



ADMINISTRATORS' MESSAGE

We hope you all benefitted from the March spring break respite whether you traveled or stayed home. Warmer weather is thawing Old Man Winter's icy grip and the return to Daylight Savings Time delivered an increase in our daily dose of natural Vitamin D - if even only psychologically.

We co-hosted the Tri-School Career Fair held April 4 here at CPET that was very well attended by the community and our students. We thank our Student Services team (Mme Klausen, Mme Parent, Mme Goulet), the CPET staff, and the teams from Murdoch MacKay and Transcona Collegiate, and our community partners for their collaboration.

We have reason to celebrate athletics and student achievement this season. In sports, our teams were able to claim 3 finalists banners in one week. In academics, 48 % of our students earned Semester 1 honour roll status! *Félicitations les élèves*!

As part of our Safe Schools mandate, our Positive School-Wide behaviour team once again targeted increased attendance and launched a second Perfect Attendance campaign throughout the month of March. During our first campaign in November, 76 students attended all their courses contributing to an overall attendance rate of 93.4 % at of the end of the first semester.

This edition of the Mot juste takes a moment to reflect on the past few months and to celebrate some of our students' achievements. Our Spring Edition traditionally reports on our winter sports and school activities while eyeing our final term of the academic year.

Your River East Transcona School Division Trustees

Ward 1

Colleen Carswell (chair) 204.222.1486 ccarswell@retsd.mb.ca Jerry Sodomlak (vice-chair) 204.999.1409

jsodomlak@retsd.mb.ca

Ward 2

John Toews 204.663.0475 jtoews@retsd.mb.ca Rod Giesbrecht

204.661.5984 rgiesbrecht@retsd.mb.ca

Ward 3

Keith Morrison 204.795.3357 kmorrison@retsd.mb.ca

Brianne Goertzen 204.955.6782 bgoertzen@retsd.mb.ca

Ward 4

Susan Olynik 204.661.6440 solynik@retsd.mb.ca

Peter Kotyk 204.668.4181 pkotyk@retsd.mb.ca

Ward 5

Michael West 204.990.3228 mwest@retsd.mb.ca

Chers Canadiens,

Profitez de ces derniers mois d'école pour relever les défis et de réaliser des succès. Vous n'êtes pas seuls...vos enseignants sont là pour vous appuyer jusqu'à la fin. Un dernier effort soutenu et vous aurez l'occasion de célébrer à la fin de juin!

ADMINISTRATORS' MESSAGE (cont.)

During this second blitz, 36 students had perfect attendance and the overall school attendance rate dipped to 90.07 %. The attendance rate might seem impressive at first glance but consider that a 90% attendance rate is often considered by some organizations to be the benchmark of...wait for it... chronic absenteeism! (CBC link *School absenteeism can set off troubling chain of events*) Ouch! Granted, weather -related conditions played a little havoc with March attendance rates, but we need to understand that there is room to improve.

Debating the reasons behind the absences – illness, appointments, anxiety and avoidance, family vacations, sleeping in – exceeds the scope of this forum but the message is simple: a definitive and proven correlation exists between attendance and academic success; a drop in one area mirrors a decrease in the other. Concerned or curious about your child's attendance? The parent portal provides live information about your son or daughter's attendance. Any concerns can be followed up with his or her teacher or administration. Likewise, teachers and administration endeavour to bring concerns forward also.

While this edition of the Mot juste allows us to glance back on past events, your administrators' eyes are firmly set on Term 4 and on planning for the upcoming 2019-20 academic year. Before long, we will be celebrating the rites of summer and the accomplishments of the Class of 2019. Bonne lecture!

- M. Ronald Cadieux & Mme Sharla Cockriell

Boys Basketball Season Review

- Submitted by Zach Braga



2019 Canadiens Basketball Team

This year's SCAC basketball season for the CPET boys basketball team will be one to remember! After struggling in the past few seasons the varsity boys basketball team started the season with only one thing in mind: to get to the SCAC divisional finals. The team welcomed two new coaches: head coach M. Zach Braga and assistant coach Ryan Romaniuk.

After starting the season with 3 close losses to very competitive teams, the boys went on to win their next 11 games including a victory sweep at the Gimli varsity boy's tournament in February. This led the team to the SCAC finals against the St. Norbert Celtics. The game was a very hard-fought game with the leads going back and forth until a nail biting $4^{\rm th}$ quarter when CPET fell to a 58-73 loss.

