



# Miyo Acimowin

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Good News



## October 2023

Kaskatino Pisim Freezing Moon

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Principal: Doris Auger  
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## Principal's Message

Tânîsi kahkiyaw!

We have been off to a very successful start to our year! Our classrooms are mostly full! While we have had some students missing due to illness, our attendance has been pretty steady. Please send your awasak every day unless they are unwell.

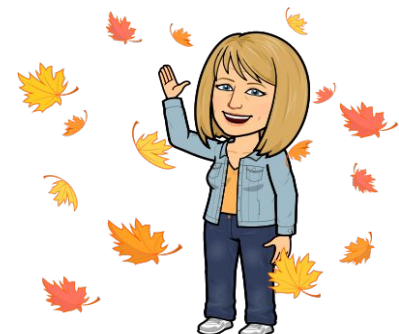
We were so happy to see so many parents and guardians at our **Meet the Staff** night! We had a terrific turnout and everyone enjoyed the food provided. Parents had the opportunity to meet with our teachers, counselors, Cree instructors and even our dental staff! We had our first **PAC meeting** and we selected Sunny Buffalo as our chair and Dale Littlechild as our Vice Chair. We had 3 candidates and it was the first time we ever had to vote! Thanks so much to all the parents that came out! Our next PAC meeting will be at Parent Interviews on November 23rd! We would love you to join us!

As always, our focus is also on developing our awasak to become knowledgeable about their Cree language (**Nehiyawewin**) and culture. We have been using our **Nehyawatsowin** Fridays to learn more about our culture. In September we were picking and drying sage and our grade 4 students went on their cultural field trip to pick medicinal plants. In October we will be learning about migration and hibernation so be sure to ask your awasak what they have learned. On October 11, our grade 6 students will be going to Mimiw Sakahikan for their Buffalo Harvest!

On our PD day in September, we also had a **Pipe Ceremony** in the tipi in front of the school. Our Elder, Brian Lee prayed for us to have a good, safe year for our awasak. We also had Steve Wood and his drummers join us for a **Flag Raising Ceremony**. He had wise words to share with staff. It is so good to start our year in a good way.

Together we can be successful with educating our children. As always, email or call if you have any questions or concerns.

Doris Auger  
Principal





Tanisi Families!

We have been having a great time in the library this month! We all learned about library expectations and book care. We also spent time learning about Terry Fox.

We are super excited for October in the library! We love all the spooky books and fun Halloween activities. This year, one of the stories we will read is called "Pumpkin Jack". We will be carving our very own Pumpkin Jack and then sealing him in a glass jar with some soil. We will watch him decompose and then hopefully his seeds will begin growing us a new pumpkin plant! We did this last year and unfortunately Pumpkin Jack's babies were repotted and they all died. We are hoping for better luck this year!

We also begin our **October Reading Challenge** on October 1st! Attached to this newsletter is our challenge form. Please help your child to complete the challenge and return it to the library by October 31 for a spooky prize and a chance to win one of three \$20 gift certificates to our book fair!

Once again, we will be hosting Scholastic Book Fairs in the library. The first one begins on November 17 and goes until November 23. I hope to see many of you there!

Love, Miss Lawrence



Tanisi families,

Welcome back—we are so excited to have the awasisak back in the school! Coming back to school can cause some tricky feelings, especially after long breaks. The Institute for Child Psychology has some great ideas for helping with this that we've listed below. You can also follow them on facebook (@instituteofchildpsychology) for other great ideas. And our school counsellors are always happy to help as well—just let us know!

#### How to Make Drop off Easier

1. Practice drop offs before the break is over. Getting used to walking up to the school can help.
2. Validate their feelings, but let them know they can handle it: "It can be scary but you are safe and can do it!"
3. Remind them when you will return
4. Connect before drop off. This could be hug, high five, etc.
5. Connect them with a safe adult at the school.
6. Give them a note or stuffy to remind them that you are thinking of them when they are at school.

Ekosi pitima!

Christie Dewald ekwa Frans Erickson

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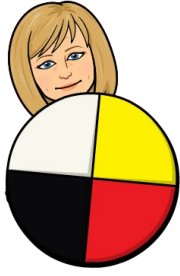
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# OCTOBER

## READING BINGO CHALLENGE

Directions: Choose an activity and read complete it. In order to color a box, you must do the activity for 15 minutes. You must only do one activity at a time! Once you have 10 squares coloured in, drop your sheet off in the library for a spooky prize. You will also be entered to win one of three \$20 gift certificates for our November Book Fair. All forms due back by Oct. 31. Beware: Miss Lawrence might just ask you to tell her about the books you read, so no cheating! :)

Read in a pile of leaves	Read to a stuffed animal	Read to someone	Read while wearing gloves	Read in a quiet place
Read in your favorite hoodie	Read a short story	Read a chapter book	Read while eating dinner	Read in the car
Read in a spooky voice	Read a scary book	<b>FREE SPACE</b>	Read sitting on the floor	Read in the morning
Read in a blanket fort	Read a mystery	Read something about school	Read to someone the same age as you	Read a book about friendship
Read at the park	Read to your favorite stuffed animal	Read in a costume	Read in a coat	Read while listening to spooky music



The  
**Leader in Me™**

great happens here



## The 7 Habits At Home

As students learn and develop leadership skills with the 7 Habits at school, it is important that they continue practicing the 7 Habits at home. We will review one habit a month with tips on how you can practice the Habits together as a family.

*Habit of the Month:*  
**Habit #1: Be  
Proactive**

*Find your voice and  
inspire others to find  
theirs.*  
*-Stephen Covey*

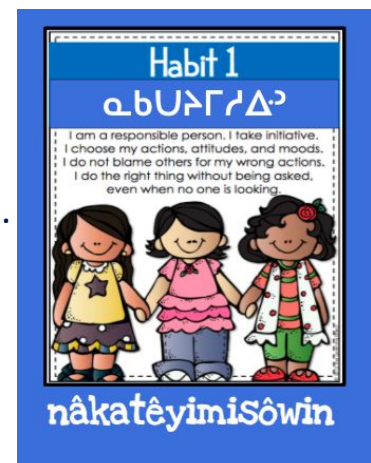
## I'M IN CHARGE OF ME:

When we are proactive, we are responsible for making our own decisions. We choose our own actions, attitudes and moods. We do the right thing even when no one is looking.

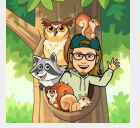
Steps to Taking Control of You:

1. **PAUSE:** stop what you are doing and pause.
2. **THINK:** Think about what you should or shouldn't do.
3. **CHOOSE:** Choose the best thing to do.

You can talk about these steps as a family and practice them together.



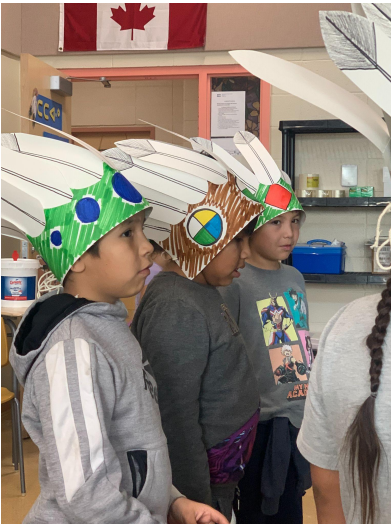
Tânisi Kahkiyaw Kiyawâw!



Miywâsin Miywâsin! How time seems to fly by when you're busy having fun.

- For the month of Onocîhito pisim (September - Mating Moon), we have been busy picking/gathering sage and sage cleaning. Our Gr.4 Cultural Field trip was a success with the awas'sak picking mistahi mostos wikaskwa. Thank you to Ms. Selby for providing an awesome location.
- Awas'sak have been learning about the importance of Tipahamâtowin (Treaty) and Orange Shirt Day.
- For Kaskatino pisim (October - Freezing Moon), we will be learning about hibernation/migration.

*Reminder: Please dress your child for the weather, as we are outdoors every Friday.*



role-playing Treaty 6





## Parent Lighthouse Team



We had our first Parent Lighthouse (PAC) meeting on the night of Meet the Teacher. All parents were welcome to attend. It is our job to share our vision and mission, core values and goals for the school. As a team, we discuss community feedback to this as well as goals our team has for the school.

We selected Sunny Buffalo to be our chair and Dale Littlechild as our Vice Chair. They will represent our school at the MESC PAC. Ay hay to all of our attendees.

**Our next meeting will be on  
Parent/Teacher night on November  
23rd at 6:00.**



## Medical Information



It is important that the school is aware of all medical needs that your child has. Please ensure that you have communicated your child's medical needs with the teacher **and** the office.

If your child requires medication (prescription or nonprescription) there are forms and procedures to be followed.

**PLEASE DO NOT SEND MEDICATION  
WITH YOUR CHILD WITHOUT FIRST  
SPEAKING TO THE OFFICE FIRST.**



## Physical Education



Tanisi!

What a wonderful first month of Physical Education it has been seeing the awasak run, throw, catch and synergize together in class. It has been great spending a couple of weeks of classes outside while the weather has been nice and being active in the fresh air! It was also great to have wonderful weather for our school Terry Fox Run and the EES Cross Country Classic Meet. All the awasak ran and walked their hearts out. It was awesome to see them all persevering and going as far as they could.

This month we look forward to our Hawks Volleyball and Floor Hockey Teams starting up. They will be practicing in preparation for their tournaments in October and November respectively. We will be starting our school intramural (in school leagues and activity) program for all students to participate in if they choose. Please encourage and remind your children to listen to the announcements and check out the bulletin board outside the gymnasium for when it's their turn to play!

Ekosi pitama,  
Mr. Zindi



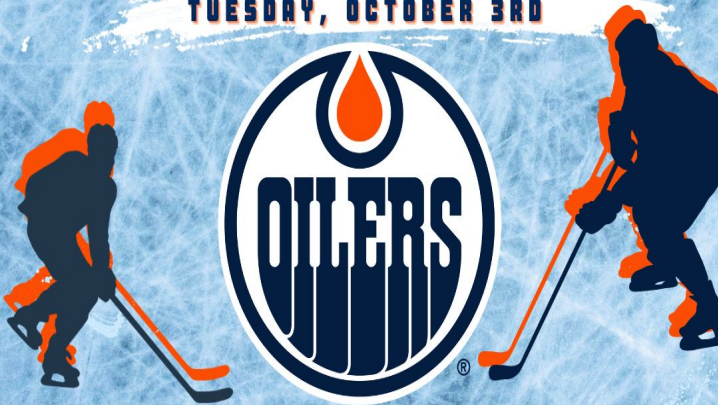


# EDMONTON OILERS DAY!



PLEASE SEND YOUR CHILD TO SCHOOL IN AN OILERS  
JERSEY, SHIRT, OR ANYTHING BLUE AND ORANGE!

TUESDAY, OCTOBER 3RD



WE WILL BE WELCOMING SOME VERY SPECIAL GUESTS WHO  
WILL BE READING STORIES VIRTUALLY AND ANSWERING OUR  
QUESTIONS!



## November 17-23, 2003!



# JERSEY DAY

OCT 20



ERMINESKIN ELEMENTARY SCHOOL

OUR AWASAK RAISED \$105 AT THE  
TERRY FOX RUN TO DONATE FOR  
CANCER RESEARCH! AY HAY TO  
EVERYONE WHO DONATED A  
TOONIE!



Download SchoolMessenger today!



The Trusted Platform  
for School Community Engagement

## Parents and Guardians

### You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

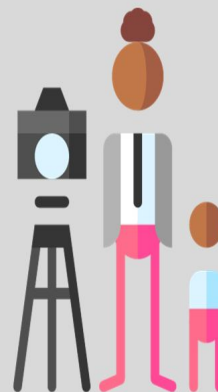
You can participate in this free service\* just by sending a text message of "Y" or "Yes" to our school's short code number, **978338**

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.



# Ermineskin Elementary School Picture Day



**Tuesday,  
October 17th  
Don't be late!**



Please remember  
**Drop of time is 8:30 and  
Pick up time is 3:30**  
Thank you for being on time!

Here are some ideas for healthy snacks to send with your child. MESC provides morning snack/lunch for all students. If you choose to send them, please do not send snacks that are high in sugar. Ah hay.

# HAPPY HALLOWEEN

**DON'T FORGET TO DRESS UP FOR HALLOWEEN!**

- Students are invited to dress up in their Halloween Costumes on Tuesday the 31st
- Students can dress scary, no costume weapons.
- You are more than welcome to send class treats, please only send nut-free party snacks.

**TUESDAY, OCTOBER 31ST, 2023**

## Snack List

- apples & yogurt dip
- trail mix
- popcorn
- celery & peanut butter
- string cheese
- CARROTS & RANCH DIP
- granola
- PLAIN YOGURT & JAM
- saltine crackers & cream cheese
- smoothie
- rice crackers
- apple chips
- grape tomatoes
- gogurt
- FRESH FRUIT OR BERRIES
- toast & peanut butter
- fresh vegetables
- fruit leather
- handful of NUTS
- fruit salad
- seasoned oyster crackers
- cheese & crackers
- cottage cheese
- pita chips & hummus
- fruit popsicles

©mccraftteat.com



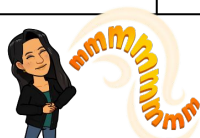


# October 2023

## Kaskatino Pism



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 October Reading Bingo Challenge begins!	3 Oilers Day! 	4	5 Assembly @ 10:40 am	6	7
8	9  Happy Thanksgiving <b>NO SCHOOL</b>	10	11 Grade 6 Cultural Field Trip	12	13 <b>PD Day NO SCHOOL</b>	14
15	16	17  EES Picture Day!	18	19 4 Band Volleyball Tournament	20 Jersey Day!	21
22	23	24	25	26	27 <b>PD Day NO SCHOOL</b>	28
29	30	31 Halloween Obstacle Course October Reading Bingo Challenge begins!				



