

# Transcona Collegiate

**HOME OF THE TITANS!**



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The RETSD board of trustees has identified four priorities for the 2017-18 school year:

- Conduct a catchment area review of all middle years schools East of Lagimodiere Boulevard
- Conduct a review of the Specialized Learning Environment (SLE) Program
- Conduct a review of French immersion enrolment and related catchment areas West of Lagimodiere Boulevard including Ward 5 (East St. Paul and St. Clements)

***...where character counts!***

## Principal's Message



### TRANSCONA COLLEGIATE

#### *...Where Character Counts*

Transcona Collegiate is the home of the TITANS and where character counts. At Transcona Collegiate we are Trustworthy, Inspirational, Team players, Ambitious, Nice and Scholars.

Exams began on June 18<sup>th</sup> for all students. The Grade 12 students begin much earlier, with the ELA Provincial Exams written from May 29 – June 1, and the Provincial Math Exams during the week of June 11. Please see the exam calendar on the school website

for further details.

Our school is a very busy place with many students involved in the performing arts program, athletic program, intramural program and school clubs/team. Congratulations to all those students who have participated in these activities and shown the true spirit of TITANS.

On May 25, 2018 the student council hosted its awards and barbeque. This was an opportunity to celebrate many students within our building and their accomplishments.

We wish the graduating class all the best in their in future. You have closed one chapter of your life and are about to begin another. Always remember that character counts

Just a reminder to parents that you can access your child's report card on the parent/student portal as we will no longer be distributing paper copies of the report card.

#### **LOOKING AHEAD TO 2018-19**

Registrations are now in for the upcoming school year. We are presently timetabling and planning class configurations. Once this information is complete, parents and students will be informed as follows:

- **For Grade 9 students in 2018-19:** Letters will be sent home in late August detailing the arrangements for the first day of school (September 5, 2018). Timetables will be distributed to all grade 9 students at school as part of the orientation to school.

- **For grade 10-12 students in 2018-19:** Letters will be sent home in late August. These letters will contain information about the first day of school (September 5, 2018). A copy of the student's courses can be found on the parent/student portal.

The school will reopen August 21, 2018. Counsellors will be available on August 28 and 29 by appointment only.



***Ms. S. Dzuba, Principal,  
Transcona Collegiate***

# Graduation Information 2018

Dear Parents, Guardians and Grads,

Below I have listed all the important dates for grad this year. It may seem like June is far from now but it will be here before you know it! If there are any questions, please send me an email at [tromu@retsd.mb.ca](mailto:tromu@retsd.mb.ca) and I will get back to you as quick as I can. Please remember that there are still some more fundraising opportunities coming up.

## Grad Info 2018

Grad Rehearsal - Tuesday June 26<sup>th</sup> – 9 a.m. TCI Rehearsal for Convocation  
Attendance MANDATORY

Convocation - Wednesday June 27<sup>th</sup> – 10 a.m. North Kildonan Mennonite  
Brethren Church

Located on the corner of Gateway and Springfield

Grads there no later than 8:30 a.m.

Parents and guests will not be admitted until 9:15 a.m.

No ticket necessary

Dress is semi-formal - No flip flops or runners.

Dress pants, skirts, collared shirts, spring dresses and blouses are all appropriate attire.

Dinner and Dance - Thursday June 28<sup>th</sup> - 5:30 p.m. Delta Hotel Downtown  
Cocktails 5:30 p.m., Program starts at 6:30 p.m., Supper served at 7 p.m.

Dress is formal

ID MUST BE PRESENTED

Ticket required for admittance

Ticket Sales - June 4<sup>th</sup> to 8<sup>th</sup> **ONLY**

Must have the Designated Driver Form filled out before buying tickets.

Tickets will only be sold at lunch in room 403 CASH ONLY

\$80 per ticket, each grad gets 4 tickets, one of which must be for the grad.

If you require extra tickets, they will be sold first come first served on Friday at lunch.

You can choose where you sit. There are only tables of 10 with set number of tables available.

**\*\*If you plan on going to safe grad, you must attend the Dinner and Dance.\*\***

You will be attending a meeting with your Teacher Advisor, March 1<sup>st</sup>. At this meeting, you will be asked a number of question about your experiences at Transcona Collegiate. Please be as honest as possible.

