



Miyo Acimowin

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Good News



October 2025

Kaskatino Pisim Freezing Moon

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Principal: Doris Auger
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Vice Principal: Patty Walker
Vice Principal: Melanie Nanaquawetung
Admin Assistant: Colette Buffalo
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Principal's Message

Tânîsi kahkiyaw!

We have been off to a very successful start to our year! Our classrooms are mostly full! While we have had some students missing due to illness, our attendance has been pretty steady. Please send your awasak every day and on time so they don't miss any learning!

We have had a few staff changes already this year! We would like to congratulate Jackie Littlechild on being elected to council! We know that she will do great! We would like to welcome Colette Buffalo as our new administrative assistant! We are also sad to see our grade 5 teacher Deneika Dennehy go and would like to welcome Monique Makokis-Lee to take her place. We also welcome new EA's Kaliya Minde and Nazerin Minde who are both former students of EES! Welcome everyone!

We were so happy to see so many parents and guardians at our **Meet the Staff** night! We had a terrific turnout and everyone enjoyed the food provided. Parents had the opportunity to meet with our teachers, counselors and Cree teachers. We had our first **PAC meeting** and we selected Janelle Small as our chair and Abby Strawberry as our Vice Chair. Thanks so much to all the parents that came out! Our next PAC meeting will be at Parent Interviews on November 27th! We would love you to join us!

As always, our focus is also on developing our awasak to become knowledgeable about their Cree language (**Nehiyawewin**) and culture. We have been using our **Nehyawatsowin** Fridays to learn more about our culture. In September we were picking and drying sage and our grade 4 students will be going on their **cultural field trip** to pick medicinal plants on October 3. In October we will be learning about migration and hibernation so be sure to ask your awasak what they have learned.

On our PD day in September, we had a **Pipe Ceremony** and a **Feast**. Our Elder Brian Lee prayed for us to have a good, safe year for our awasak. We also had Steve Wood and drummers join us for a **Flag Raising Ceremony** on Orange Shirt day. It is so good to start our year in a good way.

Together we can be successful with educating our children. As always, email or call if you have any questions or concerns.

Doris Auger
Principal





Library Update

Tanisi Families!

Library classes are now in full swing and it has been so much fun seeing all of our awasak again! We spent September reviewing library expectations, how to be a Library Leader, and book care. We reviewed story elements and created story maps.

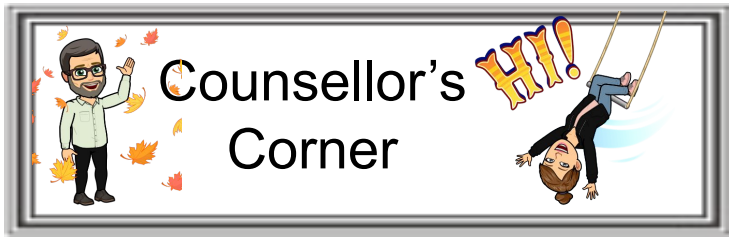
Our Book Fair finished up on September 22 and was very successful! The Book Fair is a fundraiser for our school, and Scholastic gives us a percentage of all proceeds raised to enhance our library and literacy programs. We sold \$5284.76 worth of books and other goodies, which gives us a credit of \$2113.90 to be used to purchase resources from Scholastic. Thank you to everyone who supported it, we will be able to purchase lots of new books and STEM activities for our students!

October is one of the most anticipated months in the library! We all look forward to the spooky stories and fun Halloween activities. Once again, we will try growing pumpkins once we read the story "Pumpkin Jack". We will be carving our very own Pumpkin Jack and then sealing him in a glass jar with some soil. We will watch him decompose and then hopefully his seeds will begin growing us a new pumpkin plant!

Our library clubs all start this month. On Tuesdays during both recesses, we have our **Walking Club**. On Wednesdays and Thursdays during lunch, students will join me in the Library for **Craft Club**. And finally, I will be hiring my **Junior Librarians** in October! This program is offered to students in Grade 5 & 6. Students will apply for a position, and will be scheduled to work once a week during recess. They also receive weekly "paycheques" for each week they work! Applications are due on October 3rd! Students are also always welcome to visit the library during their breaks to participate in a variety of activities, or to curl up with a good book!

Have a wonderful October! Happy Thanksgiving and have a very spooky and fun Halloween!

