



**MESKANAHK KA-NIPA-WIT SCHOOL**

*Where Education, Community and Culture meet.*

**Principal: Jerilynn Breaker**  
**Assistant Principal: Alison Robles**  
**Admin Assistant: Keishea Northwest**  
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Tânsi kâhkiyaw ohnîkîhikomâwak, Kohkomak ekwa Mosomak,

We hope that everyone had a fun and memorable Miyoskamin break! It was so nice to see all our awasisak ekwa oskayak back in class on Monday morning.

Ayiki pisim-Frog moon looks to be a busy month. It's hard to believe we are in our last term of school for the year. With only three months of school left, it is essential for your child to be attending every day. We are happy to see more of our awasisak ekwa oskayak starting to attend more regularly, and we thank you for that. We have an delicious perfect attendance reward this month - **McDonalds!!!** Students who have perfect attendance for the month of March will join the Principals for lunch.

We are now heading in to the final term of school this year. It is so important that awasisak and oskayak are continuing home reading; coming to school each day and always making an effort in class. Don't forget that what you are learning in school this year prepares you for your grade next year. So always remember to try your best!!

Next week we will have our **Miyoskamin Community night** **from 4 - 6pm**. Come out and join us for some fun literacy and nehiyawewin activities.

**Ekosi pitama,  
Jerilynn Breaker**



# A.P. ekwa School Counsellors

Tânsi Kâkiyaw,

I hope everyone had a restful spring break and enjoyed time with your loved ones. It is great to see our awasiska ekwa oskayak back in school. The weather is starting to warm which is finally nice to see. This means we will be seeing a lot of water outside, please dress your child accordingly. Please keep an eye on our facebook page as we have some unclaimed gift cards that need to be picked up. Thank you to the parents/guardians who completed the OES consent forms and returned. Have a wonderful Ayiki Pisim ekosi pitama

Ay hay!

**Mrs. Robles**  
**Vice Principal**



Tânsi Kâkiyaw,

To be resilient is to use the skills we have learned from our past experiences and to put them to use through difficult times in our lives. But how do we do this? Here are some helpful tips that can lead you in the right direction to resiliency...

- Community- Ask for help and be there to help, we all need each other during difficult times
- Celebrate-Find small things you are grateful for and celebrate the small victories
- Commemoration- Remember what you have done in the past that has helped you manage in a time of confusion and trauma
- Choice- Choose to think differently, do differently and respond Differently

**\*With the sun starting to shine, get some vitamin D. Sunlight is a simple way to boost a chemical in our brain called serotonin that helps with energy, and can help you feel calm, positive and focused\***

**Ekosi pitama,**  
**Jenine Campbell, School Counselor**



## Sesawiwin (PE) ekwa Nehiyawewin update

Tânsi Kakiyaw,

## Sesâwîwin- PE

March has come and gone in the blink of an eye! We've had a great time wrapping up our basketball units, and it's been exciting to see so many students improve their skills and enjoy the game. As we finish up basketball, we'll be moving on to badminton next week. It's always fun to mix things up, and we're looking forward to working on our serves, smashes, and quick reflexes.

Intramurals have been a big success this year! Students have been having a lot of fun participating, and it's great to see everyone getting involved. Let's keep the energy going for the rest of the season!

As we look ahead, here are a couple of important dates to remember: On April 7th, we'll be cheering on our Jr. High Basketball Teams as they compete in the Treaties Finals at Amiskwaciy. It's a great opportunity to support our athletes. Then, on April 30th, the Science Fair will take place, showcasing all the wonderful projects our students have been working on.

Thanks for a great start to the spring, and let's keep moving forward with all the exciting activities ahead!

Ekosi pitama,  
**Keshia Dreaver**



Tânsi Kâhkiyaw, ᑕᓂᓯ ᑲᐱᓂᓄᓐ,

**ᑎᕐᕐᕈᖅ Nehiyawewin**

Kitatamiskatinawaw Kehtehayak, Onikihkomawak ekwa Awasisak!

Asay mina kotak Pisim kimikosinaw, Ayiki Pisim will be another month to keep encouraging our Awasis kahkamemocik ta Nehiwaecik, Awa Ayiki Pisim we continue to encourage our Awasisak ekwa Oskayak to keep practising their Nehiyawewin. During Ayiki Pisim we follow the Tipi Teachings tahto kisikaw. Mekwac ohi itwewina, Miyototamowin, Sohkatisiwin ekwa Pakoseyimowin. In our Cree Room, we will be focussing on the following theme: Spring, Miyoskamin, Earth Day, Okawemow Aski, recycling, Easter, Frogs, Ayikisak, life cycle, and to remain Calm and Handling our Emotions.

We are preparing for our Cree Speaking Event/Competition that will be taking place in May, date TBA. We will be going outdoors for our land based learning when kona melts.

Ekosi Pitama, Mina Kihtwam,

## Gloria Baptiste

## Nehiyawewin ekwa Nehiwatisiwin Kiskinohamakew





# Calendar



2  
0  
2  
5

April

Poni Ayamihe 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> Kîyâskîw Kîsikâw - April Fools	<b>2</b>	<b>3</b> Support Staff Day	<b>4</b> Dress like a Student/ Teacher	<b>5</b>
<b>6</b>	<b>7</b> Jr High 3v3 Bball @ Amisk 	<b>8</b> Ribbon Skirt/Shirt Day	<b>9</b>	<b>10</b> Miyoskamin Carnival 4-6pm	<b>11</b> PD Day - No School	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Good Friday	<b>19</b>
<b>20</b>	<b>21</b> Easter Monday	<b>22</b>  Earth Day School Bus Driver Day	<b>23</b> Admin. Assistants Day	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> Ribbon Skirt/Shirt Day	<b>30</b>  Jr.High Science Fair			



## Parent Information



### MKNW Student Leadership team

**Want to be a leader?**  
We are looking for positive students to be leaders in our school.

Open to Grade 6-9 students

Meet today during the last recess in foyer

- Grad Committee
- Spirit Days
- Community Engagement
- Field Trips
- Student clubs

A colorful poster for the "MIYOSKAM CARNIVAL" at Meskanahk Ka Nipa Wit School. The title "MIYOSKAM" is in large, multi-colored block letters, and "CARNIVAL" is in large green letters. The school logo is at the top center. The event is on "THURSDAY, APRIL 10" from "4 - 6PM". The words "Games" and "Snacks" are written in a curved font on the sides. At the bottom, a red banner says "Parents please accompany your children to join in the fun". The background features hot air balloons and a green field.

**MIYOSKAM CARNIVAL**

MESKANAHK KA NIPA WIT SCHOOL

THURSDAY, APRIL 10

4 - 6PM

Games Snacks

Parents please accompany your children to join in the fun





# Parent Information



## HAPPY BIRTHDAY



### Birthdays of the Month:

- ★ Easton Jackson, April 1
- ★ Kenneth Wolfe Saskatchewan, April 1
- ★ Eternity Saddleback, April 8
- ★ Mckenna High Elk-Buffalo, April 14
- ★ Nataeyah Rain, April 21
- ★ Destin Rabbit, April 22
- ★ Dezire Simon, April 22
- ★ Elizabeth Cattleman, April 29
- ★ Desman Cutknife, April 29

**Perfect Attendance!**

- ★ Juno Mackinaw
- ★ Mckenna High Elk-Buffalo
- ★ Maci High Elk-Buffalo
- ★ Jennadean Mackinaw
- ★ Alayna Mcdougall
- ★ Lydia Wolfe-Saskatchewan
- ★ Piper Mackinaw
- ★ Tydeus Soosay
- ★ Kenneth Wolfe Saskatchewan
- ★ Shelby Rabbit
- ★ Krissayah Saddleback
- ★ Caydence Yellowbird



