EXTRA-CURRICULAR ACTIVITIES

Amazing Race & Pros vs Joes

Two big events that raise a lot of food and money for SJASD families in great need at Christmas. Teams of two compete against each other in Amazing Race throughout November and try not to get eliminated from the competition. The remaining teams left after the Amazing Race is over will go on to Pros VS Joes and compete against professional and amateur athletes in fun games and activities. This takes place at lunch from December 1st to 5th.

The Halloween food drive is a part of the Amazing Race fundraising that the students compete in.

Staff Contact: E Vincent

AV Club

All students are invited to join the AV Club and help power up our school's technology! Whether you are a total tech wizard or picking up a microphone for the first time, everyone is welcome. We handle both audio and video requests for upcoming school initiatives, supporting our sports teams and running tech for various other events. Learn how to operate sound boards, how to use video cameras, and run the gear behind the scenes. From time-to-time you may also be excused from class to help with events - but only if you are in the club. No AV experience necessary—join now and get your GEEK on!

Every Monday at noon in B10

Staff contact: Mr. Kordalchuk

Aviation Club

Students are welcome to drop by the aviation to explore the realism of flight simulation. Whether you are an expert or trying a simulator for the first time you are welcome to drop by. Students learn how to operate the controls of a plane and understand what all those gauges do on the instrument panel. Students can fly solo, or with other students in the multiplayer mode. Who knows, you may even have an opportunity to fly a plane using our newest technology, virtual reality headsets!

Everyday over lunch hour in B9

Staff contact: J. Vodopivec

Baseball

Husky Beginner Baseball Club will be starting in March of 2024.

This club is for anyone interested in learning about the basics of baseball. The club aims to promote positivity and inclusiveness while also learning about the basic skills and rules of baseball.

Listen for announcements to sign up.

Staff contact: J. Peck

Best Buddies

Best Buddies is in over 56 countries world-wide and has been established in Canada since 1993. It is designed to create lasting friendships between individuals with and without an intellectual or developmental disability (IDD). Our ultimate goal is to promote inclusion, acceptance, and friendship in every school and community across Canada.

If interested see J. Rogowy in room B2 and sign up with your name and email and/or phone number so we can contact you for the first meeting.

Click here for Best Buddies website

Blood Drives

Students learn about the blood donation process and have the opportunity to donate 3 times throughout the school year. Students must be 17 years of age or older and pass screening test to be eligible. Learn your blood type, help someone in need and/or save a life by donating your blood. Be a hero! Donate Blood!

School contacts: D. Blankenborg & T. Metcalfe

CinéFranco

Starting in September, join us every last Thursday and Friday of the month in M. Dufour's classroom for an exciting journey into French culture through cinema! Dive into a curated selection of captivating French films chosen by our committee—prepare to be amazed! Bring your friends along, pack your lunch, and settle in for a relaxing movie experience with delicious popcorn. Don’t worry about language barriers; subtitles will be provided to enhance your understanding. Enjoy free movies and great company—there's nothing better!

Staff Contact: F. Dufour

Cheer

Feel the spirit, hear the roar, and join the vibrant world of our Huskies School Cheer Squad! We are more than a team; we are a family of spirited athletes, dazzling performers, and enthusiastic supporters. Our cheerleading squad is the heartbeat of school pride, spreading energy and encouragement across the stands and on the field. The Cheer Squad is a dynamic group where students of all backgrounds come together to learn, grow, and showcase their talent. From dazzling routines to uplifting cheers, we bring the crowd to their feet and ignite the flames of team spirit!

Staff Contact: S. Williams

Chess Club

Players enjoy casual games against each other and develop their chess skills by working on openings, tactics, strategies, and end games. Tournaments will also be organised and allow students to face one another in a setting that resembles professional chess.

Chess club is every Friday in classroom 2C1.

Staff contact: G. Ammann-Lanthier.

Computer Science Challenge Club

The format is that Mr. Wachs will put a programming problem on the board on Mondays, Wednesdays, and Thursday (each day the problem will get more difficult). You may solve them individually or in teams and then send Mr. Wachs your solution(s) before Friday. He will announce the “winners” and as a group examine and discuss the solutions to learn from each other and discuss techniques. The room can also be used as a quiet workspace over lunch hour.

The club takes place over lunch in B5

Staff contact: L. Wachs.

Click here for Computer Science Challenge Club Website

Concours d'art oratoire (FR.)

Would you like to improve your French-speaking skills while competing for rewarding prizes? If so, consider joining the upcoming public speaking competition Concours d'art oratoire! To participate, visit M. Dufour in room 2D4 before December to sign up. You will collaborate with other students to craft and present a speech on a topic of your choice in front of an audience. This competition is a great opportunity to challenge yourself, enhance your resume, and potentially open doors for future success. Students from all grade levels are welcome to participate in this enriching experience!

Staff Contact: F. Dufour

Coupe Éthique

The French ethics bowl team studies a variety of case studies that present ethical dilemmas. The team must prepare a position for each case that will be presented during the competition. In the competition they will question and be questioned by the other team as well as the judges. It is like a debate but different! *High level of French fluency is required.*
We will begin meeting with Mme Paulson at the end of October during lunch in room 2D5. The competition takes place in February at Université de Saint-Boniface.

Staff contact: E. Paulson

Creative Writing

Creative Writing Club gives writers a place to share their writing in a supportive environment. We help students find competitions and other opportunities to showcase their work. Members also participate in student initiated collaborative writing projects.

Meets every Tuesday at lunch in 2B9

Staff contact: S. Lewis. & K. Carter

Debate Club

The Sturgeon Heights Debate Club-Team will be meeting mostly at lunch hours but will increase our meeting time in preparation for tournaments that we may attend (these are optional events). We will gain knowledge by teasing out the two sides of any topic, and we will help each other build our skills and abilities through fun and interesting activities. A great opportunity to build confidence! Debate Club will also be a potential launching pad for Youth Parliament Manitoba.

See S. Pauls in 2B10 for more details.

Dungeons and Dragons Club

Embark on a thrilling journey into the realm of imagination with our Dungeons and Dragons Club! In this fantastical gathering, students unite to explore mystical lands, battle mythical creatures, and embark on epic quests—all within the pages of the iconic role-playing game, Dungeons and Dragons. Whether you're a seasoned player or a curious newcomer, our club welcomes all who seek to escape into a world of magic, strategy, and camaraderie. Join us as we roll the dice, spin tales of heroism, and forge unforgettable friendships in a realm where the only limit is your imagination.

This group meets Tuesday at lunch in B4

Staff Contact: S. Taylor.

eSports Team

The Husky eSports Team, a fierce group of competitive gamers, charged into the digital arena, a symbol of unity and determination. They strategized for victory, their fingers dancing over their controllers and keyboards in a synchronized rhythm that mirrored their bond. As they faced off against their rivals, every pixelated clash and triumphant shout sent adrenaline surging through the air. Whether it was executing a perfect combo in League of Legends, a Victory Royale in Fortnite, or coordinating a flawless team play in Valorant, the Husky eSports Team embodies the spirit of competition and camaraderie, proving that teamwork and passion could turn the tide of any match. With dreams of championship glory on the horizon, they were ready to unleash their skills and show the world what the power of the pack truly meant. Join us today and demonstrate your gaming dominance!

Meeting in room B2 on Tuesdays at lunch.

Staff Contact: J. Rogowy

Click here for eSports Club website

Équipe d'improvisation (FR.)

If you want to have fun with dynamic students who love to laugh, who are not shy about acting crazy, and who express themselves spontaneously in French, then come join our Husky improvisation team. You will have the chance to participate in friendly competitions of funny or dramatic theatrical sketches against other schools in the immersion program. There will be several practices during lunchtime, once a week, which will prepare you for the mini-tournaments that will take place in other schools. For more information, come see M. Dufour in room 2D4 before November.

Staff Contact: F. Dufour & M. Vermesse

French Club

If you love French and would like to practice your speaking and listening skills, then French club is for you! We play games and talk about all things French... in French! We play games in French, watch videos in French and we even have stickers in French! Beginners and advanced students are welcome. There is French for everyone in French Club! Yay Français!

Meets on Friday's at 12:10 in room 2D6

Staff contact: K. Carvelli

Garden Club

Students in garden club work to plant and maintain an indoor classroom garden and the school's outdoor vegetable garden and and starting in 2026 a replanted prairie space, learning skills about planting, maintaining, harvesting and using different types of vegetables and herbs in different dishes. Volunteer hours are available for students who help maintain the outdoor garden over the summer.

Every Wednesday in room 2C5

Staff contact: H. Zinn, P Dyrland

GSA (Gender & Sexuality Alliance)

Sturgeon Heights GSA (Gender & Sexuality Alliance) is for Two-Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, and aromantic (2SLGBTQ+) and allied students. We offer 2SLGBTQ+ youth & their allies a fun, positive space to learn new skills, create projects, and celebrate our identities. Weekly meetings focus on fostering resilience, increasing self-esteem and self-confidence while building social networks, contacts, and peer support.

Meets Wednesdays at lunch in 2C6

Staff contact P. McGuire, M. Vermesse, N. Van Damme & P. Abramson

Click here for GSA club video

Hip Hop

Think you've got the moves? Come try out for the Dance Collective's competitive hip-hop team! Students will rehearse at lunch to prepare a hip-hop dance that they will perform at 2 competitions in the spring. You do not need to be enrolled in CSHC dance classes to participate! Previous Hip-Hop experience an asset, auditions will take place in January.

Starts in January at lunch

Staff contact: R. Horvey

Hockey Academy

Students who were previously enrolled in the Winnipeg Jets Hockey Academy can continue participating in the program here at Sturgeon. Whether or not they are currently enrolled in a hockey class, the WJHA after-school program is open to all returning students. The program runs every Wednesday and offers a variety of activities, including outings, volunteer opportunities, guest speakers, and academic support through tutoring. If you have any questions, please see Mr. Taylor.

Staff Contact: S. Taylor

Homework Club

Homework Club runs Monday to Thursday from 3:30 to 4:30 in the resource room (excluding early dismissal days). Students are welcome attend for a quiet place to study or get caught up on outstanding assignments.

Staff contacts: S. Wong, P. Dyrland, & C. Murphy

Interact Club

The Interact Club is a space for students to learn real-world leadership skills, help the community, and earn volunteer hours.

Friday at lunch in 2B10.

Staff Contact: S. Pauls

Lego Club

The LEGO club is a drop-in club where students can choose from a wide variety of LEGO sets including LEGO MINDSTORMS, TECHNICS, Star Wars, Harry Potter, and so much more! Whether you are interested in high level robotics or just want to build something as a way to release stress the LEGO club is open to all students.

Will be starting in September and running on Wednesday at Lunch in room 2A3.

Staff Contact: E. Janzen Roth, J. Halbert

Maker Space

It is a drop-in group for students to do handcrafts and learn new handcrafting skills.

Meets on Mondays in 2C5 at lunch

Staff contact: H. Zinn, E. Johnsrud

MUNA Model United Nations Assembly

MUNA is a group for students who are interested in global issues and who enjoy public speaking. We represent the school at a 2-day event in early May. MUNA allows you to network with students from across the province in role play that simulates the United Nations general assembly.

Meetings start in February on Mondays in 2C6

Staff contact: P. McGuire, E. Johnsrud

Niiwin Noodin (Indigenous Student Group)

Niiwin Noodin is open to all Indigenous students and their allies who want to learn more about Indigenous cultures and issues. Sometimes we smudge and have a talking circle. Other times we watch movies or listen to music. Sometimes we have guest Elders and Knowledge Keepers. We also go on field trips. We have snacks!

Niiwin Noodin meets every Thursday at lunch in room 2C6.

Staff contact: P. McGuire, S. Birk

Reach for the Top

Reach for the Top is a team quiz competition. Questions are about everything. We compete against other schools throughout the year.

Meets at lunch in 2D3 on Thursdays.

Staff contact: D. Libby

Rock Band

This is the club for students who want to rock out. If you play guitar, drum or sing then you can form a band! Students will get to play a noon musical reviews and our annual Rock the Heights Concert in May.

Staff advisor: P. McGuire

Run Club

Join our run club where we run twice a week for fun, fitness, and fresh air. Whether you're training for a race, playing another sport, or just want to get active with friends, this club is for you. All paces and experience levels are welcome. Runs April through June.

Staff advisor: S. Pope

Senior Jazz Combo

Senior Jazz Combo is a group of students who are interested in learning more about the creative process involved in jazz. They learn the theory behind the harmony and then create their own arrangements and improvise. They will work towards performances throughout the year.

Mondays and Friday's from 3:30 p.m. to 4:30 p.m.

Staff contact: M. Luff

Science Club

Science Club actively does "science stuff" weekly. Students generate the ideas and then we do it!

Meets at lunch in 2E8 on Thursdays.
Staff contacts: C. Murphy

Sources of Strength

Sources of Strength is a group of peer leaders, who, along with adult mentors in the school, promote mental wellness. Sturgeon's Sources of Strength group plans school wide activities throughout the year to promote positive mental health and wellbeing among all students. Sources of Strength meets monthly to plan ideas and run events.

See J. Strobbe (School Social Worker), and M. Vermesse (Guidance Counsellor) with any questions.
Time and Location of meetings are determined on a meeting-by-meeting basis and are shared with all members when determined.

Student Council

Student Council is a group of students who are responsible for planning, coordinating and executing student activities and events throughout the year. They will be responsible for events such as dances, spirit weeks, and any other incredible ideas they come up with. All are welcome to meet on Tuesdays at lunch in the Theatre.

Staff Contact: L Wichenko

Student Success Expo

Student Success Expo is a one day, afternoon / evening event here at Sturgeon Heights Collegiate to celebrate the success of how great the students at Sturgeon Heights are, the great work they do, and the great skills they have. The event is for all our Sturgeon Heights students to tour and participate in the expo to see the great things their fellow classmates are doing. We also like to invite other schools, parents, and our community to come and help celebrate the success of our students here at Sturgeon Heights.

Staff Contact: L. Wachs

Click here for Student Success Expo website

Video Game Club

The video Game club is designed for students who enjoy the many different aspects of Video Games and Gaming culture.

The club will follow a format and schedule see link below for details.

Staff contact:. L. Wachs & J. Rogowy

Click here for Video Game Club website

Huskies Athletic Teams

BASEBALL
April & May — **Boys: Mr. Peck**

BADMINTON
March and April — **Coach:** Mr. Janzen Roth

BASKETBALL
November to February — **JV Boys :** TBA; **JV Girls:** Mr. Hutsal; **Varsity Boys:** Mr. Tackie; **Varsity Girls:** Mr. Cox

CROSS-COUNTRY RUNNING
September to October — Mr. Bilous., Mrs. Tyler

CHEER
September to June — Mrs. Williams

CURLING
November to January — **Boys, Girls, Mixed:** Mr. Libby & S. Birk

DRAGON BOAT RACING
May — **FI Girls: Mrs. Paulson**

FOOTBALL
August to November — **JV & Varsity:** Mr. Vincent, Mr. Baribeau

GOLF
April & May & September — **Boys & Girls:** Mr. Ford

HOCKEY
September to Aprill — **Boys:** T. Pope, S. Pope; **Girls:** Mr. Metcalfe, Ms. Thompson

GIRLS FLAG FOOTBALL
April& May — Mr. Baribeau

LACROSSE
April to June — **Boys**: Mr. Hilder; **Girls**: Mr. Watson

RUGBY
April and May — **Boys & Girls:** Mr. Vincent

RUN CLUB
April to June — Ms. Pope

SOCCER INDOOR & OUTDOOR
Indoor – Winter, Outdoor May& June — **Boys:** Mr. Sherk; **Girls :** Mrs. Browne

TRACK AND FIELD OUTDOOR

April and May — **Boys & Girls:** Mrs. Kerr

ULTIMATE

Fall - September and October — **Mixed:** Mr. Nemetchek & Mr. Lintott

Spring - April & May — **Mixed:** Mr. Nemetchek & Mr. Lintott

VOLLEYBALL

September to November

JV. Girls: E. Hutsal

JV Boys: Mr. Precourt, Mr. Peck

Varsity Girls: Mr. Vermette

Varsity Boys: Mr. Janzen Roth