

A.P. ekwa Counselling Update

Tânsi Kâkîyaw,

I hope everyone had a great Halloween and the awasisak received lots of candy! Cold weather is upon us once again, please ensure your child is properly dressed for the weather! Report cards will be distributed this month and we look forward to seeing you on the parent/teacher interviews. Our Halloween craft night was also a success, it was wonderful seeing and meeting parents and guardians! Stay warm kakiyaw!

Ekosi pitama,

Mrs. Alison Robles
Assistant Principal

Tânsi Kâkîyaw,

Students are well into their daily schedules. The air is getting crispier and the skies are getting darker earlier. Sleep is one of the most essential need that we require to learn. 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 a routine around bedtime can be very helpful as well. Examples are: bedtime snacks, getting on pajamas, brushing teeth, reading in bed etc. If this is done the same way each night, as soon as the routine is begun the brain starts to prepare for sleep.

Other tips: All internet providers have parental controls where you can decide when to turn off wifi at the same time every night.

Ekosi pitama,

Mrs. Jenine Campbell
School Counselor



Sesawiwin (PE) ekwa Student Advisor update

Tânsi Kâkîyaw,

As we move into November, I want to take a moment to reflect on our ongoing activities in PE. The volleyball season is wrapping up, and I am incredibly proud of all the teams for their hard work and dedication throughout the season. It has been wonderful to see the skills and teamwork develop among the students.

I am also excited to announce floor hockey and basketball season is just around the corner! We will be starting practices soon, and I encourage all students to participate and bring their enthusiasm to the court.

I want to thank everyone for their understanding during my recent leave of absence. I am thrilled to be back and ready to get into the swing of things! Let's make this month a fantastic one filled with energy and teamwork! Go Storm! :)

Keshia Dreaver

Phys. Ed Teacher

Tansi Kâkiyaw,

On October 18th, the grade 5/6 travelled to Samson to compete in the Four Band Volleyball Tournament. The team competed and played really good placing first overall and sending them to finals against Louis Bull. First set we won 15-9, second set we lost 15-12, third and final set was pretty intense losing 15-12 to place second. The school is very proud of our grade 5/6 volleyball team.

On October 29th, the junior High boys and girls volleyball teams travelled to Alexis for the Treaty Six Volleyball Championships. The boys played well winning 2 games and losing 2 games placing them against Ermineskin to battle for third and fourth place. We won the first set 25-15, losing second set 25-23, won a thrilling third set 15-10 to take third place. The boys played awesome and are very proud of our boys team.

The girls finished with a record of 3 wins and 1 lost placing them in the finals against Alexis. Won the first set 25-18, losing the second set in extra points 26-24, losing the third set in extra points again 17-15. Placing second. Our school is very proud of our junior girls volleyball team.

Tim Longjohn

Student Advisor



Calendar




2024

Season:

Takwâkin



Poni Ayamihekw kisikaw Sunday	peyak kisikaw Monday	niso kisikaw Tuesday	nisto kisikaw Wednesday	newo kisikaw Thursday	niyanan kisikaw Friday	nikotwasik kisikaw Saturday
					1 Professional Development No School	2
3	4	5 Gr.5/6 @ Alexis - Tripleball	6	7 Remembrance Day Ceremony 	8 No School Takwâkin Break	9
10	11 Kiskisitotâto Kîsikâw - Remembrance Day	12 No School Takwâkin Break	13	14	15 Jr.H VB @ Alexis	16
17	18	19	20	21 Maskwacis Education Summit	22 Gr.5/6 Floor hockey @ Kisipatnahk	23
24	25	26	27 Report Cards go home	28 Parent / Teacher Interviews 4 - 7pm	29	30



Special Events

October Perfect Attendance

Chase Holloway, K5
Juno Mackinaw, K5
Beau Potts, K5
Rio Wolfe, K5
Paisley Saddleback, Gr. 1
Maci High Elk-Buffalo, Gr. 2
Alayna Mcdougall, Gr. 2
Willard Littlechild, Gr. 3
Darrius Louis, Gr. 3
Kyliyah Holloway, Gr. 3
Piper Mackinaw, Gr. 3
Kenneth Wolfe-Saskatchewan, Gr. 3
Darrielle Louis, Gr. 4
Shayden Mackinaw Gr. 4
Curtis Potts, Gr. 4
Justice Mackinaw, Gr. 5

Cicilia Mackinaw, Gr. 5
Destiny Raine-Littlechild, Gr. 5
Kihew Smallboy, Gr. 6
Kiara Soosay, Gr. 6
Airyana Cattleman, Gr. 7
Harmony Louis, Gr. 7
Marquez Rabbit, Gr. 7
Xzavier Soosay, Gr. 7
Keon Rabbit, Gr. 8
Micah Rabbit, Gr. 8
Micah Rabbit, Gr. 8
Jennifer Soosay, Gr. 8
Diamond Saddleback, Gr. 9
Casey Potts, Gr. 9
Caydence Yellowbird, Gr. 9
Temperance Yellowbird, Gr. 9

Birthdays of the Month

- ★ Cashton Wolfe - Nov-2
- ★ Ocean Okeymow - Nov-8
- ★ Laina Strongman - Nov-16
- ★ Riley Wolfe - Nov-18
- ★ Rio Wolfe - Nov-18
- ★ Shelby Rabbit - Nov-18
- ★ Conner Saddleback - Nov-25
- ★ Nolan Rabbit - Nov-26
- ★ Izzabella Cardinal - Nov-27
- ★ William-Louie Okeymow - Nov-30



Special Events



TAKWĀKIN
NAKISKATOWIN ONIKIKOMAWAK/OKISKINAHAMAKEWAK

Parent / Teacher Night

NOVEMBER 28, 2024

4:00 - 7:00 PM

Attention Maskwacis Education Schools Commission You now have access to **CAN-CORE**

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NOVEMBER 7TH
REMEMBRANCE
DAY
CEREMONY



November Menu

Menu is subject to change, Due to product availability. *Subject to the Hunters Success	Iyikopîw Pîsim (Frost Moon) November				
November 4th - 8th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Scrambled Eggs, Breakfast Fried Rice	Pancakes, Sauasage, Fruit	Yogurt, Cereal, Fruit	
Lunch	Pasta Carbonara (Cream, Bacon, Parmesan and Peas) Tossed Salad, Tomato Salad, Fruit Salad)	Shepards Pie with Vegetables, Tossed Salad, Beet Salad, Fruit Salad, Rice Salad	Cauliflower Cheddar Soup with Ham, Bannock, Tossed Salad, Fruit Salad, Broccoli Pasta Salad, Greek Salad, Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads, Fruit	NO SCHOOL - Takwâkin Break All Day
Snacks	Fruit or Baked Goods	Fruit or Baked Goods	Fruit or Baked Goods	Fruit or Baked Goods	
11th -15th	Peyak Kîsikâw	Nîso Kîsikâw	Nîsto Kîsikâw	Newo Kîsikâw	Nîyânan Kîsikâw
Kîkîsepâ mîcowin ᐱᐱᐱᐱ ᐱᐱᐱᐱ			Cereal, Yogurt & Fruit	Pancakes and Sausage, Fruit	Scrambled Eggs, Breakfast Fried Rice
Nimâwin ᐱᐱᐱᐱ	NO SCHOOL - Takwâkin Break All Day	NO SCHOOL - Takwâkin Break All Day	Baked Pasta Bolognese, Caesar Salad, Spinach Salad, Coleslaw, Fruit Salad, Cut Fruit	Ginger Beef with Stirfried Vegetables served over Rice, Tossed Green Salad, Pasta Salad, Fruit Salad, Greek Salad, Fruit,	Pizza, Caesar Salad, Fruit, Mixed Salads
Mîcisowinis ᐱᐱᐱᐱᐱᐱ			Fruit or Baked Goods	Fruit or Baked Goods	Fruit or Baked goods
18th- 22nd	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt Parfait, Fruit	Cereal, Oatmeal with Honey & Fruit	Pancakes, Sauasage, fruit	Cereal, Yogurt & Fruit	Scrambled Eggs, Back Bacon, Fruit
Lunch	Italian Sausage with Roasted Tomatoes in Marinara Sauce and Vegetables over Pasta. Caesar Salad, Cucumber Salad, Fruit Salad, Fruit	Perogies with Sautéed Cabbage and Garlic Sausage, Tossed Salad, Fruit Salad, Spinach Salad, Fruit	Chicken Noodle Soup, Bannock, Caesar Salad, Spinach Salad, Pasta Salad, Fresh Fruit , Fruit Salad	Sloppy Joe on Bannock, Tossed Salad, Fruit Salad, Vegetable Salad, Fruit	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
25th- 29th	Peyak Kîsikâw	Nîso Kîsikâw	Nîsto Kîsikâw	Newo Kîsikâw	Nîyânan Kîsikâw
Kîkîsepâ mîcowin ᐱᐱᐱᐱ ᐱᐱᐱᐱ	Yogurt, Cereal, Fruit	Pancakes, Sauasage, fruit	Sausage & Cheese Frittata, Fruit	Yogurt Parfait, Fruit	Bannock and Jam Fresh Fruit
Nimâwin ᐱᐱᐱᐱ	Baked Mac'n Cheese with Cauliflower & Bacon, Caesar Salad, Greek Salad, Sliced Melon with Mint, Whole Fruits	Deli Sandwiches on Focaccia - Salads: Tossed, Beet , Fruit , Mexican Rice , Whole Fruit	Beef Vegetable Soup with Cheese Bannock, Caesar Salad, Spinach & Strawberry Salad, Veggie Salad, Fresh Fruits, Fruit Salad	*Hunters Pie" - Made with *Moose Meat, Beef & Pork & Vegetables	Pizza, Caesar Salad, Fruit, Pasta Salad, Veggie Salad
Mîcisowinis ᐱᐱᐱᐱᐱᐱ	Fruit or Baked Goods	Fruit or Baked Goods	Fruit or Baked Goods	Fruit or Baked Goods	Fruit or Baked Goods