At this meeting you will also be required to pay a **\$50 grad fee** for your cap and gown rental.

Sincerely,

Tracy Romu

Math/Science Department Head

Chem 30S/40S, Applied Math 40S, Grad Co-Ordinator





## Student Council 2017-2018

### Student Council News

*To keep informed listen to daily announcements and check the school website. Students and parents are also encouraged to follow our Student Council Twitter account @TITANS20172018*

The 2017-2018 Student Council started second semester with some "flavour" as we hosted our first Heart and Stroke pancake lunch. Student Council chairs proved to be amazing cooks and their pancakes were delicious complete with toppings like whipped cream and all the syrup you could eat!

Our next event was the school's first ever Transcona Games. Over the course of a week, various teams competed in events and the last place finishers each day were eliminated until only three teams remained. In the finale, the staff team hung on to become Transcona Games Champions!

For our next major event, the Student Council and the Global Issues Committee hosted the annual Charity Carnival. Different committees around the school had booths where students and staff could play carnival games such as football bowling, pet a puppy or hockey shoot outs. All proceeds went to various charities around the city. Special thanks to all the committees who helped. We couldn't have done it without you!

In April, we had our last spirit week of the year which culminated in the final Grade Wars. All grades showed their competitive spirit and all competitions were neck and neck. At the final point count, the grade 12's reigned as Grade Wars champions!

TCI ended a spectacular year with the awards ceremony where students were recognized for their participation and school spirit. Congratulations to all winners and every student who showed that they were true Titans. After the Awards, we went outside for the year end barbeque and some very hot sunny weather. Students enjoyed hotdogs, chips, drinks and sweet cotton candy. There were picnic games and grass volleyball and only a few sunburns.

The new Student Council was elected for 2018-2019 and congratulations go to Lyle Arcinas and Quinton Vander Aa (president and vice president), Mackenzie Bennett (treasurer) and Erica Ritter (secretary). We wish you all the best of luck and hope you can make your year fantastic!

Finally, we want to thank all students for their participation in Student Council Events. You made 2017-2018 an awesome year. Good luck to everyone on June exams, and special good wishes to all the Grads.

Sincerely,  
The Student Council Executive 2017-2018  
Jack Richards, Manjyot Kalkat, Ainsley Brown, Megan Dyck

### **Grade Level Spirit Awards**

#### Grade 9

Dennis Kombo and Dhemir Eissen Punay

#### Grade 10

Cassandra Friesen and Emma Moar

#### Grade 11

Mary Geodisico and Francisco Milan Cabrera

#### Grade 12

Hayden Brander and Jack Richards





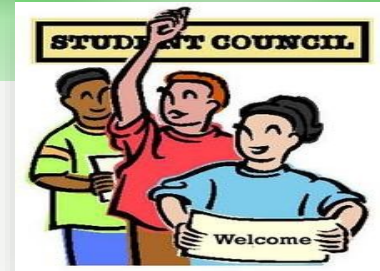
## Student Council Executive 2017-2018

### Student Council Executive

President:	Jack Richards
Vice President:	Manjyot Kalkat
Treasurer:	Megan Dyck
Secretary:	Ainsley Brown

### Staff Advisors

D. Ball
K. Fewer
K. Fewer



### Committee Chairs

Awards:	Student Council Exec.
Global Issues:	Megan Dyck, Ainsley Brown, Khyline Cruz & Brooklyn Apostle
Grad:	Caitlin Davidson & Brooklyn Apostle
Titan Pride:	Thomas Hickey
Pep Rally/Spirit:	Page Kauk & Mercedes Sousa
Philanthropy:	Ainsley Brown

Publicity/Advertising: Student Council Exec.

### Committee Chairs

Sports Chair:	Hayden Brander & Thomas Raynberg
TADD:	Ryin Choiselat
Titans 4 Tomorrow:	Rosemarie Tamondong
TV Promotion:	Student Council Exec.
Yearbook:	Allan Entrada
Titan Tavern:	Jacob Yerlitz, Rosemarie Tamondong, Darby Peacock

## Student Council Awards 2017-2018

***The TITAN Award***  
***Manjyot Kalkat***

***Athletes of the Year***

Junior Varsity  
Dalton Reidke  
Madison Zadro

Varsity  
Braeden Chiborak  
Umuhawa Senesie

***Athletic Team Achievements***

Junior Varsity Girls Volleyball  
KPAC Champions 2017-2018

Boys Hockey  
Provincial Final Four 2017-2018

Junior Varsity Provincial Bowling Champions  
2018

***Titans are... "A" for Ambitious***

## Counsellor's Corner - June 2018



### Welcome to the Counsellor's corner!

This year has been exciting and busy with lots of opportunities for students to participate in school activities as well as explore what their next steps might be after high school.

