club and what a success it was! The book that discussed was *Stamped* by Ibram Kendi and Jason Reynolds. Topics explored were systematic racism and how race can be used to gain and keep power. It was a wonderful opportunity to discuss this critically acclaimed book and to make connections with other students during this pandemic school year. Our next book club meeting will be in March and we will read the graphic novel series *March* by John Lewis. If you are interested in participating contact Ms. Bell at [jbelle@retsd.mb.ca](mailto:jbelle@retsd.mb.ca) for more information.

Submitted by Ms. J. Bell



Kushal Koshi  
Far Too Many Books to  
Choose From!!!!



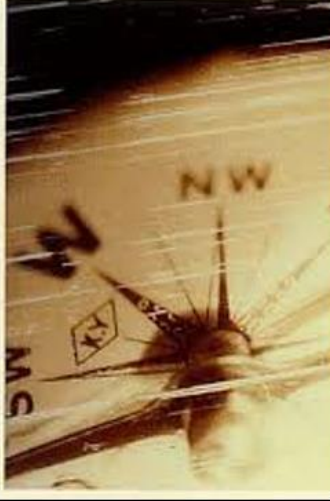
I choose these books because they provide an escape when I feel like there is none, a perfect mix of philosophy, adventure, sci-fi and romance, this pile has certainly made this quarter much more bearable.



Ms. Adamson  
*Heartstopper 1 & 2* by Alice Oseman

- Heartstopper Vol 1 and Vol 2. This is a relatively new series of comics written by Alice Oseman and has been recently greenlit for a Netflix adaptation. I read it as an adult, but it is absolutely a book I wish I had as a teenager! It follows two teenage boys as they fall in love and learn about life. There are some references to bullying, violence and (in the later volumes) mental health and self-harm. Oseman explores these topics in a really sensitive way and creates the most heartwarming story of love and identity. (Oseman has made it available for free online, too!)

NANCY HUSTON  
NORD PERDU  
S.1111DE  
DOUZE FRANCE



Mme. Ybanez  
*Eloge du mariage, de  
l'engagement et autres folies  
and  
Nord Perdu*

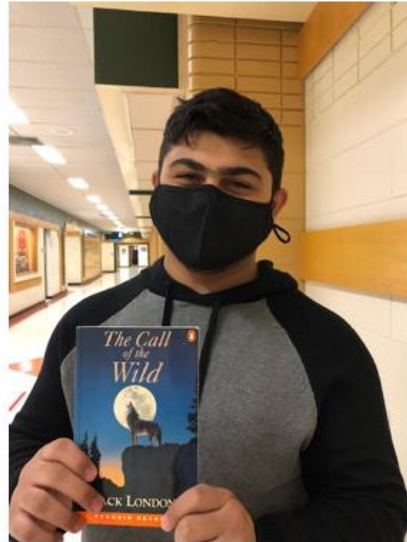
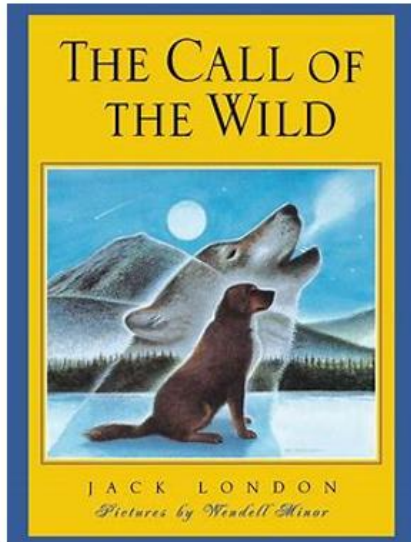
Pour mon livre, je ne pouvais pas choisir entre ces deux œuvres. Ces deux auteures ont trouvé un profond écho en moi, comme si elles m'avaient révélée des choses en moi-même. Ces deux grandes femmes admirables, à bien des égards, ont eu le génie de mettre des mots sur des choses que je gardais enfouies en moi. Elles ont su me parler et m'aider à vivre pleinement ma double culture.



Christiane  
Singer  
*Éloge  
du mariage,  
de l'engagement  
et autres  
folies*

Albin Michel

## Nassouh Lasaho *The Call of the Wild* by Jack London



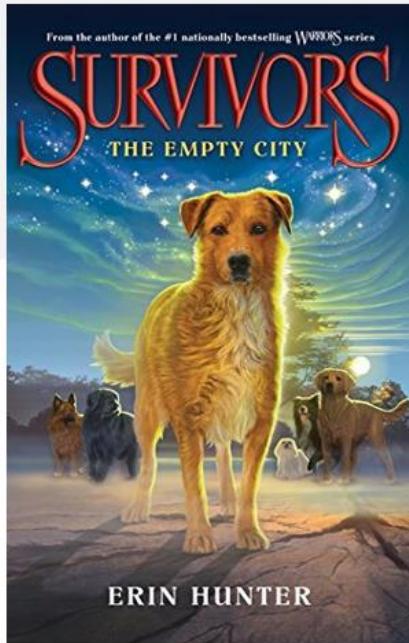
- انا قرأت الكتاب وهي قصته جميلة مشوقة ان وممتع تعلمت منها حياة الحيوانات تختلف عن حياة الانسان انا احب القراءة منها اتعلم ان اكون انسان ناجحاً في حياتي العملية



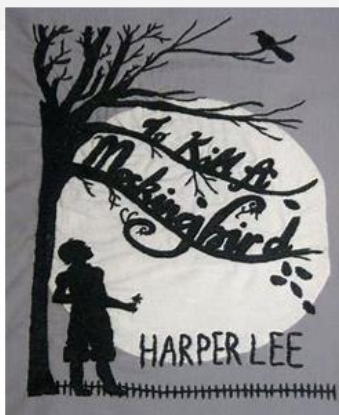
Victoria Kamasheva  
*Survivors*  
by Erin Hunter

• Russian:

*Survivors* это серия книг в которых рассказывается о мире собак, которых бросили люди. Эти книги о разных событиях которые пережили собаки. Я рекомендую вам прочитать эту серию. Она вам понравится!

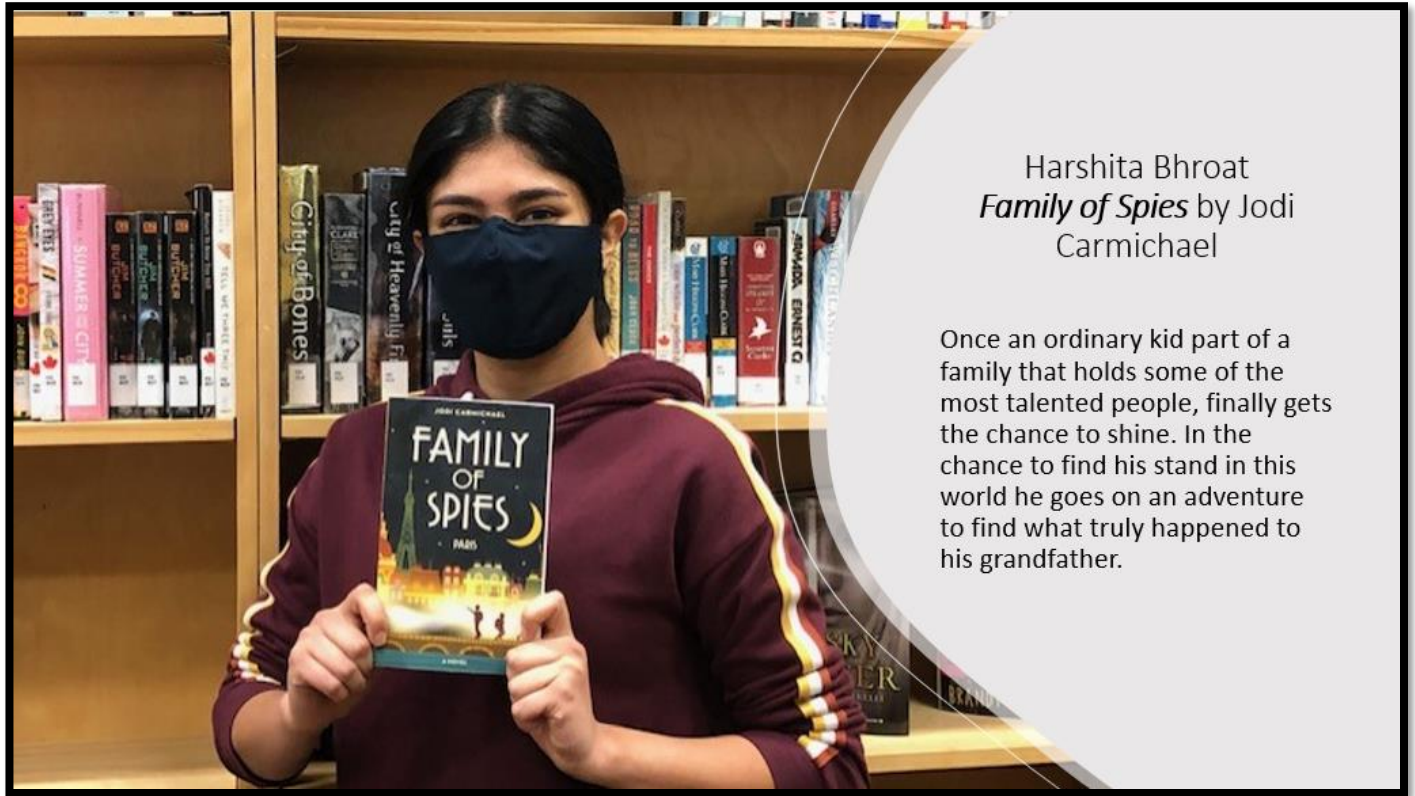


Nayka Bautista  
*To Kill a Mockingbird* by  
Haper Lee



**To Kill a Mocking Bird**

in Grade 10 everyone is required to read and study this novel. I had read this book prior to that in grade 8 and really fell into the book and it's concept. *To Kill a Mocking Bird* is a novel based on true events focussing on dealing with the serious issues of rape and racial inequality in Alabama, in 1936. The book is about Scout, a young girl living in the town of Maycomb Alabama with her father Atticus who is a law defendant. When Tom Robinson, one of the town's Black residents, is falsely accused of raping Mayella Ewell, a white woman, Atticus agrees to defend him despite threats from the community. At one point he faces a mob intent on lynching his client but refuses to abandon him. Scout unwittingly diffuses the situation. I really enjoyed this book because it opened my eyes to the racial segregation and systemic racial inequality in the US during this time and the birth of what today is a very broken system.