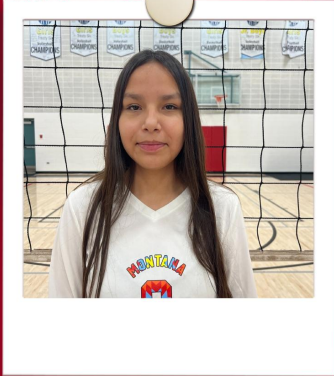


⚡ STORM ⚡





Jr. Volleyball STORM Athletic Profiles

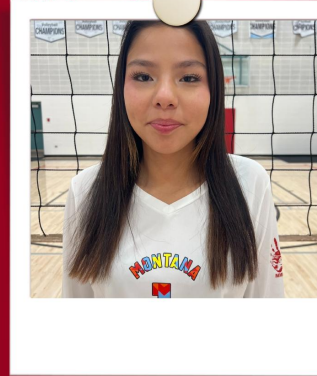


STORM JR VOLLEYBALL

Casey Potts

- Number: 8
- Position: Power - Outside Hitter

- Athlete Profile Questionnaire:
1. What is your career choice?
 - Doctor
 2. What is your fav subject?
 - Art
 3. What is your fav sport?
 - Basketball
 4. Who is your role model?
 - Miss Dreaver



STORM JR VOLLEYBALL

Jennifer Soosay

- Number: 1
- Position: Right Side - Opposite

- Athlete Profile Questionnaire:
1. What is your career choice?
 - RCMP
 2. What is your fav subject?
 - Math
 3. What is your fav sport?
 - Volleyball
 4. Who is your role model?
 - Best friend - Casey



STORM JR VOLLEYBALL

Tyrin Potts

- Number: 0
- Position: Right Side - Opposite

- Athlete Profile Questionnaire:
1. What is your career choice?
 - Esthetician
 2. What is your fav subject?
 - PE
 3. What is your fav sport?
 - Volleyball
 4. Who is your role model?
 - My mom



STORM JR VOLLEYBALL

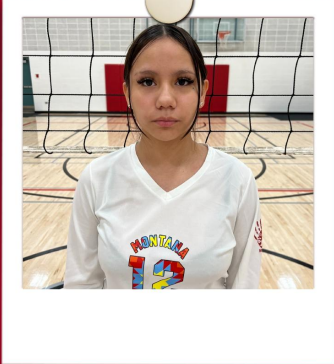
Izzy Cattleman

- Number: 11
- Position: Middle Back

- Athlete Profile Questionnaire:
1. What is your career choice?
 - Doctor
 2. What is your fav subject?
 - PE
 3. What is your fav sport?
 - Volleyball
 4. Who is your role model?
 - My brother, Ty