In the fall the University of Winnipeg, University of Manitoba and Red River Community College were here to talk to the grade 11 and 12 students about courses of study and programs that might interest them. Also in the fall, the grade 9 students had a chance to participate in the national "Take Our Kids to Work". Many work experiences on that day opened career possibilities for the grade 9 students to explore further.

In December 2017, Ms. Knutson and Ms. Martin of the Phys. Ed. Department teamed up for grade 9 *Everyone Matters* presentations about suicide prevention, to better equip our students in how to

take care of their mental health and well-being.

Big Brothers/Big Sisters has had a successful year. We had 18 students from TCI mentoring elementary students at Radisson, Joseph Teres and Westview Schools.

The week of February 12 – 16<sup>th</sup> 2018 was Transcona Collegiate's first ever Wellness Fair. Students had the opportunity to participate in various activities that focused on being well and taking care of our mental wellness. There were a variety of outside presenters who offered sessions from Art Therapy to the effects of stress on the brain and body.

This past April we partnered again to take all grade 10 students to the Rotary Career Symposium – where they had the chance to interact with a wide variety of successful business and trades people and learn what "a day in the life of ..." might look like.

The Tri-School Career Fair was hosted by Murdoch McKay Collegiate this year and it was a tremendous success with representatives from over 43 businesses, services, trade affiliations and many local post-secondary institutions in attendance. The evening was a great opportunity for students and the local community to network and learn more about many careers options that exist today – both locally and nationally. Next year, the Career Fair will be hosted by College Pierre Elliot Trudeau. We hope to continue to reach a wider community as we grow the fair.

Also in April, Mrs. Young and her group of 25- 30 students and staff began training for the Shopper's Drug Mart Run For Women event which they ran on May 13th. All the girls did really well and it raised awareness of the connection between healthy living, exercise and mental well-being.

As we wind down the year we want to encourage everyone to do well on their final exams, and remember that we are here to help – exams can be a stressful time.

Have an awesome summer and take care of yourself – kindness is one of the greatest gifts you can give yourself and others!

Mrs. Young and Ms. Knutson

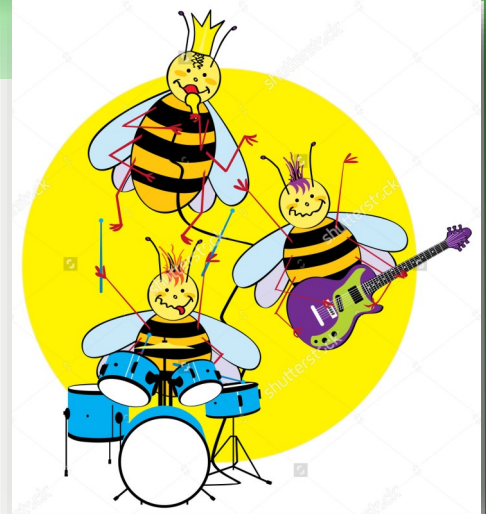
Checkout the [Transcona Collegiate website](#) for Scholarship information.

[Click here](#) to go directly to the Scholarship page.

## Music Notes - June 2018

### Music News:

1. Students with school-owned instruments can return them to the school as soon as they're finished composing their final project. Make sure to let me know that you've brought it back!
2. The final day to hand in Concert Evaluations will be June 21 at 12:00noon.
3. Thanks to the Grade 10 Jazz Band for performing at the start and end of our Awards ceremony last Friday!
4. The Park City Jazz Band ( TCI students Earl Alminana, Tanner Schmidt, Connor Jackson, Hannah Cole, Angelo Lantisce-Peralta, Terik Kozakowski) will be performing at the RETSD retirement banquet on June 14. They're learning 10 tunes between now and then, rehearsing most days after school!
5. Our Grade 10-12 Jazz Band and Vocal Jazz students will be performing for their final projects at lunch (12:10-1:10) on June 7, 8, 11, 12 in the Music Room. Friends and family are welcome to come out and watch Our end-of-year Music Luncheon will take place on June 15 at lunch time. We'll be serving pizza for our students and handing out awards at the luncheon



It's been a great year and we're looking forward to seeing everyone again next year!!

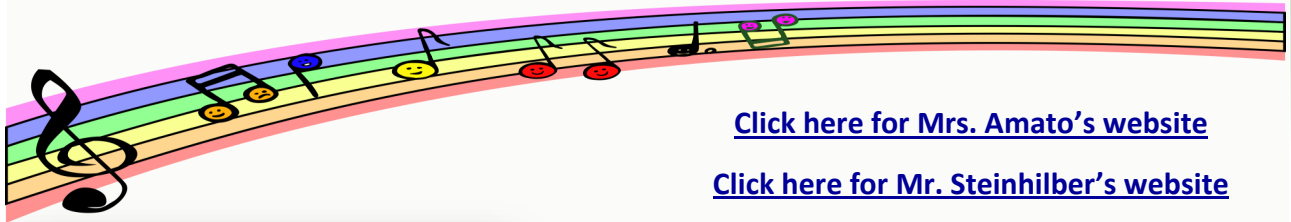
Take care!

### Dan Steinhilber

#### Music Teacher

Transcona Collegiate  
204.958.6440, ext. 2805

[Teacher Website Link](#)



[Click here for Mrs. Amato's website](#)

[Click here for Mr. Steinhilber's website](#)



Titan Tavern will be closing its doors, for the year, on June 14<sup>th</sup>. Try to make it in for one last TCBY! The managers and staff would like to thank the students, staff and parents for patronizing the store this school year. We bid a fond farewell to our hardworking management team. Please remember to stop by the store in the fall to see what our new management team has in 'store.'

## Titan Hockey Team 2017 - 2018

Our Titan Hockey program was a great success this year. The boys won the Chicago Fall Classic and also won the B Side Championship in the Crocus Plains tournament in Brandon.

Our season was topped off by ranking 4<sup>th</sup> in the Provincial rankings, and by making it to the semi-finals in the Provincial Championship.

Many of the boys will be graduating this year, and our coaching and managerial staff will also be moving on next season. I want to thank everyone who was involved with the program the last number of years for their dedication and commitment to building such an impressive program.

I also want to wish the new coaching staff and players the best of luck in the fall, as I will also be moving on from the program.

Once again, I thank everyone for the great 3 years. I have enjoyed the experience just as much as you did. Thank you for being great TITANS!



## TCI Dance Recital Spring 2018

Dance Students from grades 9 – 12 performed in two separate shows in our newly renovated dance/drama theatre at Radisson School. The grade 10-12s performed on May 31<sup>st</sup>, while the grade 9s performed on June 7<sup>th</sup>. Students, some of them performing in dance for the first time, were proud of their efforts as they rose to the challenge. They certainly demonstrated their talents of choreographing and performing their own dances. We were also fortunate to have some International students join us in the performance. Audience members participated in the Social dances such as the Conga Line and the Macarena. Some showed off their flexibility in the Limbo Challenge. It truly was a great celebration of Dance.





# Global Issues Spring 2018

## Global Issues

The 2017-2018 school year has been quite a success for our Global Issues team. We have done both local and global activities and have worked with other organizations and committees within our school. To start the year off, we planned a trip to the WE Day presentation downtown. We witnessed many motivational and inspirational speakers and found this event to be very beneficial which ultimately influenced our year goals. In following, we participated in Operation Christmas Child, which helps to provide children in other

countries who wouldn't normally receive gifts a chance to receive them. This charity was met with lots of enthusiasm which led to the creation of over twenty-five boxes for the kids! Proceeding this, we held a holiday charity bake sale that provided proceeds towards World Vision. Our group enjoyed making the baked goods in the school alongside other group members. As a result of our enthusiasm and hard work, our snacks sold out quick!

