



miyo acimowin

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Good News



April 2025



ayiki pisim

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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

tansi ohpikinahawasiwahk (parents/guardians),

We hope you all enjoyed the miyoskamin break! Hopefully it stays nice for the next little while as we welcome miyoskamin. It was great to see you all at our miyoskamiw ohnikikomawak Engagement as well as our Parent Lighthouse Meeting! It was awesome!

We are so happy to see all of our awasak starting to attend more regularly. We attached attendance reports to every report card so parents would be aware of how much school your child may have missed. It does add up! Many students are attending well and we thank you for that! Some of our children are needing some catching up so every day is important! We do our literacy in the morning, so please make sure they are also on time!

Just a reminder that parents need to come to the office and not go directly to classrooms. We do not want any disruptions while teaching is happening and if you need to speak to a teacher, please call and leave a message or make an appointment. Also please ensure the awasak are not being dropped off before 8:25 and are picked up by 3:20. We appreciate your help with this.

Our Nehiyawatsowin has been so exciting this past month! We did some tracking and snaring out behind the school. Our grade fives went ice fishing! We have lots of fun things planned in April! too We have a trappers presentation on April 17th. Our grade fives have mistatim (horse) camp on Tuesdays and Thursdays. Spirit North will be in to do Lacrosse with the awasak. Rainbow day is on April 3rd and Earth Day clean up on April 22nd! We are also attending the grade 5 & 6 soccer tournament on April 25th! We are looking forward to an exciting month!

ekosi!!

Doris Auger,  
Principal





# Library

Tânîsi kahkiyaw!

- I am very excited about miyoskamin in the library! There are so many exciting literacy activities to do.
- We will be planting all sorts of seeds to get plants ready for our outdoor learning space. This year, I will be working with the awasak to plan and grow a 3 Sisters Garden where we will grow squash, beans, and corn. We also plan to grow sunflowers and tomatoes.
- We are hatching chicks again this year! Our new babies will go into the incubator at the beginning of May! . Reading seed packets, researching plant and animal growth and care, and keeping observation logs are all great ways to encourage literacy.
- Ay hay for supporting our Miyoskamin Book Fair before the break. If you aren't already aware, the book fairs help us earn Scholastic credits, which we use for new books and learning materials for the awasak. Thanks to you we will be able to purchase many books and STEM resources!
- Congratulations to Curtis (IF), Lemia (4Y), and Denessa (5F) for winning our Create a Bookmark Contest. We had SO many creative entries, it was really hard to choose the winners. These students have each received a gift from the book fair and their designs will be made into real bookmarks that will be shared with all students. The theme of the contest this year was "Reading is Fun" and all 3 of these students did a great job of conveying their message through their beautiful artwork!
- The Miyoskamin Reading Bingo will start on May 5 and will wrap up on May 30. Any student who completes their Bingo Card can return it to the library to redeem for a prize! Bingo Cards will be distributed to every child at the end of April, so watch for that to come home.
- Please spend time each evening completing your child's home reading with them. There is so much research that tells us how much more successful children are when parents are actively engaged with their learning! Plus, all kids love being able to show off their reading skills to their families!

Have a wonderful April!

Love, Miss Lawrence



# Counsellor's Corner



Tanisi families,

## Finding Balance: Healthy Screen Time for Kids

Screens are a big part of life for kids today—whether it's for school, games, or connecting with friends. While technology offers amazing opportunities, too much screen time can affect kids' physical health, social skills, and even sleep.

### Here are some tips to help find a healthy balance:

#### 1. Set limits together:

Talk as a family about how much screen time feels right. Create simple rules like "no screens at the dinner table" or "one hour of gaming after homework."

#### 2. Use timers/device settings to stick to limits.

#### 3. Encourage other activities:

Make time for outdoor play, hobbies, and family fun. Suggest screen-free options like drawing, building with blocks, or reading.

#### 3. Be a role model:

Show your kids that you unplug, too—put your phone down during family time or while talking to them.

#### 4. Teach mindful screen use:

Encourage kids to think about how they feel after screen time. Ask questions like, "Does that game make you happy or frustrated?"

Help them choose high-quality apps, games, or shows that are fun and educational.

#### 5. Protect sleep:

Turn off screens at least an hour before bed to help kids wind down and sleep better.

Finding a balance takes practice, and it's okay to adjust as needed. If you need support or ideas, the school counsellors are here to help!

Miyowata Ka-Miyoskamik

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

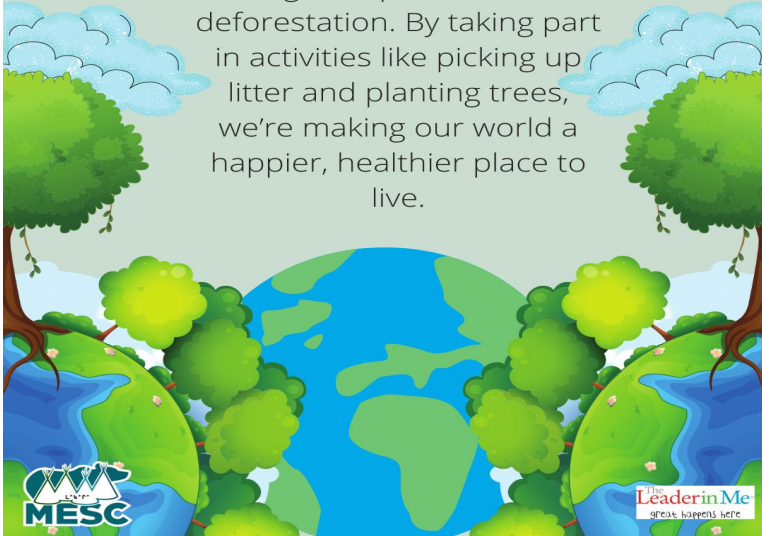
[franserickson@maskwacised.ca](mailto:franserickson@maskwacised.ca)

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



**TUESDAY**  
**AKIYI PISIM 22,**  
**2025**  
**Ermineskin Elementary**  
**School**

Our planet is an amazing place, but it needs our help to thrive! That's why each year more than a billion people celebrate Earth Day to protect the planet from things like pollution and deforestation. By taking part in activities like picking up litter and planting trees, we're making our world a happier, healthier place to live.



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 great happens here

*Reminder...*

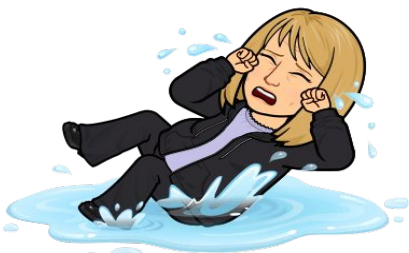
**PROFESSIONAL DEVELOPMENT DAY!**

NO SCHOOL FOR STUDENTS

Friday, April 11, 2025

## Spring Clothing

Reminder to parents to make sure your awasak are dressed for the unpredictable spring weather. Our school grounds can get quite wet and muddy. Rubber boots and an extra change of clothes would be a great idea to include in their backpack.  
 ay-hay!



## miyoskamiw ohnikikomawak Engagement March 20/2025

Thank you to all the parents that attended our Celebration of Learning. We had 107 parents attend. It is great to have everyone in our schools. Over 50 of our parents also visited the Cree teachers, which is fantastic!

Ay hay to all that attended our final PAC meeting of the year! We discussed some new school initiatives, our community service projects and reviewed the draft of the Circle of Parents handbook. We appreciate you all sharing your feedback and ideas!  
 ay hay!



**HAPPY EASTER**

Easter long weekend is April 18-21 NO SCHOOL!




**WE APPRECIATE YOU!**



**EMPLOYEE APPRECIATION DAYS**

April 3 - Support Staff Appreciation Day  
 April 5 - Librarian Appreciation Day  
 April 23 - School Bus Driver Appreciation Day  
 April 24 - Admin Assistant Appreciation Day

**April is Dental Health Month**  
We will be having class competitions with 1st, 2nd, and 3rd place prizes.  
More information will be coming out shortly!