Harshita Bhroat  
*Family of Spies* by Jodi  
Carmichael

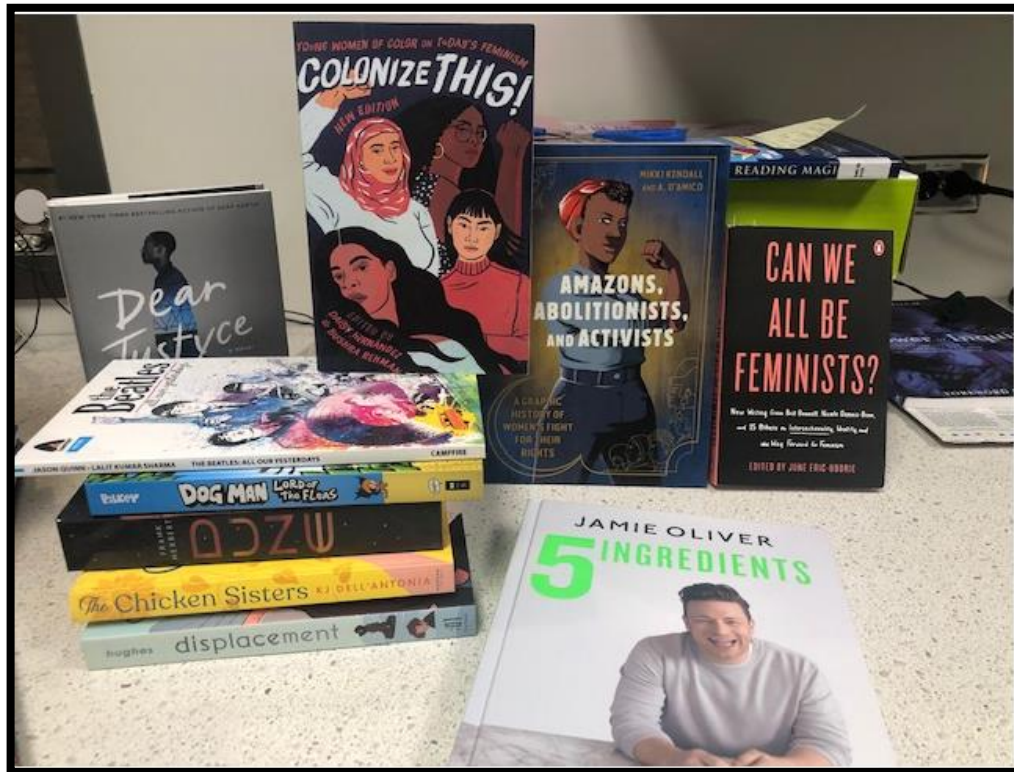
Once an ordinary kid part of a family that holds some of the most talented people, finally gets the chance to shine. In the chance to find his stand in this world he goes on an adventure to find what truly happened to his grandfather.

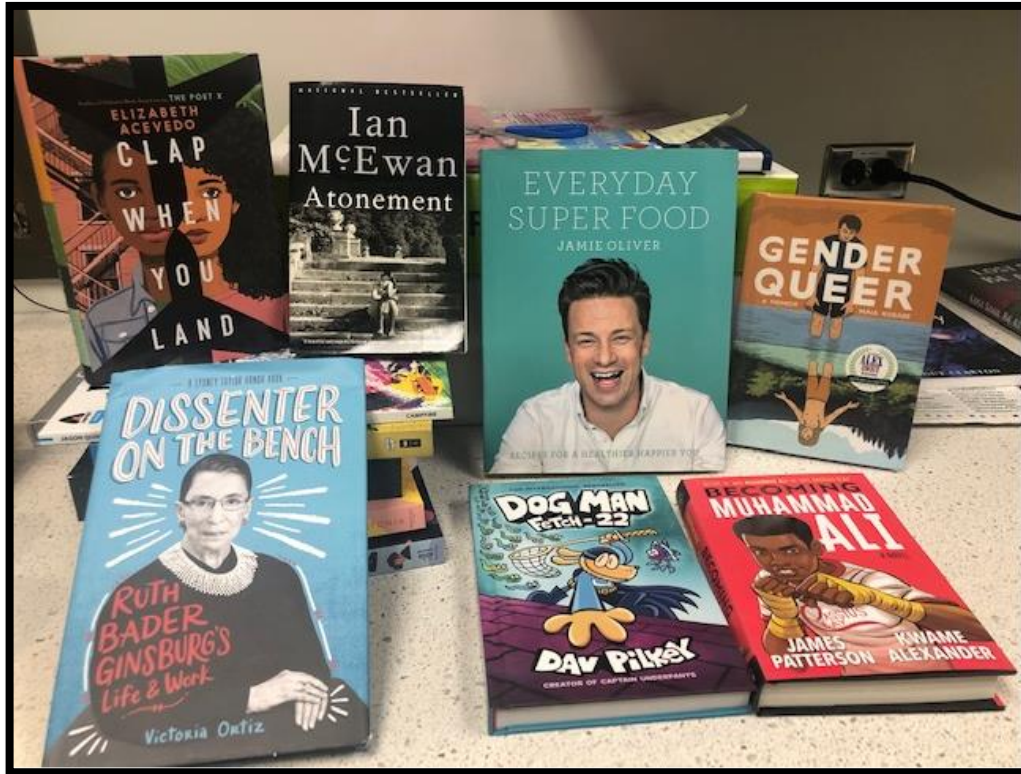
Mr. Campbell  
*A Farewell to Arms* by Ernest  
Hemingway

The book *A Farewell to Arms* by Ernest Hemingway is a book that shaped me. The book is about Frederic Henry who is romantically involved with Catherine Barkley. The book is set during World War One. This is a great book to read if you have an interest in World War One history, if you enjoy author's that write about experiences they have had (Hemingway was an ambulance driver in WW1), or if you want to explore and experience a unique writing style.



Here are the photos of the new books we got. The very last photo is of my book club that I had on Tuesday, Feb 2.





Book Club!

