

# niskipesim pîkiskwewina



tânsi niwâhkômâkanak,

Spring time is almost here and soon you will see the return of the geese and ducks. One teaching that spring brings is that of new beginnings...from the animals we can learn so much about who we are as newiyaw people.

The weather seems to be improving and warmer temperatures are soon to follow. With warmer temperatures comes the melting process and with that comes puddles and mud. I want to remind parents that as the weather warms please ensure that your child is dressed properly.

COVID 19 is still a major concern in the nation. Our number one priority at the school is the safety of all students and staff, all COVID protocols continue to be implemented at KEC.

**REMINDER** for those in-class learners, masks must be worn at all times (bus to and from school and during).

Here are a few dates to keep in mind for March 2021:

- March 3 - Monthly Acknowledgements / Awards 9:30am
- March 15 – 16 Parent/Teacher Meetings: 4-7pm (virtual / phone call)
- March 22 - Spring Feast @ 11:30am
- March 25 - Winter/Spring Carnival
- Mar. 26 – Apr. 5 - Spring Break (classes resume April 6, 2021)

Please take the time to read through this month's newsletter for more detailed information regarding your child's grade as well as other exciting things happening in the month of March.

ekosi mâkâ

Mr. Cory L. Arcand  
KEC Principal



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

Tânisi!

On Wednesday February 24<sup>th</sup>, our school joined with other Canadians to wear **PINK**; symbolizing that bullying is unlawful and **WILL NOT** be tolerated. During this Covid era when we're mostly using electronics to communicate, Cyber Bullying has become an even greater concern. Please remember that bullying should never happen whether we're in-person or online. It is our responsibility to always practice **kindness, empathy, compassion and speak out whenever we see any form of bullying happening.**

We have surely had a lion's share of cold weather for most of February, and so far it looks like March will greet us like a lamb. I certainly hope that the famous proverb, "In like a lamb, out like a lion," does not hold true this March, as this will be a very busy month before we go on Spring Break during the last week. Our second reports will be ready soon and we're looking forward to visiting with parents and students on either March 15<sup>th</sup> or 16<sup>th</sup> to discuss and celebrate this term's progress and successes.

Ay ay,

*Betty Sewlal*

Student Services Coordinator/ Elementary Assistant Principal



# **News from Mrs. Park**

## **Junior and Senior High Students**

The 2<sup>nd</sup> semester is at a great start.

Semester 1 report cards have been emailed to parent/guardians for high school students. Please let me know if you did not receive it. Junior high students will be getting term 2 report cards in March. Please remember that attendance is very important, and students needs to be at school/online.

Parent Teacher Interviews will be on March 15 and 16. More information as will follow closer to the date. Parent Portal is available for all parents to keep track of attendance and grades. Please contact the school if you need assistance.

I will be conducting the Speak Out for out junior and senior high students on March 11 and 12. We will ensure to keep it COVID safe.

## **K-12 Education Support Services**

I would like to congratulate Dan, Braidin, Kasia, Summer, and Kaylen for being a part of our student leadership team.

They will be working with the school to get innovative in safe way to do some school activities.

We will be doing midyear assessments in March to see how students are doing in literacy and numeracy. This may be done online or in person.

Congratulations to our perfect attenders, monthly award winners and White Feather winners. We will continue to acknowledge the students every month.

I will be doing the Speak Out per class to ensure that we keep the students safe. We want to ensure the students voices are heard, and their ideas are always a part of our discussion when planning for the new school year.

## **Upcoming Dates**

**March 11-12: Speak Out for Junior and Senior students**

**March 15-16: Parent Teacher Interview**



# Kipohtakaw Education Centre

## March 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Morning Circle 8:30-9:30am  Day 2	<b>2</b>  Day 1	<b>3</b> Virtual General Assembly, Monthly Awards  Day 2	<b>4</b>  Day 1	<b>5</b>  Day 2	<b>6</b>
<b>7</b>	<b>8</b> Morning Circle 8:30-9:30am	<b>9</b>  Day 2	<b>10</b>  Day 1	<b>11</b>  Day 2	<b>12</b>  Day 1	<b>13</b>
<b>14</b>	<b>15</b> Morning Circle 8:30-9:30am  Parent Teacher Interviews 4-7 pm  Day 2	<b>16</b> Parent Teacher Interviews 4-7 pm  Virtual/phone call on both Evenings  Day 1	<b>17</b>  Day 2	<b>18</b>  Day 1	<b>19</b> Cree Spring Concert  Day 2	<b>20</b>
<b>21</b>	<b>22</b> Morning Circle 8:30-9:30am  Spring Feast at 11:30am  Day 1	<b>23</b>  Day 2	<b>24</b>  Day 1	<b>25</b> Winter Carnival  Day 2	<b>26</b> No School Day in Lieu of P.T.I's	<b>27</b>
<b>28</b>	<b>29</b>  Day 2	<b>30</b>  Day 1	<b>31</b>  Day 2	<b>Spring Break—March 29—April 2, 2021.</b>  <b>Classes resume on Tuesday, April 6, 2021.</b>		



# K.E.C. Student Hot Lunch Menu

## March 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Baked Pasta	<b>2</b> Ham, Lettuce & Cheese Sandwich	<b>3</b> Beef Stir fry on Rice	<b>4</b> Grilled Cheese and Vegetable Soup	<b>5</b> Meat Ball Subs	<b>6</b>
<b>7</b>	<b>8</b> Beef Barley Soup with Crackers	<b>9</b> Chicken , Bacon Ranch Salad	<b>10</b> Moose Meat Bannock Sandwich	<b>11</b> Chili and a Bun	<b>12</b> Pizza	<b>13</b>
<b>14</b>	<b>15</b> Goulash and a Bun	<b>16</b> Ham, Cheese Lettuce Wraps	<b>17</b> Beef Noodle Stroganoff	<b>18</b> Chicken Caesar Salad with Garlic Toast	<b>19</b> Sloppy Joe on a Bun	<b>20</b>
<b>21</b>	<b>22</b> Feast	<b>23</b> Taco Salad	<b>24</b> Lasagna Soup and a Bun	<b>25</b> Meat Ball Subs	<b>26</b> <b>No School</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>No school—Spring Break March 29—April 2, 2021</b>		

# News from K4

Tansi!

Our K4 class has been working hard with the alphabets, number, colors, shapes, as well with science. We continue to work with social skills too. We are eager to continue in learning more in the coming year. I am hoping that your child attends regularly as we are moving into other units.

Thank you

Miss. Dreaver-Kohkum Kathy



## News from Kindergarten (K5)



Tansi K5 Families,

We're moving into March, the month of Spring! The students have spent the last couple of weeks learning about St. Valentines, as well as the artist Piet Mondrian and his abstract line paintings. We finished off the month by learning about different Cree legends. Soon we will begin to study different land and water forms, as well as learn about the country of Ireland and the story of St. Patrick's Day! We will finish off the month with some Easter activities.

In literacy, the students are making great gains in their phonological awareness. We learned about alliteration and the students enjoyed trying to out many different tongue twisters. The rest of the month, we talked about syllables and the students clapped their names and used lego to build their words.

The students worked hard on subitizing to 10 in January and began to learn the different ways to sort groups of objects in February. They continue to work at their own individual pace in numeracy, and many students have advanced to counting by 10s, as well as basic addition to 20. Great job K5!

In Cree with Miss Valerie, we learned how to say "I love you" and "Happy Valentine's Day". The students have now started to ask and answer simple sentences in Cree. We have worked on "what is your name?", as well as "where are you from?".

It has been wonderful connecting daily with the students online and we appreciate all the supports from all our families. Hopefully we will all be together in the classroom soon!

Mrs. K, Mrs. Alanna, Ms Lee-Anne, & Kohkum Kathy



# Grade 1 niskipesim acimowin

Tanisi Parents/Guardians,

Here we are jumping into March.....Where has the year gone? With that said please keep in mind the importance of your child's regular attendance. Thanks to all those parents/guardians who come online with their children everyday. Attendance is key in your child's success.

In Social Studies, we will continue with unit 3 "Looking at my world".

In Science, we will continue with our unit "Senses".

Grade 1 Math: We are working on addition & subtraction (2 digit numbers with no regrouping).

Grade 2 Math: We are working on addition & subtraction (2 digit numbers, with regrouping).

The grade 1 class did an amazing job drawing pictures of our story "Bannock Boy" which we shared during legend week. They were excited to watch all the other classes with their performances as well.

March will be another busy month. We look forward to many exciting things in the upcoming weeks. See you all in March for Parent Teacher Interviews!

Ekosi maka,  
Mrs. Flett and Miss Carol



## March News

### Grade 1, 2, 3 Language Arts

Tanisi!

I hope everyone has been doing well and keeping warm during this last cold month that we've have had! February was a great month of learning. The theme of our lessons focused on the themes family, friendship, and anti-bullying. We celebrated Valentines day virtually, had pink shirt day, and we also had legends week.

I have to give praise to all of our students who continue to show up to their online classes every day and make the most out of them. I know it has been something new for all of us to learn and it has definitely had its challenges. That being said, I continue to be amazed and impressed with what our students have been able to accomplish during online learning. All of our students and parents deserve a big (social distanced) high five and pat on the back! Keep up the great work everyone!

Whether we will be back in school or will be continuing our schooling online, I know we are going to continue learning and showing growth for the rest of the year.

Ekosi maka

Mrs. T. Madraga

Mrs. H. Burnstick



## March - niksipesim Gr. 3

Time has flown by even though we have been apart. Though we always look forward to seeing everyone in person.

Congratulations to all those students who kept up with their learning online. Well done!

We begin our unit on miyoskamin (spring) in Cree 2 & 3.

We will continue our study of countries around the world in social studies.

In science we will begin Topic B: Building with a Variety of Materials.

Remember St. Patrick's Day is March 17, be prepared to wear green!

Ekosi maka,

Ms. Tallcree ekwa Miss Nikki



Tân'si Parents/Guardians,



The change in the weather has set the tone that Spring is just around the corner. February was a busy month with preparing for our Legends Week. Legends week is always such a great opportunity to share important life teachings, and for an opportunity to participate in the cultural traditions. It was great to listen, perform, and watch all the legends. Great work, K.E.C.

I plan on making this month an exciting learning time with the virtues of kindness, respect and perseverance. I love that the days are getting longer with lots of warm seasonal temperatures. With the changes, these are perfect opportunities to engage with our science and social studies topics.

I am so thankful for the opportunity to work with your children!  
Wishing you well.

Ekosi,

Mineault, Courtney, James

# Grade Five

It is now March! And only 4 months left of school!! I would like to give a shout out to the Grade 5 students who helped finish our legend about the reasons for seasons. It was our first time doing this virtually and they rocked it!

This month we will be continuing with our read aloud and focusing on the reading strategy of inferring on events in a story. This will give students a chance to look at what events are and use the author's clues to learn about lessons and messages being taught in a text. We are also continuing our writing focus of looking at different forms of poetry and how our ideas and feelings can be expressed through this type of writing.

Just a reminder report cards go out this month, Please check your child's GC to see if they are caught up on assignments.

If you have any concerns or questions about how your child is doing please do not hesitate to contact me: [mariahtaylor@kipohtakaw.com](mailto:mariahtaylor@kipohtakaw.com)

Ekosi,

Mrs.Taylor, Geri, Tamara, Lisa

Also here are some pictures of an outdoor activity: Inukshuk's that were made in Grade 5.



# niskipîsim – goose month

## March



**Tânisi kahkîyâw! Time is sure flying by, spring is in the air, March has come upon us. It has been very busy in our online Cree classroom. It has given us more opportunity to focus on the Oral Cree language component. It has worked out to the student's advantage we have been using other reinforcement activities and games from Cree Language websites. Learning online for these few months has giving the students an opportunity to listen, observe and speak with one another. I am very impressed with the participation and effort the students are putting into the oral language learning. February is legend month we spent a lot of time viewing various legends. The students enjoyed watching these and learned the morals of the stories. I am excited to get back into the school and teach my Cree Grade 4 and 6 classes in person. Stay safe and look after one another. If you have any questions please email me at [karenyellowknee@kipohtakaw.com](mailto:karenyellowknee@kipohtakaw.com).**

**Ekosi pita,**

**Ay ay**

**Ms. Yellowknee.**

# News From Ms. Wanotch

*Tansi!*

*March is sure to be a wonderful month! Here is a glance at some of the awesome things we will be learning;*

## **Grade 7**

Novel: Hatchet

Writing: Persuasive writing

Reading Focus; Reading with expression

Vocabulary: possible gold milk quiet natural lot stone act build middle

## **Grade 8**

Novel: TBA

Writing: Persuasive writing

Reading Focus:

Vocabulary: suppose woman coast bank period wire pay clean visit bit

## **Grade 9**

Novel: Ghost of Spirit Bear

Writing: Persuasive writing

Reading

Vocabulary: thin position entered fruit tied rich dollar send sight chief

## **Social Studies**

- Chapter 4 What were the Effects of Japan's Policies of Isolation during the Edo Period?
- Chapter 5 What Factors Influenced Change in Meiji Japan?
- Chapter 6 How Did Rapid Change during the Meiji Period Affect Japan's Worldview?



# News from Mr. Ng

Tansi,

In the month of March, I would like to celebrate one of my favorite day which is Pi day on Mar. 14. Pi ( $\pi$ ) is the ratio of a circle's circumference to its diameter. Pi is a constant number, meaning that for all circles of any size, Pi will be the same. The diameter of a circle is the distance from the edge to edge, measuring straight through the center. The circumference of a circle is the distance around. By measuring circular objects, it has always turned out that a circle is a little more than 3 times its width around. In ancient times, a circular pool is referred to as being 30 cubits around, and 10 cubits across. The mathematician Archimedes used polygons with many sides to approximate circles and determined that Pi was approximately  $22/7$ . The symbol (Greek letter  $\pi$ ) was first used in 1706 by William Jones. A 'p' was chosen for 'perimeter' of circles, and the use of  $\pi$  became popular after it was adopted by the Swiss mathematician Leonhard Euler in 1737. In recent years, Pi has been calculated to over one trillion digits past its decimal. Only 39 digits past the decimal are needed to accurately calculate the spherical volume of our entire universe, but because of Pi's infinite & pattern less nature, it's a fun challenge to memorize and to computationally calculate more and more digits. Here are a few digits of Pi, see how many digits you can memorize?

$\pi=3.1415926535897932384626433832795028841971693993751058209749445923078164062862089$

I look forward to being in school and bringing some pie

for you on the 14<sup>th</sup>. Happy  $\pi$  Day!



Hiy Hly,

Mr. Ng

# The Courtorielle News



Tansi!

*Attendance is sporadic. Please make sure students are logged on daily so they don't fall behind on their assignments.*

Grade 9 Math: We are working on similarity.

Science 14: We are working on Properties of Matter

Science 7: We are working on Heat and Temperature

Science 8: We are working on Cells and Systems

Science K&E: We are working on Heat and Temperature.

Please contact me if needed

[stephaniecourtiorielle@kipohtakaw.com](mailto:stephaniecourtiorielle@kipohtakaw.com)

# Homeroom K&E

Tansil!

I do believe that spring is in the air. I have seen geese and that tells me that spring is closer than we usually expect it. Soon enough everything around us will start to turn green. Maybe I am getting ahead of myself here. 2 months have passed since the new year started. I am sure glad that all of us were staying indoors and staying warm during the cold snap. It seemed like eternity but it passed and we are heading into warm weather. Will we get snow days? Of course we will but it will not stick around.



Big round of applause for the nation by keeping everyone safe. The community was looking out for one other and staying home and going out when needed. Now let's all work together and keep the cases at a zero. Students do miss being in school.

We are working at a slow pace but we are still working. Last month we looked at several legends during legends week. We just didn't look at legends from Turtle Island (North America) but we watched/read legends from around the world. We learned some pretty interesting legends. We were apart of many schools across Canada to watch an online event about Pink Shirt Day. Wonderful messages.

From what we were taking a look at and learning about will be around the same. Working on proper sentence writing and bringing up their reading levels. So far for the ones that are showing up online on a regular basis are doing wonderful.

If you have any questions or concerns, please email me at [michellest.denis@gmail.com](mailto:michellest.denis@gmail.com)

Ay Ay

Miss St. Denis



## News from Ms. Dreaver

Tansi,

We have been working with Mrs. Hunter and Miss Alicia in all the Cree classes, we thank them and appreciate all they do for the students. Also, Miss Lyric (Cree 8) Don (Cree 7) and Miss White (K&E) for their support.

Cree 7-8-K&E

We are studying the text- Language of the Plains.

Sounds

Minimal Pairs

Dialogues 1-8

We will introduce Unit 3 – Snaring (Pisim Series) in the next couple of weeks.

ABST 10-20-30

Legacy – Text

Section 1 Historical Background

Section 2 – Contemporary Situation

Mina Kihtwam.



# tânisi kahkiyâw! niskipesim (Goose moon) kekâc. Hello Everyone! March!

## Social 7

Through the month of January, we were learning about the competition between France and Britain to control all of North America. This struggle to control North America had two main geographic divisions. Part of the struggle focused on the Atlantic coast, where Britain and France had trade routes with their North American colonies. The other focused on the interior, where the best fur country lay. Britain eventually won this struggle, and this had important consequences for the people living in North America. **Grade 7 Social** provides a comprehensive examination of Canadian history preceding and following Confederation. The concept of intercultural contact is introduced through an examination of migration and immigration. Grade 7 forms the foundation for the continued dialogue on citizenship and identity in Canada.

## Cree 9

During the month of February we have been working on our *wîcimîsomin - eat with me/sharing a meal project* which highlights verbs and nouns while sharing a meal. We are taking a break from our usual classroom assignment and are working on our Legends Slides for our presentation on Thursday, February 25/21.

The students have taken what they have learned, and composed slides to reflect their language learning. We are also going to be adding audio to our slides. The students are very creative and use technology to showcase their talents. The students have really grown immensely and understand how the language is structured in order to understand it. Again, I am very proud of them! **Grade 9 Cree** is a course which submerses students in task-based learning environments to strengthen their competence as Cree speakers. The course is based on perspectives and worldviews of Aboriginal peoples.

## Aboriginal Studies 10

### Theme I - Origin and Settlement Patterns

During February, we have been busy learning about What is Culture?, and Origins (Beringia Theory, DNA evidence, and archeological evidence). We will also be reading from *Canada's First Nations, A History of Founding Peoples from Earliest Times Chapter 1: And the People Came*.

**Aboriginal Studies 10** is based on perspectives and worldviews of Aboriginal peoples. It includes the study of traditions and history of Aboriginal peoples in Canada, and particularly in Alberta. Student learning outcomes provide opportunities to examine such topics as governmental structures, literature, the arts and the sciences. The four themes in Aboriginal Studies 10 are: • Origin and Settlement Patterns • Aboriginal Worldviews • Political and Economic Organization • Aboriginal Symbolism and Expression.

I look forward to working with your child. If you have any questions please feel free to contact me at [brendamorency@kipohtakaw.com](mailto:brendamorency@kipohtakaw.com)

Brenda Morency



# News from Mr. McKenna's Classroom!

## SOCIAL 10

The Social 10 class will continue to focus on the big question, **“To what extent should we embrace globalization?”** This month, the students will explore the challenges globalization poses on identity. We will learn why it is important to promote individual and collective identities within a globalized world, while also looking at global opportunities for Canadians. Throughout the unit, the students will continue to develop their assignments and shares their strong points of views and ideas on these given subject matters.

## SOCIAL 20

The Social 20 class has been looking into the big question, **“To what extent should “nation” be the foundation of identity?”** Throughout the month, the students have discussed ideas regarding a nation's influence on identity, how nationalism is shaped, nationalist and non-nationalist loyalties, and reconciling conflicting loyalties. The students are currently preparing their essays and assignments based on these topics. As the month unfolds, the students will be working towards our next big question, **“To what extent should national interest be pursued?”** In this unit, the students will focus on ideas such as national interest and foreign policy, national self-determination, and ultra-nationalism- including crimes against humanity. I look forward to hearing the students' points of views, sharing ideas, and gaining the insight and opinions of the students in a respectful manner.

## SOCIAL 30

The Social 30 class will continue to explore the big question, **“Should ideology be the foundation of identity?”** This month, we will specifically be looking into various political, social, and economic expressions of individualism and collectivism ideologies, as well as other factors that shape identity. The students will also continue to develop their assignments to further demonstrate their understanding of these issues by sharing insightful points of views and ideas with one another. I look forward for hearing more of their thoughts and ideas on this topic as the month unfolds.

## SOCIAL 9

The Social 9 class will continue learning about the economy in Canada, and investigating the role we play as consumers. In doing so, students will ask the questions, “What role should consumerism play in our economy? How does consumer behaviour affect quality of life for individuals and groups in Canada? What impacts consumerism in the Canadian and American economies? How can responsible consumerism play a role in the environment? In exploring these topics, I hope the students can develop mindful decisions when purchasing goods as a consumer.

Sincerely,

James McKenna



## Sr. Science Classroom Newsletter

# MARCH

Tansi everyone!

### **Science 9:**

Students will be learning about *Electrical Principles and Technologies* (Unit 4).

### **Science 10:**

Students will be learning about *Energy Flow in Technological Systems* (Unit 2).

### **Science 20:**

Students will be learning about *Changes in Motion (Describing Motion and Collisions)* (Unit 2).

### **Math 10-3:**

Students will be learning about *Earning an Income and Length, Area, and Volume* (Unit 2 and 3).



Enjoy *Daylight Saving Time*! Don't forget to *spring forward* at 2:00 a.m. on Sunday, March 14, 2021!

Hiy-hiy, Ekosi maka,

Mr. Malik

## PE Newsletter

February felt like it flew by and now we are into March. February was a cold but fun month. In PE class we focused on Yoga, Dance, Scavenger Hunts, Basketball, and Student Choice Activities. February was also the month of love. We hope that you all had a great valentine's day and got to spend some time with your loved ones, and ate some chocolate.

This month we will continue to focus on Student Choice Activities where the students will get to choose their activity for the day and complete a personal reflection focusing on their personal medicine wheel. For grades 5-12 the activities they get to choose are available in their virtual classrooms, which are available in their google classroom. We will also be encouraging the students to complete their activities outside as the weather warms up.

When we are back in school one day soon we will be spending all PE classes outside when the weather permits it, to ensure student health and safety. So please come to school dressed for the weather and with proper shoes to participate in the snow.

**Please remember that it is important to maintain and take care of our mental health and physical health.**

There are many ways to take care of ourselves but here are 3 things we can all do each day....

**BE ACTIVE FOR 60 MINUTES A DAY**  
**GO OUTSIDE FOR 30 MINUTES A DAY**  
**DRINK ATLEAST 8 CUPS OF WATER A DAY**



Mr. Joe Little Plume & Mrs. Nikki Macrae

# Tansi from KEC Music

As the days grow longer and the deep freeze loosens it's grip I'm glad to bring you up to date with the latest happenings with the K.E.C. music program.

In February the primary grades were continuing to explore rhythm and body movement...and singing songs of course! We play instruments made from household items (cups/spoons) and practice clapping and other body percussion. We work on balance and focus daily as well as learning about different musical styles and some basic music theory.

In Upper Elementary, (grades 4-6) we continue to learn rhythm and beat-making from household items...we have some very talented cup and spoon players! We have studied music history and learned some basic theory as well. In the coming weeks we will be exploring song structure and will be trying our hand at songwriting!

For all the elementary classes part of every meet continues to be dedicated to student choice and sharing. I think it is important than ever for the children to have a chance to connect with their classmates to curb the isolation and separation from each other. They also have the opportunity to share music that brings them joy and inspiration.

Once again I tip my hat to the YONA staff in maintaining opportunities for the grade 5 and 6 students to play their violins and experience the joy of music while we are all still at home.

The other class I have this semester is Career and Life Management, which is a grade 11 course required for all high school students to graduate. While developing skills geared towards working and the job market, we also examine life-skills and navigating the challenges of being indigenous in the modern world.

I am also available Monday afternoon/evenings for tutoring for either students or parents who are looking to improve their academic skills or even learn guitar! Call or text me at the number below to set up a time if you're interested.

If you have any questions or concerns, feel free to email me at [kevinmartin@kipohtakaw.com](mailto:kevinmartin@kipohtakaw.com) or call/text 780 667 2340

Ekosi,

Mr. Kevin Martin





## HISTORY DEVELOPMENT



### Let's talk history



In 1920, before the amendment to the Indian Act became law: Duncan Campbell Scott stated, "I want to get rid of the Indian problem." Scott oversaw the cultural genocide of First Nation, Metis and Inuit children in Indian Residential Schools across Canada. His goal was "to save the child, kill the Indian". - Deputy Superintendent, Indian and Northern Affairs

(Photo: Library and Archives Canada/C-3187)

#### What does this mean?

We were to lose our identity as Nehiyawak. To lose our culture, language, traditions, stories, connection to the land - our whole IDENTITY.

Did you know that the First Residential School opened on January 1st, 1831 in Brantford, Ontario? At first, the school only admitted boys. In 1834, girls were admitted. It is estimated that 150, 000 children attended Residential Schools across Canada (Truth and Reconciliation Commission). Our goal at Kipohkawk Education Center is to take back what was stolen through our own education and cultural programming.

