



miyo acimowin

ᑭᑦ ᐱᑦᑭᑦᑭᑦ
Good News



May 2025

Egg Laying moon
pinâwew pîsim ᐱᑦᑭᑦᑭᑦ ᐱᑦᑭᑦ

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

Principal's Message

tânisi ohpikinahawâsowak (Parents/Caretakers),

It has been wonderful to see our awâsak coming to school more regularly. Thank you so much for sending your children to school every day and on time. I know we have a few parents that are having trouble getting their kids to school. Sometimes they are staying up too late gaming, or just don't like the routine of school. If you need support with this, please reach out. The key is taking the technology away at bedtime so they get a good sleep.

It is also so important that parents are monitoring the social media use of their children. We have been having a bit of drama over **social media bullying**. We do not allow cell phones at school at all for this reason and they will be confiscated for parents to pick up. Please support us by discussing this with your children.

We are so excited to be taking the awasak on **field trips** the next couple of months! Keep a look out for permission forms coming home.

We also have some **transitions** happening this month. Kindergarten and grade one will have a transition exchange on May 20 and Grade 6 will visit the Maskwacis Cree Junior High School on June 3. It will be a great opportunity for students to get comfortable in their new space for next year!

With the weather warming up, we are excited to be getting outside more! Our Cree classes are outdoors for **nehiyawâtsowin** (land-based learning) on Fridays and the awâsak will be learning about miyoskamin (spring) and pinawew pîsim (Egg Laying moon).

Happy Mother's Day to all of our moms and kokums out there! You are doing an awesome job! Enjoy our beautiful miyoskamin weather and take care. Go Oilers!.

ekosi pitamâ,
Doris Auger
Principal





LIBRARY



Counsellor's Corner



tânisi kahkiyaw,

Happy miyoskamin! We have so much going on in the library lately, it's difficult to keep track of! We have been busy doing many miyoskamin activities!

Awâsak have planting seeds to grow veggies and flowers for our outdoor garden boxes. We have planned a "3 Sisters" garden and will be growing our own squash, beans, and corn. We also collected and dried seeds from our sage harvest in the fall and will be trying to get these to grow!

Our annual butterfly hatch will be starting soon. Students will be researching and observing the life cycles of butterflies, starting with the teeniest baby caterpillars. We hope to be able to release our butterflies on a nice warm day at the beginning of June!

This year we will be hatching baby chicks. We are very excited to meet our new babies. We have hatched chicks, ducklings, an quail and have found that chicks are the easiest to take care of...and they are also the least stinky! Students will be researching and taking part in the care of our baby chicks, and we will hold a baby naming contest once the chicks hatch..

We start our Miyoskamin Reading Challenge today! Each student has received an "Miyoskamin Reading Challenge Passport". They have until May 30 to complete their passport. Students who complete the challenge will receive a "book worm" prize, be entered into a draw for a fun spring basket, and any class who has 100% of their students completing the challenge will receive an ice cream party!

Have a great month!
Miss Lawrence



tânisi families,

May is Mental Health Awareness Month: Supporting Children's Mental Health

Mental health is just as important as physical health. Helping kids feel safe, understood, and supported can make a big difference in their well-being. Here are a few key ways to support your child's mental health:

• Listen and talk openly:

- Encourage your child to share their thoughts and feelings.
- **Ask questions like:** "How are you feeling today?" or "What was the best and hardest part of your day?"
- Let them know it's okay to feel sad, mad, or worried sometimes—everyone does.

• Help them manage stress:

- Create calm routines like bedtime reading, outdoor play, or quiet moments to relax.
- Teach simple strategies like deep breathing or counting to ten when they feel overwhelmed.

• Focus on connection:

- Spending time together, even in small ways, strengthens their sense of safety and belonging.
- Activities like cooking, playing a game, or just talking on a walk show them they are valued.

• Know when to seek extra help:

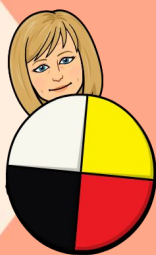
- If your child seems sad, anxious, or angry for long periods or struggles to cope, reaching out to a counsellor or healthcare provider can be life-changing. Counselling can provide tools and support to help kids feel better.

As counsellors, we are here to support your children and your family. If you have concerns or questions, please don't hesitate to reach out. Together, we can nurture your child's mental health and help them thrive!

ekosi pitimâ!

christiedewald@maskwacised.ca
franserickson@maskwacised.ca

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



The
LeaderinMe™
great happens here



The 7 Habits at Home

Tansi parents! we hope this newsletter finds you and your family well. We also hope that we can provide some support for you at home in ways to practice the 7 Habits. This month, we will review Habit #4: Think Win-Win: Māmawi Mīyopayowin



māmawi mīyopayowin

HABIT #4: THINK WIN-WIN

Thinking win-win is an effective way of thinking, especially in a family. When conflicts arise, we think win-win by looking for an alternative solution. We try to think about the other person's feelings as well.

1. Try to see the problem from another's point of view.
2. Discuss ways to come up with a solution that makes everyone happy.



"LET'S NOT DO IT YOUR WAY OR MY WAY,
LET'S DO IT THE BEST WAY!"
- GREG ANDERSON

Think Win-Win language:

Cooperate
Mutual
Conflict
Solution



May 7



Ribbon Skirt & Shirt Day

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



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.



tânisi kahkiyaw!

Physical Education



What a thrilling month of fun warm up games, soccer, kickball, and cooperative games! As we look forward to pinâwew pîsim, we look ahead to getting back outside for some classes. It is great to have Spirit North back this week who are leading Traditional Games outside. For the rest of the month we look forward to some Handball, Softball, and other fun games inside and outside.

Congratulations go out to our Hawks Soccer Team who synergized together and came out as silver medalists in the 4Bands Soccer Tournament at Kisipatinahk School. Way to go Hawks!



Floral & Hawaiian

Shirt Day!

Friday,
May 23rd
@EES



Grade 6



GRAD PHOTOS



Thursday, May 8th, 2025



Ribbon Shirt & Skirt Day!

In Honor of late Julie Vanderburg

Monday, June 2nd



ᑕᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ
ERMINESKIN ELEMENTARY SCHOOL

2025-2026

DEMOGRAPHIC UPDATE FORM

PARENTS/GUARDIANS OF RETURNING STUDENTS: PLEASE ENSURE YOUR CHILD'S INFORMATION IS CORRECT

**FOR THE 2025-26
SCHOOL YEAR!**

DEMOGRAPHIC UPDATE FORM
NEEDS TO BE UPDATED PRIOR TO
SCHOOL STARTING IN SEPTEMBER

CALL JACKIE, AND SHE CAN HELP
YOU OVER THE PHONE.

780-585-3760

**HTTP://POWERSCHOOL.MA
SKWACISED.CA/PUBLIC**



nehiyawâtsiwin!

Egg Laying moon
pinâwew pîsim ᐱᐱᐅᐅᐅ ᐱᐅᐅ

tân'sâtawiya kahkiyaw kiyawâw!

miywâsin miyoskamin miyoskamin! This past month the students have been working on nehiyaw metawewina (traditional games) and pahkekinohkewin (prepping and skinning animal hides). ay hay mistahi to Epo Auger and his family, Carl Rabbit, Chance White and Melissa Moonias for sharing their expertise and knowledge!

We've also been learning terms for weather, foods, spring clothing and body parts! Lots of review and a few things new!

Below are our featured Cree words for this month, pinawewipîsim:

miyoskamin - ᐅᐅᐅᐅᐅ - spring

âti sâkipakâw - ᐱᐱ ᐅᐅᐅᐅ - the leaves are starting to bud

pinâwew - ᐱᐱᐅᐅᐅ - laying eggs in a nest

wâwi - ᐱᐱ - one egg

wâwa - ᐱᐱᐱ - two or more eggs

wâpikwaniy - ᐱᐱᐅᐅᐅ - flower (s)

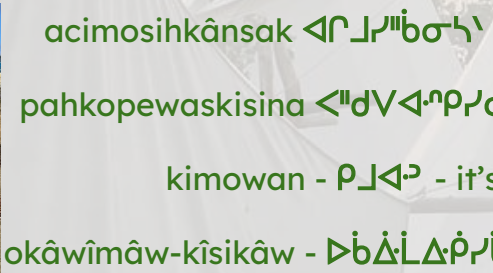
wâpikwaniya - ᐱᐱᐅᐅᐅᐅ - flowers (pl)