# Collège Miles Macdonell Collegiate

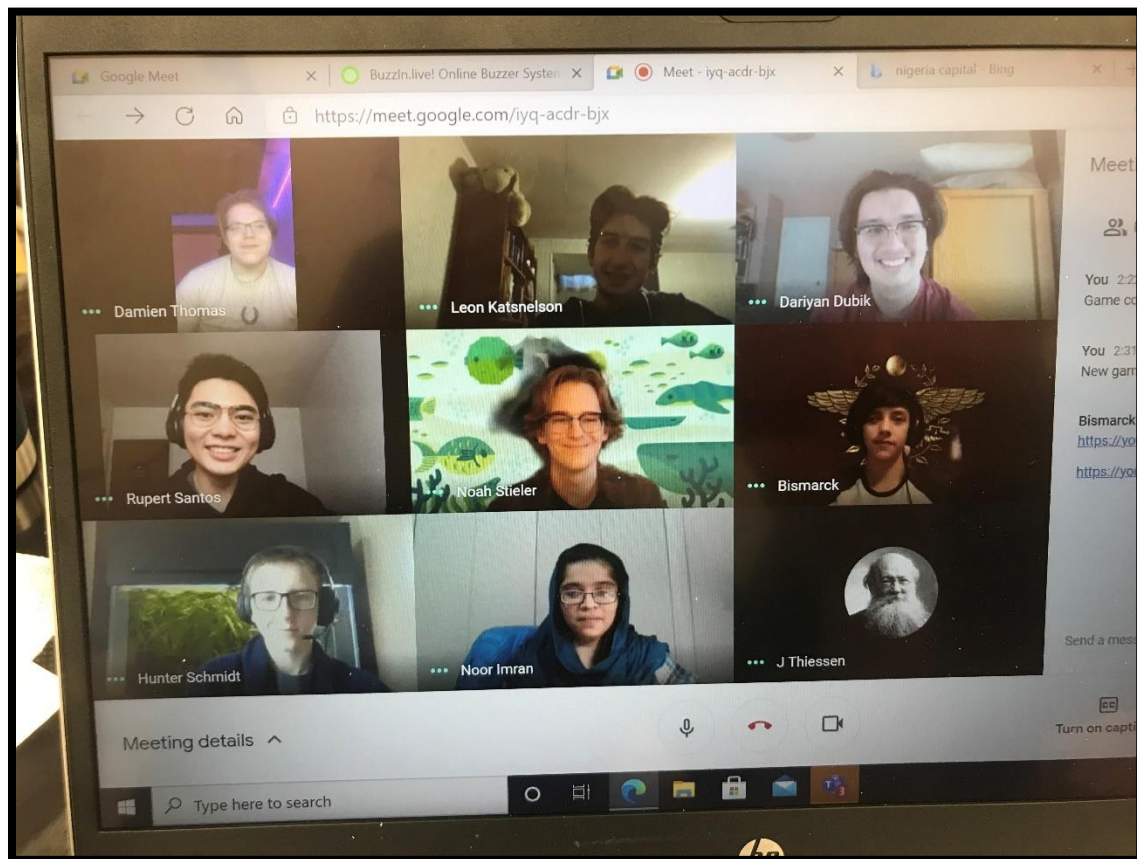
## Reach for the Top 2020-2021

Covid has failed to conquer our student and teacher trivia enthusiasts! Though we are not meeting in person, our squad of ten grade 12 players have been practicing weekly with in house games over TEAMS. Reach for the Top is a national high school trivia program that some of you may remember from its television iteration several decades ago! Questions come from a wide array of subjects, some curricular and some not. Usually we compete in tournaments with other schools in Manitoba, vying to become provincial champion and to represent the buffalo in the national tournament in Toronto. This year the league is on hiatus, but we have found other ways to compete and have fun.

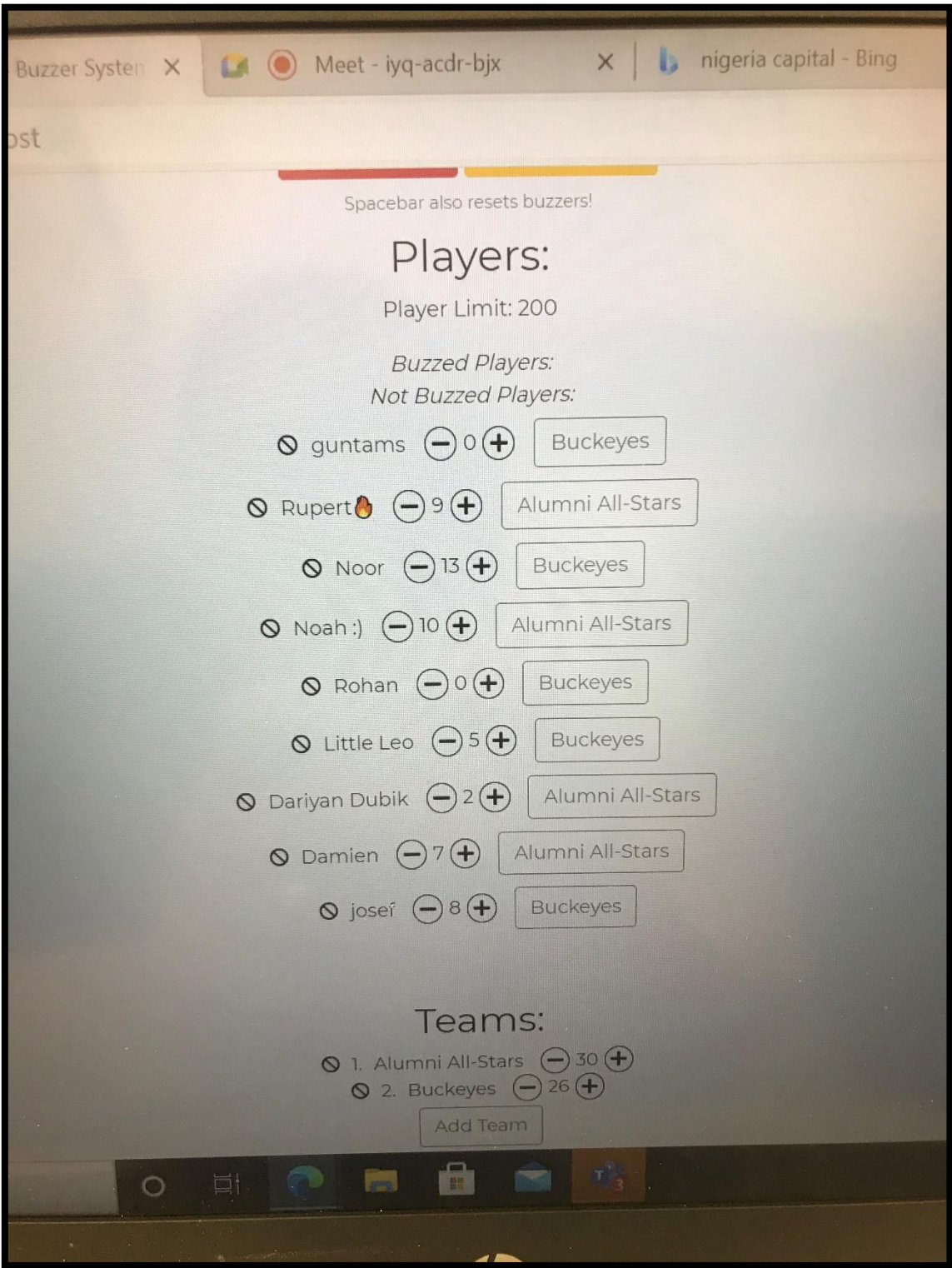
Recently, we took on a team of Buckeye Reach alumni in a two-game match. The alumni were a bit rusty in game 1 and took it on the chin but they rallied for a tight victory in game two. This means we'll have to have the rubber match soon! Plans for virtual tournaments with staff teams and other schools are underway for semester two.

