



Miyo Acimowin

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Good News

May 2024

Egg Laying moon
Pinawew pisim ᑕᑦᑕᑦᑕᑦ ᑕᑦᑕᑦᑕᑦ



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Principal's Message

Tanisi Ohpikinahawasowak (Parents/Caretakers),

It has been wonderful to see our awasak coming to school more regularly. Thank you so much for sending your children to school every day and on time. We have been sending home letters for both excellent attendance and for those below 50% that we are worried about. We have a few parents that are having trouble getting their kids to school. Sometimes they are staying up too late gaming, or just don't like the routine of school. If you need support with this, please reach out. The key is taking the technology away at bedtime so they get a good sleep.

It is also so important that parents are monitoring the social media use of their children. We have been having a bit of drama over **social media bullying**. We have been having circles and discussing social media in the classroom. Please support us by discussing this with your children.

We are so excited to be taking the awasak on **field trips** the next couple of months! Keep a look out for permission forms coming home. In April our grade 6 students had the opportunity to participate in a **sweat** which was a great cultural experience.

We also have some **transitions** happening this month. Kindergarten and grade one will have a transition exchange on May 21 and Grade 6 will visit the Maskwacis Cree Junior High School on June 11. It will be a great opportunity for students to get comfortable in their new space for next year!

With the weather warming up, we are excited to be getting outside more! Our Cree classes are outdoors for **Nehiyawatsowin** (land-based learning) on Fridays and the awasak will be learning about miyoskamin (spring) and Pinawew pisim (Egg Laying moon).

Happy Mother's Day to all of our moms and kokums out there! You are doing an awesome job! Enjoy our beautiful Miyoskamin weather and take care. Go Oilers!

Ekosi pitama,
Doris Auger
Principal





Tanisi kahkiyaw,

Happy miyoskamin! We have so much going on in the library lately, it's difficult to keep track of!

We have been busy doing many "spring things"! Awasak have planting seeds to grow veggies and flowers for our new outdoor garden boxes. We have planned a "3 Sisters" garden and will be growing our own squash, beans, and corn.

Our annual butterfly hatch will be starting soon. Students will be researching and observing the life cycles of butterflies, starting with the teeniest baby caterpillars. We hope to be able to release our butterflies on a nice warm day at the beginning of June!

Our quail eggs begin incubating on May 13 and should hatch around May 29. We are very excited to meet our new babies. Quail are much smaller than chicks or duckling and actually make great housepets! Maybe Mrs. Auger will let us keep one! Students will be researching and taking part in the care of our baby quail, and we will hold a baby naming contest once the eggs arrive.

Our book fair was very successful, despite having to move the dates around! Thank you to all of you who supported it, or took time out of your busy schedules to come up and shop! I always love seeing parents and grandparents in the library!

Many of the students have been asking about a Summer Literacy Camp. I have confirmed with United For Literacy that this will be happening again this summer, but the dates are still pending. Watch for registration forms to come home with your children, and be sure to return them promptly. These camps do fill quite quickly!

Have a great month!
Miss Lawrence



Tanisi families,

What is Mental Health?

Your mental health is all about your emotional, psychological and social well being. And It has a huge effect on how we feel, think, and act. There are all sorts of things that can affect our mental health, genetics, family history, personal experiences and many other things can have an impact, big or small.

How Can We Stay Mentally Healthy?

Nehiyaw culture has so many great practices for mental health like smudging and ceremony. Other important things are to eat right, exercise, get a good night's sleep and find ways to manage stress in healthy ways. Some people use meditating, deep breathing, listening to music or sitting in silence. We can also find hobbies or try things like reading, gaming, drawing, going for a walk or playing sports. Being connected to other people is also very important.

If things get really hard, you can always reach out for Counselling. Did you know that NIHB covers 22 sessions for anyone that has a family history of attending residential Schools? To find a covered therapist, Google **NIHB therapist list Alberta**.

Some other resources:

Mobile Mental Health	(780)362-2150
Kids Help Phone	1(800)668-6868
	Text 686868
First Nations and Inuit Hope For Wellness	1(855)242-3310
Crisis Line	1(800)934-6634
Suicide Prevention	1(833)456-4566
	Text 45645

Miyowata Ka-Miyoskamik

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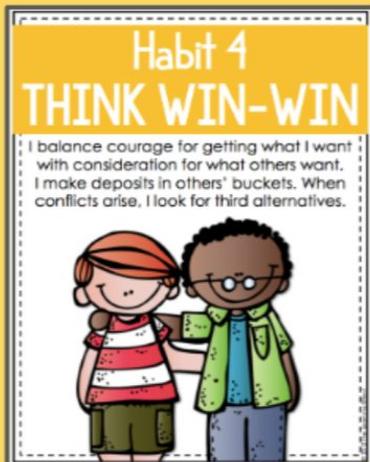


The
Leader in Me™
great happens here



The 7 Habits at Home

Tansi parents! we hope this newsletter finds you and your family well. We also hope that we can provide some support for you at home in ways to practice the 7 Habits. This month, we will review Habit #4: Think Win-Win: Māmawi Mīyopayowin



māmawi mīyopayowin

HABIT #4: THINK WIN-WIN

Thinking win-win is an effective way of thinking, especially in a family. When conflicts arise, we think win-win by looking for an alternative solution. We try to think about the other person's feelings as well.

1. Try to see the problem from another's point of view.
2. Discuss ways to come up with a solution that makes everyone happy.

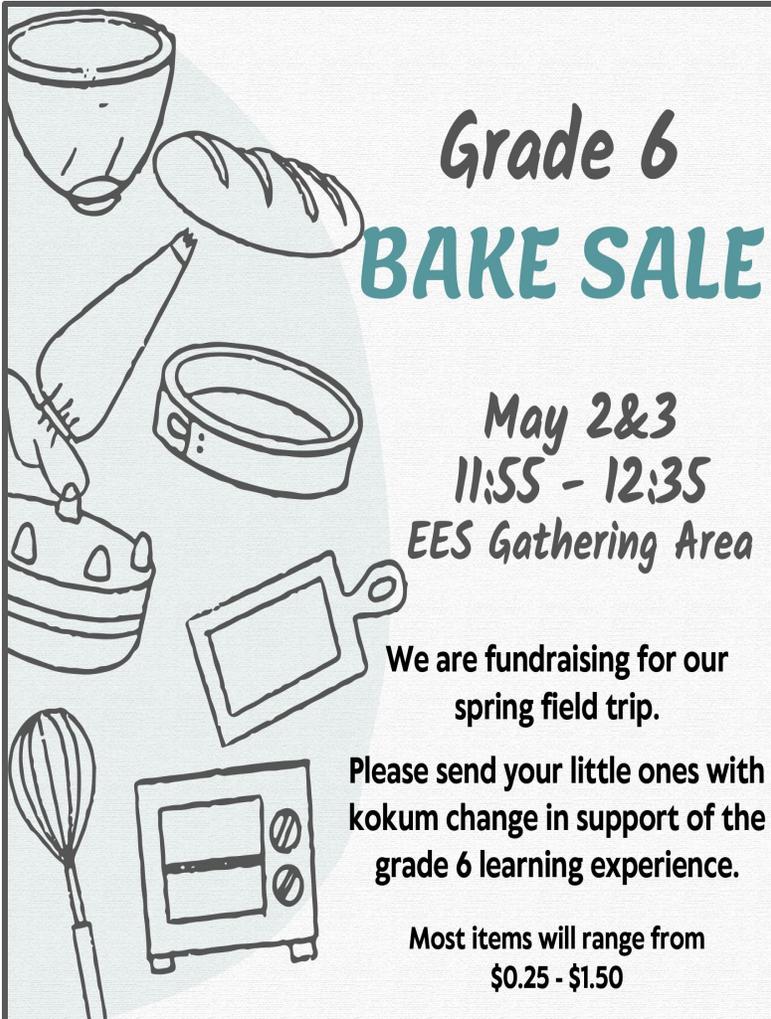


"LET'S NOT DO IT YOUR WAY OR MY WAY,
LET'S DO IT THE BEST WAY!"
- GREG ANDERSON

Think Win-Win language:

Cooperate
Mutual
Conflict
Solution





Grade 6 BAKE SALE

May 2&3
11:55 - 12:35
EES Gathering Area

We are fundraising for our spring field trip.
Please send your little ones with kokum change in support of the grade 6 learning experience.
Most items will range from \$0.25 - \$1.50

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.