acimosihkânsak ᐱᐅᐅᐅᐅᐅᐅ - pussy willows

pahkopewaskisina ᐱᐅᐅᐅᐅᐅᐅᐅ - rubber boots

kimowan - ᐅᐅᐅᐅ - it's raining



okâwîmâw-kîsikâw - ᐅᐅᐅᐅᐅᐅᐅᐅ - Mother's Day



May 2025

pinawew pîsim ᐱᐃᐅᐅᐅ ᐱᐅᐅ



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				National Principal Appreciation Day 5F Mistatim May Newsletter!	1 nehiyawâtsowin Tipi Raising/Teachings 2	3
4 Staff Appreciation Week!	5	6 5F Mistatim	7 Assembly Ribbon Skirt/Shirt Day	8 5F Mistatim Grade 6 Grad Photos 	9 PD Day No School	10
11 Mother's Day okâwîmâw kîsikâw	12 	13 National Teacher Appreciation Day 5F Mistatim	14 Interactions to MCJH	15 nehiyawâtsowin Conference NO SCHOOL	16 nehiyawâtsowin Conference NO SCHOOL	17
18	19 Victoria Day No School	20 Grade 1/Kinder Exchange 5F Mistatim	21	22 Track & Field LB 5F mistatim  Bike Rodeo gr1/2	23 Floral/Hawaiian Shirt Day nehiyawâtsowin - Tipi Raising/ Teachings	24
25	26	27	28 Gr 3 Field Trip Gr 2 Field Trip Interactions to MCJH	29 Interactions to Allstar	30 nehiyawâtsowin - Traditional Foods Ermineskin Pow-wow May 30,31,June 1	31



MESC May Menu



**Menu Subject to Change due to product availability	ᐱᐃᐅᐅᐅ ᐱᐅᐅ Sakipakaw Pîsim Egg Laying Moon (May)				
May 5th - 9th	Monday	Tuesday	Wednesday	Thursday	Friday
Kîkîsepâ mîcowin ᐱᐅᐅᐅᐅ ᐱᐅᐅᐅᐅ	Yogurt, Cereal, Fruit	Ham, Cheese, Scones, Yogurt, Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit	Oatmeal with Berries, Fresh Fruit	PD DAY
Nimâwin ᐅᐱᐅᐅ	Pasta Bolognese, Caesar Salad, Fruit Salad	Deli Sandwiches, Pasta, Fruit, Fruit	Broccoli Cheddar Soup, Bannock, Caesar, Mixed & Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad	
Mîcisowinis ᐱᐅᐅᐅᐅᐅᐅ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
12th - 16th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Sweet Scones, Fruit	Pancakes, Sausage, Fruit	Conference	Conference
Lunch	Taco Beef Mac and Cheese, Tossed, Tomato & Fruit Salad	Chicken Enchiladas with Spanish Rice, Tossed & Fruit Salad, Veggie Sticks	Pizza Day! Caesar Salad, Fruit Salad		
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods		
19th - 23rd	Monday	Tuesday	Wednesday	Thursday	Friday
Kîkîsepâ mîcowin ᐱᐅᐅᐅᐅ ᐱᐅᐅᐅᐅ	Victoria Day	Yogurt, Cereal, Fruit	Mini Ham & Cheese Quiche and Fruit	Oatmeal with Berries, Fresh Fruit	Pancakes, Sausage, Fruit
Nimâwin ᐅᐱᐅᐅ		Meatloaf and Potato Wedges with Hot Veg, Mixed Greens, Cucumber & Tomato Salad	Chicken Noodle Soup w/ Cheese Bannock, Caesar, Vegetable & Fruit Salad	Chicken Stir Fry w/ Rice, Tossed Salad, Fruit Salad, Fruit	Pizza Day! Caesar Salad, Fruit Salad
Mîcisowinis ᐱᐅᐅᐅᐅᐅᐅ		Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
26th - 30th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Eggs, Back Bacon, Hashbrowns, Fruit	Overnight Oats, Fruit	Mini Ham & Cheese Quiche , Fruit
Lunch	Primavera Marinara Pasta, Spinach & Fruit Salad	Pasta Alfredo, Tossed Salad, Fruit Salad, Vetable Salad Fruit	Three Sisters Soup, Cheese Bread, Caesar, Spinach, Pasta, & Fruit Salad	Roast Beef with hot Veggies and Potatoes, Tossed, Greek & Fruit Salad	Pizza Day! Caesar & Fruit Salad
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods