

# TRANSCONA COLLEGIATE



Newsletter- December 2020

## Contact Us

204.958.6440

[www.retsd.mb.ca/  
school/TC/  
tc@retsdb.ca](http://www.retsd.mb.ca/school/TC/tc@retsdb.ca)

## Important Dates

### Last Day Before Winter Break Early Dismissal

December 18th 2020  
2:30PM

### Schedule

Period 1: 8:45-9:40  
Period 2: 9:45-10:40  
Period 3: 10:45-11:40  
Period 4: 11:45-12:40  
Period 5: 12:45-1:40  
Period 6: 1:45-2:30

### Winter Break

December 19th 2020 -  
January 3rd 2021

### Classes Resume

January 4th 2021

### Parent Association Meeting

January 5th 2021  
7:00PM - 8:00PM

### Co-Ordinated Day - No Classes

January 8th 2021

## Seasons Greeting from PAL!

*By Sincerity Amos*

The performing arts leadership team is a group of intelligent, talented students interested in the art of drama, dance, band and singing. PAL is a safe, inclusive space for everyone to share their ideas and connect with other students who enjoy the arts. Over the past months we entered the CBC Canadian Music Class challenge and put together a cover of the song: We Find Love by Daniel Ceaser. Our cover incorporated singing, playing and dancing. You can check it out on our Performing Arts Leadership YouTube channel. [CLICK HERE](#)

A video was also put together for the students at Radisson and other elementary schools telling the story of Rudolph the Red Nose Reindeer which includes singing, dancing, music and acting. The script was planned and written by students; additionally all editing was done by students! This video can also be found on our YouTube channel.

Our recent accomplishment was shared with multiple personal care homes, and we plan to continue sharing further projects with our community. With the 'new normal' this pandemic has brought on; PAL is working through it putting everyone's skills to use.



Chairman: Hannah Cole.

Vice Chairman: Sincerity Amos.

Teachers: Mr. Steinhilber. Ms. Haider. Ms. Flaten.

## Your River East Transcona School Division Trustees

Ward 1	Ward 2	Ward 3	Ward 4	Ward 5
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For more information about the board of trustees, visit: [www.retsd.mb.ca/BoardofTrustees](http://www.retsd.mb.ca/BoardofTrustees)



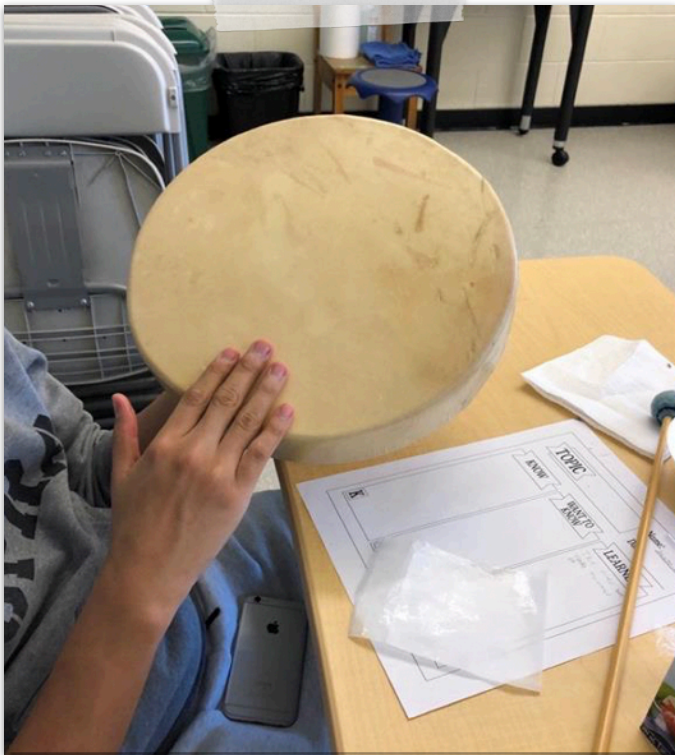
# CURRICULAR Celebrations

## TC IAA:

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This month we learned about drums and drumming from our Indigenous Community and Cultural Support Worker, Ms. Lisa. She shared her drum teachings with us and taught us that drums have spirits. We cleansed by smudging with sage, and fed the drums wild rice and berries to thank them and the ancestors. We learned to feed the ancestors to honor and nourish their spirits.

--By Marissa & Kosis





# LIBRARY NEWS

## Remote Library Lending



We encourage all students to access the remote lending option to explore library materials online and to place holds on books.

### How?

1. Go to Transcona Collegiate Homepage > 'Our library' > 'Search our library'.
2. Students log in using their RETSD username & password.
3. Start searching - by title, author, subject, keyword, or series. Click on any title of interest to learn more and simply click "hold it" if you want to take it out. The book will be delivered to students in their classroom when available.
4. Try 'Destiny Discover' for a more visual experience. On the left side of the main search page, give it a try, it's a fun way to look for a book!

Watch this video  
to learn more



### Overdue Books

#### o Can an overdue book from the spring still be returned?

Absolutely! The library will gladly welcome back overdue books at any time. Returning misplaced books to the library allows for them to be placed back on the shelf for another happy reader to enjoy!

#### o Will there be late fees charged?

There are no fees charged for returning a late book.

#### o My child has a library book from middle school, how can that be returned?

Simply bring the book in to the library and we will make sure it finds its way home.

Many students use books from the library to support their curriculum. In all English Language Arts classes students are expected to do independent reading with books of their choice, they are often asked to make connections to these books and complete tasks related to their choice books. A majority of books selected by students come from our library.



Recently, all grade twelve students in Mrs. Fewer's classes were asked to read a biography or autobiography. Students selected the book of their choice which was anything from Gucci Mane to Steve Jobs, and completed tasks and online discussions about these books. Thank you to the library for supporting this endeavour.



# MENTAL WELLNESS

[Tci Matrix-1.mp4](#)

- ➔ Grade 11 and 12 students - please keep checking the scholarships and post-secondary link at the bottom left of TC's homepage for opportunities.
- ➔ Here is a useful resource for family support during a pandemic - [covid-19-family-supports.pdf](#) ([hsc.mb.ca](http://hsc.mb.ca))
- ➔ TC Wellness Bingo - something to try as a family

## TC Wellness Bingo

Throughout the months of December/January cross off each activity on the chart. If you are extra ambitious you could go through each twice.

Browse the following website [www.CMHA.ca](http://www.CMHA.ca) for resources

T	I	T	A	N	S
Enjoy music	Check in with a friend	Drink 8 cups of water	Take 5 stretch breaks today	Try making a new recipe	Smile at two people as you walk by ( <u>your</u> eyes will smile even with your mask on)
Find an opportunity to laugh – watch a video, see a comedian, tell a joke, etc.	Make cookies and decorate them as Titans	Google a positive quote and post it on your computer, fridge or bathroom mirror	Do some sort of physical activity	Give a loved one a virtual hug	Turn off all devices by 10:00p.m
Watch a movie/Netflix series	Read for 20 minutes	Reconnect with an “old “friend	Enjoy nature – take a pic and post it!	Give a compliment	Drop off a coffee/Tea/cookie for a friend
Try making a new recipe.	Do some sort of physical activity	Write down 3 things you are grateful for	Offer to help with chores – maybe shovel a neighbour’s walk?	Do something nice for yourself	Play a game, do a puzzle or colour
Clean out a cupboard or drawer.	Eat 7-8 servings of fruits and vegetables in one day	Perform a random act of kindness – ex. Leave a treat for someone	Try not complaining for a day – if you mess up follow it up with something positive	Do something nice for a family member.	Do some sort of physical activity