



Miyo Acimowin

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Good News



December 2023

Pâwacakinasîs
Frost Exploding Moon

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 kahkiyaw!

Ay hay to all of the parents, guardians, mosoms and kohkoms who met with our teachers during our Takwâkin Ohnikikomawak Engagement! It is so great to see you all supporting your children and their school! We so appreciate you building relationships with us.

We had another very successful Parent Lighthouse Meeting that evening as well. Thank you to all of the parents who attended. We discussed ways parents can get involved in the school. This can be volunteering, attending field trips or even reading with students. We also talked about having some parent workshops on indigenous crafts or wellness activities! Let us know if you have a skill you'd like to share!

We have a menu for our free hot lunch that MESC provides attached. If your child does not like what is being served that day, feel free to send a lunch with them in the morning. The menu is below. You are also welcome to send healthy snacks. Please don't send pop, energy drinks, candy or items that need microwaving.

Our awasak are all busy practicing for the Christmas concert! We will have 2 performances for grades 1-6 on December 21, one at 1:00 and one at 6:00. Please send your awasak in the evening as well! It is so fun to get dressed up for the concert. On Friday is **Pajama Day** and we will have a special visitor and wagon rides for grades 1-6.

On behalf of all the staff at EES, I want to wish you all a very happy holiday. May you all share in some quality family time and enjoy the season together. Make some wonderful holiday memories for your awasak! Remember that your time makes more of an impact than any gift!

We are looking forward to the new year and will see the awasak on January 8! Miyo Manito Kisikaw and Happy New Year! Take care and stay safe!

Ekosi!
Doris Auger
Principal





Learning Commons



Counsellor's Corner



Tanisi!

We have had a busy month of learning and reading in the library this month! We hosted our first book fair of the year, read lots of stories, experimented with robots and coding, and started some of our author research. Ask your child about our Pumpkin Jack progress...it's pretty gross!

We completed our November Home Reading Challenge. Congratulations to all of our readers! Watch for information about our "Book-opoly" Challenge starting in January! Ay hay to all the parents for taking the time to read with your awasak every night!

We are very excited for December and all of the Christmas excitement in the library! We have lots of fun learning planned! Our focus author is Jan Brett. We will be looking at her beautiful illustrations and trying our hand at being illustrators.

Our Santa mailbox is ready for business and we are expecting a visit from our Elf, Dewey. The Craft Club will be creating beautiful gifts, our Newspaper Team will be wrapping up their first edition of this year's newspaper, and our Joke Club will be telling some Christmasy jokes.

I would like to wish you a very, very happy and safe holiday! Remember, books make the BEST gifts!

Ekosi,
Miss Lawrence



Tanisi families,

Did you know that the best mental health support for children is their family? It's true! Counsellors have some special skills for helping but families know their children best and-when they know what to do-are the best at supporting their awasisak. We also do better when we know better and below are some resources we've found helpful as counsellors and as parents. All of these are free to sign up for and we have used them and have found them useful. Feel free to try them out and, as always, let one of us know if you have any questions or anything else!

[MORE](#) (mental health online resources for educators)

- It's not actually just for educators. There are free courses for lots of important things from learning how to talk about vaping, to supporting a person with anxiety or self-harm behaviour. The courses are free, short, and well designed.

<https://www.anxietycanada.com/>

- This website is a great resource for understanding and managing anxiety.
- You can sign up for online courses, apps, or even online anxiety management modules

Ekosi pitima,

christiedewald@maskwacised.ca

franserickson@maskwacised.ca

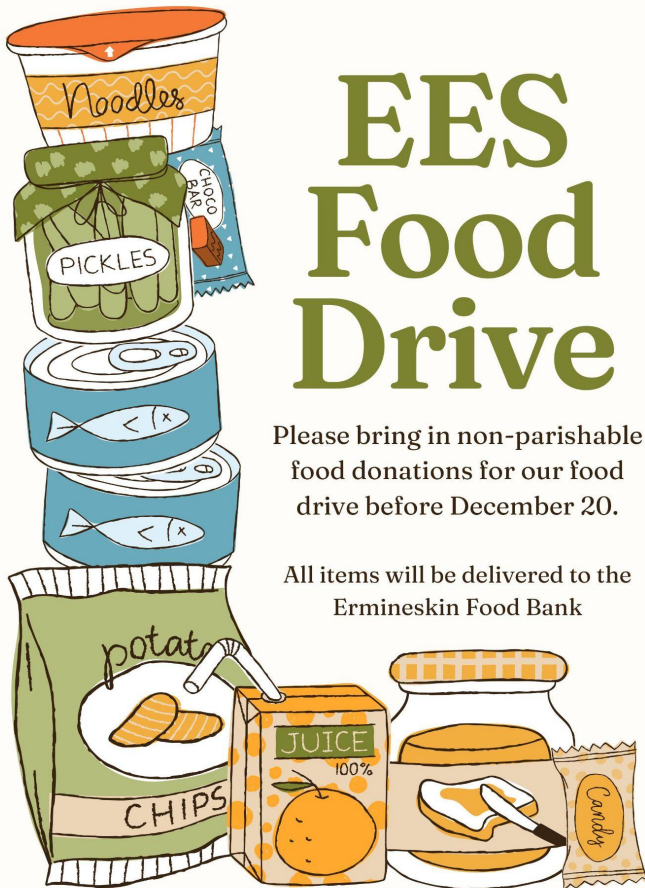
We can be contacted at these places or on the [MESC Counselling Page](#).



FRIDAY, DEC. 22



Wear your favorite PJs



EES Food Drive

Please bring in non-perishable food donations for our food drive before December 20.

All items will be delivered to the Ermineskin Food Bank

MITT AND HAT DRIVE!

BRING IN NEW MITTS AND TOQUES FOR KOKOMS CLOSET!

We are asking for donations of brand-new mitts or toques!

The classroom with the most items donated by **December 8th** will receive a DQ cake! The class with the most money donated will receive a popcorn party!





Physical Education

By Kundai Zindi



Tanisi!

Well what an exciting month we have just wrapped up in Physical Education. We were able to spend time playing games on scooters, attempting some fun blind folded mazes moving through the gym, enjoying floor hockey, and ending the month with Spirit North coming to help lead some Traditional Indigenous Games. There was not enough snow to go skiing/snowshoeing, but we will try in January.

As we head begin the month of December, we are entering an exciting month of games! The awasak will get to play a variety of different cooperative games with their classmates including some parachute games, dodgeball, and possibly even going out for some sledding if we get snow.

We have just wrapped up our exciting Intramural Floor Hockey league which saw 14 teams battle nearly five days a week for EES glory! Congratulations to the grade 4 filled team called the Maskwacis Hawks who went 9-1 and took home gold! Dodgeball Intramurals will be starting shortly for grade 4-6 students and our Activity of the Day intramurals continue for our grade 1-3 students!

As for Hawks Athletics, we had our Grade 5 Floor Hockey team head to Kisipatinahk School on November 17, to play for the 4Bands Hockey Championship. After losing their first game vs the home team, the team showed their resilience and regrouped to win five games in a row, enroute to win the gold medal. Way to show your determination and synergy awasak! Basketball season is next! Go Hawks!

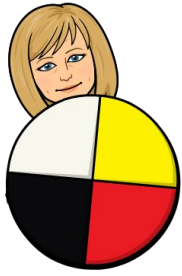
As we head into the break, I want to wish you and your families a safe and enjoyable holiday season! Miyo Manito Kisikaw and Happy New Year! 🌲



Hawks Floor Hockey Team after winning Gold at the 4Bands tournament!

A couple of pictures from PE class!





