

ayikipesim pîkiskwewina



tan'si niwâhkômâkanak,

I hope that Spring Break 2021 was both a restful and enjoyable time for everyone. Usually around this time we'd all be looking forward and preparing for the Treaty and Provincial hockey tournaments. Unfortunately, COVID had a different plan for us this year which allows for us to continue to staying safe and taking care of each other as we need to.

I want to thank all the parents/guardians who called in or made themselves available virtually for Parent Teacher Meetings held on March 15th and 16th, your continued support is appreciated and acknowledged.

A reminder to parents of senior high school students (both in-class and online), attendance and maintaining good, consistent attendance is crucial to qualify for credit. If you require information regarding your child's attendance, please feel free to contact school.

During this time of year, we would be preparing for coming swimming lessons for the elementary. Due to current provincial restrictions and AFNE – COVID procedures we **will not** be offering swimming lessons for the remainder of the 2020-2021 academic year.

Please keep in mind the following important dates for the month of April:

March 26 – April 5	Spring Break No School
April 6	Classes resume for all students
April 7	Monthly / Term 2 Awards 9:30am
April 16	KEC Picture Day for the 2020 – 2021 school year
April 26	PD Day No Classes

Please read through this newsletter for additional information regarding your child's grade and other exciting things happening this month.

Continue to keep yourself and your families safe, practice your social distancing (bull moose distance apart), wash/sanitize your hands and wear your masks.

ekosi
Mr. Cory Arcand
KEC Principal



www.afneducation.com

News from Mrs. Sewlal

Tânis!

Hope everyone had a wonderful Spring Break with your family, while staying safe by observing all the Covid protocols. It is important to remain vigilant in our safety practices, as we all want to continue being at school in-person.

Now that spring is officially here, let's all be ready to SPRING into action and do our very best in this final term of our 2020-2021 school year to make up for all the time we had to be away from the school. While most of you were able to continue working hard during online instruction, I am sure you'll all agree you're able to learn and participate so much better by being in your classroom with your teachers and friends.

Nobody is naturally good at anything. Being good at anything takes a lot of hard work and dedication. We have three months left this school year to work hard and become good in all your subjects so you can be ready for moving on to your next grade.

Ay ay,

Betty Sewlal



News from Mrs. Park

Junior and Senior High Students

I would like to thank all the parents and guardians who were able to join via teleconference or virtually for our Parent Teacher Interviews. All of the junior students' report cards were emailed to the parents, but if you have not received it, please contact the school. High school students can get a midyear progress report if parents request it. Please email suzzypark@kipohtakaw.com if you would like a copy.

I cannot stress it enough that attendance is crucial to all of our high school students. Please make sure that you are coming to class.

K-12 ESS (FNSSP)

FNSSP continues to work with the school to provide resources and support for the teachers.

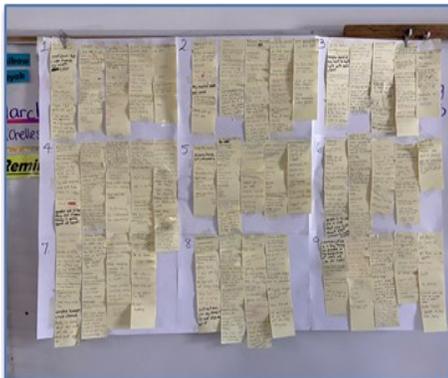
We had a very successful Speak Out with our junior and senior high students. They were able to come and voice their opinions and thoughts about the school, themselves and the programs. It was different this year, since we did it in the cohorts in the classroom, but we had awesome feedback. Thank you to all the students in junior and senior high.

Even with COVID, we were able to still do an in-school High School Conference. The students were able to have breakout sessions via virtually and also participate in different activities like drum making, ribbon skirt making, ribbon shirt making, and painting.

Big thanks to our student leaders; Kasia, Bailey, Dan, Braidin, Summer and Kaylen for helping with the conference.

Midyear assessments have been completed for numeracy and literacy from K5 – G9.

