



Miyo Acimowin

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Good News



November 2024

Ikopiwi pisim Fog Moon

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Principal's Message

Tânîsi Ohnîkikomâwak!

Well we had an exciting **Halloween** at Ermineskin Elementary! Ay hay to all the staff and students for their fantastic participation and awesome costumes! We also had an amazing Spooky Fun House thanks to our fantastic Halloween committee! Check out our pictures below! Ay hay!

Report cards will be coming home on November 27. **Takwâkin Ohnikikomawak Engagement** will be the next day on November 28 from 4-7 and our 2nd **Parent Lighthouse Meeting** will be at 6 on the stage. We have childcare and gifts! We would love you to join us in guiding our school.

Division one students spend the first 100 minutes of the day on literacy so it is vital that awâsak come on time. **Every minute counts.** Students will be allowed in the school at 8:25 so please have them here by then. Every minute counts at the end of the day as well. We would really appreciate parents not picking up their awasak early from school as they miss important learning as well as disrupt the rest of the class. We will not call students down after 3:00 and would like parents to wait in front of the school until they come out at 3:20. Thanks so much for your support with this.

We will be having our **Remembrance Day assembly** on November 7 at 10:30 and parents are welcome to join us. Students are welcome to dress in regalia and join the Grand Entry. We then have a 5 day long weekend from November 8-12.

The success we have in school relies on how you support your child. We have amazing parents who love their children. I want to send a BIG 'SHOUT OUT' to all our wonderful parents who are doing all they can to support their children.

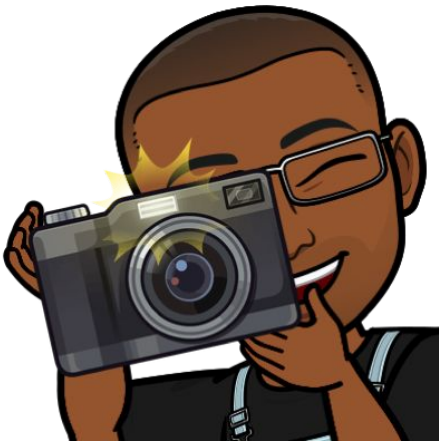
Kinanâskomitin,

Doris Auger
Principal



REMINDERS!

**Picture RETAKES!
THURSDAY,
NOVEMBER 20, 2024**



Drop-off and Pick-up times.

Parents/Guardians,
please remember that students
**cannot be dropped off before
8:25** as we have no supervision
for them before this time.

Also, please remember that
pick-up time is at 3:20. We will
not call them down after 3.
**You should not be picking
students up early regularly
as they are missing
instructional time.**

Ay-Hay!

YOU ARE INVITED TO:

Takwâkin Ohnîkikomâwak Engagement Night!

Thursday, November 28 from 4-7pm

(report cards will be send home on November 27)

**We will also have our Parent Lighthouse Team
Meeting (PAC) at 6:00 on the stage!**

**We would love you to join us for some great conversation,
snacks and prizes!**

Child care will be provided!



Library Update

Tānisi families,

We had a very spooky and fun month in the library! We listened to lots of fun Halloween stories and learned some new games! November is going to be just as exciting!

This year, we have 20 amazing Grade 3 & 4 **Junior Librarians**. They are each scheduled to work one shift/week in the library, and they get paid each Friday. They are all very serious about their jobs and I am so thankful for all their hard work and leadership!

Our Joke Club and Walking Club are both in full swing. Members of our Joke Club research jokes and then tell them during morning announcements each day. Our Walking Club is a drop in program and we go for walks on Tuesdays and Thursdays during recess.

This month we will be reading lots of Fairy Tales and Fractured Fairy Tales, participating in reader's theatres and puppet shows, and rewriting our own fairy tales with a nehiyaw twist! November is such a good month to focus on learning, with no big events or holidays to distract us!

We wrapped up our October Reading Bingo Challenge on Friday. It was great to see so many eager readers completing their bingo cards. Each student who completed theirs received a small prize and certificate. Congratulations to everyone who participated, and a special thank you to the teachers and parents who worked so hard to encourage their children to read! Congratulations to Isabella from 3M and Viola from 3O, who both had their names drawn to win a reading gift basket! And a HUGE congrats to 6WH who won the class challenge by having almost every student in their class complete their bingo card! Way to go! 6Wh will be treated to a movie party in the library.

Have a wonderful November!
Miss Lawrence



Counsellor's Corner

Tanisi families,

Emotional regulation is the most important skill a person learns in their life. It's what allows us to deal with stress in healthy ways.

Emotional regulation affects every area of our lives: physical health, relationships, work, sense of safety, self-worth, and confidence are just a few areas it impacts. People with strong emotional regulation are less likely to have addictions, eating disorders, depression, anxiety, autoimmune diseases, and chronic relationship problems.

Many people think we are born calm or not but, in reality, regulation is a skill that we build with practice throughout our lives. Here's a few ways to practice: 1. Identify your feeling: pause and sense your body and label it "I feel angry, my chest is tight." 2. Pause: be with the feeling. Notice your heart racing or your thoughts. Try your best not to react right away. 3. Act: to make new brain connections, we change how we react: this could be writing down a solution, accepting something even when it's disappointing, or expressing how we feel. When we get good at this, we react in ways that work better for us. This youtube video gives some good ways to work on emotional regulation:

<https://www.youtube.com/watch?v=5ObNMMT0woo>

If you have any questions, feel free to contact us.

Ay hay

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October Reading Bingo Winners!

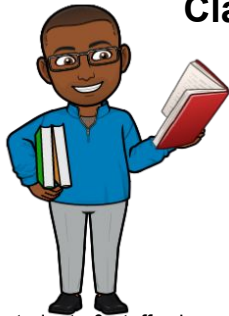
Congratulations to everyone who participated! We are all so proud of you! It is wonderful to see SO many students reading. Ay hay to all the parents, family members, and staff who supported our little readers!

Congratulations to our **GRAND PRIZE WINNERS!**

Student Winners (\$20 Gift Certificate to the Book Fair);

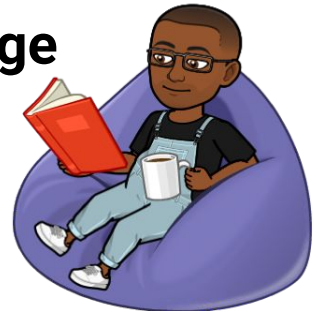
Staff Winner (\$10 Tims or Starbucks card):

Class Winner (Spooky Reading Party in the Library):



All students & staff who participated received a small prize. Student and Staff Grand Prize winners were chosen by random draw of all cards submitted. Class Winner is the class who had the most participants hand in completed Bingo Cards.

November Home Reading Challenge



When?: November 1-30th, 2023

What?: Just do your Home Reading!

Prizes:

Top 2 Students: 3D Pen plus a Scholastic book of their choice.

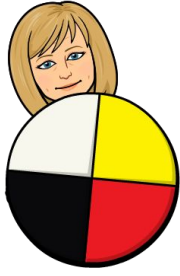
8 Runners Up: A Scholastic book of their choice. (students will get to choose and order their books with Miss Lawrence!)

Top Class: Pizza Party!

All you have to do is complete your home reading each night and bring it back to school each morning. Your teacher will tally up how many times you do this each week. At the end of the month, the 10 students who completed their home reading the most will win! In case of ties, a draw will be done.

The top class wins by having the most participation.

Who Will Win?!?



The Leader in Me™

great happens here



Student Lighthouse Team

Our Student Lighthouse Team is already working hard on activities and ideas where they can exercise their leadership skills. In just only 3 weeks of meetings, they have expressed ideas for some areas of improvement in the school and they have added to our weekly Codes of Cooperation as well! They have demonstrated responsibility and dedication to their roles and are looking forward to a year of developing their leadership skills.

The 7 Habits At Home:

This month, we will review Habit #2: Begin With The End In Mind. It's all about planning ahead and setting goals. In nehiyawewin we call it, **êh tâpitaw wâwêyîstamihk**.

Habit of the Month:
Habit #2: Begin With The
End In Mind



"A goal without a plan is just a wish."

I PLAN AHEAD AND SET GOALS:

When we begin with the end in mind, we are planning ahead. We set a goal and we work hard to achieve it.

Planning and Achieving Goals:

1. Think of a goal that you can achieve at home.
2. Discuss your goal as a family.
3. Discuss ways you can achieve your goal together.

You can talk about these steps as a family and find ways to help each other .





PE NEWS



What an exciting month we've had in PE! We've wrapped up our volleyball unit and are now diving into hockey. We're thrilled to welcome Spirit North this week, who will be leading the students in some engaging Indigenous Games.

Congratulations to our Hawks Volleyball team for their fourth-place finish at the 4Bands tournament last month! This week, we're continuing our Floor Hockey tryouts for our grades 5 and 6 students, as we gear up for the 4Bands Floor Hockey Tournament on November 22nd.



CAMO DAY



@ Ermineskin Elementary School

November 6th



Wear anything camouflage.

In honor of all our Veterans.



November 7



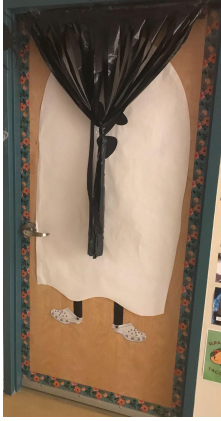
Ribbon Skirt & Shirt Day

We will be wearing our ribbon shirt & skirts at our monthly assembly!

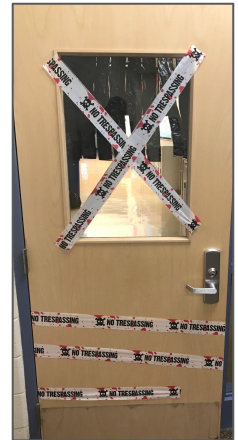
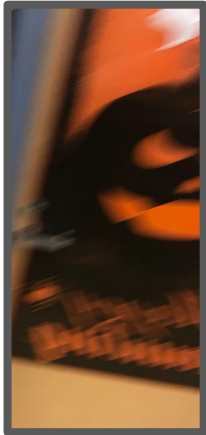




Halloween Door Decorating!



Grade 1 Pod



Grade 2 Pod



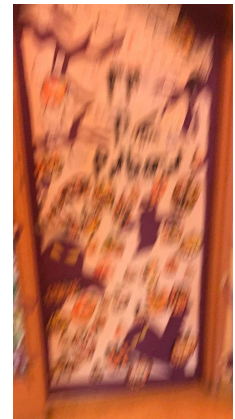
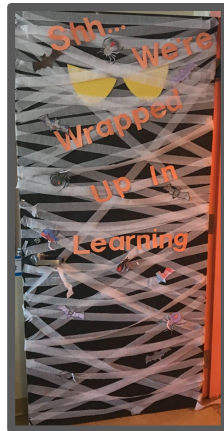
Grade 3 Pod



Halloween Door Decorating!



Grade 4/5 Pod



Grade 6 Pod

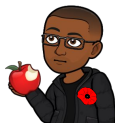


November 2024

Ikopiw pîsim Fog Moon



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 PD Day NO SCHOOL	2
3 Daylight Savings Time Clocks go back 1 hour	4 November Newsletter goes home	5	6 Hawks vs Staff VBall Camo Day! 	7 Remembrance Day Assembly * 10:30 Ribbon Skirt/Shirt Day!	8 Takwakin Break NO SCHOOL	9
10	11 Takwakin Break NO SCHOOL Remembrance Day	12 Takwakin Break NO SCHOOL	13	14	15	16
17	18	19	20 Picture Retakes 9:00 - 12:00	21 Interactions Swimming	22 Floor Hockey Tourney at Louis Bull 	23
24	25	26 Vision Screening	27 Report Cards go home!!	28 Takwâkin ohnikomawak Engagement-* 4-7 PAC @ 6:00 pm	29	30



MESC LUNCH MENU



Menu is subject to change, Due to product availability.					
Iyîkopîw Pîsim (Frost Moon) November					
November 4th - 8th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Yogurt, Cereal, Fruit	Pancakes & Jam, fruit	Scones, Fresh Fruit	
Lunch	Pasta Carbonara (Cream, Bacon, Parmesan and Peas) Tossed, Tomato & Fruit Salads	Shepards Pie with Vegetables, Tossed Salad, Beet Salad, Fruit Salad, Rice Salad	Cauliflower Cheddar Soup with Ham, Bannock, Tossed, Fruit, Broccoli Pasta & Greek Salads	Pizza, Caesar Salad, Fruit, Mixed Salads, Fruit	NO SCHOOL - Takwâkin Break All Day
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
11th - 15th	Peyak Kîsikâw	Nîso Kîsikâw	Nîsto Kîsikâw	Newo Kîsikâw	Niyânan Kîsikâw
Kîkîsepâ micowin			Scones, Fresh Fruit	Bannock and Jam Fresh Fruit	Yogurt Parfait, Fruit
Nimâwin ᓄᐱᐃᐅ	NO SCHOOL - Takwâkin Break All Day	NO SCHOOL - Takwâkin Break All Day	Baked Pasta Bolognese, Caesar Salad, Spinach Salad, Coleslaw, Fruit Salad, Cut Fruit	Ginger Beef with Stirfried Vegetables served over Rice, Tossed Green Salad, Pasta, Fruit & Greek Salads	Pizza, Caesar Salad, Fruit, Mixed Salads
Micisowinis			Fruit or baked goods	Fruit or baked goods	Fruit or Baked goods
18th - 22nd	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Yogurt Parfait, Fruit	Pancakes & Jam, fruit	Cereal, Yogurt & Fruit	Scones, Fresh Fruit
Lunch	Italian Sausage with Roasted Tomatoes in Marinara Sauce and Vegetables over Pasta. Caesar, Cucumber & Fruit Salads	Perogies with Sautéed Cabbage and Garlic Sausage, Tossed Salad, Fruit Salad, Spinach Salad, Fruit	Chicken Noodle Soup, Bannock, Caesar Salad, Spinach Salad, Pasta Salad, Fresh Fruit, Fruit Salad	Sloppy Joe on Bannock, Tossed Salad, Fruit Salad, Vegetable Salad, Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
25th - 29th	Peyak Kîsikâw	Nîso Kîsikâw	Nîsto Kîsikâw	Newo Kîsikâw	Niyânan Kîsikâw
Kîkîsepâ micowin	Yogurt, Cereal, Fruit	Pancakes, Jam, Fruit	Yogurt Parfait, Fruit	Muffins and Fresh Fruit	Bannock and Jam Fresh Fruit
Nimâwin ᓄᐱᐃᐅ	Baked Mac'n Cheese with Cauliflower & Bacon, Caesar & Greek Salads, Sliced Melon with Mint	Deli Sandwiches on Focaccia - Salads: Tossed, Beet, Fruit, Mexican Rice, Whole Fruit	Beef Vegetable Soup with Cheese Bannock, Caesar, Fruit, Spinach & Strawberry, Salads	"Hunters Pie" - Made with *Moose Meat, Beef & Pork & Vegetables	Pizza, Caesar Salad, Fruit, Pasta Salad, Veggie Salad
Micisowinis	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods