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**MESKANAHK KA-NIPA-WIT SCHOOL**

*Where Education , Community and Culture meet.*

Principal: Jerilynn Breaker  
Assistant Principal: Alison Robles  
Admin Assistant: Keishea Northwest  
P.O Box: 129  
Maskwacis, AB T0C-1N0  
P:780-585-2799  
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**Tânsi kâkiyaw ohnîkikomâwak Kohkomak ekwa Mosomak,**

Welcome to Pinawew Pîsim: Egg laying moon-May!

With the new month comes new learning. The awasisak ekwa oskayak are doing amazing work and it's important that they continue attending regularly until the end of the school year. We are getting more sunny days and a chance to move learning outdoors as the temperature begins to warm up. With the warmer weather, the days are getting longer, and that means sunset is getting later and later. This may affect your child and the rest they are getting each night.

We have noticed a lot of students coming into school extremely tired in the morning. This is becoming a concern as they cannot function in class and their learning is impacted. Our awasisak and oskayak need rest at night. Children 5 to 12 years old need about 9 to 12 hours each night. Can you think of a time when you didn't get enough sleep? That heavy, groggy feeling is awful and, when you feel that way, you're not at your best. Without enough sleep, kids can feel moody, tired, or cranky. It might be hard to pay attention or follow directions. School work that's normally easy may feel impossible. Please check in with your child(ren) and make sure they are getting the rest their brain and body needs.

We are excited to be taking our awasisak ekwa oskayak on field trips for the month of May and June. Please keep an eye out for the field trip consents. We will not be accepting verbal consents. If you would like your child to attend, please sign and return the consent forms back to the school.

A couple weeks ago we had visitors from the Toronto Blue Jays give a presentation to students in Gr.3 - 9. There will be an youth indigenous ball league starting in Maskwacis. If you would like your child to participate, please fill out the registration form online. Transportation will be provided. **\*\*See poster\*\***



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

# A.P. ekwa Counselling Update

Tansi Kâkiyaw,

I can't believe May is already here! Time is going by so quickly, and there are many exciting upcoming events happening this month! Be sure to take a look at the calendar!

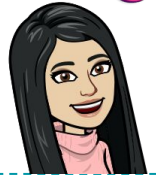
I am excited to see the Spring weather arrive and the sunshine. The awasisak ekwa oskayak will enjoy being outdoors more often.

Badminton club has come to a wrap, the 5/6's and Jr's High's sure enjoyed playing! I sure enjoyed spending that extra time with the oskayak!

Ekosi Pitama!

**Mrs. Robles**  
**Assistant Principal**

May



Tatawaw,

May is a beautiful month of renewal. Grass getting greener, leaves budding, bees buzzing and the first flowers peeking through. Spring is a great time to ground yourself and reacquaint yourself with nature after being stuck inside for the long, chilly winter months.

This 5 senses scavenger hunt helps the body and mind calm down and come into the present moment, especially when feeling scared, worried, anxious or stressed.

Explore the world using all 5 of your senses — sight, hearing, taste, touch, and smell. Focusing with our senses helps keep us grounded in the present moment instead of worrying about the past or the future.

Ah hay!

**Ekosi pitama,**  
**Tammy Auten-Dye ekwa Jenine Fehr**



# FIVE SENSES NATURE SCAVENGER HUNT

Tick each item off your list as you find it.

## SIGHT

- Find something white
- Find something patterned
- Find something tiny
- Find something heart shaped
- Find something long
- Find five of the same thing

## SOUND

- Find something that snaps
- Find an animal sound
- Find a soft sound
- Find something that crunches
- Find something loud
- Find something to make music with

## TOUCH

- Find something bumpy
- Find something wet
- Find something warm
- Find something soft
- Find something prickly
- Find something smooth

## SMELL

- Find a flower with a scent
- Find a smell you like

## TASTE

- Find something humans could eat
- Find something an animal would eat

[www.kidsadventure.com](http://www.kidsadventure.com)

Engage the five senses...

# NATURE SCAVENGER HUNT

# Sesawiwin (PE) ekwa Nehiyawewin update

Tansi Kakiyaw,

## Sesâwîwin- PE

Hello sports fans, Our Badminton Travellrd to Alexander on April 16/24. Temperance Yellowbird took first in the Jr girls division, Caydence Yellowbird took third in girls Jr Girls division. Kayle strongman took 1st in Jr boys second flight, Micah Rabbit took second in second flight, Keanu Mackinaw took 3rd in first flight, Ken Mackinaw took 2nd in first flight, Keely Strongman and Kylynn Strongman took 2nd in Jr Girls doubles Both the Jr Boys and Jr Girls teams will receive a Banner for overall grand champions. Well done Team Storm.

Ekosi pitama,  
**Coach Mr. Longjohn**

Tânsi Kâkiyaw,

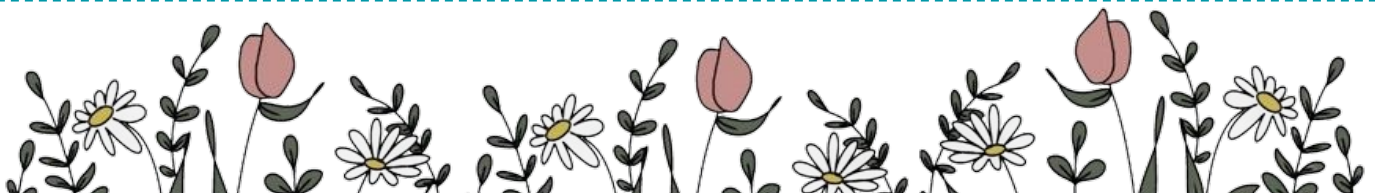
## Nehiyawewin ᐅ"Δ↳∇·Δᐅ

Tanisi we are getting to the last few weeks of our school year but we are still working hard to learn our language and culture through land based learning. Miyoskamin has brought us some nice warm weather but also a bit of kona. We have been busy with keeping our routines going. Our students are learning about animals and body parts. The older students are learning about kinship terms. We are planning on trying to complete the process of smoking the hide we have been diligently working on. The next process is smoking it which involves us making a tripod to set our hid eon while we smoke it. We have gathered old rotting trees to use for this step. We have given our students the opportunity to experience and observe the step by step process of hide preparation. We are hoping to have enough time to complete the whole process. Ekosi pitama kitwam mina.

**Theresa Charles**  
**Elementary Cree Teacher**

ekwa

**Christina Buffalo**  
**Jr. High Cree Teacher**



# Calendar



2  
0  
2  
4

MAY

Poni Ayamihew kisikaw <b>Sunday</b>	peyak kisikaw <b>Monday</b>	niso kisikaw <b>Tuesday</b>	nisto kisikaw <b>Wednesday</b>	newo kisikaw <b>Thursday</b>	niyanan kisikaw <b>Friday</b>	nikotwasik kisikaw <b>Saturday</b>
			<b>1</b> School Principals Day	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Teacher Appreciation Week	<b>7</b>	<b>8</b> Fire Drill	<b>9</b> Mothers Day Tea 11:30-12:30	<b>10</b> P.D Day No School	<b>11</b>
<b>12</b> Okâwîmâw Kîsikâw - Mothers Day	<b>13</b>	<b>14</b> Ribbon Skirt/ Shirt Day	<b>15</b> K5 Grad Photos Oskayak Conference	<b>16</b>	<b>17</b> Nehiyawatsiwin Conference No School	<b>18</b>
<b>19</b>	<b>20</b> NO SCHOOL Kîhci Okimaskwew Kîsikâw	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> Ribbon Skirt/ Shirt Day	<b>29</b> Twin Day	<b>30</b> Gr. 5/6 Baseball K4/K5 - Field Trip Discovery Park	<b>31</b> Gr. 3/4 Field Trip - Reynolds Museum	

*Meskanahk Ka Nipa Wit School*  
P.O Box: 129 Maskwacis, AB T0C-1N0  
P:780-585-2799  
Fax:780-585-2264  
Follow us on our School Facebook page  
<https://www.facebook.com/meskanahkaknipawit>

# Important Parent Information

**Okâwîmâw  
Kîsikâw  
Maskihkîwâpoy**  
*Mothers Day Tea*  
**May 9, 2024**  
**11:30 - 12:30pm**

## Children & Sleep

### Sleep Hygiene Tips

**MAINTAIN A REGULAR BEDTIME AND WAKE TIME EVEN ON THE WEEKENDS**

**KEEP YOUR BEDROOM DARK, COOL AND QUIET**

**AVOID CELL PHONES, COMPUTERS AT LEAST 1-2 HOURS PRIOR TO BEDTIME**

**SLEEP ON A COMFORTABLE MATTRESS AND PILLOW**

**AVOID HEAVY MEALS CLOSE TO BEDTIME, FINISH EATING 2-3 HOURS PRIOR TO BEDTIME**

**EXERCISE REGULARLY, FINISH YOUR EXERCISE AT LEAST 3 HOURS PRIOR TO BEDTIME**

**AVOID PRODUCTS WITH CAFFEINE 6-8 HOURS PRIOR TO BEDTIME**

Age of Child	Hours Of Sleep Needed On a Regular Basis To Promote Optimal Health
Infants* 4 to 12 months	12 to 16 hours per 24 hours (including naps)
Children 1 to 2 years	11 to 14 hours per 24 hours (including naps)
Children 3 to 5 years	10 to 13 hours per 24 hours (including naps)
Children 6 to 12 years	9 to 12 hours per 24 hours
Teenagers 13 to 18 years	8 to 10 hours per 24 hours

PLEASE JOIN US FOR  
**KINDERGARTEN  
GRAD  
PHOTOS**  
**MAY 15, 2024**

## April **Perfect Attendance!**

- ★ Karlayna Strongman - Gr. 1
- ★ Jody Potts-Bull - Gr. 2
- ★ Justice Mackinaw - Gr. 4
- ★ Lillian Potts-Bull - Gr. 5
- ★ Kihew Smallboy - Gr. 5
- ★ Quilldyn Cardinal-Rabbit - Gr. 6
- ★ Micah Rabbit - Gr. 7
- ★ Keeley Strongman-Rabbit - Gr. 7
- ★ Klyynn Strongman-Rabbit - Gr. 7
- ★ Keanu Mackinaw - Gr. 8
- ★ Kayle Strongman Rabbit - Gr. 8
- ★ Zorianna Dion-Peterson - Gr. 9
- ★ Kassious Saskatchewan - Gr. 9

## Birthdays of the Month

- ★ Mariah Rabbit - May-7
- ★ Zac Dreaver - May-14
- ★ Phoenix Baptiste - May-31
- ★ Jennifer Soosay - May-8
- ★ Micah Rabbit - May-11
- ★ Tara Standingontheroad - May-22
- ★ Liam Rabbit - May-17
- ★ Felix Houle - May-30
- ★ Aaliyah Currie - May-4
- ★ Lucas Cattleman - May-31
- ★ Karlayna Strongman - May-3
- ★ Chariah Buffalo-Rabbit - May-10
- ★ Lanzo Curry - May-23
- ★ Mason Baptiste-Rabbit - May-25
- ★ Melody Rabbit - May-7
- ★ Chase Holloway - May-23



# Important Parent Information

**2024 Oskayak Conference**

**SPECIAL GUESTS:**

- KENDRA JESSIE**
- MATTMAC & BAND**
- JACQUELINE BUFFALO**
- WILDMINT ARTS**
- BEARHEAD SISTERS**

**CAREER EXPO & BBQ**

**WEDNESDAY MAY 15, 2024    MASKWACIS BEAR PARK    11:00 AM - 2:30 PM**

**Twin Day**  
*May 29th*

*Match with a Teacher or Friend!*



# DRESS LIKE A TEACHER/ STUDENT DAY