Current players and coaches are Mr. Shaddock, Mr. Fritzsche, Ms. Bailey, Noor I, Ayesha H, Alistair S, Leon K, Tobias S, Liam M, Rohan K, Hunter S, Josef T, and Josh L.

Contact one of the above-mentioned teachers if you are interested in playing!







ost

Spacebar also resets buzzers!

# Players:

Player Limit: 200

*Buzzed Players:*

*Not Buzzed Players:*

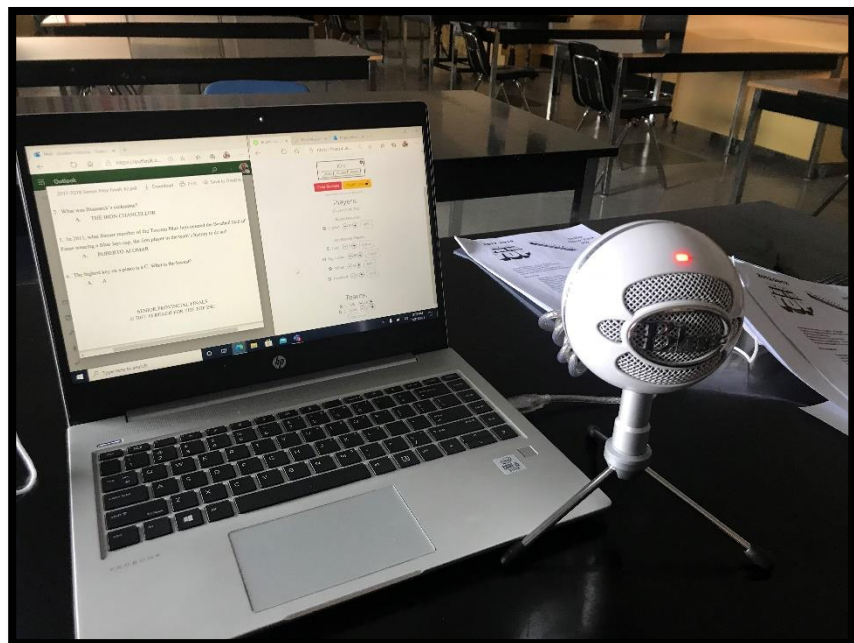
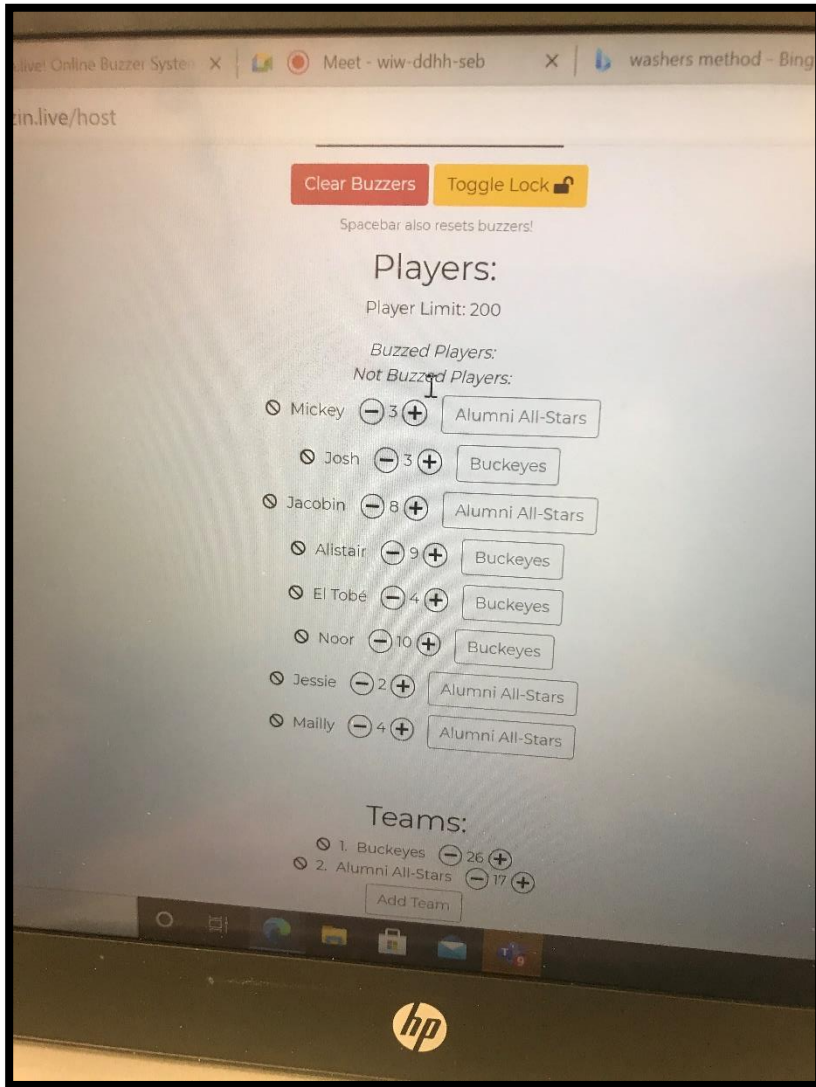
- ⊗ guntams (-) 0 (+) Buckeyes
- ⊗ Rupert 🔥 (-) 9 (+) Alumni All-Stars
- ⊗ Noor (-) 13 (+) Buckeyes
- ⊗ Noah :) (-) 10 (+) Alumni All-Stars
- ⊗ Rohan (-) 0 (+) Buckeyes
- ⊗ Little Leo (-) 5 (+) Buckeyes
- ⊗ Dariyan Dubik (-) 2 (+) Alumni All-Stars
- ⊗ Damien (-) 7 (+) Alumni All-Stars
- ⊗ josef (-) 8 (+) Buckeyes

