

# HERESA C. WILDCAT EARLY LEARNING CENTRE

# DECEMBER NEWSLETTER



Tansi Parent and Guardians,  
Welcome to December! It's incredible how time seems to go by so quickly once the festive season begins. We find ourselves with only 12 days left with the awasisak before they go on their well-deserved Christmas break.

Our dedicated teachers are busy preparing the students for their performances at the first Theresa C. Wildcat Early Learning Center Christmas Concert on **December 20 at 1 pm**. It is crucial for the students to be present at school every day leading up to this special event.

Reflecting on November, it was a wonderful month filled with engagement and connection. We were delighted to see many parents visiting the teachers and exploring the school during Parent Engagement Night. Unfortunately, the November flu affected our school attendance in the last two weeks, but the good news is that everyone seems to be on the road to recovery.



## Contact us:

**Phone Number: 780-585-3788**

## Office staff:

**Administrative Assistant: Summer Crate**

**Email: [summercrate@maskwacised.ca](mailto:summercrate@maskwacised.ca)**

**Principal: Marlene Edgi**

**Email: [marleneedgi@maskwacised.ca](mailto:marleneedgi@maskwacised.ca)**

As we step into December, there are exciting school-wide events on the horizon. On Thursday, we are eagerly anticipating Pajama Day—encourage your children to attend school in their cozy PJs. The Grand Opening of the school is scheduled for Friday, December 8, at 12 pm. Additionally, mark your calendars for Holiday Headband Day on December 11—let your creativity shine by making headbands from items around your home.

We have more themed days to enjoy, including Christmas Sweater Day on December 15, followed by Red and White Day on the 18th. Santa will be making a special visit to our school on December 19, adding to the festive spirit. Finally, don't miss the highlight of the month—the school Christmas Concert on December 20. There is so much to look forward to, and we hope you'll join us in making these events memorable for our awasisak.

Wishing you all a joyful and festive December!

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# PARENT INFORMATION



## When your Awasisak is Away

Please call the school at 780-585-3788. This allows our admin assistant to enter the excused absence into Powerschool.

If you don't call in before 9:30am, school messenger will automatically make a call home.



## Indoor Recess Requests

We have had many requests for awasisak to stay inside for recess. Unfortunately, we don't have enough staff to supervise indoor recess. Ay-hay for understanding.



## Sign In & Sign Out

We kindly request that parents & visitors sign in and out at the front office. This simple step ensures the safety of our awasisak, staff & visitors in the event of an emergency. Ay-hay for your cooperation.



## End of Day Dismissal

Students are dismissed at 3:15pm. Please make every effort to pick your child up on time. Our teachers use the end of the day to clean their classroom and prepare their lessons for the next day.



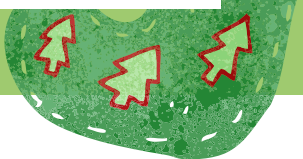
## Hug & Go

We understand that it can be challenging to leave your upset child, yet in most instances, they tend to calm down within ten minutes after your departure. Prolonged stays often extend the duration of their distress. We want you to be reassured that we welcome them with warmth and love, actively assisting them in gaining the skills to handle separation from you.



## Support is Available

We know that crisis can happen at any time. Holidays can be particularly difficult. Support is always available. Mental Health & Suicide Prevention Line: Call or text 9-8-8  
Indigenous Specific Mental Health Line - Hope for Wellness - Call 1-855-242-3310





# Quick Reminder's



## Don't Forget!

Please remember to send your Student Picture orders to school by **December 7th**. Retakes are January 10th.



Online Orders: Orders placed by parents **before** the Order Deadline will be included with paper orders sent to the school for distribution.

Online orders placed by parents **after** the Order Deadline will ship to the school up to 45 days after Picture Day. After 45 days, online orders will ship direct-to-home.



Theresa C. Wildcat Early Learning Centre

## Grand Opening

Friday, December 8, 2023 - 12:00pm

You're invited to join us for the grand opening of the new **Theresa C. Wildcat Early Learning Centre** on the Ermineskin Cree Nation.

Grand opening ceremony will begin at 12:00pm and will be followed with refreshments and a public viewing of the new school. Everyone is welcome.



# Christmas Concert

**Theme:** Candy Cane Lane / Candy Land

**Date:** Wednesday, December 20th, 2023

**Time:** 1:00 PM

**Location:** TWEL GYM

**After The Concert:** Join us for Hot Chocolate, Cookies, and Photo Ops in the gathering area!!

Parents are welcome to take their awasisak home after this. For students that are staying for the whole day, teachers will take them back to their classroom after the hot chocolate and cookies.



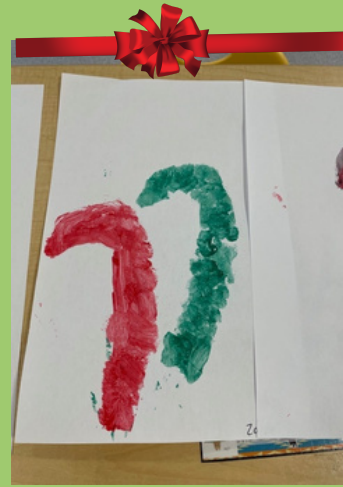
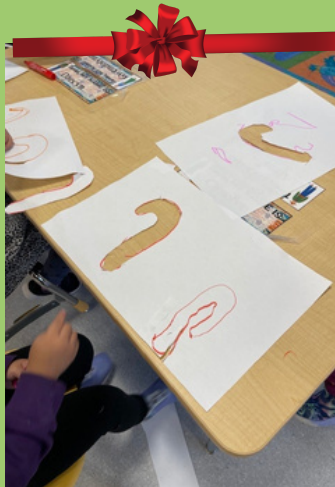
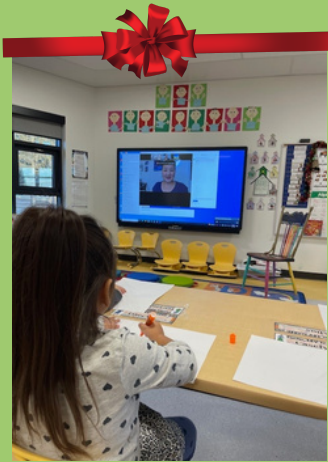


# Classroom Happenings

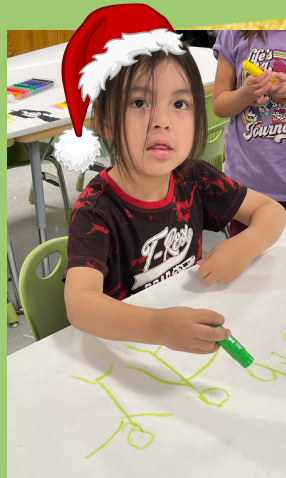


## K4 Schapansky

The students in K4 Schapansky had a chance to participate in a virtual lesson on Inuit printmaking. They connected with artist Lisa Alikamik from Ulukhaktok in the Northwest Territories. In this session, students had a chance to draw and create their own stencils using paper, and laid the stencil on additional paper. They then used a dabbing motion to paint using a paintbrush and acrylic paint. The students really enjoyed this session. Be sure to look for their finished products hanging on the wall in the gym for our Christmas concert!



# Classroom Happenings



**Loving the new  
paint sticks in R5  
Pineo**









## Handling Holiday Stress

The holiday season can be a joyful time for families, but it can also bring its fair share of stress. As caregivers, it's essential to manage this stress, especially for the little ones in our lives. Here are a few things to keep in mind.

1

Children thrive on routine, and maintaining a sense of normalcy during the holidays can help them feel secure. Stick to regular bedtimes and mealtimes as much as possible to keep everyone regulated.

Simplify your holiday plans to avoid overwhelming both yourself and your children. Focus on meaningful activities and quality time together rather than trying to do everything. Delegate tasks and involve your children in age-appropriate holiday preparations, fostering a sense of togetherness.

2

3

Grief can be particularly challenging during this festive season. If your family has experienced loss, it's okay to acknowledge those feelings. Create space for open conversations with your awasisak about emotions and memories. Consider incorporating special traditions or rituals to honor the loved one's memory, providing a healthy outlet for grief.

Remember, holidays can be filled with a mixture of emotions for you and your awasisak. It's important to know that it's okay to ask for help and take breaks when needed. By managing stress and prioritizing your family's well-being, you can create a more enjoyable and memorable holiday season for everyone.

2023

# DECEMBER

Sun

Mon

Tue

Wed

Thu

Fri

Sat



3

4

5

6

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Pajama Day

Grand Opening  
12pm @

10

11

12

13

14

15

16

Holiday Headband Day

Christmas Sweater Day

17

18

19

20

21

22

23

Red & White Day

Santa Visits the TWEL  
11:30am

Christmas Concert @  
1pm  
Last day  
K4/k5

24

25

26

27

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29

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31




JOY



MERRY CHRISTMAS

**\*\*Menu Subject to Change due to product availability**

## December 2023

Dec 4th - Dec 8	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Yogurt Parfait, Cereal, Fruit	Breakfast Scones with Ham and Cheese and Green Onion, Fruit	Oatmeal, Cold Cereal, Fruit	Mini Fruit Pies, Fruit	
<b>Lunch</b>	Chicken Florentine pasta, Fresh Tomatoes, Ceaser Salad, Fruit Salad, Fruit	Baked Mexican Lasagna (layered with tortillas) ,Spinach Salad with Berries & Feta, Fruit Salad, Fruit	Pork Stew, With Bannock, Fresh Garden Salad, Fruit Salad, Fruit	Pizza Day, Pasta Salad, Fruit Salad	<b>Prep Day</b>
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
11th - 15th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Yogurt, Cereal, Fruit	Pancakes, Sausage, Fruit	Assorted Muffins, Yogurt, Fruit	Scrambled Eggs, Back Bacon, Hashbrowns, Fruit	Bannock and Jam, Fruit
<b>Lunch</b>	Pasta Bolognese, Ceaser Salad, Fruit Salad	Pork and Veg Rice Noodle Bowl, Garden Salad, Fruit Salad	Potato Bacon Soup, Cheese Bread, Mixed Salads, Fruit Salad	Meatloaf, Potato Wedges, Pasta Salad, Fruit Salad	Pizza Day! Ceaser Salad, Fruit Salad
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
18th - 22nd	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Yogurt Parfait, C	Cheese and Sausage Frittata, Fruit	Fruit Scones, Cereal, Fruit	Yogurt Parfait, Fruit	Oatmeal, Cereal, Fruit
<b>Lunch</b>	Pasta Alfredo with Ham, Spinach Salad, Fruit Salad	Chicken stirfry with Rice, Mixed Salads, Fruit Salad	Hamburger Tomato Soup, Bannock, Mixed Salads, Fruit Salad	Christmas Dinner TBD	Pizza Day! Ceaser Salad, Fruit Salad
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
25th - 29th	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
<b>Lunch</b>					
<b>Snacks</b>					
<b>Winter Break</b>					