

# opimipayihcikew pekiskwewina



tânsi niwâhkômâkantik,

nîkân ninôhte-nanaskamow mamawo-kôhtawiynaw ohci anohc ekwa meyo-pimâtisiwin kiyawaw, awâsisak, oskâyak, onîkihikwak, kihtehayak ohci...kahkiyaw ayisiniwak

*(First I want to thank the Creator for today and good life for all of you, the children, young people, parents, Elders...all the people)*

The frogs have started to sing. It is nice to see the return of the ducks and geese; one teaching amongst our people is that this time of year brings forward new life. I want to thank the students and parents for connecting to classes during school closure time. I know it's not the best of situations or circumstances but I thank your efforts and continued commitments. Thank you to the KEC Staff for continuing to support the students online as well as delivering programming.

It's my hope that we are back in-class sooner than later but it's about safety first for all students and staff. May is shaping up to be as busy, with that I would like to share a few important dates to look forward to this month:

- May 5 Monthly Awards celebration @ 9:30am (virtual)
- May 3-7 Teacher Appreciation Week
- May 10 School Picture Day
- May 14 KEC Track & Field Day
- May 17 PD Day No Classes
- May 24 Victoria Day Holiday – No School

Please read throughout this month's newsletter for other additional dates which may be included for other KEC items.

It's that time of year for students, especially our junior high and senior high school students, to begin preparing for finals coming in June.

In addition, I want to send gratitude to AFNE Admin, Chief & Council, the ERT and all of the Nation for all working together in keeping the community safe during these uncertain times... kinanaskomitinawaw!

ekosi pihta *(that's it for now)*

Mr. Cory Arcand  
KEC Principal



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

# News from Mrs. Sewlal

Tânisi!

Time sure seems to be flying by quickly during this Covid era and it's hard to believe that it's already May with only two months of school left before another school year ends.

During the month of May, we begin making plans for the 2021-2022 school year. Teachers will be preparing report cards for all students to be distributed to parents/guardians at the end of June. The marks, comments and contents of the report cards will allow students to know how they performed both online and in-person in their respective Grades this year. The goal for student improvement and achievement is maintained and all students are encouraged to stay actively involved with their learning and studies during all learning times.

As we all continue to live, learn, and work differently during these challenging times, please take good care of yourselves and each other. Our physical, mental, emotional health, safety and well-being is our shared priority and responsibility.

Ay ay,

Betty Sewlal



# **Mrs. Park's Message**

## **Junior and Senior High Students**

We are in the last half of our 2<sup>nd</sup> semester, and I want to thank all of the students, parents, caregivers and teachers for being so willing to learning both online and in school. I know that it is a challenge for many, and I want everyone to know that we do understand and really appreciate the efforts you are all making.

I hope we are able to be back in class, but please log into your Google Meets and do your work in your Google Classrooms.

Senior high students, attendance is being taken and although we are online at times, it is important for you to log in.

Please let your teacher/school know if your child will be away. You can also email [kecadmin@kipohtakaw.com](mailto:kecadmin@kipohtakaw.com), at any time with questions or concerns.

## **K-12 ESS (FNSSP)**

We have already started the planning for the 2021-2022 school year. Thank you again to the students for their feedback during our Speakout.

In May, we will have the grade 4, 7 and 10 students along with support staff, teachers and parents complete our school survey. This information is used to ensure that we continue to grow and improve as a school.

The elementary culture camp has been postponed, but we hope to have it in June.

The school continues to acknowledge our students attendance, academic awards, value award and white feathers, so I want to encourage all of our KEC students to always try your best. You are all AWESOME!!

Mrs. Park



Making the Healthy Choice the *Easy* Choice

## Berry Interesting Facts

**53%** of 7 to 9 year olds say strawberries are their favorite fruit.

### Strawberry Juice & Honey

can reduce pain and inflammation from a **Sunburn**



annually produces **1 Bil lb** of strawberries in **67,000** acres



Nutritional experts have named strawberries a **Superfood!**  
They're an excellent source of antioxidants: Vitamin C, potassium, folate and fiber.



**Vitamin C**  
8 strawberries = 1 orange

**Ancient Romans** used strawberries as **medicine.**



People that took part in a recent national survey labeled strawberry lovers as

**Health Conscious**



**& Intelligent!**

**WELLPICT BERRIES**  
wellpict.com



**Fun-Loving**

### Fun Berry Ideas

Research as a family what berries grow in your area of Alberta

Plant berries in your garden.