Mrs. R Hunter



## Counsellor's Corner



March is now upon us....the days are getting longer and the weather is getting warmer! Hopefully this newsletter finds everyone feeling well and healthy! The community has done an amazing job battling against Covid-19. Let's keep doing what we've been doing so that we can begin to get back into our normal routines. I am looking forward to welcoming the students back into the school building. We are already one month into the second semester of this school year. Although this semester has once again started off online, I cannot impress upon all students and parents how important it is that you continue to be present in your classes on a daily basis. Even when we are learning from home, attendance still counts. March is also a short month due to Spring Break, so this makes it easier to attend every day knowing that there is a break coming up! It is exciting to see that even though this school year has not been any easy one, most of our Grade 12 students are in fact on track to graduate at the end of this semester! Again, I strongly encourage all Grade 12 students as well as their parents/Guardians to come in and see me, email me or call me to make sure that they are on track for graduation requirements. March 9<sup>th</sup> will be an exciting day for all senior high school students as they will be virtually attending the online Indigenous Youth Rising Conference that is being hosted by Grant MacEwan University. I have already registered all of the senior high students for this amazing opportunity! If your senior high student has not received a registration email, please let me know! If you and your child are interested in applying for scholarships and bursaries, here are a couple of websites for you to check out.

Sincerely,  
Ms. Lara Thompson  
Guidance Counsellor  
780-939-3868(office)  
780-396-9499(cell)

# Success Coach

Hello!

I am very much missing all the students and staff at Kipohtakaw. It's been a challenging time with COVID-19 and being able to manage a balanced lifestyle. Personally I am looking forward to spring being around the corner as March approaches us.

I am looking forward to being back at the school with the students and staff. The schools Wellness team is now available at the school for appointment visits, feel free to come and visit us Monday – Thursday 8:30-4:00

Feel free to email me at [courtneyzielinski@kipohtakaw.com](mailto:courtneyzielinski@kipohtakaw.com) or text/ call me at 780-446-2734 to arrange an appointment.



Hiy Hiy,

Courtney Zielinski



# BUZZ ON BEHAVIOUR

MARCH 2021

## WELLNESS PRESENTATIONS

Elementary students have been introduced to the topic of Anxiety. Age-appropriate themes around Anxiety were explored through two picture books:

**Ruby Finds a Worry** by Tom Percival and  
**Wilma-Jean the Worry Machine** by Julia Cook

Students discussed what it means to worry and what they might experience physically when they start to feel stressed. Students were also provided with some tips and tools to help ease their worries when they arise. Encourage your child to share what they learned with you!

We will continue to explore the topic with Junior and Senior High students during the first week of March and transition onto the topic of Depression before the Spring break.



## TIP OF THE MONTH: MODEL DESIRED BEHAVIOUR

Children learn a lot about what is expected of them and how to operate in the world by watching and imitating others. As adults, children make note of our daily routines and how we interact with others. For example how and when to use kind words like "please" and "thank you" to make a request and show appreciation once it has been fulfilled. They also notice how adults manage stress and big emotions in everyday situations. This is why it's so important to intentionally try to demonstrate the expected behaviours as learning is taking place in real-time. Ways you can be intentional about demonstrating positive behaviour is by following your own rules, as well as using discipline that teaches life skills; and how this can help your child when they get older. You may also consider leading by example in areas of nutrition and exercise, respect and empathy, as well as by helping others. Now, nobody's perfect and we're bound to make mistakes from time to time but it is also important for your little ones to see how you can make improvements moving forward.



### Book Recommendation:

The YES Brain

*How to cultivate Courage, Curiosity and Resilience in Your Child*

by

Daniel Siegel and Tina Payne Bryson

## VIRTUAL CLASSROOM

For more tips, resources or information please feel free to visit my Google Classroom.

Code: **kto2bwo**



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# News from Ms. Cardinal

The virtue of humility is an important asset in our Newiyaw way of life. Often Elders will refer to it when they pray or are offering important teachings.

The Virtues Project offers an explanation of Humility as follows:

When you are humble, you don't consider yourself more important than other people. You are happy to serve others and think other people's needs are important. When you are humble, you don't criticize others. You don't criticize or shame yourself. You admit mistakes and learn from them. You don't need to boast. You feel thankful for your gifts.

The following may be just one way of practicing humility:

Respect the value of each person

Learn from your mistakes

Ask for help when you need it

Doing your best just to do it, and not to impress anyone

Be thankful instead of boastful

As we go about our busy lives, it is up to us to teach about humility and to role model it for the children and youth who are under our care. It is they who will then pass it on to the next generation so that the Newiyaw way of life stays strong.

Ekosi,

Theresa V. Cardinal, Mental Health Therapist