Speak Out



Making the Healthy Choice the *Easy* Choice

Edible Options

1. Nut Butter & Fruit
 2. Chocolate covered fruit
 3. Fruit Snacks
 4. Individually-wrapped treats
 5. Dark Chocolate
 6. Peanut butter eggs
 7. Carrots
 8. Gold fish (or bunnies)
 9. Homemade peeps
 10. Graham Bunnies
 11. Tea
- Hard boiled eggs

<http://greatist.com/health/19-ideas-healthier-easter-basket>



NON-Edible Options

1. Sidewalk chalk
 2. Jump rope
 3. Lip balms
 4. Stationary
 5. Small fitness gear
- Gift cards

<http://greatist.com/health/19-ideas-healthier-easter-basket>



Outdoors

1. Go for a family walk with the dog, or borrow a dog from a friend.
2. Turn off the television and go for a walk around the neighbourhood.
3. Take a Frisbee and head out to the park for a picnic.
4. Go outside and build a snowman or snow fort when it snows.
5. Dig into gardening! Plant a garden and get everyone to help out with their own special section.
6. Rake up the leaves and take turns jumping into the pile.
7. See if the local museum or historical society has a brochure of historical walks in your neighbourhood or town. Go out and explore together.

Indoors

32. Too cold for a walk outside? Go for a walk in a mall.
33. Too cold to play outside? Take the family to an indoor playground.
34. Select indoor activities that offer some type of physical activity. Bowling, skating, or touring a museum are better choices than seeing a movie.

On The Go

35. Organize a walking "school bus" in your neighbourhood and have the parents take turns walking the kids to school.
36. Take the stairs instead of the elevator when at the mall.
37. Get off the bus two stops early and walk home.
38. Park the car near the back of the parking lot when grocery shopping.
39. Walk, wheel, or cycle for short trips to the corner store.
40. Walk to the library on a sunny afternoon.
41. Walk to the local post office to mail your letters.
42. Get everyone to carry some of the groceries to the car instead of using the shopping cart.

<http://www.healthyalberta.com/1248.htm>



April 2021

After School Program & Open Gym Nights

Due to restriction still in place, we will deliver programs strictly to cohorts going forward. We will be using the 3 day method and each day is strictly for that specific grade. **Day 1: grade 1 & 2 Day 2: grade 3-4 Day 3: grades 5-6, for after school program starting time 3:20-5:20pm. The gym will be split between each grades.**

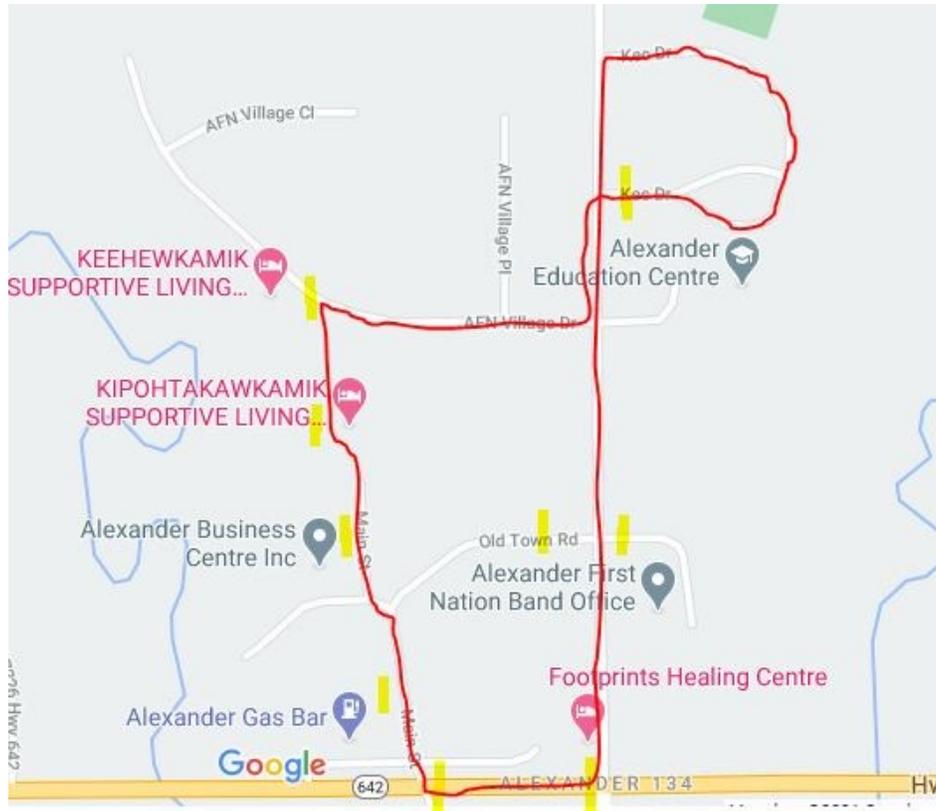
Same method for open gym hours 5:40-8pm sharp. Day 1: grade 7-8

