



WEST KILDONAN COLLEGIATE WEEKLY UPDATE



Adam Hildebrandt - Principal

Michelle Reimer - Vice-Principal

Elliot Macdonald - Vice-Principal

For the week of October 25th – October 31st, 2025

Pizza Sale for 2026 Grad – October 29, @ lunch

2026 Grads will be holding a Pizza sale at lunch in the Commons in support of WKC Grad 2026. Cost is 1 slice for \$3 and 2 for \$5, while quantities last.

Parent – Teacher Conferences – October 30th, 5-8pm

Parent Teacher Conferences have been moved from Oct 23rd to Oct. 30th from 5-8pm.

Parent Teacher Conferences are taking place Thursday, Oct. 30th from 5-8pm. Interviews are 15mins in length and **parents can book online through Parent Connect.**

Report Cards will NOT BE released before conferences take place!

Report Cards will be posted to Parent/Student Connect on November 19th at 3pm.

2026 Grad Bake Sale – October 30th; 5-8pm

Grads will be holding a Bake Sale during Parent Teacher Interviews, so bring some change to help lower Grad Dinner & Dance ticket costs!

2026 Grad Boston Pizza Fundraiser

Our Grads will be hosting a Boston Pizza Booster Fundraiser on Nov. 16th, at Boston Pizza on Henderson Highway. Tickets are \$25 each and there are 2 seating times available: 1:30-3pm or 3-4:30pm. The tickets include a Pizza, Pasta, & Salad Buffet and a door prize ticket. During the booster, there will be a prize raffle and 50/50 tickets for sale. Tickets can be purchased in the office starting Monday, October 27th or you can purchase them during Parent Teacher Conferences on Thursday, October 30th. (Support Tickets are also available for purchase at a cost of \$10, and includes an entry into the Door Prize)

Student Attendance Update

In addition to notifying families when students are absent from class, parents will receive an email notification when students are late for a class. Through Parent Connect, under the tab labelled “Attendance” you can see if your child was marked “A” for absent or “T” for tardy/late. If you have questions about your child’s attendance record, please contact our office or your child’s teacher.

Student Vacations/Leaves for 3 days or more

Please keep in mind that our school **does not** offer virtual or distance learning options for students who are away for extended holidays. Therefore, it is the student’s responsibility to catch up on any missed assignments, assessments, and class content upon their return. **We encourage students and families to communicate directly with their teachers before the absence to discuss the material that will be missed and how to best prepare for their return, this is best done by completing the **Student Leave of Absence form/Vacation form.****

*For more information and to see the school calendar, please check our website at <https://www.7oaks.org/westkildonan>



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Driver's Z

Our school acts as a location for Driver's Z, but unfortunately, we do not run the program. If you are looking for more information about Drivers Z, such as schedules and how to sign your student up, please use this link for more information: <https://www.mpi.mb.ca/driver-z/>

Daycare Parking Lot Reminder

Our school building is home to both West Kildonan Collegiate and the Sugar-N-Spice daycare facility. **The traffic loop located near the daycare is designated specifically for daycare families to safely drop off and pick up their children. To ensure the safety of all students and community members, we ask that high school parents refrain from using the daycare loop for any drop-off or pick-up purposes.** Please use the designated areas for West Kildonan Collegiate students.

Athletics

Curling

Monday, October 27th

- Wolverine Mixed Team; 4:00pm, East St. Paul Curling Club
- Wolverine Girls vs. River East; 4:00pm, East St. Paul Curling Club

Thursday, October 30th

- Wolverine Boys vs. Selkirk; 4:00pm, East St. Paul Curling Club

Hockey

Tuesday, October 28th

- Wolverine Boys vs. Lundar; 3:45pm, Seven Oaks Arena
- Wolverine Girls vs. Miles MacDonell; 4:00pm, Gateway Arena

Wednesday, October 29th

- Wolverine Girls vs. Gabrielle Roy; 3:45pm, Seven Oaks Arena
- Wolverine Boys vs. Kildonan East; 4:40pm, Terry Sawchuk Arena

Indoor Soccer

Tuesday, October 28th

- Wolverine Girls vs. Churchill; 4:30pm, Winnipeg Soccer Federation North (Leila Ave)

Friday, October 31st

- Wolverine Boys vs. Pembina Trails; 4:30pm, Winnipeg Soccer Federation South (By UofM)

Volleyball (continued following page)

Saturday, October 25th

- Varsity Girls are in a Tournament at Daniel McIntyre High School

Monday, October 27th

- Varsity Girls vs. Transcona; 6:00pm, Transcona Collegiate
- Varsity Boys vs. Kildonan East; 7:30pm, Kildonan East Collegiate

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Volleyball (continued)

Tuesday, October 28th

- Junior Varsity Girls vs. Calvin Christian; 6pm, West Kildonan Collegiate
- Junior Varsity Boys vs. Calvin Christian; 7:30pm, West Kildonan Collegiate



SOSD MOBILE APP

Get the SOSD Mobile App and stay connected. Parents, Guardians and Students can get news, calendar events or urgent alerts from the division and their school directly to their devices.



Manitoba Moose Grad Fundraiser

Join us on Friday March 6 @ 7 PM when the Manitoba Moose take on the Toronto Marlies!

Tickets are \$20 each and \$10 from each ticket purchased goes back towards graduation fundraiser!

(That is a 50% profit directly to lower Grad Dinner and Dance costs!)

Purchase tickets via this link to ensure WKC Grad is supported.

Please feel free to share the link with friends and family! Thank you for your support!

<https://www.gofevo.com/event/Highschool765>

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Take Your Kid to Work Day 2025

Grade 9 families, please make sure to complete the online form **before** Take Your Kid to Work Day on **November 5th**! (That is the only requirement for participation in this event)

All families need to fill out the online form informing us where their student will be for the day at the following link: <https://forms.office.com/r/AS9YwSEetS>



WISHING ALL OUR STUDENTS A SAFE AND
HAPPY HALLOWEEN!

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HALLOWEEN

SPIRIT WEEK

- 27 OCT** **RHyme WITHOUT REASON**
MINUTE TO WIN IT GAMES
@ LUNCH IN THE COMMONS
- 28 OCT** **DRESS LIKE YOUR TYPE**
ARE YOU SMARTER THAN A 5TH GRADER?
@ LUNCH IN THE COMMONS
- 29 OCT** **SOCCER MOM vs. BBQ DAD**
PUMPKIN CARVING
@ LUNCH IN THE COMMONS
- 30 OCT** **GRADE COLOUR WARS**
GRADE WARS IN THE GYM
PERIOD "D"
- 31 OCT** **COSTUME DAY**
COSTUME CONTEST
@ LUNCH IN THE COMMONS

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ANXIETY, ABSENCES, AND ADDICTION: A SURVIVAL GUIDE FOR PARENTS

Presented by **ALL IN Family**

Is your teen missing school, withdrawing from friends, or showing signs of emotional distress? You're not alone—and you're not without support.

Join us for a powerful 2-hour information night designed specifically for parents of middle and high school students. This **free** event tackles the growing mental health crisis affecting youth today, with a focus on substance use, school avoidance, and debilitating anxiety.

What makes this session different? It's grounded in lived experience. You'll hear directly from parents who've walked this path—offering real stories, real tools, and real hope.

Whether your child is just starting to show signs of stress or you're deep in the trenches, this event will equip you with the insight and strategies to move forward with confidence.

WHEN ?

**Tuesday, November 4th
6:30 - 8:00 pm**

WHERE ?

**Garden City Collegiate
Library (711 Jefferson)**

What you will learn?

- How to recognize early warning signs of mental health struggles
- What to do when your child refuses to go to school
- How to talk about substance use without shame or fear
- Practical tools to support your child's emotional wellbeing
- Where to find help—and how to ask for it

Why join this meeting?

Charlotte and Kirsten's lived expertise and heartfelt storytelling make this event a must-attend for parents. They've walked the path you're on, offering real-world tools and hope to help your teens thrive.

You don't have to do this alone

Let's build a community of informed, empowered parents—because every teen deserves to feel seen, supported, and safe.

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Meet your Presenters

Parents, discover the power of peer-led support with Charlotte Armstrong and Kirsten Drybrough our moderators. With decades of lived experience as parents navigating mental health and substance use challenges and trained as Family Peer Support Specialists, Charlotte and Kirsten bring unmatched compassion, wisdom, and practical strategies to help you empower and support your emerging adult.



Charlotte Armstrong, co-founder of All IN Family Peer Support and co-creator at www.robypriest.com, is an expert in peer support training who transforms lives by sharing her journey as a mother of two resilient daughters who overcame significant struggles. Honored with the Heroes of Mental Health award by CMHA, Charlotte believes that every family member's growth strengthens the whole family—whether biological, chosen, or blended. Her warm, approachable style and proven techniques will inspire you to foster independence while nurturing your family's well-being.

Kirsten Drybrough, a powerful mental health advocate and co-founder of All IN Family Peer Support, brings a calm yet fierce dedication to supporting families. Having driven policy changes through her own family's mental health journey, Kirsten's insights as a parent and mentor shine through in her engaging workshops and webinars. Her passion for creating safe, nonjudgmental spaces ensures you'll feel supported and empowered to guide your emerging adult.

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