



# Miyo Acimowin

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Good News



February 2024

Mikisiw Pisim ᑭᑦᑭᑦ ᐱᑦᑭᑦ  
Eagle Moon

Principal: Doris Auger  
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Vice Principal: Patricia Walker  
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## Principal's Message

Tansi ohpikinahawasiwahk (parents/guardians),

With the recent cold weather, please send the awasak dressed nice and warm, especially on Fridays when they go outside for Nehiyawatsowin! We keep them in if it's colder than -21 with the wind chill. They will also be walking across to the arena for skating this month. The schedule is in the calendar below.

Teachers are looking at assessing for report cards this month, so please ensure that you are sending the awasak every day. Literacy is a focus at our school. You can help by participating in your child's home reading. It makes all the difference when you read with your child. So make it part of your routine to read every night!

On the week of February 5-9, we will also be having a **Celebration of Nehiyawewin** throughout MESC. We will be hosting a variety of Nehiyawewin (Cree language) and Cahkipehikewin (Syllabics) activities and will be sharing them with you. On Thursday, February 8th, it will be "**Rock your Mocs**" day and on Friday, February 9th it is **Ribbon Shirt/Skirt Day**. We are also hosting an **Elder's Tea** on February 9th from 1-3! All Elders are welcome!

February is Bucket Filling month! This means we are showing our sakihtowin for each other! Love fills the buckets of our friends and family! Please join us for our Valentine's Day Assembly on February 14th at 2:45! Don't forget to wear red or pink! It is also Pink Shirt Day on February 28th and we wear pink in a stand against bullying! Have a wonderful Eagle Moon!

Ekosi pitama,  
Doris Auger  
Principal

Check out our Website at <https://ees.maskwacised.ca/>





# LIBRARY



# Counsellor's Corner



Tânîsi kahkiyaw!

I hope that your children are continuing to bring home and complete their home reading each night! Research overwhelmingly shows that children who read and are read to at home enjoy a much greater chance of being successful readers. Please reach out to Miss Lawrence if you are needing more books in your home or if you need any ideas for getting your children excited about reading! Don't wait for contests to read!

Valentine's Day is quickly approaching and our division 2 students will be going on "blind dates"....with books! I am hoping to help them explore new genres of books. We are also wrapping up our legends and storytelling activities.

We have been having lots of fun in the library with our Craft Clubs, Joke Club, and our Junior Librarians. The students also come in during lunch and recess to explore the makerspace, play board games (giant UNO is a favourite!), and build puzzles. We soon begin growing mushrooms, tomatoes, carrots, radishes, and onions! Our Pumpkin Jack is already completely sprouted and his babies are already well underway!

Our Afterschool Library Club began last month for division 2. We have been having a blast with the 36 students that attend. We will be starting our Division 1 Afterschool Club in March so watch for those registration forms.

We will be hosting our next Scholastic Book Fair from March 15-21st. We will be hatching chicken (and maybe button quail!) eggs and butterflies again this year beginning in April!

There's always something going on in the library!! Have a wonderful month!

Love, Miss Lawrence



Tanisi families,

We are told to raise independent, self-driven children, but when children act out of impulse, try to set their own boundaries, or test limits we are told that we need to control them. Often times society demands that we get our children under control. We can't control our children. Children are meant to test limits, our job is to set them. What we can do is control our own behaviour and how we respond to our children. Some of the things we can control include:

1. Setting limits
2. Establishing expectations
3. The inner story we tell ourselves about our children
4. Learning from past experiences and mistakes
5. How we speak to our children
6. Asking for help
7. Setting personal boundaries

Sometimes we forget that children are their own beings with feelings, experiences and desires, we can't control them, we can only control our responses to our children and how we view them.

For resources on this subject and many more, check out The Institute of Child Psychology

[@institutefofchildpsych](https://www.instagram.com/institutefofchildpsych)

on instagram

Ay hay ekwa ekosi pitima!

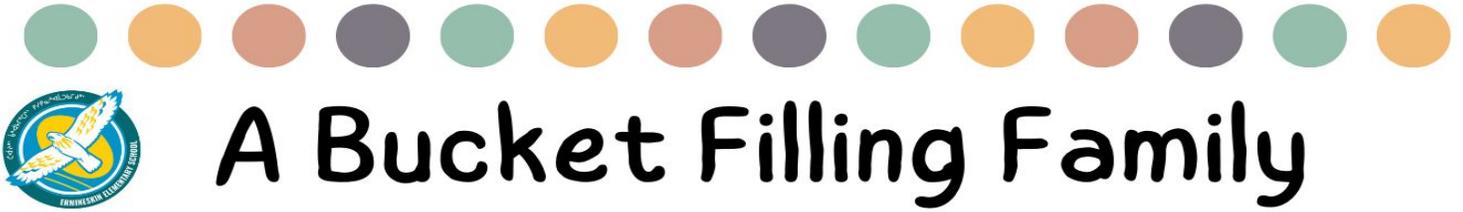
[christiedewald@maskwacised.ca](mailto:christiedewald@maskwacised.ca)

[franserickson@maskwacised.ca](mailto:franserickson@maskwacised.ca)

We can be contacted at these places or on the

[MESC Counselling Page.](#)

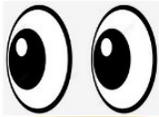
# February is Bucket Filling Month!



## A Bucket Filling Family

Here are some characteristics of a bucket filling family. Are there other things your family does that you can add to the list?

### Looks Like



- smiles and cuddles
- playing together
- listening to each other
- sharing toys and books
- spending time together
- 
- 

### Sounds Like



- laughter
- compliments
- kind words
- "I love you"
- kisâkihitin
- respectful words
- calm voices
- Nehiyawewin language
- 

### Feels Like

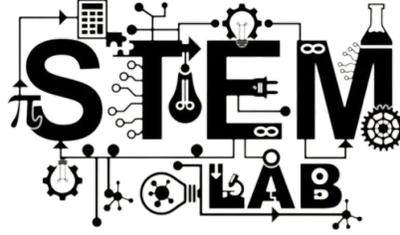
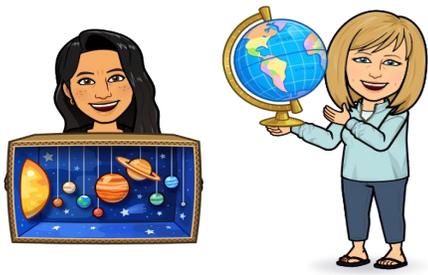


- happy
- safe
- supportive
- helpful
- comfortable
- loving
- trusting
- 
- 
- 

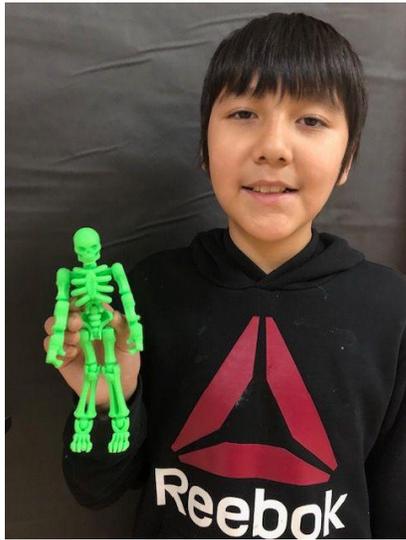
*All day long, we are either filling up or dipping into each others buckets by what we say or do.*

The  
**Leader in Me**<sup>™</sup>  
great happens here





This year we have a leadership team dedicated to awasak who want to learn more about science & technology. This team meets Ms.White and Ms.Dennehy every Monday during lunch time in the STEM lab.





Join our February Assembly at 2:00!



Red or Pink  
Day  
February 14



Show off your Valentine's  
Day colours



SKATING  
BEGINS  
NEXT  
WEEK



EES Skating Schedule

Monday

6W, 2M, 3M, 4D, 4P

Tuesday

6M, 2E, 2F 30

Wednesday

5S, 1F, 1P, 4B, 3Y

Friday

5B, 1M, 6Wh, 5F

IF YOU HAVE SKATES AND A  
HELMET, PLEASE MAKE SURE  
YOU BRING THEM ON YOUR  
CLASSES SCHEDULED SKATING  
DAY!!

IF PARENTS WOULD LIKE TO  
COME HELP TIE SKATES AND  
HELP ON THE ICE, PLEASE  
COME TO THE ARENA  
DURING THOSE SCHEDULED  
TIMES.

EES HAS A LIMITED AMOUNT OF SKATES AND HELMETS FOR STUDENTS TO USE



## Bus Safety

In our effort to keep our students safe, we have installed video cameras on the buses and are in the process of hiring bus supervisors for each bus.

**We are also asking parents to please not park behind the buses as this is very unsafe!**

**Ay hay!**

Reminder



School hours are from 8:25-3:20. Please do not drop off your child unsupervised before 8:25 in the morning.



Don't hesitate to get in touch with the school if you have any questions.



MIKISÎW PÎSIM 5th - 9th, 2024



# Ermineskin Elementary School -Nehiyawewin Celebration Week-



L<sup>n</sup>b·r<sup>h</sup> C>4·9"ΔCL· ΔΛP<sup>n</sup>q·Δ·σ·Δ·° ∇Γd<sup>r</sup>h<sup>h</sup> ∇b· ∇L<sup>h</sup>Ĉ·Δ·"∇·b·b·" bL<sup>h</sup>ρV<sup>h</sup>Δq<sup>h</sup>,  
σ<sup>n</sup>C∇·p<sup>r</sup>Γ<sup>r</sup>Δ·σ<sup>h</sup>, Δr<sup>r</sup>Δ·σ<sup>h</sup>, σb<sup>r</sup>Δ·σ<sup>h</sup>, σ<sup>r</sup>Ĵ·Δ·σ<sup>h</sup> ∇b· b<sup>r</sup>ρ<sup>r</sup>Δ·σ<sup>h</sup>. b<sup>r</sup>ρ<sup>r</sup>Δ·σ<sup>h</sup> ΔLq<sup>h</sup> ∇b·  
b<sup>r</sup>ρ<sup>r</sup>Δ·σ<sup>h</sup> ΔLd<sup>r</sup> ∇b· Δ<sup>r</sup>Δ<sup>r</sup>Δ·σ<sup>h</sup> P<sup>r</sup>Γ<sup>r</sup>ΔU<sup>h</sup> ∇b· ∇b·σ<sup>r</sup>Δ·σ<sup>h</sup> VΓ·Δ·Δ·+ Γb· ∇b· ΔU·σ·b<sup>r</sup> ∇b· Δ<sup>r</sup>Δ<sup>r</sup>Δ·σ<sup>h</sup>  
L<sup>n</sup>b·r<sup>h</sup>

MASKWACISAK TAPOWAKEHITAMWAK OPĪKISKWEWINIWAW EMĪKŪSIYAHK EKWA EMAMĀHTĀWAHK ENŌKWAHK KACAHIPEHIKEHK,  
NISTAWEYIMISŌWINIHK, ACIMŌWINIHK, NIKAMŌWINIHK, NĪMIHTŌWINIHK EKWA KĀKĪSIMŌWINIHK. KAKISKINWAHAMAKEHK EKWA  
KAKISKINWAHAMAKOSIHK NEHIYAWEWIN KINICIMEHITEN EKWA EKANONAMIHK PECI NĀWAY MEKWAC EKWA OTE NĪKAN  
NEHIYAWEWIN MASKWACĪSIHK.