Day 2: grades 9-10 Day 3: grades 11-12.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MONTH			1	2	3
Red square means no school- no programs during holiays	NOON HOUR WALK CHALLENGE 12-1PM			Day 2: 3:20-5:20 Gr 3-4 5:40-8:00 Gr 9-10		
4	5	6. RTP EASTER VIRTUAL BINGO	7	8	9	10
	Day 3: 3:20-5:20 Gr 5-6 5:40-8:00 Gr.11-12	Day 1: 3:20-5:20 Gr 1-2 5:40-8:00 Gr. 7-8	Day 2: 3:20-5:20 Gr 3-4 5:40-8:00 Gr 9-10	Day 3: 3:20-5:20 Gr 5-6 5:40-8:00 Gr.11-12		
11	12	13	14	15	16	17
	Day 1: 3:20-5:20 Gr 1-2 5:40-8:00 Gr. 7-8	Day 2: 3:20-5:20 Gr 3-4 5:40-8:00 Gr 9-10	Day 3: 3:20-5:20 Gr 5-6 5:40-8:00 Gr.11-12	Day 1: 3:20-5:20 Gr 1-2 5:40-8:00 Gr. 7-8		
18	19	20	21	22	23	24
	Day 2: 3:20-5:20 Gr 3-4 5:40-8:00 Gr 9-10	Day 3: 3:20-5:20 Gr 5-6 5:40-8:00 Gr.11-12	Day 1: 3:20-5:20 Gr 1-2 5:40-8:00 Gr. 7-8	Day 2: 3:20-5:20 Gr 3-4 5:40-8:00 Gr 9-10		
25	26	27	28	29	30	
PD Day- no school, ASP will be online @ 3:20. 5:40 session will continue in gym.	Day 3: 3:20-5:20 Gr 5-6 5:40-8:00 Gr.11-12	Day 1: 3:20-5:20 Gr 1-2 5:40-8:00 Gr. 7-8	Day 2: 3:20-5:20 Gr 3-4 5:40-8:00 Gr 9-10			

Alexander First Nation Community Noon hour Walk Challenge 10,000 steps a day Adults challenge 18+



For every week you complete 5 walks, your name will go in for our monthly draw.

Start March 29th, 2021 @ 12pm-1pm (1st week)

Rules: 1. Sign your name on the sheet that will be posted outside KEC School by flag pole each time you walk.

2. Walk clockwise of your work location.

3. Walk 5 times a week, to have your name submitted in draw for each week. Example (5 weeks in each month, the last or first week will complete the next month 5 days)

4. Draws at end of month example (last work day of the month)

5. Sign-up sheet will stay up from noon-1pm every day only during lunch hour

6. Must work for, be spouse of a/or a member of Alexander First Nation.

6. Live draws will be posted in Alexander First Nation Recreation.

“Let’s get our fit bits and start walking toward a healthier you!”

Alexander First Nation Recreation Team

Kipohtakaw Education Centre *School Picture Day !*



When: Friday, April 16, 2021

Where: Gym

Time:

8:30-9:00 am Alexander Daycare

Parents/Guardians are responsible of bringing their own child in for pictures.

9:00 am K.E.C. Students in grade order starting with K4.

*For more information, please contact
Ms.P.Courterille, School Secretary
at 780-939-3868.*



Kipohtakaw Education Centre

April 2021



Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3
				Spring Break March 29—April 2, 2021		
4	5 No School Easter Monday Day 1	6 Morning Circle at 8:45 am Classes resume after Spring Break Day 2	7 Virtual General Assembly- Monthly Awards/ Academic Awards At 9:00 am Day 1	8 Day 2	9 Day 1	10
11	12 Morning Circle at 8:45 am Day 2	13 Day 1	14 Day 2	15 Day 1	16 School Picture Day Day 2	17
18	19 Morning Circle at 8:45 am Day 1	20 Day 2	21 Day 1	22 Earth Day Day 2	23 Day 1	24
25	26 No Classes Professional Development Day 2	27 Morning Circle at 8:45 am Day 1	28 Day 2	29 Day 1	30 Day 2	

K.E.C. Student Hot Lunch Menu



April 2021



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3
				No School—Spring Break		
4	5 No School Easter Monday	6 Chicken Bacon Ranch Salad	7 Shepard's Pie	8 Beef Stir Fry	9 Pizza	10
11	12 Beef Barley Soup	13 Mac Salad	14 Mushroom Rice	15 Chicken Noodle Soup	16 Meat Ball Sub	17
18	19 Goulash	20 Chicken Caesar Salad with Garlic Toast	21 Pasta Bake	22 Grilled Cheese with Vegetable Soup	23 Pizza Buns	24
25	26 No Classes Professional Development Day	27 Chicken Fried Rice	28 Spaghetti and Meatballs	29 Flour Soup with Bannock	30 Sloppy Joes on a Bun	

News from K4

Tansi!

Kohkom Kathy and I are happy to see our K4s.

We have been learning about living and non- living things I science. We continue to practice with our alphabets and numbers. We are now focusing on our safety and social skills mainly on how to greet our visitors, as well as how to get along. Please continue to teach/remind your child on how to be nice! .

We hope everyone has a well rested Spring-Sekwan break.

Ekosi mina kihtom.

Ms. Valerie, Kohkom Kathy



News from Kindergarten (K5)



Tansi K5 Families,

In March, we learned about St. Patrick's Day and set our own leprechaun trap in the classroom. Although we did not catch the leprechaun this time, he left behind his hat and some gold chocolate coins! We continued our exploration of art and experimented with colour mixing. We then finished off our month by studying the famous artist Wassily Kandinsky and the students had so much fun creating their own abstract Kand'egg'sky eggs! In April, we are switching gears and will start learning about mommies and babies, plants, and the Earth!

The students continue to make amazing progress with their literacy and numeracy skills. We have been learning about compound words in literacy, and we have finished off our sorting unit in math. Soon we will be moving on to measurement.

In Cree with Miss Valerie, we learned how to say "rainbow (pisimwiapiy)" and "St. Patrick's Day (askihtakaw kisikaw)" and finished off with new Easter Cree words!

The K5 students go outside for recess at least 2 to 3 times a day. It still can be quite chilly at morning recess, so please continue to send mitts and hats with your child. As the weather starts to get a little warmer, our playground can get quite muddy and wet. Please make sure to send splash pants and waterproof boots with your child.

It has been wonderful being back in the classroom with the students. We have missed connecting with them in person dearly, and are so happy to see them back working in the classroom!



Mrs. K, Ms Lee-Anne, & Kohkom Kathy

Grade 1 Ayikipesim Acimowin

Tanisi Parents/Guardians,

I hope everyone enjoyed their spring break! With that said please keep in mind the importance of your child's regular attendance. 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).

We look forward to many exciting things in the upcoming weeks. April will be another busy month.

Ekosi Maka,

Mrs Flett & Miss Carol



Grades 1, 2, 3 Language Arts

(Grade 2 Homeroom)

Tanisi!

I cannot believe we are already heading into the month of April! We have had a wonderful month of March! I have very much enjoyed being able to be back, in person, with our staff and students at KEC.

We had a busy month of March with report cards, Parent/Teacher Interviews, the Spring Cree Concert, and the Winter Carnival. On top of all that excitement, we also had tons of fun during Language Arts with our various reading and writing activities.

April is going to be another great month! I hope everyone has had a restful Spring Break and is ready to be back.

I continue to ask that students log on to their Raz-Kids accounts in order to find home reading books. Reading one or two books a night would be super beneficial for your child's reading ability. If your child is reading chapter books, 1-2 chapters a night would be great!

As always, we are doing everything we can to keep the school a safe place for everyone to be. This includes sanitizing and cleaning our classrooms throughout the day. As well as sanitizing and washing our hands constantly.

If you ever have any questions or concerns feel free to contact me at the school or via email- tyshiamadruga@kipohtakaw.com.

We are looking forward to the nicer weather and having a great month!

Mrs. T. Madraga

Mrs. Hazel Burnstick



ayikipesim acimowin

I can't believe it's Easter already! I'm so happy to see everyone in person. Thank you to all those students who attended school every day.

A big thank you goes to the parents that were there every day with their child online making sure they can keep up with their studies. Your work is very greatly appreciated.

Social 3

We continue our study of countries around the world and will be doing further research on traditions and customs in each country and compare it to our own.

Science 3

We will finish our unit on Testing materials and designs and will use what we learned in that unit to begin Topic B: Building with a Variety of Materials.

Cree 2 & 3

Miyoskamin miywasin It's finally spring time and this is the season we will be focusing on in Cree. We continue to use Cree in class as much as we can and we are learning classroom commands, seasons and our numbers and colours.

Ekosi maka Ms. Tallcree & Miss Nikki



Tân'si parents/guardians,

Kinanânskomitinawaw for attending our Celebration of Success, although the formatting was different this year due to Covid restrictions, it was still really great to connect either with a phone call or on a meet. It was really great to share the success of your child's learning with you. If you were unable to attend, please call the school or send me an email, and we can discuss your child's progress. I am so proud of our students; this year has been extremely challenging with the current situation. The successes we experience in our classroom are based on respect, and relationship. They rocked their Spring Cree Concert, a huge thank you goes out to our Cree teacher, Ms. Yellowknee for all her hard work! We hope your Spring break was filled with joy and relaxation.

Ekosi Pitama,

Miss Mineault, Miss Courtney, Mr. James



Grade 4-6 Language Arts

Tansi,

Welcome back from spring break I hope everyone had a nice little break and enjoyed the weather as much as possible. With only 3 months left of school it is so important that students are attending school regularly whether in class or online. Also please check your child's missing assignments weekly so that they are not falling behind.

This month our writing focus will be looking at story elements and how characters, problems and solutions are needed to create fictional stories. Our reading focus continues to be sequencing of events letting the reader to organize the detail in a story. This unit is always fun for students as they look at ways to express themselves through characters and making use of their creativity.

Please don't hesitate to email if you have any concerns regarding Language Arts or the Grade 5 homeroom at mariahtaylor@kipohtakaw.com

Ekosi Maka,

Mrs.Taylor, Geri, Lisa, Tamara



Math Grade 4, 5, 6 News

Tânisi!

I can't believe it is already April. I hope that everyone has a great spring break.

March was filled with so much learning. The entire month was back in class and I was so happy to see so many of our students back in the classroom.

In Math for grades 5 & 6 have been working on Fractions and Decimals. The grade 4s have been working on telling time and have started our unit on multiplication.

In April we will move onto the geometry unit for Grade 5 & 6. In Grade 4 we will be finishing the multiplication and division unit in and then moving onto the geometry unit.

In all of the grades we will continue using a variety of computer programs, such as google classroom, mathletics, prodigy, and class dojo. If you need your child's log in information or if you have any other questions please email me at michellemorin@kipohtakaw.com.

Thank you to all of the students who make sure that they are coming to class every day, ready to learn, you are doing a fantastic job!

Ms. Morin

Mrs. Alanna



ayikipesim - frog month – April



Tânisi kahkiyâw! âsay ôma miyoskamin (it is Spring already). Spring and April is upon us and the weather is getting warmer. Hopefully we can go outdoors and go for a nature walk with an elder. It is nice to have the students back in classroom and likewise I am excited to be back too. March was a very busy month with legends and the spring Cree concert. The students did a wonderful job with their Cree concert, the Cree oral component shined with each of the students. My Cree 4 and 6 Cree classes enjoyed themselves showcasing their talent. I am so impressed with each and every one of them.

April is another busy month with role playing, creating a family tree, and looking at other Cree language websites. The students enjoy researching various Cree language websites. We will also explore the online Cree dictionary. Once again, I can be reached at the school if you have any questions or suggestions for our Cree classes.

Ekosi pita,

Ms. Yellowknee.

News From Ms. Wanotch

Congratulations to Pisim Yellowbird for winning the IKWC logo contest. Our upcoming contest is “Putting a face on Alberta’s Past” - Essay and Poetry Contest

This month will include;

Language Arts 7

Novel: Hatchet

Writing: Explanatory writing

Reading: LLI

Vocabulary: speed count consonant someone sail remain dress cat couldn't fingers

Language Arts 8

Novel: TBA

Writing: Explanatory writing

Reading: LLI

Vocabulary: whose received garden please strange caught fell team God captain

Language Arts 9

Novel: Ghost of Spirit Bear

Writing: Explanatory writing

Reading

Vocabulary: Japanese stream planets rhythm eight science major observe tube necessary

Social Studies 8

Case study Three – Spanish and Aztec How Does Intercultural Contact Impact Worldviews of Societies?

- Chapter 7 How Did Geography and History Affect the Worldviews of the Aztec and the Spanish?
- Chapter 8 How Did the Aztec and Spanish Ways of Life Reflect Their Worldviews?



News from Mr.Ng

Tansi,

Welcome to April! This month I would like to encourage students to practice mathematical problem-solving at home. It can be in many different forms. For example, budgeting, time scheduling, measuring and constructing are all situations where children would need to problem solve. Problem-solving, being the process of finding solutions to challenging issues, is an essential component of your child's mathematical journey. As your child works through problem-solving tasks at home, here are some strategies you can encourage them to use:

- Drawing a diagram or picture
- Simplify the problem
- Use concrete objects to represent the problem
- Use a mathematical model (e.g. ten frame, number line, array)
- Guess and check
- Look for a pattern
- Work backwards
- Use a formula
- Check your answer – does it make sense?

And some questions you can ask them:

- How would you state this problem in your own words?
- How does this problem remind you of a problem you have solved before?
- What problem-solving strategies have you tried?
- What will you try next?
- Were there parts of the problem that were easy or challenging?
- Does your answer make sense? Why?

Math Riddle of the month:

What digit is the most frequent between the numbers 1 and 1,000 (inclusive)?

To solve this riddle you don't want to manually do all of the math but rather try to figure out a pattern.

Mr. Ng



Hiy hiy,

The Courtorielle News



Attendance is still sporadic for some. Please make sure students are logged/attending daily so they don't fall behind on their assignments.

Grade 9 Math: We are working on Polynomials.

Science 14: We are finishing up Properties of Matter

Science 7: We are finishing Heat and Temperature

Science 8: We are Almost done Cells and Systems

Science K&E: We are finishing Heat and Temperature.

Please contact me if needed

stephaniecourtorielle@kipohtakaw.com

Homeroom K&E

Tansi!

Wow! Miyoskamin is here! I find it to be a beautiful thing when you see the environment change. When the trees start to bud, when the birds begin to chirp early in the mornings (sometime we get annoying by it when we are trying to sleep in), when you hear more geese flying over and heading north. It is a wonderful thing to witness. Now that the snow has all melted and the days are getting longer, please make sure your child comes dressed warm because we are still in for cool days.



I sure hope that everyone has a great break and are all well rested. Now that we have stayed up late and slept in almost every day of our break, let's get back into the swing of school. This is where June is around the corner. Students do not realize that after spring break, time flies by like crazy.

For the month of April, we are working on reading and writing for Language Arts, Fractions and decimals for Math, and continuing comparing the Inuit and Cree peoples for Social Studies. If you have any questions or concerns, please contact me at the school between the hours of 8:15-4:00pm or email me at michellest.denis@kipohtakaw.com.

Ay Ay

Miss St. Denis & Miss White



News from Dreaver

Tansi, I hope everyone is doing okay and enjoying the spring weather. We had a successful two days with the senior conference and much thanks to the organizers and leadership students.

The Jr classes have been working on dialogues using Pixton. They create comics using the app and inserting the language.



The Sr's have been busy working on Treaty assignments. We enjoy the Aboriginal Studies classes and continue to study the history of our people.

ALEXANDER FIRST NATION



#134 TREATY 6



tânisi kahkiyâw! ayikîpesim (Frog moon) kekâc. Hello Everyone! Almost April!

Social 7

Through the month of March, we have been learning about *The United States Breaks Away*. In 1776, the Thirteen Colonies decided to break away from Britain and become an independent country: the United States. The colonies of Quebec and Nova Scotia did not join this war against British rule, but the war affected them all the same. Because of the war, a wave of people migrated to Nova Scotia and Quebec. These people included the United Empire Loyalists and First Nations allies who changed the course of Canadian history. The war also created the United States -- a new player in the future of 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 *Cree Concert* which highlighted our learning to date through Google Slides. We also sang *If You're Happy and You Know It* in Cree. We are also learning about *Body Parts* and *Body Part* possession. Our new unit, *miyoskamin*, has taken us outdoors to collect Spring articles so that we can do storyboards in Cree. All of our articles will be labelled in Cree for our visual learning.

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 March, we have been busy learning about *Traditional Life on the Land*, the *Life of Movement* and *Creation Stories*. We are also learning about *The Six Main Geographical Groups in Canada*. We will also be reading from *Canada's First Nations*, A History of Founding Peoples from Earliest Times Chapter 1: And the People Came.

We will also be learning about the traditional social structures, economic organizations, traditional government and decision making when it comes to the Six Main Geographical Groups

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

Brenda Morency



News from Mr. McKenna's Classroom!

SOCIAL 9

This month, the grade 9 Social Studies class will be exploring the topic, “how should governments in Canada respond to political and economic issues?” In doing so, the class will be researching how environmental issues involve political and economic decision making, and how citizens and government can work together to protect the environment.

SOCIAL 10

The Social Studies 10 class will continue to look into the question, “**To what extent should people in Canada respond to the legacies of historical globalization?**” During the month, the students will analyze the impacts of cultural contact in the past. They will explore how cultural contact changed the lives of Indigenous People, how imperialism developed and impacted Canada, and how the legacies of imperialism, both positive and negative, have impacted Canadians today. I look forward to this new unit with the students, as they apply and build their understanding of these topics.