**7 TIPS FOR HEALTHY TEETH**  
 For kids and parents



1. Brush for two minutes.
2. Use a small amount of toothpaste. Don't forget to spit it out!
3. Use a soft toothbrush that's small enough to reach all your teeth.
4. Brush where your teeth touch your gums.
5. Brush after breakfast and before bedtime.
6. Clean every tooth.
7. Don't forget to floss!



**Brush 2Win**

Learn more at [yourdentalhealth.ca](http://yourdentalhealth.ca)

For a complete dental health checklist, visit [www.bccdc.ca/healthcare/brush2win](http://www.bccdc.ca/healthcare/brush2win)



*April 10*



*Ribbon Skirt & Shirt Day*

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



osâm nehiyawewin namôya ehâpacihât masinahikaninkewina kâmisâki!

Because Cree doesn't use capital letters!

tânehki namôya emasinahikeyin ôhi kâmisâk?

Why didn't you write these letters with capitals?

nehiyawewin has different grammar rules than English does. Using lowercase, all of the words model tapahtheyimowin - humility!

**RAINBOW DAY**

**THURSDAY, APRIL 3RD**

Find the color of the rainbow at Ermineskin Elementary School.

# Physical Education

**tanisi! Well, miyoskamin is finally here! I hope you all enjoyed your miyoskamin break with your families! It was great to see the awasak participate in skating, cross-country skiing, floor curling, and badminton over the past month.**

**We want to thank everyone who helped out with skating. Whether tying skates or helping give a hand on the ice, it was great having you join us! Seeing the things we can accomplish when we synergize together is fantastic!**

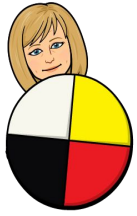
**Congratulations to our Hawks Badminton Team members who represented our school with great sportsmanship at the 4Band Badminton Tournament hosted at NES! We placed 3rd overall as a team! Way to go, Hawks! We will have Spirit North in for Lacrosse the first week of April! We have begun our Hawks Soccer Team tryouts in anticipation of the 4Band Soccer Tournament on April 25th at Kisipatinahk School.**

**Have a great month!**

# 2025 Elders Tea

On Friday, March 21, 2025, we invited kehtehayak (elders) from the community to our school for our Elder's Tea. Each grade prepared a display of a specific topic related to the culture and the community of Maskwacis. Our awasak drummed, sang songs, and presented their work to the kehtehayak (elders) in nehiyawewin. Students led by greeting elders at the door and serving snacks, tea, and coffee. Each elder received a special gift on behalf of our school! All had a great time!





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## Supporting The Leader in Me Initiative

Ay hay to all the parents who completed the MRA at our Celebration of Learning. Your input is very valuable! We are often asked how parents can support Ermineskin Elementary School's leadership initiative. And we have a super simple answer! All you really have to do is use the 7 Habits language at home.

As the school year unfolds, the children are learning and reviewing the language and meaning of the 7 Habits. By hearing the same language at home and at school, you send your children a strong message of what you believe is important and that we are all on the same team! When parents and schools support one another, the sky's the limit!

Below is a summary of each of the habits:

### Habit 1: Be Proactive (You're in Charge)

- *Do the right thing, even when no one is looking.*

### Habit 2: Begin With the End in Mind (Have a Plan)

- *Plan ahead and set goals.*

### Habit 3: Put First Things First (Work First, Then Play)

- *Spend time on things that are most important.*

### Habit 4: Think Win-Win (Everyone Can Win)

- *I win, you win, we win!*

### Habit 5: Seek First to Understand, Then to Be Understood (Listen Before You Talk)

- *Try to understand other people's point of view.*

### Habit 6: Synergize (Together Is Better)

- *Together we can create better solutions than alone.*

### Habit 7: Sharpen the Saw (Balance Feels Best)

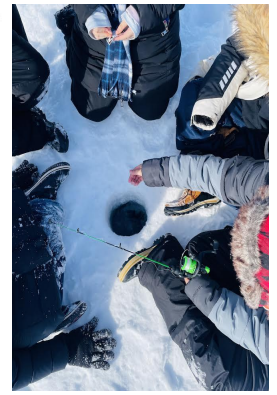
- *I take care of my body, mind, heart and soul.*





# nehiyawâtsiwin!

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tân'si atawiya kahkiyaw kiyawâw! miyoskamin, pemiywâsin!

Oh Spring is in the air!

Last month we hosted our annual elders tea, and it was such a joyful occasion! Some of our classes had the wonderful opportunity to showcase their nehiyawewin talents and perform for our cherished elders.

Students even ventured outdoors to build winter shelters and learn about snaring! They had a fantastic time exploring the great outdoors, identifying various animal tracks. We had our grade 5's experience a cultural field trip of ice fishing. It was truly a memorable experience for everyone involved!

Here are some Cree phrases we'll be practicing:

• ᐃᐱᐱ ᐱᐱᐱ ayîki pîsim - Frog moon (April)

• ᐱᐱᐱᐱᐱᐱᐱ miyoskamin - spring

• ᐃᐱᐱᐱᐱ ayîkisak - frogs

• ᐃᐱᐱᐱᐱ ᐃᐱᐱᐱᐱ ayîkisak ekitôcik  
The frogs are singing

• ᐱᐱᐱ wâwi - egg

• ᐱᐱᐱᐱᐱᐱᐱ mêtawêwin a - games

• ᐱᐱᐱᐱᐱᐱᐱ cakahkwêwin - stick game

• ᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱ nehiyaw metawewina  
traditional games





# The 7 Habits at Home

With Miyoskamin finally coming, this is a great time to practice Habit #7 as a family, and enjoy some wellness activities!

mîyo  
pimâtisôwin



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## FAMILY WELLNESS

Ideas to make family wellness fun!

**1** Establish Family Routines: As a family, set consistent times for sleep, meals, and physical activity.

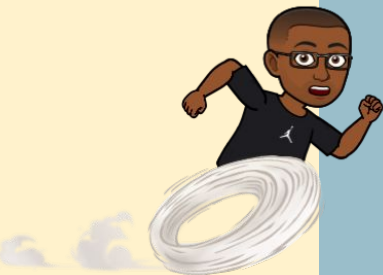
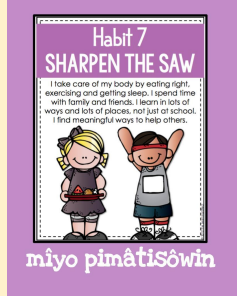
**2** Family Dance Party: Turn up the music and have a dance-off in your living room.

**3** Be Active Together: Go on an evening walk, or a family bike ride together.

**4** Spend Time Outdoors: Practice mindfulness outdoors by taking time to appreciate Creator's gifts.

**5** Make Time for Family Meals: Prepare and enjoy meals together as a family. Sit at the kitchen table together as well!

**6** Lessen Screen and Social Media Time: Limit screen time and do something together as a family: new hobbies and interests.





# ayiki pisim • FROG MOON • APRIL 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spirit North in for Lacrosse	March 31	1 Gr 5S mistatim	2	3 Support Staff Appreciation Day! Rainbow Day Gr 5S mistatim	4 Librarian Appreciation Day! nehiyawatsowin - Traditional Games	5
6	7	8	9	10 School Assembly Ribbon Skirt/Shirt Day	11 PD Day NO SCHOOL	12
13	14	15 Gr 5A mistatim	16	17 Trapping Presentation Gr 1 Field Trip	18 Good niyānanokīsikāw NO SCHOOL	19
20 Happy Easter	21 NO SCHOOL Easter pēyakokīsikāw Kiyāskiw Kisikāw	22 Earth Day Cleanup Grade 5A mistatim	23 Bus Driver Appreciation Day!	24 Admin Assistant Appreciation Day! Gr 5 Field Trip	25 5/6 Soccer Tourny @ KS Grade 5A Mistatim	26
27	28	29 Gr 5A mistatim	30			



## April Menu



menu subject to change due to product availability	ᐱᐱᐱ ᐱᐱᐱ Ayiki Pisim Frog Moon (April)				
March 31st- April 4th	Monday	Tuesday	Wednesday	Thursday	Friday
Kīkīsepā micowin ᐱᐱᐱ ᐱᐱᐱ	Oatmeal, Fruit	Assorted Muffins, Fruit	Fruit Scones, Fruit	Yogurt Parfait, Fruit	Bannock and Jam, Fruit
Nimāwin ᐱᐱᐱ	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	Roast Beef au jus with Potatoes and Hot Veg, Tossed Salad, Pasta Salad	Pizza Day! Caesar Salad, Fruit Salad
Micisowinis ᐱᐱᐱ ᐱᐱᐱ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
7th - 13th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Yogurt, Cereal, Fruit	Pancakes, Jam, Fruit	Sweet Scones, Yogurt, Fruit	Yogurt, Cereal, Fruit	
<b>Lunch</b>	Pasta Carbonara (Cream, Bacon, Parmesan and Peas) Tossed Salad, Tomato Salad, Fruit Salad	Baked Ham with Rice Pilaf and Hot Mixed Vegetables, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Beef Vegetable Soup with Cheese Bannock, Caesar Salad, Spinach & Strawberry Salad, Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad	<b>PD DAY</b>
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
14th - 18th	Monday	Tuesday	Wednesday	Thursday	Friday
Kīkīsepā micowin ᐱᐱᐱ ᐱᐱᐱ	Yogurt, Cereal, Fruit	Assorted Baked Goods, Fruit	Oatmeal with Berries and Fruit	Pancakes, Jam, Fruit	
Nimāwin ᐱᐱᐱ	Baked Mexican Lasagna (layered with tortillas), Spinach Salad with Berries & Feta, Fruit Salad, Fruit	Perogies Baked in Cheese Sauce with Veggies & Bacon, Mixed Salads, Fresh Fruit	Cauliflower Cheddar Soup with Ham, Fresh Bread, Broccoli Pasta Salad, Greek Salad, Fruit	Pizza Day! Caesar Salad, Fruit Salad	<b>GOOD FRIDAY</b>
Micisowinis ᐱᐱᐱ ᐱᐱᐱ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
21st - 25th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>		Oatmeal, Cereal, Fruit	Assorted Baked Goods, Fruit	Yogurt, Cereal, Fruit	Pancakes, Jam, Fruit
<b>Lunch</b>	<b>EASTER MONDAY</b>	Baked Bacon, Veggie, Pasta Casserole, Tossed & Fruit Salad	Chicken Noodle Soup, Bannock, Mixed Salads & Fruit Salad	Pulled Pork Sandwiches with Hot Veg, Tossed & Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad
<b>Snacks</b>		Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
28th - May 2nd	Monday	Tuesday	Wednesday	Thursday	Friday
Kīkīsepā micowin ᐱᐱᐱ ᐱᐱᐱ	Oatmeal, Cereal, Fruit	Savoury Scones, Fruit	Muffins, Fruit	Yogurt Parfait, Fruit	Pancakes, Sausage, Fruit
Nimāwin ᐱᐱᐱ	Pasta Alfredo w/ Ham, Veggie Sticks, Caesar Salad, Fruit Salad	Chicken Caesar Wraps, Pasta, Cucumber & Fruit Salad, Fruit	Beef Stew, Cheese Bread, Mixed Salads, Fruit Salad	Shepherd's Pie, Tossed Salad, Greek Salad, Fruit Salad, Fruit	Pizza Day! Caesar Salad, Fruit Salad
Micisowinis ᐱᐱᐱ ᐱᐱᐱ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods