



Nelson McIntyre Collegiate

Principal: Ralph Wagner

Vice-Principal: Charlene Smallwood

Website: www.lrsd.net/schools/nmc

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Volume 6 Issue 1

Message From Administration

Welcome to the 2015 – 2016 school year. We would like to send a special warm welcome to our new students who have joined our Nelson McIntyre Collegiate Learning Community. The past 6 weeks have already proven that this year is going to be an eventful and exciting year. One of our new programs, Propel, is off to a great start. Students from all seven Louis Riel School Division high schools are participating in this program that uses projects and student interests in an integrated, interdisciplinary approach to obtain high school credits. We welcome all the students from the various high schools participating this semester.

At the writing of this message, our staff and students involved in this year's musical, *Beauty and the Beast*, have just completed their weekend retreat. Staff and students enjoyed an intense weekend of singing, dancing, acting, andlots of laughter. Shows take place in early December. Be sure to join us for some fabulous student performances.

The volleyball season is well underway. Our teams have been very competitive and the end of the season is approaching quickly. Play-offs will begin shortly and we encourage students and parents to come out and support your Wolverines.

Collaborative Wednesdays, now known as the *Mid-week Network*, is continuing this year and has expanded to include Glenlawn and Dakota. If you happen to meet our teaching staff, take a moment to ask them about their learning and how it is (or will be) impacting students.

The Remembrance Day Ceremony, report cards, and our *Better Late than Never Grade 9 Welcome* are approaching quickly. Please follow the school website and twitter feeds to get up-to-date information on what's happening.

As your administrators, we look forward to meeting all of you and taking part in the many activities and learning opportunities that will take place in the coming months.

We wish everyone a wonderful year.

R. Wagner

C. Smallwood

Important Dates

- Oct.23– PD Day-SAGE -No Classes
- Oct.27– Early Dismissal 2:45 PM
U of M Evening of Excellence
- Oct. 29– U of W visit 9:45 AM
- Nov. 2– Blood Drive Shuttle
- Nov. 2- CAPS Parent Evening
- Nov. 3– Photo Retakes
- Nov. 4– TOKW Day Gr. 9
PAPA Meeting 6:30 PM
- Nov.5– Safe Grad Parent Committee
Meeting 6:30 PM
- Nov. 7– Winnipeg Jazz Orchestra-"Big
Band Workshop"
- Nov. 10– Remembrance Day Service
- Nov. 11– Remembrance Day- No
Classes
- Nov. 16– WE Day
- Nov. 20– SWAG
Report Card Distribution
- Nov.24– Early Dismissal 2:45 PM
- Nov. 26– Student Progress
Conferences 5:00– 8:00 PM
- Nov. 27– PD Day No Classes
- Dec. 1– Advanced Early Admission
U of M & U of W
- Dec. 2– PAPA Meeting 6:30 PM
- Dec. 2-4– NMC Musical Production
Beauty and the Beast
- Dec. 7– GR. 9 PARTY Program All Day
- Dec. 15– At Risk Letters Mailed
Winter Band Concert
- Dec. 18– Last Day of Classes for
Winter Break
Early Dismissal 2:45 PM
- Dec. 21– Jan. 1– Winter Break
- Jan. 4– Classes Resume





Student Services

After a busy September, students and staff are settling back into the school routine. All students participated in our second annual SWAG Clash on Oct. 2, enjoying a variety of games and a snack in the afternoon. The warm weather cooperated as we played outside under sunny skies.

A reminder to parents and guardians of grade 9 students: Take Our Kids to Work Day is Nov. 4!! All grade 9 students are required to participate as there will be no classes that day. The students participate in a variety of experiences that expose them to the realities of the working world. This activity is an important step as they move towards making decisions about their own career paths.

Interim reports were mailed home on Oct. 16. Teachers completed reports for all grade 9 students and any older students for whom teachers are concerned. Parents/guardians who would like more information are encouraged to contact teachers.

Grade 12 students will meet individually with Mr. McKechnie over the next month to review their grad plan and credit status. The post-secondary schools have already visited NMC and students are reminded to check Mr. McKechnie's blog for scholarship information. Applications to post-secondary schools are now being accepted.

Parents of grade 11 students who are interested in exploring options for university are invited to attend:

U of Manitoba Evening of Excellence Oct. 27 from 6:00 to 9:00

U of Winnipeg Future Student Night Nov. 24 at 6:00 pm.

Parents and students are invited to the National Canadian University Fair at St. John's Ravenscourt on Nov. 4 from 6:00 to 9:00 OR Balmoral Hall on Nov. 5 from 6:30 to 9:00.

Lori Miller and Jason McKechnie

Career and Post-Secondary Symposium (CAPS)

Parents! Students! Don't Miss LRSD's Career and Post-Secondary (CAPS) Symposium Nov 2, 2015 5:30-9:30PM

What should I do after high school?

Students and parents get the chance to explore this difficult question On November 2 during LRSD's Career and Post-Secondary (CAPS) Symposium at the Norberry Board Office at 900 St. Mary's Road. This event will especially interest grade 11 and 12 students and parents, **but all are welcome**, as career preparation can never begin too early.

The CAPS Symposium is a collaborative *parent-student evening* designed to ignite thoughtful dialogues about what to do after the excitement of graduation.

The event will feature 2 floors of action-packed activities and post-secondary school information:

- Booths and short talks from universities and colleges
- Opportunities to try out *myBlueprint*., L.R.S.D.'s innovative online student-parent career tool
- A *Career Café* which students and parents can converse with professionals from industries such as cyber security, entrepreneurship, aerospace, transportation and logistics, social media marketing, and the public service.
- Résumé/cover letter help and resources with Y.E.S. (Youth Employment Services) representatives
- Talk by Career Expert David Ness: "Parents as Partners in Career Planning"
- Talk by Career Expert Laura Simmons: "Finding Your Career and Life Passion"
- Talk by Scholarship Expert Peter Brass: "Money Matters: Where are the Scholarships?"

Parents and students – mark November 2 on your calendars so you don't miss this exciting one-time event.

Adriano Magnifico

Human Ecology

Here are some current projects being completed in the Human Ecology area.



Foods and Nutrition 40S



Beef Sombreros

Ingredients:

250 ml	Flour	250 G	Ground Beef
15 ml	Sugar	20 ml	Taco Seasoning
15 ml	Cornmeal	100 ml	Water
2 ml	Salt	50 ml	Cheese
10 ml	Baking Powder	1/8 th	Green Pepper
1 ml	Cream of Tartar	25 ml	Flour for counter top
50 ml	Margarine		
85 ml	Milk		

Directions:

Preheat oven to 375 F

Combine the flour, sugar, cornmeal, salt, baking powder and cream of tartar in a splashguard bowl.

Using a pastry blender, cut in the margarine until coarse particles can be seen.

Pour in milk, stir with fork quickly to combine. The dough should be soft and turn out on a lightly floured counter and knead eight to ten times.

Using a rolling pin, flatten the dough to 1/8th inch thick. Using a small bowl, cut the dough into circles to line the muffin tin.

Spray the muffin tin and place dough into separate tins, making sure dough runs up the sides to form a little dough cup.

Cook the ground beef in a fry pan on medium heat until it is brown.

Add the taco seasoning mix and water; simmer until thick about 5 minutes. Place a spoonful of the meat mixture in each of the eight dough lined muffin tins.

Rinse and chop the green pepper. Place the pepper on top of the meat in the muffin tin.

Grate the cheese and place on top of each filled muffin tin.

Ms. Everette

Breakfast Club



Bright, early mornings, everyday

Rest assured, we make good food for students and staff

Everyone can smell the fresh aroma

A healthy choice is a piece of toast or two

Kind faces of volunteers greet you

Fruits of different kinds are as delicious as desserts

A big glass of orange juice or is apple more your taste?

Smoothies for a change of drink are popular

Tomorrow, maybe you could have grilled cheese or French toast?

By: CLD

Visual Art

NMC art classes explore the artistry of Tim Burton to create their own "Unlikely Heroes."

Karen Geist-McNeill



Physical Education



In recent years, Physical Education at Nelson McIntyre has engaged in activities to promote and develop Physical Literacy.

Physical Literacy is "the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for the engagement in physical activities for life."

Physical Literacy is an inclusive concept, accessible to all students, and which represents a unique journey for each individual. It can be enjoyed through a range of experiences in different environments and contexts. Physical Literacy contributes to the development of the whole person and can be valued and nurtured throughout a student's entire life.

We hope to engage the students in a variety of activities that will build a foundation for them to live a healthy, active life after high school.

David Day

Cross Country



Congratulations to all members of the Nelson McIntyre Collegiate Cross Country Team. We had great participation this year with ten members. Tye and Josh ran some nice races during the SCAC meets but decided not to compete at Provincials. Chris was outstanding in all SCAC races and was the SCAC Champion. After placing a close third to Dakota in the SCAC (it came down to a tie-breaker) the Junior Varsity girls team of Chris, Katy, Rachelle, Jill, and Julia placed fifth in the Junior Varsity Girls team category at the Provincial Cross Country Championships. Chris placed first in the AAA category and sixth overall at Provincials. Congratulations Chris on an outstanding season. Jessica, Emily and Sadie also had nice races in the Varsity girl's race at Provincials. It was a great day of running out at Spruce Woods Provincial Park!

After a little break, the Running Club will start up again in mid-November. Everyone is welcome!

Jason McKechnie



HOME OF THE WOLVERINES



Mixed Up Club

Do you want to meet new people? Are you interested in learning about different cultures? Join the Mixed Up Club! International and Canadian students get together every week to have some fun. We plan to volunteer for the Santa Claus Parade, organize a multi-cultural event at school and have fun as we get to know each other. Listen for announcements about meeting times.

Lori Miller

The Jacob Krueger Library @ NELSON MCINTYRE COLLEGIATE



Mr. Osachuk and Mrs. Tabas are happy to welcome Wolverines (old and new) to the Nelson McIntyre Collegiate Library. We add new books all the time and Wolverines are encouraged to make requests. The library is open from 8:00AM to 3:30PM for circulation.

Mrs. Tabas is the library assistant at NMC and is available daily for book circulation. She is extremely knowledgeable about our collection and is able to help students find their favourites as well as offer suggestions for new books to read.

Mr. Osachuk is the Teacher-Librarian at NMC. Many of our students are arriving from schools that did not have a Teacher-Librarian available. Mr. Osachuk is available every other day (Days 1/3/5) for;

- Help in doing research; finding materials in the school and in other locations
- Advising students about credible sources
- Using a variety of technology to meet classroom needs (computers, multimedia, etc)
- Helping students create resumés
- Discussing literature and reading choices
- Taking suggestions for the library.

Remember to use the *Mac Advantage*. One of the greatest benefits of being a Wolverine (when it comes to reading) is that we're happy to receive input from students about what they'd like to see on our shelves. All suggestions for appropriate books are welcomed and we have been able to put books into our students' hands soon after their purchase.

The NMC library is a great place to come for help or to do some quiet work.

Mr. Osachuk and Mrs. Tabas

The Wolverine Way: We Donate Blood!



NMC's First Blood Shuttle of the year is Monday, November 2nd! Sign up in the library; see Mr. Osachuk for details

Three times a year, NMC runs a BLOOD SHUTTLE to Canadian Blood Services (777 William Ave). This year, our blood shuttles are;

- Monday, November 2nd @ 10 and 11AM (just after Hallowe'en),
- Thursday, February 11th (just before Valentine's Day)
- Thursday, May 12th.

You can also book your appointment by calling 1-888-2DONATE. Tell them that you'd like to join Partners for Life as part of the NMC group.

To be eligible to donate, potential donors must be 17 and have picture ID. Signup sheets for our Hallowe'en Shuttle (10AM and 11AM) are in the library.

Thanks to our blood ambassadors; Sarah and Benoit!

NMC NMC

The Nelson McIntyre Collegiate Nice Mural Club (NMC NMC) is just about ready to begin working its mural magic around the school! We are currently seeking interested students to spend a couple of hours after school on Mondays and Tuesdays, having fun and painting AWESOME murals! No previous experience is necessary. Just come prepared to paint, in clothing that can get paint all over it. No sweat! Just fun. Speak to Mr. Blair for more details. Hope to see you there!

David Blair



Author at the MAC

On Tuesday, September 22, 2015 our grade 10 and 11 English classes had the opportunity of taking part in the Winnipeg International Writer's Festival. Students met Canadian author, Elisabeth De Mariaffi, who is the critically acclaimed writer of the collection of short stories entitled, "How to get Along With Women", which was nominated for the prestigious Giller Prize. Her poetry and short fiction have been published throughout Canada and her story, "Kiss Me Like I'm The Last Man on Earth", was a finalist for the National Magazine Award. Our students not only enjoyed listening to Elisabeth read a passage from her debut novel, *The Devil You Know*, but were able to ask her a variety of questions. Elisabeth was born in Toronto, Ontario and now makes her home in St. John's, Newfoundland, with her husband and children.

Mrs. S. Hirchak-Shuster and Ms. B. Cook

Co-operative Education



It has been another exciting and busy start to the year in the Co-op Education. Many of our students have begun work experience in the school as well as in the community. So far this year, our school based work placements include the school recycling program, cleaning at Sterling Mennonite Church, helping in the libraries of our feeder schools and serving and cooking at The Bistro at the Park restaurant. We also have students working at Tim Horton's, Safeway and Riverside Cafeteria and will have more students starting work placements in the coming weeks. We are all looking forward to another year of growing and learning together.

Jennifer Rempel and Lindsay Harms

PAPA

The NMC Performing Arts Parent Association (PAPA) would like to extend a warm welcome to all new and returning performing arts students and their families. PAPA is a parent advisory group that meets once per month at 6:30 PM in the NMC cafeteria. Meetings are usually on the first Wednesday of each month (check the NMC online calendar to confirm dates). PAPA provides support for NMC performing arts programs (e.g. band, guitar, drama, and the annual school musical) and offers fundraising opportunities to help performing arts students offset program costs (e.g. band trips). All fundraising is completely optional. The next PAPA fundraiser is the "Peak of the Market" Veggie fundraiser. The 2015-16 PAPA Executive consists of:

President: *Cheryl Bourgouin*

Treasurer: *Vera Slejko*

Secretary: *Normita Pinera*

Fundraising: *Terry Lynn McPhee and Lise Doiron*

Member at Large: *Karen Thronson*

Please consider joining us at our next PAPA meeting on November 4, 2015 at 6:30 in the NMC cafeteria.

Leslie MacCorby

SHOW/Leadership

SHOW is the Nelson McIntyre group dedicated to service in the community. **Leadership** is the Nelson McIntyre group dedicated to organizing and executing events within the school. Last year these two dynamic groups united to carry out each of our mandates. As “SHOW”, we supported several community initiatives, such as our Operation Donation Food Drive, We Day and the Half the Sky Movement. This year our group will be continuing these important initiatives as well as considering others. As “Leadership”, these students organized Pennies from LRSD, Spirit Days throughout the year, as well as our infamous “Clash of the Grades”.

On Friday, October 2nd, the Leadership group ran a very successful Clash of the Swags for all NMC students. A variety of fun activities and challenges meant to welcome all students (new and old) back to another year at our amazing school were organized as well as a cupcake bar for everyone involved. Thanks to the Leadership students as well as many staff who came out to support us. It was an amazing event.

Thanks very much to all of our participants for their hard work in SHOW/Leadership. We'd love to have more members from grade 9 join us!