SOCIAL 20

The Social Studies 20 class will be working towards our next main 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. Throughout this unit, the students will be viewing and reading about various historical and modern day events related to these themes. 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 Studies 30 class will continue to look into the big question, “**To what extent is resistance to liberalism justified?**” Throughout the month, our class will be exploring the roots, development, and responses to liberalism and investigating how various ideas and events have shaped liberalism over time. We will also be exploring classical liberalism, socialism, Marxism, communism, and fascism and how these ideologies were used to meet the needs of various societies. Moreover, we will look into how these ideologies influence international relations throughout the 20th century. I look forward to this new unit with the students and watching them apply their ideas and understanding within the classroom.



Sr. Science Classroom Newsletter



Tansi everyone!

Science 9:

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

Science 10:

Students will be learning about *Cycling of Matter in Living Systems (The Basis of Life, Dynamic Cells, and From Cell to Organism: Focus on Plants)* (Unit 3).

Science 20:

Students will be learning about *The Changing Earth (The Abyss of Time, A Tropical Alberta, and Changing Climates)* (Unit 3).

Math 10-3:

Students will be learning about *Mass, Temperature, and Volume* (Unit 4) and *Angles and Parallel Lines* (Unit 5).



Have a restful Spring Break!

Hiy-hiy, Ekosi maka,

Mr. Malik

PE April Newsletter 2021

Tansi,

March was an awesome month back at the school. The students in all grades were able to enjoy playing their favorite activities in the gym. There was a lot of dodgeball, bellyball, pac-man tag, british bulldog, and basketball.

We were fortunate enough to enjoy the outdoor rink before spring hit. All PE classes from 1-12 were able to enjoy the awesome community outdoor rink at least two times. There was a lot of s tiny tumbles, smiles, giggles. The students were all improving and have a great time out in the fresh air. Most of the students were disappointed when they were told that we were done out Ice Unit and would not be skating the following week because spring was on its way. We cannot wait to get back out next winter and use the ice more.

Now that it is spring and we only have three months left of school the students can expect to see some basketball, badminton, kickball, track and field, soccer, and other fun activities in PE class. This school year has flown by and we can't believe we only have three months left until we break for summer.

Friendly Reminder,

For children aged 5-17 years old it is recommended that they get 60 minutes of moderate to vigorous physical activity a DAY.

Get outside for at least 30 minutes a day to help reduce stress and fatigue.

Drink 6 – 8 cups of water a day to stay hydrated, to help manage anxiety, and to help feel relaxed.



Mrs. Nikki Macrae & Mr. Joe Little Plume

Tansi from KEC Music

In April the primary grades are continuing to explore body movement, rhythm and different sounds that come from instruments. We have been practicing our Cree language through singing and story telling. 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 have gotten into playing a variety of instruments in order to expose the students to a variety of skills and sounds. Everything from guitars to ukuleles to drums and keyboards have been tried out. We have studied music history and learned some basic theory as well. We are soon moving into exploring song structure and will be trying our hand at songwriting!

For all the elementary classes part of all classes continues to be dedicated to student choice and sharing. They really enjoy 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. We are collaboratively working towards a “Road to Joy” musical celebration later in the school year.

In the other high school class I have this semester, Career and Life Management, we are looking at employment and budgeting at the moment. 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 still available Mondays from 4 to 7 for tutoring for either students or parents who are looking to improve their academic skills or even learn guitar or other instruments! 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 or call/text 780 667 2340

Ekosi,





COUNSELLOR'S CORNER

What a great way to start off the month of April.....SPRING BREAK! Hope everyone had a safe and relaxing break! As we get back into the swing of things, it is important to continue following Covid protocol so that we can finish out the school year with continued in class learning!

If you are a Grade 12 student, or are the parent/guardian of a Grade 12 student, and you are still considering Post Secondary Education.....continue to check the institution websites. Some programs are still accepting applications. It is also extremely important to stay on top of things to make sure that your child is passing and earning the credits necessary for graduation. Feel free to stop by my office to learn how to access the Parent Portal as well as MyPass so that you can be aware of your child's attendance as well as current class marks and credits. A virtual meeting can also be set up with myself to fo over this information.

Don't forget that K.E.C continues to have access to many valuable supports for students this year. We continue to have Theresa Cardinal (mental wellness) as well as Keshena Wilson (behavior consultant) working out of our school on a daily basis. If you feel that your child may benefit from any of these services, please contact me for more information. These ladies are a valuable resource and are always happy to meet in person, virtually or over the phone. Our Success Coach; Courtney Zielinski is also a part of our K.E.C family. She has made many connections with our students and will continue to provide services on a daily basis.