Physical Education



Tanisi Kahkiyaw! What a thrilling month of soccer, archery and dance! It was great to have Spirit North back who came and led archery and Kadee Crane-Omeasoo who came and taught us hoop dancing! As we look forward to Pinawew Pisim, we look ahead to getting back outside for some classes.

Congratulations go out to our Hawks soccer team who synergized together and came out on top as champions in the 4Bands Tournament at Kisipatinahk School. Way to go Hawks!

We also enter the final stretch of our intramural soccer league. Right now we have the "Deadly Cousins," sitting comfy in first place with the "Big Uncles," not too far behind them in the 11-team league. I look forward to seeing who finishes on top when it is over. -Mr. Zindi



Hawaiian Shirt Day

PLEASE PARTICIPATE BY WEARING
YOUR HAWAIIAN OR FLOWER SHIRT

May 24TH, 2024

Grade 6



GRAD PHOTOS

Thursday, May
9th, 2024



Ermineskin
Elementary School

RIBBON SKIRT/SHIRT DAY

Friday,
May 31st



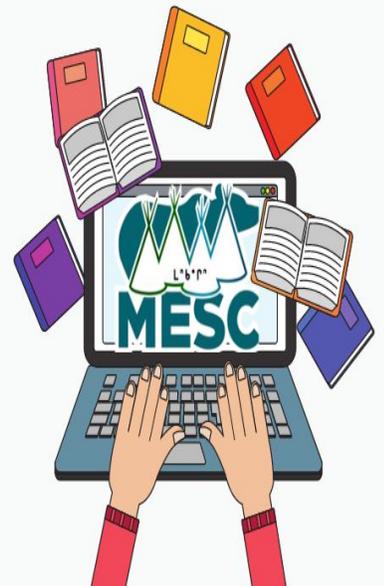
ERMINESKIN ELEMENTARY SCHOOL

2024-2025 DEMOGRAPHIC UPDATE FORM

PARENTS/GUARDIANS OF RETURNING
STUDENTS: PLEASE ENSURE YOUR
CHILD'S INFORMATION IS CORRECT
FOR THE 2024-25 SCHOOL YEAR.

DEMOGRAPHIC UPDATE FORM
NEEDS TO BE UPDATED PRIOR TO
SCHOOL STARTING IN SEPTEMBER

CALL JACKIE, AND SHE CAN HELP
YOU OVER THE PHONE.
780-585-3760



[HTTP://POWERSCHOOL.MA
SKWCISED.CA/PUBLIC](http://powerschool.ma.skwcised.ca/public)



Tân'si Atawiya Kahkiyaw Kiyawâw!

Miywasin Miyoskamin Miyoskamin! This past month the students have been working on traditional games and animal skinning. Ay hay mistahi to Ira and Epo Auger for sharing their expertise and knowledge! We've also been learning our Wahkohtowin terms.

Below are our featured Cree words for this month

miyoskamin - spring

âti sâkipakaw - the leaves are starting to bud

pinawew - makes the nest

wâwi - one egg

wâwa - two or more eggs

Wâpikwaniy - flower (s)

Wâpikwaniya - flowers (pl)

Acimosihkansak ᑕᑦᑎᑦᑎᑦᑎᑦ pussy willows

Pahkopewaskisina ᑕᑦᑎᑦᑎᑦᑎᑦ rubber boots

kimowan ᑎᑦᑎᑦᑎᑦ it's raining ᑎᑦᑎᑦᑎᑦ

Okawimaw kisikaw - Mother's Day



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pahkonikewin



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Staff Appreciation Week!			1 May Newsletter comes home!	2 5A Mistatim Gr 6. Bake Sale	3 Nehiyawatsowin Tipi Raising/ Miyoskamin walks Gr. 6 Bake Sale	4
5  RED DRESS DAY	6 Quail eggs start incubating	7 5A Mistatim	8	9 5A Mistatim Grade 6 Grad Photos!	10 PD Day No School	11
12 Mother's Day Okâwîmâw Kîsikâw 	13	14	15 Interactions Swim	16 Nehiyawatsowin Conference NO SCHOOL	17 Nehiyawatsowin Conference NO SCHOOL	18
19	20 Victoria Day No School	21 Grade 1/Kinder Exchange	22	23 Gr 5 Field Trip By the Lake Park	24 Floral/Hawaiian Shirt Day Nehiyawatsowin - Traditional Foods	25
26	27 Gr 2 Field Trip Zoo	28	29 Gr 3 Field Trip Fort Ed Baby Quail hatch day!	30 4Bands Softball Tournament @HBMC Gr1 Field Trip Reynolds Museum	31 Nehiyawatsowin - Traditional Foods Ribbon Skirt/Shirt Day Ermineskin Pow-wow	



MESC May Menu

Menu is subject to change. Due to product availability.					
ᐱᓐᓂᓐ ᐱᓂᓂᓐ Pinawew Pisim Egg Laying Month (May)					
April 29th- May 3rd	Peyak Kîsikâw	Nîso Kîsikâw	Nîsto Kîsikâw	Newo Kîsikâw	Niyânan Kîsikâw
Kîkîsepâ mîcowin	Cold Cereal, Fruit	Muffins & Fruit	Yogurt Parfait, Fruit	Pancakes & Jam, Fruit	Fruit Scones
Nimâwin ᓂᓕᓂᓐ	Baked Ham with Rice Pilaf and Hot Mixed Vegetables, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Chicken, Bacon, Lettuce Ranch Wraps with Cheese, Pasta Salad, Cucumber Salad, Fruit Salad, Fruit	Potato Bacon Soup, Cheese Bread, Tossed Salad, Pasta Salad Fruit Salad, Fruit	Baked Chicken Rice and Bean Enchiladas, Mixed Greens, Mexican Corn Salad, Cut Fruit, Whole Fruit	Pizza Day! Ceaser Salad, Colesalw, Fruit Salad, Fruit
May 6th - 10th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Muffins & Fruit	Fruit Scones & Fruit	Bannock & Jam Fresh Fruit	
Lunch	Baked Taco Egg Noodle Casserole, Tossed Salad, Fruit Salad, Fruit	Delî Sandwiches, Pasta Salad, Fruit Salad, Fruit	Beef Barley Soup, Bannock, Tossed Salad, Potato Salad, Fruit Salad, Fruit	Pizza Day! Ceaser Salad, Colesalw, Fruit Salad, Fruit	Prep Day - Deep clean
May 13th - 17th	Peyak Kîsikâw	Nîso Kîsikâw	Nîsto Kîsikâw	Newo Kîsikâw	Niyânan Kîsikâw
Kîkîsepâ mîcowin ᐱᓂᓂᓐ ᓂᓂᓂᓐ	Cold Cereal, Fruit	Muffins, Cheese Stiring & Fruit	Yogurt parfait with berries, Fruit		
Nimâwin ᓂᓕᓂᓐ	Pasta Bolognese, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Soup and Bannock, Tossed Salad, Quinoa Salad, Fruit	Pizza Day! Ceaser Salad, Colesalw, Fruit Salad, Fruit	Conference	Conference
May 20th - 24th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cold Cereal, Fruit	Cold Cereal, Fruit	Yogurt parfait with berries, Fruit	Fruit Scones & Fruit
Lunch	Prep Day - Deep clean & Receive orders	Beef Stroganoff, Ceaser Salad, Cucumber Salad, Fruit	Tomato Soup, Cheese Bannock, Tossed Salad, Pasta & Greek Salad, Cut Fruit, Fruit	Bison Shepherds Pie, Three Sisters Salad, Cucumber Salad, Fruit	Pizza Day! Ceaser Salad, Colesalw, Fruit Salad, Fruit
May 27th - 31st	Peyak Kîsikâw	Nîso Kîsikâw	Nîsto Kîsikâw	Newo Kîsikâw	Niyânan Kîsikâw
Kîkîsepâ mîcowin ᐱᓂᓂᓐ ᓂᓂᓂᓐ	Cold Cereal, Fruit	Bacon, Eggs, Hashbrowns, Fruit	Cereal, Porridge, Fruit	Yogurt parfait with berries, Fruit	Savoury Scone and Fruit
Nimâwin ᓂᓕᓂᓐ	Pasta Alfredo with Ham, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Chicken Ceaser Wraps, Pasta Salad, Cucumber Salad, Fruit Salad, Fruit	Hamburger Tomato Soup, Bannock, Tossed Salad, Pasta Salad Fruit Salad, Fruit	Pork Stir Fry With Rice Noodles, Tossed Salad, Veggie Sticks, Cut Fruit, Whole Fruit	Pizza Day! Ceaser Salad, Colesalw, Fruit Salad, Fruit