



Miyo Acimowin

ᑭᑦ ᐱᑦᑭᑦ
Good News



November 2023

Ikopiwi pisim Fog Moon

ᐱᑦᑭᑦ ᐱᑦᑭᑦ

Principal: Doris Auger
Email: dorisauger@maskwacised.ca
Vice Principal: Patricia Walker
Vice Principal: Melanie Nanaquawetung
Admin Assistant: Jackie Littlechild
Box 420, Maskwacis, AB T0C 1N0
EES:: 585-3760 Fax: 585-2001

Principal's Message

Tânîsi Ohnikikomowak!

Well we had an exciting **Halloween** at Ermineskin Elementary! Ay hay to all the staff and students for their fantastic participation and awesome costumes! We also had an amazing Cipayi kamik (ghost house) thanks to our fantastic haunted house committee! Check out our pictures below! Ay hay!

Report cards will be coming home on November 22. **Takwâkin Ohnikikomowak Engagement** will be the next day on November 23 from 4-7 and our 2nd **Parent Lighthouse Meeting** will be at 6 on the stage. We have childcare and gifts! We would love you to join us in guiding our school.

Division one students spend the first 100 minutes of the day on literacy so it is vital that awasak come on time. **Every minute counts.** Students will be allowed in the school at 8:25 so please have them here by then. Every minute counts at the end of the day as well. We would really appreciate parents not picking up their awasak early from school as they miss important learning as well as disrupt the rest of the class. We will not call students down after 3:00 and would like parents to wait in front of the school until they come out at 3:20. Thanks so much for your support with this.

We will be having our **Remembrance Day assembly** on November 9 at 10:40 and parents are welcome to join us. Students are welcome to dress in regalia and join the Grand Entry. We then have a 4 day long weekend from November 10-13.

The success we have in school relies on how you support your child. We have amazing parents who love their children. I want to send a BIG 'SHOUT OUT' to all our wonderful parents who are doing all they can to support their children.

Kinanâskomitin,

Doris Auger
Principal



REMINDERS!

Remember to set your clocks back
an hour on Sunday,
November 5th, 2023!



Picture RETAKES!
THURSDAY,
NOVEMBER 16, 2023



Picture
Retake Day

Drop-off and Pick-up times.

Parents/Guardians,
please remember that students
**cannot be dropped off before
8:25** as we have no supervision
for them before this time.

Also, please remember that
pick-up time is at 3:20. We will
not call them down after 3.
**You should not be picking
students up early regularly
as they are missing
instructional time.**

Ay-Hay!

YOU ARE INVITED TO:

Takwâkin Ohnikikomawak Engagement Night!

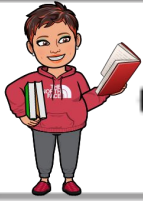
Thursday, November 23 from 4-7pm

(report cards will be send home on November 22)

We will also have our Parent Lighthouse Team
Meeting (PAC) at 6:00 on the stage!

We would love you to join us for some great conversation,
and snacks and prizes!

Child care will be provided!



Learning Commons

Tanisi families,

We had a very spooky and fun month in the library. Students listened to some great Halloween stories, we started our Pumpkin Jack experiment, and we are growing herbs and lots of tropical plants!

This year, we have 24 amazing **Junior Librarians**. They all work in the library one shift per week and they get paid every Friday. They are all very serious about their jobs and I am so thankful for all their hard work and leadership!

Our Craft Club, Student Newspaper Team, and Joke Club are all in full swing. Craft Club meets Mondays during lunch and we do lots of cool crafts! The Student Newspaper Team meets Tuesdays at lunch. Each team member works on an article or submission. Our first edition this year will be published on December 1! Members of our Joke Club research jokes on Fridays during lunch and then tell them during morning announcements each day.

We are looking forward to November in the library! We are excited to see what happens to Pumpkin Jack, we will be doing lots of fun literacy activities, and Christy Jordan Fenton will visit us on November 30th. Christy is an author and has written the books "Fatty Legs" and "When I Was Eight", among others. We are very excited to meet her!

Only 13 more sleeps until our book fair! **The Scholastic book fair will be open from November 17-23** and we can't wait to see all the awesome new books! The book fair is open from 8:30-3:30 daily and until 6:30 pm on November 23. Have a great month!

Miss Lawrence



Counsellor's Corner



Tanisi families,

Emotional regulation is the most important skill a person learns in their life. It's what allows us to deal with stress in healthy ways.

Emotional regulation affects every area of our lives: physical health, relationships, work, sense of safety, self-worth, and confidence are just a few areas it impacts. People with strong emotional regulation are less likely to have addictions, eating disorders, depression, anxiety, autoimmune diseases, and chronic relationship problems.

Many people think we are born calm or not but, in reality, regulation is a skill that we build with practice throughout our lives. Here's a few ways to practice: 1. Identify your feeling: pause and sense your body and label it "I feel angry, my chest is tight." 2. Pause: be with the feeling. Notice your heart racing or your thoughts. Try your best not to react right away. 3. Act: to make new brain connections, we change how we react: this could be writing down a solution, accepting something even when it's disappointing, or expressing how we feel. When we get good at this, we react in ways that work better for us. This youtube video gives some good ways to work on emotional regulation:

<https://www.youtube.com/watch?v=5ObNMMT0W00>

If you have any questions, feel free to contact us.

Ay hay

Frans Erickson franserickson@maskwacised.ca

Christie Dewald christiedewald@maskwacised.ca

October Reading Bingo Winners!

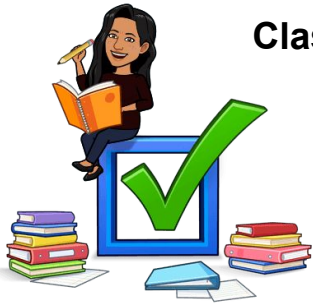
Congratulations to everyone who participated! We are all so proud of you! It is wonderful to see SO many students reading. Ay hay to all the parents, family members, and staff who supported our little readers!

Congratulations to our **GRAND PRIZE WINNERS!**

Student Winners (\$20 Gift Certificate to the Book Fair);

Staff Winner (\$10 Tims or Starbucks card):

Class Winner (Spooky Reading Party in the Library):



All students & staff who participated received a small prize. Student and Staff Grand Prize winners were chosen by random draw of all cards submitted. Class Winner is the class who had the most participants hand in completed Bingo Cards.

November Home Reading Challenge



When?: November 1-30th, 2023
What?: Just do your Home Reading!



Prizes:

Top 2 Students: 3D Pen plus a Scholastic book of their choice.

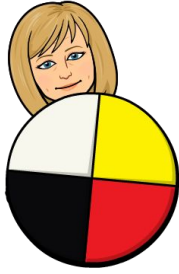
8 Runners Up: A Scholastic book of their choice. (students will get to choose and order their books with Miss Lawrence!)

Top Class: Pizza Party!

All you have to do is complete your home reading each night and bring it back to school each morning. Your teacher will tally up how many times you do this each week. At the end of the month, the 10 students who completed their home reading the most will win! In case of ties, a draw will be done.

The top class wins by having the most participation.

Who Will Win?!?



The
Leader in Me™

great happens here



The 7 Habits At Home

We hope you were able to practice Habit #1 at home last month. This month, we will review Habit #2: Begin With The End In Mind. It's all about planning ahead and setting goals. In nehiyawewin we call it, **êh tâpitaw wâwêyîstamihk**.

Habit of the Month:
Habit #2: Begin With
The End In Mind



*"A goal without a
plan is just a wish."*

I PLAN AHEAD AND SET GOALS:

When we begin with the end in mind, we are planning ahead. We set a goal and we work hard to achieve it.

Planning and Achieving Goals:

1. Think of a goal that you can achieve at home.
2. Discuss your goal as a family.
3. Discuss ways you can achieve your goal together.

You can talk about these steps as a family and find ways to help each other .





Congratulations!

Ermineskin Elementary Hawks did a great job at the 4bands tournament on October 19th in Montana. They won a hard earned third place.

We are so proud of our awasak, great job!



Lacrosse with Spirit North



So Much Fun!



PE NEWS



What a fun month we have had in PE! With the weather getting cooler we have moved indoors and have been spending our classes in the gym. We were fortunate to have Spirit North join us last week as they led the students in lacrosse and scoop activities. It was awesome! Spirit North will be back at the end of November for some cross country skiing with grades 3 to 6.

I'd like to congratulate our Hawks Volleyball team who took third place at the 4Bands tournament last month. This week, our Floor Hockey tryouts are wrapping up for grades 5 and 6 students. We are preparing to head to the 4Bands Floor Hockey Tournament on November 17 at Kisipatinahk School.

