

bⁿb∩_o° ハノ Kaskatinow Pîsim



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Where Education, Community and Culture meet.

Principal: Jerilynn Breaker

Acting Assist Principal: Alison Robles Admin Assistant: Keishea Northwest

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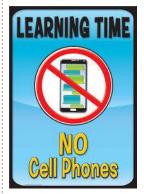
Tânsi kâkiyaw ohnîkîkomâwak Kohomak ekwa Mosomak,

September was a busy month, but it marked a successful start to the new school year! It has been wonderful to see all the **awâsisak ekwa oskâyak** coming to school each day. They are settling into their classroom and school routines very nicely. **Thank you to all parents and guardians** for sending your child to school **tâto kîsikâw – every day.** Your support and trust in our school are truly appreciated.

Last week, we held our **pipe ceremony** in the school foyer. Our **awâsisak ekwa oskâyak** demonstrated the utmost respect during the ceremony — we are very proud of them.

We will be hosting a **school feast on Friday**, **October 3rd**, and we warmly welcome all parents and guardians to join us in this community celebration.

This month, we are launching our **school-wide At-Home Reading Program**. Your child's teacher will be sending more information home soon.



Just a reminder that MKNW has a **No Cellphone Policy**. We kindly ask that students do **not bring cellphones to school**.

If you need to reach your child during the school day, please contact the front office or their classroom teacher. This policy helps ensure that all students remain engaged and focused on their learning.

Cell Phones or personal electronics are a significant distraction.

If a student does bring a phone to school, it will be kept in the front office until the end of the day.

If you have any questions, please don't hesitate to call the school. We look forward to continuing a positive and successful school year together.

Kinanâskomitin – Thank you!

Ekosi Pitama

Ms. Jerilynn Breaker Principal





A.P. ekwa Counselling Update

Tansi Kâkiyaw,

It was a very busy September month and it flew right by! Kaskatinow pisim is here and the weather is getting chillier! Please send indoor shoes with your child as we do require our students to remove muddy or wet footwear at the door.

Clubs will be starting up soon which I am excited to see! We will be having some fun events coming up so take a look at the calendar!

Bang office fun nights, there will be a form sent out soon for parents/guardians to give permission for their child to walk to the band office. This form will need to be signed otherwise they will be put on the bus home,

Ekosi pitama,

Mrs. Alison Robles-Torres Assistant Principal



Tansi Kâkîyaw,

It was wonderful to see everyone who stopped by the counselling office during parent-teacher night-I always enjoy getting to know parents/guardians better! Throughout the year I reach out to parents/guardians if they have a child who is in counselling to make sure we are all on the same page. I appreciate hearing from parents, please reach out if you have any questions.

Now that October is beginning I plan to start Girl's Group every thursday from 3:30-4:30pm for grades 6-9 please make sure your awasisak ekwa oskayak have transportation home after group.

Art Club will be starting this month beginning with grades 3 & 4 and rotating through grades.

A NEW group I plan to start this month is Powwow Club for grades 1-3 during recess once a week.

Enjoy the fall colors as we enter into spooky season:)

Ekosi pitama,

Jenine Campbell

Counselor





Student Advisor and Wellness Coach

Tânsi Kâkîyaw,

Junior Boys volleyball team travelled to Alexis for their first tournament of the year,1st game against Alexander losing 25-15,2nd game against Ermineskin winning 25-10, 3rd game against Paul Band winning 25-17, semi-final against Alexis losing 25-21 taking home 3rd place. The team played really well for their first tournament of the year.

Liam Rabbit, Xzavier Soosay, Kihew Smallboy, Keon Rabbit, Micah Rabbit, Quildyn Rabbit, Elizabeth Cattleman, Jennifer Soosay

Ekosi pitama,

Tim Longjohn Student Advisor



Tansi Kâkiyaw,

October already! Time flies when you're having fun.

