



# Miyo Acimowin

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Good News



## October 2024

Kaskatino Pisim Freezing Moon  
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Principal: Doris Auger  
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Box 420, Maskwacis, AB T0C 1N0  
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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 Dale Littlechild as our chair and Percy Morin as our Vice Chair. Thanks so much to all the parents that came out! Our next PAC meeting will be at Parent Interviews on November 28th! 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 will be going on their **cultural field trip** to pick medicinal plants on October 4. On October 8 our grade 6 students will be going to Montana for their Buffalo Harvest! Grade 5 will be ice fishing in February for their cultural field trip. Division one students attend Camp Maskepetoon in June. In October we will be learning about migration and hibernation so be sure to ask your awasak what they have learned.

On our PD day in September, we also had a **Pipe Ceremony**. Our Elders, Brian Lee and Ida Bull prayed for us to have a good, safe year for our awasak. We also had Kurt Buffalo and 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!

Library classes are now in full swing and it has been so much fun seeing all of our awasak again! We spent September reviewing library expectations and book care. We also made Book Fair wishlists!

Our Book Fair finished up on September 19 and was very successful! The Book Fair is a fundraiser for our school, and Scholastic gives us a percentage of all proceeds raised to enhance our library and literacy programs. So thank you to everyone who supported it, we will be able to purchase lots of new books and STEM activities for our students!

October is one of the most anticipated months in the library! We all look forward to the spooky stories and fun Halloween activities. Once again, we will try our hand at growing pumpkins once we read the story "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 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 for shopping online at Scholastic Canada.

I will be hiring my **Junior Librarians** in October! This program will be offered for students in grade 3 and 4. Students will apply for a position, and will be scheduled to work once a week during recess. They also receive weekly "paycheques" for each week they work! Applications are due on October 4th!

Have a wonderful October! Happy Thanksgiving and have a very spooky and fun Halloween!

Love, Miss Lawrence



Tanisi families,

This month has been fantastic and the school has been buzzing full of students each day.

Remember that as the season changes, we may see a change in moods and behaviours. Make sure to ask for help and support when you need it. Something you can do on your own when you are feeling discouraged is to take a mindful moment. Some things you can say to yourself include:

- This is tough. But so am I.
- I may not be in control of the situation. But I am in charge of how I respond.
- I haven't figured this out... YET.
- This challenge is here to teach me something.
- All I need to do is take one step at a time. Breathe, and do the next right thing.

If you ever need support and don't know who to talk to, please reach out to us at the school.

Christie Dewald, Frans Erickson (away until November), ekwa Teri Boyce  
[christiedewald@maskwacised.ca](mailto:christiedewald@maskwacised.ca)  
[franserickson@maskwacised.ca](mailto:franserickson@maskwacised.ca)  
[teriboyce@maskwacised.ca](mailto:teriboyce@maskwacised.ca)

Or one of these resources:

- Urgent, Mobile Mental Health - 780-362-2150
- Kids Help Phone - 1-800-668-6868  
Text -686868
- Online chat - [kidshelpphone.ca/messenger](https://kidshelpphone.ca/messenger)

Ekosi pitima!

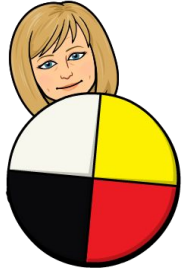
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# OCTOBER

## 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*

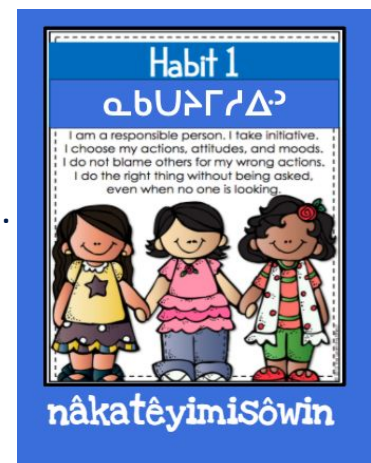
## I'M IN CHARGE OF ME:

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.





# Nehiyawatisiwin ᑎᑦᑎᑎᑎᑎ ᐱᑦᑕ Kaskatino Pisin



Tânisi Kahkiyaw Kiyawâw!

**For the month of Onocîhito pisin** (September - Mating Moon), we have been busy picking/gathering sage and sage cleaning.

- We acknowledge the Ermineskin Elders for inviting our students to the cultural camp, September 10-13 where they had a truly enriching experience.
- Awasisak have been learning about the importance of Tipahamâtowin (Treaty) and Orange Shirt Day. (we express deep gratitude to Betty Simon for generously sharing her experience with our awasisak )



**For Kaskatino pisin** (October - Freezing Moon), we will be learning about hibernation/migration, and takwakin.

- Our Gr.4 Cultural Field trip will be held on October 4 with the awasisak picking mostos wikaskwa. A big Thank you to Ms. Selby for providing an awesome location.
- Our Gr.6 Cultural Field trip will be on October 8 to the Buffalo Harvest at Meskanahk Ka Nipa Wit School. Ay hay to them for including us!