YOUNG SPIRIT WINDS  
YOUTH TREATMENT PROGRAM

# MIYOSKAMIN

~Spring~

**APRIL 7 - JUNE 13, 2025**

*Spring is a time of rebirth and transition, the snow melts into her waterways, giving nourishment to all living things.*

*Ceremonies, songs, and stories ground us, celebrating Mother Earth's next life cycle.*

**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)

## What We Offer



### Young Spirit Winds

- Who is YSW?/about the program
- Vision Statement
- Mission Statement
- Programs & Services
- Schedule/ Outings
- Holistic Model

### Drug and Alcohol Awareness

- Different types of Drugs
- Effects of Drugs and Alcohol
- Warning signs of Addictions
- Community Resources

### Grief and Loss

- Stages of Grief
- Types of losses
- Signs and Symptoms
- Ways of Coping with Grief

### Suicide Awareness

- Warning signs
- Suicidal behavior
- Risk factors
- Getting help

### Mental Health Awareness

- What is mental health?
- Contributing factors
- Ways to improve mental health

### Relapse Prevention

- Stress in my life
- Relapse warning signs
- Recovery plan

### Communication

- Ways of communicating
- Communication styles
- Communication model

### Self-esteem and Pure pressure

- Ways to develop a healthy self-esteem
- What is Self-esteem

### Anger Management

- Defining Anger
- Signs and Symptoms
- Managing Anger
- Bullying

### And much more...

Delivery methods available: Power point presentations, Talking circles, Worksheets and Energizers....

For more information feel free to contact us: 780-585-2219

Outreach Coordinator: Susan Lenzin [slenzin@youngspiritwinds.com](mailto:slenzin@youngspiritwinds.com)

Treatment Supervisor: Karen Longmuir [klongmuir@youngspiritwinds.com](mailto:klongmuir@youngspiritwinds.com)





# MEET TEAM STORM



## JR HIGH STORM BASKETBALL

**Caydence Yellowbird**

• Number: 12

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



## JR HIGH STORM BASKETBALL

**Temperance Yellowbird**

• Number: 24

- 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



## JR HIGH STORM BASKETBALL

**Jennifer Soosay**

• Number: 1

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



## JR HIGH STORM BASKETBALL

**Keeley Strongman-Rabbit**

• Number: 11

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



## JR HIGH STORM BASKETBALL

**Kyllynn Strongman-Rabbit**

• Number: 10

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



## JR HIGH STORM BASKETBALL

**Tyrin Potts**

• Number: 8

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





# MEET TEAM STORM



## JR HIGH STORM BASKETBALL

### Casey Potts

• Number: 5

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



## JR HIGH STORM BASKETBALL

### Eternity Saddleback

• Number: 9

- Athlete Profile Questionnaire:
1. What is your career choice?
    - Coach
  2. What is your fav subject?
    - L.A
  3. What is your fav sport?
    - basketball
  4. Who is your role model?
    - Miss Dreaver



## JR HIGH STORM BASKETBALL

### Micah Rabbit

• Number: 8

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



## JR HIGH STORM BASKETBALL

### Jarell Baptiste

• Number: 7

- Athlete Profile Questionnaire:
1. What is your career choice?
    - Dentist
  2. What is your fav subject?
    - Gym
  3. What is your fav sport?
    - Hockey
  4. Who is your role model?
    - My Brother



## JR HIGH STORM BASKETBALL

### Bearson Moonias

• Number: 3

- Athlete Profile Questionnaire:
1. What is your career choice?
    - Iron Worker
  2. What is your fav subject?
    - L.A
  3. What is your fav sport?
    - Basketball
  4. Who is your role model?
    - Kyrie Irving



## JR HIGH STORM BASKETBALL

### Xzavier Soosay

• Number: 24

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