



Meet The Teacher



Mme Carissa Van Lieshout

About Me

Hello, I am excited to be back in my second year at SWO teaching physical education after being away on maternity leave. I am in my 12th year of teaching, 7 of them being in WSD. I have been married for 4.5 years to my husband Kevin and we have 2 children. Paisley who is 3 and Braelyn who is 1 that keep us very busy along with our golden retriever Macy who is 2. I love watching the Winnipeg Blue Bombers and the Winnipeg Jets. We love going swimming and heading to Wpg Beach to my parents trailer.

Fun Facts

Growing up I was a speed skater for 13 years and got to represent MB at the Canada Winter Games when I was 14.

I played fastball most of my life and enjoyed moving into orthodox and slow pitch throughout my late 20's.

Favourite Movie: I love Mighty Ducks but I do love all sports movies with a powerful uplifting message. I am a sucker for all romantic comedies and Hallmark and W network movies. Bring on the tears LOL!!

Favourite TV Show: All Reality TV and Crime Shows

Favourite Foods: Pizza, Chicken, Stir Fry
Dislikes: Cheesecake

Let's Connect

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