The Leader in Me™

great happens here



The 7 Habits At Home

Habit #7 is Sharpen the Saw. Miyo Pimatisowin means that we live a balanced life by taking care of our bodies, our minds, our spirits, and our emotions. Below you'll find some activities you can do together as a family to sharpen the saw at home!

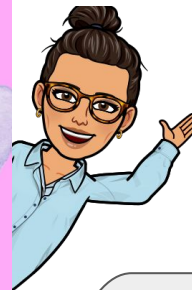
MÎYO PIMÂTISÔWIN HABIT 7 SHARPEN THE SAW



EES FAMILY WELLNESS CHALLENGE

DRINK 4 GLASSES OF WATER	TRY A NEW FRUIT	GO FOR A FAMILY WALK	Have a no phone or tech-free night	Try a new recipe
NO CANDY OR CHOCOLATE TODAY!	NO POP TODAY!	KIDS HELP COOK SUPPER	Make some bannock	WATCH A MOVIE TOGETHER
TRY A NEW VEGGIE	Breakfast for supper		Complete a puzzle	KIDS HELP COOK SUPPER
WATCH A MOVIE TOGETHER	Call a relative or friend you haven't talked to in awhile	NO POP TODAY!	READ A BOOK TOGETHER	LIMIT SCREEN TIME
STARGAZE OUTSIDE WITH YOUR FAMILY	No pop today!	KIDS HELP CLEAN TODAY	KIDS HELP WITH LAUNDRY	Watch a sunrise or sunset!

*Habit of the Month:
Habit #7: Sharpen
the Saw*



*"My first priority
is time with my
family"*



December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
3	4	5	6 Assembly * 2:30	7	8 PD Day NO SCHOOL	9	
10	11	12	13	14	15 Crazy Christmas Sweater Day! Santa letters due!	16	
17	18	19	20 Interactions Field trip	21 Christmas Concert 1:00 & 6:00 PM	22 Wagon Rides & Pajama Day Santa visit!	23	
24 	25	Christmas Break Dec 23 - Jan 7 NO SCHOOL				29	30



December Menu



**Menu Subject to Change due to product availability	December 2023				
Dec 4th - Dec 8	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt Parfait, Cereal, Fruit	Breakfast Scones with Ham and Cheese and Green Onion, Fruit	Oatmeal, Cold Cereal, Fruit	Mini Fruit Pies, Fruit	
Lunch	Chicken Florentine pasta, Fresh Tomatoes, Ceaser Salad, Fruit Salad, Fruit	Baked Mexican Lasagna (layered with tortillas), Spinach Salad with Berries & Feta, Fruit Salad, Fruit	Pork Stew, With Bannock, Fresh Garden Salad, Fruit Salad, Fruit	Pizza Day, Pasta Salad, Fruit Salad	Prep Day
11th - 15th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Assorted Muffins, Yogurt, Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit	Bannock and Jam, Fruit
Lunch	Pasta Bolognese, Ceaser Salad, Fruit Salad	Pork and Veg Rice Noodle Bowl, Garden Salad, Fruit Salad	Potato Bacon Soup, Cheese Bread, Mixed Salads, Fruit Salad	Meatloaf, Potato Wedges, Pasta Salad, Fruit Salad	Pizza Day! Ceaser Salad, Fruit Salad
18th - 22nd	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt Parfait, Cereal, Fruit	Cheese and Sausage Frittata, Fruit	Fruit Scones, Cereal, Fruit	Yogurt Parfait, Fruit	Oatmeal, Cereal, Fruit
Lunch	Pasta Alfredo with Ham, Spinach Salad, Fruit Salad	Chicken stirfry with Rice, Mixed Salads, Fruit Salad	Hamburger Tomato Soup, Bannock, Mixed Salads, Fruit Salad	Christmas Dinner TBD	Pizza Day! Ceaser Salad, Fruit Salad
25th - 29th	Christmas Break				