



APRIL NEWSLETTER



As March bids us farewell, we eagerly step into April's embrace. A big shoutout to all the parents who graced us with their presence at Parent Engagement Night on March 21st! Your support means the world to us. The teachers cherished the chance to connect with you and discuss your awasisak's incredible progress. Ay-hay for being such an integral part of our community!

As we step into April, we have several exciting events lined up. This Friday, our awasisak will engage in land-based learning, immersing themselves in nature through invigorating walks and listening for the croaks of Ayikis. While we don't have any school community events this month, our dedicated staff and students are diligently preparing artwork for our First Family Art Walk scheduled for May 15th.

With the season of puddles and mud upon us, we kindly ask parents to send along an extra set of clothes with their children to ensure they can fully enjoy the outdoor experiences without any worries. Ay-hay for your cooperation and ongoing support in making our school community thrive!

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Contact us:

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Email: marleneedgi@maskwacised.ca

Administrative Assistant: Summer Crate

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VISIT OUR WEBSITE



www.twel.maskwacised.ca



Four Nations, One Vision



Theresa C. Wildcat Early Learning Centre

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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!

APRIL BIRTHDAYS

HAPPY

BIRTHDAY

- Adaline - K5L
- Chloe - K5P
- Daniell - K5W
- Olivia - K5W
- Déjà - K5L
- Aliyza - K5P
- Talia - K4S
- Adreil - K4B
- Brooklyn - K4S
- Benson - K4R



COUNSELLING

This month, we are going to have an expert share some tips about empowering our awasisak as caregivers - she points out that we can empower our awasisak while still being the adults in control of the situation. See how Dr. Siggie shows us we can empower while remaining in control. Reach out to me any time to learn more about anything here or if you'd like to chat about the social/emotional needs of your awasisak.

Empowering your child doesn't mean putting them in charge of everything.



@dr.siggie

Empowerment is a wonderful thing.

But it's not empowering to give endless choices, ask tons of questions, work to get your child's "buy in" for all decisions, and allow all behaviors.

That's not empowerment, that's indulgence.



@dr.siggie

Empowering your child IS...

...understanding the balance between your parental authority and your child's healthy need for independence.

You really don't want to. I hear you. Right now, we still have to. If you want to feel upset about that, you totally can.

@dr.siggie



Empowering your child IS...

...having a clear structure of who is in charge of what.

We are brushing teeth next. You choose what song I sing while I brush your teeth. Think about it and let me know what you decide :)

@dr.siggie



Empowering your child IS...

...hearing and allowing them to feel their feelings. Allowing them to experience frustration, disappointment and even failure.

You're sounding very disappointed. I know that really doesn't feel good. I also know, that when you're ready, you will be ok.



@dr.siggie

Empowering your child IS...

...giving them the space and time to build their problem solving skills.

How do you think you can help yourself feel a bit better? Take some time to think. I bet you will have some good ideas.

@dr.siggie




Selby Quinn, School Counsellor
selbyquinn@maskwacised.ca
780-585-3788 ext. 201

2024



APRIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO SCHOOL Easter pêyakokîsikâw	2 Return From Spring Break	3	4	5	6
7	8	9	10	11	12 PD Day No School	13
14	15	16	17 Ribbon Shirt/Skirt Day	18	19	20
21	22 Earth Day 	23	24	25	26 PD Day No School	27
28	29	30				

Menu is subject to change. Due to product availability.

Menu ᐃᐅᐅ ᐱᐅᐅ Ayiki Pisim Frog Moon (April) 2024

April 1st - 5th	Peyak Kisikaw	Niso Kisikaw	Nisto Kisikaw	Newo Kisikaw	Niyanan Kisikaw
Breakfast		Cold Cereal, Fruit	Pancakes, Sausage, Fruit	Assorted Muffins, Yogurt, Fruit	Scrambled eggs and Ham, Fruit
Lunch	Easter Monday	Ham Alfredo Pasta, Caesar Salad, Fruit Salad, Tossed Salad, Fruit	Hamburger Soup, Bannock, Spinach Salad, Colelaw, Cut Fruit	Roasted Porkloin, Mashed Potatoes, Gravy, Caesar Salad, Fruit 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
April 8th- 12th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Pancakes/Sausage, Fruit	Cereal, Porridge, Fruit	Bacon & Scrambled Egg	
Lunch	Italian Sausage with Roasted Tomatoes in Marinara Sauce and Vegetables over Pasta. Caesar Salad, Cucumber Salad, Fruit Salad, Fruit	Noodle Bowl with Lettuce, Shredded Vegetables Topped with Shaved BBQ Pork, Tossed Salad, Fruit Salad, Fruit	Chicken Noodle Soup, Bannock, Tossed Salad, Potato Salad, Fruit Salad, Fruit	Pizza Day! Caesar Salad, Colelaw, Fruit Salad, Fruit	Prep Day - Deep clean and Kitchens prep for Monday
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
April 15th - 19th	Peyak Kisikaw	Niso Kisikaw	Nisto Kisikaw	Newo Kisikaw	Niyanan Kisikaw
Breakfast	Cold Cereal, Fruit	Bacon Egg Cheese Wrap, Hashbrowns, Fruit	Cereal, Porridge, Fruit	Pancakes, Sausage, Fruit	Fried Balogona & Scrambled Eggs
Lunch	Swedish Meatballs With Rice and Hot Veg, Tossed Salad, Fruit Salad, Fruit	Perogies with Cabbage, Onions and Garlic Sausage, Tossed Salad, Quinoa Salad, Fruit	Broccoli Cheddar Soup, Bread, Tossed Salad, Pasta Salad, Fruit Salad, Fruit	Roast Beef with Mixed Vegetables, Potatoes & Gravy, Tossed Salad, Cucumber Salad, Fresh cut Fruit, Fruit	Pizza Day! Caesar Salad, Colelaw, Fruit Salad, Fruit
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
April 22nd - 26th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Pancakes/Sausage, Fruit	Cold Cereal, Fruit	Scrambled eggs & Bacon, Fresh Cut Fruit	
Lunch	Baked Mac'n Cheese with Bacon and Bread Crumbs, Caesar Salad, Greek Salad, Fresh Cut Melon, Fruit	Mild Coconut Curry Chicken with Roasted Tomatoes, Rice, Mixed Greens and Spinach Salad, Pasta Salad, Beef Salad, Fruit Salad, Fruit	Chili, Cheese Bannock, Tossed Salad, Pasta Salad, Greek Salad, Fresh Cut Fruit, Fruit	Pizza Day! Caesar Salad, Colelaw, Fruit Salad, Fruit	Prep Day - Deep clean
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
April 29th - May 3rd	Peyak Kisikaw	Niso Kisikaw	Nisto Kisikaw	Newo Kisikaw	Niyanan Kisikaw
Breakfast	Cold Cereal, Fruit	Bacon, Eggs, Hashbrowns, Fruit	Cereal, Porridge, Fruit	Pancakes, Sausage, Fruit	Fried Balogona & Scrambled Eggs
Lunch	Baked Ham with Rice Pilaf and Hot Mixed Vegetables, Tossed Salad, Veggie Sticks, Fruit Salad, Fruit	Chicken, Bacon, Lettuce Ranch Wraps with Cheese, Pasta Salad, Cucumber Salad, Fruit Salad, Fruit	Potato Bacon Soup, Cheese Bread, Tossed Salad, Pasta Salad, Fruit Salad, Fruit	Chicken Rice and Bean Enchiladas, Baked with Tomato Sauce and Cheese, Mixed Greens, Mexican Corn Salad, Cut Fruit, Whole Fruit	Pizza Day! Caesar Salad, Colelaw, Fruit Salad, Fruit
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods

Introduction to Dental Health Month

April is Dental Health Month. Let's celebrate with; some fun activities, healthy snacks, and prizes.

Your COHI Dental Team will be hosting; a colouring contest, Brush to win- charting, Oral Health Tips, and nutritional Presentations.

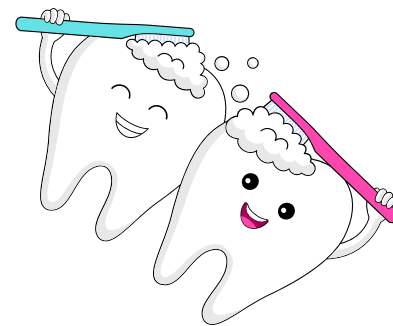
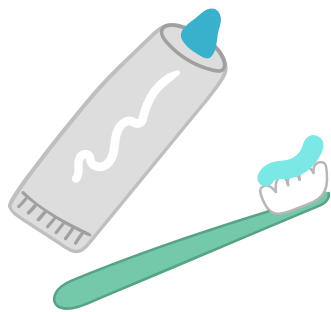
Dental Joke

Why did the smart phone go to see the dentist?

A: It has a blue tooth

COHI Team

Evane, Nicole & Riley



Ermineskin Brighter Futures

COHI & PCAP/FASD Program Collaboration

Come celebrate Dental Health Month with us!



Ages 0-4

April 24th, 2024

@ The Jim Rattlesnake Building

Begins at 10AM. Ends at 3PM

Hot lunch will be provided for participants

Noon-1PM

Fun

Crafts!

Bouncy
Castle

Movie

Goodies!

Prize
Draw!

For more information, please contact:
780-585-4088
or the Brighter Futures office @ 780-585-2000



BRUSHING CHART

Name: _____



Use the chart below to track your progress day and night. Colour in a box every time you brush. If you can brush twice each day for 4 weeks... **YOU WIN!**

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Colouring Contest

Child's first & last name:

age:

email:

phone number:

school/dental hygienist/clinic:

Deadline:

May 1, 2024

Submit your entry!

email to: marketing@cdha.ca

or mail to: 1122 Wellington St W
Ottawa, Ontario
K1Y 2Y7

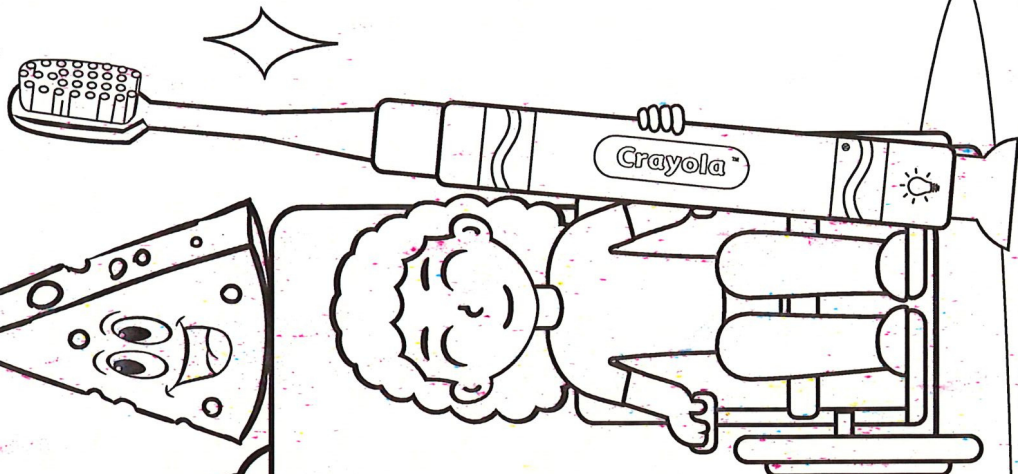
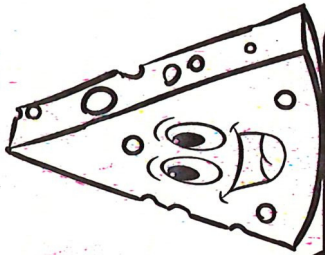
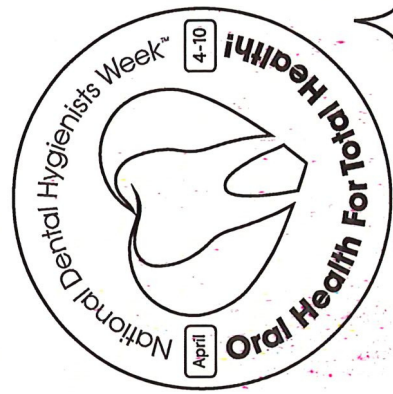
Prizes:

Win a Toys R Us gift card and
kids' oral health prize packs
from Sunstar G-U-M and Crayola



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HYGIENE
CANADA.CA

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Tooth Tips

- Choose healthy snacks
- Brush 2 minutes, 2 times a day
- Clean between your teeth every day
- Use fluoride toothpaste (pea-sized amount)
- Change your brush every 3 months

