

A.P. ekwa Counselling Update

Tansi Kâkiyaw,

October sure flew by in a blink of an eye and November is already upon us. It was wonderful to see all the spooky costumes this past Halloween, the awasisak and oskayak received tonnes of candy! The weather is starting to get chiller outside, please ensure your child has indoor shoes as we have had a fire drill practice and we will be having more in the upcoming months. Thank you to the parent (s) who have signed up for the PAC committee, it was wonderful to meet you, there will be future PAC meetings and never too late to sign up. I look forward to meeting parents/guardians in the upcoming P/T interviews happening this month.

Ekosi pitama,

Mrs. Alison Robles-Torres

Acting Assistant Principal

Tansi Kâkîyaw,

Sleep,

Students are well into their daily schedules. The air is getting crispier and the skies are getting darker earlier. Daylight savings time comes to an end Nov 5. Sleep is one of the most essential pieces of the learning puzzle. If a student is not well rested, no matter how much effort they put into their day, learning is slowed and it becomes hard to focus. There are many students at school that are tired and fall asleep in class. Sleep can be difficult for a number of reasons. Some of these are in our control and some are not. You will find varying information, but on average, school aged children require about 10 hours of sleep a night. Even teenagers.

If you are struggling to get your child in bed, start small. Add pieces to the bedtime routine slowly. Setting a bedtime, or moving it up in 15-minute increments. Creating rituals around bedtime can be very helpful as well. These are the steps always taken before bed. Examples are: brushing teeth, getting on pajamas, bedtime snacks, reading in bed etc. If this is done the same way each night, as soon as the ritual is begun the brain starts to prepare for sleep. Other tips: Turn off technology about an hour before bed allowing the brain some downtime, if possible keeping the sleeping space quiet, cool and dark can help too. Happy sleeping!

Hai hai,

Counsellor,

Tammy Auten-Dye



Nehiyawewin ekwa Sesawiwin(PE) update

Tânsi Kâkîyaw,

We had a busy October month In Cree, we have been increasing our Cree vocabulary using various methods. Our students are picking up new words daily. It is important to use repetition and encourage having fun, when learning our language. This month our students have taken part in land based activities such as: choke cherry crushing, tipi teachings including how to set up a tipi, and exploring hide working tools. As we begin a new month, we have different activities planned for land based learning. We look forward to what this new month will bring.

ekosi pitamâ, kihtwâm mîna.

Theresa Charles
Elementary Cree Teacher

ekwa

Christina Buffalo
Jr. High Cree Teacher

Tansi Kâkiyaw,

Volleyball season will be wrapping up soon. The Jr high boys and girls STORM teams will be competing in the TREATY SIX CHAMPIONSHIPS in ALEXANDER on November 7th. They will also competing in the BATTLE OF THE BANDS VOLLEYBALL CHAMPIONSHIPS held in Edmonton on November 17-19.

Ekosi pitama,

Tim Longjohn
Phys. Ed Teacher



Calendar

NOVEMBER

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Iyikopiw Pisim - Frost Moon

2023



Poni Ayamihew kisikaw Sunday	peyak kisikaw Monday	niso kisikaw Tuesday	nisto kisikaw Wednesday	newo kisikaw Thursday	niyanan kisikaw Friday	nikotwasik kisikaw Saturday
			1	2	3 Monthly Assembly	4
5	6 Bus Safety Presentation	7 Ribbon Skirt/Shirt Day Jr. High STORM @ Alexander	8 P.A.C Meeting	9 Remembrance Day Assembly 	10 No School in Lieu of Remembrance Day	11 Kiskisitotâto Kîsikâw Remembrance Day
12	13 Takwâkin Break - No School	14 Rock Your Mocs!	15	16	17 Gr. 5/6 Floor Hockey - Kisipatnahk School	18
19	20	21 Ribbon skirt shirt/vest day Practice Fire drill	22 takwâkin report cards go home K-12	23 takwâk nakiskatowin onikikomawa k/okiskinaha makewak K4-9 4:00-7:00	24 PD - No School	25
26	27	28	29 Crazy Hat Day 	30		

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



**SCHOOL BEGINS
AT 8:25AM, AND
ENDS AT 3:30PM**

We kindly ask to ensure that children do not arrive to school earlier than 8:25 a.m. As there is no supervision at this time.