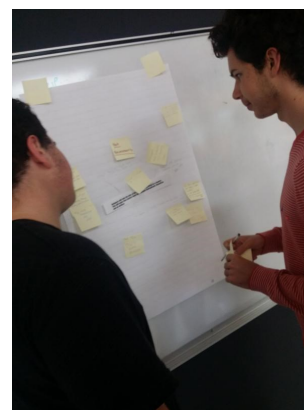
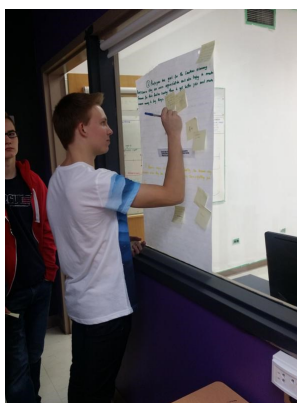
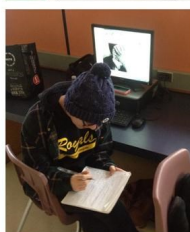
The SHOW/Leadership group meets every Tuesday morning at 7:45 in Mrs. Hirschak-Shuster's or Ms. Woodyard's room. See you Tuesday!

Mrs. Hirschak-Shuster, Ms. Woodyard, Ms. Harms, Mr. Weber and Mr. Osachuk

ProPEL Program

Propel is the brand new project-based learning program in LRSD. Nelson McIntyre has been given the opportunity to host this new initiative which has brought students from across our division together to pilot this exciting new movement in education. Our students will have the opportunity to explore their passions and areas of interest, connect with mentors and a wider public audience, and pursue career enrichment opportunities, all while earning English Language Arts, Internet and Communication Technology, and Physical Education credits. Our students are beginning their first independent projects and are learning about project management and goal setting. The coming weeks will see our students reaching out into the community to find mentors in the fields of their projects. We're extremely excited to see what these students will learn and produce over the coming semester.

Patrick Hansen and Matt Patrician



Performing Arts

The halls of NMC have been filled recently with the sounds of singing spoons and napkins. Our students have been in rehearsals for the past month for this year's musical *Beauty and the Beast* which we are presenting Dec 2-4 at the Franco Manitoba Centre. This magical tale is fun for the whole family, featuring all of your favorite songs and characters from the classic Disney film. I am very proud of the hard work on the stage and behind the scenes from all of our staff and students. This is definitely a school wide effort. Tickets are already available through the school office. Place your orders early to ensure you get to see the show!

Ms. Cook

Please see full advertisement on following page

Nelson McIntyre Collegiate
Presents



December 2nd, 3rd, 4th, 2015
7:00 p.m.

Centre Culturel Franco-Manitobain
340 Provencher Blvd.

Tickets \$10.00 adults (18 and older)
Students \$5.00 each
Call (204)-237-0219 for tickets

Music by
Alan Menken

Lyrics by
Howard Ashman and Tim Rice

Book by
Linda Woolverton

Director
Ms. Cook

Assistant Director
Ms. Forrest

Music Director
Mrs. MacCorby

Choreographer
Ms. Ryback

Disney's *Beauty and the Beast JR* is presented through special arrangement with and all authorized materials are supplied by Music Theatre International. 421 West 54th Street, New York, NY 10019



Notes from the MUSIC ROOM

by Music Director Mrs. MacCorby



VEGGIE FUNDRAISER

Place your order with any band student:

Between November 1st - 20th

Pick-up at the school:

Monday, November 30th

BUNDLE A \$10

2lb Carrots , 2lb Yellow Cooking Onions, 5lb Red Potatoes

BUNDLE B \$20

3lb Carrots , 3lb Yellow Cooking Onions, 10lb Red Potatoes, 1lb Parsnips, 1 Green Cabbage



Manitoba Band Association

MUSIC LEADERSHIP WORKSHOP with Dr. Tim Lautzenheiser

Thursday, October 22, 2015 at MBCI

10 of our NMC band students will participate in this
inspirational workshop aimed at encouraging young people

NMC REMEMBRANCE DAY SERVICE

Tuesday, November 10, 2014

2:30pm School Gym

*Community members are welcome to join us
for our commemoration ceremony.*



Our NMC JAZZ BAND will participate in the
Winnipeg Jazz Orchestra

BIG BAND FALL WORKSHOP

Saturday, November 14, 2015

★ 9:00am-Noon: Sectionals/ Improvisation/Full Band Clinic/
Presentation by Byron Stripling

