



Miyo Acimowin

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Good News



January 2025

Kisé Pisim
Great Moon
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Principal's Message

Tânîsi kahkiyaw! Happy New Year! Miyo Ocetowi Kisikaw!

We are so happy to see our awasak back! We hope you all had a wonderful and restful Christmas break with family and friends!

Ay hay to all of the parents who attended our **Christmas Concerts** in December! It was so nice to have everyone in the school to support our awasak! The concert was videotaped and posted on Facebook if you would like to look.

Please ensure that you have the **Bus App 4** to check if buses are running or late. The information is below. Other questions can be directed to Craig Makosis at 780-585-3333.

It has gotten colder with the new year so please dress the awasak for the weather. We we also be starting âcimostakewin and have **Storytelling and Legends** happening during Cree class and in the tipis. We would love to have some community members and Elders in the school for storytelling so please contact us if you or someone you know would be interested!

We will also be starting skating for grades 1-6 this month. If students have skates and helmets please send them to school on the days they skate. The schedule is on the calendar. We do have some extras but not enough for everyone. Students will be walking across to the Ermineskin arena.

We wish everyone the best in this new year and hope you all stay safe and healthy!

Ekosi maka!
Doris Auger





Tânîsi kahkiyaw!

Miyo Ocetowi Kisikaw! I am SO excited to see the students in the library again! I have lots of exciting things planned this month...growing winter vegetables, learning about the science of snow, making our own paper, storytelling and legends, designing bookmarks, and of course **READING!** There's nothing better than snuggling up with a great book on a cold day.

Our Joke Club and Walking Club resume this month! We have MANY students signed up to tell jokes during announcements over the coming months. Reading and telling jokes is a great way to incorporate literacy into everyday life! We go for walks during recess twice a week. The students enjoy singing along with our music and moving their bodies!

We have 20 Junior Librarians in Grades 3 & 4. These leaders work in the library once a week helping with scanning and shelving books, organizing, and keeping the library tidy. They get paid each Friday that they work. Our Junior Librarians are AMAZING!

Our Grade 3-6 students will be participating in a "Bookopoly" Challenge over the next 2 months. Students will be encouraged to read books from different genres and discuss books with adults in the school in order to earn game pieces for their boards. Everyone who completes their "Bookopoly" board will be entered to win some great prizes!

Did you know that our library has its very own Instagram account? We post new books, photos, fun stuff we have going on, and cool links. You can follow us here:

[Ermineskin Elementary Library](#) or search for "Ermineskin_Elementary_Library".

Ekosi maka! Stay warm!
Miss Lawrence



Tânîsi nitôtemak!

▪ **Welcome back, families & students! Miyo Ocetowi Kisikaw!** We hope that everyone was able to take some time to rest and fill your buckets over the break.

▪ **Need Help? Call 211!**

We recently found a resource that helps people sort through and find the right resources at the right time.

▪ Calling 211 can connect you to all kinds of help in Alberta. It's a free and confidential service that's available 24/7. Whether you're looking for support for yourself, a friend, or your family, 211 can guide you to the resources you need.

When you call or online chat 211, a trained professional will listen to your situation and connect you to services that can help.

▪ For example, they can find programs for food, housing, or emergency shelters if you're struggling to meet basic needs. They can also connect you to mental health and addiction support, financial assistance, job training, or parenting resources.

If talking on the phone isn't for you, you can also text 211 or use the live chat feature on their **website at ab.211.ca**. It's quick and easy to get the information you need.

You don't have to know exactly what you're looking for. Just tell the 211 contact about your situation, and they'll help point you in the right direction. No question is too big or too small.

▪ So, if you or someone you know is feeling stuck or unsure where to turn, remember to call or text 211. It's a simple way to find support and solutions when you need them most!

Finally, remember that **the counselling team is here to help our students, and if you would like to learn more on this subject or would like more resources, you can contact the counsellors using the following:**

▪ christiedewald@maskwacised.ca
▪ franserickson@maskwacised.ca
▪ teriboyce@maskwacised.ca

▪ [MESC Counselling Page.](#)

▪ Have a great January!

Ekosi pitima,
Christie, Teri, & Frans

Winter Clothing

Reminder to parents to make sure that your awasak are dressed for the cold winter weather. They should have a winter coat and boots, a hat, mitts and snow pants. Please make sure you write your child's name or initials on each piece of clothing as we have many that are the same and sometimes they get mixed up or go missing. Ay-Hay!



Ms. Sunny, EES Wellness Coach

Nurturing Wellness in the New Year

As we begin 2025, it's a great time to focus on small, intentional steps for overall holistic wellness. Encourage **emotional well-being** by helping kids express their feelings through words, art, or storytelling and asking simple questions like, "What made you smile today?" **Physical wellness** can be as easy as moving together through walks, round dancing, or outdoor play, while also prioritizing balanced meals, hydration, and good sleep. **For spiritual wellness**, take moments to share gratitude daily or enjoy quiet time together in nature or through storytelling. To support **mental well-being**, practice simple breathing exercises, like inhaling for 4 seconds, holding for 4, and exhaling for 4. Unplug when you can and spend tech-free time connecting through games, crafts, or conversation.

Tip of the Month: "Small daily habits create big changes." Start with one!

Sunny Buffalo, Wellness Coach

PE NEWS

Tanisi kahkiyaw! Miyo Ocehtowi Kîsikâw!

We are entering an exciting month of winter sports! Skating and Basketball will be played, with other activities embedded throughout the month!

Skating will begin in January for grades 1-6. Each class will get to skate on their given class day once per week during our skating weeks. There will be one week in January for Skating and one week in March! Our first Skating week is scheduled for January 20-24. **If the awasak have their own skates and/or helmet, please send them with them when their class is skating.** Students cannot be on the ice without skates and a helmet. We do have some skates and helmets available for those who need them. If you are available and can help tie up skates and want to join on the ice when your children are skating, you are invited to join in on the fun, and we would appreciate your help!

We are hosting the 4Band 3 on 3 Basketball Tournament for grades 5 & 6 students around MESC **on Thursday, January 30th!** The action will start around 9:40 am, and basketball games will be played all day! You are invited to come and cheer on the awasak! Go Hawks!

We wish you all a wonderful month!

January 14



Ribbon Skirt & Shirt Day

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








THROWBACK THURSDAY

January 16th
@EES

What decade are you going to dress as!








Bus Status App!



To find information about bus status in the morning, please use our bus app. You can search for this app in the App Store on your phone. It is called Bus Status 4 and has the logo below. Updates are made to the app every morning by 7:00 AM. You can also call Craig Makosis 780-585-3333 if you have concerns.



Bus Status 4



Ermineskin Elementary School

STORY TELLING WEEK

January 20-24, 2025

If you are interested in coming in to read, please contact the school @ 780-585-3760

Kids come first at our school.

FOUR BAND 3 ON 3 BASKETBALL



Tournament

Join us for an exciting day of basketball featuring some of the best elementary basketball players in Maskwacis!

DATE
JAN 30,
2025

LOCATION
ERMINESKIN
ELEMENTARY
SCHOOL

TIME
9:40
AM



"The court is our stage, let's put on a show!"



Nehiyawatisiwin

Kisé Pisim - Great Moon

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Last pîsim awasisak focused on iskotew safety and firemaking for Nehiyawatisiwin. They ventured outdoors to identify various tree species ideal for kindling and fire making. The learning process has been engaging, and we're confident that our exploration will deepen their understanding and appreciation for these important skills.

The awasisak also did some crafting. Depending on their grade, they either did hide crafts, beaded ornaments and bracelets, or beaded fabric snowflake ornaments. This month we are excited to dive into Legends and relish in storytelling!

The whole school worked hard before Christmas to learn our Christmas concert Finale song "Last Christmas" in Cree. It was so much fun, be sure to ask your awasisak to sing it for you at home!



Here are a few Cree phrases we are learning:

ᐱᓴᐱᓴᑦ Kisepisim January

ᐱᓴᐱᓴᑦ Wahkohtowin - relationships

ᐱᓴᐱᓴᑦ ᐱᓴᐱᓴᑦ nehiyaw pimatisiwin - Cree way of life

ᐱᓴᐱᓴᑦ Pimon Winter

ᐱᓴᐱᓴᑦ Kehtehayak - Elders

ᐱᓴᐱᓴᑦ Kisêwâtisowin- Kindness, compassion

ᐱᓴᐱᓴᑦ Acimowina - Stories

ᐱᓴᐱᓴᑦ Atayohkewina - Legends

ᐱᓴᐱᓴᑦ ᐱᓴᐱᓴᑦ Miyo Ocetowi Kisikaw




The Leader in Me™

great happens here

It's a new year and a great time to review the 7 Habits as a family. Here at Ermineskin Elementary we try and practice the 7 habits everyday. Take some time to review these habits with your awasisak, and ask them, "How can I practice this habit at home/school?"

The 7 Habits of Highly Effective People®

<p>1. Be Proactive® <i>You're in charge.</i></p>	 Pause and respond based on principles and desired results.	 "I choose..." Use proactive language.	 Focus on your Circle of Influence®	 Become a Transition Person.
<p>2. Begin With the End in Mind® <i>Have a plan.</i></p>	 Define outcomes before you act.		 Create and live by a personal mission statement.	
<p>3. Put First Things First® <i>Work first, then play.</i></p>	 Focus on your highest priorities.	 Eliminate the unimportant.	 Plan every week.	 Stay true in the moment of choice.
<p>4. Think Win-Win® <i>Everyone can win.</i></p>	 Build your Emotional Bank Account.	 Have an Abundance Mentality.	 Balance courage and consideration.	 Consider other people's wins as well as your own.
<p>5. Seek First to Understand, Then to Be Understood® <i>Listen before you talk.</i></p>	 Practice Empathic Listening: Reflect the speaker's feelings & words.		 Respectfully seek to be understood: State your point of view using "I" messages.	
<p>6. Synergize® <i>Together is better.</i></p>	 Value differences: Build on others' strengths.		 Seek 3rd Alternatives: Use the Path to Synergy.	
<p>7. Sharpen the Saw® <i>Balance feels best.</i></p>	 Mind Body Spirit Heart		Achieve the Daily Private Victory: Schedule time to renew in all four dimensions of your life.	



Nehiyawewin

Winter 2025 Online Evening Classes

MESC is pleased to offer the following Nehiyawewin online evening programming to engage participants in Cree syllabics, SRO and conversational Cree.

13 Weeks of online classes

Levels of Cree to Register in:

1

NISTAM
(Introductory): Little to no written or oral knowledge of the Cree language.

2

MÂCI (Beginner): Basic written and oral knowledge of the Cree language.

3

TAPITAW
(Intermediate): Strong understanding of Cree, learner will be required to engage in conversational Cree.

4

NESTAW
(Advanced): Fluent in Cree, but want to strengthen oral and written knowledge.

Registration opens January 6, 2025, and closes January 16, 2025.

Weekly Classes Start:

January 19, 2025 to April 24, 2025.

Register at:

<https://bit.ly/W25CREE>

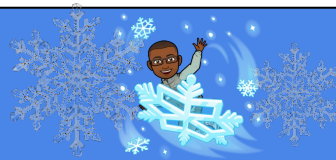


Please note: programming will be offered online and participants are required to have a valid Gmail address and internet access

MONDAY	TUESDAY
<p>σᑦᑕᑦ ᑎᑦᑕᑦᑎᑦᑎᑦ</p> <p>Nistam Nehiyawe Introductory Location: Online Time: 5 pm - 6 pm</p>	<p>ᑕᑕᑕᑦ ᑎᑦᑕᑦᑎᑦᑎᑦ</p> <p>Tapitaw Nehiyawe Intermediate Location: Online Time: 5 pm - 6 pm</p>
<p>ᑕᑕᑕᑦ ᑎᑦᑕᑦᑎᑦᑎᑦ</p> <p>Mâci Nehiyawe Beginner Location: Online Time: 6:15 pm - 7:15 pm</p>	<p>ᑎᑦᑕᑦᑎᑦᑎᑦ ᑎᑦᑕᑦᑎᑦᑎᑦ</p> <p>Nestaw Nehiyawe Advanced Location: Online Time: 6:15 pm - 7:15 pm</p>

For more information, contact Jolene Rain at (780) 585-0811 or jolenerain@maskwacised.ca

January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pipon Break NO SCHOOL	2	3	4
5	Students return! 	6	7	8	9 Nehiyawatsowin - Legends	10 11
12	13	January Assembly 14 Ribbon Skirt/Shirt Day!	15	16 Throwback Thursday! 	17 PD Day NO SCHOOL	18
19 Storytelling Week Skating Week	20 Skating 6W,3M,4P,4Y 	21 Skating 5S,1A 2F, 3O	22 Skating 1P, 2E,3H,Interactions	23 Skating 6D,2M,4B	24 Nehiyawatsowin - Storytelling Guests	25
26	27	28	29	30 4Band Basketball Tournament @EES 	31 Nehiyawatsowin - Winter Shelter/Survival	



January MESC Menu!



**Menu Subject to Change due to product availability	ᐱᓕ ᐱᓕ Kise Pism Cold Moon (January) Menu				
6th - 10th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit	Assorted Muffins, Yogurt, Fruit	Oatmeal, Cereal, Fruit
Lunch	Pasta Bolognese, Caesar Salad, Spinach Salad, Fruit Salad, Fruit	Perogies w/ Garlic Sausage, Onions, Cabbage, Tossed & Fruit Salad, Veggie Sticks	Ham and Split Pea Soup, Cheese Bread, Mixed Salads, Fruit Salad	Deli Wraps, Pasta Salad, Caesar Salad, Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
13th - 17th	Monday	Tuesday	Wednesday	Thursday	Friday
Kikisepā micowin ᐱᐱᓕ ᐱᐱᓕ	Oatmeal, Cereal, Fruit	Cheese and Sausage Frittata, Fruit	Fruit Scones, Fruit	Yogurt Parfait, Fruit	
Nimāwin ᐱᐱᓕ	Pasta Alfredo w/ Ham, Veggie Sticks, Caesar Salad, Fruit Salad	Sesame Pork Stir Fry over Rice Noodles, Tossed Salad, Fruit Salad, Fruit	Beef Stew, Bannock, Mixed Salads, Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad	PD Day
Micisowinis ᐱᐱᓕ ᐱᐱᓕ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
20th - 24th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Breakfast Wrap w/ Eggs, Cheese, Ham, Fruit	Assorted Muffins, Fruit	Oatmeal, Cereal, Fruit	Bannock and Jam, Fruit
Lunch	Buffalo Chicken Pasta, Caesar Salad, Fruit Salad	Roasted Pork Loin, Mashed Potatoes, Gravy & Hot Veg, Tossed & Fruit Salad	Chicken Noodle Soup, Bannock, Mixed Salads, Fruit Salad	Pulled Pork Sandwiches with Hot Veg, Tossed Salad, Fruit Salad, Fruit	Pizza Day! Caesar Salad, Fruit Salad
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
27th - 31st	Monday	Tuesday	Wednesday	Thursday	Friday
Kikisepā micowin ᐱᐱᓕ ᐱᐱᓕ	Oatmeal, Cereal, Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit	Assorted Muffins, Fruit	Yogurt Parfait, Fruit	Bannock and Jam, Fruit
Nimāwin ᐱᐱᓕ	Pasta w/ Roasted Tomatoes, Spinach, Basil, Marinara & Parmesan, Caesar & Fruit Salad	Bannock Tacos, Tossed Salad, Fruit Salad, Fruit	Tomato Basil Soup, Cheese Bread, Mixed Salads, Fruit Salad	Chicken, Rice, Bean Enchilladas w/ Sauce/Cheese, Hot Mexican Corn, Caesar Salad, Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad
Micisowinis ᐱᐱᓕ ᐱᐱᓕ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods