



# St. Boniface Diocesan High School Newsletter

ISSUE

4

June  
2021



AND THAT'S A  
WRAP.....



We wish you a safe and happy summer!  
May you and your family have a happy and healthy summer!  
Thank you for a fabulous year.



## Principal's Message



Dear Families of St. Boniface Diocesan High School,

It is hard to believe that the last few days of school are upon us! June is usually a fantastic and

busy month with many events organized to celebrate student successes and their many achievements they have experienced throughout the year. However, as we are still living in a pandemic it has definitely continued to keep us on a different path. Our school is and has been dedicated to our students and have a plan in place for the 2021 graduates and those incrementing to the next grade level. It is also a time when we ask each other about our plans for the summer. It is during these conversations that we discover some families are moving away and therefore are leaving our community. We also discover that new families are eagerly anticipating joining our school in September. It is in these conversations we learn of changes on staff. We say goodbye to some staff members who gave much to the students in our school. Their dedication and passion will not be forgotten and their memories will last in our hearts. At the same time, we welcome new staff with a joy and

excitement of sharing the warmth and generosity of our family with them as they embark on new career paths. It is that time where we celebrate what we had and anticipate what new adventures lie ahead. We are always looking to grow our school community and we appreciate when we hear that we were referred by a former or current student. We want to continue to thank you all for always being positive and supportive of our school, we cannot grow without you and we are definitely better with you! In that spirit, we have already begun preparing for next year but this still comes with some uncertainty due to the pandemic. As we look to next year, there are a few items that we believe to be of an important note to returning and new families. I would like to congratulate all the students for the fine year they've had. Also, thank you to parents and guardians for the cooperation, understanding and support they have shown the teachers, and all staff. We had a very successful school year, COVID hit us pretty hard but that did not stop our community, our staff and students worked so hard to adapt to the remote instruction which was successful because everyone worked together. Good luck to all as we close out the school year. I wish everyone a healthy and happy summer, filled with blessings. Next fall, details will be sent out as soon as we receive the guidelines from the Department of Education.

Yours in Catholic Education,

Ms. J. Siska

Principal

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## SBDHS RECRUITMENT



# Join a COMMUNITY

“Join a motivated, community-minded small group of people who want to ensure a healthy and positive Catholic school experience for your child and their peers.”

Looking for a new opportunity to help your community? BECOME A CENTURION TODAY!

SBDHS wants you to join a **COMMUNITY**, follow your **PASSION**, and strengthen your **FAITH**. St. Boniface Diocesan High School was established in 1965 to provide Catholic faith to the community while attaining knowledge within the education sector.

Why choose St. Boniface Diocesan High School?

We have smaller class sizes averaging 20-25 students per class. This is beneficial to the students as it builds close relationships with their teachers and fellow peers. SBDHS offers university preparation and academic guidance for students on their journey through high school. SBDHS has accredited university courses available; such as Calculus 1500, Applied Computer Science 1805, and English 1001 with the

Program “University Now”. Students have the opportunity to advance themselves while still in high school. We are a smaller school of 180 students and it has been proven that students perform well in smaller class settings.

Become a part of our community today!

## Business, something you are looking to pursue?

Applications are still being accepted. Do not miss out on this wonderful opportunity! APPLY TODAY!!!

At SBDHS we offer our students a program for Business and Technology. SBDHS strives to help students achieve excellence. Our program

offers a selection of courses that align with a business degree. Our newest addition of Business Communications 30S course. We are excited to welcome you to this opportunity.



## BECOME A CENTURION TODAY



### 2020/2021 Honour Roll

Congratulations goes out to all our honour roll students! 85 students achieved a final mark of 85% to earn a place on this semester's roll. To view the roll please see the framed poster which is located near the school office. Great job Centurions!

## MISSION STATEMENT

Called to assist in the Church's mission of education, St. Boniface Diocesan High School seeks to serve students, parents, and the Catholic community by educating the whole person through quality education in a Christ – centered environment.

## Calling all grade 9 - 11 Centurions

Don't forget to register for the 2021-22 school year!