★ 7:30pm Winnipeg Jazz Orchestra CONCERT

at the Winnipeg Art Gallery

Featuring Trumpet Legend Byron Stripling

In Flanders Fields

*In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

John McCrae



GET THE SHOT NOT THE FLU



Clinics offer **FREE** flu shots
in your neighbourhood



St. James

St. Paul the Apostle Church
2400 Portage Ave.
October 21 & 22, 1 pm – 7 pm
October 23 & 24, 9 am – 3 pm

Point Douglas

North End Wellness Centre
363 McGregor Ave. (main floor)
October 21 & 22, 1 pm – 7 pm

St. Boniface

Notre Dame Recreational Centre
271 avenue de la Cathédrale
October 21 & 22, 1 pm – 7 pm
October 23, 9 am – 3 pm

Transcona

Club Regent Casino Hotel – Canad Inns
1415 Regent Ave.
October 21 & 22, 1 pm – 7 pm
October 23, 9 am – 3 pm

Assiniboine

Charleswood United Church
4820 Roblin Blvd.
October 21 & 22, 1 pm – 7 pm
October 23, 9 am – 3 pm

Fort Garry

Southlands Community Church
85 Keslar Rd.
October 21 & 22, 1 pm – 7 pm
October 23, 9 am – 3 pm

St. Vital

Dakota Community Centre
1188 Dakota St.
October 21 & 22, 1 pm – 7 pm
October 23, 9 am – 3 pm
October 24, 9 am – 2 pm

Seven Oaks

Community Health and Social Services Centre
Unit 3 – 1050 Leila Ave.
October 21 & 22, 1 pm – 7 pm
October 23 & 24, 9 am – 3 pm

Downtown

Community Health and Social Services
Centre
755 Portage Ave.
October 21 & 22, 1 pm – 7 pm

River Heights

Crescentwood Community Centre
1170 Corydon Ave.
October 21 & 22, 1 pm – 7 pm
October 23, 9 am – 3 pm

River East

Mclvor Church
200 Mclvor Ave.
October 21 & 22, 1 pm – 7 pm
October 23 & 24, 9 am – 3 pm

Inkster

Access Nor'West
785 Keewatin St.
October 21 & 22, 1 pm – 7 pm
October 23, 9 am – 3 pm

For more information, go to:

wrha.mb.ca/flu or call 204-956-shot

You can also get the flu shot from your doctor,
pharmacist, walk-in clinic or QuickCare clinic.



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

J's Café NMC Cafeteria

Sushi

California \$3.50

Vegetable \$3.50

A la Carte

• Fries & Chicken
Strips \$2.75

• Pan Fried
Dumplings \$2.75

• Deluxe Fried Rice
\$3.75

• CupBop \$3.75

• Korean Style
(Sweet and Spicy
Chicken) \$4.00

• Mac & Cheese
\$2.50

Much Much More

Muffins
Banana Bread
Cookies

Beverages

Asst. Juices
Bottled Water
Chocolate Milk
Iced Tea
Gatorade

Sandwiches & More

Asst. Sandwiches \$3.00

**Ham & Cheese/ Egg Salad/
Tuna Salad*

Chicken Wrap \$2.25

** Grilled or breaded chicken in
a tortilla wrap*



Daily Specials

Monday \$5.00

SPAGHETTI – Fresh
noodles in a rich tomato
sauce and ground beef w/
toasted garlic toast

Tuesday \$5.00

LASAGNA – Lasagna
noodles baked with
ground beef in tomato
sauce with cheese

Wednesday \$5.00

BIBIMBAAB – 5 assorted
vegetables in a spicy chili
sauce over rice and
topped w/ egg

Thursday \$5.00

CHICKEN FETTUCCINI
ALFREDO- Fettuccini
noodles in a creamy
alfredo sauce with
chicken breast served w/
garlic bread and green
salad

Friday Pizza \$2.00 per
slice

PIZZA DAY – Delicious
asst. pizza
Cheese and/or Pepperoni