



# Miyo Acimowin

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Good News



December 2024

Pâwacakinasîs  
Frost Exploding Moon

Principal: Doris Auger  
Email: [dorisauger@maskwacised.ca](mailto:dorisauger@maskwacised.ca)  
Vice Principal: Melanie Nanaquawetung  
Vice Principal: Kundai Zindi  
Admin Assistant: Jackie Littlechild  
Box 420, Maskwacis, AB T0C 1N0  
EES:: 585-3760 Fax: 585-2001

## Principal's Message

Tânisi kahkiyaw!

Ay hay to all of the parents, guardians, mosoms and kohkoms who met with our teachers during our Takwâkin Ohnîkikomâwak 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. An update is below.

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.

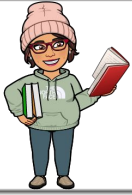
Our awasak are all busy practicing for the Christmas concert! We will have 2 performances on December 19, one at 1:00 and one at 6:00. Please send your awasak in the evening as well! It is so fun to get dressed up for the concert. Friday, December 20 is **Pajama Day** and we will have a special visitor and wagon rides!

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 children! 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 6! Miyo Mânito Kîsikâw and Happy New Year! Take care and stay safe!

Ekosi!  
Doris Auger  
Principal





## Lawrence in the Library!

Tânisi!

We have had a busy month of learning and reading in the library this month! We read LOTS of books, wrote autobiographies, created book reports, and had a lot of fun!

We have an ongoing “Chapter Book Challenge” in the library. Once students complete a novel, they can come and fill in an entry form. Each Monday, I draw a few names during morning announcements and those students receive a small prize. The intent of this challenge is to encourage students to read genres that they may not otherwise choose.

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. We will be creating Christmas cards, learning Christmas jokes, and singing lots of Christmas carols!

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

Ekosi,  
Miss Lawrence



## Counsellor's Corner



A Few Tips to Help Kids Have a Great Holiday

Tânisi!

Because holidays present a big change for most children, we thought we would share some tips to that might help. The full tip sheet can be found here:

<https://www.childrenshealthfund.org/wp-content/uploads/2016/12/10-Holiday-Tips.pdf>

1. Make time for physical activity everyday
2. Create and honour your family traditions
3. Keep an eye on sugar intake
4. Don't lose all routines—they help!
5. Keep reasonable sleep schedules
6. Point out good things to your kids daily
  - a. And help them learn to do it too
7. Practice self-care (and model it for kids)

All our counsellors wish you a safe and happy break. We'll be excited to see the awasisak return in January!

Ekosi pitima,

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

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

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

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

December 10



# Ribbon Skirt & Shirt Day

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

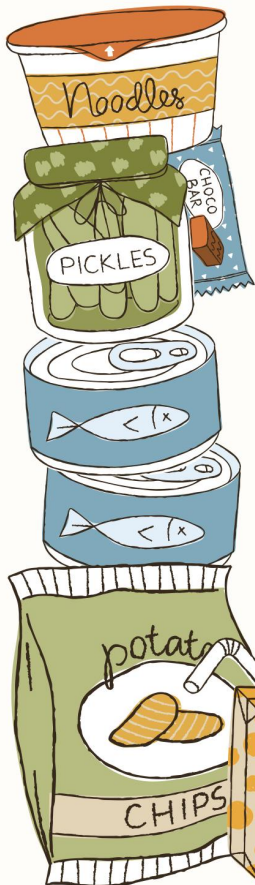


MERRY Christmas

Christmas Sweater Day  
Friday, Dec. 6th

Pajama Day  
Friday, Dec. 20th

LET'S GET COZY!



# EES Food Drive

Please bring in non-perishable food donations for our food drive before December 19.

All items will be delivered to the Ermineskin Food Bank

Thank You!  
For Your Support

Thanks to Catherine Minde, Violet Mackinaw, Cheryl Littlechild & Kayla Ward for their winter clothing donations!  
Our awasak appreciate it!



# ERMINESKIN ELEMENTARY SCHOOL

## 2024 CHRISTMAS CONCERTS

**December 19, 2024**

**1:00 pm & 6:00 pm**

**Theme: Christmas Toyland**



# Physical Education



Tânisi!

Well, what an exciting month we have just wrapped up in Physical Education. After beginning the month enjoying some traditional Indigenous games with Spirit North, the awasak had the opportunity to play games on scooters, enjoy floor hockey, experiment with floor curling and explore movement through some tag games.

As we begin the month of December, we are entering an exciting month of games! The awasak will participate in Outdoor Activities with Spirit North this week. Grades 2-6 students will be Cross Country Skiing and Grade 1 students will be doing some outside activities. All students should bring their outdoor winter gear to enjoy these outdoor activities while feeling warm.

As for Hawks Athletics, we had our Grades 5 & 6 Floor Hockey team head to Kisipatinahk School on November 22 to play for the 4Band Hockey Tournament. After tying their first game against the home team, the team woke up and came out hot, winning their next five games in a row en route to winning the gold medal. Way to show your toughness and synergy, awasak! Basketball season is next, with tryouts beginning last week for students in grades 5 and 6! Go Hawks!

As we head into the holiday break, we wish you and your families a safe and enjoyable holiday season! Stay active and be well! Miyo Mânito Kîsikâw and Happy New Year! 🌲



The Hawks Floor Hockey Team after winning Gold at the 4Band Tournament!

## Pictures from Floor Curling in PE class!



# MCHS Travel Club Christmas Toy Bingo!

Where? Maskwacis Cree High School Gym  
When? December 13, 2024  
Doors open @ 5pm and Games start @ 6pm  
\*\*Presale tickets only \$35  
\$40 at the door!\*\*

Great prizes for children aged 6-17!  
All children must be accompanied by  
someone over the age of 14.  
No children under 6 please!

Concession on-site with  
great snacks and drinks!

## Bonanza Prize?

Of course! An XBOX Series S Console!

## Special Series Prize?

We have that too! A Nintendo Switch Bundle!

All funds raised will support  
the MCHS Travel Club 2024  
Trip to Japan!

For more information and to purchase tickets,  
please contact Jennifer Conroy at 780-585-4449



## DENTAL CARE



### ABOUT US

Tansi/Hello Parents/Guardians, Students & teachers.

We, the Dental Team, are so proud of the awasisak for improving their overall oral health within the last few months. We'd also like to encourage the awasisak to continue to eat healthy & keep up with their nutritional choices.

The Dental team has scheduled a Nutritional Presentation for the grade 5's on December 5th, 2024, to learn how to make their own smoothies. Looking forward to it. In the coming weeks, we would also like to do some activities with other grades regarding oral health and nutrition.

Thank you for your time & we would like to wish you all a very Merry Christmas & a Happy New Year!

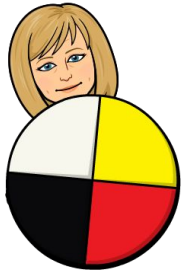
Nicole & Evane  
Dental Team

# PAC MEETING



Thank you to all of our parents who came out to our parent Lighthouse Meeting on the night of our Celebration of Learning. We created a symbol of what Ermineskin Elementary is to us with input from everyone. We also shared suggestions for improvements, concerns and highlights. Parents were very happy with the Cree their children have been coming home and teaching them! One concern was the congestion at the front crosswalk at the main doors of the school. A suggestion was to have a supervisor or guard controlling the crossing and traffic. WE LOVE THAT IDEA! We plan on making that a new Leadership team! We will train older students how to help students safely cross the crosswalk. Thanks for such a great suggestion parents! We appreciate your input!





# The Leader in Me™

great happens here




## The 7 Habits At Home

Habit #7 is Sharpen the Saw. Miyo Pimâtisôwin 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 2024



| Sunday  | Monday | Tuesday   | Wednesday | Thursday                                  | Friday   | Saturday |
|---|--------|---|-----------|---|--|----------|
| 1   | 2      | 3   | 4         | 5   | 6<br><br>Christmas Sweater Day                 | 7        |
| 8   | 9      | 10<br>Ribbon Shirt/Skirt Day<br>Assembly * 2:30 | 11        | 12<br>Interactions Swimming               | 13<br>PD Day<br>NO SCHOOL                      | 14       |
| 15  | 16     | 17  | 18        | 19<br>Christmas Concert<br>1:00 & 6:00 PM | 20<br>Wagon Rides & Pajama Day<br>Santa visit! | 21       |
| 22  | 23     | 24  | 25        | 26  | 27   | 28       |
| <b>Christmas Break Dec 21 - Jan 5<br/>NO SCHOOL</b> |        |   |           |   |  |          |
| 29  | 30     | 31  |           |   |  |          |



## December Menu



| **Menu Subject to Change due to product availability | <ᑕᑦᐱᑦᑲᑦᑲᑦ ᐱᑦᑕ Pawācakināsīs Pīsim Drift Clearing Moon (December)                                 |  |   |  |                                      |
|--|--|--|---|--|--------------------------------------|
| 2nd - 6th  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday                               |
| <b>Breakfast</b>                                     | Cold Cereal, Fruit   | Yogurt, Cereal, Fruit  | Pancakes & Jam, fruit   | Oatmeal, Fresh Fruit   | Fruit Scones, Fresh Fruit            |
| <b>Lunch</b>   | Beef Stroganoff, Ceaser Salad, Fruit Salad, Fruit  | Baked Ham, Rice Pilaf, Hot Mixed Vegetables, Tossed & Fruit Salad, Veggie Sticks | Pork Stew, With Bannock, Fresh Garden Salad, Fruit Salad, Fruit | Bison Meatloaf, Hot Veggies, Steamed Parsley Potatoes, Tossed, Pasta & Fruit Salad | Pizza Day, Pasta Salad, Fruit Salad  |
| <b>Snacks</b>  | Fruit or baked goods   | Fruit or baked goods   | Fruit or baked goods  | Fruit or baked goods   | Fruit or baked goods                 |
| 9th - 13th   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday                               |
| <b>Kīkispā micowin ᐱᑦᑕᑦᑲᑦᑲᑦ</b>                      | Cold Cereal, Fruit   | Yogurt Parfait, Fruit  | Scones, Fresh Fruit   | Bannock and Jam Fresh Fruit  |                                      |
| <b>Nimāwin ᑎᑦᑲᑦᑲᑦ</b>                                | Baked Mac and Cheese w/ Bologna and Cauliflower, Caesar Salad, Spinach Salad, Fruit Salad, Fruit | Chicken Ceaser Wraps, Garden Salad, Fruit Salad                                  | Hamburger Tomato Soup, Bannock, Mixed Salads, Fruit Salad       | Pizza Day! Ceaser Salad, Fruit Salad   | <b>PD Day</b>                        |
| <b>Mīcisowinis ᑎᑦᑲᑦᑲᑦ</b>                            | Fruit or baked goods   | Fruit or baked goods   | Fruit or baked goods  | Fruit or baked goods   |                                      |
| 16th - 20th  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday                               |
| <b>Breakfast</b>                                     | Oatmeal, Cereal, Fruit   | Cold Cereal, Fruit   | Fruit Scones, Fruit   | Yogurt Parfait, Fruit  | Muffins, Fruit                       |
| <b>Lunch</b>   | Chicken Creole Pasta, Ceaser Salad, Fruit Salad  | Swedish Meatballs in Sauce, Rice & Hot Veg, Tossed & Fruit Salad                 | Potato Bacon Soup, Cheese Bread, Mixed Salads, Fruit Salad      | Christmas Dinner - Turkey with all the fixings.                                    | Pizza Day! Ceaser Salad, Fruit Salad |
| <b>Snacks</b>  | Fruit or baked goods   | Fruit or baked goods   | Fruit or baked goods  | Fruit or baked goods   | Fruit or baked goods                 |