



Meet The Teacher

Mme Carissa Van Lieshout

About Me

Hello, I am excited to be back in my fourth year at SWO teaching Physical Education. I am in my 14th year of teaching, 9 of them being in WSD. I have been married for 6 years to my husband Kevin and we have 2 children, Paisley who is 5 and Braelyn who is 3. We also have a golden retriever Macy who is 4. I love watching the Winnipeg Blue Bombers and the Winnipeg Jets as well as curling and cheering on our Manitoba teams. This past summer I greatly enjoyed watching the Olympics and cheering hard for our Canadians!

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 I hit an out of the park home run in a Western Canadian Championship in Brandon.

Favourite Movies: I love all sports movies including Mighty Ducks, Remember the Titans, She's the Man, Sandlot and Draft Day. I am a sucker for all romantic comedies and Hallmark movies. Bring on the tears LOL!!

Favourite TV Shows: The Challenge, Survivor, Amazing Race, Station 19, The Rookie, Big Brother, and American Ninja Warrior

Let's Connect

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