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MESKANAHK KA-NIPA-WIT SCHOOL**

Where Education , Community and Culture meet.

**Acting Principal: Jerilynn Breaker
Acting Assist Principal: Alison Robles
Admin Assistant: Keishea Northwest
P.O Box: 129
Maskwacis, AB T0C-1N0
P:780-585-2799
Fax:780-585-2264**

Tānsi kâkiyaw ohnîkîkomâwak Kohomak ekwa Mosomak,

Tansi Kâkiyaw,

Wow, September was a whirlwind of back to school excitement. Now that we have settled into our regular routines, I just want to say that we are working hard to support our awasisak with their learning. It is very important that students arrive to school on time, so they can get the most out of the day. Breakfast and morning announcements happen at 8:40 am, every day, and classes begin at 9:00 am.

This month we will be starting our classroom Home Reading program. Your child will be bringing home a book to read each day. Please take time to ask them questions about what they are reading. This helps our awasisak remember and retain the stories they read. Here are a few tips on talking to your child about what they are reading and learning.

**Ekosi Pitama
Ms. Jerilynn Breaker
Acting Principal**



Read EVERY Day

Sample Reading Questions

- What is the title of the story? Can you think of another title?
- What is the story about?
- Could this story really happen? Why or why not?
- Is this story real or make believe? How do you know?
- Is this story full of facts? If so, tell me two facts that you learned.
- Where is the setting of the story? (Where does the story take place?)
- What time of day does the story take place?
- Who are the characters in the story?
- Is there a problem in the story? If so, what is the problem?
- What is the solution to the problem in the story? Can you think of another solution?
- How do you think your solution will change the ending?
- What happens at the beginning, middle, and end of the story?
- Did you like the story? Why or why not?
- Can you think of a different ending for the story?
- What would you do if you were in the story?
- Would you recommend this story to a friend? Why or why not?

Kindergarten Reading Bag

**Please Read to Me,
Then Help Me Read To You!**

In order to help your child become a successful, fluent reader, please take a few minutes each evening to read these books with your child.

Reading Practice Suggestions:

- *Do a picture walk & find all the sight words you know.
- *Practice reading with expression & appropriate pace.
- *Student follows along in the text with their finger.
- *Student reads a page. Parent reads a page.
- *Parent reads a word on the page aloud.
- *Student points to that word on the page.
- (Take turns doing this.)
- *Choral reading: Read the story at the same time with a parent. You sound like one voice.
- *Choose words from the book and have your child spell the words or write a list of the words.

3 Ways to READ a book:
Read the pictures, Read the words, Retell the story



A.P. ekwa Counselling Update



Tansi Kâkiyaw,

Nitişikason Mrs. Alison Robles-Torres. Ayîkis Sâkahikan ohci nîya. I have been working in Maskwacis for 17 years asay as a teacher and working for Learning Services. I have been given this wonderful opportunity to come fill in as Acting Assistant Principal till further notice. I am beyond excited to have met the staff, awasisak ekwa oskayak during my first week. I continue to look forward to working with the staff and community for the upcoming months. Ay hay!

**Ekosi pitama,
Mrs. Alison Robles-Torres
Acting Assistant Principal**




Tansi Kâkiyaw,

What is counseling at Meskanahk Ka Nipa Wit?

When a student or their family seek or agree to counseling support, what does that mean?

Hi, I am Tammy Auten-Dye. I am a Registered Psychologist and the School Counsellor, this is my second year at the school.

When a student signs up for counseling it can mean many different things. For some students it may mean that they are seeking therapy. There may be trauma or other mental health concerns that they need support with. This may look like ADHD, Anxiety, Depression and or suicidal thoughts. I am specialized in helping people with these concerns to manage their feelings so that they are not so overwhelmed.

However, not everyone needs that type of support. Some kids have trouble staying in class. As the school counselor I am working with that student to figure out what is giving them difficulty in class. I can collaborate with their teacher, classroom EA, the schools Inclusive Coach and Administration if necessary to help get your student they support that they need to be calm and focused in the classroom and enjoying their school experience. 



Some caregivers worry about their student missing class. I can join students in their classroom and provide observations and strategies for the student right in the room if needed. Emotional Regulation can be a difficult skill to learn, especially post Covid, where we were so isolated for so long. Many students, and adults alike, are lagging at this skill. I can help support the student to catch up on these skills.

I do many different types of therapy with youth. My goal is to make it enjoyable as much as possible, and therefore the students tend to ask to come. I follow a typical schedule and some youth are seen once a week, while others are seen every second week.

I also support the students when they are in crisis. If someone is having a hard day, has just experienced a loss, is having trouble with friendships or feels that they are being bullied, I can be there to provide support for all of that.

When students are with me, everything they tell me does remain between them and I; this is confidentiality.

The only times this would be broken include: If the student tells me they want to hurt themselves. If the student tells me they want to hurt someone else, if the student tells me someone is hurting them, and if I have permission to share- whereby I can get them classroom support, or help them share with their caregivers.

In order to see a student in regular counseling I need the consent of the legal guardian. I cannot see your student without your permission, outside of a crisis. If you would like to have your child getting more support in school through counseling please reach out to me at the school and we can talk about any questions or concerns you may have.

You can contact me at the school 780-585-2799 ext 212. I am here Monday to Friday 8:15am-4:00pm.

If you or your child is having a mental health emergency outside of school hours you can contact:

Mobile Mental Health: 780-362-2150 call or text

Mental Health Crisis Line 1-833-456-4566

Children's Help Phone 1-800-668-6868 or text 686868

Emergency Services 911

Hai hai,

**Counsellor,
Tammy Auten-Dye**



Nehiyawewin ekwa Sesawiwini(PE) update



Tânsi Kâkîyaw,

We have had a great start to tâkwâkin (Fall/Autumn), and it is so exciting to start to know students' names and personalities, after the first month of school!

In nehiyawewin (Cree language) class and in our Land-Based nehiyawewin classes, we have discussed a lot of different topics already, including wahkohtowin (Relatedness) and kâkîsimowin (traditional Cree prayer). Lessons consistently refer to the relationships between humans and all other creatures, plants and beings around us, including giving protocol for picking medicines like sage. We learn about prayers in nehiyawewin, and talk about how to show respect towards Elders, and why it's important. We are excited to learn about tipi teachings this month, which includes our students putting up a mihkwap/Γ"b' outside.

We think it's beautiful that we are now starting to see students being comfortable enough to open up and share their already-existing knowledge of nehiyawewin and nehiyaw pimâtisiwin. We hope to see them continue to awaken their knowledge and build up their skills in understanding sentences and writing with cahkipehikanak.

ahkameyimok, kahkiyaw, ekwa kâkike mamihteyimisok!

Ekosi pitama,

Theresa Charles
Elementary Cree Teacher
ekwa
Christina Buffalo
Jr. High Cree Teacher

Tansi Kâkiyaw,

Tournaments are starting for our student athletes and are very excited to get going. First to go this month, Jr.Boys n Jr. Girls are travelling to Alexis on the 5th. Grade 5 are going to samson on the 19th. Jr.boys n Jr. Girls travel to Alexander on the 25th. Reminder, please hand in your permission forms. GO STORM GO.

Ekosi pitama,

Tim Longjohn
Phys. Ed Teacher



Calendar

2023 October



Poni Ayamihew kisikaw Sunday	peyak kisikaw Monday	niso kisikaw Tuesday	nisto kisikaw Wednesday	newo kisikaw Thursday	niyanan kisikaw Friday	nikotwasik kisikaw Saturday
1	2 National Custodian Day	3	4	5 Jr.High Volleyball - Alexis	6 Takwakin Feast @ 1:30pm	7
8	9 Nanâskomo wi kîsikâw - Thanksgiving Day	10 Ribbon Skirt/ Shirt/ Vest Day	11	12	13 P.D Day - No School	14
15	16	17 Wacky Hair Day 	18	19 Gr. 5/6 Volleyball Tournament P.A.C Meeting	20 Picture Day 	21
22	23	24 Bus Safety Presentation Ribbon Skirt/ Shirt/ Vest Day	25 Jr.High Volleyball - Alexander	26 Community Craft Night 4-6 pm	27 P.D Day - No School	28
29	30	31 Cîpayi kîsikâw - Halloween 				

Meskanahk Ka Nipa Wit School
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 P:780-585-2799
 Fax:780-585-2264
 Follow us on our School Facebook page
<https://www.facebook.com/meskanahkaknipawit>

Parent information



PARENT ADVISORY COMMITTEE OCTOBER 19, 2023

If you're interested in joining our PAC Committee or would like to learn more about the PAC Committee, join us on October 19th from 4-5 p.m. Snacks and refreshments will be provided. We hope to see you there!