Some easy to grow berries include strawberries, blueberries, raspberries or saskatoon

Find a local U-Pick Farm

(<http://www.pickyourown.org/canadaal.htm>)

Head to your local grocery store or Farmer's Market and purchase a new kind of berry to try as a family

Create your own mixed berry smoothie recipe by combining your favourite mixed berries with some yogurt and milk in a blender

Did you know that twenty four different variety of edible berries are found in Alberta? Berries have many health benefits including antioxidants and vitamins that help you and your family eat healthy! Many berries can be found and picked around Alberta at U-Pick farms. The most common berries you probably know around your house include strawberries, blueberries and raspberries.

Canada's First Nations people have a long history with berries. For example,

blueberries were persevered in the winter by smoking them then mixed with honey and cornmeal to make pudding. Blueberries were also used as cough syrup. The Cree made pemmican which is made by pounding a mixture of fat, dried meat and berries with stones.

The best part about berries is that there are so many different varieties that you're bound to find one you consider delicious.

## Berry Delicious



### Berry Names

Did you know these edible berries grew in Alberta? Have you ever tried:

- Gooseberries
- Chokecherries
- Blueberries
- Strawberries

What you need:

2 ripe avocados

1 lime, juiced

$\frac{3}{4}$  tsp. of salt

$\frac{1}{4}$  cup of strawberries, hulled and diced

$\frac{1}{4}$  cup cucumbers, peeled, seeded and diced

1 small chilli, minced (optional)

2 Tbsp toasted walnuts chopped (optional)

Corn tortilla chips to serve

How to cook:

1. Cut the avocado, remove the pit and scoop the flesh into a small bowl
2. Add lime juice and salt and mash together with a fork
3. Spoon into a serving dish and place the strawberries, cucumber, walnuts (optional) and chillies (optional) along the top
4. Eat with tortilla chips

Adapted from: [www.oregister.com/articles/lime-335276-corn-fat.html](http://www.oregister.com/articles/lime-335276-corn-fat.html)

## After School Program & Events

**Open Gym nights-closed temporarily**

Due to restriction in place, we will deliver ASP online for the month of May. I want to encourage the youth in grades 7-12 to utilize/participate in the events that are posted in our page.

FB page @ Alexander First Nation Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online		FB work out Challenges posted daily by Sage
9	10	11	12	13	14	15
Watch out for upcoming events on our FB page	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online		Watch out for upcoming events on our FB page
16	17	18	19	20	21	22
	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online		ASP Lego challenges posted on our FB page
23	24	25	26	27	28	29
FB live craft sessions	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online	ASP grade 1-6 3:30-5:30pm KEC online		
30	31	Watch out for upcoming events on our FB page			Watch out for upcoming events on our FB page	
						

# *Kipohtakaw Education Centre* *School Picture Day !*



*When: Monday, May 10, 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 (after the sharing circle)*

*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



## May 2021



**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

						<b>1</b>
<b>2</b>	<b>3</b> Morning Circle at 8:45am  Day 1	<b>4</b>  Day 2	<b>5</b> Virtual General Assembly Monthly April Awards at 9:30 Day 1	<b>6</b>  Day 2	<b>7</b>  Day 1	<b>8</b>
<b>9</b> 	<b>10</b> Morning Circle at 8:45am School Picture Day Day 2	<b>11</b>  Day 1	<b>12</b>  Day 2	<b>13</b>  Day 1	<b>14</b> K.E.C. Track & Field  Day 2	<b>15</b>
<b>16</b>	<b>17</b> No Classes Professional Development Day	<b>18</b> Morning Circle at 8:45am  Day 2	<b>19</b>  Day 1	<b>20</b>  Day 2	<b>21</b>  Day 1	<b>22</b>
<b>23</b>	<b>24</b> No School Victoria Day	<b>25</b> Morning Circle at 8:45am Day 1	<b>26</b>  Day 2	<b>27</b>  Day 1	<b>28</b>  Day 2	<b>29</b>
<b>30</b>	<b>31</b> Morning Circle at 8:45am Elem. Cultural Camp (K-6) May 31-June 4 Day 1	Elementary Cultural Camp for K-Gr.6) May 31—June 4, 2021				