Despite a heart-breaking loss, the CPET team is already looking forward to next season with an even stronger hunger for the divisional title. As we say farewell to our two grade 12 captains Brandon Belshaw #15 and Quin Hiebert #5 we welcome back a very motivated group of young men ready for the 2019-2020 season. We thank assistant coach Ryan Romaniuk for his dedication all season in helping the boys improve their skills. The CPET boys basketball team can't wait to get back on the court to proudly represent their school.



Canadiennes 2018-19 Girls Hockey Team

CANADIENNES 2018-19 SEASON REVIEW

-M.Grégoire (Teacher/Coach)

The second season of Canadiennes hockey came to a bittersweet end with a loss to the SCI Sabres in the semi-finals. The season contained many highs such as defeating the KE Reivers to win our first ever playoff series. Also, Jaida Silvaggio lead the division in scoring with 18 goals and 17 assists for a total of 35 points. Finally, Sam Onyebuchi was nominated for the top defense award for the award gala that takes place April 10th.



We want to wish all the best to our grade 12 graduating players; captain Cali Baker, assistant captain Jordan Murphy, Mia Rogerson, Genevieve St.Laurent, Kira Howell and Jaylene St.Laurent. Your leadership, workethic and sense of humour will be greatly missed!

I also wanted to thank all the parents and family members for their continued support. You were definitely the louder fans throughout the season and playoffs and it made the season all the more special.

Finally, I would like to thank Michèle and Guy Trudel for all their hard work and time they put in this season. Without them, this season doesn't happen.

All the best and we hope to see you next year!



TIME TO ENJOY THE FRESH AIR ON LAKE OF THE WOODS ... X 2

- M. Sean Devion

Once again, from May 29th – May 31st, our grade 9 students will be heading to B'nai Brith camp situated on Lake of the Woods. While at camp, students are able to socialize in a non-academic environment, to practice their French in a social setting and to make new friends; all while enjoying great outdoor activities. It is also an opportunity for students to have some fun and relieve some stress prior to final exams.

Have you signed up yet? If not, it is not too late! There are still spaces available if you would like to participate. Please hand in the completed camp package as well as cheque to Mr. Devion as soon as possible as the Grade 9 Camp Committee will begin meeting soon.

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On May 22nd, both Grade 12 Outdoor Education Physical Education classes will be completing a three-day canoe trip facilitated by B'nai Brith Camp. This trip has been successful the past two years and is looking to be even better this year. As usual, the students and teachers embarking on this adventure are excited for this outdoor experience.

STUDENT SERVICES SCENE



Mme Klausen & Mme Goulet

On a personal note...

Our Student Services Team is about to undergo some changes in the next few weeks. The Resource department will see a new face take charge of student -specific planning and student transitions for the year 2019-2020. Indeed, I will be going on Maternity Leave as of June 3rd, 2019. I wish to all students and my dear colleagues a great end of the school year. Make the most of your last days of this school year: hug your friends, thank your teachers, have fun and give 100%.

- Mme Michèle Goulet

SCHOLARSHIPS FOR GRADUATING STUDENTS

A number of scholarships and bursaries are available to graduating students. A list of the CPET scholarships and the application forms are available at www.lklausen.weebly.com.

New information about community scholarships is posted as it arrives, so check back often.

SUMMER SCHOOL

Many school divisions will begin to roll out their summer school programs and schedules. A list of courses, dates and fees for the River East Transcona, Louis Riel, Winnipeg and Inform Net Online Summer School programs will soon be posted to Mme Klausen's website at http://lklausen.weebly.com/summer-school.html



BEATING STRESS

Stress is a physical, mental, or emotional response to external events that causes physical or mental tension. For many, stress is part of everyday life. Driving, waiting in line, homework and demands from school, friends and work can leave students feeling stressed. If not kept in check, stress can become overwhelming. Students who suffer from chronic stress may require a more intensive coping program, but for everyday stress, try one or more of the following breathing exercises:

Deep breathing. Take a deep breath into your belly, inflating it like a balloon. Hold for a few seconds then exhale, pushing the air out completely by deflating your stomach.

Wave breathing. Fill your stomach with air, then fill your lungs with air. Hold for a few seconds. Exhale the air in your lungs, followed by the air in your stomach. Start this breathing exercise off

slowly to avoid becoming dizzy. **Rhythmic breathing.** Breathe in normally for a count of 2. Hold for a count of 2. Exhale for a count of 4 (work up to a count of 3-3-6, then 4-4-8, etc.).

Other strategies include: Drinking lots of water (rehydrate), decluttering your room/locker/car, exercising, keeping a journal, getting a massage and laughing. Laughter reduces pain by releasing endorphins that are more potent than equivalent amounts of morphine. So, take a deep breath, drink some water, go for a walk and enjoy a good comedy...your body and mind will thank you for it.

Stress is not what happens to us. It's our response to what happens and response is something we can choose.

-Maureen Killora



Collège Pierre-Elliott-Trudeau hosted the 4th annual Tri-School Career April 4th. This evening event was held in partnership with Murdoch McKay and Transcona Collegiate. Created to showcase leading industries, employment and educational opportunities in Transcona and beyond, the Tri-School Career Fair included representatives from Health Care to Recreation, Trades to Government, Industry to Media, Education and Training to Services and more. Forty-seven exhibit booths were on hand to talk to students and their families about exciting career opportunities.

Thank you to our community, staff and students who attended and helped make this event such a success.

Special thanks to Mme Parent, M. Beaudoin and the leadership team who were on hand all day to cater to the organizers and the presenters.

Special thanks to our two event sponsors:

- Mme Lillian Klausen





Arctic Science Day at FortWhyte Alive Centre

On Thursday, March 7th a group of grade twelve students received the unique opportunity to participate in an all day event at the FortWhyte Alive Center called Arctic Science Day. At this event the students had the chance to experience hands on field work with scientists from many different fields of research from the University of Manitoba and the Department of Fisheries and Oceans. The major concept of this event was to come together with over 200 students from different areas of Manitoba and to have a better understanding of climate change in the arctic.

Arctic science day is an all day outdoors event and luckily for this years group of students the weather was sunny and bright. Throughout the day, students were challenged to perform hands-on experiments such as putting a light probe under the ice, taking an ice core, and taking water samples, while shifting stations every hour. Each station brought new concepts into view and mainly focused on Biology and Light, Marine Mammals, Arctic Archaeology, Oceanography, Contaminants and Sea Ice. This day is truly special because it inspires and educates the youth about career opportunities that may interest them within their

future. Furthermore this day provides knowledge of the position one plays in today's society and community, on having the capability to diminish human impact on the environment.

 $\hbox{-} \ submitted \ by \ Grade \ {\it 12} \ student \ Payton \ Slobodian$



MUSIC NEWS

- M. Brady Gill



Spring Concert

The CPET Spring Concert is Tuesday May 14th, 2019. Please mark your calendars. (Please note the change of date from the original school calendar to avoid conflicts with our feeder schools)

Music Shirts

All students new to the music program at CPET were given a CPET music shirt prior to the Winter Concert. Cost of the shirt is \$30.00, please remit payment prior to April 1st.

Winnipeg Band Festival

Congratulations to all CPET band students who performed at the Winnipeg Band Festival in February! Students performed for adjudicators from across North America and received many positive comments about their skill, musicianship and deportment.

Winnipeg Jazz Festival

Congratulations to CPET Jazz students on their fantastic performances at the Winnipeg Jazz Festival and the Brandon Jazz Festival. Students proudly represented CPET at both festivals!

Congratulations to *Nolan Gottfried* on being selected the Yamaha Outstanding Musician (Woodwind) performer at the 2019 Brandon Jazz Festival.

Nolan performed with both CPET Jazz Bands and the CPET combo at the festival.

Provincial Honour Band

Congratulations to CPET students who successfully auditioned for the Manitoba Intermediate Honour Band (grade 9-10). They will rehearse with other students from across Manitoba and perform a concert at Saturday, May 11, 2019 at 7:30 pm at Garden City Collegiate

Jonathan (9) Clarinet, Nicholas (9) Trumpet, Brenna (10) Trumpet, Riley (10) French Horn, Sydney (9) French Horn, Jayne (10) Euphonium, Brodie (9) Percussion

Looking to Summer

It's not too early to plan for summer music camps. There are lots of options available, in Winnipeg and across Canada!



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



FEMALE SOCCER

- Mme Michèle Goulet

Last February, indoor soccer playoffs were will be welcome to attend practices, even if just around the corner. Les Canadiennes they are not on the team this year. were ready to win the Championship title again this year. Enthusiastic and determined, they played well together, improving their defense every game played. By the end of the first round, les Canadiennes were tied. One team was in their way of going into semi-finals. After a deliberation over six tiebreaker, les Canadiennes had to let go of their dream of winning the title again because of one goal scored against them. Nevertheless, they walked off the field with their head up. Coaches want to take this opportunity to thank everyone who was committed to the indoor soccer team, athletes, parents, teachers and supporters. Thanks for another great year. To our Grade 12s, it was a pleasure to coach you and to see you improve every week. To our Grade 9s, 10s and 11s, we will see you next year!

As soon as the indoor season is over, the outdoor season takes over! 35 girls signed Saturday, May 4 @ DCI up for the outdoor soccer team. Les Canadiennes are back! Practices started on March 12 and an average of 25 girls have been fully committed. Coaches are really impressed with the skill level of the girls this year. Every single one of them is working hard and Friday, May 24 @ SJR (semi-finals) showing various skills, for some it's endurance, footwork, positioning, communication, strength, etc. Unfortunately, we are not able to keep all of them. By the time you read this article, the team will have been picked. It will be a very hard decision. Every girl



Coaches still want the girls to work hard and improve and hopefully make the indoor and outdoor team next year. As of right now, we do not have a fixed schedule but here are the dates athletes have to be available:

Sunday, May 5 @ DCI Saturday, May 11 @ SJR Sunday, May 12 @ SJR

Thursday, May 16 @ SJR

Saturday, May 25 @ SJR (championship)

As you can see, games are mostly on weekends which means we are hoping to see you on the sidelines and to hear you cheer for les Canadiennes as they fight for the championship!

A FIRST FOR CANADIENNES BASKETBALL

With the basketball season now finished for a month, I have been able to leave the school during day-light hours! We again made CPET history by bringing home a banner! With our extraordinarily successful season last year, we all felt more pressure to perform to our skill level and beyond. No room for slackers this year!

Our roster consisted of twelve athletes, whose dedication and determination consistently showed at each game. As the coach for this team, I have seen the individual growth each player demonstrated throughout the season which in turn reflected their ability to work incredibly well as a team. Personal and team goals allowed all of us to improve our knowledge of the game, demonstrate sportsmanship, build communication skills, and form lasting friendships.

The combination of all of these positive qualities created the opportunity to achieve success at the highest level in our league. Because of our continuous work during the season, on March 4th we played in the championship game against St. John's Ravenscourt. Our efforts resulted in a 2nd place finish in our league and a second banner which is now proudly displayed in our gym.

Thank you to all of our parents and families who supported our team by cheering LOUDLY during our games; especially our playoff games! The support was much appreciated!

Lastly, I would like to give a figurative standing ovation to the twelve girls who demonstrated their love of the game with their consistent positive attitude, sportsmanship and skill level. I am so proud of you all!

- Mme Kelina Parent



Sydney Rudnicki Courtney Rudnicki Aleisha Michaud

Arielle Bukowski Sam Onyebuchi Sarah Bichlbauer Sofia Sarmiento Aminah Salem Ainsley Hodgert

Sam Onyebuchi Katelyn Szmon Sofia Sarmiento Katie Vernaus Ainsley Hodgert Jordan Murphy

CANADIENS HOCKEY 2018-19 SEASON REVIEW

- Mme Dana Allaire, team manager

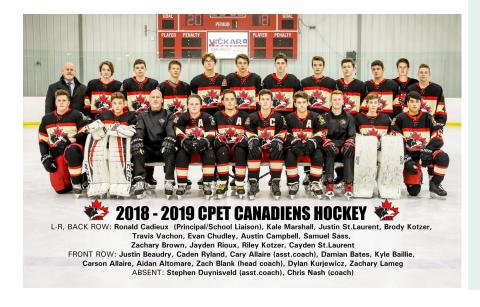
This 2018/2019 season proved to be among the most successful in CPET history. The boys rounded out the regular season in a tie for 1st place with Leo Remillard. The Canadiens playoff run started with a sweep of the TCI Titans in the quarterfinal round which led to a hard fought semifinal series victory against the Beliveau Barracudas. The boys had momentum going in to the Championship round but were not able to pull out a win over the CSLR Renards. The players put forth a great effort and despite not being able to claim the Championship title for the Price division, finished the season with a record high – something both players and coaches should be very pleased with.

While the team as a whole displayed great dedication and sportsmanship demonstrating success both on the ice and in the classroom, team officials were tasked to nominate several players for various WHSHL awards and scholarships based on criteria such as ability, leadership, improvement, character, and academics. Congratulations to Carson Allaire, Aidan Altomare, Damian Bates, Evan Chudley, Riley Kotzer, Dylan Kurjewicz, and Kale Marshall on being selected to represent CPET at the WHSHL Awards Banquet being held on April 18, 2019. Each of these play-

ers are award nominees for either one or more WHSHL awards.

On behalf of CPET Administration, coaching staff and remaining team members we would like to thank our grade 12 players for representing the school throughout their time at CPET and for being excellent ambassadors both on the ice and in the halls. The best of luck to Aidan Altomare, Damian Bates, Zach Lameg, Kale Marshall and Travis Vachon in their post-secondary endeavors. We would also like to extend a special thank you to our coaches; Zach Blank, Cary Allaire, Stephen Duynisveld and Chris Nash for their valued contributions in helping to develop and grow the Canadiens hockey program. Sadly, we will be saying goodbye to Coach Stephen - we will miss his leadership and camaraderie. We would like to send a big welcome to M. Gregoire who will be joining the coaching staff for the 2019/2020 season.

Lastly, the players, parents and team officials would like to extend a heartfelt goodbye to M. Cadieux who will be leaving the Canadiens Hockey family. M. Cadieux has been an invaluable member of the CPET Canadiens Hockey program from the beginning and he will be greatly missed.



As the regular season is now over, it is time once again for the grade 9 and 10 players to focus on the upcoming *Ka*hunaverse Sports 25th Annual Rookie Classic. The tournament takes place April 19th to the 24th at the Bell MTS IcePlex. Good Luck to the selected players in this year's tournament!

VOYAGE EN FRANCE

- Mme Michèle Goulet



Bonjour! We had an incredible time in Paris and the French Riviera. 41 students and 6 chaperones had the chance to celebrate local culture, gain global perspective, and explore some of the world's most fascinating sites.

gan our visit to Paris the next morning. Tired our day with a visit to le Musée du Louvre, the but happy, students were able to spend time world's largest art museum and a historic in the Quartier Latin and the famous Notre- monument in Paris. The museum is a central Dame de Paris. The cathedral is one of the fin- landmark of the city where we spent nearly est examples of French Gothic architecture.

France is a beautiful country, but we love Canada so much that we decided to spend some time on Canada's territory in Vimy on Saturday. Vimy is situated in the Pas-de-Calais in northern France. We visited the Canadian National Vimy Memorial dedicated to the Battle of Vimy Ridge and the Canadian soldiers who were killed during the war. After our visit to Vimy, we stopped in the lovely city of Arras for lunch. Being significantly influenced by near-by Belgium, the birthplace of French fries, Arras is known for serving delicious fries and the students and chaperones consumed copious amounts!

Sunday was quite a touristy day as we visited all the Paris icons you can imagine. We embarked on a guided tour of Paris, seeing, for those who were not asleep on the bus, the Arc de Triomphe, la Tour Eiffel, le Panthéon, les Champs Élysées, l'Opéra, la place de la Concorde, etc. In the afternoon, we visited the beautiful Palais de Versailles with hundreds if not thousands of other tourists. The walking tour inside le Palais was not as peaceful as the walk in the beautiful gardens, but it was very interesting to see how royals lived back in the day. We ended the day by going up the Eiffel Tower. Looking over the city was an incredible experience!

We departed on Thursday March 21st and be- Monday was as busy as Sunday. We started three hours. We then took another guided tour of Paris but this time on a river boat which gave us a new view of the city. We took a little bit of time to shop after our tour on the Seine river and headed to Montmartre where we climbed up the stairs to visit la Basilique Sacré-Coeur. The Basilica of the Sacred Heart of Paris is a Roman Catholic church, a popular landmark and the second most visited monument in Paris, the basilica stands at the summit of the butte Montmartre, the highest point in the city. Being a very touristy area, students were able to find many souvenirs for themselves, friends and family.

Those first few days, every minute was filled visiting iconic Paris landmarks. We left the stress of Paris to head south, home of sunny weather, magnificent architecture and lots of markets. After a nap, cards games and movie watching, we arrived in Avignon by TGV (high speed train). We visited le Pont du Garde, le Palais des Papes and sang "Sur le pont d'Avignon" while posing for a group picture in front of the infamous bridge. The next day, we visited Les Baux de Provence, St-Rémy and Arles. We learned a lot about histo-



ry, culture and we witnessed the everyday life of the region by walking around in the markets and conversing with locals.

Our last few days were spent in the sun and on the beautiful beaches of the French Riviera like you see in the movies. Talking about movies, we stopped in Cannes, home of the International Film Festival. We also visited a parfumerie called Fragonard in Eze on our way to Nice and Monaco. We discovered a new culture in this region. Students were impressed by the life of the rich and famous; expensive cars, expensive yachts and expensive clothes but the beautiful Mediterranean and the warm sun was probably the most memorable.

We headed back home with our heads full of memories and our hearts filled with experiences.

Merci à tous les voyageurs d'avoir fait de ce voyage, un voyage mémorable. Merci à notre guide Laura de nous avoir accompagné!





2018-19 Semester 1 Honour Roll



Félicitations to all of our deserving students!

Grade 9

Rachel Allard Hayden Bezte Sarah Bichlbauer Tyler Boath

Brooklynn Bremner

Liam Carter Kadence Caruk Baylee Cesmystruk Brennen Clayton Braeleigh Desrosiers

Jordan Dust Kaitlin Hallas

Alexander Hampton Nicholas Hnytka Jonathan Kochen Brodie Kotzer Cole Lower Brynn Luchik Braydan Lutz

Angel Mancia-Lemus Jr.

Colton Martin Cassidy McArthur Leah McDougall

Brodie Meadows-Seidler
Asemba Monsevula
Avery Prawdzik
Kade Rogerson
Courtney Rudnicki
Sydney Sauvé
Emma Schlag
Becca Segal
Brooke Slobodian

Aidan Smith
Benjamin Smith
Owen Sweet
Cale Taylor
Leena Tetrault
Garnet Verhaeghe

Grade 10

John Timothy Aguinaldo

Devyn Allaire Vanessa Arnaud

Keanan Boyce-Gaudreau

Zachary Brown Arielle Bukowski Rodrigue Buledi Mabelle Cabrillas Austin Campbell

Ashleigh Chamberland

Emma Choquette
Nigelyn Cruz
Jacob DaSilva
Paige Derksen
Devyn Gallant
Elizabeth Gillich
Emma Gillich
Paul Hampton
Emily Hiebert
Katelynn Howells
Luciano Isaak

Aidan Klapprat
Halimah Koroma
Riley Kotzer
Hilary Kowaluk
Katerina Krywy
Miguel Leitao
Ava Liske
Keon Lysak
Joshua Marshall
Naomie Mbele

Madeline Keller

Samantha Onyebuchi Rosalie Peterson Jillian Podolsky Mitchell Reimer Cheyenne Remillard Myah Richard

Myah Richard Aminah Salem Jayda Scott Brenna Shaw
Jaida Silvaggio
Tasia Stroet
Katelyn Szmon
Roy Tang
Avery Unger
Storey Watkins
Arlynn Wildeman
Matthew Wilton
Daria Winzoski
Rachel Winzoski
Isabelle Yakel
Annika Yuill

Grade 11

Chloé Beauchesne Mathea Belluk Jillian Berard Emma Boughen Brooke Chapko Nicole Clayton Gracy Coreau

Evander De Guzman
Jordan Denorer
Josiah Dyck
Carter Fleury
Brenden Gingras
Nolan Gottfried
Mikaela Groess
Simon Hallik
Lauren Hawkins
Dorothea Hepp
Carly Klassen
Matthew Lopez
Jack Melville
Madeline Melville

Aleisha Michaud Tristan Jae Paguirigan

Noah Paulicelli Dylan Pilcher Ryley Prawdzik Deanna Rempel Sydney Rudnicki Sofia Sarmiento Braden Segal

Cedey Souriyavong Rebekah Stephens Delaney Syntak Jackie Tran
Justin Trudeau
Arianna Trudel
Janvier Trudel
Madison Tucker
Rachael Verhaeghe

Grade 12

Aidan Altomare Madisyn Blank Alyssa Bukowski **Rachel Desrosiers Ginette Dupas** Micah Dyck Alexandra Ellis Leland German **Quinton Hiebert** Kira Howell Mariah Lameg Shayla Lower Helen Martin **Taylor McConnell** Leah McPhail James Neufeld Victoria Penner Solaye Rheault Mia Rogerson Savannah Sauvé **Payton Slobodian Amber Smith Emily Smith** Jaylene St Laurent **Jade Sweet** Jacob Szmon Sarah Wong Serena Zaenali

