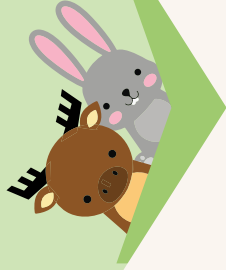




Theresa C. Wildcat Early Learning Centre



October Newsletter



Tan'si,

What a fantastic start to the school year! Our awasisak are adjusting nicely into routine. Attendance has been fairly steady. Please send your child every day unless they are unwell.

It was so wonderful to see so many families at our Meet the Staff night! We had a great turnout and everyone enjoyed the food that was provided. Parents had the opportunity to meet with our teachers, counselor, Cree instructor and our speech and language assistant. Ay hay to the families that came out. We had a number of you sign up for PAC and more information will follow with the next steps. We would love to have you sign up and join us.

Our focus is developing our awasisak to become knowledgeable about their Cree language (Nehiyawewin) and culture. Every Friday we have Nehyawatsowin and the awasisak learn about Cree ways of being so a reminder to ensure they are dressed accordingly for the weather. On September 17th our K5 classes had the opportunity to go sage picking and we would like to give a big shout out to Ms. Quinn and her family for hosting. Coming up this month we will have Elder Cecil Crier come into our school for a smudge and blessing to have a good year. This is a good way to start to out a new school year.

Please ensure your children are getting the rest they need and coming in every day and on time. Just a reminder that drop off is at 8:25 and if you find yourself running late please check in with the office as classes have already started and this can be quite disruptive to the classroom routine and learning.

Reminder that when **dropping off or picking up** your child there is ample parking in the **parking lot** or along the road. Do not park near the busses during drop off and pickup times as this is a safety issue when there are many students getting on and off the busses. Your cooperation in this matter is vital to the safety and well-being our students.

Do not hesitate to contact me at the school should you have any questions.

Ekosi,
Charlene Ketchemonia
Principal

Contact us

Phone Number: 780-585-3788
Principal: Charlene Ketchemonia
Email: charleneketchemonia@maskwacised.ca
Administrative Assistant: Summer Crate
Email: summercrate@maskwacised.ca

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Important Notices

End of Day/Pickup Changes

In order to ensure the safety of our awasisak, **all changes to pickups** (ie, to be put on the bus, or held off the bus, or different people picking up) must be made **NO LATER THAN 3:00 PM**. After 3:00 PM our admin assistant is unable to take these calls as she is assisting with end of day. Thank you so much for your cooperation.

Kindness Policy

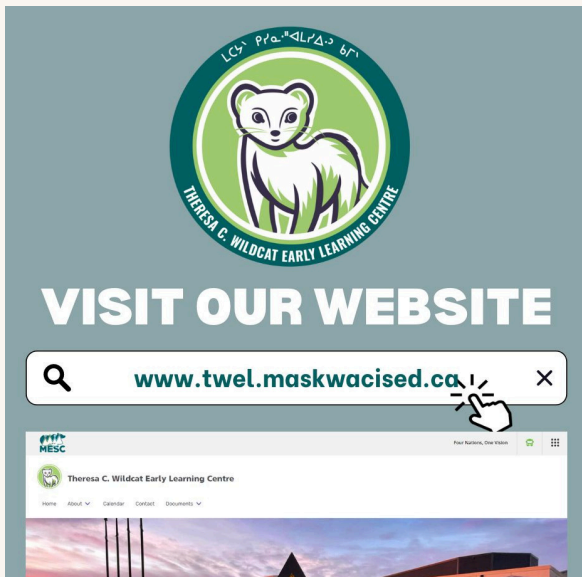
One of the things we focus on teaching our awasisak is kindness and the importance of treating all people with respect. We expect this from them, and we expect this from each other. This extends to our families - we treat each other with kindness and respect in the spirit of wâhkôhtowin. Please make sure you are modelling this for the awasisak when dealing with our staff.

Our Website

Our website is a great resource for information about anything at TWEL.

Save the Date

Picture day for K4s and K5s will be on October 4, 2024. Please send students ready first thing in the morning.