Fair Notice - Violence Threat Risk Assessment (VTRA) Protocol

MESC's Core Values guide the actions of the Violence Threat Risk Assessment Protocol

- ᑖᑦᓴᓴᓴᓴᓴᓴ Wahkohtowin - There is no more important factor in school safety than ᑖᑦᓴᓴᓴᓴᓴᓴ Wahkohtowin.
- ᓴᓴᓴᓴᓴᓴᓴᓴ Iyiniw Mamitonehickikan - VTRA is always conducted with the best of intentions to support safety.
- ᓴᓴᓴᓴᓴᓴᓴᓴᓴ Nehiyaw Pimatisiwin - We are mindful of all of the children and their parents and partnering with them in the VTRA process to promote safety.
- ᓴᓴᓴᓴᓴᓴᓴᓴᓴᓴ Nehiyawewin - It is important to be careful with your words; to listen, learn, ask questions, and take time to reflect.

What is the purpose of a Violence Threat Risk Assessment (VTRA) and why would one be conducted?

MESC recognizes that everyone in the school community has the right to be safe and feel safe. Under certain conditions, students will undergo a "Violence Threat Risk Assessment". This process is meant to support safety and well-being and is implemented in response to school safety. A VTRA is a data-driven process that is meant to be helpful in understanding and creating an intervention plan to support a student who has made threats or engaged in behaviours that may be at risk of harm to others. A VTRA is separate and independent from disciplinary processes (e.g., suspension, expulsion) that may also occur when students engage in such behaviours. "Fair Notice" is given that violence and threats of violence will not be tolerated and that personal information shared during the VTRA process respects and balances each individual's right to privacy with the need to protect the safety of everyone involved.

What behaviours initiate a Violence Threat Risk Assessment (VTRA)?

Examples of behaviours that will initiate a VTRA include but are not limited to the following:

- Verbal/written/internet threats to kill or harm others or cause serious property damage
- Serious violence or violence with the intent to kill or harm
- Assault
- Possession of weapons, including replicas (Guns, knives, bear mace, etc.)
- Fire setting
- Bomb threats (making and/or detonating explosive devices)
- Sexual intimidation/violence
- Gang-related intimidation/violence and hate incidents motivated by factors including, but not limited to; race, culture, religion, and sexual orientation
- Ongoing pervasive target issues with bullying and/or harassment
- Significant worrisome behaviour

* The model presented in this document reflects the work of J. Kevin Cameron, Director of the Center for Trauma Informed Practices



Fair Notice - Violence Threat Risk Assessment (VTRA) Protocol

Who is responsible for reporting worrisome behaviour?

To keep our school communities safe, all school board staff have a DUTY TO REPORT any such behaviours to a School Administrator who will then take immediate necessary safety measures as well as activate the VTRA process. Parents, students, and staff also have an obligation to help keep our schools safe by reporting worrisome behaviour to a School Administrator.

Who is involved in a VTRA?

- Initially when the process is activated, a school-based team collects, shares, and documents relevant data from multiple sources. The school-based team then meets with MESC's Coordinator of Critical Response to analyze the data and conduct the VTRA. Other Student Services VTRA Team members may also be in attendance, including Student Services Coordinators, elders, and RCMP. This larger team in consultation with the school Threat Assessment Team determines the next steps including the creation of an intervention plan, and whether a more comprehensive VTRA, called a Stage 2 VTRA, will be required.
- Parents/guardians of the student who has engaged in threat-related behaviours are notified that a School Administrator has activated the process as soon as possible. After the initial VTRA, members from the VTRA Team and a School Administrator then meet with parents/guardians and student to review the VTRA Summary Form and information, particularly the intervention recommendations and plan.
- The VTRA Team will also identify the recipient(s)/victim(s) of the student threats/behaviours that have been assessed and ensure that services are provided as necessary.

What happens during a Stage 2 VTRA?