It has been exciting to see all 14 of our intramural floor hockey teams compete. They are now heading into the final stretch of the season and playoffs are just around the corner. I can't wait to see what happens in the final weeks of action!

Mr. Zindi

COME TO OUR SCHOLASTIC BOOK FAIR!

November 17-23, 2023!
We will be open from 8:30-4 each
day, and until 7pm on November
23 for Takwâkin Ohnikikomawak
Engagement!

Dogs at the School

- 1 This is becoming a safety concern at MESC!
- 2 Please keep pets off of school property during school hours..
- 3 Please ensure pets don't follow students to school.
- 4 School procedure is to take pictures and report.



NOVEMBER 17TH IS

Crazy Hat Day!



HAPPENING AT
MASKWACIS CREE HIGH SCHOOL

BASKETBALL

REGISTER HERE



GRADES 4 TO 7
12:30 TO 1:30

SATURDAYS
OCT 28TH
NOV 4TH, 18TH, 25TH
DEC 2ND & 16TH

GRADES 8 TO 12
2PM TO 4PM



COHI Program Notification

Upcoming COHI Dental Calibration Exercise

Dear Parents and/or Guardians,

The Children's Oral Health Initiative (COHI) team is facilitating a dental calibration exercise, where **30 students** with completed COHI authorization forms may be selected to participate in a dental screening. During a screening, our practitioners take note of the following observations regarding the child's oral health status: decayed or missing teeth, extent of decay, and previous dental work (ie. fillings, crowns etc.)

As you are aware, the dental screening is already a service that COHI provides; however, the only difference in this calibration exercise is that your child may be seen by up to five practitioners, instead of one. No other additional services will be provided.

The purpose of this activity to help our team standardize our screening practices, and ultimately help improve the quality of our services.

This exercise will take place November 6-9th, 2023. If you wish for your child to opt out of this calibration exercise, please contact Evane Jukes: evane.jukes@sac-isc.gc.ca or 780-585-4088 by November 5th.

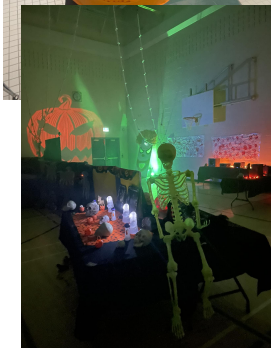
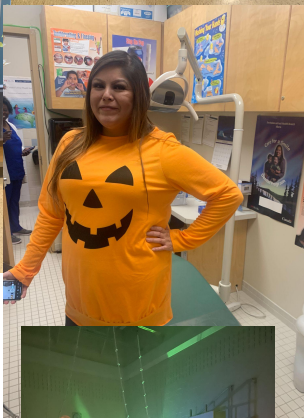
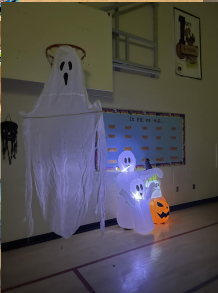
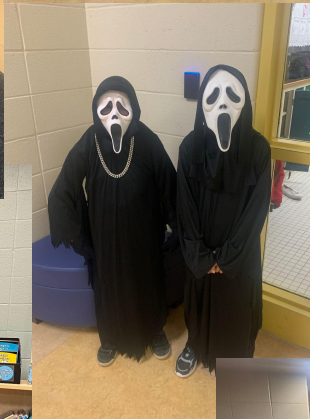
If you have any further questions about the calibration exercise or the COHI program, please don't hesitate to contact me.

Thank you,

Kathy Ho
Acting Team Lead COHI Team
Kathy.Ho@sac-isc.gc.ca
587-337-2843



Halloween Fun





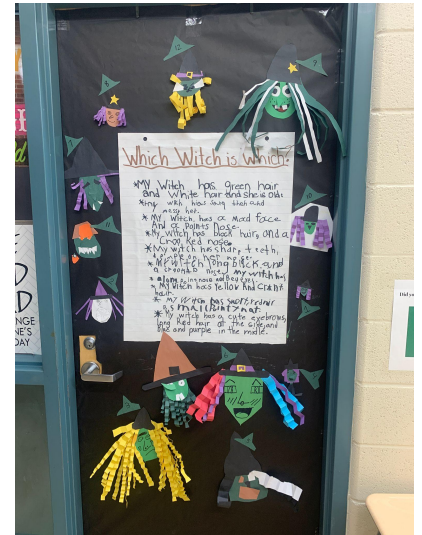
Halloween Door Decorating Winners!



*Nehiyawewin Winner
Debora Young*



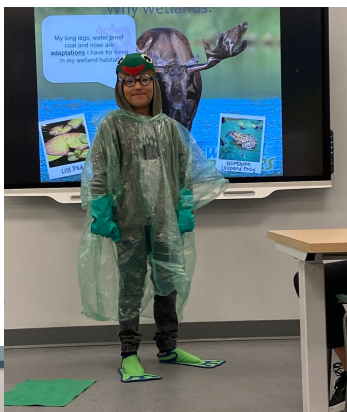
*Division 2 Winner
4Deme*



*Division 1 Winner
3Olson*



Last month, FORTIS sponsored the CPAWS (Canadian Parks and Wilderness Society) program at our school for a whole week. They aim to provide curriculum-linked environmental education for Kindergarten to Grade 12. Their award-winning experiences are diverse, highly interactive, and most importantly, FUN! The awasak had a great time with their host teacher Jaclyn Angotti Ay hay for the memorable experience.





lest we forget



November 2023

Ikopiwi pism Fog Moon



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Daylight Savings Time Clocks go back 1 hour	6	7	8	9 Remembrance Day Ceremony * 10:30	10 In Lieu of Remembrance Day NO SCHOOL	11 Remembrance Day
12	13 Takwakin Break NO SCHOOL	14 Ikopiwipisim Assembly gr5 - Virtual	15	16 Picture Retakes!	17 4 Bands Floor Hockey Tourney @ KS Crazy Hat Day! Book Fair Begins	18
19	20	21	22 Report Cards go home!! Interactions Swim	23 Takwākin ohnikikomawak Engagement-* 4-7 PAC @ 6:00 pm	24 PD Day NO SCHOOL	25
26	27	28	29	30		

Menu Subject to Change due to product availability	Menu For NOVEMBER -2023				
Oct 30 - Nov 3rd	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Cold Cereal, Fruit	Yogurt Parfait, Fruit	Scones & Jam Fruit.	Yogurt cups & Fruit
Lunch	Ground Beef Stroganoff, Mixed Salads	Pizza Perogies, - Marinara, Pepperoni, Tomatoes & Mozza, Mixed Salads	Chicken Soup, & Bannock, Mixed Salads	Shepherds Pie, Tossed Salad, Beet Salad, Fruit Salad, Rice Salad	Pizza, Caesar Salad, Fruit, Mixed Salads
6th - 10th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Bannock & Jam, Fruit	Cold Cereal, Fruit	Scones & Jam Fruit.	NO SCHOOL
Lunch	Mac'n Cheeseburger with Fresh Tomatoes, Caesar Salad.	Chicken Caesar Salad, Veggie Salad, Fruit Salad, Fruit	Tomato Soup, Cheese Bannock, Spinach Salad.	Pizza, Caesar Salad, Fruit, Mixed Salads	
13th - 17th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	NO SCHOOL	Yogurt Cups, Fruit	Bannock and Jam, Fruit	Cold Cereal, Fruit	Yogurt Cups, Fruit
Lunch		Pasta Bolognese - Caesar, Fruit Salad, Spinach Sald Fresh Fruit	Corn Chowder, Cheese Bread, Tossed w/Spinach Salad, Coleslaw, Cut Fruit	Bison Meatloaf w/ Barley & Vegetables with Gravy, Mashed Potatoes, Mixed Salads	Pizza, Caesar Salad, Fruit, Mixed Salads
20th - 24th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Sausage & Cheese Frittata, Fruit	PD DAY
Lunch	Pasta Chicken Florentine, Caesar Salad, Tomato Salad, Fruit Salad	Bannock Tacos, Tossed Salad, Fruit salad, Fruit	Minestrone Soup, Cheese Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Pizza, Caesar Salad, Fruit, Mixed Salads	
27th - Dec 1st	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Sausage & Cheese Frittata, Fruit	Scrambled Eggs and Back Bacon, Fruit
Lunch	Ground Beef Stroganoff, Tossed Salad, Tomato Salad, Fruit Salad	Pizza Perogies, With Marinara, Pepperoni, Fresh Tomatoes. Tossed, Fruit & Spinich Salad	Chicken Soup & Bannock. Pasta, Greek & Fruit Salad	Shepherds Pie, Tossed Salad, Beet Salad, Fruit Salad, Rice Salad	Pizza, Caesar Salad, Fruit, Mixed Salads