# K.E.C. Student Hot Lunch Menu

## May 2021



**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

<p>Note: Menu is subject to change. If we continue on line learning this month, then a Bagged Lunch will be available for students everyday. Please phone 780-939-3868 to place your order each day by the 10:00am cut off time.</p>							<b>1</b>	
<b>2</b>	<b>3</b> Grilled Cheese Sandwich	<b>4</b> Mini Taco's	<b>5</b> Meat, Cheese, Crackers Lunchables	<b>6</b> Quiche	<b>7</b> Pizza Bagel's	<b>8</b>		
<b>9</b> 	<b>10</b> Chicken Pasta Alfredo	<b>11</b> Ham Sandwich	<b>12</b> Pan Scrambler	<b>13</b> Mushroom, Ground Beef and Rice	<b>14</b> Wraps	<b>15</b>		
<b>16</b>	<b>17</b> <b>No Classes</b> Professional Development Day	<b>18</b> Chicken Caesar Salad with Garlic Toast	<b>19</b> Italian Baked Pasta	<b>20</b> Panini	<b>21</b> Meat Ball Subs	<b>22</b>		
<b>23</b>	<b>24</b> <b>No School</b> Victoria Day	<b>25</b> Macaroni Salad	<b>26</b> Loaded Baked Potato	<b>27</b> Chicken Bacon Ranch Salad	<b>28</b> Pasta with Meat Sauce	<b>29</b>		
<b>30</b>	<b>31</b> Beef Barley Soup with Bannock	<p>* Bagged lunches will include a drink, fruit or veggies.</p>						

# News from K4

Tansi! Happy to see another season-Sekwan- Spring. The grade K4's is continuing to work hard in class. We are now reviewing and catching up on assignments that we missed. We also continue to practice with our social skills as well. I can not believe in a few weeks, K4's will be getting ready for grad 2021! Oh my goodness!!!

Ekosi pitahmah, mina kitohm hiy hiy,  
Miss Valerie and Kohkum Kathy



# News from Kindergarten (K5)

Tansi K5 Families,



April was filled with learning about the Earth. The students studied the different parts and functions of plants, and they had so much fun planting and watching their own bean plants grow. We celebrated Earth Day and talked about how we can each do our part in taking care of our Earth. In May, we will begin to learn about the body and making healthy choices. We also will finish our last social unit and talk about groups we belong to, as well as people in our community.

We finished off our unit on measurement, and the students enjoyed comparing items in their homes, using the terms “long, short, big, small, wide, narrow and tall”. We will soon move on to comparing 2D and 3D shapes. In literacy, the students continue to work on phonetically decoding their words, as well as refining their penmanship.



In Cree with Ms Valerie and Kohkom Kathy, the students have been getting ready for Grade One by learning how to spell and write down their numbers 1-10. We also learned how to say Earth Day in Cree “askiy kisikaw”.

We miss all the students dearly but have thoroughly enjoyed seeing their smiling faces on the camera each day. We hope that all our families are staying safe and healthy, and we hope to reconnect in the classroom soon!

Mrs. K, Ms Lee-Anne, Kohkom Kathy, and Mr James



## Grade 1 Opiniyawewipesim Acimowin

Tansi!!

Hooray for warmer weather! The school year has gone by fast...it is already May "opiniyawewipesim".

We only have two months of school left, we still have a lot of work to be done and some awesome activities planned.

In Science, we are finishing up our Senses Unit.

In Social Studies we are still working on "Looking at my World"

Grade 1 Math: We are now working on Addition and Subtraction facts through 18.

Grade 2 Math: We are now working on Numeration, Addition, Subtraction with 3-digit numbers with no regrouping.

With all the stuff planned this month....it looks like it's going to be another busy month for the grade 1 students!!

Ekosi Maka,

Mrs. Flett & Ms. Carol



## Grade 1, 2, 3 Language Arts

(Grade 2 Homeroom)

Tanisi

We are into the Month of May! This has been a crazy year and it is flying by! As everyone knows, we have been online for the past few weeks. I am super impressed and happy with the amount of students that have been logging on every day. It always makes me so happy to see our students faces, even if it's through the computer screen at the moment. Keep up the great work everyone!

Please keep in mind that when we are online learning it is important that everyone keeps their cameras on during class time. Once students are dismissed to do their assignments, it is okay to have them off. We have been getting much better at this, but it's just a good reminder for everyone.

We will continue to work hard in the final few months of the school year. Currently Grade 2's & 3's are working on non-fiction writing. They will be creating their own non fiction books and I can't wait for everyone to read them. The Grade 1's are working on opinion and letter writing. Keep your eyes open because you might be getting a letter from them soon!

I would like to, once again, give a big shout out to our parents & guardians who have been putting in so much effort/work to get our students online everyday! Your hard work does not go unnoticed and we are very appreciative of all that you have been doing! Thank you!

We are looking forward to another great month here at KEC!

Mrs. Madraga & Mrs. Burnstick



# Grade 3 May News

Tansi! I can't believe it's opiniyawewipesim already. We only have a short amount of time to get in as much learning as we can.