Menu For OCTOBER -2023					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2nd - 8th</b>					
<b>Breakfast</b>	Cold Cereal, Fruit	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Cold Cereal, Fruit	Scrambled eggs with Hash Browns and Ham
<b>Lunch</b>	Mac'n Cheese garnished with Taco Beef, Fruit, Greek Salad, Fruit Salad, Caesar Salad	Chicken Caesar Wraps, Tossed Salad, Fruit Salad, Colelaw Fruit	Beef Vegetable Soup with Cheese Bannock Caesar, Spinach, Pasta & Fruit Salad	Turkey Dinner, w/ Potatoes, Stuffing, Hot Veg & Gravy, Tossed Salad, Beet Salad, Fruit Salad	Pizza, Caesar Salad, Fruit, Mixed Salads
<b>9th - 13th</b>					
<b>Breakfast</b>	No School Thanksgiving	Cold Cereal, Fruit	Scrambled Eggs & Back Bacon, Cut Fruit, Sausage	Bannock and Jam Fresh Fruit	PD Day - Holiday for those that worked Meet the Staff Night
<b>Lunch</b>		Pasta Alfredo with Ham Caesar Salad, Veggie Salad, Fruit Salad, Fruit	Hamburger Soup, Bannock, Spinach Salad, Colelaw, Cut Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads	
<b>16th-20th</b>					
<b>Breakfast</b>	Cold Cereal, Fruit	Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Cereal, Yogurt & Fruit	Scrambled Eggs, Breakfast Fried Rice
<b>Lunch</b>	Pasta Bolognese, Caesar Salad, Fruit Salad, Asian Broccoli Salad, Fruit	Rice Noodle Bowl, Sliced Pork, Lettuce, Veggies & Sweet Chili Sauce Tossed, Fruit & Rice Salad	Corn Chowder, Cheese Bannock, Spinach Salad, Colelaw, Cut Fruit	Beef Meatloaf with Barley & Veggies with Gravy, Rice Tossed, Greek, Broccoli & Fruit Salad	Pizza, Caesar Salad, Fruit, Mixed Salads
<b>23rd- 27th</b>					
<b>Breakfast</b>	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Sausage & Cheese Frittata, Fruit	PRIDE DAY
<b>Lunch</b>	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	
<b>30th - Nov 3</b>					
<b>Breakfast</b>	Yogurt, Cereal, Fruit	HALLOWEEN Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Sausage & Cheese Frittata, Fruit	Scrambled Eggs and Back Bacon, Fruit
<b>Lunch</b>	Ground Beef Stroganoff, Tossed Salad, Tomato Salad, Fruit Salad	Pizza Perogies with Marinara, Pepperoni, Tomatoes Tossed, Spinich & Fruit Salad	Chicken Soup, & Bannock Pasta Salad, Greek Salad Fruit Fruit Salad,	Sheppards Pie, Tossed Salad, Beet Salad, Fruit Salad, Rice Salad	Pizza, Caesar Salad, Fruit, Mixed Salads





## Fair Notice - Violence Threat Risk Assessment (VTRA) Protocol

### Who is responsible for reporting worrisome behaviour?

To keep our school communities safe, all school board staff have a DUTY TO REPORT any such behaviours to a School Administrator who will then take immediate necessary safety measures as well as activate the VTRA process. Parents, students, and staff also have an obligation to help keep our schools safe by reporting worrisome behaviour to a School Administrator.

### Who is involved in a VTRA?

- Initially when the process is activated, a school-based team collects, shares, and documents relevant data from multiple sources. The school-based team then meets with MESC's Coordinator of Critical Response to analyze the data and conduct the VTRA. Other Student Services VTRA Team members may also be in attendance, including Student Services Coordinators, elders, and RCMP. This larger team in consultation with the school Threat Assessment Team determines the next steps including the creation of an intervention plan, and whether a more comprehensive VTRA, called a Stage 2 VTRA, will be required.
- Parents/guardians of the student who has engaged in threat-related behaviours are notified that a School Administrator has activated the process as soon as possible. After the initial VTRA, members from the VTRA Team and a School Administrator then meet with parents/guardians and student to review the VTRA Summary Form and information, particularly the intervention recommendations and plan.
- The VTRA Team will also identify the recipient(s)/victim(s) of the student threats/behaviours that have been assessed and ensure that services are provided as necessary.

### What happens during a Stage 2 VTRA?

- If the process moves to a Stage 2 VTRA, members of the VTRA Team arrange a meeting with the parents/guardians and student to explain the process and interview each fully.
- The Coordinator of Critical Response then coordinates a meeting with school personnel and community partners where information from multiple sources (e.g., parents, students, school and board staff, student records, online sites, community agencies, RCMP etc.) is shared. Concerns about safety/well-being and an intervention plan/recommendations are discussed. This information is then summarized on a VTRA Summary Form.
- Members from the VTRA Team and a School Administrator then meet with parents/guardians and student to review the VTRA Summary Form and information, particularly the intervention recommendations and plan.

### Do parents/guardians have to consent to a Violence Threat Risk Assessment?

- In order to address safety concerns, the VTRA process will occur with or without consent.
- This form constitutes Fair Notice regarding the Violence Threat Risk Assessment Process.

\* The model presented in this document reflects the work of J. Kevin Cameron, Director of the Center for Trauma Informed Practices