Jr. Volleyball STORM Athletic Profiles

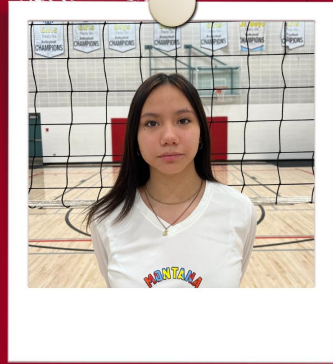


STORM JR VOLLEYBALL

Caydence Yellowbird

- Number: 12
- Position: Setter

- Athlete Profile Questionnaire:
1. What is your career choice?
 - PE Teacher
 2. What is your fav subject?
 - Social Studies
 3. What is your fav sport?
 - Volleyball
 4. Who is your role model?
 - Miss Dreaver



STORM JR VOLLEYBALL

Temperance Yellowbird

- Number: 7
- Position: Power - Outside Hitter

- Athlete Profile Questionnaire:
1. What is your career choice?
 - PE Teacher
 2. What is your fav subject?
 - LA
 3. What is your fav sport?
 - Volleyball
 4. Who is your role model?
 - Miss Dreaver

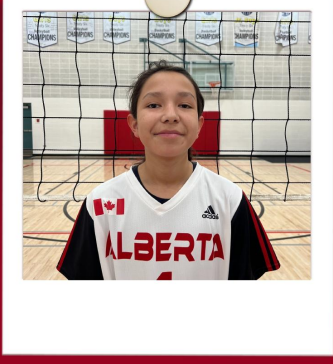


STORM JR VOLLEYBALL

Micah Rabbit

- Number: 11
- Position: Power - Outside Hitter

- Athlete Profile Questionnaire:
1. What is your career choice?
 - PE Teacher
 2. What is your fav subject?
 - Math
 3. What is your fav sport?
 - Basketball
 4. Who is your role model?
 - My sister



STORM JR VOLLEYBALL

Jaziah Soosay Rabbit

- Number: 4
- Position: Setter

- Athlete Profile Questionnaire:
1. What is your career choice?
 - Gamer/Computer Science
 2. What is your fav subject?
 - Social Studies
 3. What is your fav sport?
 - Basketball
 4. Who is your role model?
 - All the bros



Jr. Volleyball STORM Athletic Profiles

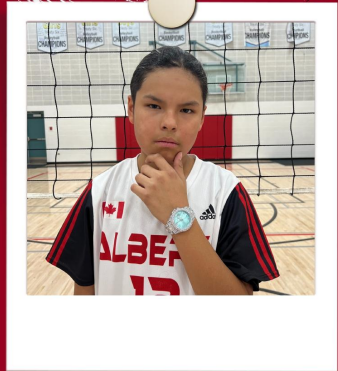


STORM JR VOLLEYBALL

Diamond Saddleback

- Number: 1
- Position: Right Side - Opposite

Athlete Profile Questionnaire:
 1. What is your career choice?
 • PE Teacher
 2. What is your fav subject?
 • Art
 3. What is your fav sport?
 • Football
 4. Who is your role model?
 • Ray Lewis

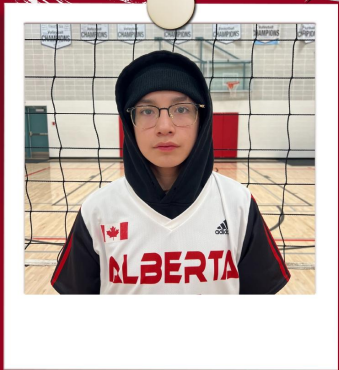


STORM JR VOLLEYBALL

Keon Rabbit

- Number: 12
- Position: Right Side - Opposite

Athlete Profile Questionnaire:
 1. What is your career choice?
 • Army
 2. What is your fav subject?
 • PE
 3. What is your fav sport?
 • Football
 4. Who is your role model?
 • Mosom Cody



STORM JR VOLLEYBALL

Kayle Strongman Rabbit

- Number: 44
- Position: Middle Back

Athlete Profile Questionnaire:
 1. What is your career choice?
 • Lawyer
 2. What is your fav subject?
 • PE
 3. What is your fav sport?
 • Hockey
 4. Who is your role model?
 • Kevin Hart



HALLOWEEN



HALLOWEEN



HALLOWEEN