To start off the second half of the year, we held a 30 Hour Famine. It was an opportunity that was opened to the entire school and we discovered that many people wanted to participate. The night was filled with a variety of great activities for both students and teacher volunteers. We were successful in raising approximately a thousand dollars for helping to solve hunger in a World Vision charity. The final event we hosted as a committee during this school year was the Charity Carnival. We worked together with Radisson School to bring out a crowd of their students in addition to our own Transcona Collegiate students. We hosted over twelve booths of games held by student council members as well as chairs of other committees. Each booth had its own charity to raise money for, and this gave each booth its own originality and motivation. We planned this event with the anticipation of involvement and fun. We were not too concerned about making a profit, but in the end we raised over \$250 split amongst all of the charities. Many companies and organizations in the community donated silent auction prizes towards this carnival event which we believed added to the overall success of our carnival. We decided to continue this event which is typically run by the leadership class, which would make it the thirteenth carnival at our school! We borrowed their idea as there was no leadership class this year. We truly hope that in the upcoming years, the tradition of the carnival will continue to be led by other enthusiastic students. Overall, we feel that this year had a positive outcome and we would like to thank everyone who helped make all of these events possible!



# Uncomplicated Banking



## WHAT IS THE TCU?

The TCU is a youth branch of the Casera Credit Union. It is open to students and staff at Transcona Collegiate. The TCU has been serving students financial needs for over 19 years under the supervision of a teacher. It provides an outstanding service for the members of the TCU.

The TCU is a financial institution that allows students to earn a grade 12 credit and get work experience. For more information, [click here](#) to visit the TCU website or come down to the TCU in room 102.

## News from the Titan Credit Union

The Board of Directors and Staff at the T.C.U. would like to thank our members for their continuous support and dedication this school year! We will be closing for the summer and will be reopening in October 2018! Our last day open before summer break will be Friday June 15<sup>th</sup>, 2018. Members, you can access your account at your local Casera Credit Union branch or through the mobile banking app. Debit cards can still be used while our branch is closed.

We wish everyone a safe and happy summer break and look forward to seeing you downstairs in room 102 in the new school year!

## Titan Sports Report - Spring 2018



### **Indoor Track**

The indoor track team had a strong showing at the meet at U of M in March. A huge thank you to Ms. Ready and Mr. Burtniak for coaching the team this year. Umu Sensie came through with a 1st place finish in 60M and 200M spring and a 2nd place finish in long jump. Thelma Hernandez had a 1st place finish in shotput.

**Indoor Track Team:** Brandon Kowalchuk, Terik Kozokowski, Emma Moar, Umu Sensie, Matthew Proulx, Cassie Friesen, Thelma Hernandez, Connor Shields, Jesse Klaverkamp  
**Coaches: Ms. Ready, Mr. Burtniak**

### **Field Lacrosse**

Our Field Lacrosse team is working hard this season in the Manitoba High School Field Lacrosse League. The team is made up of students in Grade 9-12. There are a lot of young players on the team that are being mentored by the veterans and the team looks good for the future. Thank you to Justin Godson, Jarret Wood, Cole Matthes and Tim Godson for volunteering their time to coach and support field lacrosse at TCI.

**Field Lacrosse Team:** Nick Brown, Kian Chartrand, Kyle Danyluk, Stefan Danyluk, Justin De-lorme-Makar, Brandon Jefferson, Alex Klassen, Austin Lafave, Erik Nelson, Austin Silvaggio, Leighton Stein, Zac Szyszkowski, Michael Todoruk, Ayden Zazula  
**Coaches: Justin Godson, Jarret Wood, and Tim Godson, Cole Matthes**

### **Outdoor Track**

The following athletes competed in the KPAC Zone Meet in Selkirk on May 22nd and 24th: Umu Senesie placed 1st in the 100M and 200M sprints. Shaylene Robinson placed 1st in javelin and shotput. Thelma Hernandez placed 2nd in javelin and 3rd in discus. All three girls will

**Outdoor Track Team:** Terik Kozokowski, Emma Moar, Umu Senesie, Matthew Proulx, Cassie Friesen, Thelma Hernandez, Connor Shields, Shaylene Robinson  
**Coach: Mr. Korkosh**



## Titan Sports Report - continued

### Athlete of the Month

Every month a Titan athlete or athletes are selected by their coaches as the Titan Athlete of the Month. The following are the recipients for this school year thus far:

#### **Josiah Uminga** - Grade 10 Basketball

Josiah displays great work ethic and is a very explosive guard. He is one of the most improved player since the beginning of the season. He attacks the basket with confidence and takes pride playing defense. Congratulation Josiah.

#### **Colton Smith** - Grade 12 Varsity Boys Basketball

This senior sharpshooter has been doing it all for the varsity boys basketball team in January - attacking the rim, stepping out beyond the arch, creating for his teammates, and getting defensive stops. Currently averaging 10ppg, Colton went for a season high 15pts in a home victory against Selkirk that included 2 dagger 3 pointers to help seal the win.

#### **Kurt Batac** - Grade 9 Boys Basketball

Kurt has been a key factor in the grade 9 boys basketball roster from his leadership ability on the court to his spark off the bench and always being ready when his name is called upon. Kurt is always the first man willing to lead warm-ups and sprints and is always trying to make everyone around him the best they can be!  
Congratulations Kurt on being named Athlete of the Month!

#### **Destiny Wilby** - Grade 9 Girls Basketball

Destiny has been a very strong leader for the grade 9 girls this year. She leads by example on and off the court. Through practice, destiny has improved her shooting, rebounding and overall awareness of basketball! Keep up the great work!



#### **Emma Moar** - Grade 10 Varsity Girls Basketball

Emma has been impressive this year as one of the varsity girls point guards. As a grade 10 playing on the varsity team, Emma has worked hard to improve all of her skills. Emma has been a key factor to the team's success!

#### **Zac Szyzskowski** - Grade 11 Field Lacrosse

Zas has stepped up as one of the key leaders on the team this year. He is multi-faceted player who contributes with his commitment, intensity, defensive skills, and athleticism. Zac is the cornerstone of our team's defense.



2016—2017 Titan Yearbooks are in.  
Pick up your copy in the school office.



## Titan Sports Report - continued



### **Ethan Kolomi** - Grade 12 Boys Hockey

Ethan always carries a positive attitude on and off the ice. He pumps up teammates and motivates everyone around him to do the best they can, which is crucial heading into the playoffs. The way he has played all season (8-2 record with a 1.8 GAA and 3 shutouts) has him soaring with confidence which rubs off on all his teammates. He stays humble and always puts the team first. This is his 4th and final year as a Titan and he shows exactly what Titan character is all about.

### **Nathan Tan**—Grade 12 Varsity Boys Basketball

A starting at PG this season, Nathan's consistent play is a big reason why the Titans made it to the Tier 2 finals. His ability to push the tempo and be a threat whenever the ball is in his hands has been key to our team's success. Nathan was one of the leading scorers for the varsity boys' basketball team averaging 16ppg.

### **Cassie Friesen** - Grade 10 Varsity Girls Basketball

Cassie continued to work hard and improve throughout the entire season. She really stepped up and performed well towards the end of the year, when the team needed her. Her effort helped lead the Varsity Girls to an appearance in the Tier 2 Finals.

### **Mercedes Sousa** - Grade 12 Girls Soccer

Mercedes is always hard working and always gives 100%. She has been a good role model for the rest of her team members. She is always willing to help out the coaches and help out in practice. She has a great attitude and is always respectful to others.

### **Hayden Mahy**—Grade 12 Boys Rugby

Hayden serves as the team kicker. He is a speedster who is always a threat with the ball in hand and is turning into a tenacious defender.

### **Juan Pablo Villalobos** - Grade 12 Boys Soccer

Juan was a powerhouse in midfield for the Titan Boys Soccer season. He showed up to every tryout, practice and game, always giving 100%. His workrate in midfield shut down opposing teams and controlled the play for the boys. When subbed-off, he came off with a smile on his face and always said he was ready to go back in immediately. He was instrumental in the success that the Titans earned this season.

***For the most up to date information regarding our Athletic Program including a calendar of events and announcements please go to the [Transcona Collegiate Athletic Website](#).***



## Titan Sports Report - continued

### **Jersey Anderson** - Grade 9 Girls Basketball

Jersey has been a hardworking and committed team member throughout the season. She can be counted on to bring energy and a hard work ethic to each and every game. Jersey's athleticism is evident in her ability to run the floor and score points in transition. She was a key contributor to the team's success this season.



### **J.R. Baquiano** - Grade 10 Junior Varsity Boys Basketball

JR was a spark plug this year for the JV Boys. He was dedicated to getting better everyday and it showed through his improvement throughout the season. JR was voted as a league all-star this year and will represent TCI at the all-star game.

## Bowling

This was Transcona Collegiate's third year in a row participating in the annual Manitoba High School 10 Pin Bowling Championship tournament held out of Chateau Lanes. This year's tournament saw 7 junior varsity and 14 varsity teams competing for the opportunity to call themselves the Provincial Champions. For the second year in a row, a junior varsity team from TCI won the provincial championship banner. Meghyn Dumas, Lado Laku, Kurt Letwin and Jeremy Watcher made up this year's winning team. Lado was a new edition to this year's championship team and came through in a big way finishing 3rd in the individual category. Mackenzie Bennett, one of our varsity bowlers, finished second among the bowlers in her category. Meghyn finished first among bowlers in her category. Congratulations to all our bowlers.

**Bowling Team:** Quinton Vander Aa, Mackenzie Bennett, Marina Saunders, Damian Wood, Josiah Uminga, E.J. Rivera, Harvey Salvador, J.R. Bacquiano, Meghyn Dumas, Lado Laku, Kurt Letwin, Jeremy Watcher





## Titan Sports Report - continued

### Soccer

Congratulations to the following athletes for being part of the 1028 Transcona Titans Soccer Team. Our girls started their season with a decisive 5-0 victory over Mennonite Brethren Collegiate. The team went on to battle hard the next three matches ultimately finishing 8th out of 10 teams.

**Girls Soccer Team:** Ainsley Brown, Aryel Reidke, Brittney Dengl, Brooklyn Apostle, Caitlin Davidson, Cassie Friesen, Danielle Smith, Emma Moar, Ireland Bayrak, Jenna Eori, Jordyn Spitula, Kaylyn Davis, Lexi Starr, Mackenzie Bennett, Megan Dyck, Mercedes Sousa, Morgan Manchester, Thelma Hernandez

Our boys team opened their season with a 5-1 victory over Mennonite Brethren Collegiate. The boys lost their next match to Garden City, the eventual KPAC Champions. The boys finished their season with two consecutive victories to capture the Consulation Championship.

**Boys Soccer Team:** Michael Akande, Connor Batiuk, Braeden Chiborak, Tyson Clarke, Jeremy Coutu-McKay, Evan Ferreira, Alex Flain, Igor Goncalves, Manjyot Kalkat, Dennis Kombo, Josef Lecky, Igor Mares, Clever Moia Junior, Frank Nayituriki, Jack Sears, Ola Solaja, Diego Torres, Juan P. Villalobos, Ali Al-Karam, Brayden Edel, Matthew Norena Diaz, Fran Milan Cabrerra

#### **The Addictions Foundation of Manitoba**

AFM contact: Jeremy Hennessy

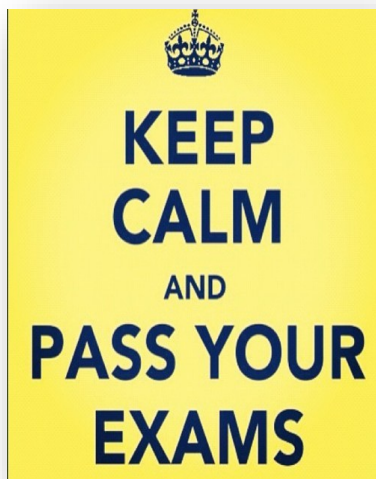
Ph # 204-223-9952

AFM Youth Services, 200 Osbourne Street North

Phone # 204-944-6235



## How to Ace your Exams!



These are the top ten things that you need to know to ace exams!

- 1) **Give yourself plenty of time.** Cramming doesn't work. It just doesn't. When you start to study weeks ahead, you have plenty of time to read everything. It also gives you time to ask questions about anything you don't fully understand.
- 2) **Use an Agenda.** Write your study time in your agenda, even if it's only 20 minutes a night. An agenda is one of the best organizational tools you have to help you prepare for your exams.
- 3) **Set up a study stadium.** Okay, it doesn't have to be an actual stadium—just an area where you can leave your notes, your pencils, and your dictionary. A place where you are comfortable and where there is little distraction—that means no TV or blaring music!
- 4) **Look at the big picture.** How many pages in total do you have to study? How much time? If you have 50 pages to cover in 10 weeks, then that is only 1 page a night on weekdays, with weekends off. That's not so bad! You can even write down what pages to study on what night.
- 5) **Study a little bit every night.** When you start early enough you can easily avoid the stress and anxiety of pulling an all-nighter. And, you can move at a steadier pace—20 minutes a night is easier to handle than 7 hours the night before. By the week before the exam you'll have read everything at least once and you'll be prepared!
- 6) **Make your own notes.** Look at the chapter or unit or section. What are the titles, heading and subheadings? Are there any bolded words? Write these down. These are key words, and they are great indicators to help you know what the material is about.
- 7) **Put it in your own words.** This is known as paraphrasing and it's a great technique to help you really understand the material. Memorization and rote repetition? That's for robots! You need to understand the material to succeed!
- 8) **Cover, recite and check.** But how do you paraphrase? It's as easy as reading over a page, a paragraph, or a sentence, then covering it up, and saying it back in your own words!
- 9) **Don't study the stuff you know well.** Start with the most challenging sections and move on from there. There is no point studying material that you are confident you know. A quick review to make sure you remember everything is enough.
- 10) **Make classroom time active learning time.** The best study tip is one that doesn't even involve studying, but happens way before studying—in the classroom. The secret to easy studying is to be an active learner in the classroom. Raise your hand. Ask questions. Participate in discussions. Don't just sit and wait for the teacher to teach you, get involved in learning!

The more responsibility you take for your education, the easier studying (and learning) will be!

[Source: Oxford Learning.](#)





# June Exam Schedule

**\*\*ALL EXAMINATIONS WILL BE WRITTEN IN THE MPR, ART ROOM and BAND ROOM. (June 2018)**

**Provincial Grade 12 ELA Exam - May 28-31, Provincial Grade 12 PreCalculus - June 12th, Provincial Grade 12 Essentials Exam - June 13th, Provincial Grade 12 Applied Exam - June 14th**

Time	Monday, June 18th		Tuesday, June 19th		Wednesday, June 20th		Thursday, June 21st		Friday, June 22nd	
		TEACHER		TEACHER		TEACHER		TEACHER	Options	TEACHER
start: 9am										
MPR	20F ELA - 6	Martens	20F SC - 5	Tratch	20F Geo - 6	Grieve	30S Pre-cal	Ball		
	20F ELA - 5	Martens	20F SC - 6	Badiani	20F Geo - 4	Grieve	30S-2 Math ess	Jajam		
	20F ELA - 4	Ilchyna	40S Foods	Winiarz	20F Geo - 5	Wiebe				
BAND ROOM	40S Psych	Amato	40S Bio	Page			20S-3 Intro PC	Badiani		
	40S Physics	Badiani	30S Chem	Romu	40S Chem	Romu	20S-4 Intro PC	Valainis		
ART ROOM	30S Bio	Bilous								
Additional Coverage		Young		Knutson						
		Rodrigue						Shauna Martin		
<b>** ALL EXAMINATIONS WILL BE WRITTEN IN THE MPR, ART ROOM and BAND ROOM.</b>										
Time	Monday, June 18th		Tuesday, June 19th		Wednesday, June 20th		Thursday, June 21st		Friday, June 22nd	
GR 9+11 Start 1:00 pm		TEACHER		TEACHER		TEACHER		TEACHER		
MPR	10F SC - 1	Bilous	10F Math - 1	Valainis	Fr 20-30-40	Bedard	20S-2 Math ess	Wilde		
	10F SC - 2	Bilous	10F Math - 2	Valainis	10F CCW - 3	Bedard	20S-3 Math ess	Wilde		
	GL Issues	Grieve			10F CCW - 5	Bedard	10F French	Bedard		
BAND ROOM	30S ELA - 4	Fewer	10S Math - 3	Wilde	30F-5 Cdn H	Adamson				
	30S ELA - 3	Fewer	10S Math - 4	Wilde	30F-4 Cdn H	Grieve				
ART ROOM	30S ELA - 5	Adamson	10F Math - 5	Tratch	10F CCW - 4	Wiebe				
			10F Math - 6	Tratch	10F CCW - 6	Wiebe				
Additional Coverage		Palmer		Korkosh		Jonasson		Eori		
		Stubler		Shannon Martin		Steinhilber		Stolar		

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