Love, Miss Lawrence



Tanisi families,

As the school year continues, kids can feel overwhelmed by big emotions like frustration, worry, or excitement. Helping them learn to manage these feelings is an important skill that supports success in school and life.

Here are some tips to build emotional regulation:

Name the feeling: Encourage your child to talk about what they're feeling.

Ask questions: "Are you feeling mad, worried, or tired?" Naming emotions helps kids understand and manage.

Practice calming strategies: Teach simple tools like breathing in (smelling a flower) and out (blowing out a candle).

Movement can also help: stretching, walking, or even dancing can release tension.

Set the tone at home:

Create calm routines to help regulate emotions: quiet time before bed or a peaceful start to the morning can make a big difference. Model healthy ways to handle stress by staying calm when things don't go as planned.

Build emotional 'toolkits':

Help your child come up with a list of strategies they can use when upset, like taking a break, listening to music, or drawing. Keep these ideas visible, like on a poster or fridge.

Learning to handle emotions takes time and practice, but small steps can have a big impact. If you or your child need extra support, reach out to the school counsellors—we're here to help!

Christie Dewald, Frans Erickson

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Ekosi pitima!

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AS SOON AS THE BELL RINGS..

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KIDS HEAD TO THEIR GYM TO MEET THEIR AWESOME, CERTIFIED LEADERS AND COACHES.

2

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3

KIDS WILL LEARN DIFFERENT SPORT SKILLS IN A FUN AND SAFE SPACE.

4

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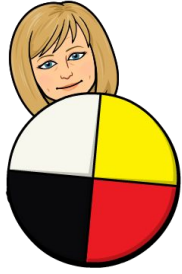
2025-2026 STUDENT AWARDS

We wanted to share some of the attendance incentives we have for our awasak this school year.

- At our monthly assembly, we will call up all students with over 95% attendance, and they will receive a prize from the goodie trolley.
- The classroom with the highest attendance for the month gets the attendance trophy for the month.
- For our year-end celebration, we will be bringing all the excellent attendees to a movie in Wetaskwin!

Come to school every day!





The
Leader in Me™
great happens here



The 7 Habits At Home

As students learn and develop leadership skills with the 7 Habits at school, it is important that they continue practicing the 7 Habits at home. We will review one habit a month with tips on how you can practice the Habits together as a family.

Habit of the Month:
**Habit #1: Be
Proactive**

*Find your voice and
inspire others to find
theirs.
-Stephen Covey*

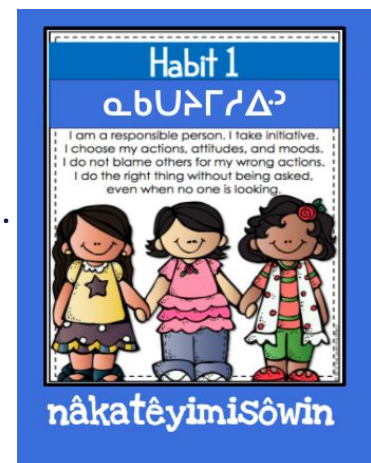
I'M IN CHARGE OF ME:

When we are proactive, we are responsible for making our own decisions. We choose our own actions, attitudes and moods. We do the right thing even when no one is looking.

Steps to Taking Control of You:

1. **PAUSE:** stop what you are doing and pause.
2. **THINK:** Think about what you should or shouldn't do.
3. **CHOOSE:** Choose the best thing to do.

You can talk about these steps as a family and practice them together.



2025-2026 EES SCHOOL WIDE GOALS



tansi parents! As a Leader In Me school, we understand the importance of setting goals. We created two measurable and achievable schoolwide goals this year in areas of importance to our school. We created these goals with the knowledge that every student and staff member can contribute to and work towards achieving these goals. These are the two goals we will work towards this year and some of the strategies we will use to achieve them.

BY THE END OF JUNE 2026, OUR SCHOOL WILL IMPROVE OUR OVERALL AVERAGE ATTENDANCE BY 3%.

Regular school attendance is an area of significant importance to our school and to the success of our students. Last year, we achieved an overall improvement of 2% in attendance. We feel we can set our goal higher by achieving 3% improvement this year. Here are some of the strategies and incentives we will use as a school.

- students log their daily attendance in their Leadership Binders, instilling responsibility
- after each monthly assembly, perfect attenders will be recognized and get to choose a treat from the Perfect Attendance Cart
- classrooms with the highest attendance will receive the attendance trophy which they can display in their classroom for the month!
- students with over 97% attendance over the year will receive recognition and a special incentive at the end of the year, which will be a year end movie!

BY THE END OF JUNE 2026, EACH CLASS WILL INCORPORATE A MINIMUM OF 20 CREE WORDS ONTO THEIR WORD WALL.

At our school, we recognize and value the Nehiyawewin language. In addition to daily Cree classes and Nehiyawatisowin once a week, we felt it was important to create a goal in our classrooms that our teachers and students could work towards achieving. We feel this goal will be successful because of high teacher participation applying the following strategies:

- teachers and students agree on which new words to add to their Cree Word Wall (for example Cree words of the week, monthly, seasonal, etc).
- we made the Cree Word Wall an expectation for every teacher for the Classroom Walkthrough Checklists

Tânisi Kahkiyaw Kiyawâw!

For the month of Onocîhito pisin (September - Mating Moon), we have been busy picking/gathering sage and sage cleaning.

- Awasak have been learning about the importance of Tipahamâtowin (Treaty) and Orange Shirt Day. (we express deep gratitude to Willie Littlechild, Flora Northwest and Betty Simon for generously sharing her experience with our awasak)



We also thank Steve Wood and the Northern Cree drummers for leading the flag raising ceremony

For Kaskatino pisin (October - Freezing Moon), we will be learning about hibernation/migration, and takwakin.

- Our Gr.4 Cultural Field trip will be held on October 3 with the awasak picking mostos wikaskwa.

*** Reminder:** Please dress your child for the weather, as we are outdoors every Friday.

Cree words for kaskatino pîsim

- ninanâskomon - ᑎᑎᑎᑎᑎᑎᑎᑎ - I am thankful
- kâkikê miyotwâ - ᑲᑲᑲᑲᑲᑲᑲᑲᑲ - Always be kind
- takwâkin - ᑲᑲᑲᑲᑲᑲᑲᑲᑲᑲ - Fall
- pahkisimotahk - ᑲᑲᑲᑲᑲᑲᑲᑲᑲᑲᑲᑲ - West
- piyesisak kakiywepihacik - birds fly south
- Cîpay Kîsikâw (Halloween)!





Physical Education & Hawks Athletics



tanisi kahkiyaw!

What a wonderful first month of Physical Education it has been! Watching the awasak run, work together, and synergize with their peers in the activities we have done, as well as participate in traditional games with them, throughout the first month of school has been fun to watch.

We enjoyed a couple of weeks outdoors in the beautiful nîpin then takwâkin weather, staying active in the fresh air! One of our weeks outdoors, we were fortunate to have Spirit North come in to lead the students in some traditional strength games, as well as Double Ball, also known as pitisowewepahikan. We were also very fortunate to have perfect conditions for our school Terry Fox Run. All of the awasak ran and walked their hearts out, showing perseverance and determination as they pushed themselves as far as they could.

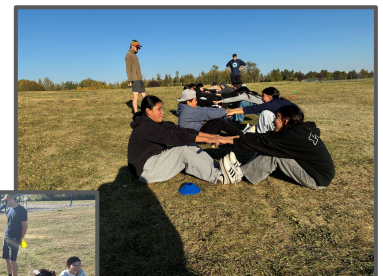
This week, we're thrilled to kick off our Floor Hockey Intramurals for students in grades 4, 5, and 6. The awasak have been buzzing with anticipation, and I know they can't wait to hit the floor and show off their skills! It's an excellent opportunity for them to learn about teamwork, sportsmanship, and the joy of playing together as a team in our school-based league.

Looking ahead in Hawks Athletics, our Hawks Cross Country Team has been practicing for their two Cross-Country Meets, which they will participate in on October 2 and October 7. Good luck to the runners on the team! Our Hawks Volleyball Team tryouts will be starting this week, and our Floor Hockey Team tryouts will begin at the end of the month. They'll be practicing in preparation for their October 23rd and November 21st tournaments.

Let's keep up the great work and momentum as we move into another exciting month of physical activity!

ekosi pitama,

Mr. Zindi





Parent Lighthouse Team



We had our first Parent Lighthouse (PAC) meeting on the night of Meet the Teacher. All parents were welcome to attend. It is our job to share our vision and mission, core values and goals for the school. As a team, we discuss community feedback as well as goals our team has for the school.

We selected Janelle Small to be our Chair and Abby Strawberry as our Vice Chair. They will represent our school at the MESC Circle of Parents. Ay hay to all of our attendees.

**Our next meeting will be on
Parent/Teacher night on November
27th at 6:00 pm.**



Medical Information



It is important that the school is aware of all medical needs that your child has. Please ensure that you have communicated your child's medical needs with the teacher **and** the office.

If you child requires medication administered at school (prescription or nonprescription) there are forms which need to be signed and procedures to be followed.

**PLEASE DO NOT SEND MEDICATION
WITH YOUR CHILD WITHOUT
SPEAKING TO THE OFFICE FIRST.**



Terry Fox Run



On September 22, 2025, all of our students proudly participated in this year's Terry Fox Run to support cancer research. Students showed tremendous effort and spirit as they ran together for a great cause. As a school, we raised \$276 to help continue Terry's legacy of hope and determination. Thank you to all families and staff for supporting this important event!



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Ermineskin Elementary School

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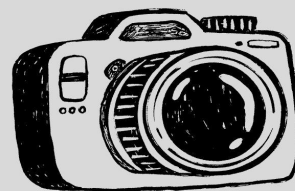
You can participate in this free service* just by sending a text message of "Y" or "Yes" to our school's short code number, **978338**

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.



Ermineskin Elementary School Picture Day



**Wednesday,
October 22nd!
Don't be late!**



**Drop of time is 8:25 am and
Pick up time is 3:20 pm.**
Please do not call for home time
messages after 3:00!

Here are some ideas for healthy snacks to send with your child. MESC provides morning and afternoon snack/lunch for all students. If you choose to send snacks, please do not send snacks that are high in sugar. **Please remember we are a nut-free school as well.** Ay hay!

HAPPY HALLOWEEN

Don't forget to dress up for Halloween!

Students are invited to dress up in their Halloween Costumes on Thursday the 31st!

Students can dress scary, but no costume weapons, please!

You are more than welcome to send class treats.
Please only send nut-free party snacks!

**Friday, October 31,
2025**



Peanut & Treenut safe snack List



Pretzels

- Utz Pretzels
- Pepperidge Farm GoldFish Pretzels
- Rold Gold (Tiny Twists, Rods, Thins)

Cheese Snacks

- Cheetos - Puffs, Crunchy
- Utz - Cheeseballs & Mini Cheeseballs (Halloween), Cheese Curds (plain and white cheddar)
- Cheez-Its

Corn Chips/Tortilla Chips

- Doritos - Nacho Cheese
- Tostitos - Round Corn, Restaurant Style, Scoops, Crispy Rounds
- Stacy's Pita Chips - Simply Naked, Cinnamon Sugar

Vegetable Chips

- Sensible Portions - Garden Veggie & Ranch

Rice Snacks

- Quaker Quakes Rice Snacks- Caramel Corn, Ranch, Chocolate

Popcorn

- Smart Food - White Cheddar
- Wise - Original Butter & All Natural

Chips

- Lays - Classic, BBQ, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Salt & Vinegar
- Ruffles - Original/Light
- Utz - Original, Ripples
- Pringles - Original, Cheddar Ranch, Sour Cream & Onion, BBQ
- SunChips - Original, Garden Salsa, Cheddar

Fruit Snacks

- Annie's Organic Bunny Fruit Snacks
- Betty Crocker Fruit Roll ups Fruit by the Foot
- Betty Crocker - Dora, Scooby, SpongeBob, sharkbites)
- GoGo Squeeze (all Flavors)
- Applesauce packets & Packaged Fruits (DelMonte, BuddyFruits, Mott's, White House Great Value, Dole

<div>   <h1>October 2025</h1> <h2>Kaskatino Pisim</h2>  </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Custodian Appreciation Day	2 Leadership Team Applications due! Grade 4 Cultural Field Trip	3	4
5	6	7	8	9 Assembly @ 2:10  Jersey Day!	10 PD Day NO SCHOOL	11
12	13  Happy Thanksgiving NO SCHOOL	14	15	16	17	18 MESCC Ohpikinahawasiwin Conference 12:00 pm to 4:00pm
19	20	21	22  EES Picture Day!	23	24 4 Band Volleyball Tournament	25
26	27 Safety on Board Presentations 	28	29	30	31 Cipay Kisikaw Halloween! 	