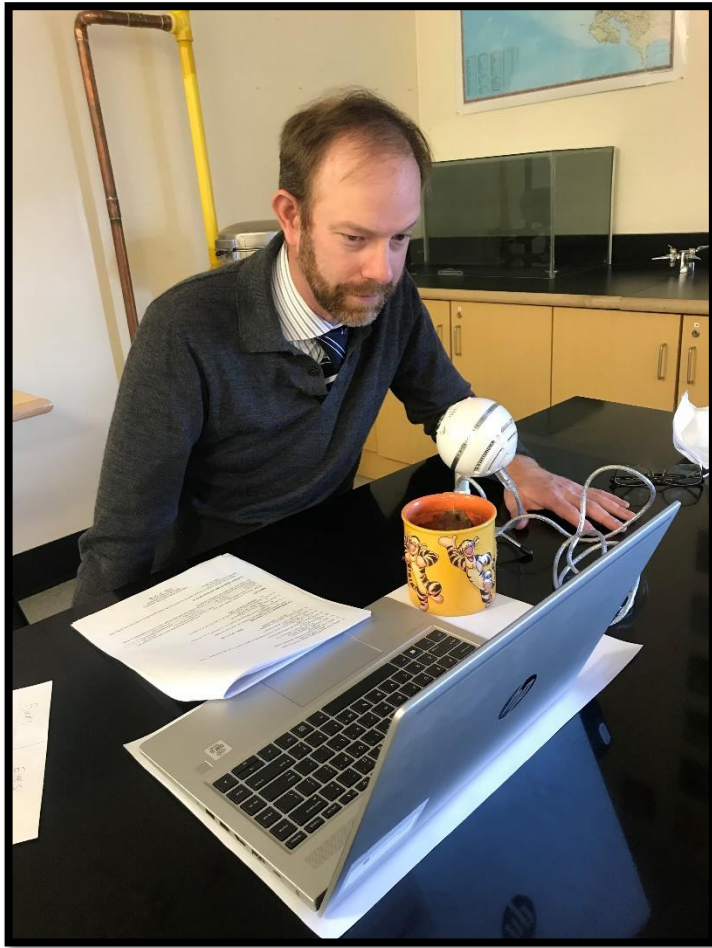
# Teams:

- ⊗ 1. Alumni All-Stars (-) 30 (+)
- ⊗ 2. Buckeyes (-) 26 (+)

Add Team







For Nostalgia's sake! (circa 1978)

# Mental Health



Canadian Mental  
Health Association  
Manitoba and Winnipeg  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Manitoba et Winnipeg  
*La santé mentale pour tous*



years of  
community  
ans dans la  
communauté

## Tips on Self-Care

Self-care – an intentional activity that refuels you, not something that takes your energy away

- Practice distraction – change the focus of your attention by intentionally doing something different; re-arrange your closet or furniture, look through old photo albums, play video games or write letters to people you haven't seen for some time
- Create comforting physical sensations – take a hot bath or shower, hold ice in your hands, cuddle your pet, smell your favourite perfume or eat a favorite snack without overindulging
- Nourish your brain – learning and brain power can be significant distractions from stressors; read, play music, watch puzzles, take online courses or watch TED talks
- Express gratitude – take time to consider the things you are most grateful for, even writing them down in order to see on paper all that you have that makes you whole
- Nurture your relationships – stay in close connection with the people you care most for via email, text, DM, phone calls or video chat
- Practice mindfulness – use online tools to access videos or audio files that offer visualization, body scans or mindfulness meditation
- Self-soothe – visualize a favorite former memory or give yourself a soothing hug, use positive self-talk or use conscious breathing
- Get outside – keeping social distancing in mind, there is no reason not to get outside and take your dog for a walk or visit a nature trail that isn't crowded
- Practice self-compassion – be sure to speak to yourself in a calm, comforting manner, recognizing that feelings of anxiety, loneliness, sadness and many others are entirely acceptable considering the circumstances
- Nourish your faith – if spirituality is a part of your self-care practice, take some time to connect with your belief system and something larger than yourself to seek meaning amidst the turmoil
- Exercise – many videos of all kinds of at-home workouts and exercises are available for free online; take advantage of one of them to nurture your mind-body connection

**The CMHA Service Navigation Hub (SNH) provides information on a range of topics related to mental health, mental illness, distress and strategies connected to resilience.**

When you connect to the SNH they listen and assess your situation; provide immediate support; educate and provide consultation on your rights and to determine next possible steps of action – whether to proceed with intake to CMHA programs or to refer to appropriate community supports.

You can reach them directly at: 204-775-6442 or email at: [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)  
Visit: [service navigation hub](#) for more detailed information on the support a Recovery Navigation Specialist can provide as well as other crisis supports within Manitoba.

## Virtual Open House



Collège Miles Macdonell Collegiate  
River East Transcona School Division

# Virtual Open House

February 18th 2021



"What it means to be a Buckeye"

Principal's Greeting

Overview of Programs

Message from our very own "Buckeyes"

# 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 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:

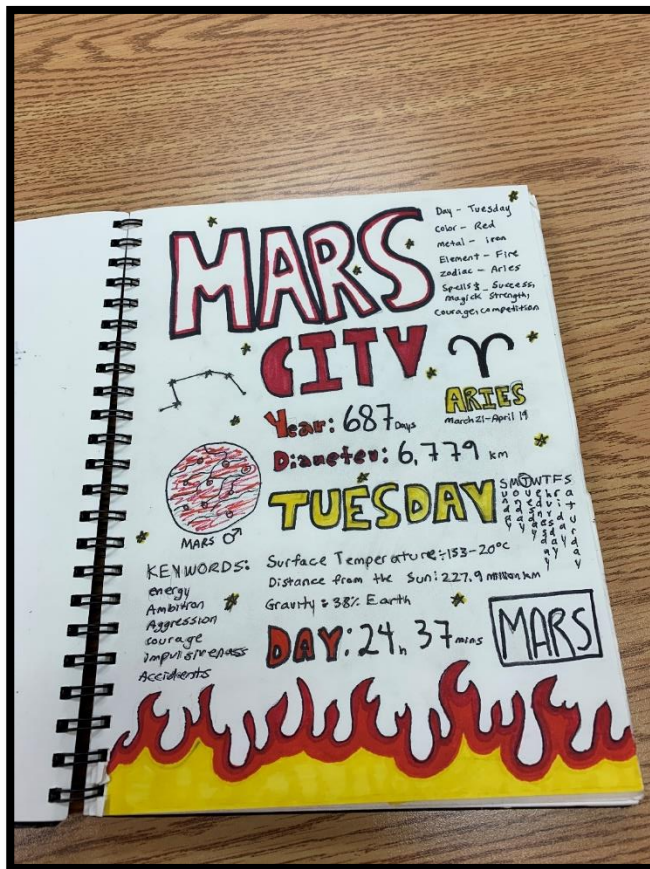
### **Virtual Ethics Bowl**

On Thursday February 18<sup>th</sup> we will be sending a team of 7 students to participate in 7<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 Gaelen Maderazo, Sara Bacchus, Evelyn Creed, Josef Bocaya, Kenzo Qui, Treya Williams and AV Ronquillo. We will be competing against seven other high schools in Manitoba. The winning team 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.

### **Inquiry in The Social Sciences**

Students have been engaging in a variety of inquiry projects at the end of the semester- here are some highlights of what they have been doing:

**Mars Inquiry Projects Ms. Street and Ms. Derksen Grade 9 Canada in the Contemporary World Class:**



WWII  
 Propaganda  
 Mme. Santos  
 Histoire  
 Class :

## GOVERNMENT

### Mars 2.0 Government System

Mars 2.0's government is based off of Canada's government system, but with a twist. It is a monarch government with a king and queen. However, the queen and king get chosen by the citizens from Mars 2.0 in a voting election much like how a prime minister is chosen (more on voting and elections on the next page.) The running king or queen does not need to be a part of a royal family to run. To run you must be 21 years of age or older. You will not need to run in a party like they do in Canada because everyone will be in the same party. Everyone will be in the same party because on Mars 2.0 we feel like having people running against each other in different parties will cause unnecessary drama on Mars. So, everyone will be in the same party running against each other. Once a member of the party gets elected, they then become Queen/King. The rest of the party once elected is there to help and elaborate on ideas to build a better Mars 2.0 for the next four years then another election will happen, and it will all repeat.

### Running for Political Parties on Mars 2.0

Have you wanted to become a king or queen? Well now's your chance! Move to Mars 2.0 and run for king/queen! You must be 21 years of age or older to run. You will not be able to vote well you are in the running. You must be a part of the Mars 2.0 party to run and have been in the party for at least 5 years. Lastly you have to have been a part of either the judicial, legislative or executive branches first to be able to run.

### Passing Laws

Laws on Mars will be passed through the executive than legislative and judicial branches, if none of them can decide on if that law should be passed then it will go straight to the King or Queen to finalize and or pass. To be elected for any part of the judicial, legislative or executive branches you will need to be elected for them in a vote. The vote will be for the entire colony of Mars because Mars does not have any provinces or states of different countries it's all its own big country/planet.

### Mars 2.0 Government

THIS INFOGRAPHIC WILL SHOW SOME OF MARS 2.0'S KEY POINTS AND INFORMATION

#### Government System

On Mars 2.0 the government system is a monarchy government. Citizens elect a king and queen to be the ruler and the provinces.

#### Political Parties

On Mars 2.0 there are no political parties. The people who run the colony do not have to be in a party to run. They can be elected as king or queen.

#### Voting

On Mars 2.0, a voting system is used. Citizens apply a ballot to vote for any of the candidates. The winning candidate will be elected as king or queen.

#### Running for Political Parties on Mars 2.0

Have you wanted to become a king or queen? Well now's your chance! Move to Mars 2.0 and run for king/queen! You must be 21 years of age or older to run. You will not be able to vote well you are in the running. You must be a part of the Mars 2.0 party to run and have been in the party for at least 5 years. Lastly you have to have been a part of either the judicial, legislative or executive branches first to be able to run.

## Continue to Government

### Media Control

When reporting an issue in the colony you are allowed to use your media such as social media news stations or anything to bring awareness on the situation. On Mars 2.0 we feel like it's very important to keep everyone in Mars informed of what's happening so that everyone is aware and alert. So, the government will have very little control over what you can post and share.

### Lobby Groups

Lobby groups on Mars 2.0 will play a very large role in this new colony. There will be pharmaceutical and healthcare groups, education, business transportation and utility groups. Once the colony grows bigger, they will expand and multiply into different smaller variations of groups. But for now, we're just starting that is what we have.

### Voting on Mars

On Mars 2.0 the voting system is much like Canada's. You have to be 18 and above to vote in any election. Anyone on Mars has the right to vote and run in an election. However, you cannot vote and run in an election at the same time.

### ECONOMY BREAK-DOWN

Fullscreen

### Bubbled drinks are coming to Mars! ONLY 100%

The Plop is a new and environmentally friendly product. It is 100% edible. You simply Plop into your mouth and bite. The outer layer is a thin biodegradable cover and it dissolves in your mouth and leaves behind a delicious drink. The Plop is made in an environmentally friendly facility with people who are treated well and feel well. The Plop comes in 20 different flavors of juice, soda or even alcohol. If you Plop, then you might also like its brother The Plop Sauce. The Plop Sauce comes in 50 different sauces from Sriracha ranch to ketchup.







# CLAY

## What Is Clay Used For In The World?

- Clay is used for utilitarian and decorative pottery, construction purposes, The use for pottery ceramics by clay was known by primitive people about 25000 years ago.
- Different sorts of clay are used with minerals and firing conditions to produce porcelain, stoneware and earthenware.
- Throughout ancient history clay was used for some of the following:
  - \* Cosmetics
  - \* In process of drugs
  - \* Topical applications
  - \* Pharmaceutical formulations

## Does Clay Benefit The Economy?

- Clay can benefit any countries economy when it comes to it being used as a building material. A building made up of clay blocks can not only be constructed quickly but it can save time and money during the construction.
- Its maintenance isn't high in cost due to the products resistance to:
  - weather conditions
  - vegetation growth
  - chemical pollution
  - pests
- Also its durability makes clay-built structures achieve high resale values.

## Is Clay Bad For The Environment?

- Clay is a natural material that has plastic properties. When kneaded it becomes cohesive, when wet it expands, when dry it shrinks + strengthens.
- Although clay benefits the economy, it is fairly bad for the environment. Most known way to harvest clay is by using the open pit method. It is usually done by using different types of equipment such as some of the following:
  - \* power shovels
  - \* draglines
  - \* backhoes
  - \* scraperloaders
- Extraction of really any type of raw material such as clay has a negative affect on natural environments. Affects can be fairly big such as:
  - \* impact on air
  - \* soil erosion
  - \* loss of economic wealth
  - \* water pollution
  - \* environmental disasters
- Just like any type of mining activity, harvesting clay removes earth surface, and forms chains of external dumps which results in affecting the soil nutrient cycle in certain areas.

## Formation of Clay

- Clay forms when rocks are in contact with water, air and or steam. Examples can be like:
  - \* weathering boulders on a hillside
  - \* sediments on sea or bottom of lakes
  - \* rocks in contact with water heated by magma.
- Mixture of clay + little bit of water creates mud, that is shapable and drialbe to solid form. This properties used by potters and the ceramic industry that make: cups, bowls, pipes, etc.
- Environmental industries use properties like that to produce homogeneous liners for containment of waste.
- Clay and clay minerals happen under a limited range of geological type conditions. Formation can occur in soil horizons, continental and marine sediments, etc.

## Drama

The Grade 10 Drama class finished off the semester by putting on two short plays written for virtual performance. Both productions, *Scenes from a Quarantine* by Lindsey Price and *Distance Learning* by Christian Riley explore elements of our current situation. *Distance Learning* explores the struggles and experiences of students learning in a virtual environment, while *Scenes from a Quarantine* delves into a variety of quarantine-related situations, from romance during isolation, to the experience of pets stuck with their owners all day. Both plays were performed and recorded live on Teams. This project was a great opportunity to perform as a large group and to explore the differences between live and virtual theatre. Though virtual drama class is a challenge, we had a successful semester and our students should be proud of all the work they did!



Reluctant learners greet a new student in *Distance Learning*



A

cat

and a dog discuss their human's strange behaviour in *Scenes from a Quarantine*



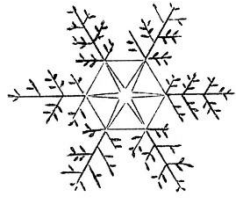
Modern day Romeo and Juliet keep their relationship alive via Zoom in *Scenes from a Quarantine*



The "Four Horsemen of the Apocalypse" discuss their progress in *Scenes from a Quarantine*



Conversation gets real in a randomized breakout room in *Scenes from a Quarantine*



**KEEP CALM**

**AND**

**HAVE A GREAT START**

**TO SEMESTER 2!**

[KeepCalmAndPosters.com](http://KeepCalmAndPosters.com)