- If the process moves to a Stage 2 VTRA, members of the VTRA Team arrange a meeting with the parents/guardians and student to explain the process and interview each fully.
- The Coordinator of Critical Response then coordinates a meeting with school personnel and community partners where information from multiple sources (e.g., parents, students, school and board staff, student records, online sites, community agencies, RCMP etc.) is shared. Concerns about safety/well-being and an intervention plan/recommendations are discussed. This information is then summarized on a VTRA Summary Form.
- Members from the VTRA Team and a School Administrator then meet with parents/guardians and student to review the VTRA Summary Form and information, particularly the intervention recommendations and plan.

Do parents/guardians have to consent to a Violence Threat Risk Assessment?

- In order to address safety concerns, the VTRA process will occur with or without consent.
- This form constitutes Fair Notice regarding the Violence Threat Risk Assessment Process.

* The model presented in this document reflects the work of J. Kevin Cameron, Director of the Center for Trauma Informed Practices

Special Events



Jr Boys:

- Zac Dreaver
- Keanu Mackinaw
- Thomas Rabbit
- Micah Rabbit
- Jaziah Soosay-Rabbit
- Diamond Saddleback
- Creighton Rabbit Cattleback
- Jarell Baptise

Jr Girls:

- Kassious Saskatchewan
- Serenity Cattleman
- Temperance Yellowbird
- Caydence Yellowbird
- Zori Dion-Peterson
- Cheylyn Baptise
- Tyrin Potts
- Jennifer Soosay
- Casey Potts (Rabbit)



Lunch menu

Menu Subject to Change due to product availability



Menu For OCTOBER -2023					
2nd - 6th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Cold Cereal, Fruit	Scrambled eggs with Hash Browns and Ham
Lunch	Mac'n Cheese garnished with Taco Beef, Fruit, Greek Salad, Fruit Salad, Caesar Salad	Chicken Caesar Wraps , Tossed Salad, Fruit Salad, Coleslaw Fruit	Beef Vegetable Soup with Cheese Bannock, Caesar Salad, Spinach Salad, Pasta Salad, Fresh Fruit , Fruit Sald	Turkey Dinner, w/ Potatoes, Stuffing, Hot Veg & Gravy, Tossed Salad, Beet Salad, Fruit Salad	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
9th - 13th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cold Cereal, Fruit	Scrambled Eggs & Back Bacon, Cut Fruit, Sausage	Bannock and Jam Fresh Fruit	
Lunch	No School Thanksgiving	Pasta Alfredo with Ham Caesar Salad, Veggie Salad, Fruit Salad, Fruit	Hamburger Soup, Bannock, Spinach Salad, Coleslaw, Cut Fruit	Pizza, Caesar Salad, Fruit,, Mixed Salads	PD Day - Holiday for those that worked Meet the Staff Night
Snacks		Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
16th-20th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Cereal, Yogurt & Fruit	Scrambled Eggs,Breakfast Fried Rice
Lunch	Pasta Bolognese, Caesar Sallad, Fruit Salad, Asian Broccoli Salad, Fruit	Rice Noodle Bowl, Sliced Pork, Lettuce, Cucs, Red Onion, Carrot & Broccoli topped by Sweet Chikili Sauce , Tossed Salad, Fruit Slad, Rice Salad	Corn Chowder, Cheese Bread, Spinach Salad, Coleslaw, Cut Fruit	Bison Meatloaf with Barley & Vegetables served with Gravy, Rice, Tossed Salad, Greek Sallad, Broccoli Salad , Fruit Salad, Fresh Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks	Fruit	Fruit	Fruit	Fruit	Fruit
23rd- 27th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Sausage & Cheese Frittata, Fruit	
Lunch	Pasta Chicken Florentine, Caesar Salad, Tomato Salad, Fruit Salad	Bannock Tacos, Tossed Salad, Fruit salad, Fruit	Minestrone Soup, Cheese Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Pizza, Caesar Salad, Fruit, Mixed Salads	PREP DAY
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
30th -	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	HALLOWEEN Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Sausage & Cheese Frittata, Fruit	Scrambled Eggs and Back Bacon, Fruit
Lunch	Ground Beef Stroganoff, Tossed Salad, Tomato Salad, Fruit Salad	Pizza Perogies, Topped with Marinara, Pepperoni, Fresh Tomatoes , Tossed Salad, Fruit Salad, Spinich Salad	Chicken Soup, & Bannock Pasta Salad, Greek Salad Fruit Fruit Salad,	Sheppards Ple, Tossed Salad, Beet Salad, Fruit Salad, Rice Salad	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