Theresa C. Wildcat Early Learning Centre



October Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Picture Day 	5
			Assembly			
6	7	8	9	10	11 PD DAY NO SCHOOL	12
			Fire Drill			
13	14 NO SCHOOL Nanáskomôwin kísikâw Thanksgiving	15	16	17	18 Nehiyawatsowin	19
20	21	22	23	24	25 Nehiyawatsowin	26
27	28	29	30	31 Cîpay Kísikâw (Halloween) 		
		Fire Drill				



Theresa C. Wildcat Early Learning Centre



Screen Time & Parental Controls



Screen Time and Parental Controls: Keeping Kids Safe and Healthy



Screens are everywhere, and while they can be fun and educational, too much isn't always good for kids. Here's how to guide your child's screen time in a healthy way.

Why Limit Screen Time?

- Sleep: Bright screens, especially before bed, can make it hard for kids to fall asleep.
- Play and Learning: Kids learn best through play and hands-on activities.
- Physical Activity: More screen time means less movement, which is important for health.



How Much is Okay?

- For kids 2-5 years old, experts recommend no more than 1 hour a day of quality screen time.
- Under 2, keep it very limited and focus on play, reading, and talking.

Using Parental Controls Parental controls help manage what your child sees:

- Limit access to apps or websites.
- Set time limits on devices.
- Monitor content to see what your child is watching.



You can find more information on setting up parental controls here: <https://mediasmarts.ca> and search parental controls.



Tips for Healthy Screen Use

1. Be a role model by limiting your own screen time.
2. Create screen-free zones like family meals or bedtime.
3. Watch together so you can talk about what they're seeing.

Setting limits and using parental controls keeps screen time fun, safe, and balanced!



Theresa C. Wildcat Early Learning Centre Sleep and Success in Schools



Getting Enough Sleep: The Importance of Routine



A good night's sleep is one of the best ways to help your child succeed in school, even at a young age.

For preschool and kindergarten-aged kids, sleep helps their brains and bodies grow, making it easier for them to focus, learn, and manage emotions.

Children this age need 10 to 13 hours of sleep each night. This means that we should be aiming for around a **7:00 - 7:30 PM bedtime** for our kids so that we can help them be ready for a full day of learning, playing and growing!

To help your child develop healthy sleep habits, try setting a consistent bedtime routine. **A good routine could look like this:**

1. Start winding down 30 minutes to an hour before bed: Turn off screens and do calming activities like reading a story or taking a warm bath.
2. Create a relaxing environment: Keep their bedroom cool, quiet, and dimly lit to make it easier to fall asleep.
3. Set a consistent bedtime and wake-up time, even on weekends, to help regulate their internal clock.

By encouraging these habits, you're setting your child up for better learning, focus, and emotional well-being in school and beyond!





Theresa C. Wildcat Early Learning Centre

CREE CLASS

Ms. Mackinaw

Classroom Happenings:

Nehiyawewin - For the month of Kaskatino Pisim, awasisak will begin learning the cahkipehikan ᐱ. For this cahkipehikan they will also learn four Cree words that begin with that sound. Look out for the language-related crafts your child will bring home. Nehiyawatisiwin - awasisak will continue learning about our relationship with the land and the changes that takwakin brings.



Quick Reminders:

Nehiyawatisiwin happens every Friday.
These are the days we spend our classes outside.
Please remember to dress your child appropriately.





K4 MS.BULL

Classroom Happenings:

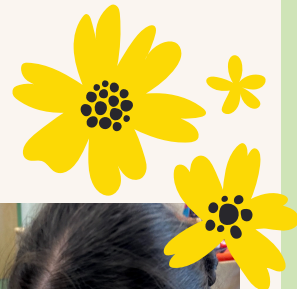
Tansi Parents and Guardians, In the K4 Bull room, we have been getting used to our daily routine. We have been learning new Cree words daily such as "kâsîcihcê" "Wash your hands", "kanâcihcikê" "clean up", "api" "sit down", "miciso" "eat" and are working on more. This week the awasisak have begun to explore our sensory bins. They explored with water play, kinetic sand, play dough, and slime. The children have also started to dress up in our dramatic play area. Every day we learn something new and the children are so excited. We have been discussing healthy/unhealthy food and what too much sugar can do to our bodies. We are also working on independence skills and how these skills are important to build at this age. This looks like putting on their own shoes, jackets and backpacks.



Quick Reminders:

Please label and send your child extra clothes daily.