Apply online at [www.sbdhs.net](http://www.sbdhs.net)



# Graduates Corner 2021

## Congratulations Graduates of '21

Class of 2021, you are moving on to a new and exciting chapter in your life. SBDHS wishes you all the best for the future that lies ahead.

Congratulations on your Graduation.

Behind you are all your memories, before you are all your dreams, around you are all who love you, within you all you need. -Aditi Kumari

"Let God grant what is in your heart and fulfill all your plans".

-PSALM 20:4



Congratulations Arianna



2021 VALEDICTORIAN

"It means a lot and SBDHS has really helped me grow with who I am and has been the biggest role in my success and I am ever so grateful to be apart of this community!"

Class of 2021, you did it! Your passion, activism, dedication and endurance has been awe-inspiring. Keep moving forward and reach for your dreams. Best of wishes to you & your graduating class of '21





## NATIONAL INDIGENOUS HISTORY MONTH

Let us all join hands in thanking the Indigenous people who have made tremendous contributions to our country!

SBDHS

## National Indigenous History Month

A DAY TO LISTEN, a day of radio programming dedicated to sharing stories of Indigenous Leaders, Residential school survivors, elders, musicians, and teachers.

The Month of June is National Indigenous History Month a time for all Canadians Indigenous, non-Indigenous and newcomers to reflect upon and learn the history, sacrifices, cultures, contributions, and strength of First Nations, Inuit and Metis people. It is also an opportunity to recognize the strength of present-day Indigenous communities

Please join us this month in celebrating Canadian Indigenous History!



SBDHS Community continues to pray for all the families of the unmarked graves from residential schools. In honour of the horrific findings of the unmarked graves found at Marieval Indian Residential School, we are sending prayer and strength to Cowessess First Nation to help heal.

We ask that on Wednesday, June 30 from 6 am to 6 pm, please tune into “A Day to Listen, Amplifying Indigenous Voices”

“In partnership with the Gord Downie & Chanie Wenjack Fund (DWF), A DAY TO LISTEN is dedicated to sharing stories from Indigenous leaders, residential school survivors, elders, musicians, and teachers throughout the day.”



SBDHS

IN HONOUR OF THE CHILDREN  
MARIEVAL INDIAN  
RESIDENTIAL SCHOOL

# LEARN

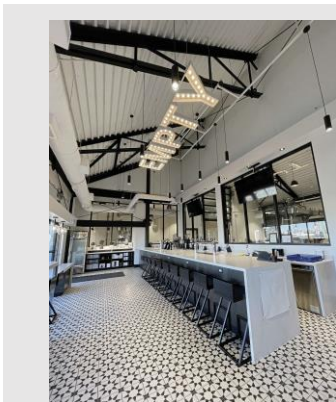
# LIKE

# LIVE

Cheerful National Indigenous History Month! –Wishing you a remarkable Month of June! We cannot thank the Indigenous people enough for their contributions to this country! Let us all rejoice and celebrate their rich culture, heritage, and achievements! Please join us in joining hands in thanking the Indigenous people who have made tremendous offerings to our country! St. Boniface Diocesan is celebrating National Indigenous History Month learning, liking and living. We want to learn something new and positive about Indigenous Canadians, we would like to support or share Indigenous peoples achievements and live while understanding that reconciliation is a road that both Indigenous and Non-Indigenous people in Canada are walking.

“We must protect our forests for our children, grandchildren and children yet to be born. We must protect the forests for those who can’t speak for themselves such as the birds, animals, fish and trees”.

-Qwatsinas (Hereditary Chief)

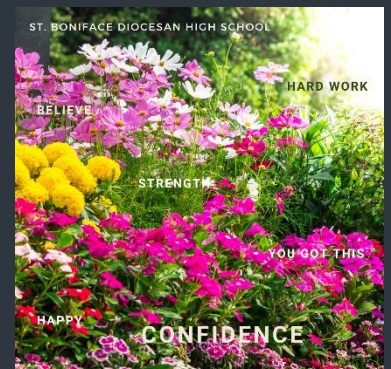


### EMPTY CUP COLLECTIVE

Empty Cup Roastery & Café is officially open. Iced coffees, lattes, and snacks, Empty Cup has something for everyone. Check out their website for more details.

Located on 535 Panet Road

Winnipeg, MB





Message from the Superintendent

As the school year ends and the conversation surrounding Truth & Reconciliation continues to be a topic within our school communities, we want to share with you that the Manitoba Catholic School Office, along with the Manitoba Catholic Schools Board of Consultants, is committed to working towards a path of Truth & Reconciliation through dialogue and education. In September of 2020 we introduced a mandatory online training program called 4 Seasons of Reconciliation for all teachers and support staff. This program was developed in partnership with the First Nations University of Canada, the National Centre for Collaboration; Indigenous Education, and the Aboriginal Healing Foundation.

Over the past few weeks, we have been engaged in meaningful conversations with various families, educators, Indigenous elders, clergy, and our Archbishops. Each brings personal experiences and perspectives to the conversation when asked how we as a Catholic school system can further enter a time of acknowledgment of truth, followed by reconciliation; all while holding true to our own faith and being sensitive to the varying ages of our students. Through these discussions we have established an advisory committee that will work collectively to ensure that we create a safe space for our Indigenous students, families, and educators to share their own experiences and culture as we navigate a new path towards Truth & Reconciliation. This group also acknowledges the responsibility in creating a safe space for our non-Indigenous school community to seek a greater understanding of a time in our history and to seek knowledge of a community that has been generationally marginalized.

This work is going to take time and patience, as the group comes together to establish their priorities and responses to questions and ideas that have been flooding from our various schools. It is also the commitment of the Chair & Vice-Chair of this Advisory Committee to ensure that this work be conducted in a culturally safe and appropriate manner that will ensure the path to Reconciliation includes all members of our Catholic School Community.

The Chair of the Advisory Committee is Marion McKenzie. Marion is a parent of two alumni of St. Alphonsus School where she had served as a Board Member and currently sits on the Manitoba Catholic Schools Board of Consultants. Marion is a proud Indigenous woman with ties to Cross Lake, Manitoba where her Great Grandmother Mary McIvor was a residential school survivor.

The Vice Chair of the Advisory Committee is Christine McInnis, Principal of St. Alphonsus School. Christine has first hand experience working directly in Indigenous communities, where her experience will help to guide the team with an educational perspective. More importantly, Christine's kind and compassionate heart, along with her desire for learning and social justice will enhance the work of this committee.

We ask for your prayers and support as we continue this journey.

Robert Praznik  
Superintendent | Manitoba Catholic Schools  
www.mbcatholicschools.ca

Board of Directors  
Members

Mr. Sylvester  
Oyamienlen  
Vice-Chairperson

Sr. Susan Wikeem  
Member

Fr. Carl Tarnolpolski  
Member

Mrs. Lisa Saunders  
Member

Mr. Clark Sinnott  
Member

Ms. Ela Kotula

End of Term:

Mr. Larry Wandowich  
Chairperson

Mrs. Sandy Raposo-  
Lloyd  
Secretary/Treasurer



High quality branded active and casual wear at reasonable prices!

Our Centurion store has been re-stocked and we have a good selection of items for sale. From tee-shirts, sweat shirts, socks, caps, sweat pants and lanyards, we stock a variety of sizes to fit everyone. Visit the library to view the items or for a fitting. Buy now while supplies last and support your school at the same time!

[Click here to view and download the Catalogue](#)



Centurion Store

## SBDHS Twitter

Our School's Twitter account has been refreshed and we would love if you could share and give us a follow! The username: St. Boniface Diocesan High School.

LINK: <https://twitter.com/DiocesanSt>



### Summer Activities

- 1.) Adventure out for a hike in one of Manitoba's beautiful Provincial Park's like the Whiteshell
- 2.) Go for picnic in one of our great park's such as Assiniboine Park, Kildonan Park, Macbeth Park
- 3.) Head to a beach on a hot day and enjoy the sunshine we have some lovely beaches; Birds Hill Beach, Winnipeg Beach, St. Malo
- 4.) Go for Ice cream we have many places in Winnipeg to choose from Chaeban, Milksmith, BDI, Half Moon, Skinners, Sweet Tops
- 5.) Get lots of rest before school starts up again in the Fall time



*yummy*

Summer Salad! This strawberry summer salad! Oh yes. This salad accessorizes with just about every meal, and tastes incredible. It starts with a tangy and lightly sweet strawberry vinaigrette salad dressing (yum!), then spinach, strawberries, and thin sliced red onion. Top it off with a few crunchies: chopped pecans and a bit of salty feta, and you've got one extremely delicious side salad. Pair it with pizza, with salmon, and pasta.

Mix of spinach & other greens: Tip: spinach salads that are 100% spinach can be intense on the flavor. How to fix it? Add some mixed greens too! This strawberry spinach salad has 5 cups spinach leaves and 3 cups mixed greens.

Sliced red onions: Strawberries and red onion is a really great flavor combination! The savory bite of the onion is just perfect against the juicy berry. How to cut them like in the photo? Go to How to Cut an Onion.

Pecans: Chopped pecans add a crunch that's a perfect texture contrast! Of course you could use any nuts you like: walnuts, pistachios, almonds, etc.

Cheese crumbles: This strawberry spinach salad is easily vegan (plant based) without the cheese. But for a savory, salty note, feta or goat cheese crumbles are perfection.



When you're eligible, book your appointment at [ProtectMB.ca](https://protectmb.ca) Manitoba



# SBDHS ALUMNI

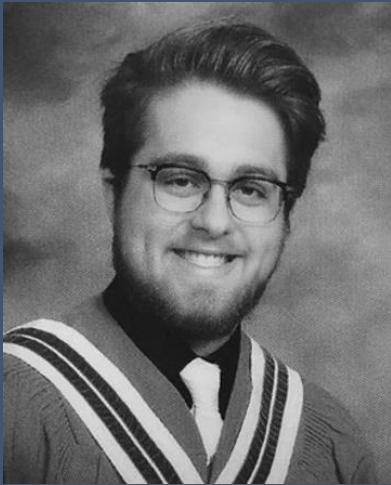


Meet Adam & Christine Rossol

St. Boniface Diocesan High School Sweet Hearts & Former Alumni

### Their Story

Adam started at St B in Grade 9 and I made a change from MBCI and started at St B in Grade 10. We met in 2008 shortly after I started at St B and began dating pretty quickly. I was 15 and Adam was 16 at the time. Adam Graduated 2010. I went on to be the Prime minister at the school for my grade 12 Year and graduated in 2011. After our life at St Boniface we went on to university where Adam graduated with a degree in Criminal Justice from the U of W. He ended up with an opportunity with a company in Winnipeg and took that job. He currently works as a Territory Sales Manager for Michelin Tires. I got a job with the World of Water Head office and worked there for 7 years starting as an Administrative Assistant and moving into a Sales Representative role until I decided to go back to school to complete my Business Administration with Red River College and graduated with my Business Admin Diploma specializing in Human Resources. I'm currently working for a financial advisor called AFIG Financial Services as their Marketing and Event Coordinator. Since graduating we have traveled a bit and hope one day to travel more. We enjoy spending free time outdoors and at the lake as much as possible. Adam is also a massive classic car fanatic so he loves working and restoring cars. We frequently take part in the Sunday cruise nights. We got engaged on October 1, 2016 at the lake and planned for a wedding in 2019. That got pushed a year as we ended up purchasing our first home in late 2018 and decided to save some more money for our dream wedding so we moved everything to August 29, 2020. Of course COVID came along and changed our plans but we wanted to get married and decided that no matter what the restrictions we would still get married with our friends and family that were allowed. We actually got married at Holy Cross Church down the street from St B with 50 of our closest family and friends. We decided on Holy Cross Church as we had a connection to it from our time at St Boniface and felt it was the right church for us to be married in. A lot of milestones in our relationship happened around St B so it just made sense. St B gave us an amazing education that we cherish and are blessed and grateful that our parents were able to send us to such an awesome school. The smaller school gave us a better sense of community and it was easy to get to know so many people versus going to a school with hundreds. Each teacher knew who you were and took the time to be there for you in your education and as a friend I found. They truly cared about us. The opportunities that Adam and I have had in life, we owe a large part of that to St Boniface and our families. If we didn't go there, who knows where we would have ended up. We made so many memories at St B including some of our favourites like Ski Trip and Thinkfast. School dances were always so much fun. Adam was heavily involved in sports and I was involved in watching said sports. Being a part of student government was one of the highlights of my time at St Boniface. Adam and I are currently looking forward to celebrating our first wedding anniversary in August and live in East St Paul with our dog Chevelle and cat Malibu (Adam named the pets after cars). We are also expecting a little baby in September that we are so excited for!



*"Where God guides, he provides."*

*- Isaiah*

*58:1*

On behalf of St. Boniface Diocesan High School, we would like to extend our most sincere congratulations to our Alumnus, Michael Krawchuk, Class of 2017. We are exceptionally proud of the work that you have done and join you in celebrating your academic achievement.

### Michael's Story

Hi, I am Michael Krawchuk. I am 21 years old, and I am an alumni of St. B. I have recently finished my undergraduate degree and was accepted to the Faculty of Education at the University of Manitoba. When I started University, I did not quite know what I wanted to do. I considered Engineering and Business, but in the back of my mind I knew I wanted to be an Educator. University has been a journey of successes and failures but also finding ways to try and achieve my goals I have put in place. I chose education because I really want to teach and provide a positive environment for my future students to learn like I had. In my time at St. B I was able to connect with teachers as role models that I could look up to and can still ask for guidance even today. The opportunities I have been given by St. B have also helped me connect and engage with students through coaching, which further solidified my aspirations for teaching. I am grateful for the help St. B has provided me thus far, and will continue to use what I learn to create a positive environment conducive to student learning.

Thank you,

Michael

SBDHS wishes you all the best in your future endeavours.

## FOLLOW US



Follow/Share/Like us on  
Instagram @SBDHSwpg



Find us on LinkedIn:

St. Boniface Diocesan High  
School



Search us up on  
Facebook: St. Boniface  
Diocesan High School

### Prayer Share

Shout for joy to God,  
all the lands! Psalm  
100:1

With June comes  
summer, and a time to  
relax and enjoy God's  
good earth. "Shout for  
joy" this summer by  
making the most of  
the leisurely days,  
and remember that  
each one is a gift from  
God.



## Campus Ministry

### Year End Message



Our grade 12 students came together virtually for their Grad Retreat this past May. It was mayhem as they raced through the scavenger hunt, in an effort to win the chance for a free pizza supper! We enjoyed presentations from alumni, Daniel Verrelli and Grace Slivinski, who gave us a wealth of information on navigating post-secondary life during a pandemic. Thank you! We concluded our time together with a video full of pictures of our school life together at SBDHS . . . Oh to see how far everyone has come in just 4 short years! Well done!

With the switch to remote learning in May, Campus Ministry came to a quiet end this year. However, we did manage to have a bit of fun together, meeting virtually for a few movie nights towards the end of the year. We realized that funny and feel-good movies were the way to go after long days of online school work! Our Year End Mass & Awards was live-streamed from the parish of Saints-Marytrs-Canadiens, with Archbishop LeGatt and Br. Germain Kpakafi celebrating the service for us. Many thanks to all those involved. Many of you know that Fr. Phil Daley is retiring this summer. We will certainly miss see him regularly in our school. We thank him for the many hours he has spent ministering to our staff and students! We wish him all the best in his retirement years.

I would like to wish all of our students and families a fun and restful summer! I look forward to a new season of Campus Ministry next year, one that is busy and full of activity! Take care!

Mrs. Thiessen



### STEM Education Summer Flyer 2021

STEM is a curriculum based on the idea of educating students in four specific disciplines science, technology, engineering and mathematics in an interdisciplinary and applied approach. This is a great opportunity for our students, more information visit their website:

Summer Camp Pre-registration:

<https://www.eventbrite.ca/e/1507857633277>

Please view our video here:

<https://www.youtube.com/watch?v=W5sa2HPI>





# Congratulations Graduates of 2021