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

## Cree words for kaskatino pîsim

- ninanâskomon - ᑎᑎᑎᑎᑎᑎᑎ - I am thankful
- kâkikê miyotwâ - ᑎᑎᑎᑎᑎᑎᑎᑎ - Always be kind
- takwâkin - ᑎᑎᑎᑎᑎᑎ - Fall
- pahkisimotahk - ᑎᑎᑎᑎᑎᑎᑎᑎ - West
- piyesisak kakiywepihacik - birds fly south
- Cîpay Kîsikâw (Halloween)!





# Parent Lighthouse Team



# Medical Information



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 as well as goals our team has for the school.

We selected Dale Littlechild to be our Chair and Percy Morin as our Vice Chair. They will represent our school at the MESC Circle of Parents. Ay hay to all of our attendees.

**Our next meeting will be on Parent/Teacher night on November 28th at 6:00 pm.**



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 administered at school (prescription or nonprescription) there are forms which need to be signed and procedures to be followed.

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



# Physical Education



## Tanisi!

What a fantastic first month of Physical Education it has been! It's been so exciting to see the awasak running, throwing, catching, and working together as a team during our classes. The energy and enthusiasm they bring to every activity truly make our PE time special!

This week, we're thrilled to kick off our floor hockey intramurals for students in grades 4, 5, and 6. The awasak have been buzzing with anticipation, and I know they can't wait to hit the floor and show off their skills! It's a wonderful opportunity for them to learn about teamwork, sportsmanship, and the joy of playing together.

Looking ahead, we are also gearing up for our Hawks Volleyball and Floor Hockey Teams! Practices will start soon as we prepare for the upcoming tournaments on October 18th and November 22nd. These teams offer a great chance for our students to develop their abilities and make lasting friendships. Please encourage your children to stay informed by listening to the announcements and checking the bulletin board outside the gymnasium to find out when it's their turn to practice and play.

Thank you for your continued support, and let's keep up the great work as we move into another exciting month of physical activity!

Ekosi pitama,  
Mrs. MacDonald



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## Parents and Guardians

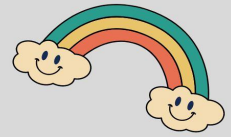
### You can take advantage of our Text Messaging Service

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.

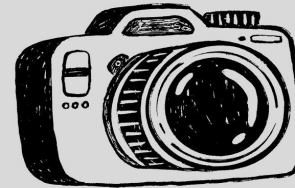
You can participate in this free service\* just by sending a text message of "Y" or "Yes" to our school's short code number, **978338**

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.

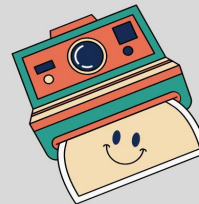


# Ermineskin Elementary School Picture Day



## Wednesday, October 16th!

### Don't be late!



Please remember  
**Drop of time is 8:25 am and  
Pick up time is 3:20 pm.**  
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 snacks, please do not send snacks that are high in sugar. Ay hay!



# HAPPY HALLOWEEN

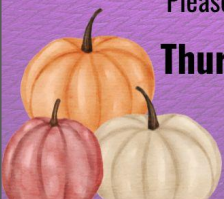
Don't forget to dress up for Halloween!

Students are invited to dress up in their Halloween Costumes on Thursday the 31st!

Students can dress scary, but no costume weapons, please!

You are more than welcome to send class treats.  
Please only send nut-free party snacks!

**Thursday, October 31, 2024**



## Snack List

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

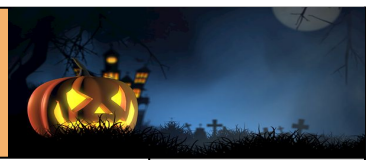






# October 2024

## Kaskatino Pisim



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sept 30 No School National Day for Truth and Reconciliation	1 October Reading Challenge begins! Walking Club begins	2 Custodial Appreciation Day Assembly @ 2:10	3	4 Leadership Team Applications due! Grade 4 Cultural Field Trip	5
6	7	8 Grade 6 Cultural Field Trip	9  Jersey Day!	10	11 <b>PD Day NO SCHOOL</b>	12
13	14  Happy Thanksgiving <b>NO SCHOOL</b>	15	16  EES Picture Day!	17	18 4 Band Volleyball Tournament	19 MESC Ohpikinahawasiwin Conference 12:00 pm to 4:00pm
20	21	22	23	24	25	26
27	28 Safety on Board Presentations 	29	30 	31 Halloween Spooky Fun House! October Reading Challenge deadline!	November 1 PD Day NO SCHOOL	

bᵐᵇᵒᵒ ᐱᵗᵗ Kaskatinow Pīsim Freezing Moon (October) MENU						
Sept. 30th- Oct 4th	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>	<b>No School Holiday</b>	Yogurt, Cereal, Fruit	Pancakes& Jam, fruit	Oatmeal, Fresh Fruit	Fruit Scones, Fresh Fruit	
<b>Lunch</b>		Chicken Caesar Wraps , Tossed Salad, Fruit Salad, Coleslaw, Fruit	Beef Barley Soup with Cheese Bannock, Caesar, Spinach, Pasta & Fruit Salad, Fruit	Honey Garlic Pork & Veggie Noodle Bowl, Tossed Salad, Marinated Vegetable Salad, Fruit Salad, Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads	
<b>Snacks</b>		Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
7th-11th	<b>Peyak Kisikāw</b>	<b>Nīso Kisikāw</b>	<b>Nisto Kisikāw</b>	<b>Newo Kisikāw</b>	<b>Nīyānan Kisikāw</b>	
Kikisepā micowin ᐱᵗᵗᐱᵗᵗᐱᵗᵗ	Cold Cereal, Fruit	Yogurt Parfait, Fruit	Scones, Fresh Fruit	Bannock and Jam Fresh Fruit	<b>PD - Prep day</b>	
Nimāwin ᐱᵗᵗᐱᵗᵗ	Pasta Bolognese, Caesar Salad, Fruit Salad, Asian Broccoli Salad, Fruit	Deli Sandwiches, Tossed Salad, Cut Fruit, Pasta Salad, Coleslaw, Fruit	Hamburger Soup, Bannock, Spinach Salad, Coleslaw, Cut Fruit	Turkey Dinner, w/ Potatoes, Stuffing, Hot Veg & Gravy, Tossed Salad, Beet Salad, Fruit Salad		
Micisowinis ᐱᵗᵗᐱᵗᵗᐱᵗᵗ	Fruit	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods		
14th-18th	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Breakfast</b>	<b>No School Thanksgiving</b>	Yogurt Parfait, Fruit	Pancakes & Jam, fruit	Cereal, Yogurt & Fruit	Scrambled Eggs,Breakfast Fried Rice	
<b>Lunch</b>		Mexican Lasagna, Caesar Salad, Fruit Salad, Corn Salad, Fruit	Corn Chowder, Cheese Bread, Spinach Salad, Coleslaw, Cut Fruit	Meatloaf with Barley & Vegetables, Potatoes & Gravy, Tossed, Greek, Broccoli & Fruit Salad, Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads	
<b>Snacks</b>		Fruit	Fruit	Fruit	Fruit	
21st- 25th	<b>Peyak Kisikāw</b>	<b>Nīso Kisikāw</b>	<b>Nisto Kisikāw</b>	<b>Newo Kisikāw</b>	<b>Nīyānan Kisikāw</b>	
Kikisepā micowin ᐱᵗᵗᐱᵗᵗᐱᵗᵗ	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Muffins and Fresh Fruit	Bannock and Jam Fresh Fruit	
Nimāwin ᐱᵗᵗᐱᵗᵗ	Baked Macaroni with Italian Sausage and Veggies in Marinara Sauce, Caesar, Greek Salad, Sliced Melon with Mint, Whole Fruits	Bannock Tacos, Tossed Salad, Fruit salad, Fruit	Minestrone Soup, Cheese Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Baked Ham, Potato Wedges, Caesar Salad, Fruit, Mixed Salads	Pizza, Caesar Salad, Fruit, Mixed Salads	
Micisowinis ᐱᵗᵗᐱᵗᵗᐱᵗᵗ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
28th - Nov 1st	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Breakfast</b>	Yogurt, Cereal, Fruit	Yogurt Parfait, Fruit	Pancakes & Sausage	Scones & Fruit	Muffins & Fresh Fruit	
<b>Lunch</b>	Pasta Chicken Florentine, Caesar Salad, Tomato Salad, Fruit Salad	Pizza Perogies, Topped with Marinara, Pepperoni, Fresh Tomatoes , Tossed Salad, Fruit Salad, Spinich Salad	Chicken Soup, & Bannock, Pasta Salad, Greek Salad, Fruit Fruit Salad,	Sheppards Ple, Tossed Salad, Beet Salad, Fruit Salad, Rice Salad	Pizza, Caesar Salad, Fruit, Mixed Salads	
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	