Shared fun photos:





K4 MS. WOLFE

Classroom Happenings:

Tanisi kiya!

This month in **K4W** we have learned classroom routine, how to be a good friend, and how to write our names. We are practicing the cree prayer, syllabics, and cree numbers. we are learning the letters S, T, and P and how to identify numbers!

I look forward to seeing the awasisak progress in their learning and am excited to share their growth. :)



Quick Reminders:

Please refrain from sending any food items with any **nuts, coconuts, and shellfish** as we have students with **severe allergies** in our classroom.

Please remind your awasisak to bring a toque and gloves as the weather changes. With the sand and water portion of our playground, we express the importance of having a spare change of clothes available for your awasis should they need to change. :)



K4 MS.REMI

Classroom Happenings:

Tansi parents/Guardians! This past month we have been working on classroom routines and expectations. The awasisak are adjusting well to new routines and being in school. For this month we will continue to practice pencil grip and working on numbers and letter recognition.



Quick Reminders:

Please ensure you send extra clothes and ensure our child's belongs are clearly marked with their name.

ALLERGIES: Dairy



Theresa C. Wildcat Early Learning Centre

INTERACTIONS MS. STRONGMAN

Classroom Happenings:

We continue working on and routines and fine motor skills like building hand strength.

Quick Reminders:

Please remember to send your child with the proper outdoor gear as it is getting colder outside.

ALLERGIES: Strawberries, Citrus Fruit, Red Dyes

Shared fun photos:





K5 MS.NESLON

Classroom Happenings:

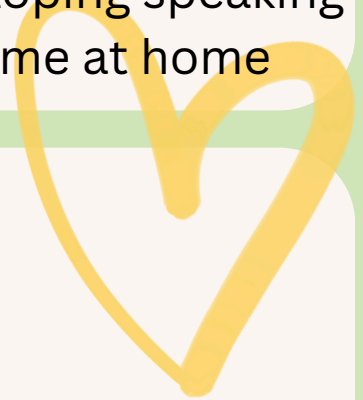
Learning routines and classroom expectations, learning how to read our names, daily smudge and Cree prayer, singing our good morning and good bye Cree songs, reviewing our classroom treaty, reading weekly poems, learning how to draw lines and shapes, learning how to sort, learning how to treat others kindly, and playing!



Quick Reminders:



Everyday conversation at home will help with developing speaking skills, please try and keep students toys from home at home



Shared fun photos:





K5 MRS. WILDCAT

Classroom Happenings:

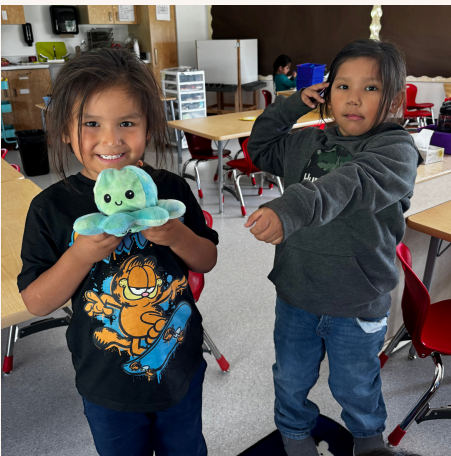
September has been a wonderful month full of routines, expectations, and getting into a consistent routine of school. I have enjoyed connecting with each of the awâsisak and I look forward to our year together.



Quick Reminders:

1. Pack extra pants, underwear, and socks in their backpack.
2. If you choose to pack a lunch please pack a variety of food (crackers, juice, cheese, cookies, yogurt, fruit..)
3. We are outside twice a day!
4. Attending school consistently will set your child up for many school successes!

Shared fun photos:





K5 MRS. LETCHER

Classroom Happenings:

In K5L we have been learning about how we can treat our friends with kindness by being bucket fillers. In literacy we have been practicing how to assemble our names in order and have been doing lots of read alouds. We are just beginning to practice the lines and curves needed to begin letter formation. In Math we are practicing numbers 1-5 and sorting objects. The month of September has been spent practicing our rules and routines. We will continue this practice into October! The students love being rewarded for their improvements!

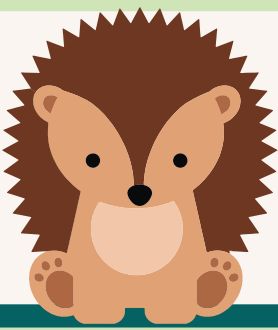


Quick Reminders:



Please send an extra set of clothing in your child's backpack in a labelled ziploc just in case theirs gets wet. Our new playground has a water play area and students tend to get wet at recess when they play there. Please ensure you are sending a backpack. Sometimes we have important documents to send home and they may get lost without one.

ALLERGIES: Oranges, Cheese, Regular Milk



KÂKWA QUILLS

At TWEL we work really hard to live by MESC's 4 Core Values - we use these values to help guide our all of what we do!

MESC's 4 values are:

ᐃᑦᓯᓂᓐ ᐱᑦᓯᓂᓐ ᐃᑦᓯᓂᓐ (Iyiniw Mamitonehican)

Be compassionate; recognize one another's diverse experiences, views and voice.

ᑦᐃᓂᓐ ᐱᑦᓯᓂᓐ (Nehiyawewin)

Be careful with your words; listen, learn, ask questions, and take time to reflect.

ᑦᐃᓂᓐ ᐱᑦᓯᓂᓐ (Nehiyaw Pimatisiwin)

Be actively engaged; open minded, honour spirit and one another.

ᑦᐃᓂᓐ ᐱᑦᓯᓂᓐ (Wahkohtowin)

Build positive relationships; approach every interaction from a place of love and respect.

We also believe that leading by example is one of the best ways to teach our awasisak, and as part of fostering this, we give out kâkwa quills or kâwiw to awasisak we see living one of the 4 core values. At assemblies, some of the kâkwa quills will be read out and some awasisak recognized with a certificate and small prize!



Theresa C. Wildcat Early Learning Centre



Full Year Calendar

AUGUST 2024				
MO	TUE	WE	THU	FRI
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

SEPTEMBER 2024				
MO	TUE	WE	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

OCTOBER 2024				
MO	TUE	WE	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

NOVEMBER 2024				
MO	TUE	WE	THU	FRI
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

DECEMBER 2024				
MO	TUE	WE	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

JANUARY 2025				
MO	TUE	WE	THU	FRI
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

FEBRUARY 2025				
MO	TUE	WE	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

MARCH 2025				
MO	TUE	WE	THU	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

APRIL 2025				
MO	TUE	WE	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

MAY 2025				
MO	TUE	WE	THU	FRI
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

JUNE 2025				
MO	TUE	WE	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

LEGEND				
	PD NO CLASSES			
	SCHOOL HOLIDAYS			
	IN LIEU - NO SCHOOL			

IMPORTANT DATES

- SEPT. 3 First day for K5 - Gr. 12
- SEPT. 9 Headstart & K4 starts
- SEPT. 10 K4 starts
- SEPT. 19 Meet the Teacher night
- OCT. 19 Ohpikinawasiwin Conference
- NOV. 28 Parent/Teacher night
- JAN. 28 MCHS Semester Break
- MAR. 20 Headstart - Gr. 9 Parent/Teacher night
- APR. 3 Gr. 10-12 Parent/Teacher Night
- MAY 30 Oskayak Conference Gr. 7-12
- JUN. 13 Last day for Headstart
- JUN. 19 Last day for K4 - Gr. 12

MESC SCHOOLS



Ermeskin Elementary School
780-585-3760
ees.maskwacised.ca



Maskwacis Outreach School
780-585-2202
mos.maskwacised.ca



Grace Marie Swampy Primary School
780-585-2075
gmpps.maskwacised.ca



Meskanahk Ka Nipa Wit School
780-585-2799
mks.maskwacised.ca



Kisipatinahk School
780-585-0035
ks.maskwacised.ca



Mimiw-Sakahikan School
780-586-3808
mss.maskwacised.ca



Maskwacis Cree High School
780-585-4449
mchs.maskwacised.ca



Nipisihkopahk Elementary School
780-585-2244
nes.maskwacised.ca



Maskwacis Cree Junior High School
780-585-3931
mcjs.maskwacised.ca

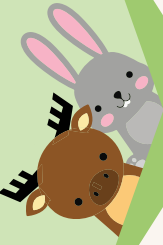


Theresa C. Wildcat Early Learning Centre
780-585-3788
twel.maskwacised.ca



**MASKWACÎS
EDUCATION
SCHOOLS
COMMISSION**

PO Box 58
Maskwacis, Alberta, Canada
T0C 1N0
Phone: 780-585-3333
www.maskwacised.ca



