



Miyo Acimowin

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Good News



February 2025

Mikisiw Pisim ᑭᑦᑭᑦ ᐱᑦᑭᑦ
Eagle Moon

Principal: Doris Auger
Email: dorisauger@maskwacised.ca
Vice Principal: Melanie Nanaquawetung
Vice Principal: Kundai Zindi
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Principal's Message

Tansi ohpikinahawasiwahk (parents/guardians),

With the recent cold weather, please send the awasak dressed nice and warm, especially on Fridays when they go outside for Nehiyawatsowin! We keep them in if it's colder than -21 with the wind chill.

Teachers are looking at assessing for report cards this month, so please ensure that you are sending the awasak every day. Literacy is a focus at our school. You can help by participating in your child's home reading. It makes all the difference when you read with your child. So make it part of your routine to read every night!

February is **Bucket Filling month!** This means we are showing our sakihtowin for each other! Love fills the buckets of our friends and family! Please join us for our Valentine's Day Assembly on February 5th at 11:00! We will be rewarding all of our student who have perfect attendance for the month of January! It is also Pink Shirt Day on February 26th and we wear pink in a stand against bullying!

We are very excited to be starting our **Crossguard Leadership Team** this month. We will have our crossguards out to help awasak cross from the parking lot to the school. Parents can drive through the parking lot to drop off students rather than drive around the round-about. Please slow down and do not stop on the crosswalk. Help keep everyone safe!

We are happy to provide free, well balanced meals for your children through our **Foods Program**. The menu is always attached to the newsletter, so if your child doesn't like what is being served, feel free to send a healthy alternative. Please remember we do not allow anything with nuts, energy drinks or candy.

Have a wonderful Eagle Moon!

Ekosi pitama,
Doris Auger
Principal



Check out our Website at <https://ees.maskwacised.ca/>



▪ Tâñsi kahkiyaw!

I hope that your children are continuing to bring home and complete their home reading each night! Research overwhelmingly shows that children who read and are read to at home enjoy a much greater chance of being successful readers. Please reach out to Miss Lawrence if you are needing more books in your home or if you need any ideas for getting your children excited about reading! Don't wait for contests to read!

Valentine's Day is quickly approaching and we are getting very excited to read books about kindness, love, and friendship and do all sorts of Valentine crafts, writing, and STEM projects! We are also wrapping up our legends and storytelling activities, which saw our division one students completing rewrites of different legends and our division two students participating in reader's theatres.

We will be hosting our next Scholastic Book Fair from March 17th-21st. We are so grateful for all of the support you show our book fairs. Did you know that the book fair is also a fundraiser? We earn credits towards Scholastic products. They truly are a win-win situation: our students are able to build up their home libraries with books they enjoy, and our school benefits by receiving lots of new books and learning resources!

We will be hatching chicken eggs and butterflies again this year beginning in April! And of course we ALWAYS have something growing in the library! There's always something to explore in the library!! Have a wonderful month!

Love, Miss Lawrence



Tanisi families,
Parenting Styles: Finding the Right Balance

As caregivers, how we interact with awasisak shapes growth and development. Parenting styles fall into four main categories, each with its own benefits and challenges. Here's a quick overview:

▪ **Authoritative** (Balanced Approach)

Looks like: Setting clear rules with room for flexibility.
Sounds like: "I understand you're upset. Let's talk about why this rule is important."
Benefits: Builds trust, independence, and self-discipline.
Challenges: Requires time and consistency to balance support and structure.

▪ **Authoritarian** (Strict and Controlling)

Looks like: Enforcing rules without discussion.
Sounds like: "Because I said so, that's why."
Benefits: Creates structure and clear expectations.
Drawbacks: May lead to fear, low self-esteem, or rebellion.

▪ **Permissive** (Lenient and Overindulgent)

Looks like: Few rules, with children deciding most things.
Sounds like: "Do whatever makes you happy."
Benefits: Encourages creativity and independence.
Drawbacks: Can lead to lack of boundaries or difficulty following rules later.

▪ **Uninvolved** (Neglectful)

Looks like: Little interaction, guidance, or rules.
Sounds like: Silence or disinterest.
Drawbacks: Can hinder emotional and social development.

The authoritative style is widely seen as the most effective for healthy child development. It fosters a balance between warmth and structure, helping children feel secure, confident, and capable.

If you have questions or want to learn more about parenting strategies, feel free to reach out to the school counsellors—we're here to support you!

Ay hay ekwa ekosi pitima!
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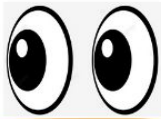
February is Bucket Filling Month!



A Bucket Filling Family

Here are some characteristics of a bucket filling family. Are there other things your family does that you can add to the list?

Looks Like



- smiles and cuddles
- playing together
- listening to each other
- sharing toys and books
- spending time together
-
-

Sounds Like



- laughter
- compliments
- kind words
- "I love you"
- kisâkihitin
- respectful words
- calm voices
- Nehiyawewin language
-

Feels Like

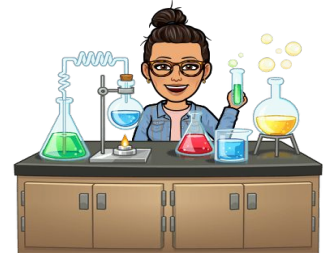
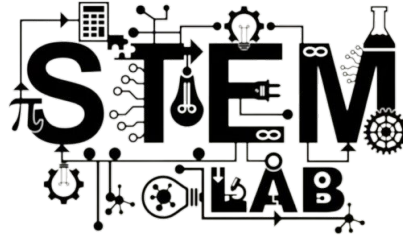


- happy
- safe
- supportive
- helpful
- comfortable
- loving
- trusting
-
-
-

All day long, we are either filling up or dipping into each others buckets by what we say or do.

The
Leader in Me[™]
great happens here





This year we have a leadership team dedicated to awasak who want to learn more about science & technology. This team meets with Mrs. Auger and Ms. Nanaquawetung every Monday during lunch time in the STEM lab.



February 5



Ribbon Skirt & Shirt Day

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



NEXT SKATING WEEK IS MARCH 3rd to 7th!

EES Skating Schedule

Monday
6W, 3M, 4P, 4Y

Tuesday

5S, 1A 2F, 3O

Wednesday

1P, 2E, 3H, Interactions

Thursday

6D, 2M, 4B

Friday

5A, 1M, 6Wh, 5F



IF YOU HAVE SKATES AND A HELMET, PLEASE MAKE SURE YOU BRING THEM ON YOUR CLASSES SCHEDULED SKATING DAY!!

IF PARENTS WOULD LIKE TO COME HELP TIE SKATES AND HELP ON THE ICE, PLEASE COME TO THE ARENA DURING THOSE SCHEDULED TIMES.

EES HAS A LIMITED AMOUNT OF SKATES AND HELMETS FOR STUDENTS TO USE



Bus Safety

In our effort to keep our students safe, we have installed video cameras on the buses and are in the process of hiring bus supervisors for each bus.

We are also asking parents to please not park behind the buses as this is very unsafe!

Ay hay!

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.




*Professional
Development Day*

NO SCHOOL
 Friday, February 7,
 2025

*Red or Pink
Day*


February 13th

*Show off your Valentine's
Day colours*


No School
February 14,
2025



NO SCHOOL
 FRIDAY, FEBRUARY 14, 2025
 IN LIEU OF PTI


 SÂKIHTO KÎSIKÂW
 VALENTINES DAY


AND



MONDAY, FEBRUARY 17, 2025

PEYAKOHEWEMAK KÎSIKÂW
 FAMILY DAY

Pink Shirt Day



Wednesday
February 26th
 @Ermineskin
 Elementary School



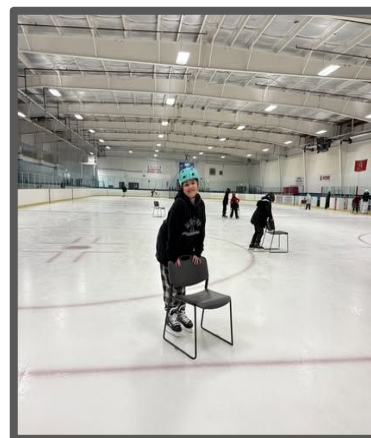
Physical Education



Tanisi kahkiyaw! Wow! We just had a busy month with skating, basketball and indoor activities! We are looking forward to another fun-filled month ahead!

We want to thank all the family members who came to help tie skates and join us on the ice during our first week of skating. The extra hands are greatly appreciated, and I know your children enjoy having you there to cheer them on. We will be back skating from March 3rd to 7th, so save the dates. You are more than welcome to join us on the ice! Please bring a helmet if you plan on joining us on the ice.

We hosted a very successful 4 Band 3 on 3 Basketball Tournament for our grade 5 and 6 athletes from around MESC on January 30th. We had a fantastic turnout of athletes, parents and guests! Congratulations to our EES Hawks for earning the 3rd place! Way to represent our school, Hawks! A special shout out to our referees, Aceton, Odin, Taitus, Rylan, and Blayson from MCJH, who did an outstanding job refereeing. Also, a special shout out to Tenzin, Lily, Avery, and Ciesa from our Student Lighthouse Team, who did a great job with scorekeeping. It was synergy at its finest! Ay hay!



PLEASE REMEMBER...



ERMINESKIN ELEMENTARY



CELL PHONES CONFISCATED WILL NEED TO BE PICKED UP BY PARENTS



THIS SCHOOL IS NUT FREE



THIS INCLUDES PEANUT BUTTER, NUTELLA, OR ANY PRODUCTS WITH NUTS IN THE INGREDIENTS.



We do not allow Energy drinks at school!

Ermineskin Hawks Take Bronze!



4 Band Tournament Bronze Medalists

Nehiyawâtisiwin - Mikisiw Pîsim

tânsâtawiya kahkiyaw!

We've been busy this past great moon hearing many âtayohkewina (legends).

We had Elders in the school for âcimowin week!

Ay hay mistahi for sharing your beautiful stories!

nehiyawé, nehiyawé, tahto kîsikâw awâsak!



Below are our featured Cree words this month.

February (Eagle Moon) - mikisiw pîsim ᓄᓕᓃᓐ ᐱᓕᓃᓐ

mêtoni kâyâs - a long time ago ᓄᓕᓃᓐ ᓕᓃᓐ

âtayokêwina - legends ᐱᓕᓃᓐ ᓄᓕᓃᓐ

âcimowin - telling a story ᐱᓕᓃᓐ ᓄᓕᓃᓐ

kôna - snow ᓄᓕᓃᓐ

mispin - It is snowing ᓄᓕᓃᓐ

pipin - winter ᓄᓕᓃᓐ

iskotew - fire ᓄᓕᓃᓐ

sâkihtowin - love ᓄᓕᓃᓐ

wâhkohtowin - ᐱᓕᓃᓐ ᓄᓕᓃᓐ - kinship

nîcimos - ᓄᓕᓃᓐ - sweetheart

nitôtém - ᓄᓕᓃᓐ - my friend

sâkihto kisikaw ᓄᓕᓃᓐ ᓄᓕᓃᓐ Valentine's Day



February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Groundhog Day! 	3 Counselor Appreciation Day! We appreciate you! 	4	5 Assembly @ 11 Ribbon Skirt/Shirt Day!	6	7 PD Day NO SCHOOL	8
9	10	11	12	13  Wear Red & Pink Day!	14 Sākito Kisikaw! Valentine's Day!  NO SCHOOL In lieu of PTI	15
16	17 Family Day No School	18	19	20  Grade 5 Ice Fishing Field trip	21 Archery Tourney at NES! 	22
23	24	25	26 	27	28 Grade 6 Reynolds Alberta Museum Field trip	Skating is next week!



February Lunch Menu



**Menu Subject to Change due to product availability					
ᑭᑭᑭᑭᑭ ᑭᑭᑭᑭᑭ Mikisiw Pīsim Eagle Moon (February)					
3rd- 7th	Monday	Tuesday	Wednesday	Thursday	Friday
Kikisepā micowin ᑭᑭᑭᑭᑭ	Cereal, Fruit	Assorted Baked Goods, Fruit	Assorted Baked Goods, Fruit	Yogurt Parfait, Fruit	
Nimāwin ᑭᑭᑭᑭᑭ	Beef Stroganoff with Egg Noodles, Hot Veg, Caesar Salad, Fruit Salad	Baked Ham, Roasted Potatoes, Hot Veg, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Loaded Potato Soup, Cheese Bread, Mixed Salads, Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad	PD DAY
Micisowinis ᑭᑭᑭᑭᑭ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
10th- 14th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Assorted Baked Goods, Fruit	Cereal, Fruit	Assorted Muffins, Yogurt, Fruit	
Lunch	Chicken and Vegetables in Parmesan Cream, Caesar, Spinach & Fruit Salad	Hamburger and Rice Goulash, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Tomato Vegetable Soup, Bannock, Mixed Salads, Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad	SCHOOL HOLIDAYS
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
17th -21st	Monday	Tuesday	Wednesday	Thursday	Friday
Kikisepā micowin ᑭᑭᑭᑭᑭ		Assorted Baked Goods, Fruit	Fruit Scones, Fruit	Yogurt Parfait, Fruit	Cereal, Fruit
Nimāwin ᑭᑭᑭᑭᑭ	SCHOOL HOLIDAYS	Ham Alfredo Pasta, Tossed Salad, Fruit Salad, Fruit	Chili, Bannock, Mixed Salads, Fruit Salad	Coconut Curry Chicken, Rice, Hot Veg, Spinach and Strawberry Salad, Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad
Micisowinis ᑭᑭᑭᑭᑭ		Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
24th- 28th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Assorted Baked Goods, Fruit	Assorted Muffins, Fruit	Bannock and Jam, Fruit	Assorted Muffins, Fruit
Lunch	Pasta with Italian Sausage and Roasted Tomatoes, Spinach Salad, Fruit Salad, Fruit	Perogies & Garlic Sausage, with Sauteed Cabbage, Hot Veg, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Three Sisters Soup, Bannock, Mixed Salads, Fruit Salad	Bison Shepherds Pie and Hot Veg, Pasta Salad, 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