



# Collège Miles Macdonell Collegiate

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

Principal: J. Muller  
Vice-Principal: L. Comte  
Vice-Principal: C. Faria

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

## Fall 2021

### Your River East Transcona School Division Trustees

Ward 1	Ward 2	Ward 3	Ward 4	Ward 5
Colleen Carswell 204.222.1486 ccarswell@retsdb.ca	Rod Giesbrecht 204.661.5984 rgiesbrecht@retsdb.ca	Brianne Goertzen 204.955.6782 bgoertzen@retsdb.ca	Peter Kotyk 204.668.4181 pkotykb@retsdb.ca	Currently Vacant
Jerry Sodomlak (chair) 204.999.1409 jsodomlak@retsdb.ca	John Toews 204.663.0475 jtoews@retsdb.ca	Keith Morrison (vice-chair) 204.795.3357 kmorrison@retsdb.ca	Susan Olynik 204.661.6440 solynik@retsdb.ca	

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.*





# 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** [storozukronstorozuk@mts.net](mailto:storozukronstorozuk@mts.net)
- **Vice-Chair: Position Vacant**
- **Treasurer: Donna Cudmoredc2cd** [donna.cudmoredc2cd@shaw.ca](mailto:donna.cudmoredc2cd@shaw.ca)
- **Secretary: Maureen Silk** [maureen.silk@shaw.ca](mailto:maureen.silk@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.**



# Christmas Craft Sale 2021

Dear Community Members,

As we continue to work with Covid protocols and safety in mind, we have to once again cancel our Christmas Craft and Bake Sale, which was optimistically scheduled for December 4<sup>th</sup>, 2021. .

Looking forward with optimism, we have secured a date for next year's craft sale: Saturday, December 3, 2022 at Collège Miles Macdonell Collegiate.

## What now?

If you were a crafter who was registered for 2021, check your email for more information from us. If you did not receive an email, please contact us at [milesmaccraftsale@hotmail.com](mailto:milesmaccraftsale@hotmail.com) and we will discuss options for moving forward.

If you were not registered, but would like more information or to inquire about next year's sale, also feel free to contact us a [milesmaccraftsale@hotmail.com](mailto:milesmaccraftsale@hotmail.com) at your convenience.

If you would like a call back, please indicate this and include a phone number at which you'd like to be reached.

We thank you all sincerely for your understanding and cooperation.

Sincerely,

Miles Mac Christmas Craft and Bake Sale Staff Committee





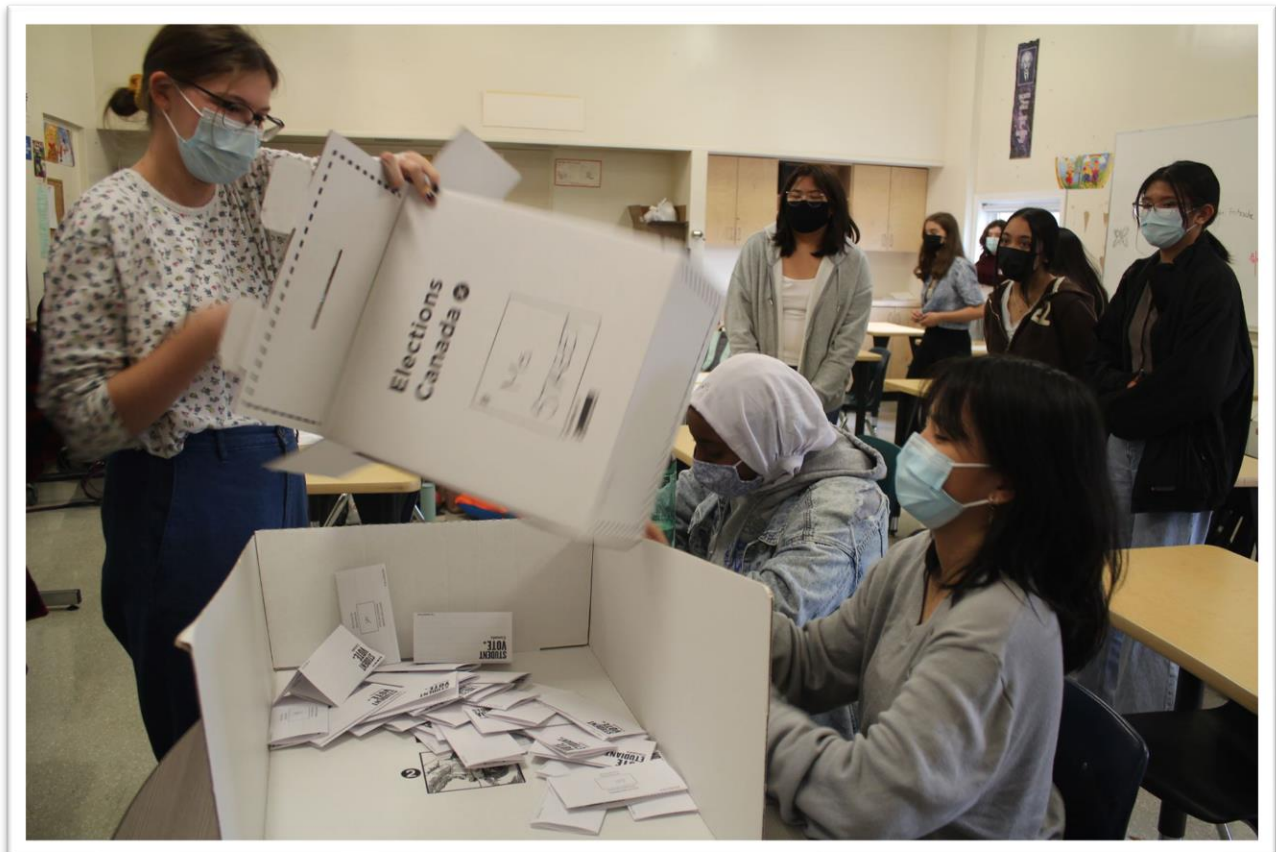
# Social Sciences Department

## CMMC Participates in Federal Mock Election

Several teachers took the opportunity provided by CIVIX Canada to participate in a mock federal election for our riding of Elmwood-Transcona. Each candidate provided a short video addressed to the students. Our future voters also spent some time in class discussing government, elections, and the issues and party positions. A smaller group of students helped run the vote on election day by providing ballots, boxes, and voting screens. This same group then performed the official count using Elections Canada guidelines. Our results were reported and added to the national student vote hosted by CIVIX. See the following links for results!

National vote - <https://studentvote.ca/canada/results/>

Miles Mac vote - [https://studentvote.ca/results/school\\_results/38/33382061](https://studentvote.ca/results/school_results/38/33382061)