Theresa C. Wildcat Early Learning Centre

School Lunch Menu

Menu is subject to change, Due to product availability.					
ᑲᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲ Kaskatinow Pîsim Freezing Moon (October)					
Sept. 30th - October 4th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Oatmeal, Fresh Fruit	Scrambled eggs with Hash Browns and Ham
Lunch	Mac'n Cheese garnished with Taco Beef, Fruit, Greek Salad, Fruit Salad, Caesar Salad	Chicken Caesar Wraps , Tossed Salad, Fruit Salad, Coleslaw Fruit	Beef Barley Soup with Cheese Bannock, Caesar Salad, Spinach Salad, Pasta Salad, Fresh Fruit , Fruit Sald	Honey Garlic Pork & Veggie Rice Bowl, Tossed Salad, Marinated Vegetable Salad, Fruit Salad, Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
7th-11th	Peyak Kîsikâw	Nîso Kîsikâw	Nisto Kîsikâw	Newo Kîsikâw	Niyânan Kîsikâw
Kîkîsepâ mîcowin ᑲᑲᑲᑲᑲᑲᑲᑲ	Cold Cereal, Fruit	Yogurt Parfait, Fruit	Scrambled Eggs & Back Bacon, Cut Fruit, Sausage	Bannock and Jam Fresh Fruit	
Nimâwin ᑲᑲᑲᑲᑲᑲᑲᑲ	Pasta Bolognese, Caesar Salad, Fruit Salad, Asian Broccoli Salad, Fruit	Deli Sandwiches - (Ham, Summer Sausage, Bologna with Lettuce, Cucumbers and Cheese), Tossed Salad, Cut Fruit, Pasta Salad, Coleslaw, Fruit	Hamburger Soup, Bannock, Spinach Salad, Coleslaw, Cut Fruit	Turkey Dinner, w/ Potatoes, Stuffing, Hot Veg & Gravy, Tossed Salad, Beet Salad, Fruit Salad	PD - Prep day
Mîcisowinis ᑲᑲᑲᑲᑲᑲᑲᑲᑲ	Fruit	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
14th-18th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Yogurt Parfait, Fruit	Pancakes, Sausage, fruit	Cereal, Yogurt & Fruit	Scrambled Eggs, Breakfast Fried Rice
Lunch	No School Thanksgiving	Mexican Lasagna, Caesar Salad, Fruit Salad, Corn Salad, Fruit	Corn Chowder, Cheese Bread, Spinach Salad, Coleslaw, Cut Fruit	Meatloaf with Barley & Vegetables served with Potatoes & Gravy, Tossed Salad, Greek Salad, Broccoli Salad, Fruit Salad, Fresh Fruit	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks		Fruit	Fruit	Fruit	Fruit
21st- 25th	Peyak Kîsikâw	Nîso Kîsikâw	Nisto Kîsikâw	Newo Kîsikâw	Niyânan Kîsikâw
Kîkîsepâ mîcowin ᑲᑲᑲᑲᑲᑲᑲᑲᑲ	Yogurt, Cereal, Fruit	Pancakes, Sausage, fruit	Yogurt Parfait, Fruit	Sausage & Cheese Frittata, Fruit	Bannock and Jam Fresh Fruit
Nimâwin ᑲᑲᑲᑲᑲᑲᑲᑲᑲ	Baked Macaroni with Italian Sausage and Veggies in Marinara Sauce, Caesar Salad, Greek Salad, Sliced Melon with Mint, Whole Fruits	Bannock Tacos, Tossed Salad, Fruit salad, Fruit	Minestrone Soup, Cheese Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Baked Ham, Potato Wedges, Caesar Salad, Fruit, Mixed Salads	Pizza, Caesar Salad, Fruit, Mixed Salads
Mîcisowinis ᑲᑲᑲᑲᑲᑲᑲᑲᑲ	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
28th - Nov 1st	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt, Cereal, Fruit	Yogurt Parfait, Fruit	Pancakes & Sausage	Scones & Fruit	Scrambled Eggs and Back Bacon, Fruit
Lunch	Pasta Chicken Florentine, Caesar Salad, Tomato Salad, Fruit Salad	Pizza Perogies, Topped with Marinara, Pepperoni, Fresh Tomatoes , Tossed Salad, Fruit Salad, Spinich Salad	Chicken Soup, & Bannock, Pasta Salad, Greek Salad, Fruit Fruit Salad,	Shepards Pie, Tossed Salad, Beet Salad, Fruit Salad, Rice Salad	Pizza, Caesar Salad, Fruit, Mixed Salads
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods



Important School Information

Absences

Please call the school to excuse your child when they are sick or going to be away. Automated phone calls go out after 9:30 AM for unexcused absent students.

Bussing

For transportation-related concerns, please call the Transportation Department at 780-585-0803

Curriculum

We currently follow the Alberta Kindergarten Program of Studies. With Cree incorporated throughout the learning outcomes.

Cree Language Classes

All awasisak participate in Cree language classes daily for 40 minutes.

Dismissal

School is dismissed at 3:15 PM. Please refrain from picking up your kids between 3:00 - 3:15 PM as it is a busy time at the school.

Education Assistants

All teachers and instructors have an education assistant in their classroom to help support our awasisak.

Hug & Go

We have a Hug & Go policy which has families drop awasisak off at the front doors. This is for the safety of students, staff, and visitors alike, and it is easier for the awasisak to transition. We have staff who are available to support students with these transitions.

Interactions

Our school has an Interactions program for students who require modified learning that is separate from typical classrooms. For more information, please contact the school.

Lates

Please stop by the office when you are bringing a student into school late so that we can make a note of it. A staff member will be called to bring your child to their class. This is a safety concern should we need to evacuate the building and need to know who is present.



Important School Information

Lunch

Lunch & snacks are provided daily. Lunch is served at 11:50 AM

Messages

Please call the office before 3:00 PM with any changes to end-of-day bussing. Calls may not be answered after 3:00 PM as it is a busy time in the school.

Nehiyawatsiwin

All students and teachers participate in outside land-based learning on Fridays during. This usually takes place during Cree, but may be at different times depending on the week.

Parent Advisory Committee

If you are interested in being a part of a Parent Advisory Committee please contact the office. PACs have the opportunity to share ideas on school activities and events.

Pick Up

Please stop in at the office if you are picking your child up early for an appointment. We will call their class to have them brought down to you.

Recess

All students are required to go outside for recess unless there is a cold weather advisory. We do not have enough staff to supervise inside and outside.

Registration

Students must be four years old before December 31 to register for K4 and five years old before December 31 to register for K5. Please go to www.maskwacised.ca for more information.

School Hours

8:25 AM - 3:15 PM

Sign In

For the safety of our awasisak, staff and visitors, you are required to sign in before entering the school.



Important School Information

School Counselling

We have a fulltime counsellor onsite at TWEL. 1-on-1 play based counselling can be set up by contacting Selby Quinn at 780-585-3788 ext. 201 or selbyquinn@maskwacised.ca

The counsellor also works with all students throughout the school in their classrooms to develop social emotional skills of all awasisak. She can support families with various things in the form of referrals and advocacy.

Speech and Language Pathology

We have a Speech Language Pathology Assistant onsite that works with students who have been screened and require assistance in speech and language. Consent is required for this and families will be contacted if their child may benefit from this support.

Occupational Therapy, Physiotherapy & Other Support

TWEL works with contractors to provide additional support to students who have been identified as benefiting from extra support. Families are always part of this decision and consent is required for students to access supports.

CONGRATULATIONS TO OUR WINNERS!

Congratulations to all the parents who won our draws during **Meet the Teacher Night!**

Ryan Sibbald: Winner of our Basket!

Deborah Wildcat: Winner of \$50 Walmart gift card

Lillianna Wolfe: Winner of \$50 Walmart Gift Card



We are thrilled to celebrate your participation and hope you enjoy your prizes. Your involvement in our school community is invaluable, and events like these are a wonderful way to foster connections between parents, teachers, and students.

**THANK YOU FOR MAKING
THE EVENING A SUCCESS,
AND HERE'S TO MANY
MORE OPPORTUNITIES
TO COME TOGETHER AND
SUPPORT OUR
CHILDREN'S EDUCATION!**