NEHIYAWEWIN IS A SACRED AND LIVING LANGUAGE THAT IS EMBODIED THROUGH SYLLABICS, IDENTITY, STORY, SONG,  
DANCE, AND PRAYER. IT IS THROUGH TEACHING AND LEARNING THAT NEHIYAWAK PROMOTE, PROSPER, AND PRESERVE  
NEHIYAWEWIN TO HONOUR PAST, PRESENT, AND FUTURE MASKWACISAK.

IN RECOGNITION OF NEHIYAWEWIN, MESC SCHOOLS WILL SHOWCASE AND CELEBRATE THE WORK UNDERWAY TO  
PROMOTE, PROSPER AND PRESERVE NEHIYAWEWIN AND CAHKIPEHIKEWIN (SYLLABICS) DURING THE WEEK OF  
CELEBRATION FROM FEBRUARY 7TH-10TH, 2023.

## PINK SHIRT DAY



The last Wednesday of February is known as Anti-Bullying Day in Canada. It's also known as "Pink Shirt Day". Originally it started as a protest against a bullying incident that took place at a Nova Scotia high school. On this day participants are asked to wear pink to symbolize a stand against bullying.

### Why Participate?

Bullying can take place anywhere and any time. It could be on the school playground, classroom, workplace or home. Today, cyber bullying is not just against teens, but anyone can be attacked through this media; on Facebook, email or by texting. Bullying can lead to depression, not wanting to go to work or school, It can also have long term effects that reach into adulthood and can lead to violence or even suicide.



Thank you for supporting Pink Shirt Day!

Wednesday, February 28, 2024

<https://www.pinkshirtday.ca/>

FRIDAY FEB. 9, 2024

## ELDER'S TEA

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ERMINESKIN  
ELEMENTARY SCHOOL

1:00PM - 3:00 PM

YOU ARE INVITED TO JOIN US FOR OUR ELDER'S TEA.  
TEA AND SNACKS WILL BE SERVED.  
OUR AWASAK HAVE PREPARED EXHIBITS FOR YOU TO ENJOY THAT CELEBRATE NEHIYAWEWIN CULTURE.



Ĉ·Δ·σ<sup>h</sup> b<sup>r</sup>Δ<sup>r</sup>Γ<sup>r</sup>C<sup>r</sup> P<sup>r</sup>ρ<sup>r</sup>Δ·σ<sup>h</sup> Δ<sup>r</sup>L<sup>r</sup>Δ<sup>r</sup>Δ·σ<sup>h</sup>  
ERMINESKIN ELEMENTARY SCHOOL



# Physical Education



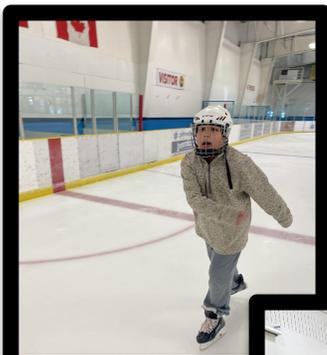
Tanisi! Wow! What a busy month we just had with skating, basketball and some indoor soccer! We are looking forward to another fun-filled one!

I would like to give a big shout-out to all the family members who have come to help tie skates and join us on the ice during our first week of skating. The extra hands are greatly appreciated. We will be back skating February 5th-9th and March 4th-8th. You are more than welcome to come join us on the ice!

We hosted a very successful 4 Band Basketball tournament for our grade 5 and 6 athletes in MESC on January 25th. We had a fantastic turnout of athletes, parents and spectators! Congratulations to our EES Hawks for earning the 3rd place trophy! Go Hawks! A special shout out to our refs Aceton, Aven, Ashton, and Rylan from MCJH who did an outstanding job and our grade 6 leaders who helped with scorekeeping. It was synergy at its finest! Ay hay!

Intramural Dodgeball has continued for grades 4 to 6 and our Activity of the Day intramurals have continued for grades 1 to 3. It has been nice seeing the energy and enthusiasm being displayed! Have a great month!

Mr. Zindi



# Nehiyawatisiwin - Mikisiw Pisim

**Tansi Atawiya Kahkiyaw Kiyawaw!**

**We've been busy this past great moon hearing many Atayokewina (legends).**

**We had Elders & visitors who were in the school for Acimowin week!  
Hai hai mistahi for sharing your beautiful stories!**

**Nehiyawe, Nehiyawe Tahto Kisikaw Awasisak!**



Below are our featured Cree words this month.

February (Eagle Moon) - Mikisiw Pisim ᓂᓱᓱᓄᓄ ᓂᓱᓱᓄᓄ

Wêsakêcak - our big brother ᓂᓱᓱᓄᓄ ᓂᓱᓱᓄᓄ

Mêtoni kiyâs - a long time ago ᓂᓱᓱᓄᓄ ᓂᓱᓱᓄᓄ

Atayokêwina - legends ᓂᓱᓱᓄᓄ ᓂᓱᓱᓄᓄ

Acimowin - telling a story ᓂᓱᓱᓄᓄ ᓂᓱᓱᓄᓄ

Kona - snow ᓂᓱᓱᓄᓄ

Mispon - It is snowing ᓂᓱᓱᓄᓄ

Pipon - winter ᓂᓱᓱᓄᓄ

Iskotew - fire ᓂᓱᓱᓄᓄ

Sakihtowin - love ᓂᓱᓱᓄᓄ



# February 2024



| Sunday                                                                            | Monday                             | Tuesday                                       | Wednesday                                                                                                                                   | Thursday                          | Friday                                                                                                             | Saturday |
|-----------------------------------------------------------------------------------|------------------------------------|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|--------------------------------------------------------------------------------------------------------------------|----------|
|                                                                                   |                                    |                                               |                                                                                                                                             |                                   | <b>PD Day<br/>NO SCHOOL</b><br> |          |
|  | 4 Skating! (6W,2M, 3M, 4D,4P)      | 5 Skating! (6M,2E,2F, 3O)                     | 6 Skating! (5S,1F,1P, 4B,3Y)                                                                                                                | 7 Rock your Mocs!                 | 8 Skating! (5B,1M, 6Wh, 5F)<br>Ribbon Skirt/Shirt Day!<br><b>Elder's Tea 1-3</b>                                   | 9 10     |
| <b>Nehiyawewin Celebration Week!</b>                                              |                                    |                                               |                                                                                                                                             |                                   |                                                                                                                    |          |
| 11                                                                                | 12                                 | 13                                            | Assembly @ 2!<br>Valentine's Day!<br>Wear red or pink!<br> | 15 Grade 5 Ice Fishing Field trip | 16 <b>NO SCHOOL<br/>In lieu of PTI</b>                                                                             | 17       |
| 18                                                                                | 19 <b>Family Day<br/>No School</b> | 20                                            | 21 Interactions Field trip                                                                                                                  | 22                                | 23                                                                                                                 | 24       |
| 25                                                                                | 26                                 | 27 Grade 6 Reynolds Alberta Museum Field trip | 28                                                        | 29                                |                                                                                                                    |          |