## Cree 2 and 3

We will finish up our unit on miyoskamin (spring) and begin our nepin (summer) unit. We will continue numbers to 50 and learn about the summer season and the traditions that happen during this time. Both classes continue to use as much Cree as we can during our class time.

## Science 3

We worked on Topic D: Hearing and Sound during our time at home so we can hopefully do Topic B: Building with a Variety of Materials in person at school when it's possible.

## Social 3

Students are continuing their country research project. Students will "travel" around the world and be able to briefly present what they learned.

Ekosi maka

Ms. Tallcree ekwa Miss Nikki



# News from the Grade Four Homeroom

Greetings KEC students, staff and families!

My name is Joey (Johanna) Silver (Mrs. Silver) and I will be taking over Ms Mineault's classes for the remainder of the school year. I would like to thank the staff and students that I have encountered so far, for making me feel so very welcome already! I look forward to meeting everyone in person when in-school lessons begin again.

It seems very fitting that our journey together begins in the spring.

It's a time for new beginnings and growth and after spending the last few years as a substitute teacher in Sturgeon County and St. Albert.

I look forward to this new beginning with you and growing as a teacher in the KEC community.

We have much learning to do over the next two months in Social Studies and Science, and I look forward to planning some fun and engaging lessons for you. In the meantime, if you have any questions or concerns, please feel free to send me an email at

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

Mrs. Silver , Ms. Courtney and Ms. Martina



## Grade 4-6 Language Arts

Tansi,

It is now May! And with only 2 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 will continue with our writing focus with looking at story elements and how characters, problems and solutions are needed to create fictional stories. 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](mailto:mariahtaylor@kipohtakaw.com)

Ekosi Maka,

Mrs. Taylor, Geri, Lisa, Tamara



## Math Grade 4, 5, 6 News

Tânisi!

I can't believe it is already May!

April was filled with so much learning. Most of the month was back online and I was so happy to see so many of our students back in the google meets.

In Math for grades 5 & 6 have been working on the geometry unit. The grade 4s have been working on the multiplication unit.

In May we will move onto the Statistics and Probability unit for Grade 5 & 6. In Grade 4 we will be working on the Geometry unit while continuing to practice multiplication facts.

In all of the grades we will continue using a variety of computer programs, such as google classroom, mathletics, prodigy, zearn, 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](mailto: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





## opiniyâwewipesim

### Egg Laying month - May

Tanisi kahkiyaw, where has the time gone it is May already. A couple more months of school left, again we have been online for the last two weeks. Last month we have been focusing on “family terms” and spending a bit of time on the terminology. We are not moving too fast I want the students to absorb the Cree words and identify how these words relate to their family units. Also, within the family unit we will talk about identity as Cree people. I am hoping that I can invite an elder to our class and the elder can talk about identity as a kipohtakaw person. I am looking forward to going back to the classroom soon so that the students can create their family trees. As the weather gets nicer I plan on taking the students outdoors and explore nature. Here again, we will invite an elder to join us on our nature walk.

As always, I can be contacted at the school should you have any questions.

Ekosi pita,

Ay ay, Ms. Yellowknee

# News From Ms. Wanotch

Tansi! April Showers Bring May Flowers!! Or in our case April Snow..... Who knows what the weather will be, it is a mystery! Either way though our classes have been moving forward through the rain, snow and sunshine!

I would like to give a big shout out to all of the students who have been making an effort to sign into their google classes and have been completing their assignments. Whoop! Whoop!

All Junior High Language Arts classes have completed their class novels and are now looking at shorter stories, news articles, plays etc. We will always continue to improve our reading and writing skills while increasing our vocabulary. I encourage students to sign into their Raz Kids and Read Theory accounts to read at home. It is best to have a schedule that you maintain and follow, this will increase your progress within the school year. When you are reading, try to visualize what the words are saying to you, this will improve your understanding of the text being read. After reading ask yourself questions like; Who were the characters? What was the topic or problem? How was the problem solved? What would happen next if the story was made longer? Was there someone/something in the story that reminded me of something that happened to me or someone I know? These are just some questions that will allow for you to reflect on the story and also improve your understanding.

Let's work together and make it through this school year successfully!



# News from Mr. Ng

Tansi,

It is hard to believe it is May already and the school year is almost over. And what that means is exams are just around the corner. This month I would like to share some studying tips with every one of you. It is never too early to start studying for the exams.

Make the most of class time

-attend class, and take notes in a way that makes sense to you. The goal is to be able to understand them later and ask lots of questions. Teachers are always willing to help you.

Stay organized

-scheduling is key. Schedule and stay organized with your assignments, projects, tests, and exams. Use a planner to organize what you need to do so that you don't forget anything important.

Read and Review

-Go over your notes and review what you've learned is very important. You can break down chapters into each topic/section. It will be much easier to study bit by bit.

Switch it up

-spending too much time on one subject might be too difficult or boring. You can change your subject every 30 mins to give yourself a mental break.

Focus on understanding

-focus on understanding instead of memorizing. Understanding goes deeper and means you can apply new knowledge to other scenarios.

Take breaks

-Give your body and brain a chance to refresh. For every 30min, take a 10 min break. Short study sessions are more effective and can help you make the most of your study time.

Pace yourself

-cramming all your studying into the last week before your finals is not the best idea and can lead to anxiety. Plan and allot enough time will allow you to absorb the information and give you time to ask questions.

Reward yourself

-Good study habits are hard work. Treat yourself to breaks, healthy snacks or some playtime are good ways to keep you motivated.

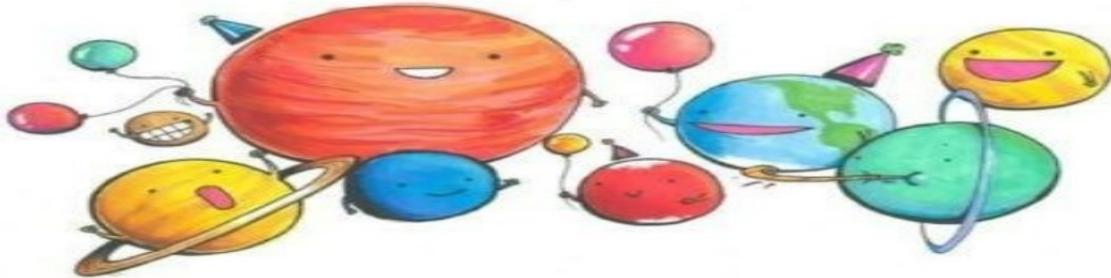
Happy studying!

Hiy hiy,  
Mr. Ng



# The Courtorielle News

HOW DO YOU ORGANIZE  
A SPACE PARTY?



YOU PLANET.

May 2021

Crunch time is here! It is very important that students are logging in (when online) and attending class (when in person). Please make sure your child is submitting all assignments.

Science 7 we are working on Plants for Food and Fibre

Science 8 we are working on Light and Optical Systems

Math 9 we are on Polynomials and entering Linear Relations

Science 14 we are working on Energy Transfer

Please contact me if needed

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

# K&E Homeroom

Tansi!

Days are warming up and we are starting to see spring. The trees are budding and the grass is slowly turning green. It is also a lovely thing hearing all the birds that we didn't hear all winter. Seeing all the changes is a beautiful sight. Days are also getting longer so that means that summer is around the corner.



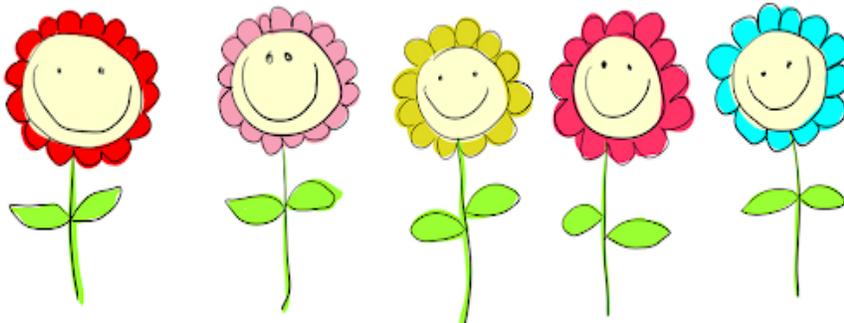
There are not many days left to the end of the school year. Let's us hope and keep our fingers crossed that we are in school for the remaining of the year. I would like to thank the parents for helping the students get online. I know it has been a struggle getting students online.

So we are still covering the same as we did last month. It can be a little difficult to get material across to the students online. So when we are online, I am able to lightly teaching the material. Attendance is also not the greatest too so we tend to fall behind in our work. In LA, it will also be a constant cycle of brushing up on their readings and improving their writings. Proper sentence and grammar format for writing paragraphs. We have to still dive into narrative writing. Math we are hoping to head into fractions and decimals but we have been brushing up on their multiplication skills. Social, we are finally finishing our Inuit and Cree peoples google slide. I am very proud of the students learning more about technology with working with assignments. They have all come a long way when it comes to formatting documents. Good Job.

With June around the corner, let's work together to make sure that the students get to school on a regular basis. If you have any questions or concerns, please email me at [michellest.denis@kipohtakaw.com](mailto:michellest.denis@kipohtakaw.com).

Ay Ay

Miss St. Denis & Miss White



# Dreaver's News

Cree 7 –K&E.

We are studying a song called “Miyoskamin.”

Cree 8

Earth day activity - Students are having fun making bannock from home and sharing with family. Wahkotowin mina sahkihtowin.

Austin Arcand – His family enjoyed.



Dathan – Miss Loni and family loved it!



# News from Mrs. Morency

tānisi kahkiyāw! opiniyāwehowipesim (egg-laying moon) kekâc. Hello Everyone! Almost May! This year has flown by and we only have two months left of school!

## Social 7

Through the month of April, we have been learning about *The Great Migration and the Push for Democracy*. In 1815 and 1850, waves of immigrants from Britain began to arrive in British North America. This period, called the Great Migration, shifted the demographics of British North America. Until the 1840s, Canadiens made up the majority of the population of Upper and Lower Canada. By the 1850s, people of British descent made up the majority of the population. As the situation unfolded, leaders in Upper and Lower Canada, and in Nova Scotia, began to demand an end to Britain's colonial rule. They wanted British North America to have a more democratic form of government so that the people living in British North America would have more control over the government that ruled them.

**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 April we have been working on our new unit, *miyoskamin*, which 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. Once we are back in the classroom, we will finish this project. We have also been using technology by playing kahoot to help reiterate our *miyoskamin* words. We have begun to learn about spring activities such as camping and learning camping terminology and camping phrases in Cree. I have used technology so the students can study flashcards sets and hear the audio to reinforce their learning. Once we are done with the camping unit, we will carry on to the gardening unit. **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

During April, we have been busy learning about traditional worldviews, social structures, economic organizations, traditional government and decision making when it comes to the Six Main Geographical Groups before colonization. We have learned that traditional First Nations and Inuit worldviews were infused with spiritual beliefs. People in these traditional societies lived their spiritual beliefs in their political, economic, and social ways of life.

**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 9

This month, the grade 9 Social Studies class will take the time to look back and review the course material as a whole. In doing so, students who have missed any assignments, due to covid related school closures or poor internet access, will have the opportunity to reflect on the material and complete their assignments with better understanding. Over the next month, the class will analyze concepts related to our federal government, laws, the Charter of Rights and Freedoms, immigration, our economy, taxes, and sustainable living. This review comes at the perfect time, as the students will also be preparing for their final projects and exams next month!

## SOCIAL 10

The Social 10 class will begin their third unit, entitled: **Implications and Consequences of Globalization**. Throughout this unit, the students will be focusing on the big question, “**Does globalization contribute to sustainable prosperity for all people?**” Major themes in this unit include economic globalization, economic internationalism, challenges and opportunities of economic globalization, environmental impacts of globalization, and global sustainability and prosperity. Throughout this study, the students will be tested as well as create assignments to measure their understanding of the material covered. I look forward to hearing the students’ points of views, ideas, and insight regarding these global matters.

## SOCIAL 20

The Social 20 class will begin their third unit, entitled: **Foreign Policy and Internationalism**. Throughout this unit, the students will consider our next big question, “**To what extent should internationalism be pursued?**” In this unit, students will explore ideas about nations, nation-states, nationalism, internationalism, foreign policy, and global issues surrounding internationalism. Throughout this unit, students will also be reflecting on the different historical and modern day events related to these themes. As we progress, students will respond to a variety of questions about the chapters and complete unit projects and essays as well. I look forward to hearing the students’ points of views, ideas, and insight regarding these global matters.

## SOCIAL 30

The Social 30 class will be finishing their second unit of the semester, which focusses on the big question, “**To what extent is the resistance to liberalism justified?**” The students have recently completed projects and essays on issues surrounding the roots, development, and responses to liberalism, including the ideas and events that shaped modern liberalism, socialism, Marxism, communism, fascism. Shortly, the students will be moving into their next unit, which focusses on the **viability of liberalism**. Unit three explores concepts of democracy, economic equality, government choices and liberalism, and the viability of liberalism as a whole.

Sincerely,

Mr. J. McKenna



# Sr. Science Classroom Newsletter



Tansi everyone!

**Science 9:**

Students will be learning about *Space Exploration* (Unit 5).

**Science 10:**

Students will be learning about *Energy Flow in Global Systems (Solar Energy and Climates, Climate and Biomes, and Climate Change and Humans)* (Unit 4).

**Science 20:**

Students will be learning about *Changes in Living Systems (The Biosphere of Life and Changing Populations)* (Unit 4).

**Math 10-3:**

Students will be learning about *Angles and Parallel Lines, Similarity of Figures, and Trigonometry of Right Triangles.*



May you all have a wonderful May!

Hiy-hiy, Ekosi maka,

Mr. Malik

# Tansi from KEC Music! Happy Spring...

In May 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 playing musical games and some basic music theory.

In Upper Elementary, (grades 4-6) we are moving into exploring different styles of music and will be starting the songwriting unit for our music classes. Students will be exploring their own creativity and learning how songs are formed and produced.

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.

For Upper elementary (Grades 4-6) Jr High (7-9) or High school students who would like to have an instrument at home I have guitars, ukuleles, and keyboards available to borrow. The students can keep these at home for the remainder of the school year provided they are being used and not just sitting collecting dust. You can contact me and I will make arrangements for delivery (If we are staying online in the coming weeks) or students can pick them up at school when we are back. My contact info is below. Those students in who do not have a class with me this semester will need to text/call or email me to make arrangements.

In High school CALM class we are working on a unit connected to personal health, well-being, and healthy lifestyles and interactions. The topics in this unit are relationships, substance use/abuse, mental health, and healthy lifestyles. I encourage all students in CALM to make sure to come to class everyday, it is a graduation requirement in Alberta!  
Ah ka may mo

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](mailto:kevinmartin@kipohtakaw.com) or call/text 780 667 2340

Ekosi,

Mr. Kevin Martin



# PE MAY NEWSLETTER

Tansi,

April was a great month of online school. The weather started out great so that classes focused on getting away from the computer and getting outside for some physical activity. The students worked on their stamina by going on some walks, runs, and some run walks. After we finished that unit we started working on some Martial Arts. The elementary PE classes enjoyed some Super Hero and Ninja Karate videos. The Jr and Sr High PE classes enjoyed some shadowboxing, Muay Thai, Tai Chi, and Kickboxing.

Now that May is here the elementary classes will be focusing on getting outside for some kickball, soccer, tag, and track and field activities. The Jr/Sr high classes will be focusing on volleyball, which is a unit that is long overdue but has been cut short when we have been in school. They will also be focusing on track and field activities, and football.

The PE program has been working with Ever Active Schools. They have graciously donated some money to the school to create activity bags for the homes of KEC. When the activity bags are complete they will be delivered to each home. We hope that you enjoy the activity bags and get outside to use the new toys.

## 5 Tips to staying healthy during these times

**#1 – Drink water every day**

**#2 – Get outside for minimum 30 minutes a day**

**#3 – Be physically activity for 60 minutes a day**

**#4 – Try to cut down your screen time and get moving**

**#5 - Try to eat healthy snacks if they are available**





## **COUNSELLOR'S CORNER**

The end of the school year is right around the corner and so very hopeful that we will be able to end the school year with in person classes. Fingers crossed! This school year has been very difficult for everyone. It is great to see the continued effort from the students and their families, especially during such trying times.

Just a few reminders as deadlines are quickly approaching. If your Grade 12 student is applying to any Post- Secondary Institution, the deadline for YTC funding support is May 31, 2021. I have application forms in my office. I am more than happy to help you and your child fill out this paperwork. Priority is given to those students who graduate from high school and enter directly into a post- secondary institution. Most post-secondary institutions will waive program fees if their program fees are being funded through the band. Come see me for more information.

Kipohtakaw continues to have the in school and in person supports of our Wellness Team....even during the school closures. We are always here to support you ! Should you or your child find yourself needing some extra support, please feel free to reach out. We can be reached by calling the school, or emailing us. I have included the email addresses as a quick reference.

Please do not hesitate to contact me at the school if you would like more information on these particular services.

[Courtneyzielinski@kipohtakaw.com](mailto:Courtneyzielinski@kipohtakaw.com) = Success Coach

[Keshenawilson@kipohtakaw.com](mailto:Keshenawilson@kipohtakaw.com) = Behavior Consultant

[theresacardinal@kipohtakaw.com](mailto:theresacardinal@kipohtakaw.com) = Mental Health Therapist

### **Important dates:**

**May 4 – Grade 6-9 Virtual Resiliency Summit**

**May 10—School Picture Day**

**May 14 – Track and Field Day**

**May 17 – PD Day - no classes**

**May 24 – no school**

**May 31 – Elementary Culture Camp begins**

Sincerely,

Ms. Lara Thompson

# SPRING

Hello Family, Spring is finally here.