## ESD CMMC Community Garden

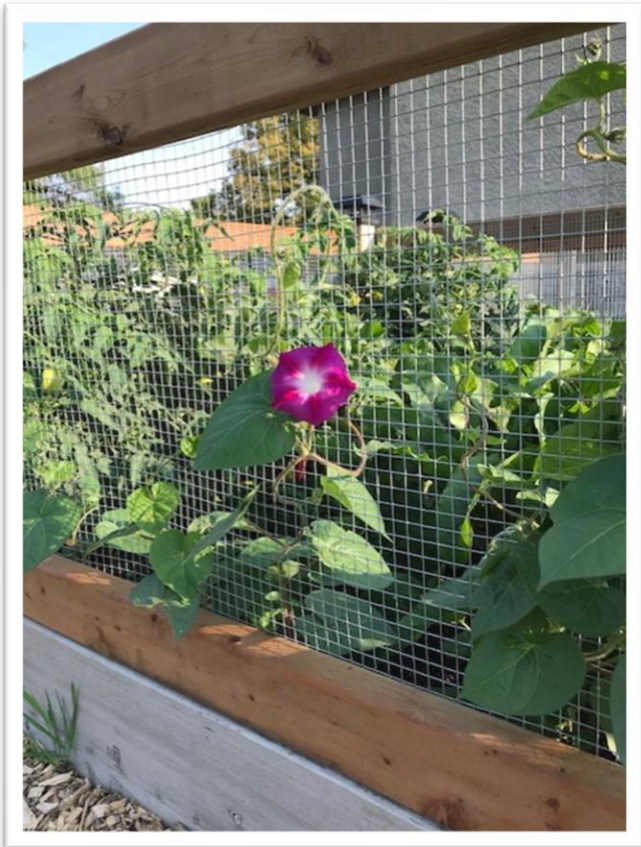
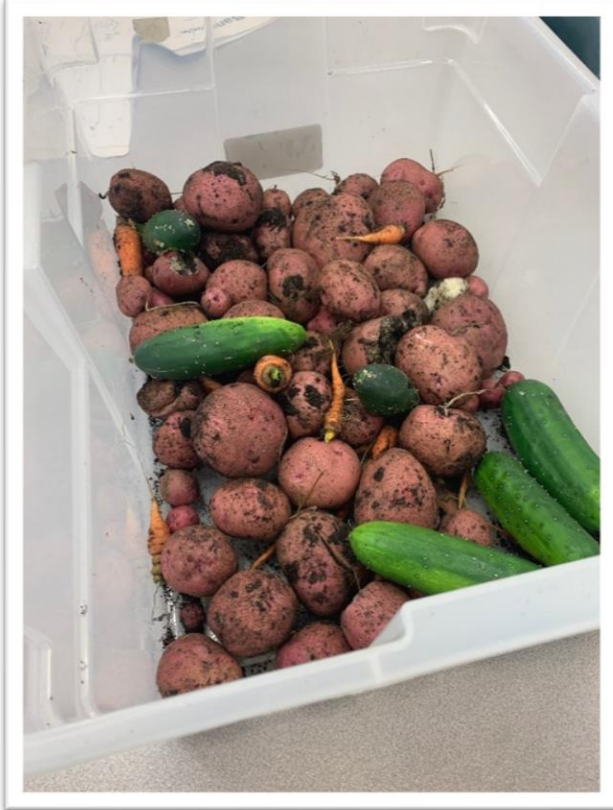
It has been an extremely busy start up for the Social Sciences Department as our students have been taking part in a variety of activities throughout the school now that we have returned to in-person learning- here are some of the highlights:

### **ESD Student Group (Education for Sustainable Development)**

Our MMC ESD committee has recently started up and is already busy organizing and implementing a variety of initiatives throughout the school and community. The committee, which includes over 40 students, is chaired by grade 11 students Camilla Limbo and Emily Pham. The ESD Leadership Team is made up of grade 11 student Anna Nevoit, grade 10 students Muhammed Ahmed, Anna Gill and Bella Hwang, grade 12 student Lisa Moldovaneko, and teachers Ms. Street and Ms. McCrindle. The group is currently taking part in the Learning for a Sustainable Future student workshop series and is planning a variety of ESD related projects to implement this year such as the construction of a new outdoor classroom, a school wide Earth Day event, reducing the use of single-serve plastics in the school, E-waste and battery recycling, promoting eco-friendly products in the school and many others. We are looking forward to a great year of making CMMC even more sustainable for the future!

It was another successful year for the Miles Mac community garden. In the Spring we embarked on a major landscaping job to freshen up the area around the garden. A larger space was carved out and mulch was added. The garden boxes were refurbished, and new fencing was erected. Next Spring, additional landscaping will be done to add native plants, especially items like milkweed that our friendly to our pollinators. A big thanks goes out to Mr. Riley for all his work in organizing this and to Mr. John Krueger at Greensite Recycling for his donation of materials.

Students planted a variety of vegetables, and this year the produce was used by our Foods and Nutrition classes in a "farm to table" unit. The students who volunteered to look after the garden over the summer also had a "Friendsgiving" event where we cooked and shared a meal together. Thanks to Ms. B for all her help on this!













Preparing the harvest



Serving the harvest







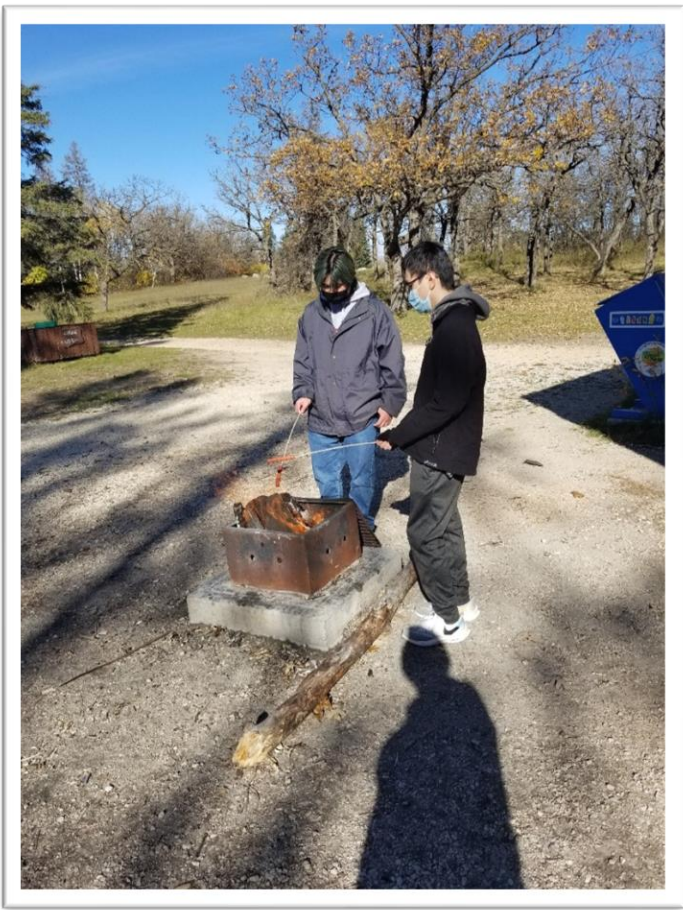


## International Program

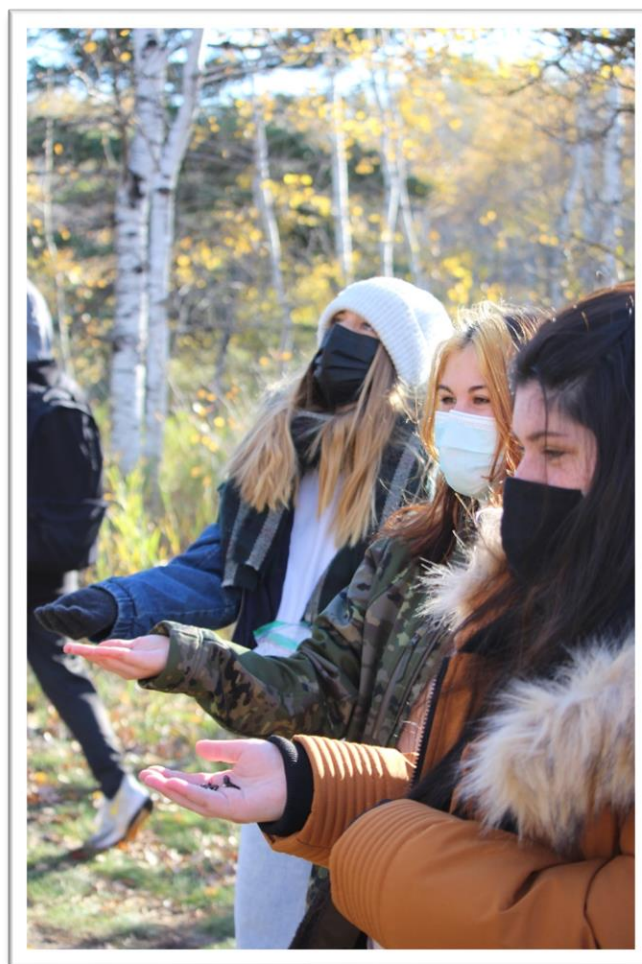
This year we have 17 students in the International Program at CMMC. The students are from 8 countries including Hong Kong, Brazil, Japan, Germany, Spain, Vietnam, Thailand and Cambodia. Students in this program stay for one semester, one year or sometimes several years. We went to Chickadee Trail in Bird's Hill Park as our welcome field trip. This gave students the opportunity to get to know each other. We enjoyed a hike, a barbecue lunch as well as s'mores over the fire on a beautiful, crisp October day!







Welcome to  
Collège Miles Macdonell  
Collegiate !







# Sports News

We are happy that we have a return to sport in the schools.

In September, we had a boys and girls golf team represent our school at our KPAC conference championships.

Through September and October, our cross country runners have competed in 4 separate meets. Our Junior Varsity Boys and Junior Varsity girls teams both captured the Conference banner and championships with dominating performances from the runners on the team in all 4 meets.

Our hockey, football, and volleyball teams also began in September and the athletes are competing within their respective seasons.

Curling and Indoor Soccer started training this past week, and basketball tryouts will begin as soon as the volleyball season nears its end.

We are very fortunate to be able to return to sport as well as return to sport safely. Our schools are currently following the COVID-19 Return to Play plans as set out by our Provincial government, Provincial Sport Organizations, as well as policies developed by our school division.

Currently, no spectators are permitted in schools for school sporting events. The Phys Ed department has been piloting live streaming of our home volleyball matches.

You can go to [www.kpac.ca](http://www.kpac.ca) to access information on away games and live streaming options by other schools in our conference. Games will not be saved or recorded. They are simply streamed for spectators to watch, as if they were there in person.

For our home games, you can check us out on instagram by following @milesmacathletics

Submitted by

Mr. T. Au

Physical Education

# AFM News



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



Specific substance info:

- <https://afm.mb.ca/category/fact:sheets/basic-series/>

Substance Use Resources for Parents

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

## AFM Services at College Miles MacDonell Collegiate

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

Youth are able to access

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

Parents are able to access:

- Information about youth substance use trends
- Strategies on how to talk with your youth about substance use
- Recommended interventions to encourage a youth to reduce/stop using
- Referral to additional mental health resources to support youth



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

## Curious about Cannabis?

You hear ....

1. It's natural, it comes from a plant it must be safe
2. It will help me focus in school
3. I am a safer driver when using cannabis
4. It is safe for anyone to use cannabis, regardless of age
5. It will improve my mental health
6. **Cannabis is not addictive**

When actually...

1. Cannabis smoke has cancer causing toxins that can damage the lungs
2. Cannabis users have more difficulty with concentrating and memory which interferes with school success
3. Cannabis use impairs depth perception, concentration, attention span and slows your reaction time. It doubles your chances of getting in a car accident
4. Youth are at the greatest risk of the negative health effects of cannabis because their brains are still developing
5. Teen cannabis users are at an increased risk for depression, anxiety and psychosis
6. 1 in 11 cannabis users become dependent on cannabis. The risk is 2 times greater if you start using as a teen.

### How to support your child in making decisions around substance use

Unfortunately, there is not a magic wand to ensure that youth do not engage in substance use that causes problems in their lives. However, below are some suggestions that have proven to be successful in reducing harm to our children as they grow up in a changing world. As we know education is the key to prevention. A person needs to know the dangers and possible consequences of their choices in order to make an informed decision. Here are 5 key points that will hopefully open up lines of communication in your home around alcohol or drug use as well as establishing parental expectations.

#### 1. Talk with Your Kids About Alcohol & Other Drugs

- Use teachable moments to discuss alcohol & other drugs with your kids on a regular basis – not just one chat about this issue
- Important to explore what our children think about this, not just tell them what they should do. When we do all the talking, it quickly becomes a lecture. **ASK MORE, SAY LESS.**
- Communication affects our relationships but it also **REFLECTS** the type of relationship that we have with our kids. The more respectful our language is, the more likely our children will feel comfortable coming to us to raise issues.

#### 2. Lead by Example

- Children learn as much or even more by what we do than what we say. This does not mean that you have to go home and rid your house of alcohol. But recognize that the choices that

we make have an impact on the opinions that our children develop about appropriate and inappropriate use of alcohol and drugs.

- Kids will also learn from us techniques to solve problems, make decisions and deal with peer pressure. We can be role models for them of how to say No to their friends in a respectful manner.

### **3. Make Family Policies that Help Your Child Make Healthy Choices**

- Discuss your values and expectations that you have for your children ahead of time, preferably before you anticipate some of the dilemmas of “at-risk” moments from occurring. It’s best when kids are not left wondering what Mom and Dad would think or say or react to their decisions.
- Allow yourself to be “the out” for your child. They don’t always have to like us but they may appreciate the role we sometimes play in helping them say No because of the consequences that they know will occur if they go against our wishes.

### **4. Team Up with other Parents**

- Know the parents of the children that your child hangs out with. When our kids are young this is easy and we have not problem going into their homes and chatting with their parents but as they get older, this becomes more difficult.

### **5. Trust Your Instincts**

- If you think that something is up with your kid, trust yourself. You are an expert on your child. It’s okay to want to gather information to back up your instincts but be careful not to get stuck there. It’s important to name what we see and feel. If you are unsure of what to do, call someone – school, pastor, friend, AFM. Take Action.



**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

# Parent Presentation Information



## **Strategies to Support Youth who Struggle with Substance Use** **Information for Parents/Caregivers**

Presentation offered by the Addictions Foundation of Manitoba in partnership with RETSD on:

**Wednesday November 24, 2021**  
**6:30 p.m.-8:00 p.m.**

The program will be offered via Teams, an invite to the Teams meeting will be sent to your email address after you register.

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

The presentation will focus on:

- Understanding youth substance use, what motivates use and how parents/caregivers can help.
- Strengthen the understanding of how a youth's substance use affects everyone;
- Introduce parent response strategies that may assist and support youth in making healthier choices;
- Re-introduce principles of self-care to aid parents in maintaining health;
- Providing information about available community supports and resources available.

Pre-registration for this presentation is required, please phone or email the AFM counselors below to register by November 22, 2021. A Teams meeting invitation will be sent to you via email. Participants will be asked to have their cameras and microphones off during the presentation; however participants will be able to ask questions throughout the presentation through the chat function on Teams. In doing this, each participant's confidentiality will be protected.

**Alana Sigurdson at (204) 260-9921**  
[asigurdson@retsd.mb.ca](mailto:asigurdson@retsd.mb.ca)

or

**Candy Burke (204) 260-9388**  
[cburke@retsd.mb.ca](mailto:cburke@retsd.mb.ca)

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Addictions Foundation of Manitoba Counsellor in River East Transcona School Division

[afm.mb.ca](http://afm.mb.ca)



## National Day for Truth and Reconciliation



Students in The Indigenous Club as well as Current Topics in First Nations, Metis and Inuit Studies created bracelets and pins. Donations were encouraged for the items and approximately \$200.00 was raised and donated to the Legacy of Hope Foundation.

**L-R:** Bailee Gill, Mckenna Hampson, Todd Schulz, Johnaven Sinclair, Ethan Genaille, Ian Prier, Sherry Proulx

The Legacy of Hope Foundation (LHF) is a national, Indigenous-led, charitable organization that has been working to promote healing and Reconciliation in Canada for more than 19 years. The LHF's goal is to educate and raise awareness about the history and existing intergenerational impacts of the Residential School System (RSS) and subsequent Sixties Scoop (SS) on Indigenous (First Nations, Inuit, and Métis) Survivors, their descendants, and their communities to promote healing and Reconciliation.



# Library News

**Welcome Back!** We are so excited to have students back in the library throughout the school day! The library is open Monday-Friday 8:00-3:45. Students are welcome to read, do research, have their lunch, and/or work on schoolwork, while following the safety guidelines. As well, there are some laptops for students to use while in the library.

**New Teacher-Librarian!** We're pleased to welcome Mrs. Card as our new teacher-librarian! She's had the opportunity to meet with many of the students through library orientations and students visiting the library.

**New Books!** We already added over 220 new books to our library this year in French and English!

We're also anxiously awaiting some recent orders that include books in Cree, Ojibwe, Tagalog, Arabic and Pashto. Students are welcome to let library staff know if there is a book or topic that they would like us to add to our library and they will be notified first if we purchase it!

**Popular Pace!** We are thrilled that in September alone, we checked out 1,835 books from our school library! We're thrilled to see so many students using our great library.

**Contest!** When students check out CMMC library books, they can enter to win their own book! Prizes will be awarded monthly.

**Online Resources!** Students also have access to great resources online 24/7. They can access audiobooks and ebooks through Sora, research articles through Ebscohost, and magazines through Flipster. (For more information on these resources, please see the library staff.)

Happy reading,

Mrs. Card & Mrs. Harris



Have a super school year