Feel free to contact me should you require any further information regarding these particular services or events.

Important dates:

April 6 - First day back to school

April 26 - PD Day

Sincerely,

Ms. Lara Thompson

Success Coach

Tansi! I hope you and your families are doing well and continuing to stay safe!

It feels so good to be back in school with all the students and staff!!

Throughout this pandemic, I have been able to continue the Zones of Regulation virtually with the elementary kiddos.

We have been discussing our bodies and clues it gives us when we are feeling different emotions example: Heart beating fast when scared or anxious, goose bumps when we are cold.

Most recently we have been learning about TRIGGERS as well as tools we can use when we become triggered! One trigger that often came up was getting scared as a trigger- some tools for this can be, talking to a trusted adult or friend, take 3 deep breaths, take a walk, colour or draw. There are many different tools to help our selves to become regulated again after you have been scared, (if you are looking for further suggestions, please don't hesitate to contact the wellness team at the school!).

Trigger= is anything that moves us out of the GREEN ZONE and puts us into the BLUE, YELLOW, or RED Zone!



We have all heard the phrase 'shame on you' at one time or another. So what exactly is shame?

According to Brene Brown, she states that: *Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.*

She says there are three things we need to know about shame.

We all have it. Shame is universal and one of the most primitive human emotions that we experience.

The only people who don't experience shame lack the capacity for empathy and human connection.

We're all afraid to talk about shame.

The less we talk about shame, the more control it has over our lives.

Brene Brown introduces **shame resilience** which **"is about finding a middle path, an option that allows us to stay engaged and to find the emotional courage we need to respond in a way that aligns with our values"**.

She further states that the path to shame resilience is:

Practice courage and reach out! Yes, I want to hide, but the way to fight shame and to honor who we are is by sharing our experience with someone who has earned the right to hear it – someone who loves us, not despite of our vulnerabilities, but because of them.

Talk to myself the way I would talk to someone I really love and whom I'm trying to comfort in the midst of a meltdown. Normally during a shame attack we talk to ourselves in ways we would NEVER talk to people we love and respect.

Own the story! Don't bury it and let it fester or define me. When we bury the story we forever stay the subject of the story. If you own this story you get to write the ending.

As Native people of this country, we have had to endure major shame for our way of life for hundreds of years. We are now beginning to understand who we are and honoring who we have become based upon our ancestors' teachings. That is the way it should be and 'shame' definitely has no place in that plan. We are all responsible in writing the ending to our stories!

Excerpts taken from the book, *Daring Greatly* by Brene Brown, 2012.

Ekosi,

Theresa V. Cardinal, Mental Health Therapist





BUZZ ON BEHAVIOUR

APRIL 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 after the Spring break.

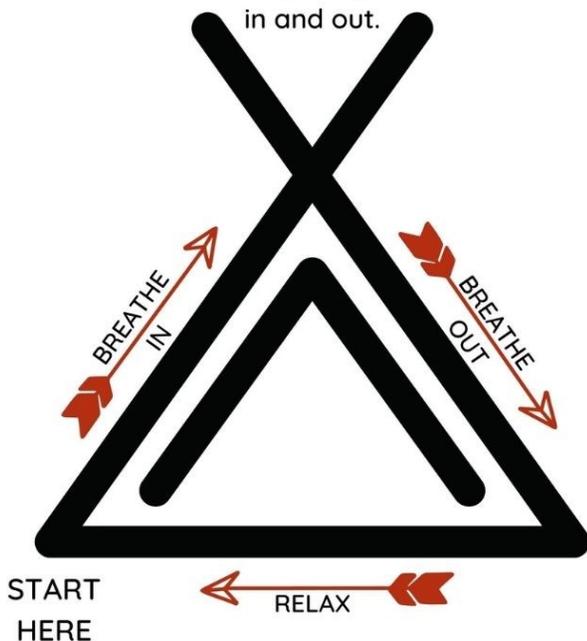


Book Recommendation:

Coping Skills for Kids
by
Janine Halloran

Tipi Breathing

Slowly trace your finger around the tipi as you breathe in and out.



TIP OF THE MONTH: PRACTICE COPING SKILLS WHILE CALM

Emotions are a natural part of life but part of being resilient is about managing and responding to emotions in healthy ways. When your child understands what they feel they can talk about their feelings more clearly, solve conflicts better, and move past uncomfortable feelings more easily. Many children and youth experience big emotions and act in unpredictable ways because they don't know how to cope.

The more you practice coping skills while calm, the more strategies you can draw on in times of need.



Keshena Wilson
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