



# A.P. ekwa Counselling Update

Tansi Kâkiyaw,

Thank you to the parents ekwa guardians who braved the cold to come to meet with your child's teacher on takwâk nakiskatowin onikikomawak evening. The students worked very hard this past term. I am very proud of all their achievements. The Christmas season is near and we cannot wait for the festivities to start. Please send indoor shoes with your child as well ensure they are properly dressed for the outdoor weather. Before the holiday season starts, I just want to wish you all the happiness and warmth this Christmas. May you have a joyous and wonderful festive season ahead. Merry Christmas!

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



Tansi Kâkiyaw,

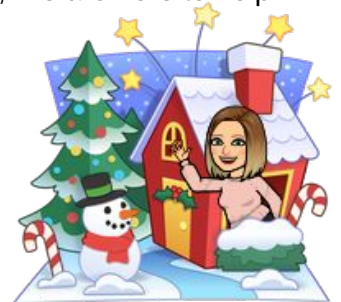
Tis the season to be Jolly....

This month is jam packed with fun activities and the Christmas break is fast approaching. Christmas time is one of those tricky times of year where we are often filled with joy, gladness, laughter and friends.

However, Christmas can also be a time of great grief for families. Remembering those we have loved and lost can be difficult over the Holiday season. Grief is tricky. It comes and goes like waves and can take a long time. Children grieve too. They feel the sensation of loss in their bodies, even when they are too young to articulate these emotions with words. If you or someone in your life is grieving this holiday season, remember the waves of grief are difficult; but normal and necessary.

If you are struggling and need support please reach out. Here at the school I can help connect you with a service that can be of support if needed. If you have a child needing support as well, We are here to help.

Hai hai,  
**Counsellor,  
Jenine Campbell**



## Nehiyawewin ekwa Sesawiwini(PE) update

Tânsi Kâhkîyaw, Onokihkomawak/ Ekwa Ohpikinawasowak, Ekwa Niwahkmakanak:

Kahkiyaw ki tatmiskatinawaw! Niya Gloria Baptiste – Lightning nitisikason. Niy ekwa eh nehiyawewin kisinohamakeyan. I am the CreeTeacher for Meskanahk Ka Nipa Wit School. I am a fluent Cree Speaker and I am from Nipisihkopahk, Samson Cree Nation.

I am honored to be part of this beautiful school and community. Just a reminder with the inclement weather that your child wears a Pison Asakay, Jacket, Astisak, Mittens/gloves, Astotin, Toque, ekwa Pison askisina, winter boots.

Ekosi Pitah, Mwestas:

Miyo Manito Kisikanisik!

Hai Hai, Gloria Baptiste, Cree Teacher

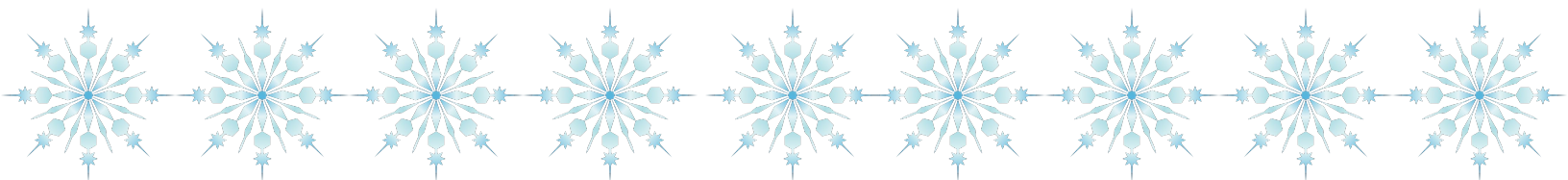
Tansi Kâkiyaw,

As we get into the holiday spirit, I wanted to share some updates from our Physical Education class! We just completed our volleyball unit, and it was an amazing season, with both our junior boys and girls teams performing exceptionally well in tournaments and placing second/third. I couldn't be prouder of all your hard work and determination!

We're currently enjoying our floor hockey unit, where students are developing their skills and having a great time. Next up is basketball, starting right after our floor hockey unit. Don't forget about our basketball tournament at Amiskwacyi on December 3rd! It's a fantastic opportunity for our students to show off their hard work and skills.

We have more exciting activities planned for after the christmas break, so stay tuned! Wishing you all a joyful holiday season!

**Keshia Dreaver**  
**Phys. Ed Teacher**



# Calendar

# December 2024



Poni Ayamihekw 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>
1	2	3 Ribbon Skirt/ Shirt Day	4	5 Lockdown Drill Cozy Christmas Socks/ Slippers	6 Winter Wonderland - Wear Blue/White	7
8	9 Dress like a Snowman or wear white	10 Mad About Plaid - wear plaid	11 Shine Bright - Wear glitter/lights	12 Dress Like Rudolf - wear red	13 Professional Development	14
15	16 Grinch Day - wear Green	17 Ugly Christmas Sweater Day	18 Baby It's Cold Outside - wear hats/scarves	19 Christmas Concert - Dress your Best	20 Last Day Christmas PJ Day	21
22	23	24	25	26	27	28
<i>Christmas Holidays</i> →						
29	30	31				
<i>Return to school on January 6, 2025</i>						



*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>

# Parent Information



## Birthdays of the Month

- Jaliyah Rabbit Okeymow - Dec. 1st
- Keeley Strongman-Rabbit - Dec. 3rd
- Kylynn Strongman-Rabbit - Dec. 3rd
- Tristan Rain - Dec. 6th
- Leo Reindeer-Currie - Dec. 17th
- Keon Rabbit - Dec. 25th
- Rainin Potts-Rabbit - Dec. 26th
- Brynley Watson - Dec. 26th
- Honey Louis - Dec. 27th
- Davin Whiskeyjack - Dec. 29th
- Kiara Soosay - Dec. 30th
- Anthony Rain Louis - Dec. 30th



## November Perfect Attendance

- Juno Mackinaw, K5
- Theodora Mackinaw, K5
- Beau Potts, K5
- Kingsley Rain Louis, K5
- Maci High Elk-Buffalo, Gr. 2
- Darrius Louis, Gr. 3
- Piper Mackinaw, Gr. 3
- Shayden Mackinaw, Gr. 4
- Darrielle Louis, Gr. 5
- Cicilia Mackinaw, Gr. 5
- Justice Mackinaw, Gr. 5
- Harmony Louis, Gr. 7
- Xzavier Soosay, Gr.7
- Jennifer Soosay, Gr. 8
- Micah Rabbit, GR. 8
- Krissayah Saddleback, Gr. 9



## Bundle up for Recess!



As temperatures drop, we will continue to go outside during recess unless it reaches -20 degrees.



# Parent Information




On November 26th, The MESC Leadership Summit took place in Edmonton.

Photographed are our students who danced in the Grand Entry. Ay hay to Keeley and Kylynn Strongman-Rabbit, Chase Holloway, Davin Whiskeyjack, and Kihew smallboy for representing MKNW!



# Parent Information

**Menu Subject to Change due to product availability	Menu for: December 2024				
2nd - 6th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Yogurt Parfait, Cereal, Fruit	Breakfast Scones with Ham and Cheese and Green Onion, Fruit	Mini Fruit Pies, Fruit	Oatmeal, Cereal, Fruit	Bacon, Eggs, Hashbrowns, Fruit
<b>Lunch</b>	Beef Stroganoff, Ceaser Salad, Fruit Salad, Fruit	Chicken Ceaser Wraps, Garden Salad, Fruit Salad	Pork Stew, With Bannock, Fresh Garden Salad, Fruit Salad, Fruit	Bison Meatloaf, Hot Veggies , Steamed Parsley Potatoes, Tossed Salad, Pasta Salad, Fruit Salad	Pizza Day, Pasta Salad, Fruit Salad
<b>Snacks</b>	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
<b>Breakfast</b>	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit	Assorted Muffins, Yogurt, Fruit	
<b>Lunch</b>	Baked Mac and Cheese w/ Bologna and Cauliflower, Caesar Salad, Spinach Salad, Fruit Salad, Fruit	Baked Ham with Rice Pilaf and Hot Mixed Vegetables, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Hamburger Tomato Soup, Bannock, Mixed Salads, Fruit Salad	Pizza Day! Ceaser Salad, Fruit Salad	<b>PD Day</b>
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
16th - 20th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Oatmeal, Cereal, Fruit	Cheese and Sausage Frittata, Fruit	Fruit Scones, Fruit	Yogurt Parfait, Fruit	Oatmeal, Cereal, Fruit
<b>Lunch</b>	Chicken Creole Pasta, Ceaser Salad, Fruit Salad	Swedish Meatballs in Sauce with Rice and Hot Veg, Tossed Salad, Fruit Salad, Fruit	Potato Bacon Soup, Cheese Bread, Mixed Salads, Fruit Salad	Christmas Dinner - Turkey with all the fixings.	Pizza Day! Ceaser Salad, Fruit Salad
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
25th - 29th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<div style="display: flex; align-items: center; justify-content: center;">  <div style="font-size: large; font-weight: bold;">Winter Break</div> </div>				
<b>Lunch</b>					
<b>Snacks</b>					





**YOUNG SPIRIT WINDS  
Youth Treatment Program**

# Nanatawihowin

*~Healing~*

**JANUARY 13 - MARCH 21, 2025**



**MALE / FEMALE  
AGES 12 - 17**

**MONDAY - FRIDAY  
9:00 AM - 3:00 PM**



**TRANSPORTATION  
& MEALS PROVIDED**

**INCENTIVE &  
CERTIFICATE**

**The Youth Day Treatment Program helps with the following;**

- ◆ Addictions
- ◆ Grief & Loss
- ◆ Low Self-esteem
- ◆ Anger Management
- ◆ Cultural Awareness
- ◆ Suicide Awareness
- ◆ Relapse Prevention
- ◆ Mental Health Awareness

**FOR INFORMATION / INTAKE CONTACT:**

**MYSWS: 780-585-2219**

**Karen Longmuir, Program Supervisor - Email: [klongmuir@youngspiritwinds.com](mailto:klongmuir@youngspiritwinds.com)**

**Susan Lenzin, Outreach Worker - Email: [slenzin@youngspiritwinds.com](mailto:slenzin@youngspiritwinds.com)**