

HERESA C. WILDCAT EARLY LEARNING CENTRE

JANUARY NEWSLETTER



Happy New Year! Can you believe we're already cruising through the second week of January? The school is buzzing with excitement as both our dedicated staff and enthusiastic students have settled back into the groove of routine

As we gear up for colder days, we are eagerly awaiting final approval for the school indoor slides that will add a touch of warmth to our indoor activities. Stay tuned for more details!

On a more practical note, it seems a stomach bug is making its way through our school community. We kindly ask you to give us a heads up by calling the school if your awasisak is not feeling well. This simple gesture can prevent any unexpected attendance calls from our school messenger system.

Looking ahead, we have some fantastic events lined up for the rest of January. On January 17, we invite all our awasisak to participate in our first school-wide Ribbon Shirt/Skirt Day.

On January 26, our awasisak and staff will be engaging in a unique land-based learning experience, including the art of sewing. It's also Jersey Day, so feel free to sport your favorite team jersey. To top it off, we'll be hosting our very first school assembly – a brief introduction to the wonderful world of school-wide gatherings. Thank you for your ongoing support, and here's to a fantastic month ahead!

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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.

Device -Free Zone

TWEL is a device-free zone. Our little learners have all they need at school for a fun-filled day of exploration and discovery. Leave those electronic distractions at home, and let the joy of hands-on learning take center stage!



**A snapshot capturing the captivating
presence of Santa's magic!!**

Merry
Christmas
&
Happy New Year
2024

Tatawâw to TWEL!

We've welcomed some new members to our staff over the past month. Please join us in welcoming **Ms. Letcher**, **Ms. Jorden**, and **Ms. Natasha**. The wonderful Ms. Letcher joined our K5 team, and Ms. Jorden and Ms. Natasha are fantastic additions to our EA team!



Ms. Letcher is teaching in the yellow room in the K5 pod alongside our other K5 teachers, Ms. Pineo and Ms. Wildcat. Ms. Letcher comes to us with 3 years of experience in kindergarten and grade 1. Her 3 children keep her busy! They are 8, 6, and 5. Ms. Letcher has taught in Maskwacis before and is very excited to be back in the community once again supporting the learning of our youngest awasisak. She is looking forward to warmer weather to get out camping and enjoying nature with her family.

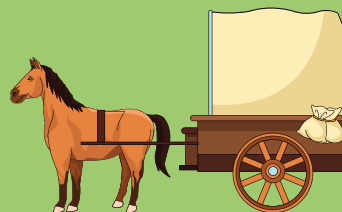
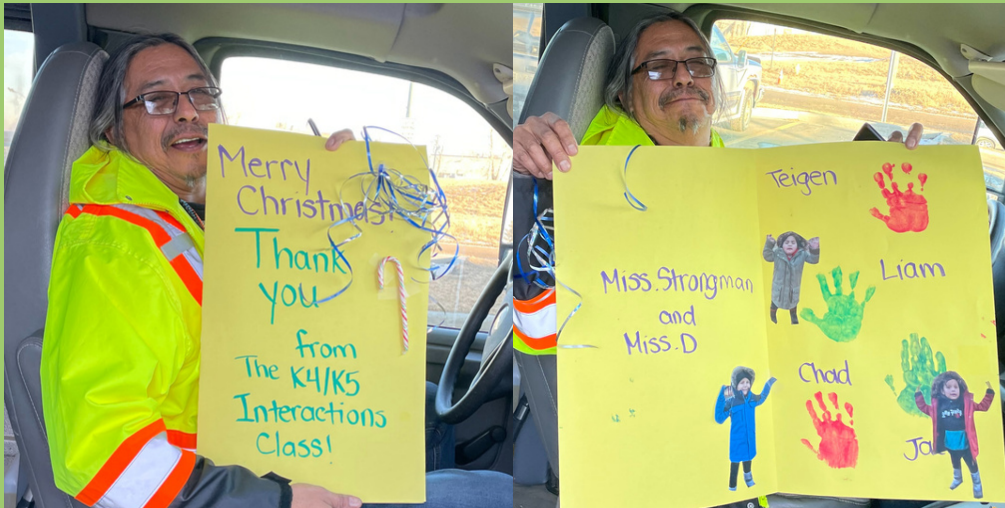
Ms. Letcher can be reached by calling the school if you need to connect with her.

We will introduce you to our new EAs next month!

Classroom Happenings

Interactions - Ms.Strongman

*Interaction students
made a Christmas card
for their bus driver to
show appreciation!*



*Fun with the horses
during Wagon Rides!*

JANUARY BIRTHDAYS



CHAD: K5-INT / 7 YRS

KASON: K5P / 7 YRS

SKYE: K5P / 7 YRS

DELZAIHYA: K4B / 6 YRS

KAILYN: K4B / 6 YRS

TALIA: K4S / 6 YRS

BREYDEN: K5W / 6 YRS

KALEIGH: K5L / 6 YRS

MAKIYA: K4B / 5 YRS

ELGIN: K5P / 6 YRS

MIKWANIS: K4S / 5 YRS



Counselling News

Talking About Mental Health

January can be particularly challenging for our mental health. It can often be cold and dark, and it feels very long. This is partly why it was chosen as the month for Bell Let's Talk. Let's Talk is a campaign that raises awareness about mental health, and it is never too early to start the conversation with our awasisak in an age-appropriate way. Here are some tips to get started.

- Start with simple conversations during daily activities, like bedtime or mealtime.
- Use age-appropriate language to ask your child about their day, inquire about their feelings, and remind them that all feelings are valid.
- Read books that explore emotions or engage in imaginative play to discuss how characters feel and relate those emotions to your child's experiences.

When we teach children
to express emotions, all
emotions, they will grow
up to be adults that don't
shut down when they feel
anything other than
happy

@The_Therapist_Parent

By establishing open communication early on, we not only help our children build emotional resilience but also create a safe space for them to express their thoughts and feelings as they grow.

Reach out to the Counselling Program at TWEL anytime!

Selby Quinn

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2024 JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 Staff and Students Return	9	10 Student Photo Retakes	11	12 CRAZY HAIR DAY! Land Based Learning: Sewing	13
14	15	16	17 Ribbon Skirt/Shirt Day	18	19 PD Day	20
21	22	23	24	25	26 Land Based Learning: Sewing Jersey Day	27
28	29	30 1st Assembly	31			

Menu Subject to Change	MESC Menu - January 2024				
8-12	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Ham & Cheese Scones Fruit	Scrambled Eggs and Fried Bologna, Fruit	Assorted Muffins, Yogurt, Fruit	Pancakes w/ Sausage, Fruit
Lunch	Meaty Mac and Cheese, Caesar Salad, Fruit	Perogies w/ Sausage, Tossed, Vegetable Salad, Fruit	Vegetable Soup and Bannock, Tossed Salad, Fruit	Roast Porkloin, Mashed Potatoes, Veg, Gravy, Spinach Salad, Fruit	Pizza, Caesar Salad, Fruit
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
15-19	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Cheese and Sausage Frittata, Fruit	Pancakes w / Sausage, Fruit	Yogurt, Fruit	
Lunch	Stroganoff, Caesar Salad, Salads, Fruit	Bannock Tacos, Vegetable Salad, Fruit	Chicken Soup, Bannock, Fruit Salad	Pizza Day! Caesar Salad, Fruit Salad	Prep Day/ Staff Engagement
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
23-27	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Ham, Eggs, Hashbrowns, Fruit	Cereal, Porridge, Fruit	Yogurt, Fruit	Frittata, Fruit
Lunch	Alfredo w/ Ham, Caesar Salad, Fruit	Sesame Pork, Stir-fried Vegetables over Rice Noodles, Spinach Salad, Fruit	Beef Barley Soup, Cheese Bread, Tossed Salad, Fruit	Shepherd's Pie, Veg, Gravy, Tossed Salad, Fruit	Pizza Day! Caesar Salad, Fruit Salad
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
30-2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Pancakes, Sausage, Fruit	Assorted Muffins, Yogurt, Fruit	Scrambled eggs and Fried Bologna, Fruit	
Lunch	Pasta Alfredo with Ham, Caesar Salad, Fruit	Deli Wraps, Tossed Salad, Salads, & Fruit	Sloppy Joes on Bannock , Tossed Salad, Fruit	Pizza Day! Caesar Salad, Fruit Salad	PREP Day / Staff Engagemnet
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	