***Spring is the season of new beginnings. Fresh buds bloom, animals awaken and the earth seems to come to life again.***

In the last the month, the K5, grade 1, 2 and 3 have been working on climate change. As First Nation people we have a special relationship to the land. Your children have been encouraged to take care of Mother Earth at home and in community. We re recycling- reducing and re-using materials at home to prevent garbage from destroying our water sources, land and wild life.

In addition to becoming stewards of the land, we have had some amazing discussions on ways we share stories, practice traditions and being unique.

For the month of May, we will continue to work on caring for the environment, talk about values, and introduce the practice of traditional crafting. I am very excited to share a moose hide from a hunting trip in October and use it for an activity that our ancestors have been practices since the beginning of time.

Let's start our Spring celebration by welcoming the budding flowers and working together to keep our traditions alive. Ekosi

Raylene Hunter – History Development



# Success Coach

WELCOME MAY!!

With the seasons changing from winter to spring, it's great to check in with yourself to see how you have been feeling. Be gentle with yourself and welcome all feelings!



As always I'm here for support at the school Monday-Thursday! Please feel free to contact me if you are interested in support for your child at [courtneyzielinski@kipohtakaw.com](mailto:courtneyzielinski@kipohtakaw.com) or call/text at 780-446-2734.

A little reminder that each day is a new day!

Hiy Hiy,

Miss. Courtney



## May 2021 Newsletter Submission

Most of us know or have known someone who is generous to a fault. It is said that this person would give you the shirt off his/her back. We have also read stories in the newspaper about these kind of people. There are also oral stories of such people.

So what is GENEROSITY?

According to the Virtues Project, it is defined as follows.

“Generosity is giving and sharing. It is giving freely because you want to, not with the idea of receiving a reward or a gift in return. Generosity is a quality of the spirit. It is an awareness that there is plenty for everyone. It is seeing an opportunity to share what you have and then giving just for the joy of giving. Generosity is one of the best ways to show love”.

So how can the practice of generosity be shown by everyone?

Be thoughtful about the needs of others.

Do give freely without hope or reward.

Do give fully without holding back.

Be willing to make sacrifices for others.

Use wisdom about sharing treasured belongings.

I believe we have all been generous at one time or another during our life time. It is nice to remember that feeling of joy and happiness when it happened. So continue to be kind and generous as you continue on your life journey.

Theresa V. Cardinal, Mental Health Therapist





# BUZZ ON BEHAVIOUR

MAY 2021



## WELLNESS PRESENTATIONS

Some of the Elementary classes have been reviewing the topic of Bullying. We have discussed the difference between teasing and bullying and explored the four types of bullying that can occur.

**Bullying is repeated mean, cruel, hurtful behaviours done on purpose by someone with more power.**

- **Verbal:** name-calling, insults, or jokes meant to humiliate someone, etc.
- **Physical:** hitting, pushing, stealing property, grabbing, etc.
- **Social:** intentionally leaving someone out, spreading rumours, ignoring or denying someone's accomplishments, ganging up on someone, etc.
- **Cyber:** sending mean, embarrassing or hurtful content through text messages, email, or social media, etc.

**Everyone can be a model for healthy relationships and work to prevent bullying by:**

- Being empathetic and respectful to others
- Speaking up when we see someone is being bullied, bullying strives in silence and standing up for victims is an important step to ending bullying
- Supporting people who are being bullied

Wellness presentations on Depression will continue schoolwide. Students will learn the signs and symptoms of depression and helpful strategies to manage difficult times.

### Book Recommendation:

Raising Resilient Children

*Fostering Strength, Hope and Optimism in your Child*

by

*Roberts Brooks and Sam Goldstein*

## TIP OF THE MONTH: FOCUS ON THE BEHAVIOUR, NOT THE PERSON

I'm sure we can all relate to moments of high stress, irritability, exhaustion and some trying days in general. The same goes for our kids. Though they may express themselves in less appropriate ways; like yelling, tantrums or defiance, we must try to avoid labelling them as "bad" kids. Children and youth, begin to identify with these labels making them believe that their behaviour is part of their personality and something they cannot change. A child repeatedly called "bad" or "a troublemaker" will perceive themselves as such and live up to these labels.

- Be clear in your expectations:  
Ex. "I expect you to clean up after yourself. Everyone in this family is expected to pitch in."
- Use descriptive praise:  
Ex. To a "forgetful" child: "You remembered your lunch before you left home! That's showing responsibility."



**Keshena Wilson**

Behavioural Consultant

keshenawilson@kipohtakaw.com

780-939-3868 ext. 232 or 780-937-4362