We had a wonderful first month back to school and I hope we can keep it going into October!!

I'll continue to support the growth and development of the students with wellness programs such as guided meditation.

Ekosi pitama,

Jeremy Swampy Wellness Coach



Nehiyawewin ekwa Sesawiwin (PE)

Tânisi! Our nehiyawewin classroom has been filled with meaningful learning as we welcome the fall season. Each day begins with our daily routine, which includes prayer and teachings about what prayer means. Students are also practicing classroom commands and encouragements in Cree, building confidence as they strengthen their language skills.

With the change in seasons, students are learning about the Fall Solstice and its importance in Cree teachings. We are also spending time on the land with sage picking and harvesting, an important part of land-based education that connects us to traditional ways of knowing and respecting the plants.

This month, we are learning the teachings of berries and how they provide both nourishment and cultural meaning. Alongside these teachings, students are exploring the values of respect and love, which guide the way we treat one another and the world around us.

Our Value of the Month is nanâskomowin(gratitude/thankfulness). Together, we are reflecting on the many gifts in our lives and the importance of giving thanks each day.

We are excited to continue growing in our language, culture, and community together. Thank you for supporting your children as they learn the richness of Cree teachings. Ekosi.

Ms Dreaver

MKNW Cree Teacher

We kicked off October with some exciting news! Our Jr. Boys Volleyball team played their hearts out in Alexis on October 1 and brought home a third-place finish. Way to go, boys (Jenny & Izzy as well)! We are so proud of your hard work and teamwork!

Intramurals have been a big hit this fall. It's been awesome to see students laughing, competing, and cheering each other on. These games are helping everyone build confidence and new friendships, and the energy in the gym has been incredible.

In PE this month, we're keeping the momentum going with cross-country running and volleyball. Students are pushing themselves, learning new skills, and showing great sportsmanship every day. Here are the upcoming tournament dates you won't want to miss:

- October 7 Grade 5/6 Cross-Country @ NES
- October 21 JH Treaty 6 (2nd Volleyball) @ Paul Band
- October 23 Grade 5/6 Volleyball @ Louis Bull
- October 30 JH Treaty 6 Finals Volleyball @ Amisk (TBD if not, Alexander will host)

It's shaping up to be an exciting October at MKNW! Thank you to our families for cheering on our students and supporting them in every way. Together, we're making this a fall to remember!

Ekosi pitama,

Keshia Dreaver P.E. Teacher







Calendar



2025





Poni Ayamihew kisikaw Sunday	peyak kisikaw Monday	niso kisikaw Tuesday	nisto kisikaw Wednesday	newo kisikaw Thursday	niyanano kisikaw Friday	nikotwasik kisikaw Saturday
			1 JH Treaty 6 Opener Volleyball @ Alexis Ribbon Skirt / Shirt Day	2 Custodian Appreciation Day	3 School Feast	4
5	6 Fire Drill	7 5/6 Cross Country @ NES Ribbon Skirt / Shirt Day	8	9 Picture Day	10 Professional Development No School	11
12	13 NO SCHOOL Nanâskomôwin kîsikâw Thanksgiving	14 Ribbon Skirt / Shirt Day	15	16 Picture Day Only for students who were absent on Oct. 9th	17	18
19	20	21 JH Treaty 6 2nd Volleyball @ Paul Band Ribbon skirt / Shirt day	22	23 Fire Drill 5/6 Volleyball @ LB	24 Bus Safety Presentation K4 - Grade 6	25
26	27	28	29	30 JH Treaty 6 Finals Volleyball @ Amisk - TBD Takwakin Night 4:00 - 6:00	31 Cîpayi kîsikâw Halloween	



Parent information



- ★ Chris Cattleman, Oct-2
- ★ Weston Lightning, Oct-5
- ★ Thomas Rabbit, Oct-8
- ★ Caspian Saddleback, Oct-8
- ★ Carmen Potts, Oct-8
- ★ Malaysia Cattleman, Oct-9
- ★ Nate Rabbit, Oct-11
- ★ Karson Okeymow, Oct-13

- ★ Leilani Whitebear, Oct-17
- ★ Theena Medicineshield, Oct-18
- ★ Avery Rabbit, Oct-19
- ★ Eternity Rain, Oct-25
- ★ Harmony Louis, Oct-26
- ★ Nova Buffalo, Oct-28
- ★ Ayla Rabbit-Potts, Oct-29

Septembe

Perfect Attendance!

- ★ Pam Mackinaw
- ★ D'Rose Montour
- ★ Kendall Wolfe-Saskatchewan
- ★ Chris Cattleman
- ★ Chase Holloway
- ★ Juno Mackinaw
- ★ Theodora Mackinaw
- ★ Conner Saddleback
- ★ Wesley Strongman
- ★ Rio Wolfe
- ★ Riley Wolfe
- ★ Mckenna Highelk-Buffalo
- ★ Lanzo Curry
- ★ Maci Highelk-Buffalo
- ★ Elizabeth Saddleback
- ★ William Saddleback
 - Saskatchewan
- ★ Ryley Standingontheroad-Rabbit
- ★ Karlayna Strongman
- ★ Lydia Wolfe-Saskatchewan
- ★ Kyliyah Holloway

- ★ Willard Littlechild
- ★ Krayton Mackinaw
- ★ Piper Mackinaw
- ★ Theena Medicineshield
- ★ Kenneth Wolfe-Saskatchewan
- ★ Annalette Mackinaw
- ★ Shayden Mackinaw
- ★ Malaysia Cattleman
- ★ Darrielle Louis
- ★ Cicilia Mackinaw
- ★ Cashton Wolfe
- ★ Justice Mackinaw
- ★ Destiny Raine-Littlechild
- ★ Navvaro Potts
- ★ Quilldyn Cardinal-Rabbit
- ★ Airyana Cattleman
- ★ Celijah Courtright
- ★ Liam Rabbit
- ★ Xzavier Soosay
- ★ Keon Rabbit
- ★ Micah Rabbit
- ★ Jennifer Soosay

SCHOOL ZONE

NO CELL PHONE USE

Food Allergy Notice

In consideration of peanut/ nut/ shellfish allergies, we respectfully ask that parents refrain from sending any snacks or items containing peanuts and/or nuts to school.



Ay Hay



MONTHLY MENU

₽₀₽	اے° ہٰہ' Kaskat	inow Pîsim Freezi	ng Moon (Octo	ber)
Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt, Cereal, Fruit		Baked Goods, Fruit	Scrambled eggs With Ham & Cheese, Fresh Fruit	Pancakes, Sauasage, Fruit
Pasta with Italian Sausage and Roasted Tomatoes, Tossed Salad, Tomato Salad, Fruit Salad	Truth and Reconcilliation Day (Holiday)	Corn Chowder, Bannock, Spinach Salad, Coleslaw, Cut Fruit	Chicken Enchiladas with Spanish Rice, Tossed Salad Fresh Fruit	Pizza, Caesar Salad, Fruit,, Mixed Salads
Fruit		Fruit	Fruit	Fruit
Peyak Kîsikâw	Nîso Kîsikâw	Nisto Kîsikâw	Newo Kîsikâw	Nîyânan Kîsikâw
Cold Cereal, Fruit	Scrambled Eggs & Back Bacon, Hashbrowns, Fruit	Pancakes, Sauasage, Fruit	Baked Goods, Fruit	
Baked Mac and Cheeseburger Pasta, Caesar Salad, Greek Salad, Sliced Melon with Mint, Whole Fruits	Bannock Tacos, Mixed Greens, Veggie Salad, Veggie Sticks, Fruit	Broccoli Cheddar Soup, Fresh Bread Spinach Salad, Coleslaw, Cut Fruit	Turkey Dinner, w/ Potatoes, Stuffing, Hot Veg & Gravy, Tossed Salad, Beet Salad, Fruit Salad	PD - Prep day
Fruit	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
Monday	Tuesday	Wednesday	Thursday	Friday
	Yogurt Parfait, Fruit	Pancakes, Sauasage, Fruit	Bannock and Jam Fresh Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit
No School Thanksgiving	Baked Spaghetti Bolognese, Caeser Salad, Fruit Salad, Garden Salad, Marinated Cucumber Salad, Fruit	Minestrone Soup, Cheese Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Baked Ham, Vegetables with Potato Wedges, Tossed Salad, Greek Salad, Broccoli Salad, Fruit Salad, Fresh Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
	Fruit	Fruit	Fruit	Fruit
Peyak Kîsikâw	Nîso Kîsikâw	Nisto Kîsikâw	Newo Kîsikâw	Nîvânan Kîcikây
		THISCO INISINAW	TVCVVOTCISIKAVV	Nîyânan Kîsikâw
Yogurt, Cereal, Fruit	Pancakes, Sauasage, fruit	Sausage & Cheese Frittata, Fruit	Oatmeal with Berries, Fruit	Bannock and Jam Fresh Fruit
Yogurt, Cereal, Fruit Primavera Marinara (Spring Vegetable) Pasta, Veg Sticks, Gargen Salad, Cucumber Salad, Fruit	Pancakes, Sauasage,	Sausage & Cheese	Oatmeal with	Bannock and Jam
Primavera Marinara (Spring Vegetable) Pasta, Veg Sticks, Gargen Salad, Cucumber Salad,	Pancakes, Sauasage, fruit Caesar Chicken Wrap, Tossed Salad, Cut Fruit, Pasta	Sausage & Cheese Frittata, Fruit Beef Barley Soup, & Bannock, Pasta Salad, Greek Salad, Fruit, Fruit	Oatmeal with Berries, Fruit Roast Beef, Potato Wedges, Caesar Salad, Fruit, Mixed	Bannock and Jam Fresh Fruit Pizza, Caesar Salad, Fruit, Mixed
Primavera Marinara (Spring Vegetable) Pasta, Veg Sticks, Gargen Salad, Cucumber Salad, Fruit	Pancakes, Sauasage, fruit Caesar Chicken Wrap, Tossed Salad, Cut Fruit, Pasta Salad, Coleslaw, Fruit	Sausage & Cheese Frittata, Fruit Beef Barley Soup, & Bannock, Pasta Salad, Greek Salad, Fruit, Fruit Salad,	Oatmeal with Berries, Fruit Roast Beef, Potato Wedges, Caesar Salad, Fruit, Mixed Salads Fruit or baked	Bannock and Jam Fresh Fruit Pizza, Caesar Salad, Fruit, Mixed Salads Fruit or baked
Primavera Marinara (Spring Vegetable) Pasta, Veg Sticks, Gargen Salad, Cucumber Salad, Fruit	Pancakes, Sauasage, fruit Caesar Chicken Wrap, Tossed Salad, Cut Fruit, Pasta Salad, Coleslaw, Fruit Fruit or baked goods	Sausage & Cheese Frittata, Fruit Beef Barley Soup, & Bannock, Pasta Salad, Greek Salad, Fruit, Fruit Salad, Fruit or baked goods	Oatmeal with Berries, Fruit Roast Beef, Potato Wedges, Caesar Salad, Fruit, Mixed Salads Fruit or baked goods	Bannock and Jam Fresh Fruit Pizza, Caesar Salad, Fruit, Mixed Salads Fruit or baked goods
Primavera Marinara (Spring Vegetable) Pasta, Veg Sticks, Gargen Salad, Cucumber Salad, Fruit Fruit or baked goods	Pancakes, Sauasage, fruit Caesar Chicken Wrap, Tossed Salad, Cut Fruit, Pasta Salad, Coleslaw, Fruit Fruit or baked goods Tuesday Ham & Cheese	Sausage & Cheese Frittata, Fruit Beef Barley Soup, & Bannock, Pasta Salad, Greek Salad, Fruit, Fruit Salad, Fruit or baked goods Wednesday	Oatmeal with Berries, Fruit Roast Beef, Potato Wedges, Caesar Salad, Fruit, Mixed Salads Fruit or baked goods Thursday	Bannock and Jam Fresh Fruit Pizza, Caesar Salad, Fruit, Mixed Salads Fruit or baked goods Friday Oatmeal with
	Monday Yogurt, Cereal, Fruit Pasta with Italian Sausage and Roasted Tomatoes, Tossed Salad, Tomato Salad, Fruit Salad Fruit Peyak Kîsikâw Cold Cereal, Fruit Baked Mac and Cheeseburger Pasta, Caesar Salad, Greek Salad, Sliced Melon with Mint, Whole Fruits Fruit Monday No School Thanksgiving	Yogurt, Cereal, Fruit Pasta with Italian Sausage and Roasted Tomatoes, Tossed Salad, Tomato Salad, Fruit Salad Fruit Peyak Kîsikâw Cold Cereal, Fruit Baked Mac and Cheeseburger Pasta, Caesar Salad, Greek Salad, Sliced Melon with Mint, Whole Fruits Fruit Fruit Pruit Peyak Kîsikâw Scrambled Eggs & Back Bacon, Hashbrowns, Fruit Bannock Tacos, Mixed Greens, Veggie Salad, Veggie Salad, Veggie Sticks, Fruit Fruit Fruit or baked goods Monday Tuesday Yogurt Parfait, Fruit Baked Spaghetti Bolognese, Caeser Salad, Fruit Salad, Garden Salad, Marinated Cucumber Salad, Fruit Fruit Fruit Fruit Fruit Fruit	Yogurt, Cereal, Fruit Pasta with Italian Sausage and Reconcilliation Day (Holiday) Fruit Peyak Kîsikâw Cold Cereal, Fruit Baked Mac and Cheeseburger Pasta, Caesar Salad, Sliced Melon with Mint, Whole Fruits Fruit Fruit Fruit Pruit Pruit Peyak, Fruit Bannock Tacos, Mixed Greens, Salad, Sliced Melon with Mint, Whole Fruits Fruit Fruit Pruit or baked goods Monday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday Baked Spaghetti Bolognese, Caeser Salad, Fruit Baked Spaghetti Baked Spaghetti Balad, Garden Salad, Garden Salad, Marinated Cucumber Salad, Fruit Fruit	Yogurt, Cereal, Fruit Pasta with Italian Sausage and Roasted Tomatoes, Tossed Salad, Tomato Salad, Truth and Roasted Tomatoes, Tossed Salad, Tomato Salad, Fruit Salad Fruit Peyak Kîsikâw Cold Cereal, Fruit Baked Mac and Cheeseburger Pasta, Caesar Salad, Sliced Melon with Mint, Whole Fruits Fruit Fruit Fruit Pruit Pruit Pritit Pruit Prosed Salad, Sliced Melon with Mint, Whole Fruits Fruit Fruit Pruit Pruit Prosed Salad, Berd Salad, Sliced Melon with Mint, Whole Fruits No School Thanksgiving No School Thanksgiving No School Thanksgiving Fruit Fruit Fruit Scrambled eggs Wath Ham & Cheese, Fresh Fruit Fruit Pasked Goods, Fruit Fruit Fruit Fruit Fruit Prosed Salad, Seesen Salad, Seesen Salad, Seesen Salad, Fruit Salad, Garden Salad, Marinated Cucumber Salad, Fruit Fruit Fruit



What Happened in our School in September













Our Jr. High Oskayak took 3rd at Alexis for Volleyball! Way to go Storm!