## February Lunch Menu



| EES Feb Menu - Menu is subject to change. Due to product availability. |                                                                                           |                                                                                |                                                                                            |                                                                                             |        |                                                       |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------|-------------------------------------------------------|
| MESC Menu - February 2024                                              |                                                                                           |                                                                                |                                                                                            |                                                                                             |        |                                                       |
| Jan 29th - Feb 2nd                                                     | Monday                                                                                    | Tuesday                                                                        | Wednesday                                                                                  | Thursday                                                                                    | Friday |                                                       |
| <b>Breakfast</b>                                                       | Cold Cereal, Fruit                                                                        | Cold Cereal, Yogurt, Fruit                                                     | Assorted Muffins, Yogurt, Fruit                                                            | Yogurt Cups, Fruit                                                                          |        |                                                       |
| <b>Lunch</b>                                                           | Pasta Alfredo with Ham and Cheese, Salad, Fruit                                           | Sesame Pork, Stirfried Vegetables over Rice, Salad, Fruit                      | Sloppy Joes on Bannock, Salad, Fruit                                                       | Pizza Day! Caesar Salad, Fruit Salad                                                        |        | Prep Day/ Kitchen visits                              |
| Feb 5th - 9th                                                          | Monday                                                                                    | Tuesday                                                                        | Wednesday                                                                                  | Thursday                                                                                    | Friday |                                                       |
| <b>Breakfast</b>                                                       | Yogurt,, Cereal Fruit                                                                     | Assorted Muffins, Yogurt, Fruit                                                | Cold Cereal, Fruit                                                                         | Yogurt Cups, Fruit                                                                          |        | Bannock & Jam, Fruit                                  |
| <b>Lunch</b>                                                           | Stew & Bannock, Tossed Salad, Three Sisters salad, Fruit                                  | Bannock Taco, Salads, Fruit                                                    | Three Sisters, Soup Corn, Squash & Beans, Bannock, Tossed Salad, Potato Salad, Fruit Salad | Neck Bones in Broth with Potatoes, Carrots, Celery and Onions, Bannock Tossed & Mixed salad |        | Pizza Day! Caesar Salad, Coleslaw, Fruit Salad, Fruit |
| Feb 12th-16th                                                          | Monday                                                                                    | Tuesday                                                                        | Wednesday                                                                                  | Thursday                                                                                    | Friday |                                                       |
| <b>Breakfast</b>                                                       | Cold Cereal, Fruit                                                                        | Bannock & Jam, Fruit                                                           | Yogurt Cups, Fruit                                                                         | Assorted Muffins, Yogurt, Fruit                                                             |        |                                                       |
| <b>Lunch</b>                                                           | Pasta Carbonara (cream, Bacon, Parmesan and Peas) Tossed Salad, Tomato Salad, Fruit Salad | Deli Wrap, Cut Fruit, Vegetable Salad, Caesar Salad                            | Chili, Bannock, Tossed Salad, Pasta Salad, Fruit                                           | Pizza Day! Caesar Salad, Fruit Salad                                                        |        | Prep Day                                              |
| Feb 19th- 23rd                                                         | Monday                                                                                    | Tuesday                                                                        | Wednesday                                                                                  | Thursday                                                                                    | Friday |                                                       |
| <b>Breakfast</b>                                                       |                                                                                           | Cold Cereal, Fruit                                                             | Assorted Muffins, Yogurt, Fruit                                                            | Yogurt Cups, Fruit                                                                          |        | Bannock & Jam, Fruit                                  |
| <b>Lunch</b>                                                           | <b>FAMILY DAY</b>                                                                         | Mac'n Cheeseburger Pasta, CAesar Salad, Coleslaw, Mixed Vegetable Salad, Fruit | Corn Chowder & Cheese Bread, Tossed Salad, Pasta Salad, Fruit                              | Rice Bowl w/Shredded Lettuce, Marinated Vegetables & Teriyaki Pork                          |        | Pizza Day! Caesar Salad, Fruit Salad                  |
| Jan 26th- Mar 1st                                                      | Monday                                                                                    | Tuesday                                                                        | Wednesday                                                                                  | Thursday                                                                                    | Friday |                                                       |
| <b>Breakfast</b>                                                       | Cold Cereal, Fruit                                                                        | Yogurt Cups, Fruit                                                             | Assorted Muffins, Yogurt, Fruit                                                            | Bannock & Jam, Fruit                                                                        |        | Assorted Muffins, Yogurt, Fruit                       |
| <b>Lunch</b>                                                           | Mexican Lasagna, Caesar Salad, Corn Salad, Fruit                                          | Chicken & Corn Quessadillas, Tossed Salad, Coleslaw, Fruit                     | Hamburger Soup, Bannock, Spinach Salad, Coleslaw, Cut Fruit                                | Roast Beef, Mashed Potatoes, Veg. Gravy, Salad, Fruit                                       |        | Pizza Day! Caesar Salad, Fruit Salad                  |