

# REPORT TO COMMUNITY

## Principal's Message

### A Year for the History Books, 2020-2021

By Nancy Janelle



IN THIS ISSUE	
Message from the Principal	Page 1
Grade 9 w/ Jane and Scott	Page 4
Grade 10 w/ Dave and Jennie	Page 5
Grade 11 w/ Shandra and David	Page 7
Grade 12 w/ Terri and Rory	Page 9
Internships w/ Maribeth	Page 11
Drama w/ David & Jonah	Page 13
Wellness w/ Joel	Page 14

It sure has been a year for the history books, as we are literally living through a global pandemic, yikes! In addition to covid, it has been especially hard in recent weeks for indigenous communities and their allies (especially educators as the role of our institution was highly complicit in this atrocity) with the ongoing discoveries of the mass graves of children being found on old residential school grounds. This is a disgraceful chapter in Canada's history, and one that still has very real ongoing inter-generational impacts today. As such, and because we are very proud to be on Treaty One Territory, our work on Truth & Reconciliation and anti-racism will continue in earnest in the new year as we work to decolonize education at the Seven Oaks Met School. This year, in our work toward TRC, we brought in an alumni for teachings on Orange Shirt Day, facilitated land-based learning opportunities whenever restrictions allowed, painted a beautiful mural on the side of our building to honor our indigenous students, and planted traditional medicine in our community garden to honor the first 215 young children that were discovered in Tk'emlups te Secwepemc First Nation. We will continue this very important work in the new year with a renewed determination.



Despite these challenges, and the constant ever-changing covid restrictions, we still managed to make the best of this incredibly challenging year; this strange year that was bizarrely also filled with so much joy. A year where we were able to create incredible learning experiences and some long-lasting memories for our students. Students still completed lots of super cool projects and meaningful internships. Our four amazing teacher candidates went above and beyond this year and we will be forever grateful for what they brought to our team. We finally got a vice principal at the school, who brought lots of sloppy kisses and cuddles to both staff and students, but who sleeps on the job much of the time and consistently makes a mess of his paperwork. We were able to utilize our covid friendly outdoor classroom like never before. We managed to have a modified breakfast program, spirit week, and virtual interest-based advisories. We had the chance to play some golf and still managed to have a school play – a covid safe radio play! Our students went above and beyond this Christmas, partnering with the Luther Care Home, and making sure each and every resident received a gift off of their Christmas wish list. We received some amazing grants for tech (Staples) and science (Sanofi) – thanks Jane!

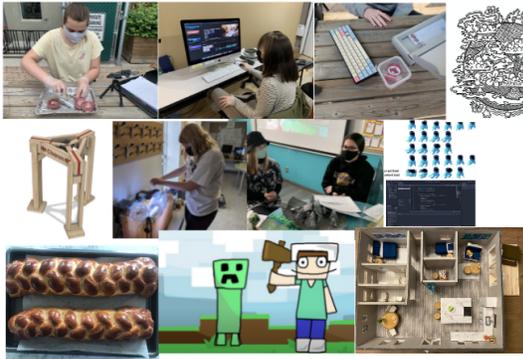


We tried to make graduation as special as possible for our Class of 2021, by having a very unique grad parade, where we personally delivered diplomas to students' homes complete with a confetti gun, DJ, and even a limo to do it all in style! In a bittersweet ending to the year, we had to say goodbye to our beloved Wellness Advisor, Joel, who is off to great things at the Maples Met School as a new grade 9 advisor, but were able to welcome Clinton to the team, who we are very excited to have join us in September. But we are certainly excited for what the new year will bring, as we open a 3<sup>rd</sup> Met School in the exchange district, and now have over 30 staff and 350 students! Our focus for September at SOMet, fingers crossed, is to 'rebuild community in a post-covid world'. Thank you all for your kindness and patience this last year and a half as we navigated this pandemic together. We couldn't have done it without you and your help in keeping our school community as safe as it was. We cannot wait to have you all back in the school in September, all at once. Have a great and safe summer everyone 😊 And please, get fully vaccinated!! See you in the fall.



# GRADE 9!

*A curated year-end update from Jane & Scott*



## SCHOOL-BASED PROJECTS

We launched our school year with a grade-wide project, SOMetropolis and it's laid the foundation for project-based learning for our students. It's resulted in SO much great project work like L. Henderson's Daydreamer colouring book, Chasz's mechanical keyboards, Emily's baking blog @bakeswithnonna, Meghan's kidney dissection, Naomi's Captain America shirt designs, Des's @cookiesnclout video editing, Daniel's computer programming exploration, Maddy's aquarium inquiry, Emily HK's interior design focused model house, Matthew's self-made video game, Adrian's animation, and Max's test model rocket stand.

## CAREER DEVELOPMENT

Upon completing LTI Bootcamp in the fall our students have persevered through the global pandemic and were able to find meaningful career development opportunities through informational interviews via Zoom and some essential services related internship opportunities. Take a look at all of these pictures to see what our kiddos have been up to!



## HIGHLIGHTS!

This school year was full of restrictions and challenges, but as a group, we made a concerted effort to make the most out of every moment. From our online cooking extravaganzas, the outing to the Forks (something the nines continue to talk about!), our semester one planet project SOMetropolis, and making treats for essential workers of the community, we did everything we could to make this grade nine year the most fantabulous it could be. Next year, we are going to go even bigger, get our kiddos out into the world as often as possible and explore new horizons.



## Grade 10 with Dave and Jennie

Wow, what a year this has been. It has been challenging to be sure, but there have also been many, many bright spots. The Grade 10 students demonstrated much social, academic, and emotional growth this year, as they battled their way through restrictions, remote-learning, and never-ending adapting.

This year, the Grade 10s completed an incredible amount of work. In English, we completed novel studies, a media awareness unit, studied the impact of residential schools, and worked on essay-writing. In Math, we incorporated aspects of Peter Liljedhal's Thinking Classroom and had students hone their problem-solving skills. Students completed a massive project in Geography that had them rebuild civilization. In Science, we managed to still engage in hands-on experiments, such as measuring the speed of sound, and we took part in several design challenges, such as creating mousetrap race cars.



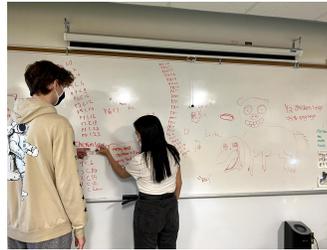
Internships were of course a challenge due to the pandemic, but nearly all of our students still managed to secure in-person internships. A handful of students moved to virtual placements part way through the year due to COVID, but these internships were still incredibly valuable. One student, for example, worked remotely with Dr. Andrew Frey at the University of Winnipeg studying the physics of black holes. Another student worked with the education director of the Winnipeg Art Gallery developing new curricula for the new Qaumajuq Inuit Art Centre.

One of the most successful assignments of the year was their “panel interview”. Each student had to choose a career, program, internship, or scholarship that they were interested in and, on their own, organize a three-person panel to administer a mock interview for their chosen field. So, for example, one student, who is interested in attending the Asper School of Business, reached out to her current mentor - a business owner - about the interview. He then brought in two of his colleagues (who were strangers to the student) for the panel. Everyone learned a great deal from this assignment. Not only did the students get to learn how to organize something like this and practice their interviewing skills, they also had the privilege to watch 15 other interviews and learn from their peers about what to do (and not to do)!

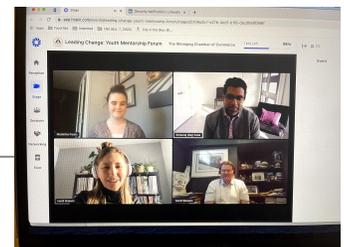


## Grade 11 with Shandra and David

This year in Grade 11 we approached math learning in a new way, by incorporating aspects of Peter Liljedhal's Thinking Classroom. Thinking Classroom gets students to work collaboratively on thinking problems, starting with non-curricular problems to build their problem solving and critical thinking skills, and improve their math confidence. We were able to use curricular problems once students became familiar with this form of thinking. It was really awesome to hear students share things like "I don't dread math class anymore", "I feel more confident because I get to work with other people", and "It's much more fun and interesting." Overall, we feel students were more engaged and were able to develop a more authentic understanding of the math concepts we learned. We are looking forward to continuing this next year!



Despite internships being affected by the ongoing pandemic, students still had a variety of amazing in-person and virtual interviews, shadow days and internships! Hanna had a virtual internship with Jude Peters Therapy, a marriage and family therapist. Hanna worked on an internship project, researching different mental health apps based on criteria she determined with her mentor, and then she did research on the effectiveness of the apps with peers. Maddy had a virtual internship with Scott from HP Change. She helped plan a virtual conference for youth that allowed them to connect with experts in a variety of career fields, and created a social media presence on TikTok for HP Change. Some other examples of internships were Ethan S. at MB Hydro, Mycah at Wilderness Supply, Ridhi and Katherine at Northforge, Alita at Pride Winnipeg, Linden at Ubisoft, and Linden, Bailey and Jacob at Tech Hub and so many more!



This year Grade 11 students also engaged in multiple awesome school based projects (SBPs), connected to their interests and learning goals. Ethan S. created a wind tunnel to explore aerodynamics, Ethan C. worked with his mentor at JRSDesign Co. to develop a logo for his lifestyle brand Kenzie and Jake created a Youtube video teaching people how to make the perfect pizza. Ridhi created a model to learn how to perform a Cesarean section, Kayla created a Zine exploring different feminist topics, Linden debunked different science videos, Joachim created a infographic explaining tumour necrosis factor alpha and so much more. Students are getting much better at planning, documenting their learning and creating authentic final products, and we are excited for the senior thesis projects (STPs) they create next year!



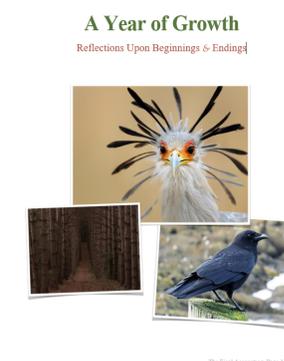
It was our goal to have students continue to learn about the calls to action of the Truth and Reconciliation Commission (TRC), the importance of sustainability and how these connect to History, ELA and the Sciences, this year. We are incredibly grateful for the support and teaching of our awesome teacher candidate, Cain, who led the majority of this learning this year. He helped our students learn so much, most importantly how to discuss contentious issues in respectful and meaningful ways. Good luck on your future endeavors Cain, we will miss you!



## Grade 12 with Terri and Rory

The majority of grade 12 students senior year was spent dedicating work to their grade 12 Autobiographies and Senior Thesis Projects.

Students were challenged to tell their personal stories in interesting and unique ways and through a multitude of genres. Rob Gardiner, our Teacher Candidate, encouraged students to explore their self, their experiences, and how they got to where they are now. The overall growth and development in students' writing was fantastic. The honesty and maturity with which students opened their lives spoke to the value of this task.

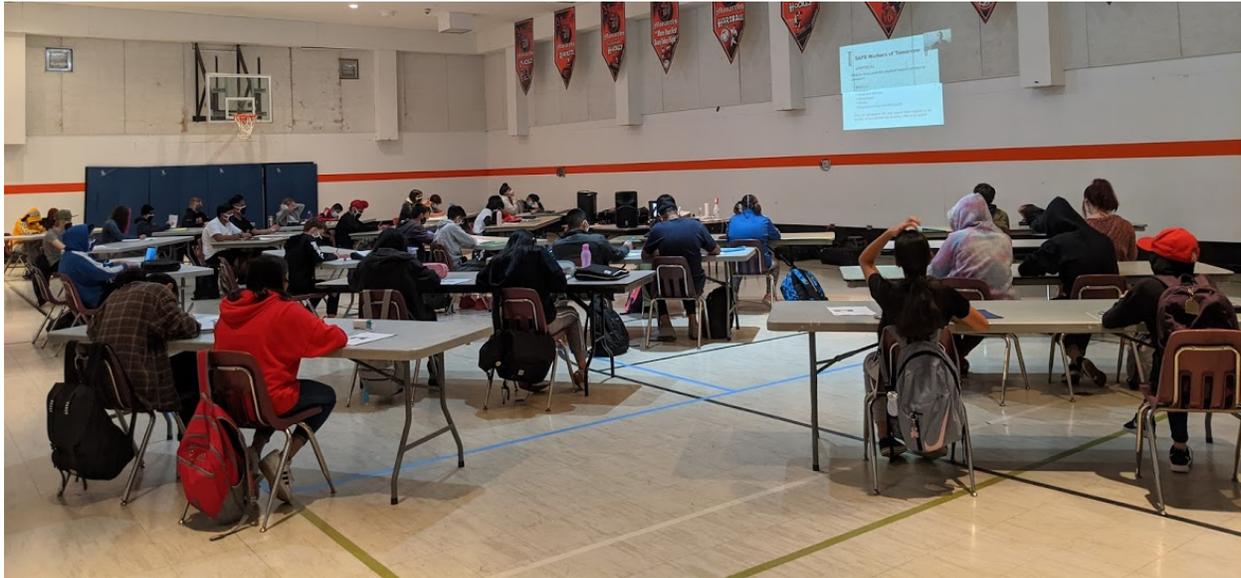


Senior Thesis Projects are an important part of the Met School experience. It's a chance for students to demonstrate the skills they have learned during the first three years and explore an interest/passion over a year long period. Senior Thesis Projects give students the opportunity to showcase strengths and dive into a depth of understanding to which they have not had the opportunity.

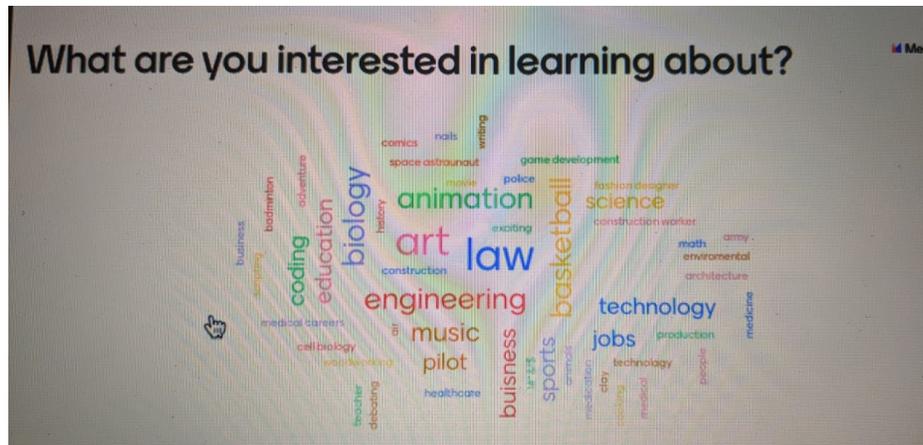


Gr 12 Senior Thesis Project Highlights	Most Memorable Gr 12 Internship Experiences
<ul style="list-style-type: none"> <li>● One student created their “Roadside Redneck Repair” Youtube Channel, a collection of 10 minute Youtube videos that teach simple and easy to do car maintenance.</li> <li>● Another student wrote, edited, coordinated, and produced a multi genre music album.</li> <li>● Finally a student’s Senior Thesis Project explored what it means to be human in 2021 - a world characterized by environmental and social problems.</li> <li>● One student spent their year enrolled in Tech Hub. They become the art department lead project manager in their final semester developing suites of characters and settings for the team’s video game.</li> </ul>	<p>Our graduating students have had an opportunity to explore so many different internship and mentor relationships.</p> <ul style="list-style-type: none"> <li>● Ginno’s Automotive</li> <li>● Forest Park Community School</li> <li>● Met Internship Centre for Entrepreneurship</li> <li>● Signpost Music</li> <li>● Sprockett’s Doggy Day Camp</li> <li>● Pikenet/Ongomiizwan Research Centre</li> <li>● CKUW</li> <li>● Tech Hub</li> <li>● Modern Coffee</li> <li>● Cummins Inc.</li> <li>● The MB Liberal Party</li> <li>● IISD - Experimental Lakes Area Summer Program</li> <li>● The University of Winnipeg Anthropology Museum</li> <li>● Subway</li> <li>● Climate Strike Film Documentary</li> </ul>

## Learning Through Interests and Internships with Maribeth



The Learning Through Interest and Internship program this school year was filled with challenges and struggles, but also adversity and triumph! When we returned to in-person school in September, students were hopeful for the year but also open to the possibility of adapting to the new changes. Our new students began the year in our LTI bootcamp, where they learned how to conduct themselves as professionals in the community. Students learned how to write resumes, cover letters, make phone calls, send emails, keep track of their work, conduct informational interviews, and be a responsible intern.



**Top Challenges**



INSPIRE THROUGH ART



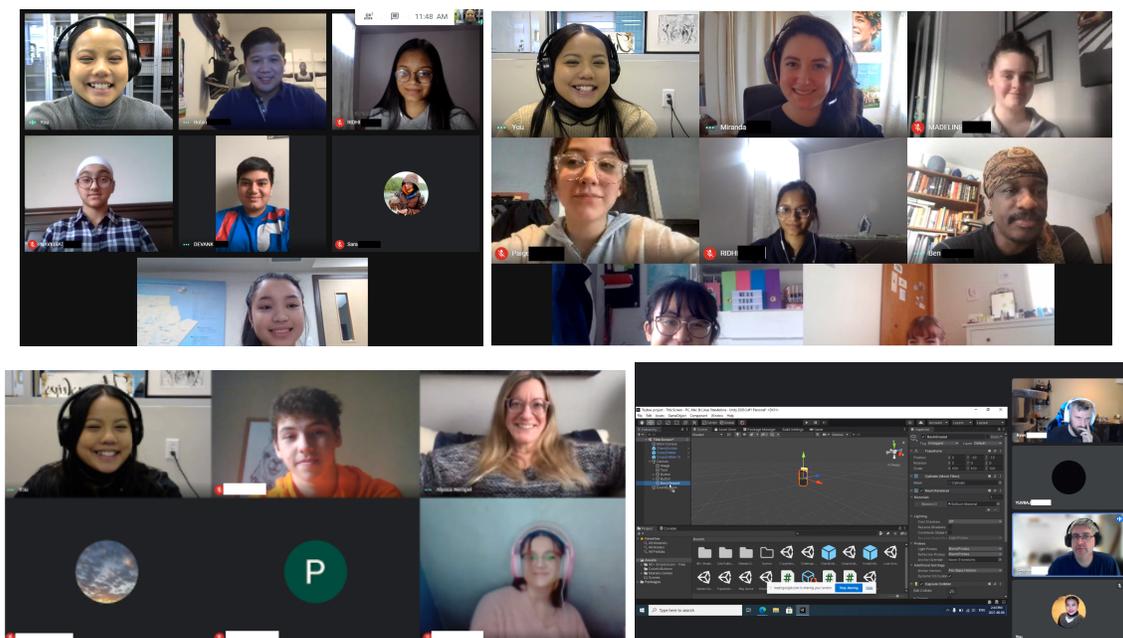
HELP PEOPLE WHO NEED YOU



USE COMPUTERS AND TECHNOLOGY

Inspire through art	28
Help people who need you	27
Use computers and technology	26
Run your own business	22
Improve mental health	21
Make people feel better	15

This year, we welcomed many new mentors to our program. Many of them answered our call through the Winnipeg Free Press article, LinkedIn, and our social media. This year we began to host group informational interviews in lieu of in-person events, and they were a great success! Some of the topics of discussion included Medicine, the Film Industry, Technology, Education, Accounting, Networking, Leadership, Entrepreneurship, Creativity, Fundraising, and Wellness. Another highlight this year was our partnership with Ubisoft and Sisler High School. Project Passion was an opportunity for students to develop technology based solutions for non-profit groups in our city. Thank you to all of our mentors who have continued to support us, we are extremely grateful for your expertise and generosity.



## Drama with David and Jonah

Though the pandemic caused many of our extra-curricular groups to not happen this year, our drama club pivoted and persevered through it all! With the help of our amazing teacher candidate, Jonah Simmonds, the group decided one way to explore dramatic arts while not being together in one space was to perform a radio play. With weekly Zoom rehearsals, and a single day of recording at SOPAC, “The Topaz Flower” came together. Listen to it on our school’s various social media sites!



Despite the new structure to schooling, students adapted and they managed to continue to learn and dive deeply into topics of interest. Living in a post-pandemic world will present new challenges, but if we can learn anything from our youth, we are resilient. I invite students and our community to ponder the following questions: How does your identity influence your service and leadership? How can you use your time and talent to uplift your community? We have been able to accomplish so much this year, so please, celebrate and have a wonderful and restful summer!

## Wellness and Outdoor Education with Joel

This year in wellness has been quite unique to say the least! Students engaged in their physical and mental wellness in a variety of ways. The entire SOMET staff and student body attended First Aid & CPR certification courses to which over half the school received their certification in the process. Some students also got the opportunity to receive their food & handlers certification this year as well.



Despite the pandemic limiting outings and wellness activities this year, the wellness program this year focused on community engagement and safe group wellness activities. There were many times this year students explored their community and took part in cleaning the surrounding neighbourhood and community of SOMET. We took time to explore mental health topics and strategies to help navigate the struggles of the pandemic.