Ay hay!



Dress Warm!

Don't let the weather catch you unprepared! This is just a friendly reminder that Awasisak/Oskayak need to come to school properly dressed for the weather.

As the weather gets colder, we will be going outside at recess unless it is -20.



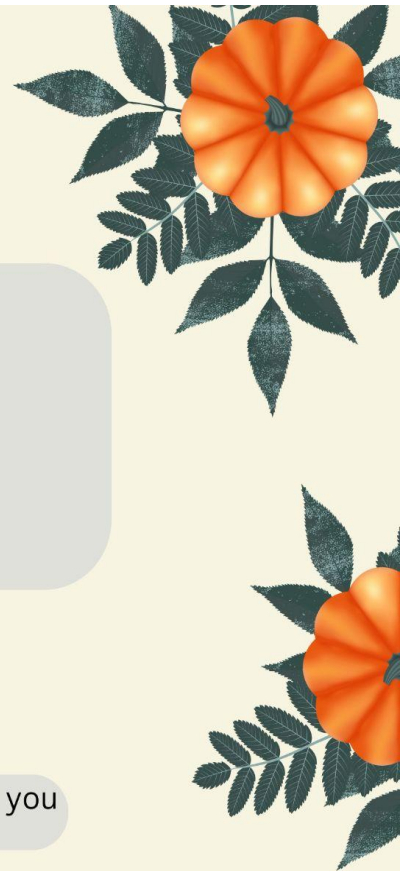
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MESKANAHK KA-NIPA-WIT SCHOOL



takwâk nakiskatowin onikikomawak - Parent Teacher Night

**November 23, 2023
4-7pm**

Come and support your child's learning, snacks will be provided & you will have a chance to win a door prize!



STORM NEWS



On October 5, 2023 our Jr. Girls Volleyball Team travelled to Alexis for their very first tourney of the year. First game was against Alexis winning 25-18. Our second game was against Enoch winning 25-12. Our third game against Alexander winning 25-12, 25-11 putting them in the finals against Enoch. Winning the first set 25-8, and winning their second set 25-15. Winning their first tournament of the year! Very well done ladies. The school and community are very proud of you!

Coach Tim Longjohn



On October 5, 2023 our Jr. Boys Volleyball Team travelled to Alexis for their first tournament of the year. First game against Alexis winning 25-20. Second game against Enoch winning 25-18. Third game against a strong Alexander team losing 25-16. Semi-Final game against Alexis, winning the first set 25-16, losing the second set 26-24 and losing the third set 25-22. The boys played really well and competed in every game.

Coach Tim Longjohn



Special Events



Birthdays of the Month



Aquene Cardinal-Rabbit - Nov. 8th

Layla Cattleman - Nov. 9th

Ocean Okeymow - Nov. 8th

William-Louie Okeymow - Nov. 30th

Roxanne Potts - Nov. 10th

Nolan Rabbit - Nov. 26th

Brodie Rain - Nov. 13th

Conner Saddleback - Nov. 25th

Dylane Simon - Nov. 8th

Laina Strongman - Nov. 16th

ROCK YOUR MOCS!

Nov. 14th, 2023



Perfect Attendance!



Beau Potts, K4

Laina Strongman, Gr. 1

Lydia Wolfe Saskatchewan, Gr. 1

KJ Wolfe-Saskatchewan, Gr. 2

Jody Potts-Bull, Gr. 2

Curtis Potts, Gr. 4

Carmen Potts, Gr. 6

Micah Rabbit, Gr. 7

Keeley Strongman-Rabbit, Gr. 7

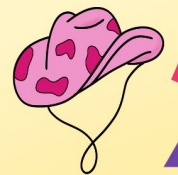
Kylynn Strongman-Rabbit, Gr. 7

Caydence Yellowbird, Gr. 8

Temperance Yellowbird, Gr. 8



CRAZY HAT DAY



Nov. 29th



HALLOWEEN 2023