Menu is subject to change, Due to product availability. ᑭᑦᑭᑦᑭᑦ ᐱᑦᑭᑦ Kaskatinow Pisim Freezing Moon (October)					
Sept. 29th- Oct 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Truth and Reconciliation Day (Holiday)	Baked Goods, Fruit	Scrambled eggs With Ham & Cheese, Fresh Fruit	Pancakes, Sauasage, Fruit
Lunch	Pasta with Italian Sausage & Roasted Tomatoes, Tossed, Tomato Salad & Fruit Salad		Corn Chowder, Bannock, Spinach Salad, Coleslaw, Cut Fruit	Chicken Enchiladas with Spanish Rice, Tossed Salad Fresh Fruit	Pizza, Caesar Salad, Fruit,, Mixed Salads
Snacks	Fruit		Fruit	Fruit	Fruit
6th-10th	Peyak Kisikaw	Niso Kisikaw	Nisto Kisikaw	Newo Kisikaw	Niyanan Kisikaw
Kikisepa micowin ᐱᑦᑭᑦ ᑭᑦᑭᑦᑭᑦ	Cold Cereal, Fruit	Scrambled Eggs & Back Bacon, Hashbrowns, Fruit	Pancakes, Sauasage, Fruit	Baked Goods, Fruit	PD - Prep day
Nimawin ᐱᑦᑭᑦ	Baked Mac & Cheeseburger Pasta, Caesar, Greek Salad, Sliced Melon with Mint	Bannock Tacos, Mixed Greens, Veggie Salad, Veggie Sticks, Fruit	Broccoli Cheddar Soup, Fresh Bread Spinach Salad, Coleslaw, Cut Fruit	Turkey Dinner, w/ Potatoes, Stuffing, Hot Veg & Gravy, Tossed & Beet Salad	
Micisowinis ᑭᑦᑭᑦᑭᑦ	Fruit	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
13th-17th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	No School Thanksgiving	Yogurt Parfait, Fruit	Pancakes, Sauasage, Fruit	Bannock and Jam Fresh Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit
Lunch		Baked Spaghetti Bolognese, Caesar Salad, Fruit, Garden & Marinated Cucumber Salad	Minestrone Soup, Cheese Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Baked Ham, Vegetables, Potato Wedges, Tossed, Greek, Broccoli & Fruit Salad	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks		Fruit	Fruit	Fruit	Fruit
20th- 24th	Peyak Kisikaw	Niso Kisikaw	Nisto Kisikaw	Newo Kisikaw	Niyanan Kisikaw
Kikisepa micowin ᐱᑦᑭᑦ ᑭᑦᑭᑦᑭᑦ	Yogurt, Cereal, Fruit	Pancakes, Sauasage, fruit	Sausage & Cheese Frittata, Fruit	Oatmeal with Berries, Fruit	Bannock and Jam Fresh Fruit
Nimawin ᐱᑦᑭᑦ	Primavera Marinara (Spring Vegetable) Pasta, Veg Sticks, Gargen and Cucumber Salad	Caesar Chicken Wrap, Tossed Salad, Cut Fruit, Pasta Salad, Coleslaw, Fruit	Beef Barley Soup, & Bannock, Pasta Salad, Greek Salad, Fruit, Fruit Salad,	Roast Beef, Potato Wedges, Caesar Salad, Fruit, Mixed Salads	Pizza, Caesar Salad, Fruit, Mixed Salads
Micisowinis ᑭᑦᑭᑦᑭᑦ	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
Breakfast	Yogurt, Cereal, Fruit	Ham & Cheese Frittata	Pancakes & Sausage	Scones & Fruit	Oatmeal with Berries, Fruit
Lunch	Beef and Vegetable Stroganoff, Caesar Salad, Fruit Salad, Corn Salad, Fruit	Perogies & Garlic Sausage with Sauteed Cabbage, Hot Vegetables, Cucumber Salad	Tomato Basil Soup, Cheese Bread, Spinach Salad, Coleslaw, Cut Fruit	BBQ Pork Loin with Potatoes and Hot Vegetables.	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods